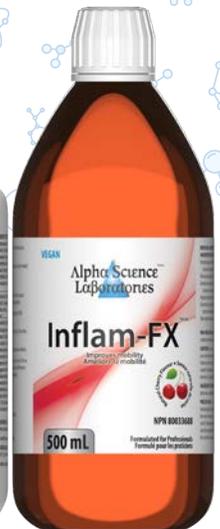
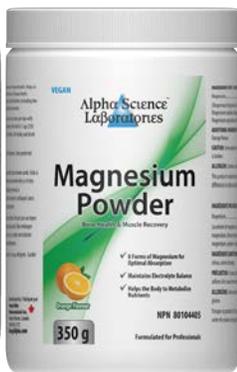


Alpha Science Laboratories™

Products Catalogue



For Professional Therapeutic Use Only

ASL055-v11/25

Your First Choice for Natural Medicine

AlphaScienceLabs.com • 1-888-299-0318 • 100%  Canadian Company •   

Here's what Alpha Science™ has to offer

New Accounts

We are pleased to offer all new accounts a discount of 25% off of the regular wholesale price on the first three orders within the first eight months of opening your account.



Stock-up and Save

Stock-up and save by receiving a 10% discount on orders over \$1,000 before TAX (cannot be combined with any other offers).

Another Great Way to Save

- ✓ Buy 12 bottles of the same item (SKU) at regular wholesale price and receive 1 bottle of the same item FREE of charge.
- ✓ Multiple promotions cannot be applied.



Marketing & Education Database

Scan the QR code or go to the web link provided and you will be taken to Alpha Science's google drive folder.

This is a marketing and education support library of our digital files that you can use for your business. In here you will find product flyers, monographs, protocols, webinar presentations, social media posts and more.



<http://bit.ly/asl-librarypass>

Boost Your Income With the ASL Virtual Dispensary

- ✓ Earn extra income on all ASL products sold to your clients through the ASL virtual dispensary.
- ✓ Every product purchased by clients with practitioner's referral code has a 20% rebate that is paid back to practitioner.
- ✓ ASL will process your client's orders and deliver directly to their address, you have no shipping responsibilities.

At Alpha Science Laboratories our high-quality ingredients, purity, efficacy and comprehensive testing procedures, have made us the professional's choice for superior natural health supplements. We invite you to register as a practitioner at AlphaScienceLabs.com to buy professional quality ASL natural health products online.



"Drop-Ship" Practitioner Program. How it works:

1. Register for "Drop-Ship" account at www.alphasciencelabs.com. (If you already have the "Practitioner" account with us, you still need to register.)
2. The registration process is the same, please fill out all mandatory fields.
3. For the "Drop-Ship" program, a practitioner will be charged: WHSL + \$20 Handling Fee. Please use our MAP (minimum advertised price) as a guide for consumer pricing.
4. "Drop-Ship" orders are accepted online only. We do not accept "Drop-Ship" orders over the phone or email.
5. The "Drop-Ship" program is available for shipments to Canadian addresses only. We do not "Drop-Ship" to the USA or other foreign countries.

Stay Connected to Learn More About Alpha Science™ Formulas

SOCIAL MEDIA

Stay in touch by following us on your favourite social media platform. Here are our social media handles:

- facebook.com/alphasciencelabs
- linkedin.com/company/alphasciencelabs
- instagram/alphasciencelabs
- bit.ly/oa_spotify_podcasts

NEWSLETTER

Sent at the beginning of every month and includes:

- ✓ Link to register for monthly webinar
- ✓ Tips on using ASL formulas
- ✓ New research material
- ✓ Monthly specials and more

Email Carrie at cbergen-geisel@omegaalpha.ca for invitations.

Note: Alpha Science™ will never share your contact info with outside sources.

• Superior Quality Ingredients • Proven Scientific Research & Testing • Advanced Product Formulations •
100% Canadian Company • 100% Satisfaction Guarantee • OASIS Product Training

Alpha Science™ Products	Item Size	UPC Code	Categories	Page No.
Acomodil™	120 mL	826913607811	Adrenal & Stress Support, Cognitive Health, Nervous System & Sleep, Women's Health	12
Acomodil™	500 mL	826913607804	Adrenal & Stress Support, Cognitive Health, Nervous System & Sleep, Women's Health	12
Aloe-Immune™	60 vegcaps®	826913602007	Immune Support	13
Alpha Lipoic Acid	90 vegcaps®	826913609051	Antioxidants, Blood Sugar Regulation, Detoxification, Weight Management	14
Alpha Lipoic Acid	120 vegcaps®	826913609075	Antioxidants, Blood Sugar Regulation, Detoxification, Weight Management	14
R-Alpha Lipoic Acid	60 vegcaps®	826913605855	Antioxidants, Blood Sugar Regulation, Detoxification, Weight Management	15
Artemisia Extract	250 mL	826913608900	Immune Support	15
ArthriPlex™	90 vegcaps®	826913602106	Joint Health	16
BotanoCough™	250 mL	826913608252	Respiratory Health	17
Cal-Mag Essentials™ Capsules	240 vegcaps®	826913602205	Joint Health, Minerals	18
Cal-Mag Essentials™ Liquid	500 mL	826913607002	Joint Health, Minerals	18
Choles-FX®	60 vegcaps®	826913602458	Cardiovascular Health	20
Choles-FX®	120 vegcaps®	826913602472	Cardiovascular Health	20
CoEnzyme B Complex™	120 vegcaps®	826913602557	Adrenal & Stress Support, Detoxification, Men's Health, Nervous System & Sleep, Nutrition, Vitamins, Women's Health	21
Collagen Liquid	500 mL	826913609105	Amino Acids, Joint Health	22
Colloidal Silica	500 mL	826913607958	Joint Health, Minerals	22
D-Glucosamine Sulphate & Chondroitin Sulphate	120 vegcaps®	826913602502	Joint Health	23
D-Ribose	300 g	826913602700	Cardiovascular Health	23
DG Licorice	90 vegcaps®	826913602755	Gastrointestinal Health	24
DigeZyme™	90 vegcaps®	826913602854	Gastrointestinal Health	24
DigeZyme™	180 vegcaps®	826913602809	Gastrointestinal Health	24
Echinacea	120 mL	826913602953	Immune Support & Respiratory Health	25
Goldenseal & Echinacea	120 mL	826913603608	Immune Support & Respiratory Health	26
EFA 40:20	90 softgels	826913603202	Cardiovascular Health, Cognitive Health, Essential Fatty Acids	26
EFA Omega 3-6-9	90 softgels	826913603103	Cardiovascular Health, Cognitive Health, Essential Fatty Acids, Special Health Care Products, Women's Health	27
(EFA) Triple Omega™	100 softgels	826913607354	Cardiovascular Health, Cognitive Health, Essential Fatty Acids	28
FemPlex™	500 mL	826913603158	Women's Health	29
Flax Seed Oil	500 mL	826913603257	Cognitive Health, Essential Fatty Acids, Men's Health, Women's Health	30
GinkgoSeng™	120 mL	826913603455	Cognitive Health, Nervous System & Sleep	30
Gluco-FX™	90 vegcaps®	826913603509	Blood Sugar Regulation	31
Horny Goat Weed	120 mL	826913603660	Men's Health	32
IB-Zyme™	90 vegcaps®	826913603752	Gastrointestinal Health, Special Health Care Products	32
IB-Zyme™	180 vegcaps®	826913603707	Gastrointestinal Health, Special Health Care Products	32
Inflam-FX™	120 mL	826913603813	Joint Health	34
Inflam-FX™	500 mL	826913603806	Joint Health	34
Inositol Hexaniacinate (Vit. B3)	60 vegcaps®	826913603851	Blood Sugar Regulation, Cardiovascular Health, Cognitive Health, Nervous System & Sleep, Vitamins, Weight Management	35
Inositol Hexaphosphate (IP6)	90 vegcaps®	826913603950	Immune Support, Special Health Care Products, Vitamins	35
Joint-FX™	500 mL	826913604001	Joint Health	36
Kava Kava	120 mL	826913604056	Adrenal & Stress Support, Nervous System & Sleep	37
Kidney Cleanse™	500 mL	826913604100	Detoxification, Immune Support	38

ALPHA SCIENCE PRODUCTS

Alpha Science Products	Item Size	UPC Code	Categories	Page No.
Kidney Support™	90 vegcaps®	826913604155	Detoxification	38
L-Arginine	90 vegcaps®	826913604209	Amino Acids, Cardiovascular Health	40
L-Glutamine	60 vegcaps®	826913604650	Amino Acids, Gastrointestinal Health	40
L-Lysine	60 vegcaps®	826913604506	Amino Acids, Immune Support	41
L-Tyrosine	90 vegcaps®	826913604605	Adrenal & Stress Support, Amino Acids, Nervous System & Sleep, Weight Management, Women's Health	41
Lib-FX™	120 mL	826913604704	Men's Health, Women's Health	42
LipoChitin™	120 vegcaps®	826913604759	Weight Management	43
LipoTrim™	60 vegcaps®	826913604803	Weight Management	43
Litis™	60 vegcaps®	826913607309	Gastrointestinal Health, Special Health Care Products	44
Liver Cleanse™	500 ml	826913604902	Detoxification, Immune Support, Weight Management	45
Liver Support™	90 vegcaps®	826913604957	Detoxification	45
Lung Cleanse™	500 ml	826913605008	Detoxification, Immune Support, Respiratory Health	47
MacuPlex™	120 mL	826913605053	Antioxidants, Men's Health, Special Health Care Products, Women's Health	48
Magnesium Bisglycinate	120 vegcaps®	826913605107	Cardiovascular Health, Minerals, Nervous System & Sleep	49
Magnesium Liquid	500 mL	826913607859	Adrenal & Stress Support, Cardiovascular Health, Minerals, Nervous System & Sleep, Women's Health	49
Magnesium Powder	350 g	826913607859	Cardiovascular Health, Minerals, Nervous System & Sleep	49
Milk Thistle	500 mL	826913609006	Detoxification, Immune Support	50
MSM Capsules	180 vegcaps®	826913608108	Joint Health	51
MSM Powder	250 g	826913605206	Joint Health	51
MSM & D-Glucosamine Sulphate	90 vegcaps®	826913605305	Joint Health	51
MSM & D-Glucosamine Sulphate	180 vegcaps®	826913605251	Joint Health	51
Ganoderma lucidum (Reishi)	250 mL	826913608603	Mushroom Extracts, Immune Support	52
Grifola frondosa (Maitake)	250 mL	826913608559	Mushroom Extracts, Immune Support	53
Hericium erinaceus (Lion's Mane)	250 mL	826913608504	Mushroom Extracts, Immune Support	53
Inonotus obliquus (Chaga)	250 mL	826913608405	Mushroom Extracts, Immune Support	54
Lentinula edodes (Shiitake)	250 mL	826913608658	Mushroom Extracts, Immune Support	54
Ophiocordyceps sinensis (Cordyceps)	250 mL	826913608450	Mushroom Extracts, Immune Support	55
Trametes versicolor (Turkey Tail)	250 mL	826913608801	Mushroom Extracts, Immune Support	55
N-Acetyl-L-Carnitine	90 vegcaps®	826913605350	Amino Acids, Cognitive Health	56
N-Acetyl-L-Carnitine & CoQ10	60 vegcaps®	826913604308	Adrenal & Stress Support, Amino Acids, Cardiovascular Health, Cognitive Health, Detoxification, Weight Management	56
NutraWeight™	60 vegcaps®	826913607156	Blood Sugar Regulation, Weight Management	57
ParaCide™	100 vegcaps®	826913605602	Detoxification	58
Phyto-Immune™	60 vegcaps®	826913605558	Immune Support, Special Health Care Products	59
Phyto-Immune™	120 vegcaps®	826913605503	Immune Support, Special Health Care Products	59
Probiotic Factors™	60 vegcaps®	826913607057	Detoxification, Gastrointestinal Health, Weight Management	60
Prosta-FX™	90 vegcaps®	826913605657	Men's Health	61

Alpha Science Products	Item Size	UPC Code	Categories	Page No.
Protein Complex™ Chocolate	300 g	826913607606	Nutrition, Proteins	62
Protein Complex™ Vanilla	300 g	826913607552	Nutrition, Proteins	62
(Vegan) Protein Chocolate	450 g	826913607705	Nutrition, Proteins	64
(Vegan) Protein Vanilla	450 g	826913607651	Nutrition, Proteins	64
Psyllium	100 vegcaps®	826913605701	Detoxification, Gastrointestinal Health, Weight	65
Quench-FX™	60 vegcaps®	826913605756	Antioxidants, Detoxification, Respiratory Health, Special Health Care Products	66
Quercetin	90 vegcaps®	826913605800	Antioxidants, Respiratory Health	67
Reliqil™	120 mL	826913608207	Adrenal & Stress Support, Nervous System & Sleep, Women's Health	68
Reliqil™	500 mL	826913607750	Adrenal & Stress Support, Nervous System & Sleep, Women's Health	68
Resp-FX™	120 mL	826913608153	Respiratory Health	69
Resp-FX™	500 mL	826913605909	Respiratory Health	69
SC Breast Formula™	500 mL	826913605954	Immune Support, Special Health Care Products	70
SC Liver Formula™	500 mL	826913606005	Immune Support, Special Health Care Products	71
SC Lung Formula™	500 mL	826913606050	Immune Support, Respiratory Health, Special Health Care Products	71
SinewGen™	250 g	826913606906	Antioxidants, Joint Health, Minerals, Nervous System & Sleep, Nutrition, Special Health Care Products, Vitamins	72
SinewGen™	500 g	826913606951	Antioxidants, Joint Health, Minerals, Nervous System & Sleep, Nutrition, Special Health Care Products, Vitamins	72
Stinging Nettle	120 mL	826913606159	Men's Health, Respiratory Health	75
Super Immune Plus™	120 mL	826913606203	Immune Support	76
Tribulus Terrestris	120 vegcaps®	826913606357	Men's Health	77
Tribulus Terrestris Liquid Extract	120 mL	826913606401	Men's Health	77
Ultimate Fibre Plus™ Capsules	180 vegcaps®	826913606500	Detoxification, Gastrointestinal Health, Weight Management	78
Ultimate Fibre Plus™ Powder	340 g	826913606555	Detoxification, Gastrointestinal Health, Weight Management	78
Ultimate Greens Concentrate™ Powder	200 g	826913607903	Antioxidants, Detoxification, Nervous System & Sleep, Nutrition	80
Ultimate Greens Concentrate™ Powder	360 g	826913606456	Antioxidants, Detoxification, Nervous System & Sleep, Nutrition	80
Ultimate Greens Concentrate™ Capsules	120 vegcaps®	826913607101	Antioxidants, Detoxification, Nervous System & Sleep, Nutrition	80
Valerian	120 mL	826913606609	Nervous System & Sleep	82
Vitamin B1 (100 mg)	60 vegcaps®	826913608009	Adrenal & Stress Support, Nutrition, Vitamins, Women's Health	82
Vitamin B Complex	60 vegcaps®	826913606807	Adrenal & Stress Support, Detoxification, Nutrition, Vitamins, Women's Health	83
Vitamin D3 (Emulsified) Concentrated Drops	50 mL	826913607255	Adrenal & Stress Support, Cardiovascular Health, Cognitive Health, Men's Health, Nervous System & Sleep, Nutrition, Vitamins, Women's Health	84
Vitamin D3 (Emulsified)	120 mL	826913606852	Adrenal & Stress Support, Cardiovascular Health, Cognitive Health, Men's Health, Nervous System & Sleep, Nutrition, Vitamins, Women's Health	84
Vitamin D3 & K2 (Liquid Spray) (Orange)	15 mL	826913606869	Adrenal & Stress Support, Cardiovascular Health, Cognitive Health, Vitamins	85
Vitamin D3 & K2 (Liquid Spray) (Peppermint)	15 mL	826913606876	Adrenal & Stress Support, Cardiovascular Health, Cognitive Health, Vitamins	85

Our Education Division OASIS

Our education division is called OASIS, an acronym for Omega Alpha[®] Scientific Institute of Supplements, and was created in 2008 to educate retailers, health care professionals, and consumers about our products and how to use them properly. OASIS provides:

- product training free of charge to clinic management
- continuing education for natural health professionals
- education for the health-minded consumer
- supplement protocol classes for natural health products consumed by people, pets and horses (separate product lines)

OASIS supports the educational needs of its five (5) primary divisions: professional practitioner supplements for people or pets, retail consumer line for human and pet health and our equine health supplement division.

OASIS offers a variety of support material for each of Omega Alpha's five divisions. This includes: individual product flyer sheets, posters, 15-minute health talks, catalogues, product monographs, product detailing sheets, protocol sheets, health-themed flyers, and health-themed booklets.

Under our professional brand, education is conducted via webinars by industry experts and hosted by Carrie Bergen-Geisel, RHN, our webinar facilitator. Seminars include themed health lectures on the facts, science and practices of alternative health and are excellent educational support for natural health care professionals who would like to attend health seminars but are homebound.

Email Carrie at cbergen-geisel@OmegaAlpha.ca to be registered.

Learn how Alpha ScienceTM Laboratories can help support your practice. We are eager to share the research behind our formulas and provide trainings on Tuesdays of most months at 7:00 pm EST in English.

Can't make the live session? All webinars are RECORDED and you can listen at your convenience. A copy of all past webinars are posted on our website at www.alphasciencelabs.com (note, you must be logged in to view).

Follow us & Learn through our Educational Webinars!

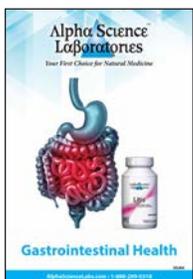
Alpha Science's Standards

- ✓ Follow the regulations and quality standards set by Health Canada
- ✓ Our manufacturing site is a FDA registered, inspected facility
- ✓ Site License provided by Health Canada that confirms Good Manufacturing Practices (GMP)
- ✓ GMP is recognized and practiced throughout the world as a measure of safety, effectiveness and quality
- ✓ Raw materials are subjected to a comprehensive set of defined laboratory tests to ensure their purity, potency and stability
- ✓ We manufacture in small batches, to ensure the highest level of product safety

Disclaimer - Alpha ScienceTM Laboratories has designed this booklet to provide information in regards to the subject matter covered. It is distributed with the understanding that Alpha ScienceTM Laboratories is not liable for the misconception or misuse of information provided. The purpose of this book is to educate and Alpha ScienceTM Laboratories shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained in this booklet. The herbal and health information provided in this booklet is intended as historical and traditional information only. The historical uses are not intended to diagnose, treat, cure, or prevent any diseases. Nothing listed within this booklet should be considered as medical advice for dealing with a given health problem. The information presented herein is in no way intended as a substitute for medical counseling.

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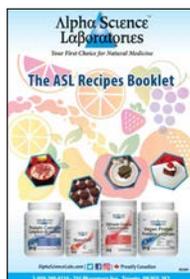
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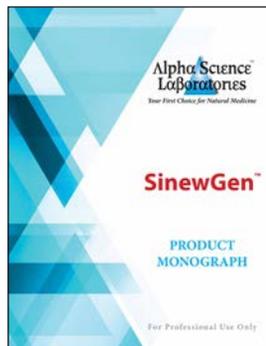
ASL064 - Litis Booklet



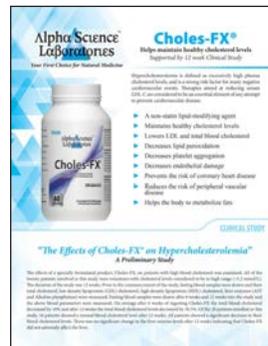
ASL074 - Mushroom Booklet



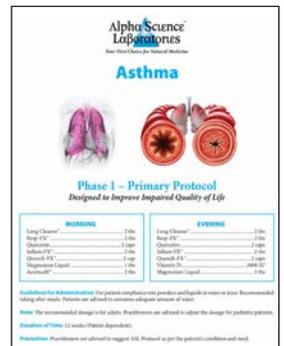
ASL069 - Recipes Booklet



ASL Product Monograph SinewGenTM



ASL Product Detailing Sheets



ASL Protocol Sheets

Ordering Information & Policies

Effective since January 1, 2010

1. Credit Policy

- New customers must fill out a credit application form if credit is desired, otherwise all orders are C.O.D. We reserve the right to issue or restrict credit terms at our discretion.
- Alpha Science™ Laboratories will perform a credit check and set a credit limit for each customer.

2. Price & Discount Structure

- Prices and discounts are determined by Alpha Science™ Laboratories according to market conditions and availability of raw ingredients. All customers will receive our list pricing current at time of order. Any discounts will be applied according to the Volume Discount Program or to any Special Promotion in effect at time of placing order. No discounts will be applied after the expiry date of any Special Promotion.
- The company reserves the right to issue or rescind any price or discount at any time. Although we reserve the right to change prices without notice at any time, customers in good standing will receive at least 30 days' notice of any change in pricing structure.

3. Payment Terms

- Unless previous credit arrangements have been determined, all orders are C.O.D. Credit terms for eligible customers are Net 30 Days.
- Payments may be made by cash, cheque, and money order, VISA or MasterCard.
- Any cheques returned NSF (Non-Sufficient Funds) will have an NSF charge of \$25. added to the account for each instance.
- Overdue accounts (any amounts past 30 days) may be subject to late payment charges of 24% annually (calculated at 2% monthly) on unpaid balances.
- Accounts which are overdue 90 days, or who issue 2 or more NSF cheques will have all credit privileges rescinded and will become C.O.D. accounts. At our discretion, credit may again be offered once all overdue balances are paid. Accounts past 90 days may also be turned over to our collection agency.

4. Ordering, Shipping and Handling

- All orders will be shipped F.O.B. our location. Orders over \$200 (before applicable taxes) will be shipped for free via ground (CanPar or Canada Post). Orders under \$200 will be subject to a minimum \$15 shipping charge.
- A customer may request their own carrier, or shipment via air express, but will pay all shipping charges regardless of the amount or dollar value of the order.
- Any damages in shipment must be reported within 5 days of receipt for exchange or credit.

5. Returns and Refunds

- Returns and refunds are at the discretion of the Sales and Accounting Departments.
- No cash refund will be issued but Alpha Science™ will exchange any returned item(s) for products of a comparable value, or issue a credit memo.
- Expired products may not be returned for refund.



DAIRY FREE



GLUTEN &
WHEAT FREE



EGG FREE



SOY FREE



NO SUGAR
ADDED



VEGAN



VEGETARIAN

✓NON-GMO ✓Laboratory Tested ✓GMP

• Superior Quality Ingredients • Proven Scientific Research & Testing • Advanced Product Formulations •
100%  Canadian Company • 100% Satisfaction Guarantee • OASIS Product Training

ASL Product Categories

Adrenal & Stress Support

Acomodil™
CoEnzyme B Complex™
Kava Kava
L-Tyrosine
Magnesium Liquid
N-Acetyl-L-Carnitine & CoQ10
Reliqil™
Vitamin B Complex
Vit. D3 & Vit.D3 (Concentrated Drops)
Vitamin D3 & K2

Amino Acids

Collagen Liquid
L-Arginine
L-Glutamine
L-Lysine
L-Tyrosine
N-Acetyl-L-Carnitine
N-Acetyl-L-Carnitine & CoQ10

Antioxidants

MacuPlex™ Alpha Lipoic Acid
Quench-FX™ SinewGen™
Quercetin Ultimate Greens™
R-Alpha Lipoic Acid Concentrate

Blood Sugar Regulation

Gluco-FX™
Inositol Hexaniacinate (Vitamin B3)
NutraWeight™
R-Alpha Lipoic Acid
Alpha Lipoic Acid
Vitamin D3 & K2

Cardiovascular Health

Choles-FX®
D-Ribose
EFA 40:20
EFA Omega 3-6-9
EFA Triple Omega™
Inositol Hexaniacinate (Vitamin B3)
L-Arginine
Magnesium Bisglycinate
Magnesium (Liquid & Powder)
N-Acetyl-L-Carnitine & CoQ10
Vit. D3 & Vit. D3 (Concentrated Drops)
Vitamin D3 & K2

Cognitive Health

Acomodil™ N-Acetyl-L-Carnitine
EFA 40:20 N-Acetyl-L-Carnitine
EFA Omega 3-6-9 & CoQ10
EFA Triple Omega™ Vit. D3 & Vit. D3
Flax Seed Oil (Concentrated Drops)
GinkgoSeng™ Vit. D3 & K2
Inositol Hexaniacinate
(Vit. B3)

Detoxification

CoEnzyme B Complex™
Kidney Cleanse™ & Kidney Support™
Liver Cleanse™ & Liver Support™
Lung Cleanse™
Milk Thistle
N-Acetyl-L-Carnitine & CoQ10
Para-Cide™
Probiotic Factors™
Psyllium
Quench-FX™
R-Alpha Lipoic Acid
Alpha Lipoic Acid
Ultimate Fibre Plus™
Ultimate Greens™ Concentrate
Vitamin B Complex

Essential Fatty Acids

EFA 40:20 EFA Triple Omega™
EFA Omega 3-6-9 Flax Seed Oil

Gastrointestinal Health

DG-Licorice Probiotic Factors™
DigeZyme™ Psyllium
IB-Zyme™ Ultimate Fibre Plus™
Litis™ L-Glutamine

Immune Support

Artemisia Extract
Aloe-Immun™
Echinacea
Goldenseal & Echinacea
Kidney Cleanse™
Liver Cleanse™
Lung Cleanse™
Phyto-Immun™
SC Breast Formula™
SC Liver Formula™
SC Lung Formula™
Super Immune Plus™
L-Lysine
IP6 (Inositol Hexaphosphate)
Mushroom Extracts

Joint Health

ArthriPlex™
Cal-Mag Essentials™
Collagen Liquid
Colloidal Silica
D-Glucosamine Sulphate &
Chondroitin Sulphate
Inflam-FX™
Joint-FX™
MSM (Methylsulfonylmethane)
MSM & D-Glucosamine Sulphate
SinewGen™

Men's Health

Prosta-FX™
Horny Goat Weed
Tribulus Terrestris
CoEnzyme B Complex™
Vit. D3 & Vit. D3 (Concentrated Drops)
Lib-FX™
MacuPlex™
Stinging Nettle
Flax Seed Oil

Minerals

Cal-Mag Essentials™
Magnesium Bisglycinate
Magnesium Liquid & Powder
SinewGen™
Colloidal Silica

Mushroom Extracts

Ganoderma lucidum (Reishi)
Grifola frondosa (Maitake)
Hericium erinaceus (Lion's Mane)
Inonotus obliquus (Chaga)
Lentinula edodes (Shiitake)
Ophiocordyceps sinensis (Cordyceps)
Trametes versicolor (Coriolus/Turkey Tail)

Nervous System & Sleep

Acomodil™
CoEnzyme B Complex™
GinkgoSeng™
Valerian
Reliqil™
Kava Kava
L-Tyrosine
Magnesium Bisglycinate
Magnesium Liquid & Powder
Inositol Hexaniacinate (Vit. B3)
SinewGen™
Ultimate Greens™ Concentrate
Vit. D3 & Vit. D3 (Concentrated Drops)

Nutrition

CoEnzyme B Complex™
Protein Complex™ Choc. & Van.
(Vegan) Protein Choc. & Van.
SinewGen™
Ultimate Greens™ Concentrate
Vitamin B Complex
Vit. D3 & Vit. D3 (Concentrated Drops)

Proteins

Protein Complex™ Choc. & Van.
(Vegan) Protein Choc. & Van.

Respiratory Health

Resp-FX™
Lung Cleanse™
BotanoCough™
SC Lung Formula™
Goldenseal & Echinacea
Echinacea
Quercetin
Quench-FX™
Stinging Nettle

Special Health Care Products

Phyto-Immun™
SC Breast Formula™
SC Liver Formula™
SC Lung Formula™
IP6 (Inositol Hexaphosphate)
MacuPlex™
Litis™
IB-Zyme™
EFA Omega 3-6-9
SinewGen™
Quench-FX™

Vitamins

SinewGen™
Inositol Hexaniacinate (Vit.B3)
IP6 (Inositol Hexaphosphate)
CoEnzyme B Complex™
Vitamin B Complex
Vit. D3 & Vit. D3 (Concentrated Drops)
Vitamin D3 & K2

Weight Management

LipoChitin™
LipoTrim™
NutraWeight™
L-Tyrosine
Inositol Hexaniacinate (Vit. B3)
N-Acetyl-L-Carnitine & CoQ10
R-Alpha Lipoic Acid
Alpha Lipoic Acid
Liver Cleanse™
Probiotic Factors™
Psyllium
Ultimate Fibre Plus™

Women's Health

FemPlex™
CoEnzyme B Complex™
Acomodil™
Reliqil™
Magnesium Liquid
L-Tyrosine
Lib-FX™
Flax Seed Oil
EFA Omega 3-6-9
MacuPlex™
Vitamin B Complex
Vit. D3 & Vit. D3 (Concentrated Drops)

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We Strive for Excellence

Alpha Science™ Laboratories is the professional human health brand of supplements owned by Omega Alpha® Pharmaceuticals Inc.

Product Formulation

All Alpha Science™ Laboratories products are created by our scientific team, headed by our CEO, Dr. Gordon Chang, PhD, in consultation with medical and naturopathic doctors, certified nutritionists, and research scientists. Dr. Chang's formulations are manufactured at our own premises in Toronto, Ontario, Canada at our 40,000 square foot facility which houses our entire manufacturing, sales, scientific and administrative teams, and where we use only the highest quality ingredients to manufacture the most efficacious nutraceuticals.

Per regulations governed by a division of Health Canada, (the NNHPD or Natural and Non-prescription Health Products Directorate), we submit all information relating to the manufacture and sale of our products to the NNHPD for their evaluation and review to obtain approval for sale and an NPN (Natural Product Number), similar to the DIN (Drug Identification Number) required by pharmaceutical drugs.

Health Canada is currently evaluating all natural products manufactured and sold in Canada and Alpha Science™ Laboratories has fully complied with this legislation to ensure the safety and efficacy of our products.

Best Quality Ingredients

Alpha Science™ Laboratories uses only ingredients where scientific research has proven the ingredient to be reliable and effective for its stated purpose. Dosages are per available scientific research and NNHPD/Health Canada recommendations for dosage.

We source ingredients worldwide, and whether an herb comes from Asia, Canada or the USA, all our raw herbal ingredients are received in whole (not powdered) dried form so that we can visually verify the herb. We source from a variety of suppliers where we have established long-standing business relationships providing us with raw ingredients that are free of contaminants. As all our products are made from natural ingredients there may be batch differences in colour and taste. All capsule products are veggie cap™ (hypromellose, sourced from rice). Our liquid products contain buffered benzoic acid. Benzoic acid is used to inhibit bacterial and fungal growth in food and medical products. Benzoic acid is naturally occurring in fruits (e.g. blueberries), and has been extensively tested for safety and efficacy. Alpha Science™ Laboratories has designed and patented a new process of buffering the quantity of benzoic acid in its liquid products so that it is always present to protect the product from bacteria and fungus that can lead to product spoilage.

Product Testing

In our own on-site laboratories, we test all ingredients and formulations before, during and after manufacturing and packaging to ensure there are no heavy metals, pesticides, contaminants or other toxins present. We also utilize third party laboratories to verify the efficacy, safety, consistency and purity of our products.

Product Labeling

Alpha Science™ Laboratories endeavours to put as much helpful information as possible on our labels and in our marketing materials for the benefit of the doctors and our consumers, and to comply with current legislation. Due to space limitations on the label, more product information may be available at our web site at www.AlphaScienceLabs.com.

Packaging Materials

Alpha Science™ Laboratories sources best quality packaging materials with the environment in mind. Our plastic bottles are 100% recyclable in most communities as we use only PETE #1 and HDPE (high density poly-ethylene) bottles. The durability of our HDPE packaging materials are tested for normal use and storage, as well as microbial permeability. We use glass where feasible and caps/lids are recycled/recyclable materials. We recommend consumers to reuse and recycle materials where possible as together, we can all succeed in reducing waste and our "carbon footprint" and preserve our natural resources.

All products are manufactured on-site and our bottles are sealed with a tamper evident seal for security, and to ensure the freshness of our finished products upon delivery and use.

Product labels and marketing materials are created using vegetable-based inks, recycled or recyclable paper, and other material resources whenever possible.

Alpha Science Laboratories™

Your First Choice for Natural Medicine

CEO & Founder of Omega Alpha® & Alpha Science™ Labs

Dr. Gordon Chang holds a Ph.D. in Physiology and Biomedical engineering from the University of Toronto. He also has 2 years of post-doctoral experience in biochemistry. He is the President and Chief Scientific Officer at Omega Alpha® Pharmaceuticals Inc.

Dr. Chang established Omega Alpha® Pharmaceuticals Inc. in 1992 and his manufacturing company is known for producing innovative and efficacious herbal-based and nutritional supplements for the natural health industry.

Product Formulation

Many companies produce herbal formulations, but Omega Alpha® Pharmaceuticals manufactures supplements based on proven scientific research and testing. Currently, Omega Alpha® manufactures over 200 natural health products through five divisions: Consumer Human Health Products, Pet Health Products, Equine Health Products and Professional Health Products through our Alpha Science™ Laboratories (Human Health) and AlphaVet Science™ (Animal Health) brands. We also have a custom manufacturing division, allowing our manufactured products to be prescribed and sold internationally for domestic and foreign clients. Our products have been clinically evaluated by herbalists, pharmacists, veterinarians, medical doctors, and naturopathic doctors.

When buying nutraceuticals from Omega Alpha® for yourself, your pets, horses or your family, you can be sure that only the best all natural ingredients are included to help support and maintain a healthy lifestyle for people and animals.

Product Training

We are firmly committed to educating you and your staff about our products and if necessary, when and how to prescribe them for best results. Our education division is called OASIS (an acronym for Omega Alpha® Scientific Institute of Supplements) created in 2008 to educate practitioners, retailers and consumers about our products and how to use them properly. Please contact your Territory Manager if you are interested in product training.

Our Mission

- To help improve the health of consumers by providing safe, effective and all natural remedies of the highest purity and quality.
- To advance natural health research and manufacturing standards beyond the minimum of (GMP) pharmaceutical and scientific guidelines.
- To conduct all business affairs, whether that is with consumers, retailers, suppliers, or our competitors, with the utmost of ethical standards.

Acomodil™

Stress, Stamina & Mental Fatigue Formula

120 mL/bottle – UPC 826913607811

500 mL/bottle – UPC 826913607804

NPN 80046770

RECOMMENDED USES: Used in herbalism as an adaptogen to help temporarily relieve symptoms of stress (such as mental fatigue and sensation of weakness) and improve mental and/or physical performance after periods of mental and/or physical exertion.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

<i>Panax quinquefolius</i> (North American Ginseng Root)	525 mg
<i>Eleutherococcus senticosus</i> (Siberian Ginseng Root)	460 mg
<i>Astragalus membranaceus</i> (Astragalus Root)	225 mg
<i>Codonopsis pilosula</i> (Bellflower Root)	375 mg
<i>Withania somnifera</i> (Ashwagandha Root)	150 mg

NON-MEDICINAL INGREDIENTS: Purified water, Benzoic acid (buffered), Citric acid, Potassium sorbate, Stevia, Natural apple flavour.

RECOMMENDED DOSE:

Adults – **Loading Dose:** Take 2 tablespoons (30 mL), once per day for one week or one hour before activity.

Maintenance Dose: Take 1 tablespoon (15 mL), once per day as required. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: Consult a health care practitioner for use beyond one month.

CAUTIONS: Do not use if you are pregnant, breastfeeding or have high blood pressure. Consult a health care practitioner prior to use if you have an autoimmune disorder, acute infection, diabetes, taking blood thinners or digoxin. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Supports stamina, strength and physical performance
- ✓ Supports mental focus and reduces the feeling of fatigue
- ✓ Has adaptogenic herbs that reduce stress
- ✓ Has phytonutrients and trace minerals
- ✓ Useful for supporting the adrenals
- ✓ Helps to support people suffering from adrenal fatigue
- ✓ Supports immune health by fending off stress



Antioxidants

Neuroprotection

Supports the
liver

- ▶ Adrenal & Stress Support
- ▶ Cognitive Health
- ▶ Nervous System & Sleep
- ▶ Women's Health



Acomodil™ is a concentrated, herbal liquid extract formulation and is used to support the stress conditions in the body. It helps to support adrenal gland functions as it promotes normal, healthy hormone production. The herbs in this formulation can help to further support the body from the negative effects associated with chronic stress, and helps to maintain physical and mental well-being. Acomodil™ is used during various types of stress factors. It may be used before and after athletic events, work-outs and strenuous exercise to restore energy and for a faster recovery. It can help to bring a sense of calm, concentration and mental focus to support athletic training or reduce effects of stressful events. Acomodil™ is sweetened with stevia and apple concentrate.

North American ginseng root has been used in traditional cultures to decrease the effects of mental stress while simultaneously invigorating the body. This herb is beneficial during times of mental or emotional fatigue and/or distress. It is known to help digestion in cases of nervousness and/or stress; helps maintain a healthy immune system; helps the body to cope with both physical/mental stress; is a mild sedative which helps relieve nervousness; used in supportive therapy for the promotion of healthy glucose levels; and has adaptogenic, tonic, immunostimulant, nervine and hepatic properties.

Siberian ginseng root is a well-known adaptogenic herb that aids in the reduction of stress and the increase of mental alertness. Known to naturally increase athletic stamina and endurance, Siberian ginseng works synergistically with *Codonopsis pilosula* (Bellflower) to increase athletic performance. It is known as a tonic that helps relieve general debility and/or to aid during convalescence; helps to improve mental/or physical performance after periods of mental and/or physical exertion; and has adaptogenic, anti-inflammatory, antioxidant, anti-spasmodic, immunogenic and nervine properties.

Ashwagandha is an Ayurvedic herb. It is known traditionally as the best herb for rejuvenation of the muscular system and is often prescribed (India) for conditions of weakness and tissue deficiency. As a nervine tonic, ashwagandha possesses the ability to strengthen and feed the tissues directly, reducing the harmful effects that stress can have, fighting fatigue and stimulating nerve communication. It is known to: help relieve general debility, especially during convalescence or old age; helps the body to better cope with both physical and mental stress; is a rejuvenative tonic that enhances memory and supports healthy sleep; and has adaptogenic, analgesic, antibiotic, anti-stress, cardioprotective, and diuretic properties.

Bellflower root exerts beneficial effects on various inflammatory conditions; helps maintain the immune system, protects cardiovascular health; helps the body to better cope with both physical and mental stress; improves cognitive functions; maintains healthy blood sugar levels; protects the liver; and has adaptogenic, antioxidant, digestive, diuretic, immunostimulant, nervine and tonic properties.

Astragalus root is known in Western herbalism to tonify the immune system and it creates a sense of calm within an individual. This root is also used to combat the negative effects associated with stress and brings balance back into an individual. Astragalus promotes alertness all the while stimulating energy and is known to: exert beneficial effects on various types of inflammatory conditions; helps maintain a healthy immune system; helps the body to better cope with both physical and mental stress; boosts energy levels; improves cardiovascular functions; maintains healthy blood sugar levels; promotes recovery from anemia; protects cells against damage caused by free radicals; protects the body from various stresses; protects the liver; and has adaptogenic, antioxidant, digestive, diuretic, immunostimulant, nervine and tonic properties.

Aloe-Immun™

Aloe Vera Immune Complex

60 vegcaps®/bottle – UPC 826913602007

NPN 80043719

RECOMMENDED USES: Used in herbalism to maintain a healthy immune system.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

<i>Astragalus membranaceus</i> (Astragalus Root).....	500 mg
<i>Aloe vera</i> (Aloe Leaf Gel).....	150 mg
<i>Ganoderma lucidum</i> (Reishi Mushroom Fruiting Body)	100 mg
<i>Withania somnifera</i> (Ashwagandha Root)	100 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell),
Oryza sativa (Rice) Powder.

RECOMMENDED DOSE: Take 2 capsules twice per day with food.

DURATION OF USE: Use for a minimum of 4 weeks to see beneficial effects.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you suffer from an immune system disorder (e.g. Crohn's disease, multiple sclerosis, rheumatoid arthritis, etc.) or if you are taking immuno-suppressants. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. For use beyond 3 months: dizziness, irritated skin, nausea and diarrhea have been known to occur; in which case, discontinue use.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Reduces colds and the flu naturally
- ✓ Rejuvenates the immune pathways
- ✓ Herbs have adaptogenic properties
- ✓ Supports the normal defence system
- ✓ A source of antioxidants
- ✓ Herbs: Astragalus, Ashwagandha & Reishi
- ✓ Promotes a healthy bowel (Aloe leaf gel)

Immune Health Products



The four botanicals in **Aloe-Immun™** work synergistically to support the immune system and its functions, as well as enhance the body's natural defense system. They also provide sources of antioxidants that help protect cells against free radical damage. The herbs possess various properties such as adaptogenic, immunostimulant and antioxidant effects, thus helping to maintain a strong immune system for a healthy body.

Astragalus is known to stimulate the immune system through its antioxidant actions toward inflammatory conditions. Antioxidants help to protect the cells against damage caused by free radical damage. It is used for prevention and supports the body from various stressors. It is a rejuvenating tonic to the liver and helps maintain a healthy immune system. This may help the body to cope better both physically and mentally. Astragalus root helps maintain a healthy immune system, helps the body to better cope with both physical and mental stress, boosts energy levels, and promotes recovery from anemia. It has adaptogenic, antioxidant, digestive, diuretic, nervine, immunostimulant and tonic properties.

Aloe Vera is typically used in natural remedies for humans and found in traditional medicine (India) for constipation, digestion and minor skin infections. In Traditional Chinese medicine, it's often used in the treatment of fungal diseases, and in the Western world, it has found widespread use in the cosmetic, pharmaceutical and natural health food industries. There are two parts of the plant used: aloe vera gel is the clear, jelly-like substance found in the inner part of the aloe plant leaf. Aloe vera latex comes from just under the plant's skin and is yellow in color. Aloe vera's active components have been identified in the plant includes: vitamins, minerals, saccharides, amino acids, anthraquinones, enzymes, lignin, saponins and salicylic acids. Aloe vera has a host of internal health uses for humans. Aloe vera is a source of antioxidants and helps support the immune system. This herb exerts beneficial effects on various types of inflammatory conditions, helps maintain healthy blood sugar levels, and promotes bowel movement. It also regenerates cells and speeds up the healing process, while soothing the skin. Aloe vera has anti-aging, anti-inflammatory, stimulant, stomachic, and tonic properties. Aloe vera possesses anti-inflammatory, antibacterial, anti-fungal, antiviral, antioxidant and antiseptic properties.

Reishi Mushroom has traditionally been used to dispel phlegm, stops coughs and arrests wheezing by supporting the immune pathways through its anti-inflammatory actions. It is known as a liver tonic and may promote appetite. Its nutrients and trace minerals provide antioxidants to maintain better health. Reishi mushroom enhances the T-lymphocyte activity thus boosting the immune system. Reishi mushroom has adaptogenic, anti-allergic, anti-inflammatory, anti-microbial, antioxidant and immune stimulant properties.

Ashwagandha root is an Ayurvedic herb. It is known traditionally as the best herb for rejuvenation of the muscular system and is often prescribed (India) for conditions of weakness and tissue deficiency. As a nervine tonic, ashwagandha possesses the ability to strengthen and feed the tissues directly, reducing the harmful effects that stress can have, fighting fatigue and stimulating nerve communication. It is known to: help relieve general debility, especially during convalescence or old age; helps the body to better cope with both physical and mental stress; is a rejuvenative tonic that enhances memory and supports healthy sleep; and has adaptogenic, analgesic, antibiotic, anti-stress, cardioprotective, and diuretic properties.



▶ Immune Support

Alpha Lipoic Acid

Source of Antioxidants

90 vegcaps®/bottle – UPC 826913609051

120 vegcaps®/bottle – UPC 826913609075

NPN 80140625

RECOMMENDED USES: Provides an antioxidant that helps protect cells against oxidative damage caused by free radicals. Helps to promote healthy glucose metabolism.

MEDICINAL INGREDIENT PER 1 CAPSULE:

DL-alpha-Lipoic Acid600 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Microcrystalline cellulose.

RECOMMENDED DOSE: Adults (18 years and older): Take 1 capsule, once a day with food.

DURATION OF USE: Consult a health care practitioner for use beyond 3 months.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have diabetes. Stop use and ask a health care practitioner if you experience sweating, paleness, chills, headache, dizziness and/or confusion (as these may be symptoms of serious low blood sugar). Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, dairy, yeast, corn, wheat or gluten. Compatible with a vegan diet.

FEATURES & BENEFITS:

- ✓ Counteracts oxidative stress
- ✓ An antioxidant for good health
- ✓ Protects tissue and organs from free radicals

What are the benefits of taking Alpha-Lipoic Acid daily?

The antioxidant properties of alpha-lipoic acid have been linked to several benefits, including lower blood sugar levels, reduced inflammation, slowed skin aging, and improved nerve function. Humans only produce alpha-lipoic acid in small amounts, so there is an anti-aging benefit and case for supplementation.

alpha-Lipoic acid (C₈H₁₄O₂S₂)

α-Lipoic acid (LA), also known as thioctic acid, is a naturally occurring compound that is synthesized in small amounts by plants and animals, including humans (Reed, 2001). Exogenous LA form can be activated with adenosine triphosphate or guanosine triphosphate by lipoate-activating enzyme, and transferred to LA-dependent enzymes by lipoyltransferase (Fujiwara et al., 1999; Fujiwara et al., 2001). Pharmacokinetic studies in humans have found that about 30%-40% of an oral dose of LA is absorbed (Teichert et al, 2003), and the maximal plasma LA concentrations were evident between 0.5 to 1 hour following an oral dose (Breithaupt-Grögler et al., 1999).

- ▶ Antioxidants
- ▶ Detoxification
- ▶ Blood Sugar Regulation
- ▶ Weight Management

LA scavenges a variety of reactive oxygen species (ROS) and nitrogen species (RNS), chelates transition metal ions (e.g. iron and copper), increases cytosolic glutathione and vitamin C levels, and prevents toxicities associated with their loss (Smith et al., 2004). Researchers have also found that LA increases intracellular coenzyme Q10 levels (Kozlov et al., 1999). Pharmacologically, LA improves glycemic control, polyneuropathies associated with diabetes mellitus, and effectively mitigates toxicities associated with heavy metal poisoning (Smith et al., 2004).

ACTIONS

- Scavenges free radicals
- Prevents heavy metal toxicity
- Chelates transition metal ions (Fe, Cu)
- Stimulates insulin signaling pathways
- Activates Akt/PKB-dependent pathways
- Modulates nuclear factor-kappa B
- Modulates phase II detoxification
- Regenerates vitamin C and E
- Increases intercellular glutathione and CoQ10
- Function as cofactor for several mitochondrial enzyme complexes

(Scholich et al., 1989; Busse et al., 1992; Bustamante et al., 1998; Jones et al., 2002; Smith et al., 2004)

INDICATIONS

- Blood-sugar management
- Diabetic nephropathy
- Diabetic polyneuropathy
- Glaucoma
- Cognitive decline and dementia
- Amanita mushroom poisoning

(Filina et al., 1995; Haramaki et al., 1995; Jacob et al., 1999; Ziegler et al., 1999, Hager et al., 2001; Sola et al., 2005; Ziegler et al., 2006)

Note: LA exists as two enantiomers or stereoisomers: R-(+)-lipoic acid (RLA) and S-(-)-lipoic acid (SLA) [Hermann et al., 2014]. RLA is the naturally occurring form of LA and acts as an essential cofactor of the mitochondrial pyruvate dehydrogenase multi enzyme complex (Packer et al., 1995). Rat and human studies have indicated that gut absorption of RLA is superior to other forms of LA which is evidenced by higher peak plasma concentrations (Uchida et al., 2015).

References available upon request.



R-Alpha Lipoic Acid

Premium Lipoic Acid

60 vegcaps®/bottle – UPC 826913605855

NPN 80051796

RECOMMENDED USES: Provides antioxidants for the maintenance of good health. Helps to promote healthy glucose metabolism.

MEDICINAL INGREDIENT PER 1 CAPSULE:

R-alpha Lipoic Acid..... 250 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), *Oryza sativa* (Rice) Powder.

RECOMMENDED DOSE: Adult: Take 1 capsule, two times per day on an empty stomach (1 hour before or 2 hours after a meal).

DURATION OF USE: Consult a health care practitioner for use beyond 3 months.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have diabetes. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Counteracts oxidative stress
- ✓ An antioxidant for good health
- ✓ Protects tissue and organs from free radicals

R-alpha-Lipoic acid is a co-factor of mitochondrial enzymes and a potent antioxidant. It can boost the endogenous antioxidant systems (vitamin C and E availability). It is a fat and water soluble antioxidant which is responsible for turning the glucose in our blood into energy for our cells. Numerous studies have been done proving its effectiveness on neurodegenerative conditions, cell health maintenance, anti-aging and also nerve functions.

R-Alpha Lipoic acid quenches a number of reactive oxygen species and free radicals. Lipoic acid has both water-soluble and membrane-soluble characteristics, enabling it to reduce oxidized antioxidants at the interface. It can directly and indirectly recycle glutathione, ascorbate, coenzyme Q10 and vitamin E. Evidence shows that R-alpha-lipoic acid has indications with regards to the nervous system, immune system and liver tissue. The R+Form has higher response than the regular S form of lipoic acid.

The Benefits of Alpha Lipoic Acid:



Antioxidants Neuroprotection Better eye health Reduces migraines



Supports heart health Supports the liver Supports insulin sensitivity

- ▶ Antioxidants
- ▶ Blood Sugar Regulation
- ▶ Detoxification
- ▶ Weight Management



Artemisia Extract

Remedy Based on TCM Theory

250 mL/bottle – UPC 826913608900

NPN 80115457

RECOMMENDED USES: Remedy based on the theory of Traditional Chinese Medicine (TCM).

MEDICINAL INGREDIENT PER 1 TABLESPOON (15 mL):

Artemisia annua (Qing Hao, Herb Top).....3000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered).

RECOMMENDED DOSE:

Adults – Take 1 tablespoon (15 mL), two times per day with food. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: For prolonged use, consult a health care practitioner.

CAUTIONS: If you are pregnant or breastfeeding, do not use this product. If symptoms persist or worsen, or if new symptoms develop, discontinue use and consult a health care practitioner. If you are taking prescription medications, consult a health care practitioner prior to use. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within three (3) months after opening.

ALLERGENS: Contains no alcohol, corn, dairy, gluten, glycerin, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Remedy based on the theory of Traditional Chinese Medicine (TCM)
- ✓ Daily dose of 6000 mg
- ✓ Helps prevent fever and chills
- ✓ Demonstrates anti-malarial activity
- ✓ Helps to dispel summer-heat

◇ *Traditional benefits, properties and actions: analgesic, anti-asthmatic, antibacterial, antifungal, anti-inflammatory, antileishmanial, antimalarial, antioxidant, antipyretic, anti-schistosomal, antitumor, anti-ulcerogenic, antiviral and stomachic.*

Artemisia extract, commonly known as wormwood or sweet sagewort, has been used in Traditional Chinese Medicine (TCM) for fevers, inflammation, headaches, bleeding, and malaria. The large genus *Artemisia* L. is from the tribe Anthemideae of the Asteroideae (subfamily of Asteraceae). It comprises of medicinal plants that are currently the subject of phytochemical attention due to their biological and chemical diversity. *Artemisia* species, widespread throughout the world, are frequently used for the treatment of diseases such as malaria, hepatitis, cancer, inflammation, and infections by fungi, bacteria and viruses.



- ▶ Immune Support

ArthriPlex™

Osteo-Arthritis Formula

90 vegcaps®/bottle – UPC 826913602106

NPN 80035102

RECOMMENDED USES: For the maintenance of good joint health.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

D-Glucosamine sulphate.....	500 mg
<i>Curcuma longa</i> (Turmeric Extract) (95% Curcuminoids).....	100 mg
<i>Zingiber officinale</i> (Ginger Root).....	100 mg
Methylsulfonylmethane (MSM).....	90 mg
<i>Uncaria guianensis</i> (Cat's Claw Bark).....	33.3 mg
Cellulase.....	10 mg (500 *FCC CU)

*Food Chemicals Codex Cellulase Units mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 1 capsule three times per day with food.

DURATION OF USE: Use for a minimum of 1 month to see beneficial effects.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you are taking anti-inflammatory, enzyme products, blood thinners, anticoagulant, antihypertensive or antiplatelet medications; having gallstones, bile duct obstruction, diabetes, stomach ulcers, excess stomach acid or suffer from immune system disorders. Some people may experience mild gastrointestinal bloating, constipation or indigestion. Hypersensitivity/allergy has been known to occur, in which case discontinue use. Do not use if security seal is broken.

STORAGE: Store in airtight container, protected from light. Store away from children.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or gluten.

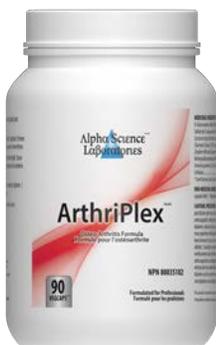
FEATURES & BENEFITS:

- ✓ Maintains joint health
- ✓ Has three anti-inflammatory herbs
- ✓ D-Glucosamine and MSM have been used for reducing pain associated with osteoarthritis
- ✓ Has phytonutrients and trace minerals
- ✓ Reduces knee and joint pain associated with osteoarthritis
- ✓ Improves performance and daily activity restricted by impaired mobility
- ✓ Helps to protect against the deterioration of cartilage

ArthriPlex™ contains both MSM and D-Glucosamine, as well as three antioxidant herbs which help to reduce chronic joint pain and inflammation while stimulating the formation of cartilage for effective joint repair. When we review the ingredients for this kind of joint formulation there are many indications for each ingredient, such as arthritis, joint inflammation, pain and musculoskeletal health conditions.

Turmeric Rhizome has anti-inflammatory properties that help to reduce the aggravation that occurs with arthritis as it reduces inflammation. It also supports the liver functions and aids the digestive process by increasing bile (supporting the natural elimination processes). It provides antioxidants for the maintenance of good health, relieves pain and inflammation, and assists in healing minor wounds, cuts, burns and minor skin irritations. It has anti-inflammatory and hepatic properties.

Cellulase breaks down the cellulose molecule into monosaccharides (simple sugars from plant foods) such as beta-glucose, or shorter polysaccharides and oligosaccharides. The cell walls of plants are made up of cellulose. The role of cellulase in ArthriPlex™ is to digest the cellulose cell wall thus increasing the quantity of phytonutrients released. This helps to increase the availability of a plant-sourced food's nutritional properties, e.g. antioxidants, in fruits and vegetables.



▶ Joint Health

D-Glucosamine sulphate helps to relieve pain associated with osteoarthritis and osteoarthritis of the knee. It helps to protect against the deterioration of cartilage as it promotes cartilage synthesis. It is a factor in maintaining healthy cartilage and/or joint health. Glucosamine stimulates the production of glycosaminoglycans and proteoglycans. These are essential building blocks of cartilage. Under arthritic conditions, the body's need for glucosamine increases. If the body cannot provide enough glucosamine to meet this increased need, then the joint repair process suffers and the result can be joint and tissue damage. Another factor is, as we age, we lose our ability to manufacture glucosamine. D-glucosamine sulphate is the purest form of glucosamine that is recognized by the body and is best manufactured through enzymatic processes. D-glucosamine sulphate provides the D-isomer form of glucosamine which is 100% utilized/integrated into the body's tissues (tendons, ligaments and sinew). The D-isomer is the best bioactive form that is recognized and utilized by the body's tissues. The L-glucosamine version is merely broken down and excreted. When choosing any glucosamine product, ensure that it contains D-glucosamine for maximum benefit. D-glucosamine HCL should be used in liquid preparations as it has a much better taste than D-glucosamine sulphate. D-glucosamine helps to decrease pain and repairs damaged joints with little to no side effects, which cannot be said for NSAIDs. It helps to relieve osteoarthritic symptoms, is effective in reducing joint pain, and is also a factor of healthy cartilage. It has anti-arthritic, anti-inflammatory and antimicrobial properties.

Methylsulfonylmethane (MSM) is an organic sulfur-containing mineral that is used to improve immune function, reduce inflammation and help restore healthy body tissue. The reason so many benefits are attributed to this supplement is because MSM provides biologically active sulfur, which is the fourth most plentiful mineral in the body, and it is needed for many different critical bodily functions. MSM is also used for pain associated with osteoarthritis, degenerative joint problems and helps form connective tissue and repairs joints, tendons and ligaments. MSM has been well researched and shows that it can decrease joint inflammation, improves flexibility and restores collagen production. MSM is a mineral required in the formation of the extra cellular matrix that is an integral part of cartilage formation and restoration. Sulfur is crucial to the action of L-Glutathione an important antioxidant and a very potent free radical scavenger of oxidative damage. Sulfur supports the formation of the extra cellular matrix that is an integral part of cartilage formation and restoration.

Ginger root is a perennial plant and is harvested for its root (rhizome). The major compounds in ginger, from studies done on the rhizome extracts, have yielded active gingerols which can then be converted to shogaols, zingerone, and paradol. The compound gingerol appears to be responsible for its characteristic taste. Zingerone and shogaols are found in small amounts in fresh ginger and in larger amounts in dried or extracted products. Ginger has also been used for osteoarthritis. It inhibits thromboxane synthetase and is a prostacyclin agonist. Prostaglandins induce vasodilation and increase tissue permeability which, in turn, promote the influx of fluids and leukocytes. Ultimately, the classic symptoms of inflammation results in swelling, redness, warmth, and pain. It is believed that at least one of the mechanisms by which ginger produces its anti-inflammatory effects is through the inhibition of prostaglandin and leukotriene biosynthesis. Through this dual inhibition of eicosanoid biosynthesis, ginger decreases capillary permeability, thus reducing swelling and the influx of inflammatory mediators. Ginger root possesses the following properties: antiemetic (vomiting), anti-inflammatory, analgesic (pain relieve), and cardiogenic properties (heart tonic). Ginger is a cholagogic agent that promotes the flow of bile into the intestine, especially through contraction of the gallbladder, supporting elimination pathways and digestion.

Cat's claw contains nine phytochemicals used for its antioxidant and anti-inflammatory action for arthritis and gout, and is also used for gastritis, asthma and to stimulate the immune system. The stem and root of cat's claw are harvested in Brazil and Peru, where it is known as uña de gato. This woody vine clings to the tallest trees by its thorns or "claws". The bark is traditionally used for inflammatory arthritis and intestinal complaints such as stomach ulcers. The active properties include: anti-inflammatory, analgesic (pain relieving), anti-rheumatic (deduces inflammation, swelling and pain) and immune stimulant (works slowly over a long period of time to help our bodies naturally fight off infections, colds and other viral invaders). The inner bark root, stems and thorns contain the alkaloids and catechins (antioxidants), quinovic acids, glycosides and nicotinic acid.

BotanoCough™

Expectorant and Cough Suppressant Formula

250 mL/bottle – UPC 826913608252

NPN 80077967

RECOMMENDED USES: Combination of Traditional Chinese Medicine Ingredients. Ginger is traditionally used in Herbal Medicine as an expectorant and antitussive to help relieve bronchitis, as well as coughs and colds.

MEDICINAL INGREDIENTS 1 TEASPOON (5 mL):

<i>Eriobotrya japonica</i> (Loquat leaf)	125 mg
<i>Zingiber officinale</i> (Ginger Root)	100 mg
<i>Polygala tenuifolia</i> (Thinleaf Milkwort Root)	25 mg
<i>Momordica grosvenori</i> (Monk Fruit)	21 mg
<i>Fritillaria thunbergii</i> (Thunberg Fritillary Bulb)	20 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered), Vegetable glycerine, Menthol, Natural cherry flavour.

RECOMMENDED DOSE:

Adults – Take 1 teaspoon (5 mL), 3-6 times per day. May be taken with or without food. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: For prolonged use, consult a health care practitioner.

CAUTIONS: Do not use if you are pregnant or breastfeeding. If symptoms persist or worsen, or if new symptoms develop, discontinue use and consult a health care practitioner. Consults a health care practitioner prior to use if you have serious or major conditions, any type of acute infection (deficiency or excess) or taking prescription medications. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Natural cough suppressant
- ✓ Effective for cold and flu cough
- ✓ 5-herb formula and alcohol free
- ✓ Gentle relief for throat irritations
- ✓ Soothing relief for smoker's cough
- ✓ An expectorant for phlegm
- ✓ Supports healthy lung functions
- ✓ Calming for respiratory congestion
- ✓ Comes in a natural cherry-menthol flavour

BotanoCough™ is a fast acting, easy-to-use, concentrated liquid herbal extract formulated for respiratory relief. A combination of Traditional Chinese Medicine ingredients that work synergistically to produce maximum benefit. It contains Loquat Leaf, Ginger Root, Thinleaf Milkwort Root, Monk Fruit and Thunberg Fritillary Bulb. Review the properties of each herb below.

Loquat Leaf helps dissolve thick mucus and relieves coughs. It also maintains blood glucose levels, provides antioxidants for the maintenance of good health and maintains liver health. Loquat leaf possesses antimicrobial, antitussive, expectorant, sedative and anti-allergic properties.

Ginger Root is traditionally used in herbal medicine as an expectorant and an antitussive to help relieve bronchitis, coughs and colds, and also help to expel phlegm. Ginger root is a perennial plant and is harvested for its root (rhizome). The major compounds in ginger, from studies done on the rhizome extracts, have yielded active gingerols which can then be converted to shogaols, zingerone, and paradol. The compound gingerol appears to be responsible for its characteristic taste. Zingerone and shogaols are found in small amounts in fresh ginger and in larger amounts in dried or extracted products. Ginger has also been used for osteoarthritis. It inhibits thromboxane synthetase and is a prostacyclin agonist. Prostaglandins induce vasodilation and increase tissue permeability which, in turn, promote the influx of fluids and leukocytes. Ultimately, the classic symptoms of inflammation results in swelling, redness, warmth, and pain. It is believed that at least one of the mechanisms by which ginger produces its anti-inflammatory effects is through the inhibition of prostaglandin and leukotriene biosynthesis. Through this dual inhibition of eicosanoid biosynthesis, ginger decreases capillary permeability, thus reducing swelling and the influx of inflammatory mediators. Ginger root possesses the following properties: antiemetic (vomiting), anti-inflammatory, analgesic (pain relieve), and cardiotoxic properties (heart tonic). Ginger is a cholagogic agent that promotes the flow of bile into the intestine, especially through contraction of the gallbladder, supporting elimination pathways and digestion.

Thinleaf Milkwort Root is a calming agent that reduces nervousness, distress and irritation. It expels phlegm and relieves congestion, improves appetite and promotes digestion, and it also improves memory. Thinleaf milkwort root has expectorant and anti-hyperglycemic properties.

Monk Fruit helps to maintain healthy blood glucose levels and healthy bowel movements. It is known in Chinese herbalism to relieve allergies, coughs and phlegm conditions. Monk fruit possesses anti-histaminic, antioxidative, and anti-hyperglycemic properties.

Thunberg Fritillary Bulb is a traditional Chinese herb that is commonly used as an antitussive and expectorant. It expels mucus and helps relieve coughs. It also helps reduce inflammation of the respiratory tract and supports healthy lung functions. It relieves respiratory congestion and maintains respiratory health. Thunberg fritillary bulb has anti-inflammatory, antitussive, diuretic and expectorant properties.



▶ Respiratory Health



Cough Suppressant

Expectorant & Antioxidants

Upper Respiratory Health

Cal-Mag Essentials™ Capsules

Calcium and Magnesium with Essential Minerals
240 vegcaps® – UPC 826913602205
NPN 80016421

RECOMMENDED USES: Multi-mineral/vitamin supplement. Helps in the development and maintenance of bones and teeth. A factor in the maintenance of good health.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

Calcium* (Calcium citrate)	125 mg
Magnesium* (Magnesium citrate)	62.5 mg
Vitamin D3 (Cholecalciferol)	120 IU (3 mcg)
Vitamin C (Ascorbic acid)	62.5 mg
Silicon* (Sodium metasilicate)	2.5 mg
Zinc* (Zinc citrate)	2.5 mg
Manganese* (Manganese sulphate)	1 mg
Copper* (Copper gluconate)	250 mcg
Boron* (Sodium borate)	50 mcg
Selenium* (L-Selenomethionine)	12.5 mcg

*All minerals are in elemental form

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 4 capsules twice daily with food. Take a few hours before or after taking other medications.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant, breastfeeding or have a liver disorder. Some people may experience diarrhea. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Contains calcium, magnesium, and other minerals (zinc, copper, boron, selenium, silicon and manganese) in one complete formula
- ✓ Ionized mineral forms for optimal absorption
- ✓ Has no toxicity or heavy metals
- ✓ Supports osteoporosis, and aids arthritis and inflammatory conditions
- ✓ Needed for immune pathways and stress
- ✓ Aids fatigue and normal sleep
- ✓ All the minerals in Cal-Mag™ are essential for proper metabolic enzyme function and are essential co-factors for bone mineralization

The primary action of the **Cal-Mag Essentials™** capsules, powder and liquid formulations is to supply essential minerals for the body with emphasis on calcium and magnesium. In addition to calcium, magnesium and vitamin D3, Cal-Mag Essentials™ also provides the body with vitamin C and other essential minerals: zinc, manganese, copper, boron, chromium, selenium, vanadium. Since the body does not produce minerals, all of its requirements must come from the diet or from supplements.

Cal-Mag Essentials™ Liquid

Liquid Calcium Magnesium with Supporting Trace Elements
500 mL Liquid – UPC 826913607002
NPN 80065052

RECOMMENDED USES: Multi-mineral/Vitamin supplement. Helps in the development and maintenance of bones and teeth. A factor in the maintenance of good health.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

Calcium* (Calcium citrate)	200 mg
Magnesium* (Magnesium citrate)	100 mg
Vitamin D3 (Cholecalciferol)	500 IU (12.5 mcg)
Silicon* (Sodium metasilicate, Silicon dioxide)	5 mg
Zinc* (Zinc citrate)	5 mg
Manganese* (Manganese sulfate)	1 mg
Copper* (Copper gluconate)	500 mcg
Chromium* (Chromium polynicotinate)	200 mcg
Boron* (Sodium borate)	150 mcg
Selenium* (L-Selenomethionine)	50 mcg
Vanadium* (Vanadyl sulfate)	50 mcg

*All minerals are in elemental form

NON-MEDICINAL INGREDIENTS: Purified water, Sunflower lecithin, Vegetable glycerin, Guar gum, Citric acid, Potassium sorbate, Benzoic acid (buffered), Stevia, Natural orange flavour.

RECOMMENDED DOSE: Adults: Take 1 tablespoon (15 mL) twice daily with food or as directed by your health care practitioner. Take a few hours before or after taking other medications. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have a kidney disorder and/or diabetes. Do not use if security seal is broken.

STORAGE: Store away from children. Do not refrigerate. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.



- ▶ Joint Health
- ▶ Minerals

Calcium is known for its role in building strong bones, and keeping nails, teeth, and coat healthy. Calcium is required to help maintain healthy calcium metabolism for a number of functions. It is required for digestion, blood clotting, squeezing and relaxing muscles, releasing hormones, and proper nerve function. Calcium helps maintain a regular heartbeat. Calcium is a mineral that must be consumed through diet; it cannot be made inside the body. Over 98% of total body calcium is stored in your bones which works as a mineral bank where calcium is deposited and withdrawn on a daily basis. Calcium is an interdependent mineral that works synergistically with co-factors to deliver its benefits. Calcium and magnesium are primarily responsible for maintaining a healthy bone mineral balance, as well as Vitamin D which is an essential factor in the absorption of calcium and magnesium.

Magnesium helps the body to metabolize carbohydrates, proteins, fats, and helps in the development and maintenance of bones and teeth. It also helps in tissue formation and helps to maintain proper muscle function. Magnesium citrate helps to maintain healthy serum magnesium levels, and it offers the body access to an increased amount of magnesium, while at the same time it helps to regulate healthy bowel cycles.

Vitamin D3 functions as a necessary co-factor in calcium absorption and utilization. Vitamin D helps in the development and maintenance of bones and teeth, is a factor in the maintenance of good health and helps in the absorption and use of calcium, phosphorus and trace mineral functions. Vitamin D, being one of the most researched vitamins, has shown to regulate the body's ability to fight against infections and chronic inflammation. It has also been noted to produce over 200 anti-microbial peptides, the most important of which is cathelicidin, a naturally occurring, broad-spectrum antibiotic.

Vitamin C helps the body to metabolize fats and proteins, and helps in the development and maintenance of bones, cartilage, teeth and gums. Vitamin C also helps in connective tissue formation, helps in wound healing, and is an antioxidant for the maintenance of good health.

Silicon is a trace mineral that is involved in many enzymatic pathways and metabolic reactions. Silicon works to enhance the re-mineralization of the bone tissue which helps to ensure that calcium and other minerals are deposited onto the bone. It also promotes firmness and strength in the tissues, and helps to maintain healthy hair, nails and/or skin.

Zinc helps in connective tissue formation, helps to maintain healthy skin, helps the body to metabolize carbohydrates, proteins and fats, and helps to maintain immune functions.

Manganese is a factor in the maintenance of good health and it helps the body to metabolize carbohydrates, proteins, fats. Manganese sulphate also helps in the development and maintenance of bones and teeth, and helps in tissue formation and maintains proper muscle function.

Copper is a mineral that the body stores mostly in the bones and muscles. It helps to produce and repair connective tissue and helps to form red blood cells. The liver regulates the amount of copper that is in the blood. Copper is also used for improving wound healing and treating arthritis and brittle bones (osteoporosis).

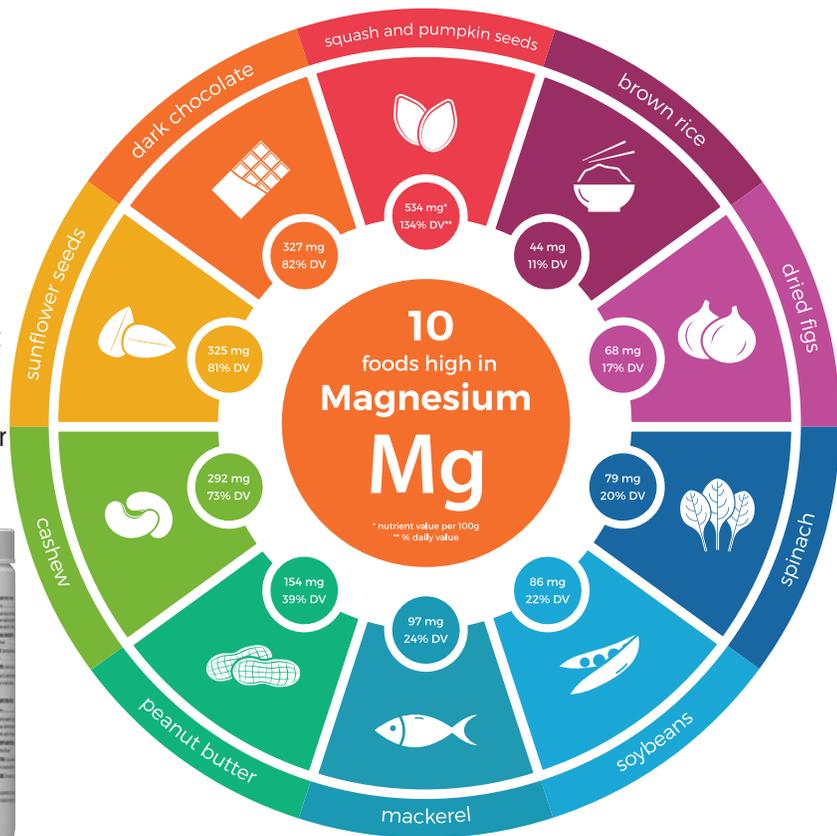
Boron is one of the micronutrients required for optimal health and is involved in maintaining good bone mineralization. Boron is essential for proper assimilation of calcium into the bone matrix, or in simpler terms, makes sure that calcium stays bound to the structure of the bone. Calcium is what gives bone its strength; therefore if you become deficient in boron, over time, calcium will begin to leach out of the bone and be lost through urination. The result is weakening of the bones, commonly known as osteoporosis.

Selenium is an antioxidant for the maintenance of good health. It helps protect against oxidative stress, helps to fight and protect cells against free radicals, and helps to maintain normal function of the thyroid gland.

Are you getting enough magnesium?

Magnesium supplementation may help with many conditions from high blood pressure, irregular heartbeat or heart palpitations, to insomnia, anxiety and depression to fibromyalgia, osteoporosis and leg cramps at night or from exercise. Magnesium deficiency occurs with many different stressors including chemical, emotional, hormonal or physical stress which can deplete magnesium from the body. Magnesium helps to relax muscles and nerves, and more magnesium is needed when you are under stress. When we are under stress, our adrenal glands produce cortisol which further increases acidity in the body thus increasing the need for even more magnesium. Additionally, calcium and magnesium work together for many important body functions and while the body naturally stores calcium, it's often deficient in magnesium.

Alpha Science™ Labs has a great tasting liquid formulation with eight forms of magnesium which absorbs even better. **Check out page 49 for more information about ASL's magnesium supplements!**



Choles-FX®

Supports Healthy Cholesterol Levels

60 vegcaps®/bottle – UPC 826913602458

120 vegcaps®/bottle – UPC 826913602472

NPN 80044593

RECOMMENDED USES: Helps lower LDL and total blood cholesterol and maintains healthy cholesterol levels.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

Plantsterols, 95% (<i>Olea europea</i>)	370 mg
Inositol hexanicotinate.....	250 mg
<i>Monascus purpureus-fermented Oryza sativa</i> (Red Yeast Rice)	100 mg
<i>Saccharum officinarum</i> (Policosanol).....	5 mg
Folate (Folic acid)	100 mcg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), *Oryza sativa* (Rice) Powder.

RECOMMENDED DOSE: Adults: Take 1 capsule in the morning and 1 capsule in the evening with food.

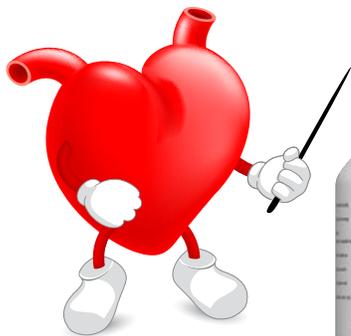
CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you are taking Hydroxymethylglutaryl (HMG), CoA reductase (“statins”), lipid lowering/cyclosporine medications, anticoagulants or antiplatelet drugs; suffer from liver/kidney disease or have received an organ transplant. Discontinue use of the product and consult a health care practitioner if you experience muscle pain, tenderness and/or weakness. Consult a health care practitioner if you are unsure whether or not you are taking enough Vitamin B12 since Folic acid supplements can mask a Vitamin B12 deficiency. Red yeast rice may cause allergic reactions in some individuals. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Trusted by naturopathic doctors since 2002
- ✓ Helps lower LDL and total blood cholesterol
- ✓ Maintains healthy cholesterol levels
- ✓ Contains plant sterols, red yeast rice and policosanol
- ✓ Helps the body to metabolize fats
- ✓ Helps in energy metabolism and tissue formation
- ✓ Decreases lipid peroxidation and endothelial damage



▶ **Cardiovascular Health**

Choles-FX® is usually transported around the body in the blood bound to different proteins. Depending on the type of protein, it is called HDL (High-Density Lipoprotein) or LDL (Low-Density Lipoprotein). High LDL, in conjunction with a low HDL, has been associated with atherosclerotic plaque formation and hence has been linked to heart disease. Atherosclerotic plaque formation on the arterial walls causes hardening and narrowing of the arteries which can lead to heart attack and stroke. There are several naturally occurring substances that have been shown to significantly decrease blood cholesterol.

The primary action of Choles-FX® is to safely and naturally reduce and control cholesterol levels. Choles-FX® helps to maintain healthy cholesterol levels by lowering low-density lipoprotein cholesterol (LDL-C) and total blood cholesterol (TC). Cardiovascular disease is the most common cause of mortality in developed countries and total cholesterol level is significantly related to the risk of coronary heart disease. Therapies aimed at reducing serum LDL-C are considered to be an essential element of any attempt to prevent coronary heart disease. Statins are extensively used to treat dyslipidemia, but because of their low tolerability profile, they are discontinued in a significant proportion of patients. As a result, more natural approaches are being supported by the naturopathic practitioners. Choles-FX® is one of these natural formulations. The ingredients in Choles-FX® are natural olive leaf plant sterols, inositol hexanicotinate, red yeast rice, policosanol and folic acid.

Plant sterols (95%) are a source of antioxidants that help fight/protect (cells) against/reduce (the oxidative effects of/the oxidative damage caused by/cell damage caused by) free radicals. It has been used in herbal medicine as a diuretic and has anti-bacterial, antioxidant, anti-spasmodic, hypocholesterolemic, hypotensive, and tonic properties. Plant sterols are known to significantly decrease cholesterol levels. However, to see this effect, individuals have to consume between 4-10 grams of plant sterols. It is believed that plant sterols work to decrease blood cholesterol levels by competing with dietary cholesterol for absorption.

Inositol hexanicotinate is a form of vitamin B3 and is a factor in the maintenance of good health. It helps in normal growth and development, and supports biological functions. It is chemically similar to niacin (vitamin B3) which has long been known to be as effective as many prescribed drugs used in the treatment of high cholesterol levels. However, one of the side effects of niacin is the well-known effect of skin flushing (redness). Fortunately, inositol hexanicotinate provides the cholesterol lowering benefits of niacin without the risk of liver damage or flushing. Inositol hexanicotinate inhibits cholesterol synthesis in the liver, and reduces LDL-C, total cholesterol and triglycerides.

Red yeast rice lowers cholesterol levels, improves blood circulation and digestion. It also helps to maintain spleen and stomach health, and has inhibitory and bacteriostatic activities. Red yeast rice also possesses antioxidant, hypolipidemic, HDL-C increasing properties. Red yeast rice has been used for centuries in Traditional Chinese Medicine (TCM) to lower blood cholesterol, as a digestive aid, and for improving blood circulation. The naturally occurring lovastatin compound called monacolin K is what helps to lower cholesterol. Research shows the cholesterol controlling effects are due to red yeast rice containing sterols, isoflavones, and monosaturated fatty acids, or “healthy fats”, all contributors to regulating cholesterol.

Policosanol (from *Saccharum officinarum*) has been shown in clinical studies to reduce LDL, blood lipid levels and increase HDL (good cholesterol) and has no significant side effects. Policosanol decreases platelet aggregation, decreases smooth muscle proliferation, improves symptoms of cardiovascular disease, and reduces LDL oxidation. Policosanol has antibiotic activity.

Folate (folic acid) helps the body to metabolize proteins, and helps to form red blood cells. It also lowers homocysteine levels. Folic acid is needed for the proper development of the human body. It is involved in producing the genetic material called DNA and is also involved in numerous other bodily functions.

CoEnzyme B Complex™

Enhanced Metabolic Vitamin B Complex

120 vegcaps®/bottle – UPC 826913602557

NPN 80084385

RECOMMENDED USES: Introduces a complex of B vitamins in their intermediate forms which help increase absorption.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

Vitamin B1 (Thiamin co-carboxylase)	25 mg	Vitamin B6 (Pyridoxal-5-phosphate)	15 mg
Vitamin B1 (Thiamin mononitrate)	15 mg	Vitamin B6 (Pyridoxine α-ketoglutarate HCl) ...	25 mg
Vitamin B2 (Riboflavin-5-phosphate)	25 mg	Vitamin B12 (Dibenzozide).....	250 mcg
Vitamin B2 (Riboflavin).....	5 mg	Biotin	100 mcg
Vitamin B3 (Inositol hexaniacinate)	65 mg	Choline Bitartrate.....	100 mg
Vitamin B5 (Pantethine)	25 mg	Folic Acid.....	400 mcg
Vitamin B5 (Calcium pantothenate).....	50 mg	Inositol.....	50 mg
		PABA	25 mg
		R-Alpha Lipoic Acid	50 mg
		Silica	20 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 1 capsule twice daily or as directed by your health care practitioner.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ For energy balance and metabolism
- ✓ An enhanced, metabolic, vitamin B complex
- ✓ Water soluble vitamins fortified with antioxidants and trace minerals
- ✓ Introduces a complex of B vitamins in their intermediate forms which help increase absorption

CoEnzyme B Complex™ introduces a complex of B vitamins in their intermediate forms, which has the benefits of increased absorption and utilization. Vitamins B1, B2, B5, B6, B12 and biotin, all help the body to metabolize nutrients. Vitamin B3, Inositol and Silica are sources of vitamins/minerals, are a factor in the maintenance of good health, they help in normal growth and development, and support biological functions. Choline bitartrate helps to support liver functions, and is a factor in the maintenance of good health. Folic acid helps the body to metabolize proteins and helps to form red blood cells. PABA (Para-Aminobenzoic acid) serves as a non-essential nutrient found in liver, whole grains, molasses, mushrooms, brewer's yeast and spinach. R-Alpha Lipoic Acid provides antioxidants for the maintenance of good health, helps to promote healthy glucose metabolism and helps cells produce energy.



- ▶ Adrenal & Stress Support
- ▶ Detoxification
- ▶ Men's Health
- ▶ Nervous System & Sleep
- ▶ Nutrition
- ▶ Vitamins
- ▶ Women's Health

Vitamin B1 enhances energy production, specifically for the brain. Thiamin is intricately involved with other B vitamins in energy metabolism. Magnesium is required in the conversion of thiamin to its active form. Vitamin B1 helps the body to metabolize carbohydrates, proteins and fats and helps normal growth. Vitamin B1 helps boost the immune system and strengthens the body under stressful conditions.

Vitamin B2 is crucial in the production of energy and is involved in regenerating glutathione (potent antioxidant). It helps the body to metabolize carbohydrates, proteins and fats, as well as helps in tissue formation.

Vitamin B3 helps the body to metabolize carbohydrates, proteins and fats and assists in normal growth and development. Niacin is a component involved in over 50 different chemical reactions in the body. It plays an important role in energy production, fat and carbohydrate metabolism and the manufacture of sex and adrenal hormones. Vitamin B3 or niacin, has been shown to lower "bad" cholesterol levels (LDL), and boost "good" cholesterol levels (HDL). Vitamin B3 is required for basic bodily functions such as turning food into usable energy and creating red blood cells.

Vitamin B5 plays a role in the production of adrenal hormones and red blood cells. Vitamin B5 also helps the body to metabolize carbohydrates, fats and proteins, as well as tissue formation.

Vitamin B6 helps the body to metabolize carbohydrates, proteins and fats, and it helps in tissue formation. Vitamin B6 helps the body make certain hormones, as well as chemicals in the brain called neurotransmitters. It also helps boost immune system functioning. Vitamin B6 is involved in the formation of protein structures, structural compounds and chemical transmitters. B6 is critical in maintaining hormone balance and immune functions. This vitamin is involved in more than 60 different enzyme processes and in cell multiplication.

Vitamin B12 helps the body to metabolize carbohydrates, proteins and fats and it also helps to form red blood cells. Folic acid and Vitamin B12 both work together as methyl donors to facilitate the manufacture of DNA and brain neurotransmitters. Vitamin B12 also works with B6 to reduce homocysteine levels.

Biotin supports the manufacture and utilization of fats and amino acids. It is needed for the metabolism and body energy systems. It also plays a beneficial role in cell growth and replication. Biotin helps the body to metabolize carbohydrates, fats and proteins.

Choline helps to support liver functions and is a factor in the maintenance of good health. It is involved in fat metabolism and in the transport of fats from the liver.

Folic Acid helps the body to metabolize proteins and form red blood cells. Folic acid is also needed for the proper development of the human body. It is involved in producing the genetic material called DNA and is also involved in numerous other bodily functions.

Inositol has lipotropic properties meaning that it promotes the export of fat from the liver. Inositol is a factor in the maintenance of good health and it helps in normal growth and development and supports biological functions.

PABA is a chemical found in the folic acid vitamin and also in several foods including grains, eggs, milk, and meat. PABA is taken by mouth for skin conditions.

R-Alpha Lipoic Acid is a co-factor of mitochondrial enzymes and is a potent antioxidant. It can boost the endogenous antioxidant systems (vitamin C and E availability). It is also a fat and water soluble antioxidant which is responsible for turning the glucose in our blood into energy for our cells. Studies have shown its effectiveness on neurodegenerative conditions, cell health maintenance, anti-aging and nerve functions.

Silica is a source of silicon which is an overlooked trace mineral which is necessary for life, and it is involved in many enzymatic pathways and metabolic reactions.

Collagen Liquid

Maintains Healthy Hair, Nails & Skin
500 mL/bottle – UPC 826913609105
NPN 8014432

RECOMMENDED USES: Supports healthy hair, nails and skin.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

Hydrolyzed Collagen (Fish Skin)	5000 mg
Vitamin C (Calcium ascorbate).....	200 mg
Hyaluronic Acid (Sodium hyaluronate).....	30 mg
Silicon (Silicon dioxide)	15 mg

NON-MEDICINAL INGREDIENTS: Citric acid, Lemon flavour, Potassium sorbate, Purified water, Stevia.

RECOMMENDED DOSE FOR ADULTS: Adults (19 years and older): Take 1 tablespoon (15 mL), once a day with food.

CAUTIONS: Ask a health care practitioner before use if you are pregnant or breastfeeding. When using this product, you may experience gastrointestinal discomfort/disturbances. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Consume within six (6) months after opening. Store away from children.

ALLERGENS: Contains fish.

FEATURES & BENEFITS:

- ✓ Encourages healthy hair and nail growth
- ✓ Helps to improve skin elasticity and skin hydration
- ✓ Includes hyaluronic acid and vitamin C for connective tissue formation
- ✓ Contains silicon which helps to strengthen bone tissue
- ✓ Comes in a natural lemon flavour

Hydrolyzed Collagen a source of essential amino acids and non-essential amino acids for the maintenance of good health and is involved in protein synthesis. Hydrolyzed collagen also helps to reduce joint pain associated with osteoarthritis. **For more information, see page 73.**

Vitamin C helps the body to metabolize fats and proteins, and helps in the development and maintenance of bones, cartilage, teeth and gums. Vitamin C also helps in connective tissue formation, helps in wound healing, and is an antioxidant for the maintenance of good health.

Hyaluronic acid is a glycosaminoglycan, a chain of disaccharides (sugars) present in all connective tissues that is responsible for retaining moisture. Hyaluronic acid helps in connective tissue formation and in the development and maintenance of cartilage. Hyaluronic acid increases the viscosity of the synovial fluid, and it also serves to reduce the wear-and-tear stress on the articular cartilage and related joint structures.



- ▶ Amino Acids
- ▶ Joint Health

Colloidal Silica

For Beautiful Hair, Skin & Nails
500 mL/bottle – UPC 826913607958
NPN 80050798

RECOMMENDED USES: Helps to strengthen nails and hair.

MEDICINAL INGREDIENT PER 1 TABLESPOON (15 mL):

Silicon (Colloidal silica).....	196 mg*
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*Mineral is in elemental form

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered), Stevia, Peppermint flavour.

RECOMMENDED DOSE FOR ADULTS: Adults: Take 1 tablespoon (15 mL) once per day. Can be mixed with juice or water. Shake vigorously before using.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Do not use if security seal is broken.

STORAGE: Do not refrigerate. Store away from children. Store protected from light or moisture. Consume within three (3) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Assists calcium for the growth and maintenance of joints and bones
- ✓ Prevents the skin from becoming flabby and restores its natural glow
- ✓ Helps in the healing processes
- ✓ Helps in strengthening the bones and builds strong teeth
- ✓ Increases collagen
- ✓ Influences the absorption of minerals in the body
- ✓ Prevents aluminum toxicity, bone loss and brittleness of nails
- ✓ Maintains healthy tissues which deteriorate during aging
- ✓ Encourages the growth of thick and healthy hair, and increases its luster and shine

Silicon works to enhance the re-mineralization of the bone tissue helping to ensure calcium and other minerals are deposited onto the bone. Bone tissue is composed of silica which gives it the strength required for every day functions. Silicon or silica promotes firmness and strength in the tissues. It is part of the arteries, tendons, skin, connective tissue and eyes, however silica levels have been discovered to decrease with age. Good food sources of silica include whole grain bread and pasta, brown rice, barley, flax seeds, oat and wheat bran cereals, bananas, cucumbers, avocados, mangos, green beans, spinach, onions, and even beer.



- ▶ Joint Health
- ▶ Minerals

D-Glucosamine Sulphate & Chondroitin Sulphate

Supports Joint Structures & Pain Associated with Osteoarthritis

**120 vegcaps®/bottle – UPC 826913602502
NPN 80001415**

RECOMMENDED USES: Helps relieve symptoms of bone and joint pain and/or pain due to osteoarthritis. A factor in the building of healthy cartilage and helps in the formation of connective tissue.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

D-Glucosamine sulphate (Shellfish Exoskeletons) 500 mg
Chondroitin sulphate (Bovine Trachea)..... 400 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Take 1 capsule three times per day with food.

DURATION OF USE: Use for a minimum of 2 months to see beneficial effects.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have asthma, or if you experience gastrointestinal pain, or bowel movement disturbances. Hypersensitivity/allergy has been known to occur, in which case discontinue use. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no sodium chloride, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A factor in the building of healthy cartilage
- ✓ Helps in the formation of connective tissues
- ✓ Helps relieve symptoms of bone and joint pain and/or pain due to osteoarthritis
- ✓ Reduces the acute and chronic pain and inflammation associated with osteoarthritis while stimulating the formation of cartilage for effective joint repair

D-Glucosamine sulphate helps to relieve pain associated with osteoarthritis and osteoarthritis of the knee. It has anti-arthritic, anti-inflammatory and antimicrobial properties. **For more information, see page 51.**

Chondroitin sulphate helps to relieve the pain associated with osteoarthritis of the knee and joints, and also helps to inhibit enzymes that are destructive to the joints. Chondroitin is also a major constituent of cartilage. It draws fluid into the tissue, thus promoting water retention to give the cartilage more elasticity as well as slowing the break-down by protecting it from destructive enzymes. Chondroitin is a more complex molecule than glucosamine, however it is still effective in the repair of cartilaginous tissue.



▶ **Joint Health**

D-Ribose

Energy and Endurance

300g/bottle – UPC 826913602700

NPN 80080733

RECOMMENDED USES: Source of carbohydrates to support energy production. Maintains performance and promotes endurance in extended (greater than 60 minutes), high intensity exercise.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 g):

D-Ribose (Ribo-2,3,4,5-tetrahydroxyvaleraldehyde, D-) 5 g

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 g), 2-3 times per day with food or as directed by your health care practitioner. Mix D-Ribose well in 1-2 cups (250-500 mL) of liquid (water, juice, etc.) immediately before consumption.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Ensure to drink enough fluid before, during and after exercise. Do not use if security seal is broken.

STORAGE: Store away from children and protected from light and moisture.

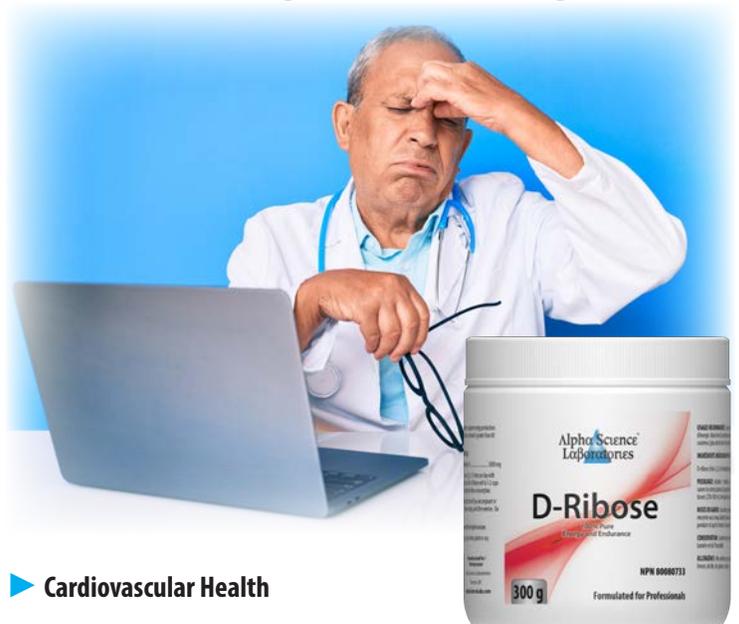
ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Improves cardiac energy metabolism and function
- ✓ For energy balance
- ✓ Speeds up recovery in stress and exertion
- ✓ Increases energy and endurance
- ✓ Enhances rate of ATP
- ✓ Efficiently absorbed and is delivered directly to the bloodstream
- ✓ Supports critical myocardial function in times of need
- ✓ Backbone of RNA

D-Ribose is a simple carbohydrate molecule found in every cell in the human body. Supplementation helps to restore energy levels, and is used to support muscle health after exercise and maintains physical performance. D-Ribose is an important component in the formation of adenosine triphosphate (ATP) molecule. D-Ribose quickly restores depleted nucleotide pools, which include ATP, ADP, and AMP, and improves overall heart and muscle function.

Reducing Chronic Fatigue



▶ **Cardiovascular Health**

DG Licorice

Gastrointestinal Support

90 vegcaps®/bottle – UPC 826913602755

NPN 80079131

RECOMMENDED USES: Used in herbalism to help relieve inflammatory conditions of the gastro-intestinal tract (demulcent).

MEDICINAL INGREDIENT PER 1 CAPSULE:

Glycyrrhiza uralensis Extract 4:1
(DGL/ Deglycyrrhizinated Licorice Root)..... 500 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 1 capsule, one to two times per day between or 20 minutes before meals, or as directed by your health care practitioner.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms persist or worsen. Do not use if security seal is broken.

STORAGE: Store away from children and protected from light/moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Gastrointestinal Health
- ✓ Intestinal Inflammation
- ✓ Heartburn and Leaky Gut
- ✓ Gastric Ulcers
- ✓ Adrenal Fatigue
- ✓ PMS

Deglycyrrhizinated licorice (DGL) increases the protective substances lining the intestinal tract, increases the life span of the intestinal cell and improves blood supply to the intestine. DGL is also good for the following health problems:

- Peptic Ulcers
- Eczema
- Adrenal Fatigue
- Gastritis
- Gastroesophageal Reflux Disease (GERD)
- Heartburn



► Gastrointestinal Health

DigeZyme™

Digestive Enzymes

90 vegcaps®/bottle – UPC 826913602854

180 vegcaps®/bottle – UPC 826913602809

NPN 80039826

RECOMMENDED USES: Supports digestion.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

alpha-Amylase
(4-alpha-D-Glucan glucanohydrolase)..... 140 mg (3080 FCC DU1)
Lipase (Triacylglycerol lipase)..... 80 mg (96 FCC LU2)
Protease..... 70 mg (1260 FCC HUT3)
Maltase (Malt diastase)..... 60 mg (270 FCC DP4)
Invertase/Sucrase (beta-Fructofuranosidase) 30 mg (129 FCC INVU5)
Lactase (beta-D-galactosidagalactohydrolase)..... 30 mg (117 FCC ALU6)
Cellulase (4-(1,3;1,4)-beta-D-Glucan 4-glucanohydrolase) ... 20 mg (70 FCC CU7)
Enzymatic Units
FCC (Food Chemicals Codex)
1FCC DU (alpha-Amylase Dextrinizing Units)
2FIP LU (Federation Internationale Pharmaceutique, Lipase Units)
3FCC HUT (Hemoglobin Unit on a Tyrosine Basis)
4FCC DP (Degrees of Diastatic Power)
5FCC INVU (Invertase Units)
6FCC ALU (Acid Lactase Units)
7FCC CU (Cellulase Units)

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), *Oryza sativa* (Rice) Powder, Magnesium Stearate.

RECOMMENDED DOSE: Adults: Take 1-2 capsules, one to three time(s) per day with food.

DURATION OF USE: For prolonged use, consult a health care practitioner.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant, breastfeeding, having surgery, have gastrointestinal lesions/ulcers, galactosemia, diabetes, taking anticoagulant agents, anti-inflammatory or other enzyme products. Headaches, heartburn, bloating and hypersensitivity (e.g. allergy) have been known to occur; in which case discontinue use. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Supports the digestion of proteins, sugar, fats and carbohydrates
- ✓ Optimized to be effective at the alkaline pH of the small intestine and at body temperature
- ✓ Increases the absorption of phytonutrients (e.g. antioxidant compounds) from fruits and vegetables
- ✓ Improves the absorption of nutrients
- ✓ Helps to curb heartburn
- ✓ Reduces abdominal bloating
- ✓ Increases serum fibrinolytic activity
- ✓ Reduces plasma fibrinogen activity
- ✓ Compatible with a vegan lifestyle
- ✓ Gluten free, lactose free

► Gastrointestinal Health

DigeZyme™ contains microbe-derived digestive enzymes to support the digestion of proteins, carbohydrates, sugar, milk and fats and also to increase nutrient release from plant material. This is beneficial for individuals with inadequate digestive enzyme production. Insufficient enzyme activities may be associated with abdominal pain, bloating, flatus, dyspepsia, malabsorption, and diarrhea. DigeZyme™ does not contain any animal derived ingredients. DigeZyme™ contains several digestive enzymes including amylase, lipase, protease, maltase, invertase, lactase and cellulase.

Food enzymes are not produced by the body, but come from raw foods like vegetables, fruits, meats and supplements. These enzymes break down the different nutrients in the food, such as vitamins, minerals, carbohydrates, fats and proteins, and make them easier for the body to absorb. While all digestive enzymes are important for bodily functions, the three most important are **protease, amylase and lipase**. Lipase works to help the body digest fats. Amylase is responsible for digesting carbohydrates, and protease works to digest proteins.

Maltase breaks down disaccharide maltose to the simple sugar glucose (which supports the body energy ATP) and is produced by the cells that line the small intestine. It is secreted by the surface cells of the villi, which are thin projections on the mucosa. Undigested sugars create bloating.

Invertase breaks down sucrose into smaller sugars (glucose and fructose which support ATP).

Lactase is an enzyme in the small intestine that breaks down lactose (typically from dairy products) into simpler sugar forms called glucose and galactose. These simple sugars are then easily absorbed into the bloodstream and turned into energy — fuel for our bodies. People with lactose intolerance do not produce enough of the lactase enzyme to break down lactose. Instead, undigested lactose sits in the gut and gets broken down by bacteria, causing gas, bloating, stomach cramps, and diarrhea.

Cellulase breaks down the cellulose molecule into monosaccharides (simple sugars from plant foods) such as beta-glucose, or shorter polysaccharides and oligosaccharides. The cell walls of plants are made up of cellulose. The role of cellulase in DigeZyme™ is to digest the cellulose cell wall thus increasing the quantity of phytonutrients released. Thus, cellulase helps to increase the availability of a plant-sourced food's nutritional properties, e.g. antioxidants, in fruits and vegetables.

Contrary to popular belief, the bulk of the digestive process occurs in the small intestine and not in the stomach. In order for an enzyme to be effective, it must have activity at body temperature (37°C) and must also be active at the alkaline pH found in the small intestine. The enzymes found in Alpha Science's DigeZyme™ were chosen because they were tested and have shown to be active at body temperature and at the pH found in the small intestine. All enzymes are made up of protein and because of this fact, external digestive enzymes must survive the acid environment of the stomach in order to be effective. Again, Alpha Science™ Laboratories has tested their enzymes and only uses enzymes that survived the acid environment of the stomach.



Echinacea

Cold and Flu

120mL/bottle – UPC 826913602953

NPN 80000488

RECOMMENDED USES: Traditionally used to fight off colds, flus and infections, especially of the respiratory tract.

MEDICINAL INGREDIENT PER ¼ TEASPOON (1 mL):

Echinacea purpurea Extract 1:1
(Purple Coneflower Leaf & Root) 1000 mg

NON-MEDICINAL INGREDIENTS: Purified water and 15% Ethanol.

RECOMMENDED DOSE: Adults: Take ¼ teaspoon (1 mL) three times per day. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: Consult a health care practitioner for use beyond 8 weeks.

CAUTIONS: Consult a health care practitioner prior to use if you are taking immunosuppressants or have a progressive systemic disease such as tuberculosis, leukemia, collagenosis or multiple sclerosis. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Traditionally used to fight colds, the flu and infections
- ✓ Beneficial for infections of the respiratory tract
- ✓ Herb has anti-fungal and antiviral properties
- ✓ Our Echinacea is an extract of 1:1 using the herb's leaf and roots,
1 mL (¼ tsp) = 1000 mg

Echinacea is commonly used for colds or flu-like symptoms and relieves symptoms of upper respiratory tract infections. It boosts the immune system directly due to a number of active chemicals like polysaccharides, alkylamides, flavonoids and polyacetylenes. For example, arabinogalactan is a very powerful immuno-modulating polysaccharide and is effective in activating macrophages, interleukin and interferon with an increase in natural killer T cell activity. It can boost the immune system to attack and kill microbial actions, thus echinacea is effective in stimulating the immune pathways. Echinacea helps to relieve symptoms of upper respiratory tract infections; it supports the immune system; and maintains healthy skin. It has analgesic, anti-inflammatory, anti-microbial, antiseptic, diaphoretic, immunomodulatory, stimulant and tonic properties.



- ▶ Immune Support
- ▶ Respiratory Health

Goldenseal & Echinacea

Cold and Flu

120 mL/bottle - UPC 826913603608

NPN 80017713

RECOMMENDED USES: Used as a supportive therapy in the treatment of upper respiratory tract infections (e.g. common colds), and helps to relieve the symptoms and shorten the duration of upper respiratory tract infections.

MEDICINAL INGREDIENTS PER ¼ TEASPOON (1 mL):

Echinacea purpurea Extract 1:1 (Purple Coneflower Leaf & Root)..... 1000 mg

Hydrastis canadensis Extract 1:5 (Goldenseal Rhizome)..... 200 mg

NON-MEDICINAL INGREDIENTS: Purified water and 20% Ethanol.

RECOMMENDED DOSE: Adults: Take ¼ teaspoon (1 mL) three times per day.

Can be mixed with juice or water. Shake well before use.

DURATION OF USE: May be used up to 10-21 days.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have rheumatoid arthritis, auto-immune disorders, progressive systemic disease, blood pressure, kidney disorder; taking any other medication such as immunosuppressants, sedative drugs and/or barbiturates. Consumption with medications and/or natural health products with sedative properties are not recommended. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Traditionally used to fight colds, flus and infections
- ✓ Beneficial for infections of the respiratory tract
- ✓ Used as supportive therapy in the treatment of upper respiratory tract infections (e.g. common colds)
- ✓ Helps relieve the symptoms and shorten the duration of upper respiratory tract infections
- ✓ Herbs have anti-fungal and anti-viral properties
- ✓ Echinacea extract of 1:1 and Goldenseal extract of 1:5



- ▶ Immune Support
- ▶ Respiratory Health

*EFA 40:20

Fish Oil Essential Fatty Acid Concentrate

90 softgels/bottle – UPC 826913603202

NPN 80022940

RECOMMENDED USES: Helps support cardiovascular and cognitive health (brain function), the development of the brain, eyes and nerves in children up to 12 years of age, and reduce serum triglycerides/triacylglycerols. Source of omega-3 fatty acids (EPA and DHA) for the maintenance of good health.

MEDICINAL INGREDIENTS PER 1 SOFTGEL CAPSULE:

Fish Oil (Anchovy, Mackerel, Sardine).....1000 mg

Vitamin E (d-alpha Tocopherol)..... 6.84 mg (10.2 IU)

Omega-3 Essential Fatty Acids:

Eicosapentaenoic acid (EPA).....400 mg

Docosahexaenoic acid (DHA).....200 mg

NON-MEDICINAL INGREDIENTS: Purified water, Gelatin, Vegetable glycerine.

RECOMMENDED DOSE: Children (1-8 years old): Take one (1) capsule twice per day.

Adolescents (9-18 years old) and Adults: Take one (1) capsule two to three (2-3) times per day.

Suggestion: Because fish oils often “repeat” after taking them (one can taste them again when belching), it may be a good idea to take fish oils just before going to bed at night.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Do not use if security seal is broken.

STORAGE: Refrigerate after opening.

ALLERGENS: Contains no corn, dairy, gluten, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Helps support cardiovascular health
- ✓ Supports cognitive health and/or brain function
- ✓ Supports gland and hormone functions
- ✓ Reduces serum triglycerides/triacylglycerols
- ✓ Effectively supports the whole body's health, making the skin softer
- ✓ Supports the development of the brain, eyes and nerves in children up to 12 years of age
- ✓ Source of omega-3 fatty acids (EPA and DHA) for the maintenance of good health

EFA 40:20 effectively supports the health of the whole body. It helps to support the cardiovascular and nervous systems, brain wellness, and the eyes. It fuels the glands and helps to reduce stress. It is a source of omega-3 fatty acids that have twice the amount of EPA and DHA than regular fish oil. It is also used for the maintenance of good health.

***The oils in EFA 40:20 & EFA Omega 3-6-9 are processed according to pharmaceutical GMP standards, and are analyzed for pesticides, herbicide residues and heavy metals. They are hexane-free and expeller cold-pressed.**

- ▶ Cardiovascular Health
- ▶ Cognitive Health
- ▶ Essential Fatty Acids



*EFA Omega 3-6-9

Essential Fatty Acid Complex

90 softgels/bottle – UPC 826913603103

NPN 80028374

RECOMMENDED USES: Source of essential fatty acids for the maintenance of good health. Helps to support cognitive health and/or brain function.

MEDICINAL INGREDIENTS PER 1 SOFTGEL CAPSULE:

Fish Oil (Anchovy, Mackerel, Sardine).....	400 mg
<i>Borago officinalis</i> (Borage Seed Oil).....	400 mg
<i>Linum usitatissimum</i> (Flax Seed Oil).....	400 mg

NON-MEDICINAL INGREDIENTS: Vitamin E (Mixed Tocopherols concentrate), Gelatin.

RECOMMENDED DOSE: Adults: Take 3 softgel capsules per day.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding or taking blood thinners. Do not use if security seal is broken.

STORAGE: Refrigerate after opening.

ALLERGENS: Contains no corn, dairy, gluten, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Source of essential fatty acids for the maintenance of good health
- ✓ Supports cognitive and cardiovascular health
- ✓ Maintains healthy brain function
- ✓ Enhances immune system function
- ✓ Features Vitamin E (mixed tocopherols)

EFA Omega 3-6-9 is a blend of anchovy, mackerel, sardine, borage seed oil, and flax seed oil with vitamin E (mixed tocopherols). This EFA formula provides an effective balance of essential fatty acids with the emphasis on omega-3 oils and its pathways. EFAs function as components of nerve cells, cell membranes and hormone-like substances called prostaglandins. They are indicated for a number of conditions ranging from: immune disorders, neural imbalances, joint problems, general inflammation, to kidney and liver dysfunction. EFAs are required for the proper structure and function of every cell in the body, and they are important for optimal health. EFAs increase the absorption of vitamins and minerals, they nourish the skin, hair and nails, promote proper nerve functioning, and help produce hormones. EFAs also ensure normal growth, development and help in the prevention of some conditions.

Deep-sea fish oil is derived from anchovy, mackerel and sardine, and they are known as a source of the unsaturated omega-3 fatty acids, EPA and DHA. Both EPA and DHA are primarily used in the production of anti-inflammatory leukotrienes and resolvins. Resolvins are a new class of anti-inflammatory compounds (which have been around for 10 years), and they are formed primarily from EPA and DHA. In addition, EPA, DHA, and other polyunsaturated fatty acids work their magic by being incorporated into the cell membrane. The incorporation of these unsaturated fats makes the cell membrane more resistant to damage which leads to more beautiful skin (less damage because of eczema).

Borage seed oil is rich in gamma-linolenic acid (GLA), an omega-6 fatty acid, generally converted to 1 series prostaglandins. Prostaglandins of the 1 series, like the 3 series, are also responsible for the beneficial effects mentioned. Borage seed oil also contains oleic acid, an omega-9 fatty acid that promotes the anti-inflammatory pathways for GLA. Borage possesses analgesic, anti-inflammatory, anti-spasmodic, diaphoretic, diuretic, expectorant and nervine properties.

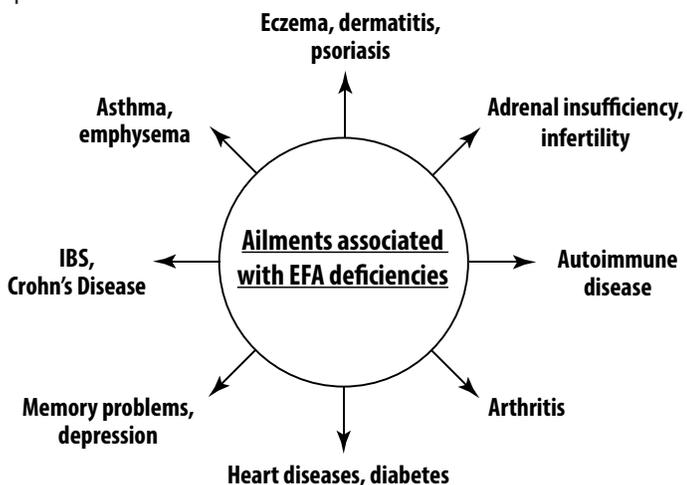
Flax seed oil provides omega-3 oils and is an excellent primary source of alpha-linolenic acid, an omega-3 oil, which is a precursor to eicosapentaenoic acid (EPA) that leads to prostaglandin 3 series formation. Prostaglandins of the 3 series are the primary end products of omega-3 oil supplementation. Omega-3 oils are well-known for their anti-inflammatory effects to lessen the symptoms of migraine headaches, premenstrual syndrome, endometriosis, rheumatoid arthritis, multiple sclerosis, lupus, scleroderma and other auto-immune disorders. It also helps regulate and strengthen the immune system, soothes irritable bowel disorders and lowers levels of cholesterol and triglycerides and has been shown to increase the body's response to insulin. Flax contains analgesic, anti-inflammatory, anti-septic, and antitussive properties.

Vitamin E is a source of antioxidants for the maintenance of good health. Vitamin E protects the fat in body tissues from oxidation, helps to fight against the oxidative effect caused by free radicals, and helps to prevent vitamin E deficiency.

***The oils in both EFA 40:20 and EFA Omega 3-6-9 are processed according to pharmaceutical GMP standards, and are analyzed for pesticides, herbicide residues and heavy metals. They are hexane-free and expeller cold-pressed.**

Did you know this about ASL's Oils?

- ✓ Oils are molecularly distilled
- ✓ Human-grade EFA oils
- ✓ No toxins, pesticides or heavy metals



- ▶ Cardiovascular Health
- ▶ Cognitive Health
- ▶ Essential Fatty Acids
- ▶ Special Health Care Products
- ▶ Women's Health



*EFA Triple Omega™

Omega-3 (DHA, DPA, EPA)

100 softgels/bottle – UPC 826913607354

NPN 80057445

RECOMMENDED USES: Source of omega-3 fatty acids for the maintenance of good health.

MEDICINAL INGREDIENTS PER 1 SOFTGEL CAPSULE:

- Pagophilus groenlandicus* (Seal Oil)500 mg
- Eicosapentaenoic acid (EPA) – 30 mg
- Docosahexaenoic acid (DHA) – 30 mg
- Docosapentaenoic acid (DPA) – 15 mg

NON-MEDICINAL INGREDIENTS: Gelatin, Vitamin E (d-alpha Tocopherol).

RECOMMENDED DOSE: Adults: Take 2 softgels twice per day.

Adolescents (9-17 years old): Take 1 softgel three times per day.

Children (1-8 years old): Take 1 softgel twice per day.

May be taken with or without food.

CAUTIONS: Do not use if security seal is broken.

STORAGE: Store in airtight container, protected from light.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Provides EPA, DHA, and DPA in the same ratio as found naturally in our bodies in a form easily absorbed into our bloodstream to be directly utilized by our bodies
- ✓ A source of essential fatty acids
- ✓ The highest natural source of DPA
- ✓ Enhances EFA functions, and is 10x more effective than EPA
- ✓ For cardiovascular and cognitive/cerebral health
- ✓ Provides balance to the body in a 1:1 ratio of omega-6 to omega-3
- ✓ Complete mammalian omega-3 optimally absorbed
- ✓ 100% Canadian, non-farmed, sustainable and humanely sourced
- ✓ Seal oil is found to contain minimal toxins or chemicals, so there is less risk of absorbing heavy metals such as mercury, lead, arsenic and cadmium

***The oils in EFA Triple Omega™ are processed according to pharmaceutical GMP standards, and are analyzed for pesticides, herbicide residues and heavy metals. They are hexane-free and expeller cold-pressed.**



- ▶ **Cardiovascular Health**
- ▶ **Cognitive Health**
- ▶ **Essential Fatty Acids**

Triple Omega™

by Dr. Gordon Chang, PhD.

Triple Omega™ provides the complete Omega 3 fatty acids – EPA, DHA, and DPA in nature's perfect balance.

Docosahexaenoic acid (DHA) is generally associated with neurological and ocular health benefits and benefits to the nervous system. Many experts recommend an increased intake of DHA for expectant and nursing mothers, as well as infants because of their obvious benefits. DHA is recognized as a physiologically essential nutrient in the brain and retina, and is therefore needed for neuronal functioning and visual acuteness. Health Canada has recognized the benefits of DHA, which has led to the addition of regulated, restricted amounts of DHA in various foods such as eggs, milk, cheese, bread, etc.

Eicosapentaenoic acid (EPA) has many health benefits for the heart and cardiovascular system. An increased intake of EPA is generally associated with a lower risk of primary and secondary heart attack rates, death from cardiovascular disease and all-cause mortality. Studies have shown that higher EPA levels in blood serum phospholipids resulted in a 70% lower risk of fatal ischemic heart disease. This means more EPA is beneficial in people with documented coronary heart diseases, especially those with risk factors for sudden cardiac death.

Docosapentaenoic acid (DPA) is found only in marine sources of long-chain omega-3 fatty acids. DPA is often overlooked as a significant component of long-chain omega-3 fatty acids. This is primarily because most omega-3 studies are conducted using fish or fish oil that contain only small amounts of DPA. Relatively few studies have been done using seal oil with its much higher content of DPA. DPA works with EPA and DHA to provide health benefits to the heart and to mothers and children. Studies have shown that DPA has health benefits for the heart. Population studies show that higher levels of DPA result in lower rates of coronary heart disease risks. In addition, while EPA is known for its cardiovascular benefits, DPA is said to be ten times more effective than EPA in healing damaged blood vessels.

Features	Benefits
Triple Omega	<ul style="list-style-type: none"> • Seal oil provides EPA, DHA and DPA in the same ratio as found naturally in our bodies and in a form easily absorbed into our bloodstream to be directly utilized by our bodies. • DPA is found in great quantities in the seal oil and is found in mother's breast milk.
Omega 6 to Omega 3 Ratio	<ul style="list-style-type: none"> • Provides balance to the body in 1:1 ratio of Omega 6 to Omega 3. • Currently, most people have an abundance of Omega 6 (causes inflammation) to Omega 3 (reduces inflammation). Most diets today contain at least 10:1 and up to 20:1 or even 50:1. • All diseases have an inflammatory component.
Reduced Toxins	<ul style="list-style-type: none"> • Seal oil is found to contain minimal toxins or chemicals, so there is less risk of absorbing heavy metals such as mercury, lead, arsenic and cadmium.
NPN Formulation	<ul style="list-style-type: none"> • Natural Product Number (NPN) issued by Health Canada.
Eco-Conscious	<ul style="list-style-type: none"> • Seals are caught in the wild and not farmed. • Controls seal population, reversing depletion of fish stocks.

FemPlex™

Premenopausal & Menopausal Support Formula

500 mL/bottle – UPC 826913603158

NPN 80058921

RECOMMENDED USES: FemPlex™ is a combination of traditional Chinese herbs.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

<i>Angelica sinensis</i> (Chinese Angelica Root)	225 mg
<i>Rehmannia glutinosa</i> (Rehmannia Root)	135 mg
<i>Paeonia lactiflora</i> (White Peony Root)	112.5 mg
<i>Ligusticum sinense</i> (Szechwan Lovage Rhizome)	90 mg

NON-MEDICINAL INGREDIENTS: Purified water, Potassium sorbate, Benzoic acid (buffered), Natural apple concentrate.

RECOMMENDED DOSE: Adults (Premenopausal & Menopausal Women): Take 1 tablespoon (15 mL) once per day or take 8 tablespoons (120 mL, approximately half a cup) once per week, or as directed by your health care practitioner. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: For prolonged use, consult a health care practitioner.

CAUTIONS: Do not use if you are pregnant, breastfeeding or taking anticoagulant medications (may increase chances of severe bleeding). If you are taking prescription medications, consult a health care practitioner prior to use. If symptoms persist/worsen or if new symptoms develop, discontinue use and consult a health care practitioner. Do not use if security seal is broken.

STORAGE: Store away from children. Refrigerate after opening. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Women's hormone balancer
- ✓ An effective blood purifier (tonic) and regenerator
- ✓ Contains phytonutrients and trace minerals
- ✓ Used monthly on a continuous basis
- ✓ Can provide relief from menstrual cramps
- ✓ Helps to normalize delayed monthly flow
- ✓ Reduces inflammation through antioxidants
- ✓ Aids in the relief of hormone surges and menses
- ✓ Helps to reduce symptoms of menopause and hot flashes

FemPlex™ is a formulation based on Traditional Chinese Medicine (TCM). These types of herbal formulations have been used for generations to support women's health issues. FemPlex™ may help to regulate irregular and painful menstrual periods in younger women. As we age, our blood production may be low due to stressors so herbs are used to help stimulate blood production, thus giving a boost in vitality or energy. The traditional wise woman would have used herbs like Angelic root, Rehmannia root, White Peony root, and Szechwan Lovage Rhizome, which are all included in this female, hormone-balancing formula. FemPlex™ is a liquid extract, alcohol free and comes in a natural apple flavour, and is available in a 500 mL size bottle.

Chinese Angelica root balances the tone of the uterus, can boost vitality in women, and increases red blood cells. This herb also exerts beneficial effects on various types of inflammatory conditions, helps relieve premenstrual symptoms, helps stabilize menstrual cycle irregularities, and helps relieve symptoms associated with menopause such as hot flashes. Chinese Angelica root is known for its tonic, hematopoietic, spasmolytic, analgesic and anti-inflammatory properties.

Rehmannia root exerts beneficial effects on various types of inflammatory conditions, helps the body to better cope with both physical and mental stress, promotes the flow of urine, maintains healthy bowel movements and supports digestion. This herb also reduces blood lipid levels in adults, supports cardiovascular health, and supports healthy blood glucose levels and women's health. Rehmannia has analgesic, antiseptic, anti-bacterial, anti-fungal, anti-inflammatory, and tonic properties.

White Peony root maintains healthy blood glucose levels, protects the liver and reduces blood lipid levels in adults. This herb also supports and maintains cardiovascular health, provides antioxidants for the maintenance of health and relieves coughs. White Peony root possesses analgesic, antiseptic, emmenagogue, anti-inflammatory, anti-bacterial anti-fungal, and blood tonic properties.

Szechwan Lovage Rhizome is traditionally known for its analgesic properties and its main indications and uses are for irregular menstruation, amenorrhea and dysmenorrhea. This herb also improves the function of the liver, supports blood circulation, and is beneficial in menstrual disorders and hematological disorders. It also supports healthy immune system function.

Women's Health Care Products



▶ Women's Health

Flax Seed Oil

With Added Vitamin E

500 mL/bottle – UPC 826913603257

NPN 80001195

RECOMMENDED USES: Source of essential fatty acids for the maintenance of good health. Helps to support cognitive health and/or brain function.

MEDICINAL INGREDIENT PER 1 TABLESPOON (15 mL) :

Linum usitatissimum (Flax Seed Oil) 15 mL

NON-MEDICINAL INGREDIENT: Vitamin E (Mixed Tocopherols concentrate).

RECOMMENDED DOSE: Adults: Take 1 - 2 tablespoon(s) per day. Shake well before use.

DURATION OF USE: May be used up to 3 months.

CAUTIONS: Consult a health care practitioner prior to use if you have clotting disorders, are taking blood thinners or oral medication or if symptoms persist. Do not use if you are pregnant or breastfeeding or have acute abdominal pain and/or intestinal obstruction. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Consume within ten (10) weeks of opening.

ALLERGENS: Contains no corn, dairy, gluten, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Source of omega-3 fatty acids
- ✓ Supports cognitive health and/or brain functions
- ✓ Supports skin and hair
- ✓ For the maintenance of good health
- ✓ Supports digestive health
- ✓ Aids hormonal imbalance
- ✓ Reduces menopausal hot flashes
- ✓ Features vitamin E (mixed tocopherols)

Flax Seed Oil provides omega-3 oils and is an excellent, primary source of alpha-linolenic acid, an omega-3 oil, which is a precursor to eicosapentaenoic acid (EPA) that leads to prostaglandin 3 series formation. Prostaglandins of the 3 series are the primary end products of omega-3 oil supplementation. omega-3 oils are well-known for their anti-inflammatory effects to lessen the symptoms of migraine headaches, premenstrual syndrome, endometriosis, rheumatoid arthritis, multiple sclerosis, lupus, scleroderma and other autoimmune disorders. It also helps regulate and strengthen the immune system, soothes irritable bowel disorders and lowers levels of cholesterol and triglycerides and has been shown to increase the body's response to insulin.

***Flax Seed Oil is processed according to pharmaceutical GMP standards, and is analyzed for pesticides, herbicide residues and heavy metals. It is hexane-free and expeller cold-pressed.**



- ▶ Cognitive Health
- ▶ Essential Fatty Acids
- ▶ Men's Health
- ▶ Women's Health

GinkgoSeng™

Ginkgo Biloba and Ginseng Herbal Extract

120 mL/bottle – UPC 826913603455

NPN 80044766

RECOMMENDED USES: Helps enhance cognitive, memory function and support peripheral circulation. North American Ginseng is traditionally used in Herbal Medicine to help relieve nervousness (as a mild sedative).

MEDICINAL INGREDIENTS PER 1 TEASPOON (5 mL):

Ginkgo biloba Leaf..... 4000 mg
Panax quinquefolius (North American Ginseng Root) 500 mg

NON-MEDICINAL INGREDIENTS: Purified water and 25% Ethanol.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL) once per day. May be taken with or without food. Can be mixed with juice or water.

CAUTIONS: Do not use if you are pregnant or breastfeeding or taking health products that affect blood coagulation (e.g. blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) as this may increase the risk of spontaneous bleeding. Consult a health care practitioner prior to use if you have diabetes; taking medications for diabetes, high blood pressure, seizure, blood thinners or digoxin.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Helps enhance cognitive, memory function
- ✓ Supports peripheral circulation
- ✓ North American Ginseng is traditionally used to relieve nervousness
- ✓ Improves energy and cognitive function

Our **GinkgoSeng™** formulation features two well-known herbs.

Ginkgo Biloba has long been used by Master Herbalists to help improve cognitive problems, memory function and support peripheral circulation. Extracts from the leaves of the Ginkgo biloba tree contain 24% flavonoid glycosides and 6% terpene lactones. It has 16 phytochemicals, amino acids, calcium, iron, magnesium, phosphorus, potassium, zinc and vitamins A, B1, B2, B3, B5 and C. It is licensed in Germany and is used in the care for cerebral dysfunction with symptoms such as difficulties with memory, dizziness and ringing in the ears. It has been used for problems such as poor circulation, and the extracts of this herb have been shown to increase blood flow to the brain.

North American Ginseng root has been used to relieve nervous dyspepsia, maintain a healthy immune system, and promote healthy glucose levels. It has adaptogenic effects which help the body fight fatigue and stress.



- ▶ Cognitive Health
- ▶ Nervous System & Sleep

Gluco-FX™

Glucose Balancer

90 vegcaps®/bottle – UPC 826913603509

NPN 80042474

RECOMMENDED USES: Helps promote healthy glucose metabolism.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

DL-alpha-Lipoic acid	200 mg
<i>Gymnema sylvestre</i> (Gymnema Leaf Extract) (Standardized 25% Gymnemic acids).....	133 mg
<i>Momordica charantia</i> (Bitter Melon Fruit).....	133 mg
<i>Lagerstroemia speciosa</i> (Banaba Leaf Extract) (Standardized 1% Corosolic acid)	16 mg
Chromium* (Chromium polynicotinate).....	50 mcg
Vanadium* (Vanadyl sulphate).....	16 mcg

*All minerals are in elemental form

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Colloidal Silicon dioxide.

RECOMMENDED DOSE: Adults: Take 1 capsule three times per day with food. Take 2 hours before or after taking other medications.

DURATION OF USE: Consult a health care practitioner for use beyond 2 months.

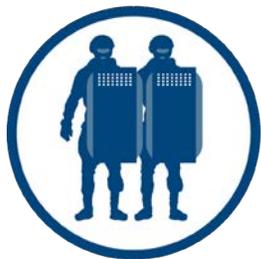
CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have a kidney disorder, diabetes, and/or intestinal disorders, or symptoms such as abdominal pain, nausea, vomiting or fever. Discontinue use and consult a health care practitioner if you experience symptoms of hypoglycemia including feelings of anxiety, dizziness, tremor, sweating, nausea or headache.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Promotes healthy glucose metabolism
- ✓ Supports lean muscle development
- ✓ Helps facilitate glucose usage
- ✓ Supports weight management
- ✓ Maintains healthy glucose levels
- ✓ An insulin maximizer
- ✓ R-alpha lipoic acid provides antioxidants
- ✓ Contains trace elements and minerals



Antioxidants



Supports insulin sensitivity



Gluco-FX™ is designed to stabilize blood sugar levels with each ingredient carefully chosen for its efficacy. Gluco-FX™ is a glucose balancing formula and its primary action is to heighten insulin receptor sensitivity and mimic insulin effects. This formulation contains herbs like gymnema leaf extract, banaba leaf and bitter melon which help to support weight loss and help to suppress the sensation for sweets.

Trace elements, minerals, and herbal supplementation have been found to support weight management and healthy glucose metabolism. Herbs like Gymnema leaf extract, Banaba leaf extract and bitter melon, support weight loss and help to suppress the sensation for sweets. Minerals like chromium and vanadium have shown to help normalize blood glucose levels. R-Alpha lipoic acid is an antioxidant with many functions, but it's one of the most effective free radical scavengers, and the only one known to easily work to support the brain and lipid cell levels. It also has the ability to regenerate other antioxidants such as vitamins C, E, and glutathione. Glutathione is another very important antioxidant. R-Alpha lipoic acid enhances insulin sensitivity and has been used to reduce inflammation, and support liver functions.

R-Alpha Lipoic Acid is a potent antioxidant; helps to promote healthy glucose metabolism; boosts the endogenous antioxidant systems (vitamin C & E availability). It is a fat and water soluble antioxidant responsible for turning the glucose in our blood into energy for our cells. Numerous studies have been done proving its effectiveness on neurodegenerative conditions, cell health maintenance, anti-aging and also nerve functions. It has been used to safeguard liver cells against oxidative damage, as well as tissue and organs from free radicals. R-Alpha Lipoic Acid helps to control blood sugar levels; has antioxidant and anti-inflammatory properties.

Gymnema sylvestre is a herb commonly used in India to reduce the desire to eat sugary foods. This herb maintains healthy blood glucose levels; maintains healthy cholesterol and triglyceride levels; supports weight management and suppresses the sensation or need for sweets.

Bitter melon, also known as *momordica charantia*, is a gourd-like fruit that grows in South America, Asia and Africa. It has been used by practitioners of folk medicine in those areas to control the symptoms of diabetes for centuries, and has been shown in research to have a sugar-lowering impact. Bitter melon also maintains healthy blood glucose levels, as well as healthy bowel movements.

Banaba leaf is a medicinal plant that grows in India, Southeast Asia and the Philippines. Banaba leaf extract contains a compound known as corosolic acid that acts by stimulating glucose transport into cells and regulates levels of blood sugar and insulin in the blood. By keeping blood sugar and insulin levels in check, banaba may also be an effective supplement for promoting weight loss in certain individuals.

Chromium is an essential trace mineral that helps the hormone insulin to function at its full potential. It provides support for healthy glucose metabolism; helps to maintain normal blood glucose level; helps to prevent chromium deficiency; helps to maintain the body's ability to metabolize nutrients; and it may also help to lower cholesterol levels and burns body fat.

Vanadium is another mineral that has been shown to help normalize blood glucose levels, possibly through an insulin-like effect on cells. Food sources of vanadium include seafood, mushrooms and culinary herbs such as black pepper, dill and parsley.

▶ Blood Sugar Regulation

Horny Goat Weed

Promotes Vitality and Physical Performance

120 mL/bottle – UPC 826913603660

NPN 80031305

RECOMMENDED USES: Traditionally used in Chinese medicine to tonify the kidneys and strengthen the yang; for kidney-yang deficiencies, symptoms of frequent urination, and painful, cold lower back and knees.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Epimedium brevicornu (Horny Goat Weed Leaf) 5 g

NON-MEDICINAL INGREDIENTS: Purified water, 25% Ethanol.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL) per day. May be taken with or without food. Shake well before use.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Contraindicated in individuals with fire from yin deficiency. Discontinue use if you develop symptoms of dizziness, vomiting, nausea, nosebleed, dry mouth, and abdominal distention. Do not use if security seal is broken.

STORAGE: Refrigeration is not necessary. Store protected from light. Consume within six (6) months after opening.

ALLERGENS: Contains no dairy, gluten, wheat or yeast.

FEATURES & BENEFITS:

- ✓ For both men and women
- ✓ Promotes vitality and physical performance
- ✓ Stimulates the sensory perception thus increasing sexual desire

Horny goat weed has been used in Traditional Chinese Medicine (TCM) to tonify the kidneys and strengthen the yang. This herb is beneficial for symptoms of kidney-yang deficiency, such as frequent urination and painful, cold lower back and knees.

The Chinese named this herb Horny Goat Weed because it was observed that when goats ate this wild herb, they displayed an increase in their normal sexual behaviour. Research in China has demonstrated that taking this herb can lower cortisol levels (thus a stress-lowering benefit). Horny Goat Weed is effective for men and women.



- ▶ Men's Health
- ▶ Women's Health

IB-Zyme™

Irritable Bowel Formula

90 vegcaps®/bottle – UPC 826913603752

180 vegcaps®/bottle – UPC 826913603707

NPN 80037934

RECOMMENDED USES: Used in herbalism to help relieve digestive disturbances/dyspepsia. Ginger is traditionally used to help relieve digestive upset/disturbances including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia, and flatulent colic (carminative).

MEDICINAL INGREDIENTS PER 1 CAPSULE:

<i>Zingiber officinale</i> (Ginger Rhizome)	170 mg
<i>Althaea officinalis</i> (Marshmallow Root)	80 mg
<i>Citrus aurantium</i> (Hesperidin)	80 mg
<i>Ulmus rubra</i> (Slippery Elm Bark).....	80 mg
<i>Camellia sinensis</i> (Green Tea Extract Leaf) (45% Epigallocatechin 3-gallate) ..	40 mg
L-Glutamine	25 mg
alpha-Amylase	720 FCC DU ¹
Lipase	20 FIP LU ²
Maltase.....	11.2 FCC DP ³
Cellulase	10 FCC CU ⁴

ENZYMATIC UNITS:

FCC (Food Chemicals Codex)

¹FCC DU (alpha-Amylase Dextrinizing Units)

²FIP LU (Federation Internationale Pharmaceutique, Lipase Units)

³FCC DP (Degrees of Diastatic Power)

⁴FCC CU (Cellulase Units)

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Cellulose, Magnesium stearate, Apple Fibre.

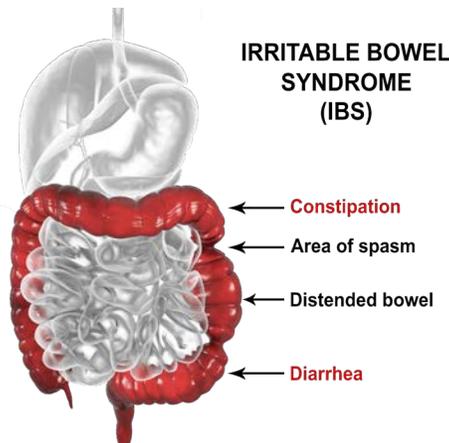
RECOMMENDED DOSE: Adults: Take 1 capsule three times per day with food.

DURATION OF USE: For prolonged use, consult a health care practitioner.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant, breastfeeding or following a low protein diet; have diabetes, iron deficiency, liver disorder or develop symptoms of liver trouble (such as abdominal pain, dark urine or jaundice) or taking any prescription medications. Hypersensitivity/allergy has been known to occur, in which case discontinue use. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.



- ▶ Gastrointestinal Health
- ▶ Special Health Care Products



FEATURES & BENEFITS:

- ✓ Relieves gastrointestinal irritation
- ✓ Improves appetite and digestion
- ✓ Limits inflammation reactions
- ✓ Prevents nausea and vomiting
- ✓ Promotes gastrointestinal mucosal growth
- ✓ Decreases oxidative stress
- ✓ Modulates intestinal microflora
- ✓ Reduces abdominal discomfort
- ✓ Relieves digestive spasms, dyspepsia, and flatulent colic

IB-Zyme™ is an herbal formula that helps relieve digestive disturbances including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia and flatulent colic with additional support of digestive enzymes and L-glutamine to maintain gastrointestinal health. Some symptoms of irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD) are due to maldigestion and/or malabsorption of certain foods. IB-Zyme™ may aid in gastrointestinal conditions such as IBS and IBD which are associated with leaky gut syndrome.

Ginger rhizome exerts beneficial effects on various inflammatory conditions; helps relieve digestive upset/disturbances including lack of appetite, nausea, digestive spasms indigestion and flatulence; helps prevent nausea and vomiting associated with motion sickness, and/or seasickness; helps relieve bronchitis, coughs, colds and expels phlegm; has analgesic, anti-allergic, anti-bacterial, anti-inflammatory, antioxidant, antiseptic, carminative, digestive and immunostimulant properties.

Marshmallow root relieves the irritation of the oral and pharyngeal mucosa and associated dry cough; relieves mild inflammation of the gastrointestinal mucosa (e.g. gastritis, peptic and duodenal ulceration, enteritis); has anti-inflammatory, antitussive, demulcent, diuretic and expectorant properties.

Hesperidin helps in weight management, increases body heat; protects cells against damage caused by free radicals; has antigestric, anti-inflammatory, antioxidant, cardioprotective, digestive, immunostimulant, stomachic and tonic properties.

Slippery elm bark beneficial in gastroenteritis; promotes healthy stomach and intestinal lining; soothes and supports the gastrointestinal tract; soothes respiratory irritation; has anti-inflammatory, antiseptic, antitussive, demulcent and expectorant properties.

Green tea leaf extract increases alertness and helps in weight management; helps reduce elevated blood lipid levels and supports cardiovascular health; prevents the growth of microbes; is a source of antioxidants for the maintenance of good health; has anti-inflammatory, antioxidant, antiseptic, cardioprotective and immunostimulant properties.

L-glutamine helps restore plasma glutamine levels depleted after periods of physical stress; helps support immune system health and digestive system health after periods of physical stress; helps to assist in muscle cell repair after exercise. Glutamine is an essential dietary component, especially for the support of intestinal mucosal growth and function (Klimberg et al., 1990). The small intestine is the principle organ of glucose utilization, extracting 20% to 30% of circulating glutamine in the post-absorptive state (Windmueller & Spaeth, 1974). Glutamine is the principal fuel used by the intestinal mucosa (Windmueller & Spaeth, 1980) and glutamine deficiency due to prolonged stress and trauma is associated with gut mucosal atrophy (McAnena et al., 1991). Glutamine has been recognized as an important substrate for the enterocytes particularly in time of mucosal damage when the gut mucosal barrier may be susceptible to breakdown (Souba et al., 1990).

IB-Zyme™ contains microbe-derived digestive enzymes to support proper hydrolysis (reaction of breaking of a molecule bond using water into another smaller nutrient for absorption) of proteins, carbohydrates, and fats which is beneficial for individuals with inadequate digestive enzyme production. Insufficient enzyme activities may be associated with abdominal pain, bloating, flatulence, dyspepsia, malabsorption, and diarrhea.

alpha-Amylase is a digestive enzyme and a digestive aid to help decrease bloating after high caloric, high fat meals. It is mostly responsible for digesting carbohydrates. α -Amylase catalyzes the first step in the digestion of starch, a main source of carbohydrate in the human diet (Butterworth et al., 2011). α -Amylase is a hydrolase enzyme that catalyzes the hydrolysis of internal α -1, 4-glycosidic linkages in starch, resulting in the production of maltose, maltotriose, glucose, and α -limit dextrins as the main products (Gupta et al., 2003).

Lipase is a digestive aid to help decrease bloating after high caloric, high fat meals, and it works to help the body digest fats. Triacylglycerol lipase fulfills a key function in dietary fat absorption by hydrolyzing triglycerides into diglycerides and subsequently into monoglycerides and free fatty acids (Winkler et al., 1990).

Maltase breaks down disaccharide maltose to the simple sugar glucose (which supports the body energy ATP) and is produced by the cells that line the small intestine. It's secreted by the surface cells of the villi, which are thin projections on the mucosa. Undigested sugars create bloating and studies on patients with chronic diarrhea show reduced amounts of digestive enzymes like maltase. The products of α -amylase digestion of carbohydrates are called dextrins, a mixture of maltose, maltotriose, and branched oligosaccharides of 6-8 glucose units that contain both α -1,4 and α -1,6 linkages. Intestinal brush border enzymes, maltase and isomaltase, hydrolyze dextrins to glucose (Sim et al., 2010) which are easily oxidized by the body for energy.

Cellulase breaks down the cellulose molecule into monosaccharides (simple sugars from plant foods) such as beta-glucose, or shorter polysaccharides and oligosaccharides. A large portion of a plant is fibrous (fibre), a tough cellulose, which makes up its cell walls of the plants we eat. The cell walls of fungi, including candida, is also made of cellulose. Cellulase helps increase the availability of a food's nutritional properties, like antioxidants in fruit and vegetable to improve nutrient retention. Cellulase is a multiple enzyme system consisting of endo-1,4- β -D-glucanases and exo-1,4- β -D-glucanases along with β -glucosidase (cellobiase) which are responsible for the hydrolysis of the β -1,4 glucosidic bonds in cellulose to glucose (Bayer et al., 1998; Shweta, 2014).

References available upon request.

Digestive Health Care Products



Inflam-FX™

Improves Mobility

120 mL/bottle – UPC 826913603813

500 mL/bottle – UPC 826913603806

NPN 80033688

RECOMMENDED USES: Product preparation manufactured based on Traditional Chinese Medicine (TCM) theory.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

<i>Notopterygium incisum</i> (Notopterygium Root).....	750mg
<i>Rehmannia glutinosa</i> (Rehmannia Root).....	375 mg
<i>Gentiana macrophylla</i> (Gentian Root).....	225 mg
<i>Angelica pubescens</i> (Angelica Root).....	150 mg
<i>Eleutherococcus gracilistylus</i> (Acanthopanax Bark)	150 mg
<i>Piper kadsura</i> (Kadsura Pepper Stem).....	75 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Guar gum, Methylsulfonylmethane (MSM), Potassium sorbate, Benzoic acid (buffered), Stevia, Natural cherry flavour.

RECOMMENDED DOSE: Adults: Take 1 - 2 tablespoon(s) (15 mL-30 mL) two times per day. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you are taking anticoagulant, antiplatelet or barbiturates drugs or have yin and/or blood deficiencies, internal wind or loose stools due to spleen deficiency. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Supports healthy joints and flexibility
- ✓ Improves performance and daily activity restricted by impaired mobility
- ✓ MSM helps to ease joint aches associated with osteoarthritis conditions
- ✓ For the maintenance of good joint/ tendon health
- ✓ Antioxidants from herbs help to reduce inflammation
- ✓ Provides the muscles relief from stiffness and soreness
- ✓ Based on Traditional Chinese Medicine (TCM) theory

Inflam-FX™ contains herbs like notopterygium root, rehmannia root, gentian root, Angelica root, kadsura pepper stem, and acanthopanax bark, which all have anti-inflammatory properties. By taking the traditional approach and combining these herbs with Methylsulfonylmethane (MSM), which is known for its support in the relief of pain associated with osteoarthritis, it is a unique approach to managing inflammatory conditions. Additionally, this combination can help reduce inflammation (acute) and help with mobility issues.



► Joint Health

Notopterygium root maintains joint health, supports the immune system and provides antioxidants. It also aids in relieving aches in rheumatic conditions, is used for the relief of backache and shoulder pain and exerts beneficial effects on various inflammatory conditions. Notopterygium has analgesic, anti-fungal, anti-inflammatory, anti-microbial, antioxidant, and anti-spasmodic properties.

Rehmannia root is an adaptogen which can increase the resistance to physical, environmental, emotional or biological stressors at the same time to restore normal physiological function to the body. It is also an adrenal restorative, thus assisting in improving the health of the adrenal glands. Rehmannia also exerts beneficial effects on various inflammatory conditions, helps the body to better cope with both physical and mental stress, promotes the flow of urine, maintains healthy bowel movements and supports digestion. Rehmannia root contains adaptogenic, anti-septic, anti-bacterial, anti-fungal, anti-inflammatory, and tonic properties.

Gentian root is beneficial for joint pain, a bitter tonic, and helps to maintain blood health, protects the liver, promotes bile flow. Gentian root has analgesic, digestive, stimulant and carminative properties.

Angelica root is beneficial for painful joints, and it strengthens tendons. It has analgesic, anti-inflammatory, anti-spasmodic, hepatic, laxative and sedative properties.

Acanthopanax bark is traditionally used to strengthen the bones, tendons, sinew and helps with conditions such as rheumatic aches and arthritis in the limbs, weakness and stiffness in the knees and lower back. It has immunomodulating actions.

Kadsura pepper stem exerts beneficial effects on various inflammatory conditions, and supports joint functions. It has analgesic and anti-inflammatory properties.

What is inflammation?

Inflammation (Latin *inflammō*, “I ignite, set alight”) is part of the complex, biological response of the vascular tissues to harmful stimuli such as pathogens, damaged cells, or irritants. Inflammation is a protective attempt by the body's organism to remove the injurious stimuli and to initiate the healing process. Without the inflammation response, wounds and infections would never heal. However, chronic inflammation can also lead to a host of diseases, so it is for that reason that inflammation is normally closely regulated by the body.

There are two (2) types of inflammation and these can be classified as either acute or chronic:

1. Acute inflammation is actually a healthy reaction by the body to virtually any trauma. In essence, the inflammatory reaction or response occurs when a person's immune mechanism (pathways) kicks directly into overdrive. Inflammation is the intricate process within the body in charge of overcoming damaging conditions caused by virtually any organism foreign to the body, or injury from any traumatic event. Acute inflammation is the initial response of the body to harmful stimuli and is achieved by the increased movement of plasma and leukocytes, and especially the granulocytes from the blood into the injured tissues (this is an immune response). A cascade of biochemical events propagates and matures the inflammatory response, involving the local vascular systems and the various cells within the injured tissue (the healing process).
2. Prolonged inflammation, known as chronic inflammation, leads to a progressive shift in the type of cells present at the site of inflammation and is characterized by simultaneous destruction and healing of the tissue from the inflammatory process.

— An excerpt from Alpha Science's product flyer (code: ASL015).

Inositol Hexaniacinate (Vitamin B3)

Non-Flush Niacin

60 vegcaps®/bottle – UPC 826913603851

NPN 80061910

RECOMMENDED USES: Helps the body to metabolize fats, carbohydrates, and proteins.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

Inositol hexanicotinate [myo-Inositol, hexa-3-pyridinecarboxylate] 500 mg
 Inositol 97.5 mg
 Nicotinic acid 402.5 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Brown Rice Flour.

RECOMMENDED DOSE: Adults: Take 1 capsule once per day with food or as directed by your health care practitioner.

CAUTIONS: Do not use if you are pregnant, breastfeeding, or have a history of liver disease. If you are taking blood thinners/anticoagulants, consult a health care practitioner prior to use. If you develop symptoms of liver trouble (such as abdominal pain, dark urine, or jaundice), discontinue use and consult a health care practitioner. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. Do not use if security seal is broken.

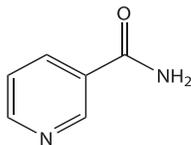
STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A factor in the maintenance of good health
- ✓ Helps the body to metabolize carbohydrates, fats, and proteins
- ✓ No niacin "flush"
- ✓ Supports nerve health, digestion, and brain and liver health
- ✓ Energy production (for weight loss)
- ✓ Involved in mood regulation

Inositol Hexaniacinate (also known as inositol hexanicotinate) is a newer form of vitamin B3 (niacin), which does not cause flushing (niacin flushing). It is involved in the transportation of fats through the body and helps to supply energy to the cells. It also increases serotonin activity which can help to improve mood and reduce signs of stress and sleep orders. Niacin ensures the efficient functioning of over 50 enzymes, as well as the synthesizing of fats from carbohydrates. Deficiencies of niacin are rare in developed countries as it can be derived from L-tryptophan, an essential amino acid. However, there are some circumstances where taking a niacin supplement may be beneficial to your health. It is integral to normalizing blood lipid levels by removing LDL (low density lipoprotein) cholesterol and triglycerides, as well as increasing levels of HDL (high density lipoprotein) cholesterol in the bloodstream. Niacin functions in the body as a component in the coenzymes NAD and NADP, which are involved in numerous chemical reactions in the body. These reactions are essential in the production of energy, for regulating blood sugar levels, for blood lipid levels and for the manufacture of sex and adrenal hormones. Niacin is also involved with antioxidant and detoxification pathways.



Nicotinamide (B3, PP)

- ▶ Blood Sugar Regulation
- ▶ Cardiovascular Health
- ▶ Cognitive Health
- ▶ Nervous System & Sleep
- ▶ Vitamins
- ▶ Weight Management



IP6

Inositol Hexaphosphate

90 vegcaps®/bottle – UPC 826913603905

MEDICINAL INGREDIENT PER 1 CAPSULE:

IP6 (Inositol hexaphosphate) 500 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 1-2 capsules daily or as directed by your health care practitioner.

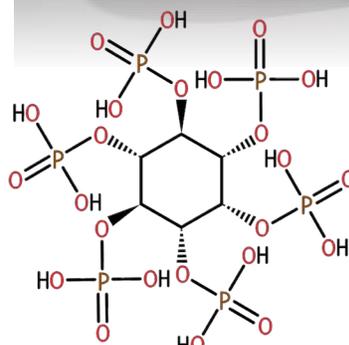
CAUTIONS: Do not use if you are pregnant or breastfeeding. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

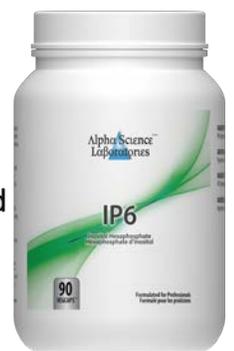
IP6 (Inositol Hexaphosphate) occurs naturally in grains such as oats, brown rice, beans and other legumes and is often prescribed for immune support, hemochromatosis and for its detoxification benefits. IP6 will bind to calcium, copper, iron, magnesium, and zinc, so it should always be consumed on an empty stomach to avoid depleting these essential minerals.

Special Health Care Products



Phytic acid

- ▶ Immune Support
- ▶ Special Health Care Products
- ▶ Vitamins



Joint-FX™

Liquid Osteoarthritis Formula

500 mL/bottle – UPC 826913604001

NPN 80024063

RECOMMENDED USES: Effective in reducing joint pain associated with osteoarthritis. Helps to maintain healthy cartilage and joint health.

MEDICINAL INGREDIENTS PER 1 TEASPOON (5 mL):

D-Glucosamine hydrochloride (Shellfish exoskeletons).....	500 mg
Methylsulfonylmethane (MSM)	500 mg
D-Chondroitin sulphate (Bovine Cartilage)	400 mg
<i>Boswellia serrata</i> Extract (Frankincense Resin)	150 mg
<i>Curcuma longa</i> Extract (Turmeric Rhizome)	150 mg
Manganese (Manganese sulphate)	1.67 mg

NON-MEDICINAL INGREDIENTS: Silicon (Sodium metasilicate), Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered), Stevia, Natural apple juice concentrate.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL) three times per day with food. Shake well before use. Avoid taking at bedtime.

DURATION OF USE: Use for a minimum of 1 month to see beneficial effects.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms worsen. Some people may experience mild gastrointestinal bloating, constipation or indigestion. Consult a health care practitioner prior to use if you have a liver disorder, gallstones or a bile duct obstruction, stomach ulcers or excess stomach acid. Do not use if security seal is broken.

STORAGE: Store away from children. Do not refrigerate. Consume within three (3) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Improves mobility
- ✓ Helps maintain knee and joint health
- ✓ Improves performance and daily activity restricted by impaired mobility and pain
- ✓ Effective in reducing joint pain associated with osteoarthritis
- ✓ Helps to protect against the deterioration of cartilage



Joint-FX™ contains natural and traditional anti-inflammatories like *boswellia serrata* and *curcumin longa* extract (turmeric) that exert beneficial effects on various types of inflammatory conditions. This formula helps reduce the acute and chronic pain and inflammation associated with osteoarthritis while stimulating the formation of cartilage for effective joint repair. When we review the ingredients for this kind of joint formulation, there are many indications for each ingredient such as arthritis, bone, joint, inflammation, pain and musculoskeletal health conditions.

D-Glucosamine sulphate helps to relieve pain associated with osteoarthritis and osteoarthritis of the knee. It helps to protect against the deterioration of cartilage as it promotes cartilage synthesis. It is a factor in maintaining healthy cartilage and/or joint health. It has anti-arthritic, anti-inflammatory and antimicrobial properties. **For more information, please see page 51.**

Methylsulfonylmethane (MSM) is an organic sulfur-containing mineral that is used to improve immune function, reduce inflammation and help restore healthy body tissue. The reason so many benefits are attributed to this supplement is because MSM provides biologically active sulfur, which is the fourth most plentiful mineral in the body, and it is needed for many different critical bodily functions. MSM is also used for pain associated with osteoarthritis, degenerative joint problems and helps form connective tissue and repairs joints, tendons and ligaments. MSM has been well researched and shows that it can decrease joint inflammation, improves flexibility and restores collagen production. MSM is a mineral required in the formation of the extra cellular matrix that is an integral part of cartilage formation and restoration. Sulfur is crucial to the action of L-Glutathione an important antioxidant and a very potent free radical scavenger of oxidative damage. Sulfur supports the formation of the extra cellular matrix that is an integral part of cartilage formation and restoration.

D-Chondroitin sulphate helps to relieve the pain associated with osteoarthritis of the knee and joints, and also helps to inhibit enzymes that are destructive to the joints. Chondroitin is also a major constituent of cartilage. It draws fluid into the tissue, thus promoting water retention to give the cartilage more elasticity as well as slowing the break-down by protecting it from destructive enzymes. D-Chondroitin is a more complex molecule than glucosamine, however it is still effective in the repair of cartilaginous tissue.

Frankincense Resin exerts beneficial effects on allergic respiratory ailments, and exerts beneficial effects on various types of inflammatory conditions. *Boswellia serrata* comes from a tree from India and the gummy resin is used. *Boswellia* blocks the synthesis of pro-inflammatory 5-lipoxygenase products, including 5-hydroxyeicosatetraenoic acid (5-HETE) and leukotriene B4 (LTB4). It is known that non-steroidal, anti-inflammatory drugs can cause a disruption of glycosaminoglycan synthesis which can accelerate the articular damage in arthritic conditions.

Turmeric Rhizome has anti-inflammatory properties that help to reduce the aggravation that occurs with arthritis as it reduces inflammation. It also supports the liver functions and aids the digestive process by increasing bile (supporting the natural elimination processes). It provides antioxidants for the maintenance of good health, relieves pain and inflammation, and assists in healing minor wounds, cuts, burns and minor skin irritations. It has anti-inflammatory and hepatic properties.

Manganese is an essential trace mineral and is primarily known as an enzyme activator. Manganese is involved in activating the enzymes responsible for the production of mucopolysaccharides and glycoproteins which form the organic matrix of bone and cartilage. Manganese is also a part of Mn-superoxide dismutase, which is involved with limiting the buildup of highly reactive oxide molecules in cells. It is a nutrient used in metabolic and biological functions, supports the nervous system functions and normal bone development.

► Joint Health

Kava Kava

Calmative and Sleep Aid

120 mL/bottle – UPC 826913604056

NPN 80084461

RECOMMENDED USE: Used in herbalism to help promote relaxation and as a calmative/sedative to help relieve nervousness/restlessness.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Piper methysticum (Kava Rhizome)2500 mg

NON-MEDICINAL INGREDIENTS: Purified water, Benzoic acid (buffered), Citric acid, Potassium sorbate.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL), once per day or as directed by your health care practitioner. May be taken with or without food. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: Consult a health care practitioner for use beyond 3 months.

CAUTIONS: Do not use if you are pregnant, breastfeeding, or have liver and kidney disorders. If you are taking any medication, consult a health care practitioner prior to use. Consult a health care practitioner if symptoms persist or worsen. Hypersensitivity/allergy has been known to occur; in which case, discontinue use. Discontinue use and consult a health care practitioner if you develop symptoms of liver problems (ex. unexplained fatigue, abdominal pain, fever, vomiting, dark urine, yellow eyes or skin. Excessive use, or use with products that cause drowsiness, may impair your ability to operate vehicles or heavy machinery. Consumption with alcohol is not recommended. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Consume within three (3) months after opening. Store away from children.

ALLERGENS: Contains no preservatives, dairy, gluten, soy, wheat, yeast, glycerine or alcohol.

FEATURES & BENEFITS:

- ✓ Used in herbal medicine as a mild sedative or calmative
- ✓ May improve mood and decrease anxiety and stress
- ✓ Helps reduce disrupted sleep patterns
- ✓ Kava is known for its anxiolytic (anti-panic or anti-anxiety) properties
- ✓ 1:1 water extracted method for usual dose of 5 ml which equals 2500 mg
- ✓ Pacific Islanders used it for its tranquilizing and sedative effects

Kava kava is an extract from the plant *Piper methysticum*. Kava kava has been used for thousands of years in Pacific island chains, during social gatherings, and for medicinal purposes. Kava kava can help offset a number of problems, most notably stress, anxiety, and disrupted sleep patterns. However, kava's anxiolytic (anti-panic or anti-anxiety agent) and calming properties can offset many other stress and anxiety related issues. Kava kava also helps with insomnia because of its calming effects; lessens menopause-related symptoms such as anxiety, moodiness and hot flashes; can be used as a topical anesthetic for minor wounds and helps to relieve pain from toothaches and sore throats.



- ▶ Adrenal & Stress Support
- ▶ Nervous System & Sleep



Anxiety, Stress & Sleep Choices

Acomodil™ Stress, Stamina & Mental Fatigue

- ✓ Supports mental focus and reduces the feeling of fatigue
- ✓ Supports healthy hormone functions
- ✓ Useful for supporting the adrenals
- ✓ Helps promote a healthy immune system

Acomodil™ has adaptogenic herbs that also contain nervine, antioxidant, and immunostimulant properties.

Reliqil™ For Restful Sleep

- ✓ NON-GMO, herbal sleep aid solution
- ✓ Reduces the feelings of fatigue
- ✓ Supports endocrine pathways and for stress management
- ✓ No side effects, like grogginess the next morning

Reliqil™ has seven botanicals that have antioxidant, nervine, sedative, relaxant and tonic properties.

GinkgoSeng™ For Cognitive Health & Memory

- ✓ Improves energy and cognitive function
- ✓ Supports peripheral circulation
- ✓ Helps enhance cognitive and memory function

GinkgoSeng™ contains ginkgo biloba and ginseng extracts which have adaptogenic, stimulant and antioxidant properties.

Valerian Mild Sedative Action

- ✓ Beneficial for anxiety, fatigue and insomnia
- ✓ Promotes sleep and the time it takes to fall asleep
- ✓ Helps relieve nervousness and stress

Valerian has anxiolytic effects (inhibits anxiety), calmative, nervine, sedative, analgesic, antiseptic and anti-bacterial properties.

Kidney Cleanse™

Herbal Diuretic and Kidney Support

500 mL/bottle – UPC 826913604100

NPN 80023986

RECOMMENDED USE: Used in herbalism as a diuretic for the maintenance of kidney health.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

<i>Taraxacum officinale</i> (Dandelion Root)	12 g
<i>Arctostaphylos uva-ursi</i> (Uva ursi Leaf)	0.30 g
<i>Cornus officinalis</i> (Asiatic Cornelian Cherry Fruit)	0.27 g
<i>Lysimachia christinae</i> (Christina Loosestrife Herb)	0.23 g
<i>Polyporus umbellatus</i> (Zhuling Sclerotium)	0.23 g
<i>Zea mays</i> (Corn Silk)	0.23 g
<i>Equisetum arvense</i> (Horsetail Stem)	0.15 g
<i>Schisandra chinensis</i> (Chinese Magnolia Vine Fruit)	0.15 g

NON-MEDICINAL INGREDIENTS: Purified water, Benzoic acid (buffered), Citric acid, Potassium sorbate.

RECOMMENDED DOSE: Adults: Take 1-2 tablespoon(s) once per day. May be taken with or without food. Shake well before use.

DURATION OF USE: For occasional use. Not to be consumed on a continuous basis for longer than one (1) month.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have kidney disease or if symptoms persist or worsen.

CONTRAINDICATIONS: Do not use if you are allergic to plants of the Poaceae and/or Asteraceae/Compositae family. Do not use if you have liver or gall bladder disorders, and/or bowel obstruction. Discontinue use if you develop symptoms of liver trouble. Consult a health care practitioner prior to use if you have high blood pressure or cardiovascular disease.

STORAGE: Refrigerate after opening. Consume within six (6) months after opening.

ALLERGENS: Contains no alcohol, glycerine, dairy, yeast, corn, wheat, gluten, soy or animal products.

FEATURES & BENEFITS:

- ✓ Mild diuretic activity
- ✓ Helps maintain kidney functions
- ✓ Helps excrete waste metabolites and toxins
- ✓ Provides antioxidant support
- ✓ Decreases oxidative stress
- ✓ An adjuvant in minor urinary complaints
- ✓ Helps reduce minor urinary tract issues
- ✓ May reduce pain in the lower back and lethargy
- ✓ Has 8 traditional Chinese and western herbs
- ✓ Increases urine output to achieve flushing of the urinary tract
- ✓ Traditionally used in herbalism as an anti-inflammatory

Kidney Cleanse™ is a natural herbal diuretic with botanicals that are traditionally used in urinary tract infections and to prevent urine saturation. The primary action of this formula is to detoxify and drain toxins from the kidneys while supporting and regenerating weak tissue.



- ▶ Detoxification
- ▶ Immune Support

Kidney Support™

Promotes Kidney and Urinary Tract Health

120 vegcaps®/bottle – UPC 826913604957

NPN 80038503

RECOMMENDED USES: Traditionally used in herbalism to help as an alternative to help remove accumulated waste products via the kidneys, skin and mucous membranes and to treat uncomplicated infections of the lower urinary tract.

MEDICAL INGREDIENTS PER 1 CAPSULE:

<i>Arctium lappa</i> (Burdock Root)	200 mg
<i>Arctostaphylos uva-ursi</i> (Uva Ursi Leaf) (Standardized 40% Arbutin)	200 mg
<i>Taraxacum officinale</i> (Dandelion Root)	60 mg
<i>Alisma plantago-aquatic</i> (Water Plantain Rhizome)	55 mg
<i>Poria cocos</i> (Fu Ling Sclerotium)	55 mg
<i>Smilax officinalis</i> (Sarsaparilla Root)	55 mg
<i>Urtica dioica</i> (Stinging Nettle Root)	55 mg
Cellulase	20 mg (10 *FCC CU)

*Food Chemicals Codex Cellulase Units

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Take 2 capsules three times per day with food.

DURATION OF USE: For occasional use only. For prolonged use, consult a health care practitioner.

CAUTIONS: Do not use if you are pregnant or breastfeeding; have heart disease, diabetes, high/low blood pressure, kidney, liver or gallbladder disorders, bowel obstruction, edema (swelling of hands, face and feet) or taking products containing diuretics. Discontinue use if you develop symptoms of liver trouble or hypersensitivity/allergy. Stop use and seek medical attention immediately if you experience dizziness, confusion, muscle weakness or pain, abnormal heart beat and/or difficulty breathing. Consult a health care practitioner prior to use if you are taking anti-inflammatory or other enzyme products. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ For organ system support (urogenital)
- ✓ Used in herbalism as a diuretic for the maintenance of kidney health
- ✓ Beneficial for infections of the lower urinary tract
- ✓ Contains antioxidants and nutrients that support kidney health
- ✓ Helps remove accumulated waste products via the kidneys, skin and mucous membranes

Kidney Support™ contains a variety of botanical herbs which help remove toxins from the body, reduce inflammation in the kidneys and in the urinary tract, while providing antioxidants and nutrients that support kidney health. The primary actions of this formula are to rejuvenate, maintain and support general kidney functions. It also contains cellulase which is used to digest the cell wall of the herbs for maximum release and utilization of their active constituents.



- ▶ Detoxification

Kidney Cleanse™ & Kidney Support™ contain the following herbs:

Dandelion Root helps stimulate appetite, increases bile flow and helps with digestive disturbances; it increases the amount of urine to achieve flushing of the urinary tract as an aid to urinary complaints; promotes the flow of urine; is a mild laxative; has anti-inflammatory, antioxidant, diuretic, hepatic and tonic properties. **Dandelion is present in both formulations.**

Uva Ursi Leaf exerts antiseptic effects on the urinary mucous membrane, fights bladder infection, neutralizes acidity in urine, promotes urine flow; helps to prevent the growth of microbes, soothes and strengthens irritated and inflamed tissues; reduces discomfort caused by kidney stones, strengthens and tones the urinary tract; contains anti-inflammatory, anti-bacterial, antitussive, diuretic, depurative and bitter properties. **Uva ursi is in both formulations.**

Asiatic Cornelian Cherry Fruit supports the liver functions, helps to reduce blood sugar levels and increases vitality in sperm health. It possesses anti-bacterial, diuretic and tonic properties. **This is in Kidney Cleanse™.**

Christina Loosestrife Herb exerts beneficial effects on various inflammatory conditions; promotes urine flow; provides antioxidants for the maintenance of health; supports kidney health; the major constituents of Christina loosestrife herb, quercetin, quercetin 3-O-β-D-glucopyranoside, and kaempferol 3-O-β-D-glucopyranoside, have shown free radical scavenging activity; has anti-inflammatory, antioxidant, and diuretic actions. **This herb is in Kidney Cleanse™.**

Zhuling Sclerotium is a traditional Chinese herb that has long been used as a diuretic; has been traditionally used for a wide range of issues related to edema, urinary dysfunction and retention; enhances the capabilities of the immune system; helps to promote urine flow; supports the kidney and liver functions; and possesses anti-inflammatory and diuretic properties. **This is in Kidney Cleanse™.**

Corn Silk has bioactive constituents such as flavonoids and terpenoids, and has antioxidants which are beneficial in urinary issues and helps promote urination; used for anti-fatigue and is an effective diuretic agent; and has antilithic, demulcent, diuretic and stimulant properties. **Corn silk is present in Kidney Cleanse™.**

Horsetail Stem maintains healthy joints, healthy skin, hair and nails, and urinary tract health through its phytonutrient properties, promotes urine flow and supports bone health; and has anti-inflammatory, diuretic, and hemostatic actions. **Horsetail is present in Kidney Cleanse™.**

Chinese Magnolia Vine Fruit has been described in pharmacopoeias and well established studies as a general tonic for fatigue associated with illness and for urinary tract disorders; has antioxidants for a healthy immune system; helps the body to better cope with both physical and mental stressors, is used to support liver functions and supports the health of kidneys; and has adaptogenic, astringent, cardiogenic, expectorant, hepatic, nervine and renal tonic actions. **This botanical is present in Kidney Cleanse™.**

Burdock Root is traditionally used in herbalism as a diuretic; is an alterative that helps remove accumulated waste products via the kidneys, skin and mucous membranes; burdock also helps alleviate the pain associated with rheumatism; and has anti-bacterial, digestive and detoxifying properties. **This herb is present in Kidney Support™.**

Water Plantain Rhizome helps maintain cardiovascular health through its phytonutrient properties and helps reduce elevated blood lipid levels; promotes urine flow; and has diuretic, hemostatic, hepatoprotective, stomachic and tonic properties. **This herb is present in Kidney Support™.**

Fu Ling Sclerotium has been used in herbalism to support the immune system; used in traditional Chinese medicine (TCM) to promote urination and leach out dampness (for urinary difficulty and cases of scanty urine due to damp-heat), and to strengthen the spleen; it has immunomodulating properties. **This is in Kidney Support™.**

Sarsaparilla Root helps to prevent the growth of microbes; promotes sweating; provides antioxidants for the maintenance of health; stimulates digestion, promotes urine flow and protects the liver; and it has anti-inflammatory, anti-bacterial, antiseptic, bitter, depurative, digestive, diuretic, expectorant and hepatoprotective properties. **This is present in Kidney Support™.**

Stinging Nettle has antioxidants and phytonutrients that help to reduce inflammation. It has anti-inflammatory properties and helps reduce rheumatic complaints and seasonal allergy symptoms. It promotes urination and is a nutritive tonic for the kidney and liver. It helps reduce difficulty in urination. Stinging nettle has alterative, diuretic and nutritive properties. **This is in Kidney Support™.**

Cellulase is a digestive enzyme used to increase the amount of phytonutrients extracted from plant material. It helps to insure a higher trace element content for metabolic functions. **Cellulase is present in Kidney Support™.**

Keep Your Kidneys Healthy

by Dr Gordon Chang, PhD

A Kidney Cleanse — The primary function of the kidneys is to filter and remove toxic waste products from the body via the blood (detoxify), and then return the cleaned blood back into the body. Approximately every sixty seconds, about one liter of blood will enter the kidneys through the 'renal arteries' and after the blood is cleaned, it flows back into the body through the 'renal veins'.

Inside each kidney, there are about a million tiny filtration units called nephrons. Each nephron is made up of a very small filter called a glomerulus that is attached to a tubule. As blood passes through the nephron, water and waste products are filtered out. Most of the water is then returned to the blood but toxins and other waste products are deposited in the urine for eventual elimination. Kidneys that are compromised due to toxic overload or illness will certainly have reduced function and will not be able to filter waste products and toxins as well.

People who have a high protein diet, or have gout (a form of arthritis where uric acid is deposited in the joints and tissues causing painful swelling), or who may otherwise suspect a toxic overload should consider doing a kidney cleanse. A detoxification program for the kidneys should be of shorter duration and frequency due to the diuretic effect of most of the herbs and substances used. It is also advisable to increase your potassium intake (via supplementation or foods such as bananas) during a kidney cleanse. Kidney Cleanse™ by Alpha Science™ is packaged to last about 14 to 20 days, an appropriate length of time for a complete kidney cleanse.

Kidney Cleanse™ is used in herbal medicine as a diuretic for the maintenance of kidney health. It contains Dandelion, Uva Ursi, Asiatic Cornelian Cherry, Christina Loosestrife, Chuling Sclerotium, Corn Silk, Horsetail and Chinese Magnolia Vine.

A periodic cleanse of the kidneys will greatly improve overall health. For maintenance of the kidneys between cleanses, use Alpha Science's Kidney Support™ for daily protection and support of the kidneys.

It is recommended that healthy individuals do a total organ cleanse every 6 months (usually in spring and fall). If an individual is exposed to a larger toxin load because of medicines, smoking, alcohol and drug use, or a toxic environment (work outdoors or other exposure to pollution) we recommend an organ cleanse be done on a more frequent basis (every 4-6 months).

Dr. Gordon Chang holds a PhD in Physiology and Biomedical engineering from the University of Toronto. He also has 2 years post-doctoral experience in biochemistry. He is the President and Chief Scientific Officer at Omega Alpha Pharmaceuticals Inc.

L-Arginine

An Amino Acid for a Healthy Heart

90 vegcaps®/bottle – UPC 826913604209

NPN 80005215

RECOMMENDED USES: Helps to support cardiovascular health.

MEDICINAL INGREDIENT PER 1 CAPSULE:

L-Arginine [(S)-2-Amino-5-[(aminoiminomethyl)amino]pentanoic acid].... 500 mg

ADDITIONAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 6 capsules three times per day with food.

DURATION OF USE: Consult a health care practitioner for use beyond 3 months.

CAUTIONS: Do not use if you are pregnant or breastfeeding, have asthma or a myocardial infarction (heart attack). Discontinue use if you have decreased platelet count, elevated blood urea-nitrogen, serum creatine and creatinine. Consult a health care practitioner prior to use if you have acrocyanosis, human herpes virus, sickle cell anemia. Consult a health care practitioner prior to use if you are taking cyclosporine, estrogens, birth control medications, medroxyprogesterone, norethindrone, nitrates, potassium-increasing drug, xylitol and/or aminophyllins. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ An amino acid for a healthy heart
- ✓ A natural, nitric oxide precursor
- ✓ Supports circulation
- ✓ Protects the heart from high blood sugar levels
- ✓ A potent vasodilator
- ✓ Aids the detoxification processes
- ✓ Helps in cellular energy production (ATP)

L-arginine is a semi-essential or conditionally essential amino acid in humans. It is one of the most metabolically versatile amino acids and serves as a precursor for the synthesis of urea, nitric oxide (NO), polyamines, proline, glutamate, creatine, and agmatine. L-arginine is known for its physiological effects including the release of growth hormones, glucagon and insulin, amino acid detoxification and for the synthesis of creatine which is an important compound for generating ATP.

L-arginine has been used for treating male infertility by improving spermatogenesis. Since L-arginine is a precursor of NO, and NO is a potent vasodilator, it is possible that arginine would be beneficial in erectile dysfunction much like the mechanism of action of some well-known drugs. Supplementing with L-arginine is most commonly used to enhance exercise capacity and to improve nitric oxide production (NO) in cardiovascular disorders, and for erectile dysfunction.

For individuals with cardiovascular concerns, they can benefit from an increased intake of L-arginine which causes vasodilation and relaxation of the muscle.



- ▶ Amino Acids
- ▶ Cardiovascular Health

L-Glutamine

An Amino Acid for Physical Stress

60 vegcaps®/bottle – UPC 826913604650

NPN 80004451

RECOMMENDED USES: Helps restore L-Glutamine levels when depleted through over exercise.

MEDICINAL INGREDIENT PER 1 CAPSULE:

L-Glutamine 500 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 3-5 capsules, three times per day or as directed by your health care practitioner.

DURATION OF USE: Consult a health care practitioner for use beyond 3 months.

CAUTIONS: Do not use if you are pregnant or breastfeeding; have a kidney or liver disease. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Most abundant amino acid in plasma
- ✓ Plays a key role in maintaining the integrity of the intestinal barrier
- ✓ Helps to prevent permeability of toxins and pathogens from the gut lumen into mucosal tissue
- ✓ Can have a soothing and healing effect on leaky intestinal epithelium
- ✓ Maintains gut barrier function
- ✓ Modulates immune system
- ✓ Provides antioxidant support
- ✓ Gluten-free and lactose-free

L-glutamine – is an amino acid that is important in the metabolism of sugars and fats, and aids in the transportation of potassium across the blood-brain barrier. The conversion of glutamic acid into glutamine helps to clear potentially toxic ammonia, thus detoxifying the brain. L-glutamine helps restore plasma glutamine levels depleted after periods of physical stress; helps support immune system health and digestive system health after periods of physical stress; helps to assist in muscle cell repair after exercise. Glutamine is an essential dietary component, especially for the support of intestinal mucosal growth and function (Klimberg et al., 1990). The small intestine is the principle organ of glucose utilization, extracting 20% to 30% of circulating glutamine in the post-absorptive state (Windmueller & Spaeth, 1974).

Glutamine is the principal fuel used by the intestinal mucosa (Windmueller & Spaeth, 1980) and glutamine deficiency due to prolonged stress and trauma is associated with gut mucosal atrophy (McAnena et al., 1991). Glutamine has been recognized as an important substrate for the enterocytes particularly in time of mucosal damage when the gut mucosal barrier may be susceptible to breakdown (Souba et al., 1990).

References available upon request.

- ▶ Amino Acids
- ▶ Gastrointestinal Health



L-Lysine

An Amino Acid for Immune Health

60 vegcaps®/bottle – UPC 826913604506

NPN80000304

RECOMMENDED USES: Reduces the recurrence, severity and healing time of cold sores.

MEDICINAL INGREDIENT PER 1 CAPSULE:

L-Lysine [(2S)-2,6-Diaminohexanoic acid] 500 mg*

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 2 capsules three times per day with food or as directed by your health care practitioner.

DURATION OF USE: May be used for up to 6 months.

CAUTIONS: Do not use if you are pregnant or breastfeeding. If symptoms persist consult a health care practitioner. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Helps to maintain energy levels
- ✓ Supports the body's muscles, bones, and skin by promoting collagen production
- ✓ Provides support to the immune system
- ✓ Helps to reduce anxiety
- ✓ Helps to reduce the recurrence, severity and healing time of cold sores
- ✓ Helps to inhibit the growth and may help manage the herpes simplex virus

L-Lysine is an amino acid for immune health. It reduces the recurrence, severity and healing time of cold sores. L-Lysine inhibits the growth of herpes simplex virus and prevents and treats herpes simplex infections. Required for collagen synthesis, lysine may also be effective for bone health and athletic performance.

L-Lysine is important for proper growth, and it plays an essential role in the production of carnitine, a nutrient responsible for converting fatty acids into energy and helping to lower cholesterol. Lysine aids in the absorption of calcium, plays an important role in the formation of collagen, (benefits bones, connective tissues including skin, tendon, and cartilage) and helps in the formation of antibodies, hormones and connective tissues.

Symptoms of Lysine Deficiency

NCCCC(N)C(=O)O
 Lysine

▶ Amino Acids
 ▶ Immune Support

L-Tyrosine

An Amino Acid for Stress Management

90 vegcaps®/bottle – UPC 826913604605

NPN 80000303

RECOMMENDED USE: Helps in the management of some forms of stress (physical, psychological, sleep deprivation, multi-tasking, etc.).

MEDICINAL INGREDIENT PER 1 CAPSULE:

L-Tyrosine [(S)-alpha-Amino-4-Hydroxybenzenepropanoic acid].....500 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 2 capsules twice per day with food or as directed by your health care practitioner.

DURATION OF USE: For prolonged use consult a health care practitioner.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner if you have hyperthyroidism, Grave's Disease, or taking dopamine, thyroid hormone medication and/or contraceptive medications. Discontinue if you experience nausea, headache, fatigue, heartburn or joint pain. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, dairy, yeast, wheat or gluten.

FEATURES & BENEFITS:

- ✓ Energy balance
- ✓ Sleep and stress management
- ✓ Physical and mental stress
- ✓ Helps regulate moods
- ✓ May be useful for controlling anxiety or depression
- ✓ Supports neurotransmitter functions
- ✓ Known as the "antidepressant" amino acid

L-Tyrosine is a single amino acid that helps in the management of some forms of stress (physical, psychological, sleep deprivation, multi-tasking, etc.). This is an important amino acid involved in general metabolism and it acts as a precursor for the catecholamines, dopamine, epinephrine, and norepinephrine. L-Tyrosine and iodine combine to form thyroid hormones. Tyrosine is an amino acid and a building block of proteins, which are vital components of virtually all molecular biological processes.

Tyrosine is a major precursor for several neurotransmitters. Because of its role in neural stimulation, tyrosine may directly affect processes in the brain, including cognitive functions and mood. Tyrosine acts as a mood elevator that may be useful for controlling anxiety or depression. Tyrosine is known as the "antidepressant" amino acid. It also suppresses appetite.

- ▶ Adrenal & Stress Support
- ▶ Amino Acids
- ▶ Nervous System & Sleep
- ▶ Weight Management
- ▶ Women's Health

NCC(O)C(=O)O
 Tyrosine

Lib-FX™

Libido Enhancement Formula

120 mL/bottle – UPC 826913604704

NPN 80031874

RECOMMENDED USES: Helps support emotional aspects of sexual health.

MEDICINAL INGREDIENTS PER 3.5 mL:

<i>Lepidium meyenii</i> (Maca Root)	1000 mg
<i>Ginkgo biloba</i> (Ginkgo Leaf)	600 mg
<i>Tribulus terrestris</i> (Puncture Vine Fruit)	600 mg
<i>Turnera diffusa</i> (Damiana Leaf)	600 mg
<i>Eleutherococcus senticosus</i> (Siberian Ginseng Root)	400 mg
<i>Withania somnifera</i> (Ashwagandha Root)	300 mg

NON-MEDICINAL INGREDIENTS: Purified water, 15% Ethanol.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL) twice per day. Shake well before use.

DURATION OF USE: Consult a health care practitioner for use beyond one month.

CAUTIONS: Do not use if you are pregnant, breastfeeding, have breast, prostate, other hormonally sensitive problems or taking health products that affect blood coagulation. Consult a health care practitioner prior to use if you have any type of acute infection, benign prostate hyperplasia/prostate cancer or high blood pressure; taking anticoagulant and antiplatelet, blood thinners, antidepressants, diabetes or hypertension medications; suffer from anxiety or depression. Discontinue use and consult a health care practitioner if you experience breast pain, dizziness, vomiting, dry mouth, thirst, nosebleed, insomnia, slight drowsiness, or changes in heart rhythm. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Some people may experience an allergic skin reaction.

STORAGE: Store protected from light. Consume within six (6) months after opening.

ALLERGENS: Contains no dairy, yeast, wheat or gluten.

FEATURES & BENEFITS:

- ✓ For both sexes
- ✓ Supports emotional aspects of sexual health
- ✓ Supports blood flow to the peripheral tissues
- ✓ Increases testosterone production
- ✓ A six herbal blend concentrate
- ✓ Contains adaptogenic herbs
- ✓ Fights the effects associated with stress

Lib-FX™ is a combination of botanicals that have been traditionally used to support the emotional aspects of sexual health. It is a liquid formulation (alcohol/water extract) using the herbs: maca root, ginkgo biloba leaf, puncture vine, damiana, Siberian ginseng and ashwagandha.

- ▶ Men's Health
- ▶ Women's Health



Maca root is used to support the emotional aspects of sexual health, for enhancing energy levels, and for supporting the immune system. It is traditionally used for chronic fatigue, impotency in men, as well as for menopausal symptoms and menstrual problems in women. Maca root also helps to increase sexual stamina in both sexes as well as sexual interest and responsiveness. Maca root has antiseptic, aphrodisiac, emmenagogue, spermatogenic properties, and is known as a tonic for the maintenance of good health.

Ginkgo Biloba leaf helps improve mental functioning, and also has other benefits like increasing blood flow to the blood flow to the peripheral tissues, thus helping erectile dysfunction that may be caused by blockage of the arteries to the penis. Ginkgo biloba has been used to support brain function by enhancing oxygenation to the brain for enhanced energy. It is an adaptogenic herb that naturally increases the body's ability to cope with mild anxiety. It also has antioxidant, anti-allergic, anti-inflammatory, antiseptic, anti-spasmodic, antitussive, and cardioprotective properties.

Tribulus terrestris fruit increases the production of luteinizing hormone in both sexes. Luteinizing hormone causes maturation of the ova and leads to an increase in testosterone production. Tribulus has also been found to increase the level of free circulating testosterone. In studies, tribulus has shown that women with low testosterone levels have a low libido. In men, it has been observed to increase sperm count and also sperm motility in males with low sperm count or non-viable sperm. It is traditionally used in Ayurvedic herbal medicine as an aphrodisiac. Tribulus terrestris also possesses alterative, analgesic, anthelmintic, anti-fungal, anti-inflammatory, antiseptic, aphrodisiac, nervine, rejuvenative, and tonic properties.

Damiana leaf is traditionally used to balance hormones and increase the vital energies in the body. It can stimulate muscular contractions of the intestinal tract, supporting delivery of oxygen to the gonad area, and is used as an energy tonic and aphrodisiac. Damiana also contains anti-aging, aphrodisiac, diuretic, emmenagogue, energizing, expectorant, stimulant, and tonic properties.

Siberian Ginseng root has adaptogenic, anti-aging, anti-viral, cardioprotective, diuretic, and circulostimulant properties, and is an immune stimulant. It is known for its ability to enhance libido, as well as fighting the effects associated with stress. It restores energy and produces a sensation of well-being. Siberian ginseng root is a regulating root extract that helps to balance the body by boosting the immune system, improving stamina and endurance, and is known to affect almost every aspect of the body.

Ashwagandha root is an Ayurvedic herb with strong adaptogenic properties. It works synergistically to enhance the restorative effects of ginseng. Ashwagandha helps to rejuvenate energy levels and support the nervous system. It is used as a tonic for the immune system and has antioxidant properties and anti-inflammatory actions. It also has alterative, adaptogenic, analgesic, antiseptic, anti-spasmodic, aphrodisiac, hepatoprotective, and immunostimulant properties. This herb from India is also known for its ability to enhance the emotional aspect of sex by stimulating dopamine and serotonin in the brain (coping effectively with stress).

Men & Women's Health Care



Gastrointestinal Health Formula

60 vegcaps®/bottle - UPC 826913607309

NPN 80070540

RECOMMENDED USES: Used in herbalism to help relieve inflammatory conditions of the gastrointestinal tract.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

<i>Glycyrrhiza glabra</i> (Licorice Root)	300 mg
<i>Sus scrofa</i> (Spleen Extract).....	150 mg
L-Glutamine [(S)-2,5-Diamino-5-oxopentanoic acid]	100 mg
<i>Althaea officinalis</i> (Marshmallow Root)	50 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Calcium carbonate.

RECOMMENDED DOSE: Adults: Take 1 capsule twice per day with food or as directed by your health care practitioner. Take a few hours before or after taking other medications or natural health products.

DURATION OF USE: Consult a health care practitioner for use beyond 4-6 weeks.

CAUTIONS: Do not use if you are pregnant or breastfeeding; have hypokalemia, high blood pressure, or a kidney/cardiovascular disorder; taking thiazide diuretics, cardiac glycosides, corticosteroids, stimulant laxatives or other medications which may aggravate electrolyte imbalance. Consult a healthcare practitioner prior to use if you are following a low protein diet or have a liver disorder. Consult a health care practitioner if symptoms persist or worsen. Do not use if security seal is broken.

STORAGE: Store away from children and protected from light/moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.



FEATURES & BENEFITS:

- ✓ Modulates GI immune system
- ✓ Exhibits anti-inflammatory activity
- ✓ Alleviates symptoms of GI distress
- ✓ Maintains mucosal cell integrity
- ✓ Promotes regeneration of GI mucosa
- ✓ Demonstrates anti-microbial activity
- ✓ Helps repair GI tract
- ✓ Stimulates appetite
- ✓ Soothes inflamed mucous membranes
- ✓ Acid resistant capsules deliver our formulation by disintegrating in the duodenum for better intestinal absorption

Litis™ is an innovative, natural health product developed by Alpha Science™ Laboratories which is designed to support the gastrointestinal (GI) health through supporting the GI mucosal immune system. Litis™ contains spleen-derived bioactive peptides, leukotrienes, platelet-derived growth factors, and cytokines. These ingredients are known to modulate the immune system, promote regrowth of GI mucosa and act as anti-inflammatories. The spleen-derived factors in combination with L-glutamine and medicinal herbs support and repair the entire GI tract.

The Litis™ formula contains a specific fraction of spleen extract (Fraction-23®), a research product of Alpha Science™ Laboratories. Fraction-23® is a specific combination of key bioactive isolates which includes tuftsin and splenopentin, platelet-derived growth factors and immune modulators obtained from spleen extract by a proprietary process developed by Alpha Science™ Laboratories. Fraction-23® has been scientifically evaluated for efficacy using an equine model.

Growth factors production and their principle actions in wound healing include:

Growth Factor	Production	Principle action(s) in wound healing
Colony-Stimulating Factors (CSF)	Stromal cells, fibroblasts, endothelial cells, lymphocytes	Granulocyte colony stimulating factor (G-CSF): Stimulates granulocyte proliferation Granulocyte Macrophage Colony Stimulating Factor (GM-CSF): Stimulates granulocyte and macrophage proliferation.
Epidermal Growth Factor (EGF)	Platelets, macrophages	Stimulates fibroblasts to secrete collagenase to degrade the matrix during the remodeling phase. Stimulates keratinocyte and fibroblast proliferation.
Fibroblast Growth Factor (FGF)	Macrophages, mast cells, T-lymphocytes	Promotes angiogenesis, granulation, and epithelialization via endothelial cell, fibroblast, and keratinocyte migration, respectively.
Keratinocyte growth factor (KGF)	Fibroblasts	Stimulates keratinocyte migration, differentiation, and proliferation.
Platelet-Derived Growth Factor (PDGF)	Platelets, macrophages, keratinocytes, fibroblasts, and endothelial cells	Attracts macrophages and fibroblasts to zone of injury. Promotes collagen and proteoglycan synthesis.
Transforming Growth Factor (TGF)	Platelets, macrophages, lymphocytes, hepatocytes	TGF-a: Mitogenic and chemotactic for keratinocytes and fibroblasts. TGF-b1 and TGF-b2: Promotes angiogenesis, up-regulates collagen production and inhibits degradation. TGF-b3 (antagonist to TGF-b1 and b2): Has been found in high levels in fetal scar-less wound healing and has promoted scar-less healing in adults experimentally when TGF-b1 and TGF-b2 are suppressed.
T-cell growth factor (TCGF), also known as Interleukin-2	Macrophages, keratinocytes, endothelial cells, lymphocytes, fibroblasts, osteoblasts, basophils, mast cells	IL-1: Chemotactic for neutrophils, fibroblasts, and keratinocytes. Activates neutrophils. IL-4: Activates fibroblast differentiation. Induces collagen and proteoglycan synthesis. IL-8: Chemotactic for neutrophils and fibroblasts.
Vascular Endothelial Growth Factor (VEGF)	Platelets, macrophages, fibroblasts, smooth muscle cells, neutrophils, and keratinocytes	Promotes angiogenesis during tissue hypoxia.

Liver Cleanse™

Liver Cleanse Formula

500 mL/bottle - UPC 826913604902

NPN 80039596

RECOMMENDED USE: Milk Thistle is used in herbalism to help support liver function.

MEDICINAL INGREDIENTS PER 2 TABLESPOONS (30 mL):

<i>Silybum marianum</i> (Milk Thistle Seed)	3100 mg
<i>Arctium lappa</i> (Burdock Root)	2160 mg
<i>Artemisia capillaris</i> (Yin-chen Wormwood Shoot)	2160 mg
<i>Gardenia jasminoides</i> (Cape Jasmine Fruit).....	2160 mg
<i>Lycium barbarum</i> (Goji Fruit).....	2160 mg
<i>Taraxacum officinale</i> (Dandelion Root)	2160 mg
<i>Polygonum multiflorum</i> (Fleeceflower Root)	1680 mg
<i>Curcuma longa</i> (Turmeric Rhizome).....	1140 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered).

RECOMMENDED DOSE: Adults: Take 2 tablespoons (30 mL) once per day. May be taken with or without food. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: Use for a minimum of 3 weeks to see beneficial effects.

CAUTIONS: Do not use if you are pregnant, breastfeeding; taking warfarin or other anticoagulants; have liver/gall bladder disorders, and/or bowel obstruction; allergy to *Lycium barbarum* berries, their constituents or to members of the Solanaceae family. Discontinue use and consult a health care practitioner if hypersensitivity/allergy occurs; yellowing of the skin or whites of the eyes, dark urine, nausea, vomiting, unusual tiredness, weakness, stomach or abdominal pain, and/or loss of appetite occurs as these may be symptoms of liver disease. Consult a health care practitioner prior to use if you have high blood pressure, diabetes, gallstones/bile duct obstruction, stomach ulcers or excess stomach acid. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no alcohol, glycerine, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Supports normal liver functions and the overall health of the liver
- ✓ Contains sources of antioxidants that are important for liver functions
- ✓ Increases bile excretion which supports digestion
- ✓ Reduces high liver enzymes
- ✓ Supports the health of a fatty liver
- ✓ Helps flush out waste metabolites, thus supporting liver cell regeneration
- ✓ Supports normal liver detoxification pathways
- ✓ Increases liver metabolism to break down toxins

Liver Cleanse™ supports normal function and health of the liver. The medicinal herbs used in Liver Cleanse™ provide a rich source of antioxidants that are beneficial for normal liver function. These herbs also aid in hepatic biotransformation of endogenous and exogenous toxic compounds. The primary action of this formula is to detoxify and drain toxins from the liver while supporting and regenerating weak tissue.

- ▶ Detoxification
- ▶ Immune Support
- ▶ Weight Management



Liver Support™

Liver Support Formula

90 vegcaps®/bottle - UPC 826913604957

NPN 80033290

RECOMMENDED USES: Used in herbalism to help support liver function.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

<i>Silybum marianum</i> (Milk Thistle Seed Extract) (Standardized 80% Silymarin)	200 mg
<i>Schisandra chinensis</i> (Schisandra Fruit)	100 mg
<i>Taraxacum officinale</i> (Dandelion Root)	100 mg
<i>Cnicus benedictus</i> (Blessed Thistle Herb).....	60 mg
Cellulase.....	20 mg (10 FCC CU*)

*Food Chemicals Codex Cellulase Units

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 1 capsule three times per day with food.

DURATION OF USE: For prolonged use, consult a health care practitioner.

CAUTIONS: Do not use if you are pregnant, breastfeeding, allergic to plants of the Asteraceae/Compositae family or have liver/gall bladder disorders, and / or bowel obstruction. Consult a health care practitioner prior to use if you have diabetes or taking anti-inflammatory or other enzyme products. Consult a health care practitioner if symptoms persist or worsen. Do not use if security seal is broken.

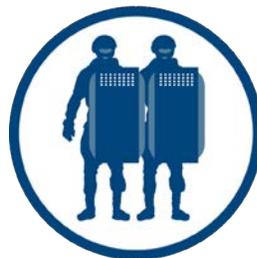
STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or gluten.

FEATURES & BENEFITS:

- ✓ Supports detoxification pathways
- ✓ Provides antioxidants
- ✓ Supports immune functions
- ✓ Aids bile production
- ✓ Supports cell regeneration

Liver Support™ is a daily liver support formula that helps rejuvenate, maintain and support the liver. The primary action of this formula are to rejuvenate, maintain and support general liver functions. It has a cleansing effect and works to increase bile production. It also contains cellulase which is used to digest the cell wall of the herbs for maximum release and utilization of their active constituents.

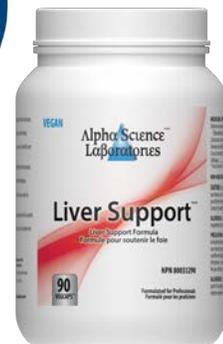


Antioxidants



Supports the liver

- ▶ Detoxification



Liver Cleanse™ & Liver Support™ contain the following herbs:

Milk thistle is an herb that has antioxidant and anti-inflammatory properties, and is commonly used to support the detoxification processes in the body, especially the liver; milk thistle benefits are thought to include being able to promote healthy digestive function by promoting enzyme creation, increasing bile production, decreasing inflammation and soothing the mucous membranes (demulcent) throughout the body and prevents and repairs damage to the liver, protects the liver and supports liver functions; relieves digestive disturbances; and has antioxidant and hepatoprotective properties. **This herb is in both Liver Cleanse™ and Liver Support™.**

Burdock root has been traditionally used in herbalism as a diuretic; induces sweating (diaphoretic); an alterative to help remove accumulated waste products via the kidneys, skin and mucous membranes; helps alleviate the pain associated with rheumatism; has anti-bacterial, anti-fungal, carminative, and diuretic properties. **This herb is present in Liver Cleanse™.**

Yin-Chen Wormwood shoot detoxifies the liver, supports liver and gall bladder functions, reduces weight; source of antioxidants to maintain health and supports the immune system; has hepatic, anti-viral, anti-bacterial, anti-fungal, anti-inflammatory, and diuretic properties. **Yin-Chen is present in Liver Cleanse™.**

Cape Jasmine fruit is used to help balance mood, maintain urinary tract health, promote sleep and provide a calming effect. Cape jasmine possesses anti-bacterial, anti-fungal, anti-allergic, antioxidant, adaptogenic, anti-inflammatory, hepatoprotective, sedative, properties and is used in traditional Chinese herbalism to help with urinary tract infection, to relieve swelling and bruises and to alleviate pain associated with sprains and abscesses through its phytonutrients, trace elements and minerals. **Cape Jasmine is present in Liver Cleanse™.**

Goji Fruit provides antioxidants for the maintenance of good health; improves vision and supports cardiovascular health; and supports the immune system; and it has analgesic, antioxidant, anti-bacterial, diuretic, hepatoprotective and immunostimulant properties. **Goji is present in Liver Cleanse™.**

Dandelion root helps stimulate appetite, increase bile flow and helps treat digestive disturbances; increases the amount of urine to achieve flushing of the urinary tract as an aid to urinary complaints, promotes flow of urine; a mild laxative; has anti-inflammatory, antioxidant, diuretic, hepatic and tonic properties. **Dandelion root is in both Liver Cleanse™ and Liver Support™.**

Fleecflower root exerts beneficial effects on various inflammatory conditions; supports the immune system; helps the body to better cope with both physical and mental stress; provides antioxidants for the maintenance of health, protects the liver; reduces blood lipid levels in adults and supports cardiovascular health; has antioxidant, nervine, sedative, anti-bacterial, and anti-viral properties. **Fleecflower is present in Liver Cleanse™.**

Turmeric Rhizome is known for its anti-inflammatory properties; helps to protect the liver and aids in digestion for relieving flatulence; turmeric also helps increase bile excretion by the liver; provides antioxidants, relieves pain and inflammation, and assists in healing minor wounds, cuts, burns and minor skin irritations; has anti-inflammatory and hepatic properties. **Turmeric is in Liver Cleanse™.**

Schisandra Fruit has antioxidants for a healthy immune system; helps the body to better cope with both physical and mental stressors, is used to protect the liver and supports the health of kidneys; and has adaptogenic, astringent, cardiogenic, expectorant, hepatic, nervine and renal tonic actions. **Schisandra is in Liver Support™.**

Blessed Thistle Herb is traditionally used in herbalism as a digestive tonic and bitters to increase appetite and aid digestion; helps relieve dyspepsia; an expectorant to help relieve cold symptoms; and has analgesic, anti-bacterial, anti-inflammatory, antiseptic, bitter, carminative, depurative and diuretic properties. **Blessed thistle is present in Liver Support™.**

Cellulase is a digestive enzyme used to increase the amount of phytonutrients extracted from plant material. It helps to insure a higher trace element content for metabolic functions. **This is in Liver Support™.**

Keep Your Liver Healthy

by Dr Gordon Chang, PhD

How Does a Cleanse or Detoxification Work?

A detoxification or cleansing of the body organs is an attempt to increase the efficiency of the organs, as well as rid the body of a buildup of toxins. When the major organs of elimination are overloaded by toxins, they begin to store these pollutants in the cells of the body where they can be harmful in various ways. Toxins can interfere with the normal biochemical pathways necessary for healthy bodily functions, but we can also fight the onslaught of toxin overload with an herbal cleanse or detoxification.

The liver, the lungs and the kidneys are the sites in the body where many toxins are biochemically altered into a form which can then be eliminated from the body through the colon, lung and kidneys. When toxins are biochemically broken down by the liver, the biochemically converted toxins are secreted back into the blood for eventual elimination by the lungs or kidneys, or into the bile for elimination through the colon. A gentle stimulation of the organs of elimination will help in the metabolism and release of stored toxins.

Liver Cleanse

The liver is the major organ in the body that is responsible for the detoxification of many biochemical compounds. They can then be excreted by the body in the stool and in the urine. The liver is also responsible for the synthesis of many different types of proteins needed for use in the body. During these processes of synthesis and detoxification, the liver generates a large quantity of free radicals (oxidants) which can damage and even destroy the cells of the liver. In addition many of the body's toxins may be stored in the liver until they are broken down and metabolized. However, the liver has a number of defense mechanisms which help prevent it from being totally destroyed – in particular, it has several potent anti-oxidant systems which help prevent damage to the liver cells.

Unfortunately, many individuals use medications (e.g. acetaminophen) which are toxic to the liver, we all live in a polluted environment, many people smoke cigarettes, consume large quantities of alcohol, use recreational drugs, or eat high trans-fat foods – all of which stress the liver and inhibit normal functioning. In order to help the liver, one can periodically flush the liver clean with herbal formulations. Liver Cleanse™ by Alpha Science™ Labs consists of extracts of well-known Western herbs, combined with lesser known but highly effective herbs used in Traditional Chinese Medicine (TCM). This particular herbal combination provides antioxidants to the liver, helps the cells of the liver regenerate, and most importantly it increases blood flow to the liver to help flush away the buildup of stagnant material in the liver, and thereby cleanse the liver of unwanted debris.

Liver Cleanse™ contains milk thistle (used in herbalism to help support liver function), Burdock root, Wormwood, Cape Jasmine, Goji, Dandelion, Fleece flower and Turmeric. A periodic cleanse of the liver will greatly improve liver health. For maintenance of the liver between cleanses, use Alpha Science™ Lab's Liver Support™ for daily protection and support of the liver.

Dr. Gordon Chang holds a PhD in Physiology and Biomedical engineering from the University of Toronto. He also has 2 years post-doctoral experience in biochemistry. He is the President and Chief Scientific Officer at Omega Alpha Pharmaceuticals Inc.

Lung Cleanse™

Lung Cleanse Formula

500 mL/bottle - UPC 826913605008

NPN 80041649

RECOMMENDED USE: Lung Cleanse™ is manufactured based on Traditional Chinese Medicine (TCM) theory.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

<i>Scutellaria baicalensis</i> (Baikal Skullcap Root).....	1920 mg
<i>Momordica grosvenorii</i> (Grosvenor Momordica Fruit).....	1920 mg
<i>Chrysanthemum x morifolium</i> (Chrysanthemum Flower).....	1800 mg
<i>Lonicera japonica</i> (Japanese Honeysuckle Flower).....	1800 mg
<i>Morus alba</i> (Mulberry Leaf).....	1080 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered), *Rosmarinus officinalis* (Rosemary Leaf).

RECOMMENDED DOSE: Adults: Take 1 tablespoon (15 mL) once per day. May be taken with or without food. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Do not use if you are pregnant, breastfeeding or allergic to plants of the Asteraceae/Compositae, and Labiatae family. Consult a health care practitioner prior to use or if symptoms persist or worsen. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no alcohol, glycerine, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ 6 botanical herbs to support pulmonary functions
- ✓ Provides gentle and effective support for the lungs
- ✓ Helps to clear mucus and improve overall respiration
- ✓ Helps to suppress coughing
- ✓ Helps to expel phlegm (expectorant actions)
- ✓ A source of antioxidants for normal lung functions
- ✓ Reduces inflammation of the respiratory system
- ✓ Supports the natural detoxification process for the lungs



- ▶ Detoxification
- ▶ Immune Support
- ▶ Respiratory Health

The lungs are organs that connect directly with the outside world. They process the pollution that comes from the environment on a first-hand basis. The lungs are well supplied with blood and form a barrier that allows the body to absorb oxygen from the air and also to excrete carbon dioxide to the atmosphere. The lungs are a very metabolically active site for detoxification of some toxins.

Because the lungs are in contact with our polluted atmosphere, they can absorb many airborne pollutants. Some of these pollutants are particulate (solid) in nature and can become trapped within the lung tissue, and some pollutants are chemical (fluid) in nature and gain access to the body by dissolving directly through the lung membranes into the blood. These chemical pollutants can themselves act as oxidants which damage the lung tissue or cause the lung tissue to be damaged when the body attempts to get rid of the pollutants.

Lung Cleanse™ supports the normal functions and health of the lungs. This formulation contains traditional Chinese herbs that help dispel wind-heat, and remove damp and toxic heat. The botanical herbs are used to strengthen the lungs' natural healing processes, and are sources of antioxidants that reduce inflammation, which in turn reduce mucus or phlegm.

The primary action of this formula is to increase blood flow in the lung capillaries. It also stimulates the activity of lung macrophages, and acts as an expectorant. These actions combine to dilute, detoxify and drain the lungs of toxins.

Baikal skullcap root exerts beneficial effects on various inflammatory conditions, prevents the growth of microbes and supports the liver functions. It also reduces blood lipid levels in the body and supports cardiovascular health. Baikal skullcap root possesses anti-inflammatory, antioxidant, anti-bacterial, expectorant, and anti-allergic properties.

Grosvenor Momordica fruit has antioxidants and anti-inflammatory properties; helps to maintain healthy blood glucose levels, as well as healthy bowel functions; and is known in Chinese herbalism to relieve allergies, coughs and phlegm conditions. Monk fruit is a traditional Chinese herb that is used as an expectorant and antitussive for lung congestion, coughs and other respiratory issues; it possesses anti-histaminic, anti-oxidative, anti-carcinogenic and anti-hyperglycemic properties.

Chrysanthemum Flower helps facilitate digestion, helps in detoxification; helps slow the progression of vision loss; helps to prevent the growth of microbes; protects cardiovascular health through its phytonutrient properties; protects cells against damage caused by free radicals; soothes respiratory mucous membranes; and has alterative, anti-bacterial, anti-inflammatory, antioxidant, anti-viral, carminative, and tonic actions.

Japanese Honeysuckle Flower exerts beneficial effects on various inflammatory conditions through antioxidants, helps upper respiratory tract health through its phytonutrient properties, helps to prevent the growth of harmful microbes, and supports gastrointestinal tract health and cardiovascular health. It is known as an anti-inflammatory herb in traditional Chinese herbalism and is used for upper respiratory tract infections; and possesses anti-microbial and anti-inflammatory actions.

Mulberry Leaf exerts beneficial effects on various inflammatory conditions, provides antioxidants for the maintenance of good health, reduces blood lipid levels in the body, and supports and maintains cardiovascular health. Mulberry also possesses anti-bacterial, diuretic, analgesic, antitussive, sedative and anti-inflammatory actions.

Rosemary has antioxidants that help to reduce inflammatory conditions and oxidative stress; helps relieve flatulence, helps to relax muscles and improves mood; provides antioxidants for the maintenance of good health and supports the cardiovascular system; and has anti-inflammatory, antiseptic, astringent, and nerve actions.

MacuPlex™

Vision Care Formula to Slow the Progression of Retinopathy and Macular Degeneration

120 mL/bottle – UPC 826913605053

NPN 80040025

RECOMMENDED USE: Used in herbalism to help slow the progression of disorders of the eye, such as diabetic and hypertensive retinopathy, and macular degeneration.

MEDICINAL INGREDIENTS PER 1 TEASPOON (5 mL):

<i>Vaccinium myrtillus</i> Extract 1.2:1 (Bilberry Fruit) (Standardized 36% Anthocyanosides)	6000 mg
<i>Euphrasia officinalis</i> Extract 1:2.9 (Eyebright Herb)	1700 mg
<i>Lycium barbarum</i> Extract 1:5.9 (Goji Fruit)	850 mg

NON-MEDICINAL INGREDIENTS: Purified water, 20% Ethanol, Potassium sorbate, Benzoic acid (buffered).

RECOMMENDED DOSE: Adults: Take 2 teaspoons (10 mL) once per day on an empty stomach. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms worsen. Do not use if security seal is broken.

STORAGE: Store protected from light and moisture. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ An herbal extract for vision care
- ✓ Provides antioxidants and phytonutrients; zeaxanthin
- ✓ Beneficial for eye health, macular protection
- ✓ A synergistic blend based on herbal medicine

MacuPlex™ is a wonderful, easy-to-use, concentrated liquid herbal extract formulated for vision care. It contains bilberry fruit 6000 mg (standardized 36% anthocyanosides), eyebright herb 1700 mg and nutritiously packed concentrated Goji berries 850 mg (in dose per 5ml/teaspoon).

The Maculex™ formulation blends three traditional herbs that work synergistically to produce maximum benefit for the eyes. This formula is used to help slow the progression of disorders of the eyes such as diabetic and hypertensive retinopathy, and macular degeneration. The suggested dose for adults is 1-2 teaspoons per day in water or juice on an empty stomach.

Bilberry fruit extract provides antioxidants and has been used to fight eye fatigue, reduce night blindness, slow down macular degeneration and cataract formation, and may also increase sharpness of vision. The bilberry fruit and plant has historical uses since the 16th century which is based on both the dried berries and leaves of this shrub. Modern interest stems in part from the fruit's use by British pilots in World War II when pilots noticed night vision improvement after eating bilberry jam prior to night bombing raids. In the six-plus decades since, scientists have discovered that the bioflavonoids in bilberries are potent antioxidants. In Europe, where bilberry cultivation originated, bilberry extracts are a normal part of nutritional health care for the eyes. Bilberries have a higher concentration of an antioxidant called anthocyanin than other blue/purple berries. The fact that these berries had an impact on visual purple resulting in night vision acuity in pilots led to interest in more common vision problems such as macular degeneration and the effects of anythocyanins on eye conditions. Bilberries provide support for night vision by nourishing the visual purple component of the retina. Bilberries may also enhance capillary strength and help to normalize capillary permeability.

Eyebright herb extract provides antioxidants and phytonutrients that has traditionally been used to ease mucous inflammation, as well as to generally support weak eyesight. Eyebright is an herb rich in flavonoids and has protective antioxidant properties that help reduce your body's exposure to harmful free radicals. Eyebright's anti-inflammatory capabilities help relieve congestion, as well as cold and allergy-related concerns. The herb exhibits numerous biological activities including anti-inflammatory, antioxidant, antimicrobial, antifungal and antiviral properties.

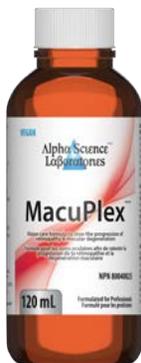
Goji fruit extract provides antioxidants, trace minerals and has been used to improve vision. Goji fruit contains zeaxanthin, an antioxidant carotenoid that is believed to help protect the macular tissue. The goji berry is a small, red berry from Eastern Asia. Goji has a nick name and is often referred to as the "happy berry". Its scientific name is "*Lycium Barbarum*". Goji berry use dates back to the legendary first emperor of China, Shen Nung. It has been included in one of the oldest known medical texts as a life-enhancing food. Goji fruit concentrate has 19 amino acids (building blocks of protein) including eight that are essential for life, and 21 trace minerals and antioxidants like carotenoids, beta-carotene and zeaxanthin. It also contains vitamin C, B-complex vitamins and vitamin E which are all used and are necessary for converting food into energy and protecting the body.

Degenerative Eyesight & Antioxidants

Our normal ability to produce antioxidants in the body declines with age and is often how our eyesight begins to show decline. This is one of the first signs of the natural aging process. It is also the reason that antioxidants are often touted as "anti-aging" compounds in alternative health practices and are recommended for eye health. Anti-age researchers have been centering on how the accumulation of oxidative damage may be responsible for progressive eye disorders like muscular degeneration, retinal degeneration and cataracts.

Antioxidants provide electrons to stabilize harmful free radicals and ensure that all electrons have a corresponding electron paired with it. Antioxidants counteract free radicals because they donate an electron to free radicals to "calm" them down and are used up in the process. Antioxidants help to slow down the effects of free radical damage and help to protect us from early signs of aging (early face skin wrinkles) or degenerative eye conditions.

A diet that includes extra antioxidants from healthy food choices and supplements may help us age much more gracefully and protect our eyesight longer. The best way to reduce free radical damage is a diet rich in a variety of colourful vegetables, fruits, herbs, vitamins and minerals. There are many eye supplement formulations in the market place, and all of them are based on the antioxidant theme to combat free radical damage.



- ▶ Antioxidants
- ▶ Men's Health
- ▶ Special Health Care Products
- ▶ Women's Health

Magnesium Bisglycinate

Amino Acid Chelated Magnesium

120 vegcaps®/bottle – UPC 826913605107

NPN 80034596

RECOMMENDED USES: Helps in the development and maintenance of bones and teeth; maintains proper muscle function, tissue formation; and in the body to metabolize carbohydrates, proteins, and fats.

MEDICINAL INGREDIENT PER 1 CAPSULE:

Magnesium (Magnesium bisglycinate) 100 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 2 capsules twice daily or as directed by your health care practitioner.

CAUTIONS: Some people may experience diarrhea. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

MAGNESIUM BISGLYCINATE BENEFITS:

- ✓ Magnesium bisglycinate helps to eliminate gastrointestinal side effects
- ✓ This form of magnesium is highly absorbable
- ✓ Gentle on the bowels for no intestinal upset

MAGNESIUM (8 FORMS) BENEFITS:

- ✓ Helps to maintain healthy bone density
- ✓ Activates the B vitamins at cell level
- ✓ Helps to relax the body and relieve migraines
- ✓ Helps to metabolize carbohydrates, proteins and fats
- ✓ Calming effects to reduce stress and anxiety
- ✓ Required for protein and fatty acid formation
- ✓ Critical for energy metabolism and muscle function
- ✓ Supports muscle strength and nerve transmission
- ✓ Magnesium is an essential mineral for the body
- ✓ Creates over 300 enzymatic reactions in the body
- ✓ Required for protein and fatty acid formation, as well as the formation of healthy bones and teeth

▶ Adrenal & Stress Support (Liquid)

▶ Cardiovascular Health

▶ Minerals

▶ Nervous System & Sleep

▶ Women's Health (Liquid)



Magnesium Liquid

For Better and Faster Absorption

500 mL /bottle – UPC 826913607859 | NPN 80035279

RECOMMENDED USES: Helps in the development and maintenance of bones and teeth; maintain proper muscle function, tissue formation, and the body to metabolize carbohydrates, proteins, and fats.

MEDICINAL INGREDIENT PER 1 TABLESPOON (15 mL):

Magnesium 250 mg
(Magnesium ascorbate, Magnesium aspartate, Magnesium bisglycinate, Magnesium citrate, Magnesium chloride, Magnesium gluconate, Magnesium oxide and Magnesium sulphate)

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered), Stevia, Malic acid, Natural strawberry flavour.

RECOMMENDED DOSE: Adults: Take 1 tablespoon (15 mL) one to two times per day. Can be mixed with juice or water. Shake vigorously before using.

CAUTIONS: Some people may experience diarrhea. Do not use if security seal is broken.

STORAGE: Store away from children. Do not refrigerate. Store protected from light and moisture. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

MAGNESIUM LIQUID BENEFITS:

- ✓ 8 forms of magnesium
- ✓ Liquid is better for faster absorption

Magnesium Powder

Bone Health & Muscle Recovery

350 g /bottle – UPC 826913607859 | NPN 80104405

RECOMMENDED USE: A factor in the maintenance of good health. Helps in tissue formation; development and maintenance of bones/teeth. Maintains normal electrolyte balance; proper muscle function (including the heart muscle), and the body's ability to metabolize nutrients.

MEDICINAL INGREDIENTS PER PER 1 SCOOP:

Magnesium 250 mg
(Magnesium ascorbate, Magnesium aspartate, Magnesium bisglycinate, Magnesium citrate, Magnesium chloride, Magnesium gluconate, Magnesium oxide and Magnesium sulphate)

NON-MEDICINAL INGREDIENTS: Citric acid, Inulin, Riboflavin, Silica, Stevia, Orange flavour.

RECOMMENDED DOSE: Take 1 scoop once or twice per day with food or as directed by your health care practitioner. Mix well in 1 cup (250 mL) with liquid (water, juice, milk, etc.) or smoothies. Stir briskly and drink immediately.

CAUTIONS: Some people may experience diarrhea. Do not use if security seal is broken.

STORAGE: Store away from children. Do not refrigerate. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

MAGNESIUM POWDER BENEFITS:

- ✓ 8 forms of magnesium for optimal absorption
- ✓ Maintains electrolyte balance
- ✓ Helps the body to metabolize nutrients

Magnesium is an essential mineral for the body and creates over 300 enzymatic reactions in the body. This mineral plays a key role in over 800 different chemical reactions in the body and is involved in everything from DNA synthesis, energy production and metabolism, to muscle strength, nerve function, heart rate regulation, bone density, tissue formation, and it also helps to metabolize carbohydrates, proteins and fats.

One of the supplements commonly used for magnesium deficiency is **magnesium bisglycinate**, which is magnesium bound to glycine. Glycine is well known as a calming amino acid, and is double bonded to combine with magnesium in magnesium bisglycinate. This combination is easily absorbed unlike some forms of magnesium. Due to the calming and relaxing effect of both glycine and magnesium, this combination has been used for minor pain and muscle tension, as well as to help improve sleep quality.

Magnesium deficiency can cause other mineral deficiencies, as all minerals work together at keeping the body functioning optimally. You can get some magnesium from your daily diet by including a variety of green leafy vegetables, beans and lentils, and seeds and nuts. If you can't get enough magnesium from diet alone, supplementation with magnesium bisglycinate is a gentle and efficient way of introducing additional magnesium into your body.

Magnesium chloride: Many researchers advocate magnesium chloride as the most effective form of dietary supplementation, in part due to the vital role that chloride has in the production of hydrochloric acid in the stomach. Some people simply do not produce enough hydrochloric acid (HCl), which can result in a number of health issues related to metabolism and nutrient absorption. These deficiencies can be due to various disorders that affect the stomach, or simply due to individual differences or reasons unknown. As we age, the production of HCl in the stomach declines, often dramatically, and is nearly always left undiagnosed. Magnesium chloride's use as a magnesium supplement has the added benefit of helping to reduce many potential problems that could arise from steadily declining secretions of gastric acid in the stomach.

Magnesium citrate: is a good form of magnesium if you are simply looking to help maintain healthy serum magnesium levels. It offers your body access to an increased amount of magnesium, while at the same time helps to regulate healthy bowel cycles.

Magnesium sulphate: reduces pain and muscle cramps; helps muscles and nerves function properly; helps prevent hardening of the arteries and blood clots; makes insulin more effective; relieves constipation.

Magnesium gluconate: is used as an antacid; it reacts with stomach acid to increase gastric pH for relief of indigestion and heartburn. Magnesium gluconate may be used as an electrolyte replacement and laxative. In large doses, magnesium gluconate taken as an antacid or laxative can lead to elevated levels of magnesium. It may help regulate normal blood pressure, and helps to manage hypertension and cardiovascular disorders.

Magnesium ascorbate: is a buffered form of Vitamin C that is gentle on the stomach. It is also well-known for its vital role in the immune system. Vitamin C is necessary for the production of collagen (a structural protein in connective tissue) and is therefore important for skin, bone, and joint health. Vitamin C is also needed for amino acid metabolism and the utilization of many nutrients, such as folic acid and iron. It is also a highly effective antioxidant that can protect the body's cells and molecules from damage by free radicals generated during normal metabolism.

Magnesium aspartate: Aspartic acid salts are believed to be mineral transporters to metabolizing cells, aiding in the metabolic process by replenishing vital electrolytes, thereby contributing to efficient energy production.

Magnesium oxide: this magnesium form is commonly referred to as milk of magnesia, and has been a common home remedy to centuries. Milk of magnesia is a white liquid form of magnesium that has a very chalky consistency. This can be taken as an oral solution for reducing heart burn, indigestion, and stomach aches.

Milk Thistle

Concentrated Extract

500 mL/bottle – UPC 826913609006

NPN 80024263

RECOMMENDED USES: Used in Herbal Medicine to help relieve digestive disturbances/dyspepsia.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Silybum marianum Extract 1:2 (Milk Thistle Seed)..... 2500 mg

NON-MEDICINAL INGREDIENTS: Purified water, Natural apple concentrate, Potassium sorbate, Benzoic acid (buffered).

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL), 2-3 times per day with food. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant. Hypersensitivity, such as an allergy, has been known to occur; in which case, discontinue use. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Promotes natural digestive function
- ✓ Supports the natural detoxification pathways
- ✓ Supports healthy liver cell regeneration
- ✓ A source of potent antioxidants, thus reducing free radical damage
- ✓ Stimulates gastric enzyme production
- ✓ Increases bile excretion, thus supporting digestion
- ✓ Reduces waste metabolites

Milk thistle seed is a plant that is red to purple in colour, with shiny pale green leaves and white veins, and grows mainly in Mediterranean countries, but is now found throughout the world. Different parts of the milk thistle plant are used to help various health conditions. The most common part of the plant, the milk thistle seed, has been widely researched and proven to contain many beneficial actions such anti-allergy, anti-inflammatory, and hepatic properties.

Milk thistle seed contains several active constituents; the most important one is a bioflavonoid called silymarin. Silymarin boosts antioxidant activity by helping cells produce glutathione (a potent antioxidant in the body), which helps fight oxidative stress or damage in the body.

A gentle and natural cleanse with milk thistle is easy on the body and stimulates the organs to help eliminate excess toxins, while improving the efficiency of the organ previously compromised by toxin accretion. Detoxification cleanses have the ability to support optimal health by improving the functions of the liver, assisting digestive processes, boosting metabolism, immunity and energy levels.



- ▶ Detoxification
- ▶ Immune Support

MSM (Methylsulfonylmethane)

Effective for the Relief of Osteoarthritis Pain

250 g/bottle – UPC 826913605206 | NPN 80022795

180 vegcaps®/bottle – UPC 826913608108

NPN 80073108

RECOMMENDED USE: Helps relieve the pain associated with osteoarthritis of the knees and joints.

MEDICINAL INGREDIENT PER ½ TEASPOON [PER 1 CAPSULE]:

Methylsulfonylmethane (MSM) 1500 mg [1000 mg]

NON-MEDICINAL INGREDIENT: [Hypromellose (vegetarian capsule shell)].

RECOMMENDED DOSE:

Capsules: Adults: Take 1-2 capsules, two to three times per day with food. Avoid taking at bedtime.

Powder: Adults: Take ½ teaspoon one to two time(s) per day with food. Can be mixed with juice or water. Avoid taking at bedtime.

DURATION OF USE: Use for a minimum of 4 weeks to see beneficial effects.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Mild gastrointestinal bloating, constipation or indigestion may occur. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Helps relieve the pain associated with osteoarthritis of the knee and joints
- ✓ Maintains joint health
- ✓ Improves performance and daily activity restricted by impaired mobility
- ✓ Available in capsules or powder

Methylsulfonylmethane (MSM) is an organic sulfur-containing mineral that is used to improve immune function, reduce inflammation and help restore healthy body tissue. The reason so many benefits are attributed to this supplement is because MSM provides biologically active sulfur, which is the fourth most plentiful mineral in the body, and it is needed for many different critical bodily functions. MSM is also used for pain associated with osteoarthritis, degenerative joint problems and helps form connective tissue and repairs joints, tendons and ligaments. MSM has been well researched and shows that it can decrease joint inflammation, improves flexibility and restores collagen production. MSM is a mineral required in the formation of the extra cellular matrix that is an integral part of cartilage formation and restoration. Sulfur is crucial to the action of L-Glutathione an important antioxidant and a very potent free radical scavenger of oxidative damage. Sulfur supports the formation of the extra cellular matrix that is an integral part of cartilage formation and restoration.



▶ Joint Health

MSM & D-Glucosamine Sulphate

Protection Against Cartilage Deterioration & Pain Associated with Osteoarthritis

90 vegcaps®/bottle – UPC 826913605305

180 vegcaps®/bottle – UPC 826913605251

NPN 80001416

RECOMMENDED USES: Helps relieve osteoarthritic pain and protects against the deterioration of cartilage from chronic joint diseases. A factor in the building of healthy cartilage.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

D-Glucosamine sulphate (Shellfish Exoskeletons) 500 mg

Methylsulfonylmethane (MSM) 500 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 1 capsule three times per day with food.

DURATION OF USE: Use for a minimum of 2 months to see beneficial effects.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Some people may experience mild gastrointestinal bloating, constipation or indigestion. Hypersensitivity/allergy has been known to occur, in which case discontinue use.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no sodium chloride, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Helps relieve the pain associated with osteoarthritis of the knee and joints
- ✓ Maintains joint health
- ✓ Improves performance and daily activity restricted by impaired mobility

D-Glucosamine sulphate helps to relieve pain associated with osteoarthritis and osteoarthritis of the knee. It helps to protect against the deterioration of cartilage as it promotes cartilage synthesis. It is a factor in maintaining healthy cartilage and/or joint health. D-glucosamine sulphate is the purest form of glucosamine that is recognized by the body and is best manufactured through enzymatic processes. D-glucosamine sulphate provides the D-isomer form of glucosamine which is 100% utilized/integrated into the body's tissues (tendons, ligaments and sinew). The D-isomer is the best bioactive form that is recognized and utilized by the body's tissues. The L-glucosamine version is merely broken down and excreted. When choosing any glucosamine product, ensure that it contains D-glucosamine for maximum benefit. It helps to relieve osteoarthritic symptoms, is effective in reducing joint pain, and is also a factor of healthy cartilage. It has anti-arthritis, anti-inflammatory and anti-microbial properties.



▶ Joint Health

The Biological Activities of the Bioactive Compounds in Mushrooms

Polysaccharides: Has immunomodulatory, antiviral, antioxidant, antimicrobial, hepatoprotective and anti-inflammatory properties.

β-glucan: Comprises a group of polysaccharides that can be found in plants, bacteria, algae and mushrooms. β-glucans provide immunomodulatory, antibacterial, antiviral, antimicrobial, antioxidant, as well as hepatoprotective properties.

Polyphenols: These are secondary metabolites of plants and can be further categorized into flavonoids, phenolic acids, stilbenes and lignans. Polyphenols have antioxidant, antimicrobial and anti-inflammatory properties.

Steroids: These compounds contain antioxidant, anti-inflammatory, hepatoprotective and anti-fungal properties.

Melanin: Has antioxidant, anti-inflammatory, immunomodulatory, hepatic, as well as antimicrobial properties.

Triterpenoids: Has antimicrobial, analgesic, hepatoprotective, anti-inflammatory, and immunomodulatory properties.

Proteins: Many mushrooms are excellent sources of protein and these proteins have biological activities such as antiviral, antimicrobial, antioxidant and immunomodulatory properties.

Mannitol: Most widely recognized polyol in fungi, where it is found in spores, fruiting bodies and mycelia. Mannitol has antioxidant and anti-inflammatory properties.

Peptides: Obtained from edible mushrooms, peptides possess antihypertensive, antioxidant, antifungal, antimicrobial and antiviral properties.

Sterols: Occurs in all major groups of organisms, from fungi to humans, as secondary metabolites. Sterols have antioxidant, antimicrobial and antiviral activities.

Ergosterols: Has antioxidant, anti-aging and anti-inflammatory properties.

Phenolic compounds: Studies have found that phenolic compounds exhibit antioxidant, antibacterial, antiproliferative, anti-inflammatory and antimicrobial activities.

Hericum erinaceus (known as Lion's Mane mushroom) has bioactive polysaccharides such as **erinacines, hericerins, hericenones and resorcinols**. The bioactive compounds in Lion's Mane have antioxidant, anti-inflammatory, immunomodulatory, antimicrobial, neuroprotective and neurogenerative properties.

Monoterpenes: The largest class of plant secondary metabolites that have antimicrobial, anti-inflammatory, antioxidant and analgesic properties.

Diterpenes: Exhibits anti-inflammatory, antimicrobial and antiviral properties.

Heteroglycans: Has immunomodulating activities, as well as antioxidant properties.

Glycoproteins: Contain antiproliferative, antiviral and immunostimulating properties.

Free amino acids and fatty acids can be found as bioactive components of Turkey Tail mushroom which may attribute to the mushroom's antioxidant activity.

Chitin: Can be found from the exoskeletons of crustaceans, insects and the cell walls of fungi. It has antioxidant, anti-inflammatory, antimicrobial, as well as immunostimulating properties.

Terpenoids: Has anti-inflammatory, antimicrobial, antiviral, antiparasitic, and antioxidant properties.

Nucleotide: A bioactive compound found in Reishi mushroom with analgesic properties.

Lentinula edodes (known as Shiitake mushroom) contains bioactive polysaccharides such as **lentinan, xylomannan, eritadenine, as well as free sugars like arabinose, arabitol, mannose, trehalose; glycerol; vitamins and dietary fibre**. These bioactive components have antioxidant, antifungal and antimicrobial properties.

Vitamins: Provides antioxidant, antiviral, antifungal, antibacterial, antiparasitic and immunomodulating properties.

Ganoderma lucidum

Reishi Mushroom Extract

Immune and Stress Support

250 mL/bottle – UPC 826913608603 | NPN 80115379

RECOMMENDED USES: Used in Herbal Medicine to support the immune system. Used in Herbal Medicine as an adaptogen to help increase energy and resistance to stress (in case of mental and physical fatigue related to stress). Used in Traditional Chinese Medicine (TCM) to strengthen the body and tonify qi.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Ganoderma lucidum (Reishi, fruiting body).....2000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate.

RECOMMENDED DOSE: Adults – Take 1 teaspoon (5 mL), two times per day with food to avoid digestive upset. For palatability, required dosage may be taken with a small quantity of honey. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consult a health care practitioner if symptoms persist or worsen. Stop use if hypersensitivity/allergy occurs. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within three (3) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A source of antioxidants and fungal polysaccharides with immunomodulating properties
- ✓ Used in Herbal Medicine to support the immune system
- ✓ Used in Herbal Medicine as an adaptogen to help increase energy and resistance to stress (in case of mental and physical fatigue related stress)
- ✓ Used in Traditional Chinese Medicine (TCM) to strengthen the body and tonify qi
- ✓ A concentrated mushroom extract, dose per day = 4000 mg
- ✓ Liquids are easier for the body to utilize and absorb
- ✓ Non denatured active ingredients
- ✓ No alcohol, NON-GMO, organic and has natural mushroom flavours
- ✓ Has 40 g of Reishi mushroom per 100 ml
- ✓ Has 500 mg of β-glucans per 5 ml

Ganoderma lucidum (Reishi) is a basidiomycete white rot fungus. It is a large, dark mushroom with a glossy exterior and a woody texture. Reishi is a medicinal mushroom of importance in the traditional medical systems of China, Japan, Korea, and other Asian countries for its health-promoting effects such as increased energy, a modulated immune system, and promoting health and longevity. *Ganoderma lucidum* is known as the “Mushroom of Immortality”.

The fruiting body contains the majority of the therapeutic compounds found in mushrooms. The bioactive compounds present in Reishi mushroom are:

- Polysaccharides
- Peptidoglycans
- Steroids, phenols, terpenoids, nucleotides & their derivatives
- Proteins
- Fatty acids
- Chitin



▶ Immune Support

Grifola frondosa

Maitake Mushroom Extract

Immune Support

250 mL/bottle – UPC 826913608559 | NPN 80115378

RECOMMENDED USES: Source of fungal polysaccharides with immunomodulating properties. Used in Herbal Medicine to support the immune system.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Grifola frondosa (Maitake, fruiting body) 2000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate.

RECOMMENDED DOSE: Adults – Take 1 teaspoon (5 mL), two times per day. May be taken with or without food. For palatability, required dosage may be taken with a small quantity of honey. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consult a health care practitioner prior to use if you have diabetes. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within three (3) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A source of fungal polysaccharides with immunomodulating properties
- ✓ Used in Herbal Medicine to support the immune system
- ✓ A concentrated mushroom extract, dose per day = 4000 mg
- ✓ Liquids are easier for the body to utilize and absorb
- ✓ Non denatured active ingredients
- ✓ No alcohol, NON-GMO, organic and has natural mushroom flavours
- ✓ Has 40 g of Maitake mushroom per 100 ml
- ✓ Has 380 mg of β -glucans per 5 ml

Grifola frondosa (Maitake) is a polypore mushroom that grows at the base of trees, particularly oaks. It is an edible fungus with a large fruiting body characterized by overlapping caps. It is native to China, Europe, Japan, and North America. *Grifola frondosa* is edible and is regarded as a healthy food because it is a good source of protein, carbohydrates, dietary fiber, vitamin D2 (ergocalciferol), and minerals such as potassium, calcium, magnesium, and phosphorus. It has low-fat content and caloric value.

The fruiting body contains the majority of the therapeutic compounds found in mushrooms. The bioactive compounds present in Maitake mushroom are:

- Polysaccharides: β -glucans and heteroglycans
- Proteins and glycoproteins
- Sterols
- Phenolic compounds



▶ Immune Support

Hericium erinaceus

Lion's Mane Mushroom Extract

Immunomodulating

250 mL/bottle – UPC 826913608504 | NPN 80115377

RECOMMENDED USES: Source of fungal polysaccharides with immunomodulating properties. Provides antioxidants that help protect cell damage caused by free radicals.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Hericium erinaceus (Lion's Mane, fruiting body) 2000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate.

RECOMMENDED DOSE: Adults – Take 1 teaspoon (5 mL), two times per day. May be taken with or without food. For palatability, required dosage may be taken with a small quantity of honey. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within three (3) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A source of fungal polysaccharides with immunomodulating properties
- ✓ Provides antioxidants that help protect cell damage caused by free radicals
- ✓ A concentrated mushroom extract, dose per day = 4000 mg
- ✓ Liquids are easier for the body to utilize and absorb
- ✓ Non denatured active ingredients
- ✓ No alcohol, NON-GMO, organic and has natural mushroom flavours
- ✓ Has 40 g of Lion's Mane mushroom per 100 ml
- ✓ Has 280 mg of β -glucans per 5 ml

Hericium erinaceus (Lion's mane) is an edible mushroom and source of physiologically beneficial medicine. It has a long history of use in Traditional Chinese Medicine (TCM), especially for digestive diseases. Lion's mane mushroom is rich in beta-glucan polysaccharides which are responsible for its medicinal property. Lion's mane mushroom is considered a saprotroph or weak parasite. It occurs on dead wood and sometimes on knotholes or cracks of living hardwoods. The mature fruiting body is fleshy, semi-spherical, and whitish. The colour gradually becomes yellowish to brownish in age.

The fruiting body contains the majority of the therapeutic compounds found in mushrooms. The bioactive compounds present in Lion's Mane mushroom are:

- Polysaccharides
- Secondary metabolites (erinacines, hericerins, hericenones)
- Resorcinols and sterols
- Monoterpenes and diterpenes



▶ Immune Support

Inonotus obliquus

Chaga Mushroom Extract

Immunomodulating

250 mL/bottle – UPC 826913608405 | NPN 80115376

RECOMMENDED USES: Source of fungal polysaccharides with immunomodulating properties.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Inonotus obliquus (Chaga, Fruiting body) 2000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate.

RECOMMENDED DOSE: Adults – Take 1 teaspoon (5 mL), once per day. May be taken with or without food. For palatability, required dosage may be taken with a small quantity of honey. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within three (3) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A source of fungal polysaccharides with immunomodulating properties
- ✓ A concentrated mushroom extract, dose per day = 2000 mg
- ✓ Liquids are easier for the body to utilize and absorb
- ✓ Non denatured active ingredients
- ✓ No alcohol, NON-GMO, organic and has natural mushroom flavours
- ✓ Has 40 g of Chaga mushroom per 100 ml
- ✓ Has 320 mg of β-glucans per 5 ml

Inonotus obliquus (Chaga mushroom) is a woody invasive fungus. It grows on living trunks of mature birch trees and is mainly found in the hardwood forests of the Northern hemisphere, and thrives in colder climates. It has high nutritional and medicinal value. Chaga mushroom is black due to an extremely high concentration of melanin. It resembles a dark clump of charcoal and is distinguished from other growths by its orange tissue. Chaga Mushroom has a wide range of health benefits and is popularly called the “king of medicinal mushrooms.”

The fruiting body contains the majority of the therapeutic compounds found in mushrooms. The bioactive compounds present in Chaga mushroom are:

- Polysaccharides: β-glucan, a polymer of β-D glucose
- Polyphenols
- Steroids
- Melanin
- Triterpenoids



▶ Immune Support

Lentinula edodes

Shiitake Mushroom Extract

Immune and Stress Support

250 mL/bottle – UPC 826913608658 | NPN 80115375

RECOMMENDED USES: Source of fungal polysaccharides with immunomodulating properties. Used in Herbal Medicine to support the immune system. Provides antioxidants that help protect cell damage caused by free radicals.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Lentinula edodes (Shiitake, Fruiting body) 2000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate.

RECOMMENDED DOSE: Adults – Take 2 teaspoons (10 mL), two times per day. May be taken with or without food. For palatability, required dosage may be taken with a small quantity of honey. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consult a health care practitioner prior to use if you are taking blood thinners (anti-coagulants). Stop use if hypersensitivity/allergy occurs. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within three (3) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

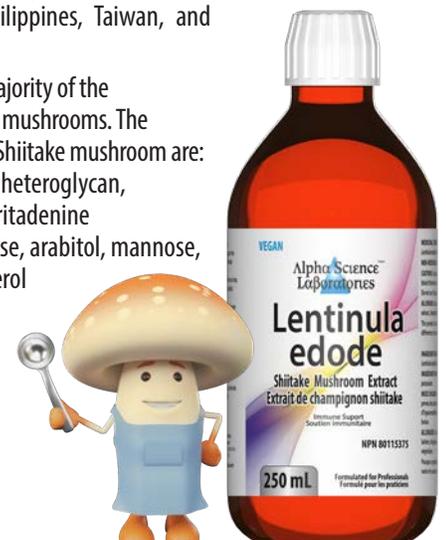
FEATURES & BENEFITS:

- ✓ A source of fungal polysaccharides with immunomodulating properties
- ✓ Used in Herbal Medicine to support the immune system
- ✓ Provides antioxidants that help protect cell damage caused by free radicals
- ✓ A concentrated mushroom extract, dose per day = 8000 mg
- ✓ Liquids are easier for the body to utilize and absorb
- ✓ Non denatured active ingredients
- ✓ No alcohol, NON-GMO, organic and has natural mushroom flavours
- ✓ Has 40 g of Shiitake mushroom per 100 ml
- ✓ Has 250 mg of β-glucans per 5 ml

Lentinula edodes (Shiitake) is one of the largest cultivated mushrooms worldwide due to its importance in food and therapeutic applications. It was the first macro-fungus to attain the focus in modern biotechnology. Shiitake mushroom is used medicinally for diseases involving depressed immune function. The cultivation of Shiitake mushrooms has been in practice for a thousand years, with its cultivation originating in China during the Sung Dynasty (960–1127). Shiitake mushroom occurs naturally in China, Japan, Korea, Vietnam, Thailand, Burma, North Borneo, the Philippines, Taiwan, and Papua New Guinea.

The fruiting body contains the majority of the therapeutic compounds found in mushrooms. The bioactive compounds present in Shiitake mushroom are:

- Polysaccharides: β-D-glucan, heteroglycan, xylomannan, lentinan, and eritadenine
- Free sugars including arabinose, arabinol, mannose, mannitol, trehalose and glycerol
- Vitamins
- Dietary fibre



▶ Immune Support

Ophiocordyceps sinensis

Cordyceps Mushroom Extract

Antioxidants Support Immunomodulating

250 mL/bottle – UPC 826913608450 | NPN 80115372

RECOMMENDED USES: Source of antioxidants and fungal polysaccharides with immunomodulating properties.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Ophiocordyceps sinensis (Cordyceps, Stroma)..... 2000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate.

RECOMMENDED DOSE: Adults – Take 1 teaspoon (5 mL), two times per day. May be taken with or without food. For palatability, required dosage may be taken with a small quantity of honey. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms persist or worsen. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within three (3) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A source of fungal polysaccharides with immunomodulating properties
- ✓ A concentrated mushroom extract, dose per day = 4000 mg
- ✓ Liquids are easier for the body to utilize and absorb
- ✓ Non denatured active ingredients
- ✓ No alcohol, NON-GMO, organic and has natural mushroom flavours
- ✓ Has 40 g of Cordyceps mushroom per 100 ml
- ✓ Has 400 mg of β -glucans per 5 ml

Ophiocordyceps sinensis (Cordyceps), also known as Chinese caterpillar fungus, is a terrestrial fungus parasitizing larvae of ghost moths and produces a fruiting body. It is one of the most valued medicinal fungi in China, used for its tonic effects in strengthening the body and restoring energy. The fungus is endemic to the Tibetan Plateau and its surroundings including Tibet, Qinghai, Sichuan, Yunnan provinces in China, and the Himalayas such as Bhutan, India, and Nepal. The name Cordyceps comes from the Greek word 'kordyle' meaning 'club' and Latin word 'ceps' meaning 'head.' The four major industrial species of cordyceps include *Cordyceps sinensis*, *Cordyceps militaris*, *Cordyceps cicadae*, and *Cordyceps sobolifera*.

The fruiting body contains the majority of the therapeutic compounds found in mushrooms. The bioactive compounds present in Cordyceps mushroom are:

- Polysaccharides
- Proteins
- Mannitol
- Peptides
- Sterols (Ergosterol)



▶ Immune Support

Trametes versicolor

Coriolus (Turkey Tail) Mushroom Extract

Immunomodulating

250 mL/bottle – UPC 826913608801 | NPN 80115370

RECOMMENDED USES: Source of fungal polysaccharides with immunomodulating properties.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Trametes versicolor (Turkey Tail, Fruiting body)..... 2000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate.

RECOMMENDED DOSE: Adults – Take 1 teaspoon (5 mL), two times per day. May be taken with or without food. For palatability, required dosage may be taken with a small quantity of honey. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms persist or worsen. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within three (3) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A source of fungal polysaccharides with immunomodulating properties
- ✓ Used in Herbal Medicine to support the immune system
- ✓ A concentrated mushroom extract, dose per day = 4000 mg
- ✓ Liquids are easier for the body to utilize and absorb
- ✓ Non denatured active ingredients
- ✓ No alcohol, NON-GMO, organic and has natural mushroom flavours
- ✓ Has 40 g of Turkey Tail mushroom per 100 ml
- ✓ Has 300 mg of β -glucans per 5 ml

Trametes versicolor [Coriolus (Turkey tail)] mushroom is a woody bracket, polypore fungus that grows on dead logs worldwide. It is a crucial part of forest ecology as it recycles dead and dying trees. The Compendium of Materia Medica written by Li Shi Zhen during the Ming Dynasty in China described turkey tail mushroom as a medicine that rejuvenates and extends life with chronic use. Turkey tail mushroom is one of the most potent and best studied medicinal mushrooms.

The fruiting body contains the majority of the therapeutic compounds found in Turkey Tail mushrooms. The bioactive compounds present in Maitake mushroom are:

- Polysaccharides
- Phenolic compounds
- Free amino acids
- Sterols
- Vitamins and fatty acids



▶ Immune Support

N-Acetyl-L-Carnitine

An Amino Acid for Cognitive Health

90 vegcaps®/bottle – UPC 826913605350

NPN 80062149

RECOMMENDED USES: Supports cognitive health and/or brain function.

MEDICINAL INGREDIENT PER 1 CAPSULE:

Acetyl-L-Carnitine [(2R)-2-(Acetyloxy)-3-carboxy-N,N,N-trimethyl-1-propanaminium inner salt]..... 500 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Microcrystalline cellulose.

RECOMMENDED DOSE: Adults: Take 2 capsules twice per day with food or as directed by your health care practitioner.

CAUTIONS: If you are pregnant, breastfeeding, have kidney/liver disease and/or a seizure disorder, consult a health care practitioner prior to use. May cause digestive problems. Do not use if security seal is broken.

STORAGE: Store in airtight container, protected from light. Store away from children.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ An amino acid for cognitive health
- ✓ Supports metabolic functions
- ✓ Helps support cognitive health and/or brain function
- ✓ Supports detoxification and weight loss
- ✓ Helps to reduce fatigue
- ✓ May relieve pain associated with neuropathy
- ✓ Helps to strengthen neurons and repair receptors in the brain

N-Acetyl-L-Carnitine aids in the muscle recovery process by reducing muscle tissue damage associated with a resistance training regimen; helps support muscle tissue repair in individuals involved in resistance training; helps improve physical performance when used in conjunction with a training regimen; helps delay fatigue during physical activity; helps support fat metabolism and fat oxidation.

Supplementation of N-Acetyl-L-carnitine is known to provide cognitive support in neurological dysfunction and may help relieve pain associated with some neuropathy conditions. N-acetyl-L-Carnitine is able to cross the blood-brain barriers and helps to reduce fatigue, support cognitive function in the elderly, maintain cognitive function during aging and even relieve pain associated with diabetic neuropathy. N-acetyl-L-Carnitine helps to maintain cellular membrane stability as it is also an antioxidant, scavenging harmful free radicals. As a powerful antioxidant, it helps to remove toxins or waste metabolites, strengthens neurons and repairs receptors for brain functions. This can improve communication between neurons which can lead to enhanced mental function, improved focus and attention span, and better memory.

- ▶ Amino Acids
- ▶ Cognitive Health



N-Acetyl-L-Carnitine & CoQ10

Cardiovascular and Cognitive Support

60 vegcaps®/bottle – UPC 826913604308

NPN 80108614

RECOMMENDED USES: Helps to maintain and/or support cardiovascular health. Supports cognitive health and/or brain function. Helps to reduce the frequency of migraine headaches including associated nausea and vomiting when taken as a prophylactic/preventative. Provides an antioxidant.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

N-Acetyl-L-Carnitine [(2R)-2-(Acetyloxy)-3-carboxy-N,N,N-trimethyl-1-propanaminium inner salt] 500 mg
Coenzyme Q10 75 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Microcrystalline cellulose.

RECOMMENDED DOSE: Adults: Take 2 capsules, twice per day with food or as directed by your health care practitioner.

DURATION OF USE: Use for a minimum of 3 months to see beneficial effects.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant, breastfeeding; have kidney/liver diseases and/or a seizure disorder; taking blood thinners and/or blood pressure medications. Consult a health care practitioner if migraine frequency increases and associated nausea/vomiting persist or worsen. May cause digestive problems. Do not use if security seal is broken.

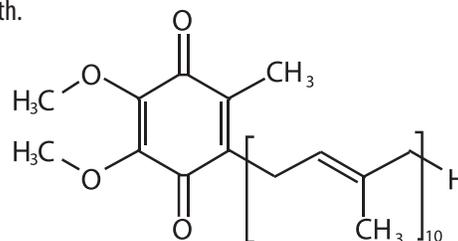
STORAGE: Store away from children and protected from light/moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Helps in the creation of ATP energy
- ✓ Helps to maintain and/or support cardiovascular health
- ✓ Supports weight loss
- ✓ Helps support cognitive health and/or brain function
- ✓ Helps to maintain and/or support kidney health

Coenzyme Q10 (CoQ10) is an antioxidant that is naturally present in the human body with the highest concentrations found in the heart, kidneys, liver and muscles. It can also be found in small amounts in meat, fish, nuts and vegetables. As an antioxidant, CoQ10 helps protect cells against free radical damage and reduce oxidative damage to the body. CoQ10 is involved in making adenosine triphosphate (ATP), which provides cells with energy to carry out functions in the body. Other benefits of CoQ10 include reducing the frequency of migraines; and providing support to cognitive/brain health, cardiovascular health and kidney health.



Coenzyme Q10 (CoQ10)

- ▶ Adrenal & Stress Support
- ▶ Cardiovascular Health
- ▶ Weight Management
- ▶ Cognitive Health
- ▶ Detoxification
- ▶ Amino Acids



NutraWeight™

Vitamin-Mineral Complex for Weight Management

60 vegcaps®/bottle – UPC 826913607156

NPN 80079843

RECOMMENDED USES: Source of vitamins and minerals, factors in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

Vitamin B1 (Thiamine mononitrate)	15 mg
Vitamin B2 (Riboflavin)	7.5 mg
Vitamin B3 (Niacinamide)	25 mg
Vitamin B5 (D-Pantothenic acid)	10 mg
Vitamin B6 (Pyridoxal 5-phosphate)	10 mg
Vitamin B9 (Folic acid)(L-Methylfolate)	500 mcg
Vitamin B12 (Methylcobalamin)	50 mcg
Biotin	50 mcg
Choline (Choline bitartrate)	25 mg
Inositol (Myo-inositol)	25 mg
beta-Carotene	3000 mcg (5000 IU)
Vitamin C (L-Ascorbic acid)	100 mg
Vitamin D3 (Cholecalciferol)	1.25 mg (500 IU)
Vitamin E (d-alpha Tocopheryl acetate)	34.5 mg AT (75 IU)
Chromium* (Chromium polynicotinate)	100 mcg
Selenium* (L-Selenomethionine)	50 mcg
Zinc* (Zinc citrate)	5 mg
Hesperidin	50 mg

*All minerals are in elemental form

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 1 capsule twice per day with food or as directed by your health care practitioner. Take a few hours before or after taking other medications or natural health products.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant, breastfeeding or taking any prescription medication. Do not use if security seal is broken.

STORAGE: Store away from children and protected from light/moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Contains 4 antioxidants
- ✓ Helps with weight management
- ✓ Supports body metabolism
- ✓ Source of vitamins and minerals
- ✓ Factor in the maintenance of good health
- ✓ Helps to maintain the body's ability to metabolize nutrients

See page 74 for a protocol chart about weight loss supplementation.

- ▶ Blood Sugar Regulation
- ▶ Weight Management



Vitamin B1 enhances energy production, specifically for the brain. Thiamin is intricately involved with other B vitamins in energy metabolism. Vitamin B1 helps the body to metabolize carbohydrates, proteins and fats and helps normal growth. Vitamin B1 helps boost the immune system and strengthens the body under stressful conditions.

Vitamin B2 is crucial in the production of energy and is involved in regenerating glutathione (potent antioxidant). It helps the body to metabolize carbohydrates, proteins and fats, as well as helps in tissue formation.

Vitamin B3 helps the body to metabolize carbohydrates, proteins and fats, and assists in normal growth and development. It plays an important role in energy production and the manufacture of sex and adrenal hormones. Vitamin B3 is required for basic bodily functions such as turning food into usable energy and creating red blood cells.

Vitamin B5 plays a role in the production of adrenal hormones and red blood cells. Vitamin B5 also helps the body to metabolize carbohydrates, fats and proteins, as well as tissue formation.

Vitamin B6 helps the body to metabolize carbohydrates, proteins and fats, and it helps in tissue formation. Vitamin B6 helps the body make certain hormones, as well as chemicals in the brain called neurotransmitters. It also helps boost immune system functioning. Vitamin B6 is involved in the formation of protein structures, structural compounds and chemical transmitters. B6 is critical in maintaining hormone balance and immune functions.

Vitamin B9 helps the body to metabolize proteins and form red blood cells. It is also needed for the proper development of the human body. It is involved in producing the genetic material called DNA and is also involved in numerous other bodily functions.

Vitamin B12 helps the body to metabolize carbohydrates, proteins and fats and helps to form red blood cells. Folic acid and Vitamin B12 both work together as methyl donors to facilitate the manufacture of DNA and brain neurotransmitters. Vitamin B12 also works with B6 to reduce homocysteine levels.

Biotin supports the manufacture and utilization of fats and amino acids. It is needed for metabolism and body energy systems. It also plays a beneficial role in cell growth and replication. Biotin helps the body to metabolize carbohydrates, fats and proteins.

Choline helps to support liver functions and is a factor in the maintenance of good health. It is involved in fat metabolism and in the transport of fats from the liver.

Inositol has lipotropic properties meaning that it promotes the export of fat from the liver. Inositol helps in normal growth and development, supports biological functions and is a source of vitamins and minerals.

Beta-carotene is a source of vitamin A which helps maintain eyesight, skin membranes, immune functions, and helps in the development and maintenance of bones and teeth.

Vitamin C helps the body to metabolize fats and proteins, and helps in the development and maintenance of bones, cartilage, teeth and gums. Vitamin C also helps in connective tissue formation, helps in wound healing, and is an antioxidant.

Vitamin D3 functions as a necessary co-factor in calcium absorption and utilization. Vitamin D helps in the development and maintenance of bones and teeth, and helps in the absorption and use of calcium, phosphorus and trace mineral functions.

Vitamin E is a source of antioxidants for the maintenance of good health. Vitamin E protects the fat in body tissues from oxidation, helps to fight against the oxidative effect caused by free radicals, and helps to prevent vitamin E deficiency.

Chromium is an essential trace mineral that helps the hormone insulin to function at its full potential. It provides support for healthy glucose metabolism; helps to maintain normal blood glucose level, helps to prevent chromium deficiency; helps to maintain the body's ability to metabolize nutrients; and it may also help to lower cholesterol levels and burns body fat.

Selenium is an antioxidant that helps protect against oxidative stress, helps to fight and protect cells against free radicals, and helps to maintain normal function of the thyroid gland.

Zinc helps in connective tissue formation, helps to maintain healthy skin, helps the body to metabolize carbohydrates, proteins and fats, and helps to maintain immune functions.

Hesperidin helps in weight management; protects cells against damage caused by free radicals; has anti-gastric, anti-inflammatory, antioxidant, cardioprotective, digestive, immunostimulant, stomachic and tonic properties.

Para-Cide™

Anti-Parasite Formula

100 vegcaps®/bottle – UPC 826913605602

NPN 80044571

RECOMMENDED USES: Black Walnut is traditionally used in herbalism to expel intestinal parasites.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

<i>Cucurbita moschata</i> (Butternut Squash Seed)	400 mg
<i>Polyporus mylittae</i> (Native Bread Sclerotium).....	200 mg
<i>Torreya grandis</i> (Grand Torreya Seed).....	200 mg
<i>Areca catechu</i> (Areca Seed).....	100 mg
<i>Allium sativum</i> (Garlic Bulb).....	80 mg
<i>Juglans nigra</i> (Black Walnut Fruit Hull).....	50 mg
<i>Mentha x piperita</i> (Peppermint Leaf).....	40 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 4 capsules in the morning and 4 capsules in the evening on an empty stomach (1 hour before or 2 hours after a meal). Should not be taken within two (2) hours of another medicine because the desired effect of the other medicine may be reduced.

DURATION OF USE: For temporary use only. Consult a health care practitioner for use beyond 7 days. (Continue for 6 days, take a 7 day break, and continue for an additional 6 days as required).

CAUTIONS: Do not use if you are pregnant, breastfeeding or in the presence of abdominal pain, nausea, fever or vomiting. Consult a health care practitioner prior to use if you have diabetes, anemia, gallstones; taking blood thinners or protease inhibitors. Hypersensitivity (e.g. allergy) has been known to occur; in which case discontinue use.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Traditional herbal medicine to expel intestinal parasites
- ✓ Enhances nutrient absorption
- ✓ Promotes bowel movements
- ✓ Exhibits larvicidal activity
- ✓ Relieves dyspepsia, flatulence and intestinal colic
- ✓ Supports the immune system
- ✓ Provides antioxidant support
- ✓ Affects parasites like worms, flukes, schistosomes, fasciolopsis and amoebae
- ✓ Has mild laxative and cleansing effects



The colon is home to a variety of intestinal bacteria and very often, small colonies of parasites. Parasites such as intestinal worms (pinworms, tapeworms), amoeba, etc., can invade our body from many sources. These sources include raw, uncooked foods such as vegetables, fruits, or sushi. They can also be introduced into our bodies from pets, flies and other common insect pests. Parasites and intestinal bacteria produce toxins as their waste products, which can then be absorbed into the body.

Under normal circumstances, a healthy individual can tolerate the toxins produced by bacteria and a few parasites. However, if the body's toxin elimination systems are overloaded and there are a large number of parasites, this extra toxin load can lead the individual's health into a downward spiral resulting in many chronic diseases. To minimize the amount of toxins absorbed from intestinal sources, it is also important that individuals do a periodic parasite cleanse.

Para-Cide™ is a traditional herbal medicine to expel parasites. Medicinal herbs used in Para-Cide™ are known to exert anti-parasitic and purgative actions in the management of parasitic infestation from helminths (nematodes, cestodes, and trematodes) and infection from protozoans. The primary action of this formula is to eliminate a broad range of known parasites from the gastrointestinal tract. It also provides a mild laxative effect to expedite elimination, and it utilizes cellulase to digest the cell wall of the herbs for maximum release and utilization of their active constituents.

Butternut squash seed is a source of dietary fibre that expels intestinal worms, protects cells against damage caused by free radicals. It is also a source of mono-unsaturated fatty acids that support cardiovascular health and prostate health. Butternut squash has anti-inflammatory properties. Butternut squash seed is effective against tapeworms and roundworms. It kills young schistosomes and is very effective in the elimination of schistosomiasis and other intestinal parasites.

Sclerotium or native bread is a nutritive tonic that expels intestinal worms and supports the digestive system. Sclerotium is used to eliminate tapeworms, hookworms and roundworms. The active ingredient is thought to be an unknown type of protease. Clinical studies have noted the presence of eggs and tapeworms in the stool after 4-6 days of use (showing elimination success).

Grand torreyia seed promotes bowel movements and supports digestion and intestinal health. This herbs has anthelmintic and carminative actions. Grand torreyia seed acts as a mild laxative to expel parasites (tapeworms) and toxins from the gut.

Areca catechu seed aids in digestion and stimulates intestinal contraction and movement. Areca has antioxidant, digestive and anti-microbial actions. Areca is effective against tapeworms, pinworms, hookworms, fasciolopsis, blood flukes and acts as a mild laxative to expel parasites from the gut.

Garlic bulb helps maintain cardiovascular health and helps relieve the symptoms associated with upper respiratory tract infections. It protects the liver and supports the immune system. Garlic bulb has anti-inflammatory, antiseptic and anti-viral properties. Garlic bulb is effective against hookworms, pinworms, ringworms and amoebae and is traditionally used in combination with areca catechu seed and sclerotium for hookworms and pinworms.

Black walnut (fruit hull) improves digestive function and supports normal bowel functions. It also maintains cardiovascular health and normal blood sugar levels. Black walnut has anti-viral and antiseptic actions. Black walnut is used to eliminate tapeworms, ringworms and pinworms.

Peppermint leaf aids in digestion and helps relieve flatulence and maintains digestive health. Peppermint has antiseptic, analgesic and sedative actions. Peppermint promotes segmental motility and prevents intestinal attachment.

▶ Detoxification

Phyto-Immun™

Phytosterol Immune Modulating Formula

60 vegcaps®/bottle – UPC 826913605558

120 vegcaps®/bottle – UPC 826913605503

NPN 80085278

RECOMMENDED USES: Promotes a healthy balanced immune system.

MEDICINAL INGREDIENTS PER 1 CAPSULE :

(3beta)-Stigmast-5-en-3-ol (beta-Sitosterol)..... 20 mg

beta-Sitosterol-beta-D-glycoside.....200 mcg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell),
Brown rice flour, Colloidal silicon dioxide, Microcrystalline cellulose.

RECOMMENDED DOSE: Adults: Take 1 capsule, 3 times per day before meals or as directed by your health care practitioner.

DURATION OF USE: Use for a minimum of 2-3 months to see beneficial effects.

CAUTIONS: Do not use if you are pregnant, breastfeeding, have sitosterolemia, diabetes or multiple sclerosis, are taking immunosuppressants, or a recipient of organ/tissue transplant. Some individuals may experience temporary digestive problems, rashes, headache and fatigue. Do not use if security seal is broken.

STORAGE: Store away from children and protected from light/moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Immune modulating formula
- ✓ Contains both phytosterols and phytosterolins

Phyto-Immun™ is a phytosterol immune modulating formula containing both sterols and sterolins that help balance the cells of the immune system. It strengthens an under-active immune system, and at the same time, turns off an overactive immune system. By enhancing only the function of the TH-1 cells and not the TH-2 helper cells, phytosterols/sterolins may provide that crucial balance.

Helper cells are divided into two types: Type TH-1 and Type TH-2. These cells must remain in a delicate balance at all times for the body to remain healthy. TH-1 cells control the TH-2 (Type 2 helper) cells, which can over stimulate B-cell activity. Too many B-cells (or antibodies) can cause an autoimmune reaction. Uncontrolled over activity of B-cells is thought to be responsible for debilitating or chronic autoimmune disorders such as rheumatoid arthritis, allergies, and asthma.

Phyto-Immun™ can help with these conditions, as well as for the management of gastric ulcers, high cholesterol, chronic inflammation and benign prostate hypertrophy (BPH). Research has shown that a mixture of sterols and sterolins in a ratio of approximately 80:1 is more effective than either sterol alone.



- ▶ Immune Support
- ▶ Special Health Care Products

Probiotics for Good Digestive Health

A *probiotic* is a live microorganism, usually a type of bacteria, that is similar to beneficial bacteria found in our digestive system. A *prebiotic* is a form of indigestible carbohydrate that stimulates the growth of probiotic organisms.

The balance of different types of bacteria in the GI tract may become disturbed due to infection or treatment with antibiotics. This off-balance state is sometimes referred to as “dysbiosis”. Dysbiosis can alter the way the intestines perform the function of absorption¹.

Dysbiosis may underlie such signs and symptoms as bad breath, body odour, bloating, gas, nausea, and constipation. It has been associated with conditions such as attention deficit–hyperactivity disorder, anxiety and nervousness, brain fog and confusion, digestive problems, irritable bowel syndrome and inflammatory bowel disease, immune disorders (autoimmune disease, allergies, recurrent infections), liver dysfunction, malaise and fatigue, chronic fatigue and immune dysfunction syndrome (fibromyalgia, multiple chemical sensitivity), muscle and joint aches and pains, skin conditions, and feeling “off” or “toxic”².

A part of the immune system known as gut-associated lymphoid tissue (GALT) is embedded in the GI tract. Probiotics appear to play a role in modulating immune system activities related to these tissues and thereby have an impact on infections, allergies and chronic conditions like asthma, inflammatory bowel disease and others.

When dysbiosis occurs, or even just a health-promotion measure, it may be helpful to support the microfloral balance by consuming probiotic supplements, along with foods like yogurt and sauerkraut.

Here are some things to keep in mind if you choose to take a supplement:

- look for a supplement that provides more than one type of microorganism;
- choose a supplement that guarantees to provide billions of live cells;
- keep the product refrigerated or follow label instructions for storage;
- follow the manufacturer’s instructions unless otherwise instructed by your health care practitioner;
- do not take probiotics at the same time of day as any antibiotics or antimicrobial herbs.

Probiotic Factors™ by Alpha Science™ Labs is a superior probiotic formula providing 10 billion live cells at time of manufacture. It is also psyllium-free, so it is perfect for those with sensitivity to psyllium and its derivatives. The product is shelf-stable and due to the moisture in a refrigerator which could activate the probiotic cells before ingesting, it is recommended to store this product in a cool, dry location, not in the refrigerator.

We usually think about eating in a way that promotes our health as a whole but by ensuring adequate intake of fibre, enzymes and probiotics, we can build and maintain the health of the system that is so vital to our overall well-being; the digestive tract.

References

¹ Rakel, David. Integrative Medicine, 2nd Ed. Philadelphia, PA: Saunders, An Imprint of Elsevier, 2007. p.21

² Rakel, David. *ibid.* p.620

³ H Gill, J Prasad. Probiotics, immunomodulation, and health benefits. *Advances in Experimental Medicine and Biology* 2008; 606 (5): 423-454

Probiotic Factors™

Probiotic Formula with Psyllium-Free Fibre
60 vegcaps®/bottle – UPC 826913607057
NPN 80026706

RECOMMENDED USE: Probiotics contribute to a natural healthy gut flora.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

<i>Lactobacillus acidophilus</i>	1.25 Billion organisms
<i>Lactobacillus casei</i>	1.25 Billion organisms
<i>Lactobacillus plantarum</i>	1.25 Billion organisms
<i>Lactobacillus rhamnosus</i>	1.25 Billion organisms
<i>Bifidobacterium bifidum</i>	1.25 Billion organisms
<i>Bifidobacterium breve</i>	1.25 Billion organisms
<i>Bifidobacterium longum subsp. infantis</i>	1.25 Billion organisms
<i>Bifidobacterium longum subsp. longum</i>	1.25 Billion organisms

NON-MEDICINAL INGREDIENTS: *Cichorium intybus* (Inulin), Guar gum, *Linum usitatissimum* (Flaxseed Mucilage), Apple fibre, Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: 1 - 2 capsules once daily.

CAUTIONS: Discontinue use and consult a health care practitioner if symptoms of digestive upset (e.g. diarrhea) occur, worsen, or persist beyond three days. Do not use if security seal is broken.

CONTRAINDICATIONS: Do not use if you are experiencing nausea, fever, vomiting, bloody diarrhea or severe abdominal pain. Do not use if you have an immune-compromised condition (e.g. AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).

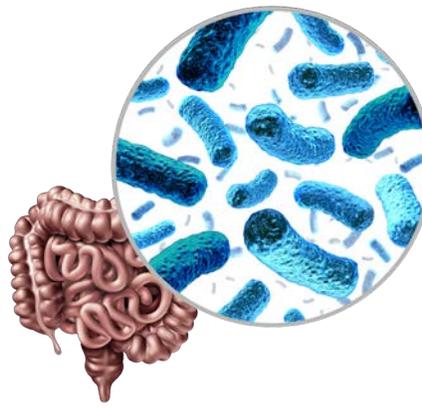
STORAGE: Do not refrigerate. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, yeast, soy, wheat or gluten. Compatible for a vegan diet.

FEATURES & BENEFITS:

- ✓ Features a unique delivery mechanism to optimize bacterial colonization in the lower intestine
- ✓ No refrigeration is required, so it is great to take when traveling
- ✓ Improves the microbial balance of the gut
- ✓ May reduce symptoms associated with Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD)
- ✓ Helps to manage and reduce the risk of acute diarrhea
- ✓ Helps to reduce the risk of antibiotic-associated diarrhea
- ✓ Inhibits the adhesion of a variety of enteropathogenic bacteria
- ✓ Enhances the bioavailability and uptake of minerals
- ✓ Provides both soluble (fruit pectin) and insoluble fibre (flax), no psyllium!

- ▶ Detoxification
- ▶ Gastrointestinal Health
- ▶ Weight Management



- ✓ Contains 8 strains and 10 billion CFUs per capsule
- ✓ Unique delivery mechanism (soluble fibre components which protect the bacteria from stomach acid)
**Studies show that approximately 80% of the probiotics survive passage through the stomach
- ✓ Acid resistant veggie capsules to encapsulate the probiotics

Probiotic Factors™ features 8 probiotics to help establish and maintain healthy intestinal flora and promote optimum intestinal health. Probiotics are live microorganisms, usually a type of bacteria, that is similar to beneficial bacteria found in our digestive systems.

Probiotics appear to play a role in modulating immune system activities and thereby have an impact on infections, allergies, and chronic conditions like asthma, inflammatory bowel disease, and others. Probiotics are also active and are protected through a unique delivery mechanism ensuring their delivery to the large intestine.

Probiotic Factors™ also has both soluble and insoluble fibre in the form of fruit pectin and flax seed. Soluble fibre dissolves in water and has a gel-like consistency. It influences the water balance in the digestive system and has an impact on weight management, as well as levels of hormones, cholesterol and blood sugar. Pectin is a source of soluble fibre and is found in fruits such as apples. Insoluble fibre, on the other hand, does not dissolve in water and increases the bulkiness of feces. This increased bulk helps to move this material along and out of the GI tract.

Probiotic Factors™ contains 10 billion live cells at the time of manufacture. There is no need to refrigerate as it is freeze dried and is activated upon moisture, and is great for travelers.

These strains of bacteria: *Lactobacillus acidophilus*, *lactobacillus casei*, *lactobacillus plantarum*, *bifidobacterium bifidum*, *bifidobacterium breve*, *lactobacillus rhamnosus*, *bifidobacterium longum (infantis)*, *bifidobacterium longum (longum)* are all sources of probiotics used to prevent and treat bowel conditions, to restore “good bacteria” in the gut, and to boost the immune system. These help support intestinal/ gastrointestinal health, promote a favourable gut flora, help to manage acute diarrhea and they help to manage and/or reduce the risk of antibiotic-associated diarrhea.

Inulin is a prebiotic (fructooligosaccharides) that is a source of fibre for the maintenance of good health that helps support and maintain a healthy digestive system. It helps stimulate the growth of healthy bacteria in the intestine/gut, and helps provide gentle relief of constipation and/or irregularity. Inulin has antioxidant, antihyperglycemic and hepatoprotective properties

Flax seed provides essential fatty acids for the maintenance of good health, supports healthy bowel movements by increasing bulk volume and water content, and promotes healthy intestinal flora. Essential fatty acids (EFAs) cannot be produced or synthesized internally, so availability is completely dependent on the foods and supplements that is consumed. EFAs function as components of nerve cells, cell membranes and hormone-like substances called prostaglandins. EFAs also increases the absorption of vitamins and minerals; it nourishes the skin and nails and ensures normal growth and development. Flax seed possesses analgesic, anti-inflammatory, and antiseptic properties.

Apple fibre promotes healthy intestinal flora, bowel movements and maintains a healthy colon. It also provides antioxidants for the maintenance of health, reduces blood lipid levels in adults and supports cardiovascular health. It is also used as a bulk forming laxative.

Prosta-FX™

Prostate Formula

90 vegcaps®/bottle – UPC 826913605657

NPN 80051672

RECOMMENDED USES: Helps reduce symptoms of benign prostate hyperplasia (BPH).

MEDICINAL INGREDIENTS PER 1 CAPSULE:

<i>Serenoa repens</i> (Saw Palmetto Liposterolic Extract) (Standardized 85% Fatty acids)	110 mg
<i>Coix lacryma-jobi</i> (Adlay Seed)	110 mg
<i>Polyporus umbellatus</i> (Zhuling Sclerotium)	90 mg
<i>Urtica dioica</i> (Stinging Nettle Root)	85 mg
<i>Prunus africana</i> (Pygeum Stem Bark Extract) (Standardized 15% Phytosterols)	80 mg
<i>Cuscuta chinensis</i> (Dodder Seed)	50 mg
<i>Medicago sativa</i> (Alfalfa Leaf)	45 mg
Cellulase.....	20 mg (3500 *FCC CU)

*Food Chemicals Codex Cellulase Units

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adult males: Take 1 capsule per day with food.

DURATION OF USE: For use beyond 4 weeks, consult a health care practitioner.

CAUTIONS: Consult a health care practitioner prior to use to exclude a diagnosis of prostate cancer, are taking blood thinners or if you have a genitourinary system disorder. Do not use if you have a history of systemic lupus erythematosus, heart disease, high or low blood pressure, kidney or liver disorder, diabetes or edema (swelling of hands, face and feet) or are taking products containing diuretics. Stop use and seek medical attention immediately if you experience dizziness, confusion, muscle weakness or pain, abnormal heart beat and/or difficulty breathing. If symptoms persist or worsen, consult a health care practitioner. Hypersensitivity/allergy has been known to occur, in which case discontinue use. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Supports bladder, kidney and prostate health
- ✓ Supports overall urinary health
- ✓ Improves urine flow
- ✓ Decreases urination frequency at night



► Men's Health

Prosta-FX™ is used for prostate health and is indicated for BPH (Benign Prostatic Hyperplasia - enlarged prostate). It is used to promote the health of the genitourinary system. It may help to reduce symptoms of BPH leading to a reduction in the number of times that a gentleman may need to use the bathroom at night, thus helping with sleep, stress and irritation.

Prosta-FX™ contains herbal botanicals that contain antioxidants and nutrients that support the kidneys and urinary pathways. Botanicals like saw palmetto (liposterolic extract) and dodder seed (*cucuta chinensis*), have been used to help prevent the conversion of testosterone to dihydrotestosterone (DHT). Elevated levels of DHT contribute to enlarged prostate and hair loss, among other conditions. These herbs naturally block DHT synthesis. The other herbs are used as nutritive tonics that contain antioxidants: African pygeum bark extract, stinging nettle, adlay seed (*coix lacryma-jobi*), zhuling sclerotium (*polyporus umbellatus*) and alfalfa leaf. All these herbs contain trace elements that help to reduce inflammation.

Saw palmetto helps relieve urological symptoms such as weak urine flow, incomplete voiding, frequent daytime and night time urination associated with mild to moderate benign prostatic hyperplasia (BPH). Saw palmetto possesses anti-inflammatory, antioxidant, immuno-stimulant, diuretic, nerve, sedative, anti-estrogenic, anti-spasmodic and stimulant properties.

Adlay seed prevents the growth of microbes, and protects cells against damage caused by free radicals. Adlay seed contains a range of bioactive components which includes polysaccharides, proteins, lipids, polyphenols, phytosterols, carotenoids, spiroenone and lactams. Adlay seed has antioxidant, anti-inflammatory, diuretic and anti-allergic properties.

Zhuling sclerotium exerts beneficial effects on various inflammatory conditions. It helps maintain a healthy immune system, promotes urine flow and kidney health and protects the liver. Zhuling possesses antioxidant, anti-inflammatory, diuretic, and immunostimulant properties.

Stinging nettle Stinging nettle helps reduce difficulty in urination associated with the early stages of prostate enlargement. It also helps relieve rheumatic complaints and seasonal allergy symptoms, promotes urination and is a nutritive tonic. Stinging nettle has been traditionally used as an analgesic, a gastrointestinal aid and as an anti-diarrheal. Stinging nettle has alterative, astringent, diuretic and nutritive properties.

Pygeum bark promotes the flow of urine and supports prostate health. It also promotes the health of the genitourinary system. Pygeum helps reduce the urologic symptoms (such as weak urine flow, incomplete voiding, frequent daytime and night time urination) associated with benign prostatic hyperplasia (BPH). Pygeum possesses antioxidant, anti-inflammatory, anti-arthritis, anti-spasmodic, antiprostaglandin, anti-estrogenic, and diuretic properties.

Dodder seed invigorates the reproductive system, supports prostate health, and maintains kidney and liver health. It also provides antioxidants for the maintenance of good health. Dodder possesses antioxidant, anti-inflammatory, antimicrobial, diuretic, hepatotonic and tonic properties.

Alfalfa leaf has been used as a traditional herb in China, Iraq, Turkey, India and America for the management of various issues such as prostate and bladder disorders. Alfalfa is a nutritive tonic that provides antioxidants for the maintenance of health. It reduces blood lipid levels in adults and supports the digestive system. Alfalfa contains antioxidant, anti-inflammatory, antimicrobial, depurative, diuretic, immunomodulatory, stimulant, stomachic and tonic properties.

Protein Complex™

Complete Protein and Multi-vitamin Complex

Chocolate: 300 g/bottle – UPC 826913607606

Vanilla: 300 g/bottle – UPC 826913607552

NPN 80054279

RECOMMENDED USES: Source of protein, vitamins and minerals for the maintenance of good health. Helps digest proteins.

MEDICINAL INGREDIENTS PER 1 SCOOP CHOCOLATE & VANILLA (25 g):

Milk Protein Isolate	10 g	Vit. E (d-alpha Tocopheryl acetate)....	46 mg AT (69 IU)
Whey Protein Isolate	10 g	Boron* (Sodium borate).....	347 mcg
Protease (Enzyme)	3750 FCC HUT	Calcium* (Calcium lactate).....	100 mcg
Acetyl-L-Carnitine	100 mg	Chromium* (Chromium polynicotinate)....	89 mcg
R-Alpha-Lipoic Acid.....	50 mg	Copper* (Cupric gluconate)	200 mcg
Vit. B1 (Thiamine mononitrate)	2.5 mg	Magnesium*(Magnesium citrate)....	20 mg
Vit. B2 (Riboflavin)	2.5 mg	Manganese* (Manganese sulphate).....	900 mcg
Vit. B3 (Niacinamide)	10 mg	Molybdenum * (Sodium molybdate).....	10 mcg
Vit. B5 (D-Pantothenic acid)	10 mg	Selenium* (L-Selenomethionine).....	10 mcg
Vit. B6 (Pyridoxal 5-phosphate) ...	5 mg	Silicon* (Sodium metasilicate).....	2 mg
Vit. B9 (L-Methylfolate).....	100 mcg	Vanadium* (Vanadyl sulphate) 10 mcg	
Vit. B12 (Methylcobalamin) ...	500 mcg	Zinc* (Zinc citrate)	2 mg
Biotin	25 mcg	*All minerals are in elemental form	
Choline (Choline bitartrate).....	10 mg		
Inositol (Myo-inositol)	20 mg		
beta-Carotene	1563 mcg (2605 IU)		
Vit. C (L-Ascorbic Acid).....	100 mg		
Vit. D3 (Cholecalciferol) ...	5 mcg (200 IU)		

NUTRITION FACTS PER SERVING CHOCOLATE & [VANILLA] (25 g):

Protein	18 g [18 g]
Fat.....	1 g [0 g]
Carbohydrates	2 g [1 g]
Energy.....	85 calories/355 kJ [76 calories/318 kJ]

AMINO ACIDS PER SERVING (25 g):

L-Alanine.....	3.256 g	*L-Methionine	1.82 g
L-Arginine	2.204 g	*L-Phenylalanine	3.032 g
L-Aspartic Acid	7.128 g	L-Proline	6.052 g
L-Cysteine	1.212 g	L-Serine.....	3.996 g
L-Glutamic Acid.....	15.028 g	*L-Threonine	4.38 g
L-Glycine	1.356 g	*L-Tryptophan.....	1.332 g
L-Histidine.....	1.668 g	L-Tyrosine	3.108 g
*L-Isoleucine (BCAA).....	4.584 g	*L-Valine (BCAA)	4.536 g
*L-Leucine (BCAA).....	7.828 g	*Essential amino acids	
*L-Lysine.....	6.96 g		

NON-MEDICINAL INGREDIENTS:

CHOCOLATE: Sunflower lecithin, Xanthan gum, Stevia, Natural chocolate flavour, Cocoa powder.

VANILLA: Sunflower lecithin, Xanthan gum, Stevia, Natural vanilla flavour.

RECOMMENDED DOSE: Adults: Take 1 scoop (25 g) per day. Mix Protein Complex™ well in 1 cup (250 mL) plus liquid (water, juice, milk, etc.) or smoothies. Take a few hours before or after taking medications.

DURATION OF USE: For prolonged use, consult a health care practitioner.

STORAGE: Store away from children and protected from light/moisture.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant, breastfeeding, have diabetes, liver disorder, kidney disorder, gastrointestinal lesions/ulcers, taking anticoagulants, anti-inflammatory agents or are having surgery. This product may cause mild gastrointestinal disturbances. Discontinue use or consult a health care practitioner if symptoms persist or worsen. Do not use if security seal is broken.

ALLERGENS: Contains no preservatives, corn, gluten, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Contains essential amino acids and non-essential amino acids
- ✓ Lactose free, fat free & gluten free
- ✓ No sugar added, sweetened with stevia
- ✓ Enzymes added for better absorption
- ✓ Increases strength & builds muscles
- ✓ Helps maintain blood sugar levels
- ✓ Reduces cravings and supports healthy weight
- ✓ Boosts the antioxidant action of glutathione
- ✓ Boosts the immune system and the recovery time during convalescence
- ✓ Contains a full complement of vitamins and minerals

Protein Complex™ is comprised of both essential and non-essential amino acids, whey and milk protein isolates, and also includes a full complement of vitamins and minerals that are needed to help maintain optimal health. All these ingredients synergistically help to provide the body with what it needs to build muscle, strength and to recover quickly after a workout or during convalescence, or from a very active lifestyle.

How to Use Protein Complex™: The quickest and easiest methods to incorporate extra protein/vitamins/minerals into the diet is through liquid shakes or it can be mixed into yogurt or kefir. Protein Complex™ can be mixed into water as a shake drink or added with fruit juice to make a smoothie (blend extra fruit together too). This protein powder blend can also be mixed into your favourite liquid drinks such as milk (to make a shake), fruit juices, coconut water, and can be used as a coffee whitener or mix it into chai tea.

Protein Complex™ can be blended with fruits and vegetables, thus turning it into a super smoothie or even use it as an ingredient to cook with (pancakes, snack bars and even pudding). Protein powder cookbooks have become very popular as a way to support convalescing individuals or for keeping the body looking healthy, muscular or toned.

There are so many benefits to whey protein isolates and milk protein isolates. Whey protein and milk protein isolates contain all essential amino acids which are the building blocks for recovery and optimal health at any age.

Milk protein isolate is a source of protein for the maintenance of good health and it helps build and repair body tissues. It is also a source of amino acids involved in muscle protein synthesis, and assists in the building of lean muscle [tissue/mass] when combined with regular [weight/resistance] training and a healthy balanced diet.

Whey protein isolate is a source of all essential amino acids (and those that are involved in muscle protein synthesis), branched chain amino acids, minerals and potassium for the maintenance of good health. Whey is also a source of protein for the maintenance of good health that helps build and repair body tissues and helps to build antibodies.

▶ Nutrition
▶ Proteins



Protease is used as a digestive aid and a digestive enzyme that helps to digest proteins.

Acetyl-L-Carnitine aids in the muscle recovery process by reducing muscle tissue damage associated with a resistance training regimen. It helps support muscle tissue repair in individuals involved in resistance training and helps improve physical performance when used in conjunction with a training regimen. It also helps delay fatigue during physical activity and helps support fat metabolism and fat oxidation.

R-alpha-Lipoic acid is a co-factor of mitochondrial enzymes and a potent antioxidant. It helps promote healthy glucose metabolism and boosts the endogenous antioxidant systems (vitamin C & E availability). R-alpha-lipoic acid is a fat and water soluble antioxidant responsible for turning the glucose in our blood into energy for our cells. It is used to protect liver cells from oxidative damage; protects tissue and organs from free radicals; helps to control blood sugar levels; and has antioxidant and anti-inflammatory properties.

Vitamin B1 enhances energy production, specifically for the brain. Thiamin is intricately involved with other B vitamins in energy metabolism. Vitamin B1 helps the body to metabolize carbohydrates, proteins and fats and helps normal growth. Vitamin B1 helps boost the immune system and strengthens the body under stressful conditions.

Vitamin B2 is crucial in the production of energy and is involved in regenerating glutathione (potent antioxidant). It helps the body to metabolize carbohydrates, proteins and fats, as well as helps in tissue formation.

Vitamin B5 plays a role in the production of adrenal hormones and red blood cells. Vitamin B5 also helps the body to metabolize carbohydrates, fats and proteins, as well as tissue formation.

Vitamin B6 helps the body to metabolize carbohydrates, proteins and fats, and it helps in tissue formation. Vitamin B6 helps the body make certain hormones, as well as chemicals in the brain called neurotransmitters. It also helps boost immune system functioning. Vitamin B6 is involved in the formation of protein structures, structural compounds and chemical transmitters. B6 is critical in maintaining hormone balance and immune functions. This vitamin is involved in more than 60 different enzyme processes and in cell multiplication.

Vitamin B3 helps the body to metabolize carbohydrates, proteins and fats, and assists in normal growth and development. Niacin is a component involved in over 50 different chemical reactions in the body. It plays an important role in energy production, fat and carbohydrate metabolism and the manufacture of sex and adrenal hormones. Vitamin B3 or niacin, has been shown to lower "bad" cholesterol levels (LDL), and boost "good" cholesterol levels (HDL). Vitamin B3 is required for basic bodily functions such as turning food into usable energy and creating red blood cells.

Vitamin B7 (Biotin) supports the manufacture and utilization of fats and amino acids. It is needed for metabolism and body energy systems. It also plays a beneficial role in cell growth and replication. Vitamin B7 helps the body to metabolize carbohydrates, fats and proteins.

Vitamin B9 helps the body to metabolize proteins and form red blood cells. It is also needed for the proper development of the human body. It is involved in producing the genetic material called DNA and is also involved in numerous other bodily functions.

Vitamin B12 helps the body to metabolize carbohydrates, proteins and fats and it also helps to form red blood cells. Folic acid and Vitamin B12 both work together as methyl donors to facilitate the manufacture of DNA and brain neurotransmitters. Vitamin B12 also works with B6 to reduce homocysteine levels.

Choline helps to support liver functions and is a factor in the maintenance of good health. It is involved in fat metabolism and in the transport of fats from the liver.

Inositol has lipotropic properties meaning that it promotes the export of fat from the liver. Inositol helps in normal growth and development, supports biological functions and is a source of vitamins and minerals.

Beta-carotene is a source of vitamin A which helps maintain eyesight, skin membranes, immune functions, and helps in the development and maintenance of bones and teeth.

Vitamin C helps the body to metabolize fats and proteins, and helps in the development and maintenance of bones, cartilage, teeth and gums. Vitamin C also helps in connective tissue formation, helps in wound healing, and is an antioxidant for the maintenance of good health.

Vitamin D3 functions as a necessary co-factor in calcium absorption and utilization. Vitamin D helps in the development and maintenance of bones and teeth, is a factor in the maintenance of good health and helps in the absorption and use of calcium, phosphorus and trace mineral functions.

Vitamin E is a source of antioxidants for the maintenance of good health. Vitamin E protects the fat in body tissues from oxidation, helps to fight against the oxidative effect caused by free radicals, and helps to prevent vitamin E deficiency.

Boron is one of the micronutrients required for optimal health and is involved in maintaining good bone mineralization. Boron is essential for proper assimilation of calcium into the bone matrix, or in simpler terms, makes sure that calcium stays bound to the structure of the bone.

Calcium is known for its role in building strong bones, and keeping nails, teeth, and skin healthy. Calcium is required to help maintain healthy calcium metabolism for a number of functions. It is required for digestion, blood clotting, squeezing and relaxing muscles, releasing hormones, and proper nerve function. Calcium helps maintain a regular heartbeat. Calcium is a mineral that must be consumed through diet; it cannot be made inside the body.

Chromium is an essential trace mineral that helps the hormone insulin to function at its full potential. It provides support for healthy glucose metabolism; helps to maintain normal blood glucose level; helps to prevent chromium deficiency; helps to maintain the body's ability to metabolize nutrients; and it may also help to lower cholesterol levels and burns body fat.

Copper is a mineral that the body stores mostly in the bones and muscles. It helps to produce and repair connective tissue and helps to form red blood cells. The liver regulates the amount of copper that is in the blood. It is also used for improving wound healing and in the management arthritis and brittle bones (osteoporosis).

Magnesium helps the body to metabolize carbohydrates, proteins, fats, and helps in the development and maintenance of bones and teeth. It also helps in tissue formation and helps to maintain proper muscle function. Magnesium citrate helps to maintain healthy serum magnesium levels, and it offers the body access to an increased amount of magnesium, while at the same time it helps to regulate healthy bowel cycles.

Manganese helps the body to metabolize carbohydrates, proteins, fats. Manganese sulphate also helps in the development and maintenance of bones and teeth, and helps in tissue formation and maintains proper muscle function.

Molybdenum helps to prevent molybdenum deficiency, and helps to maintain the body's ability to metabolize nutrients.

Selenium is an antioxidant for the maintenance of good health. It helps protect against oxidative stress, helps to fight and protect cells against free radicals, and helps to maintain normal function of the thyroid gland.

Silicon is a trace mineral that is involved in many enzymatic pathways and metabolic reactions. Silicon works to enhance the re-mineralization of the bone tissue which helps to ensure that calcium and other minerals are deposited onto the bone. It also promotes firmness and strength in the tissues, and helps to maintain healthy hair, nails and/or skin.

Vanadium is required for building healthy bones, cartilage and teeth.

Zinc helps in connective tissue formation, helps to maintain healthy skin, helps the body to metabolize carbohydrates, proteins and fats, and helps to maintain immune functions.

Vegan Protein

Vegan Protein Blend

Chocolate: 450 g/bottle – UPC 826913607705

Vanilla: 450 g/bottle – UPC 826913607651

NPN 80080663

RECOMMENDED USES: Source of protein for the maintenance of good health. Assists in the building of lean muscle when combined with regular (weight/resistance) training and a healthy balanced diet.

INGREDIENTS PER 1 SCOOP CHOCOLATE & VANILLA (30 g):

Organic Rice Protein, Organic Pea Protein, Hemp Protein, Quinoa, Spirulina.

Phytonutrients:

Moringa oleifera480 mg

Sprouted Wheat Grass480 mg

NON-MEDICINAL INGREDIENTS:

CHOCOLATE: Xanthan gum, Stevia, Cocoa, Chocolate flavour.

VANILLA: Xanthan gum, Stevia, Cocoa, Vanilla and Coconut flavour.

NUTRITION FACTS PER SERVING CHOCOLATE & [VANILLA] (30 g):

Protein17.5 g [17.5 g]

Fat 2 g [3 g]

Carbohydrates 2g [2 g]

Energy 96 calories/402 KJ [101 calories/423 KJ]

AMINO ACIDS PER SERVING (30 g) :

*Essential Amino Acids

L-Alanine.....618 mg *L-Isoleucine (BCAA).....699 mg

L-Arginine 1244 mg *L-Lysine.....828 mg

L-Asparagine325 mg *L-Methionine675 mg

L-Aspartic Acid 1005 mg *L-Phenylalanine680 mg

L-Cysteine250 mg L-Proline1125 mg

L-Glutamic Acid.....2475 mg L-Serine.....718 mg

L-Glutamine825 mg *L-Threonine.....614 mg

L-Glycine523 mg *L-Tryptophan.....425 mg

*L-Histidine.....357 mg L-Tyrosine.....527 mg

*L-Leucine (BCAA).....1291 mg *L-Valine (BCAA)752 mg

RECOMMENDED DOSE: Adults: Take 1 scoop (30 g) once per day. Mix vegan protein well in 1 cup (250 mL) with liquid (water or juice) or smoothies.

DURATION OF USE: For prolonged use, consult a health care practitioner.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Ensure to drink enough fluid before, during, and after exercise. Do not use if security seal is broken.

FEATURES & BENEFITS:

- ✓ Increases strength and builds muscles
- ✓ Reduces cravings
- ✓ Helps to burn fat for weight loss
- ✓ Improves blood sugar and improves energy
- ✓ Boosts the antioxidant action of glutathione
- ✓ Boosts the immune system
- ✓ Helps to reduce inflammation
- ✓ Has essential and non-essential amino acids
- ✓ Phytonutrients
- ✓ Dairy and lactose free
- ✓ Gluten free and soya free
- ✓ Sugar free, sweetened with stevia

There are so many benefits to taking a well-balanced vegan protein supplement. It can provide the body with what it needs to build muscles, strength and to recover quickly after a workout or from a very busy lifestyle.

Protein powders are a convenient way to get some of the best-quality vegetable proteins together in a highly absorbable format. Vegetable protein powders are available from a variety of sources including hemp, rice, pea, quinoa, and spirulina.

Along with a healthy diet, vegetable proteins are of paramount importance for providing antioxidants to help defend against cellular damage and provide ongoing support of the immune system.

Vegan Protein is an Alpha Science™ proprietary, plant protein blend of organic rice protein, organic pea protein, hemp protein, quinoa protein and spirulina. It also contains phytonutrients that contain plant proteins from moringa oleifera and sprouted wheat grass. Vegan Protein offers a unique plant protein blend and has a complete amino acid profile.

Organic rice protein has eight of the essential amino acids. It is also a good source of other essential nutrients – thiamin, riboflavin, niacin, phosphorus, iron, and potassium.

Organic pea protein contains nine of the essential amino acids and most of branched-chain amino acids (BCAAs) that are needed to build the non-essential amino acids, and are necessary for the synergy operations in the body.

Hemp protein has 20 amino acids, including the nine essential amino acids that the body is unable to produce on its own and must obtain from dietary sources.

Quinoa protein contains the following amino acids: isoleucine, leucine, lysine, phenylalanine, tyrosine, cysteine, methionine, threonine, histidine, tryptophan and valine. Quinoa also provides the body with copper, fibre, iron, magnesium, manganese, phosphorus, potassium and zinc.

Spirulina is considered a perfect protein, which means it contains all of the essential amino acids. In addition, it has a host of vitamins like vitamins B, C, D and E, plus trace minerals.

Moringa oleifera – According to Dr. Howard Fisher’s book from 2011 called “Moringa Oleifera: Magic, Myth or Miracle”, the phytonutrient from moringa oleifera contains 20 amino acids. Another complete protein source with some vitamins and trace minerals. Moringa contains over 90 nutrients and 46 antioxidants, together with all of the essential amino acids; helps enhance physical capacity or performance (in cases of physical stress or exhaustion); an antioxidant for the maintenance of good health; strengthens the immune system; cleans the body from toxins and heavy metals; helps to regulate cholesterol and blood glucose levels.

Sprouted wheat grass contains an abundance of trace minerals, vitamins, protein and chlorophyll. It contains all the essential amino acids which are necessary for optimal health, making sprouted wheat grass one of the best whole foods choice.

- ▶ Nutrition
- ▶ Proteins



Using Protein Powders

The quickest and easiest methods to incorporate extra protein/vitamins/minerals into the diet is through liquid shakes or mix it into yogurt or kefir. Protein powders can be mixed into water as a shake drink or added with fruit juice to make a smoothie (blend extra fruit together too). Protein powders can also be mixed into your favourite liquid drinks such as milk (to make a shake), fruit juices, coconut water, and can be used as a coffee whitener or mix it into chai tea. Protein powders can be blended with fruits and vegetables, thus turning it into a supper smoothie or even use it as an ingredient to cook with (pancakes, snack bars and even pudding). Protein powder cookbooks have become very popular as a way to support convalescing individuals or for keeping the body looking healthy, muscular or toned.

Try out some of these simple and delicious recipes below that can be made with any of our protein powders and make sure to check out Alpha Science's recipes booklet (code: ASL069) featuring more yummy treats!

For protein-packed smoothies, start with 1 scoop (25g) of Vegan Protein Powder or any of our protein powders in a blender, then add liquid (water, juice etc.,) and try some of these optional add-ins listed below. If needed, sweeten to taste with a little honey or maple syrup.

1. Strawberries or mixed berries
2. Avocado and lime juice
3. Peanut butter and jelly
4. Orange juice and yogurt
5. Chocolate chips and Kiefer
6. Apple sauce and cinnamon
7. Grated carrot and peach
8. Spinach and blueberries
9. Pumpkin puree and nutmeg
10. Chocolate syrup and coconut milk



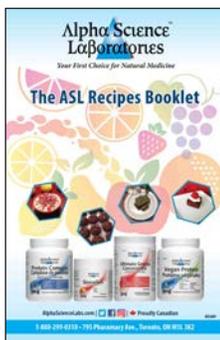
Raw Cocoa Balls

Ingredients:

- 1/8 cup of coconut oil
- 1/2 cup of hemp seeds
- 2 tbsp. of cocoa powder
- 1/8 tsp. of stevia
- 1 tbsp. sesame seeds
- 1/4 cup of ASL's Ultimate Fibre Plus™ (pg. 82)
- 1/8 cup of ASL's Vegan Protein (Chocolate) powder
- 1/8 cup of unsweetened shredded coconut



Mix all ingredients together and form into 2" balls. Refrigerate and enjoy!



ASL069 - Recipes Booklet

Ask for ASL's recipes booklet (code: ASL069) featuring delicious treats using our protein powders and our other formulations like SinewGen™, Ultimate Greens Concentrate™ & Ultimate Fibre Plus™.

Psyllium

Psyllium Seed Powder

100 vegcaps®/bottle – UPC 826913605701

NPN 80027162

RECOMMENDED USES: Used in herbalism to provide gentle relief of constipation and/or irregularity and is used as a bulk-forming laxative.

MEDICINAL INGREDIENT PER 1 CAPSULE:

Plantago ovata (Psyllium) (Husk & Seed) 500 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Take 3 to 6 capsules per day. Maintain adequate fluid intake. Take 2 hours before or after taking other medications.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have symptoms such as abdominal pain, nausea, vomiting, fever; taking medications which inhibit peristaltic movement or if laxative effect does not occur within seven days. Consult a health care practitioner immediately if you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product. Do not use if you have difficulty swallowing, diabetes mellitus in which blood sugar is difficult to regulate or if you are experiencing a sudden change in bowel habits that has persisted for more than 2 weeks; undiagnosed rectal bleeding, or failure to defecate following the use of another laxative product. May cause temporary gas and/or bloating. Hypersensitivity, such as allergy, has been known to occur following inhaled and/or ingested Psyllium; in which case, discontinue use.

STORAGE: Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Acts as a bulk forming laxative
- ✓ Promotes intestinal health
- ✓ Provides a gentle relief of constipation and/or irregularity

Psyllium promotes bowel movements by increasing bulk volume and water content. This bulking action can play an important role in maintaining gastrointestinal health and regularity. Psyllium reduces blood lipid levels in adults and supports healthy blood glucose levels.



- ▶ Detoxification
- ▶ Gastrointestinal Health
- ▶ Weight Management

Quench-FX™

Multi-Organ Protection

60 vegcaps®/bottle – UPC 826913605756

NPN 80031616

RECOMMENDED USES: Provides antioxidants for the maintenance of good health.

MEDICINAL INGREDIENTS PER 1 CAPSULE :

<i>Camellia sinensis</i> (Green Tea Extract) (95% Polyphenols).....	50 mg
<i>Citrus aurantium</i> (Hesperidin)	25 mg
<i>Curcuma longa</i> (Turmeric Extract) (95% Curcumin)	15 mg
R-alpha-Lipoic acid.....	50 mg
<i>Lycopersicon esculentum</i> (Tomato Extract) (5% Lycopene).....	10 mg
Pine Bark Extract (95% Proanthocyanidins)	50 mg
<i>Sophora japonica</i> (Quercetin)	50 mg
<i>Tagetes erecta</i> (Lutein)	10 mg
<i>Vaccinium myrtillus</i> (Bilberry Extract).....	25 mg
<i>Vitis vinifera</i> (Grape Seed Extract) (95% Proanthocyanidins).....	100 mg
<i>Vitis vinifera</i> (Red Wine Extract) (50% Polyphenols)	50 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 1 capsule twice per day with food.

CAUTIONS: Do not use if you are pregnant, breastfeeding, allergic to plants of the Asteraceae/Compositae/Daisy family or have a bile duct obstruction. Consult a health care practitioner prior to use if you have liver disorder or develop symptoms of liver trouble, gallstones, iron deficiency, stomach ulcers, excess stomach acid, diabetes, hypertension/hypotension; taking hypoglycemic, antihypertensive, anti-platelet, or blood thinner medications.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Contains 11 types of antioxidants
- ✓ Provides antioxidants for optimal health
- ✓ Counteracts oxidative stress
- ✓ Supports cardiovascular pathways
- ✓ An effective anti-inflammatory for organ systems as all antioxidants are anti-inflammatory
- ✓ Protects tissue and organs from free radicals
- ✓ Protects macular tissue, the testes, ovaries and prostate
- ✓ Supports immune and joint health
- ✓ Protects the skin
- ✓ Improves insulin sensitivity and glucose tolerance

Quench-FX™ contains 11 different antioxidants sequestered in and thus protects the body's main organ systems. It is effective against all free radicals (oxygen derived, nitrogen derived, single element e.g. Cl₂). The antioxidants in Quench-FX™ protects most major organs including the liver, macula, ovaries, testes, prostate, skin, blood and cardiovascular system.



Antioxidants



Better eye health



Supports heart

- ▶ Antioxidants
- ▶ Detoxification

- ▶ Respiratory Health
- ▶ Special Health Care Products



Green tea extract increases alertness and helps in weight management; helps reduce elevated blood lipid levels and supports cardiovascular health; prevents the growth of microbes; a source of antioxidants for the maintenance of good health; has anti-inflammatory, antioxidant, antiseptic, and immunostimulant properties.

Hesperidin helps in weight management; protects cells against damage caused by free radicals; has anti-gastric, anti-inflammatory, antioxidant, cardioprotective, digestive, immunostimulant, stomachic and tonic properties.

Turmeric extract aids in digestion, protects the liver, helps relieve flatulence; helps increase bile excretion by the liver and contraction of the gallbladder; provides antioxidants for the maintenance of good health; relieves pain and inflammation, assists in healing minor wounds, cuts, burns and minor skin irritations; has anti-inflammatory and hepatic properties.

R-alpha-Lipoic acid is a co-factor of mitochondrial enzymes and a potent antioxidant; helps to promote healthy glucose metabolism; boosts the endogenous antioxidant systems (vitamin C & E availability); a fat and water soluble antioxidant responsible for turning the glucose in our blood into energy for our cells; used to protect liver cells from oxidative damage; protects tissue and organs from free radicals; has antioxidant and anti-inflammatory properties.

Tomato extract maintains and supports prostate health; provides antioxidants for the maintenance of health, protects the liver; reduces blood lipid levels in adults and supports cardiovascular health; has allergenic, analgesic, antioxidant, anti-bacterial, depurative, diuretic, and digestive actions.

Pine bark extract exerts beneficial effects on various inflammatory conditions; helps maintain a healthy immune system; provides antioxidants for the maintenance of health, skin and vision; strengthens blood vessels and supports cardiovascular health; helps to counteract oxidative stress; an antioxidant with anti-inflammatory properties; helps support, strengthen and maintain the blood vessels; used to support healthy skin and vision, as well as immune and cardiovascular health.

Quercetin – quercetin dihydrate is derived from a flower bud called sophora japonica; an antioxidant; one of the most biologically active flavonoids to support optimal health; a bioflavonoid that is a natural anti-histamine and anti-inflammatory; may expel phlegm and arrest coughing; used for seasonal allergies and is recommended for general well-being; used to support normal respiratory health; used in herbalism as a capillary/blood vessel protectant; has analgesic, anti-bacterial and antiseptic properties.

Lutein provides antioxidants for the maintenance of good eye health; helps to maintain eyesight in conditions such as cataracts and age-related macular degeneration; reduces the risk of developing cataracts; helps to improve macular pigment optical density; has analgesic, anti-bacterial, carminative, diuretic and stimulant properties.

Bilberry extract helps relieve symptoms of swelling, heaviness and tingling of the legs due to poor circulation; helps slow the progression of disorders of the eye; provides antioxidant support; used to fight eye fatigue, reduces night blindness and may increase sharpness of vision; supports eye health; provides support for night vision by nourishing the visual purple component of the retina; may also enhance capillary strength; helps normalize capillary permeability; has anti-inflammatory, antioxidant, antiseptic, circulostimulant, diuretic and immunostimulant properties.

Grape seed extract is beneficial for a number of cardiovascular conditions; helps with poor circulation and can help with high cholesterol levels; reduces swelling and helps with eye diseases related to diabetes; contains antioxidants to help maintain good health; has anti-inflammatory, antioxidant, anti-bacterial, antiseptic, cardioprotective and immunostimulant actions.

Red wine extract helps relieve symptoms of swelling, heaviness and tingling of the legs due to poor circulation; provides antioxidant support; supports cardiovascular health; has anti-inflammatory, antioxidant, anti-bacterial, antiseptic, cardioprotective and immunostimulant properties.

Quench-FX™: A Synergistic Blend of Antioxidants

by Dr. Gordon Chang, PhD

What Exactly IS A Free Radical? — Free radicals are very chemically reactive, unstable molecules and they are created whenever a previously stable molecule gains an electron. They are constantly being produced in the environment and also in the human body.

For example, whenever ultraviolet radiation enters the eye, the UV rays can react with a normally stable molecule to form a free radical molecule. Whenever one free radical molecule meets another stable molecule, it reacts with it to form two free radical molecules. These two free radical molecules then meet another two stable molecules, react with them and form four free radical molecules and so on. It is therefore easy to imagine a scenario where there is an infinite number of free radical molecules formed because of one free radical molecule.

Antioxidants to the Rescue — If the spread of free radicals is not quickly stopped, they can destroy the body's tissues. Fortunately, there are several types of molecules called anti-oxidants which will react with free radicals and absorb the spare electron, thus stopping the propagation and formation of new free radical molecules. The body is able to produce several different types of these anti-oxidants (e.g. - glutathione) but anti-oxidants are also absorbed from the food that we eat. The types of anti-oxidant molecules absorbed from our diet are very important, because not every anti-oxidant is capable of reacting with every free radical to stop the formation of new free radicals. In other words, some types of anti-oxidants are specific to certain types of free radicals. Additionally, the location where the body stores these absorbed anti-oxidants is key. (For example, if the absorbed anti-oxidant is stored in the liver, this anti-oxidant will not be available for stopping free radical spread occurring in the lung.)

Anti-oxidant molecules may be stored at very strategic locations in the body. The number of anti-oxidant molecules stored and the location of the stored anti-oxidants is dependent on the type of anti-oxidant. It thus becomes important to consume as wide a variety of anti-oxidant molecules as possible. For example, the anti-oxidant lutein and anti-oxidants derived from Bilberry are known to inhibit cataract formation and macula degeneration, because these anti-oxidants are preferentially stored in the tissues of the eyes. Likewise, the anti-oxidant lycopene is preferentially stored in the prostate, testes, the adrenal glands and also in the liver. It is therefore not surprising to note that lycopene has been shown to decrease the incidence of prostate cancer.

R-Alpha Lipoic Acid and its intermediate, **Dihydrolipoic Acid (DHLA)** (activated metabolically from lipoic acid), quench a number of reactive oxygen species and free radicals. Lipoic acid has both water-soluble and membrane-soluble characteristics, enabling it to reduce oxidized antioxidants at the interface.¹ It can directly and indirectly recycle glutathione, ascorbate, coenzyme Q10 and vitamin E. Evidence shows that R- α -lipoic acid has indications with regard to the nervous system, immune system and liver tissue. It can chelate heavy metals, reduces inflammation (chronic and acute) and is beneficial in arterial disease, arthritis, diabetic symptoms. The R+Form has higher response than regular S form lipoic acid.²

Green Tea Extract contains 95% polyphenols and promotes the activity of naturally occurring antioxidant systems. It reduces histamine release and is useful in preventing the symptoms of food allergies and as anti-inflammatory may be beneficial for the treatment of rheumatoid arthritis.⁶ With hesperidin, it decreases the leakiness of blood vessels in the bowels. It also prevents the oxidation of fats and specifically, LDL cholesterol.³ Green Tea is associated with a lower prevalence of cognitive impairment in humans.⁴

Pine Bark Extract and **Grape Seed Extract** contain high amounts of flavonoids called oligomeric proanthocyanidins (OPCs) (90% and 95%, respectively), which are potent free radical scavengers. They have an affinity for cell membranes and can cross the blood-brain barrier.⁵ Studies show that proanthocyanidins antioxidant capabilities are 20 times more powerful than vitamin C and 50 times more potent than vitamin E.⁶

References available upon request.

Quercetin

Flavonoid/Antioxidant

90 vegcaps®/bottle – UPC 826913605800

NPN 80036768

RECOMMENDED USES: An antioxidant supplement for the maintenance of good health.

MEDICINAL INGREDIENT PER 1 CAPSULE:

Quercetin dihydrate (*Sophora japonica*) 500 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 1 capsule twice per day with food.

DURATION OF USE: Consult a health care practitioner for use beyond 4 weeks.

CAUTIONS: If you are pregnant or breastfeeding, consult a health care practitioner prior to use. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A bioflavonoid which is an antioxidant
- ✓ Derived from a flower bud
- ✓ Recommended for general well-being
- ✓ Used for seasonal allergies
- ✓ Offers protection against oxidative stress

Quercetin is a bioflavonoid and is commonly found in fruits and vegetables, especially in onions, citrus, and apples. Other sources include dark berries, grapes, olive oil, green tea and red wine which have notable amounts of quercetin. Quercetin dihydrate is derived from a flower bud called *Sophora japonica* and is one of the most biologically active flavonoids to support optimal health.

It is an antioxidant that is also a natural anti-histamine, and anti-inflammatory. It may expel phlegm and arrest coughing; is used for seasonal allergies and is recommended for general well-being. Quercetin has been used to support normal respiratory health as it offers support against oxidative stress. It has also been used in herbalism as a capillary/blood vessel protectant and exhibits analgesic, anti-bacterial, anti-viral and antiseptic properties.



- ▶ Antioxidants
- ▶ Respiratory Health

Reliqil™

Restful Sleep Formula

120 mL/bottle – UPC 826913608207

500 mL/bottle – UPC 826913607750

NPN 80045618

RECOMMENDED USES: Hops, Passionflower and Valerian are traditionally used in herbalism as sleep aids.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

<i>Albizia julibrissin</i> (Silktree Flower).....	300 mg
<i>Biota orientalis</i> (Arborvitae Seed).....	200 mg
<i>Humulus lupulus</i> (Hops Strobile).....	200 mg
<i>Passiflora incarnata</i> (Passionflower Herb Top).....	300 mg
<i>Polygonum multiflorum</i> (Fleeceflower Stem).....	150 mg
<i>Valeriana officinalis</i> (Valerian Root).....	100 mg
<i>Ziziphus jujuba</i> (Jujube Fruit).....	400 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered), Stevia, Natural cherry and peppermint flavours.

RECOMMENDED DOSE: Adults: Take 2 tablespoons (30 mL) once per day, 30 minutes before bedtime. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have depression, diarrhea, liver disorder or taking prescription medications. Discontinue use and consult a health care practitioner if yellowing of the skin or whites of the eyes, dark urine, nausea, vomiting, unusual tiredness, weakness, stomach or abdominal pain, and /or loss of appetite occurs as these may be symptoms of liver disease. Consumption with alcohol, other medications and/or natural health products with sedative properties is not recommended. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness within two hours of consumption. Consult a health care practitioner if sleeplessness persists continuously for more than 3 weeks (chronic insomnia). Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within three (3) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A NON-GMO herbal sleep aid solution
- ✓ Helps relieve nervousness; reduce anxiety and stress
- ✓ No side effects, like grogginess the next morning
- ✓ Supports endocrine pathways and stress management
- ✓ Reduces the feelings of fatigue
- ✓ Has a calming effect in stressful situations
- ✓ May reduce tension and irritability
- ✓ Used for a restful night's sleep
- ✓ May act as a mild sedative

▶ Adrenal & Stress Support

▶ Nervous System & Sleep

▶ Women's Health



Reliqil™ is a formula that contains seven botanicals that can help with stress, anxiety and sleep issues. An overabundance of stressors can build up creating anxiety, restlessness, or nervous reactions that may lead to insomnia and thus affect sleeping patterns. The benefits of herbal blends, like Reliqil™, are that there are no signs of grogginess or side effects the next morning.

Silktree flower has anxiolytic properties (inhibits anxiety), meaning that it is helpful with anxiety disorders by supporting the serotonin pathways. It is used traditionally as a tonic to replenish the liver, quiet the mind, and strengthen tissues. In traditional Chinese medicine (TCM), it is used to nourish the heart and calm the spirit. It is used to help balance mood, reduces worry and has a calming effect. This herb is used to help promote sleep when it is needed. It is a source of antioxidants reducing oxidative stress. It has analgesic, carminative, digestive, diuretic, sedative, stimulant and tonic properties.

Arborvitae seed is a traditional Chinese herb based on the theory of traditional Chinese medicine. It is said to nourish the heart (trace minerals sources) and has a calming effect. In TCM, this herb is used for insomnia, poor memory, and palpitations with anxiety due to heart blood deficiency. The actions listed are allergenic, calmative, diuretic, stomachic, sedative and tonic properties.

Hops strobile are female flowers (also called seed cones or strobile). Hops have been used traditionally by many cultures in a way similar to the herb valerian. It helps to reduce conditions of anxiety, restlessness, and insomnia. The relaxing effect of hops may be due, in part, to the specific chemical component dimethylvinyl carbinol. Hops has a bitter taste and the bitterness helps to act as a tonic to aid digestion and increase appetite. It is known to help relieve nervousness and support normal sleep. It has analgesic, anti-bacterial, anti-spasmodic, digestive, diuretic, sedative, nervine and tonic properties.

Passionflower herb has traditionally been used to help with tenseness, restlessness and irritability with difficulty in falling asleep. The plant has been used in herbalism for nervousness, anxiety and insomnia. It helps with relaxation during periods of anxiety, and supports and calms the nervous system. This herb is also used to help calm a nervous gastrointestinal tract. It has analgesic, anti-bacterial, anti-spasmodic, anti-inflammatory, cardiogenic, digestive and sedative actions.

Fleece flower stem is an herb that is beneficial for sleeping issues such as insomnia, difficulty falling asleep or staying asleep. Fleece flower stem exerts beneficial effects on various inflammatory conditions supporting the immune system. It helps the body to better cope with both physical and mental stress as it provides antioxidants for oxidative stress. Fleece flower stem protects the liver and help to reduce blood lipid levels, supporting cardiovascular health. It has the following actions; anti-bacterial, anti-inflammatory, antioxidant, depurative, hepato-protective, detoxifying, immune-enhancing properties.

Valerian root helps with nervousness (relaxing muscles) and promotes natural sleep habits. It acts like a mild sedative helping to stabilize mood and promote healthy sleep. Traditionally, valerian has been used as a sedative; improves circulation and reduces mucus from colds. It is also good for anxiety, fatigue, high blood pressure, insomnia, irritable bowel syndrome, menstrual and muscle cramps, nervousness, pain, spasms and stress. Clinical studies have shown that valerian shortens the time it takes to fall asleep and improves the quality of sleep. Valerian has an anxiolytic effect (inhibits anxiety). These effects are suspected to be mediated through the GABA receptors (a class of receptors that respond to neurotransmitter pathways). Other actions are; analgesic, anti-spasmodic, calmative, carminative, digestive, diuretic, nervine, sedative and stimulant actions.

The fruit or seeds of **Jujube fruit** have a sedative effect which helps to stabilize mood, relieve nervousness and promote sleep. It is a source of antioxidants for oxidative stress and supports the immune system. In TCM, it is used to promote healthy bowel movements and protects the liver, and reduces listlessness as it has a calming effect. It has these actions; analgesic, diuretic, expectorant, laxative, nervine, relaxant and sedative properties.

Resp-FX™

Respiratory Support Formula

120 mL/bottle – UPC 826913608153

500 mL/bottle – UPC 826913605909

NPN 80041644

RECOMMENDED USES: Resp-FX™ is manufactured based on Traditional Chinese Medicine (TCM) theory.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

<i>Mentha canadensis</i> (Peppermint Leaf).....	204 mg
<i>Polygala tenuifolia</i> (Thinleaf Milkwort Root).....	136.5 mg
<i>Chrysanthemum x morifolium</i> (Chrysanthemum Flower).....	118.5 mg
<i>Lonicera japonica</i> (Japanese Honeysuckle Flower).....	118.5 mg
<i>Scutellaria baicalensis</i> (Baikal Skullcap Root).....	67.5 mg
<i>Momordica grosvenorii</i> (Grosvenor Momordica/Monk Fruit).....	67.5 mg
<i>Fritillaria thunbergii</i> (Thunberg Fritillary Bulb).....	51 mg
<i>Morus alba</i> (Mulberry Leaf).....	34.5 mg

NON-MEDICINAL INGREDIENTS: Purified water, Ethanol, Citric acid, Guar gum, Potassium sorbate, Benzoic acid (buffered), *Urtica dioica* (Stinging Nettle Leaf), *Rosmarinus officinalis* (Rosemary Leaf), *Eucalyptus globulus* (Eucalyptus Leaf), Stevia, Vegetable glycerine, Menthol, Natural cherry flavour.

RECOMMENDED DOSE: Adults: Take 1 tablespoon (15 mL) one to two time(s) per day. May be taken with or without food. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Do not use if you are pregnant, breastfeeding or allergic to plants of the Asteraceae/Compositae, and Labiatae family; have diabetes, hypertension, liver disorders, severe kidney insufficiency and/or hypokalemia. For prolonged use and if symptoms persist or worsen, consult a health care practitioner.

STORAGE: Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Rapid onset of action (menthol)
- ✓ Helps to suppress coughing
- ✓ Promotes expectoration
- ✓ Aids detoxification pathways for the lungs
- ✓ Provides antioxidants for normal lung functions
- ✓ Provides support for the respiratory system
- ✓ Reduces shortness of breath (activity induced)
- ✓ Helps to clear mucus and improve overall respiration



▶ Respiratory Health

Resp-FX™ contains 13 botanicals based on traditional herbal formulations. These herbs are used to strengthen and support the respiratory system's natural healing processes. The 13 botanicals are a source of antioxidants and trace elements that help to reduce inflammation, which in turn reduces mucus or phlegm. Resp-FX™ comes in a natural cherry menthol flavour.

Peppermint leaf aids in digestion, helps relieve flatulence, helps relieve nausea and vomiting, and maintains digestive system health. Peppermint possesses antiseptic, analgesic, sedative, anti-spasmodic properties and is indicated for asthma, bronchitis, coughs, nasal congestion and nausea.

Thinleaf Milkwort root is a calming agent that reduces nervousness, distress and irritation. It expels phlegm and relieves congestion, improves appetite, promotes digestion, and improves memory. Thinleaf Milkwort has expectorant and anti-hyperglycemic properties.

Chrysanthemum flower facilitates digestion, helps in detoxification, helps slow the progression of vision loss, prevents the growth of microbes, protects cardiovascular health, protects cells against damage caused by free radicals, and soothes respiratory mucous membranes. This herb has alterative, anti-bacterial, anti-inflammatory, antioxidant, anti-viral, carminative and tonic properties.

Japanese Honeysuckle flower exerts beneficial effects on various inflammatory conditions through antioxidants, maintains upper respiratory tract health, prevents the growth of harmful microbes, and supports gastrointestinal tract health and cardiovascular health. Japanese Honeysuckle possesses anti-microbial and anti-inflammatory actions.

Baikal Skullcap root exerts beneficial effects on various inflammatory conditions, prevents the growth of microbes and protects the liver. It also reduces blood lipid levels in adults and supports cardiovascular health. Baikal Skullcap root possesses anti-inflammatory, antioxidant, anti-bacterial, expectorant, and anti-allergic properties.

Monk fruit maintains healthy blood glucose levels, as well as healthy bowel movements. It also relieves coughs and possesses anti-histaminic, antioxidant, and anti-hyperglycemic properties.

Thunberg Fritillary bulb expels mucus and helps relieve coughs, helps reduce inflammation of the respiratory tract and supports healthy lung function. It also relieves respiratory congestion and maintains respiratory health. This herb also contains anti-inflammatory, antitussive, diuretic and expectorant properties.

Mulberry leaf exerts beneficial effects on various inflammatory conditions, provides antioxidants for the maintenance of good health, reduces blood lipid levels in adults and supports and maintains cardiovascular health. Mulberry also possesses anti-bacterial, diuretic, analgesic, and anti-inflammatory actions.

Stinging nettle helps reduce difficulty in urination associated with the early stages of prostate enlargement. It also helps relieve rheumatic complaints and seasonal allergy symptoms, promotes urination and is a nutritive tonic. Stinging nettle has alterative, diuretic and nutritive properties.

Rosemary leaf helps relieve flatulence, stomach aches, headaches, relaxes muscles and improves mood. It provides antioxidants for the maintenance of good health and supports the cardiovascular system. Rosemary has anti-inflammatory, antiseptic, nerve, and diaphoretic actions.

Eucalyptus leaf maintains the respiratory system, helps to expel mucus, relieves cold symptoms, prevents the growth of microbes, exerts beneficial effects on various inflammatory conditions, relieves congestion and makes breathing easier. Eucalyptus possesses anti-inflammatory, antiseptic, anti-spasmodic, and expectorant properties.

Menthol helps to temporarily relieve mild nasal congestion and cough associated with the common cold.

SC Breast Formula™

Special Care Breast Formula

500 mL/bottle – UPC 826913605954

RECOMMENDED USES: Helps boost the immune system, cleanse the blood and reduce inflammation of the breast.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

<i>Arctium lappa</i> (Burdock Root)	20 g/L
<i>Rumex acetosella</i> (Sheep Sorrel)	8 g/L
<i>Ulmus rubra</i> (Slippery Elm Bark).....	4 g/L
<i>Rheum officinale</i> (Turkish Rhubarb).....	0.9 g/L
<i>Galium aparine</i> (Cleavers).....	5 g/L
<i>Commiphora myrrha</i> (Myrrh).....	4.5 g/L
<i>Eleutherococcus senticosus</i> (Siberian Ginseng Root).....	6 g/L

NON-MEDICINAL INGREDIENTS: This is a non-alcohol water based extract. Citric acid, Potassium sorbate, Benzoic acid (buffered).

RECOMMENDED DOSE: Adults: Take 1 tablespoon (15 mL) per day or as directed by your health care practitioner.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms worsen. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Shake well before use. Store protected from light and moisture. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Cleanses the blood and reduces inflammation within the breast tissue
- ✓ Includes three additional herbs: Cleavers, Myrrh and Siberian Ginseng
- ✓ Promotes overall better health
- ✓ Aids immune system
- ✓ Helps to fight stress

Alpha Science's SC Breast Formula™ offers a blend of traditional herbs that work synergistically to remove heavy metals, detoxify the body, restore energy levels and rebuild the immune system. Thus enabling the body to restore and use its own innate intelligence to regain homeostasis of the tissue (breast). The goal is to remove toxic accumulations in the fat, lymph, bone marrow, bladder, and alimentary canals by gently detoxifying the body.



- ▶ Immune Support
- ▶ Special Health Care Products

Burdock root has been traditionally used as a blood cleanser, it is a very good source of inulin which has been shown to stimulate the immune system. It is beneficial in eczema and psoriasis; beneficial in painful joints; and helps remove accumulated waste products via the kidneys, skin, and mucus membranes. prevents the growth of microbes; promotes urine flow; soothes gastrointestinal tract; stimulates gallbladder contraction to promote bile flow. It also helps alleviate the pain associated with rheumatism and exhibits anti-bacterial, anti-fungal, carminative, and diuretic actions.

Sheep sorrel has been used as a detoxifying herb; helpful for diarrhea; maintains urinary tract health; prevents the growth of microbes; promotes respiratory health; promotes urine flow; helps support liver function; provides antioxidants to maintain health. Sheep sorrel has depurative, diaphoretic, diuretic, and laxative properties.

Slippery elm works synergistically with sheep sorrel, burdock and turkish rhubarb; is beneficial in gastroenteritis; promotes a healthy stomach and intestinal lining; soothes gastrointestinal tract; soothes respiratory irritation; and supports gastrointestinal health. Slippery elm is a demulcent which is an agent that forms a soothing film over mucous membranes, thus protecting irritated or inflamed tissue. Traditionally, it has been used to soothe irritation or ulceration of the stomach and intestines. It is also beneficial in gastroenteritis. It promotes healthy stomach and intestinal lining, soothes and supports the gastrointestinal tract, and soothes respiratory irritation. Slippery elm has anti-inflammatory, antiseptic, and nutritive actions.

Turkish rhubarb – In low doses, it acts as a blood builder and blood cleanser. Traditionally, rhubarb is prescribed for autoimmune disorders; laxative for the relief of occasional constipation; exerts beneficial effects on various inflammatory conditions; maintains gastrointestinal health; reduces blood lipid levels in adults; supports cardiovascular health. Turkish rhubarb has analgesic, anti-bacterial, anti-inflammatory, anti-septic, anti-viral, estrogenic, laxative and depurative properties.

Cleavers has been used in traditional remedies to assist in the management of cancer; helps maintain a healthy lymphatic system; maintains bone health; maintains healthy cardiovascular system; maintains healthy urinary tract; promotes prostate health and urine flow. Cleavers have analgesic, anti-bacterial, anti-inflammatory, anti-septic, digestive, emmenagogue, and stimulant properties.

Myrrh a powerful immune system stimulant and anti-inflammatory; supports indigestion; used for colds, cough, congestion and lungs; used for inflammation and for discomfort from arthritis; used as a stimulant and to increase menstrual flow; stimulates immune system. Myrrh has analgesic, anti-inflammatory, anti-septic, carminative, digestive, emmenagogue, expectorant, and immunostimulant properties.

Siberian ginseng is a well-known adaptogenic herb that aids in the reduction of stress and the increase of mental alertness. Siberian ginseng is known to naturally increase athletic stamina and endurance. It is also known as a tonic that helps relieve general debility and/or to aid during convalescence; helps to improve mental/or physical performance after periods of mental and/or physical exertion; and has adaptogenic, anti-inflammatory, antioxidant, anti-spasmodic, immunogenic and nerve properties.

SC Liver Formula™

Special Care Liver Formula

500 mL/bottle – UPC 826913606005

RECOMMENDED USES: Helps boost the immune system, cleanse the blood and reduce inflammation of the liver.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

<i>Arctium lappa</i> (Burdock Root)	20 g/L
<i>Rumex acetosella</i> (Sheep Sorrel)	18 g/L
<i>Ulmus rubra</i> (Slippery Elm Bark)	4 g/L
<i>Rheum officinale</i> (Turkish Rhubarb)	0.9 g/L
<i>Galium aparine</i> (Cleavers)	1 g/L
<i>Oldenlandia diffusa</i> (Snake-needle Grass)	1.5 g/L
<i>Momordica charantia</i> (Bitter Melon)	3 g/L

NON-MEDICINAL INGREDIENTS: This is a non-alcohol water based extract. Citric acid, Potassium sorbate, Benzoic acid (buffered).

RECOMMENDED DOSE: Adults: Take 1 tablespoon (15 mL) per day or as directed by your health care practitioner.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms worsen. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Shake well before use. Store protected from light and moisture. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

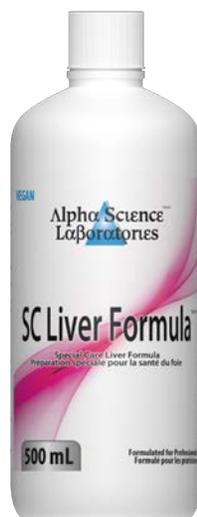
- ✓ Cleanses the blood and reduces inflammation within the liver
- ✓ Promotes overall better health
- ✓ Stimulates the immune system
- ✓ Provides support for managing liver ailments and fortifying liver conditions
- ✓ Includes three additional herbs: Cleavers, Snake-needle grass and Bitter melon

For information on burdock root, sheep sorrel, slippery elm bark and Turkish rhubarb, see page 70.

Cleavers have been used in traditional remedies to assist in the management of cancer; helps maintain healthy lymphatic system; maintains bone health; maintains healthy cardiovascular system; maintains healthy urinary tract; promotes prostate health; promotes urine flow. Cleavers have anti-bacterial, anti-inflammatory, depurative, diuretic and immunostimulant properties.

Snake-needle grass has been used in traditional remedies and is highly recommended for dealing with liver ailments; exerts beneficial effects on various inflammatory conditions; protects the liver; reduces blood lipid levels in adults; supports joint health.

Bitter melon has been used for managing and fortifying liver conditions; helps to expel intestinal worms; maintains healthy blood glucose levels; helps to stimulates the immune system; maintains healthy bowel movement. Bitter melon has antiseptic, antiviral, carminative, depurative and laxative properties.



- ▶ Immune Support
- ▶ Special Health Care Products

SC Lung Formula™

Special Care Lung Formula

500 mL/bottle – UPC 826913606050

RECOMMENDED USES: Helps boost the immune system, cleanse the blood and reduce inflammation of the lungs.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

<i>Arctium lappa</i> (Burdock Root)	20 g/L
<i>Rumex acetosella</i> (Sheep Sorrel)	18 g/L
<i>Ulmus rubra</i> (Slippery Elm Bark)	4 g/L
<i>Rheum officinale</i> (Turkish Rhubarb)	0.9 g/L
<i>Astragalus membranaceus</i> (Astragalus Root)	5 g/L
<i>Glycyrrhiza glabra</i> (Licorice)	6 g/L
<i>Codonopsis pilosula</i> (Bellflower)	4 g/L

NON-MEDICINAL INGREDIENTS: This is a non-alcohol water based extract. Citric acid, Potassium sorbate, Benzoic acid (buffered).

RECOMMENDED DOSE: Adults: Take 1 tablespoon (15 mL) per day or as directed by your health care practitioner.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms worsen. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Shake well before use. Store protected from light and moisture. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Cleanses the blood and reduces inflammation within the lungs
- ✓ Stimulates white blood cell and interferon production
- ✓ A very potent immune system stimulant
- ✓ Helps the management of lung ailments
- ✓ Includes three additional herbs: Astragalus, Licorice and Bellflower

For information on burdock root, sheep sorrel, slippery elm bark and Turkish rhubarb, see page 70.

Astragalus has been widely used in traditional remedies as a very potent immune stimulant. It boosts energy; exerts beneficial effects on various types of inflammatory conditions; helps the body to better cope with both physical and mental stress; improves cardiovascular function; and is an antioxidant that protects cells caused by free radical damage, and has adaptogenic, antioxidant, digestive, diuretic, immunostimulant, nervine and tonic properties. **For more information on this herb, see page 12.**

Licorice is very effective in managing lung problems and is known as a blood cleanser. It aids in weight management; expels phlegm and mucus from the respiratory tract; helps relieve inflammatory conditions of the gastrointestinal tract, such as gastritis in adults; protects gastrointestinal tract; relieves heartburn; soothes mucus membranes; relieves cough; has antioxidant, anti-inflammatory, expectorant and immunostimulant properties.

Bellflower stimulates the immune system; exerts beneficial effects on various inflammatory conditions; helps maintain immune system; helps the body to better cope with both physical and mental stress; improves cognitive functions; protects cardiovascular health; maintains healthy blood sugar levels; and has adaptogenic, antioxidant, digestive, diuretic, immunostimulant, nervine and tonic properties.



- ▶ Immune Support
- ▶ Respiratory Health
- ▶ Special Health Care Products

SinewGen™

Complex Formula for Bone, Tissue, and Joint Maintenance

250 g/bottle – UPC 826913606906

500 g/bottle – UPC 826913606951

NPN 80027398

RECOMMENDED USES: Vitamin/mineral supplement. A factor in the maintenance of good health. Vitamin C, B2, B5, B6, and Magnesium help in tissue formation. Magnesium helps to maintain proper muscle function. Calcium, Magnesium, and beta-Carotene (Provitamin A) help in the development and maintenance of bones and teeth. Vitamin C, E and Selenium are sources of antioxidants for the maintenance of good health.

MEDICINAL INGREDIENTS PER 1 SCOOP (15 g):

Vitamin B1 (Thiamine mononitrate)	50 mg
Vitamin B2 (Riboflavin)	30mg
Vitamin B3 (Niacinamide)	250mg
Vitamin B5 (D-Pantothenic acid)	138mg
Vitamin B6 (Pyridoxal 5-phosphate)	50 mg
Vitamin B9 (L-Methylfolate)	500 mcg
Vitamin B12 (Methylcobalamin)	500 mcg
Biotin	250 mcg
Choline (Choline bitartrate)	100 mg
Inositol (Myo-inositol)	100 mg
beta-Carotene	3000 mcg (5000 IU)
Vitamin C	850 mg
Vitamin D3 (Cholecalciferol)	12.5 mcg (500 IU)
Vitamin E (d-alpha Tocopheryl acetate)	67 mcg (100 IU)
Boron* (Sodium borate)	345 mcg
Calcium* (Calcium lactate)	500 mg
Chromium* (Chromium polynicotinate)	100 mcg
Copper* (Copper gluconate)	1000 mcg
Magnesium* (Magnesium citrate)	150 mg
Manganese* (Manganese sulphate)	2 mg
Molybdenum* (Sodium molybdate)	100 mcg
Selenium* (L-Selenomethionine)	50 mcg
Silicon* (Sodium metasilicate)	10 mg
Vanadium* (Vanadyl sulphate)	25 mcg
Zinc* (Zinc citrate)	10 mg

*All minerals are in elemental form.

NON-MEDICINAL INGREDIENTS: D-Glucosamine hydrochloride (750 mg/scoop), Hydrolyzed collagen (6000 mg/scoop), Whey protein (1500 mg/scoop), Stevia, Natural orange flavour.

RECOMMENDED DOSE: Adults: Take 1 scoop (15 g) once or twice per day with food and a few hours before or after taking other medications. Can be mixed with juice, tepid water or your favourite blender smoothie.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, gluten, wheat or yeast.

- ▶ Antioxidants
- ▶ Joint Health
- ▶ Minerals
- ▶ Nervous System & Sleep
- ▶ Nutrition
- ▶ Special Health Care Products
- ▶ Vitamins

FEATURES & BENEFITS:

- ✓ Counteracts oxidative stress
- ✓ An anti-aging, longevity, and recovery formulation
- ✓ Helps fight the effects of stress (supports glands and hormones)
- ✓ Builds energy for stamina
- ✓ For the maintenance of bones, muscles, skin and vital tissues
- ✓ Provides antioxidants, reducing inflammation
- ✓ Contains highly absorbable elemental forms of vitamins and minerals

SinewGen™ is a multi-ingredient formula containing pre-formed, bioavailable, hydrolyzed collagen in a powdered form with elemental forms of vitamins, minerals and cofactors, which are required for fast repair of any connective tissue damage. These help to encourage repair for bones, joints, sinew, and muscle functions. This complex includes whey protein, antioxidants, beta-carotene, bioflavonoids, and a broad spectrum of B vitamins and many essential minerals.

A complex like this is beneficial for the maintenance of the skin, bones, tissues, joints, organs, and gland functions. SinewGen™ not only provides connective tissue factors but, it also provides a highly bioavailable multi-vitamin and mineral complex to ensure that the body is getting the appropriate nutrient load that is required for healing.

Vitamin B1 enhances energy production, specifically for the brain. Thiamin is intricately involved with other B vitamins in energy metabolism. Magnesium is required in the conversion of thiamin to its active form. Vitamin B1 helps the body to metabolize carbohydrates, proteins and fats and helps normal growth. Vitamin B1 helps boost the immune system and strengthens the body under stressful conditions.

Vitamin B2 is crucial in the production of energy and is involved in regenerating glutathione (potent antioxidant). It helps the body to metabolize carbohydrates, proteins and fats, as well as helps in tissue formation.

Vitamin B3 helps the body to metabolize carbohydrates, proteins and fats, and assists in normal growth and development. Niacin is a component involved in over 50 different chemical reactions in the body. It plays an important role in energy production, fat and carbohydrate metabolism and the manufacture of sex and adrenal hormones. Vitamin B3 or niacin, has been shown to lower “bad” cholesterol levels (LDL), and boost “good” cholesterol levels (HDL). Vitamin B3 is required for basic bodily functions such as turning food into usable energy and creating red blood cells.

Vitamin B5 plays a role in the production of adrenal hormones and red blood cells. Vitamin B5 also helps the body to metabolize carbohydrates, fats and proteins, as well as tissue formation.

Vitamin B6 helps the body to metabolize carbohydrates, proteins and fats, and it helps in tissue formation. Vitamin B6 helps the body make certain hormones, as well as chemicals in the brain called neurotransmitters. It also helps boost immune system functioning. Vitamin B6 is involved in the formation of protein structures, structural compounds and chemical transmitters. B6 is critical in maintaining hormone balance and immune functions. This vitamin is involved in more than 60 different enzyme processes and in cell multiplication.



Vitamin B9 helps the body to metabolize proteins and form red blood cells. It is also needed for the proper development of the human body. It is involved in producing the genetic material called DNA and is also involved in numerous other bodily functions.

Vitamin B12 helps the body to metabolize carbohydrates, proteins and fats and it also helps to form red blood cells. Folic acid and vitamin B12 both work together as methyl donors to facilitate the manufacture of DNA and brain neurotransmitters. Vitamin B12 also works with B6 to reduce homocysteine levels.

Biotin supports the manufacture and utilization of fats and amino acids. It is needed for metabolism and body energy systems. It also plays a beneficial role in cell growth and replication. Vitamin B7 helps the body to metabolize carbohydrates, fats and proteins.

Choline helps to support liver functions and is a factor in the maintenance of good health. It is involved in fat metabolism and in the transport of fats from the liver.

Inositol has lipotropic properties meaning that it promotes the export of fat from the liver. Inositol is a factor in the maintenance of good health and it helps in normal growth and development and supports biological functions. Inositol is a source of vitamins/minerals and is a factor in the maintenance of good health.

Beta-carotene is a source of vitamin A which helps maintain eyesight, skin membranes, immune functions, and helps in the development and maintenance of bones and teeth.

Vitamin C helps the body to metabolize fats and proteins, and helps in the development and maintenance of bones, cartilage, teeth and gums. Vitamin C also helps in connective tissue formation, helps in wound healing, and is an antioxidant for the maintenance of good health.

Vitamin D3 functions as a necessary co-factor in calcium absorption and utilization. Vitamin D helps in the development and maintenance of bones and teeth, is a factor in the maintenance of good health and helps in the absorption and use of calcium, phosphorus and trace mineral functions. Vitamin D, being one of the most researched vitamins, has shown to regulate the body's ability to fight against infections and chronic inflammation. It has also been noted to produce over 200 anti-microbial peptides, the most important of which is cathelicidin, a naturally occurring, broad-spectrum antibiotic.

Vitamin E is a source of antioxidants for the maintenance of good health. Vitamin E protects the fat in body tissues from oxidation, helps to fight against the oxidative effect caused by free radicals, and helps to prevent vitamin E deficiency.

Boron is one of the micronutrients required for optimal health and is involved in maintaining good bone mineralization. Boron is essential for proper assimilation of calcium into the bone matrix, or in simpler terms, makes sure that calcium stays bound to the structure of the bone. Calcium is what gives bone its strength; therefore if you become deficient in boron, over time, calcium will begin to leach out of the bone and be lost through urination. The result is weakening of the bones, commonly known as osteoporosis.

Calcium is known for its role in building strong bones, and keeping nails and teeth healthy. Calcium is required to help maintain healthy calcium metabolism for a number of functions. It is required for digestion, blood clotting, squeezing and relaxing muscles, releasing hormones, and proper nerve function. Calcium helps maintain a regular heartbeat. Calcium is a mineral that must be consumed through diet; it cannot be made inside the body. Over 98% of total body calcium is stored in your bones which works as a mineral bank where calcium is deposited and withdrawn on a daily basis. Calcium is an interdependent mineral that works synergistically with co-factors to deliver its benefits. Calcium and magnesium are primarily responsible for maintaining a healthy bone mineral balance, as well as Vitamin D which is an essential factor in the absorption of calcium and magnesium.

Chromium is an essential trace mineral that helps the hormone insulin to function at its full potential. It provides support for healthy glucose metabolism; helps to maintain normal blood glucose level; helps to prevent chromium deficiency; helps to maintain the body's ability to metabolize nutrients; and it may also help to lower cholesterol levels and burns body fat.

Copper is a mineral that the body stores mostly in the bones and muscles. It helps to produce and repair connective tissue and helps to form red blood cells. The liver regulates the amount of copper that is in the blood. Copper is also used for improving wound healing and treating arthritis and brittle bones (osteoporosis).

Magnesium helps the body to metabolize carbohydrates, proteins, fats, and helps in the development and maintenance of bones and teeth. It also helps in tissue formation and helps to maintain proper muscle function. Magnesium citrate helps to maintain healthy serum magnesium levels, and it offers the body access to an increased amount of magnesium, while at the same time it helps to regulate healthy bowel cycles.

Manganese is a factor in the maintenance of good health and it helps the body to metabolize carbohydrates, proteins, fats. Manganese sulphate also helps in the development and maintenance of bones and teeth, and helps in tissue formation and maintains proper muscle function.

Molybdenum helps to prevent molybdenum deficiency, and helps to maintain the body's ability to metabolize nutrients.

Selenium is an antioxidant for the maintenance of good health. It helps protect against oxidative stress, helps to fight and protect cells against free radicals, and helps to maintain normal function of the thyroid gland.

Silicon is a trace mineral that is involved in many enzymatic pathways and metabolic reactions. Silicon works to enhance the re-mineralization of the bone tissue which helps to ensure that calcium and other minerals are deposited onto the bone. It also promotes firmness and strength in the tissues, and helps to maintain healthy hair, nails and/or skin.

Vanadium is required for building healthy bones, cartilage and teeth.

Zinc helps in connective tissue formation, helps to maintain healthy skin, helps the body to metabolize carbohydrates, proteins and fats, and helps to maintain immune functions.

Hydrolyzed Collagen has 6 g (6000 mg) in one dose, two doses would be 12 g (12000 mg). It is a source of the essential amino acids: histidine, isoleucine, leucine, lysine (helps in collagen formation), methionine, phenylalanine, threonine, and valine; and is a source of the non-essential amino acids: alanine, arginine, aspartic acid, glutamic acid, glycine, proline, serine, tyrosine for the maintenance of good health and is involved in protein synthesis. Hydrolyzed collagen also helps to reduce joint pain associated with osteoarthritis.

Whey Protein has 1.5 g (1500 mg) in one dose, two doses would be 3 g (3000 mg). Whey protein is a source of all essential amino acids (and those that are involved in muscle protein synthesis), branched chain amino acids, minerals and potassium for the maintenance of good health. Whey is also a source of protein for the maintenance of good health that helps build and repair body tissues and helps to build antibodies.

D-Glucosamine Sulphate has 750 mg in one dose, two doses would be 1500 mg. It is the purest form of glucosamine produced through enzymatic action and is the highest recognized form, a D-isomer, for absorption into the body's tissues. The best bioactive form is D-glucosamine sulphate and it is sodium free. **For more information on D-glucosamine sulphate, see page 51.**

Supplements can be used in a number of combinations for aiding weight loss goals or health objectives.

Rational for Weight Loss Support

		Hypoglycemia / Low Blood Sugar	Basic Weight Loss / Fat Burners	Bone / Heart / Blood	Energy / Performance / Lean Muscles	Sleep / Muscle Relaxation	Immune Building	Joint / Repair / Restoration	Muscle Recovery / Proteins	Vitamins / Minerals / Whole Health
NutraWeight™	Boosts metabolism and supports weight loss.	X	X	X	X		X			X
Vitamin B Complex	Boosts metabolism and supports weight loss.	X	X	X	X		X			X
CoEnzyme B Complex™	Boosts metabolism and supports weight loss.	X	X	X	X		X			X
Cal-Mag Essentials™	Calcium, magnesium and minerals play a role in weight loss, helping to burn calories in combination with proteins.		X	X	X	X		X	X	X
D-Ribose	D-ribose boosts energy and improves sleep.				X	X				
EFA 40:20™ / EFA Omega 3-6-9™	EFA's aid in weight loss, cholesterol balance, heart health and aids insulin sensitivity. Weight loss with EFAs start the sequence in cells that allow them to burn fat. It helps to decrease appetite and minimize fat storage.	X	X	X	X		X		X	
L-Arginine	Helps in building muscle, boosting energy, maintaining blood sugar levels, aiding immune function, and it promotes the burning of body fat.	X	X		X		X		X	
L-Glutamine (Capsules)	Plays a crucial role in weight loss and helps the body build proteins to maintain muscle mass. It contributes to the body's energy supply while being able to bypass the body's insulin-induced fat storage systems. Glutamine counteracts the storage of dietary fats helping your body get rid of it.		X		X			X	X	
LipoChitin™	Supports cardiovascular health and supports weight loss.		X	X						
LipoTrim™	Supports cardiovascular health, increases and boosts metabolism and supports weight loss.		X	X						
N-Acetyl-L-Carnitine	This amino acid transfers fats in your body to cells so that they can be converted into energy. During this process, carnitine can also suppress some of your appetite. Therefore, while your body is starting to burn fat, you aren't getting any hungrier.		X		X					
Magnesium Bisglycinate / Liquid Magnesium	Affects muscle function, oxygen uptake, and electrolyte balance. Effective in buffering lactic acid during hard training, thus improving your work output.			X	X	X			X	X
Protein Complex / Vegan Protein	Protein powders are a must in the weight loss process. When your body has more protein, it is going to burn calories faster. It metabolizes proteins faster than it does carbohydrates or fats (which the body uses for energy). However, when you aren't active, your body stores the excess carbohydrates and fats causing you to gain more weight. Powders help you gain muscle mass and maintain lean muscle.	X	X	X	X	X	X	X	X	X
R-Alpha Lipoic Acid / Alpha Lipoic Acid	Improves insulin sensitivity, blood sugar control, cardiovascular health, nerve function and lipid levels, and reduces symptoms of diabetic neuropathy. Alpha-lipoic Acid promotes weight loss and aids liver functions.	X	X		X		X	X		
SinewGen™	Weight loss is a reduction process leaving behind oxidatative damage. This complex includes whey protein, antioxidants, beta-carotene, bioflavonoids, and a broad spectrum of B vitamins and many essential minerals. It also provides a highly bioavailable multi-vitamin and mineral complex to ensure that the body is getting the appropriate nutrient load that is required for weight loss.	X	X	X	X	X	X	X	X	X
Ultimate Greens™ Concentrate	Rich in bioavailable vitamins, minerals, amino acids, essential fatty acids, polysaccharides and a vast spectrum of antioxidants, which combine to work as powerful detoxifiers and support weight loss.		X	X	X		X		X	X
Emulsified Vitamin D3 Concentrated Drops	Vitamin D also plays role in the fat development in muscle tissue.	X	X	X			X			X

Allergies & Respiratory Stressors

Allergies can be caused by an overactive immune system once it's triggered by an 'allergen.' These triggers can be seasonal or more personal depending on each person's age, health status, life choices, experiences and exposure to different stimuli. The most common allergens are mold, pollen, dust, some cosmetics, lanolin, animal hair, insect venom, some common drugs such as penicillin and aspirin and some food or food additives. No one knows why some people are allergic to certain substances, however, once exposed to an allergen, whether it is pollen, wheat, or it can be really anything, your body begins to produce histamine. Once this normal body chemical is released, individuals often experience a number of signs and symptoms (inflammation in the upper respiratory tract, watery eyes, mucus build up etc.). These overactive immune responses by the body's normal defense system can be substances that are not normally harmful to most people. In some people, the immune system wrongly identifies a non-toxic substance as an invader and the white blood cells overreact and do more damage to the body than to the invader (systemic inflammation). Thus, the allergic response can become a disease in itself affecting the upper respiratory tract and the lungs (allergic rhinitis, sinusitis, asthma).

Over a period of years, a combination of bad diet and a buildup of toxins can gradually unbalance the immune system and eventually, a situation occurs where the normal checks and balances that regulate immune function begin to break down. The individual starts reacting to triggers in the environment that previously were not a problem.

Furthermore, if the diet has been lacking in nutrients – such as antioxidants – that help diminish an excessive immune response, the situation escalates. Suddenly, the production of inflammatory mediators spirals out of control and the individual begins to react to a wide variety of triggers. Histamine is a mediator secreted by mast cells, basophils and blood platelets. It is released in direct response to the injury of cells that contain it, and it is also released in response to stimulation by certain components of the complement system. It is the mediator that is responsible for constricting bronchial airways, dilating blood vessels and increasing the permeability of blood vessels which permits fluid to move from the blood into tissue spaces causing the swelling of inflammation. The pain of inflammation can be caused by nerve damage, irritation by toxins or the pressure of the swelling.

Free radicals are one of the most potent mediators of inflammation and are unstable molecules produced as a normal byproduct of respiration, exercise, and even normal aging processes. Excessive amounts of these free radicals can fuel the flame of inflammation and damage healthy tissues. Antioxidants help to neutralize these free radicals which help to reduce the inflammatory action caused by normal body functions or response to allergens. Fortunately, there are many types of natural antioxidants found in the plant kingdom which will react with free radicals and absorb the spare electron, thus stopping the propagation and formation of new free radical molecules. The body is able to produce several different types of these antioxidants (e.g., glutathione), but antioxidants are also absorbed from the plants, vegetables and healthy foods that we eat. Natural herbal formulations have many of these antioxidants and anti-inflammatory action to reduce the effects caused by an overactive immune system triggered by an allergen.

by Andrea Kuznick, CNP.

Andrea Kuznick is a holistic nutritionist CNP, iridologist HI, energy medicine practitioner (EMP), a Reiki master and practices many other Eastern and universal philosophies. She has also been an alternative holistic practitioner and educator for over 20 years. She is the Director of Marketing for Omega Alpha's human and pet divisions.

Stinging Nettle

Herbal Extract for Allergies

120 mL/bottle – UPC 826913606159

NPN 80022820

RECOMMENDED USES: Used in herbalism as a nutritive tonic, diuretic, and as supportive therapy to help relieve rheumatic complaints, and to help relieve seasonal allergy symptoms.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Urtica dioica Extract 1:1 (Stinging Nettle Herb Top) 5 g

NON-MEDICINAL INGREDIENTS: Purified water and 25% Ethanol.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL) one to two time(s) per day. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: For occasional use only (diuretic).

CAUTIONS: Consult a health care practitioner if symptoms persist or worsen. Do not use if you are pregnant or breastfeeding. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Used in traditional herbalism as a nutritive tonic and diuretic
- ✓ Used in supportive therapy to help relieve rheumatic complaints
- ✓ Helps relieve seasonal allergy symptoms
- ✓ An antioxidant supplement for the maintenance of good health
- ✓ Has antiseptic actions for chronic urinary tract infections
- ✓ Has a mild diuretic action and acts as an alkalizing herb

Stinging nettle helps reduce difficulty in urination associated with the early stages of prostate enlargement. It also helps relieve rheumatic complaints and seasonal allergy symptoms, promotes urination and is a nutritive tonic.

Stinging nettle has been traditionally used as an analgesic, a gastrointestinal aid and as an anti-diarrheal. This botanical has been indicated for allergies and urinary tract disorders. Stinging nettle has alterative, astringent, diuretic and nutritive properties.



- ▶ Men's Health
- ▶ Respiratory Health

Super Immune Plus™

Immune System Enhancement Formula

120 mL/bottle – UPC 826913606203

NPN 80043118

RECOMMENDED USE: Used in herbalism to support the immune system.

MEDICINAL INGREDIENTS PER 1 TEASPOON (5 mL):

<i>Astragalus membranaceus</i> (Astragalus Root).....	1000 mg
<i>Echinacea purpurea</i> (Echinacea Herb Top and Root)	1000 mg
<i>Eleutherococcus senticosus</i> (Siberian Ginseng Root).....	500 mg
<i>Ganoderma lucidum</i> (Reishi Mushroom Fruiting Body)	1500 mg
<i>Uncaria tomentosa</i> (Cat's Claw Stem Bark).....	1000 mg
<i>Withania somnifera</i> (Ashwagandha Root)	1000 mg

NON-MEDICINAL INGREDIENTS: Purified water, 20% Ethanol.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL), twice per day with food. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: Consult a health care practitioner for use beyond 1 month.

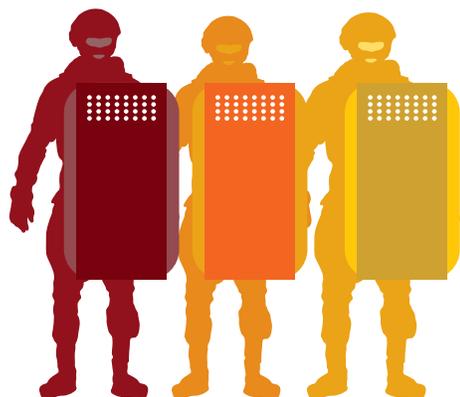
CAUTIONS: Do not use if you are pregnant, breastfeeding or allergic to plants of the Asteraceae/Compositae/Daisy family. Consult a health care practitioner prior to use if you have any type of acute infection, high blood pressure, progressive systemic disease (e.g. tuberculosis, leukosis, etc.); taking immunosuppressants, anticoagulant or antihypertensive medication; suffer from an immune system disorder (e.g. Crohn's disease, multiple sclerosis, rheumatoid arthritis, etc.). Discontinue use if you experience digestive upset or diarrhea. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children.

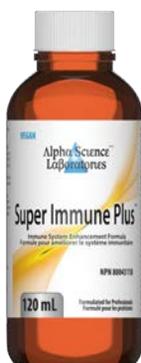
ALLERGENS: Contains no dairy, soy, yeast, wheat or gluten.

FEATURES & BENEFITS:

- ✓ Reduces colds and the flu naturally
- ✓ Rejuvenates the immune pathways
- ✓ Enhances the natural defense system
- ✓ Herbs have adaptogenic properties
- ✓ A rejuvenating tonic for physical stress
- ✓ Antioxidants have anti-inflammatory actions
- ✓ Herbs have anti-bacterial & anti-viral properties



▶ Immune Support



Super Immune Plus™ contains six botanicals that are used to enhance the immune system and its functions by activating a number of pathways with a synergistic combination of ingredients. These herbs have a variety of properties such as antioxidant, immune stimulant and anti-inflammatory effects that help to support and stimulate a healthy immune system. Super Immune Plus™ also contains adaptogenic herbs that help to increase the body's ability to resist and endure stress associated with various factors.

Herbs that Help Enhance the Immune System

Astragalus is known to stimulate the immune system through its antioxidant actions toward inflammatory conditions. Antioxidants help to protect the cells against damage caused by free radical damage. It is used for prevention and supports the body from various stressors. It is a rejuvenating tonic to the liver and helps maintain a healthy immune system. This may help the body to cope better both physically and mentally. Astragalus root helps maintain a healthy immune system, helps the body to better cope with both physical and mental stress, boosts energy levels, and promotes recovery from anemia. It has adaptogenic, antioxidant, digestive, diuretic, nervine, immunostimulant and tonic properties.

Echinacea helps to relieve symptoms of upper respiratory tract infections; it supports the immune system; and maintains healthy skin. It has analgesic, anti-inflammatory, anti-microbial, antiseptic, diaphoretic, immunomodulatory, stimulant and tonic properties. **For more information on echinacea, see page 25.**

Eleuthero root/Siberian ginseng has been traditionally used to reduce colds, flu-like symptoms, and to increase normal energy levels and general vitality. It is one of the best adaptogenic herbs to help the body cope better with either mental or physical stress. It can increase the body's abilities to resist and endure physical, normal body chemical responses (cortisol) and psychological stress. Thus, it can enhance stamina, increase resistance to infections and accelerate recovery. Siberian ginseng is a tonic to help relieve general debility and/or to aid during convalescence. This herb helps to improve mental/or physical performance after periods of mental and/or physical exertion, and has adaptogenic, anti-viral, cardio-protective, diuretic properties, and is an immune stimulant.

Reishi mushroom fruiting body has traditionally been used to dispel phlegm, stops coughs and arrests wheezing by supporting the immune pathways through its anti-inflammatory actions. It is used as a liver tonic and may promote appetite. Its nutrients and trace elements provide antioxidants to maintain better health. Reishi mushroom enhances the T-lymphocyte activity thus boosting the immune system. It has adaptogenic, anti-allergic, anti-inflammatory, anti-microbial, antioxidant and immunostimulant actions.

Cat's claw stem bark exerts beneficial effects on various inflammatory conditions; prevents growth of microbes and supports the gastrointestinal tract; provides antioxidants for the maintenance of health and supports the immune system. It has anti-inflammatory, antioxidant, anti-bacterial, anti-viral and immunostimulant properties.

Ashwagandha is traditionally used as a rejuvenating tonic to help relieve general weakness, especially during recovery times. It can help reduce cortisol levels which reduces stress and anxiety. Thus, it can help with our bodies to cope better both physically and mentally with stress. It has a strong adaptogenic action that works synergistically to enhance the restorative effects of astragalus and eleuthero root (Siberian ginseng). Ashwagandha root helps relieve general debility as it is a rejuvenate tonic. It has adaptogenic, analgesic, antibiotic, anti-stress, cardio-protective, and diuretic properties.

Tribulus Terrestris

Supports Hormones

120 vegcaps®/bottle – UPC 826913606357

NPN 80037155

RECOMMENDED USES: Traditionally used in Ayurveda as an aphrodisiac (Vajikarana) for men, diuretic (Mutrala), and for relief of difficult/painful urination (Mutrakcchra).

MEDICINAL INGREDIENT PER 1 CAPSULE:

Tribulus terrestris (Puncture Vine Fruit)625 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 2 capsules three times per day with food.

DURATION OF USE: For occasional use only as a diuretic (Mutrala).

CAUTIONS: If you are pregnant, consult a health care practitioner prior to use. Diuretic effect and/or hypersensitivity/allergy have been known to occur. If this is the case, discontinue use and consult a health care practitioner. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Promotes the health of the genitourinary system
- ✓ Supports prostate health
- ✓ Supports the emotional aspects of sexual health
- ✓ Can be used for both men and women

Traditionally used in Ayurvedic herbal medicine as an aphrodisiac for men, **tribulus terrestris** may provide relief for difficult/painful urination. It also increases in the production of luteinizing hormone. In males, luteinizing hormone leads to an increase in testosterone production. Tribulus terrestris has also been found to increase the level of free circulating testosterone by approximately 40%. In studies, Tribulus terrestris has been observed to increase sperm count and also sperm motility in males with low sperm count or non-viable sperm.

In females, luteinizing hormone causes maturation of the ova and also controls the production of androgenic hormones (e.g. testosterone). Studies have shown that women with low testosterone levels have a low libido. When testosterone levels in these women were increased artificially by ingesting testosterone, an increase in libido was observed. Tribulus terrestris has alterative, analgesic, anthelmintic, anti-fungal, antiseptic, aphrodisiac, nervine, rejuvenative, anti-inflammatory, and tonic properties. It is effective for men and women.



▶ Men's Health

Tribulus Terrestris Liquid Extract

High Potency Extract 1:2 Tribulus Terrestris

120 mL – UPC 826913606401

NPN 80040096

RECOMMENDED USES: Traditionally used in Ayurveda as an aphrodisiac (Vajikarana) for men, diuretic (Mutrala), and for relief of difficult/painful urination (Mutrakcchra).

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Tribulus terrestris Extract 1:2 (Puncture Vine Fruit) 5000 mg

NON-MEDICINAL INGREDIENTS: Purified water, 25% Ethanol.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL), four times per day with food. Can be mixed with juice or water. Shake well before use.

CAUTIONS: If you are pregnant, consult a health care practitioner prior to use. Diuretic effect and/or hypersensitivity/allergy have been known to occur. If this is the case, discontinue use and consult a health care practitioner. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.



Men's Health Care Products

Ultimate Fibre Plus™

Contains 6 Soluble Fibres, 4 Probiotics & Prebiotic, 2 GI Herbal Support, Bioflavonoid & Detoxification Support

340 g/bottle – UPC 826913606555

NPN 80034680

180 vegcaps®/bottle – UPC 826913606500

NPN 80034794

RECOMMENDED USES: Source of fibre for the maintenance of good health by acting as a bulk forming laxative. Provides gentle relief of constipation and/or irregularity. Source of probiotics that temporarily modify gut flora.

MEDICINAL INGREDIENTS PER 1 TEASPOON (6 g) [PER 1 CAPSULE]:

<i>Plantago ovata</i> (Psyllium Husk & Seed).....	2500 mg [250 mg]
<i>Pyrus malus</i> (Apple Fibre).....	1320 mg [132 mg]
<i>Amorphophallus konjac</i> (Glucmannan Tuber)	1000 mg [100 mg]
<i>Linum usitatissimum</i> (Flax Seed)	840 mg [84 mg]
<i>Cichorium intybus</i> (Inulin Root/Fructooligosaccharides).....	600 mg [60 mg]
<i>Cyamopsis tetragonoloba</i> (Guar Gum).....	600 mg [60 mg]
<i>Althaea officinalis</i> (Marshmallow Root).....	456 mg [45.6 mg]
<i>Citrus aurantium</i> (Bitter Orange) [Hesperidin].....	150 mg [15 mg]
<i>Ulmus rubra</i> (Slippery Elm Stem Inner Bark)	144 mg [14.4 mg]
<i>Bifidobacterium bifidum</i> (Whole Cell-HA-132)	150 Million CFU* [15 Million CFU*]
<i>Lactobacillus acidophilus</i> (Whole Cell-HA-122)	150 Million CFU* [15 Million CFU*]
<i>Lactobacillus casei</i> (Whole Cell-HA-108).....	150 Million CFU* [15 Million CFU*]
<i>Lactobacillus plantarum</i> (Whole Cell-HA-119)	150 Million CFU* [15 Million CFU*]

*Colony Forming Units

NON-MEDICINAL INGREDIENTS: Sunflower lecithin, Stevia, [Hypromellose (vegetarian capsule shell)].

RECOMMENDED DOSE:

POWDER:

Adults: Mix 1 teaspoon (6 g) with at least 315 mL of water or juice one to two time(s) per day with food and at least 2-3 hours before or after taking antibiotics or other medications. Stir briskly and drink immediately. Avoid taking immediately before bedtime. Maintain adequate fluid intake. Taking this product with insufficient liquid may result in choking and/or esophageal blockage/obstruction of the throat, esophagus or intestine. Effects observed 12-14 hours after first dose, and may take 2-3 days.

CAPSULES:

Adults: Take 5 capsules twice per day with food and at least 2-3 hours before or after taking antibiotics or other medications. Avoid taking immediately before bedtime. Maintain adequate fluid intake. Taking this product with insufficient liquid may result in choking and/or esophageal blockage/obstruction of the throat, esophagus or intestine. Effects observed 12-14 hours after first dose, and may take 2-3 days.

STORAGE: Do not refrigerate. Store away from children and protected from light and moisture.

CAUTIONS: Do not use if you are pregnant, breastfeeding; have difficulty in swallowing, diabetes, immune-compromised condition; experiencing a sudden change in bowel habits that has persisted for more than 2 weeks; undiagnosed rectal bleeding, or failure to defecate following the use of another laxative product. If you experience chest pain, vomiting, difficulty swallowing or breathing after taking the product, seek immediate medical attention. If symptoms of allergy or diarrhea occur, worsen, or persist beyond 3 days or if laxative effect does not occur within 7 days, discontinue use and consult a health care practitioner. Consult a health care practitioner prior to use if you are taking any prescription medication or any medication which inhibits peristaltic movement (e.g. opioids, loperamide), or have symptoms such as abdominal pain, nausea, vomiting or fever. May cause temporary gas/flatulence, bloating, loose stools, diarrhea, and abdominal discomfort.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast. However, this product may have come into contact with milk and/or soy. Do not use this product if you have a milk and/or soy allergy.

FEATURES & BENEFITS:

- ✓ Contains a combination of 6 soluble fibres, 4 probiotics, 2 GI herbal supports
- ✓ Includes bioflavonoids and detoxification support, and antioxidants
- ✓ Helps to prevent constipation
- ✓ Acts as a bulk forming laxative
- ✓ Source of probiotics that modify gut flora
- ✓ Stimulates colonic microbial growth
- ✓ Produces short-chain fatty acids
- ✓ Lowers the risk of hemorrhoids
- ✓ Gluten-free, sugar-free and vegan
- ✓ Increasing fibre intake can help prevent cholesterol and toxin absorption
- ✓ Provides gentle relief of constipation and/or irregularity
- ✓ Soluble fibre in this product increases the viability of the probiotics by protecting them from the acids in the stomach
- ✓ Provides some relief from Irritable Bowel Syndrome (IBS)
- ✓ Each 100 grams of Ultimate Fibre Plus™ contains 56.7 grams of dietary fibre



Antioxidants



Supports the liver



Supports heart health



Supports insulin sensitivity



- ▶ Detoxification
- ▶ Gastrointestinal Health
- ▶ Weight Management



Ultimate Fibre Plus™ is a source of fibre for the maintenance of good health by acting as a bulk forming laxative. It provides gentle relief of constipation and/or irregularity, and is a source of probiotics that temporarily modifies gut flora. Healing herbs like slippery elm and marshmallow root are herbs that are traditionally used as mucilaginous herbs for diarrhea, constipation, IBS and to provide prevention against ulcers, colitis, diverticulitis, GI inflammation and acidity. Moderation is key and healthy food choices with a healthy beverage is a good idea. Trace elements, minerals, and herbal supplementation have been found to support weight management and healthy glucose metabolism.

L. Acidophilus, L. Casei, L. Plantarum, and B. Bifidum, are all sources of probiotics that help support intestinal/gastrointestinal health. These probiotics are grown on cultured mediums, are non-animal sourced and are compatible with a vegan diet. They also promote a favourable gut flora.

Psyllium Husk and Seed is a bulk forming laxative that promotes bowel movements by increasing bulk volume and water content. It also promotes intestinal health, reduces blood lipid levels in adults and supports healthy blood glucose levels. Psyllium has anti-diabetic, hypocholesterolemic properties and is indicated for constipation, diarrhea, hypercholesterolemia, irritable bowel syndrome (IBS), and type 2 diabetes.

Apple Fibre promotes healthy intestinal flora, bowel movements and maintains a healthy colon. It also provides antioxidants for the maintenance of health, reduces blood lipid levels in adults and supports cardiovascular health. It is also used as a bulk forming laxative.

Glucomannan Tuber aids in weight loss and decreases appetite. It exerts beneficial effects on various types of inflammatory conditions, lowers blood sugar and lowers cholesterol. It also relieves constipation.

Flax Seed is a source of essential fatty acids for the maintenance of good health. It reduces blood lipid levels in adults, supports healthy bowel movements by increasing bulk volume and water content, and promotes healthy intestinal flora. Flax seed has anti-diabetic and hypercholesterolemic actions and have been indicated for constipation, obesity and type 2 diabetes.

Inulin Root/Fructooligosaccharides is a prebiotic that supports bowel functions, supports intestinal flora, helps in weight management. It also maintains healthy liver function and promotes urination, and is a source of FOS (Fructooligosaccharides). Inulin has antioxidant, antihyperglycemic and hepatoprotective properties.

Guar Gum aids in weight management and is beneficial for the management of diabetes. It supports normal cholesterol levels, and is a source of soluble fibre. It also supports healthy intestinal flora and healthy bowel movements. Guar gum has anti-diabetic properties and is also an appetite suppressant.

Marshmallow Root relieves the irritation of the oral and pharyngeal mucosa and associated dry cough. It relieves mild inflammation of the gastrointestinal mucosa (e.g. gastritis, peptic and duodenal ulceration, enteritis). Marshmallow root has anti-inflammatory and immunostimulant properties.

Hesperidin that helps in weight management, increases body heat, and it protects cells against damage caused by free radicals. Studies have shown that hesperidin reduces oxidative stress and is inflammatory. In traditional Chinese medicine, hesperidin is used for dyspepsia, constipation, and diarrhea.

Slippery Elm Stem Inner Bark is beneficial in gastroenteritis. It promotes healthy stomach and intestinal lining, soothes and supports the gastrointestinal tract, and soothes respiratory irritation. Slippery elm bark has anti-inflammatory and protectant properties. It is indicated for colitis, irritable bowel syndrome (IBS), and gastritis.

Improve Digestion with Better Colon Health

by Dr. Gordon Chang, PhD

In our modern 21st century lifestyle we have the misfortune to be exposed to many toxins on a daily basis through our environment, from overexposure to toxic chemicals at home and at work. These toxins are even contained in foods, consumer electronics, cosmetics, many synthetic fabrics, new carpeting, and your new car. Environmental toxins seem to be a prevalent by-product of the frantic lifestyles our technology and economy have forced us to live.

Toxins can enter the human body via a number of convenient pathways; through the lungs when we breathe, through the skin by contact, or through the GI tract from the foods and drinks we consume. The toxins are then metabolically processed by the three major organs of detoxification; the liver, the lungs and the kidneys so that they can be excreted from the body with other waste material. That is IF the toxins do not become stored in the cells of the body through toxic overload.

The Importance of Probiotic Supplementation

A better alternative would be to change the types of bacteria that inhabit the gut as well as increase your intake of soluble fibres. Changing the balance of the intestinal microflora can then be easily achieved by consuming a mixture of different species of probiotics (friendly bacteria). Increasing the intake of soluble fibre serves two purposes: 1. It binds to toxins and prevents their absorption by the body. However, different fibres bind to different toxins with different efficiencies. Therefore it is important that you consume a large range of soluble fibres. 2. It causes a decrease in the amount of time that body waste stays in the large intestine. The net result is a decrease in the total quantity of toxins absorbed into the body.

Fortunately, Alpha Science Laboratories™ has created a fibre product – Ultimate Fibre Plus™ – which can be taken on a daily basis, and it addresses all of these concerns. It has a variety of soluble fibres; it contains probiotics to help restore the delicate intestinal balance; and the herbs included help stimulate the bowels to gently move material through the colon, and it also contains antioxidants to help fight free radicals.

Alpha Science Laboratories™ manufactures herbal formulas to cleanse the kidneys, liver, lungs and colon for a complete body detox program. It is recommended that healthy individuals do a total organ cleanse every 6 months (usually in spring and fall). If an individual is exposed to a larger toxin load because of medicines, smoking, alcohol and drug use, or a toxic environment (work outdoors or other exposure to pollution), we recommend an organ cleanse to be done on a more frequent basis (every 4-6 months).

Dr. Gordon Chang holds a PhD in Physiology and Biomedical engineering from the University of Toronto. He also has 2 years post-doctoral experience in biochemistry. He is the President and Chief Scientific Officer at Omega Alpha Pharmaceuticals Inc.



Ultimate Greens Concentrate™

Concentrated Greens with Enzymes and Probiotics

360 g/bottle – UPC 826913606456

200 g/bottle – UPC 826913607903

NPN 80058058

120 vegcaps®/bottle – UPC 826913607101

NPN 80058431

RECOMMENDED USES: Source of antioxidants for the maintenance of good health.

MEDICINAL INGREDIENTS PER 1 TEASPOON (6 g) / [PER 1 CAPSULE]:

Aloe Vera (Aloe Leaf).....	46.2 mg [4.62 mg]
Camellia sinensis (Green Tea Extract) (45% Epigallocatechin-3-gallate).....	46.2 mg [4.62 mg]
Citrus aurantium (Bitter orange) [Hesperidin]	96 mg [9.6 mg]
Circuma Longa (Curcumin Rhizome)	18.6 mg [1.86 mg]
Daucus carota subsp. sativus (Carrot Root).....	276 mg [27.6 mg]
Eleutherococcus senticosus (Siberian Ginseng Root).....	276 mg [27.6 mg]
Linum usitatissimum (Flax Seed)	234 mg [23.4 mg]
Medicago sativa (Alfalfa Leaf)	186 mg [18.6 mg]
Silybum marianum (Milk Thistle Seed)	72 mg [7.2 mg]
Styphnolobium japonicum (Quercetin dihydrate).....	46.2 mg [4.62 mg]
Vitis vinifera (Grape Seed Extract) (85% Proanthocyanidins)...	18.6 mg [1.86 mg]
Withania somnifera (Ashwagandha Root)	186 mg [18.6 mg]
Chlorella regularis (Broken Cell)	46.2 mg [4.62 mg]
Laminaria digitata (Kelp).....	276 mg [27.6 mg]
Spirulina maxima (Spirulina)	276 mg [27.6 mg]
Bifidobacterium bifidum.....	625 Million CFU [625 Million CFU]
Bifidobacterium breve	625 Million CFU [625 Million CFU]
Bifidobacterium longum subsp. infantis	625 Million CFU [625 Million CFU]
Lactobacillus acidophilus.....	625 Million CFU [625 Million CFU]
Lactobacillus casei	625 Million CFU [625 Million CFU]
Lactobacillus plantarum	625 Million CFU
Lactobacillus rhamnosus	625 Million CFU
alpha-Amylase.....	335 FCC DU [33.48 FCC DU]
Cellulase.....	26 FCC CU [2.31 FCC DU]
Protease.....	630 FCC HUT [67.5 FCC HUT]

CFU - Colony forming units
Enzymatic Units I FCC (Food chemicals Codex)
FCC CU (Cellulase Units)
FCC DU (alpha-Amylase Dextrinizing Units)
FCC HUT (Hemoglobin Unit on a Tyrosine Basis)

NON-MEDICINAL INGREDIENTS: Acai fruit, Amalaki fruit, Apple pectin, Barley grass, Beet root, Blueberry fruit, Elderberry fruit, Guar gum, Sunflower lecithin, Goji fruit, Hawthorn fruit, Papaya fruit, Parsley leaf, Peppermint leaf, Rice bran, Schisandra fruit, Spinach leaf, Tomato, Sprouted wheat grass, Stevia, [Hypromellose (vegetarian capsule shell)].

RECOMMENDED DOSE:

POWDER: Adults: Add 1 teaspoon (6 g) to 250 mL of water or juice once per day or as directed by your health care practitioner. Stir briskly and drink immediately. Maintain adequate fluid intake. Avoid taken immediately before bedtime.

CAPSULES: Adults: Take 5 capsules twice per day with food and at least 2-3 hours before or after taking antibiotics or other medications. Avoid taking immediately before bedtime. Maintain adequate fluid intake. Taking this product with insufficient liquid may result in choking and/or esophageal blockage/obstruction of the throat, esophagus or intestine. Effects observed 12-14 hours after first dose, and may take 2-3 days.

DURATION OF USE: Consult a health care practitioner for use beyond 1 month.

CAUTIONS: Do not use if you are pregnant or breastfeeding; have high blood pressure, immune-compromised conditions (e.g. AIDS, lymphoma, systemic lupus erythematosus, long-term corticosteroid treatment), abnormal constrictions of the gastrointestinal tract, atonic bowel, appendicitis, inflammatory colon disease, abdominal pain of unknown origin, undiagnosed rectal bleeding, severe dehydration with depleted water or electrolytes, hemorrhoids or diarrhea. If symptoms of digestive upset, (e.g. diarrhea) occur, worsen, or persist beyond 3 days, discontinue use and consult a health care practitioner. Reduce dose or discontinue use if you experience abdominal pain, cramps, spasms and/or diarrhea. Hypersensitivity, such as an allergy, has been known to occur in rare cases; in which case, discontinue use. Consult a health care practitioner prior to use if you have surgery, acute infection, liver disorder, thyroid condition, gastrointestinal lesions/ulcers, excess stomach acid, nausea, fever, vomiting, bloody diarrhea, severe abdominal pain or iron deficiency. Consult a health care practitioner if you are taking birth control medication/undergoing hormone replacement therapy, antiplatelet medication, blood thinners, anticoagulant/anti-inflammatory agents, other enzymes products, thiazide diuretics, corticosteroids, licorice root, or other medications/health products that may aggravate electrolyte imbalance. Consumption with alcohol, other drugs, or natural health products with sedative properties is not recommended. Do not use if seal is broken.

STORAGE: Store away from children and protected from light/moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast. However, this product may have come into contact with milk and/or soy. Do not use this product if you have a milk and/or soy allergy.

FEATURES & BENEFITS:

- ✓ A concentrated food formula
- ✓ Superfoods
- ✓ Sea greens
- ✓ Antioxidants
- ✓ Phytonutrients
- ✓ Probiotics & prebiotic
- ✓ Detoxification support
- ✓ Enzymes
- ✓ No sugar added
- ✓ 14 calories per 6 grams serving

Ultimate Greens Concentrate™ is extremely rich in bioavailable vitamins, minerals, amino acids, essential fatty acids, polysaccharides and a vast spectrum of antioxidants, which combine to work as powerful detoxifiers. The superfoods in this concentrate powder provide an incredible influx of nutrients that enrich every cell of your body!

The antioxidants are known to reduce inflammation, therefore the benefits from acai fruit, amalaki fruit, blueberries, elderberries, goji berries, and schisandra fruit support multiple health benefits. This formulation has seven probiotic strains, prebiotics, and digestive enzymes to enhance absorptions of phytonutrients, trace, minerals and protect the immune system's natural defenses. All greens are important for a healthy diet, but there are clear winners that have been nourishing humans since ancient times: spirulina, chlorella and kelp.

- ▶ Antioxidants
- ▶ Detoxification
- ▶ Nervous System & Sleep
- ▶ Nutrition



Aloe vera is typically used in natural remedies for humans and found in traditional medicine (India) for constipation, digestion and minor skin infections. In Traditional Chinese medicine, it's often used for fungal diseases and in the Western world, it has found widespread use in the cosmetic, pharmaceutical and natural health food industries. Aloe vera's active components include: vitamins, minerals, saccharides, amino acids, anthraquinones, enzymes, lignin, saponins and salicylic acids. Aloe vera possesses anti-inflammatory, anti-bacterial, anti-fungal, anti-viral, antioxidant and antiseptic properties.

Green tea extract increases alertness and helps in weight management; helps reduce elevated blood lipid levels and supports cardiovascular health; prevents the growth of microbes; provides antioxidant support; and has anti-inflammatory, antioxidant, antiseptic, cardioprotective and immunostimulant properties.

Hesperidin helps in weight management; provides antioxidant support; and has anti-gastric, anti-inflammatory, antioxidant, cardioprotective, digestive, immunostimulant, stomachic and tonic properties.

Turmeric extract aids in digestion, protects the liver, helps relieve flatulence; helps increase bile excretion by the liver and contraction of the gallbladder; provides antioxidant support; relieves pain and inflammation, assists in healing minor wounds, cuts, burns and minor skin irritations; has anti-inflammatory and hepatic properties.

Carrot root is provitamin A for the maintenance of good health and it helps to prevent vitamin A deficiency and helps in the development and maintenance of bones and teeth. Carrot root helps to maintain eyesight, skin membranes and immune function and has antioxidant, antiseptic, carminative, depurative, hepatoprotective and stimulant properties.

Siberian ginseng is a well-known adaptogenic herb that aids in the reduction of stress and the increase of mental alertness. It is known as a tonic that helps relieve general debility and/or to aid during convalescence; helps to improve mental/or physical performance after periods of mental and/or physical exertion; and has adaptogenic, anti-inflammatory, antioxidant, anti-spasmodic, immunogenic and nervine properties.

Flax seed provides essential fatty acids; supports healthy bowel movements by increasing bulk volume and water content; promotes healthy intestinal flora; and contains analgesic, anti-inflammatory, antiseptic, and antitussive properties.

Alfalfa leaf is a nutritive tonic that provides antioxidant support. It reduces blood lipid levels in adults and supports the digestive system. Alfalfa contains anti-inflammatory, depurative, diuretic, stimulant, stomachic and tonic properties.

Milk thistle is an herb that has antioxidant and anti-inflammatory properties, and is commonly used to support the detoxification processes in the body, especially the liver. Milk thistle has antioxidant and hepatoprotective properties. **For more information on this herb, see page 50.**

Quercetin is an antioxidant and bioflavonoid that is a natural anti-histamine, and anti-inflammatory; and it has analgesic, anti-bacterial and antiseptic properties. **For more information on this herb, see page 67.**

Grape seed extract is beneficial for a number of cardiovascular conditions; helps with poor circulation and can help with high cholesterol levels; reduces swelling and helps with eye diseases related to diabetes; contains antioxidants to help maintain good health; has anti-inflammatory, antioxidant, anti-bacterial, antiseptic, cardioprotective and immunostimulant actions.

Ashwagandha root is an Ayurvedic herb, that is known to: help relieve general debility, especially during convalescence or old age; helps the body to better cope with both physical and mental stress; is a rejuvenative tonic that enhances memory and supports healthy sleep; and has adaptogenic, analgesic, antibiotic, antistress, cardioprotective, and diuretic properties.

Broken cell is a single-celled algae and is rich with phytonutrients, including antioxidants, amino acids, chlorophyll, betacarotene, potassium, phosphorous, biotin, magnesium and the B-complex vitamins (superfood). Because of its rich source of nutrients, it is often used for inflammatory-related conditions, as well as its detoxifying and renewing benefits; it supports the immune functions, wound healing and aids the natural detoxification processes. It also supports cardiovascular health and is considered an "eye health" nutrient, courtesy of its plentiful amounts of betacarotene and lutein.

Kelp provides iodine and other trace minerals, and it is in a highly bioavailable form that also contains phytonutrients and trace elements that are important micronutrients for metabolic functions. Kelp also aids in weight management and supports normal bowel function. It helps prevent iodine deficiency, supports healthy cardiovascular function, and contains alterative, diuretic, anti-obesity, and hypotensive actions.

Spirulina boosts energy and cellular health, supports weight management; a rich source of proteins, promotes joint health, reduces blood sugar levels; a source of antioxidants to maintain health, and is also a source of essential fatty acids.

These strains of bacteria: *Lactobacillus acidophilus*, *Lactobacillus casei*, *Lactobacillus plantarum*, *Bifidobacterium bifidum*, *Lactobacillus brevis*, *Lactobacillus rhamnosus*, *Bifidobacterium longum* (**Longum**) are all sources of probiotics used to prevent and treat bowel diseases, restore "good bacteria" in the gut, and boost the immune system. **For more information, see page 60.**

Amylase and protease are digestive enzymes and digestive aids that help the body digest carbohydrates and proteins, respectively. **For information on these enzymes, see page 25.**

Cellulase is a digestive enzyme used to increase the amount of phytonutrients extracted from the plant material. It helps to insure a higher trace element content for metabolic functions. **For more information on cellulase, see page 25.**

Acai fruit provides a source of antioxidants for the maintenance of good health.

Amalaki fruit is a source of vitamin C, minerals, amino acids and antioxidants.

Apple promotes healthy intestinal flora, bowel movements and maintains a healthy colon; provides antioxidant support; and supports cardiovascular health.

Barley grass is a source of soluble fibre and helps increase bile waste; maintains healthy cholesterol levels; provides antioxidants; stimulates peripheral blood circulation; increases energy and stamina; supports blood glucose levels; supports gastrointestinal functions and supports healthy intestinal flora.

Beet root is beneficial for cardiovascular health; supports liver functions; improves bowel movements; and promotes endurance and stamina.

Blueberry fruit provides antioxidant support for the body's overall health.

Elderberry fruit is traditionally used in herbalism to promote sweating, to help relieve fever and symptoms of colds and flus, to help relieve joint discomfort; used as a diuretic and as an alterative to help remove accumulated waste products via the kidneys, skin and mucous membranes; provides antioxidants.

Goji fruit aids in weight management and provides antioxidant support; improves vision and supports cardiovascular health and the immune system.

Hawthorn fruit is (traditionally) used in herbalism to help maintain and/or support cardiovascular health in adults.

Papaya fruit aids in digestion, maintains energy and vitality; promotes bowel movements and gastrointestinal health; supports cardiovascular health and the immune system.

Parsley maintains a healthy immune system, provides antioxidant support; promotes urine flow; and supports cardiovascular health.

Peppermint leaf aids in digestion, helps relieve flatulence; helps relieve nausea and vomiting; and maintains digestive system health.

Rice bran is a source of insoluble fibre and B vitamins.

Schisandra fruit helps maintain a healthy immune system; has antioxidants adaptogenic properties; and supports liver functions and the health of kidneys.

Spinach aids in digestion, maintains healthy intestinal flora and promotes bowel movements; has anti-inflammatory properties; maintains healthy blood sugar levels and supports bone health; provides antioxidant support and supports the immune and cardiovascular systems.

Tomato maintains and supports prostate health; provides antioxidants, supports liver functions; and supports cardiovascular health.

Sprouted wheatgrass contains trace minerals, vitamins, protein and chlorophyll. It contains all the essential amino acids which are necessary for optimal health, making sprouted wheat grass one of the best whole foods choice.

Valerian

Natural Sleep Aid

120 mL/bottle – UPC 826913606609

NPN 80022900

RECOMMENDED USES: Helps relieve nervousness and promotes sleep.

MEDICINAL INGREDIENT PER ½ TEASPOON (2.5 mL):

Valeriana officinalis Extract 1:1 (Valerian Root) 2.5 g

NON-MEDICINAL INGREDIENTS: Purified water, 20% Ethanol.

RECOMMENDED DOSE:

Adults: Take ½ teaspoon (2.5 mL) one to three time(s) per day. As a sleep aid: Take a single dose 30–60 minutes before bedtime. Take an earlier dose during the evening if necessary. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consumption with alcohol, other medications or natural health products with sedative properties is not recommended. Sleep aid: Consult a health care practitioner if sleeplessness persists continuously for more than 3 weeks (chronic insomnia). Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness within 2 hours of consumption. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Helps relieve nervousness and stress
- ✓ Promotes sleep and the time it takes to fall asleep
- ✓ Supports the quality of sleep
- ✓ Natural sedative (nervine and sedative properties)
- ✓ Beneficial for anxiety, fatigue and insomnia

Since ancient times, **valerian** has been used as a medicinal herb. The part of the plant used is the rhizome (“root”), which is generally harvested near the end of September when the essential oil content is highest. The fresh root does not smell bad. Its distinctive aroma develops as the root dries. Valerian possesses calmative, nervine, sedative, analgesic, antiseptic and anti-bacterial properties.

Valerian helps with nervousness (relaxing muscles) and promotes natural sleep habits. It acts like a mild sedative helping to stabilize mood and promote healthy sleep. Traditionally, valerian has been used as a sedative; improves circulation and reduces mucus from colds.

It is also good for anxiety, fatigue, high blood pressure, insomnia, irritable bowel syndrome, menstrual and muscle cramps, nervousness, pain, spasms and stress. Clinical studies have shown that valerian shortens the time it takes to fall asleep and improves the quality of sleep. Valerian has an anxiolytic effect (inhibits anxiety). These effects are suspected to be mediated through the GABA receptors (a class of receptors that respond to neurotransmitter pathways).

▶ Nervous System & Sleep



Vitamin B1

Aids the Body to Metabolize Carbohydrates, Fats and Proteins

60 vegcaps® (100 mg)/bottle - UPC 826913608009

NPN 80079838

RECOMMENDED USES: A factor in the maintenance of good health. Helps in energy production. Helps the body to metabolize carbohydrates, fats and proteins.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

Vitamin B1 (Thiamine mononitrate) 100 mg [300 mg]

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Microcrystalline cellulose.

RECOMMENDED DOSE: Adults: Take 1 capsule once per day with food or as directed by your health care practitioner.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Do not use if security seal is broken.

STORAGE: Store away from children and protected from light/moisture.

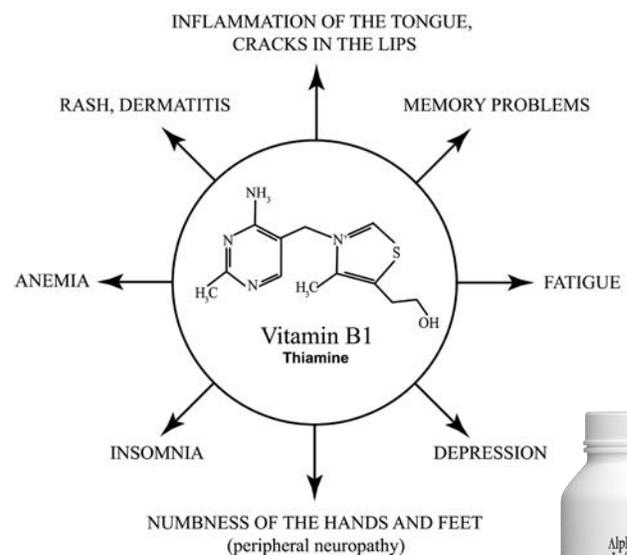
ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ For energy production
- ✓ Supports body metabolism
- ✓ For the maintenance of good health
- ✓ Helps the body to metabolize carbohydrates, fats and proteins

Vitamin B1 enhances energy production, specifically for the brain. Thiamine is intricately involved with other B vitamins in energy metabolism. Magnesium is required in the conversion of thiamine to its active form. Vitamin B1 helps the body to metabolize carbohydrates, proteins and fats and helps normal growth. Vitamin B1 helps boost the immune system and strengthens the body under stressful conditions.

Symptoms of Vitamin B1 Deficiency



- ▶ Adrenal & Stress Support
- ▶ Nutrition
- ▶ Vitamins
- ▶ Women's Health



Vitamin B Complex

Stress Relief & Energy

60 caps/bottle - UPC 826913606807

NPN 80027160

RECOMMENDED USES: Multi-vitamin supplement. A factor in the maintenance of good health. Helps the body to metabolize carbohydrates, fats and proteins. Folate and Vitamin B12 help to form red blood cells.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

Vitamin B1 (Thiamine mononitrate)	50 mg
Vitamin B2 (Riboflavin)	30 mg
Vitamin B3 (Niacinamide)	125 mg
Vitamin B5 (Calcium Pantothenate)	115 mg
Vitamin B6 (Pyridoxine hydrochloride)	50 mg
Vitamin B9 (Folic acid) (Folate)	500 mcg
Vitamin B12 (Methylcobalamin)	250 mcg
Biotin	250 mcg
Choline (Choline bitartrate).....	100 mg
Inositol (Myo-inositol)	100 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 1 capsule once or twice per day with food.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding.

STORAGE: Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Contains 10 B vitamins
- ✓ Helps the body to metabolize carbohydrates, fats and proteins
- ✓ Supports nerve functions and metabolic functions
- ✓ Supports energy production
- ✓ Effective for stress and may improve mood
- ✓ A factor in the maintenance of good health
- ✓ Folate and B12 help to form red blood cells

Omega Alpha® Vitamin B-Complex – The primary action of this vitamin B complex is having an optimal amount of each B vitamin to exert a synergistic effect to benefit the human body in a vast number of ways including enhanced energy, reduction in cholesterol and fatty acids, support for antioxidant activity and the detoxification pathways, and regulation of cellular activity. The B vitamin family helps the body convert food into glucose which provides energy to fuel the body. Taken under the supervision of a practitioner, supplementation of B vitamins can support complications associated with anemia and fatigue. As we age, or are under a great deal of stress, we become deficient and we either do not absorb nutrients well or don't create B vitamins in our body for multiple functions. B vitamins are required for basic bodily functions such as turning food into usable energy and creating blood cells.



- ▶ Adrenal & Stress Support
- ▶ Detoxification
- ▶ Nutrition
- ▶ Vitamins
- ▶ Women's Health

Vitamin B1 enhances energy production, specifically for the brain. Thiamin is intricately involved with other B vitamins in energy metabolism. Magnesium is required in the conversion of thiamin to its active form. Vitamin B1 helps the body to metabolize carbohydrates, proteins and fats and helps normal growth. Vitamin B1 helps boost the immune system and strengthens the body under stressful conditions.

Vitamin B2 is crucial in the production of energy and is involved in regenerating glutathione (potent antioxidant). It is often used for the prevention of migraine headaches. It also helps the body to metabolize carbohydrates, proteins and fats, as well as helps in tissue formation.

Vitamin B3 regulates blood sugar levels and lowers cholesterol. Niacin is a component involved in over 50 different chemical reactions in the body. It plays an important role in energy production, fat and carbohydrate metabolism and the manufacture of sex and adrenal hormones. Vitamin B3 helps the body to metabolize carbohydrates, proteins and fats and assists in normal growth and development. Vitamin B3 or niacin, has been shown to lower "bad" cholesterol levels (LDL), and boost "good" cholesterol levels (HDL). Vitamin B3 is required for basic bodily functions such as turning food into usable energy and creating red blood cells.

Vitamin B5 plays a role in the production of adrenal hormones and red blood cells. The active form, pantetheine, has been shown to significantly lower cholesterol and triglyceride levels. Vitamin B5 also helps the body to metabolize carbohydrates, fats and proteins, as well as tissue formation.

Vitamin B6 helps the body to metabolize carbohydrates, proteins and fats and it helps in tissue formation. Vitamin B6 helps the body make certain hormones, as well as chemicals in the brain called neurotransmitters. It also helps boost immune system functioning. Vitamin B6 is involved in the formation of protein structures, structural compounds and chemical transmitters. B6 is critical in maintaining hormone balance and immune functions. This vitamin is involved in more than 60 different enzyme processes and in cell multiplication.

Vitamin B9 helps the body to metabolize proteins and form red blood cells. Folic acid is also needed for the proper development of the human body. It is involved in producing the genetic material called DNA and is also involved in numerous other bodily functions.

Vitamin B12 helps the body to metabolize carbohydrates, proteins and fats and it also helps to form red blood cells. Folic acid and Vitamin B12 both work together as methyl donors to facilitate the manufacture of DNA and brain neurotransmitters. Vitamin B12 also works with B6 to reduce homocysteine levels.

Biotin supports the manufacture and utilization of fats and amino acids. It is needed for the metabolism and body energy systems. It also plays a beneficial role in cell growth and replication. Biotin helps the body to metabolize carbohydrates, fats and proteins.

Choline helps to support liver functions and is a factor in the maintenance of good health. It is involved in fat metabolism and in the transport of fats from the liver. It contains a cholesterol-lowering enzyme.

Inositol has lipotropic properties meaning that it promotes the export of fat from the liver. Inositol is a factor in the maintenance of good health and it helps in normal growth and development and supports biological functions.

Vitamin D3 (Emulsified)

Concentrated Drops

1000 IU / Per 1 drop

50 mL/bottle (Unflavoured) – UPC 826913607255

Family size – 1000 doses

NPN 80016192

RECOMMENDED USES: Helps in the normal development and maintenance of bones and teeth. A factor in the maintenance of good health.

MEDICINAL INGREDIENT PER 1 DROP :

Vitamin D3 (Cholecalciferol).....25 mcg (1000 IU)

NON-MEDICINAL INGREDIENTS: Purified water, Sunflower lecithin, Vegetable glycerine, Citric acid, Potassium sorbate, Benzoic acid (buffered), Polysorbate 20.

RECOMMENDED DOSE: Adults: Take 1 drop (1000 IU) per day, or as directed by your health care practitioner. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Do not use if security seal is broken.

STORAGE: Store protected from light and moisture. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

Vitamin D3 has been cited as helpful for use in:

- ✓ Regulating the absorption of calcium/phosphorus
- ✓ Supporting the cerebral and the nervous systems
- ✓ Helping in the development and maintenance of bones and teeth
- ✓ Helping with seasonal affective disorder
- ✓ Being a necessary co-factor in calcium absorption and utilization

The primary action of vitamin D is as a necessary co-factor in calcium absorption and utilization. It is especially important in the winter months to increase Vitamin D levels due to the lack of exposure to the sun. Vitamin D helps in the normal development and maintenance of bones and teeth. It is also a factor in the maintenance of good health. Vitamin D helps in the absorption and the use of calcium, phosphorus and trace mineral functions.

The supplement Vitamin D3 has been indicated for heart health, high blood pressure, fibromyalgia, diabetes, multiple sclerosis, rheumatoid arthritis, immune, autoimmune system, osteoporosis, calcium absorption and calcium utilization.

Vitamin D is one of the most researched vitamins that shows that vitamin D has far-reaching benefits for your physical and mental health. One example is how vitamin D up-regulates your ability to fight infections and chronic inflammation. It also has been noted to produce over 200 anti-microbial peptides, the most important of which is cathelicidin, a naturally-occurring broad-spectrum antibiotic. This is one of the explanations for why vitamin D3 is so effective against colds and influenza.

- ▶ Adrenal & Stress Support
- ▶ Cardiovascular Health
- ▶ Cognitive Health
- ▶ Men's Health
- ▶ Nervous System & Sleep
- ▶ Nutrition
- ▶ Vitamins
- ▶ Women's Health

Vitamin D3 (Emulsified)

Emulsified Vitamin D3

1000 IU / Per 1 mL

120 mL/bottle (Unflavoured) – UPC 826913606852

NPN 80004541

RECOMMENDED USES: Helps in the normal development and maintenance of bones and teeth. A factor in the maintenance of good health.

MEDICINAL INGREDIENT PER 1 mL:

Vitamin D3 (Cholecalciferol).....25 mcg (1000 IU)

NON-MEDICINAL INGREDIENTS: Purified water, Sunflower lecithin, Vegetable glycerine, Citric acid, Potassium sorbate, Benzoic acid (buffered).

RECOMMENDED DOSE: Adults: Take 1 mL (1000 IU) per day. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Do not use if security seal is broken.

STORAGE: Store protected from light and moisture. Store away from children.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

Vitamin D3 has been cited as helpful for use in:

- ✓ Regulating the absorption of calcium/phosphorus
- ✓ Supporting the cerebral and the nervous systems
- ✓ Helping in the development and maintenance of bones and teeth
- ✓ Helping with seasonal affective disorder
- ✓ Being a necessary co-factor in calcium absorption and utilization

Vitamin D3 functions as a necessary co-factor in calcium absorption and utilization. Vitamin D helps in the development and maintenance of bones and teeth, is a factor in the maintenance of good health and helps in the absorption and use of calcium, phosphorus and trace mineral functions. Vitamin D, being one of the most researched vitamins, has shown to regulate the body's ability to fight against infections and chronic inflammation.



Vitamin D3 & K2

15 mL/bottle (Orange) – UPC 826913606869

15 mL/bottle (Peppermint) – UPC 826913606876

NPN 80093038

RECOMMENDED USE: A factor in the maintenance of good health. Helps in the development and maintenance of bones and teeth.

MEDICINAL INGREDIENTS PER 3 SPRAYS (0.38 mL through pump action):

Vitamin D3 (Cholecalciferol) 25 mcg (1000 IU)
Vitamin K2 (Menaquinones) 120 mcg

NON-MEDICINAL INGREDIENTS: Medium chain Triglycerides (100% Pure MCT oil), Glycerin, Orange/Peppermint flavour.

RECOMMENDED DOSE: Adults: Take 3 sprays (0.38 mL through pump action), once per day with food.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant, breastfeeding or taking blood thinners. Do not use if security seal is broken.

STORAGE: Store away from children and protected from light/moisture.

ALLERGENS: Contains no preservatives, dairy, yeast, corn, soy, wheat or gluten.

FEATURES & BENEFITS:

Vitamins D3 and K2 supports:

- ✓ Immune system function
- ✓ Bone growth and density
- ✓ Mental clarity

Alpha Science™ Laboratories Liquid spray Vitamin D3 & K2 provides a daily dose of vitamin D3 and K2 in an easy-to-use liquid spray pump action. It comes in a natural orange or peppermint flavour in MCT oil as the carrier for the two vitamins. The combination of these two vitamins provides support for key metabolic body functions. Vitamin K2 works synergistically with vitamin D3 in the body, making sure calcium is utilized correctly to help maintain strong, healthy bones. Vitamin D3 maintains healthy levels of calcium in the blood and increases calcium absorption from the digestive tract; vitamin K2 works in concert with vitamin D3 to keep calcium in bones and out of soft tissues like the heart, joints, and kidneys.

Vitamin D3 (cholecalciferol) is produced in the skin under the effects of ultraviolet radiation (sunlight) - this is the active form that our body utilizes in order to carry out many important metabolic processes. Vitamin K is a fat-soluble vitamin necessary for the production of proteins required for bone metabolism. It also helps transport calcium throughout the body and works in synergy with vitamin D to maintain optimal bone density.



- ▶ Adrenal & Stress Support
- ▶ Cardiovascular Health
- ▶ Cognitive Health
- ▶ Vitamins



The Sunshine Vitamin

by Janet McKenzie, ND, MBA, BSn

Vitamin D has become highly newsworthy over the last few years. It has been suggested as a preventative aid for many common health conditions for adults, ranging from cancer to high blood pressure to multiple sclerosis, and the supportive research for larger RDA's continues to grow. Most of what we have heard is helpful to adults, but what about children? How much Vitamin D do they need, and is it advisable to provide them with supplements too?

Vitamin D is a hormone-like substance that our bodies will manufacture when the skin is directly exposed to strong sunlight. This is the most efficient way to obtain Vitamin D because a brief exposure can provide up to 10,000 International Units (IU) per day. Depending on factors such as the degree of UV light exposure and the amount of pigment contained in the skin – people with dark complexions usually need more light exposure than people with light complexions.

Sun exposure is a challenge these days because the amount of UV light is higher now than in the past, and because of the connection between UV exposure and the subsequent development of skin cancer. Recognizing this connection, medical experts advise us to minimize our exposure to the sun, regardless of the climate in which we live and how darkly pigmented our complexions might be.

This good advice inadvertently creates a problem with respect to our Vitamin D status. When sun exposure is lacking because of climate, skin pigmentation or sunscreen use, we need to make sure we get Vitamin D from other sources, such as the foods and supplements we consume.

Vitamin D plays many roles in the development and maintenance of our bodies. Where children are concerned, Vitamin D is very important for the development of healthy bones and teeth, as well as healthy immune function.

Vitamin D influences bone development by regulating the behaviour of bone cells and the process of bone mineralization. It affects immunity through the presence of Vitamin D receptors located on many white blood cells. When these receptors are activated, they influence the reproduction and specialization of immune cells. There are various types of immune cells that can arise from a common "parent" cell. Vitamin D is somehow involved in the process that guides the development of the "daughter" cells into different types.

More recently, research has implicated Vitamin D deficiency in the development of severe asthma, obesity and diabetes in children. Therefore, it is clear that ensuring an adequate intake of this vitamin is critically important for their overall health.

Consequences of Too Little or Too Much

When we fail to get enough Vitamin D over an extended period of time, Vitamin D deficiency can develop.

Signs of Vitamin D deficiency in children include:

- impaired bone development and growth, especially of the long bones in the legs and arms (rickets)
- dental problems
- muscle spasms
- muscle weakness

Vitamin D is a fat-soluble vitamin. This means we can build up stores of Vitamin D in the fatty tissues of our bodies. Because we can store it, it is possible to experience a toxic level of Vitamin D if we get too much of it. This is typically the result of over-supplementing.

Signs and symptoms of too much Vitamin D may include:

- loss of appetite, nausea, vomiting
- excessive thirst
- excessive urination, chemical changes in the urine, possible kidney failure
- weakness, nervousness, itching

- An excerpt from "Supplement the Sun!", an Alpha Science article (Code: ASL040).

Janet McKenzie is a graduate of the University of British Columbia School of Nursing, Queen's School of Business and the Canadian School of Naturopathic Medicine.

Alpha Science™ Laboratories Product Guarantee Chart

HUMAN HEALTH PRODUCTS	ITEM#	HC	Canadian	Dairy Free	Gluten Free	Egg Free	Wheat Free	Soy Free	No Sugar Added	Vegan	Vegetarian
Acomodil™ (120 mL)	607811	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Acomodil™ (500 mL)	607804	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Aloe-Immune™ (60 vegcaps®)	602007	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Alpha Lipoic Acid (90 vegcaps®)	609051	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Alpha Lipoic Acid (120 vegcaps®)	609075	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
R-Alpha Lipoic Acid (60 vegcaps®)	605855	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Artemisia Extract (250 mL)	608900	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
ArthriPlex™ (90 vegcaps®)	602106	NPN	✓	✓	✓	✓	✓	✓	✓	✗	✗
BotanoCough™ (250 mL)	608252	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cal-Mag Essentials™ (240 vegcaps®)	602205	NPN	✓	✓	✓	✓	✓	✓	✓	✗	✓
Cal-Mag Essentials™ (500 mL)	607002	NPN	✓	✓	✓	✓	✓	✓	✓	✗	✓
Choles-FX® (60 vegcaps®)	602458	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Choles-FX® (120 vegcaps®)	602472	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
CoEnzyme B Complex™ (120 vegcaps®)	602557	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Collagen Liquid (500 mL)	609105	NPN	✓	✓	✓	✓	✓	✓	✓	✗	✗
Colloidal Silica (500 mL)	607958	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
D-Glucosamine Sulphate & Chondroitin Sulphate (120 vegcaps®)	602502	NPN	✓	✓	✓	✓	✓	✓	✓	✗	✗
D-Ribose (300 g)	602700	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
DG Licorice (90 vegcaps®)	602755	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
DigeZyme™ (90 vegcaps®)	602854	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
DigeZyme™ (180 vegcaps®)	602809	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Echinacea (120 mL)	602953	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Goldenseal & Echinacea (120 mL)	603608	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
EFA 40:20 (90 softgels)	603202	NPN	✓	✓	✓	✓	✓	✗	✓	✗	✗
EFA Omega 3-6-9 (90 softgels)	603103	NPN	✓	✓	✓	✓	✓	✗	✓	✗	✗
(EFA) Triple Omega™ (100 softgels)	607354	NPN	✓	✓	✓	✓	✓	✗	✓	✗	✗
FemPlex™ (500 mL)	603158	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Flax Seed Oil (500 mL)	603257	NPN	✓	✓	✓	✓	✓	✗	✓	✓	✓
GinkgoSeng™ (120 mL)	603455	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Gluco-FX™ (90 vegcaps®)	603509	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Horny Goat Weed (120 mL)	603660	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
IB-Zyme™ (90 vegcaps®)	603752	NPN	✓	*c	✓	✓	✓	*c	✓	✓	✓
IB-Zyme™ (180 vegcaps®)	603707	NPN	✓	*c	✓	✓	✓	*c	✓	✓	✓
Inflam-FX™ (120 mL)	603813	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Inflam-FX™ (500 mL)	603806	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Inositol Hexaniacinate (Vit. B3) (60 vegcaps®)	603851	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Inositol Hexaphosphate (IP6) (90 vegcaps®)	603905	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Joint-FX™ (500 mL)	604001	NPN	✓	✓	✓	✓	✓	✓	✓	✗	✗
Kava Kava (120 mL)	604056	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓

*c - These products do not contain dairy or soy, however, they may have been in contact with soy or milk allergens.

Alpha Science™ Laboratories Product Guarantee Chart

HUMAN HEALTH PRODUCTS	ITEM#	HC	Canadian	Dairy Free	Gluten Free	Egg Free	Wheat Free	Soy Free	No Sugar Added	Vegan	Vegetarian
Kidney Cleanse™ (500 mL)	604100	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Kidney Support™ (120 vegcaps®)	604155	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
L-Arginine (90 vegcaps®)	604209	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
L-Glutamine (60 vegcaps®)	604650	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
L-Lysine (60 vegcaps®)	604506	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
L-Tyrosine (90 vegcaps®)	604605	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lib-FX™ (120 mL)	604704	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
LipoChitin™ (120 vegcaps®)	604759	NPN	✓	✓	✓	✓	✓	✓	✓	✗	✗
LipoTrim™ (60 vegcaps®)	604803	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Litis™ (60 vegcaps®)	607309	NPN	✓	✓	✓	✓	✓	✓	✓	✗	✗
Liver Cleanse™ (500 mL)	604902	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Liver Support™ (120 vegcaps®)	604957	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lung Cleanse™ (500 mL)	605008	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
MacuPlex™ (120 mL)	605053	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Magnesium Bisglycinate (120 vegcaps®)	605107	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Magnesium Liquid (Strawberry) (500 mL)	607859	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Magnesium Powder (Orange) (350 g)	607859	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Milk Thistle (500 mL)	609006	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
MSM (Methylsulfonylethane) (180 vegcaps®)	608108	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
MSM Powder (250 g)	605206	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
MSM & D-Glucosamine Sulphate (90 vegcaps®)	605305	NPN	✓	✓	✓	✓	✓	✓	✓	✗	✗
MSM & D-Glucosamine Sulfate (180 vegcaps®)	605251	NPN	✓	✓	✓	✓	✓	✓	✓	✗	✗
Ganoderma lucidum (Reishi) (250 mL)	608603	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Grifola frondosa (Maitake) (250 mL)	608559	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hericium erinaceus (Lion's Mane) (250 mL)	608504	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Inonotus obliquus (Chaga) (250 mL)	608405	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lentinula edodes (Shiitake) (250 mL)	608658	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ophiocordyceps sinensis (Cordyceps) (250 mL)	608450	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Trametes versicolor (Turkey Tail) (250 mL)	608801	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
N-Acetyl-L-Carnitine (90 vegcaps®)	605350	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
N-Acetyl-L-Carnitine & CoQ10 (60 vegcaps®)	604308	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
NutraWeight™ (60 vegcaps®)	607156	NPN	✓	✓	✓	✓	✓	✓	✓	✗	✓
Para-Cide™ (100 vegcaps®)	605602	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Phyto-Immun™ (60 vegcaps®)	605558	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Phyto-Immun™ (120 vegcaps®)	605503	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Probiotic Factors™ (60 vegcaps®)	607057	NPN	✓	*c	✓	✓	✓	*c	✓	✓	✓
Prosta-FX™ (90 vegcaps®)	605657	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Protein Complex™ (Chocolate) (300 g)	607606	NPN	✓	✗	✓	✓	✓	✓	✓	✗	✓

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Alpha Science™ Laboratories Product Guarantee Chart

HUMAN HEALTH PRODUCTS	ITEM#	HC	Canadian	Dairy Free	Gluten Free	Egg Free	Wheat Free	Soy Free	No Sugar Added	Vegan	Vegetarian
(Vegan) Protein (Chocolate) (450 g)	607705	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
(Vegan) Protein (Vanilla) (450 g)	607651	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Psyllium (100 vegcaps®)	605701	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Quench-FX™ (60 vegcaps®)	605756	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Quercetin (90 vegcaps®)	605800	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Reliqil™ (120 mL)	608207	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Reliqil™ (500 mL)	607750	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Resp-FX™ (120 mL)	608153	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Resp-FX™ (500 mL)	605909	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
SC Breast Formula™ (500 mL)	605954	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
SC Liver Formula™ (500 mL)	606005	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
SC Lung Formula™ (500 mL)	606050	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
SinewGen™ (200g)	606906	NPN	✓	✗	✓	✓	✓	✗	✓	✗	✗
SinewGen™ (500g)	606951	NPN	✓	✗	✓	✓	✓	✗	✓	✗	✗
Stinging Nettle (120 mL)	606159	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Super Immune Plus™ (120 mL)	606203	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tribulus Terrestris (120 vegcaps®)	606357	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tribulus Terrestris Liquid Extract (120 mL)	606401	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ultimate Fibre Plus™ (180 vegcaps®)	606500	NPN	✓	*c	✓	✓	✓	*c	✓	✓	✓
Ultimate Fibre Plus™ Powder (340 g)	606555	NPN	✓	*c	✓	✓	✓	*c	✓	✓	✓
Ultimate Greens Concentrate™ (120 vegcaps®)	607101	NPN	✓	*c	✓	✓	✓	*c	✓	✓	✓
Ultimate Greens Concentrate™ Powder (200g)	607903	NPN	✓	*c	✓	✓	✓	*c	✓	✓	✓
Ultimate Greens Concentrate™ Powder (360g)	607903	NPN	✓	*c	✓	✓	✓	*c	✓	✓	✓
Valerian (120 mL)	606609	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vitamin B1 (60 vegcaps®)	608009	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vitamin B Complex (60 vegcaps®)	606807	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vitamin D3 (Emulsified) Concentrated Drops (50 mL)	607255	NPN	✓	✓	✓	✓	✓	✓	✓	✗	✓
Vitamin D3 (Emulsified) (120 mL)	606852	NPN	✓	✓	✓	✓	✓	✓	✓	✗	✓
Vitamin D3 & K2 (Orange) (15 mL Spray)	606869	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vitamin D3 & K2 (Peppermint) (15 mL Spray)	606876	NPN	✓	✓	✓	✓	✓	✓	✓	✓	✓

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Alpha Science™ Quality Assurance

High Performance Liquid Chromatography Fingerprinting Technology For Western Botanicals and Traditional Chinese Medicine Herbs

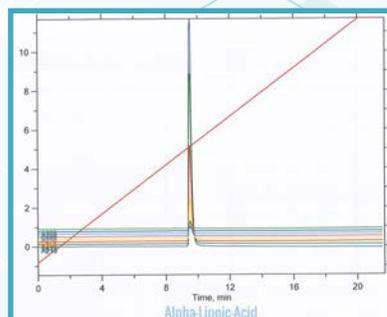
Alpha Science™ Laboratories uses technology called high-performance liquid chromatography (HPLC) which is increasingly used in the field of fingerprinting medicinal herbs. Advantages such as high speed, high resolution, high sensitivity, stability, accuracy, and automation make it one of the leading techniques used for quality control and for the standardization of botanicals.

HPLC is intended for work in the stationary, mobile or field laboratories which have been carrying out analyses for various areas of the science, pharmaceuticals and natural health foods industry. It is used for:

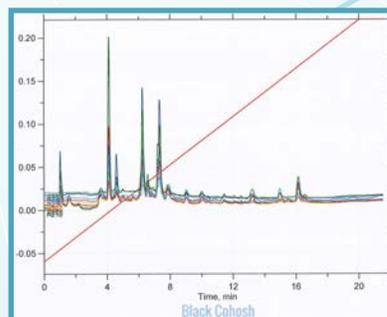
- **Quality assurance and safety of food**, alcoholic and soft drinks, drinking and mineral water, means of household chemical goods, perfumery.
- **Medicine**: the analysis of medical products and ready forms. Definition of amino acids, purines and pyrimidins, steroid hormones, lipids and so forth, in biological liquids for diagnostics of diseases; definitions of speed of deducing medical products from an organism with the purpose of their individual dosage for carrying out intensive therapy.
- **Wildlife conservation**: definition of harmful substances in drains, in air emissions, in firm waste products of industrial enterprises and in living organisms. Monitoring of polycyclic and other aromatic hydrocarbons, phenols, pesticides, organic dyes, heavy ions, alkaline and alkali-earth metals.
- **Criminalistics**: definition of narcotic, strong, poisonous, explosives; comparison of dyes, the ink, the crude narcotic substances, etc.
- **Chemical, Pharmaceutical & Food-Processing Industry**: the control for processes of organic synthesis, of oil and coal refining; of biochemical and microbiological manufactures; the analysis of raw material, semi products and end production of chemical, pharmaceutical and the food-processing industry.
- **Agriculture**: the analysis of soil quality for definition of necessary quantities of fertilizers, the analysis of pesticides and herbicides in ground, water and in production. Definition of nutritional value of forages.

Alpha Science™ Laboratories has used HPLC as part of its standardization technique for medicinal analysis. The fingerprinting means that the standardization of ingredients for our formulations must be a carbon copy of reference standards already reported in official compendium. These are available through scientific research and through the Natural and Non-Prescription Health Products Directorate (NNHPD)/Health Canada recommendations for dosage.

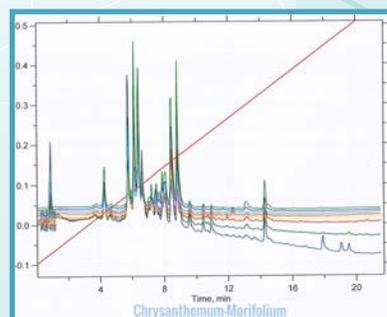
The fixed phytochemical content, seen in the HPLC graphs (Graph #1 - Alpha-Lipoic Acid; Graph #2 - Black Cohosh; Graph #3 - Chrysanthemum Morifolium) down below, are standardized extracts of particular plants. At our on-site laboratories, we test all ingredients and formulations before, during and after manufacturing and batch testing to ensure that there are no heavy metals, contaminants or other toxins. We also utilize third party laboratories to verify the efficacy, safety, consistency and purity of our products. Alpha Science™ Laboratories uses only ingredients where scientific research has proven the ingredient to be reliable and effective for its stated purpose.



**Graph #1 -
Alpha-Lipoic Acid**



**Graph #2 -
Black Cohosh**



**Graph #3 -
Chrysanthemum
Morifolium**



Glossary of Therapeutic Actions from Herbs

Adaptogen: The term adaptogen is used by herbalists to refer to a natural herb product that is proposed to increase the body's resistance to stress, trauma, anxiety and fatigue. In 1968, Israel I. Brekhman, PhD, and I. V. Dardymov formally gave adaptogens a functional definition, as follows:

1. An adaptogen is non-toxic to the recipient.
2. An adaptogen produces a non-specific response in the body – an increase in the power of resistance against multiple stressors including physical, chemical, or biological agents.
3. An adaptogen has a normalizing influence on physiology, irrespective of the direction of change from physiological norms caused by the stressor.

Alterative: Herbs that alter or change a long-standing condition by aiding the elimination of metabolic toxins. Gradually facilitates a beneficial change in the body. Also known as “blood cleansers” in the past, these herbs improve lymphatic circulation, boost immunity, and help clear chronic conditions of the skin. In addition they reduce fevers, detoxify the liver, kill parasites and worms, and help in the treatment of infectious, contagious diseases and epidemics. Flu, acne, herpes, and venereal diseases also respond to this type of herb.

Analgesic or anodynes: These herbs reduce or eliminate pain (e.g., digestive, circulatory, respiratory, nervous system, nerve, muscle, tooth pain, nervous digestion, and headaches). Some herbs are strong pain relievers, often working best against pains of specific causes.

Anthelmintic: An agent that destroys and expels worms from the intestines. Same as vermifuge.

Antibiotic: Inhibits the growth of bacteria or kills the bacteria.

Anticoagulant: Help the body prevent clotting of the blood.

Anti-diarrheal: Helps stop diarrhea.

Anti-fungal: Inhibits growth or multiplication of, or destroys, fungi.

Anti-inflammatory: Reduces inflammation.

Anti-microbial: Helps destroy or resist pathogenic micro-organisms.

Anti-rheumatic: Eases inflammation and pain in joints and muscles.

Antiseptic: Prevents decay or putrefaction. A substance that inhibits the growth and development of microorganisms without necessarily destroying them.

Anti-spasmodic: Relieves or prevents involuntary muscle spasm or cramps (also see nervines) by strengthening nerves and the nervous system.

Antitussive: Prevents or relieves a cough.

Aphrodisiac: Restores or increases sexual power and desire. Two types: 1. Tonics: Develop tissue substance; 2. Stimulants: increase the functioning of the reproductive organs.

Aromatherapy: This approach uses essential oils extracted from medicinal plants to treat various health conditions. The oils are generally diluted, then used topically, internally, or to stimulate olfactory senses.

Aromatic: Herb with a pleasant, fragrant scent and a pungent taste.

Astringent: Causes a local contraction of the skin, blood vessels, and other tissues, thereby arresting the discharge of blood, mucus, etc. Usually used locally as a topical application.

Ayurvedic Medicine: Literally meaning the “science of life.” A 5,000-year-old system of medicine originating in India that combines natural therapies with a highly personalized, holistic approach to the treatment of disease.

Bitter: A solution of bitter, sometimes aromatic, plant products used as a mild tonic. These herbs reduce toxins in the blood and may also help in weight reduction. Herbalists prescribe bitters to destroy infection, reduce fevers and they are also useful for very thirsty patients. They can help to reduce sweating, inflammation, and infection.

Blood Purifier: Agents that clean and remove impurities from the blood, similar to depurative.

Bulbus: The bulb or an underground bud (specialized stem structure) of a plant, from which both a shoot and roots may extend.

Calmative: Herbs that are soothing, sedating, see also nervines.

Cardiac: An herb or substance that stimulates, tones, or restores the heart. (Syn: cardiac tonic, cardiant, cordial)

Cardiac Stimulant: Herbs that promote circulation when there is a weak heart.

Cardiac Tonic: An herb, substance, or combined formula that strengthens and stimulates the heart metabolism. (Syn: cardiac, cardiant, cardiotonic, cordial)

Carminative: Herb that helps to prevent gas from forming in the intestines, and also assists in expelling it. Also increases absorption of nutrients, dispels water, mucus, promotes normal peristalsis; relieves spasms and pain; improves weak digestion from anxiety, nervousness, or depression.

Demulcent: Soothes, protects, and relieves the irritation of inflamed mucous membranes and other surfaces. (i.e., protects stomach and urinary bladder lining).

Depurative: Tends to purify and cleanse the blood.

Diaphoretic: Promotes perspiration, especially profuse perspiration. Promotes circulation; dispels fever and chills; eliminates surface toxins; relieves muscle tension, aching joints, and inflammatory skin conditions; relieves diarrhea, dysentery, kidneys, liver, urinary, and gall bladder disorders; dispels stones of kidney and both bladders. Also useful for genitourinary disease (herpes), edema; painful, difficult or burning urination or infections.

Digestive: Herbs that assist the stomach and intestines in normal digestion. Examples: Coriander, cumin, rock salt, and turmeric.

Diuretic: Promotes the production and secretion of urine.

Emmenagogue: Herb that brings on menstruation. Herbalists also believe that these herbs clear blood congestion, blood clot; build the blood; moisten female reproductive organs; counteract aging and poor nutrition.

Ergogenic: Used for the purpose of enhancing performance.

Essential Oils: Aromatic volatile oils extracted from the leaves, stems, flowers, and other parts of plants. Therapeutic use generally includes dilution of the highly concentrated oil.

Estrogenic: Herbs that promote or produce estrus.

Expectorant: Promotes the thinning and ejection of mucus or exudate from the lungs, bronchi, and trachea; sometimes the meaning is extended to all remedies that quiet a cough.

Flos: The flowers of plant usually consisting of a single flower or the entire inflorescences (i.e., head, umbel, panicle, spike, etc.).

Fructus: The fruit (the ripened ovary of the flower-bearing seeds) or berry of the plant. In pharmacognosy, fructus is not always synonymous with the botanical definition.

Folium: The leaf of a plant. Usually the middle leaves of plants are collected.

Hemostatic: Astringent, alterative, stops bleeding, purifies blood.

Hepatic: Promotes the well-being of the liver and increases the secretion of bile.

Herb: The word herb (sometimes referred to as botanical) has several different meanings depending on the perspective: In commercial terms - herb generally refers to plants used for culinary purposes. Additionally the terminology differentiates Temperate Zone plants from tropical and sub-tropical plants (i.e., spices).

1. In horticultural terms - herb refers to "herbaceous," which describes the appearance of the plant (i.e., a non-woody, vascular plant).
2. In taxonomic terms - herb generally refers to the aboveground parts or the aerial parts (i.e., the flower, leaf, and stem).
3. In terms of herbal medicine - herb refers to plants used in various forms or preparations, valued for their therapeutic benefits, and sold as dietary supplements in the U.S. marketplace.

Herbal Medicine: An approach to healing which uses plant or plant-derived preparations to treat, prevent, or cure various health conditions and ailments. This approach is incorporated into various medical systems. Although herbal medicine does not have a specific point of conception, at present an estimated 80% of the world's population rely on medicinal plant preparations for their primary healthcare needs, according to the World Health Organization. Despite the extensive use which can be attributed to the use of plants in traditional medical systems, our knowledge of the plants and their values remain largely unexplored.

Hypertensive: Raises blood pressure.

Hypoglycemic: Lowers blood glucose levels.

Hypoglyceman: Agent that lowers blood sugar.

Hypotensive: Lowers blood pressure.

Indigenous or Tribal Medicine: A healthcare system that tends to incorporate various methods of botanical and animal medicines as well as specific ceremonial rituals of the culture to cure disease. The medicinal knowledge is passed from generation to generation primarily through oral traditions. The system tends to be unique to each tribe.

Immunogenic: Relating to or producing an immune response.

Immunomodulator/Immunomodulatory: An agent that modifies the immune response or the functioning of the immune system.

Immunostimulant: Relating to stimulating the immune system by inducing activation or by increasing activity of any of its components.

Laxative: Herb that acts to promote evacuation of the bowels; a gentle cathartic.

Liniment: Extract of a plant added to either alcohol or vinegar and applied topically to employ the therapeutic benefits.

Lipolytic: Relating to the chemical breakdown of fat.

Mucilaginous: Herbs that have a soothing effect on inflamed mucous membranes.

Mucilant: Herbs that are considered mucilants have mucilage properties which have a soothing and demulcent effect. They coat and protect mucous membranes from irritations. Mucilants have a wide variety of applications including coughs, sore throats, and irritated stomach bowels, bladder and kidneys. They can also be used for laxatives, cream and ointments because of their soothing effects.

Nephritic: Herbs used in healing kidney problems.

Nervine: A substance that calms and soothes the nerves and reduces tension and anxiety.

Nutritive: Nutritive agents nourish the body. Herbs with nutritive properties include alfalfa, amaranth, barley, bee pollen, chickweed, comfrey, guarana, Iceland moss, Irish moss, kelp, marshmallow, nettle, oatstraw, papaya, pumpkin, red clover, rose hips, slippery elm, suma, watercress, and yellow dock.

Peptic: An herb or substance that aids in the digestion of food. (Syn: digestive, eupeptic)

Phytochemicals/Phytonutrients: Chemical compounds or chemical constituents formed in the plant's normal metabolic processes. The chemicals are often referred to as "secondary metabolites" of which there are several classes including alkaloids, anthraquinones, coumarins, fats, flavonoids, glycosides, gums, iridoids, mucilages, phenols, phytoestrogens, tannins, terpenes, and terpenoids, to mention a few. Extracts contain many chemical constituents, while chemicals that have been isolated from the plant are considered pharmaceutical drugs (i.e., digoxin having been isolated from the foxglove or *Digitalis lanata* plant).

Phytoestrogens: A type of phytochemical with some influence on the estrogenic activity or hormonal system in humans. This rather broad term does not mean that the plant mimics human estrogen, only acts to affect it in some way.

Phytomedicinals: Medicinal substances that originate from plants.

Radix: The root of a plant, though radix is sometimes synonymous with rhizome.

Relaxant: Tends to relax and relieve tension, especially muscular tension.

Rhizoma: The rhizome or a creeping horizontal stem, generally bearing roots on its underside.

Sedative: Herb that allays excitement, induces relaxation, and is conducive to sleep.

Semen: The seed of a plant, usually removed from the fruit, and may or may not contain the seed coat.

Spasmolytic: Causing arrest of a spasm; antispasmodic.

Stimulant: Herb that increases the activity or efficiency of a system or organ; acts more rapidly than a tonic.

Stomachic: Herbs that give strength and tone to the stomach, stimulate digestion, and improve the appetite.

Tibetan medicine: Is a centuries-old traditional medical system that employs a complex approach to diagnosis, incorporating techniques such as pulse analysis and urinalysis, and utilizes behavior and dietary modification, medicines composed of natural materials (e.g., herbs and minerals) and physical therapies (e.g. Tibetan acupuncture, moxabustion, etc.) to treat illness.

Tincture: An extract of a plant made by soaking herbs in a dark place with a desired amount of either glycerine, alcohol, or vinegar for two to six weeks. The liquid is strained from the plant material and then may be used therapeutically.

Tonic (nutritive): Permanently increases the tone of a part of the body, or the entire system by nourishing and increasing weight.

Tonic: Herbs that restore and strengthen the entire system. Produces and restores normal tone. A general tonic would be one that braces up the whole system.

Tonic (rejuvenative): Regenerates cells and tissues; promotes longevity.

Traditional Chinese Medicine: A 3,000-year-old holistic system of medicine combining the use of medicinal herbs, acupuncture, food therapy, massage, and therapeutic exercise. Chinese physicians look for the underlying causes of imbalance in the "yin" and "yang" which lead to disharmony in the "qi" energy in the body. Traditional Chinese Medicine addresses how illness manifests itself in a patient and treats the patient, not the ailment or disease.

Vermifuge: Herbs that expels intestinal worms or parasites. Same as anthelmintic.

Vulnerary: An herb used in treating fresh cuts and wounds, usually used as a poultice. A healing substance.

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