

32 pieces • DIETARY SUPPLEMENT
spearmint
with organic pomegranate & organic raspberry

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111714
SKU 1582

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Shown in *Product Identification Guide*, page 310

PURETRIM MEDITERRANEAN WELLNESS SHAKES **DS**

Description
Natural, Vegetarian Weight Loss Shake, High Protein, Low Carbs, Less than 1 gram of Sugar. No Soy, No Whey, No Dairy, and No Aspartame. Less than 200 calories per shake.

Ingredients
21 Gram Protein Blend: NON-GMO Vegetable Pea, Organic Brown Rice, Organic Lentil, and Organic Flaxseed. Blend of Antioxidants, Prebiotics, 500mg of Plant Calcium, 8000mg of Essential Fatty Acids & 1100mg of Super Raw Greens Blend.

Directions
Mix contents of shake in 10-12 oz. of chilled water. Have 2 shakes a day (one for breakfast & one for your evening meal.) Drink 2 glasses of water after you drink your shake for best results. Once weight loss is achieved, reduce to 1 shake a day for maintenance.

Warnings
Do not use if you are pregnant or nursing. Must be 18 years or older to use. Do not use as a replacement for more than two meals per day.

How Supplied
10 Packets (Net Weight 500g)
Shown in *Product Identification Guide*, page 310

Synergy WorldWide
1955 WEST GROVE PARKWAY, SUITE 100
PLEASANT GROVE, UTAH 84062

(801) 769-7800

PROARGI-9* **DS**
L-arginine Complexer Dietary Supplement

ProArgi-9* is the highest quality l-arginine supplement in the world. This proprietary formulation combines the powerful cardiovascular benefits of l-arginine with a variety of superior heart health ingredients to give your cardiovascular system optimum support.
ProArgi-9* was formulated in collaboration with leading scientists and cardiovascular specialists who have conducted extensive research on the proper application of l-arginine in promoting heart health. With ProArgi-9*, you're giving your heart the supplementation it needs for a long, healthy life.*
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Supplement Facts
Serving Size: 10.5 g (approx. 1 level scoop)
Servings per container: 30

Amount Per Serving	% Daily Value	
Calories 15		
Total Carbohydrate	5 g	2%*
Vitamin C (Ascorbic Acid)	60 mg	100%

Vitamin D3 (Cholecalciferol)	2,500 IU	625%
Vitamin K (Menaquinone)	20 mcg	25%
Vitamin B6 (Pyridoxine HCl)	2 mg	100%
Folate (Folic Acid)	200 mcg	50%
Vitamin B12 (Cyanocobalamin)	6 mcg	100%
Proprietary Blend	6.5 g	**

L-arginine, xylitol, pomegranate fruit concentrate (*Punica granatum*), L-citrulline, d-ribose, grape skin extract (*Vitis vinifera*), red wine extract

*Percent daily values are based on a 2,000 calorie diet.
**Daily value not established.

Other Ingredients: Citric Acid, Malic Acid, Natural Citrus Sweetener, Silicon Dioxide, Natural Citrus and Huckleberry Flavors, Stevia leaf extract (*Stevia rebaudiana*).

DIRECTIONS: Mix 1 serving (1 scoop providing 5 g pure, free form L-arginine) with 4-8 oz. water (depending on individual taste). Stir to dissolve. If water is very cold, mixture will take about one minute to dissolve. One serving (1 scoop) may be taken twice per day.

Store in a cool, dry place. Slight color changes may occur over time due to the natural fruit flavor. There is no change in the efficacy or potency of the product.

Shake Well Before Dispensing
Consult your physician prior to use if you have a preexisting medical condition including: myocardial infarction (heart attack), cardiovascular disease or diabetes, or take medications for any reasons including erectile dysfunction. Not recommended for use in children or pregnant or lactating women.

Manufactured Exclusively for Synergy Worldwide®

Pleasant Grove, UT 84062 • (801) 769-7700
www.synergyworldwide.com

Item Code: Isu74154 ©2012 Made in U.S.A. REV1112

Shown in *Product Identification Guide*, page 311

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THE MAKE LIFE BETTER COMPANY
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Products of Unicity International, Inc. are distributed through independent distributors.

BIO-C™ **DS**
[biō sē]

DESCRIPTION
Bio-C™ is a vitamin C nutritional supplement. Bio-C™ is a yellow, water-soluble, crystalline powder pressed into a tablet. Each Bio-C™ tablet consists of a proprietary blend of ascorbyl palmitate, calcium ascorbate, ascorbic acid, magnesium ascorbate, and 37.5 mg of citrus bioflavonoids. In addition to the active ingredients, each tablet contains cellulose, stearic acid, silicon dioxide, croscarmellose sodium, and magnesium stearate.

BENEFITS AND RESEARCH
Vitamin C (ascorbic acid) is a water-soluble vitamin that is used in the body to form cartilage, collagen, muscles, and blood vessels. Vitamin C is a potent antioxidant that can protect small molecules such as proteins, carbohydrates, nucleic acids, and lipids from damage caused by free radicals that are generated through the course of normal metabolism or through exposure to external toxins and pollutants (e.g. ultraviolet radiation from the sun or smoking). Vitamin C can also regenerate other antioxidants like vitamin E. Additionally, vitamin C is required for the synthesis of carnitine, a molecule involved in the transport of fats across the mitochondrial membrane, as well as the synthesis of norepinephrine, a neurotransmitter.¹

USAGE
Take one tablet morning and night with a meal.

SAFETY AND WARNINGS
Bio-C™ is well tolerated. Some gastrointestinal discomfort may be experienced as with any dietary supplement.

HOW SUPPLIED
Available in tablets.

REFERENCES
Carr, AC and Frei B. (1999), American Journal of Clinical Nutrition 96: 1086-1107.
Jacob, RA and Sotoudeh G. (2002), Nutrition in Clinical Care 5: 66-74.
Deruelle F, Baron B. (2008), Journal of Alternative and Complementary Medicine 14:1291-1298.
Levine M, Rumsey SC, Daruwala R, Park JB, Wang Y. (1999), The Journal of the American Medical Association 281: 1415-1423.

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BIOS LIFE® CARDIO **DS**
[bi-ōs lif kār-dē-ō]
Advanced Fiber and Nutrient Drink

DESCRIPTION
Bios Life® Cardio is a fiber-based, vitamin rich dietary supplement. Bios Life® Cardio contains a blend of soluble and insoluble fibers, phytosterols, policosanol, an extract of *Chrysanthemum morifolium*, vitamins, and minerals that when combined with a healthy diet and exercise may lower total serum cholesterol and triglyceride levels.
Bios Life® Cardio is light orange in color. It is a hygroscopic crystalline powder that is generally soluble in water. Each serving of Bios Life® Cardio contains 3 g of fiber, 1 g of phytosterols, 6 mg of policosanol, and 12.5 mg of an extract of *Chrysanthemum morifolium*. In addition to these active ingredients, each serving of Bios Life® Cardio contains maltodextrin, citric acid, orange juice powder, sucralose, and orange flavor.

BENEFITS AND RESEARCH
It's estimated that Americans consume 10-12 g of total fiber per day, less than half the amount of the recommended daily intake. Epidemiological and clinical studies have correlated high daily fiber intake with an improvement in overall health.
Bios Life® Cardio is a dietary supplement designed to increase daily fiber intake. Each serving of Bios Life® Cardio contains three grams of dietary fiber. When taken three times daily, Bios Life® Cardio contributes nearly half of the recommended daily value of fiber. Fiber supplementation has been shown to decrease preprandial and postprandial glucose levels and lower LDL cholesterol and apolipoprotein B levels.

In addition to fiber supplementation, Bios Life® Cardio contains a patented blend of phytosterols, policosanol, *Chrysanthemum morifolium*, vitamins, and minerals. This blend of ingredients optimizes cholesterol levels through a combination of four mechanisms. First, the soluble fiber matrix prevents cholesterol reabsorption in the gastrointestinal tract through bile-acid sequestration. Second, the phytosterols reduce dietary absorption of cholesterol. Third, policosanol inhibits hepatic synthesis of cholesterol mediated through HMG-CoA reductase. Fourth, *Chrysanthemum morifolium* provides phytonutrients that enhance conversion of cholesterol to 7-α-hydroxycholesterol. The four mechanisms provide a synergistic approach to optimizing cholesterol levels.

SUGGESTED USAGE
Dissolve the contents of one packet or one scoop into 8 to 10 fl. oz. of liquid (water or juice) and stir vigorously. Drink immediately. Use 15-20 minutes prior to meals up to three times daily.

SAFETY AND WARNINGS
Bios Life® Cardio is well tolerated. There may be mild gastrointestinal discomfort, such as increased flatulence or loose stools, during the first month of initial use due to the increased uptake of dietary fiber. This GI disturbance usually disappears within the first thirty days. If the GI discomfort persists, reduce the number of servings of Bios Life® Cardio. If the GI discomfort further persists, stop taking the product and consult your physician. Taking this product without adequate liquid can result in complications.

HOW SUPPLIED
Bios Life® Cardio is packaged in single-serving foil packets or in bulk canisters.

REFERENCES
Sprecher, DL and Pearce GL (2002), Metabolism 51: 1166-70.
Verdegem, PJE; Freed, S and Joffe D (2005), American Diabetes Association 65th Scientific Sessions, San Diego, CA.

Duenas, V; Duenas, J; Burke, E and Verdegem, PJE (2006), 7th International Conference on Arteriosclerosis, Thrombosis, and Vascular Biology, American Heart Association, Denver, CO.

Verdegem, PJE (2007), Current Topics in Nutraceutical Research 5: 1-6

US Patent 6,933,291.

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Shown in Product Identification Guide, page 312

BIOS LIFE E (UNICITY MATCHA)

DS

Description

Bios Life E (Unicity Matcha) is a nutritional supplement used to supply necessary vitamins, minerals, and electrolytes, as well as provide energy, amino acids, and antioxidants on a daily basis. Bios life E is a flavored powdered drink mix, delivered in a single-serve packet for convenience and ease of use.

Benefits and Research

Bios Life E (Unicity Matcha) is a refreshing ingredient blend that may boost energy and concentration, lower stress levels, and increase the metabolism. The principle ingredient in Bios Life E is a high-quality Matcha, a uniquely-grown green tea from Japan, which delivers a powerful dose of antioxidants in each serving.

Research shows Matcha delivers as much as 137 times more antioxidants than other green or black teas available on the market. Matcha contains especially high amounts of green tea antioxidants called catechins, a class of polyphenols, which may produce thermogenic effects by increasing the body's metabolism. Catechins and other green tea polyphenols may also protect against cell damage.

Matcha is derived from *Camellia sinensis*, one of the few plants that naturally produce high levels of L-theanine and caffeine which may supply an increase in energy as well as enhance cognitive ability. Matcha is a unique tea leaf because it is shade-grown, forcing the plant to grow at a much slower rate. This greatly increases the catechins and amino acids available in an equivalent serving of Matcha green tea compared to standard tea. Additionally, because Matcha tea leaves are powdered and consumed whole and not just steeped, a cup of Matcha tea contains a larger variety and quantity of nutrients. This includes soluble and insoluble components such as chlorophyll, protein, and dietary fiber. The catechins in Matcha have strong antioxidant properties and measured benefits in humans. These antioxidants work to speed up the metabolism, provide more energy over a longer period of time, and even decrease muscle fatigue.

Research shows the amino acid L-theanine, found in Matcha, has a calming effect on the human brain without causing drowsiness. This relaxation, paired with the stimulant effects of caffeine and theophylline, creates a heightened mental state that improves concentration.

Suggested Use

The contents of the packet can be mixed with 8-12 fl. oz. of water, shaken or stirred vigorously, and consumed. It can be served with ice if desired. Use one packet daily.

Safety and Warnings

Bios Life E (Unicity Matcha) is generally well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced. Bios Life E contains moderate amounts of caffeine; as such, caffeine-sensitive individuals should maintain caution when using this product.

How Supplied

Bios Life E is packaged in single-serve foil packets.

References

Weiss DJ, et al. Determination of catechins in matcha green tea by micellar electrokinetic chromatography. *J Chromatogr A*. 2003;1011(1-2):173-80.

Dulloo A, et al. Efficacy of a green tea extract rich in catechins polyphenols and caffeine in increasing 24-h energy expenditure and fat oxidation in humans. *American Journal of Clinical Nutrition*. 1999; 70(6): 1040-1045.

Gomez-Ramirez M, et al. The effects of L-theanine on alpha-band oscillatory brain activity during a visuo-spatial attention task. *Brain Topogr* 2009;22(1):44-51.

Cabrera C, et al. Beneficial Effects of Green Tea—A Review. *J Am Coll Nutr* 2006;25(2):79-99.

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BIOS LIFE PROBIONIC®

OTC

Description

ProBionic® contains four strands of live, healthy bacteria that enter the digestive system and help balance bacterial populations in the intestinal tract. This supplement is for individuals with symptoms of poor digestive health such as constipation, diarrhea, bloating, and inflammation.

ProBionic® is a water-soluble, light-pink crystalline powder. The proprietary encapsulation used for ProBionic® allows the healthy bacteria to be delivered to the small intestines alive, ensuring the bacteria can confer health benefits for the user. Each packet of ProBionic® contains a 100 mg Probiotic Blend of *Lactobacillus acidophilus LA 02*, *Lactobacillus rhamnosus LR 04*, *Bifidobacterium breve BR 03*, and *Bifidobacterium lactis BS 01*, with a total of 5 billion cells. In addition to these live bacteria, each 2 g packet also contains xylitol, natural berry flavor, citric acid, and silica.

Benefits and Research

Your body needs good bacteria to help with detoxification, food digestion, waste removal, production of vitamins, and protection from harmful organisms. When the intestinal bacteria is imbalanced and unhealthy bacteria dominate, the body is less able to fight off infection resulting in inflammation. The individual strains used in ProBionic® are helpful for maintaining overall gut health.

The proprietary encapsulation used in ProBionic® allows healthy strains of bacteria to be delivered to the digestive system alive and undisturbed. This also ensures the bacteria will remain alive throughout their shelf life.

Suggested Use

The contents of the packet can be taken dry, or they can be mixed with 8-10 fl. oz. of liquid (water or juice) and consumed. Use one packet daily.

Safety and Warnings

ProBionic® is generally well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

How Supplied

ProBionic® is packaged in single-serve foil packets.

References

Saggiaro A. Probiotics in the treatment of Irritable Bowel Syndrome. *Journal of Clinical Gastroenterology*, 2004; 38(8): S104-106.

Del Piano M, Carmagnola S, Andorno S, Pagliarulo M, Tari R, Mogna L, Strozzi GP, Sforza F, Capurso L. Evaluation of the intestinal colonization by microencapsulated probiotic bacteria in comparison to the same uncoated strains. Under publication in supplement of the *Journal of Clinical Gastroenterology*.

Del Piano M, Carmagnola S, Anderloni A, Andorno S, Balzare M, Balzarini M, Montino F, Orsello M, Pagliarulo M, Stratori M, Tari R, Sforza F, Capurso L. The use of probiotics in healthy volunteers with evacuation disorders and hard stools. A double blind, randomized, placebo-controlled study. Under publication in a supplement of the *Journal of Clinical Gastroenterology*.

Pregliasco F, Anselmi G, Fonte L., Giussani F., Schieppati S., Soletti L. A New Chance of Preventing Winter Diseases by the Administration of Symbiotic Formulations. *Journal of Clinical Gastroenterology*, 2008; 42(2): 224-233.

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BIOS LIFE® VISION ESSENTIALS™

DS

[bī-ōs līf vīzh-uhn ē-sen-shuhlz]

Clinically proven to support healthy eyes and vision.*

DESCRIPTION

Bios Life® Vision Essentials™ is a nutritional supplement for maintaining healthy eyes. Bios Life® Vision Essentials™ contains the following active ingredients: vitamin C, vitamin E, zinc, natural beta carotene, lutein, zeaxanthin, and anthocyanidins from wild bilberry, wild blueberry, strawberry, cranberry, grape seed extract, elderberry, and raspberries.

Bios Life® Vision Essentials™ is a purple crystalline powder that is water-soluble. In addition to the active ingredients, each capsule contains silicon dioxide, microcrystalline cellulose, and is packaged in vegetarian capsules.

BENEFITS AND RESEARCH

Antioxidants from the carotenoid chemical family, such as beta carotene, lutein, and zeaxanthin, play an important role in eye health. Clinical studies have demonstrated that lutein and zeaxanthin are concentrated to the retina and lens of the eye. Supplementation with high levels of lutein

can restore the lutein concentration in the retina. Further supplementation of vitamins C, E, and A (in the form of beta-carotene) along with zinc and copper aid with the healthy function of the eyes. Additional support for the eyes comes from a proprietary berry blend included in Bios Life® Vision Essentials™. This proprietary berry blend contains anthocyanidins, antioxidant compounds that support the vasculature within the eye.

USAGE

Take two capsules per day with a meal.

SAFETY AND WARNINGS

Bios Life® Vision Essentials™ is well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

HOW SUPPLIED

Available in vegetarian capsules.

REFERENCES

Krishnadev N, Meleth AD, Chew EY (2010) "Nutritional supplements for age-related macular degeneration." *Current Opinion in Ophthalmology* 21:184-189.

Ma L, Lin XM, Zou ZY, Xu XR, Li Y, Xu R. (2009) "A 12-week lutein supplementation improves visual function in Chinese people with long-term computer display light exposure." *British Journal of Nutrition* 102: 186-190.

Yagi, A, Fujimoto, K, Michihiro, K, Goh, B, Tsi, D, Nagai, H, (2009) "The effect of lutein supplementation on visual fatigue: A psychophysiological analysis". *Applied Ergonomics* 40:1047-1054.

Age Related Eye Disease Study Group, (2001) "A randomized, placebo-controlled, clinical trial of high-dose supplementation with vitamins C and E, beta carotene, and zinc for age-related macular degeneration and vision loss: AREDS report no. 8". *Archives of Ophthalmology*. 10: 1417-36.

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BONEMATE® PLUS

DS

[bōn-māt plūs]

For Strong Bones and Healthy Teeth¹

DESCRIPTION

BoneMate® Plus is specially formulated to help maintain optimal bone health.¹ It contains three forms of calcium and vitamin D to maximize absorption and aid in the support of healthy bones, teeth, nerves, heart, and muscle tissue.

BoneMate® Plus is a light gray in color and is soluble in water. Each serving of BoneMate® Plus contains the following active ingredients: 600 mg of calcium, 300 mg of magnesium, 30 mg of vitamin C, 2000 IU of vitamin D, 0.5 mg of boron, 5 mg of zinc, 1 mg of manganese, 1 mg of copper, and 20 mcg of vitamin K. In addition, it also contains the inactive ingredients microcrystalline cellulose, croscarmellose sodium, magnesium stearate, hypromellose, hydroxypropylcellulose, and stearic acid.

BENEFITS AND RESEARCH

Calcium is the most common mineral in the body. Almost 99% of the calcium in our body is found in the bones and teeth. Bone is a dynamic tissue that is constantly being remodeled throughout our lives. A chronically low calcium intake in growing individuals may prevent the attainment of optimal peak bone mass. Once peak bone mass has been achieved, inadequate calcium intake may contribute to accelerated bone loss.

Vitamin D, a secosteroid that is produced by the body upon exposure to the sun, is required for optimal calcium absorption. To ensure that calcium absorption is not limited by inadequate vitamin D levels, BoneMate® Plus contains 2000 IU of vitamin D per serving. In addition to facilitating calcium absorption, vitamin D has been shown to target over 2,000 different genes in the body. Vitamin D is needed to maintain overall bone and heart health.

USAGE

Take two tablets twice daily with a meal.

SAFETY AND WARNINGS

BoneMate® Plus is well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced. The Food and Nutrition Board of the Institute of Medicine has set the tolerable upper level (UL) of intake for calcium in adults at 2,500 milligrams (mg) of calcium/day.

HOW SUPPLIED

Available as tablets.

REFERENCES

Weaver CM, Heaney RP. Calcium. In: Shils M, Olson JA, Shike M, Ross AC, eds. *Modern Nutrition in Health and Disease*. 9th ed. Baltimore: Williams & Wilkins; 1999:141-155.

Heaney RP. Calcium, dairy products and osteoporosis. *J Am Coll Nutr*. 2000;19(2 Suppl):83S-99S.

Food and Nutrition Board, Institute of Medicine. *Calcium. Dietary Reference Intakes: Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride*. Washington, D.C.: National Academy Press; 1997:71-145.

Reid IR. Therapy of osteoporosis: calcium, vitamin D, and exercise. *Am J Med Sci* 1996;312:278-86. Food and Nutrition Board, Institute of Medicine. *Calcium. Dietary Reference Intakes: Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride*. Washington, D.C.: National Academy Press; 1997:71-145.

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CARDIO-BASICS™**DS****Essential Cardiovascular Nutrients*****DESCRIPTION**

Cardio-Basics™ is a nutritional supplement that combines multivitamins, minerals, and antioxidants to support the cardiovascular system.

Cardio-Basics™ is a light orange, water-soluble powder pressed into tablets. Each tablet of Cardio-Basics™ contains the following vitamins, minerals, amino acids, and antioxidants: beta-carotene (vitamin A), thiamine (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), calcium d-pantothenate (vitamin B5), pyridoxine hydrochloride (vitamin B6), folate (vitamin B9), cyanocobalamin (vitamin B12), ascorbic acid and ascorbyl palmitate (vitamin C), cholecalciferol (vitamin D), d-alpha-tocopherol (vitamin E), biotin, calcium, chromium, copper, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, sodium, zinc, L-arginine, L-carnitine, L-cysteine, L-lysine, L-proline, inositol, coenzyme Q10, and maritime pine extract. In addition to those active ingredients, each tablet also contains cellulose, croscarmellose sodium, stearic acid, silicon dioxide, and magnesium stearate.

BENEFITS AND RESEARCH

Cardio-Basics™ provides the vitamins, minerals, and antioxidants needed for a healthy heart. In clinical studies, participants using Cardio-Basics™ and Bio-C™ saw a significant reduction in arterial wall thickness and removal of calcification deposits when compared to the placebo group. Cardio-Basics™ provides the body with the necessary vitamins and minerals needed to support a healthy vascular system.*

SUGGESTED USE

Take two tablets daily with food.

SAFETY AND WARNINGS

Cardio-Basics™ is well tolerated. Contains chromium and niacin. Do not use if pregnant, nursing, diabetic, or when taking other niacin-containing supplements.

HOW SUPPLIED

Available in tablets

REFERENCES

Niedzwiecki A, Rath, M. (1996) *Journal of Applied Nutrition*, 48: 67-78.

Jeejeebhoy F, Keith M, Freeman M, Barr A, McCall M, Kurian R, Mazer D, Errett L, (2002), *American Heart Journal* 143: 1092-1100.

Verdgem PJE, Lonky S, Curley S. (2005) 7th Conference on Arteriosclerosis, Thrombosis and Vascular Biology.

Lloyd-Jones D, Adams R, Carnethon M, DeSimone G, Ferguson TB, Flegal K, Ford E, Furie K, Go A, Greenland K, Haase N, Hailpern S, Ho M, Howard V, Kissela B, Kittner S, Lackland D, Lisabeth L, Marelli A, McDermott M, Meigs J, Mozaffarian D, Nichol G, O'Donnell C, Roger V, Rosamond W, Sacco R, Sorlie P, Stafford R, Steinberger J, Hong Y, (2009) *Circulation*, 119: 480-486.

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CARDIO-ESSENTIALS™**DS****Caring for your heart*****DESCRIPTION**

Cardio-Essentials™ is a dietary supplement for the heart. Cardio-Essentials™ contains Coenzyme Q-10, L-carnitine, L-taurine, and Hawthorn berry.

Cardio-Essentials™ is a light tan, water-soluble powder. Each serving of Cardio-Essentials™ contains 100 mg of Coenzyme Q-10 and 3.5 g of a blend of L-carnitine, L-taurine, and Hawthorn berry. In addition to these active ingredients, each capsule also contains silicon dioxide, stearic acid, and calcium silicate.

BENEFITS AND RESEARCH

The ventricles of the heart requires specific nutrients to maintain overall health. These important nutrients are included in Cardio-Essentials™: Coenzyme Q10, L-carnitine, and L-taurine. In a clinical study, the combination of L-carnitine, L-taurine, and Coenzyme Q10 was shown to reduce the size of the left ventricle, which is important to maintain heart health. These ingredients are known to be important in providing adequate energy for heart muscle. Cardio-Essentials™ provides adequate amounts of these ingredients, i.e. 100 mg of CoQ10. Hawthorn extract is traditionally used in supporting the heart function.

SUGGESTED USE

Take three capsules twice daily with food.

SAFETY AND WARNINGS

Cardio-Essentials™ is well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

HOW SUPPLIED

Available in capsules.

REFERENCES

Lee, JH. et al. (2011) *Congestive Heart Failure* 4 199-203. * THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

CM PLEX® AND CM PLEX® CREAM**DS***[CM plēks]***Supports Joint Health and Mobility*****DESCRIPTION**

CM Plex® and CM Plex® Cream are a softgel and topical cream, respectively, that contain a proprietary blend of cetylated fatty acids, soy, and fish oil.

CM Plex® is an opaque oil that is insoluble in water. One softgel capsule of CM Plex® contains 350 mg of cetylated fatty acids, 160 mg of soy oil, and 25 mg of salmon oil. In addition to these active ingredients, each softgel capsule contains glycerin and St. John's Bread.

CM Plex® Cream is an off-white cream that is insoluble in water. One gram of CM Plex® Cream contains 7.7 mg of cetylated fatty acids and olive oil. In addition to these active ingredients, CM Plex® Cream also contains glyceryl stearate, glycerin, lecithin, tocopheryl acetate, benzyl alcohol, phenoxyethanol, carbomer, PEG-100 stearate, sodium hydroxide, methylparaben, propylparaben, butylparaben, ethylparaben, isobutylparaben, and citrus aurantium bergamia (Bergamot) fruit oil.

BENEFITS AND RESEARCH

Cetyl myristoleate and related fatty acids have been proven to improve joint health through their anti-inflammatory effects. A clinical study indicated that subjects exhibited improvements in knee flexion compared to placebo. A second study indicated the cream is effective for improving knee range of motion, ability to climb stairs, rise from a chair and walk, balance, strength, and endurance.*

SUGGESTED USE

Softgels: Take one to two softgels three times daily with meals.

Cream: Apply generously onto clean skin and gently massage until the cream disappears. Repeat 3 to 4 times daily as necessary. For maximum results, use both products concurrently.

SAFETY AND WARNINGS

CM Plex® Softgels and Cream are well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced with CM Plex® Softgels.

HOW SUPPLIED

CM Plex® is available in softgels and as a topical cream.

REFERENCES

Hesslink, R et al (2002), *Journal of Rheumatology* 29, 1708-1712.

Kraemer, WJ et al (2004), *Journal of Rheumatology* 31, 767-774.

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Shown in Product Identification Guide, page 312

ENZYGEN® PLUS**DS****Description**

In digestion, enzymes liberate and break down nutrients from food that become the building blocks for cell growth and regeneration. Proper enzyme levels are crucial to a healthy body. In order to provide a balanced blend of specific enzymes and help break down foods in digestion, Enzygen® Plus contains a wide variety of unique enzymes that aid in digestion. The enzymes found in Enzygen® Plus help break down various types of fats, carbohydrates, and proteins to help convert food into useful nutrients for the body. Additionally, Enzygen® Plus helps to promote proper digestion and helps the stomach maintain proper acidity.

The five basic categories of enzymes include lipase for breaking down oils and fats, cellulase to break down fibers, amylase for breaking down starches, lactase for dairy products, and protease to break down proteins.

There are many different enzymes in Unicity's proprietary blend of enzymes found in Enzygen® Plus. These include different forms of amylase, protease, lipase, catalase, lactase, cellulase, hemicellulase, invertase, peptidase, bromelain, papain, superoxide dismutase, beta-glucanase, and phytase.

Benefits and Research

Our bodies need proper levels of active enzymes in order to conduct a variety of tasks, including digestion. While enzymes occur naturally in our bodies and in plants, they can be destroyed by pesticides, pollution, processes used to cook or irradiate foods, and chemical additives. Enzygen® Plus supplements your enzyme supply to help your body break down fats, carbohydrates, and proteins, convert foods to useful nutrients, and complete proper digestion.

Enzymes are natural substances created in plant, animal and human cells, and they play a vital role in digestion. There are more than 2,700 identified enzymes in the human body, and each affects a unique chemical reaction. The body relies on properly functioning enzymes to assist with breathing, digestion, growth, blood coagulation, sensory perception, reproduction, and other functions.

Enzygen® Plus contains a wide variety of enzymes and other ingredients that may aid digestion by breaking down food in the digestive system, stimulating the release of essential nutrients from food.

Suggested Use

Take one capsule three times daily with food.

Safety and Warnings

Enzygen® Plus is generally well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

How Supplied

Available in capsules.

References

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¹ THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

IMMUNIZEN®**DS***[im mōō nī zēn]***DESCRIPTION**

Immunizen® is a dietary supplement for strengthening and fortifying the immune system.

Immunizen® is a modestly water-soluble, white crystalline powder. Immunizen® consists of a proprietary ingredient blend of colostrum, arabinogalactan, 1,3, 1,6 yeast beta-glucans, and lactoferrin. In addition to the active ingredients, each 835 mg capsule of Immunizen® contains natural gelatin, stearic acid, and silicon dioxide.

BENEFITS AND RESEARCH

Immunizen® combines the positive immune modulating effects of colostrum, arabinogalactans, yeast beta-glucans, and lactoferrin to boost your body's natural defenses to foreign antigens. Colostrum is composed of immunoglobulins that bolster the body's immune system by providing immunity against various pathogens.

Beta-glucans are generally derived from the cell walls of the yeast species *Saccharomyces cerevisiae*. Beta-glucans are potent immuno-modulating agents that prime both the innate and adaptive immune systems.

USAGE

As a dietary supplement, take two capsules daily with water one to two hours before a meal.

SAFETY AND WARNINGS

Immunizen® is well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

HOW SUPPLIED

Available in capsules.

REFERENCES

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JOINT MOBILITY™ capsule**DS****Description**

Joint Mobility is a nutritional supplement for overall joint health.

Joint Mobility contains Undenatured Type II Collagen, Turmeric Extract (95% Curcumin), Boswellia Extract and Vitamin D3 as active ingredients, and also includes microcrystalline cellulose and silicon dioxide. This supplement is for individuals with joint pain and discomfort caused from normal wear and tear.

Joint Mobility is a powder filled capsule that takes on the yellow color of Turmeric. Compared to more traditional joint supplements, Joint Mobility is a small dose at just 881 mg per day. These smaller capsules are ideal for individuals who have trouble taking large capsules or pills.

Benefits and Research

Many people suffer daily from joint pain and discomfort caused from years of overuse or from being overweight or obese. Joint pain and a loss of mobility can dramatically affect quality of life, making simple everyday activity difficult and painful. The ingredients contained in Joint Mobility work in several different ways to help maintain overall joint health. Curcumin and Boswellia extract have been shown to downregulate the genes involved in chronic inflammation. Vitamin D3 has been shown to help increase collagen production which is needed to maintain overall joint health. Joint Mobility works in several different ways for a multifaceted approach to joint health. The ingredients contained have been shown to inhibit proinflammatory pathways, and also help to prevent the breakdown of joint collagen allowing the body to repair and heal itself.¹

Usage

Take two capsules daily.

Safety and Warnings

Joint Mobility is generally well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

How Supplied

Available in capsules.

References

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¹THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Shown in Product Identification Guide, page 312

OMEGALIFE-3™**DS**

[ōmēgā-līf 3]

Omega-3 Fatty Acid Supplementation**DESCRIPTION**

OmegaLife-3™ is a blend of omega-3 fatty acids designed to help maintain healthy cardiovascular and cerebral function. OmegaLife-3™ is an amber-colored, semi-viscous, fat-soluble liquid. Each serving of OmegaLife-3™ contains the following active ingredients: 800 mg eicosapentaenoic acid (EPA), 400 mg docosahexaenoic acid (DHA), and vitamin E. In addition, it also contains the inactive ingredients gelatin, glycerin, purified water, and orange oil. OmegaLife-3™ has been molecularly distilled to ensure exceptionally pure oil and includes orange oil to prevent a fishy aftertaste.

BENEFITS AND RESEARCH

Clinical research suggests fish oil can help support proper brain and visual function. In 2002 the FDA approved supplementation of DHA in infant formula. DHA is potentially important in fetal and infant neural development, in that DHA and arachidonic acid have been shown to be incorporated into brain and retinal cell membranes—particularly during the third trimester of pregnancy and early infant life.

DHA is the predominant structural fatty acid in the central nervous system and in the retina of the eyes.

EPA supports the synthesis of important compounds in the body. EPA is the precursor of thromboxane and leukotriene, compounds involved in supporting healthy circulation. They also promote healthy blood vessels.

Evidence is accumulating that increasing intakes of EPA and DHA can decrease the risk thrombosis, decrease triglyceride levels, and decrease inflammation.¹

The U.S. Food and Drug Administration (FDA) has stated, "Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease."

USAGE

Take two softgels twice daily with a meal.

SAFETY AND WARNINGS

OmegaLife-3™ is well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced. Common side effects include a "fishy" taste upon eructation.

HOW SUPPLIED

Available in softgels.

REFERENCES

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UBIQUINOL-CoQ10**DS**

(Also known as CoQ10 Advanced Formula)

Description

As we age, levels of CoQ10 in the body decrease, causing the degeneration of cells. This may contribute to age-related conditions. Ubiquinol CoQ10 provides essential nutrients that may benefit the heart; it also contains antioxidants that may combat free-radical damage as well as help to naturally sustain healthy levels of CoQ10 in people as they age. Ubiquinol CoQ10 is a high-potency formula of Ubiquinol along with sunflower oil, yellow beeswax, and sunflower lecithin to increase solubility and bioavailability. Coenzyme Q10 (CoQ10) is found naturally in the body and plays an essential role in the production of energy in all cells.

Benefits and Research

Ubiquinol (CoQ10) is found naturally in the body and plays an essential role in the production of energy in all cells. The body requires a sufficient amount of CoQ10 in order to function optimally. This product may help enhance the effectiveness of the immune system. Some research has shown that a CoQ10 deficiency may contribute to possible side effects in persons taking statin medications. CoQ10 may support heart health and may assist the body in energy production in cells. CoQ10 is also an antioxidant that may protect cells from free radicals.

Suggested Use

Take one softgel daily. Do not take while on blood thinning medication without consulting a doctor.

Safety and Warnings

Ubiquinol CoQ10 is generally well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

How Supplied

Available in softgels.

References

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¹THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

UNICITY BALANCE™**DS**

(Also known as Bios Life® Slim or Bios Life® S) Formula for Healthy Cholesterol Support

DESCRIPTION

Unicity Balance™ (also known as Bios Life® Slim or Bios Life® S) is a fiber-based, vitamin-rich nutritional supplement. Unicity Balance™ contains a blend of soluble and insoluble fibers, Unicity® 7x technology, phytosterols, policosanol, an extract of *Chrysanthemum morifolium*, vitamins, and minerals that when combined with a healthy diet and exercise may lower total serum cholesterol, and help achieve and maintain a healthy body weight.

Unicity Balance™ is light orange in color. It is a hygroscopic crystalline powder that is generally soluble in water. Each serving of Unicity Balance™ contains 4 g of fiber, 1 g of phytosterols, 750 mg of Unicity 7x, 6 mg of policosanol, and 12.5 mg of an extract of *Chrysanthemum morifolium*. In addition to these active ingredients, each serving of Unicity Balance™ contains maltodextrin, citric acid, orange juice powder, sweeteners, and orange flavor.

BENEFITS AND RESEARCH

It's estimated that Americans consume 10-12 g of total fiber per day, less than half the amount of the recommended daily intake. Epidemiological and clinical studies have correlated high daily fiber intake with an improvement in overall health.

Unicity Balance™ is a nutritional supplement designed to increase fiber intake. Each serving of Unicity Balance™ contains four grams of fiber. When taken three times daily, Unicity Balance™ contributes half of the recommended daily value of fiber. Fiber supplementation has been shown to decrease preprandial and postprandial glucose levels, lower LDL cholesterol and apolipoprotein B levels, increase satiety, and facilitate weight loss.

In addition to fiber supplementation, Unicity Balance™ contains a patented blend of phytosterols, policosanol, *Chrysanthemum morifolium*, vitamins, and minerals. Unicity Balance™ facilitates weight loss through five distinct mechanisms. First, the soluble fiber matrix promotes an increase in satiety. Second, Unicity Balance™ improves cho-

lesterol levels. Reduction in LDL content removes a potent inhibitor of lipolysis. Third, Unicity Balance™ improves blood glucose levels. Appropriate serum glucose levels help maintain many metabolic processes in the body. Reducing insulin levels permits fatty acid oxidation to occur. Fourth, Unicity Balance™ restores appropriate leptin signaling. Lastly, Unicity Balance™ reduces triglyceride levels allowing for leptin to cross the blood-brain barrier and affect its mechanism of action.

SUGGESTED USAGE

Dissolve the contents of one packet or one scoop into 8 to 10 fl. oz. of liquid (water or juice) and stir vigorously. Drink immediately. Use 15-20 minutes before meals up to three times daily.

SAFETY AND WARNINGS

Unicity Balance™ is well tolerated. There may be mild gastrointestinal discomfort, such as increased flatulence or loose stools, during the first month of initial use due to the increased uptake of dietary fiber. This GI disturbance usually disappears within the first thirty days. If the GI discomfort persists, reduce the number of servings of Unicity Balance™. If the GI discomfort further persists, stop taking the product and consult your physician. Taking this product without adequate liquid can result in complications.

HOW SUPPLIED

Unicity Balance™ is packaged in single-serving foil packets or in bulk canisters.

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* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Shown in *Product Identification Guide*, page 312

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BEYONDE LIFE SENTIAL

DS

Multivitamins Plus Minerals / S-O-D Plus Coenzyme Q10 / *Chlorella Plus Shiitake* powder

DESCRIPTION

beyonde Life Sential is a revolutionary dietary supplement which contains Vitamins, Minerals, Amino Acids and **Phytomolecules** for helping restore strength, defend against stress and fatigue and protect immunity at the cellular level.

The product contains 3 tablets which are;

- Multivitamins and Minerals plus Amino Acids** (Vitamin A, Vitamin C, Vitamin E, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B12, Folic acid, Magnesium, Chromium, Iron, Selenium, Copper, Manganese, Zinc, Iodine, Calcium, L-Leucine, L-Isoleucine, L-Valine, L-Arginine, L-Methionine).
- SOD plus Coenzyme Q10** (Superoxide Dismutase from French Melon Juice Extract, Coenzyme Q10, Sodium Copper Chlorophyllin)
- Chlorella Plus Shiitake** (Nucleotides complex from *Chlorella vulgaris* & Bioactive Beta-glucan from Shiitake mycelium)

In addition to those active ingredients, beyonde Life Sential also contains microcrystalline cellulose, calcium carbonate, croscarmellose sodium, colloidal silicon dioxide, pregelatinized starch, caramel powdered color, magnesium stearate, hydroxypropyl methylcellulose, hydroxypropyl cellulose-L, talcum and polyethylene glycol.

BENEFITS AND RESEARCH

Multivitamins and Minerals play many important roles in human body such as; delivering nutrients to cells and organs for cellular metabolism & energy production, regulating neurological processes and supporting eye sight, heart, skin, immunity, blood cell, muscles and bone functions. Leucine, Iso-leucine, Valine, Arginine and Methionine are amino acids which help improve complication in chronic fatigue. A research found that the plasma levels of Leucine, Iso-leucine, Valine, Arginine and Methionine are decreased in chronic fatigue subjects. Supplementation of these amino acids is possibly positive effect. Fatigues has been found to affect the neurotransmitter level, in particular 5-Hydroxytryptamine (5-HT), decrease metabolism in brain, sleep quality, mood and emotion. **Branched-chain amino acids (L-Leucine, L-Isoleucine, L-Valine)** can elevate 5-HT balance which then relieve fatigue and stress, and enhance cell functions and physical endurance. **L-Arginine** serves as a precursor for the synthesis of growth hormone, supports vascular and heart functions, regulates nitric oxide level and blood flow, and promotes energy expenditure function of mitochondria. **L-Methionine** is a major amino acid for brain functions, as being previously been used for treatment of depression.

Superoxide Dismutase or SOD enzyme is one of the most crucial antioxidants found in cells. It helps prolong cell lifespan, reduce body & brain stress, increase attention span and memory. A clinical study in 61 healthy subjects, 30 to 65 years old, with a certain level of stress and fatigue but without any depressive symptoms, demonstrated the significant reduction of stress induced by a one-month supplementation with 140 IU of SOD from French melon juice extract. According to the study, French melon SOD enzyme supplementation can be also very beneficial for the complete fatigue condition, by reducing both physical and cognitive fatigue. beyonde Life Sential contains 140 IU of SOD from French melon juice extract per serving.

Co-enzyme Q 10 (CoQ10) helps prolong life and enhances energy production in cells of important organs such as heart, brain, liver, kidney, and muscle. CoQ10 level in human starts to decrease after the age of 20. Supplementation of CoQ10 can slow down cell aging and reduce risks of chronic diseases that might occur in aging people. **Chlorophyll** has been found to protect cells from damages by free radicals, radiations, and toxins. **Sodium copper chlorophyllin** is better absorbed than chlorophyll existed in fruits and vegetables.

Nucleotides complex from *Chlorella vulgaris* is the concentrated nutrient specially extracted from the nucleus of *Chlorella vulgaris* algae. It is full of amino acids, vitamins, and minerals, especially "Nucleotide complex". Nucleotide complex improves natural immunity and protects DNA in the cells from various toxins that lead to tumors and cancers. A study in healthy subjects showed that the extract from *Chlorella vulgaris* can significantly increase the production of cytokines in a human cell line.

Bioactive Beta-glucan from Shiitake mycelium cultivated with a special technique to obtain bioactive beta-glucan with special 3D helix structure, so called Lentinan. This bioactive beta-glucan possesses the biological efficiency in stimulating the production of Lymphocytes, Macrophages, NK-cells, Interferon and were found to suppress cancer recurrence, prolong the lifespan of Cancer & HIV patients. A double-blind, cross-over, placebo-controlled trial in 42 subjects revealed that Beta-glucan from Shiitake mycelium can increase the number of B-cells which help produce antibody to fight off infections.

USAGE

Take 1 sachet containing 3 tablets after meal with a glass of water.

SAFETY AND WARNINGS

While there are no acute toxicity concerns, continuous exposure to some components of this product at the levels provided by the maximum recommended dose should be done with the knowledge of the consumer's health care provider. Do not exceed 4 sachets per day. Not recommended for children and pregnant women. The product contains Mushroom and Soy.

HOW SUPPLIED

Available in 30 packets of 3 tablets in carton box

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BEYONDE MAQUI PLUS* **DS**
Multi Fruits & Berries Concentrate Drink

DESCRIPTION

beyonde Maqui Plus* is the concentrate antioxidant drink from the proprietary natural combination of Multi Fruits & Berries Concentrate which contains 12 fruits including Maqui Berry, Artichoke, Goji Berry, Acai, Acerola Cherry, Raspberry, Red Grape & Grape Seed Extract, Chokeberry, Cranberry, Apple, Strawberry and Cherry. Regular consumption of Maqui Plus+, a combination of multi-fruits and berries concentrate, provides high levels of natural antioxidants which help reduce free radicals in the body, prevent oxidative stress, reduce risks of age-related diseases, and promote overall well-being. In addition, it also contains fructose, pectin and sodium benzoate. The product is aseptic bottled in amber glass container in order to preserve its antioxidant capacity.

BENEFITS AND RESEARCH

Maqui berry is an exotic deep purple berry found in Chile, known as Chilean wineberry. It is reported that Maqui berry has exceptionally high antioxidant capacity. The major antioxidants in Maqui berry are anthocyanins, the group of deep-purple phytonutrients found in blue and purple color fruits. Anthocyanins have antioxidative property which can fight against free radicals, thus delay the aging of cells due to exposure of free radicals. Research indicates that anthocyanins can reduce risks of aging diseases such as heart disease, cancer, Alzheimer's disease, Parkinson's disease and reduce diabetes complications. It also helps improve blood circulation in the eye peripheral capillary and slows down degeneration of eye and vision. Many *in vitro* & *in vivo* studies also showed that high anthocyanins content enables Maqui berry to promote insulin functions and regulate blood sugar levels.

Artichoke is widely cultivated in Mediterranean, Europe, Australia and North America. It is a medicinal plant with high antioxidants, minerals and fibers. The important antioxidant in Artichoke is Cynarin which has been proven beneficial for health, in particular, improving liver functions. It enhances antioxidant capacity of the liver, hence aiding in its detoxification functions.

Gojiberry is a small orange-red berry which is well known in traditional Chinese herbal medicine. It is rich in vitamins and antioxidants e.g. Betacarotene, Lycopene, *L. barbarum*-Polysaccharides. Gojiberry is widely used as functional food with broad health benefits such as aiding detoxification process in the liver, promoting the liver regeneration, anti-tumor and inhibit cancer cell growth (e.g. colon cancer, prostate cancer and liver cancer).

USAGE

Take 1 shot (25 ml) twice daily, morning & evening. Consumption can be increased to 2 shots (50 ml) twice daily as required.

SAFETY AND WARNINGS

Allergies to fruits (e.g., berries) and other plant components of this product could occur, but would be rare. Ingestion of large amounts of concentrate could occur which may result in gastrointestinal distress such as vomiting, cramping and diarrhea. This could be a concern for an accidental ingestion of large amounts of concentrate, especially by a child.

HOW SUPPLIED

50 ml & 750 ml bottle.

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ACTIVE CALCIUM™ **DS**

COMPOSITION

Each Active Calcium contains the following minerals:

Vitamin D3 (as Cholecalciferol)	100 IU
Vitamin K (as Phylloquinone)	15 mcg
Calcium (as Calcium Citrate and Carbonate)	200 mg
Magnesium (as Magnesium Citrate, Amino Acid Chelate and Oxide)	100 mg
Boron (as Boron Citrate)	0.33 mg

ADVANTAGES

Each tablet contains a balanced blend of calcium, magnesium, vitamin D, vitamin K, boron and silicon; six nutrients required for bone development, bone remodeling and skeletal health. This non-prescription product meets USP guidelines for potency (as applicable), uniformity and disintegration, and is manufactured according to pharmaceutical cGMP standards.

RECOMMENDED USE

Take 4 tablets by mouth daily, preferably with meals.

SUPPLIED

Capsule-shaped tablet, white to off white color, with clear film coating, and with USANA imprint. In bottle of 112 tablets.

CHELATED MINERAL **DS**
[key'-lā-tēd] mineral

COMPOSITION

Each Chelated Mineral contains the following minerals:

Calcium (As Calcium Citrate and Carbonate)	67.5 mg
Iodine (As Potassium Iodide)	75 mcg
Magnesium (As Magnesium Citrate and Amino Acid Chelate)	75 mg
Zinc (As Zinc Citrate)	5 mg
Selenium (As L-selenomethionine and Amino Acid Complex)	50 mcg
Copper (As Copper Gluconate)	0.5 mg
Manganese (As Manganese Gluconate)	1.25 mg
Chromium (As Chromium Polynicotinate and Picolinate**)	75 mcg
Molybdenum (As Molybdenum Citrate)	12.5 mcg
Boron (As Boron Citrate)	0.75 mg
Vanadium (As Vanadium Citrate)	10 mcg
Ultra trace Minerals	0.75 mg

**Licensed under U.S. Patent 4,315,927.

ADVANTAGES

Each tablet contains a complete and balanced blend of essential minerals in bioavailable forms. The Chelated Mineral is designed to be taken with USANA's Mega Antioxidant to provide a full complement of essential nutrients required for health. This non-prescription product meets USP guidelines for potency (as applicable), uniformity and disintegration, and is manufactured according to pharmaceutical cGMP standards.

RECOMMENDED USE

Take two (2) tablets twice daily, preferably with food.

SUPPLIED

Oblong shaped tablets, off-white color, with clear film coating with USANA imprint. In bottle of 112 tablets

COQUINONE® 30 **DS**
[cō'-kwi-nōn]

COMPOSITION

Each CoQuinone 30 capsule contains the following:

Coenzyme Q ₁₀	30 mg
Alpha Lipoic Acid	12.5 mg

ADVANTAGES

CoQuinone 30 contains a hydrosoluble form of Coenzyme Q₁₀ (CoQ₁₀) that is 2.5 times more bioavailable than material supplied in dry tablet/capsule formulas. The higher blood levels of CoQ₁₀ supplied enhance mitochondrial production of ATP. CoQ₁₀ is a rate-limiting factor in the electron transport chain involved in mitochondrial production of ATP. It is also involved in neutralizing free radicals generated during ATP production. As such, CoQ₁₀ helps the body maintain healthy skeletal and cardiac muscle. Alpha lipoic acid is included in the formula as a lipid-soluble antioxidant to recycle CoQ₁₀ from the prooxidant form to the antioxidant form. This non-prescription product meets USP guidelines for potency (where applicable), uniformity and disintegration, and is manufactured according to cGMP standards.

RECOMMENDED USE

Take 1 or 2 capsules by mouth daily.

SUPPLIED

Oval shaped, soft gelatin capsule, annatto-colored, opaque. Capsules contain an orange colored liquid. In bottle of 56 soft-gel capsules.

MEGA ANTIOXIDANT **DS**
[mē-gā aenti-ōx'-si-dēnt]

COMPOSITION

Each Mega Antioxidant contains the following vitamins and Minerals:

Vitamin A (as Beta Carotene)	3,750 IU
Vitamin C (as Calcium, Potassium, Magnesium, & Zinc Ascorbates)	325 mg