



We make it easier

HEALTH PRODUCTS DISTRIBUTORS INC.



2011-2012

Dear Customer,

I am pleased to present HPDI's 2011-2012 Product Guide. Ever since 1988, Health Products Distributors, Inc. has offered health care professionals the purest and most bioavailable nutritional supplement formulas. I founded HPDI to formulate hypoallergenic supplements that provide the highest levels of nutrition and support healthy living. We use only superior-quality source materials and the latest scientific research. As HPDI has grown, we have steadfastly maintained our mission to formulate high-purity, innovative formulas that support optimal body function.

HPDI offers supplements and superfoods to meet everyday nutritional needs and support specific body systems. We continue expanding our product offerings. New products include three delicious additions to our REJUVENATE!™ line of high-RNA superfoods: Rejuvenate!™ PLUS (sweet green superfood), Rejuvenate!™ Berries and Herbs (with organic freeze-dried berries and protective herbs), and Rejuvenate!™ Strawberry-Peach Protein Plus (high protein superfood). We recently added our Intestinal Rejuvenation Formula for cleansing, detoxifying, and healing the entire gastrointestinal tract. You will find these cutting-edge products useful for helping patients and clients improve their health and lives.

HPDI formulas contain the most effective, health-giving forms of vitamins (including coenzymes), minerals, cofactors, herbs, and foods. We are a leader in the formulation of ultra-pure supplements. We avoid any ingredients that may cause harm, including unnecessary coatings, fillers, binders, preservatives, waxes, and artificial colorings or flavorings. We also avoid source materials containing common food-based allergens (e.g., wheat, gluten, corn, soy, dairy, yeast, and egg) whenever possible.

We offer reasonable prices, competent customer service, and excellent technical support. You can place orders or request information by phone (800-228-4265), fax (520-896-9160), or by visiting our informative website: www.IntegratedHealth.com.

To our new customers and to our dedicated customers, we thank you for your trust, and for caring about the health of your patients and clients! We look forward to supporting your needs for the highest quality supplements, and we anticipate great things in the future!

Best Regards,



Hank Liers, PhD
President
Health Products Distributors, Inc. - HPDI
Oracle, Arizona
www.IntegratedHealth.com
1-800-228-4265



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ORDERING INFORMATION

Our office is open Monday through Friday 9:00 to 11:45 AM and 1:00 to 4:30 PM (Arizona Time).

We can be reached toll-free at 800-228-4265.

Our service number is 520-896-9193 and our fax number is 520-896-9160.

Our e-mail address is support@integratedhealth.com.


Our mailing address is HPDI, PO Box 5600, Oracle, AZ 85623.

You may place orders or request information by phone, fax, e-mail, mail, or by visiting our website, www.IntegratedHealth.com.

We accept credit cards, checks, and money orders.

Our shipping rate is a flat \$6.95 for most items shipped via UPS Ground or US Priority Mail.

New professional customers desiring wholesale pricing must first submit an application for approval. Please call us (800-228-4265) to request an application. Once approved, wholesale customers can place orders using any of the methods above. Current professional customers may now order online by registering for an account on our website, and informing us you have registered for an online account. We will then activate wholesale status for your online account.



"I have been using Health Products Distributors' nutritional supplements in my family medical practice since 1990. I cannot speak highly enough of the excellent quality of these products and their continued benefits to my patients throughout the years.

Every product is meticulously designed based on the best current nutritional science and highest-quality ingredients.

Although our practice utilizes over a hundred different nutritional and herbal vendors, we rely on HPDI's products more than any other nutritional supplement company for the quality integrative medical care of our patients."

- *William G. Kracht, DO, FAAFP*
Quakertown, Pennsylvania

Diplomat, American Board of Family Medicine
Clinical Assistant Professor of Family and Community Medicine
Department of Family and Community Medicine, Penn State College of Medicine

"My husband and I learned about HPDI supplements through a close friend. We enjoyed meeting with you and getting your suggestions for supplements that would benefit our health and well-being. Both of us notice a big difference in our health. We have a lot more energy! And we've stayed healthy—free from flu and colds. We really appreciate your high-quality products and the prompt response to the orders we place with the company. Thank you!!"

- *Edi M., Tucson, AZ*



We make it easier **to soar**

AMINO ACIDS AND POLYSACCHARIDES

HPDI offers amino acid formulas, single amino acids, and polysaccharides that you can trust for purity and effectiveness. These formulas are carefully designed and contain the purest source materials.

- ACETYL-L-CARNITINE (ALC)
- GLU-NAC PLUS™
- L-5-HTP
- L-CARNOSINE
- N-ACETYL-L-CYSTEINE (NAC)
- PERMA PLUS™



ACETYL-L-CARNITINE

A Powerful Central Nervous System Enhancer



- Senility
- Depression
- Age-related memory decline (ARMD)
- Alzheimer's disease
- Diabetic neuropathy
- Cognitive impairment

500 mg 60 Capsules

ACETYL-L-CARNITINE (ALC) contains 500 mg of the highest quality Acetyl-L-Carnitine.

APPLICATIONS: ALC occurs naturally in the body, where it plays a vital role in the transport of fats into mitochondria (the powerhouses of cells) and assists in the production of acetylcholine, a key neurotransmitter. ALC is a highly effective nutritional adjunct in the treatment of Alzheimer's disease, diabetic peripheral neuropathy, and other diseases that affect CNS function, including age-related memory decline (ARMD), depression, dysthymia, senility, cerebrovascular insufficiency, alcohol-induced cognitive impairment, and Down syndrome. In addition, ALC may counter the aging process, which significantly reduces ALC's transport in the body. Numerous studies indicate that ALC may have an anti-aging function both in the brain and the body. While a majority of the research has focused on age-related disease states, studies using young healthy subjects show that ALC enhances normal CNS functioning. ALC is recommended as part of a daily health maintenance routine. ALC is contraindicated in pregnancy and lactation.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
ACETYL-L-CARNITINE	500 mg

DIRECTIONS: As a dietary supplement take 1 capsule with water away from food, or as directed by a health care professional.

INGREDIENTS: **ACETYL-L-CARNITINE** contains the highest quality acetyl-l-carnitine HCl, cellulose, silica, vegetable stearate, and gelatin (capsule).

ACETYL-L-CARNITINE does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, sulfates, preservatives, colorings, or artificial flavors.

GLU-NAC PLUS™

Health Defense Formula Glutathione, NAC, and Lipoic Acid



- Antiviral
- Anti-inflammatory
- Powerful antioxidant
- Supports detox systems
- Supports optimal health

60 Capsules

GLU-NAC PLUS™ contains 250 mg of reduced Glutathione, 250 mg of N-Acetyl-L-Cysteine (NAC) and 5 mg of Alpha-Lipoic Acid. Glutathione and NAC, a major precursor of glutathione, both provide important protection against toxins and free radicals, and can strengthen the immune system. Lipoic acid is a potent fat- and water-soluble antioxidant with important metabolic and detoxification properties. The formula is designed to be hypoallergenic, contains no magnesium stearate, and is suitable for hypersensitive individuals.

APPLICATIONS: Glutathione is considered to be the most powerful, most versatile, and most important of the body's self-generated antioxidants. Among the many important properties of glutathione: 1) It neutralizes free radicals and prevents their formation both enzymatically and non-enzymatically, 2) It is one of the strongest anti-cancer agents manufactured by the body, 3) glutathione is able to reduce oxidized Vitamin C and Vitamin E back to their unoxidized state, 4) It plays a key role in Phase I and Phase II detoxification processes, 5) It is involved in nucleic acid synthesis, 6) It plays a role in DNA repair, 7) It maintains the cellular redox potential, 8) It is involved in cellular differentiation and slows the aging process, 9) It is one of the most potent antiviral agents known, and 10) Glutathione is involved in maintaining normal brain function.

NAC is the rate-limiting amino acid for the production of glutathione within the cells of the body, has mucolytic properties, and is a powerful antioxidant and detoxifier. Some research indicates that NAC is more readily absorbed into certain cells of the body than glutathione and is therefore an excellent synergist with glutathione. Lipoic acid operates as an antioxidant in both its oxidized and reduced states and also has been shown to enhance glutathione levels. The nutrients in this formula provide a powerful effect, especially in relation to free radical protection, detoxification, immune system enhancement, reduced inflammation, and normal cellular functioning. This formula provides outstanding nutritional support in a wide variety of conditions of poor health and helps to support and maintain a state of health and well-being.

**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

TO ORDER, CALL TOLL-FREE 1-800-228-4265

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
Glutathione (reduced)	250 mg
N-Acetyl-L-Cysteine (NAC)	250 mg
Alpha-Lipoic Acid	5mg

DIRECTIONS: As a dietary supplement take 1–2 capsules daily away from food, or as recommended by a health care professional.

INGREDIENTS: **GLU-NAC PLUS™** contains the highest quality glutathione (reduced), n-acetyl-l-cysteine, alpha-lipoic acid, microcrystalline cellulose, gelatin (capsule), and the smallest amounts of silica and magnesium trisilicate.

GLU-NAC PLUS™ does not contain wheat, rye, oats, corn, barley, gluten, soy, dairy, egg, yeast, wax, preservatives, colorings, or artificial flavorings.

L-5-HTP

Serotonin Precursor

L-5-Hydroxytryptophan



- Pain
- PMS
- Anxiety
- Insomnia
- Depression
- Boosts serotonin

50 mg 100 Vegetarian Capsules

L-5-HTP contains 50 mg per capsule of the highest quality anhydrous L-5-Hydroxytryptophan (L-5-HTP). The only capsule filler is USP-grade cellulose.

APPLICATIONS: Serotonin is one of the three main monoamine neurotransmitters, and is made from L-Tryptophan. While other cells outside the brain such as blood platelets and some intestinal lining cells make and/or use serotonin, all serotonin used by brain cells must be made within the neurons. It is generally accepted that only about 1% or less of dietary or supplementary tryptophan ever enters the brain. The remainder is: 1) Used to make various body proteins, 2) Converted into Vitamin B3 at a cost of 60 mg tryptophan per mg Vitamin B3, and 3) Converted by other body cells into serotonin for their needs. When neurons convert tryptophan into serotonin, they first use a Vitamin B3-dependent enzyme to convert tryptophan into L-5-HTP. A Vitamin B6-dependent enzyme is then used to convert L-5-HTP into serotonin.

There are several advantages of considering L-5-HTP as opposed to L-Tryptophan as being the major determinant in elevating brain serotonin levels: 1) L-5-HTP is not degraded by the tryptophan pyrrolase to kynurenine, the major pathway for peripheral degradation of L-tryptophan (about 98%), 2) L-5-HTP easily crosses the blood-brain barrier, 3) 5-HTP is not incorporated into proteins, as is tryptophan, and 4) L-5-HTP is not used to make Vitamin B3. Thus, in comparison to tryptophan, 5-HTP is directly targeted to increase brain serotonin. In fact, some studies have shown better results using 200–300 mg L-5-HTP per day as an antidepressant than other studies using 2,000–3,000 mg or more of L-Tryptophan daily.

L-5-HTP may be an effective adjunct in protocols for depression (especially the agitated, anxious, irritable type), anxiety, suicide, alcoholism, violent behavior, PMS, obesity, obsessive-compulsive disorders, pain, insomnia, carbohydrate craving, SAD (Seasonal Affective Disorder), and migraine headaches.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
L-5-HYDROXYTRYPTOPHAN	50 mg

DIRECTIONS: As a dietary supplement take 1–4 capsules daily with food, or as directed by a health care professional.

INGREDIENTS: **L-5-HTP** contains the highest quality (>99.4% pure) anhydrous l-5-hydroxytryptophan, cellulose, silica, and, magnesium trisilicate.

L-5-HTP does not contain wheat, rye, oats, corn, barley, gluten, soy, dairy, egg, yeast, wax, preservatives, colorings, or artificial flavorings.



I love the HDPI products I've used for my patients and my family — terrific formulations!

- Sarica Cernohous, L.Ac., MSTOM
Peoria, AZ

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ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

L-CARNOSINE

Anti-Aging and Antioxidant Neuropeptide



- Neurological degeneration
- Muscle atrophy
- Brain circulation
- Cellular senescence
- Collagen cross-linking

500 mg 90 Capsules

L-CARNOSINE contains 500 mg of pharmaceutical grade L-Carnosine.

APPLICATIONS: The dipeptide L-carnosine is a well-known neuropeptide consisting of alanine and histidine (beta-alanyl-L-histidine). It is normally made in the human body and is found at high levels in brain, innervated tissues, the lens of the eye, and skeletal muscle tissue.

In laboratory studies, it has been demonstrated that carnosine has the ability to protect cells against oxidative stress as well as to increase their resistance toward functional exhaustion and accumulation of senile features. Mechanisms of such protection are explained in terms of proton buffering (maintaining pH balance), heavy metal chelating (especially copper and zinc), free-radical and active sugar molecule scavenging (prevents glycation of proteins), and preventing the modification of biomacromolecules thereby maintaining their native functionality under oxidative stress.

Physiological concentrations (20–30 mM) in standard media prolong the *in vitro* lifespan of human fibroblast cells and strongly reduce the normal features of senescence (aging). In laboratory animals, carnosine clearly improves the external appearance of experimental animals and produces apparent beneficial effects on behavioral parameters and average lifespan.

Age-related conditions for which carnosine may be useful include: 1) Neurological degeneration, 2) Cellular senescence, 3) Cross-linking of the eye lens, 4) Accumulation of damaged proteins, 5) Muscle atrophy, 6) Brain circulation deficit, 7) Cross-linking of skin collagen, 8) LDL cholesterol oxidation, 9) DNA chromosome damage, and 10) Formation of advanced glycation end products (AGES). L-carnosine is non-toxic and is normally contained in meats in the diet.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
L-CARNOSINE	500 mg

DIRECTIONS: As a dietary supplement take 1 capsule daily away from food, or as directed by a health care professional.

INGREDIENTS: **L-CARNOSINE** contains pharmaceutical grade (>99% pure) L-carnosine, gelatin (capsule), magnesium trisilicate, and magnesium stearate.

L-CARNOSINE does not contain wheat, rye, oats, corn, soy, barley, gluten, soy, dairy, egg, sugar, yeast, wax, sulfates, preservatives, colorings, or artificial flavorings.

N-ACETYL-L-CYSTEINE (NAC)

High Potency Antioxidant and Precursor for Glutathione



- Bronchitis
- Antimucolytic
- Chronic obstructive Pulmonary disease
- Respiratory conditions

500 mg 100 Capsules

N-ACETYL-L-CYSTEINE (NAC) contained in this capsule formula is the highest quality, USP grade. NAC has neither a sedative nor a stimulant effect, and is a safe substance showing excellent tolerance in patients.

APPLICATIONS: NAC is a powerful free radical scavenger. A majority of orally ingested NAC rapidly undergoes deacetylation to form L-cysteine. L-cysteine is necessary for glutathione production. NAC, therefore, has powerful implications for immune function and increasing the body's free-radical trapping capacity. The effectiveness of using NAC in the treatment of patients with acetaminophen overdose has been well documented. NAC has been used with good results in treatment of respiratory illness and disease such as chronic bronchitis and chronic obstructive pulmonary disease. Additionally, NAC has well known antimucolytic properties, and has been shown to increase mucociliary transport in smokers. The use of NAC to help regulate glutathione levels has profound implications for therapeutic use in diseases such as AIDS and cancer.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
N-ACETYL-L-CYSTEINE	500 mg

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TO ORDER, CALL TOLL-FREE 1-800-228-4265

DIRECTIONS: As a dietary supplement take 1–2 capsules daily with food, or as directed by a health care professional.

INGREDIENTS: **N-ACETYL-L-CYSTEINE** contains the highest-quality n-acetyl-l-cysteine, gelatin (capsule), magnesium trisilicate (flow agent), and magnesium stearate.

N-ACETYL-L-CYSTEINE does not contain wheat, rye, oats, corn, soy, barley, gluten, soy, dairy, egg, sugar, yeast, wax, sulfates, preservatives, colorings, or artificial flavorings.

PERMA PLUS™

Intestinal and Muscular Support



- Diarrhea
- Villous atrophy
- Intestinal necrosis
- Mucosal ulceration
- Intestinal permeability

100 Capsules

PERMA PLUS™ contains the highest-quality L-Glutamine, N-Acetyl-D-Glucosamine (NAG), Aloe Vera concentrate (200:1), and Fructooligosaccharides (FOS).

APPLICATIONS: L-Glutamine is the most abundant amino acid in the human body where it functions as a major fuel source. It is one of the few amino acids that contain 2 nitrogen atoms and as such is important in DNA synthesis. L-Glutamine is important for the health and function of the intestinal wall. In glutamine deficiency states it has been shown that there can be diarrhea, villous atrophy, mucosal ulceration, increased intestinal permeability, and intestinal necrosis.

Glutamine has been shown to protect against bacterial translocation, to promote healing, and to enhance the growth and absorptive capacity of the intestinal mucosa. Glutamine is stored in muscle tissue for subsequent need by other body tissues and inhibits muscle atrophy induced by stress hormones. N-Acetyl-D-Glucosamine is a major component of mucopolysaccharides and as such is a key component in connective tissue. The gut and gastric epithelium (especially the glycocalyx) have high concentrations of mucopolysaccharides which help provide structural integrity of the intestinal wall. NAG has been shown to help speed up the wound healing process.

Aloe vera extract contains polysaccharides and other substances that stimulate tissue growth and repair processes, reduce inflammation, inhibit pathogens, and strengthen immune function. FOS are used by lactic acid bacteria as a fuel which allows the rapid growth of species such as bifidobacteria and lactobacilli. These bacteria support the digestive processes in the gut as well as inhibit the growth of pathogens.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
L-Glutamine	500 mg
N-Acetyl-D-Glucosamine	200 mg
Aloe Vera Extract (200:1)	75 mg
Fructooligosaccharides (FOS)	75 mg

DIRECTIONS: As a dietary supplement take 1–2 capsules away from food, or as directed by a health care professional.

INGREDIENTS: **PERMA PLUS™** contains the highest-quality l-glutamine, n-acetyl-d-glucosamine, aloe vera extract (200:1), fructooligosaccharides, silica, magnesium stearate, and gelatin (capsule).

PERMA PLUS™ does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, preservatives, colorings, or artificial flavorings.



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ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM



PRO-C™ and Mighty Multi-Vite!™

"When I first ordered PRO-C™ and MIGHTY MULTI-VITE!™, I noticed the difference in my energy level and stamina right away. I really like them and how easy they are on my "somewhat sensitive" digestive system.

Thank you Dr. Liers and always helpful staff!"

- Carolyn D., Roger, AR

Prolyt, PRO-C™, and Multi-Two

"The three products that my family have devoutly used daily for the past 10+ years are PROLYT, PRO-C, AND MULTI-TWO. Thanks to the 1st, no more irregularity; thanks to the 2nd and 3rd, no major illness, seldom even a mild cold.

My sister, who previously suffered from chronic 'stomach' problems, has especially benefited from Prolyt. "It keeps the plumbing working well," she says.

We've really enjoyed doing business with you folks over the years and thanks partly to your products, we look forward to many more to come. Wish you all well."

- Jim A., Pomona, CA



We make it easier **to love life**

ANTIOXIDANTS

We specialize in cutting-edge antioxidant formulas. Our antioxidant products are carefully designed to meet your needs for effective protection against oxidative damage from free radicals. They also provide superior free-radical scavenging activity.

- ANTIOXIDANT FORMULA
- BUFFERED C POWDER
- BUFFERED C 1,000
- R-LIPOIC ACID
- COMPLETE E™
- PRO-C™
- OPC-C™
- SUPER E 400
- SYNERGY C
- VITAMIN C 1,000



ANTIOXIDANT FORMULA

Potent, High-ORAC Supplement Featuring VitaBerry Plus®



- Immunity
- Heart health
- Inflammation
- Detoxification
- Liver conditions
- Antioxidant protection

60 Vegetarian Capsules

ANTIOXIDANT FORMULA is a synergistic formula containing N-Acetyl-L-Cysteine, VitaBerry®Plus® (high-ORAC powder from freeze-dried Grape Seed, Wild Blueberry, Wild Bilberry, Cranberry, Tart Cherry, Prune, Raspberry Seed, Strawberry, Resveratrol, and Quercetin), Alpha-Lipoic Acid, Chlorella, Organic Ginger Root, Green Tea Extract (minimum 90% polyphenols) (caffeine-free), Quercetin Chalcone (a highly-bioavailable, water-soluble form of quercetin), Ferulic Acid, BioVin® Grape Extract, and Selenium.

APPLICATIONS: ANTIOXIDANT FORMULA is a comprehensive free-radical quenching formula. Since it is well known that free radicals are key factors in almost all health-related conditions, this formula is applicable as a preventive and therapeutic adjunct in nutritional protocols. **ANTIOXIDANT FORMULA** ideally will be used with a foundational formula program that includes: 1) A therapeutic multivitamin (e.g., **MULTI TWO**), 2) A Vitamin C formula (e.g., **PRO-C™**), 3) An essential fatty acid formula including GLA, EPA, and DHA (e.g., **OMEGA PLUS**).

N-Acetyl-L-Cysteine (NAC) is a powerful free radical scavenger. A majority of orally ingested NAC rapidly undergoes deacetylation to form L-cysteine, an important sulfur-containing amino acid. L-cysteine is the rate-limiting amino acid for glutathione production. NAC thereby has powerful implications for immune function and increasing the body's free-radical trapping capacity. VitaBerry® Plus® is a nutritious material offering high-ORAC value derived from freeze-dried grape seed, wild blueberry, wild bilberry, cranberry, tart cherry, prune, raspberry seed, strawberry, resveratrol, and quercetin. This blend has an ORAC value in excess of 1.2 million units per 100 grams. Two capsules of **ANTIOXIDANT FORMULA** contains 150 mg of VitaBerry® Plus®, providing 1,800 ORAC units (minimum). Alpha-lipoic acid functions as an extremely powerful antioxidant capable of trapping many types of free radicals. This potent antioxidant can raise glutathione levels in the body. Because it is water-soluble and fat-soluble, lipoic acid operates in a broad variety of body tissues types. Its small size allows it to enter areas not accessible to many other substances.

Lipoic acid can enter the cell nucleus and prevent oxidative damage to DNA. The dietary intake of nucleic acid rich chlorella is a useful adjunct in protocols for a wide variety of health conditions, including cardiovascular ailments (and lowering cholesterol and triglycerides), cancer, liver conditions, kidney conditions, diabetes, hypertension, arthritis, digestive conditions, tissue detoxification (e.g., of heavy metals), skin problems, and boosting immune function. Ginger rhizome is an active herb containing a potent digestive enzyme. Ginger increases blood flow and is used to treat inflammation. Green tea extract is renowned for its free-radical fighting capabilities. It contains epigallocatechin gallate (EGCG), which protects against digestive and respiratory infections. EGCG helps block cancer-promoting actions of carcinogens, UV light, and metastasis from a site in the skin, stomach, small intestine, liver, or lung. EGCG reduces platelet aggregation about as much as aspirin.

Quercetin is a major nutrient used to control inflammation. While most forms of quercetin are not well absorbed in the intestinal tract, the chalcone form is well assimilated. Ferulic acid is especially effective at neutralizing the free radicals superoxides, hydroxyl radicals, and nitric oxide. It is powerfully synergistic with other antioxidants. Ferulic acid is activated to higher antioxidant activity by exposure to UV light, suggesting a protective effect for skin. BioVin® grape extract is extracted from grape seeds, skins, and stems. It contains the highest percentage of OPCs of any product available. OPCs, a class of bioflavonoids, are one of nature's most potent free-radical scavengers. OPCs increase the effectiveness of Vitamin C. OPCs cross the blood-brain barrier to provide antioxidant protection to central nervous system tissues. BioVin® contains significant amounts of the antioxidant nutrients anthocyanidins and trans resveratrol. Selenium primarily functions as selenomethionine, which is incorporated into the enzyme glutathione peroxidase. This enzyme protects against free-radical damage (e.g., in cell membranes) caused by oxidation of unsaturated fatty acids. Studies show selenium exerts an antioxidant activity on its own.

COMPOSITION: Two vegetarian capsules provide:

NUTRIENT	AMOUNT
N-Acetyl-L-Cysteine (NAC)	200 mg
VitaBerry® Plus® (freeze-dried grape seed, wild blueberry, wild bilberry, cranberry, tart cherry, prune, raspberry seed, strawberry, resveratrol, and quercetin) (greater than 12,000 ORAC units/gm)	150 mg
Alpha-Lipoic Acid	100 mg
Chlorella (<i>Chlorella pyrenoidosa</i>)	100 mg
Organic Ginger Root	100 mg
Green Tea Extract (caffeine-free) (90% polyphenols, incl. 60% EGCG)	100 mg
Quercetin Chalcone®	50 mg
Ferulic Acid	25 mg
BioVin®† Grape Extract (from seeds, skins, and stems)	25 mg
Selenium (from L-selenomethionine)	50 mcg

DIRECTIONS: As a dietary supplement take 1 capsule twice daily with food, or as directed by a health care professional.

INGREDIENTS: ANTIOXIDANT FORMULA contains n-acetyl-L-cysteine, VitaBerry®Plus® (high-ORAC powder from freeze-dried grape seed, wild blueberry, wild bilberry, cranberry, tart cherry, prune, raspberry seed, strawberry, resveratrol, and quercetin), alpha-lipoic acid, chlorella, green tea extract, organic ginger root, quercetin chalcone (a highly-bioavailable water-soluble form of quercetin), ferulic acid, BioVin® grape extract, selenium, cellulose, silica, and magnesium trisilicate.

ANTIOXIDANT FORMULA does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, preservatives, colorings, or artificial flavorings.

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BUFFERED-C

Pure Vitamin C Powder

Buffered with Mineral Ascorbates



- Immunity
- Antioxidant
- Tissue health
- Inflammation
- Detoxification
- Collagen builder

(1 lb powder) (454 gm)
(8 oz powder) (227 gm)

BUFFERED C is formulated using the highest-purity ascorbic acid powder (extracted from a non-corn antigen source) plus mineral-buffering compounds of potassium bicarbonate, calcium carbonate, magnesium oxide, and zinc carbonate. This buffered (pH 5.0) and fully reduced formula is rapidly and effectively assimilated by the body, and eliminates the acid buildup that can occur when taking ascorbic acid forms of Vitamin C.

APPLICATIONS: Vitamin C is known to perform many critical functions within the body involving detoxification, tissue building, immune enhancement, pain control, and controlling or killing pathogenic organisms. It is known to be helpful for wound and bone healing, healthy skin and eyes, fighting infections, stress control, toxic exposure, and repairing damaged tissue of all types. Taking adequate amounts of Vitamin C can help to prevent a wide range of disease states.

COMPOSITION: 8 oz container makes 113 drinks. One level 1/2 teaspoon (2.0 grams) provides the following nutrients:

NUTRIENT	AMOUNT
Vitamin C (from buffered mineral ascorbates of potassium, calcium, magnesium, and zinc)	1,584 mg
Potassium (from ascorbate)	99 mg
Calcium (from ascorbate)	40 mg
Magnesium (from ascorbate)	16 mg
Zinc (from ascorbate)	0.8 mg

DIRECTIONS: The dosage is several grams of **BUFFERED C** in divided doses spread over the day, or as recommended by a health care professional. Health care professionals often recommend taking Vitamin C to just below bowel tolerance. In order to determine an individual's bowel tolerance (the point where gas or diarrhea occur) begin with 1/4 teaspoon per day and increase by 1/4 teaspoon daily until bowel tolerance occurs, then reduce dosage by 1/4 teaspoon.

INGREDIENTS: Ascorbic acid, potassium bicarbonate, calcium carbonate, magnesium oxide, and zinc carbonate.

BUFFERED C does not contain wheat, rye, oats, corn antigens, barley, gluten, soy, egg, dairy, yeast, sugar, sulfates, wax, preservatives, colorings, or artificial flavorings.

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BUFFERED C 1,000

Pure Vitamin C Tablets

Calcium and Magnesium Ascorbates



- Immunity
- Antioxidant
- Tissue health
- Inflammation
- Detoxification
- Collagen builder

250 Tablets

BUFFERED C 1,000 tablets are formulated using the highest-purity calcium and magnesium ascorbates (extracted from non-corn antigen sources). This fully buffered and fully-reduced formula is hypoallergenic, and eliminates the acid buildup that can occur when taking ascorbic acid forms of Vitamin C. The tablets are bound using a cellulose binder and a water-soluble cellulose coating. This formula is suitable for vegetarians and hypersensitive individuals.

APPLICATIONS: Vitamin C is known to perform many critical functions within the body involving detoxification, tissue building, immune enhancement, pain control, and controlling or killing pathogenic organisms. It is known to be helpful for wound and bone healing, healthy skin and eyes, fighting infections, stress control, toxic exposure, and repairing damaged tissue of all types. Taking adequate amounts of Vitamin C may help to prevent a wide range of disease states. These tablets may readily be used by travelers or busy individuals, who may find it inconvenient to take powdered forms of Vitamin C.

COMPOSITION: One tablet provides:

NUTRIENT	AMOUNT
Vitamin C (from calcium & magnesium ascorbate)	1,000 mg
Calcium (from calcium ascorbate)	61 mg
Magnesium (from magnesium ascorbate)	39 mg

DIRECTIONS: As a dietary supplement take 1 tablet daily with food, or as directed by a health care professional.

INGREDIENTS: Calcium and magnesium ascorbates, cellulose, water-soluble cellulose coating, and magnesium stearate.

BUFFERED C 1,000 does not contain wheat, rye, oats, corn antigens, barley, gluten, soy, egg, dairy, yeast, sugar, sulfates, phosphates, chlorides, fats, preservatives, wax, colorings, or artificial flavorings.

ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

R-LIPOIC ACID

Metabolic Antioxidant

Water-Soluble and Fat-Soluble



- **Antioxidant**
- **Metabolism**
- **Heavy metals**
- **Detoxification**
- **Neurological function**
- **Mushroom poisoning**

In addition, research studies show that KRALA is many times more bioavailable than either the r-lipoic acid form (which has been on the market) or than the R/S lipoic acid form that we were selling. This has allowed us to reduce the amount per vegetarian capsule to 50 mg and still provide significantly greater benefits.

COMPOSITION: One vegetarian capsule provides:

NUTRIENT	AMOUNT
R-LIPOIC ACID (potassium stabilized form – KRALA)	50 mg

DIRECTIONS: As a dietary supplement take 1 capsule daily with food, or as directed by a health care professional.

INGREDIENTS: R-LIPOIC ACID contains the highest-quality r-lipoic acid (KRALA form), cellulose (flow agent), vegetable stearate, and gelatin (capsule).

R-LIPOIC ACID does not contain wheat, rye, oats, corn, soy, barley, gluten, soy, dairy, egg, sugar, yeast, wax, sulfates, preservatives, colorings, or artificial flavorings.

50 mg 90 Capsules

R-LIPOIC ACID contains 50 mg of potassium stabilized R-Alpha Lipoic Acid (KRALA). The R-Lipoic acid in this product is of the highest quality available and is contained in a vegetarian capsule.

APPLICATIONS: R-Alpha Lipoic acid is normally made in the human body, where it functions primarily as an important metabolic nutrient, especially in the conversion of pyruvic acid into acetyl coenzyme A. As such, it plays a crucial role in the metabolism of both fats and carbohydrates into energy. In addition, R-Lipoic acid functions as an extremely powerful antioxidant capable of trapping many different types of free radicals in the body. Because it is both water-soluble and fat-soluble, R-Lipoic acid can operate in a broader range of body tissues than most other antioxidants. Structurally, its small size enables R-Lipoic acid to enter areas of the body not easily accessible to many other substances. This allows it, for example, to enter the cell nucleus and prevent free-radical damage to DNA. Because it is such a powerful antioxidant and can easily function and exist both in reduced and oxidized states, R-Lipoic acid can protect other important antioxidants, including glutathione, Vitamin E, and Vitamin C.

R-Lipoic acid can chelate heavy metals, including lead, cadmium, mercury, free iron, and free copper out of the body. R-Lipoic acid is one of two nutrients known (milk thistle extract is the other) to protect against mushroom poisoning. Because of its potent capabilities, R-Lipoic acid is used in a large number of applications, including diabetes, cataracts, AIDS, Alzheimer's disease, Parkinson's disease, detoxification, neurological function, cancer, heart disease, and liver disorders.

We have chosen to replace the R/S lipoic acid in our lipoic acid product with Potassium-R-Lipoate (KRALA). KRALA is a highly bioavailable and stable potassium salt of R-lipoic acid. It has been shown that heating KRALA to 150 °C (302 °F) for six hours does not result in loss of activity. In real-time stability tests, KRALA remains stable longer than 18 months.



**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

COMPLETE E™

Mixed Tocotrienols and Mixed Tocopherols

From Rice Bran Oil



- Anti-stroke
- Skin health
- Antioxidant
- Arterial plaques
- Cell membranes
- Platelet aggregation

100 Softgels

COMPLETE E™ is an oil extract of rice bran (*Japonica species*) that is rich in both tocotrienols and tocopherols. One softgel capsule contains 35 mg of tocotrienols with approximately equal amounts of alpha and gamma tocotrienols and small amounts of delta and beta tocotrienol. **COMPLETE E™** also contains over 40 IU of d-alpha tocopherol and as all of the other known tocopherols (gamma tocopherol, delta tocopherol, and beta tocopherol). This unique formula contains no other ingredients, fillers, preservatives, or colorings. It is soy-free, unlike most Vitamin E formulas.

APPLICATIONS: Tocotrienols are in the class of Vitamin E compounds along with tocopherols. They consist basically of a double ring structure called the chromanol head and an isoprenoid tail (similar to coenzyme Q10). Depending upon whether the chromanol head has 3, 2, or 1 methyl groups attached and where these groups are attached they are called alpha, gamma, delta, and beta tocotrienols/tocopherols. The major difference between the tocotrienols and the tocopherols is that the tail is saturated in the case of the tocopherols, but is polyunsaturated in the case of the tocotrienols. As with the fatty acids, a polyunsaturated structure means that the molecule is more reactive and more fluid. This means, for example, that alpha tocotrienol would be much more protective of cell membranes than alpha tocopherol and would more easily be regenerated by Vitamin C. In fact, research has shown that in cell membranes alpha tocotrienol is 40-60 times more protective against free radicals than alpha tocopherol. Other research has shown gamma tocotrienol to block enzymatically the synthesis of cholesterol.

In addition to the above, tocotrienols: 1) May reduce arterial plaques and enhance blood flow, 2) Are potent inhibitors of platelet aggregation and thromboxane, 3) Protect serum lipids from oxidation, including LDL and HDL, 4) Reduce carotid stenosis (narrowing) and may help prevent stroke, 5) Serve as a trap to harmful nitrogenous radicals, 6) Are anti-proliferative and anti-cancer agents, and 6) Provide powerful oxidative defense for the skin.

COMPOSITION: One softgel provides:

NUTRIENT	AMOUNT
d-Alpha Tocopherol	42 IU
d-Gamma Tocotrienol	17.4 mg
d-Alpha Tocotrienol	17.6 mg
d-Delta Tocotrienol, d-Beta Tocotrienol, d-Gamma Tocopherol, d-Delta Tocopherol, and d-Beta Tocopherol	8.5 mg

DIRECTIONS: As a dietary supplement take 1-3 capsules daily with food, or as directed by a health care professional.

INGREDIENTS: **COMPLETE E™** contains the highest-quality oryza oil extract of rice bran (tocotrienol- and tocopherol-rich fraction), gelatin (shell), glycerin (shell), and water (shell).

COMPLETE E™ does not contain wheat, rye, oats, corn, soy, barley, gluten, soy, dairy, egg, sugar, yeast, wax, sulfates, preservatives, colorings, or artificial flavorings.



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ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

PRO-C™

Synergistic Antioxidants Plus Vitamin C

Advanced Free-Radical Protection



- Immunity
- Antioxidant
- Tissue health
- Inflammation
- Detoxification
- Collagen builder

90 Capsules 180 Capsules

PRO-C™ is a complete, advanced, synergistic Vitamin C plus antioxidant formula. It incorporates the latest nutritional research in a top-of-the-line formula combining highly-assimilable forms of Vitamin C (mineral ascorbates), powerful antioxidants (free-radical scavenging nutrients), minerals, cofactors, and herbal nutrients. **PRO-C™** contains Buffered Vitamin C (in the form of powdered calcium, magnesium, and zinc ascorbates), high-potency Grape Extract (from grape seeds, skins, and stems), Green Tea Extract, reduced Glutathione, N-Acetyl-L-Cysteine (NAC), Alpha-Lipoic Acid, coenzyme forms of Vitamin B2 and Vitamin B6, and Selenium. Grape extract and green tea extract both contain highly bioavailable bioflavonoid complexes which in research studies have been shown to have powerful antioxidant capability. The oligomeric proanthocyanidins (OPCs) in grape extract strengthen collagen fibers in aging or damaged connective tissue and can act as a preventive against connective tissue damage/degradation. Both glutathione and NAC (a major precursor of glutathione) provide important protection against toxins and free radicals and are able to strengthen the immune system. R-lipoic acid is a potent fat and water-soluble antioxidant with important metabolic and detoxification properties. Selenium has been shown by clinical research to be a key mineral in the body's defenses against free radicals. Vitamins B2 and B6 along with magnesium, zinc, and calcium work together with and enhance the effects of the other ingredients in the formula. **PRO-C™** is designed to be hypoallergenic and is suitable for hypersensitive individuals.

PRO-C™ is a key element in a foundational formula program that includes: 1) A therapeutic multivitamin and mineral formula (e.g., **MULTI TWO**), 2) A synergistic Vitamin C formula (e.g., **PRO-C™**), 3) An essential fatty acid formula that includes GLA, EPA, and DHA (e.g., **OMEGA PLUS**), and 4) A complete antioxidant formula (e.g., **ANTIOXIDANT FORMULA**). **PRO-C™** works effectively with other foundational formulas by providing advanced free-radical protection.

APPLICATIONS: **PRO-C™** is a synergistic antioxidant formula, especially improving the body's capacity to quench free radicals in its aqueous (i.e., water-based) compartments. Because antioxidants may become free radicals themselves once they have done their job, the body has developed an elaborate system for recovery of oxidized antioxidants. For example, reduced glutathione can reduce oxidized Vitamin C back to its unoxidized state. Vitamin C can reduce oxidized Vitamin E back to its unoxidized state and also can reduce glutathione and spare it for its other important functions, including detoxification and immune enhancement.

Many polyphenols (including oligomeric proanthocyanidins (OPCs), anthocyanidins, and catechins) found in red grape and green tea extracts spare Vitamin C and glutathione in the body as well as operate as powerful antioxidants, anti-inflammatories, and connective tissue strengtheners. R-Lipoic acid operates as an antioxidant both in its oxidized and reduced states, reduces both oxidized Vitamin E and Vitamin C, and enhances glutathione levels. The nutrients in **PRO-C™** have been carefully selected and balanced to provide optimal effects, especially as related to free radical protection, detoxification, immune system enhancement, connective tissue strengthening, and reduction of inflammation. **PRO-C™** provides outstanding nutritional support in a wide variety of conditions of poor health, as well as acts to support and maintain a state of health and well-being.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
Vitamin C (from mineral ascorbates)	500 mg
BioVin™ Grape Extract	30 mg
Green Tea Extract	30 mg
Calcium (from Calcium Ascorbate)	23 mg
Magnesium (from Magnesium Ascorbate)	23 mg
Glutathione (reduced)	20 mg
N-Acetyl-L-Cysteine (NAC)	15 mg
R-Lipoic Acid	5 mg
Zinc (from Zinc Ascorbate)	2 mg
Vitamin B2 (from Riboflavin-5'-Phosphate)	1 mg
Vitamin B6 (from Pyridoxal-5'-Phosphate)	1 mg
Selenium (from L-Selenomethionine)	10 mcg

DIRECTIONS: As a dietary supplement take 1-3 capsules daily in divided doses, or as recommended by a health care professional. It initially may be useful to take up to 6 capsules per day in divided doses for one week. The capsule can be emptied into juice or food as needed.

INGREDIENTS: **PRO-C™** contains the highest-quality magnesium ascorbate, calcium ascorbate, BioVin® grape extract (greater than 95% OPC and greater than 3.5% anthocyanidins from grape seeds, skins, and stems), green tea extract (50% min. polyphenols and 40% min. catechins), glutathione (reduced), n-acetyl-l-cysteine, zinc ascorbate, R-lipoic acid, riboflavin-5'-phosphate, pyridoxal-5'-phosphate, l-selenomethionine, the smallest amounts of silica and vegetable stearate, and gelatin capsule.

PRO-C™ does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, sulfates, phosphates (other than coenzyme forms), fats, chlorides, wax, preservatives, colorings, or artificial flavorings.

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Super Antioxidant Formula



- Immunity
- Antioxidant
- Tissue health
- Inflammation
- Detoxification
- Collagen builder

60 Capsules 120 Capsules

OPC-C™ combines 25 mg of high potency BioVin® grape extract (from grape seeds, skins, and stems) with 500 mg of buffered Vitamin C in the form of powdered calcium, magnesium, and zinc ascorbates. BioVin® grape extract exhibits a very high content of oligomeric proanthocyanidins (OPC). OPCs exert a potent antioxidant capability (fifty times greater than Vitamin E and twenty times greater than Vitamin C in vitro), and are highly effective anti-inflammatory and anti-aging substances. OPCs destroy free radicals and restore correct alignment of collagen fibers in aging or damaged connective tissue. **OPC-C™** is hypoallergenic and is suitable for hypersensitive individuals.

APPLICATIONS: Vitamin C is known to perform many critical functions within the body involving detoxification, tissue building, immune enhancement, pain control, and controlling or killing pathogenic organisms. It is also known to be helpful for wound and bone healing, healthy skin and eyes, fighting infections, stress control, toxic exposure, and repairing damaged tissue of all types. Taking adequate amounts of Vitamin C may help to prevent a wide range of disease states. Oligomeric proanthocyanidins (OPCs) are the most powerful natural free radical scavengers known, and as a bioflavonoid complex, they increase the effectiveness of Vitamin C. They were discovered and studied by Dr. Jack Masquelier. OPCs cross the blood-brain barrier to provide antioxidant protection to central nervous system tissue. Studies have demonstrated that OPCs improve and normalize capillary activity, strengthening capillary walls. They bind to collagen fibers, realigning them in the process to a more youthful, undamaged structure. Elasticity and flexible strength is restored thereby to connective tissue. As supported by numerous clinical studies, OPCs may be a useful adjunct to protocols that deal with aging/longevity, circulation, visual acuity, skin wrinkling, bruising, mental function, inflammation in sports injuries, immune resistance, accelerated healing, allergies, reduction of fatigue, and increased energy. OPCs are extremely stable, showing no loss of potency after twelve years of storage. OPCs are non-toxic, highly bioavailable, and remain effective during long-term use.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
Vitamin C (from Mineral Ascorbates)	500 mg
Calcium (from Calcium Ascorbate)	25 mg
Magnesium (from Magnesium Ascorbate)	25 mg
Zinc (from Zinc Ascorbate)	1 mg
BioVin® Grape Extract (greater than 95% OPCs)	25 mg

DIRECTIONS: As a dietary supplement take 2 capsules daily with food, or as recommended by a health care professional. It initially may be useful to take up to 6 capsules daily in divided doses for a week.

INGREDIENTS: **OPC-C™** contains the highest-quality calcium ascorbate, magnesium ascorbate, and zinc ascorbate, BioVin® grape extract (greater than 95% OPC and greater than 3.5% anthocyanidins from grape seeds, skins, and stems), the smallest amounts of silica and magnesium trisilicate, and a preservative-free gelatin capsule.

OPC-C™ does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, sulfates, wax, preservatives, colorings, or artificial flavorings.



SUPER E 400

D-Alpha Tocopherol Plus Mixed Tocopherols 100% Natural and Unesterified



- Antitumor
- Antioxidant
- Protects lungs
- Cell membranes
- Protects tissues

100 Softgels

SUPER E 400 contains d-Alpha-Tocopherol plus a significant amount of mixed tocopherols in an hermetically sealed gelatin capsule. This unesterified Vitamin E product is 100% natural. **SUPER E 400** uses no carrier oils or coloring agents, thereby minimizing the possibility of rancid oils and food hypersensitivity reactions.

APPLICATIONS: Vitamin E is an important antioxidant naturally obtained from food sources. It may be the only substance in the body capable of breaking free radical chain reactions, especially those reactions taking place in the fats of cell membranes. Other functions of Vitamin E include stabilizing cell membranes, protecting the lungs from air pollutants, preventing tumor growth, as well as protecting the tissues of the skin, eye, liver, breast, and calf muscle. Vitamin E also may be topically applied to minor burns and skin irritations. Research studies have shown that unesterified Vitamin E is better absorbed than esterified forms, and that d-alpha tocopherol is superior to other tocopherols (at least by a factor of two) in breaking free radical chain reactions in the body.

Recent research has shown that the other tocopherols naturally found in food have some important and different metabolic functions than alpha tocopherol. **SUPER E 400** therefore has been designed to include significant amounts of these other tocopherols. Many Vitamin E preparations contain filler oils (such as soybean oil) that may be a source of food sensitivity reactions. **SUPER E 400** is free of carrier oils.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
D-Alpha Tocopherol (including 2.8 mg minimum from mixed tocopherols)	404 IU
Mixed Tocopherols	24.5 mg
D-Gamma Tocopherol (minimum)	14.0 mg
D-Delta Tocopherol (minimum)	4.6 mg
D-Beta Tocopherol (minimum)	0.35 mg

DIRECTIONS: As a dietary supplement take 1-2 capsules per day, or as directed by a health care professional.

INGREDIENTS: **SUPER E 400** contains d-alpha tocopherol (derived from soybeans), mixed tocopherols (derived from soybeans), gelatin, glycerin, and water.

SUPER E 400 does not contain wheat, rye, oats, corn, barley, gluten, egg, dairy, yeast, sulfates, chlorides, preservatives, phosphates, colorings, or artificial flavorings.

SYNERGY C

Buffered Vitamin C k-Rutin Turmeric, Calcium, and Magnesium Ascorbates



- Immunity
- Tissue health
- Detoxification
- Collagen builder
- Anti-inflammatory
- Powerful antioxidant

500 mg 120 Capsules
1,000 mg 120 Tablets

SYNERGY C tablets and capsules combine the buffered form of vitamin C as calcium and magnesium ascorbates (made using a water method to produce key metabolites similar to Ester C) with quercetin and turmeric. **SYNERGY C CAPS** contain 500 mg of vitamin C and **SYNERGY C TABS** contain 1,000 mg of vitamin C. The capsule and tablet formulas both contain 20 mg of the highest-quality k-Rutin and standardized tumeric extract.

APPLICATIONS: Vitamin C is known to perform many critical functions within the body involving detoxification, tissue building, immune enhancement, pain control, and controlling or killing pathogenic organisms. It is known to be helpful for wound and bone healing, healthy skin and eyes, fighting infections, stress control, toxic exposure, and repairing damaged tissue of all types. Adequate amounts of Vitamin C may help prevent a wide range of disease states. In comparison to the ascorbic acid form of Vitamin C, buffered Vitamin C made using a water method can: 1) Increase white blood cell ascorbate levels several times more and lead to more rapid and complete absorption, 2) Circulate in the blood stream for a significantly longer period of time, 3) Result in a lower rate of excretion from the body, i.e., remains active in tissues longer, and 4) Have a lesser tendency to create gastrointestinal discomfort.

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VITAMIN C 1,000

Pure Ascorbic Acid Capsules

From Non-Corn Antigen Sources



- Antioxidant
- Immunity
- Inflammation
- Detoxification
- Tissue health
- Collagen builder

1,000 mg 250 Capsules

VITAMIN C 1,000 capsules contain the highest-purity Ascorbic Acid (from non-corn antigen sources). This formula is suitable for hypersensitive individuals.

APPLICATIONS: Vitamin C is known to perform many critical functions within the body involving detoxification, tissue building, immune enhancement, pain control, and killing pathogenic organisms. It is also known to be helpful for wound and bone healing, healthy skin and eyes, fighting infections, stress control, toxic exposure, and repairing damaged tissues of all types. Adequate amounts of Vitamin C may help prevent a wide range of disease states. These capsules are readily used by travelers or busy individuals who may find it inconvenient to take the powdered form of Vitamin C.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
VITAMIN C (from corn-free ascorbic acid)	1,000 mg

DIRECTIONS: As a dietary supplement take 1 or more capsules daily with food, or as directed by a health care professional.

INGREDIENTS: **VITAMIN C 1,000** contains the highest-quality ascorbic acid, gelatin (capsule), silica, magnesium trisilicate, and magnesium stearate.

VITAMIN C 1,000 does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, sugar, yeast, sulfates, phosphates, chlorides, fats, wax, preservatives, colorings, or artificial flavorings.

Polyphenols work synergistically with Vitamin C to protect and rebuild important tissues of the body. Many fruits, vegetables, nuts, and seeds contain polyphenols, and a diet rich in these foods provides adequate amounts. However, if the diet does not allow for proper intake of these substances, or if bodily injury or malfunction is experienced, a supplement is recommended. k-Rutin™ is a highly-soluble bioflavonoid has been shown to have a powerful anti-inflammatory and antioxidant effects. For example, it may be helpful to those suffering from swelling due to injury and from allergic reactions. k-Rutin™ also is known to reduce viral activity and may be helpful with chronic viral syndromes. Turmeric is a polyphenol containing substances called curcuminoids, which act as powerful antioxidants, pain relievers, and anti-inflammatories. Curcuminoids also exhibit antibacterial activity.

COMPOSITION:

One vegetarian capsule provides:

NUTRIENT	AMOUNT
Vitamin C (from calcium & magnesium ascorbate)	500 mg
Calcium (from calcium ascorbate)	23.5 mg
Magnesium (from magnesium ascorbate)	23 mg
k-Rutin™	20 mg
Turmeric (95% min. curcuminoids from <i>Curcuma longa</i>)	20 mg

One tablet provides:

NUTRIENT	AMOUNT
Vitamin C (from calcium & magnesium ascorbate)	1,000 mg
Calcium (from calcium ascorbate)	47 mg
Magnesium (from magnesium ascorbate)	46 mg
k-Rutin™	20 mg
Turmeric (95% min. curcuminoids from <i>Curcuma longa</i>)	20 mg

DIRECTIONS: As a dietary supplement take 1-2 tablets or capsules daily with food, or as directed by a health care professional.

INGREDIENTS: **SYNERGY C** capsules and tablets contain the highest-quality magnesium ascorbate and calcium ascorbate (prepared by a water method), k-Rutin™, turmeric (C3® from Sabinsa corp.), cellulose, silica, and magnesium trisilicate.

SYNERGY C does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, preservatives, salicylates, colorings, or artificial flavorings.

**I received my order today...
so quick and was surprised
to find free samples included.
Thank you so much!
It is wonderful doing business
with a smaller company that has
such high quality products offered
with great customer service!**

- Dr. Angela Pogioli, D.C.

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PRO-C™, Olive Leaf Extract, Seed-a-Sept, Myo-Mag, Immune Support

"I have been consulting HPDI and Dr. Liers and using HPD products since the early 90's. I don't know how I can do without them. I am a retired Nurse Practitioner/Holistic Health Educator for women and most people guess that I am in my 40's. I was born on 6-6-46.

I believe it is due to the synergistic support of many different HPD supplements - especially Pro-C, Olive Leaf Extract, Seed a Sept, Myo-Mag, Immune Support and Creme da Femme that I am/feel and appear youthful and vibrant in spite of a history of chronic yeast in the 80's and chronic pain and PTSD after a traumatic car accident in 1995.

Thank you HPD staff and thank you dear friend and guide Hank Liers!"

- *Lawrice Dolan, RN Retired
Silver Spring, MD*

Rejuvenate! PLUS™, Love at First Smell and Taste

"It is not everyday that we fall in love with someone or something. And as we get older, the experience becomes even more rare, so when it does happen, all the lights come on. Now I am a great lover of people, things and places and even certain concentrated nutritional medicines like spirulina, iodine, magnesium chloride and sodium bicarbonate.

Through the years many people have sent me gazillions of different products to study and experiment with and many of them have been fine indeed. But none of them spoke to my heart or sang the song of love on a deep enough level for me to stand up in front of everyone and sing out loud like I am going to do now. This past week I have started using REJUVENATE! PLUS and I am in love."

- *Dr. Mark Sircus, Ac., OMD, Brasil*



**We make it easier to follow
your path**

GRAPEFRUIT SEED FORMULAS

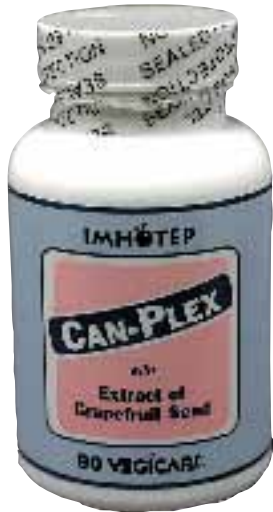
We offer three grapefruit seed products, which include the extract in liquid and capsule (powder) forms, and an antifungal formula.

- **CANPLEX ANTIFUNGAL FORMULA**
- **GRAPEFRUIT SEED EXTRACT POWDER (CAPSULES)**
- **GRAPEFRUIT SEED EXTRACT LIQUID (DROPS)**



CAN-PLEX

**Grapefruit Seed Extract,
Pau D'Arco, and
Calcium Undecylenate
from Castor Bean Oil**



- Toe fungus
- Skin infections
- Candida albicans
- Powerful antifungal

90 Vegetarian Capsules

CAN-PLEX is an effective formula containing three well-known antifungals: 1) grapefruit seed extract, 2) lapacho morado (pau d'arco) derived from the bark of a South American tree, and 3) calcium undecylenate derived from castor bean oil. Glutamic acid has been added for pH control and makes the ingredients more effective. **CAN-PLEX** is contained in a vegetarian capsule.

APPLICATIONS: **CAN-PLEX** offers a powerful, natural approach to fungal infections, including *Candida albicans*. It is designed to provide a safe, yet powerful anti-fungal activity, especially when used in conjunction with a complete anti-fungal protocol.

CAN-PLEX is recommended for individuals having infections that prove resistant to treatment by single nutrients. It is also recommended for chronic cases characterized by deeper invasion of tissues, or by skin problems related to infections.

COMPOSITION: One capsule contains:

NUTRIENT	AMOUNT
Pau D'Arco (Lapacho Morado) (<i>Tabebuia altissima</i>)	300 mg
Calcium Undecylenate (from Castor Bean Oil)	100 mg
Grapefruit Seed Extract	40 mg
Glutamic Acid HCl	25 mg

DIRECTIONS: As a dietary supplement take 2-6 capsules daily preferably away from food, or as directed by a health care professional.

INGREDIENTS: **CAN-PLEX** contains the highest-quality grapefruit seed extract, pau d'arco (lapacho morado), calcium undecylenate (from castor bean oil), glutamic acid HCl, and cellulose.

CAN-PLEX does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, sugar, yeast, sulfates, wax, preservatives, colorings, or artificial flavorings.

GRAPEFRUIT SEED EXTRACT

**Controls Bacteria, Yeast,
Molds, and Viruses
Powdered and Liquid Forms**



- Antifungal
- Antibacterial
- Candida albicans
- Internal applications

90 Capsules

- Toe fungus
- Athlete's foot
- Skin infections
- External applications



2-Ounce Bottle

LIQUID GRAPEFRUIT SEED EXTRACT (Seed-A-Sept) contains standardized liquid botanical extract of Grapefruit Seeds, Pulp, and Inner Rinds (Citricidal®) and an equal amount of USP-grade vegetable glycerine. This liquid formula is contained in a 2-ounce squeeze bottle.

POWDERED GRAPEFRUIT SEED EXTRACT (Seed-A-Sept) is a mixture of 125 mg of Citricidal®, rice flour, and a small amount of magnesium stearate (as a vegetable lubricant) in a vegetarian capsule.

**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

APPLICATIONS: Citricidal® is a standardized botanical extract derived from seeds, pulp, and inner rinds of grapefruit. Extensive testing over the past ten years has shown that grapefruit seed extract is effective as a dietary supplement against a broad range of bacteria at about 1 part in 80,000, and against a broad range of yeasts and molds at about 1 part in 500,000. It also is effective against numerous viruses at about 1 part in 1,000.

Many applications exist both for internal and external use. Internal applications include use as a nutritional supplement in protocols for candidiasis, as well as to control pathogenic bacteria in the mouth, intestines, and vagina. External applications include control of skin fungi, athlete's foot, warts, and skin bacteria. Applications for household and professional exist wherever control of pathogenic organisms is desired. Even when diluted to 5 drops in 5 ounces water the liquid tastes bitter, and therefore many people prefer the capsules for internal use. One capsule is equivalent to ten drops of the liquid form. The liquid form is highly concentrated and should not be used full strength on delicate tissues.

COMPOSITION: Liquid and Powdered Grapefruit Extracts contain:

	LIQUID	POWDER
CITRICIDAL	50.0%	50.0%
Nitrogen-Free Compounds	29.6%	29.6%
Ascorbic Acid	16.5%	16.5%
Protein (minimum)	2.0%	2.0%
Fat (minimum)	1.0%	1.0%
Ash (maximum)	0.5%	0.5%
Fiber (maximum)	0.4%	0.4%
INERT INGREDIENTS:		
Glycerine (palm and coconut source)	50.0%	20.0%
Sipernat 22S (silicon dioxide)	0.0%	30.0%

DIRECTIONS: For internal use take 5–10 drops of **LIQUID GRAPEFRUIT SEED EXTRACT** in 5 ounces of juice or water three times per day (until symptoms diminish or are under control), or as directed by a health care professional. For external use dilute with sufficient water to prevent skin/tissue irritation (start with 1 drop in a tablespoon of water), or as directed by a health care professional.

For internal use take 1–3 capsules daily of **POWDERED GRAPEFRUIT SEED EXTRACT** (until symptoms diminish or are under control), or as directed by a health care professional.

INGREDIENTS: LIQUID GRAPEFRUIT SEED EXTRACT contains equal amounts of Citricidal® (biologically active grapefruit extract) and the highest-quality vegetable glycerine (pesticide-free derived from palm and coconut).

POWDERED GRAPEFRUIT SEED EXTRACT contains Citricidal® (biologically active grapefruit seed extract), silica, rice flour, and magnesium stearate (as a vegetable lubricant), and a vegetarian capsule.

LIQUID GRAPEFRUIT SEED EXTRACT and **POWDERED GRAPEFRUIT SEED EXTRACT** do not contain wheat, rye, oats, corn, barley, gluten, starch, soy, egg, dairy, yeast, sulfates, chlorides, wax, preservatives, colorings, or artificial flavorings.



**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

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Rejuvenate!™ Berries & Herbs

"It's rare that I discover a new superfood product that truly impresses me. But recently I was handed a sample of a new superfood product It's called REJUVENATE! BERRIES & HERBS, and it really caught my attention as a truly remarkable new superfood product.

As you already know if you read NaturalNews.com frequently, I don't recommend superfood products made with soy protein, chemicals sweeteners or junk fillers of any kind. So right from the start you already know that REJUVENATE! BERRIES & HERBS is a cut above the norm. It's actually much more than that: Formulated by Dr. Hank Liers, this REJUVENATE BERRIES & HERBS superfood is a high-RNA, high-protein superfood concentrate powder made with organic freeze-dried berries and herbs.

The best part of this product, though, is the amazing taste! You know how high-density green superfoods often have a taste that just makes you cringe? Seriously, but as I've gained more experience in the world of superfoods, I've come to realize a simple but powerful truth about my own habits: If it doesn't taste good, I avoid consuming it. Even when I know that certain superfoods are really, really good for me, I've found that if they taste terrible, I just don't drink them as often as I wish to.

REJUVENATE!™ BERRIES & HERBS tastes fantastic. So it automatically gets consumed with greater frequency in my household, and that feels good because I know just how impressive its nutritional profile is."

- Mike Adams, *The Health Ranger, Natural News*

Prosta Plus

"Prosta Plus has changed his life in an amazing way. It is the only product out of a dozen brand that he has tried that allows him to sleep an entire night without getting up to use the 'facilities.' Even his doctor's prescription medicine did not work"

- Marvin S., *El Segundo, CA*

The background of the advertisement is a vibrant desert landscape. A dirt path winds through the scene, flanked by various desert plants, including tall saguaros and smaller shrubs. In the lower right foreground, an elderly woman with white hair, wearing a patterned dress, is watering a patch of yellow and white flowers with a silver watering can. The sky is a clear, bright blue. In the top left corner, there is a stylized orange graphic element that resembles a musical note or a decorative flourish.

**We make it easier to work
joyfully**

HERBAL FORMULAS

We offer a selection of therapeutic herbal formulas designed to work effectively when used alone or together with other nutritional supplement formulas.

- **AGARICUS BLAZEI**
- **PURE CORDYCEPS**
- **ONE-A-DAY GARLIC TABS**
- **GINKGO BILOBA**
- **HEPA PLUS**
- **OLIVE LEAF EXTRACT**
- **PROSTA PLUS**
- **QUERCETIN PLUS**

AGARICUS BLAZEI CAPSULES

Enhancing Mushroom Complex
Also known as Royal Sun Agaricus



- Hepatitis
- Hyperlipidemia
- Arteriosclerosis
- Type 2 Diabetes
- Immune enhancer
- Reduces body fat

Some of the active ingredients identified in *Agaricus blazei* are Beta-(1-3)-D-glucan, Beta-(1-4)-a-D-glucan and Beta-(1-6)-D-glucan. Known collectively as Beta-glucans, these substances are among the most potent immuno-potentiating (immune-enhancing) substances known. They offer very powerful anti-tumor properties, even when used orally. Beta-glucans do not directly cause the anti-tumor effect, but rather trigger the body's own anti-tumor response. For example, one study in human subjects given dietary *Agaricus blazei* resulted in a 3,000% increase of NK cell activity in blood within 2-4 days.

COMPOSITION: One vegetarian capsule provides:

NUTRIENT	AMOUNT
AGARICUS BLAZEI (100% Organic)	500 mg

DIRECTIONS: As a dietary supplement take 3 capsules twice daily with food, or as recommended by a health care professional.

INGREDIENTS: AGARICUS BLAZEI CAPSULES contain 100% organic *Agaricus blazei* full-spectrum complex (mycelium, fruit, and exudate) and cellulose (capsule).

AGARICUS BLAZEI CAPSULES do not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, sulfates, preservatives, colorings, or artificial flavorings.

500 mg 90 Vegetarian Capsules

AGARICUS BLAZEI CAPSULES contain *Agaricus blazei* mushroom (also known as Royal Sun Agaricus or Agaricus Blazei Murill (ABM)), which is one of the most amazing medicinal mushrooms discovered. Modern research shows that the main medicinal properties of this mushroom are anti-tumor and immune enhancement. One vegetarian capsule contains 500 mg of organically grown, full-spectrum *Agaricus blazei* mushroom complex. Our manufacturer's research shows that the best quality mushrooms (providing by far the highest beta-glucan content) are grown indoors directly on organic grains (sorghum and millet). This determination is both based on laboratory test results and the size and flavor of the mushrooms grown indoors. It is possible with indoor cultivation to completely control climatic conditions: temperature, humidity, airflow, CO2 levels, amount and quality of light, the lighting cycle, etc. All of these parameters are set to develop the highest quality mushrooms. Typical total polysaccharides and beta-glucan content of **AGARICUS BLAZEI CAPSULES** are 77% and 33%, respectively.

APPLICATIONS: *Agaricus blazei* is an edible mushroom native to Brazil, and cultivated in Japan and USA for medicinal uses. It has been used to treat arteriosclerosis, hepatitis, hyperlipidemia, diabetes, dermatitis, and cancer. *In vitro* experiments and studies done using mice have shown that Agaricus has immunomodulatory, antitumor, and antimutagenic properties. The polysaccharides and anti-angiogenic compounds present in Agaricus are thought to be responsible for its antitumor properties. Such effects are believed exerted by immunopotentiality or direct inhibition of angiogenesis. Agaricus was also shown to have anti-diabetic effects *in vitro* and in animal studies. In addition, results from a study done in human subjects with Type 2 diabetes suggest benefits of Agaricus extract in improving insulin resistance. A pilot study in healthy individuals indicates Agaricus extract may help reduce weight, BMI, body fat, serum glucose, and cholesterol levels.



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PURE CORDYCEPS CAPSULES

Full Spectrum Formula



- Fatigue
- Hepatitis
- Immunity
- Bronchitis
- Atherosclerosis
- Athletic performance

COMPOSITION: One vegetarian capsule provides:

NUTRIENT	AMOUNT
100% Organic <i>Cordyceps sinensis</i> full-spectrum blend	525 mg

DIRECTIONS: As a dietary supplement take 3 capsules twice daily with food, or as recommended by a health care professional. If pregnant or nursing, please consult a doctor before using this supplement.

INGREDIENTS: PURE CORDYCEPS CAPSULES contain 100% organic *Cordyceps sinensis* full-spectrum blend and plant-derived cellulose (capsule).

PURE CORDYCEPS CAPSULES do not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, sulfates, preservatives, colorings, or artificial flavorings.

525 mg 90 Vegetarian Capsules

PURE CORDYCEPS CAPSULES contain a full-spectrum hot water extract of mycelium, fruit body, and exudate of *Cordyceps sinensis* mushrooms. Our supplier has developed a patented process by which cultivated *Cordyceps sinensis* not only is bio-identical genetically, but also bio-identical in its analytical signature to wild *Cordyceps* harvested in the mountains of Tibet.

PURE CORDYCEPS CAPSULES contain 525 mg per vegetarian capsule and is made in America using only USDA-certified organic ingredients. A typical analysis of the products shows a total hetero-polysaccharide content of 78%, a beta-1,3/1,6-glucan content of 54%, and an alpha-glucan content of 7%.

APPLICATIONS: The mushroom *Cordyceps sinensis* traditionally has been used in China to promote overall good health. Modern research indicates it supports the function of the liver, kidney, lung, heart, and immune system. *Cordyceps* has been used to protect the bone marrow and digestive system in mice from whole body irradiation. At least one experiment has shown *Cordyceps* may protect the liver from damage. An experiment with mice indicates the mushroom may exert antidepressant effects. Researchers have observed *Cordyceps* has a hypoglycemic (i.e., blood sugar lowering) effect, and therefore it may be beneficial for individuals with insulin resistance. *Cordyceps* mushroom extracts have been shown to increase T helper cells, prolong survival of lymphocytes, enhance TNF-alpha and interleukin-1 production, and stimulate activity of natural killer (NK) cells. One study indicates *Cordyceps* can stimulate progesterone production in animal cells. Another study has shown *Cordyceps* may be effective against tumor cells by down-regulating MHC class II antigen expression. In addition, historical use data suggests *Cordyceps* can reduce cyclosporin and aminoglycoside-induced renal toxicity. In *Healing Mushrooms*, Dr. Georges Halpern indicates research with *Cordyceps* has been conducted relating to these health concerns: 1) atherosclerosis, 2) bronchitis, 3) asthma, 4) cardiac arrhythmias, 5) diabetes, 6) hepatitis B, 7) cirrhosis, 8) kidney failure, 9) kidney transplants, 10) fatigue, and 11) erectile dysfunction. More recently, *Cordyceps* has been used to enhance athletic performance.



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ONE-A-DAY GARLIC TABS

**High-Quality, Odor-Free
Enterically-Coated
for Maximum Effectiveness**



- **Antiviral**
- **Antifungal**
- **Antiparasitic**
- **Antibacterial**
- **Cardiovascular health**

500 mg 180 Tablets

ONE-A-DAY GARLIC TABS contains garlic from premium-quality cloves that are naturally grown, hand peeled (preventing bruising and premature allicin loss), and processed by a proprietary method that stabilizes the powder without the use of chemical preservatives or additives. The powder is freeze-dried, concentrating it three-fold, and it is nitrogen-packed to preserve allicin potential until the time of tablet manufacturing. An enteric coating is applied to each tablet in order to guarantee that stomach acids do not prevent attainment of the total allicin potential and provides an odor-free product. One tablet of **ONE-A-DAY GARLIC TABS** provides all of the natural compounds normally provided by fresh garlic cloves including alliin, allicin, thiosulfonates, gamma-glutamylcysteines, and sulfur. It contains per tablet a minimum Total Allicin Potential of 6,000 mcg (from 500 mg of garlic powder), equivalent to 1,500 mg of fresh garlic.

APPLICATIONS: Garlic has a long history of culinary and health-enhancing uses. In the last forty years, garlic has been the subject more than one thousand research studies. These studies have investigated the therapeutic effects of garlic, including: 1) Antibiotic effects, 2) Cardiovascular effects (including cholesterol lowering), 3) Anticancer effects, 4) Effects on blood sugar, 5) Effectiveness as a heavy metal antidote/chelator, 6) Potential alleviation of intestinal problems, and 7) Other biological and chemical effects. These studies show that garlic: 1) Lowers serum cholesterol and triglycerides while raising HDL-cholesterol, 2) Reduces the "stickiness" of platelets, making blood circulation more efficient, 3) Causes a mild reduction in blood pressure, 4) Antibacterial, antiviral, antifungal, antiparasitic effects, and exerts action against organisms causing yeast infection, and 5) Regular consumption is associated with lowered risk of stomach and colon cancer. It is widely accepted that allicin is the component of garlic responsible for most of its health benefits. Allicin is formed when the garlic enzyme alliinase comes into contact with alliin (the principal active component of garlic). Alliinase is destroyed by stomach acids, therefore garlic powders subjected to stomach acid are ineffective.

Enteric coatings that break down in the small intestine at higher pH (but not under the acidic conditions of the stomach), are required for maximum benefit of a garlic supplement.

COMPOSITION: One tablet provides:

NUTRIENT	AMOUNT
GARLIC POWDER (freeze-dried 3:1) Total Allicin Potential* (minimum)	500 mg 6,000 mcg

*Total Allicin Potential is measured by Alliin content and the relative activity of the enzyme Alliinase.

DIRECTIONS: As a dietary supplement take 1-2 tablets daily with food, or as directed by a health care professional. Swallow tablets whole for maximum effectiveness.

INGREDIENTS: **ONE-A-DAY GARLIC TABS** contain the highest-quality 3:1 extract of premium white and purple garlic, cellulose, croscarmellose sodium, stearic acid, magnesium stearate, silica, hydroxypropyl methylcellulose (enteric coating), and eudragit (enteric coating).

ONE-A-DAY GARLIC TABS do not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, sulfates, preservatives, colorings, or artificial flavors.

GINKGO BILOBA Antioxidant Smart Herb



- **Depression**
- **Memory enhancer**
- **Anti-stress effects**
- **Cognitive disorders**
- **Age-related memory decline (ARMD)**

60 mg 100 Capsules

GINKGO BILOBA contains the highest-quality 50:1 extract of ginkgo biloba standardized to 24% ginkgo flavonglucosides and 6% combined ginkgolides A (1.2% minimum), B (0.8% minimum), C (1.0% minimum), and bilobalide (2.5% minimum). Furthermore, this formula only contains 1 ppm (maximum) of ginkgolic acid (a toxic component found at high levels in some Ginkgo extracts). The ginkgo extract in this formula conforms to the most rigorous specifications established by the German government, and has been extensively tested as an herbal medicine. Ginkgo biloba is a safe substance showing excellent tolerance in nearly all individuals.

**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

APPLICATIONS: Extensive study and testing of ginkgo biloba has revealed several effective therapeutic and preventative applications for this substance. Ginkgo has been shown to act as a memory enhancer both for normal adults and for individuals with cerebral insufficiency. It can be effective against cerebral aging, and has been shown to be an effective supplement for mental and behavioral disorders of the elderly (e.g., age-related memory decline), as well as for cognitive disorders secondary to depression. Anti-stress effects have been noted in patients treated with ginkgo biloba. The free-radical scavenging effects of ginkgo protect lipid membranes against peroxidation. Ginkgo also has been shown to increase peripheral microcirculation, and may be a useful adjunct in protocols for the treatment of edema, including cerebral edema. Research has shown that ginkgo supplementation may be helpful for normalizing the vascular system. It may be a useful adjunct in protocols for the congestive symptoms of premenstrual syndrome and is known as an effective supplement for functional disorders of ischaemic origin in the ear, nose, throat and eye areas. Ginkgo exhibits a strong platelet activation factor inhibition, and individuals experiencing diabetic retinopathy have shown a good response to supplementation. Patients experiencing disequilibrium disorders also have shown a remarkable response to ginkgo supplementation. A study of persons experiencing arterial erectile dysfunction showed significant benefit from long-term ginkgo biloba supplementation.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
GINKGO BILOBA (24/6 standardized extract)	60 mg

DIRECTIONS: As a dietary supplement take 2–4 capsules daily with food, or as directed by a health care professional.

INGREDIENTS: **GINKGO BILOBA** contains the highest-quality 50:1 extract of ginkgo biloba standardized to 24% ginkgo flavonglucosides, 6% combined ginkgolides A (1.2% minimum), B (0.8% minimum), C (1.0% minimum), and bilobalide (2.5% minimum); cellulose, gelatin (capsule), silica, and magnesium trisilicate.

GINKGO BILOBA does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, sulfates, preservatives, colorings, or artificial flavors.

HEPA PLUS is a synergistic formula containing a standardized Milk Thistle (*Silybum marianum*) extract (standardized to greater than 80% silymarin), Dandelion Root extract 4:1, Alpha-Lipoic Acid, N-Acetyl-L-Cysteine (NAC), Thiamin Diphosphate, Ornithine Alpha-Ketoglutarate, Glycine, Taurine, Molybdenum, and Selenium.

APPLICATIONS: Extensive research has shown that silymarin (the major component of milk thistle (*Silybum marianum*) extract) exerts both a protective and restorative effect on the liver and can stimulate the growth of new liver cells to replace old damaged cells. Studies have shown that dandelion root enhances the flow of bile, improving such conditions as liver congestion, bile duct inflammation, hepatitis, gallstones, and jaundice. Lipoic acid is an important nutrient that enhances metabolism, acts both as a water-soluble and a fat-soluble antioxidant, and is toxic metal chelator (including free iron and copper, cadmium, mercury and lead).

Thiamin diphosphate is the active coenzyme form of Vitamin B1 and is especially helpful in those with impaired liver function. NAC is an effective nutrient for increasing liver concentrations of glutathione (an extremely important antioxidant in the liver). Glycine and taurine play important roles in the Phase II liver detoxification pathways. Ornithine plays a key role in the urea cycle and allows the liver to eliminate the buildup of toxic levels of ammonia. Molybdenum and selenium are essential minerals in the synthesis of enzymes supporting liver detoxification.

COMPOSITION: One tablet provides:

NUTRIENT	AMOUNT
N-Acetyl-L-Cysteine (NAC)	100 mg
Milk Thistle Extract (<i>Silybum marianum</i>) (standardized to 80% Silymarin)	90 mg
Dandelion Root Extract 4:1	75 mg
Glycine	50 mg
Taurine	50 mg
Ornithine Alpha-Ketoglutarate	40 mg
Alpha-Lipoic Acid	25 mg
Thiamin Diphosphate (cocarboxylase)	5 mg
Molybdenum (from molybdenum ketoglutarate)	25 mcg
Selenium (from l-selenomethionine)	25 mcg

DIRECTIONS: As a dietary supplement take 2–4 capsules daily with food, or as directed by a health care professional.

INGREDIENTS: **HEPA PLUS** contains the highest-quality n-acetyl-l-cysteine, milk thistle (*Silybum marianum*) extract (standardized to greater than 80% silymarin), dandelion root (*Taraxacum officinale*) extract 4:1, glycine, taurine, ornithine alpha-ketoglutarate, alpha-lipoic acid, thiamin diphosphate (cocarboxylase), molybdenum alpha-ketoglutarate, l-selenomethionine, cellulose, silica, and vegetable stearate.

HEPA PLUS does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, sulfates, preservatives, colorings, or artificial flavors.

HEPA PLUS

Nutritional Support of Liver Function and Detoxification



- Bile flow
- Hepatitis
- Gallstones
- Liver support
- Detoxification

120 Capsules

*These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.

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OLIVE LEAF EXTRACT

Powerful Antimicrobial Agent



- Parasites
- Antiviral
- Antifungal
- Strep throat
- Antibacterial
- Staphylococcus aureus

500 mg 60 Vegetarian Capsules

OLIVE LEAF EXTRACT contains 500 mg of the highest-quality patented olive leaf extract in a vegetarian capsule. This unique olive leaf extract is prevented from inactivation by a blood protein because of its precise molecular rotation.

APPLICATIONS: OLIVE LEAF EXTRACT has a long history of use against illnesses in which microorganisms play a major role. In more recent years, it was discovered that *in vitro* (test tube) an extract from olive leaf (calcium elenolate) was effective in eliminating a broad range of organisms, including bacteria, viruses, and parasites, as well as yeast, mold, and fungi. The problem with using it in the body was that once in the blood, a protein combined with it and caused it to be inactivated. An American company found that if the active molecule in olive leaf extract was rotated around a specific axis by a precise amount, the blood protein could no longer inactivate it, and therefore it could effectively eliminate or control a very broad range of microorganisms and associated conditions in the body. These conditions include herpes, Epstein Barr (and cytomegalo viruses), chlamydia, cholera, hepatitis (A, B, & C), malaria, measles, meningitis, rabies, tapeworm, salmonella, tuberculosis, staphylococcus, polio, vaginitis, thrush, strep throat, whooping cough, pneumonia, ringworm, bacillus cereus, and many other conditions. Olive leaf extract formulas without this unique molecular rotation are minimally effective in the body because they are inactivated by a blood protein after a short period of time (approximately 15 minutes). Olive leaf extract has been shown to lower blood pressure, cause dilation of coronary arteries, reduces atrial fibrillation, and possess antioxidant effects. Olive leaf extract is known to be extremely safe and non-toxic (even in large doses).

COMPOSITION: One vegetarian capsule provides:

NUTRIENT	AMOUNT
OLIVE LEAF EXTRACT	500 mg

DIRECTIONS: As a dietary supplement take 1-2 capsules three times daily preferably away from food, or as directed by a health care professional. We suggest that you start at lower dosages and gradually increase them to avoid possible die-off reactions.

INGREDIENTS: East Park Research patented olive leaf extract (d-lenolate®) and cellulose (vegetarian capsule).

OLIVE LEAF EXTRACT does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, sulfates, preservatives, colorings, or artificial flavorings.

PROSTA PLUS

Natural Support for Healthy Prostate Function



- Blocks aromatase
- Prostate enlargement (BPH)
- Prostatic inflammation
- Reduces prostate edema

120 Tablets

PROSTA PLUS is a synergistic formula containing a standardized Saw Palmetto Berry Extract (85-95% fatty acids and sterols), Stinging Nettle Root Extract (16:1), and a standardized Pumpkin Seed Extract (4:1) (greater than 85% fatty acids). This formula includes the amino acids Alanine, Glycine, and Glutamic Acid. The fatty acids in **PROSTA PLUS** are protected by Ascorbyl Palmitate and Vitamin E.

APPLICATIONS: The therapeutic effects of liposterolic extract of saw palmetto berry has been shown in clinical studies significantly to improve signs and symptoms of prostate gland enlargement. Recent advances in the treatment of benign prostatic hypertrophy (BPH) have shown that the addition of stinging nettle root extract adds another dimension to supporting prostate function by blocking the formation of estrogens, influencing the effect of sex hormone binding globulin (SHBG) on BPH, and reducing edema. More traditionally, lipophilic pumpkin seed extract has been used effectively for BPH. The combination of alanine, glycine, and glutamic acid has proven effective for reducing prostatic inflammation.

COMPOSITION: One tablet provides:

NUTRIENT	AMOUNT
Saw Palmetto Berry Extract (<i>Serenoa repens</i>) (standardized to 85-95% fatty acids & sterols)	80 mg
Stinging Nettle Root Extract 16:1 (<i>Urtica dioica</i>)	50 mg
Alanine	50 mg
Glycine	50 mg
Glutamic Acid	50 mg
Pumpkin Seed Extract 4:1 (<i>Cucurbita pepo</i>)	40 mg
Ascorbyl Palmitate (fat-soluble Vitamin C)	25 mg
Vitamin E (d-alpha tocopherol succinate)	10 IU

DIRECTIONS: As a dietary supplement take 2-4 tablets daily with food, or as directed by a health care professional.

INGREDIENTS: PROSTA PLUS contains the highest-quality saw palmetto (*Serenoa repens*) berry extract, stinging nettle root extract (16:1), pumpkin seed extract (4:1) (standardized to greater than 85% fatty acids), alanine, glycine, glutamic acid, ascorbyl palmitate, Vitamin E (d-alpha tocopherol succinate), cellulose, silica, and vegetable stearate.

PROSTA PLUS does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, sulfates, preservatives, colorings, or artificial flavors.

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QUERCETIN PLUS

Quercetin, Rutin, and

BioVin® Grape Extract



- Allergies
- Antiviral
- Anti-inflammatory
- Strengthens collagen
- Swelling from trauma

200 Tablets

QUERCETIN PLUS is a hypoallergenic blend of bioflavonoids in tablet form. The active ingredients include 500 mg of the highest-purity Quercetin, 25 mg of Rutin, and 5 mg of BioVin® Grape Extract (from grape seeds, skins, and stems).

APPLICATIONS: Bioflavonoids work in a synergistic way with Vitamin C to rebuild small blood vessels and many other structural parts of the body. Fruits, vegetables, nuts, and seeds contain bioflavonoids, and a diet rich in these foods provides adequate amounts. However, when the diet does not allow for proper intake of these substances, or if bodily injury or malfunction is experienced, a daily supplement providing 500 mg or more of bioflavonoids is recommended. Quercetin has been shown to have a powerful anti-inflammatory effect and may be helpful to those suffering from allergies or from swelling due to injury. Quercetin also is known to reduce viral activity and may be helpful with chronic viral syndromes. Rutin is well known for its effectiveness in dealing with capillary fragility. The oligomeric proanthocyanidins (OPCs) in BioVin® grape extract (derived from grape seeds, skins, and stems) offer a highly bioavailable bioflavonoid complex. OPCs are extremely powerful antioxidants (20 times more powerful than Vitamin C *in vitro*), potent anti-inflammatories, and collagen strengtheners. OPCs readily cross the blood-brain barrier and may be helpful to persons suffering from allergic reactions or from swelling due to injury. Other active ingredients in grape extract include anthocyanidins and transresveratrol.

COMPOSITION: One tablet provides:

NUTRIENT	AMOUNT
Quercetin (dihydrate)	500 mg
Rutin	25 mg
BioVin® Grape Extract (greater than 95% OPCs) (from grape seeds, skins, and stems)	5 mg

DIRECTIONS: As a dietary supplement take 1–2 tablets daily with food, or as directed by a health care professional.

INGREDIENTS: **QUERCETIN PLUS** contains quercetin dihydrate, rutin NF, BioVin® standardized extract (from grape seeds, skins, and stems), cellulose, and vegetable stearate.

QUERCETIN PLUS does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, sulfates, preservatives, colorings, or artificial flavors.



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Phytoestrogen Plus

"I had been suffering from terrible insomnia, waking up three and four times a night, for nearly a year when I started taking the PHYTOESTROGEN. Within a week and at a very low dose I began enjoying amazingly restful nights of sleep. I'll never quit taking this now!"

- Denise L., Scottsdale, AZ

Miracle of Magnesium for Pain Relief and Hormonal Balance

"Before magnesium oil, I used to experience debilitating, and excruciating monthly cycles, whereby I would be laid up for the first day, feeling sad and sorry for myself. Announcing to all and sundry 'I'm in the cave and if anyone wants mebring water and Panadol.' In fact I was unable to take pain killers as they would just come right back up again. This had been going on for 10 years. After using the magnesium spray for only two weeks, I wasn't expecting any miracles. But alas, the 'Miracle of Magnesium' is real...I did not need to take any pain killers as there was NO PAIN whatsoever, a mild twinge at best...so I simply applied some magnesium oil to the abdomen and it vanished in minutes. And this is after only two weeks!! From time to time I also experienced the odd migraine....once again laid up... so surreal and intense that I often felt I was leaving the body, and had to get my husband to simply hold me to keep me grounded. But here's the good news. I have not had to even a minor headache since taking mg. All my migraine suffering friends will attest to the same positive results."

- Christine M., Buderim, Australia





We make it easier **to play**

HORMONES AND STEROID PRECURSORS

We offer a selection of high-purity hormones and steroid precursors. These products can provide significant health benefits, including support for adrenal glands, menopause and PMS, improved sleep, and retarding the aging process.

- ADRENO-PLUS™
- DHEA
- MELATONIN
- PREGNENOLONE
- PHYTOESTROGEN PLUS



ADRENO-PLUS™

Supports Adrenal Function



- Stress
- Adrenal gland health
- Reduces Fatigue

60 Capsules 120 Capsules

ADRENO-PLUS™ contains adrenal glandular extracts with synergistic nutrients and is designed specifically to support adrenal function. The formula contains vacuum-dried Adrenal and Adrenal Cortex Extract, Licorice 10x Concentrate, Vitamin C, Vitamin B6, Pantothenic Acid (Vitamin B5), and Zinc.

APPLICATIONS: ADRENO-PLUS™ is intended to be used by those individuals suffering from adrenal exhaustion and excessive stress. The adrenal glandular extracts directly support adrenal function and the supporting nutrients help to rebuild healthy adrenal glands.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
Vitamin C (as ascorbic acid)	200 mg
Adrenal Substance (vacuum-dried bovine tissue, 100% pure)	150 mg
Pantothenic Acid (Vitamin B5) (from d-calcium pantothenate)	50 mg
Licorice Root Extract (10:1) (<i>Glycyrrhiza glabra</i>)	40 mg
Adrenal Cortex (vacuum dried bovine tissue, 100% pure)	30 mg
Vitamin B6 (from pyridoxine HCl)	30 mg
Zinc (from rice-based amino acid chelate)	3 mg

DIRECTIONS: As a dietary supplement take 1–2 capsules daily with food, or as directed by a health care professional.

INGREDIENTS: ADRENO-PLUS™ contains vacuum-dried adrenal and adrenal cortex extracts, licorice 10x concentrate, Vitamin C as ascorbic acid, Vitamin B6 as pyridoxine HCl, pantothenic acid (Vitamin B5) (from d-calcium pantothenate), and zinc (from rice-based amino acid chelate), gelatin (capsule), magnesium stearate, and silica.

ADRENO-PLUS™ does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, sulfates, preservatives, colorings, or artificial flavors.

DHEA

Dehydroepiandrosterone

A Key Adrenal Hormone



- Immunity
- Hormone support
- Well-being and mood

25 mg 100 Tablets

DHEA contains 25 mg of the Dehydroepiandrosterone (DHEA). The only filler is pharmaceutical-grade cellulose and the tablet is coated with water-soluble cellulose to protect it from moisture and air. The scored tablet may be divided for smaller dosages.

APPLICATIONS: DHEA is the most abundant hormone in humans and mammals, and is an essential component in many physiological functions. DHEA plays a major role in the immune system. It is a building block for gonadal and other hormones, and determines general levels of well-being and mood. Research and clinical studies have shown DHEA to be deficient in almost every major disease, including obesity, diabetes, high blood pressure, cancer, various immune deficiencies, coronary artery disease and autoimmune disorders. For more information see Dr. Norman Shealy's *DHEA: The Youth and Health Hormone*. It is strongly suggested that individuals taking DHEA without the guidance of a health professional should limit their intake to 50 mg daily for males and 25 mg daily for females.

COMPOSITION: One scored tablet provides:

NUTRIENT	AMOUNT
DHEA	25 mg

DIRECTIONS: As a dietary supplement take 1–2 tablets daily with food, or as directed by a health care professional.

INGREDIENTS: DHEA contains the highest-quality dehydroepiandrosterone, cellulose, and vegetable stearate.

DHEA does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, sulfates, preservatives, colorings, or artificial flavors.

*These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.

MELATONIN

Regulates Sleep and Circadian Rhythms



- Insomnia
- Shift work
- Counteracts jet lag
- Circadian rhythms

3 mg 100 Capsules

MELATONIN contains 3 mg of the highest-quality Melatonin. For smaller doses the capsule may be opened and taken with water or juice, or emptied directly into the mouth.

APPLICATIONS: Melatonin is a hormone produced in the pineal gland. It is involved with the regulation of the body's biological clock, acts as a very powerful free-radical scavenger (especially against the OH- radical), triggers the body's sleep mechanisms, acts as an age-retarding substance, and coordinates the hormones involved in fertility (see *Science News* 147: 300-301). Melatonin levels in the body normally rise at night and fall during daylight hours. Uses of melatonin include helping individuals with insomnia to fall asleep, counteracting jet lag, helping workers adjust to shift work, normalizing circadian rhythms, and supporting persons experiencing mood swings (see Dr. Ray Sahelian's *Melatonin: Nature's Sleeping Pill*). Some people become groggy or sluggish when taking supplemental melatonin, indicating the importance of correct dosage. Studies show melatonin is non-toxic even in large amounts (more than 7500 mg).

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
MELATONIN	3 mg

DIRECTIONS: As a dietary supplement take 1-2 capsules before bedtime, or as directed by a health care professional. It may be helpful to begin at lower dosages and slowly increase to higher dosages.

INGREDIENTS: **MELATONIN** contains USP grade cellulose, pharmaceutical-grade melatonin, silica, vegetable stearate, and gelatin (capsule).

MELATONIN does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, sulfates, preservatives, colorings, or artificial flavors.

PREGNENOLONE

The "Parent" Hormone Key Steroid-Hormone Precursor



- PMS
- Memory
- Arthritis
- Menopause
- Concentration
- Mental fatigue

30 mg 60 Capsules

PREGNENOLONE contains 30 mg of the highest-quality, pharmaceutical-grade Pregnenolone. The product includes only the highest-purity microcrystalline cellulose, silica, and magnesium trisilicate used as fillers and flow agents. **PREGNENOLONE** contains no magnesium stearate.

APPLICATIONS: Sometimes called the "parent hormone," pregnenolone is made in the body from cholesterol. All steroid hormones (including neurosteroids) in the body are made from pregnenolone. Key organs producing pregnenolone include brain, adrenal cortex, and gonads. It is the primary building block for sex hormones (including progesterone, DHEA, testosterone, and estrogen), aldosterone, and corticosteroids. Dr. William Regelson states in *The Super-Hormone Promise* that applications of pregnenolone include: 1) Memory enhancement (some researchers claim that pregnenolone is the most potent memory enhancer ever discovered), 2) Improved concentration, 3) Fighting mental fatigue, and 4) Relieving arthritis. Because it is the precursor for all sex hormones, pregnenolone may be supportive for conditions such as premenstrual syndrome (PMS) and menopause. Dr. Raymond Peat writes that pregnenolone makes aged and atrophied skin thicker and more regular, but does not have this effect on healthy, young skin (*Townsend Letter for Doctors* 52: 8711). Many studies have been conducted on the function of pregnenolone in the brain. Studies show pregnenolone is non-toxic in the human body, even when taken in large doses.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
PREGNENOLONE	30 mg

DIRECTIONS: As a dietary supplement take 1 capsule daily, preferably away from food, or as directed by a health care professional.

INGREDIENTS: **PREGNENOLONE** contains the highest-quality pregnenolone, microcrystalline cellulose, magnesium trisilicate, silica, and gelatin (capsule).

PREGNENOLONE does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, sulfates, preservatives, colorings, or artificial flavors.

**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

PHYTOESTROGEN PLUS

For Women's Hormonal Balance



- PMS
- Insomnia
- Menopause
- Perimenopause
- Balances hormones

90 Capsules

PHYTOESTROGEN PLUS contains plant source ingredients with known phytoestrogen activity, including Black Cohosh, Chaste Berry, Dong Quai, Red Clover, and Soy Isoflavones.

PHYTOESTROGEN PLUS also contains Gamma Oryzanol (a substance derived from rice bran that is known to reduce hot flashes) and Vitamin E.

APPLICATIONS: Phytoestrogens are a group of compounds found in plants that influence estrogenic activity in the body. They either can act as weak estrogens or provide precursors for substances that affect estrogen activity. Phytoestrogens can bind to estrogen receptors in the body and exert either pro-estrogenic effects or anti-estrogenic effects on the target tissues. How phytoestrogens affect tissues partly depends on how much estrogen the body already produces (or retains) and partly on the saturation of receptor sites. When estrogen levels are low (as in menopause) empty estrogen receptor sites can be filled with phytoestrogens that can exert a weak pro-estrogenic effect (phytoestrogens may be anywhere from 1/400th to 1/10,000th the potency of estradiol). When estrogen levels are high (as in some women who suffer from PMS and endometriosis) phytoestrogens can compete with the body's own estrogen for binding to the receptors. When phytoestrogens bind to receptors, they exert a weaker effect compared to when endogenous estrogens are allowed to bind. Gamma oryzanol and Vitamin E have been included in the formula in order to give a broader range of nutrients that can support body function. **PHYTOESTROGEN PLUS** is designed primarily to support women's health during perimenopause and menopause, and also may be helpful for women experiencing PMS symptoms.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
Black Cohosh - 2.5% (minimum) Triterpene glycosides (<i>Cimifuga racemosa</i> L.) (root)	80 mg
Chaste Berry - 0.5% (minimum) agnusides / 0.4% acubin (<i>Vitex Agnus castus</i>) (berry)	80 mg
Dong Quai 0.8-1% Ligustilides (<i>Angelica sinensis</i>) (root)	80 mg
Gamma Oryzanol	80 mg
Red Clover - 8% isoflavones (<i>Trifolium pratense</i>) (blossoms)	80 mg
Soy Isoflavones - 60% genistein and 40% daidzein (from organic soybeans)	20 mg
Vitamin E (from d-alpha tocopheryl succinate)	30 IU

DIRECTIONS: As a dietary supplement take 1-3 capsules daily, or as directed by a health care professional.

INGREDIENTS: **PHYTOESTROGEN PLUS** contains only the highest-quality black cohosh standardized extract, chaste berry standardized extract, dong quai standardized extract, red clover standardized extract, gamma oryzanol, organic soybean extract with a minimum of 40% isoflavones (60% genistein and 40% daidzein), d-alpha tocopheryl succinate, gelatin (capsule), silica, and magnesium stearate.

PHYTOESTROGEN PLUS does not contain wheat, rye, oats, barley, corn, egg, dairy, yeast, sugar, wax, preservatives, colorings, or artificial flavorings.



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We make it easier **to live fully**

TRANSDERMAL MAGNESIUM FLAKES, GEL, AND OIL

Magnesium is an essential nutrient that when applied transdermally (i.e., across the skin) in the form of magnesium chloride rapidly, safely, and effectively raises levels of magnesium in the body. These natural-source magnesium chloride products are useful because magnesium intakes often are not adequate to support optimal health.

We offer ANCIENT MINERALS magnesium, which is ultra-pure, premium magnesium.

- MAGNESIUM FLAKES
- MAGNESIUM GEL +
- MAGNESIUM LOTION
- MAGNESIUM OIL



ANCIENT MINERALS MAGNESIUM FLAKES

Ultra-Pure Magnesium Flakes

From Ancient Seabed Deposits



- Relax muscles
- Restful sleep
- Reduce stress
- Improve energy
- Skin conditions
- Soreness and pain

**128 oz Container
(6.5 lb)**

ANCIENT MINERALS MAGNESIUM FLAKES are ultra-pure, highly-concentrated crystals of magnesium chloride (MgCl₂) sourced from the ancient Zechstein seabed in Europe. These magnesium flakes are extremely pure because the seabed lies 1,600 to 2,000 meters beneath the surface of the earth, where it has been protected for 250 million years. The flakes provide high levels of magnesium (47% magnesium chloride) and trace elements from ultra-pure, unpolluted deposits found in this ancient seabed. These extremely pure magnesium flakes offer very low sodium content. Magnesium flakes are especially beneficial when used in baths or footbaths. They are a highly cost-effective means to raise levels of magnesium in the body via transdermal application.

APPLICATIONS: ANCIENT MINERALS MAGNESIUM FLAKES are ideal for use transdermally (i.e., acting across the skin surface) enabling the body to absorb as much magnesium as it may require. Unlike oral magnesium supplementation (which is characterized by certain limits on the rate and amount of uptake and assimilation), magnesium applied directly on skin via baths or footbaths (i.e., transdermal application) can rapidly and effectively raise tissue (and cellular) levels of magnesium. Topical application of magnesium oil simultaneously provides energy and relaxes muscles. This means users will be primed for peak performance, being relaxed and energized. Users also report deeper, more restful sleep, reduced stress, and greater well being. Because of its relatively lower cost and weight, and higher concentration of magnesium chloride than magnesium oils, **ANCIENT MINERALS MAGNESIUM FLAKES** are the most cost-effective means (costing about fifty percent less than ocean-source magnesium oils) of elevating magnesium levels in the body. For these reasons, many individuals prefer the flake form, especially for use in baths and footbaths. However, **ANCIENT MINERALS MAGNESIUM OIL** remains a more effective means to use magnesium chloride transdermally when spraying directly on skin.

COMPOSITION: One ounce provides:

NUTRIENT	AMOUNT
MAGNESIUM CHLORIDE (MgCl ₂)	13 g

DIRECTIONS: For transdermal magnesium supplementation and relief of aches, pain, soreness and stress, we recommend you put 1–2 cups (4–8 ounces) or more in the bathtub or footbath, and then soak for a minimum of 20 minutes. We recommend soaking in your magnesium bath on a regular basis for best supplementation. While 1–2 cups is a desirable starting level, higher doses (up to 32 cups or 8 pounds) may be used in a bath to obtain medically therapeutic results. For therapeutic application in cases where there is 1) Severe depletion of body stores of magnesium 2) Psoriasis or 3) Eczema, it is recommended that an individual take 2 baths weekly for 4 weeks or more using 4–8 pounds of **ANCIENT MINERALS MAGNESIUM FLAKES**. In order to facilitate this level of use, we offer the flakes in a 128 oz recyclable plastic container (containing about 34 cups or 6 pounds of flakes) and in a 32-pound package (consisting of four 8-pound tear packs) of flakes. Note: the temperature of the magnesium bath should be warm (101 F to 105 F) rather than hot. Hot bath water encourages excretion rather than absorption. When you add the flakes to warm (i.e., not hot) bath water, the magnesium salts are absorbed into skin far more efficiently.

INGREDIENTS: ANCIENT MINERALS MAGNESIUM FLAKES contain ultra-high-purity magnesium chloride and trace minerals extracted from deposits in the ancient Zechstein seabed in Europe. The Zechstein seabed is a pristine source of magnesium, and has been protected deep beneath the earth for 250 million years. One cup contains approximately 51 grams of magnesium chloride and numerous trace elements from ancient seawater.



4 Eight-Pound Tear Packs (32 lb)



**1.65 lb
(750g
bag)**

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ANCIENT MINERALS MAGNESIUM GEL PLUS

**Ultra-Pure Magnesium Gel
with Organic Aloe Vera (200:1)**



- **Psoriasis**
- **Infections**
- **Skin conditions**
- **Burns and wounds**
- **Anti-inflammatory**

8-Ounce Tube

ANCIENT MINERALS MAGNESIUM GEL PLUS is an ultra-pure, highly-concentrated form of Magnesium Chloride (MgCl₂). The magnesium in this formula is sourced from the ancient Zechstein seabed in Europe, and is blended with certified biologically-active Aloe vera extract (200:1). This magnesium chloride is extremely pure because the seabed lies 1,600 to 2,000 meters beneath the surface of the earth, where it has been protected for 250 million years. The gel provides high levels of magnesium (31% magnesium chloride) and trace elements from pure, unpolluted deposits in the ancient seabed. This extremely pure magnesium gel offers a low sodium content. The highly concentrated Aloe vera extract in the formula provides a minimum of 10% polysaccharides and is extremely healing to skin. **ANCIENT MINERALS MAGNESIUM GEL PLUS** is an effective means to raise magnesium levels in the body via transdermal application. It is especially useful for healing skin conditions and can be left on skin for long periods of time.

APPLICATIONS: ANCIENT MINERALS MAGNESIUM GEL PLUS is ideal for use transdermally (i.e., acting across the skin surface) enabling the body to absorb as much magnesium as it may require. Unlike oral magnesium supplementation (which is characterized by certain limits on the rate and amount of uptake and assimilation), magnesium applied directly on skin (i.e., transdermal application) can rapidly and effectively raise tissue (and cellular) levels of magnesium. Topical application of magnesium oil simultaneously provides energy and relaxes muscles. This means users will be primed for peak performance, being relaxed and energized. Users also report more restful sleep, reduced stress, and greater well-being.

ANCIENT MINERALS MAGNESIUM GEL PLUS is a unique formula because it combines **ANCIENT MINERALS MAGNESIUM OIL** with ACTIValoe™ Aloe vera. The gel provides an extremely effective means of rapidly increasing magnesium levels in the body while receiving all the benefits to skin provided by aloe vera.

Aloe vera is best known for its soothing and healing effects on burns and other wounds. Studies show that biologically active aloe applied to a wound increases both the rate of wound closure and the tensile strength of the wound (via the proliferation of cells, including skin, liver, nerve and blood cells). Biologically-active aloe promotes a variety of anti-inflammatory responses in the body, reducing swelling from injuries and promoting recovery from infections. These anti-inflammatory responses not only aid in the relief of pain and discomfort, but also enhance overall wound-healing processes. Components of AloeCorp's ACTIValoe™ reverse degenerative skin changes by stimulating collagen and elastin synthesis, essentially turning the clock back on the effects of aging to skin. Research has proven that specially-prepared ACTIValoe™ provided by AloeCorp prevents suppression of the skin's immune system. This suppression may be one of the causes of skin cancer. In addition, topical application of ACTIValoe™ can be made up to 24 hours after exposure to ultraviolet light without reducing the degree of prevention regarding immune system suppression. Aloe vera possesses incredible moisturizing properties. Studies show that it improves the skin's ability to hydrate itself, aids in the removal of dead skin cells and has an effective penetrating ability that helps transport healthy substances through the skin. Biologically-active aloe is an integral ingredient in **ANCIENT MINERALS MAGNESIUM GEL PLUS**, and works synergistically with magnesium oil to provide unique benefits. In addition, biologically active aloe is believed to reduce the severe joint and muscle pain associated with arthritis, as well as pain related to tendinitis and injuries. When applied directly to the area of pain, aloe penetrates the skin to soothe pain.

COMPOSITION: One ounce provides:

NUTRIENT	AMOUNT
MAGNESIUM CHLORIDE (MgCl ₂)	8 g

DIRECTIONS: For transdermal magnesium supplementation and relief of aches, pain, soreness, and a wide variety of skin conditions, we recommend applying **ANCIENT MINERALS MAGNESIUM GEL PLUS** to your skin (including head, feet, dry areas, etc.). Leave on skin for as long as it is convenient. In cases of broken skin, users may experience some stinging or burning after application of gel. For maximum benefit, we suggest leaving gel on skin for as long as possible before washing it off.

INGREDIENTS: ANCIENT MINERALS MAGNESIUM GEL PLUS contains high-purity magnesium chloride and trace minerals sourced from deposits in the ancient Zechstein seabed in Europe and certified organically grown ACTIValoe™ (200:1 Aloe vera extract containing ten percent polysaccharides).



**64-Ounce
Pump-Top**

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ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

ANCIENT MINERALS MAGNESIUM LOTION

**Superb Skin Care Lotion
Ideal For Massage**



- Arthritis
- Tendonitis
- Skin conditions
- Anti-inflammatory
- Muscle and joint pain

8-Ounce Bottle

ANCIENT MINERALS MAGNESIUM LOTION contains an ultra-pure, highly concentrated form of Magnesium Chloride (MgCl₂). The magnesium in this lotion is sourced from the ancient Zechstein seabed in Europe, and it is blended with certified organic vegetable glycerin, jojoba oil, coconut oil, and shea butter. Other natural ingredients are added to give it the consistency needed for an excellent skin care lotion/massage oil and to act as preservatives. The product is fragrance free. The magnesium chloride in the lotion is extremely pure because the seabed lies 1,600 to 2,000 meters beneath the surface of the earth, where it has been protected for 250 million years. One ounce of the lotion provides one gram of magnesium (11% magnesium chloride) and trace elements from pure, unpolluted deposits in the ancient seabed. This extremely pure magnesium lotion has low sodium content.

APPLICATIONS: ANCIENT MINERALS MAGNESIUM LOTION is effective for raising magnesium levels in the body via transdermal application. It is especially useful as massage oil because it safely remains on skin for long periods without excessive itching, and can effectively moisturize skin. Unlike oral magnesium supplementation (which is characterized by certain limits on the rate and amount of uptake and assimilation), magnesium applied directly on skin (i.e., transdermal application) can rapidly and effectively raise magnesium levels in tissues and cells. Topical application of magnesium lotion simultaneously provides energy and relaxes muscles. This means users will be primed for peak performance, being relaxed and energized. Users also report more restful sleep, reduced stress, and greater well-being.

COMPOSITION: One ounce provides:

NUTRIENT	AMOUNT
MAGNESIUM CHLORIDE (MgCl ₂)	1 g

DIRECTIONS: For transdermal magnesium supplementation including relief of aches, pain, and soreness, and for a wide variety of skin conditions, we recommend applying **ANCIENT MINERALS MAGNESIUM LOTION** to your skin (including feet, arms, legs, buttocks, back, stomach, chest, neck, facial area, etc.). Leave on skin for as long as it is convenient. This lotion is ideal for massage.

INGREDIENTS: ANCIENT MINERALS MAGNESIUM LOTION contains water, high-purity magnesium chloride and trace minerals sourced from deposits in the ancient Zechstein seabed, organic vegetable glycerin, organic jojoba seed oil, squalane (olive), cetearyl olivate, sorbitan olivate, organic coconut oil, cetyl alcohol, organic shea butter, hydroxypropyl starch phosphate, xanthan gum, caprylhydroxamic acid, and caprylyl glycol.

ANCIENT MINERALS MAGNESIUM LOTION does not contain wheat, rye, oats, corn, barley, gluten, sugar, wax, dairy, yeast, egg, synthetic preservatives, artificial colorings, or flavorings.



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ANCIENT MINERALS MAGNESIUM OIL

Ultra-Pure Magnesium Chloride

Transdermal Use Rapidly
Boosts Mg Levels



64-Ounce Bottle

8-Ounce Spray

- Pain relief
- Restful sleep
- Relax muscles
- Reduce stress
- Improve energy
- Greater well-being.

ANCIENT MINERALS MAGNESIUM OIL is an ultra-pure, highly-concentrated form of magnesium chloride (MgCl₂) derived from the ancient Zechstein seabed in Europe. This magnesium oil is extremely pure because the seabed lies 1,600 to 2,000 meters beneath the surface of the earth, where it has been protected for 250 million years. The oil thereby provides high levels of magnesium and trace elements from pure, unpolluted deposits found in this ancient seabed. This extremely pure magnesium oil offers a very low sodium content.

Magnesium oil is actually not an oil, but instead is a high-density solution of concentrated magnesium chloride (33%) and trace minerals suspended in pure water. The texture of this mineral-saturated solution is slippery and often is described as "oil-like." This health-giving solution thereby aptly is called "magnesium oil." One fluid ounce provides approximately 21 grams of magnesium chloride and numerous trace elements.

APPLICATIONS: ANCIENT MINERALS MAGNESIUM OIL is ideal for use transdermally (i.e., acting across the skin surface), a modality that allows the body to absorb as much magnesium as it may require. Unlike oral magnesium supplementation (which is characterized by certain limits on the rate and amount of uptake and assimilation), magnesium topically applied directly on skin (i.e., transdermal application) can rapidly and effectively raise tissue (and cellular) levels of magnesium. Topical application of magnesium oil simultaneously provides energy, relaxes muscles, and offers pain relief. This means users often become primed for peak performance, being relaxed and energized. Uses also report more restful sleep, reduced stress, and greater well-being. Some individuals experience itchiness when applying magnesium oil to the skin, but usually they adapt after a period of time of continued usage.

Due to its ultra-high purity, **ANCIENT MINERALS MAGNESIUM OIL** typically causes less itchiness than ocean-source magnesium oil. For this reason, many individuals prefer using ancient seabed magnesium oil for direct use on skin, and reserve ocean-source magnesium oil for use in baths, footbaths, and lotions.

COMPOSITION: One fluid ounce provides:

NUTRIENT	AMOUNT
MAGNESIUM CHLORIDE (MgCl ₂)	21 g

DIRECTIONS: For transdermal magnesium supplementation and relief of aches, pain, soreness and stress, rub magnesium oil directly onto your skin and into sore muscles. Start with palm-sized amount (1 oz) per day (in a single application or divided applications) and then adjust your dosage as needed. For transdermal magnesium supplementation, we recommend daily usage (or at least until the magnesium levels in the body fully are restored). If using the spray pump, try using 8 pumps for your upper body and 8 pumps for your lower body. Eight pumps (1/4 teaspoon) provides about 500 mg of magnesium. Individuals vary in their requirements for supplemental magnesium due to biochemical individuality. It is suggested that you begin with up to 1 oz per day (for full-strength topical application) and increase the amount applied until you discover the dosage that best suits your body's needs. After 30 to 45 days of daily usage, or after cellular magnesium levels are restored (or attain a high level), you can apply it less frequently, perhaps 2-4 times per week (or as needed).

Try adding magnesium oil to your favorite skin lotion. Some individuals report favorable results (and less skin irritation) when using magnesium oil in a lotion. An excellent body lotion may be made using 1/3 magnesium oil, 1/3 organic coconut oil, and 1/3 organic aloe vera gel (whole leaf). Mix these in equal parts into a shaker bottle. Shake well. Apply liberally to skin.

For baths, we recommend you put 2-4 tablespoons (1-2 ounces) or more in the bathtub or foot bath, and then soak for a minimum of 30 minutes.

INGREDIENTS: ANCIENT MINERALS MAGNESIUM OIL contains pure water, high-purity magnesium chloride and trace minerals extracted from deposits in the ancient Zechstein seabed in Europe. The Zechstein seabed is a pristine source of magnesium, and has been protected deep beneath the earth for 250 million years. One fluid ounce contains approximately 21 grams of magnesium chloride and numerous trace elements.



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ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

Myo-Mag

"For years I dealt with severe constipation. All that time, I never understood that food allergies were the root cause. I became reliant on a strong tea which contained cascara sagrada, in order to maintain bowel function. By the time I understood that food allergies were the reason for the constipation, my system's response to blocking those allergens had also blocked my cells from a variety of nutrients, including magnesium and B Vitamins. MYO-MAG has given me the supplementation that has allowed me to restore a balance to my system, which would be magnesium-deficient without it. Because of the blend of B Vitamins and magnesium in Myo Mag, it doesn't deplete my body the way other magnesium supplements have (by causing my system to function a little too well). MYO-MAG gives me just the right balance to stay *in balance*."

- Tracy L., New Jersey

Walking Again Pain Free

"I have been soaking my feet in a footbath with ANCIENT MINERALS. It has been impossible for me to walk without pain since I had five foot surgeries and four knee surgeries, including an ACL reconstruction and a knee replacement. The ANCIENT MINERALS MAGNESIUM OIL brings immediate relief. I also suffer from osteoarthritis and fibromyalgia. Rubbing the magnesium oil directly into my upper chest, shoulders, arms, and muscle attachments near my collarbone greatly helps to ease my pain in these areas.

I am so grateful my doctor recommended I try magnesium oil."

- T. Jones, Abilene, TX





We make it easier **to dance**
with ease

METABOLIC ACTIVATORS

We offer important metabolic activator nutrients. These include nutrients supporting the production of metabolic energy, normalizing metabolism, and supporting thyroid health.

- **COQ10 PLUS**
- **UBIQUINOL-50**
- **MYO-MAG**
- **NASCENT IODINE**
- **PANTETHINE PLUS**

CoQ10 PLUS

100 mg CoEnzyme Q10



- Fatigue
- Antioxidant
- Heart disease
- Energy (ATP)
- Immune deficiency

100 mg 60 Capsules

COQ10 PLUS is available in two sizes, and contains 30 mg or 100 mg of Coenzyme Q10 (CoQ10) in a softgel capsule. It also contains 30 or 100 IU of Vitamin E as Low-Alpha Mixed Tocopherols, 1,200 IU or 2,334 IU of Vitamin A from Beta-Carotene, and Rice Bran Oil for enhanced absorption.

APPLICATIONS: The primary function of coenzyme Q10 in the body is to allow the mitochondria to convert food metabolites from the digestive process into energy for the cell. This enzyme is normally produced by the body and is found in all cells. It is most abundant in the cells of the heart, liver, and the immune system. CoQ10 is an important fat-soluble antioxidant that can protect and regenerate Vitamin E in cell membranes. CoQ10 also has been shown to stimulate the body's immune system. Studies have shown that when essential levels of CoQ10 are allowed to decline, the body's vital organs and systems cannot meet their energy requirements. The inevitable results are major ill health and disease states. Advancing age causes the body gradually to lose its innate ability to produce CoQ10. Improper nutrition and/or maldigestion also can reduce the body's ability to generate needed amounts of CoQ10. Dosages in the range of 50-300 mg have been reported effective in cases of heart disease, fatigue, and immune deficiency. Numerous studies have indicated that supplemental CoQ10 in the amounts of 30-100 mg can be helpful when gums need to be strengthened. No toxicity has been noted at levels many times greater than these amounts. In an independent study, the combination of ingredients in **COQ10 PLUS** provided about 50% higher long-term coenzyme Q10 blood levels than provided by the powdered form of coenzyme Q10.

COMPOSITION: One softgel provides:

NUTRIENT	AMOUNT
Coenzyme Q10 (Ubiquinone)	100 mg
Vitamin E (low-alpha mixed tocopherols)	100 IU
Rice Bran Oil	177 mg
Vitamin A (beta-carotene from <i>Dunaliella salinas</i>)	2,334 IU

DIRECTIONS: As a dietary supplement take 1-3 softgels daily, preferably with food, or as directed by a health care professional.

INGREDIENTS: **COQ10 PLUS** contains the highest-quality rice bran oil, coenzyme Q10 (ubiquinone), mixed tocopherols (low-alpha), *Dunaliella salinas*, beeswax, vegetable glycerine, gelatin, annatto, and titanium dioxide.

COQ10 PLUS does not contain wheat, rye, oats, barley, corn, egg, dairy, yeast, sugar, wax, preservatives, or artificial flavorings.

UBIQUINOL-50

50 mg of Reduced Form Coenzyme Q10



- Antioxidant
- Heart disease
- Energy (ATP)
- Immune deficiency
- Highly bioavailable

60 Softgel capsules

UBIQUINOL-50 is a superior coenzyme Q10 product providing 50 mg of stabilized, reduced coenzyme Q10 (Kaneka Ubiquinol QH) in a softgel capsule. In order to enhance absorption and stability (e.g., to prevent crystallization and oxidation), **UBIQUINOL-50** includes D-limonene oil (emulsifier), caprylic acid, capric acid, and alpha-lipoic acid.

APPLICATIONS: **UBIQUINOL-50** offers the same benefits as the CoQ10 Plus product discussed previously. However, with advancing age (around 40 years) and/or conditions of poor health, the body begins to lose its innate abilities to produce CoQ10 and convert ubiquinone to ubiquinol. Improper nutrition and/or maldigestion also reduce the body's ability to provide the needed amounts of CoQ10. Supplemental dosages in the range of 50-300 mg are reported effective in cases of heart disease, fatigue, and immune deficiency. Numerous studies indicate supplemental CoQ10 in the amounts of 30-100 mg can be helpful when gums need strengthening. No toxicity is noted at levels many times greater than these amounts.

An independent study on individuals over age 60 found that the increase per 100 mg value of the reduced formulation contained in **UBIQUINOL-50** (CoQH-CF) was remarkably high when offered with oil (*Jrnl of Functional Foods* 1 (2009): 65-73). It is notable that supplementation with a single dose of CoQH-CF resulted in a statistically significant increase in the bioavailability of CoQH-CF compared to oxidized Coenzyme Q10 (ubiquinone). Furthermore, a 3.5-fold higher total CoQ10 (Cmax) was achieved in blood with subjects supplemented with CoQH-CF when compared to ubiquinone.

**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

COMPOSITION: One softgel provides:

NUTRIENT	AMOUNT
UBIQUINOL QH	50 mg

DIRECTIONS: As a dietary supplement take 1–3 capsules daily with food, or as directed by a health care professional.

INGREDIENTS: UBIQUINOL-50 contains the highest-quality, stabilized, reduced Coenzyme Q10 (Kaneka Ubiquinol QH).

OTHER INGREDIENTS: D-Limonene oil, gelatin (from water buffalo) (shell), glycerin (shell), water (shell), caprylic acid, capric acid, natural caramel liquid, and alpha-lipoic acid.

UBIQUINOL-50 does not contain wheat, rye, oats, corn, barley, gluten, sugar, wax, dairy, yeast, egg, synthetic preservatives, artificial colorings, or flavorings.

MYO-MAG

Malic Acid and Magnesium Boosts Magnesium Levels



- Boosts Energy
- Fibromyalgia
- Nourishes muscles
- Chronic fatigue (CFS)
- Chemical sensitivity (MCS)

100 Capsules

MYO-MAG is a synergistic formula designed to assist the body in the production of energy (ATP). **MYO-MAG** provides the body with the Magnesium, Malic Acid, and B Vitamins required for increased energy production, metabolic efficiency, and proper cell functioning. The formula provides therapeutic levels of magnesium, which is known to offer a wide variety of significant benefits to the body, including relaxation of muscles, improved organ function, and immune support. Many of these benefits relate to increased cellular energy (ATP) production, and others relate to the directly beneficial effects of magnesium on tissues. One capsule of **MYO-MAG** contains 100 mg of Magnesium and 440 mg of Malic Acid. Vitamins B1 and B2 are included both in standard and phosphorylated forms. Also included are Vitamin B6 only in its phosphorylated form, Manganese (because high levels of magnesium can deplete the body of it), Magnesium Carbonate (a malic acid buffer), and glycine as the carrier for a portion of the magnesium and for the manganese.

APPLICATIONS: There are several requirements for nutrients in the body in order for mitochondria to make ATP. These include oxygen, magnesium, food substrate, ADP, and inorganic phosphate, as well as Vitamins B1, B2, and B6 in their phosphorylated forms. The proper use in the body of several of these nutrients requires adequate stores of malate, which is an important Krebs cycle intermediate. If any of these nutrients are not present in sufficient amounts within the mitochondria, a vicious loop can occur, whereby the body cannot create enough ATP to allow cells to function properly. Insufficient amounts of ATP mean that B vitamins cannot properly be phosphorylated, leading to improper metabolism and to further reductions in ATP production. In such cases, the production of ATP will to a greater extent utilize less efficient anaerobic means. A balance point may be reached in which only a fraction of the optimal amounts of ATP is produced by the body. Under these conditions, muscle weakness and fatigue may be experienced. Abraham and Flechas reported that supplementing the diet with magnesium and malic acid may reverse conditions of low energy (*Jrnl of Nut Med* 3: 49–59). The recommended amounts include 300–600 mg daily of magnesium and 1200–2400 mg daily of malic acid.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
Magnesium (malate, diglycinate, carbonate)	100 mg
Malic Acid (Mg malate, malic acid)	440 mg
Glycine (from Mg and Mn diglycinate)	440 mg
Vitamin B1 (as Thiamin HCl)	8 mg
Vitamin B2 (as Riboflavin)	8 mg
Vitamin B6 (from Pyridoxal-5'-Phosphate)	5 mg
Manganese (from Mn diglycinate)	5 mg
Vitamin B1 (from Thiamin diphosphate)	2 mg
Vitamin B2 (from Riboflavin-5'-Phosphate)	2 mg

DIRECTIONS: As a dietary supplement take 1–3 capsules daily, or as directed by a health care professional.

INGREDIENTS: **MYO-MAG** contains pure USP grade magnesium malate, magnesium diglycinate, malic acid, magnesium carbonate, manganese diglycinate, thiamin HCl, riboflavin, pyridoxal-5'-phosphate, riboflavin-5'-phosphate, thiamin diphosphate, microcrystalline cellulose, and gelatin (capsule).

MYO-MAG does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, sugar, yeast, sulfates, chlorides, wax, preservatives, colorings, or artificial flavorings.



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ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

NASCENT IODINE

Highly Assimilable Form of Iodine



- **Energizer**
- **Detoxifier**
- **Metabolism**
- **Antioxidant**
- **Antimicrobial**
- **Thyroid function**

400 mcg per drop

1 Ounce and 4 Ounces Bottles

NASCENT IODINE is highly bioavailable iodine in an atomic form rather than a molecular form. It is pure atomic iodine formula in an energized state. This "charged" state is held by the atom until diluted in water and consumed. Then it gradually loses its charged energy over 2-3 hours. During this period, the body easily recognizes and absorbs nascent iodine because it is identical to the iodine produced by the thyroid. This form of iodine is well known to offer beneficial effects unlike any other form of iodine.

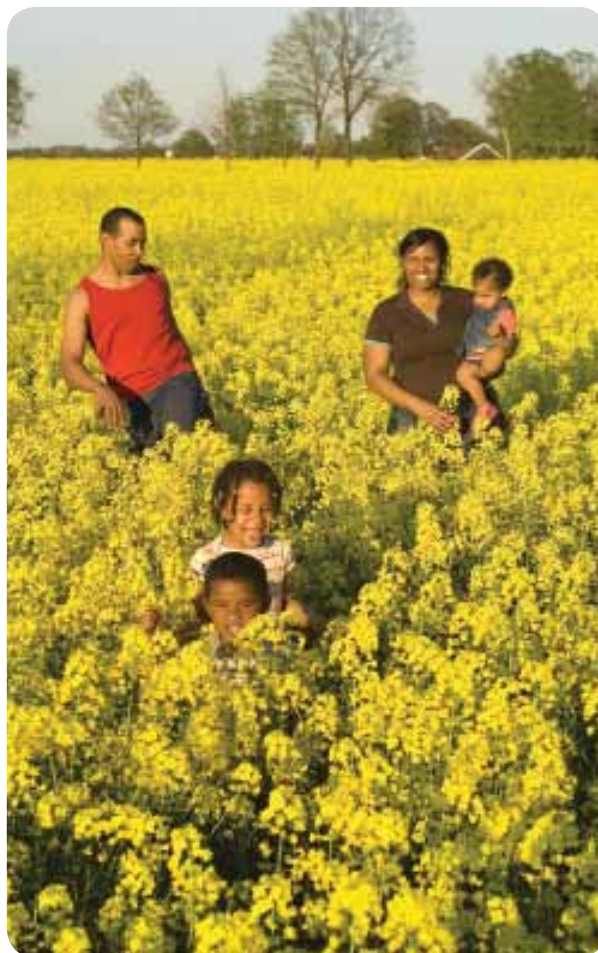
APPLICATIONS: NASCENT IODINE is a unique form of iodine that is rapidly absorbed and used by the body when taken as a nutritional supplement. It is associated with a wide range of benefits, not limited to supporting thyroid function and regulating metabolism, boosting energy levels (when iodine is deficient), supporting and maintaining detoxification systems and processes, supporting immune system function, fighting infections (natural antiseptic), and many other healthy benefits. Dr. David Brownstein states in *Iodine: Why You Need It, Why You Can't Live Without it* (Rev. 2008) that optimal iodine intake is the best solution to detoxification of toxic halides (bromine, chlorine, fluoride), which are ubiquitous in our environment (e.g., in foods, water, toothpaste, flame retardants, etc). It is known that certain organs, including the thyroid, mammary glands, and prostate gland require (and store) higher amounts of iodine. The combination of an overload of toxic halides that compete with iodine for uptake, and decreasing availability of iodine (e.g., in the diet) contribute to a scenario in which the body no longer has the resources either to optimize the health of these tissues, or to detoxify toxic halides that block iodine uptake in the body. Iodine is an element critical for human health, but is not available in sufficient levels in Western diets. **NASCENT IODINE** is a form of iodine that is readily assimilable, effective, and easy to use. This formula not only can redress states of deficiency or suboptimal levels of iodine in the body, but also contributes to providing optimal levels of iodine required for good health.

COMPOSITION: One drop provides:

NUTRIENT	AMOUNT
NASCENT IODINE (approximately)	400 mcg

DIRECTIONS: As a dietary supplement take 1-10 drops (or more) daily, or as directed by a health care professional. Sublingual usage (i.e., placing drops directly under the tongue) is an effective means of administration, or drink it with a small amount of water or juice. Taking drops in the morning or early afternoon typically yields better results because a surge of metabolic energy later in the day can interfere with sound sleep during the night. Frequent small doses are more effective than larger amounts taken at less frequent intervals. Always take on an empty stomach. It is usually best to increase dosages gradually in order to experience the least amount of symptoms related to detoxification. **NASCENT IODINE** may be applied externally (i.e., to skin) as a remedy for a broad range of infectious conditions.

INGREDIENTS: NASCENT IODINE contains 2% iodine by weight in a base of organic grain alcohol. One drop contains approximately 400 mcg of iodine. The starting material for the production of **NASCENT IODINE** is 99.99% pure iodine and is extracted from minerals in the earth.



**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

PANTETHINE PLUS

Coenzyme A Precursor

Biologically Active Form of Pantothenic Acid



- Stress
- Foggy brain
- Detoxification
- Energy (ATP)

60 Tablets

PANTETHINE PLUS contains 150 mg of the highest-quality Pantethine and 340 mg of Pantothenic Acid (Vitamin B5) in a base of USP-grade cellulose and silica.

APPLICATIONS: Pantethine or D(+)-bis-(N-pantothenyl-beta-aminoethyl)-disulfide is the stable disulfide form of pantetheine. Pantetheine is the biologically active form of pantothenic acid and the direct precursor to Coenzyme A (CoA). Coenzyme A is one of the most important substances in body metabolism, participating in the following fundamental metabolic functions: 1) Synthesis of fatty acids, 2) Degradation of fatty acids, 3) Krebs cycle activity through which the body produces most of its energy, 4) Acetylation of choline (the major neurotransmitter of the body), 5) Synthesis of antibodies, 6) Utilization of nutrients including fats, proteins, and carbohydrates, 7) Maintenance of blood sugar levels, 8) Synthesis of porphyrin, a heme precursor of importance in hemoglobin synthesis, 9) Metabolism of some minerals and trace elements, 10) Synthesis of steroid hormones, and 11) Detoxification of drugs (including sulphonamides). Human and animal studies have shown 600-1200 mg of pantethine daily can help those with hyperlipidemias, including hypercholesterolemia. Pantethine has been shown to reduce tissue levels of acetaldehyde, and thereby may be a useful adjunct in protocols for chronic candidiasis and alcoholism. Research has indicated that the activity of aldehyde dehydrogenase may be increased by supplementation with pantethine. This enzyme breaks down formaldehyde and pantethine and consequently may help individuals with formaldehyde sensitivity. Research indicates that pantethine depletes cystine from cystinotic fibroblasts and therefore it may be effective for treating cystinosis.

COMPOSITION: One tablet provides:

NUTRIENT	AMOUNT
Pantethine	150 mg
Pantothenic Acid	340 mg

DIRECTIONS: As a dietary supplement take 1-3 tablets daily away from food, or as directed by a health care professional.

INGREDIENTS: **PANTETHINE PLUS** contains the highest-quality USP grade pantethine, d-calcium pantothenate, cellulose, silica, and vegetable stearate.

PANTETHINE PLUS does not contain wheat, rye, oats, barley, corn, gluten, soy, egg, dairy, yeast, sugar, sulfates, wax, preservatives, colorings, or artificial flavorings.



**"Nascent Iodine is a great product.
In a few days, I already feel warmer
and my hands are less cold."**

- Fatima D., London, England

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ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

Nascent Iodine

"I am amazed at the difference I feel since I have been taking NASCENT IODINE, 10 drops in an 8 oz glass of water twice a day. It has been exactly one week since my first dose and I have a renewed life. My energy has returned, I am sleeping a full nights sleep and have an overall positive attitude, where before I started the NASCENT IODINE, I had to drag myself out of bed because I would wake up in the middle of the night and could not go back to sleep. I had no energy and felt depressed and wondered if this was how I was going to feel the rest of my life. I am so thankful for this product.

This company is so wonderful. When you talk in person to Jim or the phone operator, they talk as if they know you and make you feel comfortable. Thank you Health Products Distributors for being the best company to have dealings with."

- Debra L., Mississippi

HPDI

"I have been buying more and more products for my clients from your company because of the high-quality supplements, the detailed research available on your excellent website, and the knowledgeable customer service folks on the phones that assist me whenever I have questions or need to place an order.

I am a successful diagnostic iridologist with clients nationwide who trust me and depend upon me to make careful diagnoses and nutritional supplement recommendations. I know I can always count upon IntegratedHealth.com to treat me right.

Super easy to use website with loads of pertinent supporting info, great quality products, and excellent customer service and support."

- Sharon Nevin, Bend, Oregon
(Image of Health, LLC)





**We make it easier to get into
your
groove**

MINERALS

We offer a selection of superb mineral products designed to meet diverse needs in support of health. These may be taken alone or used in conjunction with our other products, including multivitamins, superfoods, antioxidants, and herbs.

- **BONE GUARDIAN**
- **BONE JOUR™**
- **CAL/MAG PLUS**
- **DOUBLE CHROMIUM PLUS**
- **DOUBLE ZINC PLUS**
- **EDIBLE EARTH®**
- **HEMATIN**
- **MSM**
- **SELENIUM**
- **SILVER BIOTICS®**
- **TRI-MAG**

BONE GUARDIAN

Balanced Mineral Formula with Hydroxyapatite



- Bone loss
- Osteopenia
- Osteoporosis
- Ca and Mg loss
- Bone & joint health
- Bone and joint injury

180 Tablets or 240 Capsules

BONE GUARDIAN is a unique formulation of minerals, vitamins, and cofactors needed by the body in order to support, build, maintain, and repair strong bones and joints. This advanced formula includes Calcium (from hydroxyapatite), Magnesium, Zinc, Boron, Manganese, Copper, Strontium, Silica, Vitamin C, Vitamin D3, Vitamin K1, and Chondroitin Sulfate Complex.

APPLICATIONS: The health of bones and joints depends on a wide range of nutrients in addition to calcium. These nutrients have been shown through extensive research to work synergistically with calcium to reverse bone loss. **BONE GUARDIAN** is especially useful to regulate calcium balance (for example, in protocols for the treatment of osteoporosis) and can be used in cases where bones and joints are injured or are undergoing extreme physical stress (e.g., strenuous athletic activity) or degradation. The calcium source hydroxyapatite is derived from pure, freeze-dried veal bone (New Zealand source), and contains calcium and phosphorus (2:1 ratio), and other natural constituents of bone. Studies using hydroxyapatite show that it substantially reverses processes involved in bone loss. In studies of post-menopausal women, three mg daily of boron significantly increased (about twofold) estrogen and testosterone levels, and greatly reduced loss of calcium and magnesium from the body.

COMPOSITION: Six tablets or eight capsules provide:

NUTRIENT	AMOUNT
Calcium (from hydroxyapatite, ascorbate)	1000 mg
Magnesium (from glycinate, ascorbate)	500 mg
Vitamin C (from Ca/Mg/Zn ascorbate)	200 mg
Chondroitin sulfate complex (from bovine trachea)	50 mg
Zinc (from citrate, ascorbate)	10 mg
Silica (from magnesium trisilicate)	10 mg
Boron (from citrate)	6 mg
Manganese (from citrate)	5 mg
Copper (from salicylate)	1 mg
Strontium (aspartate, non-radioactive)	500 mcg
Vitamin K1 (phyloquinone)	500 mcg
Vitamin D3 (cholecalciferol)	400 IU

DIRECTIONS: As a dietary supplement take 4–6 tablets or 6–8 capsules daily in divided doses with food, or as directed by a health care professional.

INGREDIENTS: **BONE GUARDIAN** contains hydroxyapatite, magnesium diglycinate, calcium ascorbate, zinc ascorbate, chondroitin sulfate complex, zinc citrate, boron citrate, manganese citrate, magnesium trisilicate, copper salicylate, strontium aspartate, cholecalciferol, phyloquinone, cellulose, water-soluble cellulose coating, and magnesium stearate.

BONE GUARDIAN does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, sugar, yeast, sulfates, chlorides, wax, preservatives, colorings, or artificial flavorings.

BONE JOUR™

Calcium and Mineral Formula for Stronger Bones and Joints



- Osteopenia
- Osteoporosis
- Bone & joint health
- Connective tissues
- Muscles & nerves
- Calcium balance

180 Capsules

BONE JOUR™ is a bioactive, synergistic formula designed to build, support, and maintain the health of bones, connective tissues, muscles, and nerves. The formula includes Calcium (from Krebs cycle bionutrients), Magnesium (from glycinate and lysinate), Zinc, Silica, Boron, Manganese, Copper, Strontium, Vitamin C, Vitamin D3, and Vitamin K1 and K2. **BONE JOUR™** has been carefully designed to support optimal functioning of a variety of important body tissues, making it both a bone formula and ideal supplement for muscles, nerves, and all connective tissues.

APPLICATIONS: The health of connective tissues, nerves, and muscles depends on a wide range of nutrients in addition to calcium. These other nutrients have been shown through extensive research to work synergistically with calcium (for example, see Dr. Alan Gaby's *Preventing and Reversing Osteoporosis*). **BONE JOUR™** is especially useful to regulate calcium balance and can be used in cases where connective tissues, nerves, and muscles have been injured or are undergoing excessive stress (for example, in strenuous athletic activity) and degradation. Glycine and lysine are important nutrients in the production of connective tissue. Krebs cycle bionutrients (citrate, succinate, alpha-ketoglutarate, fumarate, and malate) participate in many important metabolic functions in the body.

**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

COMPOSITION: Six capsules provide:

NUTRIENT	AMOUNT
Calcium (from Krebs cycle bionutrients, ascorbate)	750 mg
Magnesium (from glycinate & lysinate)	375 mg
Vitamin C (from calcium ascorbate)	90 mg
Zinc (from citrate)	12 mg
Silica (from horsetail)	9 mg
Boron (from citrate)	6 mg
Manganese (from citrate)	5 mg
Copper (from glycinate)	1.5 mg
Vitamin D3 (cholecalciferol)	600 IU
Vitamin K1 (phyloquinone)	600 mcg
Vitamin K2 (as menaquinone-7)	6 mcg
Strontium (aspartate, non-radioactive)	600 mcg
COFACTORS	
Krebs cycle bionutrients (citrate, alpha-ketoglutarate, succinate, fumarate, malate)	2,400 mg
Glycine	1,150 mg
Lysine	410 mg

DIRECTIONS: As a dietary supplement take 4–6 capsules daily in divided doses with food, or as directed by a health care professional.

INGREDIENTS: **BONE JOUR™** contains calcium Krebs cycle salts (citrate, fumarate, malate, succinate, and alpha-ketoglutarate), magnesium glycinate, magnesium lysinate, calcium ascorbate, horsetail silica, zinc citrate, manganese citrate, boron citrate, copper glycinate, cholecalciferol, phylloquinone, strontium aspartate, menaquinone-7, cellulose, magnesium trisilicate, silica, and magnesium stearate.

BONE JOUR™ does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, sugar, yeast, sulfates, chlorides, wax, preservatives, colorings, or artificial flavorings.

CAL/MAG PLUS

Vegetarian Formula Calcium and Minerals



- Osteoporosis
- Injury recovery
- Calcium balance
- Muscles & nerves
- Bone & joint health
- Connective tissues

180 Tablets

CAL/MAG PLUS is a vegetarian formula containing minerals, vitamins, and cofactors required by the body to support proper functioning bones, nerves, muscles, and connective tissues. The formula includes Calcium and Magnesium from mixed Krebs salts (citrate, fumarate, malate, succinate, and alpha-ketoglutarate), Strontium, Zinc, Boron, Manganese, Copper, Silica, Vitamin C, Vitamin D3, and Vitamin K1.

APPLICATIONS: The health of bones, connective tissues, nerves, and muscles depends on a wide range of nutrients in addition to calcium. These nutrients have been shown through extensive research to work synergistically with calcium. (For more information, see Dr. Alan Gaby's *Preventing and Reversing Osteoporosis*.)

CAL/MAG PLUS especially is useful for regulating calcium balance. It also is useful when connective tissues, nerves, and muscles experience injury, extreme stress (i.e., during strenuous athletic activity), or degradation.

In studies of post-menopausal women, 3 mg per day of boron significantly increased (about twofold) estrogen and testosterone levels, and reduced loss of calcium and magnesium from the body.

COMPOSITION: Six tablets provide:

NUTRIENT	AMOUNT
Calcium (from 4,545 mg Krebs cycle salts, ascorbate)	1000 mg
Magnesium (from 3,125 mg Krebs salts, ascorbate)	500 mg
Vitamin C (from Ca/Mg ascorbates)	100 mg
Zinc (from citrate)	10 mg
Silica (from magnesium trisilicate)	10 mg
Boron (from citrate)	4 mg
Manganese (from citrate)	5 mg
Copper (from salicylate)	1 mg
Strontium (aspartate, non-radioactive)	500 mcg
Vitamin K1 (phyloquinone)	500 mcg
Vitamin D3 (cholecalciferol)	400 IU

DIRECTIONS: As a dietary supplement take 3–6 tablets daily in divided doses with food, or as directed by a health care professional.

INGREDIENTS: **CAL/MAG PLUS** contains the highest-quality Krebs cycle salts (citrate, fumarate, malate, succinate, and alpha-ketoglutarate) of calcium and magnesium, calcium and magnesium ascorbate, magnesium trisilicate, zinc citrate, manganese citrate, copper salicylate, strontium aspartate, Vitamin D3, phylloquinone, cellulose, silica, and vegetable stearate.

CAL/MAG PLUS does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, sugar, yeast, sulfates, chlorides, wax, preservatives, colorings, or artificial flavorings.

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ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

DOUBLE CHROMIUM PLUS

With Synergistic nutrients



- Cataracts
- Diabetes
- Insulin function
- High blood fats
- Blood sugar control

200 mcg 100 Capsules

DOUBLE CHROMIUM PLUS contains 200 micrograms of organically bound chromium: 100 micrograms from Chromium Polynicotinate and 100 micrograms from Chromium Arginate. This unique formula also includes highly assimilable forms of Magnesium, Potassium, and Zinc, and Pyridoxal-5'-Phosphate (the active coenzyme form of Vitamin B6). **DOUBLE CHROMIUM PLUS** is suitable for hypersensitive individuals.

APPLICATIONS: Chromium works with a number of important substances, including: 1) Insulin, which controls the rate at which amino acids, fatty acids, and sugars pass into the cells of various tissues, 2) Certain enzymes involved in energy production, and 3) Genetic materials in cells (RNA and DNA) that chromium stabilizes. Chromium plays an important role in the production of fatty acids and steroid hormones in the body. A wide range of disorders are associated with chromium deficiency, including: 1) Adult-onset diabetes, 2) Atherosclerosis, 3) Cataracts, 4) Growth retardation in children, 5) Heart diseases, 6) High blood fats, 7) Impotence and frigidity, 8) Low resistance to infection, 9) Neurological disorders, and 10) Unexpected weight loss. The organic forms of chromium in **DOUBLE CHROMIUM PLUS** are significantly more bioavailable than other forms. Synergistic nutrients aid the body's utilization of chromium.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
Magnesium (arginate/lysinate/citrate)	25 mg
Potassium (citrate)	25 mg
Vitamin B6 (pyridoxal-5'-phosphate)	3 mg
Zinc (citrate)	1 mg
Chromium (from polynicotinate)	100 mcg
Chromium (from arginate)	100 mcg

DIRECTIONS: As a dietary supplement take 1 capsule daily, or as directed by a health care professional.

INGREDIENTS: **DOUBLE CHROMIUM PLUS** contains magnesium arginate/lysinate/citrate, potassium citrate, zinc citrate, pyridoxal-5'-phosphate, chromium polynicotinate, chromium arginate, gelatin (capsule), silica, and magnesium trisilicate.

DOUBLE CHROMIUM PLUS does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, sugar, yeast, salicylates, wax, preservatives, colorings, or artificial flavorings.

DOUBLE ZINC PLUS

Zinc Picolinate and Zinc Citrate with Coenzyme Vitamin B6



- Insulin function
- Skin, hair, bones
- Enzyme function
- Antioxidant protection
- Reproductive functions
- Wound and burn healing

25 mg 100 Tablets

DOUBLE ZINC PLUS is a synergistic formulation of zinc picolinate and zinc citrate in conjunction with the coenzyme form of Vitamin B6. This combination of ingredients ensures rapid absorption, high utilization of active and synergistic components (the citrate form of zinc contains an important Krebs cycle intermediate), and allows the body to select the form that best meets its needs for zinc.

APPLICATIONS: Zinc is a key component in the body involved in: 1) Enzyme function, 2) Production of healthy skin, bones and hair, 3) CO2 transfer in red blood cells, 4) Synthesis and metabolism of protein and nucleic acids, 5) Reproductive functions, 6) Wound and burn healing, 7) Antioxidant protection, 8) Functioning of insulin, and 9) Normal taste acuity. Zinc often is deficient in American diets and supplementation therefore may be helpful. Vitamin B6 is required for actualizing many of the benefits of zinc.

COMPOSITION: One tablet provides:

NUTRIENT	AMOUNT
Zinc (12.5 mg elemental each from picolinate and citrate)	25 mg
Vitamin B6 (from pyridoxal-5'-phosphate)	3 mg

DIRECTIONS: As a dietary supplement take 1 tablet per day with food, or as directed by a health care professional.

INGREDIENTS: **DOUBLE ZINC PLUS** contains the highest-quality zinc picolinate, zinc citrate, cellulose, pyridoxal-5'-phosphate, glycerol behemate, water-soluble cellulose coating, magnesium stearate.

DOUBLE ZINC PLUS does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, sugar, yeast, chlorides, phosphates, sulfates, wax, preservatives, colorings, or artificial flavorings.

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EDIBLE EARTH®

Digestive Detoxicant and Ionic Mineral Supplement



- Indigestion
- Detoxifies
- Heavy metals
- Remineralizes body
- Promotes regularity
- Cleanses digestive tract

32.5 ounces (931 grams), powder

EDIBLE EARTH® is a superior formulation of rare calcium montmorillonite clays, designed for deep cleansing, detoxification, and rejuvenation of the entire digestive tract, in addition to supplying a rich spectrum of 57 bio available ionic minerals. **EDIBLE EARTH®** incorporates the finest natural calcium montmorillonite clays chosen from pristine subsurface sources for their purity and wide-ranging health benefits to users. **EDIBLE EARTH®** draws its detoxifying abilities from the favorable action that calcium montmorillonite has upon the GI tract through its absorption and adsorption of various toxins, pathogens, metabolic wastes, and heavy metals. **EDIBLE EARTH®** carries with it a rich source of bioavailable colloidal minerals such as silica, calcium, potassium, and magnesium, naturally present in easily assimilated forms. **EDIBLE EARTH®** is contained in a dark brown glass jar (1.1 kilograms net weight) to help retain high product purity. It contains no ingredients other than calcium montmorillonite obtained from US sources.

APPLICATIONS: Calcium montmorillonite (also known as hydrated magnesium/alumina silicate, calcium bentonite, and smectite) is found in ion-active, high-quality condition in only a few places on earth. The calcium montmorillonite used in **EDIBLE EARTH®** is a natural, premium-grade, mineral supplement that comes from a rare earth, ultra-clean, clay-mineral source in the Southwestern US. **EDIBLE EARTH®** is a superior product due to the purity of its source material, extreme fineness of its nano-sized colloids (average 1 micron), powerful negative ionic charge, natural high pH level (greater than 9.0), abundance of silica (55% by weight), and balanced array of 57 health-providing minerals in natural forms. In the body, calcium montmorillonite acts as a powerful natural detoxification agent while simultaneously enriching its surroundings with a unique balance of macrominerals, microminerals, and trace minerals that are electrically exchanged with the positively charged particles that diminish your body's health. The calcium montmorillonite in **EDIBLE EARTH®** remineralizes by exchanging minerals for toxins such as certain heavy metals. In addition, the body can use the silica in this product to metabolize other minerals such as calcium and build cellular structures such as collagen.

DIRECTIONS: For general health maintenance mix 1 tablespoon of **EDIBLE EARTH®** in 8 ounces of water and drink once daily. The dosage for children under 12 is one teaspoon per 50 pounds body weight. Follow by consuming an additional 8 ounces of water. **EDIBLE EARTH®** should be taken on an empty stomach, preferably morning or late evening. Limit contact with wet metal utensils, as it degrades the effectiveness of the formula. Adequate intake of fresh water is vital due to the absorptive nature of this product. Keep container closed and in a dry place when not in use. **EDIBLE EARTH®** has no expiration date. For intensive use and deep cleansing of the entire GI tract, use up to eight (8) rounded tablespoons per day. An additional 8 ounces of water should be consumed per tablespoon taken. Due to its drawing power, **EDIBLE EARTH®** can be used for absorption of toxins in the stomach and GI tract, and for relief of indigestion. We recommend it not be taken with oral dietary supplements or medications, as they can be "drawn in" and their effectiveness reduced. For bowel elimination and constipation: Gastrointestinal effects from **EDIBLE EARTH®** such as constipation and reduced frequency of bowel movements indicate a digestive system not functioning optimally. Increasing water intake may reduce or eliminate potential for constipation when using healing clays. When water supply is inadequate, the colon restricts unnecessary water loss through the stool. This results in harder stools that are more difficult to pass. However, in some individuals it still may be necessary to first acclimate the body to ingestion of healing clays, especially if an individual already has reduced frequency of bowel movements. This can be accomplished through "pulse dosing" whereby an individual consumes one (1) rounded tablespoon of **EDIBLE EARTH®** each day for 3 days, followed by a period of 3 days when clay is not consumed. The digestive system typically acclimates to consuming clay within four weeks, but times vary depending on diet and overall GI tract health.

COMPOSITION: One teaspoon provides:

NUTRIENT	AMOUNT
CALCIUM MONTMORILLONITE	4.5 g

INGREDIENTS: **EDIBLE EARTH®** contains the finest natural calcium montmorillonite clays.

EDIBLE EARTH® does not contain wheat, rye, oats, corn, barley, gluten, sugar, wax, dairy, yeast, egg, preservatives, artificial colorings, or flavorings.



**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

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HEMATIN

Synergistic Iron Formula



- Anemia
- Blood loss
- Hemoglobin
- Iron absorption
- Iron utilization
- Pregnancy & breastfeeding

29 mg 100 Tablets

HEMATIN provides vitamins, minerals, and cofactors required in the body to ensure the proper absorption and utilization of iron, and the efficient and abundant production of red blood cells. The formula includes Iron, Copper, Vitamin C, Folic Acid, Niacin, Vitamin B6, Vitamin B12, and desiccated liver.

APPLICATIONS: Most of the iron used by the body is required by the bone marrow to make hemoglobin for new red blood cells. Hemoglobin is essential for carrying oxygen from the lungs to the tissues. Women experience significant iron loss during menstrual periods. During pregnancy and breastfeeding, substantial amounts of iron are transferred to the infant, thereby greatly increasing the mother's requirements. Proper transport and effective utilization of iron are key factors during times of greater need for iron. **HEMATIN** provides the body with the greatest opportunity for absorbing and utilizing iron.

COMPOSITION: One tablet provides:

NUTRIENT	AMOUNT
Liver Tissue	300 mg
Vitamin C (ascorbic acid, corn-antigen free)	100 mg
Vitamin B3 (as niacin)	20 mg
Iron (elemental from aspartate)	29 mg
Vitamin B6 (pyridoxine HCl)	5 mg
Copper (elemental from aspartate)	1.5 mg
Folic Acid	400 mcg
Vitamin B12 (hydroxocobalamin)	100 mcg

DIRECTIONS: As a dietary supplement take 1 tablet with food daily, or as directed by a health care professional.

INGREDIENTS: **HEMATIN** contains desiccated defatted liver concentrate, ascorbic acid, cellulose, iron aspartate, niacin, pyridoxine HCl, vegetable stearate, copper aspartate, hydroxocobalamin (Vitamin B12), folic acid, magnesium stearate, and a cellulose coating.

HEMATIN does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, sugar, yeast, phosphates, sulfates, fats, wax, preservatives, colorings, or artificial flavorings.

MSM

Methylsulfonylmethane Organic Sulfur



- Blood flow
- Antiparasitic
- Inflammation
- Muscle spasm
- Builds collagen
- Analgesic (pain control)

1,000 mg 200 Capsules

MSM contains high-purity (greater than 99.9% pure) MSM (Methylsulfonylmethane).

APPLICATIONS: **MSM** is a natural substance found in food and in the human body. **MSM** is a source of sulfur, a mineral element critical to the normal function and structure of the human body. Sulfur is a raw material for the protein and connective tissue (especially proteoglycans and glycosaminoglycans such as hyaluronic acid and chondroitin sulfate) that make up our body mass, for enzymes that conduct countless chemical reactions, and for powerful natural compounds (such as glutathione) that protect against toxicity and harmful free radicals. MSM consists chemically of two hydrocarbon units attached to a unit with one sulfur and two oxygen atoms. It has a molecular weight of 94, and therefore is a small molecule that easily enters many compartments of the body. Toxicity studies show that MSM has extremely low toxicity, comparing favorably to the toxicity of water. MSM is also a metabolite of DMSO, which fact is believed to explain the effectiveness of DMSO as a pain remedy. Dr. Stanley W. Jacob, Director of the DMSO Clinic and Professor of Surgery at Oregon Health Sciences University, has conducted clinical studies on MSM and used it with his patients for over 20 years. He has documented his findings in *The Miracle of MSM*.

Dr. Jacob lists as MSM's most significant actions: 1) Pain control (analgesic), 2) Reduces inflammation, 3) Passes through cellular membranes of the body, including the skin, 4) Dilates blood vessels and increases blood flow, 5) Blocks the action of cholinesterase, thereby helping restore normal bowel activity, 6) Reduces muscle spasm, 7) Alters the cross-linking process in collagen, thereby reducing scar tissue, 8) Antiparasitic (particularly against giardia), and 9) Immune normalizing effects, as observed in some autoimmune diseases such as rheumatoid arthritis, lupus, and scleroderma.

Dr. Jacob lists as the most frequent applications of MSM: 1) Degenerative wear-and-tear arthritis, 2) Rheumatoid arthritis, 3) Chronic back pain, 4) Chronic headaches, 5) Muscle pain, 6) Fibromyalgia, 7) Tendinitis and bursitis, 8) Carpal Tunnel Syndrome, 9) TMJ problems, 10) Post-traumatic pain and inflammation, and 11) Heartburn. Normal dosages for MSM range from 2 to 8 grams daily, but larger amounts may be needed in certain cases. Some individuals may experience loosening of the stools, which may be remedied by taking smaller amounts spread out over the course of the day, or by reducing the dosage.

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COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
MSM (methylsulfonylmethane)	1,000 mg

DIRECTIONS: As a dietary supplement take 1–2 capsules daily with food, or as directed by a health care professional.

INGREDIENTS: **MSM** contains pure methylsulfonylmethane (MSM), gelatin (capsule), magnesium stearate, and silica.

MSM does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, sugar, yeast, wax, preservatives, colorings, or artificial flavorings.

SELENIUM Organic Selenium from L-Selenomethionine



- **Cancer**
- **Antioxidant**
- **Heart health**
- **Liver conditions**
- **Muscle conditions**
- **Pancreatic conditions**

200 mcg 100 Capsules

SELENIUM contains 200 mcg of selenium from the highest-quality L-Selenomethionine in a small #3 size capsule. This formula contains no magnesium stearate and is suitable for hypersensitive individuals.

APPLICATIONS: **SELENIUM** is a trace mineral required by the body. It functions primarily in the form of selenomethionine which is incorporated into four active sites of the enzyme glutathione peroxidase. This enzyme protects against free radical damage (especially in cell membranes) caused by the oxidation of unsaturated fatty acids, and it historically has been linked to Vitamin E, which blocks the production of oxidized fatty acids in cell membranes.

Selenium also appears to exert its own antioxidant activity: it is involved in the production and utilization of thyroid hormone and is antagonistic to heavy metals such as lead, mercury, aluminum, and cadmium. A National Research Council (NRC) publication states: "One could reasonably suppose that selenium is involved [i.e., has a protective function] in such human medical problems as cancer, cataracts, diseases of the liver, cardiovascular or muscular diseases, and the aging process."

Selenium in its vital role in glutathione peroxidase affects all components of the immune system, including the development and functioning of white blood cells. In one study, 200 mcg per day of a selenium supplement increased by 118 percent the ability of lymphocytes to kill tumor cells and increased the activity of natural killer cells by 82 percent. Other conditions in which selenium may play an important protective role include: 1) Growth failure in malnourished children, 2) Hemolytic anemia of newborn infants, 3) Infertility, 4) Pancreatic disease, 5) Poisoning by normally harmless amounts of toxic substances, and 6) Sudden Infant Death Syndrome (SIDS). Because large amounts of selenium are potentially toxic, large daily amounts over approximately 500 mcg should be taken under the supervision of a health care professional.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
SELENIUM (from L-selenomethionine)	200 mcg

DIRECTIONS: As a dietary supplement take 1 capsule daily with food, or as directed by a health care professional.

INGREDIENTS: **SELENIUM** contains the highest-quality gelatin (capsule), microcrystalline cellulose, silica, magnesium trisilicate, and L-selenomethionine.

SELENIUM does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, salicylates, wax, preservatives, colorings, or artificial flavorings.



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SILVER BIOTICS®

Ultimate Immune Support

Polyvalent Silver Supplement



- Antimicrobial
- Immune support
- Anti-inflammatory
- Topical disinfectant

8 and 4 Ounces Bottles

SILVER BIOTICS® polyvalent silver supplement is made using a patented method to produce nano silver particles suspended in highly purified water. **SILVER BIOTICS®** silver is a metallic nano silver particle with a thin coating of polyvalent silver oxide.

The patented production method supercharges silver particles using 10,000 volts AC, whereas other colloidal silver solutions are typically only charged with 100 volts DC. Supercharging results in 2 electrons being removed from the outer shell of the silver atom giving it a +2 ionic charge compared to a +1 ionic charge for other colloidal silvers. Because the ionic charge is one of the primary mechanisms by which silver particles work, **SILVER BIOTICS®** silver particles are significantly more effective than conventional colloidal silver particles. In addition, the patented production method produces a unique electron configuration giving the silver particles catalytic ability to repeatedly recharge and regenerate. This gives each silver particle the capacity for multiple use in contrast to single use for particles in most other colloidal silver products. Furthermore, research shows conventionally produced colloidal silvers have a bioavailability of 15%–65%, whereas **SILVER BIOTICS®** polyvalent silver offers a bioavailability greater than 99%. The ability of the **SILVER BIOTICS®** silver particles to be used multiple times combined with high bioavailability means that it is significantly more effective than other colloidal silver products even at concentrations as low as 10 ppm. Silver particle sizes in **SILVER BIOTICS®** range from 0.005 to 0.015 microns. The particles are suspended in a solution of double-distilled water. Our manufacturer has selected a safe, FDA-approved, plastic container for this product. Research shows that glass containers cause polyvalent silver particles to precipitate (or “plate out”) from solution, thereby reducing its effectiveness by about 50%

APPLICATIONS: Tests performed at multiple research laboratories show that **SILVER BIOTICS®** silver is highly effective against a broad range of bacteria, fungi (including *Candida albicans*), and viruses. Because this silver does not target specific mechanisms, receptor sites, or metabolic processes, it is unlikely that mutations of the microbes will produce resistant strains. In addition to its anti-microbial properties, this silver acts as a potent anti-inflammatory agent. Furthermore, there is evidence that it can improve the state of the body’s immune system. **SILVER BIOTICS®** silver can be applied topically or taken internally. It also can be used topically as a disinfectant. Studies demonstrate it is non-toxic, even at high levels of ingestion (e.g., 5 grams per kilogram of body weight). Furthermore, research studies by major research groups show that **SILVER BIOTICS®** silver solutions are not cytotoxic and do not destroy friendly pro-biotic bacteria. As a daily regimen, it is safe to take 1–3 teaspoons of **SILVER BIOTICS®** silver. If the body is under high levels of stress, this amount may be doubled or tripled (i.e., take up to 9 teaspoons). Because polyvalent silver is inorganic silver, the particles do not remain in the body and will be completely eliminated from the body by kidneys, lymph system, and bowels after several days. It is safe and recommended to pour **SILVER BIOTICS®** silver in a spray bottle and spray it into your mouth, nose, eyes, and/or ears, as appropriate. For fungal infections and other types of infections, apply moistened silver compresses to skin, feet, toes, and other areas, as needed.

COMPOSITION: One teaspoon (5 ml) provides:

NUTRIENT	AMOUNT
POLYVALENT SILVER (greater than 99.9% pure)	50 mcg

DIRECTIONS: As a dietary supplement take 1–3 teaspoons daily, or as recommended by a health care professional.

INGREDIENTS: **SILVER BIOTICS®** polyvalent silver contains only double-distilled water and the purest silver available at the level of 10 parts per million (ppm).

SILVER BIOTICS® does not contain wheat, rye, oats, corn, barley, gluten, sugar, wax, dairy, yeast, egg, synthetic preservatives, artificial colorings, or flavorings.



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TRI-MAG

Supports Cellular Energy Production



- Stress
- Increased energy
- Migraine headache
- Magnesium utilization
- Chronic fatigue (CFS)

100 Capsules

TRI-MAG is a unique formula designed to provide the body with uptake choices for maximal magnesium utilization in ATP production and in many vital enzymatic reactions activated by magnesium. The formula contains 100 mg of elemental magnesium. A magnesium-diglycinate chelate is included due to its excellent capabilities as a magnesium carrier, and is particularly helpful for individuals with absorption problems. Studies show that magnesium-diglycinate is absorbed as a dipeptide in the small intestine. Magnesium Krebs cycle bionutrients and magnesium-ascorbate chelates are included in the formula as additional sources of magnesium. **TRI-MAG** is designed to provide the body with useful constituents after ionization of the chelates.

APPLICATIONS: Magnesium is one of the most abundant, available metals on earth, and plays crucial roles in the sustenance of life and its chemical processes. The divalent nature of the magnesium cation makes it an ideal activator for enzyme systems. Estimates for its usage in human systems include over 50 different biochemical reactions and its necessary presence for the operation more than 300 enzymes. Magnesium is essential for energy production, maintenance of electrolyte balance, and neuromuscular function. Investigations into rates of magnesium deficiency show that individuals in developed countries are remarkably at high risk for deficiency with the suspected primary cause being an inadequate, depleted diet high in processed foods (from which magnesium is removed but not replaced). Adequate magnesium intake has been shown frequently to alleviate the symptoms of (and reduce the risk of) hypertension (high blood pressure) and cardiovascular disease, conditions often leading to heart attack and stroke. Individuals taking diuretics should strongly consider magnesium supplementation in order to replace magnesium lost from the body. Major functions of the magnesium ion in energy production and usage include its role in ATP/ADP interconversion complexes, and its use as a kinase cofactor in phosphoryl transfers.

Individuals who experience fatigue, chronic fatigue syndrome (CFS), migraine headache, or stress should investigate magnesium supplementation for optimizing performance. Much research focuses on the remarkable effects of citrate (a Krebs cycle intermediate) in the treatment of kidney stones.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
Glycine (from magnesium diglycinate)	405 mg
Vitamin C (from magnesium ascorbate)	200 mg
Magnesium (elemental from diglycinate, ascorbate, and Krebs salts)	100 mg
Citrate (from magnesium citrate)	82 mg
Fumarate (from magnesium fumarate)	25 mg
Malate (from magnesium malate)	6 mg
Succinate (from magnesium succinate)	6 mg
Alpha-Ketoglutarate (from magnesium alpha-ketoglutarate)	6 mg

DIRECTIONS: As a dietary supplement take 1–2 capsules daily with food, or as directed by a health care professional.

INGREDIENTS: **TRI-MAG** contains the highest-quality magnesium diglycinate, magnesium ascorbate, Krebs cycle bionutrients (magnesium citrate, magnesium fumarate, magnesium malate, magnesium succinate, and magnesium alpha-ketoglutarate), gelatin (capsule), cellulose, silica, and magnesium trisilicate.

TRI-MAG does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, sulfates, yeast, wax, preservatives, colorings, or artificial flavorings.



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A scenic waterfall with several brown bears and a sea lion in the foreground. The water is cascading over rocks, creating white foam. The bears are of various sizes, some standing on the rocks and others near the water's edge. A sea lion is visible in the lower right foreground, partially submerged in the water.

Hank & Brian's Essential Fats Plus E

"When my breast started hurting, the doctor's first advice to me was to get a mammogram and ultra sound. The results confirmed a nodule on my right breast. I was doing these tests every 6 months. It was a blessing when a co-worker, who later became a dear friend, shared with me the amazing products that HPDI has to offer.

I trust her so much that I never hesitated in taking these supplements upon her advice. I began taking HANK & BRIAN'S ESSENTIAL FATS PLUS E. When I went for my next mammogram and ultra sound tests, the medical technician was surprised to see that my breast nodules had shrunk in size. They were no longer hurting.

Thank you for this wonderful product. It was certainly effective."

- Luz A., Waipahu, Hawaii

Chia Seeds

"Hello, my name is Erik My mommy brought home some CHIA SEEDS for all of us to use. She did not know how us kids would like it, I am only 8 1/2.

We first made fruit drinks with a couple of scoops of CHIA SEEDS. Then I tried it on my peanut butter and jelly sandwich, YUMMY! I also like it in banana and chocolate pudding. One of our favorite ways of eating them is in our apple sauce at dinner time.

My mommy went to work and told Ann, the lady that runs the supplement room at Woodlands and she told me to email you and let you know all the ways we discovered eating the seeds. The fruit smoothies are good when you add yogurt, apples, bananas, and some fruit juice. My sister also sprinkled some in our rice one night. I also eat them on applebutter sandwiches. Mom thinks this one is gross but I like it. I cook some in my fruit flavored oatmeal. Yum. They also go good in jello. If I think of any more I will let you know."

- Erik B., Quakertown, Pennsylvania
Your happy eater of chia seeds



We make it easier **to run faster**

OILS, FATTY ACIDS, & LIPIDS

We offer a selection of healthy oils, lipids, and fatty acids. These nutrients play many critical roles in the body, supporting metabolism, cell membrane health, and modulating inflammation.

- CHIA SEEDS
- ESSENTIAL FATS PLUS E™
- VIRGIN COCONUT OIL
- CLA 1,000
- OMEGA PLUS
- PS-100 PLUS



CHIA SEEDS

Balanced Essential Fats Protein, Fiber, Antioxidants, and Other Nutrients



1 lb 454 gm

- **Energy**
- **Dietary fiber**
- **Blood sugar regulation**
- **Macro- and micronutrients**
- **Digestive regularity**

CHIA SEEDS are one of nature's perfect foods. These tiny, nutrient-dense seeds offer essential fatty acids (an excellent vegetarian source of omega-3 alpha-linolenic acid), protein, soluble fiber, protective antioxidants, minerals, and vitamins. Our non-GMO chia seeds are grown in South and Central America using organic methods (no pesticides, herbicides, or harmful chemicals). **CHIA SEEDS** are packaged conveniently in one-pound (454 g), spill-proof, recyclable plastic containers.

APPLICATIONS: CHIA SEEDS contain oil amounts varying between 32–39%, with the oil offering the highest natural percentage of alpha-linolenic fatty acid known (60–63%) among foods. Alpha-linolenic acid is an essential fatty acid that in the human body acts as a substratum for the transformation into EPA and DHA through the action of desaturation and elongation enzymes. In addition, the seeds contain some omega-6 essential fatty acids, and exhibit a favorable omega-3 to omega-6 ratio of 3:1. Modern diets contain too few omega-3 fatty acids. The seed also possesses 19–23% protein, and the amino acids in chia protein have no limiting factors in the adult diet, (i.e., they are a complete protein source having all of the essential amino acids in an appropriate balance). Chia seeds are a good source for B vitamins, calcium, phosphorus, potassium, zinc, boron, and copper. They have demonstrated strong antioxidant activity. Notable antioxidants in chia seeds include chlorogenic acid, caffeic acid, and flavanol glycosides. Chia's antioxidants significantly delay degradation of its nutrients. Chia thereby offers great advantages within the food industry compared to other alpha-linolenic acid sources, such as flax seeds, which exhibit more rapid decomposition due to a lack of antioxidants. For more complete information, see Ricardo Ayerza's and Wayne Coates's Chia: *Rediscovering A Forgotten Crop of the Aztecs*.

The human body easily digests chia seeds. The seeds can absorb more than twelve times their weight in water, forming a gel that causes a slow release of carbohydrates and an equally slow conversion of carbohydrates into glucose (blood sugar) for energy. The outer layer of chia seeds is rich in muciloid soluble fiber (the seed possesses 5% soluble fiber). When chia seeds are mixed with water or stomach juices, a gel forms that creates a physical barrier between carbohydrates and digestive enzymes that break them down.

The carbohydrates eventually are digested, but at a slow and uniform rate. There is no insulin surge or spike required to lower blood sugar levels after consuming chia. The water-retaining capacity of the gel helps to level out water intake and to maintain electrolyte balance.

COMPOSITION: 15 grams (2 tbsp) contains:

NUTRIENT	AMOUNT
Total Fat	5 gm
Saturated Fat	0.5 gm
Trans Fat	0 gm
Cholesterol	0 gm
Sodium	0 mg
Total Carbohydrates	5 gm
Dietary Fiber	5 gm
Insoluble Fiber	5 gm
Sugars	0 gm
Protein	3.5 gm
Calcium	80 mg
Iron	1.1 mg

DIRECTIONS: Take 1–4 tablespoons (or more) daily. Chia seeds can be used in fruit smoothies, sprinkled on salads, made into chia gel drinks, used in baking, or eaten by themselves. It initially may be helpful to take smaller amounts (e.g., 1/2 to 2 teaspoons), then gradually increase dosage. It is important to consume water (or other fluids) when taking chia seeds because they absorb significant amounts of water.

INGREDIENTS: CHIA SEEDS are grown using organic methods without herbicides, pesticides, artificial fertilizers, or other toxic chemicals. 100% non-GMO.

CHIA SEEDS do not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, sulfates, wax, preservatives, colorings, or artificial flavorings.



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ESSENTIAL FATS PLUS E

Fatty Acids Omega-3 and Omega-6 Plus Tocotrienols, Tocopherols, and Astaxanthin



90 Softgels

- Antioxidant
- Heart health
- Inflammation
- Skin conditions
- Cell membranes
- EPA, DHA, & GLA

ESSENTIAL FATS PLUS E is a unique essential fatty acids formula with antioxidants. It contains 120 mg of Eicosapentaenoic Acid (EPA) and 80 mg of Docosahexaenoic acid (DHA) (important usable forms of essential omega-3 fatty acids), and 30 mg of Gamma Linolenic Acid (GLA) (an important essential omega-6 fatty acid). This foundational formula includes more than 21 mg of mixed Tocotrienols and Tocopherols (Vitamin E) derived from rice bran. Tocotrienols are potent forms of Vitamin E that combined with tocopherols provide significant antioxidant protection to polyunsaturated oils. The EPA and DHA are in the form of triglycerides, and derive from marine lipids using a patented flash molecular-distillation process. The GLA derives from cold-processed borage seed oil. The fish oils in **ESSENTIAL FATS PLUS E** are tested rigorously and conform to global standards of quality and purity. The astaxanthin is derived from the algae *Hematococcus pluvialis*. Astaxanthin is an extremely powerful carotenoid that is an especially effective inhibitor of lipid peroxidation.

APPLICATIONS: Omega-3 and omega-6 fatty acids are known to play important roles in the formation of prostaglandins. The prostaglandins are important cellular regulators that control inflammatory processes and pain in the body. Fish oils may be useful adjuncts in protocols that deal with 1) Cardiovascular disease, 2) Hypertension, 3) Arthritis and other inflammatory disorders, 4) Psoriasis and other skin problems, 5) Diabetes mellitus, 6) Depression, and 7) Kidney disease. GLA may be a useful adjunct in protocols dealing with: 1) Multiple Sclerosis and 2) Arthritis. Research indicates that in a balanced formula, there are synergistic effects between EPA, DHA, and GLA. It is known, for example, that EPA inhibits the conversion of GLA into the pro-inflammatory and pain causing arachidonic acid. Because these fatty acids have many double bonds that are prone to oxidation both inside the bottle and in the body, the formula includes multiple forms of Vitamin E as mixed tocotrienols and tocopherols. These forms of Vitamin E are known to provide significant benefits that include: 1) Reducing arterial plaques and enhance blood flow, 2) Acting as potent inhibitors of platelet aggregation and thromboxane, 3) Protecting serum lipids from oxidation, including LDL and HDL, 4) Reducing carotid stenosis (narrowing) and may help prevent stroke, 5) Trapping harmful nitrogenous radicals, 6) Acting as anti-proliferatives and anti-cancer agents, and 7) Providing powerful oxidative defense

for the skin. In addition, research studies have indicated that astaxanthin (in many ways more potent than d-alpha tocopherol or Vitamin C) can protect skin from the damaging effects of ultraviolet (UV) radiation, ameliorate age-related macular degeneration, protect against chemically induced cancers, increase high density lipoproteins, and enhance the immune system.

ESSENTIAL FATS PLUS E is most effective when taken as part of a foundational supplements program. Foundational formulas include a multivitamin (e.g., **MULTI TWO**), essential fats (e.g., **ESSENTIAL FATS PLUS E**), Vitamin C (e.g., **PRO-C™**), and **REJUVENATE!™** superfoods.

COMPOSITION: One softgel provides:

NUTRIENT	AMOUNT
ESSENTIAL FATTY ACIDS	
EPA (Eicosapentaenoic Acid)	120 mg
DHA (Docosahexaenoic Acid)	80 mg
GLA (Gamma Linolenic Acid)	30 mg
ANTIOXIDANTS	
d-Alpha Tocopherol	8 IU
Mixed Tocotrienols (d-Gamma, d-Alpha, and d-Delta)	12 mg
d-Gamma Tocopherol	1.7 mg
Astaxanthin (from <i>Haematococcus pluvialis</i> algae)	1 mg

DIRECTIONS: As a dietary supplement take 3 softgel capsules daily in divided doses with food, or as directed by a health care professional.

INGREDIENTS: **ESSENTIAL FATS PLUS E** contains the highest-quality molecularly distilled fish oils in triglyceride form, ultra-refined borage seed oil, tocotrienols and tocopherols (from oryza rice-bran oil), astaxanthin (5% from *Haematococcus pluvialis* algae), gelatin, glycerine, and water.

ESSENTIAL FATS PLUS E does not contain wheat, rye, oats, corn, barley, soy, gluten, egg, dairy, sugar, yeast, wax, hydrogenated oils, preservatives, colorings, or artificial flavorings.



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VIRGIN COCONUT OIL

**Certified Organic
Centrifuged for Purity**



- Lauric acid
- Medium-chain triglycerides
- Antimicrobial
- Heart healthy
- Metabolic booster
- Massage/body oil

16-Ounce Glass Jar

VIRGIN COCONUT OIL is a beneficial oil extracted from fresh, wet-milled coconut milk. It offers a delicious, coconut aroma and flavor. Our coconut oil is clear and colorless in its liquid state and white when solid. No chemicals or heat are used to produce this unique coconut oil.

APPLICATIONS: **VIRGIN COCONUT OIL** is heart-healthy, boosts metabolism, and is a natural broad-spectrum antimicrobial. Coconut oil is a rich source of medium-chain triglycerides (MCTs), which the body readily absorbs and converts to energy. MCTs found in coconut oil support healthy thermogenesis levels. Coconut oil is also ideal for people on low carbohydrate diets. Our centrifuged coconut oil is USDA Certified Organic by Integrity Certified International. The oil is extracted from fresh coconuts opened less than 48 hours after they are picked from trees. The coconuts first are shelled, then the flesh is chopped and placed into an expeller press. The temperatures of the coconut flesh and the resulting coconut milk emulsion do not exceed 78.8° F (25° C) (room temperature). After the coconut is shelled, it takes less than 45 minutes to produce the milk. The resulting coconut milk emulsion then is chilled slightly to 50° F (10° C) in order to "pull" the oils out of solution (i.e., chilling helps to break the protein emulsion holding the oils in solution). The cooled milk is separated into the pure oil by use of a large centrifuge. The result is coconut oil and a "skim" milk.

DIRECTIONS: Take 1–4 tablespoons daily. Centrifuged coconut oil offers a delicate, tropical flavor that is tasty when used in salads, goes well with most fruits, and is delicious all by itself. It is an especially healthy cooking oil because it withstands heat and resists oxidation. Try using it instead of your favorite cooking oil. Put it directly on fresh berries, bananas, pineapples (or other tropical fruits), chia seeds, or air-popped corn. There are unlimited uses for coconut oil when preparing healthy meals.

INGREDIENTS: **CENTRIFUGED VIRGIN COCONUT OIL** contains centrifuged, raw, organic virgin coconut oil.

VIRGIN COCONUT OIL does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, sulfates, wax, preservatives, colorings, or artificial flavorings.

CLA 1,000

**Promotes Muscle Tone
Reduces Body Fat**



- Diabetes
- Antioxidant
- Heart health
- Fat metabolism
- Lean muscle mass
- Immune enhancer

1,000 mg 90 Softgels

CLA 1,000 contains 1,000 mg of safflower oil providing a CLA (Conjugated Linoleic Acid) content of 77% (minimum). Our CLA is produced without the use of toxic chemicals or solvents (e.g., hexane) from pesticide-free and herbicide-free safflower oil. The ratio of CLA to total linoleic acid is greater than 98%. The 9-cis, 11-trans and the 10-trans, 12-cis isomers (the most biologically-active forms) are in a 50:50 ratio and account for approximately 97% of the total CLA.

APPLICATIONS: Conjugated linoleic acid (CLA) is a naturally occurring positional and geometric isomer of linoleic acid with double bonds in positions 9 and 11 or 10 and 12. CLA is found in relatively large quantities in the milk and/or meat of range fed (grasses & greens) animals such as beef and poultry. In the body, CLA appears to be metabolized differently than linoleic acid. This healthy substance has been studied extensively for more than 20 years. Research shows that CLA offers significant health benefits: 1) Acts as a potent inhibitor of breast, prostate, lung, and colon carcinogenesis, 2) Enhances the immune system, 3) Provides antioxidant protection, 4) Demonstrated anti-atherosclerosis properties including decreasing LDL cholesterol, 5) Substantially increases Vitamin A in the liver, 6) Prevents the development of diabetes, and 7) Alters the way that the body metabolizes fat (e.g., lean muscle mass increases and body fat significantly decreases). Research shows that these effects are attained at levels of about 1% of caloric intake, which is about 2–3 grams daily of CLA for humans. Studies show no negative effects from taking CLA at this level for extended periods.

COMPOSITION: One softgel contains:

NUTRIENT	AMOUNT
CLA (Conjugated Linoleic Acid) (minimum)	770 mg

DIRECTIONS: As a dietary supplement take 2–4 capsules daily with food, or as directed by a health care professional.

INGREDIENTS: **CLA 1,000** contains the highest-quality Clarinol™ CLA derived from safflower oil, gelatin (shell), glycerine (shell), purified water (shell), carob extract (shell), mixed tocopherols, and titanium dioxide (shell).

CLA 1,000 does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, chlorides, phosphates, sulfates, hexane, pesticides, wax, preservatives, or artificial flavoring.

**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

OMEGA PLUS

Fatty Acids Omega-3 and Omega-6 Plus Mixed Tocotrienols & Tocopherols



- Antioxidant
- Heart health
- Hypertension
- Skin conditions
- EPA, DHA, & GLA
- Inflammatory disorders

180 Softgels

OMEGA PLUS is a unique essential fats formula, providing exceptionally well balanced omega-3 and omega-6 lipids plus mixed tocotrienols and tocopherols. This premier formula contains Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA) (important usable forms of essential omega-3 lipids), gamma-Linolenic Acid (GLA) (an important essential omega-6 lipid), and mixed tocotrienols and tocopherols (Vitamin E). The EPA and DHA in **OMEGA PLUS** are in the form of triglycerides derived from marine lipids using a patented, flash molecular distillation process. The GLA is derived from cold-processed borage seed oil. These forms of Vitamin E provide potent antioxidant protection within the body and for the polyunsaturated oils in the capsule.

APPLICATIONS: Omega-3 and Omega-6 lipids play important roles in the formation of prostaglandins. The prostaglandins are cellular regulators that control inflammatory processes in the body. Fish oils may be useful adjuncts in protocols for: 1) Cardiovascular disease, 2) Hypertension, 3) Arthritis and other inflammatory disorders, 4) Psoriasis and other skin problems, and 5) Kidney disease. GLA may be a useful adjunct in protocols for: 1) Multiple Sclerosis and 2) Arthritis. Research indicates synergistic effects exist between EPA, DHA, and GLA when combined in a balanced formula.

OMEGA PLUS is most effective when taken as part of a foundational supplements program. Foundational formulas include a multivitamin, essential fats, a Vitamin C formula, and **REJUVENATE!**[™] superfoods.

COMPOSITION: Two softgels provide:

NUTRIENT	AMOUNT
EPA (Eicosapentaenoic Acid)	120 mg
DHA (Docosahexaenoic Acid)	80 mg
GLA (Gamma Linolenic Acid)	30 mg
Vitamin E (d-Alpha Tocopherol)	8 IU
Mixed Tocotrienols (d-Alpha, d-Gamma, and d-Delta)	12 mg
d-Gamma-Tocopherol	1.7 mg

DIRECTIONS: As a dietary supplement take 6 capsules daily in divided doses with food, or as directed by a health care professional.

INGREDIENTS: **OMEGA PLUS** contains only the highest-quality molecularly distilled fish oils, ultra-pure borage seed oil, oryza rice bran oil (from japonica species), gelatin (capsule), glycerine (capsule), and water (capsule).

OMEGA PLUS does not contain wheat, rye, oats, corn, barley, gluten, egg, dairy, sugar, yeast, wax, hydrogenated oils, preservatives, colorings, or artificial flavorings.



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ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

PS-100 PLUS

Phosphatidylserine Plus Mixed Phosphatides



- **Mood**
- **Stress**
- **Memory**
- **Alzheimer's disease**
- **Parkinson's disease**
- **Immune enhancement**

100 mg 60 Softgel Capsules

PS-100 PLUS contains 100 mg Phosphatidylserine, 25 mg Phosphatidylcholine, 15 mg Phosphatidylethanolamine, and 15 mg Phosphatidylinositol in a softgel capsule. These phosphatides are produced from soy lecithin, and therefore contain some soy oil, as well as gelatin and glycerin (capsule).

APPLICATIONS: Phosphatides are lipid substances found in protective membranes covering all cells (and organelles within the cell) in the body. They consist of triglyceride molecules in which one of the fatty acids is removed and replaced with a molecule of phosphorylated choline, ethanolamine, inositol, or serine. Phosphatides control substances allowed into cells, help oxygenate cells, and provide important substrates used by cells to make prostaglandins.

The body produces its own phosphatides from nutrients provided by dietary intake. Yet, the body may not produce sufficient phosphatides for good health when the diet is deficient in essential fatty acids, choline, inositol, ethanolamine, serine, folate, Vitamin B12, or other important cofactors.

Phosphatidylserine is especially important for brain function, and is used for enhancing memory and cognitive skills. Human and animal studies show that using dietary supplements to increase levels of phosphatidylserine can boost brain power, mood, learning ability, and stress tolerance. Phosphatidylserine is used in a broad range of applications, including: 1) Stress conditions, 2) Seasonal affective disorder (SAD), 3) Parkinson's disease, 4) Alzheimer's disease, 5) Exercise recovery, 6) Alcoholism, 7) Immune enhancement, 8) Memory loss, and 9) "Age-proofing" the brain. Phosphatidylserine exhibits excellent bioavailability when taken orally. It readily crosses the blood-brain barrier and elevates blood serum levels within approximately 30 minutes. Extensive studies find no danger from long-term supplementation. As with all lipid substances, it is advisable to take fat-soluble antioxidants (e.g., Vitamin E) with **PS-100 PLUS** for protection against oxidation in the body.

COMPOSITION: One softgel provides:

NUTRIENT	AMOUNT
Phospholipids	
Phosphatidylserine	100 mg
Phosphatidylcholine	25 mg
Phosphatidylethanolamine	15 mg
Phosphatidylinositol	15 mg
Fatty Acids	
Caprylic Acid	137 mg
Capric Acid	52 mg
Palmitic Acid	25 mg
Oleic Acid	13 mg
Linoleic Acid	120 mg
Linolenic Acid	12 mg

DIRECTIONS: As a dietary supplement take 1-3 capsules daily in divided doses with meals, or as directed by a health care professional.

INGREDIENTS: **PS-100 PLUS** contains the highest-quality mixed phosphatides from soy lecithin, gelatin, glycerine, and water.

PS-100 PLUS does not contain wheat, rye, oats, corn, barley, gluten, egg, dairy, sugar, yeast, sulfates, chlorides, wax, preservatives, colorings, or artificial flavorings.



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We make it easier **to enjoy life**

PROBIOTICS, ENZYMES, AND FOODS

We offer high-purity digestive enzymes, probiotics, foods, and superfoods. Our unique REJUVENATE![™] superfoods provide high levels of nucleic acids, which help build, support, and maintain health.

- **CHLORELLA**
- **CLOTINASE**
- **DIGASE[™]**
- **POLYDOPHILUS[™]**
- **PROLYT**
- **REJUVENATE![™]**
- **REJUVENATE![™] PRO**
- **REJUVENATE![™] PLUS**
- **REJUVENATE![™] BERRIES & HERBS**
- **REJUVENATE![™] STRAWBERRY-PEACH PROTEIN PLUS**

CHLORELLA

Nature's Perfect Food

Raw, Non-GMO, Pesticide-Free



500 g Powder

- **Healing**
- **Rejuvenation**
- **Detoxification**

CHLORELLA is a unique powdered superfood containing only the highest-quality raw chlorella (*Chlorella pyrenoidosa*). The plant chlorella is a unicellular, freshwater, green microalga. It is an extremely nutrient-dense, alkaline-forming food source providing protein, fiber, essential fatty acids (it is an excellent source of linolenic acid), and a full spectrum of vitamins, minerals, amino acids, enzymes, antioxidants, mucopolysaccharides, and phytonutrients. Among these nutrients are significant amounts of Vitamin A, Vitamin D, Vitamin E, Vitamin K1, all the major B vitamins (including B12); iron, calcium, potassium, phosphorus, magnesium, and zinc; and an abundance of naturally-occurring beta-carotene and lutein. Chlorella also contains the highest levels of nucleic acids (RNA and DNA) among foods, and includes the unique nucleotide-peptide complex known as Chlorella Growth Factor (CGF) (approx. 5%). Chlorella also contains the highest chlorophyll levels among plants (approx. 4%). Our natural, raw chlorella (non-GMO and pesticide-free) is cultivated in open freshwater ponds where it receives exposure to sunlight during all stages of growth. The ideal conditions of steady sunshine and warm temperatures (averaging 82 degrees) produce a very high-quality, dark green chlorella having exceptional nutritional value, a slightly fragrant aroma, and a mild taste. Our chlorella is readily digestible (80-85%) because it is lightly processed enzymatically to break its cell walls, enabling excellent assimilation by the body.

APPLICATIONS: Chlorella is one of the oldest plants on earth, existing for billions of years. In addition to chlorella's high-quality protein (the amino acid profile is similar to egg), essential fatty acids, vitamins, minerals, and fiber, its high levels of nucleic acids (5% to 15% RNA and .5% to .15% DNA) boost significantly its nutritional and therapeutic value. The dietary intake of nucleic-acid-rich chlorella has been shown to be a useful adjunct in protocols for a wide variety of health conditions, including cardiovascular ailments (and lowering cholesterol and triglycerides), cancer, liver conditions, kidney conditions, diabetes, hypertension, arthritis, digestive conditions, tissue detoxification (including detoxification of heavy metals), skin problems, and strengthening of immune function. Chlorella has demonstrated the capacity to stimulate the healing in the body. It promotes growth in young individuals and allows repair to damaged tissues in adults.

It has also been shown to have normalizing and strengthening effects on many tissues and metabolic pathways. For these reasons, it is often considered by scientists to be an adaptogen (a "normalizer") or an adaptogenic food. A primary reason proposed for such effects are its high levels of nucleic acids (RNA and DNA), which appear to be related to the unique ability of chlorella to reproduce itself extremely rapidly (as much as quadrupling itself in 20 hours). In humans and animals, nucleic acids are associated with healing and anti-aging activity, and with improvements in intercellular communication.

The name "chlorella" reflects the plant's extremely high levels of chlorophyll (5-10 times more than any other algae). Chlorophyll is an internal cleanser and deodorizer. Due to its high magnesium content, chlorophyll itself has proven to be a useful adjunct in protocols for wound healing, cardiovascular health, combating anemia (and stimulating production of red blood cells), and improving cellular oxygenation. In the early 1950s, the Japanese researcher Fujimaki separated a previously undiscovered substance from a hot-water extract of chlorella that is known as "Chlorella Growth Factor" (CGF). CGF is a nucleotide-peptide complex comprised mostly of nucleic acid derivatives. The sugars identified in the nucleotide include glucose, mannose, rhamnose, arabinose, galactose, and xylose. Amino acids found in the peptide include glutamine, alanine, serine, glycine, proline, asparagine, threonine, lysine, cysteine, tyrosine, and leucine. It is known that CGF is produced during intense photosynthesis and enables chlorella to grow very rapidly. During this process, a single cell may multiply into four daughter cells as rapidly as every 20 hours. CGF not only promotes this rate of reproduction, but also itself rapidly increases. It is known that CGF stimulates lactobacillus (beneficial or "good" bacteria) to grow at four times the usual rate. Experiments with microorganisms, young animals, and children have demonstrated that CGF promotes faster than normal growth. In adults and mature organisms, CGF appears to enhance the functions of nucleic acids at the cellular level that relate to the production of proteins, enzymes, and energy, as well as to stimulate tissue repair and offer protection against toxic substances at the cellular level.

COMPOSITION: Five grams (about 1/2 scoop or 2 tsp) provides:

NUTRIENT	AMOUNT
Total Fat	0.6 gm
Saturated Fat	0.1 gm
Trans Fat	0 gm
Cholesterol	0 gm
Sodium	0 mg
Total Carbohydrates	0.8 gm
Dietary Fiber	0.6 gm
Insoluble Fiber	0.6 gm
Sugars	0 gm
Protein	3.1 gm
Vitamin A	1,500 IU
Vitamin C	1.2 mg
Calcium	100 mg
Iron	5.4 mg

DIRECTIONS: Consume 1-5 teaspoons or more per day (1/2 scoop equals approx. 2 teaspoons). Greater health benefits may be gained at higher intake levels. Gradually increasing consumption allows the body to adjust to higher intakes. It initially may be helpful to consume plenty of water and/or fiber as this helps ensure a smooth transition while taking chlorella. Chlorella may be consumed in water, juices, smoothies, nut milks, and blender drinks. It is also tasty when added to foods, such as salads, fruits, soups, wraps, stir-fries, baked goods, etc. Freeze or refrigerate container after opening for best results.

INGREDIENTS: **CHLORELLA** contains the highest-quality chlorella (*Chlorella pyrenoidosa*) powder.

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CLOTINASE FORTE™

High-Potency Nattokinase Supports Healthy Circulation



- **Circulation**
- **Blood clots**
- **Arterial blockage**
- **Emboli and thrombi**
- **Tissue oxygenation**

21 Enteric Coated Capsules

CLOTINASE FORTE™ is a high potency nattokinase formula used to dissolve and prevent the formation of blood clots in the body. One capsule contains 400 mg of nattokinase. **CLOTINASE FORTE™** has an enzyme activity of greater than 20,000 FU/gm making it more potent than many other nattokinase products on the market. In addition, our manufacturer has developed a method for enteric coating the capsules. This ensures that stomach acids and enzymes do not degrade the product and thereby limit its bioavailability in the body.

APPLICATIONS: The function of a blood clot is to stop bleeding. Because we all are cut on occasion, the ability of blood to thicken and form a clot is essential to our ability to survive. When we break a blood vessel, platelets in our blood become sticky and clump together at the site of the injury, forming a plug that stops the bleeding. However, blood clots can become dangerous when they occur in normal, healthy blood vessels, especially if they do not dissolve when their work is done. One type of clot, called a *thrombus*, can form along the walls of blood vessels and reduce or even stop normal blood flow. Another type of clot, called an *embolus*, will form in one part of the body but travel through the blood stream to another part of the body where it may block or stop blood flow. Embolisms and in some cases thrombi are associated with 1) Cerebral artery blockage, which can cause stroke or death, 2) Coronary artery blockage, which can cause heart attack or death, 3) Pulmonary artery blockage, which can cause everything from slight shortness of breath to death, 4) Retinal artery blockage, which can cause sudden blindness (usually this is in one eye only), 5) Blockage of an artery that supplies blood to a limb—this can cause the death of the limb, and 6) Any artery that is blocked—this can cause massive organ and tissue damage.

Atherosclerosis is the formation of plaque (frequently associated with high homocysteine and LDL cholesterol levels) that is a trigger for clots because it slows blood flow and provides a place for platelets to collect and form a clot. Travelers Thrombosis is a condition favoring clot formation in the legs of people who are seated for extended periods of time, such as when travelling by airplane. Varicose veins, sickle cell anemia, obesity, liver disease, and cardiovascular disorders are known causes of clots.

In addition, some people have a genetic predisposition for clotting. If you have a parent who experienced clots, you probably have a greater likelihood for developing them. Finally, pregnancy also appears to encourage clots by increasing fibrin, the blood constituent causing the actual clot to form.

A healthy overall lifestyle is the best protection against blood clots. For example, diets high in essential fatty acids, vegetables, fish, and antioxidants help prevent clotting. However, too often individuals cannot or do not consume an optimal diet, exercise appropriately, or implement healthy lifestyle practices. **CLOTINASE FORTE™** is a simple, easy to use, and inexpensive way to ensure blood does not form undesirable clots (described above). Nattokinase mimics the action of and supports the production of plasmin, which is the naturally occurring enzyme that ensures healthy clotting. **CLOTINASE FORTE™** works to help break down abnormal blood clots. It is the only product of its kind that is enteric coated so that it is not destroyed in the stomach. This means the full clot-dissolving potency of the product is delivered to your bloodstream. In this regard, it offers more than 10 times greater bioavailability than similar products.

Most drugs attempt to dissolve clots only *after* they form and cause damage in the body. A significant advantage of **CLOTINASE FORTE™** is that when taken on a daily basis it prevents clots from forming in the first place. Additionally, it remains in your body and provides protection for a significantly longer time than pharmaceutical drugs. And unlike pharmaceuticals, there are no known side effects.

A healthy cardiovascular system (e.g., one free of clots) is essential to overall health. **CLOTINASE FORTE™** supports normal circulation and blood flow. Normal blood flow contributes to optimum oxygen supplies to tissues and organs, so they can function at their best. Properly oxygenated tissues and organs are less likely to become diseased. In addition, normal blood flow tends to maintain normal blood pressure.

In addition to the above benefits, nattokinase has been used to augment bone density, ease joint pain, assist in the management of migraine headaches, and alleviate exercise induced joint and muscle pain. The Vitamin K2 (as MK-7) content of **CLOTINASE FORTE™** (34 mcg/capsule) is considered to be primarily responsible for augmenting bone density and taking calcium deposits out of soft tissue.

COMPOSITION: One enteric coated capsule provides:

NUTRIENT	AMOUNT
NATTOKINASE (enzymatically derived from non-GMO soybeans) (enzyme activity greater than 8,000 FU/capsule)	400 mg

DIRECTIONS: As a dietary supplement take one or more capsules daily with 8 ounces of water, or as recommended by a health care professional.

INGREDIENTS: 100% Nattokinase (from non-GMO soybeans), cellulose (capsule), and enteric coating.

CLOTINASE FORTE™ does not contain wheat, rye, oats, corn, barley, gluten, sugar, wax, dairy products, yeast, egg, preservatives, colorings, or artificial flavorings.

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ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

DIGASE™

Full-Spectrum Plant Enzyme Supplement



- Stimulates digestion
- Boosts assimilation
- All-herbal ingredients
- Full-spectrum formula

180 Capsules

DIGASE™ is a complete, effective enzyme supplement formula. It contains a full spectrum of digestive enzymes, including Proteases (optimized for pHs of 3.0, 4.5, and 6.0), Peptidase, Lipase, and Carbohydrases, including Amylase, Glucoamylase, Invertase (Sucrase), Maltase, Alpha-Galactosidase, Lactase, Phytase, Cellulase, and Hemicellulase. CereCalase™ is included to break down phytic acid, a substance that can prevent proper absorption of minerals in the diet. The formula includes the digestion-stimulating herbs ginger root, gentian root, and caraway seed. All enzymes are extracted from plant sources. **DIGASE™** operates fully across the pH range (from 3.0 to 9.0), eliminating the need for enteric coatings. A small quantity of calcium ions ensures all enzymes are optimally effective.

APPLICATIONS: Food enzymes play an important role in digestion by predigesting food in the upper stomach before the body secretes hydrochloric acid. Supplementation of food enzymes is recommended in today's society due to the prevalence of cooked and/or processed foods. Food enzymes are essentially destroyed at 118°F (48°C). Modern methods of food preparation leave foods devoid of digestive enzyme activity, placing a greater digestive burden on the body. When the digestive system is overburdened, vital nutrients are not released from food for assimilation. **DIGASE™** offers a full-spectrum of recommended enzymes, and provides up to 80% of the digestive power required to digest a typical meal.

**Thank you for sample of the Peach
Rejuvenate!. Fantastic flavor.
I love the Rejuvenate products!**

- Jennifer F., Palmer Lake, CO

COMPOSITION: One softgel provides:

NUTRIENT	AMOUNT
n•zimes® (a proprietary blend)	136 mg
Amylase	2,500 DU
Glucoamylase	9 AGU
Invertase (sucrase)	200 SU
Maltase Diastase	500 DPo
Protease 4.5	8,000 HUT
Peptidase FP	2,000 HUT
Protease 6.0	4,000 HUT
Protease 3.0 (acid stable)	8 SAPU
Alpha-Galactosidase	60 GalU
Lipase	250 FIP
Cellulase	200 CU
Lactase	250 ALU
Caraway seed (<i>Carum carvi</i>)	70 mg
Gentian (<i>Gentiana lutea</i>)	70 mg
Ginger rhizome (<i>Zingiber officinale</i>)	70 mg
CereCalase® (hemicellulase, beta-glucanase and phytase) (150 MU)	7.5 mg

DIRECTIONS: As a dietary supplement take 1–2 capsules at the beginning of each meal, or as directed by a health care professional. The capsule contents may be emptied onto foods, into beverages or directly into mouth. Do not use if a condition of ulcers exists.

INGREDIENTS: **DIGASE™** contains the highest-quality herbs and plant enzymes (as specified above), beet root fiber, gelatin (capsule), and water (capsule).

DIGASE™ does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, sugar, yeast, sulfates, chlorides, phosphates, stearic acid, wax, preservatives, colorings, or artificial flavorings.

POLYDOPHILUS™

Six High-Potency Probiotics Plus Fructooligosaccharides (FOS)



- Beneficial flora
- Yeast infections
- Intestinal health
- Repopulate GI tract
- Use with antibiotics

100 Capsules

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PROLYT

Proteolytic Enzymes with Bioflavonoids

POLYDOPHILUS™ is a potent blend of biointestinal cultures providing beneficial effects for digestive tract function. It contains six strains of the hardiest lactic-acid bacteria organisms at a potency of 10–15 billion per gram (at time of manufacture). One capsule (280 mg) offers in excess of 3.36 billion organisms. Fructooligosaccharides (FOS) are natural carbohydrates enhancing the replication of beneficial bacteria in the intestines. **POLYDOPHILUS™** is embedded in a hypoallergenic microcrystalline cellulose media. Vitamin C is included for antioxidant and cell-wall protection.

APPLICATIONS: The beneficial bacteria in **POLYDOPHILUS™** are effective cofactors that support protocols for yeast infections (including vaginitis), thrush, diarrhea, colitis, and cold sores. These friendly cultures have been shown to inhibit the growth of disease causing bacteria, including candida, strep, staph, and salmonella. Research shows the combination of these friendly bacteria produces greater results than a single strain of cultured bacteria. These potent six strains of beneficial bacteria survive stomach acids and readily implant in the intestines.

POLYDOPHILUS™ can help to repopulate the digestive tract with beneficial flora during and after treatment with antibiotics. The FOS included in the formula greatly enhance the growth of beneficial bacteria.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
Vitamin C (Ascorbic Acid)	1 mg
Probiotic Bacteria	3.4 Billion Organisms
<i>L. rhamnosus</i> R0011	680 million (20%)
<i>L. casei</i> R0256/R0215	680 million (20%)
<i>L. acidophilus</i> R0052	680 million (20%)
<i>B. longum</i> BB536 (Morinaga)	680 million (20%)
<i>L. plantarum</i> R0202/R1012	340 million (10%)
<i>B. breve</i> R0070	340 million (10%)
FOS (Fructooligosaccharides)	210 mg

DIRECTIONS: As a dietary supplement take 1–3 capsules daily, preferably with water (unchilled) 20–60 minutes after meals, or as directed by a health care professional. Refrigerate or freeze bottle for maximum effectiveness. For infants and children, open capsule(s) and mix contents into water or foods.

INGREDIENTS: **POLYDOPHILUS™** contains the highest-quality lactic acid bacteria organisms (see above), fructooligosaccharides, Vitamin C, maltodextrin, magnesium stearate, gelatin (capsule), and glycerin (capsule).

POLYDOPHILUS™ does not contain wheat, corn, oats, barley, gluten, starch, citrus, egg, yeast, sugar, wax, preservatives (except for natural ascorbic acid), colorings, or artificial flavorings.



- Blood cells
- Clears fibrin
- Tissue damage
- Protein digestion
- Anti-inflammatory

100 Capsules

PROLYT contains the proteolytic enzymes Bromelain, Papain, Trypsin, and Chymotrypsin, and the bioflavonoids Quercetin and Oligomeric Proanthocyanidins (OPCs). While bromelain and papain are usually blended (cut) with lactose to obtain a standardized potency, **PROLYT** contains full-strength (uncut) enzymes extracted naturally from the fruit.

APPLICATIONS: **PROLYT** is a useful adjunct in protocols dealing with the digestion of proteins. The bioflavonoids quercetin and oligomeric proanthocyanidins, as well as bromelain and papain, are known for blocking the enzyme histidine decarboxylase, which gives rise to histamine. Histamine is involved in producing inflammation in the body. Oligomeric proanthocyanidins (OPCs) are well-known collagen cross-linkers that strengthen connective tissues. OPCs and quercetin also act as effective free radical quenchers.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
Bromelain (2,400 GDU/gm)	150 mg
Papain (50,000 USP units/mg)	150 mg
Trypsin (150 USP units/mg)	100 mg
Alpha Chymotrypsin (1,000 USP units/mg)	2.5 mg
Quercetin (as dihydrate)	50 mg
BioVin® high-OPC Grape Extract (seeds, skins, and stems) (<i>Vitis vinifera</i> L.)	5 mg

DIRECTIONS: As a dietary supplement take 2–4 capsules daily away from food, or as directed by a health care professional. Take with food for improved digestion of proteins.

INGREDIENTS: **PROLYT** contains the highest-quality papain (papaya enzyme), bromelain (pineapple enzyme), trypsin, quercetin, oligomeric proanthocyanidins (BioVin® high-OPC grape extract from seeds, skins, and stems), alpha chymotrypsin, cellulose, silica, and gelatin (capsule).

PROLYT does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, citrus, yeast, sugar, wax, preservatives, colorings, or artificial flavorings.

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REJUVENATE!™

Unique High-RNA Superfood



500 grams, Powder

- Rejuvenation
- Regeneration
- Detoxification
- Healing
- Recovery
- Nutrient dense

REJUVENATE!™ is a synergistic high-RNA superfood formula containing Chlorella, D-Ribose, Nutritional Yeast, Chia Seeds, Rice Bran Solubles, Spirulina, Vitamin C, Chlorella Growth Factor (CGF), Magnesium, Dulse, Kelp, Yeast RNA, Folic Acid, and Methylcobalamin (Vitamin B12). The formula is a powder that contains no other ingredients or sweeteners (except for natural d-ribose). **REJUVENATE!™** provides nutrients supporting regeneration, repair, growth, and healing processes in the body. It uniquely offers extremely high nutrient density, vitalizing nutrients (e.g., nucleic acids), and synergy afforded by combining complementary ingredients within a single superfood formula.

APPLICATIONS: **REJUVENATE!™** provides high levels of nucleic acids, including RNA, DNA, nucleotides, and nucleosides. Modern diets are deficient in nucleic acids, at least relative to many traditional diets. Food sources of nucleic acids include certain fish, organ meats, beans, yeast, and various food algae (e.g., chlorella). The molecular biologist Dr. Benjamin S. Frank pioneered dietary nucleic acid therapy (through nutrition) using yeast extracts and fish, especially sardines (which are highest among all animal foods in nucleic acids). Dr. Frank's experiments with high-RNA diets show that increased dietary intake of nucleic acids produce marked improvements in health. Dr. Frank's experiments, and his experience with human subjects, show many beneficial effects, indicating that dietary nucleic acids (i.e., nucleic acids in foods and dietary supplementation) are potent adjuncts in protocols for a wide variety of conditions. Among the beneficial effects Dr. Frank records are increased growth (especially muscle growth), greater endurance, positive effects on the cardiovascular system, greater lung capacity and easier breathing (i.e., better oxygen utilization), higher tolerance for temperature extremes (cold and heat), a more youthful appearance, and greater vitality and longevity (in experimental animals compared to controls).

Dr. Frank notably asserts in *Nucleic Acid Nutrition and Therapy* that nucleic acids are "essential nutrients," as distinct from non-essential, accessory nutrients. Dr. Bernard Jensen's work with dietary nucleic acids in chlorella confirms Dr. Frank's assessments regarding the value of high-RNA foods for health and healing.

COMPOSITION: 11.7 grams (about 1 scoop or 2 tbsp) provide:

NUTRIENT	AMOUNT
Chlorella (<i>Chlorella pyrenoidosa</i>)	5,000 mg
Nutritional Yeast (no added ingredients)	1,500 mg
D-Ribose	1,500 mg
Chia Seeds (Organically Grown)	1,000 mg
Rice Bran Solubles	1,000 mg
Spirulina Pacifica®	1,000 mg
Magnesium Malate	300 mg
Magnesium Ascorbate	290 mg
Chlorella Growth Factor (CGF)	150 mg
Organic Dulse	75 mg
Organic Kelp	75 mg
Yeast Ribonucleic Acid (RNA)	40 mg
Calcium Folate	260 mcg
Methylcobalamin (Vitamin B12)	100 mcg

DIRECTIONS: Consume 2 tablespoons (1 scoop) per day or more. Greater health benefits may be gained at higher intake levels. Gradually increasing consumption allows the body to adjust to higher intakes. **REJUVENATE!™** is fantastic in water, juices, smoothies, nut or grain beverages, and blender drinks. It is also sensational when added to foods, including salads, fruits, soups, sandwiches, wraps, stir-fries, baked goods, etc. Use your imagination! **REJUVENATE!™** is an especially nutritious addition to vegetable juices. Add one or two scoops to fresh juice, and shake well.

INGREDIENTS: **REJUVENATE!™** contains the highest-quality chlorella, d-ribose, nutritional yeast, chia seeds, rice bran solubles, spirulina, Vitamin C, chlorella growth factor (CGF), magnesium, dulse, kelp, yeast RNA, folic acid, and methylcobalamin (Vitamin B12).



**These statements have not been evaluated by the food and drug administration. This product is not intended to diagnose, treat, or prevent any disease.*

REJUVENATE!™ PRO

Nucleic Acids for Health and Healing Raspberry-Cherry-Vanilla



612 grams, Powder

- High protein
- Rejuvenation
- Regeneration
- Healing
- Detoxification
- High ORAC

REJUVENATE!™ PRO is a delicious, synergistic, high-RNA superfood formula offering high levels of dietary nucleic acids for health and healing, and other beneficial nutrients. These nutrients per serving include 15 grams of protein, powerful antioxidants (ORAC value of greater than 9,300 units), a coenzyme B-complex, good tasting nutrients from Organic Freeze-Dried Raspberry and Sweet Cherry, and powerful Prebiotics and taste enhancers including Inulin, Xylitol, Organic Vanilla, Hesperidin Chalcone, and Talin. A 3-scoop serving of **REJUVENATE!™ PRO** includes a full serving of our original Rejuvenate!.

APPLICATIONS: REJUVENATE!™ PRO provides high levels of nucleic acids, including RNA, DNA, nucleotides, and nucleosides. Modern diets are deficient in nucleic acids, at least relative to many traditional diets. Food sources of nucleic acids include certain fish, organ meats, beans, yeast, and various food algae (e.g., chlorella). The molecular biologist Dr. Benjamin S. Frank pioneered dietary nucleic acid therapy (through nutrition) using yeast extracts and fish, especially sardines (which are highest among all animal foods in nucleic acids). Dr. Frank's experiments with high-RNA diets show that increased dietary intake of nucleic acids produce marked improvements in health. Dr. Frank's experiments, and his experience with human subjects, show many beneficial effects, indicating that dietary nucleic acids (i.e., nucleic acids in foods and dietary supplementation) are potent adjuncts in protocols for a wide variety of conditions. Among the beneficial effects Dr. Frank records are increased growth (especially muscle growth), greater endurance, positive effects on the cardiovascular system, greater lung capacity and easier breathing (i.e., better oxygen utilization), tolerance for temperature extremes (cold and heat), a more youthful appearance, and greater vitality and longevity (in experimental animals compared to controls).

Dr. Frank notably asserts in *Nucleic Acid Nutrition and Therapy* that nucleic acids are "essential nutrients," as distinct from non-essential, accessory nutrients. Dr. Bernard Jensen's work with dietary nucleic acids in chlorella confirms Dr. Frank's assessments regarding the value of high-RNA foods for health and healing.

In addition to the ingredients found in the original REJUVENATE!™ formula (see above), **REJUVENATE!™ PRO** contains VitaCherry®, a highly concentrated, standardized (to 0.7% anthocyanins (minimum)) sweet cherry powder exhibiting high ORAC value (150,000 units/100 gm) that provides a simple, yet effective way to deliver the taste and healthy properties of cherry, including substantial levels of anthocyanins. The formula also includes organic freeze-dried raspberry powder and VitaBerry®, a proprietary combination of powders and extracts that combines the nutritional benefits of Wild Blueberry, Cranberry, Raspberry, Strawberry, Prune, Tart Cherry, Wild Bilberry and Grape. VitaBerry® provides the finest high-ORAC blend of 100% fruit antioxidants and high levels of fruit polyphenols, anthocyanins, proanthocyanidins, ellagic acid, chlorogenic acid, resveratrol, and quinic acid. This unique product also contains brown rice protein extracted using a proprietary enzyme process starting from non-genetically modified (non-GMO) rice, and a coenzyme B-complex blend known to enhance the benefits of dietary nucleic acids (e.g., RNA). Prebiotics and natural taste enhancers give **REJUVENATE!™ PRO** a delicious taste when mixed only with purified water. Mixing with juice or nut/grain milks further enhances taste.

COMPOSITION: 43.2 gms (about 3 scoops or 6 tbsp) provide:

NUTRIENT	AMOUNT
Total Fat	1.0 gm
Saturated Fat	0.3 gm
Trans Fat	0 gm
Cholesterol	0 gm
Sodium	24 mg
Total Carbohydrates	22.5 gm
Dietary Fiber	4.5 gm
Sugars	10 gm
Protein	15.8 gm
Vitamin A	1,570 IU
Vitamin C	576 mg
Calcium	86 mg
Iron	4.4 mg

DIRECTIONS: Consume 6 tablespoons (3 rounded scoops) per day or more. Greater health benefits may be gained at higher intake levels. Gradually increasing consumption allows the body to adjust to higher intakes. **REJUVENATE!™ PRO** is fantastic in water, juices, smoothies, nut or grain beverages, and blended drinks. It is also sensational when added to foods, including fruits or fruit salads, nut butters, baked goods, etc. Use your imagination!

INGREDIENTS: REJUVENATE!™ PRO contains rice protein concentrate, chlorella (*C. pyrenoidosa*), organic freeze-dried raspberry powder, xylitol (from organic hardwood), VitaCherry®, d-ribose, nutritional yeast, sprouted flax seed (organic), rice bran solubles, spirulina, organic vanilla extract (on organic gum acacia), inulin (from chicory), magnesium ascorbate, l-lysine, Vitaberry®, magnesium l-malate, organic raspberry flavoring (on organic gum acacia), organic cherry flavoring (on organic gum acacia), inositol, chlorella growth factor (CGF), choline, dulse, kelp, calcium pantothenate, niacinamide, RNA (from yeast), talin, l-malic acid, pantethine, pyridoxal-5'-phosphate, thiamin diphosphate, riboflavin-5'-phosphate, hesperidin dihydrochalcone, calcium folinate, biotin, and methylcobalamin (Vitamin B12).

REJUVENATE!™ PRO does not contain wheat, gluten, rye, oats, corn, egg, dairy, soy, sucrose, wax, preservatives, colorings, or artificial flavorings.

**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

REJUVENATE!™ PLUS

High-RNA, High-Protein, Sweet Green Superfood



500 grams, Powder

- Healing
- Rejuvenation
- Regeneration
- Detoxification
- Complete nutrition
- Portable superfood

REJUVENATE!™ PLUS is a new addition to the our family of high-RNA REJUVENATE!™ superfoods. It is a smooth and delicious high-RNA/DNA, high-protein, sweet green superfood. A lighter shade of green than our original formula, it offers a subtle green taste with overtones of vanilla and a delicate fruitiness. It is sweeter and smoother than our other superfoods. It mixes especially well in smoothies, vegetable juices, fruit juices, and in pure water. It is precisely because **REJUVENATE!™ PLUS** offers high levels of RNA/DNA that it is a foundational element of rejuvenation programs.

REJUVENATE!™ PLUS contains all of the RNA/DNA found in original REJUVENATE!™ along with many other ingredients that make it one of the most well-balanced, all-purpose superfoods available. These other ingredients per serving include 12 grams of protein from a variety of plant sources (including hemp, vegetable sprouts, chlorella, spirulina, alfalfa, and rice), powerful antioxidants (ORAC of 6,300+ units), multivitamin subformula that includes a coenzyme B-complex, good-tasting nutrients from organic cherry and vanilla flavoring, powerful prebiotics, taste enhancers (including d-ribose, inulin, xylitol, mannitol, and stevia), an enzyme complex, lecithin, and a standardized 200:1 organic aloe vera complex.

These additional ingredients distinguish **REJUVENATE!™ PLUS** from its predecessors. The totality of these ingredients points to a superior design that places this special superfood high among the leading superfoods available to consumers. The health benefits that may be achieved by consuming this formula therefore are greater, largely because of its high nutrient density and unique profile of nutrients. Together with its good taste and easy palatability, **REJUVENATE!™ PLUS** takes an honored position among the REJUVENATE!™ series of superfoods.

Despite its unique taste and high nutrient density, a single serving of **REJUVENATE!™ PLUS** still includes most of the basic ingredients of our original REJUVENATE!™. **REJUVENATE!™ PLUS** builds on the foundation of original REJUVENATE!™ and takes it to a level that is new *and* different (and 'better' for certain purposes). Yet, **REJUVENATE!™ PLUS** remains firmly rooted in the tradition of nucleic acid nutrition and therapy that inspires the design of our entire line of superfoods

DIRECTIONS: Consume 6 tablespoons (2 scoops) per day or more. Greater health benefits may be gained at higher intake levels. Gradually increasing consumption allows the body to adjust to higher intakes.

REJUVENATE! PLUS™ is fantastic in water, juices, smoothies, nut or grain beverages, and blender drinks. It is also sensational when added to foods including fruits, fruit/nut sandwiches, fruit salads, etc. Use your imagination!

NUTRITION FACTS	
Serving Size: 31.1 g (about 2 scoops or 4 rounded tbsp)	
Servings Per Container: 16	
Amount Per Serving	
Calories 129	Calories from Fat 32.3
% Daily Value*	
Total Fat 3.6 g	5.5%
Saturated Fat 0.62 g	3.1%
Trans Fat 0	
Cholesterol 0 mg	0%
Sodium 55 mg	2.3%
Total Carbohydrates 12.6 g	4.2%
Dietary Fiber 5.3 g	21.2%
Sugars 2.1 g	
Protein 11.7 g	23.4%
Vitamin A 0%	Vitamin C 300%
Calcium 12.5%	Iron 65.6%
Magnesium 30.8%	Folate 133%
Vitamin B12 2,216%	RNA 340 mg

INGREDIENTS: REJUVENATE!™ PLUS contains rice protein, freeze-dried vegetable sprouts protein, organic hemp protein, organic sprouted flax seed flour, chlorella, alfalfa grass juice powder, rice bran solubles, D-Ribose, spirulina - Hawaii Pacifica, lecithin (oil-free, high-phosphatide), nutritional yeast, inulin (chicory root), mannitol, xylitol (from organic hardwood), organic Cherry Flavoring, organic vanilla flavoring, organic beet root juice powder, Vitaveggie® (5,000 ORAC/gm - from freeze-dried, broccoli, broccoli sprouts, tomatoes, spinach, kale, carrots, and brussels sprouts), l-lysine - USP grade, magnesium (from Mg malate), magnesium (from Mg ascorbate), chlorella growth factor, RNA from yeast, Vitamin C (from Mg ascorbate), organic aloe (ActivAloe 200:1), organic ginger root powder, inositol, enzyme complex (protease/cellulase/hemicellulase), organic dulse (Maine Coast), flower pollen (Graminex G60), choline, l-malic acid, Vitamin E (d-alpha tocopheryl succinate), pantothenic acid, Vitamin B5 pantethine (20%), stevia leaf extract, Vitamin B3 (niacinamide), Vitamin E (high-gamma mixed tocopherols), Vitamin B6 (pyridoxal-5'-phosphate), Vitamin K1 (phyloquinone), Vitamin B1 (thiamin diphosphate), Vitamin B2 (riboflavin-5'-phosphate), Vitamin D3 (cholecalciferol), Folinic acid (from calcium folinate), biotin, and Vitamin B12 (as methylcobalamin).

REJUVENATE!™ PLUS does not contain wheat, gluten, rye, oats, corn, egg, dairy, sucrose, wax, preservatives, colorings, or artificial flavorings.

**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

TO ORDER, CALL TOLL-FREE 1-800-228-4265

REJUVENATE!™ STRAWBERRY-PEACH PROTEIN PLUS



538 grams, Powder

- High protein
- Rejuvenation
- Regeneration
- Detoxification
- Healing
- High ORAC

REJUVENATE!™ STRAWBERRY-PEACH PROTEIN PLUS is the latest addition to our family of high-RNA **REJUVENATE!™** superfoods. It is a delicious, high-RNA and high-protein superfood containing organic freeze-dried strawberries and peaches. The formula contains protein sourced from a blend of non-GMO and organic rice proteins and stabilized non-GMO rice bran, freeze-dried organic vegetable sprouts with organic pea protein, as well as a blend of free-form amino acids. In addition, it contains powerful antioxidants, trace minerals, prebiotics, taste enhancers (including d-ribose; l-malic acid; inulin; xylitol; organic strawberry, organic peach, and organic vanilla flavoring; and stevia), and enzymes. This formula provides high-quality proteins and therapeutic levels of nucleic acids to satisfy needs for a protein-based superfood combining superior taste and exceptional nutritional benefits. Its exceptional strawberry-peach flavor and its creamy-smooth texture place it among the best tasting of our **REJUVENATE!™** superfoods, and among the most delicious and nutritious superfoods available anywhere.

REJUVENATE!™ STRAWBERRY-PEACH PROTEIN PLUS contains approximately the same amount of RNA/DNA found in our other **REJUVENATE!™** products along with many other ingredients that make it one of the most healthful superfoods available. These other ingredients per serving include 17 grams of protein, including the free-form amino acids l-glutamine, glycine, l-lysine, l-tyrosine, and n-acetyl-l-cysteine, powerful antioxidants (ORAC of about 6,500 units), good-tasting and cell protective nutrients from organic freeze-dried strawberries and peaches, powerful prebiotics, an enzyme complex, trace minerals from kelp and purified sea minerals, and fiber (about four grams per serving) mostly from fruits and stabilized bran.

REJUVENATE!™ STRAWBERRY-PEACH PROTEIN PLUS contains a blend of cell protective antioxidants including: Vitamin C, rice bran solubles, VitaBerry Plus®, organic ginger root, n-acetyl-l-cysteine, l-tyrosine, standardized green tea extract (95% polyphenols, >55% EGCG), organic kelp, Trans-resveratrol alpha-lipoic acid, and l-selenomethionine.

REJUVENATE!™ STRAWBERRY-PEACH PROTEIN PLUS It is a delicious, creamy-smooth superfood with an extraordinary blend of vegetarian protein sources and a scrumptious fruity taste. The ingredients were selected to have a palatability, tastiness, and "mouth feel" that allows it to blend and merge delicately with a wide range of foods used in smoothies (fruits, nut or grain milks, vegetables (e.g., avocado), nuts and seeds).

INGREDIENTS: REJUVENATE!™ STRAWBERRY-PEACH PROTEIN PLUS contains Rice Protein (Organic 80%), Rice Protein (non-GMO 50%), freeze-dried Vegetable Sprouts Protein (65% protein), Peach Powder (organic freeze dried), Strawberry Powder (organic freeze dried), Stabilized Rice Bran, Rice Bran Solubles, D-Ribose, Inulin (chicory root), L-Glutamine, Xylitol (organic hardwood), Magnesium Ascorbate, Organic Strawberry Flavoring, Glycine, L-Lysine - USP grade, L-Taurine - USP grade, Magnesium L-Malate, RNA Extract from Yeast, Vita Berry Plus, Organic Ginger Root Powder, Green Tea Extract (>50% EGCG), N-Acetyl-L-Cysteine, Organic Kelp Powder, Trans-resveratrol, Organic Vanilla Flavor, Protease/Cellulase/HemiCellulase, Chlorella Growth Factor, L-Malic Acid, Organic Peach Flavoring, Trace Minerals Powder, Stevia Leaf Extract, Alpha-Lipoic Acid, Selenium (from l-selenomethionine).

DIRECTIONS: Consume five tablespoons (2 scoops) per day or more. Greater health benefits may be gained at higher intake levels. Gradually increasing consumption allows the body to adjust to higher intakes.

NUTRITION FACTS	
Serving Size: 41.4 g (about 2 scoops or 6 rounded tbs)	
Servings Per Container: 13	
Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 1.7 g	2.6%
Saturated Fat 0.6 g	3.1%
Trans Fat 0	
Cholesterol 0 mg	0%
Sodium 7 mg	0.3%
Total Carbohydrates 15 g	4.2%
Dietary Fiber 3 g	12%
Sugars 7 g	
Protein 16.9 g	34%
Vitamin A 0%	Vitamin C 850%
Calcium 2%	Iron 8.5%
Magnesium 31%	RNA 320 mg

REJUVENATE!™ STRAWBERRY-PEACH PROTEIN PLUS is fantastic in water, juices, smoothies, nut or grain beverages, and blender drinks. It is also sensational when added to foods, including fruits, fruit salads, fruit/nut dishes, fruit/vegetable juices, cereals, and all other **REJUVENATE!™** superfoods. Use your imagination!

REJUVENATE!™ STRAWBERRY-PEACH PROTEIN PLUS does not contain wheat, rye, oats, corn, barley, soy, gluten, egg, dairy, sugar (other than d-ribose), yeast (other than RNA extracts from yeast), sulfates, chlorides, wax, preservatives, colorings, or artificial flavorings.

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We make it easier **to power up!**

SPECIAL FORMULAS

We offer effective, cutting-edge formulas designed to meet specific needs. Our special formulas include products for allergies, diabetes, joint health, and ocular health. Other unique formulas include Nascent Iodine, Imppower™, Olive Leaf Extract, and REJUVENATE!™ superfoods.

- **ALLERGY SUPPORT PLUS**
- **DIABETES SUPPORT FORMULA**
- **CHOLESTATIN III**
- **EYE & VISION FORMULA**
- **I3C PLUS**
- **IMMUNE-ASSIST™ DAILY FORMULA**
- **IPRIFLAVONE PLUS**
- **JOINT HEALTH FORMULA**
- **VISUAL OCUIITY**



ALLERGY SUPPORT PLUS

**Effective Allergy Relief
With Vitamin C, k-Rutin™,
Nettle Leaf Extract, Bromelain,
and Turmeric**



- Allergies
- Asthma
- Hay fever
- Lung health
- Antihistaminic
- Anti-inflammatory

60 Vegetarian Capsules

ALLERGY SUPPORT PLUS is a synergistic formula containing nutrients naturally supporting the body's response to allergens. This effective formula contains vitamins, minerals, and herbs known for having significant anti-inflammatory and antihistaminic effects. The formula contains Vitamin C, Nettle Leaf Extract (standardized to 2% silica), k-Rutin™ (a highly-bioavailable and water-soluble form of rutin), Bromelain (3,300 gdu per gm), L-Malic Acid, Turmeric (95% curcuminoids), Pantothenic Acid, N-Acetyl-L-Cysteine (NAC), Licorice Extract (standardized to 20% Glycyrrhizic Acid), Magnesium, Alpha-Lipoic Acid, Vitamin B6 (from Pyridoxal-5'-Phosphate), Zinc, Selenium, and Bioperine® (a patented pepper extract enhancing absorption of all ingredients). This unique formula is contained in a vegetarian capsule and contains no magnesium stearate.

APPLICATIONS: Vitamin C is important for lung health because it is a major antioxidant active in the lining of lung airway surfaces. Vitamin C inhibits the release of histamine (the pro-inflammatory substance triggered by allergens) and supports immune system health. Vitamin C allays symptoms of allergies, for example, hay fever symptoms (including nasal congestion, sneezing, itching, watery eyes) triggered by overreaction of the immune system to airborne particles (allergens), such as pollen and ragweed. Nettle leaf helps minimize allergy-related discomforts by supplying compounds inhibiting release of histamine. Rutin is among major nutrients used to control inflammation in respiratory conditions. In contrast, the form of rutin (k-Rutin™ form) in **ALLERGY SUPPORT PLUS** is highly water-soluble and is extremely well assimilated. Bromelain (an enzyme derived from pineapple) is a potent anti-inflammatory, assists the removal of damaged tissue, and supports the immune system. L-malic acid supports the production of cellular energy needed by lung tissue to protect against free radical damage. Turmeric is well-known anti-inflammatory herb useful for controlling allergies. Pantothenic acid supports adrenal gland function, and plays an important role in the body's response to allergens.

NAC is a mucolytic nutrient that can clear the respiratory tract of mucus. NAC is the rate-limiting amino acid for the production of glutathione, a key protector of lungs. Licorice is an expectorant and contains glycyrrhizic acid, a substance known to inhibit prostaglandin and leukotriene production. Licorice also supports adrenal function. Magnesium plays a critical role in cellular energy production, relaxes bronchial smooth muscle, and can reduce severity of asthma. Alpha-lipoic acid is a potent antioxidant, enhances metabolism, and substantially raises glutathione levels. Vitamin B6 (included as coenzyme form pyridoxal-5'-phosphate (P5P)) is known to decrease severity of wheezing and asthma. Zinc plays a major role supporting immune function, and may benefit individuals experiencing allergies. Selenium is important for free-radical defense. Bioperine® is a black pepper extract enhancing absorption of nutrients by 30-60%, thereby significantly boosting the effectiveness of all ingredients in the formula.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
Vitamin C (from magnesium ascorbate)	500 mg
Nettle Leaf Extract 6:1 (standardized to 2% silica)	400 mg
k-Rutin™	400 mg
Bromelain (3,300 gdu/gram)	300 mg
L-Malic Acid (from magnesium malate)	230 mg
Turmeric (95% minimum curcuminoids from <i>Curcuma longa</i>)	200 mg
N-Acetyl-L-Cysteine (NAC)	150 mg
Pantothenic Acid (from calcium pantothenate)	150 mg
Licorice Extract (standardized to 20% glycyrrhizic acid)	100 mg
Magnesium (from ascorbate and malate)	80 mg
Alpha-Lipoic Acid (ALA)	25 mg
Vitamin B6 (from pyridoxal-5'-phosphate)	20 mg
Bioperine® (black pepper extract)	15 mg
Zinc (from Krebs cycle bionutrients)	10 mg
Selenium (from l-selenomethionine)	15 mcg

DIRECTIONS: As a dietary supplement take 1 capsule two or three times per day (preferably 30 minutes before or 2 hours after food), or as directed by a health care professional.

INGREDIENTS: **ALLERGY SUPPORT PLUS** contains Vitamin C, nettle leaf extract (standardized to 2% silica), k-Rutin™, bromelain (standardized to 3,300 gdu per gram), l-malic acid, turmeric (95% curcuminoids), pantothenic acid, n-acetyl-l-cysteine (NAC), licorice extract (standardized to 20% glycyrrhizic acid), magnesium, alpha-lipoic acid, Vitamin B6 (from pyridoxal-5'-phosphate), zinc, selenium, and Bioperine® (a patented pepper extract enhancing absorption of ingredients), cellulose, silica, and magnesium trisilicate.

ALLERGY SUPPORT PLUS does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, sugar, yeast, sulfates, chlorides, magnesium stearate, wax, preservatives, colorings, or artificial flavorings.

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DIABETES SUPPORT FORMULA

Potent Blend of Minerals, Herbs, and Vitamins
Aids Control of Blood Sugar



- **Diabetes**
- **Antioxidant**
- **Anti-glycation**
- **Insulin function**
- **Pancreas function**
- **Blood sugar control**

90 Capsules

DIABETES SUPPORT FORMULA is a unique, synergistic formula containing *Gymnema sylvestre* Extract (standardized), *Pterocarpus marsupium* Extract (standardized), Bitter Melon Extract, Alpha-Lipoic Acid, Grape Extract, Magnesium, Vitamin B6, Vitamin B1, Vitamin A, Zinc, Manganese, Biotin, Vanadium, Chromium, Copper, and Bioperine®. The formula contains no magnesium stearate or dicalcium phosphate.

APPLICATIONS: *Gymnema* extracts show positive clinical results both for Type I and Type II diabetes. Evidence from animal and human studies indicates that *Gymnema sylvestre* extracts accomplish glucose control by regeneration of the insulin-producing beta cells in the pancreas. In a study of Type I diabetes patients given *Gymnema*, insulin requirements and fasting blood glucose were reduced and blood sugar control improved. A study of Type II diabetics demonstrated improved blood sugar control and this herb reduced or eliminated the need for oral hypoglycemic drugs. *Pterocarpus marsupium* demonstrates cell protective and regenerative properties, and blood glucose lowering activity. Numerous animal and human trials have reproduced these results. In these studies, *Pterocarpus marsupium* reversed the damage to the beta cells. The result was the almost complete restoration of normal insulin secretion. *Pterocarpus marsupium* demonstrates an insulin-like activity that is completely separate from the stimulation of insulin production from the repair of beta cells. Bitter Melon (*Momordica charantia*) contains several components with confirmed anti-diabetic properties. Charantin is a hypoglycemic agent composed of mixed steroids that has insulin-like properties similar to oral hypoglycemic drugs. Oral administration of bitter melon extracts demonstrate positive results in clinical trials with Type II diabetes patients. Alpha-lipoic acid functions as a coenzyme in bodily processes converting blood sugar into energy, and is used successfully at high levels (i.e., greater than 100 mg) by diabetics to control blood sugar levels. Alpha-lipoic acid also reduces the protein damage caused by high blood sugar because of its antiglycation action and powerful antioxidant properties.

It has been used successfully for over 35 years to control the secondary complications of diabetes, including damage to the retina, cataract formation, and damage to heart and nerves. Biovin® grape extract is a potent anti-inflammatory herb, an effective antioxidant, and provides excellent connective tissue strengthening properties (e.g., for blood vessels). It thereby helps circumvent secondary complications of diabetes. Magnesium plays a critical role in cellular energy production and utilization, and typically is deficient in diabetics. Vitamin B6 offers significant protection against the development of diabetic nerve disease, inhibits the glycosylation of proteins, and works synergistically with magnesium. Vitamin B1 plays a key role in the conversion of blood sugar into energy. Biotin is an important cofactor in the conversion of glucose into energy, and at higher levels results in significantly lowering fasting blood sugar levels. Zinc is involved in virtually all aspects of insulin metabolism, including synthesis, secretion, and utilization, and it exhibits protective effects against beta-cell destruction. Manganese is a cofactor in many enzyme systems involved in blood sugar regulation and energy metabolism. Vanadium is known for helping diabetics increase insulin sensitivity, and thereby can help decrease their insulin requirements. Chromium is needed to make glucose tolerance factor (GTF), which improves the action of insulin. Copper appears to help against diabetes and also may improve wound healing. Vitamin A is a potent antioxidant necessary for eye support, and therefore it can help control secondary complications of diabetes. Bioperine® is a black pepper extract enhancing the absorption of nutrients by 30–60%, and boosts the effectiveness of all the ingredients in this formula.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
Gymnema sylvestre (standardized extract) (75% gymnemic acid)	100 mg
Pterocarpus marsupium (standardized extract) (5% pterostilbene and .01% (-) epicatechin) (heartwood and bark)	100 mg
Bitter Melon Extract (<i>Momordica charantia</i> , 7% bitter principles and 0.5% charantin) (fruit)	100 mg
Alpha-Lipoic Acid	100 mg
BioVin® Grape Extract (from seeds, skins, and stems)	50 mg
Magnesium (from magnesium diglycinate)	50 mg
Bioperine®	5 mg
Zinc (from mixed Krebs cycle bionutrients)	3 mg
Vitamin B1 (from thiamin diphosphate)	3 mg
Vitamin B6 (from pyridoxal-5'-phosphate)	3 mg
Manganese (from manganese glycinate)	2 mg
Vanadium (from vanadium glycinate)	1 mg
Biotin (pure crystalline)	1 mg
Vitamin A (from palmitate)	1,667 IU
Chromium (50% from arginate and 50% from polynicotinate)	200 mcg
Copper (from copper sebacate)	170 mcg

DIRECTIONS: As a dietary supplement take 1 capsule three times daily with food, or as directed by a health care professional.

INGREDIENTS: **DIABETES SUPPORT FORMULA** contains *Gymnema sylvestre* standardized extract, *Pterocarpus marsupium* standardized extract, bitter melon extract, alpha-lipoic acid, grape extract, magnesium, Vitamin B6, Vitamin B1, Vitamin A, zinc, manganese, biotin, vanadium, chromium, copper, Bioperine®, gelatin (capsule), microcrystalline cellulose, magnesium trisilicate, and silica.

DIABETES SUPPORT FORMULA does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, sugar, yeast, sulfates, wax, preservatives, colorings, or artificial flavorings.

**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

CHOLESTATIN® III

The Cholesterol Blocker



- High purity
- Plant sterols
- Hypoallergenic
- Blocks cholesterol
- Vegetarian formula

100 Tablets

CHOLESTATIN III™ is a natural food concentrate of high-purity plant sterols obtained from vegetable sources. Extensive research over the past forty years has consistently demonstrated that plant sterols safely and effectively block the absorption of cholesterol in the diet. **CHOLESTATIN III™** contains no protein, carbohydrate, fat, cholesterol, or calories, and is formulated to be hypoallergenic.

APPLICATIONS: Many cholesterol-rich foods are excellent sources of proteins, carbohydrates, essential fats and oils, vitamins, and minerals. **CHOLESTATIN III™** allows all of these valuable, essential nutrients to be absorbed with normal efficiency by the body while blocking only the cholesterol contained in foods. Research has shown that the natural cholesterol-blocking substances in this product are harmless and safe for long-term consumption in large amounts. The plant sterols contained in **CHOLESTATIN III™** have been extracted by a unique patent-pending process using equipment and methods that for the first time allow the isolation of materials of extremely high purity (97%) and which are free of agricultural residues, phytoestrogens, heavy metals, pesticide residues, and bacterial contamination. **CHOLESTATIN III™** is intended to be used as an adjunct to (and not a replacement for) an overall program for cholesterol reduction. It may be helpful for individuals who find it difficult to avoid cholesterol-containing foods or who are in the process of transitioning to a lower cholesterol diet.

COMPOSITION: One tablet provides:

NUTRIENT	AMOUNT
Plant Sterol Complex (from soybeans)	400 mg
Beta Sitosterol	240 mg
Stigmasterol	56 mg
Campesterol	92 mg

DIRECTIONS: As a dietary supplement take 1 tablet with every meal, or as directed by a health care professional.

INGREDIENTS: **CHOLESTATIN III™** contains natural plant sterol complex, cellulose, silica, and magnesium stearate.

CHOLESTATIN III™ does not contain wheat, rye, oats, corn barley, gluten, egg, dairy, yeast, sugar, wax, chlorides, preservatives, colorings, or artificial flavorings.

EYE & VISION

FORMULA

High-Potency Blend of Berries, Herbs, and Antioxidants



- Antioxidants
- High ORAC
- Phytonutrients
- Anti-inflammatory
- Eye & vision health

60 Vegetarian Capsules

EYE & VISION FORMULA is a synergistic formula containing Bilberry Extract (Mirtoselect® standardized to greater than 25% anthocyanidins), Eyebright Extract 4:1, Taurine (USP grade), Lutein (FloraGLO® from Marigold Flowers), Zeaxanthin (FloraGLO® from Marigold Flowers), VitaBerry®Plus® (HIORAC fruit-blend powder from freeze-dried Grape Seed, Wild Blueberry, Wild Bilberry, Cranberry, Tart Cherry, Prune, Raspberry Seed, Strawberry, Resveratrol, & Quercetin), Quercetin Chalcone (a highly bioavailable, water-soluble form of quercetin), Alpha-Lipoic Acid, Zinc, Selenium, and Bioperine® (patented pepper extract enhancing absorption of all ingredients). The formula comes in a vegetarian capsule.

APPLICATIONS: The human eye is a complex organ with a wide variety of tissue types. The health of eye tissues reflects the health in the tissues in the rest of the body. For this reason we have developed **EYE & VISION FORMULA** as a key element for inclusion in a complete multi-nutrient program designed for eyes and vision (see other formulas listed below). This formula contains a standardized bilberry extract containing greater than 36% anthocyanins and greater than 25% anthocyanidins. The bilberry extract is not spray dried on maltodextrin. It is comprised solely of the extract of fresh, ripe bilberries. The primary active components are anthocyanins (anthocyanosides), which account for many of the biological properties of bilberry extract. These compounds act as potent antioxidants and phosphodiesterase inhibitors, making the extract effective in ameliorating capillary resistance and permeability. Eyebright extract is rich in iridoid glycosides, flavonoids, and tannins. The herb's common name (Eyebright) derives from its rich traditional applications as nutritional support for eyes. Eyebright is used internally in the form of teas, tinctures, fluid extracts, and whole herb, and externally in poultices, compresses, and eye-drop formulas. Taurine is found in high concentrations in the eye. It is the most abundant amino acid in the retina in all species studied. Many peer-reviewed studies link significant eye-health benefits of lutein with reductions in the likelihood of age-related macular degeneration and other serious eye conditions. Lutein, which is present in the macula and lens of the eye (and found in skin), filters high-energy blue wavelengths of visible light from sunlight and indoor light.

**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

A recent human study offers scientific evidence that zeaxanthin (a strong antioxidant and member of the carotenoid family) plays a far greater role in preventing or stabilizing macular degeneration than previously was realized. The eye is an organ that is very selective, and it preferentially places dietary zeaxanthin in the very center of the macula. This area of the macula is the most critical for central vision, and exhibits the greatest need for antioxidant protection. VitaBerry®Plus® is a high-ORAC powder derived from freeze-dried Grape Seed, Wild Blueberry, Cranberry, Tart Cherry, Prune, Raspberry Seed, Strawberry, Resveratrol, and Quercetin. This extremely potent, antioxidant-rich powder provides an ORAC value in excess of 1.2 million units per 100 grams. When taken at a typical dosage level of 200 mg (i.e., the amount contained in 2 capsules of **EYE & VISION FORMULA**), VitaBerry®Plus® provides a minimum of 2,400 ORAC units. Quercetin is among major nutrients used to control inflammation in respiratory conditions. Yet, commonly-used forms of quercetin are not absorbed efficiently in the human intestinal tract, and therefore large amounts typically are needed for to achieve anti-inflammatory effects. In contrast, the form of quercetin (chalcone form) used in this formula is highly water soluble and extremely well assimilated by the body. Bromelain (an enzyme derived from pineapple) is a potent anti-inflammatory, supports the removal of damaged tissue, and helps to support the immune system. Alpha-lipoic acid is a powerful antioxidant, enhances metabolism, and substantially raises glutathione levels in the body. Zinc plays a crucial role in the support of the immune system and therefore may be beneficial to those with allergies. Selenium is important for free radical defense. Bioperine® is a black pepper extract enhancing the absorption of nutrients by 30–60% and boosting the synergy and effectiveness all nutrients in the formula.

EYE & VISION FORMULA is most effective when used in conjunction with other basic nutritional supplements supporting the body's metabolism, especially foundational formulas, including **MIGHTY MULTI-VITE!**™ (full-spectrum multivitamin), **OMEGA PLUS** (essential fatty acids), **PRO-C**™ (antioxidant plus Vitamin C formula), and with **VISUAL OCUTY** (1% N-Acetyl-L-Carnosine) eye drop solution that lubricates eyes and acts as a topical antiglycation agent.

COMPOSITION: Two vegetarian capsules provide:

NUTRIENT	AMOUNT
Taurine (USP grade)	400 mg
Eyebright Extract 4:1	400 mg
Bilberry Extract (Mirtoselect® standardized (greater than 25% anthocyanidins from <i>Vaccinium myrtillus</i> L.) (berry))	240 mg
Vitaberry® Plus® (freeze-dried grape seed, wild blueberry, wild bilberry, cranberry, tart cherry, prune, raspberry seed strawberry, resveratrol, and quercetin) (greater than 12,000 ORAC units/gm)	200 mg
Quercetin Chalcone®	200 mg
Alpha-Lipoic Acid	100 mg
Zinc (from Krebs cycle bionutrients)	10 mg
Lutein (from FloraGLO®) (marigold flowers)	10 mg
Bioperine® (black pepper extract)	10 mg
Zeaxanthin (FloraGLO®) (marigold flowers)	440 mcg
Selenium (from L-selenomethionine)	100 mcg

DIRECTIONS: As a dietary supplement take 1 capsule twice daily with food, or as directed by a health care professional.

INGREDIENTS: EYE & VISION FORMULA contains bilberry extract (Mirtoselect® standardized to greater than 25% anthocyanidins), eyebright extract 4:1, taurine (USP grade), lutein (FloraGLO® from marigold flowers), zeaxanthin (FloraGLO® from marigold flowers), VitaBerry®Plus® (HiORAC fruit-blend powder from freeze-dried grape seed, wild blueberry, wild bilberry, cranberry, tart cherry, prune, raspberry seed, strawberry, resveratrol, and quercetin), quercetin chalcone (a highly-bioavailable water-soluble form of quercetin), alpha-lipoic acid, zinc, selenium, Bioperine®, cellulose, silica, and magnesium trisilicate.

EYE & VISION FORMULA does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, magnesium stearate, preservatives, colorings, or flavorings.



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ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

I3C PLUS

Indole-3-Carbinol & Diindolylmethane Plus Betaine HCl and Ascorbic Acid



- **Antitumor**
- **Lung health**
- **Breast health**
- **Prostate health**
- **Antiproliferative**
- **Hormone balance**

120 Capsules

I3C PLUS contains the cancer fighting substances indole-3-carbinol and diindolylmethane. The formula also includes betaine hydrochloride and ascorbic acid, which help provide the acid conditions needed for the effectiveness of these cancer fighting substances. **I3C PLUS** is suitable for hypersensitive individuals and contains no magnesium stearate.

APPLICATIONS: Hundreds of research studies conducted over the last twenty-five years clearly have shown that indole-3-carbinol (I3C) (a substance found in cruciferous vegetable) has powerful cancer-fighting properties. Some studies have shown that I3C itself is very unstable and under the acid conditions found in the stomach breaks down into a number of metabolites, which are largely responsible for its effectiveness at fighting cancer. According to studies, diindolylmethane (DIM) is the most active and the most effective metabolite of I3C. Animal studies in which stomach acid conditions were bypassed indicate little effectiveness of I3C by itself. The formula therefore includes betaine HCl (a form of hydrochloric acid) and ascorbic acid to ensure that I3C breaks down into its full range of metabolites.

One of the major applications of **I3C PLUS** is as a breast cancer preventive. In this application, I3C and its metabolites are known to cause breakdown of estrogen into its 2-hydroxy form (a cancer preventer), rather than the 16-hydroxy form (a powerful cancer promoter). Other studies have shown that I3C and its metabolites can prevent the metastasis of breast cancer. Additional studies show I3C and its metabolites have non-estrogenic effects in preventing of breast cancer. Multiple studies indicate I3C and its metabolites can be used synergistically with tamoxifen to achieve a wider range of benefits, and in some cases to overcome multiple drug resistance (MDR).

Other forms of cancer that I3C and its metabolites have been shown to prevent include colon cancer, some lung cancers, cancers caused by the human papilloma virus (HPV) (including cervical cancer), cancers caused by aflatoxin B1 (a mold often found in food and responsible for liver cancers), and a wide range of cancers caused by xenoestrogenic pesticides (PCBs, DDT, atrazine, kepone, propoxur, etc.) in the environment. Research studies indicate that clinically effective dosages of I3C and its metabolites lie in the range of 300-500 mg daily.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
Indole-3-Carbinol (I3C) (greater than 99% pure)	60 mg
Diindolylmethane (DIM) (greater than 99% pure)	60 mg
Betaine HCl	60 mg
Ascorbic Acid (Vitamin C) (greater than 99% pure)	30 mg

DIRECTIONS: As a dietary supplement take 2-4 capsules daily with food, or as directed by a health care professional.

INGREDIENTS: **I3C PLUS** contains indole-3-carbinol, diindolylmethane, betaine hydrochloride, ascorbic acid, gelatin (capsule), microcrystalline cellulose, silica, and magnesium trisilicate.

I3C PLUS does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, magnesium stearate, preservatives, colorings, or artificial flavorings.



**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

IMMUNE-ASSIST™ Daily Formula

Next Generation Immune System Support



- Infections
- Hepatitis
- Cancers
- Peptic ulcer
- Immune modulator
- Autoimmune conditions

60 Vegetarian Capsules

IMMUNE-ASSIST™ Daily Formula is a combination of more than 200 different polysaccharides, derived from the enzymatic breakdown of medicinal mushrooms. These include *Agaricus blazei*, *Cordyceps sinensis* hybrid, *Lentinula edodes*, *Grifola frondosa*, *Ganoderma lucidum*, and *Coriolus versicolor*. **IMMUNE-ASSIST™** contains 500 mg per vegetarian capsule and is made in America using only USDA Certified Organic materials. **IMMUNE-ASSIST™** is formulated through an enzymatically activated process whereby complex cross-linked polysaccharides from vegetable sources are converted to biologically active immunomodulators that include simple sugars such as arabinose and xylose. The formula also contains much more complex polysaccharides, including cross-linked beta mannans and beta-glucans, and hetero-polysaccharides which combine both alpha- and beta-bound monosaccharides in the same molecule. These complex polysaccharide compounds are not found in earlier-generation bran-based supplements and is the reason is why **IMMUNE-ASSIST™** shows such a greater range of immuno-modulation bioactivity. The formula contains arabinoxylane, lentinan, grifolan (Dr. Nanba's original Maitake D-Fraction), PSK and PSP, and AHCC. **IMMUNE-ASSIST™** is a completely unique and new type of dietary supplement that has been tested as an adjunct to conventional therapy for cancer, for hepatitis B, for alcoholic liver disease, and presently is being tested for HIV and for hepatitis C. The results have been positive in all of these studies.

APPLICATIONS: include: 1) Recurrent infections, such as colds, flu, and parasites, 2) gum disease, 3) heart disease, 4) peptic ulcer, 5) cancers, 6) slow healing wounds, 7) digestive problems, 8) AIDS, 9) hepatitis, 10) multiple sclerosis, and 11) auto-immune illness. **IMMUNE-ASSIST™** has not exhibited side effects and is completely non-toxic even after years of use at therapeutic levels.

COMPOSITION: Two vegetarian capsules provide:

NUTRIENT	AMOUNT
PROPRIETARY BETA-GLUCAN COMPLEX plus nucleosides and other bioactive compounds extracted from six well-known, organically grown medicinal mushrooms	1,000 mg

DIRECTIONS: As a dietary supplement take 2 capsules per day in divided doses, or as recommended by a health care professional. In severe conditions, we suggest six capsules per day for two weeks to build up immune activity, then maintaining a dosage of 2 capsules per day. Alternatively, **IMMUNE-ASSIST™** can be taken at the time of exposure or first signs of illness, in which case we recommend taking two caps three times per day.

INGREDIENTS: **IMMUNE-ASSIST™** proprietary blend, plant-derived cellulose (capsule).

IMMUNE-ASSIST™ does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, preservatives, colorings, or artificial flavorings.



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ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

INTESTINAL REJUVENATION FORMULA



- Cleanses
- Detoxifies
- Indigestion
- Constipation
- Soothes GI tract
- Supports healing

300 grams, Powder

INTESTINAL REJUVENATION FORMULA is a one-of-a-kind formula designed to support the health of the gastrointestinal (GI) tract. It is a highly effective drawing, detoxifying, and healing formula for the bowel. It cleanses the entire digestive tract by drawing toxins, clearing blockages, and supporting natural movement. It works by coating and adhering to the lining of the intestines. This unique action allows it to absorb fecal plaques and other debris, soften unhealthy deposits, and sweep them away for elimination in the stool. The formula neutralizes and removes hundreds of toxins, including heavy metals (e.g., mercury and lead). It draws out many times its weight in material encrusted or trapped in the intestinal lining. It also provides nutrients not only known to nourish the GI tract, but also that promote normal elimination functions.

INTESTINAL REJUVENATION FORMULA relieves symptoms of constipation, including gas, bloating, cramps, indigestion, and nausea caused by excessive waste in the bowel. It also soothes the intestinal lining and colon wall, and promotes a well-functioning colon. This means it can contribute to greater health not only through removal of toxins and intestinal blockages, but also by allowing greater absorption of nutrients from food (i.e., after the intestines are cleansed). It also can contribute to achieving normal weight by promoting elimination of old fecal matter (e.g., post-putrefactive deposits), and by helping to establish and maintain normal bowel function.

INTESTINAL REJUVENATION FORMULA acts as a wonderful soothing agent for the mucous membrane linings of the entire intestinal tract, especially the colon. This makes it an important formula for individuals experiencing irritable bowel syndrome, spastic colon, colitis, Crohn's disease, diverticulitis, or any digestive tract condition causing hot, burning, irritated, or bleeding bowels and/or diarrhea. This unique healing formula is also an excellent remedy for food poisoning, because it can absorb harmful bacteria and toxins.

INGREDIENTS: One 3.32 gram (1 tsp) serving provides:

NUTRIENT	AMOUNT
Psyllium Husk Powder (organic)	1,000 mg
Apple Pectin	400 mg
Bentonite Clay (wildcrafted)	400 mg
Chia Seeds (organically grown)	400 mg
Marshmallow Root Powder (organic)	200 mg
Slippery Elm Bark Powder (organic)	200 mg
Activated Willow Charcoal (wildcrafted)	100 mg
Spirulina (organic)	100 mg
Inulin / Fructooligosaccharides (from Chicory Root)	100 mg
Ginger Root Powder (organic)	100 mg
Natural Lemon Flavor (on organic rice syrup solids)	100 mg
Vitamin C (from magnesium ascorbate)	60 mg
Malic Acid - 50 mg k-Rutin™	40 mg
Licorice Root Powder (organic)	40 mg
Stevia Leaf Extract (97% Rebaudioside A)	13 mg
Magnesium (from magnesium ascorbate)	4.5 mg
Chlorella Growth Factor (CGF)	4 mg

APPLICATIONS: The nutrients contained in **INTESTINAL REJUVENATION FORMULA** are all known to provide unique therapeutic benefits and healing properties. Consequently, the formula is carefully designed so the ingredients work together synergistically to leverage and maximize the capacities of each one. This results in a formula that is superior in action and that can far more effectively support health and healing in the intestinal tract than single ingredients or shotgun approaches (that often result in reduced effectiveness through the use of fillers, imbalanced formulation, or less than the highest quality ingredients). This unique formula can offer significant benefits and results for individuals who wish to improve, regenerate, rejuvenate, heal, and sustain excellent gastrointestinal health.

DIRECTIONS: In order to achieve a long-term, gentle rejuvenation of the intestinal tract take about 1 teaspoon (about 1/3 scoop) several times daily away from food (by at least 20 minutes), or as directed by a health care professional. Place the powder in about 8 ounces of water, thoroughly mix (shake or stir), and drink immediately (before the formula becomes a gel too thick to easily consume). For a more rapid healing cleanse take 1 tablespoon (1 scoop) multiple times daily away from food (by at least 45 minutes). Add the powder to about 16 ounces of water, mix vigorously, and drink.

Individuals suffering from conditions of severe diarrhea and loose stools can take 1 tablespoon (or more) multiple times daily (5 times or more) and refrain from food. Put the powder in about 16 ounces of water per tablespoon, thoroughly mix, and drink immediately. In between servings it may be helpful to take 10–20 billion organisms of a multiple strain lactic acid bacteria formula (i.e., a probiotic such as Polydophilus™) – putting the formula directly in your mouth, chewing, and then swallowing.

Note: Taking large amounts without sufficient liquid (e.g., water) or when first taking the formula can slow bowel transit time. Therefore, most individuals will benefit from starting at lower dosage levels and ensuring adequate fluid intake when consuming the formula.

INTESTINAL REJUVENATION FORMULA does not contain wheat, gluten, rye, oats, corn, barley, soy, yeast, egg, sugar, dairy products, wax, animal fats, preservatives, colorings, or artificial flavorings.

**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

IPRIFLAVONE PLUS

For Increasing Bone Density



- Osteopenia
- Bone density
- Osteoporosis

90 Capsules

IPRIFLAVONE PLUS is a unique bone-density formula providing nutrients that significantly can increase bone density. The formula contains the highest-quality Ipriflavone (greater than 98.5% purity). Magnesium is included in the form of Magnesium Glycinate.

APPLICATIONS: Ipriflavone is a non-hormonal, isoflavone derivative. Numerous clinical studies have demonstrated that ipriflavone represents a viable, effective alternative to estrogen for the prevention and treatment of postmenopausal osteoporosis. Ipriflavone and its metabolites regulate the differentiation and biosynthetic properties of human bone-forming cells by enhancing the expression of important bone matrix proteins, and facilitating the mineralization process.

Ipriflavone interferes with bone remodeling by inhibiting bone resorption and stimulating bone formation. Ipriflavone has direct inhibitory effects on osteoclast activity, and promotes the production and activity of osteoblasts. Ipriflavone increases the total amount of calcium retained in bones, and decreases bone-mineral loss relating to calcium and Vitamin D deficiency. It is rapidly metabolized, quickly eliminated, and has no long-acting side effects. Most clinical studies use an ipriflavone dosage of 200 mg three times daily. Magnesium and glycine are included in the formula because they are important for metabolic processes making bone and connective tissues. **IPRIFLAVONE PLUS** may be especially effective when used in conjunction with **BONE GUARDIAN**, **BONE JOUR™**, or other balanced mineral formulas.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
Ipriflavone	200 mg
Magnesium (from glycinate)	33 mg
Glycine (from magnesium glycinate)	130 mg

DIRECTIONS: As a dietary supplement take 3 capsules daily with food, or as directed by a health care professional.

INGREDIENTS: **IPRIFLAVONE PLUS** contains the highest-quality ipriflavone (greater than 98.5% pure), magnesium glycinate, gelatin (capsule), cellulose, silica, and magnesium stearate.

IPRIFLAVONE PLUS does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, preservatives, colorings, or artificial flavorings.



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ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

JOINT HEALTH FORMULA

With Glucosamine™, MSM, Sea Cucumber, k-Rutin, Turmeric, and Grape Seed Extract



- **Arthritis**
- **Sciatica**
- **Joint pain**
- **Tendonitis**
- **Osteoarthritis**
- **Connective tissues**

180 Capsules

JOINT HEALTH FORMULA is synergistic joint formula containing glucosamine HCl, MSM, desiccated Sea Cucumber (*Beche de Mer*), k-Rutin™ (a highly bioavailable water-soluble bioflavonoid), Turmeric (standardized to 95% minimum *curcuminoids*), Grape Seed Extract (85% minimum OPCs), Strontium (chelated with lysine and glycine), Vitamin D3, Manganese (chelated with glycine), Selenium, and Bioperine® (a patented pepper extract enhancing absorption of all ingredients).

APPLICATIONS: Glucosamines are rate-limiting substrates for the metabolic transformation to larger molecules that make up glycosaminoglycans (GAGs) and proteoglycans. The principal known GAGs are hyaluronic acid, keratan sulfate, heparin and heparin sulfate, dermatan sulfate, and chondroitin sulfate. Proteoglycans, large molecules built from GAGs, are most abundant in connective tissues such as cartilage, skin, blood vessel walls, sclera, cornea, intervertebral discs and tendons, as well as synovial fluid and the vitreous body. MSM is a natural source of sulfur, a mineral element critical to the normal function and structure of the human body. Sulfur is a raw material for the protein and connective tissue (especially proteoglycans and glycosaminoglycans such as hyaluronic acid and chondroitin sulfate) that make up our body mass, for enzymes that conduct countless chemical reactions, and for powerful natural compounds (such as glutathione) that protect us against toxicity and harmful free radicals. In addition, MSM is a pain-reducing agent. It blocks the transmission of impulses in nerve fibers that carry pain signals. Sea cucumber (*Beche de Mer*) is a marine animal highly regarded as a food and for its medicinal properties as a general health tonic, and more specifically for individuals experiencing with chronic joint pain, tendonitis, bursitis, prostatitis, sciatica, sprains, ligament stresses, and arthritis. Sea cucumber contains approximately 20% chondroitin sulfates, substances known to support the formation of connective tissues.

Several clinical studies conducted over the last ten years both in the US and Australia demonstrated the effectiveness of sea cucumber in the treatment of osteoarthritis and rheumatoid arthritis. Some researchers consider sea cucumber a breakthrough treatment for arthritic conditions. Rutin is a major nutrient used to control inflammation in arthritic conditions. Most forms of rutin are not well absorbed in the human intestinal tract, and therefore large amounts are required for adequate assimilation. However, the form of rutin (k-Rutin™ form) in **JOINT HEALTH FORMULA** is highly water soluble and extremely well absorbed in the body. Turmeric is another well-known anti-inflammatory herb useful for those with arthritic conditions. Grape seed extract is a well-known connective tissue strengthener that can prevent the enzymatic breakdown of structural support tissue and reduce inflammation. Strontium is a mineral found with calcium in most foods. Research indicates that it may be an essential nutrient required for the normal development, structure, function, and health of the skeletal system. Clinical trials going back to the 1940s support this conclusion, and recent studies provide more evidence that it offers unique nutritional support against loss of bone structure and function. Recent research on Vitamin D has shown that most people are not getting a sufficient amount of this essential vitamin needed for bone formation. In fact, according to the results of a multicenter, longitudinal study, low serum levels of Vitamin D correlate with changes in the incidence of hip osteoarthritis (OA) in older women. Manganese is important in metabolic processes making connective tissue. Selenium works in the enzyme glutathione peroxidase to reduce inflammation and free-radical damage in the body. Bioperine® is a black pepper extract enhancing the absorption of nutrients by 30–60%, and boosting the effectiveness of all nutrients in this superb formula.

COMPOSITION: Six capsules provide:

NUTRIENT	AMOUNT
Glucosamine HCl	1500 mg
Methylsulfonylmethane (MSM)	1500 mg
Sea Cucumber (containing chondroitin sulfates)	1000 mg
k-Rutin™	200 mg
Turmeric (95% minimum curcuminoids from <i>Curcuma longa</i>)	200 mg
Strontium (from lysinate and glycinate)	150 mg
Grape Seed Extract (85% minimum OPCs)	100 mg
Bioperine® (black pepper extract)	15 mg
Manganese (from glycinate)	10 mg
Selenium (from l-selenomethionine)	100 mcg
Vitamin D3 (cholecalciferol)	400 IU

DIRECTIONS: As a dietary supplement take 3 capsules twice daily with food, or as directed by a health care professional.

INGREDIENTS: **JOINT HEALTH FORMULA** contains glucosamine HCl, MSM, desiccated sea cucumber (*Beche de Mer*), k-Rutin™, turmeric (standardized to 95% minimum curcuminoids), grape seed extract (85% minimum OPCs), strontium (chelated with lysine and glycine), Vitamin D3, manganese (chelated with glycine), selenium, Bioperine® (black pepper extract), gelatin (capsule), cellulose, magnesium trisilicate, and silica.

JOINT HEALTH FORMULA does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, preservatives, salicylates, colorings, or artificial flavorings

*These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.

VISUAL OCUIITY

Soothing, Lubricating, Antiglycating Eye Drops

1% N-Acetyl-L-Carnosine



2 Vials (5 ml each)

- Cataracts
- Glaucoma
- Corneal disorders
- Ocular inflammation
- Retinal degeneration
- Macular degeneration

VISUAL OCUIITY is an eye drop formula containing as active ingredients the lubricants glycerin (1.0%) & hydroxypropylmethylcellulose (0.3%). **VISUAL OCUIITY** also contains sterile water (ophthalmic grade isotonic solution, pH 6.3 to 6.5), N-Acetyl-L-Carnosine (NAC) (1.0%), buffering agents (boric acid, citric acid, and potassium bicarbonate), and purified benzyl alcohol as a preservative. One box contains two large vials (5.0 ml each) of the eye drop solution.

APPLICATIONS: VISUAL OCUIITY has been designed to support healthy eye function. A wide range of causes including excessive free radicals, smoke, dust, ultraviolet rays, excessive sugars, drug use, inadequate nutrient levels, and poor blood flow can lead to conditions such as cataracts, glaucoma, retinal/macular degeneration, corneal disorders, ocular inflammation, and complications of Diabetes Mellitus. An eye drop formula containing lubricants and antiglycating agents can help to prevent or reverse many of these conditions.

N-Acetyl-L-Carnosine (NAC) is a timed release form of the naturally occurring dipeptide L-carnosine—a powerful antioxidant and antiglycating agent. Both in human and animal studies NAC shows remarkable effects in protecting and healing the eyes. N-Acetyl-L-Carnosine (a natural combination of beta-alanine and L-histidine) acts both as a powerful antioxidant and as an inhibitor of glycation. Glycation results when sugars (e.g., glucose) react with proteins, creating damaging substances known as 'Advanced Glycation End Products' (AGEs). This is a process of cross-linking that is characteristic of biological aging

In a clinical study of older people with early diagnosis of senile cataracts, Dr. Babizhayev (one of the leading N-Acetyl-L-Carnosine researchers) states: "We developed sensitive measurements for the lens opacities in humans. These were original techniques of glare tests; they are very sensitive to even tiny changes of the lens opacities and we also tested the macular function, which is the vision behind the cataract..."

One group of patients were the control reference group, they demonstrated the variability in densitometric readings of lens clouding and they had negative advance in glare sensitivity at 6 months, and a gradual deterioration of visual acuity and gross transmissivity of lenses at 24 months...However, when compared with baseline examination at 6 months, 41.5% of the eyes treated with NAC eye drops presented a significant improvement in visual acuity of 7–100% and 88.9% of the eyes ranged a 27–100% improvement in glare sensitivity. Topographic study demonstrated less density and corresponding areas of opacification in posterior subcapsular and cortical morphological regions of the lens. That is consistent with visual acuity up to 0.3. The total study period was over 24 months and it revealed that the beneficial effect of NAC is sustainable. Image analytical readings of lenses indicated that no cases resulted in a worsening of visual acuity for the NAC-treated group of patients...Statistical analysis revealed significant differences between 6 and 24 months as an overall cumulative and positive change of the characteristics of cataracts in the NAC-treated group, when compared to the control group."

In addition, a 1999 Chinese study done by A.M. Wang used ninety-six patients aged sixty years or older having senile cataracts of various degrees of maturity with the duration of the disease from two to twenty-one years. Patients instilled 1–2 drops of the carnosine-containing solution in each eye 3–4 times per day for a period of treatment ranging from 3–6 months. The level of eyesight improvement and the change of lens transparency were considered as an evaluation index of the curative effect of carnosine. The result showed that carnosine gives a pronounced effect on primary senile cataracts, the effective rate being 100%. For mature senile cataracts the effect rate was 80%.

DIRECTIONS: Place one or two drops in each eye 1–4 times per day, or as directed by a health care professional. Please carefully read the enclosed product insert. For the proper installation of drops, lean head back and look up. Do not blink or reopen the eye for 60 seconds. If a second drop is used, repeat this process. Closing the eye allows each drop to be absorbed into the eye tissue. Blinking, even one or two times, will pump most of the solution out of the eye. If you have neck problems, lie down or use a tilt-back chair.

INGREDIENTS: VISUAL OCUIITY contains the highest-quality ingredients. **Active:** glycerin (lubricant) 1.0%, hydroxypropylmethylcellulose (lubricant) 0.3%. **Inactive:** sterile water (ophthalmic grade isotonic solution, pH 6.3 to 6.5): N-Acetyl-L-Carnosine (NAC) 1.0%, buffering agents (boric acid, citric acid, and potassium bicarbonate), and purified benzyl alcohol (preservative).



**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

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I3C

"Our patients and doctors in Armenia are delighted by health benefits from I3C plus offered by HPDI. I3C plus is successfully used in mastopathy and cervical dysplasias in women as a support to main medication and after surgery as well. On top of that, it is pleasure to work with easy going, attentive and careful customer service. Thank you!"

- Diana Dallakyan, PE, Gynecologist
Yerevan, Armenia

Immune-Assist

"I bought Immune-Assist for my dog suffering from Valley Fever. I will tell you this pup is feeling like new. He's off the couch and playing with us and his toys. We may get another bottle and start taking it ourselves!"

- Fran T., Tucson, AZ

Visual Ocuity

When I began to use these drops, it was only days later, my vision was clearer. Also, I could see to drive at night again. Wonderful!

Diana V., Denver, CO





We make it easier **to say**
"Hallelujah"

VITAMIN FORMULAS

We offer a full selection of high-purity vitamins, including single vitamins and multivitamin formulas. Our vitamin formulas incorporate the latest research and contain the most effective forms of nutrients (e.g., coenzyme vitamins). We avoid unnecessary excipients or fillers.

- VITAMIN B12
- B-COMPLEX-50
- VITAMIN D3 PLUS
- FOLIC ACID LIQUID
- FOLINIC ACID
- HOMOCYSTEINE CALM
- KIDS MIGHTY MULTI!
- MIGHTY MULTI-VITE![™]
- MINI MULTI
- MULTI TWO



VITAMIN B12

Methylcobalamin

Natural Coenzyme Form of B12

High-Potency 5 mg Sublingual Tablet



- **Detoxification**
- **Nerve damage**
- **Cognitive function**
- **Energy production**
- **Pernicious anemia**
- **Homocysteine reduction**

5 mg

100 Sublingual Tablets

VITAMIN B12 contains 5 mg of Methylcobalamin in a sublingual tablet. Methylcobalamin is a naturally occurring coenzyme form of Vitamin B12 preferable to synthetic forms (such as cyanocobalamin) because it is available directly for assimilation without requiring conversion (i.e., from synthetic forms to natural forms) in the body. The very small tablet disintegrates within 2–3 minutes, thereby allowing Vitamin B12 to enter the body via large pores under the tongue. The tablet also contains Mannitol (a natural sweetener and powerful antioxidant), Acerola Berry Extract (which provides bioflavonoids and a pleasant flavor), and a small amount of *Stevia rebaudiana* (a potent herbal sweetener).

APPLICATIONS: VITAMIN B12 is involved in numerous important body functions, including: 1) Red blood cell formation and control of pernicious anemia, 2) Synthesis and function of nerve tissue, such as myelin, 3) Metabolism of carbohydrates, fats, and proteins (B12 is necessary for the conversion of methylmalonate to succinic acid, an important Krebs cycle intermediate in energy production), 4) Synthesis or transfer of single carbon units that allow, for example, the interconversion of serine and glycine, and the conversion of homocysteine to methionine, 5) Serves as a coenzyme in the biosynthesis of methyl groups, and 6) Involvement in the reactions which convert disulfides (S-S) to the important sulfhydryl group (S-H). Methylcobalamin is one of the two coenzyme forms of B12 (along with adenosylcobalamin) and, as such, it can be used directly by the body without the need for a process of metabolic conversion. Applications of methylcobalamin include: 1) Eliminating pernicious anemia, 2) Treatment of sprue, 3) Reduction of homocysteine (used in conjunction with folate and Vitamin B6), 4) Improvement of mental dysfunction in the elderly, 5) Treatment of asthma and sulfite sensitivity, 6) Treatment of depression (because B12 supports the production of serotonin and melatonin), 7) Prevention and reversal of peripheral nerve damage (in conditions such as diabetes and multiple sclerosis), and that caused by chemotherapy (daily dosages up to 60 mg may be needed), 8) Detoxification, especially of brain tissue, 9) Treatment of tinnitus, 10) Supportive treatment in AIDS, and 11) Treatment of low sperm counts.

In addition to absorption in the human intestine by active transport with intrinsic factor, methylcobalamin has been shown to be absorbed by the process of passive diffusion at the rate of 1–2 percent of the ingested amount.

COMPOSITION: One tablet provides:

NUTRIENT	AMOUNT
VITAMIN B12 (as Methylcobalamin)	5 mg

DIRECTIONS: As a dietary supplement take 1 tablet per day with food, or as directed by a health care professional.

INGREDIENTS: VITAMIN B12 contains the highest-quality microcrystalline cellulose, mannitol, acerola berry extract, methylcobalamin, magnesium stearate, and stevia extract.

VITAMIN B12 does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sucrose, fructose, wax, preservatives, colorings, or artificial flavorings.



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B-COMPLEX-50

Full-Spectrum B-Complex with Biologically Active Coenzyme Forms



- Stress
- Energy
- Detoxification
- Blood formation
- Nerve transmission
- Blood sugar control

100 and 200 Capsules

B-COMPLEX-50 contains the full complement of B-complex vitamins, including Vitamin B1 (as thiamin HCl) and thiamin diphosphate (cocarboxylase), Vitamin B2 (as riboflavin and riboflavin-5'-phosphate), Vitamin B3 (as niacinamide), Vitamin B6 (as pyridoxine HCl and pyridoxal-5'-phosphate), Vitamin B5 (as pantothenic acid and pantethine, a pantothenic acid metabolite), folate (from calcium folinate), biotin, Vitamin B12 (as hydroxocobalamin), choline, and inositol.

APPLICATIONS: The B-complex vitamins are among the water-soluble group of vitamins, and therefore must be replenished daily. The B vitamins are involved in many important metabolic functions in the human body, including energy production, interconversion of substances, detoxification, nerve transmission, blood formation, synthesis of proteins and fats, production of steroid hormones, maintenance of blood sugar levels and appetite, and toning of muscles. Vitamins B1, B2, and B6 do not function properly in the body until they are made into their coenzyme forms by the addition of phosphate. This process of conversion into coenzyme forms does not always occur efficiently, and therefore **B-COMPLEX-50** includes the coenzyme forms of these B vitamins.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
Vitamin B3 (niacinamide)	100 mg
Vitamin B1 (40 mg thiamin HCl and 10 mg thiamin diphosphate)	50 mg
Vitamin B2 (40 mg riboflavin and 10 mg riboflavin-5'-phosphate)	50 mg
Vitamin B6 (40 mg pyridoxine HCl and 10 mg pyridoxal-5'-phosphate)	50 mg
Pantothenic Acid (d-calcium pantothenate)	50 mg
Choline (bitartrate)	50 mg
Inositol (pure crystalline)	50 mg
Pantethine (a pantothenic acid metabolite)	10 mg
Folate (from calcium folinate)	500 mcg
Biotin	500 mcg
Vitamin B12 (as hydroxocobalamin)	100 mcg

DIRECTIONS: As a dietary supplement take 1 capsule daily with food, or as directed by a health care professional.

INGREDIENTS: **B-COMPLEX-50** contains the highest-quality niacinamide, choline bitartrate, inositol, thiamin HCl, thiamin diphosphate, riboflavin, riboflavin-5'-phosphate, pyridoxine HCl, pyridoxal-5'-phosphate, pantothenic acid, pantethine, calcium folinate, hydroxocobalamin, biotin, cellulose, silica, and gelatin (capsule).

B-COMPLEX-50 does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sucrose, fructose, wax, preservatives, colorings, or artificial flavorings.



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VITAMIN D3 PLUS

5,000 IU of Vitamin D3
1,000 IU of Vitamin A
10 mcg of Vitamin K2



- **Mood**
- **Antitumor**
- **Bone health**
- **Heart health**
- **Immune support**
- **Hormone regulator**

120 Capsules

VITAMIN D3 PLUS provides 5,000 IU of Vitamin D derived from highly purified and molecularly distilled fish liver oils. In addition, the product contains 1,000 IU of Vitamin A also derived from highly purified and molecularly distilled fish liver oils and 10 mcg of Vitamin K2 as menaquinone-7. **VITAMIN D3 PLUS** is emulsified by the addition of a non-GMO soy lecithin that ensures excellent uptake by the body. Vitamin E as tocopherols and tocotrienols derived from *Oryza* rice bran oil are included to protect against oxidation. Rice bran oil is used also to enhance the absorption of the fat soluble vitamins. **VITAMIN D3 PLUS** may be taken in conjunction with HANK & BRIAN'S ESSENTIAL FATS PLUS E. This combination is an ideal way to obtain essential fatty acids, Vitamin D, Vitamin A, Vitamin E, and Vitamin K .

APPLICATIONS: Vitamin D, calciferol, is a fat-soluble vitamin. It is found naturally in some animal foods, but also can be made in the body after exposure to ultraviolet rays from the sun. It is known that season, latitude, time of day, cloud cover, smog, and use of sunscreens affect UV ray exposure. For example, in northern areas of the US, the average amount of sunlight from November through February is insufficient to produce significant Vitamin D synthesis in the skin. Sunscreens with a sun protection factor (SPF) of 8 or greater will block UV rays that produce Vitamin D even in regions of the US where sunlight is plentiful. The liver and kidney help convert vitamin D to its active hormone form. The major biologic function of Vitamin D is maintaining normal blood levels of calcium and phosphorus. Vitamin D aids the absorption of calcium, helping form and maintain strong bones. It promotes bone mineralization in conjunction with several other vitamins, minerals, and hormones.

When there is insufficient Vitamin D in the body, bones can become thin, brittle, soft, or misshapen. Vitamin D prevents rickets in children and osteomalacia in adults—skeletal diseases that result in defects that weaken bones. It is estimated that over 25 million adults in the United States either have developed osteoporosis or are at risk of developing it. Osteoporosis is a disease characterized by fragile bones. It results in increased risk of bone fractures. Vitamin D deficiency was recognized as the cause of rickets and osteomalacia 75 years ago. The prevention and cure of these diseases with fish liver oil was a triumph for nutritional science and since then the body's requirement for Vitamin D has been linked to these conditions. Vitamin D deficiency also has been associated with greater incidence of hip fractures. In older women, a higher Vitamin D intake from diet and supplements is associated with less bone loss. Vitamin D supplementation therefore may help prevent fractures resulting from osteoporosis and the loss of bone.

Vitamin D affects major aspects of human health beyond its classical role in mineral metabolism. It is well established that the active form of Vitamin D acts an effective regulator of cell growth and differentiation in a number of different cell types, including cancer cells. Laboratory, animal, and epidemiologic evidence strongly suggest that Vitamin D may be protective against some cancers. Clinical studies now show Vitamin D deficiency to be associated with four of the most common cancers: breast, prostate, colon, and skin.

Vitamin D deficiency has been associated with insulin deficiency and insulin resistance. It was shown recently that Vitamin D deficiency is likely a major factor for the development of type 1 diabetes in children. Insulin resistance is also one of the major factors leading not only to the four cancers mentioned above, but also to heart disease—by far the leading cause of death in the US. Northern countries have higher levels of heart disease and more heart attacks occur in the winter months. Degenerative arthritis of the knee and hip progresses more rapidly in people who have lower concentrations of Vitamin D. Infertility is associated with low levels of Vitamin D, and PMS has been completely reversed by the addition of calcium, magnesium, and Vitamin D. Activated Vitamin D in the adrenal gland regulates tyrosine hydroxylase, the rate limiting enzyme necessary for the production of dopamine, epinephrine, and norepinephrine. Low Vitamin D levels also may contribute to chronic fatigue and depression. Seasonal Affective Disorder (SAD) has been treated successfully with Vitamin D.

Multiple Sclerosis, Sjogren's Syndrome, rheumatoid arthritis, thyroiditis and Crohn's disease have all been linked with low Vitamin D levels. It has been shown that long term low-level exposure to sunlight normalizes immune function and enhances immune cell production. This reduces abnormal inflammatory responses, such as those found in autoimmune disorders, and reduces occurrences of infectious disease. Vitamin D deficiency also has been linked with obesity. Vitamin D recently has been shown to lower leptin secretion. Leptin is a hormone produced by fat cells and is involved in weight regulation. Obesity by itself lessens the bioavailability of Vitamin D from skin and dietary sources because it is deposited in body fat. Vitamin D deficiency, moreover, has been clearly linked with syndrome X (also known as metabolic syndrome). Syndrome X refers to a cluster of health conditions that includes insulin resistance (the inability to effectively process dietary carbohydrates and sugars), abnormal blood fats (e.g., elevated cholesterol and triglycerides), high blood pressure, and obesity.

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Vitamin A is useful for many health conditions, including vision problems, poor thyroid function, and weakened immunity. Vitamin A is highly effective against infections (especially those that involve the mucous membranes) largely because it is critical to the formation of tissues lining the digestive, respiratory, reproductive, and urinary tracts. It is also required for the digestion of protein, and for lactation, reproduction, healthy skin and eyes, and the formation of steroid hormones. Vitamin A deficiency can result in a number of health problems, including night blindness, dry eyes, eye infections, and skin conditions. Vitamin A works together with Vitamin D and Vitamin K2 to maintain healthy bones and Vitamin D has been shown to prevent Vitamin A toxicity.

Vitamin K2 in the form of MK-7 has been shown in numerous studies to extract calcium from the blood and arteries and deposit calcium into growing or aging bones. In addition, MK-7 appears to have the potential to prevent or even reverse some forms of heart disease and, at the same time, do the same for bone loss. It is believed that patients would be able to be treated with doses of vitamin D that possess greater therapeutic value than those currently being used while avoiding the risk of adverse effects by administering Vitamin D together with Vitamins A and K2.

COMPOSITION: One softgel provides:

NUTRIENT	AMOUNT
Vitamin D3 (natural form from fish liver oils)	5,000 IU
Vitamin A (natural form from fish liver oils)	1,000 IU
Vitamin K2 (as Menaquinone-7)	10 mcg
Vitamin E as d-Alpha Tocopherol from rice bran oil	1 IU
Tocotrienols (d-Gamma, d-Alpha and d-Delta)	1.2 mg

DIRECTIONS: As a dietary supplement take 1 capsule daily with food, or as directed by a health care professional. If your exposure to direct sunlight is adequate, the need for supplemental Vitamin D may be correspondingly lower.

INGREDIENTS: VITAMIN D3 PLUS contains Fish liver oil (providing Vitamin D3), gelatin, glycerin, yellow beeswax, purified water, rice bran oil, non-GMO soy lecithin, Oryza oil, Vitamin K2 (menaquinone-7), fish liver oil (providing Vitamin A).

VITAMIN D3 PLUS does not contain wheat, rye, oats, corn, barley, gluten, sugar, wax, egg, yeast, dairy, sulfates, chlorides, coloring agents, or artificial preservatives.



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FOLIC ACID LIQUID

Supports Optimal Nutrition Including Gum Health



- Gum health
- Cervical dysplasia
- Intestinal disorders
- Fetal development
- Postpartum depression

100 mcg per drop
4-Ounce Bottle

FOLIC ACID LIQUID is a liquid form of USP-grade Folic Acid. The folic acid is dissolved in distilled water and includes potassium ascorbate as a buffer and stabilizer. The formula is contained in a four-ounce plastic bottle. One drop contains approximately 100 mcg of folic acid.

APPLICATIONS: Folic acid is one form within a group of vitamins known as folates. Folate deficiency is believed to be the most common vitamin deficiency in the world due to food processing, food selection, and intestinal disorders. Folic acid can be converted in the body into any of the active forms of folate. Folate coenzymes are responsible for the following important metabolic functions: 1) Formation of purines and pyrimidines, which are needed for synthesis of the nucleic acids DNA and RNA. This is especially important during fetal development in the first trimester for preventing birth defects, such as neural tube defects, 2) Formation of heme, the iron-containing protein in hemoglobin, 3) Interconversion of the 3-carbon amino acid serine from the 2-carbon amino acid glycine, 4) Formation of the amino acid tyrosine from phenylalanine, and formation of glutamic acid from histidine, 5) Formation of the amino acid methionine from homocysteine (Vitamin B12 as methylcobalamin also is required for this conversion). Elevated levels of homocysteine are implicated in a wide range of health disorders, including atherosclerosis, osteoporosis, Alzheimer's disease, and depression. In reconversion of homocysteine to methionine, the body uses the methionine to make the important amino acid s-adenosylmethionine (SAME) known to be helpful in cases of depression, 6) Synthesis of choline from ethanalamine, 7) Formation and maturation of red and white blood cells, and 8) Conversion of nicotinamide to n'-methylnicotinamide. Other conditions that possibly may benefit from folic acid supplementation include AIDS/HIV, celiac disease, cervical dysplasia, gingivitis, cleft palate, colon cancer, Crohn's disease, diarrhea, gout, high cholesterol, increased fracture of chromosomes, malabsorption and gastrointestinal inflammation, megaloblastic anemia, restless leg syndrome, postpartum depression, sprue, ulcerative colitis, and vitiligo. Studies show that swabbing or swirling folic acid liquid in the mouth can be beneficial in cases of gingivitis.

Numerous drugs are known to inhibit the body's ability to utilize folate including: 1) aspirin, 2) cholesterol lowering drugs, 3) oral birth control drugs, 4) antacids, and 5) methotrexate. When taking these drugs (and many others), it is recommended that individuals supplement with 800 mcg daily of folate. When taking folate, it is advised that individuals take adequate amounts of Vitamin B12 (preferably as methylcobalamin). Please note that folate supplementation can interfere with anticonvulsant drugs.

COMPOSITION: One drop provides:

NUTRIENT	AMOUNT
FOLIC ACID (0.2% dilution, USP grade)	100 mcg

DIRECTIONS: As a dietary supplement take 4 drops daily with food, or as directed by a health care professional. As a gum treatment place several drops on a swab and apply to gums, or put 10 or more drops in water and swirl mixture in mouth (or follow directions provided by a health care professional).

INGREDIENTS: **FOLIC ACID LIQUID** contains the highest-quality distilled water, USP grade folic acid, and potassium ascorbate.

FOLIC ACID LIQUID does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sucrose, fructose, wax, preservatives, colorings, or artificial flavorings.



**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

FOLINIC ACID

A Naturally Occurring Active Form of Folate



- **Blood formation**
- **Cognitive function**
- **Fetal development**
- **RNA/DNA formation**
- **Homocysteine reduction**

800 mcg
60 and 300 Capsules

FOLINIC ACID contains 800 mcg of Folinic Acid, which is derived from a pure form of calcium folinate. The formula is contained in a small (#4) capsule with only microcrystalline cellulose (filler) and silica (flow agent). It contains no magnesium stearate.

APPLICATIONS: Folinic acid, which is known as 5-formyl tetrahydrofolate, is an active form of a group of vitamins known as folates. In contrast to folic acid (a synthetic form of folate), folinic acid is one of the forms of folate found naturally in foods. Folate deficiency is believed to be the most common vitamin deficiency in the world due to food processing, food selection, and intestinal disorders.

Folinic acid can be converted in the body into any of the other active forms of folate. Folate coenzymes are required for the following important metabolic functions: 1) Formation of purines and pyrimidines which, in turn, are required for synthesis of the nucleic acids DNA and RNA. This is especially important during the first trimester of fetal development in preventing birth defects, such as neural tube defects, 2) Formation of heme, the iron-containing protein in hemoglobin, 3) Interconversion of the 3-carbon amino acid serine from the 2-carbon amino acid glycine, 4) Formation of the amino acid tyrosine from phenylalanine, and formation of glutamic acid from histidine, 5) Formation of the amino acid methionine from homocysteine (Vitamin B12 as methylcobalamin also is required for this conversion). Elevated levels of homocysteine are implicated in a wide range of health disorders including atherosclerosis, osteoporosis, Alzheimer's disease, and depression. In reconversion of homocysteine to methionine, the body uses methionine to make the important amino acid s-adenosylmethionine (SAME), which is known to be helpful in cases of depression, 6) Synthesis of choline from ethanolamine, 7) Formation and maturation of red and white blood cells, and 8) Conversion of nicotinamide to n'-methylnicotinamide.

Other conditions that may benefit from folinic acid supplementation include AIDS/HIV, celiac disease, cervical displasia, cleft palate, colon cancer, Crohn's disease, diarrhea, gout, high cholesterol, increased fracture of chromosomes, malabsorption and gastrointestinal inflammation, megaloblastic anemia, restless leg syndrome, postpartum depression, sprue, ulcerative colitis, and vitiligo.

Numerous drugs are known to inhibit the body's ability to utilize folate, including: 1) aspirin, 2) cholesterol lowering drugs, 3) oral birth control pills, 4) antacids, and 5) methotrexate. When taking these drugs (and many others), it is recommended that individuals supplement with 800 mcg daily of folate, preferably as folinic acid. When taking folate, it is advised that individuals take adequate amounts of Vitamin B12, preferably as methylcobalamin. Please note that folate supplements can interfere with anticonvulsant drugs.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
FOLINIC ACID (from calcium folinate)	800 mcg

DIRECTIONS: As a dietary supplement take 1 capsule daily with food, or as directed by a health care professional.

INGREDIENTS: **FOLINIC ACID** contains the highest-quality microcrystalline cellulose, gelatin (capsule), silica, and calcium folinate.

FOLINIC ACID does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sucrose, fructose, wax, magnesium stearate, preservatives, colorings, or artificial flavorings.



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ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

HOMOCYSTEINE CALM

Nutrients for Balancing Homocysteine in the Body



- **Hormone balance**
- **Cardiovascular health**
- **Autoimmune conditions**
- **Homocysteine reduction**
- **Neurodegenerative conditions**

60 Capsules

HOMOCYSTEINE CALM is a unique formula containing key nutrients known to lower homocysteine levels. The formula contains the active coenzyme forms of folate as folinic acid, Vitamin B12 as methylcobalamin and Vitamin B6 as pyridoxal-5'-phosphate (P5P). The formula includes trimethylglycine (anhydrous betaine), which is an important methyl donor.

HOMOCYSTEINE CALM utilizes the purest forms available of all ingredients and is suitable for hypersensitive individuals. It contains no magnesium stearate.

APPLICATIONS: Homocysteine is a sulfur-containing amino acid that is formed in the body from the essential amino acid methionine. High levels of homocysteine in the blood are known to cause the formation of plaques in the blood vessels leading to arteriosclerosis, which is the major cause of loss of life in the US. According to Dr. Homer McCulley, author of *The Homocysteine Revolution*, homocysteine interferes with the way cells use oxygen, resulting in a build-up of damaging free radicals. These reactive chemical forms can oxidize low-density lipoproteins (LDL), producing oxysterols and oxidized fats and proteins within developing plaques. Homocysteine also stimulates growth of smooth muscle cells, causing deposition of extracellular matrix and collagen that results in a thickening and hardening of artery walls. It has been shown that homocysteine can be reconverted to methionine by the B vitamins folate and methylcobalamin (a coenzyme form of Vitamin B12). Folate and methylcobalamin work together to cause a methyl group from the methylcobalamin to be transferred to homocysteine converting it back to methionine in the process. Another way that homocysteine levels can be reduced is by use of a coenzyme form of Vitamin B6 known as pyridoxal-5'-phosphate (P5P). Pyridoxal-5'-phosphate causes homocysteine to be converted into a substance called cystathione, which then is converted into the amino acid cysteine. Cysteine is used in the body in the production of the extremely protective tripeptide glutathione. Therefore, a supplement containing reasonable amounts of these B vitamins can lower homocysteine levels, and can reduce the risk of arteriosclerosis. Moreover, it is well known that there is an alternative pathway for conversion of homocysteine to methionine in humans involving betaine (also known as trimethylglycine).

The methyl donor function of betaine has a supplementary action in lowering elevated homocysteine levels both in chronic renal failure and in patients with homocystinuria. For this reason, **HOMOCYSTEINE CALM** includes anhydrous betaine. Recent research on homocysteine has implicated abnormal homocysteine metabolism in a wide range of significant disease processes, including developmental birth defects, neurodegenerative diseases (e.g., Alzheimer's disease), autoimmune diseases (e.g., rheumatoid arthritis), hormonal imbalances, renal failure, cancer, and degenerative diseases of aging.

COMPOSITION: One capsule provides:

NUTRIENT	AMOUNT
Trimethylglycine (anhydrous betaine)	300 mg
Vitamin B6 (pyridoxal-5'-phosphate)	10 mg
Folate (as folinic acid from calcium folinate)	800 mcg
Vitamin B12 (as methylcobalamin)	500 mcg

DIRECTIONS: As a dietary supplement take 1 capsule twice daily with food, or as directed by a health care professional.

INGREDIENTS: **HOMOCYSTEINE CALM** contains trimethylglycine (anhydrous betaine), pyridoxal-5'-phosphate, calcium folinate, methylcobalamin, gelatin (capsule), silica, and magnesium trisilicate.

HOMOCYSTEINE CALM does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sucrose, fructose, wax, preservatives, colorings, or artificial flavorings.



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HPDI Multivitamin Formulas

We offer a range of multivitamins in order to meet the needs of individuals whose requirements for a multivitamin are unique. Precisely because different people have different needs, we offer four different multivitamins: Mighty Multi-Vite!™ (capsule), Multi Two (capsule and tablet), Mini Multi (veggie capsule), and Chewable Kid's Mighty-Multi!™ (tablet).

Mighty Multi-Vite!™ is a complete and balanced therapeutic formula providing a full-spectrum of nutrients (vitamins, minerals, and cofactors) needed for good health. It is an advanced formula whose unique features include high levels of choline and inositol, coenzyme B vitamins, mixed carotenoids, food-based nutrients, and more. It is our best-selling multivitamin.

Multi Two is a complete and balanced therapeutic formula providing a full-spectrum of nutrients (vitamins, minerals, and cofactors) needed for good health. It provides higher levels of B vitamins and comes in tablet or capsule form. It is especially appropriate for physically active individuals, who need additional nutritional support. It is our most cost-effective multivitamin.

Mini Multi is an ultra-pure multivitamin designed for hypersensitive and chemically sensitive individuals. It contains no excipients or fillers. It comes in a veggie capsule so it is especially suitable for vegetarians/vegans. While it is somewhat lower in potency than our other multivitamins, it is a complete multivitamin providing a full spectrum of nutrients, including coenzyme B vitamins. This unique formula meets the needs of sensitive individuals who require ultra-high purity.

Chewable Kids Mighty-Multi!™ is a great-tasting formula providing kids with nutrients they need to thrive. This complete, balanced supplement includes optimal levels of essential nutrients (including coenzyme B vitamins) needed by children to support and maintain good health. It is suitable for adults who prefer chewable tablets. Like our other multivitamins, our chewable formula contains no toxic ingredients, or unnecessary fillers and excipients.



KIDS MIGHTY-MULTI!

Advanced Children's Chewable Multivitamin



- **Great taste!**
- **Highest purity**
- **Complete formula**
- **No toxic ingredients**
- **Suitable for all ages**

250 Tablets

KIDS MIGHTY-MULTI! is a tasty, chewable multivitamin incorporating the latest nutritional research in a complete formula combining the highest-quality and most usable forms of vitamins, minerals, herbs, and cofactors. This formula provides nutrients necessary for achieving and maintaining optimal health. It offers vitamins and minerals that are the activators of the body's metabolic functions, and cofactors aiding the absorption, utilization, and metabolism of nutrients.

The biochemical formulation of this multivitamin reflects years of accumulated knowledge from basic and clinical research regarding the importance of nutrient interaction to efficient metabolism. The nutrients selected, the forms and quality of these nutrients, and mechanisms of transport and utilization by the body have been meticulously addressed in the development of the formula. This chewable multivitamin is highly bioavailable, allowing the body to readily absorb and utilize the nutrients provided. Many multivitamins dissolve poorly or are compounded in ways that result in low absorption levels. In contrast, our chewable formula easily and completely dissolves. After absorption, virtually all components may be used effectively in biochemical pathways in the body. The formula offers the highest level of purity and contains the highest-grade components. It uniquely provides B vitamins in coenzyme forms and a full range of carotenoids abundantly used by the body. It includes as taste enhancers xylitol (which helps fight cavities), grape juice solids, and natural grape flavor. Children and adults enjoy the great taste of **KIDS MIGHTY-MULTI!**

APPLICATIONS: A multivitamin is the most important dietary supplement. This is because the food supply and typical food sources are significantly degraded in basic nutrients, including essential vitamins, minerals, and cofactors.



**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

KIDS MIGHTY-MULTI! is a complete formula offering major benefits:

- The formula contains the purest ingredients and no common food allergens.
- Excludes vitamin forms that are potentially toxic and acid forming (including sulfates and phosphates).
- The formula is well balanced and exhibits high bioavailability. It contains no inert ingredients.
- Includes all of known essential minerals in forms readily absorbed and recognized by the body, including calcium, magnesium, potassium, zinc, manganese, boron, copper, chromium, molybdenum, vanadium, and selenium.
- Incorporates the best transporters (including malate and citrate for zinc, polynicotinate for chromium, and l-methionine for selenium) that optimize transport into the body.
- Utilizes mineral carriers (including ascorbates, Krebs cycle bionutrients, and amino acids) that provide the body with important metabolic substrates and vitamins, including citrate, succinate, alpha-ketoglutarate, fumarate, malate, glycinate, aspartate, sebacate, and Vitamin C.
- Provides Vitamins B1, B2, and B6 in coenzyme forms to help overcome possible inefficiencies in transforming these vitamins into usable coenzyme configurations within the body. Also provides coenzyme forms of folate and Vitamin B12.
- Excludes iodine which can bind with antioxidants in the formula and prevent effectively utilization of nutrients. Excludes PABA which adversely can affect brain function in certain individuals.
- Includes the most absorbable and usable forms of fat-soluble vitamins, including Vitamin A (as beta-carotene), Vitamin E (as d-alpha tocopheryl succinate), Vitamin D3 (as cholecalciferol), and Vitamin K (as phylloquinone).
- Suitable for vegetarians and for individuals who are allergic or hypersensitive.
- Dosage is two tablets per day per ten pounds of body weight. The full dosage can be spread out over the day to provide the body with a more uniform level of nutrients.

COMPOSITION: Two tablets provide:

NUTRIENT	AMOUNT
VITAMINS	
Vitamin A (as beta-carotene from <i>Dunaliella salinas</i>)	470 IU
Vitamin D3 (cholecalciferol)	50 IU
Vitamin E (as d-alpha tocopheryl succinate)	3 IU
Vitamin K (as phylloquinone)	13 mcg
Vitamin C (calcium, magnesium, and zinc ascorbates)	16 mg
Vitamin B1 (from cocarboxylase)	1.6 mg
Vitamin B2 (from riboflavin-5'-phosphate)	1.6 mg
Vitamin B3 (80% as niacinamide and 20% as niacin)	12 mg
Vitamin B5 (d-calcium pantothenate and pantethine)	4 mg
Vitamin B6 (from pyridoxal-5'-phosphate)	2.5 mg
Vitamin B12 (as methylcobalamin)	13 mcg
Folate (from calcium folinate)	50 mcg
Biotin (pure crystalline)	31 mcg
Inositol (crystalline, dextrose-free)	16 mg
Choline (bitartrate)	6 mg
MINERALS	
Magnesium (ascorbate and malate)	6 mg
Calcium (ascorbate, pantothenate, citrate, fumarate, malate, succinate, alpha-ketoglutarate, and aspartate)	6 mg
Potassium (ascorbate, citrate, fumarate, malate, succinate, alpha-ketoglutarate, and aspartate)	4.7 mg
Zinc (citrate and malate)	1.3 mg
Iron (fumarate)	0.4 mg
Manganese (glycinate)	0.3 mg
Copper (sebacate and aspartate)	0.13 mg
Boron (glycinate and aspartate)	0.13 mg
Chromium (polynicotinate)	13 mcg
Molybdenum (glycinate and aspartate)	6 mcg
Vanadium (citrate, fumarate, malate, succinate, alpha-ketoglutarate and aspartate)	6 mcg
Selenium (l-selenomethionine)	5 mcg
COFACTORS	
N-Acetyl-L-Cysteine (NAC)	5 mg
Taurine	5 mg
Quercetin (dihydrate)	3 mg
Betaine HCL	3 mg
Turmeric (from <i>Curcuma longa</i>) (root)	3 mg
Broccoli Powder	1.6 mg
BioVin® Grape Extract (seed, skins, and stems)	0.7 mg
Lycopene (tomato fruit extract)	190 mcg
Lutein (from marigold flowers)	65 mcg
Octacosanol (antigen-free spinach extract)	16 mcg

DIRECTIONS: As a dietary supplement for children and adults take 2 tablets daily per ten pounds of body weight (up to a maximum of 10 tablets daily) preferably divided among meals and snacks, or as directed by a health care professional.

OTHER INGREDIENTS: **KIDS MIGHTY-MULTI!** also contains xylitol, natural grape juice solids, cellulose, acerola cherry powder, natural grape flavor, silica, stevia leaf extract, and magnesium stearate.

KIDS MIGHTY-MULTI! does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, sulfates, wax, preservatives, colorings, or artificial flavorings.

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Mighty Multi-Vite!™

Advanced Foundational Multivitamin



- Highest purity
- Capsule formula
- Advanced formula
- Coenzyme vitamins
- No toxic ingredients
- Full-spectrum nutrients

120 Capsules

MIGHTY MULTI-VITE!™ is a complete and full-spectrum multivitamin incorporating the latest nutritional research in a complete formula combining the highest-quality and most usable forms of vitamins, minerals, herbs, and cofactors. This formula provides nutrients necessary for achieving and maintaining optimal health. It offers vitamins and minerals that are the activators of the body's metabolic functions, and cofactors aiding the absorption, utilization, and metabolism of nutrients. The biochemical formulation of this multivitamin reflects years of accumulated knowledge from basic and clinical research regarding the importance of nutrient interaction to efficient metabolism. The nutrients selected, the forms and quality of these nutrients, and mechanisms of transport and utilization by the body have been meticulously addressed in the development of the formula. This advanced core multivitamin is highly bioavailable, allowing the body to readily absorb and utilize the nutrients provided. Many multivitamins dissolve poorly or are compounded in ways that result in low absorption levels. In contrast, our formula easily and completely dissolves. After absorption, virtually all components will be used effectively in the body's biochemical pathways, eliminating the need to excrete what cannot be utilized. The formula offers the highest level of purity and contains the highest-grade components. It is known that "top quality" vitamins often include food-grade starting materials. These materials therefore contain impurities that can cause allergic reactions in a significant percentage of people. In contrast, **MIGHTY-MULTI!™** is produced using only the highest-quality raw materials.

MIGHTY MULTI-VITE!™ is a therapeutic multivitamin providing higher amounts of B vitamins both in coenzyme and standard form, high levels of choline and inositol, and a full range of the most abundant carotenoids found in the body.

APPLICATIONS: A multivitamin is the most important dietary supplement. This is because the food supply and typical food sources are significantly degraded in basic nutrients, including essential vitamins, minerals, and cofactors.



**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

MIGHTY MULTI-VITE!™ is a complete formula offering major benefits:

- The formula contains the purest ingredients available and contains no common food allergens.
- Excludes vitamin forms that are potentially toxic and acid forming (such as sulfates and phosphates).
- The formula is well balanced and exhibits high bioavailability. It contains no inert ingredients.
- Includes all of the known essential minerals in forms readily absorbed and recognized by the body including calcium, magnesium, potassium, zinc, manganese, boron, copper, chromium, molybdenum, vanadium, and selenium.
- Incorporates the best transporters (including malate and citrate for zinc, polynicotinate for chromium, and l-methionine for selenium) that optimize transport into the body.
- Utilizes mineral carriers such as ascorbates, Krebs cycle bionutrients, and amino acids providing the body with important metabolic substrates and vitamins, including citrate, succinate, alpha-ketoglutarate, fumarate, malate, glycinate, aspartate, sebacate, and Vitamin C.
- Provides Vitamins B1, B2, and B6 in coenzyme forms (in addition to the standard forms) to help overcome possible inefficiencies in transforming these vitamins into usable coenzyme configurations within the body. Provides coenzyme forms of folate and Vitamin B12.
- Excludes oxidants, such as iron and iodine that can bind with antioxidants in the formula to prevent either from being effectively utilized. Excludes PABA which adversely affects brain function in certain individuals.
- Includes all of the most absorbable and usable forms of the fat-soluble vitamin group, including Vitamin A (as beta-carotene), Vitamin E (as d-alpha tocopheryl succinate), Vitamin D3 (as cholecalciferol), and Vitamin K (as phyloquinone).
- Suitable for vegetarians (except for gelatin in capsule) and for individuals who are allergic or hypersensitive.
- Offers a four-per-day dose so that the full dosage can be spread out over the day for a more uniform level of nutrients.

COMPOSITION: Four capsules provide:

NUTRIENT	AMOUNT
VITAMINS	
Vitamin A (as beta-carotene from <i>Dunaliella salinas</i>)	7,500 IU
Vitamin D3 (cholecalciferol)	200 IU
Vitamin E (as d-alpha tocopheryl succinate)	200 IU
Vitamin K (as phyloquinone)	200 mcg
Vitamin C (calcium, magnesium, and zinc ascorbates)	250 mg
Vitamin B1 (60% thiamine HCl and 40% cocarboxylase)	25 mg
Vitamin B2 (60% riboflavin and 40% riboflavin-5'-phosphate)	25 mg
Vitamin B3 (niacin)	12 mg
Vitamin B3 (niacinamide)	48 mg
Vitamin B5 (d-calcium pantothenate)	45 mg
Vitamin B6 (60% pyridoxine HCl and 40% pyridoxal-5'-phosphate)	40 mg
Vitamin B12 (from hydroxycobalamin)	200 mcg
Folate (80% as folic acid and 20% from calcium folinate)	800 mcg
Biotin (pure crystalline)	500 mcg
Choline (bitartrate)	250 mg
Inositol (crystalline, dextrose-free)	250 mg
MINERALS	
Magnesium (ascorbate and malate)	100 mg
Calcium (ascorbate, pantothenate, citrate, fumarate, malate, succinate, alpha-ketoglutarate, and aspartate)	100 mg
Potassium (ascorbate, citrate, fumarate, malate, succinate, alpha-ketoglutarate, and aspartate)	99 mg
Zinc (citrate and malate)	20 mg
Manganese (glycinate)	5 mg
Boron (glycinate and aspartate)	2 mg
Copper (sebacate and aspartate)	2 mg
Chromium (polynicotinate)	200 mcg
Molybdenum (glycinate and aspartate)	100 mcg
Vanadium (citrate, fumarate, malate, succinate, alpha-ketoglutarate, and aspartate)	100 mcg
Selenium (l-selenomethionine)	75 mcg
COFACTORS	
Krebs Cycle Bionutrients (citrates, alpha-ketoglutarates, succinates, fumarates, and malates)	900 mg
Aspartic Acid (from mineral aspartates)	100 mg
N-Acetyl-L-Cysteine (NAC)	75 mg
Quercetin (dihydrate)	50 mg
Betaine HCL	50 mg
Turmeric (from <i>Curcuma longa</i>) (root)	50 mg
Broccoli Powder	25 mg
Pantethine	20 mg
Stevia rebaudiana (leaf extract)	20 mg
BioVin® Grape Extract (seed, skins, and stems)	10 mg
Lycopene (tomato fruit extract)	3 mg
Lutein (from marigold flowers)	1 mg
Octacosanol (antigen-free spinach extract)	250 mcg
Alpha-Carotene (from <i>Dunaliella salinas</i> extract)	140 mcg

DIRECTIONS: As a dietary supplement take 4 capsules daily divided with food, or as directed by a health care professional.

OTHER INGREDIENTS: **MIGHTY MULTI-VITE!™** also contains gelatin (capsule), cellulose, silica, and magnesium stearate.

MIGHTY MULTI-VITE!™ does not contain wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, sulfates, wax, preservatives, colorings, or artificial flavorings.

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ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

MINI MULTI

Ultra-Pure Multivitamin Advanced Foundational Formula



120 Capsules

- **Ultra-high-purity**
- **Capsule formula**
- **Coenzyme vitamins**
- **No toxic ingredients**
- **No fillers or excipients**
- **For sensitive individuals**

MINI MULTI is a complete and full-spectrum multivitamin incorporating the latest nutritional research in a complete formula combining the highest-quality and most usable forms of vitamins, minerals, herbs, and cofactors. This formula provides nutrients necessary for achieving and maintaining optimal health. It offers vitamins and minerals that are the activators of the body's metabolic functions, and cofactors aiding the absorption, utilization, and metabolism of nutrients. The biochemical formulation of this multivitamin reflects years of accumulated knowledge from basic and clinical research regarding the importance of nutrient interaction to efficient metabolism. The nutrients selected, the forms and quality of these nutrients, and mechanisms of transport and utilization by the body have been meticulously addressed in the development of the formula. This ultrapure multivitamin is highly bioavailable, allowing the body to readily absorb and utilize the nutrients provided. Many multivitamins dissolve poorly or are compounded in ways that result in low absorption levels. In contrast, our formula easily and completely dissolves. After absorption, virtually all components may be used effectively in the body's biochemical pathways, eliminating the need to excrete what cannot be utilized. This unique formula offers the highest level of purity and contains the highest-grade components. It is known that "top quality" vitamins often include food-grade starting materials. These materials contain impurities that can cause allergic reactions in a significant percentage of people. In contrast, **MINI MULTI** is produced using only the highest-quality raw materials. **MINI MULTI** is a therapeutic multivitamin that differs from other multivitamins by providing a moderate amount (about 3–5 times the Daily Value) of B vitamins completely in coenzyme forms. It contains no fillers, flow agents, or any other excipients. It also includes several ingredients typically not found in multivitamins (but especially valuable to individuals having sensitive bodies): germanium sesquioxide, higher levels of molybdenum, quercetin chalcone, coenzyme Q10, alpha-lipoic acid, and policosanol.



**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

TO ORDER, CALL TOLL-FREE 1-800-228-4265

APPLICATIONS: A multivitamin is the most important dietary supplement. This is because the food supply and typical food sources are significantly degraded in basic nutrients, including essential vitamins, minerals, and cofactors.

MINI MULTI is a complete formula offering major benefits:

- The formula contains the purest ingredients available and contains no common food allergens.
- Excludes vitamin forms that are potentially toxic and acid forming (such as sulfates and phosphates).
- The formula is well balanced and exhibits high bioavailability. It contains no inert ingredients.
- Includes all of the known essential minerals in forms readily absorbed and recognized by the body including calcium, magnesium, potassium, zinc, manganese, boron, copper, chromium, molybdenum, vanadium, and selenium.
- Incorporates the best transporters (including malate and citrate for zinc, polynicotinate for chromium, and l-methionine for selenium) that optimize transport into the body.
- Utilizes mineral carriers such as ascorbates, Krebs cycle bionutrients, and amino acids providing the body with important metabolic substrates and vitamins, including citrate, succinate, alpha-ketoglutarate, fumarate, malate, orotate, glycinate, aspartate, sebacate, and Vitamin C.
- Provides Vitamins B1, B2, and B6 in coenzyme forms to help overcome possible inefficiencies in transforming these vitamins into usable coenzyme configurations within the body. Provides coenzyme forms of folate and Vitamin B12.
- Excludes oxidants, such as iron and iodine that can bind with antioxidants in the formula to prevent either from being effectively utilized. Excludes PABA which adversely affects brain function in some individuals.
- Includes all of the most absorbable and usable forms of the fat-soluble vitamin group, including Vitamin A (as beta-carotene), Vitamin E (as d-alpha tocopheryl succinate), Vitamin D3 (as cholecalciferol), and Vitamin K (as phyloquinone).
- Suitable for vegetarians and individuals who are allergic or hypersensitive. Contains no fillers, flow agents, or any excipients.
- Offers a four-per-day dose so that the full dosage can be spread out over the day for a more uniform level of nutrients.

COMPOSITION: Four vegetarian capsules provide:

NUTRIENT	AMOUNT
VITAMINS	
Vitamin A (as beta-carotene from <i>Dunaliella salinas</i>)	5,000 IU
Vitamin D3 (cholecalciferol)	400 IU
Vitamin E (as d-alpha tocopheryl succinate and high-gamma mixed tocopherols)	200 IU
Vitamin K (as phyloquinone)	300 mcg
Vitamin C (calcium, magnesium, and zinc ascorbates)	200 mg
Vitamin B1 (as cocarboxylase)	5 mg
Vitamin B2 (as riboflavin-5'-phosphate)	5 mg
Vitamin B3 (niacinamide)	50 mg
Vitamin B5 (d-calcium pantothenate)	50 mg
Vitamin B6 (as pyridoxal-5'-phosphate)	10 mg
Vitamin B12 (as methylcobalamin)	200 mcg
Folate (from calcium folinate)	800 mcg
Biotin (pure crystalline)	600 mcg
Choline (bitartrate)	50 mg
Inositol (crystalline, dextrose-free)	50 mg
MINERALS	
Potassium (ascorbate, citrate, fumarate, malate, succinate, and alpha-ketoglutarate)	99 mg
Magnesium (as malate)	90 mg
Calcium (pantothenate, citrate, malate, orotate, succinate, and fumarate)	90 mg
Zinc (citrate, orotate, and malate)	12 mg
Germanium (sesquioxide)	5 mg
Manganese (arginate)	4 mg
Boron (glycinate, and aspartate)	2 mg
Copper (sebacate)	1 mg
Chromium (polynicotinate and arginate)	200 mcg
Molybdenum (citrate, fumarate, malate, succinate, and alpha-ketoglutarate)	200 mcg
Selenium (l-selenomethionine)	70 mcg
Vanadium (bis-glycinato oxo vanadium/BGOV)	50 mcg
COFACTORS	
Betaine HCL	50 mg
k-Rutin™	25 mg
BioVin® Grape Extract (seed, skins, and stems)	25 mg
Coenzyme Q10	10 mg
Alpha-Lipoic Acid	5 mg
Octacosanol (from sugar cane policosanols)	1.2 mg

DIRECTIONS: As a dietary supplement take 4 capsules daily preferably in divided doses with food, or as directed by a health care professional. **MINI MULTI** is most effective when taken in conjunction with other foundational formulas, including Vitamin C with bioflavonoids (e.g., **PRO-C™**) essential fats (e.g., **OMEGA PLUS**, and **REJUVENATE!™** superfoods.)

OTHER INGREDIENTS: **MINI MULTI** is contained in a vegetarian capsule, and contains no other ingredients than the nutrients listed in the table (above).

MINI MULTI does not contain wheat, rye, oats, corn, barley, gluten, egg, dairy, citrus, yeast, sugar, wax, sulfates, phosphates (other than coenzymes), preservatives, fillers, binders, coatings, colorings, or artificial flavorings.

MULTI TWO

Full-Spectrum Vitamins, Minerals, and Cofactors



120 Capsules

60 and 180 tablets

- **Highest purity**
- **High potency**
- **Advanced formula**
- **Coenzyme vitamins**
- **Complete & balanced**
- **No toxic ingredients**

MULTI TWO is complete and full-spectrum multivitamin incorporating the latest nutritional research in a complete formula combining the highest-quality and most usable forms of vitamins, minerals, herbs, and cofactors. This formula provides nutrients necessary for achieving and maintaining optimal health. It offers vitamins and minerals that are the activators of the body's metabolic functions, and cofactors aiding the absorption, utilization, and metabolism of nutrients. The biochemical formulation of this multivitamin reflects years of accumulated knowledge from basic and clinical research regarding the importance of nutrient interaction to efficient metabolism. The nutrients selected, the forms and quality of these nutrients, and mechanisms of transport and utilization by the body have been meticulously addressed in the development of the formula. This high-potency multivitamin is highly bioavailable, allowing the body to readily absorb and utilize the nutrients provided. Many multivitamins dissolve poorly or are compounded in ways that result in low absorption levels. In contrast, our formula easily and completely dissolves. After absorption, virtually all components will be used effectively in the body's biochemical pathways, eliminating the need to excrete what cannot be utilized. The formula offers the highest level of purity and contains the highest-grade components. It is known that "top quality" vitamins often include food-grade starting materials. These materials contain impurities that can cause allergic reactions in a significant percentage of people. In contrast, **MULTI TWO** is produced using only the highest-quality raw materials.

MULTI TWO is a therapeutic multivitamin formula that differs from our other multivitamin formulas by providing a significantly higher amount of the B vitamins both in coenzyme forms and standard forms.

APPLICATIONS: A multivitamin is the most important dietary supplement. This is because the food supply and typical food sources are significantly degraded in basic nutrients, including essential vitamins, minerals, and cofactors.

MULTI TWO is a complete formula offering major benefits:

- The formula contains the purest ingredients available and contains no common food allergens.
- Excludes vitamin forms that are potentially toxic and acid forming (such as sulfates and phosphates).
- The formula is well balanced and exhibits high bioavailability. It contains no inert ingredients.
- Includes all of the known essential minerals in forms readily absorbed and recognized by the body including calcium, magnesium, potassium, zinc, manganese, boron, copper, chromium, molybdenum, vanadium, and selenium.
- Incorporates the best transporters (including malate and citrate for zinc, polynicotinate for chromium, and L-methionine for selenium) that optimize transport into the body.
- Utilizes mineral carriers such as ascorbates, Krebs cycle bionutrients, and amino acids providing the body with important metabolic substrates and vitamins, including citrate, succinate, alpha-ketoglutarate, fumarate, malate, glycinate, aspartate, sebacate, and Vitamin C.
- Provides Vitamins B1, B2, and B6 in coenzyme forms (in addition to the standard forms) to help overcome possible inefficiencies in transforming these vitamins into usable coenzyme configurations within the body. Provides coenzyme forms of folate and Vitamin B12.
- Excludes oxidants, such as iron and iodine that can bind with antioxidants in the formula to prevent either from being effectively utilized. Excludes PABA which adversely affects brain function in certain individuals.
- Contains Vitamin E both as alpha tocopheryl succinate and as mixed tocopherols to provide the full benefit of all of the natural forms of the Vitamin E tocopherols.
- Suitable for vegetarians (except for gelatin in capsule) and for individuals who are allergic or hypersensitive.
- The formula is bound only using cellulose.
- Dosage is two-per-day dose for tablets and four-per-day for capsules. The full dosage can be spread out over the day for a more uniform level of nutrients.

**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

COMPOSITION: Four capsules or two tablets provide:

NUTRIENT	AMOUNT
VITAMINS	
Vitamin A (as beta-carotene from <i>Dunaliella salinas</i>)	10,000 U
Vitamin B1 (80% thiamine HCl and 20% cocarboxylase)	50 mg
Vitamin B2 (70% riboflavin and 30% riboflavin-5'-phosphate)	50 mg
Vitamin B3 (niacin)	20 mg
Vitamin B3 (niacinamide)	55 mg
Vitamin B5 (d-calcium pantothenate)	100 mg
Vitamin B6 (80% pyridoxine HCl and 20% pyridoxal-5'-phosphate)	100 mg
Vitamin B12 (50% from methylcobalamin and 50% from hydroxycobalamin)	400 mcg
Folate (50% as folic acid and 50% from calcium folinate)	800 mcg
Biotin (pure crystalline)	300 mcg
Choline (bitartrate)	100 mg
Inositol (crystalline, dextrose-free)	200 mg
Vitamin C (calcium, magnesium, and zinc ascorbates)	275 mg
Vitamin D3 (cholecalciferol)	200 IU
Vitamin E (d-alpha tocopheryl succinate, and beta, gamma, and delta tocopherols)	200 IU
Vitamin K (phylloquinone)	500 mcg
MINERALS	
Magnesium (citrate, fumarate, malate, succinate, alpha-ketoglutarate, ascorbate, and aspartate)	100 mg
Potassium (citrate)	99 mg
Calcium (pantothenate, citrate, fumarate, malate, succinate, alpha-ketoglutarate, and ascorbate)	50 mg
Zinc (picolinate, citrate, and ascorbate)	25 mg
Boron (citrate, glycinate, and aspartate)	2 mg
Manganese (citrate)	2 mg
Copper (sebacate and aspartate)	2 mg
Chromium (Nichrom III GTF and arginate)	200 mcg
Molybdenum (citrate)	50 mcg
Vanadium (citrate)	100 mcg
Selenium (l-selenomethionine)	75 mcg
COFACTORS	
Citric Acid (from mineral citrates)	300 mg
Malic Acid (from mineral malates)	115 mg
Fumaric Acid (from mineral fumarates)	105 mg
Succinic Acid (from mineral succinates)	100 mg
Alpha-Ketoglutaric Acid (from mineral alpha-ketoglutarates)	100 mg
Quercetin	50 mg
Betaine HCL	50 mg
Aspartic Acid (magnesium and boron aspartate)	20 mg
Grape Seed Extract (oligomeric proanthocyanidins)	10 mg
Octacosanol (antigen-free spinach extract)	500 mcg

DIRECTIONS: As a dietary supplement take four capsules or two tablets daily divided with food, or as directed by a health care professional.

OTHER INGREDIENTS: MULTI TWO also contains cellulose, magnesium trisilicate, magnesium stearate (tablet), pharmaceutical glaze (tablet coating), gelatin (capsule), silica, magnesium trisilicate, and natural vanilla flavor (tablet coating).

MULTI TWO does not contain wheat, rye, oats, corn, barley, gluten, egg, dairy, yeast, sugar, sulfates, wax, preservatives, colorings, or artificial flavorings.



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RECIPES

Basic Chia Gel

Basic Chia Gel takes advantage of the capacity of Chia Seeds to absorb many times their weight in water. Chia gel may be taken by itself or added to creamy and liquid foods, significantly boosting nutrition and acting both as a food extender and a calorie displacer. Just follow the recipe below!

Indeed, chia gel provides all the beneficial nutrients in chia seeds, including essential fats (EFAs), protein, complex carbohydrates, soluble fiber, vitamins, minerals, antioxidants, phytonutrients, polysaccharides, and more.

Perhaps the primary benefit of chia gel is that it slows the conversion of carbohydrates into sugars, thereby regulating and sustaining healthy blood sugar levels in the body. Stable blood sugar levels contribute to naturally high levels of energy, avoidance of abnormal cravings for foods, including sugary foods and simple carbohydrates) due to low blood glucose levels. Chia thereby helps you avoid "highs" and "lows" in energy or mood, as well as supports normal insulin function (i.e., natural blood sugar regulation).

But chia gel does much more than increase energy and help maintain healthy blood glucose levels! Read about our Chia Seeds to learn more about their benefits. We also suggest trying our Chia Gel Smoothie recipe, which transforms chia's gelling capacity into an easy-to-make superfood beverage. Visit the Recipes page on our website for other delicious chia recipes.

Making Chia Gel is Easy, Fun, and Healthy!

Add 1/3 cup chia seeds to 2 cups water (filtered). That is, use 2 cups water for every 1/3 cup chia seeds. This makes a 9:1 ratio (water to seed), which is an ideal ratio for a basic chia gel. You can experiment with using more or less water, depending on your preference, or the consistency of the food item to which you're adding it.

How to Make A Basic Chia Gel

Put water (slightly warm water will form gel faster) into a container with a tight-fitting lid (e.g., a mason jar). Pour dry seeds into the water. Shake container for 15 seconds. Let stand for one minute and shake again. This mixture (i.e., basic chia gel) will store in the refrigerator for two weeks.

You can modify this recipe to suit your needs. For example, you may prefer to grind the seeds (and thereby release the essential fats for better assimilation). Or you may prefer to use more water in order to achieve a less thick gel. Play with the process until you discover what works best for you.

How to Use Chia Gel

Add this mixture up to equal parts by weight to sauces, drinks, yogurt, salad dressings, cream cheese (or cream cheese substitutes), jams, jellies, salsa, hot/cold cereals, yogurt, dips, puddings, soups, or other liquid or creamy foods. The gel won't affect flavor, but definitely increases nutritional value.

More Benefits of Chia Gel!

Chia's hydrophilic structure holds water, so when mixed with foods (e.g., sauces), it displaces calories and fats without compromising flavor. Chia gel is therefore also a great replacement for fats in baked goods.

Tip for Blood Sugar Regulation: For individuals having diabetes or anyone desiring to stabilize blood sugar levels, research suggests taking 3 tablespoons of chia gel with each meal for an optimal slowing of the conversion of carbohydrates to sugar, as well as providing better assimilation of the foods you eat.

If you like this Basic Chia Gel, you will almost certainly love our Chia Gel Smoothie. The development of the Chia Gel Smoothie is a result of HPDI's continuing efforts to maximize and leverage chia's therapeutic qualities. It's an amazing extension of the Basic Chia Gel concept. You must try it to believe it!!

Please visit our website for delicious, easy-to-make chia recipes including the Chia Gel Smoothie.

Rejuvenation Pancakes

A favorite easy breakfast is a plate of piping-hot pancakes. Making heart-healthier pancakes for the whole family is easier than you might think. For starters, we suggest adding a couple scoops of Rejuvenate!™ Berries & Herbs to the mix. Rejuvenate!™ Berries & Herbs compliments the fruity-sweet flavor of fresh blueberries.

We suggest adding organically grown chia seeds to the mix. They can be pre-ground in a coffee grinder or simply whole.

Ingredients:

- 2 ½ cups of whole grain pancake mix
- 2 cups of spring water
- 1 free-range organic egg
- A handful of organic blueberries
- 2 scoops of Rejuvenate!™ Berries & Herbs
- 2 scoops of organically-grown chia seeds
- Grade B organic maple syrup

Pancake mixes vary, so you'll want to adjust ingredients as needed. This recipe makes about eight pancakes. Enjoy!

**These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.*

TO ORDER, CALL TOLL-FREE 1-800-228-4265

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ORDER ONLINE AT WWW.INTEGRATEDHEALTH.COM

NOTES

REJUVENATE!™

Dear HPDI,

I would like to tell you about stunning progress that I have made using the REJUVENATE!™ BERRIES AND HERBS product, along with the other supplements that comprise the protocol I have developed to address certain aspects of my health. I had also been waiting on the blood work test results to get the actual proof of the changes.

I am very happy to tell you that within months of using the REJUVENATE!™ BERRIES AND HERBS product I have finally reversed the mild heart condition that I had had since I underwent a surgery at the age of 4 (I am 35 now) where the anesthetics inflicted irregular heart beat rate and occasionally jumping blood pressure, from very low to moderately high (considering my age). I have now got the evidence that all of that is gone (my triglycerides, LDL/HDL/VLDL cholesterol, homocysteine and vitamin D levels extend well beyond the point of being excellent, considering recent advances in the heart disease research).

I attribute it to the REJUVENATE!™ BERRIES AND HERBS product not because of that only but also due to the overall feeling of well-being that I have witnessed since I started taking it daily at the 3-4 daily servings. I have already mentioned in the past how great all other REJUVENATE!™ products have been working on me, but the BERRIES AND HERBS has opened up a new dimension for me. I feel amazing every day, brimming with energy, being very productive and capable of doing a whole lot many more things than ever before. Thus this very tight schedule of mine I mentioned above. On top of that, even though I always look fresh, recently I have been receiving lots of extra compliments lately (quite unexpectedly, I must admit) from my friends and colleagues on how even more fresh and great I look every day. I am genuinely overwhelmed with the great results I have achieved in the recent months and rolled into the new year with. Which, obviously, could not happen that fast without your help.

In the coming months I am also going to introduce my mother who will be visiting me soon to the Berries and Herbs as she is in a dear need of addressing some of her health concerns.

Many thanks to Dr. Liers and everyone over at HPDI for making that happen.

- Oleg P., Sydney, Australia


Dear HPDI,

I had the privilege of working for the company that blends REJUVENATE!™ products. This company has very high standards and only blends what they believe in. Therefore, quality is number one with them, as it is with Integrated Health (HPDI). I was receiving the raw materials and checking them for quality before use. Hank always used the best raw ingredients available. He would change suppliers now and then because he found a better raw ingredient.

Once REJUVENATE!™ products are blended, they are tested to make sure they meet all requirements including taste. These were products I had never tried before and once I did they gave me a sense of inner wellness and power. I was hooked from there on. I am 56 now but feel much younger than that. If I miss a few days I seem to slow down. After a couple days back on it, I am full of FIRE again.

These products really work. Again, being on the inside looking out, you see and understand what it takes to make a quality product. I saw and experienced the results of quality. Try it once and you will go back for more. Take care of your body. REJUVENATE!™ will help you do that.

- Alan A., Monument, Colorado



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Monday-Friday:
9:00–11:45 AM, 1:00–4:30 PM
(Arizona Standard Time)