



New Beginnings

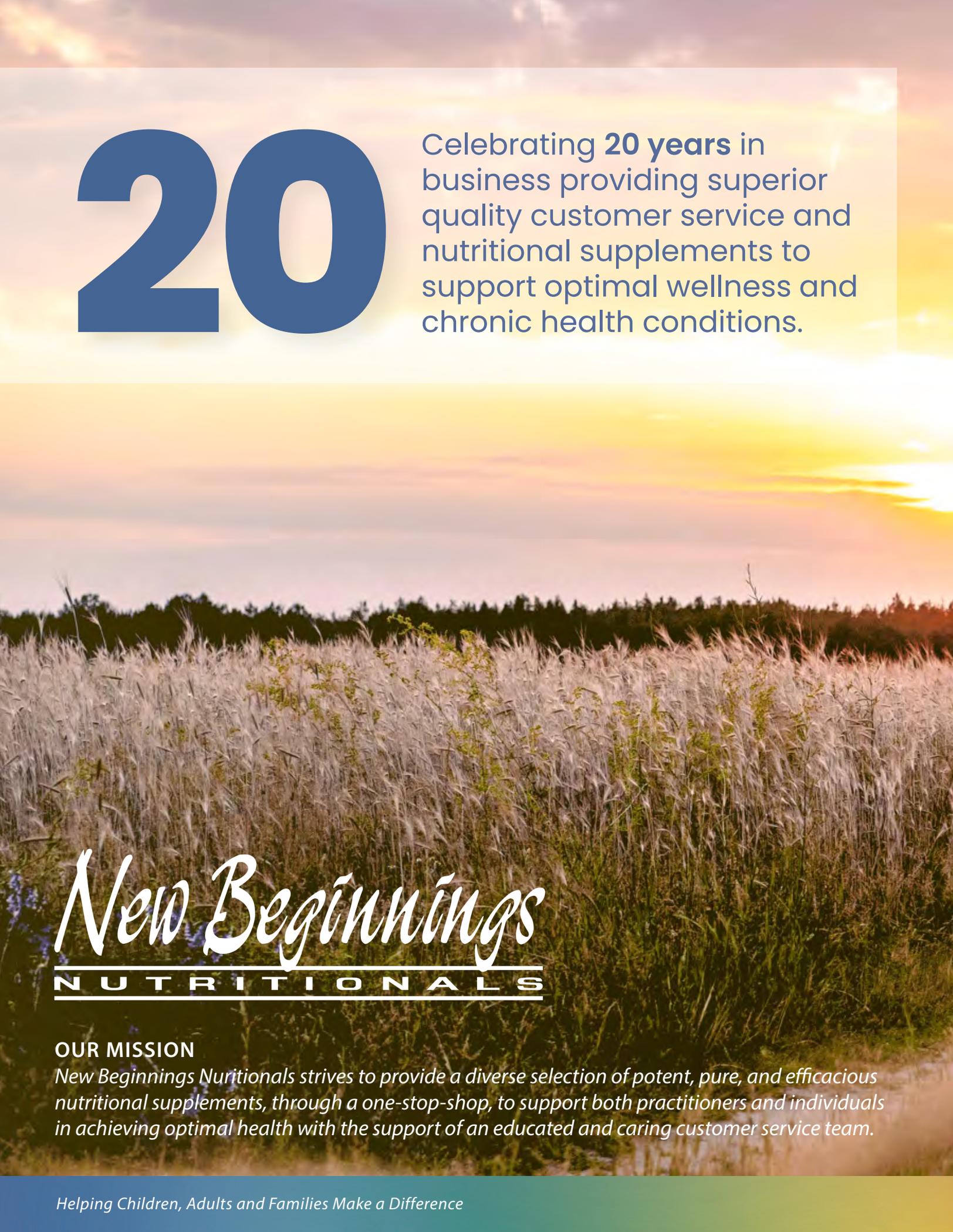
NUTRITIONALS

2024 - 2025 PRODUCT CATALOG



**Quality
Gluten-Free
Casein-Free
Nutritional
Supplements**

Helping Children, Adults, and Families Make a Difference



20

Celebrating **20 years** in business providing superior quality customer service and nutritional supplements to support optimal wellness and chronic health conditions.

New Beginnings

NUTRITIONALS

OUR MISSION

New Beginnings Nutritional strives to provide a diverse selection of potent, pure, and efficacious nutritional supplements, through a one-stop-shop, to support both practitioners and individuals in achieving optimal health with the support of an educated and caring customer service team.

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About Us

New Beginnings Nutritionals was started in 2003 for the purpose of providing specialized high quality nutritional supplements for adults and children who struggle with chronic physical, behavioral, neurological, and mental health issues. Our professional quality and diverse product line offers support for special dietary needs, digestion, nutrient deficiencies, inflammation, detoxification, gastrointestinal health, immune dysfunction, mitochondrial dysfunction, age-related mental decline, and yeast and bacteria overgrowth.

ABOUT THE FOUNDER



William Shaw Ph.D., is a biochemist and toxicologist, and is specialized in integrative treatments for autism and maintenance of brain health. He is the founder of Great Plains Laboratory, Inc. (now Mosaic Dx), IMMh, and New Beginnings Nutritionals. Dr. Shaw has published two books on the causes and treatments of autism which have sold more than a million copies in 12 languages, as well as 32 published articles. He discovered that chemicals derived from Clostridia bacteria are a major cause, perhaps the major cause, of autism spectrum disorders as well as neuropsychiatric diseases. Such neuropsychiatric diseases include seizures, Parkinson's disease, depression, schizophrenia, obsessive compulsive disorder, and others. He is a well-known speaker at many prestigious conferences and meetings world-wide and has provided medical training in virtually every state in the United States and in most of the developed countries of the world in approximately 500 scientific presentations.

GENERAL MANAGER AND CO-FOUNDER



Lori Knowles-Jimenez co-founded New Beginnings with Dr. Shaw in 2003. She is also the mother of a recovered child, Daniel, a college graduate now working in the IT field. She has a B.A. Degree from Frostburg State University and is very knowledgeable regarding how integrative testing and supplements can provide answers for individuals with autism, mental health and neuropsychiatric disorders, autoimmune diseases, and many chronic health conditions. She has been a frequent speaker on the subject of autism recovery and nutritional supplements at autism conferences around the world. She collaborates with physicians, naturopaths, scientists, researchers and parents in order to create a diverse product line that parents and physicians can trust.

CONSULTING PHYSICIAN



Kurt N. Woeller, D.O., is a Doctor of Osteopathic Medicine, integrative and functional medicine physician, and biomedical autism treatment specialist in clinical practice for over 25 years. He is the author of several integrative health books, an international lecturer and educator, and Education Director of Integrative Medicine Academy, (<https://integrativemedicineacademy.com>) an online training academy specializing in functional and integrative medicine courses, and Autism Recovery System (<https://autismrecoveryssystem.com>), a resource website for health caregivers of autism-spectrum individuals.

Dr. Woeller, in addition to being the major educational material creator for many courses offered through his Integrative Medicine Academy, is also the Organic Acids Test seminar creator and presenter for Mosaic Diagnostics (formally Great Plains Laboratory). He has served as a clinical consultant for various laboratory companies including The Great Plains and BioHealth Laboratory's, providing health practitioner education regarding functional and integrative medicine.

He has served on various scientific advisory boards, including Integrative Medicine for Mental Health (IMMH), and currently for BioBotanical Research. Dr. Woeller is a member of the American Osteopathic Association (AOA), and Medical Academy of Pediatric Special Needs (MAPS) where he holds a Fellowship as well.

His private practice, Sunrise Functional Medicine, (<https://mysunrisecenter.com>) focuses on specialized diagnostic testing and interventions for individuals with complex medical conditions like autism, autoimmune, environmental, and neurological disorders.

Product Directory

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GETTING CHILDREN TO TAKE SUPPLEMENTS

By Lori Knowles-Jimenez



Starting nutritional supplement therapy with children can be very stressful for parents. Children with developmental disabilities (such as ADD/HD, Autism, Sensory Integration Dysfunction, etc) may be required by physicians to take anywhere from 6 to 20 different nutritional supplements each day.

This can be overwhelming to parents, especially when their children don't swallow pills and strongly resist being forced to consume anything that is not of their choosing.

Many parents ask me about products in chewable or liquid form. Although there are a few good liquid and/or chewable supplement products available that are appropriate for kids with autism/special needs, they can be expensive and children can still object to the taste.

Below are some suggestions that have been tried and true to help overcome the problem of running away, clenched teeth, and spitting back out what is put into their mouths. Whether the supplements you are giving are in capsule, liquid, or chewable form, following these six steps should help with getting your child to comply.

1. TAKE A NO-NONSENSE APPROACH. Give supplements with the same level of intensity you would use to give them a life-saving medication. Your child needs supplements to support their brain, immune system and overall nutritional status. Your child can sense when you mean business and you cannot allow them to think that taking their supplements is optional.

2. DON'T MIX INTO FOOD OR DRINK AND PRETEND IT'S NOT THERE. This only works if you are adding only one or two tasteless supplements. Even if they can't taste it, they may choose not to finish the drink or food it's mixed in and the child is not getting everything they need. As you add more needed supplements to their regimen, hiding them in food will eventually backfire. The last thing we want children who are picky eaters to do is to stop eating because they are suspicious of what may have been added to their food.

3. CHOOSE THE BEST METHOD FOR YOUR CHILD TO ADMINISTER SUPPLEMENTS. Take into consideration the sensory/swallowing issues your child has. Does your child do better with liquids or semi-solids? The two most common mediums in which to mix supplements are fruit purees and liquids.

Fruit purees/baby food: I chose baby food for my child because he loved the fruit purees as a baby - especially the peaches. The tartness of the peaches masks the taste of a lot of supplements - especially the B vitamins. I also used pears and applesauce. I recommend using organic baby food or making your own because of pesticide residues in these foods. Open each capsule and mix it into the fruit puree (1-2 tbs). If needed, add one drop of stevia to sweeten and mask the supplement taste.

Liquids: For children who have a problem with the taste and texture of fruit purees, use a tart or strong juice (for example, pear, pineapple, orange, grape, Sunny Delight, water or soda) and pour a small amount (1-2 tbs) into a bowl. Empty the supplement capsules into the bowl and mix well to

dissolve as much as possible. While the mixture is still swirling, use a large syringe to suck up the supplement mixture. If possible, use only enough liquid to fill one syringe, two at the most. It's recommended to only use 1-2 tablespoons of liquid. To avoid confusion, only use the liquid of choice for giving supplements, not for regular drinks.

Remember, the choice of liquids or purees should be based upon your child's issues which need to take into consideration any allergies, phenol sensitivities, and sensitivity to sugar. Adding one drop of liquid stevia (Wisdom Natural brand recommended) can add additional sweetness (without feeding yeast) to further mask the taste of supplements.

4. USE THE CONCEPT OF "FIRST — THEN". This is a critical concept to ensure compliance. If your child is in an ABA program, this would be a good place to learn this concept. Otherwise, parents can reinforce this concept by repeating it in everyday life experiences. (i.e.; first we turn on the water, then we wash our hands). Even a very young child can learn this concept if it's repeated enough. Once this concept is understood, you need to consistently use it to enforce compliance. Next, choose a favorite activity (eating the next meal, watching video/TV, favorite toy, blanket, etc), for the purpose of withholding it until or AFTER the child takes the supplements successfully.

For example: "Daniel, do you want to (eat breakfast)? FIRST you must take your (vitamins, medicines, or any name you want to call it that you use every time) BEFORE you can (eat breakfast). Even today, if my son decides to delay or give me trouble with taking his supplements, I turn off the TV and tell him it stays off until the supplements are swallowed.

It is important to be firm and never waiver on this, because it will ensure that success will come quickly.

5. USE REWARDS TO ASSOCIATE GOOD WITH THE BAD. This comes in handy when a child needs extra reinforcement. Another useful approach to further ensure compliance is to give a reward, which only comes immediately after the child successfully taking the supplements. ALWAYS give lots of praise and hugs as well as one good tasting reward that they can associate with taking yucky supplements. I have used good tasting chewable vitamin C tablets (only buffered C recommended) because more vitamin C is always good for the child, and it may taste somewhat like "candy" to them. Other options could include Juice Plus gummies, a small piece of Health Food Store (HFS) fruit leather or gummy bear, or even a very small drink of a favorite soda. Remember that it is important to not go overboard and load your child up with sugar (fruit sugar included), which can aggravate or cause yeast overgrowth.

6. BE CONSISTENT AND FIRM. If you're firm and don't give in to the conditions you set down for your child, most children will start to comply within 2-3 days because they know that they cannot win the battle. Wait them out for as long as you need to, and when they FINALLY give in and take the supplements, quickly give them praise, the preferred activity and the small reward that is given every time they successfully take their supplements. This positive reinforcement will encourage them to be more willing next time.

Packages



NEW! Advanced Mycotoxin Package - Adult

Product Code: AMP-A



The **Advanced Mycotoxin Treatment Package for Adults** is a powerful combination of supplements for a more complete and advanced protocol that also includes support for organs and detoxification pathways that can become stressed during the toxin eliminating process.

This package includes:

- **ToxinPul®** provides broad spectrum binding and clearance of toxins as well as organ and antioxidant support
- **MycoPul®** offers a cleaner charcoal and clay based binder for the effective elimination of mycotoxins
- **Tri-Fortify® Liposomal Glutathione** to protect against free radicals and to help process and eliminate toxins
- **Milk Thistle** to support the liver, the main organ which can be stressed during detoxification
- **Calcium D-Glucarate** to support the Glucuronidation pathway and prevent toxins from being reabsorbed
- **L-Taurine** to increase bile flow to support mobilization of fat-soluble toxins
- **PureLean® Fiber** works as a bile acid sequestrant and binder of mycotoxins to aid in their elimination
- **LactoPrime®**, a potent broad-spectrum probiotic that supports the degradation and elimination of mycotoxins

It is recommended that this protocol be taken with a quality multivitamin such as Daily Resource to provide and replenish the vitamins and minerals needed and sometimes lost during detoxification. Sensitive patients may wish to start each supplement one-at-a-time in the order listed below or as directed by their healthcare practitioner.

Includes

1 bottle of Calcium D-Glucarate (pg 23)	1 cap, 2x day with breakfast & dinner
2 bottles of PureLean Fiber (pg 64)	2 scoops mixed in water or juice, 2x daily with breakfast & dinner
1 bottle of LactoPrime Plus (pg 58)	1 cap, 2x daily with breakfast & dinner
1 bottle of L-Taurine (pg 10)	1 cap, 2x daily on an empty stomach before breakfast & dinner
1 bottle of Milk Thistle (pg 20)	1 cap, 2x daily with breakfast & dinner
1 bottle of Tri-Fortify (pg 13)	½-1 tsp, 2x daily with breakfast & dinner
1 bottle of ToxinPul (pg 25)	3 caps, 1x daily before bed. 2 hrs. away from food, medications, or supplements
1 bottle of MycoPul (pg 24)	1 cap daily. 1 hr. before breakfast, medications, or supplements

Suggested Dosing Instructions:

NEW! Advanced Mycotoxin Package - Children's

Product Code: AMP-c



The **Child Advanced Mycotoxin Treatment Package** is a powerful combination of supplements for a more complete and advanced protocol that also includes support for organs and detoxification pathways that can become stressed during the toxin eliminating process.

This package includes:

- **ToxinPul®** provides broad spectrum binding and clearance of toxins as well as organ and antioxidant support
- **Tri-Fortify® Liposomal Glutathione** to protect against free radicals and to help process and eliminate toxins
- **Milk Thistle** to support the liver, the main organ which can be stressed during detoxification
- **Curcumin (Enhansa®)** to support the Glucuronidation pathway, which ensures that toxins are safely removed
- **PureLean® Fiber** works as a bile acid sequestrant and binder of mycotoxins to aid in their elimination
- **LactoPrime®**, a potent broad-spectrum probiotic that supports the degradation and elimination of mycotoxins

It is recommended that this protocol be taken with a quality multivitamin such as Spectrum-Mate to provide and replenish the vitamin and minerals needed and sometimes lost during detoxification.

See below for the protocol and dosage schedule. Dosing should be adjusted based on age and weight or as directed by healthcare practitioner.

Includes:

1 bottle of LactoPrime Plus (pg 58)	½ - 1 cap per day with breakfast
1 bottle of Milk Thistle (pg 20)	½ cap, 2x per day, with breakfast & dinner
1 bottle of PureLean Fiber (pg 64)	½ - 1 scoop mixed in water or juice, 2x daily with breakfast & dinner
1 bottle of Enhansa Taste-Free Drink Mix (pg 36)	1-2 level scoops, 2x daily with breakfast & dinner
1 bottle of Tri-Fortify (pg 13)	¼ - ½ tsp, 2x day with breakfast & dinner
1 bottle of ToxinPul (pg 25)	1-2 caps per day, before bed 2 hours away from food, medication, or supplements

Suggested Dosing Instructions:

NEW! Detoxification Package - Adult

Product Code: DTXP-A



The **Detoxification Package for Adults** is a powerful combination of supplements that help detoxify heavy metals and other non-metal toxins, such as glyphosate and organophosphates. This package contains only the highest quality, research-backed ingredients which effectively eliminate harmful toxins while supporting the body's organs and detox pathways and reduce the Herxheimer response.

This package includes the following, which provides approximately a ONE MONTH supply:

- **1 Tri-Fortify®** (pg 13): Provides Liposomal Glutathione to reduce oxidative stress and open detoxification pathways.
- **1 CytoQuel®** (pg 35): Provides antioxidants & anti-inflammatory protection which helps prevent cytokine response.
- **1 ToxinPul™** (pg 25): Contains ingredients that mobilize and bind toxins in the body (heavy metals, mycotoxins, glyphosate, etc.), protect liver and kidney function, and support the detoxification process.

Not included in this package is a high quality multivitamin/mineral and antioxidant formula such as Daily Resource as well as Magnesium Citrate, which should be taken as needed for constipation. Having adequate supportive nutrients is important to handle the stress of detox and keeping the bowels moving to prevent reabsorption of toxins.

Metal & Glyphosate Detoxification Protocol (Developed by Researched Nutritionals)

Follow the dosing schedule below for 3-6 months before retesting. Continue protocol as needed.

Step 1: Prepare the Body - 7 days		
Optimize foundational nutrients, open detox pathways, and minimize potential cytokine reaction		
Morning	With food	1 tsp. Tri-Fortify® Liposomal Glutathione (detoxification) 3 caps CytoQuel® (cytokine support) Full dose of high-quality Multivitamin/Mineral formula
Step 2: Detox, bind, downregulate cytokine activity		
Take supplements as suggested below for 6 months or longer as directed by health care practitioner		
Morning	With food	1 tsp. Tri-Fortify® Liposomal Glutathione 3 caps CytoQuel® Full dose of high-quality Multivitamin/Mineral formula
Afternoon or before bed	1+ hours before or 2+ hours after food or supplements	3 caps ToxinPul™
Afternoon/Evening	With food and 1+ hours before or 2+ hours after taking ToxinPul™	2 caps Magnesium Citrate as needed for constipation

Levels of heavy metals have been known to test higher after only 3 months as the body is still mobilizing these toxins, so continuing for 6 months is recommended.

Optimal Protocol Modifications

- Take a break one week every month, however, continue with multivitamin & mineral dosing.
- Take a one week break after each 3 months of continuous treatment.
- Health care professionals should modify the protocol as patients' needs dictate.

Suggested Glyphosate & Metal Detox Maintenance Program

After completion of initial 3-6 month protocol, continue the protocol for one week every 1-2 months to help keep the body clear, as the body is exposed daily to glyphosate & metals via food and the environment. Health care professionals should modify the protocols as patients' needs dictate.

NEW! Mold & Candida Colonization Package - Adult

Product Code: MCP-A



The **Mold / Candida Colonization Package for Adults** is a powerful combination of antimicrobial botanical supplements known to be effective in eradicating colonized mold or candida in the GI tract. This package provides a 6-week supply with the first 3 supplements** being dosed – one at a time – for one week each (in order listed below) before rotating through each antimicrobial supplement until finished. The rotation method is recommended to prevent resistance. This protocol should be followed for a minimum of 3 months.

**CoreBiotic should not be rotated, but given daily during the entire course of the treatment. It is recommended that colonized mold be treated before moving to the Advanced Mycotoxin Treatment Protocol.

- Includes:**
- 1 bottle of Candida Formula (pg 18)2 caps, 3x daily with meals
 - 2 bottles of AlliiMax Capsules (pg 15).....2 caps, 3x daily with meals
 - 1 bottle of Grapefruit Seed Extract Capsules (pg 19)2 caps, 2x daily with meals
 - 2 bottles of CoreBiotic (pg 53)1-2 caps, 1x daily before bed, away from binders

Suggested Dosing Instructions:

NEW! Mold & Candida Colonization Package - Children's

Product Code: MCP-C



The **Mold / Candida Colonization Package for Children** is a combination of antimicrobial botanical supplements known to be effective in eradicating colonized mold or candida in the GI tract. This package provides a 2-3 month supply depending on the age and weight of the child. The first 3 supplements** should be dosed – one at a time – for one week each (in order listed below) before rotating through each antimicrobial supplement until finished (Grapefruit Seed Extract will last much longer than 3 months). The rotation method is recommended to prevent resistance. Continue this protocol for a minimum of 2 months and 3-4 months may be necessary for complete success.

**CoreBiotic should not be rotated, but given daily during the entire course of the treatment. It is recommended that colonized mold be treated before moving to the Advanced Mycotoxin Treatment Protocol.

- Includes:**
- 2 bottles of Candida Yeast Formula (pg 18)3x daily by weight with food (see instructions)
 - 1 bottle of AlliiMax Liquid (pg 16)3-5 drops, 2x daily with meals
 - 1 bottle of Grapefruit Seed Extract Liquid (pg 20)3-5 drops, 2x daily in water or diluted juice
 - 1 bottle of CoreBiotic (pg 53)½ - 1 cap, 1x daily before bed, away from binders

Suggested Dosing Instructions:

Spectrum-Mate Nutritional Starter Package (Capsules)

Product Code: SNSP-C



New Beginnings Nutritionals has put together this special combination of supplements – uniquely designed to work together to provide optimal nutritional support for children above the age of two with unique health issues and special needs. The **Spectrum-Mate Nutritional Starter Package (Capsules)** is especially recommended for children who have allergies and sensitivities to wheat and dairy products and provides overall basic nutritional support needed for optimal health and well-being.

The **Spectrum-Mate Nutritional Starter Package (Capsles)** contains:

- 2 **Spectrum-Mate, Capsules** (pg 49): Adults or Children 4 or more years of age: 6 capsules daily with food. Children under 4 years of age: As directed by a healthcare practitioner.
- 1 **Calcium Chewables with Magnesium** (pg 40): Take 1 to 4 tablets daily in divided doses with meals.
- 1 **Cod Liver Oil, Lemon** (pg 30): 1 teaspoon (5 ml) daily at mealtime.

Suggested Dosage/Protocol: Dose according to the directions above or as suggested by your healthcare practitioner.

Spectrum-Mate Nutritional Starter Package (Powder, Original)

Product Code: SNSP-P



New Beginnings Nutritionals has put together this special combination of supplements – uniquely designed to work together to provide optimal nutritional support for children above the age of two with unique health issues and special needs. The **Spectrum-Mate Nutritional Starter Package (Powder, Original)** is especially recommended for children who have allergies and sensitivities to wheat and dairy products who require the optimal nutritional support needed for good health and well-being.

The **Spectrum-Mate Nutritional Starter Package (Powder, Original)** contains:

- 2 **Spectrum-Mate Powder, Original** (pg 50): Adults or Children 4 or more years of age: 1 scoop or 1 1/2 teaspoons daily with food. Children less than 4 years of age: As directed by a healthcare practitioner.
- 1 **Calcium Chewables with Magnesium** (pg 40): Take 2 tablets daily in divided doses with meals.
- 1 **Cod Liver Oil, Lemon** (pg 30): 1 teaspoon (5 ml) daily at mealtime.

Suggested Dosage/Protocol: Dose according to the directions above or as suggested by your healthcare practitioner.

Spectrum-Mate Nutritional Starter Package (Powder, Taste-Free)

Product Code: SNSP-PU



New Beginnings Nutritionals has put together this special combination of supplements – uniquely designed to work together to provide optimal nutritional support for children above the age of two with unique health issues and special needs. The **Spectrum-Mate Nutritional Starter Package (Powder, Taste-Free)** is especially recommended for children who have allergies and sensitivities to wheat and dairy products and provides overall basic nutritional support needed for good health and well-being.

The **Spectrum-Mate Nutritional Starter Package (Powder, Taste-Free)** contains:

- 2 **Spectrum-Mate Powder, Taste-Free** (pg 51): Adults or Children 4 or more years of age: 1 scoop or 1 1/2 teaspoons daily with food. Children less than 4 years of age: As directed by a healthcare practitioner.
- 1 **Calcium Chewables with Magnesium** (pg 40): Take 2 to 4 tablets daily in divided doses with meals.
- 1 **Cod Liver Oil, Lemon** (pg 30): 1 teaspoon (5 ml) daily at mealtime.

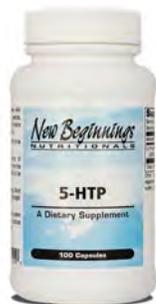
Suggested Dosage/Protocol: Dose according to the directions above or as suggested by your healthcare practitioner.

Amino Acids

5 HTP

100 caps

Product Code: 5HTP



Supplement Facts

Serving size: 1 Vegetarian Capsule
Servings per container: 100

Amount Per Serving	%DV
L 5-Hydroxytryptophan (5-HTP)(Griffonia simplicifolia)(seed extract)	50 mg *

* Daily Value not established

Other Ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water) L-leucine and silicon dioxide

5-HTP is a nutritional supplement derived from the seeds of the Griffonia plant and is considered a natural mood enhancer. 5-HTP is a safe and effective means of increasing brain serotonin levels. Serotonin, an important brain neurotransmitter, is key in the regulation of appetite, mood, and melatonin production. The presence of serotonin in the brain is associated with a balanced emotional state. Serotonin also acts as a satiety signal in the brain, thereby naturally regulating food intake. Additionally, as a precursor of melatonin, serotonin is involved in regulating sleep patterns. Low levels of serotonin have been linked with depression, insomnia, anxiety, migraines, PMS, obsessive/compulsive behavior, stress, over-eating/obesity and ADD in children.

Suggested Dosage: Take 1 to 2 capsules daily or as suggested by your healthcare practitioner. Capsules can be swallowed or opened and contents mixed in cool food or juice.

Acetyl-L-Carnitine

90 caps

Product Code: ALC-90



Supplement Facts

Serving size: 1 Vegetarian Capsule
Servings per container: 90

Amount Per Serving	%DV
Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)	500 mg *

* Daily Value not established

Other Ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, L-leucine, and silicon dioxide.

Acetyl-L-Carnitine is a derivative of L-Carnitine that provides all the benefits and functions of L-Carnitine such as aiding in fatty acid metabolism and energy production. Deficiencies in L-Carnitine are manifested as low energy levels and muscular weakness. The acetyl group that is part of Acetyl-L-Carnitine contributes to the production of the neurotransmitter acetylcholine, which is required for mental functioning. The L-carnitine derivative assists to help maintain brain and nerve function during aging. It may benefit membrane stability, nerve growth factor, and cerebral blood flow.

This product contains Acetyl-L-Carnitine in the stable, hydrochloride form.

Suggested Dosage: Take 1 capsule, 1 to 3 daily, or as suggested by your healthcare practitioner. Capsules can be swallowed or opened and contents mixed in cool food or juice.

Acetyl-L-Carnitine is energizing so it is recommended to not take it after 4:00 pm.

Amino Complex

150 caps

Product Code: AMIN



Amino Complex is a comprehensive, hypoallergenic source of essential amino acids designed to meet the needs of individuals who require additional amino acids for protein support. This formulation of 20 essential and non-essential "L-form" amino acids uses the highest-quality, pharmaceutical grade, crystalline amino acids in their "free" form to ensure maximum bio-availability and tolerance. Amino Complex supports GI health, the repair and rebuild of healthy muscle and connective tissue, and provides essential nutrients for healthy hair, skin, and nails.

Suggested Dosage: Take 1 capsule, 1-6 times daily or as recommended by your healthcare practitioner.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 80

Amount Per Serving	%DV
Glycine	55 mg *
L-Leucine	44 mg *
L-Valine	42 mg *
L-Glutamic Acid	40 mg *
L-Lysine (as L-Lysine HCl)	28 mg *
L-Isoleucine	36 mg *
L-Cysteine (as L-cysteine HCl)	26 mg *
L-Alanine	35 mg *
L-Tyrosine	34 mg *
L-Serine	30 mg *
L-Phenylalanine	24 mg *
L-Threonine	24 mg *
L-Proline	21 mg *
L-Histidine (as L-histidine HCl monohydrate)	14 mg *
Taurine	20 mg *
L-Arginine	18 mg *
L-Aspartic Acid	15 mg *
L-Methionine	13 mg *
L-Glutamine	12 mg *
L-Asparagine (as L-asparagine monohydrate)	4 mg *

* Daily Value not established

Other Ingredients: Vegetarian Capsules (hydroxypropyl methylcellulose, water).

GABA



GABA (gamma-aminobutyric acid) is an amino acid that functions as a neurotransmitter in the brain. GABA is synthesized in the brain from another amino acid, glutamate, and functions as an inhibitory neurotransmitter – meaning that it blocks nerve impulses. In the body, GABA is concentrated in the hypothalamus region of the brain and is known to play a role in the overall functioning of the pituitary gland which regulates growth hormone synthesis, sleep cycles, and body temperature.

Suggested Dosage: Take 1 capsule, 2 to 4 times daily between meals, or as suggested by your healthcare practitioner. Capsules can be swallowed or opened and contents mixed in cool food or juice.

60 caps

Product Code: GABA

Supplement Facts

Serving size: 1 Vegetarian Capsule
Servings per container: 60

Amount Per Serving	%DV
GABA (Gamma-aminobutyric acid)	420 mg *

* Daily Value not established

Other Ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), ascorbyl palmitate, and silicon dioxide.

L-Carnitine



L-Carnitine is an important nutrient and is necessary for fatty acid metabolism and energy production in heart and muscle function. Although L-Carnitine is not “officially” an amino acid, it bears many resemblances to amino acids and is usually grouped under this heading. Since the burning of fat is a major source of muscular energy, deficiencies

in L-Carnitine are manifested as low energy levels and muscular weakness. L-Carnitine deficiencies can also appear as mental confusion or cloudiness, angina (heart pain) and weight gain.

This product contains 100% pure L-carnitine produced according to USP guidelines. No synthetic D- or DL-carnitine is contained in this product.

Suggested Dosage: Take 1 capsule, 1 to 6 times daily with food, or as suggested by your healthcare practitioner. Capsules can be swallowed or opened and contents mixed in cool food or juice.

60 caps

Product Code: CAR-60

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving	%DV
L-Carnitine (as L-carnitine)	250 mg *

* Daily Value not established

Other Ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), silicon dioxide, and magnesium stearate.

L-Glutamine



The amino acid L-Glutamine plays a key role in the metabolism, function, and structure of the entire gastro-intestinal (GI) tract and its extensive immune system. Many clinical studies support the fact that dietary and endogenous L-Glutamine is critical in maintaining normal intestinal permeability, mucosal cell regeneration, and structure. L-Glutamine is the most abundant amino acid found in the blood and is also involved in blood sugar stabilization, wound

healing, protein metabolism and ammonia detoxification. It is also concentrated in the brain, skeletal muscles, gut lining, lungs, heart, kidneys, & liver where it has multiple & critical functions.

Physiological stress, including the presence of intestinal infection, can cause serious depletion of L-Glutamine levels needed by the immune cells which can result in muscle wasting as the body attempts to restore its levels from the skeletal tissues. L-Glutamine works best when taken with pyridoxal-5-phosphate (P5P) which helps regulates its absorption, metabolism & conversion.

Suggested Dosage: Take 1 capsule, 1 to 4 times daily between meals, or as directed by a healthcare practitioner.

100 caps

Product Code: GLTM-100

Supplement Facts

Serving size: 1 Capsule
Servings per container: 100

Amount Per Serving	%DV
L-Glutamine (free form)	500 mg *

* Daily Value not established

Other Ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), ascorbyl palmitate, and microcrystalline cellulose.

L-Taurine



L-Taurine is an essential sulfur rich amino acid that is found in abundance in the central nervous system and is essential for the maintenance and protection of vision. It is synthesized in the liver from the amino acids cysteine and methionine, along with the assistance of Vitamin B6. L-Taurine is helpful as an antioxidant, and in stimulating the production

of bile, which is important for adequate digestion and absorption of nutrients. In addition, it helps calm the nervous system by regulating neurotransmitters, strengthens and protects healthy cell membrane, and helps support the body's yeast defense mechanism. L-Taurine is manufactured by the body and is found in animal protein but can be deficient in individuals on restricted diets.

This product contains pure, crystalline taurine, a sulfur-containing amino acid that is required in the diet under certain conditions.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 100

Amount Per Serving	%DV
Taurine (free form)	500 mg *

* Daily Value not established

Other Ingredients: Vegetable capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, and calcium carbonate.

Suggested Dosage: Take 1 capsule, 1 to 3 times daily or as suggested by your healthcare practitioner. Capsules can be swallowed or opened and mixed with cool food or drink.

L-Theanine

60 caps

Product Code: THEA



L-Theanine is a unique amino acid found in green tea, which has been traditionally used for centuries to promote relaxation. L-Theanine has been studied for its use in causing relaxation, without drowsiness. One way to analytically record relaxation is to measure weak electric impulses on the surface of the brain known as brain waves.

Of the four types of brain waves alpha, beta, gamma, and theta, alpha is the wave associated with the state of relaxation, without drowsiness. One study showed that 200 mg of L-Theanine generated alpha waves in the occipital and parietal regions of the brain with no adverse side effects being reported. Other studies have indicated that the amount of alpha waves generated is dose dependent and that L-Theanine reaches the brain within 30 minutes after oral administration. L-Theanine is also involved in the formation of the inhibitory neurotransmitter, gamma amino butyric acid (GABA). GABA influences the levels of two other neurotransmitters, dopamine and serotonin, producing the key relaxation effect.

In addition to relaxation, research on L-Theanine suggests that it can also provide significant benefits for cardiovascular, immune, and neurological health.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving	%DV
L-Theanine**	100 mg *

* Daily Value not established

Other Ingredients: microcrystalline cellulose, vegetarian capsules (hydroxypropyl methylcellulose, water) ascorbic palmitate, and silicon dioxide.

**Suntheanine® is a registered trademark of Taiyo International, Inc.

Suggested Dosage: Take 1 to 2 capsules daily or as suggested by your healthcare practitioner.

L-Tyrosine

100 caps

Product Code: TYRO



L-Tyrosine is used for the formation of T3 and T4 thyroid hormones and it plays an important role in the production of neurotransmitters (dopamine, norepinephrine, and epinephrine) that regulate emotions, support the stress response mechanisms and the ability to concentrate. The body makes L-Tyrosine from another amino acid, known as phenylalanine.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 100

Amount Per Serving	%DV
L-Tyrosine (free form)	500 mg *

* Daily Value not established

Other Ingredients: Vegetarian capsule, (hydroxypropyl methylcellulose, water), L-leucine, microcrystalline cellulose, and silicon dioxide.

Suggested Dosage: Take 1 capsule, 1 to 4 times daily or as directed by your healthcare practitioner.

Antioxidants

CoEnzyme Q10

60 caps

Product Code: COEQ-60



Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving	%DV
Coenzyme Q-10 (as ubiquinone)	60 mg *

* Daily Value not established

Other Ingredients: Microcrystalline cellulose, vegetarian capsule, (hydroxypropyl methylcellulose, water), L-leucine, and silicon dioxide.

This potent, fat-soluble antioxidant is found in the largest quantities in the heart, liver, and immune system and is important to the proper functioning of the cardiovascular system. It also serves as a catalyst for cellular reactions involved in energy production. This hypoallergenic formula provides pure coenzyme Q10 free of other nutrients. Only pure, 100% natural trans coenzyme Q10 produced through a pharmaceutical manufacturing and extraction process.

Suggested Dosage: Take 1 capsule daily or as recommended by your healthcare practitioner. Capsules can be swallowed or opened and contents mixed with food or juice.

N-Acetyl Cysteine

60 caps

Product Code: NAC



Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving	%DV
N-Acetyl-L-Cysteine USP	500 mg *

* Daily Value not established

Other Ingredients: Natural vegetable capsules, microcrystalline cellulose, magnesium stearate, silicon dioxide, and stearic acid.

N-Acetyl L-Cysteine (NAC) is a precursor to the amino acid cysteine and is well absorbed in the intestinal tract and has been found to significantly boost glutathione levels in persons who are deficient. Adequate glutathione levels are especially important for children with special needs who may need extra support for their immune and detoxification systems. In addition, NAC is a natural mucolytic, which reduces the viscosity of mucus.

Suggested Dosage: Take 1 capsule daily or as suggested by your healthcare practitioner. Capsules can be swallowed or opened and contents mixed in food or juice.

C-RLA™ Liposomal Vitamin C & R-Lipoic Acid

10 mL

Product Code: CRLA



High Dose, High Absorption Vitamin C and R-Lipoic Acid GMO-free, Soy-free & Vegan

C-RLA™ offers doctors and their patients a safe, efficacious delivery system of High Dose Vitamin C and R-Lipoic Acid in one formulation. The sunflower-derived phospholipids (non-soy product for those with soy sensitivities) are GMO-free and 100% vegan.

Each serving contains 1500mg of Vitamin C and 70mg of R-Lipoic Acid in a natural (GMO-free) liposomal preparation. As most oral Vitamin C doses above 250mg are very poorly absorbed, the only efficacious high dose oral delivery system is via liposomes from natural phosphatidyl choline. Many doctors supplement in-office Vitamin C drips with C-RLA™ so the patients continue to receive the benefit of high-dose Vitamin C without stomach distress.

Lipoic Acid –a vital antioxidant

Lipoic acid helps protect against oxidative stress generated by high glucose levels. Alpha-lipoic acid consists of two different forms (isomers) that have vastly different properties. The "R" form is the biologically active component (native to the body) that is responsible for lipoic acid's phenomenal antioxidant effect. The "S" form is produced from chemical manufacturing and is much less effective. Typical alpha-lipoic acid supplements consist of the "R" and "S" form in a 50/50 ratio. Pure R-lipoic acid may be 10 times more effective than other forms of lipoic

acid and has been called the "mitochondrial antioxidant" because it is a key component of mitochondrial dehydrogenase complexes. The pure R-Lipoic Acid in C-RLA™ supports a healthy inflammatory response and is a potent free-radical scavenger.

Suggested Dosage: As a dietary supplement, take two teaspoons (10 mL) daily away from food or as directed by your healthcare professional.

Shake well before use

Refrigerate after opening

Supplement Facts

Serving size: 2 teaspoons (10 mL)
Servings per container: 30

Amount Per Serving	%DV**
Calories	5
Carbohydrates	6 g 2%
Total Sugars	<1 g
Vitamin C (as Sodium Ascorbate)	1500 mg 1667%
Sodium (as Sodium Ascorbate)	197 mg 9%
R-Lipoic Acid (as Sodium R-Lipoic Acid)	70 mg *

* Daily Value not established

** Percent Daily Value based on a 2,000 calorie diet

Other Ingredients: Allulose, deionized water, sunflower lecithin, vanilla extract, grapefruit seed extract, stevia extract. Pending.

Pycnogenol®

60 caps

Product Code: PYC-60



This premium French maritime pine bark extract contains numerous bioactive compounds that support capillary and connective tissue function and provide antioxidant protection. Pycnogenol® is a powerful scavenger of free radicals involved in inflammatory processes and supports elasticity and integrity of collagen in joints, capillaries, blood vessels, and skin.

Pycnogenol® is one of the most powerful natural free-radical scavengers and it reduces oxidative damage to vital tissues in the body. In fact, it is one of the few antioxidants that is able to cross the blood barrier of the brain to provide extra protection against free radicals in the nervous system and circulatory system. Because vitamins C and E's effectiveness are enhanced by Pycnogenol®, they can all be taken together for added antioxidant benefit.

A 2006 study, published in the June 17 edition of The Journal of European Child and Adolescent Psychiatry, shows a significant reduction of Attention-Deficit/Hyperactivity Disorder (ADHD) symptoms in children after supplementing with Pycnogenol every day for one month. In the randomized, double-blind placebo-controlled study, Pycnogenol helped reduce hyperactivity and improve attention, concentration and motor-visual coordination, compared with placebo

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving	%DV
French Maritime Pine Extract (Pinus Pilaster)(bark) Pycnogenol®‡	50 mg *

* Daily Value not established

Other Ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, and silicon dioxide.

‡Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product may be protected by one or more U.S. patents and other international patents.

Suggested Dosage: Take 1 capsule up to 4 times daily with food.

ReadiSorb, Liposomal Glutathione

4 fl oz

Product Code: RSRB



ReadiSorb Liposomal Glutathione is a supplement that is meant to be taken orally and is sold as a dietary supplement. Glutathione is a naturally occurring peptide and an anti-oxidant naturally produced in the body. It is important to good health and long life. Levels may drop as a result of oxidative stress due to disease, drugs, aging, toxic chemicals, inflammation, and stress in general. Adequate levels of glutathione are necessary to provide important antioxidant protection needed by the cells to help eliminate toxic metabolic waste products and to support the immune system.

What is a Liposome?

Derived from lecithin, a liposome is a microscopic fluid-filled pouch with walls identical to the phospholipids that make up the human cell membranes. The outer wall of the liposome is fat soluble—while the inside is water soluble. This combination enables liposomes to be readily absorbed, allowing for systemic availability of the water soluble materials that would otherwise not be absorbed into the body. The administering of therapeutic compounds via liposomal technology has been effective for many areas.

Suggested Dosage:

For Adults: Recommended starting serving is 1/2 - 1 teaspoon or as otherwise directed by your healthcare practitioner

For Children: 1/4 teaspoon for every 30 lb of weight. Please consult with your child's healthcare practitioner before use. Parents can adjust servings based on individual needs—or as otherwise directed by a healthcare practitioner.

Directions: Shake. Take straight or mix in water or juice and drink promptly on an empty stomach first thing in the morning, wait 20 minutes to eat. If taking more than one dose per day, it is best to take around meals.

Store in the refrigerator

Supplement Facts

Serving size: 1/2 tsp. 1 tsp.
Servings per container: 48 24

Amount Per Serving	%DV
Glutathione	211.33 mg 422.7 mg *

* Daily Value not established

Other Ingredients: Purified water, glycerin, hydroxylated lecithin (from soybean oil) potassium sorbate (as preservative).

Tri-Fortify™ Watermelon Glutathione

8 fl oz

Product Code: TRIF



Tri-Fortify® Liposomal Glutathione is a clinically researched liposomal glutathione in a delicious oral delivery system, providing superior cellular absorption.

- Bolsters antioxidant action
- Promotes detoxification
- Fortifies the immune system
- Provides superior intracellular absorption

- Heat-stable product that does not require refrigeration (After subjecting Tri-Fortify® to 104°F and 75% humidity for 90 consecutive days, it still exceeded label claims)
- Great-tasting watermelon flavor that both children and adults can enjoy by helping to eliminate the strong sulfur smell and taste associated with other glutathione products

Glutathione has been dubbed the “master antioxidant” for its ability to recycle other antioxidants in the body. Glutathione's importance in supporting overall health is documented in numerous peer-reviewed studies. These benefits include supporting healthy detoxification, promoting a healthy immune system, and moderating oxidative stress levels. Glutathione is also essential for brain function, metabolic and biochemical reactions such as DNA synthesis and repair, and is critical in supporting the health of organs such as the lungs and kidneys. To ensure maximum absorption of glutathione, a liposomal solution is required. Liposomal glutathione enables greater cellular absorption in all areas of the body.

Suggested Dosage: As a dietary supplement, gently squeeze the tube to fill 1 teaspoon (5mL). Hold under tongue for 30-60 seconds and then swallow, or use as directed by your healthcare professional. Additional doses may be taken as well.

Shake well before use and store in a cool, dry place.

Supplement Facts

Serving size: 1 teaspoons (5 mL)
Servings per container: 48

Amount Per Serving	%DV**
Calories	30
Total Fat	1 g 1%
Vitamin C (Ascorbic Acid)	50 mg 56%
Reduced Glutathione	450 mg *

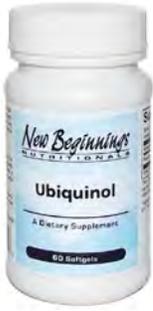
* Daily Value not established

** Percent Daily Value based on a 2,000 calorie diet

Other Ingredients: Glycerin, Medium Chain Triglycerides, Phospholipids (soy), Natural Flavor.

Caution: Contains ingredients partially derived from soy and tree nuts (coconut).

Ubiquinol



Coenzyme Q10 (CoQ10) exists in two beneficial forms, ubiquinone and ubiquinol, that are continually recycled in the body through an oxidation-reduction reaction within cellular mitochondria. Ubiquinol is the reduced form of CoQ10 that acts as a potent antioxidant in mitochondria and lipid membranes.

While ubiquinol is the most common form in the body, sufficient amounts of both ubiquinol and ubiquinone are needed for efficient ATP production. Ubiquinone has been the traditional supplemental form of CoQ10 and the ubiquinol form has only recently become available as a dietary supplement. Normally, efficient reduction of ubiquinone to ubiquinol occurs either during absorption or shortly after entering the bloodstream. Since the reduced ubiquinol form of CoQ10 can be directly utilized by the body, New Beginnings Nutritionals now offers ubiquinol as an option for those who may have difficulty reducing ubiquinone.

While most people can benefit considerably from supplementing with ubiquinone, ubiquinol may be more effective during significant oxidative stress or chronic health conditions. Initial studies suggest ubiquinol has approximately twice the bioavailability of ubiquinone, however, further studies are needed to compare differences between these forms. Stabilized and reduced ubiquinol form of CoQ10 is a good alternative for individuals who may have difficulty in converting ubiquinone to ubiquinol.

Suggested Dosage: Take 1 or 2 softgels daily with food or as directed by your healthcare practitioner. Softgels can be swallowed or pierced and the contents mixed with food or drink.

60 softgels

Product Code: UBIQ

Supplement Facts

Serving size: 1 softgel
Servings per container: 60

Amount Per Serving	%DV
Ubiquinol (reduced form of Coenzyme Q10)**	100 mg *

* Daily Value not established

Other Ingredients: D-limonene oil, gelatin, glycerin, water, caprylic acid, capric acid, caramel, and alpha-lipoic acid.

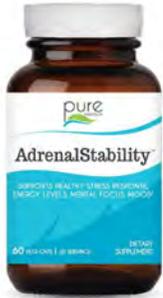
**Kaneka QH™ reduced form of coenzyme Q10. Kaneka QH™ is a trademark of Kaneka Corp.

Botanical Extracts

AdrenalStability™

60 caps

Product Code: ADR-60



Supplement Facts

Serving size: 2 capsules
Servings per container: 30

Amount Per Serving		%DV
Cordyceps extract (mycelia) (100% liquid submerged fermentation)	500 mg	*
Organic Ashwagandha extract (root) (KSM-66®)	300 mg	*
Holy basil extract (leaf)	300 mg	*
Eleuthero extract (root)	100 mg	*
Rhodiola extract (root)	100 mg	*
Schizandra extract (fruit and seed)	100 mg	*

* Daily Value not established

Other Ingredients: L-Leucine, cellulose, silicon dioxide, and HPMC (vegetable capsule)

KSM-66® is a registered trademark of Ixoreal Biomed Inc.

Chronic stress is extremely hard on the adrenal glands, and may undermine energy levels, mental focus, mood, immune function and sleep patterns. AdrenalStability™ is an exquisite blend of cordyceps, ashwagandha and supporting herbs to help nourish the adrenal glands and help support:

- Healthy Stress Response
- Healthy Energy Levels
- Mental Focus & Mood
- Healthy Immune Function

Suggested Dosage: Take 2 capsules once daily with water.

Allimax® Capsules

30 caps

Product Code: ALL-C



Supplement Facts

Serving size: 1 capsule
Servings per container: 30

Amount Per Serving		%DV
Allicin extract (Garlic Bulb) (Allisure® AC-23)	180 mg	*

* Daily Value not established

Other Ingredients: Vegetarian capsule (Hyromellose, water), maltodextrin (non GMO) and gum acacia

Allimax® is made from fresh, raw garlic. Heads of garlic are specifically selected to ensure that they contain significant enzyme activity (allinase enzyme). Garlic heads are split into cloves, which are left unpeeled and then subjected to crushing, filtration and a temperature controlled patented extraction process designed to produce pure liquid allicin dissolved in water. No chemical solvents are used. The allicin amino acid in fresh garlic is subjected to complete conversion by the allinase enzyme and to ensure a large volume of active allicin is harvested. The volume of allicin produced is directly related to the enzymatic activity. Each dose of Allimax® capsules delivers the amount of allicin contained in 40 cloves of garlic without containing the compounds that cause a garlic scent to come through the skin or the breath.

Allimax® is made with Allisure® AC-23 which provides the body 100% yield of allicin.

Scientific Studies have shown the multiple benefits of allicin which includes supporting a healthy cardiovascular, immune, and digestive system due to its anti-fungal, anti-viral, and anti-biotic properties.

Suggested Dosage: Take 1 capsule daily with food or as recommended by your healthcare professional.

Why You Should be Receiving Our Emails

Unlike other companies, we do not SPAM you with multiple emails every week. Bi-monthly emails are educational and share opportunities to attend free LIVE webinars and to receive discount coupons to use for your purchases. Go to our website and sign up for our emails because this is an easy way to receive this valuable information from us.

Allimax® Liquid

10 mL

Product Code: ALL-L



Allimax® Liquid is made from fresh, raw garlic. Heads of garlic are specifically selected to ensure that they contain significant enzyme activity (allinase enzyme). Garlic heads are split into cloves, which are left unpeeled and then subjected to crushing, filtration and a temperature controlled patented extraction process designed to produce pure liquid alliin dissolved in water. No chemical solvents are used. The alliin amino acid in fresh garlic is subjected to complete conversion by the allinase enzyme and to ensure a large volume of active alliin is harvested. The volume of alliin produced is directly related to the enzymatic activity.

Allimax® is made with Allisure® AC-23 which provides the body 100% yield of alliin.

Scientific Studies have shown the multiple benefits of alliin which includes supporting a healthy cardiovascular, immune, and digestive system due to its anti-fungal, anti-viral, and anti-biotic properties. The fresh garlic taste quickly dissipates and does not leave a lingering garlic taste in the mouth or garlic scent through the skin.

Suggested Dosage: Take 3 - 10 drops as desired, or as recommended by your healthcare practitioner. Drops can be placed directly in the mouth, or put in liquid or cool food.

- 8 drops is equivalent to 1 Allimax® Capsule
- Recommended for children or adults who do not or cannot take capsules.

Supplement Facts

Serving size: 1 drop, 0.5 mL
Servings per container: 200

Amount Per Serving	%DV
Alliin extract (garlic bulb) (Allisure®)	40 mcg *

* Daily Value not established

Other Ingredients: Water

NOW MORE POTENT!

Biocidin® Broad-Spectrum Capsules

90 caps

Product Code: BIO-C



Targets the Entire GI Tract for Healthy Digestion and Elimination.

Biocidin® capsules are made with 99% organic ingredients. The proprietary blend is a combination of 18 botanical extracts and essential oils that target the entire GI tract and helps maintain microbial balance. This laboratory-tested, research-backed formula has

far-reaching effects that include support for gut health, biofilm cleansing, immunomodulation, healthy digestion and elimination, and detoxification. It is also useful in addressing heartburn, gas, bloating, constipation, or diarrhea.

Biocidin® Capsules Benefits:

- Supports gut health
- Helps improve vitality and mental clarity
- May reduce bloating and gas
- Helps improve regularity
- Supports healthy mobility and body comfort
- Broad-spectrum activity
- Dismantles biofilms
- Selectively enhances beneficial organisms
- Immunomodulatory activity

Suggested Dosage: Take 1 capsule per day and increase to 1 capsule 2 times per day or as suggested by your healthcare practitioner. This may be taken on an empty stomach or with a small meal as desired. To decrease cleansing reactions begin with 1 capsule and increase amount gradually per tolerance. Not for use during pregnancy.

Store in a cool dry place.

Supplement Facts

Serving size: 1 capsule
Servings per container: 90

Amount Per Serving	%DV
Proprietary Herbal Blend	700 mcg *

Vegetable glycerin[^], Biocidin® Botanical Blend (Vegetable glycerin[^], Bilberry fruit extract, Grape seed extract, Shiitake mushroom extract[^], Goldenseal root[^], Noni fruit extract[^], Garlic bulb[^], White willow bark, Milk thistle seed[^], Echinacea purpurea herb extract, Echinacea angustifolia root[^], Raspberry fruit[^], Black walnut hull, Black walnut leaf, Lavender oil[^], Oregano oil[^], Galbanum oil, Tea tree oil[^], Fumitory aerial parts extract, Gentian lutea root[^])

* Daily Value not established

[^]Organic

Other Ingredients: Vegetable capsule (plant cellulose), ethanol (sourced from sugar cane)

CAUTION: Contains Walnut

Biocidin® Capsules Features:

- Contains Biocidin® liquid formula in a capsule delivery system
- Preferred for travel
- Professional-grade ingredients
- Laboratory tested and clinically researched

Berberine Complex

120 tabs

Product Code: BERB



Natural fatty acids and botanicals help rebalance intestinal microbiota.

This powerful formula combines specific natural agents that discourage growth of yeast, fungi, and other undesirable intestinal microorganisms, thus supporting a healthy balance of intestinal microbiota. Berberine, an alkaloid found in various plants,

has several metabolic and inhibitory actions. Polyphenols in green tea can adversely affect viability of certain undesirable microorganisms and yeasts. Undecylenic acid provided by calcium undecylenate is a monounsaturated fatty acid which inhibits hyphae formation in yeast cells, while sorbic acid has well-known inhibitory action against some undesirable microorganisms.

Supplement Facts

Serving size: 1 tablet
Servings per container: 120

Amount Per Serving	%DV
Calcium Undecylenate	100 mg *
Sorbic Acid	33 mg *
Berberine Sulfate (derived from Indian Barberry) (Berberis Aristata) (root extract)	133 mg *
Indian Barberry Extract (Berberis Aristata) (root) (standardized to 6% berberine)	57 mg *
Goldthread Extract (Coptis chinensis) (rhizome) (standardized to 20% alkaloids, as berberine)	17 mg
Green Tea Extract (Camellia sinensis) (leaf) (standardized to 95% polyphenols, 50% epigallocatechin 3-gallate) (EGCG)	33 mg *

* Daily Value not established

Other Ingredients: Silicified microcrystalline cellulose, vegetable stearine, silicon dioxide, croscarmellose sodium, cellulose, stearic acid, magnesium stearate, and cellulose coating.

Suggested Dosage: Take 1 to 6 tablets daily with food, or as directed by your healthcare practitioner.

Biocidin® Broad Spectrum Liquid

53 mL Product Code: BIO-L



Targets the Entire GI Tract for Healthy Digestion and Elimination.

Biocidin® is a signature, proprietary blend of 18 professional-grade botanical extracts and essential oils. It targets the entire GI tract and helps maintain the delicate balance of microorganisms in the microbiome. This laboratory-tested, research-backed formula has far-reaching effects that include support for gut health, biofilm cleansing, immunomodulation, and detoxification. It is also useful in addressing heartburn, gas, bloating, constipation, or diarrhea.

Biocidin® Liquid Benefits:

- Supports gut health
- Helps improve vitality and mental clarity
- May reduce bloating and gas
- Helps improve regularity
- Supports healthy mobility and body comfort
- Broad-spectrum activity
- Dismantles biofilms
- Selectively enhances beneficial organisms
- Immunomodulatory activity

Biocidin® Liquid Features:

- Professional-grade ingredients
- Laboratory tested and clinically researched
- The go-to broad-spectrum formula for integrative and functional medicine practitioners for over 30 years
- Pleasant taste appeals to children and adults

Supplement Facts

Serving size: 1 drop (0.044 mL)
Servings per container: 680

Amount Per Serving	%DV
Proprietary Herbal Blend	53 mg *
Vegetable glycerin [^] , Bilberry fruit extract, Grape seed extract, Shiitake mushroom extract [^] , Goldenseal root [^] , Noni fruit extract [^] , Garlic bulb [^] , White Willow bark, Milk Thistle seed [^] , Echinacea purpurea herb extract, Echinacea Purpurea plant extract, Echinacea Angustifolia root [^] , Raspberry fruit [^] , Black Walnut hull, Black Walnut leaf, Lavender oil [^] , Oregano oil [^] , Galbanum oil, Tea Tree oil [^] , Fumitory aerial parts extract, Gentian Lutea root [^] .	

* Daily Value not established
[^]Organic

Other Ingredients: Ethanol (sourced from sugar cane)

CAUTION: Contains Walnut

Suggested Dosage: Begin with 1 drop and gradually increase up to 5 drops, 3 times per day or as directed by your healthcare practitioner. May be taken on an empty stomach. May be used at a higher amount for short periods if well tolerated.

Children may use 1 drop per 10 lbs. of body weight per day divided into 2 - 3 doses.

Store in a cool dry place.

Biocidin® Broad-Spectrum LSF

50 mL Product Code: BIO-LF



Promotes Systemic Microbial Balance.

Biocidin® LSF contains a signature, proprietary blend of 18 professional-grade botanical extracts and essential oils, but in a highly bioavailable liposomal formula for advanced absorption. The delivery system enables access to the lymphatics, bloodstream, and intracellular space, in addition to the GI tract. Research shows the migration

of liposomal Biocidin® LSF across the cell wall (transcellular absorption) is 74% higher than Biocidin® Liquid. That means Biocidin® and all its benefits made even more bioavailable with fast delivery for whole-body support for microbial imbalances.

Biocidin® LSF features:

- Professional-grade ingredients
- Contains Biocidin® Botanical Blend, made with 99% organic ingredients
- Liposomal formula for enhances absorption
- Penetrates the smallest challenge-areas
- Systemic absorption and support
- Inhibits the efflux mechanisms that create resistance
- Laboratory tested, clinically researched, and trusted by practitioners
- Pleasant taste appeals to children and adults
- The go-to broad-spectrum formula for integrative and functional medicine practitioners for over 30 years

Suggested Dosage:

Take 1-3 pumps daily. Begin with 1 pump, gradually increase to 3 pumps per day as directed. Hold under tongue 30 seconds before swallowing. May be added to water. Best taken on an empty stomach 10 minutes before meals. Best to use within 60 days of opening.

Dosage for Sensitive Clients: Mix 1 pump with 5 oz of water. Each oz of mixture contains 1 drop of Biocidin®. Start with 1 tsp of diluted mixture the first dose, hold under the tongue for 30 seconds. If no strong reaction is felt, take another tsp in 3 hours, for a total of 3 tsp the first day. The following day repeat the same way, gradually increasing the amount of mixture taken per tolerance. Work up to using the entire 5 oz of mixture in one day. Very sensitive persons use 10 oz of water for a greater dilution.

Store in a cool dry place.

Supplement Facts

Serving size: 1 pump, 0.5 mL
Servings per container: 100

Amount Per Serving

Vegetable glycerin [^] , Bilberry fruit extract, Grape seed extract, Shiitake mushroom extract [^] , Goldenseal root [^] , Noni fruit extract [^] , Garlic bulb [^] , White Willow bark, Milk Thistle seed [^] , Echinacea purpurea herb extract, Echinacea Angustifolia root [^] , Raspberry fruit [^] , Black Walnut hull, Black Walnut leaf, Lavender oil [^] , Oregano oil [^] , Galbanum oil, Tea Tree oil [^] , Fumitory aerial parts extract, Gentian Lutea root [^] .	50 mg*
Phospholipids (from Sunflower Seed lecithin)	44 mg

* Daily Value not established
[^] Organic

Other Ingredients: Purified water, glycerin, ethanol (sourced from potato and/or sugar cane), tocopherol, natural mixed tocopherols.

CAUTION: Contains Walnut

Biocidin® LSF benefits:

- Rapid and systemic delivery
- Broad-spectrum activity
- Dismantles biofilms
- Supports mental clarity and vitality
- Immunomodulatory activity
- Promotes a healthy inflammatory response
- Supports gut health by addressing unwanted organisms

Biocidin® Throat Spray

30 mL

Product Code: BIO-TS



Broad-Spectrum Botanicals for Maintaining Healthy Respiration and Rapid Relief for Sore Throat Pain.

Biocidin®TS Throat Spray is an easy-to-use throat spray that contains a broad spectrum, proprietary blend of 18 herbs and essential oils. Convenient for taking with you on the go, Biocidin®TS throat spray empowers you with a clinically proven way to promote a healthy immune response, giving your body the support it needs to do its best work. Biocidin®TS Throat Spray brings all the effectiveness of Biocidin® directly to the throat for soothing relief.

Biocidin®TS Throat Spray Benefits:

- Immediate relief of sore throat pain
- Uniquely powerful patented formula
- Promotes daily wellness
- Supports healthy upper-respiratory tract
- Primes salivary defenses
- Immunomodulatory activity
- Upper respiratory support while traveling
- Indispensable for seasonal support

Suggested Dosage: Spray 1-3 times in mouth towards back of throat (and swallow) as needed or as directed by your healthcare professional. Not for use during pregnancy.

Store in a cool dry place.

Supplement Facts

Serving size: 3 Sprays (0.5 ml)
Servings per container: 59

Amount Per Serving	%DV
Proprietary Herbal Blend	237 mg *
Vegetable Glycerin [^] , Bilberry fruit extract, Grape seed extract, Shiitake mushroom extract [^] , Goldenseal root [^] , Noni fruit extract [^] , Garlic bulb [^] , White Willow bark, Milk Thistle seed [^] , Echinacea purpurea herb extract, Echinacea Angustifolia root [^] , Raspberry fruit [^] , Black Walnut hull, Black Walnut leaf, Lavender oil [^] , Oregano oil [^] , Galbanum oil, Tea Tree oil [^] , Fumitory aerial parts extract, Gentian Lutea root [^] .	

* Daily Value not established
[^]Organic

Other Ingredients: Water, ethanol[^] (sourced from potatoe and/or sugar cane).

CAUTION: Contains Walnut

Biocidin® TS benefits:

- Contains 99% organic ingredients
- Laboratory tested and clinically researched
- 1 oz spray bottle ideal for travel or use on the go
- Independent human clinical trial showed a rapid increase in immune activity
- Contains Biocidin®, the go-to broad-spectrum formula for integrative and functional medicine practitioners for over 30 years
- Pleasant taste appeals to children and adults

Candida Formula

90 caps

Product Code: CDF



Candida Formula combines potent herbs that support the immune system in the eradication of candida and other pathogenic organisms. It also contains herbs to support the liver and gastrointestinal tract, which helps to reduce upset stomach, bloating and gas.

For children that don't swallow capsules, we recommend Candida Yeast Formula.

Supplement Facts

Serving size: 2 Capsules
Servings per container: 45

Amount Per Serving	%DV
Biotin	300 mcg 1000%
Sodium (from Sodium Caprylate)	20mg <1%
Berberine Hydrochloride Hydrate	150 mg *
Oregano Leaf Extract	150 mg *
Sodium Caprylate	150 mg *
Cinnamon Bark Extract	100 mg *
German Chamomile (Flower)	100 mg *
Ginger Root	100 mg *
Pau D'Arco Inner Bark Extract	100 mg *
Rosemary Leaf Extract	100 mg *

* Daily Value not established

Other Ingredients: Natural Vegetable capsules, microcrystalline cellulose, magnesium stearate and calcium silicate.

Suggested Dosage: Take 2 capsules 3 times a day or as recommended by your healthcare practitioner.

Candida Yeast Formula

4 fl oz

Product Code: CYF-L



Herbs used for their ability to control and decrease yeast ("Candida") populations and other yeasts within the intestine and other areas of the body. Supports the body in restoring balance of the intestinal flora and, therefore, the symptoms related to any imbalance, including many digestive and skin disorders such as eczema. This combination is used along with strong preparations of healthy intestinal bacteria (probiotics) to prevent the damage caused whenever taking antibiotics. The Candida Formula and healthy bacteria are taken prior to the antibiotic treatment and then for five or more weeks (depending on the amount of antibiotics taken) after they are finished. This formula is also a natural treatment of conditions caused by intestinal imbalances (dysbiosis or candidiasis). This herbal treatment may also be used with most prescription antifungal medications.

Candida Yeast Formula contains only certified organic and wild crafted herbs. These herbs have been traditionally used for their effect on yeast and bacteria. The mixture is only sweetened with organic palm glycerin to make it more palatable for children.

Suggested Dosage: Take 3 times daily according to weight or as directed by your healthcare practitioner. Shake well before using.

- 5-14 lbs = 0.5 ml (10 drops)
- 15-24 lbs = 1.0 ml (20 drops)
- 25-34 lbs = 1.5 ml (30 drops)
- 35-44 lbs = 2.0 ml (40 drops)
- 45-54 lbs = 2.5 ml (50 drops)
- 55-64 lbs = 3.0 ml (60 drops)
- 65-74 lbs = 3.5 ml (70 drops)
- 75-84 lbs = 4.0 ml (80 drops)
- 85+ lbs = 5.0 ml (5 full droppers)

Supplement Facts

Serving size: 50 drops (2.5 mL)
Servings per container: 48

Amount Per Serving	%DV for Infants	%DV for children 1-3 years	%DV for Adults and Children 4+ years
Calories	5		
Total Carbohydrate	1 g	<1%	<1%
Total Sugars	1 g	*	*
Includes 1g Added Sugars		5%	3%
Proprietary Blend	172 mg		
Garlic (bulb)		*	*
Oregon Grape (leaf)		*	*
Uva Ursi (leaf)		*	*
Pau D'arco (bark)		*	*
Black Walnut (hull)(Nut)		*	*
Echinacea Purpurea (root)		*	*
Olive (leaf)		*	*
Grapefruit (seed)		*	*

* Daily Value not established
**Percent Daily Value are based on a 2,000 calorie diet

Other Ingredients: Palm derived vegetable glycerine.

CAUTION: Contains Walnut

NEW! G.I. InnerCalm™

30 packets

Product Code: GI-CALM



A delicious daily drink to support gut health!

G.I. InnerCalm™ is a clinician-crafted gut soothing support for the gut and mind. A unique blend of proven botanicals and nutrients, it promotes a healthy

gut lining and helps manage occasional heartburn, bloating, and gas. Plus, G.I. InnerCalm™ provides restorative mood and sleep support.

G.I. InnerCalm™ Benefits

- Supports digestive health and stomach-lining integrity
- Helps manage occasional heartburn, gas, and bloating
- Promotes healthy gut motility and regularity
- Contributes to a healthy nervous system, mood, and sleep
- Supports a healthy stress response
- Antioxidant activity supports a healthy inflammatory response

G.I. InnerCalm™ Features

- Standardized botanicals contain a guaranteed percentage of active constituents
- Contains proven ingredients at clinically researched levels for maximum benefit
- Glutamine-free to avoid neurological irritation experienced by some patients
- Carefully selected prebiotics will not aggravate dysbiosis
- Contains glycine to support digestion, protein synthesis, and connective tissue
- Formulation includes select botanicals and glycine to support mood and sleep

Supplement Facts

Serving size: 1 Stick Pack
Servings per container: 30

Amount Per Serving	%DV
Proprietary Herbal Blend	4.6 g *
L-glycine, Chamomile flower extract, Lemon balm leaf [^] , Quercetin, GutGard [®] Licorice root extract, Aloe vera leaf extract [^] , Ginger root extract, PepZin GI™ (Zinc L-Carnosine)	

* Daily Value not established
[^]Organic Ingredient

Other Ingredients: Natural flavor, Citric acid, Monk fruit, Microcrystalline cellulose

GutGard[®] is a trademark of Natural Remedies Pvt.Ltd. and is distributed exclusively by AIDP, Inc.

Suggested Dosage: Add 1 stick pack daily to 8 ounces (0.24 L) of water. Mix well.

Store in a cool dry place.

Dentalcudin® Oral Microbiome Toothpaste

3 oz

Product Code: DENT



Assists in Removing Biofilms (Plaque) for Fresher Breath and a Brighter Smile.

When it comes to oral care, plaque (a biofilm) is a universal challenge. Dentalcudin® toothpaste contains Biocidin®, a botanical formula with a strong track record in removing biofilms. Dentalcudin® toothpaste gently and effectively cleans and whitens teeth, while supporting healthy microbial balance and healthy gums. Dentalcudin® is natural, plant-based and fluoride free. It is suitable for sensitive teeth and has a refreshing natural mint flavor.

An excellent way to promote healthy teeth and gums.

Dentalcudin® Benefits:

- Whitens teeth and freshens breath
- Keeps teeth feeling smooth and clean all day
- Maintains oral health
- Assists in removing oral biofilms (plaque)
- Supports oral microbiome balance
- Gentle, effective cleaning, suitable for sensitive teeth

Dentalcudin® Features:

- Contains Biocidin® botanical formula
- Laboratory tested for potency and purity
- Professional strength and fluoride-free
- 100% plant based and free of artificial ingredients ideal for daily use
- Natural minty flavor suitable for all ages
- Made without fluoride, gluten, dairy, soy, sugar, and artificial flavors and coloring

Directions: For adults and children 2 years of age and older, use approximately a 1/2 inch ribbon on your toothbrush. Brush at least 2 times daily, or as directed by your dentist or physician. Store in a cool dry place.

Ingredients: Sorbitol, Water, Biocidin (Bilberry fruit extract, Grape seed extract, Shiitake mushroom extract, Golden Seal root, Noni fruit extract, Garlic bulb, White Willow bark, Milk Thistle seed, Raspberry fruit, Echinacea Purpurea plant extract, Echinacea Angustifolia root, Black Walnut hull, Black Walnut leaf, Lavender Oil, Oregano Oil, Galbanum oil, Tea Tree oil, Fumitory aerial parts extract, Gentian Lutea root), Vegetable Glycerin, Hydrated Silica, Sodium Lauroyl Sarcosinate, Tocopherol, Natural Organic Flavor, Cellulose Gum, Peppermint Oil, Aloe, Cinnamon Oil, Tangerine fruit extract, Bitter Orange fruit extract, Sweet orange peel extract, Ascorbic acid, Citric Acid, Lactic Acid, Clove oil, Tea Tree oil.

Contains Walnut

Grapefruit Seed Extract

60 caps

Product Code: GSE-C



NutriBiotic® Grapefruit Seed Extract is derived from the seed and pulp of grapefruit. This formula is used by healthcare professionals worldwide.

This product is easy to swallow. Each capsule contains the same amount of grapefruit seed extract as 25 drops of Grapefruit Seed Extract Liquid Concentrate.

Suggested Dosage: Take 1 capsule one to two times daily with or without meals or as recommended by your healthcare practitioner.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving	%DV
Grapefruit Seed Extract	250 mg *

* Daily Value not established

Other Ingredients: Vegetable cellulose, magnesium stearate, (vegetable lubricant) silicon dioxide (natural flowing agent) and vegan capsule.

Grapefruit Seed Extract Liquid



NutriBiotic® GSE Liquid contains a natural compound synthesized from the seed and pulp of grapefruit. The manufacturing process converts grapefruit bioflavonoid (polyphenolics); into an extremely potent compound that has been proven highly effective in numerous applications. Grapefruit Seed Extract is used by healthcare professionals worldwide as nutritional support for individuals with certain health concerns.

Caution: Do not put in eyes. Do not use full strength in mouth, ears, nose or sensitive areas. This product may cause irritation if used full strength on skin.

Suggested Dosage: Adults take 10 drops in a glass of water or juice (5 oz or more), 1-3 times daily with or without meals.

For children 5 years of age and older, mix 3 drops into a glass of water or juice, 1 to 2 times daily. Or use as directed by your healthcare practitioner. Each dose may be sweetened with 2 drops of stevia.

2 fl oz

Product Code: GSE-L

Supplement Facts

Serving size: 10 drops
Servings per container: 200

Amount Per Serving	%DV
Grapefruit Seed Extract	100 mg *

* Daily Value not established

Other Ingredients: Vegetable glycerine (67%), and grapefruit seed extract. (33%)

LiverEssence™



The liver's self-protection mechanism is to produce an antioxidant called L-Glutathione, which shields the liver cells from the constant poisons it processes. PureEssence Labs LiverEssence™ supplies the glutathione producing herb Milk Thistle bound to phospholipids, which increases its bioavailability by over 800 percent. This formula also contains the herbs Schizandra and Artichoke, also extremely beneficial to the liver.

To further increase L-Glutathione, LiverEssence™ provides N-Acetyl-Cysteine, a building block from which the body produces its own L-Glutathione, and Alpha Lipoic Acid, which rebuilds L-Glutathione that has been broken down as it works. In addition, LiverEssence™ provides a group of herbs known as the Bupleurum-Dong quai combination. This blend has been used for centuries to increase the flow of energy and blood in the liver, and to cleanse the blood of the toxins the liver has processed.

Suggested Dosage: Take two capsules per day with water or as directed by a healthcare practitioner.

30 caps

Product Code: LIV-30

Supplement Facts

Serving size: 2 Capsules
Servings per container: 15

Amount Per Serving	%DV
N-Acetyl-Cysteine	300 mg *
Artichoke extract (aerial parts)	200 mg *
Sybin phospholipids (Siliphos®) (Milk thistle extract (fruit)) (soy free)	150 mg *
Alpha lipoic acid	100 mg *
Schizandra extract (fruit and seed)	100 mg *
Proprietary Botanical Blend	70 mg *

Bupleurum extract, White peony extract, Atractylodes extract, Poria cocos extract, Dong quai extract, Gardenia extract, Mouton extract, Licorice extract, Fresh ginger extract, Mint extract*

* Daily Value not established

Other Ingredients: L-Hucine, cellulose, silicon dioxide, and HPMC (vegetable capsule)

Siliphos® is a trademark of Indena SpA

Milk Thistle

60 caps

Product Code: MILT



Milk thistle is a common herb native to the Medireranean and has been used for over 2000 years for nutritional support of liver function. Milk thistle helps protect the liver from damaging pesticides, heavy metals, and liver-damaging medications by nourishing and strengthening liver cells.

The main bioflavonid complex found in milk thistle seeds, silymarin, has been used to improve bile transport and support the liver, spleen and kidneys for thousands of years. It enhances liver cell detoxification by preventing the depletion of glutathione and by binding to liver cells, protecting them from exposure to chemicals and toxins. It is also used to support the gallbladder, kidneys, and spleen. Silymarin is also able to increase unique protein synthesis within cells that protect them from free radical damage and stimulates glutathione production.

Milk Thistle has a variety of functions and makes a potent addition to any liver support and detoxification program. New Beginnings Nutritional's Milk Thistle includes 200 mg of milk thistle per capsule, standardaized to 58% silymarin.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving	%DV
Milk Thistle Seed Extract (Standardized to contain 58% Silymarin).	200 mg *

* Daily Value not established

Other Ingredients: Hypromellose (Natural Vegetable Capsule), microcrystalline cellulose, magnesium stearate, stearic acid, and silicon dioxide.

Suggested Dosage: Take 1 capsule 3 times per day or as recommended by your healthcare professional.

Children 2 – 6 yrs:
1 capsule daily divided into two doses

Children 6 – adult:
1-2 capsules daily divided into two doses

Olive Leaf Extract

60 caps

Product Code: OLXT



Douglas Laboratories's Olive Leaf Extract is high quality and standardized to 20% Oleuropein. This compound, as well as other polyphenols that make up olive leaf extract, have been shown to support the immune system in the eradication of pathogenic organisms. Recent studies have demonstrated oleuropein's

growth inhibition of several pathogenic bacterial strains, including Salmonella typhi, Staphylococcus aureus, Escherichia coli, Klebsiella pneumoniae, and Bacillus cereus. Other studies have shown that the olive plant's phenolics can reduce the production of toxins from Aspergillus flavus.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving	%DV
Olive Leaf Extract (Olea europea L.) (Standardized to 20% oleuropein)	500 mg *

* Daily Value not established

Other Ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose and vegetable stearate.

Suggested Dosage: As a dietary supplement, take 1 capsule daily or as directed by your healthcare practitioner.

Oreganol P73

60 softgels

Product Code: ORGL



North American Herb & Spice was the first company to introduce edible oil of oregano to the North American market which led to the health improvement of countless numbers of people. They have created a superior oregano oil product called Oreganol - P73, the original, truly wild, organic oregano oil that is produced by old-fashioned steam distillation.

This high potency oregano oil is free of all chemicals and pesticides - produced by cold pressing and steam distillation - and emulsified in extra virgin olive oil. The low thymol content in their oil is a sign of quality and higher safety profile.

The Oreganol P73 Vegan Friendly Gelcaps are in an easy-to-take tapioca vegetable gelatin gelcap. P73 is a blend of edible species of wild oregano grown on natural, mineral-rich soil. This growing condition, along with the dedication to a chemical-and alcohol-free extraction, is the reason P73 Oreganol oil has a unique chemical profile ideal for human consumption. It is truly a one of a kind gelcap that is ideal for those who take the oil internally.

Suggested Dosage:

Children: Take 1 softgel daily with meals or as directed by a healthcare practitioner. The softgel can be opened, and drops can be mixed in juice or water or rubbed into the skin. Even small children may be able to swallow this tiny gel cap when placed in a spoonful of applesauce or similar textured food product.

Adults: Take 1 or more soft gel daily with meals or juice or as directed by a health care practitioner.

Supplement Facts

Serving size: 1 softgel
Servings per container: 60

Amount Per Serving	%DV
Proprietary blend in certified organic extra virgin olive oil	140 mg
Wild oregano oil P73	*

* Daily Value not established

Other Ingredients: tapioca vegetable gelatin (capsule material)

NEW!

Oreganol P73, Super Strength

60 softgels

Product Code: ORGL-SS



North American Herb & Spice was the first company to introduce edible oil of oregano to the North American market which led to the health improvement of countless numbers of people. It is handpicked in pristine, and unpolluted remote mountains. There is no substitute for Oreganol P73, the original, truly wild, organic, oregano oil that is produced by old-fashioned steam distillation. The P73 daily use formula is the only, truly unprocessed, full-spectrum wild

oregano oil available. The low thymol content in the oil is a sign of quality and a higher safety profile.

Oreganol P73 regular strength is 50 mg per serving of total weight. SuperStrength is the same. However, the difference between super strength and regular strength is that the ratio of olive oil to oregano oil is considerably different, by nearly 3-fold. **Super Strength Oreganol P73 is 285% higher in oregano oil than regular strength.**

Suggested Dosage: Take one softgel daily with meals or juice or as directed by a healthcare practitioner. The softgel can be opened and drops can be mixed in juice, water, or rubbed directly into the skin.

Supplement Facts

Serving size: 1 Softgel
Servings per container: 60

Amount Per Serving	%DV
Proprietary blend in certified organic extra virgin olive oil	140 mg
Wild oregano oil P73	*

* Daily Value not established

Other Ingredients: tapioca vegetable gelatin (capsule material)

NEW! Olivirex®

60 caps

Product Code: OLIV



SUPPORTS MICROBIAL & IMMUNE BALANCE

Throughout the ages, Olive Leaf has been trusted by healers. It naturally addresses unwanted organisms, bringing additional force to oppose biofilms and support immune function. Body and plant unite in action to create resilience. That's why Olive Leaf Extract is the main ingredient in Olivirex®.

Additional select botanicals open channels to support the kidney, lymphatics, and liver – driving the Olive Leaf where the body needs it most while ushering out toxins.

Olivirex® Benefits

- Broad-spectrum support for addressing unwanted microorganisms
- Supports seasonal wellness, especially when combined with Biocidin®TS Throat Spray
- Supports body comfort
- Activates drainage pathways through liver and kidneys to assist in detoxification

Olivirex® Features

- Professional-grade ingredients
- High-potency Olive Leaf Extract, 18% oleuropein
- Contains a synergistic blend of additional botanicals
- Contains adaptogenic herbs
- Concurrent use with Biocidin® often recommended for longstanding or complex health challenges

Suggested Dosage: Take 1 capsule up to three times per day between meals or as directed by a healthcare professional.

Store in a cool dry place

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving	%DV
Olive (Olea Europaea) Leaf Extract (Standardized to min 18% Oleuropein)	375 mg *
Proprietary Herbal Blend Garlic [^] bulb, Noni [^] fruit extract, Uva Ursi leaf, Milk Thistle seed extract, Cordyceps [^] fruiting body, St. John's Wort [^] aerial parts, Dandelion [^] root, Goldenseal [^] root, White Willow [^] bark, Bladderwrack [^] thallus, American Ginseng root extract	53 mg *

* Daily Value not established
[^]Organic

Other Ingredients: vegetable cellulose, vegetable capsule

Parasite Formula

4 fl oz

Product Code: PARA-L



Kids Wellness™ herbal formulas were formulated by Dr. Eric Rydland, a board-certified medical doctor, who has been practicing holistic pediatrics for 40+ years. They are 100% natural herbal formulas made with ethically wild-crafted and/or certified organic herbs only. They are manufactured using a proprietary process which carefully extracts the herbs with alcohol which allows for increased potency and efficacy; the alcohol is then completely removed without heat and the herbs are combined with palm glycerin for sweetness and preservation. These synergistic blends of therapeutic and tonic herbs is time consuming but deliver the best quality product available.

Parasite Formula contains certified organic and/or ethically wild crafted herbs. These herbs have been traditionally used for their effect on intestinal parasites and those in other body locations.

Suggested Dosage: Take 3 times daily according to person's weight or as directed by a healthcare practitioner. Shake well before using. For best results use 4-8 weeks.

- 5-14 lbs = 0.5 ml (10 drops)
- 15-24 lbs = 1.0 ml (20 drops)
- 25-34 lbs = 1.5 ml (30 drops)
- 35-44 lbs = 2.0 ml (40 drops)
- 45-54 lbs = 2.5 ml (50 drops)
- 55-64 lbs = 3.0 ml (60 drops)
- 65-74 lbs = 3.5 ml (70 drops)
- 75-84 lbs = 4.0 ml (80 drops)
- 85+ lbs = 5.0 ml (5 full droppers)

Supplement Facts

Serving size: 50 drops (2.5 mL)
Servings per container: 48

Amount Per Serving	%DV for infants	%DV for children 1-3 years	%DV for Adults and Children 4+ years
Calories	5		
Total Carbohydrate	1g	<1%	<1%
Total Sugars	1g	*	*
Includes 1g Added Sugars		5%	3%
Proprietary Blend	172 mg		
Black Walnut (hull)(nut)	*	*	*
Clove (bud)	*	*	*
Wormwood (herb)	*	*	*
Olive (leaf)	*	*	*
Thyme (leaf)	*	*	*

* Daily Value not established
**Percent Daily Value are based on a 2,000 calorie diet

Other Ingredients: Palm derived vegetable glycerine.

CAUTION: Contains Walnut

Uva Ursi, Liquid Extract

1 fl oz

Product Code: UVA-L



Herb Pharm prepares Uva Ursi Extract from small batches of Arctostaphylos uva-ursi with certified organic cane alcohol for potency and to maintain the balance of phytochemicals as they exist in the plant. Herb identity is assured via macroscopic and organoleptic analysis, then confirmed through methods such as HPTLC fingerprinting specific to each herb. The liquid extracts are easily dispensed, taken in liquid form and added to water or other liquid.

- Certified Organic
- Fresh herb / menstruum ratio: 1:5
- Extraction rate of 140 mg of fresh herb per 0.7 ml
- Gluten-free and non-GMO

Suggested Dosage: Shake Well Before Using. Adults, add 1 full squeeze of the dropper (14 drops) to 2 oz. of water or juice between meals, 2 to 4 times per day.

Children, dose 4-7 drops to juice for taste, 2-3x daily between meals. Please use with children only under the direction of a healthcare practitioner.

Supplement Facts

Serving size: 1 dropper (0.7 ml / 14 drops)
Servings per container: 60

Amount Per Serving	%DV
Uva Ursi Leaf (Arctostaphylos uva-ursi) [^]	673 mg** *

* Daily Value not established
[^] Certified organic and Responsibly Wildcrafted
** Extraction rate 140 mg herb per 0.7 ml

Other Ingredients: Certified organic cane alcohol (52-62%), distilled water & certified organic vegetable glycerin.

Detoxification Support

Calcium D-Glucarate

60 caps

Product Code: CDG-60



Supplement Facts

Serving size: 1 vegetarian capsule
Servings per container: 60

Amount Per Serving	%DV
Calcium (from 200mg of calcium D-glucarate)	24 mg *

* Daily Value not established

Other Ingredients: Microcrystalline cellulose, vegetarian cellulose (capsule), stearic acid, silica.

What Is Calcium D-Glucarate?

Your body needs to go through the process of detoxification in order to keep you healthy. A byproduct of the oxidation of glucose, calcium D-glucarate plays an important role in the body's healthy detoxification process. It helps inhibit enzymes that reverse the detoxification process, helping your body detox the way it should.

Some enzymes work against your body's detoxification process. This formula helps inhibit that reversal.

Calcium D-Glucarate Benefits

- Supports the body's cleaning system
- Helps maintain already-healthy cholesterol levels
- Promotes a healthy inflammatory response
- Provides healthy detoxification support
- Promotes normal cell division

D-glucarate can be found naturally in many foods. Fruits like grapefruits, apples and oranges, as well as cruciferous vegetables, contain D-glucarate. Calcium D-glucarate is also made in the body. D-glucarate helps support effective and healthy detoxification.

Suggested Dosage: Take 1 capsule daily, or as directed by your healthcare practitioner.

Activated Charcoal

100 caps

Product Code: CHAR



Supplement Facts

Serving size: 2 capsules
Servings per container: 50

Amount Per Serving	%DV
Charcoal	560 mg *

* Daily Value not established

Other Ingredients: Gelatin (capsule).

Nature's Way Activated charcoal is made from slowly burning coconut husks to create cavernous chambers that aid in absorption.

Nature's Way Activated Charcoal binds unwanted materials and gas in the digestive tract. Charcoal capsules contain 560 mg of charcoal per serving and are easy to take – no messy powder required.

Suggested Dosage: Take 2 capsules two to three times daily, 3-4 hours before/after meals or as recommended by your healthcare practitioner.

Caution: Not to be taken at the same time as medications or other dietary supplements. If pregnant or nursing, consult your healthcare practitioner prior to use. This product is not intended as a treatment for accidental poisoning.

The Importance of Detoxification

We live in a very toxic world and chronic exposure to many different types of toxins over time can significantly harm our health.

The environmental toxins that most frequently contribute to chronic illness are heavy metals, mycotoxins, and chemicals such as glyphosate. When testing reveals the presence of these and other toxins, New Beginnings Nutritionals has researched-based supplement options for safe and effective detox which is essential to experience improved health outcomes.

We have created several detoxification packages/protocols designed for optimal effectiveness to not just bind toxins, but to provide support to liver, detox and elimination pathways, as well as critical antioxidant support to reduce or prevent Herxheimer reactions. Our detox packages provide easy-to-follow instructions as well as savings over purchasing each supplement separately. You can check these out on pages 5-7.

G.I. Detox™+

60 caps

Product Code: GID



Removes Debris, Mops up Toxins, Helps Cleanse, and Supports Microbiome Balance.

G.I. Detox™+ is a combination of nutrients formulated to provide broader activity than a single-ingredient product. Zeolite clay, activated charcoal, and silica are all binding agents with proven efficacy. The other nutrients in G.I. Detox™+ support healthy digestion and elimination. The full-spectrum binding of G.I. Detox™+ provides a simple solution for environmental and internally produced detoxification. G.I. Detox™+ is an important part of any protocol that includes Biocidin®, as well as any detoxification protocol.

G.I. Detox™+ Benefits:

- Supports healthy detoxification and full-body cleansing
- Assists in “mop up” of biofilm components
- Supports clearance of mold metabolites
- Supports a more comfortable cleaning experience
- May reduce bloating and gas
- Supports mental clarity

G.I. Detox™+ Features:

- Professional-grade ingredients
- Contains widely accepted and recommended binders
- Multi-ingredient formula provides broad-acting binding activity
- Concurrent use of Biocidin® recommended

Supplement Facts

Serving size: 2 capsules
Servings per container: 50

Amount Per Serving	%DV
Proprietary Herbal Blend:	
Zeolite clay, Activated Charcoal, Aloe Vera [^] gel, Apple pectin, Silica, Humic Powder	500 mg *
* Daily Value not established	
[^] Organic ingredient	
Other Ingredients: Vegetable capsule (hydroxypropyl methylcellulose and water)	

Removal of debris and toxins are essential when restoring microbial balance to the G.I. tract. Binding agents are especially integral to protocols using Biocidin®, as the breakdown of biofilms, mycotoxins and pathogens can cause die-off or Herxheimer-type detox reactions.

Zeolite Clay - Chelating and binding agent to assist in removal of toxins and heavy metals. The Zeolite is tested for purity and sourced from within the US.

Activated Charcoal - Sourced from bamboo, it assists in binding and absorbing a variety of organic and inorganic compounds.

Aloe Vera Gel - This anti-inflammatory inner leaf material assists in bowel motility, soothes and promotes healing of the mucosal layer of the GI tract.

Silica - Another well-known chelating agent to assist in binding toxins and metals. It is bound to Acacia Gum to convert easily into orthosilicic acid (OSA) for enhanced bioavailability.

Apple Pectin - Another excellent chelating agent, with a broad affinity for various biotoxins.

Humic Acid - With a broad range of benefits, this natural soil-based agent is known for binding metals and pesticide biotoxins.

Suggested Dosage: Take 1 capsule on an empty stomach with a full glass of water or as directed. Take 1 hour apart from other medications and supplements.

Mycopul™

30 caps

Product Code: MYCO



Exceptionally Pure, Vigorous Mycotoxin Binder

Researched Nutritionals MycoPul™ employs multiple targeted binders to remove mycotoxins (toxins produced by mold), from the GI tract. Because each mycotoxin is unique and responds differently, MycoPul's proprietary MycoPlex™ blend is formulated with multiple targeted ingredients shown in research to bind the most prevalent mycotoxins.

Superior Binding Ingredients:

Included in MycoPlex™ are six targeted binders including G-Pur® Zeolite Clinoptilolite, a patented, highly purified, and natural form of zeolite. G-PUR® uses a proprietary purification process to remove any contaminants it may have previously bound to from soil, enabling it to bind to more within the GI tract. Clinoptilolite is the most desirable form of Zeolite, as other forms of zeolite have high aluminum to silica ratios reducing their binding ability. It is also more stable, meaning it does not break down in the body and has a high affinity for binding ammonia.

The MycoPlex™ blend also contains superior humic acid sourced from a particular peat bog in Europe known to produce the purest and most potent humic substance available. This bog produces material with an average humic acid concentration of 70%, compared to most other sources which average around only 30% humic acid.

MycoPul™ can be used as a standalone product, or as part of a more robust detox protocol by combining it with other Researched Nutritionals® products such as Tri-Fortify®, CytoQuel®, and ToxinPul™.

Suggested Dosage: As a dietary supplement, take 1 capsule once daily on an empty stomach (at least 2 hours after eating or 1 hour before eating) or as directed by your healthcare professional. It is recommended to take a multi-mineral containing supplement at the opposite time of day while using MycoPul™.

Supplement Facts

Serving size: 1 capsule
Servings per container: 30

Amount Per Serving	%DV
MycoPlex™ Complex	
Activated Charcoal, PureBind™ Humic Acid, Fulvic Acid, G-PUR® Purified Zeolite Clinoptilolite, Microchitosan, Silica (from Bamboo Extract)	600 mg *
* Daily Value not established	
Other Ingredients: Hypromellose (vegetable capsule) Contains: Shellfish (snow crab)	

Caution: This product contains shellfish (snow crab).

Sulforaphane Activated

60 caps

Product Code: SLPH



- Protects against Oxidative Stress
- Reduces Inflammation
- Supports Brain Health
- Antioxidant Protection
- Supports Detoxification

New Beginnings Nutritionals' Sulforaphane Activated is a special blend designed specifically to yield 24 mg of sulforaphane in a delayed capsule for optimal absorption.

This superior and efficacious formulation contains high amounts available of the heavily studied and multi-patented ingredient Sulforaphane Glucosinolate, found in broccoli, broccoli sprouts, and broccoli seeds. It has been specially formulated using a patented CO2 extraction method to preserve myrosinase along with added myrosinase from the broccoli seed. Myrosinase is a key enzyme needed to convert sulforaphane glucosinolate into sulforaphane in the small intestine for enhanced phase 2 detoxification and NRF2 activation.

Sulforaphane Activated has been specially formulated to preserve myrosinase which results in the highest sulforaphane potential in the body, even in those with impaired gut function.

The delayed release capsule utilized by this formula is designed to pass through the stomach without degradation caused by stomach acid and release in the small intestine for better absorption into the bloodstream.

Supplement Facts

Serving size: 1 capsule
Servings per container: 60

Amount Per Serving	%DV
Broccoli (Brassica oleracea L. italica) (seed) extract (Myrosinase Enzyme Activated) (NLT 10% Sulforaphane Glucosinolate†, 60 mg)	600 mg *

* Daily Value not established

Other Ingredients: Hypromellose and gellan gum (delayed release capsule), proprietary blend (containing myrosinase enzyme and calcium ascorbate)

† Sulforaphane Glucosinolate is produced under U.S. patents: 5,725,895; 5,968,567; 6,177,122; 6,242,018; 7,303,770 and patents pending.

Suggested Dosage: Take 1 capsule once per day or as directed by your healthcare practitioner.

Primary Detox®

2 ml

Product Code: PDTX



For over 30 years Bioray® herbal and probiotic products have been utilized as a trusted partner and natural solution for health and wellbeing. Bioray has married ancient Chinese herbalism with science to bring you the most effective all-natural products.

Benefits of PRIMARY DETOX®:

- Removes toxic metals including lead, mercury and arsenic
- Removes other toxins including dioxin, PBB's and organophosphates
- Supports healthy adrenal and liver function
- Made with organic and wild crafted herbs
- Contains Micronized Chlorella
- Heavy duty detox tonic with medicinal mushrooms
- Helps improve memory, immune function & environmental tolerance
- Helps eliminate brain fog
- Helps increase vitality, energy, and focus

Suggested Dosage:

Adults and teenagers: Take 1 ml, 1 to 2 times per day in water, juice, or tea.

Children and Sensitive Individuals: Start with 1 drop daily and titrate up as tolerated. Work up to 13 drops, 2x daily for under 30lbs. and 26 drops 2x daily for 41-75lbs.

Recommended for a minimum of 2 - 4 months or as needed depending upon individual imbalances.

For Maintenance: Adults, take 1 ml a day, 2-4 times per week. Half this dose for children.

Supplement Facts

Serving size: 2 ml (2 full droppers)
Servings per container: 15

Amount Per Serving	%DV
Calories	5
Total Carbohydrate	1 g <1%**
Proprietary Blend	
Micronized Chlorella (NDF®), CytoFlora® Probiotic Lysates, Cilantro, Fragrant Solomon's Seal Root, Eleuthero Root, Agaricus Blazei Mushroom, Reishi Mushroom, Licorice Root, Polygonatum Root, Red Root, Milk Thistle Seed, Olive Leaf, Turkey Tail Mushroom, Schisandra Berry, Maitake Mushroom.	500 mg *

* Daily Value not established

**Percent Daily Value based on a 2,000 calorie diet

Other Ingredients: Vegetable Glycerine and Deionized water. Probiotics are hypoallergenic, in a dairy-free rice base.

ToxinPul™ Multi-Function Detox

90 caps

Product Code: TOXP



ToxinPul™ by Researched Nutritionals is a multi-function binder and detox support formula developed to provide the most comprehensive support available.

ToxinPul™ has multiple mechanisms of action:

- Binds heavy metals and toxins such as glyphosate
- Multiple binders provide full-spectrum support for a wide range of toxins and metals
- Includes both systemic and GI tract binders
- Supports essential detoxification organs and pathways
- Herbal blend supports liver and kidney function
- Supports bile flow for healthy toxin removal
- Vitamin C for antioxidant support

Suggested Dosage: As a dietary supplement, take 3 capsules once daily on an empty stomach (at least 2 hours after eating or one hour before eating) or as directed by your healthcare professional. It is recommended to take a multi-mineral containing supplement at the opposite time of day while using ToxinPul™

Supplement Facts

Serving size: 3 capsules
Servings per container: 30

Amount Per Serving	%DV
Vitamin C (from LivCleanse™ Complex)	100 mg 111%**
ToxPul™ Complex	
Fulvic Acid, PureBind™ Humic Acid, Organic Cilantro Leaf (Coriandrum sativum), Silica, Chlorella (Broken Cell) Powder (Chlorella vulgaris)	660 mg *
LivCleanse™ Complex	
Taurine, Dandelion (root) (Taraxacum officinale), Quercetin™ (Stabilized Quercetin), Vitamin C (as ascorbic acid)	1200 mg *

* Daily Value not established

**Percent Daily Value based on a 2,000 calorie diet

Other Ingredients: Silicon dioxide, hypromellose (vegetable capsule)

Enzymes

Candex

120 caps

Product Code: CNDX-120



Supplement Facts

Serving size: 2 Capsules
Servings per container: 60

Amount Per Serving	%DV
Proprietary Blend of High Potency Vegetarian Enzymes	640 mg *
Cellulase	
Hemicellulase	
Amylase	
Invertase	
Glucoamylase	

* Daily Value not established

Other Ingredients: HPMC (vegetable capsule).

Candex is a fast-acting cleanse to support a healthy gut microbiome without major dietary restrictions. It also supports healthy energy levels and immune response.

Candex is a potent cellulase enzyme product formulated specifically for the treatment of *Candida albicans*. Since the cell wall of candida is mostly made up of fiber, digestive enzymes such as cellulase and hemicellulase can effectively kill candida by breaking it down. Candex does not cause herxheimer (or die-off) reaction and yeast cannot become resistant to this type of treatment. Fiber digesting enzymes are safe and work most effectively when taken apart from meals.

Suggested Dosage:

Day 1 & 2: Take 1 capsule in the morning with 8 oz. water

Day 3 & 4: Take 1 capsule in the morning and night with 8 oz. water

Thereafter: Take 2 capsules morning & night with 8 oz. water

Always use between meals with at least 8 oz. of water.

Children: Take 1/2 capsule per 40 lbs. of body weight one hour before meals or two hours after meals. Capsules can be swallowed or opened up and mixed into a small amount of liquid.

Dairy & Gluten Digest



- Promotes Healthy Gluten and Dairy Digestion
- Supports Gastrointestinal Comfort and Function
- Relieves Bloating or Gas due to Gluten and Dairy Consumption
- Targeted Enzyme Support for Food Sensitivities

Dairy & Gluten Digest is a uniquely designed digestive enzyme targeted to help maintain healthy gluten and dairy digestion. This unique enzyme product includes both endopeptidase and exopeptidase activity chosen for their ability to hydrolyze gluten proteins, as well as a unique mixture of protease enzymes and lactase to assist the digestion of multiple constituents of dairy products.

The unique combination of endopeptidases and exopeptidases present in Dairy & Gluten Digest efficiently degrade both the internal and terminal peptide bonds of the gluten molecule.

Specifically, enzymatic action creates the correct endopeptidase cleavage pattern near the long chain amino acids that need to be hydrolyzed by the exopeptidase, producing rapid degradation of gluten. The resultant smaller amino acids may be more easily absorbed by the body.

Studies have demonstrated the ability of the enzyme blend in Dairy & Gluten Digest to break down the lactose present in dairy quickly and efficiently and degrade varying lactose loads as measured via hydrogen breath test, along with reducing associated gastrointestinal symptoms.

Protease enzymes in Dairy & Gluten Digest support dairy protein digestion and absorption. Specifically, these enzymes hydrolyze milk proteins into smaller peptides that may be better absorbed by the body and less likely to bind to antibodies and help maintain normal immune balance.

Suggested Dosage: Take 1 capsule before a meal or as recommended by your healthcare practitioner.

Digest-Mate

180 caps

Product Code: DGST-180



Supplement Facts

Serving size: 2 Capsules
Servings per container: 90

Amount Per Serving	%DV
Sodium	15 mg <1%
Pancreatin	350 mg *
Protease (from Pancreatin)	(70,000 USP Units) *
Amylase (from Pancreatin)	(70,000 USP Units) *
Lipase (from Pancreatin)	(5,600 USP Units) *
Betaine Hydrochloride USP	300 mg *
Pepsin	150 mg (450,000 FCC Units) *
Ox Bile (Disiccated)	120 mg *
Bromelain (from Pineapple)	100 mg (240 GDU) *
Papain	100 mg (600,000 USP Units) *

* Daily Value not established

Other Ingredients: Gelatin (Capsules), Microcrystalline Cellulose, Magnesium Stearate, and Calcium Silicate.

Contains plant and animal enzymes.

- Supports Healthy Digestion and Maximizes Nutrient Absorption
- Supports Gastric Acid Balance and Digestive Function
- Provides Protease-Rich Digestive Enzymes for Improved Protein Breakdown

New Beginnings Nutritionals' Digest-Mate is a full-spectrum enzyme strategically designed to support each phase of digestion. In the gastric phase, betaine HCl and pepsin prime the stomach, ensuring proper pH to initiate the first phase of digestion. This sets up the second stage of digestion, the enteric phase, in which high-concentration pancreatin that includes protease, amylase, and lipase, which is released and activated in the small intestine to ensure proper protein breakdown and fat absorption. This unique blend of high-powered enzymes works in synergy to enhance digestion and ensure maximum nutrient intake.

Suggested Dosage: Take 1-2 capsule before each meal or as recommended by your healthcare practitioner.

60 caps

Product Code: DGD-60

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving	%DV
"Dairy-Gluten Digestion Blend (Dairylytic® and Glutalytic®)"	350 mg *
Endopeptidase Complex	75,000 HUT/500 SAPU *
Exopeptidase	125 DPP IV *
Lactase	4,500 ALU *

* Daily Value not established

Other Ingredients: Microcrystalline Cellulose, Hypromellose (Natural Vegetable Capsule), Magnesium Stearate and Silicon Dioxide

Dairylytic® and Glutalytic® are registered trademarks of Deerland Probiotics and Enzymes, Inc.

InterFase Plus®



InterFase Plus® provides a unique enzyme formulation with the addition of ethylenediaminetetraacetic acid (EDTA). The presence of calcium, iron, and magnesium is essential for biofilm creation and serves to cross-link the anionic regions for polymers. InterFase Plus® includes EDTA which binds to the metals needed for biofilm formation. Biofilm consists of microorganisms encased within a self-produced matrix of exopolysaccharides and exoproteins that strongly adheres to interfaces and resists dislodgement. Microorganisms residing within biofilms are highly resistant to antimicrobials including antibiotics and bacteriocins produced by probiotics. InterFase Plus® is a unique enzyme formulation with EDTA that is especially designed to disrupt the biofilm matrix that embeds potential gastrointestinal pathogens.

Enzymes in InterFase Plus® are selected for their ability to loose the extracellular polymers commonly found in biofilm as well as degrade bacterial and yeast cell wall structures. The enzyme blend in InterFase Plus® was developed using in vitro testing of antibiofilm activity and was found

to have significant antibiofilm activity resulting in meaningful degradation of biofilm communities of potentially pathogenic bacteria and yeast. InterFase Plus® is intended for use in conjunction with efforts to support normal gastrointestinal function and microflora. As an adjunct to other efforts to eliminate potential pathogens, it is best combined with use of a high-potency, broad, multispecies probiotic formulation and a prebiotic to encourage the formation of healthy intestinal microbial biofilm communities. It may also be combined with antimicrobial agents. The capsules should be taken away from meals to maximize the enzyme effects.

Suggested Use: Adults: depending on age and size; take 2 capsules, 1 to 4 times daily between meals or as directed by a healthcare practitioner.

120 caps

Product Code: INTP-120

Supplement Facts

Serving size: 2 Capsules
Servings per container: 60

Amount Per Serving		%DV
Sodium (as disodium EDTA)	30 mg	1%
Proprietary Enzyme/EDTA Blend	675 mg	*
Polysaccharide Specific Enzymes		
Glucoamylase (with isomaltase side chain activity)		*
Chitosanase		*
Cellulase		*
Hemicellulase/Pectinase Complex		*
Beta Glucanase		*
Protein and Peptide Specific Enzymes		
"Protease/Peptidase Complex with endopeptidase, exopeptidase, and DPP-IV activity"		*
Other Enzymes and EDTA		
Lysozyme (from egg white)		*
Serratia peptidase (from Serratia marcescens) (enteric-coated) (Peptizyme SP®)**		*
EDTA (as disodium EDTA)		*

* Daily Value not established

**Peptizyme SP®, a registered trademark of Specialty Enzymes.

Other Ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), ascorbyl palmitate, and microcrystalline cellulose.

Caution: Contains Egg. Individuals with known egg white allergy should consult their physician before using this product.

Muco-Solve®



Muco-Solve®, by True Healing Naturals, contains a combination of unique enzymes that have the ability to dissolve the polysaccharide and fibrin components of biofilm. It also contains small quantities of a weak organic acid that help bind the metals, like iron and calcium, that hold the biofilm together. When these metals are removed from the biofilm, the film will detach. Because this enzyme lacks any significant amount of protease, which can irritate a sensitive GI tract, Muco-Solve® can be taken on an empty stomach. In fact, it may be recommended by clinicians to use this product on an empty stomach followed by appropriate natural or pharmaceutical antimicrobials that target a specific bug or bugs residing in the biofilm community.

Muco-Solve® can be used as a temporary adjunctive treatment to help restore gut health. Microbiome restoration requires more than just recognizing a pathogen and killing it to help regain a healthy flora. It may also require a healthy, nutritious whole food diet, high in fiber, flavonoids, isoflavones, Probiotics and Prebiotics. Your health care professional can help guide

you through this process to help regain true health.

Suggested Dosage: Take 1 capsule daily or as recommended by your health care professional.

90 caps

Product Code: MUCO

Supplement Facts

Serving size: 1 Capsule
Servings per container: 90

Amount Per Serving		%DV
Pectinase	350 endo-PGU	*
Amylase	10,000 DU	*
Protease S	50 mg	*
Glucoamylase	50 AGU	*
Serratiopeptidase	15,000 SPU	*
Beta Glucanase	60 BGU	*
Protease AM	10 AP	*
Fungal Protease	5,000 HUT	*
Xylanase	1,000 XU	*
Cellulase	1,000 CU	*
Alpha Galactosidase	100 GalU	*
Lipase	700 FIP	*
Invertase	80 SU	*

* Daily Value not established

Other Ingredients: Rice maltodextrin, disodium EDTA, vegetable capsule (hypromellose, water), median chain triglycerides (MCT).

CAUTION: Contains soy

Houston's AFP Peptizyde

90 caps

Product Code: PEPT



- Enzyme combination for digestion of food protein
- Supports breakdown of dairy and wheat proteins
- Includes Dipeptidyl Peptidase IV (DPP IV) enzyme activity
- Safe, non-toxic supplement for GFCF Diet

AFP Peptizyde is a combination of three different enzymes that break down food proteins. These enzymes are isolated and purified from fungal sources. The combination of these specific enzymes allows much more efficient means of quickly and thoroughly breaking proteins into smaller components. The enzymes in AFP Peptizyde work only on food proteins, not carbohydrates, fats, or other compounds, and do not interfere with medications or other supplements (unless they are also proteins, which is extremely unlikely). AFP Peptizyde may be used in combination with other enzyme products.

The enzyme dipeptidyl peptidase IV, or DPP IV, is able to break down and inactivate the exorphin peptide casomorphin from dairy. However, for maximal protein breakdown, it is not useful alone, and should be combined with other proteases with different and less stringent peptide bond specificity. For this reason, AFP Peptizyde contains two other fungal-derived proteases with high activity in acid conditions. These enzymes are present in AFP Peptizyde in high amounts for the purpose of quickly hydrolyzing (breaking down) proteins while the food is still in the stomach. The ability of AFP Peptizyde enzymes to withstand the low pH of the stomach and remain active under acidic conditions allows breakdown of casein and gluten prior to entrance into the small intestine. Casein and gluten, in the presence of pancreatic enzymes in the small intestine, can produce exorphin peptides that may be readily absorbed from the intestine (these peptides are not absorbed from the stomach). AFP Peptizyde supplements the "normal" breakdown of casein, gluten, and other food proteins such that the exorphin peptides are less likely to be produced. The additional acid-stable protease activity provided by AFP Peptizyde allows protein break down to occur earlier and more thoroughly since very little protease activity exists in the stomach.

AFP Peptizyde contains only those enzymes needed for protein hydrolysis. No other enzymes, such as those for carb and fat digestion, have been added. This allows one to customize enzyme supplementation to their specific dietary needs. Another advantage to this approach is that less potential exists for intolerance reactions due to additional and perhaps unnecessary enzyme proteins. Also, by using only three enzyme blends in AFP Peptizyde, larger amounts of each enzyme can be added per capsule. This ensures that more breakdown of food protein can take place in the short time that food is in the stomach.

Another advantage to this approach is that less potential exists for intolerance reactions due to additional and perhaps unnecessary enzyme proteins. Also, by using only three enzymes blends in AFP Peptizyde, larger amounts of each enzyme can be added per capsule. This ensures that more breakdown of the food protein can take place in the short time that food is in the stomach.

AFP Peptizyde is NOT intended to allow gluten back in the diet for those with celiac disease. Anyone with celiac disease should maintain a gluten-free diet. No supplement will allow those with celiac disease to ingest gluten.

AFP Peptizyde is recommended for high protein diets, and dosing may be increased for those meals. No more than 3 capsules are recommended to be taken at any one time.

Contraindications for Enzyme Supplementation

These enzymes should be used with care under the following circumstances: active stomach or duodenal ulcers, severe bowel inflammation (characterized by blood in stools), hemophilia and other bleeding disorders, or within a week of scheduled surgery. This product may not be appropriate for those with known allergies to Aspergillus enzyme proteins, though non-specific mold allergies do not necessarily preclude use of fungal enzymes. Consult your medical doctor for further advice, and err on the side of caution. Those with known anaphylactic allergic reactions to fungal proteins should NOT ingest fungal-derived enzymes.

Suggested Dosage: Take 1 capsule before meals and snacks. Contents can be opened and mixed with food or beverage. Use care not to inhale enzyme powder. For the infrequent and large food challenge, as much as 3 capsules may be given but no further benefits will occur with higher dosing. Maximum consistent dosing per day is suggested to be no more than 9 capsules per day. No upper limit has been established for enzyme dosing. Most find using 1 to 3 capsules per meal adequate, and most likely no further benefits will occur with higher dosing. We encourage some experimentation to find the dose that best helps each person.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 90

Amount Per Serving		%DV
Proprietary Enzyme Blend	320 mg	*
Peptidase (source DPP IV)	55,00 HUT	*
DPP IV	1,100 DPU	*
Protease 4.5	25,000 HUT	*
Protease 6.0	25,000 HUT	*

* Daily Value not established

Other Ingredients: Capsule (hypromellose and water), microcrystalline cellulose and medium chain triglyceride powder.

CAUTION: MCT powder is derived from palm/coconut kernel oil.
DO NOT USE if active ulcers or GI bleeding are present.

Houston's TriEnza & Houston's TriEnza Chewable



180 caps

Product Code: TRI-180

180 tabs

Product Code: TRI-CHEW

The unique blend of enzymes in TriEnza break down foods to help prevent occasional digestive discomfort from food intolerances.

- Enzyme product for multiple food intolerances
- Supports digestion of proteins, carbohydrates, polyphenols and fats
- Re-designed enzyme blend contains multiple proteases to help break down wheat, dairy, soy, meats and other food proteins
- Acid-stable enzymes start food break down while still in stomach
- Selective in breaking down fibers, preserves those that benefit the microbiome

The enzymes in TriEnza offer support for:

- Food proteins
- Carbohydrates
- Polyphenolic vegetables and fruits
- Wheat
- Sugars
- Breaks down zylan-containing fiber but preserves cellulose and glucan fibers
- Dairy
- Fats

TriEnza was specially formulated for your dietary needs by biochemist Devin Houston, Ph.D.

Contraindications for Enzyme Supplementation

These enzymes should be used with care in cases of active stomach or duodenal ulcers, severe bowel inflammation, hemophilia and other bleeding disorders, or within a week of scheduled surgery. This product may not be appropriate for those with known allergies to Aspergillus enzyme proteins, though non-specified mold allergies do not necessarily preclude use of fungal enzymes. Consult your medical doctor for further advice, and err on the side of caution. Those with known anaphylactic allergic reactions to fungal proteins should NOT ingest fungal-derived enzymes.

Suggested Dosage (Capsules): Take 2 capsules at beginning of meal as needed. Less may be adequate for smaller meals. Most finding 2 - 4 capsules adequate, and most likely no further benefits will occur with higher dosing, though more may be given for the infrequent and large food challenges. Capsules can be opened and contents mixed with food or beverage. Use care to not inhale the enzyme powder.

Suggested Dosage (Chewable): Take 4 tablets at the beginning of each meal. Fewer tablets may be taken for smaller meals. Two tablets are the equivalent to one TriEnza capsule.

Supplement Facts

Serving size: 2 Capsules
Servings per container: 90

Amount Per Serving		%DV
Enzyme Blend	500 mg	*
Peptidase (with DPP IV)	30,000 HUT	*
DPP IV	600 DPPU	*
Xylanase	16,000 XU	*
Amylase (with Diastase)	12,000 DU	*
Diastase	12,000 DP*	*
Protease 6.0	25,000 HUT	*
Protease	40,000 PC	*
Alpha-Galactosidase	480 GAIU	*
Glucosylase	32 AGU	*
Lactase	1,600 ALU	*
Invertase	800 SU	*
Lipase	800 FIP	*

* Daily Value not established

Other Ingredients: Capsule (hypromellose and water), microcrystalline cellulose and medium chain triglyceride powder.

Supplement Facts

Serving size: 4 Tablets
Servings per container: 45

Amount Per Serving		%DV
Calories	10	
Total Carbohydrates	2 g	<1%**
Total Sugars	1 g	*
Including 1 g added sugars		2%**
Xylitol	<1 g	*
Enzyme Blend	660 mg	*
Peptidase (with DPP IV)	30,000 HUT	*
DPP IV	600 DPPIV	*
Xylanase	16,000 XU	*
Amylase (w diastase)	12,000 DU	*
Diastase	12,000 DP	*
Protease 6.0	25,000 HUT	*
Protease	40,000 PC	*
Glucosylase	32 AGU	*
Alpha-galactosidase	480 GalU	*
Lactase	1,600 ALU	*
Invertase	800 SU	*
Lipase	800 FIP	*

* Daily Value not established

**Percent Daily values are based on a 2000 calorie diet.

Other Ingredients: Fructose, granular xylitol, natural lemonade flavor, natural pomegranate flavor, hydroxypropyl cellulose, magnesium stearate, citric acid and silica.

Essential Fatty Acids

Carlson's Cod Liver Oil - Lemon Flavored Carlson's Cod Liver Oil - Unflavored



500 mL

Product Code: CLOL

500 mL

Product Code: CLOL-NLM

Supplement Facts

Serving size: 1 Teaspoon (5 ml)
Servings per container: 100

Amount Per Serving		%DV
Calories	40	
Total Fat	4.5 g	6%**
Saturated Fat	0.5 g	3%**
Cholesterol	15 mg	5%
Vitamin A (from cod liver oil and retinyl palmitate)	255 mcgRAE ^{^^}	28%
Vitamin D (from cod liver oil and cholecalciferol)	10 mcg (400 IU)	50 %
Vitamin E (as d-alpha tocopherol)	6.7 mg	45%
Norwegian Cod Liver Oil	4.6 g	*
Total Omega-3 Fatty Acids [^]	1,100 mg	*
DHA (Docosahexaenoic Acid) [^]	500 mg	*
EPA (Eicosapentaenoic Acid) [^]	400 mg	*
DPA (Docosapentaenoic Acid) [^]	50 mg	*

* Daily Value not established
**Percent Daily Values are based on a 2,000 calorie diet.
[^]Reported as triglycerides.
^{^^}Vitamin A: 255 mcg RAE=850 IU

Other Ingredients: Natural lemon flavor, natural mixed tocopherols.
Contains fish (cod).

Supplement Facts

Serving size: 1 Teaspoon (5 ml)
Servings per container: 100

Amount Per Serving		%DV
Calories	40	
Total Fat	4.5 g	6%**
Saturated Fat	0.5 g	3%**
Cholesterol	15 mg	5%
Vitamin A (from cod liver oil and retinyl palmitate)	255 mcgRAE ^{^^}	28%
Vitamin D (from cod liver oil and cholecalciferol)	10 mcg (400 IU)	50 %
Vitamin E (as d-alpha tocopherol)	6.7 mg	45%
Norwegian Cod Liver Oil	4.6 g	*
Omega-3 Fatty Acids [^]	1,100 mg	*
DHA (Docosahexaenoic Acid) [^]	500 mg	*
EPA (Eicosapentaenoic Acid) [^]	400 mg	*
DPA (Docosapentaenoic Acid) [^]	50 mg	*

* Daily Value not established
**Percent Daily Values are based on a 2,000 calorie diet.
[^]Reported as triglycerides.
^{^^}Vitamin A: 255 mcg RAE=850 IU

Other Ingredients: Natural mixed tocopherols.
Contains fish (cod).

- Promotes cardiovascular, cognitive, vision health and joint function
- 1,100 mg of omega-3s (EPA, DHA, DPA) per teaspoonful + vitamins A & D3
- Wild caught, sustainable sourced Norwegian Arctic Cod
- Available in Lemon or Natural flavor

Carlson's Cod Liver Oil has received numerous awards for its taste and quality. They source the highest quality Arctic cod off the coast of Norway using traditional, sustainable methods. The same day they are caught, the cod are transported to a highly regulated Norwegian facility for processing and purification. Carlson Cod Liver Oil is bottled with a touch of vitamin E and is given a nitrogen flush to remove oxygen and to prevent oxidation to ensure long lasting freshness.

Carlson's Cod Liver Oil is also high in Omega-3 fatty acids (DHA, EPA, DPA), in which many children and adults are deficient. Adequate levels of these Essential Fatty acids are of vital importance for maintaining good health. Deficiencies can be a factor in skin conditions, leaky gut, cognitive functioning, inappropriate pain response, poor muscle reflexes, immune system function, inflammation and many other conditions.

Suggested Dosage: 1 teaspoon (5 ml) daily at mealtime, or as suggested by your healthcare practitioner. Refrigerate after opening and preferably use within 100 days.

Nordic Naturals Arctic Cod Liver Oil, Strawberry

8 fl oz

Product Code: CLOL-S



- Promotes brain and heart health
- Supports immune and nervous systems
- 1060 mg total omega-3s
- Sustainably sourced in Norway from 100% wild Arctic cod

Nordic Naturals' cod liver oil is offered in the triglyceride molecular form—the form naturally found in fish, and the form your body most easily absorbs. It is non-GMO and third-party tested, surpassing the strictest international standards for purity and freshness. There are virtually undetectable levels of environmental toxins, such as PCBs and heavy metals. The oxidation values are well-below international standards ensuring great taste, no fishy burps, and biological efficacy. There are also no genetically engineered GMO proteins and genes.

Purified cod liver oil is recommended to support normal brain development, visual function and to increase DHA level in active kids. Studies have shown that omega-3 supplementation enhances learning and achievement, positive moods, improved blood viscosity, joint mobility,

flexibility, and memory function.

Suggested Dosage: Adults take one teaspoon daily, with food, or as directed by your healthcare practitioner. For best results, please refrigerate and use within three months after opening.

Supplement Facts

Serving size: 1 Teaspoon (5 ml)
Servings per container: 48

Amount Per Serving		%DV
Calories	40	
Total Fat	4.5 g	6%
Saturated Fat	1 g	4%
Cholesterol	20 mg	6%
Total Omega-3s [^]	1060 mg	*
DHA (Docosahexaenoic Acid)	510 mg	*
EPA (Eicosapentaenoic Acid)	340 mg	*

* Daily Value not established
**Percent Daily Values are based on a 2,000 calorie diet.
[^] Includes EPA, DHA, and Other Omega-3s in triglyceride form. Vitamins A and D are naturally occurring in cod liver oil. Each serving contains up to 30% DV for vitamin A and less than 2% of the DV for vitamin D.

Other Ingredients: Purified arctic cod liver oil, natural flavor, RRR-alpha tocopherol (antioxidant), rosemary extract (a natural preservative).

NEW! EQUAZEN® PRO Jelly Chews

45 count Product Code: EPJC



EQUAZEN® PRO is a medical food to address fatty acid deficiencies common in people with ADHD and some related neurodiverse conditions that cannot be resolved by normal diet modification alone. In clinical trials among kids and teens with ADHD, the EQUAZEN®

PRO formula showed on average significant improvements in focus, attention, academic performance, and balanced mood.

More often than not, traditional fish oil products contain only omega-3 fatty acids. A 2022 review, published in Nutrients concluded that taking omega-3 fatty acids alone might not be sufficient to effectively support patients with ADHD and neurodiverse conditions. Overall, studies show a combination of EPA and DHA with GLA in a 9:3:1 ratio is associated with ADHD symptom improvement. This suggests a combination of PUFAs may lead to better outcomes.

EQUAZEN® PRO's composition of omega-3 and omega-6 fatty acids—in the unique ratio mentioned above—promotes healthy fatty acid metabolism and balanced omega fatty acid levels, and offers an additional means to support those with ADHD to reach their potential.

Supplement Facts

Serving size: 3 Jelly Chews
Servings per container: 15

Amount Per Serving	%DV
Calories	15
Total Fat	2 g
Total Carbohydrate	2 g
Omega-3 & 6 Oils	1,700 mg *
Omega-3 Fatty Acids	
As EPA	558 mg *
As DHA	174 mg *
Omega-6 Fatty Acid	
As GLA	60 mg *

* Daily Value not established
**Percent Daily Values are based on a 2,000 calorie diet.
Other Ingredients: Concentrated fish oil (wild anchovy), evening primrose oil, xylitol, purified water, sorbitol, gelatin (fish; tilapia & basa), natural flavors, trisodium citrate, gum arabic, ascorbic acid, paprika extract, stevia leaf extract.

Suggested Dosage: Take 3 jelly chews daily with food or as directed by a healthcare professional.

NEW! EQUAZEN® PRO

90 soft gels Product Code: EPSJ



EQUAZEN® PRO is a medical food to address fatty acid deficiencies common in people with ADHD and some related neurodiverse conditions that cannot be resolved by normal diet modification alone. In clinical trials among kids and teens with ADHD, the EQUAZEN® PRO formula showed on average significant improvements in focus, attention, academic performance, and balanced mood.

More often than not, traditional fish oil products contain only omega-3 fatty acids. A 2022 review, published in Nutrients concluded that taking omega-3 fatty acids alone might not be sufficient to effectively support patients with ADHD and neurodiverse conditions. Overall, studies show a combination of EPA and DHA with GLA in a 9:3:1 ratio is associated with ADHD symptom improvement. This suggests a combination of PUFAs may lead to better outcomes.

EQUAZEN® PRO's composition of omega-3 and omega-6 fatty acids—in the unique ratio mentioned above—promotes healthy fatty acid metabolism and balanced omega fatty acid levels, and offers an additional means to support those with ADHD to reach their potential.

Suggested Dosage: Take 3 soft gels daily with food or as directed by a healthcare professional.

Supplement Facts

Serving size: 3 Softgels
Servings per container: 30

Amount Per Serving	%DV
Calories	15
Total Fat	2 g
Total Carbohydrate	<0.5g
Omega-3 & 6 Oils	1,700 mg *
Omega-3 Fatty Acids	
As EPA	558 mg *
As DHA	174 mg *
Omega-6 Fatty Acid	
As GLA	60 mg *

* Daily Value not established
**Percent Daily Values are based on a 2,000 calorie diet.
Other Ingredients: Concentrated fish oil (wild anchovy), evening primrose oil, gelatin (bovine), glycerol, rosemary extract, mixed tocopherols, sunflower oil.

NEW! OmegaNeeds

60 softgels Product Code: OMEG



OmegaNeeds™ is a concentrated supplement of omega-3 fatty acids consisting of a blend of small oily fishes (e.g., anchovies and sardines) and krill oils. This provides the benefits of both high dosing AND phospholipids, for the promotion of brain, eye, heart, skin, hair, and general health.

OmegaNeeds™ is different from other products in that the contents are partially purified oils from oily fishes (anchovies, sardines,,) and crustaceans (krill). These oils contain multiple compounds including Omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), Phospholipids, including phosphatidylcholine (PC) and phosphatidylserine (PS) and Astaxanthin. Additional phosphatidylserine (PS) is added to boost the amount of this important phospholipid.

No major brands on the market combine these important oils together, until now. OmegaNeeds™ contains multiple compounds designed to:

- Support Improved Brain and Eye Function*
- Lessen Frequency and Severity of Migraines*
- Facilitate Improved Mood and Memory*
- Manage High Cholesterol Profiles*
- Improve Blood Sugar Regulation*
- Promote Healthy Hair & Skin*
- Reduce Inflammation*

Suggested Dosage: Adults: Take 2 softgels daily, with food, or as directed by your health care practitioner.
Children: Take 1 softgel daily, with food, or as directed by your health care practitioner.

Supplement Facts

Serving size: 2 Softgels
Servings per container: 30

Amount Per Serving	%DV
Calories	5
Calories from Fat	5
Total Omega-3 Fatty Acids	920 mg *
EPA (Eicosapentaenoic acid)	500 mg *
DHA (Docosahexaenoic acid)	325 mg *
Phospholipids	225 mg *
Astaxanthin	300 mcg *
Phosphatidylserine (as Sunflower Seed 50%)	50 mg *

* Daily Value not established
Percent Daily Values are based on a 2,000 calorie diet.
Other Ingredients: Antarctic krill oil, purified deep sea fish oil (from anchovies and sardines), gelatin, vegetable glycerol, purified water.

Caution: Contains shellfish (krill).

NEW!

ProOmega® Junior



- Smaller 500 mg soft gels are easy to swallow or chew
- Ideal for children, older adults, and people of all ages
- High-intensity support for the heart and brain
- Great-tasting, all-natural strawberry flavor

ProOmega® Junior offers high-intensity omega-3 support for the heart and brain.

Ideal for children, older adults, and people of all ages, the strawberry-flavored, 500 mg soft gels are easily swallowed or chewed.

Suggested Dosage: Take 2 soft gels daily, with food, or as recommended by your health care professional.

90 soft gels

Product Code: PRO-JR

Supplement Facts

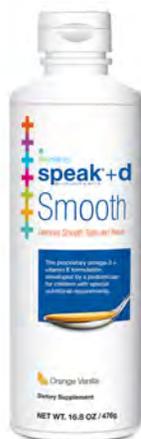
Serving size: 2 Softgels
Servings per container: 45

Amount Per Serving	%DV
Calories	10
Total Fat	1 g 1%
Saturated Fat	0 g 0%
Trans Fat	0 g *
Total Omega-3s	680 mg *
EPA (Eicosapentaenoic Acid)	340 mg *
DHA (Docosahexaenoic Acid)	245 mg *
Other Omega-3s	95 mg *

* Daily Value not established
Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, glycerine, water, natural strawberry flavor), natural strawberry flavor, d-alpha tocopherol (antioxidant), rosemary extract (a natural preservative).

SPEAK +d Smooth



Formulated by a pediatrician and noted researcher

The speak® formulation includes seven nutrients in precise servings and ratios for children with special nutritional needs. Each serving of speak® contains concentrated, ultra-purified omega-3 (725 mg EPA, 275 mg DHA) in addition to rich amounts of two forms of vitamin E. Omega-3 supports cognitive function and is paired with the antioxidant vitamin E. Optimal amounts of both d-alpha and gamma tocopherols function as key antioxidants and operate along omega-3 fats to support neurological health and provide essential nutrition. Due to the theoretical blood thinning effects of omega-3 and vitamin E, vitamin K (a normal and healthy blood clotting nutrient) is also included. This precise combination of purified ingredients is delivered in delicious Speak® Smooth in a 1 Tbsp. serving resulting in greater ease of use for parents and children.

Speak+d Smooth contains 800 IU of vitamin D3 per serving. Experts agree that vitamin D3 in certain populations is of particular importance and benefit. The vitamin D3 contained in the speak formulations is non-corn, non-soy, non-GMO, and organic.

This precise combination of pharmaceutical grade ingredients is delivered in a delicious, smoothie-type liquid that kids will actually ask to take.

Suggested Dosage: Shake well. Begin with ½ tablespoon daily. After 2 weeks, increase serving to 1 tablespoon daily. Continue to increase servings in ½ tablespoon increments every 2 weeks until reaching a possible dosage of 3 tablespoons daily divided throughout the day. Best taken with fat containing meals or snacks.

Refrigerate after opening

15.2 fl oz

Product Code: SPK-L

Supplement Facts

Serving size: 1 Tbsp. (15 ml)
Servings per container: 30

Amount Per Serving	%DV for children < 4 yrs	%DV for Adults and Children > 4 yrs
Calories	60	
Total Fat	4.5 g	11%**
Saturated Fat	1 g	11%**
Polyunsaturated Fat	2 g	+
Monounsaturated Fat	1 g	+
Cholesterol	30 mg	10%
Total Carbohydrate	5 g	3%**
Total Sugars	0 g	+
Includes 0g Added Sugars		0%**
Sugar Alcohol	4 g	+
Vitamin D3	20 mcg (800 IU)	133%
Vitamin E	536 mg	8933%
(as d-alpha tocopherol)	336 mg (500 IU)	+
(as gamma tocopherol)	200 mg	+
Vitamin K (as K1 and K2)	1150 mcg	3833%
Omega-3 Polyunsaturated Fatty Acids		
Eicosapentaenoic Acid (EPA)	725 mg	+
Docosahexaenoic Acid (DHA)	275 mg	+

*Percent Daily Value (DV) based on a 2000 calorie diet.
**Percent Daily Value (DV) based on a 1000 calorie diet.
+Daily Value not established.

Other Ingredients: Water, fish oil (anchovy, mackerel and/or sardine) xylitol, glycerine, antioxidant blend (natural mixed tocopherols, rosemary extract, ascorbyl palmitate, and green tea extract), natural flavors, gum arabic, citric acid, xanthan gum, guar gum, beta carotene, sorbic acid, vitamin K1 (Phytonadione), vitamin D3 (as cholecalciferol) vitamin K2 (as Menaquinone 7).

SPEAK +d Pure Oil

4.05 fl oz

Product Code: SPK-PO



Formulated by a pediatrician and noted researcher

The speak® formulation includes seven nutrients in precise servings and ratios for children with special nutritional needs. Each serving of speak® contains concentrated, ultra-purified omega-3 (725 mg EPA, 275 mg DHA) in addition to rich amounts of two forms of vitamin E. Omega-3 supports cognitive function and is paired with the antioxidant vitamin E. Optimal amounts of both d-alpha and gamma tocopherols function as key antioxidants and operate along omega-3 fats to support neurological health and provide essential nutrition. Due to the theoretical blood thinning effects of omega-3 and vitamin E, vitamin K (a normal and healthy blood clotting nutrient) is also included. This precise combination of purified ingredients is delivered in a Pure Oil, which can be poured directly from the bottle resulting in greater ease of use for parents and children. Speak +d contains 800 IU of vitamin D3 per serving. Experts

agree that vitamin D3 in certain populations is of particular importance and benefit. The vitamin D3 contained in the speak formulations is non-corn, non-soy, non-GMO, and organic.

Suggested Dosage: Begin with 1.5 mL daily. After 2 weeks, increase serving to 3 mL daily. Continue to increase servings in 1.5 mL increments every 2 weeks until reaching a possible dosage of 9 mL daily divided throughout the day. Can be taken straight or blended with non-heated foods or liquids for consumption. Best taken with fat containing meals or snacks.

Refrigerate after opening.

Supplement Facts

Serving size: 3 mL
Servings per container: 20

Amount Per Serving	%DV for children < 4 yrs	%DV for Adults and Children > 4 yrs
Calories	20	
Total Fat	2 g	3%
Polyunsaturated Fat	2 g	
Vitamin D3 (as cholecalciferol)	20 mcg (800 IU)	133%
Vitamin E	536 mg	8933%
(as d-alpha tocopherol)	336 mg (500 IU)	
(as gamma tocopherol)	200 mg	
Vitamin K (as K1 Phytomenadiol and K2 as Menaquinone)	1.15 mg	958%
Omega-3 Polyunsaturated Fatty Acids		
Eicosapentaenoic Acid (EPA)	725 mg	
Docosahexaenoic Acid (DHA)	275 mg	

+Daily Value not established.

Other Ingredients: Fish Oil Omega-3, Medium Chain Triglycerides, D-Alpha, Gamma, Natural Mixed Tocopherols, and Vegetable Oils, Natural Flavors, Phylloquinone, Menaquinone, Cholecalciferol.

Ultra Omega-3 Fish Oil

120 soft gels

Product Code: UO3-120



New Beginnings Nutritionals' Ultra Omega-3 is a high-concentration fish oil sourced from waters off the Chilean coast. As the world's least industrialized coastline, these cold, fresh waters provide the cleanest, most sustainable source of fish in the world. Ultra Omega-3 provides 820 mg of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) as well as 50 mg of DPA per soft gel as natural triglycerides, the preferred form with superior absorption. To stabilize the oil, vitamin E (as mixed tocopherols) and rosemary extract are used to ensure maximum purity and freshness. This exclusive fish oil is purified, vacuum distilled, and independently tested to ensure purity and potency. Extensive research has shown that EPA and DHA from fish oil enhance cardiovascular health, promote better brain function, and support healthy skin, eyes, joints & connective tissues. With over 10,000 published studies in the last three decades, EPA and DHA from fish oil are among the most researched natural ingredients available and have a long history of safety and efficacy.

Since omega-3 fatty acids are known to benefit cardiovascular health, support healthy brain function and cognition, and have also been proven to maintain normal inflammatory balance, achieving the proper balance of omega-3s has become an important health strategy, requiring supplementation for most people. The American Heart Association recommends that those concerned about blood lipids take up to 4 g of omega-3 fatty acids per day.

You can be assured that our fish oil is in the triglyceride form—the natural, bioidentical form of omega-3 fatty acids found in fish—has a natural glycerol backbone for easy enzymatic digestion and 70% more absorption compared to semi-natural ethyl ester forms commonly used in fish oil products. The capsules contained in Ultra Omega-3 are made with a soft gelatin that can also be easily chewed and has a fresh tasting, lemon-lime flavored oil that leaves no fishy burps or aftertaste.

Suggested Dosage: Take 1 softgel per day or as recommended by your healthcare practitioner.

Supplement Facts

Serving size: 1 Softgel
Servings per container: 120

Amount Per Serving	%DV
Calories	15
Total Fat	1.5 g 2%*
Cholesterol	<5 mg <2%
Total Omega-3s (as Triglycerides)	950 mg **
EPA (Eicosapentaenoic Acid)	430 mg **
DHA (Docosahexaenoic Acid)	390 mg **
Omega-3s (additional)	130 mg **
DPA (Docosapentaenoic Acid)	50 mg **

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Fish Oil (anchovy) (Highly refined and concentrated Omega-3), gelatin, glycerin, water (purified), natural flavors, natural tocopherols, rosemary extract (leaf) and ascorbyl palmitate.

Immune & Inflammation Support

A & I Formula

120 caps

Product Code: AIF-120



Supplement Facts

Serving size: 2 Vegetarian Capsules
Servings per container: 60

Amount Per Serving		%DV
Vitamin C (as Ascorbic Acid USP)	300 mg	333%
Quercetin Dihydrate	400 mg	*
Stinging Nettle (Leaves)	400 mg	*
Bromelain (from Pineapple)	100 mg (240 GDU)	*
N-Acetyl-L-Cysteine USP	50 mg	*

* Daily Value not established

Other Ingredients: Hypromellose (natural vegetable capsules), magnesium stearate, silicon dioxide and stearic acid.

Also available in great tasting chewable tablets!

- Supports Immune Balance in Hypersensitive Individuals
- Supports Sinus and Respiratory Health
- Promotes Normal Viscosity of Mucus
- Supports Healthy Nasal Passages

A & I Formula is a natural, non-drowsy formula designed to provide relief from allergy and cold symptoms and accompanying inflammation. The following primary components are the reason why A & I Formula can provide optimal support to inhibit the release of histamine and to provide overall support to the body's mucosal membranes that can be affected by seasonal allergies, food allergies, and other environmental assaults on the immune system.

Quercetin - A powerful natural flavonoid with powerful antioxidant, antihistamine and anti-inflammatory properties.

Stinging Nettles Leaf - Known for its analgesic, anti-inflammatory and overall healing qualities.

Bromelain - A strong pineapple enzyme with proven mucolytic properties and it inhibits pro-inflammatory compounds, thus reducing pain and swelling.

N-Acetyl L-Cysteine (NAC) - As an amino acid that is a natural mucolytic, that helps reduce the viscosity of mucus.

Vitamin C - Supports the immune system & a potent antioxidant that has many immune boosting properties and the ability to deactivate histamine.

Suggested Dosage: Loading dose: Take 2 capsules three times daily for 7-10 days.

Maintenance dose: Take 2 or more capsules per day or as suggested by your healthcare practitioner.

A & I Chewables

60 tabs

Product Code: AIF-CHEW



Supplement Facts

Serving size: 1 Tablet
Servings per container: 60

Amount Per Serving		%DV
Vitamin C (as Ascorbic Acid USP)	75 mg	83%
Quercetin Dihydrate	100 mg	*
Stinging Nettles Leaf	100 mg	*
Bromelain (2,400 GDU/g) (from Pineapple)	25 mg	*
N-Acetyl-L- Cysteine USP	12 mg	*

* Daily Value not established

Other Ingredients: Natural cane sugar, xylitol, natural flavors, stearic acid, sodium stearyl fumarate, silicone dioxide, and Rebadioside A (Organic)

- Supports Immune Balance in Hypersensitive Children
- Supports Sinus and Respiratory Health
- Promotes Normal Viscosity of Mucus
- Helps Clear Nasal Passages

A & I Formula is a natural, non-drowsy formula designed to provide relief from allergy and cold symptoms and accompanying inflammation. New Beginnings offers this great product in a kid sized and great tasting lemon-lime chewable tablet! The following primary components are the reason why A & I Formula can provide optimal support to inhibit the release of histamine and to provide overall support to the body's mucosal membranes that can be affected by seasonal allergies, food allergies, and other environmental assaults on the immune system.

Quercetin - A powerful natural flavonoid with powerful antioxidant, antihistamine and anti-inflammatory properties.

Stinging Nettles Leaf - Known for its analgesic, anti-inflammatory and overall healing qualities.

Bromelain - A strong pineapple enzyme with proven mucolytic properties and it inhibits pro-inflammatory compounds, thus reducing pain and swelling.

N-Acetyl L-Cysteine (NAC) - An amino acid that is a natural mucolytic that helps reduce the viscosity of mucus. Clinical studies have proven oral doses of NAC to be an excellent means to recharge cellular glutathione, a foundational antioxidant.

Vitamin C - Supports the immune system & a potent antioxidant that has many immune boosting properties and the ability to deactivate histamine.

Suggested Dosage: Take 1 chewable tablet as needed or as recommended by your healthcare practitioner.

Cogni-Calm®

30 caps

Product Code: COGN



Cogni-Calm® is a nutritional supplement that may balance inflammation and excitation in the nervous system.

Cogni-Calm® can be considered in those with chronic inflammatory issues that lead to a state of excitation, nervousness, poor focus, and attention. Chronic stimulation of the immune

system by stressors, toxic chemicals, metals and mycotoxins as well as hidden infections can stimulate immune cells in the body and brain to release proinflammatory mediators to deal with a threat. Those with prolonged illnesses are at risk for having this type of chronic immune activation.

Nervous System Support: Cogni-Calm® is a nutritional supplement that helps balance inflammation and excitation in the nervous system.

Inflammation Support: Cogni-Calm® may target the immune cells in the brain called microglia. When chronically activated, microglia release proinflammatory chemicals that can lead to inflammation.

Calm Nervous System: Stabilizing chronic inflammation is important to calming down the nervous system. Chronic microglial activation can lead to excitation, poor focus, and anxiety.

Natural Ingredients: Cogni-Calm® includes antioxidants, adaptogens, and flavonoids that may help the body regain calm and balance by decreasing chronic inflammation.

Healthy Brain Function: Cogni-Calm® can help preserve healthy brain function.

The natural ingredients in Cogni-Calm®, which include antioxidants, adaptogens, and flavonoids may help the body regain calm and balance by decreasing chronic inflammation.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 30

Amount Per Serving		%DV
Ashwagandha (Withania somnifera) Root Extract	100 mg	*
Magnolia Bark Extract (Magnolia officinalis) (2% Honokiol)	100 mg	*
Ginkgo (Ginkgo Biloba) Leaf Extract	50 mg	*
Resveratrol (Polygonum cuspidatum) Root Extract	50 mg	*
Green Tea (Camellia sinensis) Leaf Extract (50% EGCG)	50 mg	*
Chamomile	50 mg	*
Astaxanthin	5 mg	*

* Daily Value not established

Other Ingredients: Micro Crystalline Cellulose (USP), Vegetable Capsule (cellulose, purified water).

Suggested Dosage: Take 1 capsule daily or as recommended by your health care professional.

NEW! Curcumin Pure™

60 caps

Product Code: CURC-60



500 mg per serving of pure CurcuWIN™ turmeric extract

Features and Benefits:

Curcumin Pure™ offers a standalone curcumin product featuring CurcuWIN™ brand turmeric extract. Published research shows CurcuWIN™ providing absorption at a rate of 46 times standard curcumin. CurcuWIN™ combines curcumin

with UltraSOL™, a molecular dispersion technology. UltraSOL™ converts lipophilic (fat-loving or fat-absorbing) nutrients into water-dispersible ingredients. Curcumin is notoriously hydrophobic (not absorbed in water), reducing the body's ability to efficiently utilize the nutrient. CurcuWIN's UltraSOL™ technology platform facilitates better dispersion, significantly enhancing bioavailability.

Features	Constituents/Actions	Benefits
CurcuWIN™ turmeric extract	Pure curcumin with UltraSOL™ molecular dispersion technology	<ul style="list-style-type: none"> • 46 times more absorbable than traditional turmeric extract • Contains a minimum of 20% curcuminoids

Suggested Dosage: As a dietary supplement, take 1-2 capsules daily with or without food, or as directed by your healthcare professional.

CytoQuel™

90 caps

Product Code: CYTO



Researched Nutritionals CytoQuel® has been developed to promote healthy cytokine activity. Based on the latest published research, CytoQuel® offers an effective new tool in the quest for healthy inflammation levels.

Pro-inflammatory Cytokine Support

Current research has focused on the impact of pro-inflammatory cytokines on inflammation levels

& chronic health conditions. During an infection, the body naturally produces pro-inflammatory cytokines as part of its defense mechanism. The healthy body balances pro-inflammatory cytokines with anti-inflammatory cytokines. However, if these pro-inflammatory cytokines (i.e. IL-1, IL-6, IL-8, IL-17, IL-23), Tumor Necrosis Factor-alpha (TNF-a), Nuclear Factor kappa Beta (NF-kB) continue in the "on position" and inflammation levels remain high, adverse health may be the result. Acute inflammation occurs almost immediately after trauma — from a cut or break to a heart attack. Chronic inflammation is an ongoing process, breaking down or destroying tissue as it is repaired over and over.

CurcuWIN Form of Curcumin

This product is formulated with CurcuWIN™ turmeric extract, a new ingredient with published research showing absorption at a rate of 46 times standard curcumin and over 6 to 30 times greater than other enhanced curcumin products. This increased bioavailability advantage was consistently maintained for each of the twelve hours measured in this study. CurcuWIN combines curcumin with a hydrophilic (allowing it to disperse in water) carrier, using the UltraSOL™ molecular dispersion technology. UltraSOL converts lipophilic (fat loving or fat absorbing) nutrients into water-dispersible ingredients. Curcumin is notoriously hydrophobic (not absorbed in water). It creates clumps when placed in water. The clumps reduce the body's ability to efficiently utilize the nutrient. CurcuWIN™ utilizes the UltraSOL™ technology platform creating a molecular dispersion, which is another way of saying this technology creates incredibly small particles. The micro particles are then coated with food-grade excipients and antioxidants to protect and stabilize curcumin. The excipients facilitate better dispersion in aqueous solution while the antioxidants protect and facilitate more efficient utilization within the body. Curcumin (turmeric extract) is a favorite of doctors who want to promote healthy inflammation levels.

Suggested Dosage: Take 1 capsule per day with a meal for the first week, and 3 capsules per day with a meal in week two and beyond or use as directed by your healthcare practitioner. They may be taken at the same meal or spread amongst your meals. For best results take away from Vitamin E (tocopherol).

Supplement Facts

Serving size: 2 Capsules
Servings per container: 30

Amount Per Serving		%DV
CurcuWIN™ Turmeric Extract	500 mg	*

* Daily Value not established

Other Ingredients: Cellulose (capsule shell), rice flour.

Supplement Facts

Serving size: 3 Capsules
Servings per container: 30

Amount Per Serving		%DV
CQ™ Blend:		
Black Tea Extract (50% EGCG)		
N-Acetyl Cysteine		
CurcuWin™ Turmeric Extract	1850 mg	*
DeltaGold® Tocotrienols		
Resveratrol (Natural Trans-Resveratrol)		

* Daily Value not established

Other Ingredients: Vegetable capsule, L-Leucine, silicon dioxide.

NEW!

Enhansa™ Taste-Free Drink Mix

Enhansa™ Capsules



34.4g

Product Code: ENP-TS

150 caps

Product Code: ENC-150

Supplement Facts		
Serving size: 1 Level Scoop (286 mg)		
Servings per container: 120		
Amount Per Serving		%DV
Enhansa™ Taste-Free Curcumin (Curcuma longa (rhizome) standardized to curcuminoids and essential oils of turmeric rhizome)	286 mg	*
* Daily Value not established		
Other Ingredients: Maltodextrin, acacia gum, fumed silica.		

Supplement Facts		
Serving size: 1 Capsule		
Servings per container: 150		
Amount Per Serving		%DV
Enhansa™ Curcumin (Curcuma longa (rhizome) standardized to curcuminoids and essential oils of turmeric rhizome)	150 mg	*
* Daily Value not established		
Other Ingredients: Hypromellose (derived from cellulose) capsule, silicone dioxide.		

- Perfect for those needing a low dose of Enhansa or small, easy-to-swallow capsules
- Helps support a healthy inflammatory response in the joints, muscles, and nerves
- Supports cognitive health, heart, liver, joint, immune health, mood, and healthy aging
- Polyphenols found in curcumin have been shown to have powerful antioxidant properties

Enhansa™ is a curcumin supplement with a proprietary extraction process that has shown to be 7 - 8 times more absorbed than standard curcumin extracts.

Curcumin is known to possess significant antioxidant and anti-inflammatory properties. Enhansa's enhanced absorption Curcumin has been shown to also possess anti-fungal properties and to support healthy glutathione levels. Enhansa™ has been tested to be very low in oxalates and phenols and every batch is tested for most heavy metals.

Enhansa™ products are designed by a team of researchers, pharmacists, and herbalists, in close collaboration with leading Functional Medicine practitioners. Enhansa™ is composed exclusively of phytochemicals extracted from the rhizomes of Curcuma longa. Its distinctive ratio of curcuminoids, turmeric oils, and specialized extraction process yields unmatched performance compared to other Curcumin products.

Suggested Dosages:

Enhansa™ Taste-Free Drink Mix: Take 1-4 level scoops one to two times daily or as directed by your healthcare practitioner.

Enhansa™ Capsules: Take 1-4 capsules, one to two times daily or as directed by a healthcare professional.

IgG Powder

5.3 oz

Product Code: IGG-P



- Provides Concentrated Immunoglobulins to Enhance Mucosal Immunity
- Helps Maintain Microbial Balance
- Supports GI Barrier Health and Integrity
- Helps Maintain Normal Inflammatory Balance
- Provides 1.2 g of IgG in a one scoop serving

IgG Powder is a purified, dairy-free source of immunoglobulin G (IgG) available as a dietary supplement. This Serum-derived bovine immunoglobulins (SBI) provide the highest IgG concentration available for GI and immune challenges where allergens are a significant concern. This pure IgG formula helps to maintain a healthy intestinal immune system by

binding a broad range of microbes and toxins within the gut lumen.

Suggested Dosage: 1 scoop (2.5 grams) in 4 ounces of water or the beverage of your choice 1 or 2 times daily or as recommended by your healthcare professional.

Supplement Facts		
Serving size: 1 Scoop (2.5 g)		
Servings per container: 30 or 60		
Amount Per Serving		%DV
Calories	10	
Protein	2 g	
Serum-Derived Bovine Immunoglobulin Concentrate (ImmunoLin®)	2.5 g	**
Immunoglobulin G (IgG)	1.2 g	**
* Percent Daily Values are based on a 2,000 calorie diet		
** Daily Value not established		
Other Ingredients: None.		

ImmunoLin® is a registered trademark of Entera Health, Inc.

NEW! Immune Boost Formula

120 caps

Product Code: IBF-120



- Broad-Spectrum Support for Healthy Immune Function
- Support Healthy Respiratory Function
- Maintains Normal Inflammatory Balance

Immune Boost Formula is a targeted blend of nutrients designed to provide a broad-spectrum support

to the body's immune reserves. This powerful combination works to promote healthy respiratory and immune function.

Immune Boost Formula contains:

Quercetin: a powerful bioflavonoid that aids in supporting the immune system.

Vitamin C and N-Acetyl Cysteine: potent antioxidants that promote respiratory function and support function of quercetin.

Vitamin D and Zinc: important micronutrients needed to create a robust immune system.

Supplement Facts

Serving size: 2 Caps
Servings per container: 60

Amount Per Serving		%DV
Vitamin C (as Ascorbic Acid USP)	600 mg	667%
Vitamin D (D3 as Cholecalciferol)	62.5 mcg (2,500 IU)	313%
Zinc (as TRAACS™ Zinc Bisglycinate Chelate)	25 mg	227%
N-Acetyl-L-Cysteine USP	600 mg	*
Quercetin Dihydrate	250 mg	*

* Daily Value not established

Other Ingredients: Hypromellose (natural vegetable capsules), microcrystalline cellulose, magnesium stearate, silicone dioxide.

Suggested Dosage: Take 2 capsules daily, or as recommended by your healthcare practitioner.

Inflamma-Mate, Strawberry

725.2 g

Product Code: INFM



Inflamma-Mate is a powerful dietary supplement designed to strengthen the gastrointestinal barrier and maintain normal inflammatory balance.

- Maintains Normal Inflammatory Balance
- Strengthens GI Barrier Function

- Boosts Immune Function
- Provides Key Nutrients for Cell Replication
- Increases Antioxidant Protection

Inflammation is a natural part of the body's immune response, triggered to protect the body and maintain normal tissue repair. Acute inflammation is the body's initial response to harmful stimuli in which plasma and immune cells are relocated from the blood into injured tissues. This movement is followed by a cascade of biochemical events which advance the normal inflammatory response. When inflammation is prolonged, it 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. It is essential to maintain normal inflammatory balance to achieve optimal health.

Suggested Dosage: For adult dose, mix 2 scoops (51.8 grams) of Inflamma-Mate with 8-10 ounces of water or beverage of your choice to the desired thickness, once daily or as recommended by your healthcare practitioner.

Children can begin with ½ scoop and increase dose as needed or as recommended by your healthcare practitioner.

Not suitable for infants.

Supplement Facts

Serving size: 2 Scoops (51.8 g)
Servings per container: 14

Amount Per Serving		%DV
Calories	200	
Total Fat	5 g	6%*
Saturated Fat	2 g	10%*
Total Carbohydrate	15 g	5%*
Dietary Fiber	4 g	14%*
Total Sugars	10 g	**
Includes 8 g Added Sugars		16%*
Protein	19 g	38%*
Vitamin D (D3 as Cholecalciferol)	50 mcg (2,000 IU)	250%
Calcium	30 mg	2%
Iron	5 mg	28%
Sodium	40 mg	2%
Potassium	110 mg	2%
Proprietary Blend		
Rice Protein	28.5 g	
Flaxseed Flour		
L-Glutamine USP	2.5 g	**
Medium Chain Triglycerides	1.5 g	**
Alpha Linolenic Acid (from Flaxseed Flour)	1.3 g	**
Arabinogalactan Heartwood (from Larch Tree)	1 g	**
L-Lysine Hydrochloride USP	750 mg	**
Glycine USP	500 mg	**
L-Proline USP	500 mg	**
Quercetin Dihydrate	250 mg	**
Chinese Skullcap (Scutellaria baicalensis) Root Extract (Standardized to contain 30% Flavonoids)	250 mg	**
Turmeric Root Extract (Complete Turmeric Matrix) (Standardized to contain 45-55% Curcuminoids, 3-8% Volatile Oil, 2-6% Turmerin)	250 mg	**
Propolis Extract	200 mg	**
Ginger Root Extract (Standardized to contain 5% Gingerols)	100 mg	**
Green Tea Leaf Extract (Standardized to contain 45% EGCG (Epigallocatechin gallate))	100 mg	**
Rosemary Leaf Extract	100 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established

Other Ingredients: Whole Grain Brown Rice Sweetener (Oryza™), Natural Flavors, Silicon Dioxide, Guar Gum, Beet Root (Organic)(for color), Citric Acid, Ascorbyl Palmitate, Gum Acacia, Xanthan Gum and Rebudioside A (Organic).

Oryza™ Whole Grain Brown Rice Sweetener is a trademark of Axiom Foods.

Monolaurin



Monolaurin is a fatty acid derived from coconut oil and lauric acid, a naturally occurring compound that can be found in mother's milk. This fatty acid possesses wide spectrum anti-viral, anti-fungal and anti-microbial properties and may be helpful in improving the immune system's anti-inflammatory response.

Suggested Dosage: Take 1 capsule with meals or as suggested by your healthcare practitioner.

90 caps

Product Code: MLRN

Supplement Facts

Serving size: 1 Capsule
Servings per container: 90

Amount Per Serving	%DV
Monolaurin	600 mg *

* Daily Value not established

Other Ingredients: Gelatin (capsule), Magnesium stearate, Microcrystalline Cellulose.

Transfer Factor Multi-Immune™



Researched Nutritionals Multi-Immune™ is a daily use comprehensive immune support formula that promotes healthy natural killer (NK) cells, macrophage, T-cells, and cell division.

Each bottle provides a one-month supply of the following complexes and health benefits:

NK Maximezer Bioplex™: A proprietary super blend of transfer factors, larch

arbinogalactan, IP-6 (inositol hexaphosphate), shiitake and maitake mushrooms which promotes healthy NK cell levels and immune modulation, engulfs foreign particles in blood stream and tissues, and promotes metal detoxification to prevent buildup of minerals which may weaken the immune system.

Macrophage & T-Cell Pro Blend™: Proprietary blend of TMG, beta glucan, and astragalus which activates white blood cells (known as macrophages and neutrophils) to provide one of the immune system's first line of defense against foreign invaders, removes cellular debris and speeds up recovery of damaged tissue and promotes healthy T-cell function, cellular replication, and liver function.

Healthy Cell GTP™: Proprietary blend of potent green tea and pomegranate extracts which promotes healthy cell division, triggers apoptosis in abnormal cells and contains effective antioxidant properties.

Zinc & Selenium: Integrative blend of key immune nutrients that strengthens immune function, promotes normal cell growth and boosts antioxidant levels.

Suggested Dosage: As a dietary supplement, take 3 capsules per day, with or without food, or as directed by your healthcare professional.

90 caps

Product Code: MIMM

Supplement Facts

Serving size: 3 Vegetarian Capsules
Servings per container: 30

Amount Per Serving	%DV
Zinc (as zinc citrate)	15 mg 136%
Selenium (as l-selenomethionine)	70 mcg 127%

NK Maximezer Bioplex™

Transfer factor NK+™ (a proprietary super blend of purified colostrum, transfer factors and PRP), Larch Arbinogalactan, IP-6 (inositol hexaphosphate), Shiitake 4:1 Extract, Maitake 4:1 Extract*	1083 mg *
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Macrophage and T-Cell Pro Blend™

Beta Glucan, Astragalus 40% Extract	270 mg *
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Healthy Cell GTP™

Green Tea Extract (standardized for 98% polyphenols, 75% catechins, and 40% EGCG, Pomegranate Extract (standardized to 40% ellagic acid)**	400 mg *
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* Daily Value not established

** Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Gelatin (capsule shell), silica, vegetable stearate.

Quercetin

60 caps

Product Code: QUER-60



Pure Encapsulations Quercetin Supports cardiometabolic and immune health and has been shown to be one of the most bioactive flavonoids.

- Promotes immune support
- Supports cardiometabolic health & metabolism

- Antioxidant support
- Supports overall cellular health

Quercetin, a water-soluble plant pigment (or flavonoid) is found in plants and foods and cannot be produced in the human body. It is one of the most bioactive flavonoids, helping to support cardiometabolic, cellular and immune health. It is also considered a phytoestrogen. It supports healthy mast cell function.

This quercetin supplement also promotes cardiovascular health by protecting lipids from oxidation and supporting the health of capillaries by enhancing their strength and integrity.

Supplement Facts

Serving size: 2 Capsules
Servings per container: 30

Amount Per Serving	%DV
Quercetin	500 mg *

* Daily Value not established

Other Ingredients: Hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Suggested Use: Take 2 capsules, 1-2 times daily between meals or as directed by a healthcare practitioner.

Turmeric-Quercetin Complex

90 caps

Product Code: TQC



- Maintains Normal Inflammatory Balance
- Improves Musculoskeletal Health
- Boosts Joint Health, Movement and Physical Function
- Enhances Workout Recovery Time

Turmeric-Quercetin Complex is a synergetic formula of natural ingredients that supports healthy inflammatory and histamine response for the intestinal mucosa and throughout the body. The primary active ingredients contained in Turmeric-Quercetin Complex are:

Turmeric (Complete Turmeric Matrix) - Turmeric is a bright orange-colored spice that contains curcumin and has been used in cooking and medicine for thousands of years. Curcumin has been shown to play a crucial role in maintaining normal inflammatory balance in a variety of systems. While some manufacturers use unstandardized turmeric with fluctuating levels of curcumin, Turmeric-Quercetin Complex includes 660 mg of standardized turmeric.

Quercetin - A flavonoid found in a variety of botanicals, vegetables and fruits. It is a potent antioxidant and helps maintain a normal inflammatory balance.

Bromelain - A proteolytic enzyme derived from the stem of the pineapple plant. It has been shown to support musculoskeletal health and normal inflammatory balance.

Rutin - A flavonoid that has been shown to help maintain normal inflammatory balance. Rutin helps maintain levels of the antioxidant, glutathione, in the body. Rutin also works in synergy with other flavonoids like quercetin to support connective tissue health by inhibiting the enzymes that break down connective tissue.

Suggested Dosage: Take 2 or more capsules per day or as suggested by your healthcare practitioner.

Supplement Facts

Serving size: 2 Capsules
Servings per container: 45

Amount Per Serving		%DV
Vitamin C (as Ascorbic Acid USP)	30 mg	33%
Turmeric Root Extract (Complete Turmeric Matrix) (Standardized to contain 45-55% Curcuminoids, 3-8% Volatile Oil, 2-6% Turmerin)	660 mg	*
Bromelain (from Pineapple)	240 mg (576 GDU)	*
Quercetin Dihydrate	240 mg	*
Rutin	50 mg	*

* Daily Value not established

** Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Natural vegetable capsules, magnesium stearate, silicon dioxide and stearic acid.

Minerals

Calcium Chewable with Magnesium

100 tabs

Product Code: CLMG-100



Supplement Facts

Serving size: 1 Tablet
Servings per container: 100

Amount Per Serving		%DV
Calcium (as Calcium Citrate)	247 mg	19%
Magnesium (as Magnesium Citrate)	50 mg	12%

Percent Daily Values are based on a 2,000 calorie diet

Other Ingredients: Xylitol, Natural Cherry Flavor, Stearic Acid, Magnesium Stearate, Acacia Gum and Rebaudioside A (from Stevia Leaf Extract).

Our Calcium Chewable with Magnesium is a great tasting supplement that kids and adults of all ages will enjoy taking. The additional 50 mg of magnesium is ideal to ensure optimal absorption and to counteract the constipating effect of calcium.

- Natural cherry flavor
- Contains ONLY citrate forms of calcium and magnesium
- Ideal for preventing oxalate absorption from food
- Contains only the highest quality ingredients

Calcium - Essential for individuals who are on a gluten/casein-free diet. Adequate calcium levels are necessary to maintain healthy bones, teeth, heart, muscles, blood coagulation, and immune system function.

Magnesium - An essential mineral that is important for adequate calcium absorption, cellular metabolism and overall healthy body functioning. The symptoms of magnesium deficiency can include poor appetite, anxiety, mental confusion, weakness, fatigue, confusion, sleep disturbances, and muscles spasms and twitching.

These great tasting chewable tablets have a natural cherry flavor and are sweetened with xylitol and stevia. Each tablet is formulated to provide 247 mg of calcium citrate and 50 mg of magnesium citrate. For children who are not receiving adequate calcium in their diet because of allergies or sensitivities to dairy, the suggested dose is 1000 mg of calcium daily.

Suggested Dosage: Take 1 to 4 tablets daily in divided doses with meals or as directed by a healthcare practitioner.

For use to bind oxalates, chew one tablet with meals containing low to medium levels of oxalates, and 2 tablets for meals containing medium to high levels of oxalates.

Tablets can also be easily crushed and added to pureed fruit if chewing is not preferred.

Calcium/Magnesium Citrate

180 caps

Product Code: CLMG-C



Supplement Facts

Serving size: 3 Veggie Capsules
Servings per container: 60

Amount Per Serving		%DV
Calcium (as Calcium Citrate)	144 mg	11%
Magnesium (as Magnesium Citrate)	96 mg	23%
Boron (as Boron Citrate)	20 mcg	*

*Daily Value not established

Other Ingredients: Hypromellose, (Veggie Capsule), Magnesium Stearate and Silica.

New Beginnings Nutritional's Calcium/Magnesium Citrate is an ideal combination formula for individuals wanting to take both calcium and magnesium together in the citrate form. This is an especially useful supplement for those individuals trying to follow a Low Oxalate Diet. Oxalates are molecules that are abundant in many plant foods, but when absorbed into the body in high amounts (possibly as a result of a leaky gut) it can lead to oxidative damage, depletion of glutathione, inflammation, and the formation of crystals which have been associated with pain.

Scientific studies have shown that calcium and magnesium react with oxalate in food to make an insoluble salt that cannot be absorbed. In addition, the citrate portion of the molecule competes with oxalate for absorption from the gastrointestinal tract.

Suggested Dosage: Take 2-3 capsules before meals or as suggested by your healthcare practitioner. Capsules can be swallowed or opened up and mixed into food or drink.

Daily calcium intake dosage suggestions are as follows:

Infants 6-12 months:	600 mg
Children 1-7 years:	1000 mg
Age 8 to adult:	1200 mg

Chelated Calcium

180 caps

Product Code: CALC-180



It is vitally important for individuals (especially children) who have to eliminate or limit dairy consumption because of digestion issues and/or allergies to take high quality calcium supplements to prevent calcium deficiency. Calcium is necessary for the maintenance of strong, healthy bones and teeth.

This important mineral is also associated with a well-functioning nervous system and plays a role in many blood and tissue processes.

Maintaining adequate levels are important because calcium is constantly being shuttled from bones to meet other bodily needs including the transmission of nerve impulses, the clotting of blood, the regulation of heart muscle rhythm and the absorption of vitamin B12. New Beginnings Nutritional's Chelated Calcium is surrounded by and bonded to amino acids, in a stable form, that enable them to be more efficiently absorbed by the body. This formula has also included natural Vitamin D3 and phosphorus for better absorption and utilization.

Supplement Facts

Serving size: 2 Vegetarian Capsules
Servings per container: 90

Amount Per Serving		%DV
Vitamin D3 (as Cholecalciferol)	10 mcg (400 IU)	50%
Calcium (as Hydroxyapatite, DimaCal Di-Calcium Malate, TRAACS Calcium Bisglycinate Chelate, Calcium Citrate USP)	500 mg	38%
Phosphorus (as Calcium Hydroxyapatite)	143 mg	11%

*Daily Value not established

Other Ingredients: Natural vegetable capsules. Microcrystalline cellulose, Magnesium Stearate, and silicon dioxide.

Suggested Dosage: Take 1 to 2 capsules three times per day or as suggested by your healthcare practitioner. For optimal absorption, calcium should be taken at least one hour apart from zinc.

Ionic Iron Liquid

60 ml

Product Code: IRNI



New Beginnings Nutritional's offers an ultra concentrated blend of ionic iron liquid that mixes easily into water or juice. Ionized minerals are very bio-available because they are easily recognized and absorbed by the body, which results in better utilization and assimilation into the cells.

The body's ability to utilize a mineral is primarily a matter of size and solubility. If the mineral particles can be reduced down small enough, they can then be absorbed by the body without the need for them to be broken down into a less usable

form through the process of digestion. The most important issue for absorption of a mineral is making sure it is in its ionic form. The dominant factor is that the mineral must be freed from whatever matrix it is contained within so it can be recognized and taken up by the body. Being in its ionic form helps the body recognize and more effectively utilize the minerals.

As an essential mineral, iron is part of hemoglobin (the oxygen-carrying component of the blood) and part of myoglobin (helps muscle cells store oxygen). Symptoms of iron deficiency include weakness, fatigue, decrease in physical performance and learning problems. Without enough iron, adenosine triphosphate (the fuel the body runs on) cannot be properly synthesized.

Iron should only be supplemented when blood levels show a deficiency and when under the supervision of a health care practitioner.

Suggested Dosage: Adults take 10 drops daily mixed in juice or water.

Children take 5 drops daily mixed in juice or water.

Do not take on an empty stomach

Shake well before using

Supplement Facts

Serving size: 10 Drops (0.5 mL)
Servings per container: 118

Amount Per Serving		%DV
Iron (as Ferrous Gluconate)	2 mg	10%

* Daily Value not established

Other Ingredients: Purified Water, Fulvic Acid, Sorbic Acid.

Ionic Lithium Liquid

60 ml

Product Code: LITH



New Beginnings Nutritional's offers an ultra concentrated blend of ionic liquid lithium that mixes easily into water or juice. Ionized minerals are very bio-available because they are easily recognized and absorbed by the body, which results in better utilization and assimilation into the cells.

Lithium has a long history of clinical use for supporting healthy mood and behavior. Mechanisms for this involve promoting dopamine and serotonin neurotransmitter activity. Lithium

also plays a role in gene expression of natural detoxification enzymes in the brain, including glutathione-S-transferase (GST). This offers important neuron antioxidant protection, which may also contribute to healthy spatial memory. Lithium may support healthy brain receptor function and brain signaling cascades to maintain healthy mental function.

Hair lithium has been shown to be a good indicator of dietary lithium intake. Because a major source of dietary lithium can come from municipal water supplies, the increase in drinking purified water may be a cause of deficiency.

Suggested Dosage: To prevent lithium deficiency, adults take 10 drops daily mixed in juice or water.

Children should take 5 drops mixed in juice or water.

Do not take on an empty stomach

Shake well before using

Supplement Facts

Serving size: 10 Drops (0.5 mL)
Servings per container: 118

Amount Per Serving		%DV
Lithium (from Lithium Chloride)	500 mcg	*

* Daily Value not established

Other Ingredients: Reverse Osmosis Water, lithium (derived from lithium chloride).

Lithium Orotate, 4.8 mg



Lithium orotate is a bioavailable form of this trace element that supports mental focus, mood, and memory.

- Supports emotional wellness and behavior
- The orotate form of lithium is thought to be more easily absorbed in your body compared to other lithium salts

At high doses (900,000 micrograms (mcg)/day or more for an adult), lithium has been used as a pharmaceutical agent to treat manic depression, conduct disorders, self-abusive behaviors, and aggressive behaviors. It has been suggested that lithium, at low-dosage levels, has a generally beneficial effect on human behavior. In addition, lithium is required to induce a neurotrophic factor in the brain that protects against excitotoxins such as glutamate and has been shown in one study to stimulate the division of brain stem cells.

Hair lithium has been shown to be a good indicator of dietary lithium intake. Because a major source of dietary lithium can come from municipal water supplies, the increase in drinking purified water may be a cause of deficiency. Some symptoms of lithium deficiency can include ADD, depression, aggression, infertility, mood swings, and reduced growth rate.

Suggested Dosage:

Adults: Take 1 capsule, 2 times per day with food or as recommended by your healthcare practitioner.

Children: As directed by a healthcare practitioner.

120 caps

Product Code: LITH-120

Supplement Facts

Serving size: 1 Vegetarian Capsule
Servings per container: 120

Amount Per Serving	%DV
Lithium (as lithium orotate complex)	4.8 mg *

* Daily Value not established

Other Ingredients: Monocrystalline Cellulose and vegetarian capsule (hydroxypropyl methylcellulose, water).

Lithium Orotate, 10 mg



- Promotes a Positive Mental Outlook
- Supports Detoxification Enzymes in the Brain
- Boosts Neurotransmitter Activity

Lithium has a long history of clinical use for supporting healthy mood and behavior. Mechanisms for this involve promoting dopamine and serotonin neurotransmitter activity. Lithium also plays a role in gene expression of natural detoxification enzymes in the brain, including glutathione-s-transferase (GST).

This offers important neuron antioxidant protection, which may also contribute to healthy spatial memory. Lithium may support healthy brain receptor function and brain signaling cascades to maintain healthy mental function.

Hair lithium has been shown to be a good indicator of dietary lithium intake. Because a major source of dietary lithium can come from municipal water supplies, the increase in drinking purified water may be a cause of deficiency.

Suggested Dosage: Take 1 capsule per day or as recommended by your healthcare practitioner.

60 caps

Product Code: LITH-60

Supplement Facts

Serving size: 1 Vegetarian Capsule
Servings per container: 60

Amount Per Serving	%DV
Lithium (from Lithium Orotate)	10 mg *

* Daily Value not established

Other Ingredients: Microcrystalline Cellulose, Hypromellose (Natural Vegetable Capsule), Magnesium Stearate, and Silicon Dioxide.

iMagT, Magnesium L-Threonate

100 g

Product Code: MAGT



Supports Moods, Calming, Memory, Sleep and much more.

Research has evaluated the ability of both bioavailable organic and inorganic magnesium forms to raise brain magnesium levels.

Magnesium concentration

in the cerebrospinal fluid was evaluated following treatment with different magnesium compounds, including Magtein® and along with the most bioavailable inorganic magnesium (magnesium-chloride), and the most bioavailable organic magnesium (magnesium-gluconate). After 24 days, Magtein® was the only magnesium compound shown to raise the cerebrospinal fluid magnesium concentration with statistical significance.

Sabre Sciences iMagT formula combines all the benefits of MagTein's magnesium L-threonate with inositol, two powerful and clinically studied ingredients proven to improve cognitive function, symptoms of depression, and OCD. Inositol supports healthy central nervous system function, and has been shown to support positive mood and a healthy stress response.

This product has a natural sweetness that makes it easy to take for all ages.

Supplement Facts

Serving size: 1/2 tsp.
Servings per container: 60

Amount Per Serving	%DV
Magnesium (as magnesium L-threonate)	72 mg 18%
Magtein®(magnesium L-threonate)	1,000 mg *
Inositol	600 mg *

*Daily Value not established

Other Ingredients: None

Magtein® is protected under US patents 8,178,118; 8,142,803; 8,163,301; and other pending patents. Magtein® is a trademark of Magceutics, Inc. and is distributed exclusively by AIDP, Inc.

Suggested Dosage: Take 1/2 tsp either in water 2x daily or as directed by your healthcare practitioner. Each 1/2 tsp contains 1,000 mg Magtein® with Inositol.

Chelated Magnesium

120 caps Product Code: MAGC-120



Provides Three Forms of Highly Absorbed Magnesium

- High-Concentration Magnesium for Cardiovascular Support
- Helps Maintain Healthy Blood Pressure and Glucose Levels
- Promotes Energy Production and Muscle Relaxation

Magnesium is an abundant mineral in the body and is found naturally in many foods, like green leafy vegetables. With more than 57% of the population shown to be deficient in this important mineral, daily supplementation is recommended to support proper hydration, stress response, muscle relaxation, healthy blood pressure levels, optimal bone mineral density, and blood sugar regulation.

Chelated Magnesium provides three unique forms of highly-absorbed magnesium to ensure maximum absorption. Most magnesium supplements use only a single source of magnesium, which can easily overwhelm a single pathway of absorption and limit uptake. Chelated Magnesium takes advantage of three unique pathways of absorption by providing magnesium as di-magnesium malate, magnesium citrate and magnesium glycinate for enhanced absorption, improved utilization and gastrointestinal (GI) comfort. The forms of magnesium used in Chelated Magnesium are less likely to experience GI side effects while maximizing absorption and restoring magnesium levels in the body.

Supplement Facts

Serving size: 2 Capsules
Servings per container: 60

Amount Per Serving	%DV
Magnesium (as DiMagnesium Malate, Magnesium Citrate USP, Albion® Minerals Magnesium Lysinate Glycinate Chelate)	235 mg 56%

* Daily Value not established

Other Ingredients: Hypromellose (Natural vegetable capsules), Magnesium Stearate, and Stearic acid.

Albion® Minerals is a registered trademark of Balchem Corporation or its subsidiaries.

Suggested Dosage: Take 2 or more capsules daily or as suggested by your healthcare practitioner. This supplement can be taken once daily, or throughout the day, with or without meals.

It is advisable to begin dosing magnesium with less than a full dose and work up to a full dose over the period of one week. If loose stools and/or diarrhea appear, reduce the dosage until bowel movements normalize.

Magnesium Citrate

90 caps Product Code: MAGC-90



Magnesium is an essential mineral that is important for adequate calcium absorption, cellular metabolism and overall healthy body functioning. The symptoms of magnesium deficiency can include poor appetite, anxiety, mental confusion, weakness, fatigue, confusion, sleep disturbances, and muscles spasms and twitching.

Magnesium helps convert carbohydrates, protein, and fats to energy, acts as a catalyst in thousands of enzymatic processes, regulates and maintains vascular tone, and is critical to proper bone formation. It regulates calcium and potassium metabolism, facilitates muscle constriction and relaxation, and assists in nerve transmission and conduction. This formulation uses magnesium citrate, a readily soluble form of magnesium. Some research indicates magnesium citrate is better absorbed compared to other less soluble forms of magnesium.

Suggested Dosage: Take 1 capsule 1 to 3 times daily with meals or as suggested by your healthcare practitioner. Capsules can be opened up and sprinkled into food or drink.

It is important to be aware that magnesium can cause loose stools and/or diarrhea when given in higher doses. If these symptoms appear, reduce the dosage until bowel movements normalize.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 90

Amount Per Serving	%DV
Magnesium (as Magnesium Citrate complex)	150 mg 36%

* Daily Value not established

Other Ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water) and ascorbyl palmitate.

Ionic Magnesium Liquid

8.1 fl oz Product Code: MAGI-S



New Beginnings Nutritionals' Ionic Magnesium Liquid contains water-soluble magnesium in an angstrom-sized (1/10,000th of a micron) ionic form bonded to ultra-pure water that can be easily absorbed into the cells with no digestion required. Ionized minerals are very bio-available because they are easily recognized and absorbed by the body, which results in better utilization and assimilation into the cells. This formulation

contains fulvic acid, which enhances the availability of nutrients and makes them even more readily absorbable.

This unique ultra concentrate ionic formula was specially created to provide the highest amount of absorbable magnesium in the smallest amount of liquid possible for ease of administration. Magnesium is an essential mineral that is important for adequate calcium absorption, cellular metabolism and overall healthy body functioning. Magnesium deficiency can include poor appetite, anxiety, mental confusion, weakness, fatigue, confusion, sleep disturbances, and muscles spasms and twitching.

This formula is free of artificial preservatives or sweeteners and is likely to be tolerated by even the most extremely sensitive individuals.

Suggested Dosage:

Children under 12: Mix. 1.25 ml (approx. 1/4 tsp) mixed in juice or liquid once daily or as directed by your healthcare practitioner.

Age 12 yrs. – Adult: Mix 2.5 ml (approx. 1/2 tsp) mixed in water or juice, once daily or as directed by your healthcare practitioner.

Do not take on empty stomach and only dose when diluted with water or juice.

Liquid Magnesium has a salty taste (from the chloride) and should be mixed into 4 oz. juice or at least 8 oz. water. Suggested juices that it works best with include low sodium V-8, pear, pineapple, grape or orange. Liquid Magnesium doses can also be added to food that requires salt because it will not be degraded by heat or cooking. It is advisable to begin dosing magnesium with less than a full dose and work up to a full dose over the period of one week. If loose stools and/or diarrhea appear, reduce the dosage until bowel movements normalize.

Suggested daily dosages for magnesium are as follows:

Age 1-4	125 - 250 mg
Age 5-10	250 - 400 mg
Age 10+	500+ mg

Ionic Molybdenum Liquid

60 ml

Product Code: MLBDI



New Beginnings Nutritionals' offers an ultra concentrated blend of ionic molybdenum liquid that mixes easily into water or juice. Ionized minerals are very bio-available because they are easily recognized and absorbed by the body, which results in better utilization and assimilation into the cells.

Molybdenum is a trace mineral found in most plant and animal

tissues. Molybdenum is an essential cofactor for many of the enzymes involved in protein synthesis as well as the mobilization and use of iron in the body. Molybdenum helps with metabolism of fats and carbohydrates and is needed in the liver for the detoxification of sulfites and preservatives. It plays an important role in sulfur metabolism and the enzyme process for the use of iron in the body.

Molybdenum can play an important role in normalizing copper and zinc ratios by preventing copper absorption found to be abnormal. This information can be found in a study by Dr. William Walsh of the Pfeiffer Treatment Center in individuals with behavioral disorders.

Suggested Dosage:

Adults: Take 10 drops daily mixed in juice or water.

Children 4+: Take 5 drops daily mixed in juice or water.

Do not take on an empty stomach. Shake well before using.

Supplement Facts

Serving size: 10 Drops
Servings per container: 118

Amount Per Serving	%DV	
Molybdenum (from sodium molybdate)	100 mcg	225%

% DVs are based on a 2,000 calorie diet

Other Ingredients: Reverse osmosis water, sorbic acid, fulvic acid.

Chelated Selenium

90 caps

Product Code: SLNM



- Boosts Antioxidant Reserve and Maintains Normal Inflammatory Balance
- Promotes Cardiovascular Health
- Supports Prostate Health

Maintaining optimal selenium levels helps support a positive mood, improves antioxidant status, and maintains normal inflammatory balance and heart health. Chelated Selenium provides 200 mcg per serving of selenium, ideally formulated

using the amino acid chelate form of selenium (selenium glycinate) for enhanced absorption, optimal utilization and gastrointestinal comfort.

Selenium is a powerful antioxidant, which plays an important part in the antioxidant enzyme glutathione peroxidase, which is considered the most important factor in resistance to free radical damage at the cellular level. Low levels of selenium have been implicated in many chronic disease states. Because this very important trace mineral is mostly found in dairy and whole wheat, diets lacking in these foods will be deficient in selenium. Adequate levels of selenium are needed to support the immune system and the body's detoxification process. It is also thought to affect eyesight, liver function, heart health and skin health.

Suggested Dosage: Take 1 or more capsules a day or as suggested by your healthcare practitioner. It is best to give selenium at least 30 minutes before, or two hours after giving vitamin C.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 90

Amount Per Serving	%DV	
Selenium (as Selenium Glycinate Complex)	200 mcg	364%

Other Ingredients: Natural vegetable capsules, Microcrystalline Cellulose, and Magnesium Stearate.

Ionic Zinc Liquid

60 ml

Product Code: ZNCI



New Beginnings Nutritionals offers an ultra concentrated blend of ionic zinc liquid that mixes easily into water or juice. Ionized minerals are very bio-available because they are easily recognized and absorbed by the body, which results in better utilization and assimilation into the cells.

Zinc is necessary for the proper functioning of the immune system and this essential trace element is required for the activity of over 300

enzymes and is involved in most major metabolic pathways. The immune system depends on zinc in almost every aspect. Zinc deficiency can be common in children with special needs and immune dysfunction. Zinc bolsters the immune system and makes wounds heal faster. It is integral to the growth and maintenance of body tissues and it plays a major role in the development of fetuses and the growth of children. General signs of zinc deficiency are sleep disturbances, diarrhea, poor appetite, unhealthy skin, behavioral problems, inability to heal wounds and chronic infections.

Supplement Facts

Serving size: 10 Drops
Servings per container: 118

Amount Per Serving	%DV	
Zinc (from zinc sulfate)	15 mg	100%

% DVs are based on a 2,000 calorie diet

Other Ingredients: Reverse Osmosis Water, Sorbic Acid, Fulvic Acid.

Suggested Dosage:

Adults: Take 10 drops daily mixed in juice or water or as recommended by you healthcare practitioner.

Children: Take 5 drops daily mixed in juice or water or as recommended by your healthcare practitioner.

Zinc is best taken apart from calcium with a small amount of food. Shake well before using.

Chelated Zinc

60 caps

Product Code: ZNCR



Chelated Zinc includes highly absorbed zinc, the second-most abundant trace mineral in the body.

- Provides Highly Absorbed Zinc
- High-Concentration Zinc to Boost Immune Function

Zinc is an essential trace mineral important to many functions of human health.

It plays a role in maintaining cellular metabolism and gene expression. Zinc is critical to a diverse group of physiological processes, such as immune function, insulin signaling, tissue repair, vision and neuro-transmission. The immune system depends on zinc in almost every aspect.

Zinc deficiency can be common in children with special needs and immune dysfunction. Zinc bolsters the immune system and makes wounds heal faster. It is integral to the growth and maintenance of body tissues. During pregnancy, infancy and childhood, the body needs zinc for proper growth and development. Zinc also is important for adequate functioning of the senses of taste and smell. Daily intake of zinc is necessary to maintain adequate levels within the body because the body has no specialized zinc storage system.

Zinc plays a crucial role in boosting immune function, maintaining healthy tissue growth, and increasing the antioxidant reserves that protect the body from free radical damage. General signs of zinc deficiency are sleep disturbances, diarrhea, poor appetite, unhealthy skin, behavioral problems, inability to heal wounds and chronic infections.

New Beginnings Nutritionals' Chelated Zinc is surrounded by and bonded to amino acids in a stable form that enables it to be more efficiently absorbed by the body.

Supplement Facts

Serving size: 1 Vegetarian Capsule
Servings per container: 60

Amount Per Serving		%DV
Zinc (as TRAACS™ Zinc Bisglycinate Chelate)	54 mg	491%

Other Ingredients: Natural vegetable capsules, Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate, and Silicon Dioxide.

TRAACS™ is a registered trademark of Albion Laboratories Inc.

Suggested Dosage: Take 1 or more capsules daily or as suggested by your healthcare practitioner. Zinc is best taken apart from calcium with a small amount of food.

Zinc Picolinate

100 caps

Product Code: ZNCP-100



Zinc is necessary for the proper functioning of the immune system.

- Bolsters the immune system
- Makes wounds heal faster

Since our bodies utilize picolinic acid to absorb and transport certain minerals, New Beginnings Nutritionals' is offering Zinc Picolinate because of its superior absorbability. The immune

system depends on zinc in almost every aspect. It is integral to the growth and maintenance of body tissues and it plays a major role in the development of fetuses and the growth of children.

Zinc deficiency can be common in children with special needs and immune dysfunction. General signs of zinc deficiency are sleep disturbances, diarrhea, poor appetite, unhealthy skin, behavioral problems, inability to heal wounds and chronic infections.

Suggested Dosage: Take 1 capsule daily or as suggested by your healthcare practitioner.

Zinc is best taken apart from calcium with a small amount of food.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 100

Amount Per Serving		%DV
Zinc (from Zinc Picolinate)	50 mg	455%

* Daily Value not established

Other Ingredients: Microcrystalline cellulose, gelatin (capsule) and vegetable stearate

ZINC TASTE TEST

ARE YOU ZINC DEFICIENT?

Common symptoms of zinc deficiency include acne, poor appetite, brittle nails, white spots on nails, poor growth, slow wound healing, immune impairment, night blindness, depression, irritability, fatigue, and hair loss.

HOW TO TAKE THE TEST

Put 5 drops of New Beginnings Nutritionals **Liquid Ionic Zinc** in 2 teaspoons of purified water. Place in mouth and swish for approximately one minute before swallowing.

A strong metallic taste will occur if the body has a sufficient zinc status.

If it tastes like water or hydrogen peroxide, this may indicate low zinc levels. Additional supplementation may be needed as recommended by your healthcare practitioner.

Multi-Vitamins

BrainChild Spectrum Support Minerals - Unflavored



These BrainChild Spectrum Support products provide extra nutritional balance for the neurological and metabolic systems in a very easy-to-absorb liquid form. They have a broad nutrient profile of vitamins, minerals, accessory nutrients, and herbs created to support metabolic function. Spectrum Support nutrients and herbs aid in digestion, digestive tract integrity, blood sugar regulation, detoxification, immune function, vascular integrity and circulation, as well as cerebral oxygenation and neurological function.

The Spectrum Support Minerals Part B are chemically bound to amino acids to enhance cellular energy production. These minerals are extremely well absorbed, utilized, and tolerated, more so than minerals bound to sulfate, oxide, carbonate, or chloride. All of the mineral formulas do not contain iron or copper, as many individuals on the spectrum have issues with metals. Supplementation of copper and iron should be based on individual need, working with a medical practitioner. The Spectrum Support Minerals are made without any added flavors; they are not available in Lemon Lime. The 32-ounce bottle provides over a two month supply for a 25 pound child, a one month supply for a 50 pound child, or a 23-day supply for a 100 pound child.

Suggested Dosage: As a dietary supplement, take 3 times a day with meals. May mix with other beverages or water. Start low and increase gradually to full dose. Shake bottle gently for 10 seconds before each use.

Store in a dry place, away from sun light. Refrigerate after opening and use within 3 months. Keep bottle tightly closed.

Body Weight in pounds	Suggested Dosage (3 times daily)
20-25	1/2 tsp
25-30	3/4 tsp
30-35	1 tsp
35-40	1 1/4 tsp
40-45	1 1/2 tsp
45-50	1 3/4 tsp
50-60	2 tsp
60-70	2 1/4 tsp

Body Weight in pounds	Suggested Dosage (3 times daily)
70-80	2 1/2 tsp
80-90	2 3/4 tsp
90-100	3 tsp
100-125	3 1/4 tsp
125-150	3 1/2 tsp
150-175	3 3/4 tsp
175-200+	4 tsp

DO NOT BEGIN WITH THE FULL DOSE.

These formulas contain safe but higher levels of some B vitamins and minerals than your child may be used to. Easing into the supplementation gradually gives your child's metabolism time to adjust, acclimate to, and properly utilize the nutrients in the formula.

To avoid possible sleep issues, the last dose should be given at least 2 hours before bedtime.

Begin gradually by giving as follows (begin vitamins and minerals at the same time):

Day 1-4	1/8 of the suggested dosage
Day 5-8	1/4 of the suggested dosage
Day 9-12	1/2 of the suggested dosage
Day 13-16	3/4 of the suggested dosage
Day 17+	Full dosage

32 oz

Product Code: SSM-U

Supplement Facts

Serving size: 2 tsp.

Servings per container: 96

Amount Per Serving	%DV
Calories	10
Sodium	5 mg <1%
Total Carbohydrate	3 g <1%
Calcium (D-Glucarate)	8 mg <1%
Magnesium (Krebs Chelates [^])	20 mg 5%
Zinc Citrate	5 mg 33%
Selenium (Amino Acid Complex [^])	33 mcg 48%
Manganese (Amino Acid Complex [^])	1 mg 33%
Chromium (Amino Acid Complex [^])	8 mcg 7%
Molybdenum (Amino Acid Complex [^])	67 mcg 89%
Potassium (Amino Acid Complex [^])	8 mg <1%
Methylsulfonylmethane (MSM)	67 mg **

[^]Percent Daily Value based on a 2,000 calories diet

**Daily Value not established

Other Ingredients: Purified Water, Proprietary Herbal Infusion^{^^}, Xanthan Gum, Kosher Vegetable Glycerine, Citric Acid, Potassium Sorbate

[^]Amino Acid Complex: Highly bioavailable form of minerals.

Minerals are bonded with amino acids for better absorption.

^{^^}Organically grown alcohol-free infusion of Burdock, Astragalus, and Slippery Elm Bark

BrainChild Spectrum Support TWO (P5P) – Vitamins

32 oz

Product Code: SSV-32



These BrainChild Spectrum Support products provide extra nutritional balance for the neurological and metabolic systems in a very easy-to-absorb liquid form. They have a broad nutrient profile of vitamins, minerals, accessory nutrients, and herbs created to support metabolic function. Spectrum Support nutrients and herbs aid in digestion, digestive tract integrity, blood sugar regulation, detoxification, immune function, vascular integrity and circulation, as well as cerebral oxygenation and neurological function.

The Spectrum Support TWO (P5P) Part A Vitamins supplement has been designed to provide a moderate level of nutritional support for children and adults on the spectrum. The 32-ounce bottle provides over a two month supply for a 25 pound child, a one month supply for a 50 pound child, or a 23-day supply for a 100 pound child. The Spectrum Support TWO (P5P) Vitamins are in a kid-friendly form with an easy to dose liquid suspension. It is flavored with natural lemon/lime extracts and a low-glycemic index vegetable glycerin.

Suggested Dosage: As a dietary supplement, take 3 times a day with meals. May mix with other beverages or water. Start low and increase gradually to full dose. Shake bottle gently for 10 seconds before each use.

Store in a dry place away from sunlight. Refrigerate after opening and use within 3 months. Keep bottle tightly closed.

Body Weight in pounds	Suggested Dosage (3 times daily)
20-25	1/2 tsp
25-30	3/4 tsp
30-35	1 tsp
35-40	1 1/4 tsp
40-45	1 1/2 tsp
45-50	1 3/4 tsp
50-60	2 tsp
60-70	2 1/4 tsp

Body Weight in pounds	Suggested Dosage (3 times daily)
70-80	2 1/2 tsp
80-90	2 3/4 tsp
90-100	3 tsp
100-125	3 1/4 tsp
125-150	3 1/2 tsp
150-175	3 3/4 tsp
175-200+	4 tsp

DO NOT BEGIN WITH THE FULL DOSE.

These formulas contain safe but higher levels of some B vitamins and minerals than your child may be used to. Easing into the supplementation gradually gives your child's metabolism time to adjust, acclimate to, and properly utilize the nutrients in the formula.

To avoid possible sleep issues, the last dose should be given at least 2 hours before bedtime.

Begin gradually by giving as follows (begin vitamins and minerals at the same time):

- Day 1-4 1/8 of the suggested dosage
- Day 5-8 1/4 of the suggested dosage
- Day 9-12 1/2 of the suggested dosage
- Day 13-16 3/4 of the suggested dosage
- Day 17+ Full dosage

Supplement Facts

Serving size: 2 tsp.
Servings per container: 96

Amount Per Serving	%DV
Calories	10
Sodium	5 mg <1%
Total Carbohydrate	3 g <1%
Vitamin A (Mixed Carotenoids)	2,000 IU 52%
Vitamin C (Calcium ascorbate)	167 mg 205%
Vitamin D3 (cholecalciferol)	133 IU 33%
Vitamin E (d-a-tocopherol acetate)	42 IU 139%
Vitamin B1 (Thiamin hydrochloride)	7 mg 444%
Vitamin B2 (Riboflavin-5-Phosphate)	7 mg 392%
Vitamin B3 (Niacinamide & Inositol)	12 mg 58%
Vitamin B6 (Pyridoxal 5-phosphate)	7 mg 333%
Calcium L-5-Methyltetrahydrofolate, USP	167 mcg 42%
Vitamin B12 (Methylcobalamin)	200 mcg 3,333%
Biotin	167 mcg 56%
Vitamin B5 (Calcium Pantothenate)	33 mg 333%
Choline (Citrate)	20 mg **
Inositol	27 mg **
Quercetin	17 mg **
TMG (Trimethylglycine)	33 mg **
L-Glycine	33 mg **
DMAE (Dimethylaminoethanol Bitartrate)	13 mg **
N-Acetyl Cysteine	5 mg **

*Percent Daily Value based on a 2,000 calories diet
**Daily Value not established

Other Ingredients: Purified Water, Xanthan Gum, Kosher Vegetable Glycerine, Herbal extract blend*, Potassium Sorbate, Lemon Lime extract.

*Organically-grown alcohol-free herbal extract containing: Ashwaganda, Burdock, Astragalus, Sarsaparilla, Fennel (seed), Ginkgo, Gotu kola, Gymnema Sylvestre, Milk Thistle, and Schisandra.

Daily Resource



Daily Resource is a comprehensive, hypo-allergenic, multivitamin and mineral blend.

- Provides Baseline Nutrition
- Full Spectrum Antioxidant Protection
- Builds Metabolic Reserve and Protects Against Dietary Deficiencies
- Protects Against Stress-Induced Nutrient Depletion
- Supports Healthy Metabolism

As a complete multivitamin, Daily Resource provides high-quality nutrients to build a healthy micronutrient reserve. High quality B vitamins support energy production and folate (as Quatrefolic™-100% 5-MTHF), the biologically active form of folic acid, improves methylation. Albion TRAACS® chelated mineral complex enhance mineral bioavailability. In addition, Daily Resource includes an optimal 2:1 magnesium to calcium ratio with key antioxidant Vitamin C, natural Vitamin E mixed tocopherols and carotenoids protect cells from free radical damage. Daily Resource also contains the synergistic blend of Vitamin K2 (as MK-7) and D3 which are critical for supporting bone strength and cardiovascular health.

This product should not be taken by individuals on the autism spectrum because it contains copper unless a physician has confirmed they are low in this mineral.

Suggested Dosage: Take 4 capsules daily with food or as suggested by your health care practitioner.

120 caps

Product Code: DRES

240 caps

Product Code: DRES-240

Supplement Facts

Serving size: 4 Capsules
 Servings per container: DRES: 30
 DRES-240: 60

Amount Per Serving		%DV
Vitamin A (from 7,500 IU as Natural Carotene, Palmitate)	2,250 mcg	250%
Vitamin C (as Calcium Ascorbate USP, Ascorbic Acid USP)	500 mg	556%
Vitamin D (D3 as Cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (from 100 IU as d-Alpha Tocopherol Succinate USP)	67 mg	447%
Vitamin K (K1 as Phytonadione)	50 mcg	42%
Thiamine (Vitamin B1) (from Thiamine Hydrochloride USP)	25 mg	2,083%
Riboflavin (Vitamin B2 USP)	25 mg	1,923%
Niacin (as Niacin USP, Niacinamide USP)	25 mg	156%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	37 mg	2,176%
Folate (from 400 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	680 mcg DFE	170%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	200 mcg	667%
Pantothenic Acid (as d-Calcium Pantothenate USP)	150 mg	3,000%
Choline (as Choline Bitartrate)	19 mg	3%
Calcium (as DimaCal Dicalcium Malate, Calcium Ascorbate USP, d-Calcium Pantothenate USP)	100 mg	8%
Iodine (from Kelp)	112 mcg	75%
Magnesium (as DiMagnesium Malate, TRAACS® Magnesium Lysinate Glycinate Chelate)	200 mg	48%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	10 mg	91%
Selenium (as Selenium Glycinate Complex)	100 mcg	182%
Copper (as TRAACS® Copper Bisglycinate Chelate)	1 mg	111%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	2.5 mg	109%
Chromium (as O-polynicotinate)	200 mcg	571%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	25 mcg	56%
Potassium (as Potassium Citrate USP)	50 mg	1%
Inositol NF	50 mg	*
Mixed Tocopherols	50 mg	*
Rutin	25 mg	*
Boron (as Bororganic Glycine)	1.5 mg	*
Vanadyl Sulfate Hydrate	1 mg	*
Vitamin K2 (as Menaquinone-7 (MK-7)) (MenaQ7®)	12.5 mcg	*

*Daily Value not established

Other Ingredients: Hypromelloses (Natural Vegetable capsules), stearic acid, and magnesium stearate.

ChromeMate® brand niacin-bound chromium.
 ChromeMate® is a registered trademark of InterHealth N.I.
 Quatrefolic® is a registered trademark of Gnosis S.p.A. Patents Pending.
 MenaQ7® is a registered trademark of NattoPharma ASA, Norway; Patents pending and granted.
 DimaCal™, TRAACS™ and Albion™ are trademarks of Albion Laboratories, Inc.

NEW! Mito-Mate Daily

120 caps

Product Code: MMD-120



Mito-Mate Daily supplies key mitochondrial micronutrients and a smart combination of alpha lipoic acid, N-acetyl cysteine, and acetyl L-carnitine to boost cellular energy production.

- Recharges Cellular Energy Production
- Supports Immune Function
- Increases Antioxidant Protection
- Supports Detoxification Capacity

The body's cells and organ systems depend on an adequate supply of energy to function optimally. The mitochondria, known as the power house of the cell, contain nutrients and enzymes that are important for cellular energy metabolism, including those that convert food to usable energy in the form of adenosine triphosphate (ATP). ATP functions as the key source of energy for all cells. In order to increase mitochondrial output, there must be adequate fuel supply for combustion and abundant antioxidants to scavenge free radical by-products. Preserving our energy reserves and increasing energy output is a critical part of maintaining optimal health.

Lack of sleep, too much stress, poor nutrition, and prescription medications can draw on energy reserves, using them up faster than they can be replenished. Even the vital biologic systems can create an energy deficit that needs to be restored.

Mito-Mate Daily is scientifically formulated, based on published research, to boost mitochondrial reserves and recharge cellular energy production. Mito-Mate Daily includes the powerful antioxidant trio of alpha lipoic acid, N-acetyl cysteine and acetyl L-carnitine, all shown to recharge cellular energy production and the primary cellular antioxidant pools of vitamins E, C and glutathione. It also includes key micronutrients and phytonutrients, including green tea, broccoli seed extract and resveratrol, to protect the mitochondria and continually renew the cycle of energy production.

Suggested Dosage: Take 2 - 4 capsules per day or as recommended by your healthcare practitioner.

Mito-Mate Daily (continued)

120 caps

Product Code: MMD-120

Supplement Facts

Serving size: 4 Capsules
Servings per container: 30

Amount Per Serving		%DV
Vitamin A (from 5,000 IU as Natural Beta Carotene)	1,500 mcg	167%
Vitamin C (as Ascorbic Acid USP)	250 mg	278%
Vitamin D (D3 as Cholecalciferol)	25 mcg (1,000 IU)	125%
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	15 mg	1,250%
Riboflavin (Vitamin B2 USP)	15 mg	1,154%
Niacin (as Niacinamide USP)	15 mg	94%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	15 mg	882%
Folate (from 800 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	1,360 mcg DFE	340%
Vitamin B12 (as Methylcobalamin)	250 mcg	10,417%
Biotin	50 mcg	167%
Pantothenic Acid (as d-Calcium Pantothenate USP)	15 mg	300%
Choline (as Choline Bitartrate)	15 mg	3%
Calcium (as Calcium Citrate USP)	75 mg	6%
Iodine (from Potassium Iodide)	37 mcg	25%
Magnesium (as DiMagnesium Malate)	75 mg	18%
Zinc (as TRAACS™ Zinc Bisglycinate Chelate)	5 mg	45%
Selenium (as Selenium Glycinate Complex)	75 mcg	136%
Manganese (as TRAACS™ Manganese Bisglycinate Chelate)	1 mg	43%
Chromium (as O-polynicotinate)‡	50 mcg	143%
Potassium (as Potassium Citrate USP)	30 mg	<1%
N-Acetyl-L-Cysteine USP	600 mg	*
Acetyl L-Carnitine Hydrochloride (MitoCarn™)	500 mg	*
Malic Acid (as DiMagnesium Malate)	215 mg	*
Alpha Lipoic Acid	200 mg	*
Mixed Tocopherols	50 mg	*
Green Tea Leaf Extract (Standardized to contain 45% EGCg (Epigallocatechin gallate))	45 mg	*
Broccoli Seed Extract (TrueBroc®) (Standardized to contain 13% Glucoraphanin)	40 mg	*
Inositol NF	15 mg	*
trans-Resveratrol (from Polygonum cuspidatum (Roots))	10 mg	*

*Daily Value not established

Other Ingredients: Hypromellose (natural vegetable caspules), megnesium stearate, ascorbyl palmitate and silicon dioxide.

Quatrefolic® is a registered trademark of Gnosis S.p.A. Patents Pending.
TrueBroc® is a registered trademark of Brassica Protection Products LLC.
‡ChromelMate® brand niacin-bound chromium.
ChromelMate® is a registered trademark of InterHealth N.I.
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Spectrum-Mate Capsules



Spectrum-Mate Capsules are a comprehensive multiple vitamin/mineral supplement providing an excellent source of 20 essential nutrients in the amounts designed to address nutritional imbalances commonly observed in many children. It provides readily available forms of folate, B12, and B6 along with naturally sourced carotenes, vitamin E, and D for optimal nutrient absorption and utilization. Iron, copper, and botanical ingredients are excluded.

Children require adequate amounts of key nutrients to support healthy cognition, cognitive function, and nervous system development and function, but nutritional imbalances are commonly observed in many children. These imbalances may be related to factors such as:

- How nutrients are absorbed and utilized by the body
- Food allergies and sensitivities that limit nutrient intake
- Picky eaters that narrow the dietary intake of essential nutrients

Spectrum-Mate Capsules help address challenges related to inadequate nutrient intake, absorption, and utilization by supplying balanced amounts of bioavailable vitamins, minerals, and trace elements in forms that are typically well-tolerated and better absorbed.

Suggested Dosage:

Adults or Children 4 or more years of age: Take 6 capsules daily with food.

Children under 4 years of age: As directed by a healthcare practitioner.

Capsules can be swallowed or mixed directly into room temperature or cold foods or beverages just before serving.

180 caps

Product Code: SPEC-C

Supplement Facts

Serving size: 6 Capsules
Servings per container: 30

Amount Per Serving		%DV
Vitamin A (100% as natural carotenes (beta-carotene, alpha-carotene and beta-crytoxanthin) from D. salina)	1,650 mcg RAE	183%
Vitamin C (as L-ascorbic acid)	500 mg	556%
Vitamin D3 (as cholecalciferol)	25 mcg	125%
Vitamin E (83% as RRR-alpha-tocopherol succinate, 17% as RRR-alpha-tocopherol)	100 mg	667%
Vitamin K1 (as phytonadione)	60 mcg	50%
Thiamin (as thiamine mononitrate)	25 mg	2,083%
Riboflavin	15 mg	1,154%
Niacin (67% as niacinamide and 33% as niacin)	60 mg	375%
Vitamin B6 (67% as pyridoxine HCl and 33% as pyridoxal 5'-phosphate)	15 mg	882%
Folate (as Metafolin®+ calcium L-5 methyltetrahydrofolate)	680 mcg DFE (400 mcg)	170%
Vitamin B12 (as methylcobalamin)	50 mcg	2,083%
Biotin (as D-biotin)	300 mcg	1,000%
Pantothenic Acid (as calcium D-pantothenate)	50 mg	1,000%
Choline (as choline bitartrate)	75 mg	14%
Calcium (as calcium citrate-malate complex)	100 mg	8%
Iodine (from potassium iodine)	150 mcg	100%
Magnesium (as TRAACS® magnesium bisglycinate chelate, magnesium oxide++)	100 mg	24%
Zinc (as TRAACS® zinc bisglycinate chelate++)	15 mg	136%
Selenium (as Se-methylseleno-L-cysteine)	100 mcg	182%
Manganese (as TRAACS® manganese bisglycinate chelate++)	2 mg	87%
Chromium (as TRAACS® chromium nicotinate glycinate chelate++)	150 mcg	429%
Molybdenum (as TRAACS® molybdenum glycinate chelate++)	100 mcg	222%
Potassium (as potassium chloride)	100 mg	2%
Boron (as boron glycinate complex++)	2 mg	*
Vanadium (as bisglycinato oxovanadium)(BOV)	50 mcg	*
Inositol	25 mg	*
Citrus Bioflavonoids Complex (85 mg as citrus bioflavonoid extract (Citrus aurantium)(fruit/peel) standardized to 50% hesperidin bioflavonoids and 15 mg as hesperidin methyl chalcone)(derived from Citrus aulantium extract)(fruit)	100 mg	*
Natural Mixed Tocopherols (RRR-beta, RRR-delta, RRR gamma)	4 mg	*
Natural Mixed Carotenoids (lutein and zeaxanthin from D. Salina)	35 mcg	*

*Daily Value not established

Other Ingredients: Microcrystalline cellulose, L-lucine, and vegetable capsule (hydroxypropyl methylcellulose, water).

+Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.
++Albion® and TRAACS® are registered trademarks of Albion® Laboratories, Inc.

Spectrum-Mate Powder, Original

6.03 oz

Product Code: SPEC-P



Spectrum-Mate Powder, Original is a comprehensive multiple vitamin/mineral supplement providing an excellent source of 20 essential nutrients in the amounts designed to address nutritional imbalances commonly observed in many children. It provides readily available forms of choline, folate, B12, and B6 along with naturally sourced carotenes, vitamin E, and D for optimal nutrient absorption and utilization. Iron, copper, and botanical ingredients are excluded.

Children require adequate amounts of key nutrients to support healthy cognition, cognitive function, and nervous system development and function, but nutritional imbalances are commonly observed in many children. These imbalances may be related to factors such as:

- How nutrients are absorbed and utilized by the body
- Food allergies and sensitivities that limit nutrient intake
- Picky eaters that narrow the dietary intake of essential nutrients

Spectrum-Mate Powder, Original helps address challenges related to inadequate nutrient intake, absorption, and utilization by supplying balanced amounts of bioavailable vitamins, minerals, and trace elements in forms that are typically well-tolerated and better absorbed.

Suggested Dosage:

Adults or Children 4 or more years of age: 1 scoop or 1 1/2 teaspoons daily with food.

Children less than 4 years of age: As directed by a healthcare practitioner.

Mix powder directly into room temperature or cold beverages or food (ex; fruit puree) just before serving.

Supplement Facts

Serving size: 1 Rounded Scoop
(1 1/2 tsp or 5.68 grams)
Servings per container: 30

Amount Per Serving		%DV
Vitamin A (64% (natural carotenes (beta-carotene, alpha-carotene and beta-cryptoxanthin) from D. salina)	1,650 mcg RAE	183%
Vitamin C (as L-ascorbic acid)	500 mg	556%
Vitamin D3 (as cholecalciferol)	25 mcg	125%
Vitamin E (83% as RRR-alpha-tocopherol acid succinate, 17% as RRR-alpha-tocopherol)	97 mg	647%
Vitamin K1 (as phytonadione)	60 mcg	50%
Thiamin (as thiamin mononitrate)	25 mg	2,083%
Riboflavin	15 mg	1,154%
Niacin (67% as niacinamide and 33% as niacin)	60 mg NE	375%
Vitamin B6 (67% as pyridoxine HCl and 33% as pyridoxal 5'-phosphate)	15 mg	882%
Folate (as Metafolin®+ calcium L-5-methyltetrahydrofolate)	680 mcg DFE (400 mcg)	170%
Vitamin B12 (as methylcobalamin)	50 mcg	2,083%
Biotin (as D-biotin)	300 mcg	1,000%
Pantothenic Acid (as calcium D-pantothenate)	50 mg	1,000%
Choline (as choline bitartrate)	75 mg	14%
Calcium (as calcium citrate-malate complex)	300 mg	23%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as TRAACS® magnesium bisglycinate chelate, magnesium oxide++)	300 mg	71%
Zinc (as TRAACS® zinc bisglycinate chelate++)	15 mg	136%
Selenium (as Se-methyseleno-L-cysteine)	100 mcg	182%
Manganese (as TRAACS® manganese bisglycinate chelate++)	2 mg	87%
Chromium (as TRAACS® chromium nicotinate glycinate chelate++)	150 mcg	429%
Molybdenum (as TRAACS® molybdenum glycinate chelate++)	100 mcg	222%
Potassium (as potassium chloride)	100 mg	2%
Boron (as boron glycinate complex++)	2 mg	*
Vanadium (as bisglycinato oxovanadium)(BGOV)	50 mcg	*
Inositol	25 mg	*
Citrus Bioflavonoids Complex (85 mg as citrus bioflavonoid extract(Citrus aurantium)(fruit/peel)(standardized to 50% hesperidin bioflavonoids)and 15 mg as hesperidin methyl chalcone (derived from Citrus aurantium extract)(fruit))	100 mg	*
Natural Mixed Tocopherols (RRR-beta, RRR-delta, RRR-gamma)	4 mg	*
Natural Mixed Carotenoids (lutein and zeaxanthin from D. Salina)	35 mcg	*

*Daily Value not established

Other Ingredients: Tapioca starch, monk fruit extract (Siraitia grosvenorii), silica, and natural berry flavor.

+Metfolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.
++Albion® and TRAACS® are registered trademarks of Albion® Laboratories, Inc.

NEW!

Spectrum-Mate Powder, Taste-Free

5.15 oz

Product Code: SPEC-PU



Spectrum-Mate Powder, Taste-Free is a comprehensive multiple vitamin/mineral supplement providing an excellent source of 20 essential nutrients in the amounts designed to address nutritional imbalances commonly observed in many children. It provides readily available forms of choline, folate, B12, and B6 along with naturally sourced carotenes, vitamin E, and D for optimal nutrient absorption and utilization. Iron, copper, and botanical ingredients are excluded.

Children require adequate amounts of key nutrients to support healthy cognition, cognitive function, and nervous system development and function, but nutritional imbalances are commonly observed in many children. These imbalances may be related to factors such as:

- Food allergies and sensitivities that limit nutrient intake
- Picky eaters that narrow the dietary intake of essential nutrients
- How nutrients are absorbed and utilized by the body

Spectrum-Mate Powder, Taste-Free helps address challenges related to inadequate nutrient intake, absorption, and utilization by supplying balanced amounts of bioavailable vitamins, minerals, and trace elements in forms that are typically well-tolerated and better absorbed.

This taste-free formula contains lesser amounts of B-vitamins, magnesium, calcium and zinc to make it more palatable and easier to mask.

Suggested Dosage:

Adults: 1 scoop daily with food or beverage or as directed by a healthcare practitioner.

Children: As directed by a healthcare practitioner.

Mix well directly into room temperature or cold beverages or food (ex; fruit puree) just before serving.

Which Spectrum-Mate formula should I choose?

Spectrum-Mate Capsules: The perfect formula for individuals who prefer swallowing capsules. The capsule formula contain less magnesium, calcium and vitamin C compared to the original powder formulation.

Spectrum-Mate Powder (original formula): Our premier formula which contains the optimal levels of B-vitamins, magnesium, calcium and vitamin C. This formula is more challenging to mask and get into children.

Spectrum-Mate Powder (taste-free formula): This revised formula, although still nutritionally complete, contains lower amounts of some nutrients (B-vitamins, magnesium, calcium, etc.) to help improve the taste.

For more helpful information, please see our article Getting Children to Take Supplements, which can be found on page 4.

Supplement Facts		
Serving size: 1 Rounded Scoop (5.2 grams)		
Servings per container: 28		
Amount Per Serving		%DV
Vitamin A (as natural carotenes from D. salina, vitamin A acetate)	1,650 mcg RAE	183%
Vitamin C (as L-ascorbic acid)	300 mg	333%
Vitamin D3 (as cholecalciferol)	25 mcg	125%
Vitamin E (as alpha-tocopherol acid succinate, as RRR-alpha-tocopherol)	97 mg	647%
Vitamin K2 (as menaquinone-7)	60 mcg	50%
Thiamin (as thiamin mononitrate)	25 mg	2,083%
Riboflavin	10 mg	769%
Niacin (as niacinamide)	10 mg NE	63%
Vitamin B6 (as pyridoxal 5'-phosphate)	10 mg	588%
Folate (as Metafolin®+ calcium L-5-methyltetrahydrofolate)	600 mcg DFE	150%
Vitamin B12 (as methylcobalamin)	50 mcg	2,083%
Biotin (as D-biotin)	300 mcg	1,000%
Pantothenic Acid (as calcium D-pantothenate)	50 mg	1,000%
Choline (from sunflower lecithin phosphatidylcholine)	75 mg	14%
Calcium (as calcium citrate-malate complex)	100 mg	8%
Iodine (as potassium iodide)	90 mcg	60%
Magnesium (as TRAACS® magnesium bisglycinate chelate, magnesium oxide [^])	100 mg	24%
Zinc (as TRAACS® zinc bisglycinate chelate [^])	10 mg	91%
Selenium (as TRAACS® Se-methylseleno-L-cysteine [^])	100 mcg	182%
Manganese (as TRAACS® manganese bisglycinate chelate [^])	2 mg	87%
Chromium (as TRAACS® chromium nicotinate glycinate chelate [^])	50 mcg	143%
Molybdenum (as molybdenum aspartate)	100 mcg	222%
Potassium (as potassium chloride)	100 mg	2%
Trimethylglycine (betaine)	200 mg	*
Boron (as TRAACS® boron glycinate complex [^])	2 mg	*
Vanadium (as bisglycinate oxovanadium)	50 mcg	*
Inositol	25 mg	*
Citrus Bioflavonoids Complex (Citrus aurantium) extract standardized to 50% hesperidin bioflavonoids	100 mg	*
Natural Mixed Tocopherols (RRR-beta, RRR-delta, RRR-gamma)	6 mg	*
Natural Mixed Carotenoids (lutein and zeaxanthin from D. Salina)	20 mcg	*

*Daily Value not established

Other Ingredients: Cellulose gum, natural flavor, citric acid, sodium bicarbonate.

[^]Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany. [^]Albion® and TRAACS® are registered trademarks of Albion® Laboratories, Inc.

NEW! SpectrumNeeds, Powder

8.9 oz

Product Code: SNDS-P



There are 33 active ingredients in SpectrumNeeds®

SpectrumNeeds® includes nutrients that:

- Provides broad spectrum micro-nutrients
- Promotes mitochondrial energy metabolism
- Generates essential cofactors, such as coenzyme A
- Provides strong antioxidant support
- Removes harmful metabolites
- Enhances methylation

- Facilitates neurotransmitter synthesis
- Reduces NMDA glutamate receptor activity

SpectrumNeeds® is particularly tailored to the dietary needs of children and adults on the autistic spectrum and related neurodevelopmental disorders. In particular, SpectrumNeeds® includes many essential nutrients that are often deficient in individuals with an autistic spectrum disorder (ASD) and is helpful in promoting improved metabolism, methylation, and neurotransmission.

Suggested Dosage: Mix with water, juice, or other beverage according to the dosing below. Dilute to taste. Mix well and drink preferably with food. Take 1 serving twice a day.

Infants: Consult your health care provider as to the use and dosing in infants and toddlers under the weight of 22 lbs (10 kg).

Body Weight	Amount per Serving	Suggested Beverage Volume
22-33 lbs (10-15 kgs)	1 Heaping Scoop (2.1 g)	2 fl. oz.
33-44 lbs (15-20 kgs)	1.5 Heaping Scoops (3.15 g)	3 fl. oz.
44-88 lbs (20-40 kgs)	2 Heaping Scoops (4.2 g)	4 fl. oz.
88-132 lbs (40-60 kgs)	2.5 Heaping Scoops (5.25 g)	5 fl. oz.
132+ lbs (60+ kgs)	3 Heaping Scoops (6.3 g)	6 fl. oz.

Supplement Facts

Serving size: 2 Heaping Scoops

Servings per container: 60

Amount Per Serving	%DV for children ages 1-3	%DV for Adults and Children ages 4+
Calories	5	
Total Carbohydrate	<1g	<1%**
Vitamin C (as ascorbic acid)	300 mg	2,000%
Vitamin D (as cholecalciferol)	7.5 mcg (300 IU)	50%
Vitamin E (as d-alpha-tocopheryl acetate and mixed tocopherols)	25 mg	417%
Thiamin (as thiamin HCl)	12.5 mg	2,500%
Riboflavin	12.5 mg	2,500%
Niacin (as niacinamide)	12.5 mg	208%
Vitamin B6 (50% as pyridoxine HCl and 50% as pyridoxal-5-phosphate)	10 mg	2,000%
Folate (as calcium L-5-methyltetrahydrofolate and calcium folinate)	1,665 mcg DFE (500 mcg folic acid)	1,110%
Vitamin B12 (as methylcobalamin)	250 mcg	27,778%
Biotin	500 mcg	6,250%
Pantothenic acid (as D-calcium pantothenate)	150 mg	7,500%
Choline (from 75 mg choline bitartrate)	30 mg	15%
Calcium	30 mg	4%
Iodine (as potassium iodide)	50 mcg	56%
Magnesium (as magnesium citrate and magnesium malate)	100 mg	125%
Zinc (as zinc gluconate)	6 mg	200%
Selenium (as selenomethionine)	25 mcg	125%
Manganese (as manganese amino acid chelate)	0.5 mg	42%
Chromium (Chromax®) (as chromium picolinate)	25 mcg	227%
Molybdenum (as sodium molybdate)	50 mcg	294%
Potassium (as potassium citrate)	25 mg	<1%
Creatine monohydrate	625 mg	†
L-Arginine	500 mg	†
Carnitine Blend (acetyl L-carnitine HCl and L-carnitine)	250 mg	†
Alpha ketoglutaric acid	150 mg	†
Coenzyme Q10	125 mg	†
Inositol	50 mg	†
Alpha lipoic acid	50 mg	†
D-Beta, D-Gamma, D-Delta tocopherols	2.2 mg	†

† Daily Value not established

* Percent Daily Values are based on a 2,000 calorie diet

** Percent Daily Values are based on a 1,000 calorie diet

Other Ingredients: Natural flavors, citric acid, silica, beet root (for color), organic glucosylated steviol glycosides, organic rebaudioside A, and monk fruit extract.

Chromax®, including the Chromax® logo, is a registered trademark of Nutrition 21, LLC. Chromax® is patent protected.

Probiotics

CoreBiotic®

60 caps

Product Code: CORE



Supplement Facts

Serving size: 2 Capsules
Servings per container: 30

Amount Per Serving		%DV
Total Carbohydrates	1 g	<1%**
Organic VitaFiber® (Isomaltoligosaccharide Mixture) (Prebiotic)	660 mg	*
CB Complex		
Bacillus coagulans (SNZ1969), Lactospore® Bacillus coagulans (MTCC 5856), Bacillus subtilis (DE111®)	96 mg (11 Billion CFU)	*

*Daily Value not established
** Percent Daily Value is based on a 2,000 calorie diet.

Other Ingredients: Capsule Shell (hypromellose, water), Rice Maltodextrin, Medium Chain Triglycerides, Rice bran.

VitaFiber® is a registered trademark of BioNeutra.
DE111® is a registered trademark of Deerland Probiotics & Enzymes, Inc.
LactoSpore® is a registered trademark of Sabinsa Corporation.
Contains: Tree nuts (coconut)

- Contains 3 spore forming strains each genomically sequenced and registered guaranteeing accurate specificity and potency
- Each strain specifically chosen for its published research covering intestinal health and beyond
- 11 Billion CFU per dose
- 1 dose per day, no refrigeration, dairy-free and vegan

The development of probiotic formulas has moved beyond including general groups of organisms to using specific strains. Previous probiotic formulations might have listed bacillus subtilis for example without identification of the specific strain number. Advanced formulations include only those probiotics that have been identified by genomic sequencing and are registered with a specific strain number. Only these strain-specific probiotics have undergone rigorous genomic studies; guaranteeing accurate specificity and potency.

Spore forming probiotics (also known as soil based organisms or SBO's), are derived from the soil. Traditionally when people consumed organic produce, they ingested soil-based probiotic organisms. These SBO's helped maintain a normal microbiome in the intestines. Today with processed foods containing pesticide and hormone residues, people do not consume these beneficial SBO's, leading to dysbiosis or microbial imbalance. Because SBO's are spore forming, they are heat stable, dairy-free, and able to withstand stomach and bile acid. This allows them to pass into the intestines without degradation. Once in the intestines, they leave the spore form and produce lactic acid which has natural antibacterial properties to prevent growth of pathogenic bacteria. This competitive inhibition helps the beneficial probiotic bacteria proliferate.

Suggested Dosage: As a dietary supplement, take 2 capsules once daily at least 30 minutes before eating or as directed by your healthcare practitioner. Store in cool, dry place.

CoreBiotic® Sensitive

60 caps

Product Code: CORE-S



Supplement Facts

Serving size: 2 Capsules
Servings per container: 30

Amount Per Serving		%DV**
CB Complex		
Bacillus Coagulans (IS-2), Lactospore® (Bacillus coagulans MTCC5856), Bacillus Subtilis (DE111)	11 Billion CFU	*

* Daily Value not established
** Percent Daily Value is based on a 2,000 calorie diet.

Other Ingredients: Capsule shell (hypromellose, water), Low moisture Rice Dextrin, Medium Chain Triglycerides.

DE111® is a registered trademark of Deerland Probiotics & Enzymes, Inc.
Contains: Tree nuts (coconut)

- Fiber Free For Sensitive Patients
- Contains 3 spore forming strains each genomically sequenced and registered guaranteeing accurate specificity and potency
- Each strain specifically chosen for its published research covering intestinal health and beyond
- 11 Billion CFU per dose
- 1 dose per day, no refrigeration, dairy-free and vegan

The human microbiome is a diverse group of metabolically active microorganisms that play a crucial role in maintaining health. These microorganisms contain their own genome that continually interact with the human genome. Through this interaction, the microbiome becomes an integral component of the immune system in promoting a healthy inflammation response. Many physical and neurologic inflammatory conditions have been shown to have a disruption in the microbiome. Managing the gut microbiome is essential for the immune system to support positive long-term health outcomes.

The development of probiotic formulas has moved beyond including general groups of organisms to using specific strains. Previous probiotic formulations might have listed bacillus subtilis for example without identification of the specific strain number. Advanced formulations include only those probiotics that have been identified by genomic sequencing and are registered with a specific strain number. Only these strain-specific probiotics have undergone rigorous genomic studies; guaranteeing accurate specificity and potency.

Spore forming probiotics (also known as soil based organisms or SBO's), are derived from the soil. Traditionally when people consumed organic produce, they ingested soil-based probiotic organisms. These SBO's helped maintain a normal microbiome in the intestines. Today with processed foods containing pesticide and hormone residues, people do not consume these beneficial SBO's, leading to dysbiosis or microbial imbalance. Because SBO's are spore forming, they are heat stable, dairy-free, and able to withstand stomach and bile acid. This allows them to pass into the intestines without degradation. Once in the intestines, they leave the spore form and produce lactic acid which has natural antibacterial properties to prevent growth of pathogenic bacteria. This competitive inhibition helps the beneficial probiotic bacteria proliferate.

Suggested Dosage: As a dietary supplement, take 2 capsules once daily at least 30 minutes before eating or as directed by your healthcare practitioner. Store in cool, dry place.

Infant Probiotic Formula

66 g

Product Code: IPF



- Broad-spectrum gastrointestinal, metabolic, and immune support for infants and young children in a powder formula
- Helps ease occasional fussiness and gassiness

This high-potency, hypoallergenic blend of 5 Lactobacillus species and 5 Bifidobacterium species is designed to safely meet the metabolic and intestinal support needs of infants up to the age of 2 years. All Lactobacillus species in Infant Probiotic Formula produce predominantly L(+)-lactic acid that can be safely metabolized by infants. An infant's gastrointestinal tract is not fully mature at birth and cannot metabolize the D(-) isomer of lactic acid produced by many Lactobacilli. Each species in Infant Probiotic Formula has been selected based on the scientific literature documenting its safety and crucial importance to the normal development of an infant's gastrointestinal and immune systems. Infant Probiotic Formula is designed to support a normal infant microflora that can be easily disrupted by cesarean section delivery, formula feedings, antibiotics, toxin exposures, and a maternal diet lacking in fresh fruits and vegetables.

Lactobacillus Species

- *L. rhamnosus* increases colonic *B. breve* populations and promotes healthy bifidobacteria diversity in infants. *L. rhamnosus* is important for the normal maturation of an infant's immune system.
- *L. casei* is critical for the proper differentiation of immune dendritic cells as the infant's immune system learns to distinguish between harmless antigens and toxins and pathogens. It increases the number of intestinal cells secreting IgA. *L. casei* contains enzymes that facilitate the break down of milk proteins and polypeptides as well as gluten.
- *L. paracasei* produces high amounts of L(+)-lactic acid and antagonizes pathogens such as rotavirus, Staphylococcus aureus, and Clostridium difficile.
- *L. gasseri* is native to the human gut and normally present in human breast milk. It produces hydrogen peroxide and bacteriocins inhibitory to Clostridium, Listeria, and Enterococcus.
- *L. salivarius* normally colonizes the intestinal tract, enhances calcium absorption, and promotes normal intestinal barrier function.

Bifidobacterium Species

Specific Bifidobacterium species are normally predominant in an infant's gut microflora and constitute 95% of the anaerobic bacteria cultured from the stool of healthy, breast-fed infants. Infant Probiotic Formula contains species that are appropriate to an infant's gastrointestinal tract. Bifidobacteria ferment an array of oligosaccharides including those found in breast milk generating the vital short-chain fatty acids such as butyrate, which are essential to healthy colon maturation and function.

- *B. breve* promotes growth of B cells in Peyer's patches in the ileum. It antagonizes rotavirus and reduces intestinal populations of anaerobic Bacteroides and Clostridium.
- *B. infantis* is normally found in infants and its presence reduces the risk of necrotizing enterocolitis in premature or low birth weight babies.
- *B. lactis* enhances normal immune function by increasing numbers of total, helper, and activated T cells. It modifies gut microflora to support against allergic inflammation and increases IgA response to toxins.
- *B. bifidum* suppresses total and allergen-specific IgE secretion and its populations are often low in infants with allergies.
- *B. longum* regulates the immune response to respiratory antigens and inhibits neutrophil elastase, which is important to normal innate immune functions.

Suggested Dosage: Infants 6 months and up: 1/4 to 1 scoop (0.5g) daily as tolerated or as directed by your healthcare practitioner. The powder can be mixed with breast milk, formula, or solid food that is at body temperature or below.

Consult your healthcare practitioner if under the age of 6 months. Do not feed powder directly to infants or children.

This product ships with ice and needs to be refrigerated upon arrival.

Supplement Facts

Serving size: 1 Scoop (Approx. 0.5 g)
Servings per container: 120

Amount Per Serving		%DV
Proprietary Probiotic Blend (5 billion CFU)	31 mg	*
Lactobacillus species 2.5 billion CFU	9 mg	*
Lactobacillus rhamnosus		*
Lactobacillus casei		*
Lactobacillus paracasei		*
Lactobacillus gasseri		*
Lactobacillus salivarius		*
Bifidobacterium species 2.5 billion CFU	22 mg	*
Bifidobacterium infantis		*
Bifidobacterium bifidum		*
Bifidobacterium longum		*
Bifidobacterium breve		*
Bifidobacterium lactis		*

* Daily Value not established

Other Ingredients: Inulin (from chicory root).

NEW! Multi-Biome™

30 caps

Product Code: MULTI



Multi-Biome™ is a combination spore and non-spore (traditional live strain) probiotic. All six strains were selectively chosen for their specific characteristics and research-backed health benefits. Multi-Biome™ is formulated to provide a two-in-one formula for doctors and patients seeking the benefits of both soil-based and live strain probiotics in one formula. Each strain is genomically sequenced and registered, ensuring safety and strain specificity with every batch.

Mechanisms of Action

- Promotes healthy microbial balance
- Supports healthy histamine levels in the intestine
- Promotes healthy cytokine activity
- Supports digestive health
- Supports healthy immune function and immune balance
- Works via competitive exclusion of harmful bacteria

Which is Better: Spore vs Non-Spore?

For optimal patient health, patients will benefit by consuming both forms. Historically this meant taking two separate probiotic supplements. Multi-Biome™ now provides the benefit of both strains types in one convenient formula.

Why Choose Multi-Biome™

- Combines the best of the spore-based strains and traditional live strains, eliminating the need for taking multiple probiotics
- All strains supported by published research and sequenced for specificity
- Multi-Biome™ incorporates the latest delayed-release capsule technology to increase the live strains ability to pass the stomach acid unharmed
- Multi-Biome™ utilizes advanced desiccant lined bottle technology, reducing oxygen and moisture during storage, eliminating the need for refrigeration
- Multi-Biome's non-spore L. rhamnosus GG and Bifidobacterium lactis Bi-07 strains were chosen for supporting healthy histamine management, PLUS their superior ability to withstand harsh environments

Suggested Dosage: As a dietary supplement, take 1 capsule daily or as directed by your healthcare professional.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 30

Amount Per Serving	%DV
MB Complex Lactobacillus rhamnosus (GG), Bacillus Subtilis (DE111®), Bacillus coagulans (SNZ1969), Bifidobacterium lactis, Lactobacillus salivarius, Bacillus coagulans (MTCC 5856)	200 mg / 27 billion CFU *

* Daily Value not established

Other Ingredients: Rice maltodextrin, delayed release capsule (hypromellose, pectin, water), medium chain triglycerides.

DE111® is a registered trademark of Deerland Probiotics & Enzymes, Inc.
CAUTION: contains tree nuts (coconut).

Pro-Bio 100

30 caps

Product Code: PB100



Pro-Bio 100 is a potent, diverse and targeted probiotic supplement providing a 100 billion CFU proprietary blend of varying strains of shelf-stable Lactobacillus and Bifidobacterium in natural vegetable capsules.

- Enhances Immune System Function
- Maintains a Healthy Gut-Immune Barrier
- Maintains Normal Inflammatory Balance
- Supports Digestion and Micronutrient Absorption
- Maintains Gastrointestinal Health

With 100 billion active probiotic cultures, each capsule of Pro-Bio 100 provides six proven strains chosen for their ability to survive the harsh GI environment and to deliver superior results. This broad-spectrum formulation contains four unique strains of Lactobacillus bacteria and two

strains of Bifidobacterium to help support the natural diversity of the microbiome needed for optimal gastrointestinal function and health.

Pro-Bio 100 features BioShield® encapsulation technology to help ensure that live cultures are delivered intact and on target. Because probiotics are live organisms, there are many challenges associated with manufacturing and distributing probiotic supplements. For a probiotic to be effective, it must be shelf-stable through the expiration date and precisely delivered to the intestinal tract, where it can have maximum benefit. BioShield® technology is an innovative manufacturing process developed to ensure consistent and reliable results. The microorganisms in Pro-Bio 100 are protected, sealed and freeze dried away from moisture, heat, light and oxygen. This allows the bacteria to remain dormant until they are exposed to moisture in the GI tract. By utilizing advanced encapsulation technology, the probiotic organisms are preserved and released on-target for maximum benefit.

Suggested Dosage: Take 1 capsule per day or as recommended by your healthcare professional.

No refrigeration required.

Supplement Facts

Serving size: 1 capsule
Servings per container: 30

Amount Per Serving	%DV
Proprietary Blend	423 mg (100 Billion CFU [^]) **
Lactobacillus acidophilus (La-14)	**
Lactobacillus plantarum (Lp-115)	**
Bifidobacterium lactis (Bi-04)	**
Lactobacillus rhamnosus (GG)	**
Lactobacillus paracasei (UALpc-04™)	**

*Percent Daily Values based on a 2,000 calorie diet.

**Daily Value not established.

[^] Colony Forming Units

Other Ingredients: Hypromellose (natural vegetable capsule), microcrystalline cellulose, silicon dioxide, and magnesium stearate.

UALpc-04™ is a trademark of Chr. Hansen A/S.

Pro-Bio PREMIUM

15 packets

Product Code: PBP



- Accelerates the Proliferation of Healthy Intestinal Microflora
- Promotes a Rapid Immune Response
- Maintains Normal Inflammatory Balance
- Supporting Healthy Bowel Function

Pro-Bio PREMIUM is a high potency probiotic recommended for the most challenging of gastrointestinal issues. Each extra-strength packet is guaranteed to have 225 billion CFU's at the time of expiration. Because

probiotics are live organisms, there are many challenges associated with manufacturing and distributing probiotic supplements. The microorganisms in Pro-Bio Premium are protected, sealed, and freeze dried away from moisture, heat, light and oxygen. This allows the bacteria to remain dormant until they are exposed to moisture in the GI tract. Pro-Bio PREMIUM is formulated to travel easily and requires no refrigeration to retain maximum potency.

Each strain of this multi-strain probiotic has been specially selected for its unique metabolic activity and ability to support normal intestinal ecology, as well as hardiness to survive the harshness of the GI environment and withstand a variety of pH ranges.

Suggested Dosage: Mix 1 packet into cool food or drink of your choice or as recommended by your healthcare professional.

Keep this container tightly closed and store at ROOM TEMPERATURE and not in the refrigerator.

Supplement Facts

Serving size: 1 packet (3 grams)
Servings per container: 15

Amount Per Serving	%DV
Calories	10
Total Carbohydrate	2 g <1%*
Dietary Fiber	2 g 7%*
Sodium	10 mg <1%
Proprietary Blend	1.3g (225 billion CFU [^]) **
Lactobacillus acidophilus (La-14)	**
Bifidobacterium bifidum (Bb-06)	**
Lactobacillus plantarum (Lp-115)	**
Bifidobacterium lactis (BI-04)	**
Lactobacillus casei (Lc-11)	**
Lactobacillus salivarius (Ls-33)	**

*Percent Daily Values based on a 2,000 calorie diet.
**Daily Value not established.
[^] Colony Forming Units

Other Ingredients: Larch Arabinogalactin (FiberAid™) and Silicon Dioxide.

FiberAid™ is a trademark of Lonza Inc.

Probiotic Support Formula

60 caps

Product Code: PROB-60



- Helps Maintain Gastrointestinal Balance
- Promotes Enhanced Gut Immunity
- Supports Bowel Regularity
- Supports Digestion and Micronutrient Absorption

Probiotic Support Formula offers a high potency probiotic blend including Saccharomyces Boulardii, a beneficial yeast that

helps maintain proper intestinal flora. Replenishing the beneficial bacteria in the intestinal tract with multiple strains of good bacteria is essential for fighting overgrowth of yeast, pathogenic bacteria, and promoting proper intestinal function. Each capsule provides seven proven probiotic strains chosen for their ability to withstand the harsh gastrointestinal environment and adhere to the intestinal tract to deliver superior results.

The microorganisms in Probiotic Support Formula are protected, sealed and freeze dried away from moisture, heat, light and oxygen. This allows the bacteria to remain dormant until they are exposed to moisture in the GI tract. By utilizing advanced encapsulation technology, the probiotic organisms are preserved and released on-target for maximum benefit. This product does not require refrigeration and potency is guaranteed through the expiration date when stored at room temperature.

Suggested Dosage: Take 1 capsule daily or as suggested by your healthcare practitioner. Capsules can be swallowed or opened and contents mixed in cool food or juice.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving	%DV
Proprietary Blend	133 mg (20 billion CFU [^])
Lactobacillus acidophilus (La-14)	*
Bifidobacterium bifidum (Bb-06)	*
Lactobacillus rhamnosus (GG)	*
Lactobacillus paracasei (UALpc-04™)	*
Bifidobacterium lactis (BI-04)	*
Lactobacillus plantarum (Lp-115)	*
Saccharomyces boulardii	200 mg (3 billion CFU [^]) *

*Daily Value not established.
[^] Colony Forming Units

Other Ingredients: Microcrystalline cellulose, hypromellose (natural vegetable capsule), silicon dioxide, and magnesium stearate.

UALpc-04™ is a trademark of Chr. Hansen A/S.

Saccharomyces Boulardii

60 caps

Product Code: SBC



- Assists individuals with occasional diarrhea
- Supports healthy inflammatory response, where inflammation is associated with occasional digestive discomfort
- A beneficial yeast that stimulates the immune system and promotes digestive health
- Heat-Stable formula

Saccharomyces Boulardii is a beneficial and non-colonizing yeast (not related to the Candida species) that can be helpful in supporting the microflora of the gastrointestinal tract. Saccharomyces Boulardii has over 3 billion CFU's per capsule. Research studies have indicated that Saccharomyces boulardii may work by modulating the body's immune response, thus helping to improve the resistance to harmful bacteria. Saccharomyces Boulardii can be effectively taken with other probiotic strains but should not be taken within 2 hours of a prescription or natural anti-fungal, such as Nystatin, Diflucan, grapefruit seed extract, oregano oil, etc.

Saccharomyces Boulardii is a nonpathogenic, transient yeast long used to support normal bowel transit time. It is a hardy, acid-resistant, temperature tolerant microorganism that is not affected by antibacterial agents. Saccharomyces Boulardii is genetically and functionally distinct from brewer's yeast (*S. cerevisiae*) and different from pathogenic Candida species.

Saccharomyces Boulardii increases the activities of intestinal brush border enzymes such as disaccharidases, a-glucosidases, alkaline phosphatases, and aminopeptidases.

Saccharomyces Boulardii augments the intestinal absorption of D-glucose coupled with sodium that may enhance uptake of water and electrolytes during occasional diarrhea. It increases stool concentrations of short-chain fatty acids that nourish colon mucosal cells. *S. boulardii* modulates immunity by boosting intestinal secretion of IgA and increasing crypt cell immunoglobulin receptors. It supports healthy inflammatory response. Research has found that *S. boulardii* supports healthy intestinal function in an array of clinical settings, supporting healthy bowel transit time.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving	%DV
Probiotic blend in a base of cellulose	273 mg *
Saccharomyces Boulardii	3 Billion CFU *

* Daily Value not established

Other Ingredients: Vegetarian Capsule, (hydroxy-propyl methylcellulose, water) and L-leucine.

This product may cause an allergic reaction in individuals with an allergy to brewers yeast. Discontinue immediately if allergic symptoms appear.

Suggested Dosage: Adults: Take 1 capsule twice daily with meals or as suggested by your healthcare practitioner. Children: As directed by a healthcare practitioner. Capsules can be swallowed or opened and contents mixed in cool food or juice.

Ther-Biotic® Complete

60 caps

Product Code: THBC



- Supports both innate and acquired immunity
- Helps strengthen intestinal epithelial barrier integrity
- Competitive and antagonistic activity against undesirable microorganisms
- Short-chain fatty acid production nourishes enterocytes
- Healthy inflammation modulation
- Maximum probiotic support with colonizing and transient strains

Ther-Biotic® Complete is a robust, broad-spectrum, hypoallergenic blend of 12 probiotic species selected for researched health benefits. It utilizes a synergistic blend of health-promoting Lactobacillus and Bifidobacterium species together with Streptococcus thermophilus in a base of inulin derived from chicory root and encapsulated in a Kosher-certified vegetarian capsule.

Each capsule provides 25 billion CFU protected by InTactic® acid-stable technology, a proprietary hypoallergenic polysaccharide complex from seaweed that protects microorganisms during transit through the acidic gastric environment for maximum viability throughout the intestinal tract.

Ther-Biotic® Complete is indicated as a foundation to support GI health by contributing to a balanced, healthful intestinal microbiota. Anyone who is not consuming a diet rich in probiotics, such as are found in fresh fruits/vegetables and fermented foods, could benefit from Ther-Biotic® Complete. People with gut dysbiosis may benefit from the probiotic support offered by Ther-Biotic® Complete. It may be used in conjunction with medications known to adversely affect the intestinal microbiota, such as antibiotics.

Suggested Dosage: Adults: Take 1 capsule daily with food or as suggested by your healthcare practitioner.

Children: As directed by your healthcare practitioner.

Caution: Consult your healthcare practitioner if taking prescription medication.

Store in the refrigerator.

Supplement Facts

Serving size: 1 Vegetarian Capsule
Servings per container: 60

Amount Per Serving		%DV
Probiotic Blend (25 billion CFU) In a base of inulin (from chicory root)	255 mg	*
Lactobacillus rhamnosus	6.0 billion CFU	*
Bifidobacterium bifidum	5.0 billion CFU	*
Lactobacillus acidophilus	3.0 billion CFU	*
Lactobacillus casei	2.5 billion CFU	*
Lactobacillus plantarum	2.0 billion CFU	*
Lactobacillus salivarius	2.0 billion CFU	*
Bifidobacterium longum	1.0 billion CFU	*
Streptococcus thermophilus	1.0 billion CFU	*
Lactobacillus plantarum	1.0 billion CFU	*
Lactobacillus paracasei	0.5 billion CFU	*
Bifidobacterium lactis	0.5 billion CFU	*
Bifidobacterium breve	0.5 billion CFU	*

*Daily Value not established.

Other Ingredients: Vegetarian capsule (hydropropyl methylcellulose, water), InTactic® polysaccharide complex, and L-leucine.

Ther-Biotic® Detoxification Support

60 caps

Product Code: THBD



- Supports the body to clear pro-inflammatory endotoxins
- Supports healthy immune system function
- Supports the integrity of the GI barrier

Ther-Biotic® Detoxification Support is a concentrated blend of 3 probiotic species in a cellulose base. It is specifically designed to complement detoxification protocols that can compromise beneficial bacteria in your gut by digesting and reducing toxins that might otherwise pass through your intestinal barrier.

Each capsule is protected by InTactic®, a highly purified vegetarian polysaccharide material of marine plant origin which forms a gel-like matrix that surrounds and protects probiotic bacteria from destruction by gastric acid. This allows the friendly probiotic bacteria to survive the stomach acid and be delivered alive into the small intestines where they are released intact to exert their

health-promoting function. As a result, high functional potencies of live friendly bacteria are delivered where they are needed.

The delicate balance of beneficial microorganisms in the gut can be altered by prescription and nutritional detoxification agents, stress, and other factors, which may affect digestive and immune function. In addition, use of detoxification agents may result in a temporary increase in release of toxins and metabolic by-products into the digestive tract which need to be efficiently cleared from the system. Ther-Biotic® Detoxification Support delivers large amounts of select probiotics to maintain microbiota balance, regulate against intestinal disturbances, and support healthy immune responses during detoxification protocols.

Once a healthy balance of intestinal microbiota is achieved, use of Ther-Biotic® Complete probiotic formula is recommended for daily maintenance.

Suggested Dosage: Adults: Take 1 capsule daily with food or as suggested by your healthcare practitioner.

Children: As directed by your healthcare practitioner.

Caution: Consult your healthcare practitioner if you are taking prescription medication.

Store in refrigerator.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving		%DV
Probiotic Blend (50 Billion CFU's)	265 mg	*
Lactobacillus rhamnosus	20 billion CFUs	*
Lactobacillus casei	20 billion CFUs	*
Bifidobacterium bifidum	10 billion CFUs	*

*Daily Value not established.

Other Ingredients: Vegetarian capsule, (hydroxypropyl methylcellulose, water) InTactic®, proprietary polysaccharide complex, and L-leucine.

Visbiome®



Visbiome® is a high potency probiotic medical food, containing 8 strains of live bacteria in concentrations of 112.5 billion per capsule.

Visbiome® is a specially formulated probiotic medical food intended for the dietary management of dysbiosis associated with IBS, ulcerative colitis, pouchitis, antibiotic associated diarrhea, and hepatic encephalopathy.

Visbiome is a non-drug

therapy that addresses distinct nutritional requirements to promote microbial balance in people that can not be addressed by diet alone.

- Visbiome® consists of the Original De Simone Formulation, which was previously sold under the brand name "VSL#3^{®/™}" until July 2016 (VSL#3 is a registered trademark of VSL Pharmaceuticals, Inc.)
- Formulation has been the subject of over 100 human clinical trials as a medical food in the dietary management of dysbiosis, or microbial imbalance.
- Contains highly concentrated natural yogurt bacteria which are grown using dairy ingredients to ensure their health and vitality. Trace levels of dairy may be present in the finished product.
- Lactose-Free
- If sensitive to dairy, please consult your healthcare professional prior to taking.

Visbiome® is a medical food intended to be used under medical supervision.

Suggested Dosage: Take 2-8 capsules daily or as directed by your healthcare practitioner.

Do not take Visbiome within 4 hours before or after taking antibiotics.

Store in the refrigerator. Visbiome can be stored at room temperature for up to one week without adversely affecting potency.

Bloating can occur during the first few days following the start of Visbiome consumption as your intestinal microflora changes. If you experience bloating, you may need to reduce your daily intake to allow this adjustment.

60 caps

Product Code: VISB-C

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving	%DV
Lactic Acid Bacteria (De Simone Formulation)	112.5 billion CFU *
De Simone Formulation	
L. acidophilus DSM24735	
L. plantarum DSM24730	
L. paracasei DSM24733	
L. delbrueckii subsp. bulgaricus [^] DSM24734	
S. thermophilus DSM24731	
B. longum ^{^^} DSM24736	
B. breve DSM24732	
B. infantis ^{^^} DSM24737	

* Daily Value (DV) not established
[^] Recently reclassified as Lactobacillus helveticus
^{^^} Recently reclassified as Bifidobacterium lactis

Other Ingredients: Microcrystalline cellulose, stearic acid, silicon dioxide, magnesium stearate, and vegetable capsule (hydroxypropyl methylcellulose).

Allergen Warning: Contains milk from highly concentrated natural yogurt bacteria which are grown using dairy ingredients to ensure their health and vitality. Trace levels of dairy are present in the finished product (0.01g lactose per 200 capsules)

Ther-Biotic® LactoPrime™ Plus

60 caps

Product Code: LACT



- Free of carbohydrates, prebiotics, and polysaccharides
- Assists with healthy digestion of lactose and vegetable fibers
- Helps balance healthy gut ecology

Ther-Biotic® LactoPrime™ Plus is a concentrated, broad-spectrum probiotic supplement supplying 7

Lactobacillus and 5 Bifidobacterium probiotic species researched to support gastrointestinal health, immune health, a healthy inflammatory response, and ability to support a healthy and balanced microbiota. The delicate balance of healthy intestinal microbiota can be disrupted by many factors, including poor diet, stress, state of overall health, aging, exposure to toxins, and/or use of antibiotics and certain other medications. Supplementing the diet with a diverse spectrum of probiotic species can help promote and support a healthy balance of intestinal microbiota.

It is provided in a base of purified plant cellulase and specifically formulated without inulin, other prebiotic fibers or fermentable carbohydrates, making it suitable for carbohydrate-sensitive individuals or those adhering to restricted diets such as GAPS and FODMAP regimens which restrict intake of disaccharides and polysaccharides and do not allow grains, lactose, or sucrose.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving	%DV
Probiotic Blend (25 billion CFU) in a base of cellulose	240 mg *
Lactobacillus species	19 billion CFU *
Lactobacillus rhamnosus	
Lactobacillus acidophilus	
Lactobacillus brevis	
Lactobacillucasei	
Lactobacillus plantarum	
Lactobacillus salivarius	
Lactobacillus paracasei	
Bifidobacterium species	6 billion CFU *
Bifidobacterium bifidum	
Bifidobacterium infantis	
Bifidobacterium longum	
Bifidobacterium lactis	
Bifidobacterium breve	

*Daily Value not established.

Other Ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water) and L-leucine

Suggested Use: Adults: Take 1 capsule daily with food or as directed by a healthcare practitioner. Children: As directed by your healthcare practitioner.

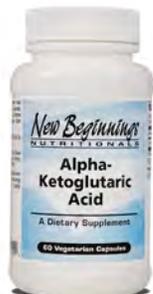
Store in Refrigerater.

Specialty Products

Alpha-Ketoglutaric Acid

60 caps

Product Code: AKG



Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving	%DV
Alpha-Ketoglutaric Acid	300 mg *

* Daily Value not established

Other Ingredients: Microcrystalline cellulose, vegetarian capsule (hydropropyl methylcellulose, water), and ascorbyl palmitate.

Assists in the removal of ammonia from the central nervous system.

Alpha-Ketoglutaric (AKG) is an organic acid that is important for the proper metabolism of all essential amino acids and the transfer of cellular energy in the citric acid (or Krebs) cycle. It is a precursor to glutamic acid, the non-essential amino acid involved in protein synthesis and the regulation of blood glucose levels. In combination with L-glutamate, AKG can reduce levels of ammonia formed in the brain, muscles and kidneys, as well as help balance the body's nitrogen chemistry and prevent nitrogen excess in body tissues and fluids. Individuals with high protein intake or gastrointestinal dysbiosis may benefit from supplemental AKG to help balance ammonia levels and protect tissues.

Suggested Dosage: Take 1 capsule daily as suggested by your healthcare practitioner.

ATP 360®

90 caps

Product Code: ATP



Supplement Facts

Serving size: 3 Capsules
Servings per container: 30

Amount Per Serving	%DV
Vitamin C (from Membrane Restore™ Blend)	100 mg 111%
Thiamin (from Membrane Restore™ Blend)	50 mg 4167%
Riboflavin (from Membrane Potential™ Blend)	42 mg 3250%
Choline (from RN Lipid Concentrate™ Blend)	27 mg 5%
Magnesium (from Krebs Plus Foundation™ Blend)	50 mg 12%
Membrane Potential™	
CoQ10, Riboflavin-5-Phosphate, Panmol® (NADH)	215 mg *
Membrane Restore™	
Ascorbic Acid, DeltaGold® Tocotrienols	186 mg *
RN Lipid Concentrate™ (Phosphatidylcholine, Phosphatidylethanolamine, Phytoglycolipids, Phosphatidylinositol)	400 mg *
Krebs Plus Foundation™ R-Lipoic Acid, Alpha Ketoglutaric Acid, Magnesium (as Di-Magnesium Malate), Thiamine HCl	225 mg *
Mitogenesis RN™ Acetyl L-Carnitine, PQQ (Pyrroloquinoline Quinone)	210 mg *

*Daily Value not established.

** Percent Daily Values are based on a 2,000-calorie diet

Other Ingredients: Hypromellose (vegetable capsule), rice hull extract, calcium carbonate, and mineral silica.

Caution: contains ingredients derived from soy

Researched Nutritionals ATP 360® is a comprehensive formula to support mitochondrial health and is backed by peer-reviewed, published clinical research. Using powerful, researched ingredients, ATP 360® provides targeted, effective support.

- Phospholipid matrix promotes mitochondrial membrane health
- R-Lipoic Acid and PQQ support the Krebs Cycle and mitochondrial mitogenesis
- Antioxidants protect mitochondria against oxidative stress
- Nutrients such as NADH and CoQ10 promote a healthy electron transport chain and ATP production

Mitochondria are responsible for cellular energy. A multitude of health-related and environmental factors can impact mitochondrial health. ATP 360® is formulated to provide complete mitochondrial support by promoting normal mitochondrial growth and mitosis, supporting healthy mitochondrial membranes, and supplying the necessary cofactors for optimal cellular energy production.

Clinical human research using ATP 360® demonstrated a number of statistically significant results regarding energy, mental functioning, sleep, cardiovascular & cytokine support.

Suggested Use: Take 3 capsules once daily with or without food or as directed by your healthcare practitioner.

Caution: If you are pregnant or nursing, consult your healthcare practitioner before use.

BDNF Essentials®

120 caps

Product Code: BDNF



- Supports healthy neuroplasticity & neurogenesis
- Nurtures healthy cognitive function
- Promotes balanced cytokine activity
- Supports cellular membrane health & cortisol levels

BDNF Essentials® is a clinically researched, comprehensive formula designed to support neurological health and cognitive function. This unique formula leverages ingredients that have been shown to aid in the formation of nerve growth factors, such as brain-derived neurotrophic factor (BDNF). BDNF is essential in supporting neuron health, neuroplasticity (the ability of the brain to rewire and create new connections), and neurogenesis (the growth of new neurons).

Brain Derived Neurotrophic Factor (BDNF) is one of the key proteins that promote the survival, development and function of neurons. BDNF promotes normal neuroplasticity, the repair and generation of new neurons as well as supporting healthy telomerase activity.

NeuroCyto Protect™ Blend: A blend of five researched herbs that promote BDNF formation and support normal cytokine levels

Cognition Blend: A blend of phosphatidylserine and Citicholine to support healthy cellular membrane function and cortisol levels

Suggested Dosage: Take 2 capsules twice per day with or without meals, or as directed by your healthcare professional.

Supplement Facts

Serving size: 2 Vegetarian Capsules
Servings per container: 60

Amount Per Serving		%DV
Choline (as Cytidine Diphosphate Choline Sodium Salt) ***	25 mg	5%
Sodium (as Cytidine Diphosphate Choline Sodium Salt) ***	5 mg	<1%
NeuroCyto™ Protect Blend Lions Mane Mushroom (Fruiting body extract) mycelium powder, Skullcap (Scutellaria lateriflora) Herb Powder, Black Rice (Oryza sativa) Seed Extract (25% Anthocyanins), Bacopa (Bacopa monnieri) Herb Powder, Sensoril® Ashwagandha (Withania somnifera) Root and Leaf Extract	1175 mg	*
Cognition Blend CDP Choline Sodium Salt, Sharp-PS® Green Phosphatidylserine	175 mg	*

*Daily Value not established.
** Percent Daily Values are based on a 2,000-calorie diet
Other Ingredients: Hypromellose (Capsule), Leucine.

***Sodium and Choline are from Cognition Blend
Sensoril® is a registered trademark of NutraGenesis, LLC.
Sharp PS® is a registered trademark of Enzymotec USA, Inc.
Caution: Not recommended for women who are pregnant or nursing.

Liquid Calm

2 fl oz

Product Code: CALM-L



- Supports a State of Calmness and Relaxation
- Promotes Balanced Mood
- Enhances Cognitive Performance and Memory

Liquid Calm contains a combination of ingredients designed to address stressful situations in the moment or may be taken in preparation for these events. The formula includes support for focus, mood balance and calming relaxation without drowsiness. It can also be beneficial for nighttime sleeplessness due to an overactive mind.

Stress is beneficial in small quantities but causes cognitive decline and mood challenges when too often or severe. The nervous system contains neurons responsible for processing and transmitting information using neurotransmitters and electrical ion channels. Neurotransmitter receptors are the gateways for communication between nerve cells. Neurotransmitter imbalance is one of the consequences of high stress. The ingredients in Liquid Calm support balance of neurotransmitters while promoting calming focus.

L-Theanine: An amino acid found abundantly in green tea. L-theanine has been shown to quickly improve stress perception and resilience.

GABA: Gamma-amino butyric acid (GABA) is the primary inhibitory neurotransmitter in the brain. GABA provides a calming effect and is a major component of the body's stress-fighting mechanisms. GABA has been shown in published research studies to promote a state of relaxation.

Huperzine Alkaloids: Huperzia serrata (whole plant extract), or Chinese club moss is a nootropic known for its potent and selective acetylcholinesterase inhibition. Huperzine A helps to improve memory and support optimal cognitive health.

Suggested Dosage: 2 full droppers (about 2 mL) two to three times per day or as recommended by your health care professional.

Supplement Facts

Serving size: 2 Full Droppers (2 mL)
Servings per container: 30

Amount Per Serving		%DV
Calories	5	
Total Carbohydrate	1 g	<1%*
Gamma Aminobutyric Acid (GABA)	100 mg	**
L-Theanine (Suntheanine®)	100 mg	**
Huperzine A (from Huperzia serrata Whole Plant Extract)	50 mcg	**

* Percent Daily Values are based on a 2,000-calorie diet
** Daily Value not established.
Other Ingredients: Vegetable Glycerin, Deionized Water, Malic Acid and Natural Flavor.

Suntheanine® is a registered trademark of Taiyo International, Inc.

CDP Choline

30 caps

Product Code: CDPC-30

60 caps

Product Code: CDPC-60



Cytidine Diphosphate Choline is an active lipotrope of choline that restores brain levels of Phosphatidylserine, Phosphatidylcholine and Sphingomyelin which are crucial to the function of neurons and the myelin sheath that protects them. It also increases brain levels of key neurotransmitters like acetylcholine (for memory), dopamine (for fine motor

control and mood), and norepinephrine (for mental energy). With all of the above modulating activities, it isn't surprising that CDP Choline has so many beneficial effects on the brain, helping to maintain optimal brain function and balance.

CDPC-30

Supplement Facts

Serving size: 1 Capsule
Servings per container: 30

Amount Per Serving		%DV
Cognizin® Citicholine (Cognizin®** CDP Choline)	500 mg	*

* Daily Value not established
Other Ingredients: Hypromellose (veggie capsules), cellulose, magnesium stearate, silica.

**Cognizin is a registered trademark of Kyowa Hakko Bio Co., Ltd.

CDPC-60

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving		%DV
Cognizin® Citicholine (Cognizin®** CDP Choline)	250 mg	*

* Daily Value not established
Other Ingredients: Hypromellose (veggie capsules), cellulose, magnesium stearate, silica.

**Cognizin is a registered trademark of Kyowa Hakko Bio Co., Ltd.

Suggested Dosage: Take 1 capsule daily or as suggested by your healthcare practitioner.

Sonic Cholesterol™

120 caps

Product Code: CHOL



New Beginnings Nutritionals has a unique product called Sonic Cholesterol™ - a pure and potent nutritional supplement designed to support healthy cholesterol levels. Cholesterol deficiency is associated with violent behavior, aggression, anxiety, depression, bipolar disorder, suicide, strokes, autism, cataracts and increased susceptibility to

gastrointestinal infections. Sonic Cholesterol™ is an ideal supplement solution for children and adults who have both low to low normal cholesterol levels along with a strong dislike for - or allergy to - eggs.

- Each capsule contains 250 mg of cholesterol
- Each 250 mg dose provides the same amount of cholesterol as one jumbo egg
- Carefully extracted from raw sheep wool
- Third-party tested and shows undetectable levels of heavy metals and other toxic chemicals

Available only to those under the care of a healthcare practitioner

Supplement Facts

Serving size: 1 Capsule
Servings per container: 120

Amount Per Serving	%DV
Cholesterol (from 250 mg cholesterol NF)	235 mg *

% Daily Value (DV) based on a 2,000 calorie diet

Other Ingredients: Vegetarian Capsule (Hydroxypropyl methylcellulose, water), microcrystalline cellulose, magnesium stearate and silicon dioxide.

Suggested Dosage:

For very low cholesterol values (<100 mg/dl or 2.59 mmol/L): Dose 4-6 capsules (1000 - 1500 mg) per day in divided doses with meals.

For moderately low cholesterol values (100 to 130 mg/dl or 2.59 to 3.36 mmol/L): Dose 3-4 capsules (750-1000 mg) per day in divided doses with meals.

For low normal cholesterol values (130 to 160 mg/dl or 3.36 to 4.14 mmol/L): Dose 2 capsule per day (500 mg) in divided doses with meals.

Precautions: Quarterly cholesterol testing is strongly recommended for a time to monitor and adjust cholesterol dosing until blood levels are stabilized.

Epsom Salts Cream (Magnesium Sulfate Cream)

2 oz

Product Code: ESC



Epsom salts (also known as Magnesium Sulfate), baths have long been used by individuals to stimulate detoxification, reduce inflammation to sore muscles, promote healthy circulation, and help with relaxation and normalizing sleep patterns.

New Beginnings Nutritionals' Epsom Salts Cream offers a more convenient and easy way to obtain the benefits of Epsom Salt baths without the need to take the time and effort on a daily basis to soak in a bathtub. This formula is a true transdermal cream containing a special liposome with 100 bilayer lipid shells - identical to cell membrane lipids - allowing it to easily pass through the skin tissue and release the magnesium sulfate gradually into the body.

New Beginnings Nutritionals' Epsom Salts Cream is packaged in a convenient and contamination proof 2 oz. tube. Each one-gram dose provides 100 mg of Magnesium Sulfate in a creamy, non-irritating liposomal formula that is well absorbed and Paraben Free.

Suggested Dosage: Apply 1 or more grams of Epsom Salts Cream 2-3 times daily or as suggested by your healthcare practitioner.

Ingredients: Purified water, magnesium sulfate, glycerine, cetearyl alcohol/cocoa, glucoside, octyl salicylate, caprylic capric triglyceride, safflower oil, DL-alpha-tocopherol, polyacrylamide, potassium sorbate, phospholipid, alpha lipoic acid, EDTA, citrus seed extract, sodium hydroxide, propyl gallate.

Focus-Mate™

120 caps

Product Code: FM-120



Focus-Mate™ is a supplement that supports self-regulation, focus and concentration. This is the first combination product to contain optimal doses of the following researched-based ingredients:

Vitamin B6 - This water-soluble vitamin is required for many essential functions in the body including normal brain development and the synthesis

of neurotransmitters in the brain. A side effect of B6 deficiency is difficulty concentrating and short-term memory loss.

Magnesium - This essential mineral calms the hyperactive body and mind and assists with the regulation of blood sugar. Magnesium deficiency is common in 80% of the American population.

Acetyl-L-Carnitine - An important nutrient that is derived from the amino acids Tyrosine and Methionine and helps the body convert fatty acids into energy. Adequate amounts of L-Carnitine or Acetyl-L-Carnitine are needed for the synthesis of DHA (found in fish oil) which is critical for healthy brain function. Research has shown a relationship between low plasma levels of Carnitine with behavior problems.

Phosphatidylserine (soy free) - A critical phospholipid made from the amino acid Serine and fatty acids that is critical for the proper functioning of brain cells. This supplement has been shown in studies to support optimal memory, mood, attention and self-regulatory behaviors.

Pycnogenol - An extract from the bark of the French maritime pine that possesses potent antioxidant and anti-inflammatory properties. Pycnogenol has been shown in research studies to both increase glutathione levels and to decrease the level of stress hormones which can reduce the overall amount of oxidative stress in the body.

Suggested Dosage: Take 2-4 capsules daily in divided doses, between meals or as recommended by your healthcare practitioner. For optimal benefit, it is highly recommended that this supplement be taken with 1-2 grams of purified fish oil daily.

Acetyl-L-Carnitine is energizing so it is recommended to not take it after 4:00 pm.

Supplement Facts

Serving size: 4 Capsules
Servings per container: 30

Amount Per Serving	%DV
Vitamin B6 (as pyridoxine HCl)	50 mg 2,941%
Magnesium (as TRAACS® magnesium bisglycinate chelate, magnesium oxide**)	200 mg 48%
Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)	500 mg *
Phosphatidylserine** (helianthus annuus) (from sunflower lecithin) (seed)	200 mg *
French Maritime Pine Extract (Pinus pinaster) (bark)	25 mg *
Pycnogenol®****	

* Daily Value not established.

Other Ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, silicon dioxide, and magnesium stearate.

** Albion® and TRAACS® are registered trademarks of Albion® Laboratories, Inc.

*** Sharp-PS® GREEN brand, a registered trademark of Enzymotec, Ltd.

**** Pycnogenol® is a registered trademark of Horphag Research Ltd.

Intesti-Mate

7.03 oz

Product Code: INTM



- Supports GI Barrier Health and Integrity
- Maintains Normal Inflammatory Balance and Healthy Gut Epithelium
- Provides Concentrated Nutrition for GI Cells

A healthy gastrointestinal (GI) tract has an epithelial mucosal

barrier that prevents the passage of food antigens (proteins), toxins, and microorganisms from crossing into the bloodstream. Stress, overconsumption of alcohol, food intolerance, microbial imbalance and poor nutrition can affect the integrity of the epithelial barrier. The health of the GI tract is dependent on the modulation of these factors.

The ingredients in Intesti-Mate help regenerate and maintain GI enterocytes while supporting the health of the intestinal mucosal barrier:

Deglycyrrhized Licorice Root Extract (DGL) is a form of licorice root that has been specially processed to contain only biologically active flavonoids, without glycyrrhizin. This allows for higher dosing of the active ingredient, which helps maintain a healthy mucosal surface.

Aloe Vera Leaf Gel Extract is a demulcent that has been used throughout history, aloe vera has long been known to promote a normal inflammatory response. Studies have shown aloe vera is specifically beneficial to the gastric mucosa, in part by its ability to balance stomach acid levels and promote healthy mucus production.

L-Glutamine is a main source of fuel for the cells of the small intestines and essential to tissue repair throughout the body. Enterocytes use the amino acid to help maintain the health of the mucosa.

N-Acetyl Glucosamine is the acetylated form of glucosamine. It is a mucin precursor and has been shown to increase the production of mucus within the GI tract.

Zinc is an essential mineral widely recognized for its role in gut and immune health. Zinc has been shown to strengthen GI barrier function by supporting the structure of tight junctions.

Suggested Dosage: Children: Take ¼ to ½ scoop with water or the beverage of your choice once daily or as recommended by your healthcare professional.

Adults: Take 1 scoop with water or the beverage of your choice once daily or as recommended by your healthcare professional.

Supplement Facts

Serving size: 1 Scoop (6.9 grams)
Servings per container: 30

Amount Per Serving	%DV	
Calories	5	
Total Carbohydrates	<1 g	<1%*
Total Sugars	<1 g	**
Vitamin A (from 2,000 IU as Palmitate)	600 mcg	67%
Zinc (as TRAACS™ Zinc Bisglycinate Chelate)	10 mg	91%
L-Glutamine USP	4 g	**
N-Acetyl-D-Glucosamine	500 mg	**
Deglycyrrhized Licorice Root Extract	400 mg	**
Aloe vera Leaf Gel Extract	75 mg	**

*Percent Daily Values are based on a 2,000 calorie diet
**Daily Value not established.

Other Ingredients: Natural flavors, Cocoa processed with alkali, and Rebaudioside A (Organic).

TRAACS™ is a registered trademark of Albion Laboratories, Inc.
Contains: Crustacean Shellfish (shrimp and crab)

Melatonin

60 tabs

Product Code: MELA-60



- Promotes regulation of the body's circadian rhythm, hormone secretions, and sleep patterns
- Helps facilitate the onset of sleep as well as sleep efficiency

Melatonin is a hormone, which is naturally produced by the pineal gland in the brain. When children and

adults have difficulty sleeping, supplementing with melatonin can be helpful in regulating the sleep cycle. Melatonin's primary role is the regulation of the body's circadian rhythm, endocrine secretions, and sleep patterns. Studies indicate that it facilitates the onset of sleep, as well as sleep efficiency.

Supplement Facts

Serving size: 1 Tablet
Servings per container: 60

Amount Per Serving	%DV	
Melatonin	1 mg	*

* Daily Value not established.

Other Ingredients: Mannitol, stearic acid, citric acid, silicon dioxide, natural cherry flavor, croscarmellose sodium, and magnesium stearate.

Suggested Dosage: Take 1-2 tablets as needed for sleep or as directed by a healthcare practitioner.

Organic Inulin Powder

8 oz

Product Code: INUL-P



- Prebiotic Pure Powder
- Nourishes Friendly Bacteria
- Very Low Glycemic Index
- Certified Organic and Non-GMO Project Verified

Inulin, a fructooligosaccharide (FOS), is a soluble prebiotic fiber that is resistant to digestion and reaches the large intestine essentially intact. Intestinal probiotic bacteria consume

Inulin and in turn, produce the short-chain fatty acids that nourish the cells lining the colon. Inulin thus helps to maintain intestinal health and function. Inulin has a pleasant flavor that adds a mild sweetness to foods and drinks, but has a very low glycemic index and will not negatively impact serum glucose levels.

Natural color variation may occur in this product. Store in a cool, dry place after opening.

Suggested Dosage: Take 1 level teaspoon 1 to 3 times daily. Mix into your favorite beverage or food or as recommended by your healthcare practitioner. Begin with 1 teaspoon a day and slowly increase dosage to limit GI discomfort.

Supplement Facts

Serving size: 1 tsp. (approx. 2.8 g)
Servings per container: About 81

Amount Per Serving	%DV	
Calories	5	
Total Carbohydrates	2.7 g	1%**
Dietary Fiber	2.5 g	9%**
Organic Inulin (FOS) (from Blue Agave)	2.8 g	*

* Daily Value Not established
** Percent Daily Values are based on 2,000 calorie diet.

Other Ingredients: None

NeuroMagT

60 caps

Product Code: NMT-60



NeuroMagT is a unique combination of Magtein® (magnesium L-threonate), L-taurine and L-theanine designed to help support healthy cognitive function.

Magtein®, magnesium L-threonate, has been shown to support healthy levels of magnesium in the brain and functional neuronal terminals. Magtein® is a patented and

clinically studied ingredient shown to support cognitive function and healthy brain aging.

L-taurine is an abundant amino acid in the human body but taurine levels typically decrease with age. New studies show that taurine levels typically play a major role in the supporting the brain when exposed to toxic chemicals from water supplies and other environmental sources.

L-theanine helps with activity in the alpha-1 frequency band of resting brain activity, which indicated that it relaxes the mind without inducing drowsiness. An increase in the activity of alpha-bands also appears important for suppressing distracting visual information during demanding tasks.

Supplement Facts

Serving size: 2 Capsules
Servings per container: 30

Amount Per Serving		%DV
Magnesium (from 1,000 mg magnesium L-Threonate)**	70 mg	17%
L-Taurine	200 mg	*
L-Theanine	100 mg	*

* Daily Value Not established

Other Ingredients: Hydropropyl methylcellulose (vegetable capsule), magnesium stearate, silicon dioxide.

**As Magtein® - a trademark of Magceutics®, Inc. and is distributed exclusively by AIDP, Inc. Protected under US patents 8,178,118; 8,142,803; 8,163,301; and other patents and pending patents.

Suggested Dosage: Take 2 capsules once per day or as directed by your healthcare practitioner.

Neuro-Serene Formula

90 caps

Product Code: NSF-90



- Supports a State of Calmness and Relaxation
- Increases Serotonin and GABA Production in the Brain
- Addresses Neurotransmitter Signaling Systems
- Supports Occasional Sleeplessness

Neurotransmitters are the chemical messengers that regulate mood, memory, sleep cycle and daily stress. Adequate neurotransmitter production depends on an adequate supply of amino acids, vitamins and minerals in the diet.

Neuro-Serene Formula is a comprehensive formula designed to address daily stress by increasing the production of the calming neurotransmitters serotonin and gamma-amino butyric acid (GABA). Neuro-Serene Formula also includes key ingredients that quickly increase the production of alpha brain waves resulting in a relaxed and effortless state of alertness.

Suggested Dosage: Take 2-3 capsules, 1-2 times per day between meals as needed or as recommended by your healthcare practitioner.

Supplement Facts

Serving size: 3 Capsules
Servings per container: 30

Amount Per Serving		%DV
Vitamin C (as Ascorbic Acid USP)	50 mg	56%
Niacin (as Niacinamide USP)	10 mg	63%
Vitamin B6 (as Pyridoxal-5'-Phosphate)	10 mg	588%
Folate (from 400mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	680 mcg DFE	170%
Vitamin B12 (as Methylcobalamin)	200 mcg	8,333%
Magnesium (as DiMagnesium Malate)	75 mg	18%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	5 mg	45%
Inositol NF	1 g	*
Taurine USP	300 mg	*
L-Theanine (Suntheanine®) (Gamma Aminobutyric Acid) PharmaGABA™	100 mg	*
5-HTP (5-Hydroxytryptophan)(from Griffonia simplicifolia (Seed))	75 mg	*

* Daily Value Not established

Other Ingredients: Natural Vegetarian Capsule, Microcrystalline Cellulose, Magnesium Stearate, and Silicon Dioxide.

Pharma GABA® is a registered trademark of Pharma Foods International Co. Ltd. TRAACS is a registered trademark of Albion Laboratories, Inc. Suntheanine® is a registered trademark of Taiyo International, Inc. Quatrefolic® is a registered trademark of Gnosis S.p.A. Patents Pending.

Oxy-Powder®

120 caps

Product Code: OXY-120



Global Healing's Oxy-Powder is crafted to alleviate the discomfort of gas, bloating, and occasional constipation. Formulated to counteract the harmful effects of toxins that permeate our daily lives, this natural solution utilizes oxygen to gently and effectively dissolve compacted feces from your intestinal tract while creating a safe space for probiotics to

flourish. As an effortless way to promote regularity and support a healthy lifestyle, Oxy-Powder is an essential addition to any wellness regimen.

This formula is crafted with natural ozonated magnesium and citric acid. Its unique formula releases oxygen to effortlessly loosen impacted waste and purify the entire digestive tract. Unlike other solutions that are synthetic and harmful, Oxy-Powder is gentle on the body and non-addictive, allowing you to use it as needed without concern for dependency.

Suggested Dosage: Take 1-4 capsules with a full glass of purified water before bed. If you do not achieve 3-5 bowel movements the next day, increase by 1-2 capsules each night. Take your serving 2-3 times weekly or as recommended by a healthcare practitioner.

It is important to drink plenty of water while taking Oxy-Powder and to start with a lower dose and work up to a higher dose if you are not achieving the desired number of movements.

Supplement Facts

Serving size: 4 Capsules
Servings per container: 30

Amount Per Serving		%DV
Magnesium (from Ozonated Magnesium Oxide)	1,400 mg	350%
Natural Citric Acid (from tapioca)	90 mg	*

* Daily Value Not established

Other Ingredients: Vegetarian capsule (cellulose) organic gum acacia

Phosphatidyl Serine SF

60 caps

Product Code: PHS-60



- Supports cognitive function and emotional wellbeing
- Supports working memory
- Promotes healthy aging and behavioral performance including tasks of daily life

This natural, soy-free, sunflower lecithin derived phospholipid helps maintain function of brain and nerve cell membranes. This "brain nutrient" promotes cognitive function, emotional well-being, and behavioral performance. It has also been shown to support effective memory.

New Beginnings' Phosphatidyl Serine SF contains Sharp-PS® Green brand of phosphatidylserine, a product of Enzymotec.

Suggested Dosage: Take 1 capsule, 1 to 2 times daily with food or as recommended by your healthcare practitioner.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving	%DV
Phosphatidylserine (from sunflower lecithin)**	100 mg *

* Daily Value not established.

Other Ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl, methylcellulose, water), maltodextrin, ascorbyl palmitate, silicon dioxide, and mixed tocopherols.

**Sharp-PS® is a registered trademark of Enzymotec, Ltd.

PureLean® Fiber

12.2 oz

Product Code: PURE



- Promotes healthy weight management by supporting healthy microflora balance, glycemic response, and satiety
- Contains blend of insoluble and soluble fibers to support digestive health, nutrient absorption and regularity
- Convenient powder formula

PureLean® Fiber provides a powdered blend of fiber and prebiotics that can be beneficial to the health of the GI tract.

Suggested Dosage: Take 1 serving, 1-3 times daily, mixed with a beverage.

Supplement Facts

Serving size: 2 Scoops (approx. 14.4 g)
Servings per container: 24

Amount Per Serving	%DV
Calories	40
Total Carbohydrate	8 g 3%*
Dietary Fiber	6 g 21%*
Sugar Alcohols	2 g **
Protein	1 g 2%*
Magnesium (as magnesium citrate)	100 mg 24%
Sodium (naturally occurring)	30 mg 1%
PrecticX™ xylooligosaccharides	700 mg **

Proprietary Fiber Blend

Providing: CreaFiber cellulose, Sunfiber® partially hydrolyzed guar gum, flax seed fiber, 1,000 mg glucomannan, prune fruit powder, apple pectin	10 g	**
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* Percent Daily Values are based on a 2,000 calorie diet
** Daily Value not established.

Other Ingredients: Xylitol, luo han guo (Momordica grosvenorii) extract (fruit)

Warning: Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

SeroPlus

120 tabs

Product Code: SER-120



- Provides the serotonin precursor 5-HTP
- Enhances healthy sensitization of serotonin receptors and nervous system function with Inositol
- Supports healthy serotonin activity and maintains healthy reuptake with Taurine
- Enhances 5-HTP availability with Niacinamide and Zinc

- Includes the synergistic cofactors magnesium, vitamin C, vitamin B6, Metafolin® L-5-MTHF to support serotonin production and positive mood

SeroPlus promotes serotonin synthesis to support relaxation, moderate occasional stress and maintain healthy eating behavior. This formula provides the serotonin precursor, 5-HTP, and inositol, which supports healthy sensitization of serotonin receptors. Taurine also supports healthy serotonin activity, potentially by maintaining healthy reuptake. Niacinamide and zinc are able to support the enhancement of 5-HTP availability. This formula includes the cofactors magnesium, vitamin C, vitamin B6 and Metafolin® L-5-MTHF to support serotonin production and positive mood.

These nutrients are often depleted in individuals due to medications, inadequate diets, and toxic environmental exposures - compromising the ability to properly synthesize neurotransmitters. When deficient, these cofactors enhance neurotransmitter function and play a complementary role in supporting emotional wellness.

Supplement Facts

Serving size: 2 Capsules
Servings per container: 60

Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	100 mg 111%
Niacin (as niacinamide)	20mg 125%
Vitamin B6 (as pyridoxal 5' phosphate) (activated B6)	6.7 mg 394%
Folate (as Metafolin®, L-5-MTHF)	833 mcg DFE (500mcg L-5-MTHF) 208%
Magnesium (as di-magnesium malate)	100 mg 24%
Zinc (as zinc picolinate)	10 mg 91%
5-Hydroxytryptophan	100 mg *
Inositol (as myo-inositol)	500 mg *
Taurine (free form)	200 mg *

* Daily Value not established.

Other Ingredients: Vegetarian capsule (cellulose, water).

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

Warning: Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.

Suggested Dosage: Take 2 capsules 1 to 2 times daily in divided doses, between meals or as recommended by your healthcare practitioner.

TMG Powder

50 g

Product Code: TMG



Trimethylglycine (TMG) is also called glycine betaine, but the name trimethylglycine signifies that it has three methyl groups attached to each molecule of glycine. TMG therefore, is a more active methyl donor and supports the methylation of homocysteine to form methionine. Sufficient levels of methionine are important to sulfation chemistry and the production of glutathione, both important components in helping the body to protect itself from toxic chemicals and oxidative stress.

TMG has been associated with healthy blood pressure and mitochondrial function, and has been found to be linked to cardiovascular health. TMG has also been found to promote healthy liver function. Studies show TMG can support a healthy inflammatory response by inhibiting expression of various inflammatory proteins, which may partially explain its positive impacts. Because intestinal microbes can make various by-products from TMG, the health of the gut microbiome influences the effects of TMG in the body.

Suggested Dosage: 1 rounded scoop one to two times daily, mixed with food or drink or as suggested by your healthcare practitioner.

It is suggested that TMG be taken with co-factors vitamins B6, B12, and folic acid.

Supplement Facts

Serving size: 1 Rounded Scoop (approx. 525 mg)
Servings per container: 97

Amount Per Serving	%DV
Trimethylglycine (TMG) (as betaine anhydrous)	500 mg *

* Daily Value not established.

Other Ingredients: None

Vitamins

ADK

60 caps

Product Code: ADK-60



Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving		%DV
Vitamin A (as Retinyl Palmitate)	1,500 mcg	167%
Vitamin D3 (as Cholecalciferol)	125 mcg (5000 IU)	625%
Vitamin K2 (as MK-7)	500 mcg	*

* Daily Value not established
** Percent Daily Value based on a 2,000 calorie diet

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

Vitamins A, D3, and K2 are three of the most important nutrients for health, yet most people aren't getting enough from diet alone. ADK is a dietary supplement that supports strong bones and teeth, calcium utilization, heart health and a strong immune system.

New Beginnings Nutritionals' ADK is a convenient way to achieve optimal levels of the following critical nutrients:

- **Vitamin D:** Vitamin D oversees the absorption and use of calcium by the body and bones. Vitamin D also supports cardiovascular function, healthy blood pressure and a healthy immune system.
- **Vitamin K2:** Vitamin K2, or menaquinone (MK-7), is a special form of vitamin K important for normal bone formation. Vitamin K2 activates a critical protein, called osteocalcin, which transports and integrates calcium into bones. Optimal vitamin K2 ensures calcium is deposited into bones instead of arteries. That means arteries stay soft and flexible for smooth blood flow.
- **Vitamin A:** Vitamin A supports normal development, growth, and the repair of bones throughout life. It also maintains mucosal immune function. Keeping the mucosal barrier strong promotes a healthy immune response.

Suggested Use: Take 1 capsule daily, or as directed by your healthcare practitioner.

B-Complex

60 caps

Product Code: BCOM-60



New Beginnings Nutritionals' B-Complex is an excellent source of water-soluble B vitamins that includes Thiamine (B1), Riboflavin (B2), Niacin, Vitamin B6, Methyl-Folate, Methyl-B12, Pantothenic Acid, Choline, and Inositol.

These vitamins are essential for the body's enzyme systems, regulating metabolism, supplying energy, keeping the nervous system balanced and regulating the endocrine system. In addition, B vitamins, particularly folate, B6, and B12, are critical for proper methylation. Additional B vitamins is often needed by individuals with high stress.

Suggested Dosage: Take 1 capsule per day or as recommended by your healthcare practitioner.

Micellized Vitamin A

1 fl oz

Product Code: VITA



Supplement Facts

Serving size: 1 Drop
Servings per container: 600

Amount Per Serving		%DV
Vitamin A (99.5% (1,500 mcg RAE) as vitamin A palmitate and 0.5% (7 mcg RAE) as beta-carotene)	1,507 mcg RAE	167%

*Percent Daily Value based on a 2,000 calorie diet

Other Ingredients: Glycerin, purified water, polyethoxylated castor oil citric acid and potassium sorbate.

New Beginnings Nutritionals' Micellized Vitamin A is highly concentrated in liquid form. Vitamin A is an important nutrient for vision, immune system function, bone and cartilage development, and the maintenance and repair of epithelial tissue, which includes the lining of the digestive tract. This formulation combines two forms of vitamin A—palmitate and beta-carotene—that have been micellized into extremely small droplets that are easily absorbed into the bloodstream. Potassium sorbate provides a safe, well-tolerated, and hypoallergenic stabilizing agent for the liquid Micellized Vitamin A preparation.

Suggested Dosage: Take 1 drop daily with food/beverage or as directed by your healthcare practitioner.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving		%DV
Thiamine (Vitamin B1) (from Thiamine Hydrochloride USP)	50 mg	4,167%
Riboflavin (as Vitamin B2 USP)	50 mg	3,846%
Niacin (as Niacinamide USP)	50 mg	313%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	50 mg	2,941%
Folate (from 400 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	680 mcg DFE	170%
Vitamin B12 (Methylcobalamin)	500 mcg	20,833%
Biotin	75 mcg	250%
Pantothenic Acid (as d-Calcium Pantothenate USP)	50 mg	1,000%
Choline (as Choline Bitartrate)	19 mg	3%
Inositol NF	50 mg	*

* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Magnesium Stearate and Silicon Dioxide.

Quatrefolic® is a registered trademark of Gnosis S.P.A. Patents Pending.

Benfotiamine (Vitamin B1)

60 caps

Product Code: VB1-60



Benefits and Features

- Supports healthy energy metabolism
- Fat-soluble form enters cells more readily and may be easier for your body to absorb and use
- Inhibits several pathways involved in glucose-induced vascular changes
- Supports healthy neuron function by assisting in the metabolism of glucose, the brain's major energy source

Benfotiamine is a highly bioavailable, lipid-soluble form of vitamin B1 (thiamin) that helps maintain healthy advanced glycation end product (AGE) activity to support vascular, nerve, retinal, and kidney cellular health, and promotes healthy glucose metabolism.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving		%DV
Thiamin (from 150 mg benfotiamine 150 mg (S-benzoylthiamine-l-monophosphate))	150 mg	12,500%

*Daily Value not established

Other Ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, L-leucine, and silicon dioxide.

Suggested Dosage: Take 1 capsule daily with food or as suggested by your healthcare practitioner.

Biotin

90 caps

Product Code: BIOT-C



- High-potency, 5 mg (5,000 mcg)
- Biotin helps turn protein, fat, and carbohydrates you eat into energy your body needs
- Supplementing with this essential B vitamin may also promote healthier hair, skin, and nails if you are biotin deficient

An essential B vitamin required for several enzyme systems involving glucose metabolism, fatty acid synthesis, nervous system function, and skin and hair nutrition. Extra biotin can be especially useful for diabetic patients, bariatric surgery patients, and others with compromised absorption or higher demand of this nutrient.

Suggested Dosage: Take 1 capsule daily with food or as directed by a healthcare practitioner. The capsule can be opened up and mixed into cool food or drink.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 90

Amount Per Serving		%DV
Biotin (as D-biotin)	5,000 mcg	16,667%

*Daily Value not established

Other Ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), and silicon dioxide.

Folic Acid Lozenge

60 lozenges

Product Code: FOLN-LZ



- Methyl-free folate in a tasty, well-digested lozenge
- Supports healthy methylation and homocysteine levels
- Supports healthy cognition and mood
- Can be broken into pieces for optimal serving customization
- Is great for those who can't swallow pills

Folate is essential for healthy methylation, proper growth, development, and cognitive function.

However, some people are sensitive to the active form of folate, methylfolate. They experience side effects such as headaches, nervousness, or rapid heartbeat after taking methylated nutrients.

For these individuals, folic acid is an excellent, bioavailable, methyl-free alternative.

Folic Acid Lozenge by Seeking Health contains a potent dose of methyl-free folate as folic acid.

Folic acid is quickly converted into methylfolate, the primary form of folate in the human body. In this way, folic acid supports optimal methylation, homocysteine levels, and energy.

Folic acid takes a few additional enzyme steps before methyl groups are formed and then released for your body to utilize. This slower delivery can provide relief and comfort in those sensitive to methylated nutrients.

Folic Acid Lozenge supports healthy:

- Mood
- Methylation
- MTHFR function
- Energy production
- Prevention of neural tube defects during pregnancy
- Homocysteine levels
- Correction of folate deficiency
- Cognitive, memory, and brain function
- Nervous system function and development

Suggested Dosage: Take 1 lozenge daily or as directed by your healthcare professional. Lozenge may be broken into smaller pieces if lower dosage is desired. Do not take within 5 hours of bedtime as it may interfere with sleep.

Supplement Facts

Serving size: 1 Lozenge
Servings per container: 90

Amount Per Serving		%DV*
Folate (as folic acid, calcium salt)	1,360 mcg DFE (800 mcg)	340%

*Percent Daily Value based on a 2,000 calorie diet

Other Ingredients: Xylitol, ascorbyl palmitate, natural flavors and silica.

L-MethylFolate



Folate deficiencies are common as many individuals do not consume enough folate-rich foods and folate is readily destroyed by cooking or processing. Although typically included in multivitamins, some individuals do not effectively methylate and convert folic acid into its bioactive form thus are still at risk of deficiency. L-5-MTHF, an active, methylated form of folate, requires no additional metabolic steps to be used by the body, thus it is often the preferred choice for women, children, and those with absorption or metabolic defects. L-5-MTHF efficiently supports methylation, DNA biosynthesis, homocysteine metabolism, and nervous system function.

Suggested Dosage: Take 1 capsule per day with food or as recommended by your healthcare practitioner.

60 caps

Product Code: MFOL-60

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving	%DV	
Folate (as Metafolin®† calcium L-5-methyltetrahydrofolate)	1,700 mcg DFE (1,000 mcg)	425%

Other Ingredients: microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, and silicon dioxide.

†Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Methyl-Mate



Methylcobalamin or Methyl B12 is a form of vitamin B12 that is considered to be more absorbable and effectively utilized than other forms of B12. Adequate levels of Methyl B12 are needed to protect nerve tissue and maintain the myelin sheaths that cover the nerve endings. Vitamin B12 is required for proper digestion, absorption of foods, protein synthesis, and anemia prevention. Helping to metabolize fats and carbohydrates,

it aids cell formulation and longevity. Vitamin B12 promotes development of healthy red blood cells and maintenance of nerve tissue. Adequate levels of this vitamin is important for the creation of glutathione and to assist the body in detoxification.

New Beginnings Naturals' has formulated a product called Methyl-Mate which provides an ultra concentrated form of methylcobalamin which contains no flavorings or artificial preservatives.

Suggested Dosage: As a dietary supplement, take 0.5mL (1/2 dropper) per day or as suggested by your healthcare practitioner. For best results, hold in the mouth, preferably under the tongue, for one minute before swallowing. For young children, a few drops at a time can be squirted under the tongue to allow for more effective absorption.

Refrigerate After Opening

1 fl oz

Product Code: VB12-L

Supplement Facts

Serving size: 1/2 dropper (0.5 ml)
Servings per container: 59

Amount Per Serving	%DV	
Vitamin B12 with Methylcobalamin	2,500 mcg	104,167%

* Daily Value not established

Other Ingredients: Purified water, citric acid, and potassium sorbate.

Niacinamide



Niacinamide (nicotinamid) is one of the two principal forms of the B-complex niacin. Also known as vitamin B3, it comes in two basic forms: niacin (also called nicotinic acid) and niacinamide (also called nicotinamid). Niacinamide is the biologically active form of niacin that plays an important role in the production of ATP (the major source of cellular energy) and does not cause a niacin flush.

Suggested Dosage: Take 1 capsule daily or as suggested by your healthcare practitioner.

100 caps

Product Code: NIAC-500

Supplement Facts

Serving size: 1 Capsule
Servings per container: 100

Amount Per Serving	%DV	
Niacinamide	500 mg	2,500%

* Daily Value not established

Other Ingredients: Gelatin (capsule), cellulose and vegetable stearate.

Pantothenic Acid

120 caps

Product Code: PANT-120



- Promotes cellular respiration energy production
- Supports cardiovascular and adrenal health
- Assists in the synthesis of fatty acids, amino acids and steroid hormones
- Offers D-isomer pantothenic acid
- Made with high-quality vegan ingredients backed by verifiable science

Pantothenic acid supports cellular energy production by promoting proper metabolism of carbohydrates and fatty acids. Pantothenic helps the synthesis of vitamins, amino acids, fatty acids and steroid hormones.

Pantothenic acid is a precursor of coenzyme A (CoA), an important cofactor and acyl group carrier in cells. One of the main functions for CoA is the formation of acetyl-CoA, vital for cellular respiration and the metabolism of carbohydrates and fatty acids through the Krebs cycle. Distribution studies indicate that tissues with the highest retention of pantothenic acid are the kidneys, pituitary gland, heart, muscle, liver and adrenal glands. Additionally, pantothenic acid is required for the synthesis of fatty acids and membrane phospholipids, the amino acids leucine, arginine and methionine, and isoprenoid derivatives, including steroid hormones, vitamin A and vitamin D.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 120

Amount Per Serving	%DV	
Pantothenic acid (as calcium pantothenate) (B5)	500 mg	10,000%

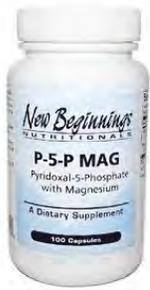
Other Ingredients: Vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate.

Suggested Dosage: Take 1 capsule daily with a meal, or as directed by a healthcare practitioner.

P-5-P MAG

100 caps

Product Code: P5PM



Pyridoxal-5-Phosphate, the converted and easy-to-assimilate form of vitamin B6, is supplied together with magnesium, an essential mineral that assists B6 metabolism. Magnesium glycinate chelate is a well-tolerated form of magnesium that is easily and comfortably assimilated without irritation of

GI tissues. P-5-P MAG is especially useful for individuals with amino acid imbalances, nutritional inadequacies of both B6 and magnesium, or compromised liver function.

Supplement Facts

Serving size: 1 Vegetarian Capsule
Servings per container: 100

Amount Per Serving		%DV
Vitamin B6 (as pyridoxal-5'-phosphate)	30 mg	1765%
Magnesium (as TRAACS® magnesium bisglycinate chelate, magnesium oxide ¹)	100 mg	24%

¹ Daily Value not established

Other Ingredients: Vegetarian capsule (hydroxypropylmethylcellulose, water) and ascorbyl palmitate.

¹Albion® and TRAACS® are registered trademarks of Albion® Laboratories, Inc.

Suggested Dosage: Take 1 capsule daily with food or as directed by a healthcare practitioner.

Vitamin B6

100 caps

Product Code: VITB6-100



- Promotes amino acid & protein metabolism
- Important for cellular energy support
- Helps produce serotonin

Nature's Way Vitamin B6 is converted into the main enzyme responsible for amino acid and protein metabolism. The central nervous system also relies on B6 in the production

of serotonin, a critical neurotransmitter. Each capsule delivers 50 mg of vitamin B6. No artificial ingredients or preservatives.

Suggested Dosage: Take 1 capsule daily, preferably at meal time, or as suggested by your healthcare practitioner.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 100

Amount Per Serving		%DV
Vitamin B6 (as pyridoxine HCl and pyridoxal-5-phosphate)	50 mg	2,941%

^{*} Daily Value Based on a 2000 calorie diet

Other Ingredients: Cellulose, gelatin (capsule), magnesium stearate.

Buffered Vitamin C

180 caps

Product Code: VITC-C



- Boosts Immune System Function and Antioxidant Reserve
- Maintains Normal Inflammatory Balance
- Promotes Collagen Formation to Maintain Healthy Ligaments, Tendons and Joints

Vitamin C is an extremely important supplement and is most known for its ability to boost the immune system. It has numerous other biological functions as well. Vitamin C is among the most powerful antioxidants, providing protection from free radical damage to the eyes, lungs, blood and the immune system. Vitamin C inhibits candida and promotes wound and gut healing. This vitamin is also important in the biosynthesis of carnitine, serotonin, and certain neurotransmitters, including norepinephrine.

New Beginnings Nutritionals' Buffered Vitamin C capsules offer a highly potent vitamin C that is non-acidic and easy on the stomach. Higher doses of vitamin C are often suggested to support the immune system during illness or to relieve constipation. However, when taking high doses of this supplement, it is important to take into consideration the dose of the minerals also accompanying the vitamin C.

Suggested Dosage: Take 2 or more capsules per day in divided doses or as recommended by your healthcare practitioner.

Supplement Facts

Serving size: 2 Vegetarian Capsules
Servings per container: 90

Amount Per Serving		%DV
Vitamin C (as Ascorbic Acid USP)	700 mg	778%
Calcium (as Calcium Carbonate USP)	100 mg	8%
Magnesium (as Magnesium Carbonate USP)	100 mg	24%
Potassium (as Potassium Gluconate USP)	20 mg	<1%

^{*} Daily Value not established

Other Ingredients: Natural vegetable capsules, microcrystalline cellulose, magnesium stearate, and silicon dioxide.

Chewable Vitamin C

100 tabs

Product Code: VITC



Vitamin C is an extremely important supplement for children with special needs. Vitamin C is most known for its ability to boost the immune system. It has numerous other biological functions as well. Vitamin C is among the most powerful antioxidants, providing protection from free radical damage to the eyes, lungs, blood and the immune system. Vitamin C inhibits candida and promotes wound and gut healing. This vitamin is also important in the biosynthesis of carnitine, serotonin, and certain neurotransmitters, including norepinephrine.

New Beginnings Nutritionals' great tasting chewable Vitamin C is buffered so it is easy on the stomach and tooth enamel. Since Vitamin C is quickly used up in the body, dosing 250 mg multiple times through the day is highly recommended. Many parents use good tasting Vitamin C tablets to reward their children for compliance in taking less desirable supplements.

Suggested Dosage: Take 1-4 tablets daily (in divided doses) depending on the amount of Vitamin C present in other supplement formulas. For example, if you take a multivitamin that

contains 500 mg of buffered Vitamin C, you can take an additional 2 chewable Vitamin C tablets if you are wanting to bring the levels of Vitamin C to 1000 mg.

Supplement Facts

Serving size: 1 Tablet
Servings per container: 100

Amount Per Serving		%DV
Vitamin C (as Sodium Ascorbate)	250 mg	417%
Stevia Leaf Extract	9 mg	*

^{*} Daily Value not established

Other Ingredients: Vxlyltab, Microcrystalline Cellulose, Citric Acid, Stearic Acid, Magnesium Stearate, Silicon Dioxide, Natural Orange Flavor.

Vitamin E



Vitamin E is important for tissue repair, circulation and blood clotting, healthy nerves and muscles, and the proper functioning of all major organ systems. Additionally, its role as an antioxidant is well known and can inhibit the formation of free radicals.

New Beginnings Nutritionals' Vitamin E is an all-natural, balanced, potent vitamin E supplement containing d-alpha tocopherol and mixed tocopherols derived from highly refined soy oil that has had all traces of soy protein removed. This vitamin E supplement has been specifically formulated to be highly bioavailable and hypoallergenic to reduce the risk of allergic reaction. D-beta, d-gamma, and d-delta isomers augment this antioxidant activity.

Suggested Dosage: Take 1 soft gel daily with food or as directed by your healthcare practitioner. Soft gels can be swallowed or pierced and the contents mixed with food or drink.

100 softgels

Product Code: VITE

Supplement Facts

Serving size: 1 Softgel
Servings per container: 100

Amount Per Serving		%DV
Vitamin E (as RRR-alpha tocopherol)	268 mg	1,787%
Natural Mixed Tocopherols (RRR-gamma, RRR-delta, RRR-beta)	184 mg	*

* Daily Value not established

Other Ingredients: Gelatin, glycerin, and water.

Micellized Vitamin D3



These drops offer a convenient way to experience the healthy benefit of Vitamin D3.

Recent research has indicated that a large percentage of the population suffers from Vitamin D deficiency. This is a result of lack of adequate nutritional intake and exposure to sunlight compounded by the frequent use of sunscreens, which not only block harmful UV rays, but beneficial Vitamin D as well.

The principal function of Vitamin D is to promote calcium absorption in the gut and calcium transfer across cell membranes, thus contributing to strong bones and a calm, contented nervous system. It is also well recognized that Vitamin D aids in the absorption of magnesium, iron and zinc, as well as calcium. Adequate vitamin D levels contribute to a healthy immune system, promote muscle strength, and protect against oxidative stress and inflammation.

Cholecalciferol or Vitamin D3 is the most biologically active and preferred form of Vitamin D.

Suggested Dosage: Take 1 drop, once or twice daily or as directed by a healthcare practitioner. The drops can be placed directly into the mouth or be mixed in cool food or drink.

1 fl oz

Product Code: VITD-L

Supplement Facts

Serving size: 1 Drop (0.04 ml)
Servings per container: 750

Amount Per Serving		%DV
Vitamin D3 (cholecalciferol)	30 mcg (1,200 IU)	150%

* Daily Value not established

Other Ingredients: Deionized water, ethoxylated castor oil, glycerine, citric acid, grapefruit seed extract and potassium sorbate.

D3 Plus K2



- Supports Healthy Calcium Balance
- Promotes Optimal Bone Health
- Supports Cardiovascular Health and Arterial Elasticity
- Boosts Immune Function

Emerging research highlights the importance of optimal intake of vitamin K and its critical role in maintaining bone and cardiovascular health. Composed of a group of naturally occurring and structurally similar, fat-soluble vitamins, vitamin K is required for the proper utilization of calcium and helps to bind newly absorbed calcium to the bone matrix. Vitamin K helps maintain bone mineral density by decreasing the activity of osteoclasts, cells which break down bone. It also provides critical cardiovascular protection by activating matrix Gla protein (MGP), a potent inhibitor of circulatory calcification.

Along with vitamin D, another key nutrient required for overall wellness, these two nutrients act in synergy to support and maintain bone and cardiovascular health. Current research has found high concentration supplementation, at 180 mcg/day, shows improved clinical results compared to lower-dose supplementation.

Suggested Dosage: Take 1 capsule per day or as recommended by your healthcare practitioner. The capsules can be opened and mixed in cool drink or food.

60 caps

Product Code: VITDK

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving		%DV
Vitamin D3 (as Cholecalciferol)	125 mcg (5000 IU)	625%
Vitamin K2 (as Menaquinone-7 (MK-7)) (MenaQ7®)	180 mcg	*

* Daily Value not established

Other Ingredients: Microcrystalline Cellulose, Hypromellose (Natural Vegetable Capsule), Magnesium Stearate, Silicon Dioxide, Stearic Acid, and Turmeric Root Extract.

MenaQ7® is a registered trademark of NattoPharma ASA, Norway; Patents pending and granted.

Vitamin K2



- Supports Healthy Blood Circulation
- Promotes Optimal Bone Health and Proper Calcium Storage
- Supports Cardiovascular Health and Arterial Elasticity
- Boosts Immune Function

Emerging research highlights the importance of optimal intake of vitamin K and its critical role in maintaining bone and cardiovascular health. Composed of a group of naturally occurring and structurally similar, fat-soluble vitamins, vitamin K is required for the proper utilization of calcium and helps to bind newly absorbed calcium to the bone matrix. Vitamin K helps maintain bone mineral density by decreasing the activity of osteoclasts, cells which break down bone. It also provides critical cardiovascular protection by activating matrix Gla protein (MGP), a potent inhibitor of circulatory calcification. Current research has found high-concentration

supplementation results in improved clinical outcomes compared to lower-dose supplementation.

Suggested Dosage: Take 1 capsule per day or as recommended by your healthcare practitioner. The capsules can be opened and mixed in cool drink or food.

60 caps

Product Code: VITK-60

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

Amount Per Serving		%DV
Vitamin K2 (as Menaquinone-7 (MK-7, MenaQ7®))	180 mcg	150%

* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide, Stearic Acid, and Calcium Silicate.

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CONTACT INFORMATION

New Beginnings Nutritionals
11547 W. 83rd Terrace
Lenexa, KS 66214 US

Phone: 913-754-0458
FAX: 913-248-7609

Toll Free: 877-575-2467
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Sonic Cholesterol is a pure and potent nutritional supplement designed to correct cholesterol deficiency.

"Sonic Cholesterol has helped my 12 year old daughter tremendously since she was 3 years old. Her doctor recommended it because her body does not make "healthy cholesterol". We noticed a difference in her speech development, ability to attend age-appropriate activities, and her overall well-being as soon as we began this supplement. She's been on it ever since, under the guidance on monitoring of her doctor."

Lisa, Florida



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Learn more about Sonic Cholesterol on page 61

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11547 W. 83rd Terrace,
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