



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

Helping Children, Adults, and Families Make a Difference

# New Beginnings

NUTRITIONALS

Helping Children, Adults, and Families Make a Difference

## ABOUT THE FOUNDER



Dr. William Shaw, PhD.

New Beginnings Nutritionals was founded under the guidance and direction of William Shaw, PhD. Dr. Shaw is also the founder of the Great Plain Laboratory, a research-based clinical laboratory offering testing for metabolic, nutritional, and toxic factors in chronic conditions such as Autism Spectrum Disorders, AD(H)D, gastrointestinal, neuropsychiatric disorders and many other chronic illnesses. Dr. Shaw is board certified in the fields of clinical chemistry and toxicology by the American Board of Clinical Chemistry and worked for the Centers for Disease Control and Prevention (CDC), Children's Mercy Hospital, University of Missouri at Kansas City School of Medicine, and Smith Kline Laboratories. He is also the author of Biological Treatments for Autism and PDD, originally published in 1998 and Autism: Beyond the Basics, published in 2009. He is also a frequent speaker at conferences worldwide.

## GENERAL MANAGER AND DIRECTOR



Lori Knowles-Jimenez

Lori Knowles-Jimenez is a mother of a recovered child (Daniel, who now is a college graduate) and General Manager of New Beginnings Nutritionals. She has a B.A. Degree from Frostburg State University and became involved with autism after her youngest son was diagnosed in 2000. Lori is very knowledgeable regarding the role that different biomedical treatments played in recovering her son Daniel from autism. In 2003, in conjunction with Dr. William Shaw and other medical professionals, she helped create and launch New Beginnings Nutritionals. 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. Lori enjoys drawing from both her extensive research, professional and personal experience in recovering her own child to support parents and practitioners seeking answers to improve the lives of children affected with autism.

## CONSULTING PHYSICIAN



Dr. Kurt N. Woeller

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 more than two decades. He is the author of several integrative health books, an international lecturer and educator, and Medical Director of Integrative Medicine Academy, (<https://integrativemedicineacademy.com>) an online training academy specializing in functional and integrative medicine courses. He is also the Medical Co-Director (along with his partner Tracy Tranchitella, N.D.) of Functional Medicine Clinical Rounds (<https://functionalmedicineclinicalrounds.com>) and Autism Recovery System, (<https://autismrecoveryssystem.com>) two additional online educational resources for health professionals and 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, he is also the Organic Acids Test seminar creator and presenter for Great Plains Laboratory's GPL Academy conferences.

He has served as a clinical consultant for various laboratory companies including The Great Plains and BioHealth Laboratory, providing health practitioner education regarding functional and integrative medicine. He is on the Integrative Medicine for Mental Health Scientific Advisory Panel and is a member of the American Osteopathic Association.

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



NBN Customer Service Team:

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# How to Order

## Secure 24/7 Online Ordering at [www.nbnus.com](http://www.nbnus.com)

New Beginnings Nutritionals offers both Domestic and International shipping.  
Coupons valid for online orders only.

## By Phone - domestic orders only

Monday - Friday 8:00am - 5:00pm CST  
Phone: 913-754-0458 Toll Free: 877-575-2467

## Payment Terms

Orders are shipped pre-paid by check, Discover®, Mastercard®, Visa®, American Express®, PayPal, or Wire Transfer.

## Shipping Information

Same Day Ordering/Shipping – Most orders received by 1:00 pm Central Standard Time Monday – Friday (excluding Holidays) will be shipped the same day. Orders received after 1:00 pm CST will be shipped the next business day. Shipping cost is calculated by the size of box, weight, and delivery location. Delivery times depend on the shipping method that you choose.

We offer 2 main shipping services: Federal Express (FedEx) and United States Postal Service (USPS). Red Pack shipping will be used on orders being delivered to Mexico.

## New Beginnings Return Policy

Unopened products that still have the outer seal intact can be returned within 60 days of purchase.

Probiotics and Sale items cannot be returned for any reason.

Shipping charges are not refundable.

Please include a copy of the invoice along with your return.

A 10% restocking fee will be charged for return.

## Keep In The Know

Sign up for our newsletter at [www.nbnus.com](http://www.nbnus.com)  
Follow New Beginnings Nutritionals on Facebook and Instagram



## Contact Information

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# Product Directory

## Article

Getting Children to Take Supplements .....	4
--	---

## Mental Health Support .....

5

## Packages

Acute Defense Package .....	6
Immunity Package Adults .....	6
Immunity Package Kids .....	6
Memory Support Package .....	7
Yeast Package - Capsules .....	7
Yeast Package - Liquid .....	7

## Multi-Vitamins

Daily Resource .....	8
Spectrum-Mate™ Capsules .....	9
Spectrum-Mate™ Powder .....	9
Brainchild Nutritionals Products .....	10

## Vitamins

ADK <b>NEW!</b> .....	11
B-Complex .....	11
Biotin .....	11
Buffered Vitamin C .....	12
Chewable Vitamin C .....	12
Folinic Acid .....	12
Benfotiamine .....	12
Micellized Vitamin A .....	13
Niacinamide .....	13
D3 Plus K2 .....	13
L-MethylFolate .....	13
Methyl-Mate - Liquid Methylcobalamin .....	13
Niacin .....	14
P-5-P With Magnesium .....	14
Vitamin B6 .....	14
Micellized Vitamin D3 .....	14
Riboflavin .....	15
Vitamin D3 .....	15
Vitamin E .....	15
Vitamin K2 .....	15

## Minerals

Chelated Calcium .....	16
Cal/Mag Citrate .....	16
Chelated Magnesium .....	16
Calcium Chewable w/Magnesium .....	17
Chelate-Mate™ - Ionic .....	17
Iron Ionic Liquid .....	18
Lithium Orotate 10 mg .....	18
Lithium Ionic Liquid .....	18
Lithium Orotate 4.8 mg .....	19
Magnesium Citrate Capsules .....	19
Selenium Liquid .....	19
iMagT .....	20
Molybdenum Ionic Liquid .....	20
Chelated Selenium .....	20
Magnesium Ionic Liquid .....	20
Chelated Zinc .....	21
Zinc Citrate .....	21
Zinc Ionic Liquid .....	21
Zinc Picolinate .....	21

## Antioxidants

Antioxidant Formula .....	22
C-RLA™ .....	22

N-Acetyl Cysteine .....	23
Coenzyme Q-10 .....	23
ReadiSorb .....	23
NADH .....	24
Pycnogenol .....	24
Ubiquinol .....	24
Tri-Fortify Watermelon .....	24

## Amino Acids

5-HTP .....	25
Acetyl-L-Carnitine .....	25
Amino Complex .....	25
L-Carnitine .....	26
L-Carnosine .....	26
L-Glutamine .....	26
GABA .....	26
L-Tyrosine .....	27
L-Taurine .....	27
L-Theanine .....	27

## Essential Fatty Acids

Carlson's Cod Liver Oil .....	28
Nordic Naturals Cod Liver Oil - Strawberry .....	28
Speak+d Smooth .....	29
Speak+d Pure Oil .....	29
Speak+d Twist-Off Capsules .....	30
Ultra Omega-3 Fish Oil .....	30

## Probiotics

CoreBiotic .....	31
CoreBiotic Sensitive <b>NEW!</b> .....	31
LactoPrime™ Plus .....	32
Pro-Bio 100 .....	32
Infant Probiotic Formula .....	32
Pro-Bio PREMIUM .....	32
Probiotic Support Formula .....	33
Saccharomyces Boulardii .....	33
Ther-Biotic™ Complete .....	33
Theralac .....	34
VisBiome .....	34

## Enzymes

Candex .....	35
Digest-Mate .....	35
Digest-Mate Vegan .....	35
Dairy & Gluten Digest <b>NEW!</b> .....	36
Interfase Plus™ .....	36
No-Fenol .....	36
TriEnza .....	37
TriEnza Chewable .....	37
AFP Peptizyde™ .....	37
Zyme Prime .....	38
Muco-Solve <b>NEW!</b> .....	38

## Immune/Inflammation Support

A & I Formula .....	39
A & I Formula Chewable .....	39
Cogni-Calm <b>NEW!</b> .....	40
Enhansa™ Powder .....	40
Turmeric-Quercetin Complex .....	40
Immune Formula .....	41
Cyto-Quel .....	41
Liposomal Curcumin <b>NEW!</b> .....	41
IgG Powder .....	42
Inflamma-Mate .....	42
Transfer Factor Multi-Immune .....	43

Monolaurin .....	43
Quercetin .....	43
Transfer Factor PlasMyc .....	43

## Botanical Extracts

AdrenalStability™ .....	44
Allimax® Capsules .....	44
Allimax® Liquid .....	44
Berberine Complex .....	44
Biocidin® Formula Capsules .....	45
Biocidin® Formula Liquid .....	45
Biocidin LSF .....	46
Biocidin™TS. Throat Spray .....	45
Black Walnut Extract Liquid .....	46
Candida Formula .....	46
Grapefruit Seed Extract Liquid .....	46
Candida Yeast Formula .....	47
Grapefruit Seed Extract Capsules .....	47
Caprylic Acid <b>NEW!</b> .....	47
GoldenSeal Extract Liquid .....	47
Liver Lover .....	48
LiverEssence™ .....	48
Milk Thistle .....	48
Olive Leaf Extract .....	48
Oreganol .....	49
Parasite Formula .....	49
Uva Ursi Extract Liquid .....	49
UltraCell CBD Oil .....	49

## Specialty Products

Activated Charcoal .....	50
ATP 360 .....	50
Alpha-Ketoglutaric Acid .....	50
CDP Choline .....	50
BDNF Essentials .....	51
Epsom Salts Cream .....	51
ProButyrate™ .....	51
Focus-Mate .....	52
Inositol Powder .....	52
Intesti-Mate .....	52
Liquid Calm .....	53
Melatonin .....	53
Neuro-Serene Formula .....	53
NeuroMagT <b>NEW!</b> .....	54
Organic Inulin Powder <b>NEW!</b> .....	54
Oxy-Powder .....	54
Phosphatidyl Serine SF .....	54
SeroPlus .....	55
TMG Powder .....	55
PureLean Fiber <b>NEW!</b> .....	55
Sonic Cholesterol® .....	55

## Detoxification Products

Bio-Chelat™ .....	56
Mycopul <b>NEW!</b> .....	56
NDF Plus .....	57
G.I. Detox + .....	57
Primary Detox .....	57
ToxinPul™ Multi-Function Detox .....	58
Sulforaphane Activated <b>NEW!</b> .....	58

## Food and Personal Care

Coconut Oil .....	59
Spry Toothpaste Tube w/ Xylitol .....	59
Dentalcidin .....	59

# GETTING CHILDREN TO TAKE SUPPLEMENTS

By Lori Knowles-Jimenez



**S**tarting 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 tbsp). 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 tbsp) 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.

# New Beginnings

NUTRITIONALS

Helping Children, Adults, and Families Make a Difference

## Mental Health Support

New Beginnings offers products designed to meet the unique needs of individuals who suffer from a variety of Mental Health Disorders including depression, anxiety, bi-polar, OCD, eating disorders and others.

## Lithium Products



### Lithium Deficiency

Lithium is a mineral with a long history of clinical use for supporting healthy mood and behavior. However, small amounts are found in nature, mostly through the water supply. With people drinking purified and bottled water (which removes all minerals), lithium deficiency has become quite common. Small amounts of nutritional lithium 1-10 mg are important to support healthy neurotransmitter levels and can contribute to healthy brain and mental function.

**Liquid Lithium** – Ionic liquid lithium is an absorbable, water-soluble and tasteless liquid that is an ideal form for dosing lithium to children.

**Lithium Orotate 4.8 mg** – This formulation is an ideal starting adult dosage recommended by well-known integrative psychiatrist Dr. James Greenblatt.

**Lithium Orotate 10 mg** – Lithium Orotate in the 10 mg is an ideal dose for adults needing extra mood stabilization support.

## Mental Health Support



<b>iMagT</b> .....	Page 20
Amount: 100 g Product Code: MAGT	
<b>Micellized Vitamin D</b> .....	Page 14
Amount: 1 fl oz Product Code: VITD-L	
<b>Liquid Calm</b> .....	Page 53
Amount: 2 fl oz Product Code: CALM-L	
<b>NeuroMagT</b> .....	Page 54
Amount: 60 caps Product Code: NMT-60	
<b>Chelated Magnesium</b> .....	Page 16
Amount: 120 caps Product Code: MAGC-120	
<b>SeroPlus</b> .....	Page 55
Amount: 120 caps Product Code: SER-120	
<b>Lithium Orotate 10 mg</b> .....	Page 18
Amount: 60 caps Product Code: LITH-60	
<b>Inositol Powder</b> .....	Page 52
Amount: 450 mg Product Code: INOS	
<b>Neuro Serene Formula</b> .....	Page 53
Amount: 90 caps Product Code: NSF-90	
<b>Focus-Mate</b> .....	Page 52
Amount: 120 caps Product Code: FM-120	

### Additional products listed in this catalog which may also be helpful for mental health support.

Daily Resource.....	Page 8
Folinic Acid.....	Page 12
B-Complex.....	Page 11
Buffered Vitamin C.....	Page 12
L-Methyl Folate.....	Page 13
D3 Plus K2.....	Page 13
Methyl-Mate.....	Page 13
Lithium Ionic Liquid.....	Page 18
Zinc Ionic Liquid.....	Page 21
5-HTP.....	Page 25
GABA.....	Page 26
L-Taurine.....	Page 27
L-Theanine.....	Page 27
Ultra Omega 3 Fish Oil.....	Page 30
UltraCell CBD Oil.....	Page 49
CDP Choline.....	Page 50
Sonic Cholesterol.....	Page 55

### Acute Defense Package

When time is of the essence to help protect against viral assaults, this package is designed to quickly raise levels of vitamin D and zinc to provide the immune support needed to fight the infections. CDP Choline can be dosed from 2-4 capsules daily based on severity and is especially helpful in reducing the inflammatory response and protecting respiratory function.

### Immunity Support

New Beginnings Nutritionals is now offering two Immunity Support Packages which provide three well-researched nutrients that help the body more effectively fight off infections.

The Adult Package (with capsule formulations) and the Kids Package (with liquid and chewable formulations) provides a 2 month supply or more of vitamin C, vitamin D and Zinc at a \$10 discount compared to purchasing each product separately.

# Packages

## Acute Defense Package

Amount: 1 package Product Code: ADP



- 1 CDP Choline 500 mg, 30 capsules (page 50)
- 1 Chelated Zinc, 60 caps (page 21)
- 1 Micellized Vitamin D3 (page 14)

## Immunity Support Package - Kids

Amount: 1 package Product Code: ISP-K



- 1 Micellized Vitamin D (page 14)
- 2 Chewable Vitamin C (page 12)
- 1 Liquid Zinc (ionic) (page 21)

## Immunity Support Package - Adults

Amount: 1 package Product Code: ISP-A



- 1 D3 Plus K2, 60 capsules (page 13)
- 1 Buffered Vitamin C, 180 capsules (page 12)
- 1 Chelated Zinc, 60 capsules (page 21)

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.



## Memory Support Package

Amount: 1 package Product Code: MEM

- 2 BDNF Essentials (page 51)
- 1 Ultra-Omega (page 30)
- 1 Lithium Orotate 10 mg (page 18)
- 2 CDP Choline (page 50)



## Yeast Control Package - Capsules

Amount: 1 package Product Code: YCPC

- 1 AlliMax Capsules (page 44)
- 1 Berberine Complex (page 44)
- 1 Grapefruit Seed Extract Capsules (page 47)
- 1 Oreganol (page 49)



## Yeast Control Package - Liquid

Amount: 1 package Product Code: YCPL

- 1 Allimax Liquid (page 44)
- 1 Grapefruit Seed Extract Liquid (page 46)
- 1 Black Walnut Extract Liquid (page 46)
- 1 Goldenseal Extract Liquid (page 47)



## Memory Support Package

New Beginnings Nutritionals has put together this special combination of supplements uniquely designed to provide optimal support for normal memory and brain function. This Memory Support Package is especially recommended for individuals who may be experiencing age-related memory loss. Each package contains a 2-month supply of each of the products. Suggested Protocol is available online at [www.nbnus.com](http://www.nbnus.com)

## Yeast Control Package

New Beginnings offers a liquid Yeast Control Package designed for younger children or individuals who do not swallow capsules or pills. The following products have been placed together in this package to provide easier administration of herbs to support the immune system in keeping healthy levels of yeast and pathogenic bacteria. Start with any one herb and keep rotating through all the herbs (every 7 days) for a period of three months. Probiotics should only be dosed at bedtime or at least two hours away from herbal doses.

**Black Walnut and Goldenseal:** Since these herbs can be bitter, we suggest mixing them with honey, pure maple syrup, or stevia to taste into 2 oz. of water before administering.

**Grapefruit Extract Liquid Concentrate:** Put drops into very watered-down citrus juice and add honey, pure maple syrup, or stevia to taste.

**Allimax Liquid:** Add drops into 2 oz water. Garlic taste dissipates quickly and so only add sweetener to taste if needed.

New Beginnings offers a capsule/tablet version of the Yeast Control Package designed for older children and adults who prefer pill over liquid supplements. The following potent herbal products have been placed together in this package to provide broad spectrum Candida and bacteria control. Start with any one herb and keep rotating through all the herbs (every 7 days) for a period of three months. Probiotics should only be dosed at bedtime or at least two hours away from herbal doses.

**Berberine Complex** – 2 tablets per dose

**Grapefruit Seed Extract Capsules** – 1 capsule per dose

**Oreganol** – 1 capsule per dose

**Allimax Capsules** – 1 capsule per dose



# Multi-Vitamins

## Daily Resource

Amount: 120 caps Product Code: DRES

Amount: 240 caps Product Code: DRES-240



Daily Resource is a comprehensive, hypo-allergenic, multivitamin and mineral blend. 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 or as directed by your healthcare practitioner.

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.

### Supplement Facts

Serving size: 4 Capsules

Servings per container: 30/60

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%
	25 mcg	
Vitamin D-3 (D3 as Cholecalciferol)	(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)	62.5 mcg	52%
(from Thiamine Hydrochloride USP)		
Riboflavin (Vitamin B2 USP)	25 mg	2,083%
Niacin (as Niacin USP, Niacinamide USP)	25 mg	1,923%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	25 mg	156%
Folate (from 400 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	37 mg	2,176%
	680 mcg	
Vitamin B12 (as Methylcobalamin)	DFE	170%
Biotin	500 mcg	20,833%
Pantothenic Acid (as d-Calcium Pantothenate USP)	200 mcg	667%
Choline (as Choline Bitartrate)	150 mg	3,000%
Calcium (as DimaCal Dicalcium Malate, Calcium Ascorbate USP, d-Calcium Pantothenate USP)	19 mg	3%
Iodine (from Kelp)	100 mcg	8%
Magnesium (as DiMagnesium Malate, TRAACS® Magnesium Lysinate Glycinate Chelate)	112 mcg	75%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	200 mg	48%
Selenium (as Selenium Glycinate Complex)	10 mg	91%
Copper (as TRAACS® Copper Bisglycinate Chelate)	100 mcg	182%
	1 mg	111%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	2.5 mg	109%
Chromium (as O-polynicotinate)		
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	200 mcg	571%
	25 mcg	56%
Potassium (as Potassium Citrate USP)		
Inositol NF	50 mg	1%
Mixed Tocopherols	50 mg	*
Rutin	50 mg	*
Boron (as Bororganic Glycine)	25 mg	*
Vanadyl Sulfate Hydrate	1.5 mg	*
Vitamin K2 (as Menaquinone-7 (MK-7))(MenaQ7®)	1 mg	*
	12.5 mcg	*

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

\* Daily Value not established

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## Multi-Vitamin and Mineral Formulations

High quality multi-vitamin/mineral and antioxidant formulas offer crucial foundational support for individuals with chronic health issues or special needs.

New Beginnings Nutritional only provides the highest quality formulations that contain methylated and activated vitamins for best absorption. In addition, our products exclude harmful excipients such as artificial sweeteners, colors, preservatives and allergens such as gluten, casein or soy.

## Spectrum-Mate Products

This comprehensive multi-vitamin/mineral/antioxidant supplement contains 28 highly bioavailable essential nutrients in amounts and ratios designed to support the special needs of children with Autism Spectrum Disorders (ASD). Active forms of folate, B12 and B6 are included along with naturally-sourced carotenes, vitamin E tocopherols and vitamin D3 for optimal nutrient absorption and utilization. Iron and copper, often contraindicated in ASD, are excluded and this formula does not contain common allergens including dairy (casein) and wheat (gluten) and other common allergens. Spectrum-Mate comes in both a powder and capsule form.

# New Beginnings

## NUTRITIONALS

Helping Children, Adults, and Families Make a Difference

## Spectrum-Mate Capsules

Amount: 180 caps Product Code: SPEC-C



**Suggested Dosage:** Adults or Children 4 or more years of age: 6 capsules daily with food. Children less than 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.

### Spectrum-Mate Capsules

#### Supplement Facts

Serving size: 6 capsules  
Servings per container: 30

Amount Per Serving	6 caps	%DV ≥4yrs+†
Vitamin A (100% as natural carotenes (beta-carotene, alpha-carotene and beta-cryptoxanthin) from D. salina)	1650 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-tocopheryl acid succinate, 17% as RRR-alpha-tocopherol)	100 mg	667%
Vitamin K1 (as phytonadione)	60 mcg	50%
Thiamine (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 hydrochloride and 33% as pyridoxal 5-phosphate)	15 mg	882%
Folate (as Metafolin calcium L-5 methyltetrahydrofolate)	680 mcg DFE	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 iodide)	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 bisglycinate oxovanadium)(BOV)	50 mcg	**
Inositol	25 mg	**
Citrus Bioflavonoids (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 for these nutrients.

†Percent Daily Value based on a 2000 calorie diet.

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

Spectrum-Mate Capsules do not contain: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, yeast, artificial flavors, colors, or preservatives.

## Spectrum-Mate Powder

Amount: 6.03 oz (171g) Product Code: SPEC-P



The pleasant, natural berry flavored powder has a fine texture that dissolves easily in liquids or can be mixed in foods. A convenient measuring scoop is provided for accurate dosing.

### Spectrum-Mate Powder

#### Supplement Facts

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

Amount Per Serving	1 1/2 tsp or 5.5g	%DV 4yrs+†
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%
Thiamine (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 hydrochloride and 33% as pyridoxal 5-phosphate)	15 mg	882%
Folate (as Metafolin calcium L-5 methyltetrahydrofolate)	680 mcg DFE	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 (from 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-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 bisglycinate oxovanadium)	50 mcg	**
Inositol	25 mg	**
Citrus Bioflavonoids Complex (85 mg as citrus bioflavonoid complex, min. 50% bioflavonoids, and 15 mg as hesperidin methylchalcone)	100 mg	**
Natural Mixed Tocopherols (RRR-beta, RRR-delta, RRR-gamma)	4 mg	**
Natural Mixed Carotenoids (lutein and and zeaxanthin from D. salina)	35 mcg	**

\*\* Daily value not established for these nutrients.

†Percent Daily Value based on a 2000 calorie diet.

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

Spectrum-Mate Powder does not contain: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten and soy protein. Contains no artificial flavors, colors, or preservatives.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

# Brainchild Nutritional Products



## Spectrum Support TWO (P5P) - Part A

(Lemon-Lime)

Amount: 32 oz

Product Code: SSV-32



## Spectrum Support Minerals - Part B

(Unflavored)

Amount: 32 oz

Product Code: SSM-U

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.

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:** Dosage is based upon body weight. 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.

### Dosage Chart: BrainChild Support Formulas

Body Weight in lbs	Part A Vitamins Dose in teaspoons Give this much 3x daily	Part B Minerals Dose in teaspoons Give this much 3x daily
50	2 tsp	2 tsp
100	3 tsp	3 tsp
150	4 tsp	4 tsp

# New Beginnings

NUTRITIONALS

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## Spectrum Support TWO (P5P) Part A - Vitamins (Lemon-Lime)

### Supplement Facts

Serving size: 2 Teaspoons

Servings per container: 96

Amount Per Serving	%DV
Calories	10
Sodium	5 mg <1%
Carbohydrates	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-α-tocopherol acetate)	42 IU 139%
Vitamin B-1 (thiamin hydrochloride)	7 mg 444%
Vitamin B-2 (riboflavin-5-phosphate)	7 mg 392%
Vitamin B-3 (niacinamide and inositol hexaniacinat)	12 mg 58%
Vitamin B-6 (Pyridoxine α-ketoglutarate)	7 mg 333%
Calcium L-5-Methyltetrahydrofolate, USP	167 mcg 42%
Vitamin B-12 (Methylcobalamin)	200 mcg 3,333%
Biotin	167 mcg 56%
Vitamin B-5 (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 ^

\* Percental daily values are based on a 2,000 calorie diet.

^ Daily value not established.

An organically grown alcohol-free proprietary herbal extract blend of the following: Ashwaganda, Burdock, Astragalus, Sarsaparilla, Fennel seed, Ginkgo, Gotu Kola, Gymnema Sylvestre, Milk Thistle, and Schisandra.

Other Ingredients: Purified water, Xanthan gum, Kosher vegetable glycerin, Herbal extract blend, potassium sorbate, Lemon Lime extract.

## Spectrum Support Part B - Minerals (Unflavored)

### Supplement Facts

Serving size: 2 Teaspoons

Servings per container: 96

Amount Per Serving	%DV*
Calories	10
Sodium	5 mg <1%
Carbohydrates	3 g <1%
Calcium (D-Glucarate)	8 mg <1%
Magnesium (Kreb 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 ^

\* Percental daily values are based on a 2,000 calorie diet.

^ Daily value not established.

\*\* Amino Acid Complex:

Are: highly bioavailable form of minerals. Minerals are bonded with amino acids for better absorption.

Organically grown alcohol-free herbal infusion of Burdock, Astragalus and Slippery Elm Bark.

Other Ingredients: Purified water, Proprietary Herbal Infusion, xanthan gum, kosher vegetable glycerine, citric acid, potassium sorbate.



# New Beginnings

NUTRITIONALS

Helping Children, Adults, and Families Make a Difference

## Why is Vitamin C Important?

Vitamin C is an extremely important supplement for individuals with chronic illness or stress. 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.

## What You Need to Know About Vitamin D

Recent research has indicated that a large percentage of the population suffers from vitamin D deficiency. This is due to both inadequate nutritional intake and lack of sunlight exposure. The frequent use of sunscreens not only block harmful UV rays, but beneficial vitamin D production 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 well recognized that vitamin D also aids in the absorption of magnesium, iron and zinc. 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.

# Vitamins

## ADK

Amount: 60 caps Product Code: ADK



Vitamins A, D, and K2 are three of the most important essential 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 response.
- **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 repair of bones throughout life. It also maintains mucosal immune function. Keeping the mucosal barrier strong promotes a healthy immune response.

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

### 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 Menaquinone-7 (MK-7))	550 mcg	417%

\* Daily Value not established

Other Ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine

## B-Complex

Amount: 60 caps Product Code: BCOM-60



New Beginnings B-Complex is an excellent source of 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.

**Suggested Dosage:** Take 1 capsule per day or as recommended 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 Pyridoxal 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 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.

## Biotin

Amount: 90 caps Product Code: BIOT-C

High-potency, 5 mg (5,000 mcg)



A high concentration of biotin, an essential B-vitamin, is provided for situations requiring aggressive supplementation. Biotin-dependent enzymes are involved in glucose metabolism, fatty acid synthesis, nervous system function, and skin and hair nutrition. Extra biotin can be especially beneficial for diabetic patients, bariatric surgery patients and others with yeast infection, compromised absorption or higher demand of this nutrient. Biotin has no known toxicity and large amounts can be taken safely as any excess is readily excreted in the urine. Provided as small, easy-to-swallow vegetarian capsules.

**Suggested Dosage:** Take 1 capsule daily or as directed by a healthcare practitioner. The capsule can be opened up and mixed into 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.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

## Buffered Vitamin C

**Amount:** 180 caps **Product Code:** VITC-C



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' 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 two 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 Carbonate USP)	100 mg	8%
Magnesium (as Carbonate USP)	100 mg	24%
Potassium (as Gluconate USP)	20 mg	<1%

\* Daily Value not established

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

## Chewable Vitamin C

**Amount:** 100 tabs **Product Code:** VITC



Vitamin C is most known for its ability to boost the immune system. It has numerous other biological functions as well.

New Beginnings great tasting chewable vitamin C is buffered so it is easy on the stomach and tooth enamel. Because a minimum of 1000 mg per day is recommended for children with special needs, 2 or more tablets can be given daily to add extra vitamin C to any existing supplement

regimen. 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 to 4 tablets daily (in divided doses) depending on the amount of vitamin C present in other supplement formulas. For example, New Beginnings Spectrum-Mate Multivitamin contains 500 mg of buffered vitamin C and an additional 2 chewable vitamin C tablets are recommended to bring vitamin C levels at least to the 1000 mg level.

### Supplement Facts

Serving size: 1 Tablet  
Servings per container: 100

Amount Per Serving		%DV
Vitamin C (from sodium ascorbate)	250 mg	417%
Stevia Leaf Extract	9 mg	*

\* Daily Value not established

Other Ingredients: Xylitol, Microcrystalline Cellulose, Citric Acid, Stearic Acid, Magnesium Stearate, Silicon Dioxide, Natural Orange Flavor.

## Folinic Acid

**Amount:** 60 caps **Product Code:** FOLN-800



Folinic Acid by Seeking Health provides 1,360 mcg DFE (800 mcg) of pure, bioavailable folate as folinic acid calcium salt per vegetarian capsule. This form of folate (vitamin B9) quickly converts to L-methylfolate, the predominant form of folate in circulation in the body. It may be easier for individuals who are sensitive to methylated nutrients to tolerate than supplemental L-methylfolate. Folate is essential for cell division, growth, and the formation of new red blood cells. Folinic acid can easily convert to the active forms of folate as needed in the body.

**Suggested Dosage:** 1 capsule daily or as recommended by your healthcare practitioner.

### Supplement Facts

Serving size: 1 Vegetarian Capsule  
Servings per container: 60

Amount Per Serving		%DV
Folate (as folinic acid, calcium salt)	1,360 mcg DFE (800 mcg)	340%

\* Daily Value not established

Other Ingredients: Microcrystalline cellulose, vegetarian capsule (hypromellose and water), ascorbyl palmitate, and silica.

# New Beginnings

NUTRITIONALS

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## Benfotiamine

**Amount:** 60 caps **Product Code:** VB1-60



Benfotiamine is a fat-soluble form of thiamine (vitamin B1) with high bioavailability. It is especially useful for people needing high levels of thiamine or with impaired absorption of this essential B-vitamin. Oral benfotiamine passively diffuses through the intestinal mucosa and is rapidly converted to active thiamine. Its absorption is much more efficient than water-

soluble thiamine which requires active transport. Benfotiamine intake attains higher plasma and tissue thiamine levels and maintains these levels longer than common forms of thiamine. Bioavailability of benfotiamine is up to 3.6 times greater than water-soluble thiamine salts and is associated with a 120-fold greater increase in the levels of metabolically active thiamine diphosphate. Benfotiamine inhibits several pathways involved in glucose-induced vascular damage and neuropathies. Clinical studies show that benfotiamine may be particularly indicated for people with diabetes mellitus, chronic renal insufficiency, and chronic alcoholism to support neurological function and protect against formation of tissue-damaging advanced glycation end products (AGEs). Benfotiamine may also be a preferred choice after bariatric surgery as thiamine deficiency is frequently found in these people due to malabsorption.

### Supplement Facts

Serving size: 1 capsule  
Servings per container: 60

Amount Per Serving		%DV
Thiamine (as benfotiamine)	150 mg	12,500%
Benfotiamine (S-benzoylthiamine-O-monophosphate)	150 mg	*

\* Daily Value not established

Other Ingredients: Vegetable 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.

# New Beginnings

NUTRITIONALS  
Helping Children, Adults, and Families Make a Difference

## Micellized Vitamin A

Amount: 1 fl oz Product Code: VITA



New Beginnings 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.

### Supplement Facts

Serving size: 1 Drop  
Servings per container: 600

Amount Per Serving		%DV
Vitamin A 1,507 mcg RAE	1,507 mcg	167%
167% (99.5% (1,500 mcg RAE) as vitamin A palmitate and 0.5% (7 mcg RAE) as beta-carotene)		

\* Daily Value not established

Other Ingredients: Glycerin, purified water, polyethoxylated castor oil, citric acid and potassium sorbate.

**Suggested Dosage:** As a dietary supplement, mix one drop into water or juice - or as directed by a healthcare practitioner.

## Niacinamide

Amount: 100 caps Product Code: NIAC-500



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.

### Supplement Facts

Serving size: 1 capsule  
Servings per container: 100

Amount Per Serving		%DV
Niacinamide	500 mg	2500%

\* Daily Value not established

Other Ingredients: Gelatin (capsule), cellulose and vegetable stearate.

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

## D3 Plus K2

Amount: 60 caps Product Code: VITDK



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, has improved clinical results compared to lower-dose supplementation

D3 Plus K2 provides 180 mcg of MenaQ7® PRO, the most widely studied form of vitamin K2 as MK-7, along with 125 mcg/5,000 IU of vitamin D3 for optimal support of bone and cardiovascular health.

**Suggested Dosage:** 1 capsule per day or as recommended by your healthcare practitioner. The capsules can be opened and mixed into drink or cool food.

MenaQ7® PRO is a registered trademark of NattoPharma ASA, Norway; Patents pending and granted.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 60

Amount Per Serving		%DV
Vitamin D3 (as Cholecalciferol)	125 mcg 5,000 IU	625%
Vitamin K2 (as Menaquinone-7, (MK-7, MenaQ7® PRO))	180 mcg	150%

\* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide, Stearic Acid and Turmeric Root Extract.

## L-MethylFolate

Amount: 60 caps Product Code: MFOL-60



Folate deficiencies are common as many individuals do not consume enough folate-rich foods, and dietary folates are readily destroyed by cooking or processing. Although typically included in multivitamins, some individuals do not effectively methylate and convert synthetic folic acid into its active form thus are still at risk of deficiency. 5-MTHF, the active, methylated form of folate, requires no additional metabolic steps to be used by the body, thus it is often the preferred choice for those with absorption or metabolic defects. Methyl-Folate efficiently supports methylation, DNA biosynthesis, homocysteine metabolism, and nervous system

function. Each capsule supplies 1 mg (1,000 mcg) of folate.

**Suggested Dosage:** 1 capsule per day with food or as recommended by your healthcare practitioner.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 60

Amount Per Serving		%DV
Folate (as Metafolin 1,700 mcg DFE L-5-methyltetrahydrofolate) (1,000 mcg)	1 mg	425%

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

## Methyl-Mate

### Vitamin B-12 Liquid

Amount: 1 fl oz Product Code: VB12-L



Methylcobalamin or Methyl

B-12 is a form of vitamin B-12 that is considered to be more absorbable and effectively utilized than other forms of B-12. Adequate levels of Methyl B-12 are needed to protect nerve tissue and maintain the myelin sheaths that cover the nerve endings. Vitamin B-12 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 B-12 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 Nutritionals 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.

### Supplement Facts

Serving size: 1/2 dropper (0.5 mL)  
Servings per container: 59

Amount Per Serving		%DV
Methylcobalamin	2,500 mcg	104,167%

\* Daily Value not established

Other Ingredients: Purified water, citric acid, and potassium sorbate.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.



## Niacin

Amount: 100 tabs Product Code: NIAC-100



Niacin (or vitamin B3) assists in the functioning of the skin as well as the digestive and nervous systems. It is also important for the conversion of food to energy. Niacin has the well-known effect of causing "vasodilation", often called the niacin flush, which is an opening of the small blood vessels (or the capillaries) so that more blood flows through them. These are the blood vessels which have the most value in reaching fatty tissues where toxins are stored, so they can be removed into the bloodstream and processed out of the body. This niacin flush is not harmful or dangerous, but is a sign of improved blood flow. The symptoms include redness of the skin, as well as a feeling of tingling, itching and warmth. While the head and torso are the more common sites, a niacin flush can occur anywhere on the body and can last as long as 10 minutes to several hours, depending on the dose taken. Flushing reactions can subside with continued and regular use.

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

### Supplement Facts

Serving size: 1 tablet  
Servings per container: 100

Amount Per Serving	%DV	
Niacin	100 mg	500%

\* Daily Value not established

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate, stearic acid, silica, and magnesium stearate.

## P-5-P MAG

Amount: 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.

**Suggested Dosage:** 1 capsule daily with food or as directed by a healthcare practitioner.

### Supplement Facts

Serving size: 1 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)	100 mg	24%
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\* Daily Value not established

Other Ingredients: vegetarian capsule (hydroxypropylmethylcellulose, water) and ascorbyl palmitate

## Vitamin B6

Amount: 100 caps Product Code: VB6-100



Pyridoxine (vitamin B-6) is an important vitamin for metabolizing protein and essential fatty acids, which is important for converting food into energy. Other important functions that vitamin B-6 supports include the production of antibodies by the immune system, the formation of healthy red blood cells, the activation of enzymes, the regulation of sodium and potassium, the absorption of vitamin B12, and the maintenance and healthy functioning of the nervous system and brain.

**Suggested Dosage:** 1 capsule daily 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 B-6 (as Pyridoxine hydrochloride)	50 mg	2500%

\* Daily Value not established

Other Ingredients: microcrystalline cellulose, pyridoxine hydrochloride, silicon dioxide, plant cellulose capsule.

# New Beginnings

## NUTRITIONALS

Helping Children, Adults, and Families Make a Difference

## Micellized Vitamin D3

Amount: 1 fl oz Product Code: VITD-L



Micellized Vitamin D3 provides highly concentrated, pure and natural vitamin D3 in a single 30 mcg (1,200 IU) drop.

These drops offer a convenient way to experience the healthy benefit of vitamin D3 in a more absorbable "micelle" form that allows for 5x faster absorption compared to other emulsified forms.

Recent research has indicated that a large percentage of the population

suffers from vitamin D deficiency or insufficiency. 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, promotes muscle strength, good mental health and protection against oxidative stress and inflammation.

Cholecalciferol or vitamin D3 is the most biologically active and preferred form of vitamin D.

### 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.

**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 into cool food or drink.

# New Beginnings

NUTRITIONALS

Helping Children, Adults, and Families Make a Difference

## Riboflavin

Amount: 60 caps Product Code: VB2-60



Riboflavin or Vitamin B2 is a vitamin that is needed for growth and overall good health. It helps the body break down carbohydrates, proteins and fats to produce energy, and it allows oxygen to be used by the body.

Foods high in riboflavin include beef, tofu, milk, fish, mushrooms, pork, spinach, almonds, avocados, and eggs.

Studies have shown that riboflavin is needed to support cognitive health, positive mood, eye health, cardiovascular health and glutathione levels in the body.

The signs and symptoms of riboflavin deficiency include skin disorders, hyperemia (excess blood) and edema of the mouth and throat, angular stomatitis (lesions at the corners of the mouth), cheilosis (swollen, cracked lips), hair loss, reproductive problems, sore throat, itchy and red eyes, and degeneration of the liver and nervous system. Anemia and cataracts can develop if riboflavin deficiency is severe and prolonged.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 60

Amount Per Serving		%DV
Riboflavin	100 mg	7,692%

\* Daily Value not established

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

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

## Vitamin D3

Amount: 120 soft gels Product Code: VITD



Carlson Laboratories Vitamin D provides 2,000 IU of natural vitamin D3 naturally derived from fish liver oil. Cholecalciferol or vitamin D3 is the most biologically active and preferred form of vitamin D.

### Suggested Dosage:

Take 1 soft gel daily with meals or as directed by a healthcare practitioner.

The soft gel can be punctured and drops can be mixed into drink or food.

### Supplement Facts

Serving size: 1 soft gel  
Servings per container: 120

Amount Per Serving		%DV
Vitamin D3 (as cholecalciferol)	50 mcg (2000 IU)	250%

\* Daily Value not established

Other Ingredients: Sunflower oil, Soft Gel Shell (Beef gelatin, glycerin, and water).

## Vitamin E

Amount: 100 soft gels Product Code: VITE



Vitamin E is important for tissue repair, circulation and blood clotting, healthy nerves and muscles, and the proper functioning of all major organ systems. Vitamin E can also inhibit the oxidation of lipids and 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.

### Supplement Facts

Serving size: 1 Soft gel  
Servings per container: 100

Amount Per Serving		%DV
Vitamin E (as RRR alpha tocopherol)	268 mg	1787%
Natural mixed tocopherols (RRR-gamma, RRR-delta, RRR-beta)	184 mg	*

\* Daily Value not established

Other Ingredients: Gelatin, glycerin, and water.

## Vitamin K2

Amount: 60 caps Product Code: VITK-60



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.

The Vitamin K2 180 mcg formula provides an optimal dose of soy-free vitamin K2 delivered in the MK-7 form for support of bone, cardiovascular and immune health.

**Suggested Dosage:** 1 capsule per day or as recommended by your healthcare practitioner. The capsules can be opened and mixed into drink or cool food.

### 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.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

# Minerals

## Chelated Calcium

Amount: 180 caps Product Code: CALC-180



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.

New Beginnings Nutritionals 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.

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

### Supplement Facts

Serving size: 2 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.  
DimaCal and TRAACS are registered trademarks of Albion Laboratories Inc.

## Cal/Mag Citrate

Amount: 180 caps Product Code: CLMG-C



New Beginning'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:** 2-3 capsules before meals to help prevent oxalate absorption or as suggested by your healthcare practitioner. Capsules can be swallowed or opened up and mixed into food or drink.

### Supplement Facts

Serving size: 3 Capsules  
Servings per container: 60

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

\* Daily Value not established  
Other Ingredients: Hypromellose, (Veggie Capsule), magnesium stearate and silica.

## Chelated Magnesium

Amount: 120 caps Product Code: MAGC-120



New Beginnings Chelated Magnesium contains magnesium in the "chelated" form, meaning the minerals are surrounded by and bonded to amino acids in a stable form that are efficiently absorbed by the body.

**Suggested Dosage:** 2 or more capsules daily given in divided doses or as suggested by your healthcare practitioner.

Recommended to start with 1 capsule and work up to the full dose.

### Supplement Facts

Serving size: 2 Capsules  
Servings per container: 60

Amount Per Serving		%DV
Magnesium (as Di-Magnesium Malate, Magnesium Citrate USP, TRAACS Magnesium Lysinate Glycinate Chelate)	235 mg	56%

\* Daily Value not established  
Other Ingredients: Natural vegetable capsules, Magnesium Stearate, and Stearic acid. TRAACS is a registered trademark of Albion Laboratories, Inc.

# New Beginnings

## NUTRITIONALS

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## Why Supplement with Calcium?

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.

Maintaining adequate levels is 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.

## Suggested Dosage for Calcium

For optimal absorption, calcium should be taken at least one hour apart from zinc. Calcium should not be dosed with zinc or in amounts greater than 350 mg (at one time) to insure optimal absorption by the body.

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



# New Beginnings

## NUTRITIONALS

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## Why is it Important to Supplement with Minerals?

With the use of synthetic fertilizers, depletion of the soil and modern manufacturing, supplementation with minerals (and vitamins) supplies needed nutrients that our bodies can no longer obtain from the food supply. Minerals are essential for life and are the catalysts that help vitamins and enzymes carry out their necessary functions which include:

- Nerve impulse transmission
- Blood clotting
- Blood and bone formation
- Healthy nerve function
- Balancing body fluid composition
- Oxygen transformation
- Regulation of muscle tissue

## Calcium Chewable w/Magnesium

Amount: 100 chewable tablets Product Code: CLMG-100



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

This is our best tasting Cal/Mag Chewable supplement ever! Kids and adults of all ages will now finally enjoy taking their calcium! The additional 50 mg of magnesium is ideal to ensure

optimal absorption and to counteract the constipating effect of calcium.

Supplementing with calcium is 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 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. These great tasting chewable tablets have a natural cherry flavor and are sweetened with xylitol and stevia, natural and healthy sugar alternatives. 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- 4 tablets daily in divided doses with meals or as directed by a healthcare practitioner. For use to bind oxalates existing in a meal, 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.

### Supplement Facts

Serving size: 1 Chewable 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.

\*Daily Value not established

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

## Chelate-Mate™ Ionic - Essential Mineral Replacement Formula

Amount: 16 fl oz Product Code: CMTE



New Beginnings Nutritionals Chelate-Mate™ is a premier iron and copper free mineral replacement formula ideal for chelation support or for every day mineral supplementation.

**Why New Beginnings Nutritionals Chelate-Mate™ doesn't contain calcium:**

Minerals will compete with each other for the same binding sites in the gastrointestinal tract and calcium is specifically known to inhibit the

absorption of zinc and magnesium. Because optimal absorption of essential minerals is so important (especially when dietary restrictions and/or chelation therapies are involved), it is important to carefully consider how these minerals are combined and dosed.

As a result, Chelate-Mate™ was purposely formulated to exclude calcium in order to optimize the absorption of the essential minerals zinc, magnesium, chromium, manganese, selenium, molybdenum and others.

Calcium should be dosed separately (or with a smaller amount of magnesium) so that this vital mineral can be more fully absorbed and utilized by the body.

### Suggested Dosage:

**Children Age 5 - Adult:** Mix 1 Tbsp (1/2 fl oz or 15 ml) into water or juice once daily or as directed by your healthcare practitioner.

**Children 0-4 years:** Mix 1/2 Tbsp (1/4 fl oz or 7.5 ml) into water or juice once daily or as directed by your healthcare practitioner.

Chelate-Mate™ hides very well in fruit juices or can be added to water with a drop of stevia for taste.

### Supplement Facts

Serving size:

Children 0-4 years: 7.5 ml or 1/4 oz (1/2 Tbsp)

Children Age 5-Adult: 15 ml or 1/2 oz (1 Tbsp)

Servings per container:

Children 0-4 years: 64

Children Age 5-Adult: 32

	Amount Per Serving		%DV	
	Children 0-4 years		Children Age 5-Adult	
Iodine	50 mcg	72%	100 mcg	67%
Magnesium	25 mg	13%	50 mg	13%
Zinc	7.5 mg	98%	15 mg	98%
Selenium	50 mcg	143%	100 mcg	143%
Manganese	1.5 mg	150%	3 mg	150%
Chromium	25 mcg	42%	50 mcg	42%
Molybdenum	25 mcg	67%	50 mcg	67%
Potassium	12.5 mg	<1%	25 mg	<1%
Boron	25 mcg	*	50 mcg	*
Vanadium	10 mcg	*	20 mcg	*

\* Daily Value not established

\* Daily Value not established for children under 4

Other Ingredients: Ultra pure water, citric acid, and potassium sorbate. (to preserve freshness).

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

## Iron Ionic Liquid

Amount: 60 ml Product Code: IRNI



As an essential mineral, iron is part of hemoglobin, the oxygen-carrying component of the blood, and myoglobin, which 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 healthcare practitioner.

**Suggested Dosage:** Adults take 10 drops daily into juice or water. Children take 5 drops daily into 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	
Iron (from Iron Gluconate)	2 mg	15%

\* Daily Value not established

Other Ingredients: Reverse Osmosis Water, ionic iron from iron gluconate.

## Lithium Orotate 10mg

Amount: 60 caps Product Code: LITH-60



Lithium is an essential micro-nutrient with some chemical properties similar to calcium and magnesium. It is present in all organs and tissues in the body. 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:** 1 capsule per day or as recommended by your healthcare practitioner.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 60

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

\* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Microcrystalline Cellulose, Magnesium Stearate, and Silicon Dioxide.

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## Lithium Ionic Liquid

Amount: 60 ml Product Code: LITH



New Beginnings Nutritionals 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 is an essential micro-nutrient with some chemical properties similar to calcium and magnesium. It is present in all organs and tissues in the

body. 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.

### Supplement Facts

Serving size: 10 Drops  
Servings per container: 118

Amount Per Serving	%DV	
Lithium (from Lithium Chloride)	500 mcg	100%

\* Daily Value not established

Other Ingredients: Ultra Pure water.

**Suggested Dosage:** To prevent lithium deficiency, adults take 10 drops daily into juice or water. Children should take 5 drops daily into juice or water. Do not take on an empty stomach. Shake well before using.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

## Why use Ionic Minerals?

New Beginnings Nutritionals offers ultra concentrated liquid minerals that mix 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 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 more readily recognize and more effectively utilize the minerals.

# New Beginnings

NUTRITIONALS  
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## Lithium Orotate 4.8 mg

Amount: 120 caps Product Code: LITH-120



Lithium is a naturally occurring alkali metal, which living organisms ingest from dietary sources including dairy products, eggs, fish, potatoes and vegetables. Trace levels of lithium are also found in tap water. 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. This suggestion was based on a report that associated higher incidence of violent crimes with low-lithium drinking water. Lithium's biochemical mechanisms of action appear to be multifactorial and are intercorrelated with the functions of several enzymes, hormones and vitamins, as well as with growth and transforming factors. 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 increases in drinking purified water may be a cause of deficiency.

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

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 120

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

\* Daily Value not established

Other Ingredients: Microcrystalline cellulose and vegetarian capsule (hydroxypropyl methylcellulose, water).

## Magnesium Citrate

Amount: 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.

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.

### 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.

## Selenium Ionic Liquid

Amount: 60 ml Product Code: SELI



New Beginnings Nutritionals offers an ultra concentrated blend of ionic liquid selenium 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.

Selenium is a powerful antioxidant, which plays an important part in the antioxidant enzyme glutathione peroxidase. This 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:** Adults take 10 drops daily into juice or water. Children take 5 drops daily into juice or as directed by a healthcare practitioner. Do not take on an empty stomach. It is best to give selenium at least 30 minutes before, or two hours after giving vitamin C.

### Supplement Facts

Serving size: 10 Drops  
Servings per container: 118

Amount Per Serving	%DV
Selenium (from Sodium Selenite)	70 mcg 130%

Percent Daily Value based on a 2,000 calorie diet

Other Ingredients: Reverse Osmosis Water, Ionic Selenium from Sodium Selenite.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

## Importance of Magnesium

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, muscle spasms and twitching.

This supplement can be taken once daily, or throughout the day, with or without meals. 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. Suggested dosages for magnesium are:

Children 1 - 4 years: 125 - 250 mg

Children 5 - 10 years: 250 - 400 mg

Age 10 to adult: 500+ mg



## iMagT

Amount: 100 g Product Code: MAGT



New research recently 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.

This is the only product that combines the benefits of magnesium L-threonate with Inositol. 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!

**Suggested Dosage:** Take ½ tsp either in water 2x daily or as directed by your healthcare practitioner. Each 1/2 tsp contains 1,000 mg Magtein™ with Inositol.

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

### 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)	1000 mg	*
Inositol	600 mg	*

\* Daily Value not established  
Other Ingredients: none

## Molybdenum Ionic Liquid

Amount: 60 ml Product Code: MLBDI



This unique ultra concentrate ionic formula was specially created to provide the highest amount of absorbable molybdenum in the smallest amount of liquid possible for ease of administration. 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/zinc ratios (by preventing copper absorption) found to be abnormal in a study by Dr. William Walsh of the Pfeiffer Treatment Center in individuals with behavioral disorders.

**Suggested Dosage:** Adults take 10 drops daily into juice or water. Children take 5 drops daily into 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 molybdenum molybdate)	100 mcg	225%

\*Daily Value based on a 2,000 calorie diet.  
Other Ingredients: Purified water.

## Chelated Selenium

Amount: 90 caps Product Code: SLNM



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:** 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 (Selenium Glycinate Complex)	200 mcg	364%

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

## New Beginnings

NUTRITIONALS

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## Magnesium Ionic Liquid

Amount: 8.1 fl oz Product Code: MAGI-S



New Beginnings Nutritionals Liquid Magnesium 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. Our revised formulation now 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.

### Supplement Facts

Serving size: 2.5ml (1/2 tsp)  
Servings per container: 96

Amount Per Serving		%DV
Magnesium (from Magnesium Chloride)	200 mg	50%

\*Daily Value not established  
%DVs are based on a 2,000 calorie diet  
Other Ingredients: Reverse osmosis water, ionic magnesium from magnesium chloride, fulvic acid, Non-GMO sorbic acid

### Suggested Dosage:

Children under 12: Mix 1.25 ml (approx. 1/4 tsp) into juice or liquid 1-2x daily or as directed by your healthcare practitioner.

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

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.

# New Beginnings

## NUTRITIONALS

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## Chelated Zinc

Amount: 60 caps Product Code: ZNCR



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.

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:** 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 Taste Test

Put 5 drops of New Beginnings Liquid Zinc in 2 teaspoons of purified water. Place in mouth and swish for approximately one minute before swallowing. A strong metallic taste indicates sufficient zinc status in the body. If it tastes like water or hydrogen peroxide, this may indicate low zinc levels and additional supplementation may be needed as recommended by your healthcare practitioner.

## Zinc Citrate

Amount: 60 caps Product Code: ZNCC



Zinc plays an important role in supporting the body's defense system, and is related to the normal absorption and actions of the B vitamins. It is a constituent of over two dozen enzymes involved in digestion and metabolism, including carbonic anhydrase which is vital to tissue respiration. Zinc is essential for the normal storage and metabolism of carbohydrates. Zinc plays a fundamental role in collagen formation and healthy tissue development. This mineral is also essential for normal fetal and reproductive development, and it contributes to healthy prostatic function.

Zinc citrate is a highly bioavailable form of zinc preferred by some doctors which is essential for a wide range of physiological functions, including immune and prostate function support.

**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. Capsule can be opened up and mixed in with food or drink.

### Supplement Facts

Serving size: 1 Vegetarian Capsule  
Servings per container: 60

Amount Per Serving		%DV
Zinc (as zinc citrate)	30 mg	273%

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

## Zinc Picolinate

Amount: 100 caps Product Code: ZNCP-100



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.

**Suggested Dosage:** 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%

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

## Zinc Ionic Liquid

Amount: 60 ml Product Code: ZNLI



New Beginnings offers an ultra concentrated blend of ionic liquid zinc 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 utilize the minerals.

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.

**Suggested Dosage:**

Adults: 10 drops daily into juice or water or as recommended by your healthcare practitioner.

Children: Take 5 drops daily into 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.

### Supplement Facts

Serving size: 10 Drops  
Servings per container: 118

Amount Per Serving		%DV
Zinc (from Zinc Sulfate)	15 mg	140%

\* Percent daily values are based on a 2,000 calorie diet  
Other Ingredients: Reverse osmosis water, sorbic acid, fulvic acid.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

# Antioxidants

## Antioxidant Formula

**Amount: 180 caps Product Code: ANT-X**



New Beginnings Nutritional's Antioxidant Formula is specially designed to protect the healthy cells in the body from free radicals and oxidative damage with a highly effective combination of potent antioxidants. In numerous research studies, antioxidants are shown to help promote a healthy cardiovascular and immune system, and more importantly, provide protection against cancer causing

environmental toxins. Children with special needs and all individuals suffering from chronic illness need extra antioxidant protection to reduce their levels of oxidative stress if wellness is going to be restored. Supplementing with multiple antioxidants at least 2x daily is also recommended for people undergoing detoxification therapies and for all individuals wishing to maintain good health.

Antioxidant Formula provides a unique combination of highly effective ingredients that are well known for their superior antioxidant qualities, including:

**Natural Beta-Carotene with Mixed Carotenoids** – Our natural beta-carotene is extracted from a potent source of Dunaliella salina sea algae, as well as other immune boosting carotenoids including alpha carotene, cryptoxanthin and zeaxanthin. Beta-carotene efficiently quenches chemical reactive species that can impair or destroy important cellular parts such as membranes, nucleic acids (DNA) and enzymes. The body is able to use beta-carotene by converting it into active Vitamin A only as needed; therefore it cannot contribute to vitamin A toxicity. Numerous studies have demonstrated that beta-carotene is not only an effective antioxidant, but it is also important for normal immune function. Beta-carotene and other carotenoids are present in certain fruits and vegetables such as carrots, sweet potatoes, and green leafy vegetables.

**Buffered Vitamin C** - Vitamin C is a powerful antioxidant, providing protection from free radical damage to the eyes, lungs, blood and the immune system. Vitamin C also inhibits Candida and promotes wound and gut healing. Vitamin C is also critical during the first phase of the body's detoxification process. This process occurs in many types of tissue, but it is especially active in the liver. When the body is exposed to toxins, Vitamin C is often required for the body to begin processing the toxins for elimination. Excessive toxic exposure is therefore a risk factor for Vitamin C deficiency. Buffered vitamin C is less acidic and less likely to cause stomach upset.

**Complete Vitamin E with mixed tocopherols/tocotrienols** – New Beginnings Antioxidant Formula, includes only the natural isomers of vitamin E, including d-alpha, d-beta, d-gamma, and d-delta tocopherols from Covi-ox®, a gold standard source for this ingredient. Several studies indicate that mixed tocopherols are more effective than d-alpha tocopherol alone in quenching free radical and preventing disease. Tocotrienols are a part of Vitamin E family, and are considered to be even more potent than the tocopherols as antioxidants. Besides being important for normal immune function, vitamin E also protects the liver and other tissues from the free-radical damage of toxins such as mercury, lead and many other hazardous environmental chemicals.

**N-Acetyl L-Cysteine** – 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.

**Grape Seed Extract** - Grape seed extract is derived from the small seeds (and occasionally the skins) of red grapes and is rich in flavonoids, and phytochemicals.

**French Pine Bark Extract (Pinus pinaster bark)** - Masquelier's® Pinus pinaster bark is a potent natural antioxidant derived from the bark of the French Maritime Pine located just outside of France. A form of pine bark extract (as pycnogenol) was shown in a study to help reduce hyperactivity and improve attention, concentration and motor-visual coordination in children with ADHD.

Both Grape Seed Extract and Pine Bark Extract provide a rich source of proanthocyanidins, which are among the most powerful natural free-radical scavengers yet discovered. Proanthocyanidins are known to be 50 times more potent than Vitamin E and 20 times stronger than Vitamin C. They are one of the few antioxidants that are able to cross the blood barrier of the brain to provide extra protection against free radicals in the nervous system and circulatory system. In addition, proanthocyanidins are able to regenerate and extend the life of vitamin C and E in the body, and have the ability to provide antioxidant protection for up to 3 days. Other positive benefits of proanthocyanidins include anti-inflammatory and anti-histamine properties as well as support for the immune, circulatory and vascular systems.

**Suggested Dosage:** 2 capsules daily or as suggested by your healthcare practitioner.

### Supplement Facts

Serving size: 2 Vegetarian Capsules  
Servings per container: 90

Amount Per Serving		%DV
Vitamin A (as beta-carotene with mixed carotenoids)	900 mcg RAE	100%
Vitamin C (from Calcium Ascorbate & Magnesium Ascorbate)	500 mg	556%
Vitamin E (d-alpha Tocopheryl Acetate (Novato®) and d-Tocopherols (Covi-ox®))	67 mg	447%
Calcium (from Calcium Ascorbate)	32 mg	2%
Magnesium (from Magnesium Ascorbate)	20 mg	5%
Grape Seed Extract (Vitis vinifera)	20 mg	*
N-Acetyl-L-Cysteine	15 mg	*
French Pine Bark Extract (Pinus maritima)	15 mg	*

\* Daily Value not established

Other Ingredients: hydroxypropyl methylcellulose, powdered cellulose, silica, gelatin, palm oil. Non GMO

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## C-RLA™ Vanilla Caramel Liposomal Vitamin C and R-Lipoic Acid

**Amount: 10 fl. oz 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.

### Supplement Facts

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

Amount Per Serving		%DV
Calories	5	
Carbohydrates	6 g	2%
Total Sugars	6 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

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

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



# New Beginnings

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## Why take Antioxidants?

Antioxidants protect the healthy cells in the body from free radical and oxidative damage. Free radicals are unstable chemicals formed in the body as a result of normal metabolism as well as exposure to toxic metals and chemicals in the environment. When free radicals build up, they can attack healthy cells, which can contribute to a number of degenerative diseases. Children with special needs often need this extra antioxidant support and protection as a result of impaired immune and detoxifications systems. Extra antioxidant protection is critical for people undergoing detoxification therapies and adults suffering from chronic illness. Always dose antioxidants 2-3 times a day.

## Coenzyme Q-10

Amount: 60 caps Product Code: COEQ-60



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 high quality hypoallergenic formula contains only 100% pure and natural trans-coenzyme Q10 that is manufactured and produced through a pharmaceutical manufacturing and extraction process.

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

### 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.

## N-Acetyl Cysteine

Amount: 60 caps Product Code: NAC



N-Acetyl 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 detoxifications systems. In addition, NAC is a natural mucolytic, which reduces the viscosity of mucus.

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

### 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.

## ReadiSorb, Liposomal Glutathione

Amount: 4 fl oz Product Code: RSRB

**NEW!**



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.

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**For Adults:** Begin with 1.5 teaspoonful's (approx. 650 mg) twice daily for 7 to 10 days and can be lowered to one teaspoonful (approx. 430mg) daily as a "maintenance serving", or as otherwise directed by your healthcare practitioner

**For Children:** Begin with 1/8 - 1/4 of a teaspoon (approx. 55-108 mg) for every 30lbs of the child's weight, twice a day. 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. Mix in water or juice and drink promptly on an empty stomach, wait 20 minutes to eat. If taking more than one dose per day, it is best to take around meals.

Store in the refrigerator. Refrigeration is preferred.

### Supplement Facts

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

Amount Per Serving	1/2 Tsp	1 Tsp	%DV
Glutathione	211.3 mg	422.7 mg	*

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

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

## NADH

Amount: 60 tabs Product Code: NADH



NADH (Nicotinamide Adenine Dinucleotide, reduced) is a substance synthesized from niacin that is contained in all living cells and has a primary role of producing energy and triggering many vital chemical reactions inside the cell. NADH is recommended by Dr. Amy Yasko to assist with the recycling of reduced glutathione in the body.

After extensive clinical research, additional benefits of NADH include:

- Increases energy while reducing fatigue.
- Plays a key role in cell regulation with positive physical effects on blood pressure, cholesterol levels, sugar metabolism, heart rate and more.
- Plays a key role in DNA repair.
- Plays a key role in the repairs of worn out, wounded or damaged cells.
- Stimulates and increases the immune system's capacity to produce antibodies and fight foreign invaders and disease.
- Provides potent antioxidant activity.
- Increases the synthesis of certain neurotransmitters in the brain providing a positive physical effect on mood, memory retention, and learning.

**Suggested Dosage:** Take one tablet once daily, or as suggested by your healthcare practitioner. Refrigerate after opening.

## Pycnogenol®

Amount: 60 caps Product Code: PYC-60



New Beginnings Nutritionals' Pycnogenol® capsules supply 25 mg of a pure, patented pine bark extract from Horphag Research, Ltd, which is made exclusively from the bark of the European coastal pine *Pinus maritima* that grows along the Atlantic coast of southern France. 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.

**Suggested Dosage:** 1-3 capsules daily with food or as directed by a healthcare practitioner.

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.

## Ubiquinol - Reduced form of CoQ10

Amount: 60 softgels Product Code: UBIQ



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.

### Supplement Facts

Serving size: 1 Tablet  
Servings per container: 60

Amount Per Serving	%DV
NADH (Nicotinamide adenine dinucleotide)	5 mg *

\* Daily Value not established

Other Ingredients: Mannitol, hydroxypropylmethylcellulose, Potassium Bicarbonate, Magnesium Stearate, d-Alpha Tocopherol Succinate.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 60

Amount Per Serving	%DV
Pycnogenol® (from french maritime pine bark extract, <i>Pinus Pilaster</i> )	25 mg *

\* Daily Value not established

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

### 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.

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

# New Beginnings

## NUTRITIONALS

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## Tri-Fortify™ Watermelon Liposomal Glutathione

Amount: 8 fl oz Product Code: TRIF



Tri-Fortify® Liposomal Glutathione: One Product. Three Mechanisms of action.

1. Bolsters antioxidant action
2. Promotes detoxification
3. Fortifies the immune systems

*Clinically proven to promote healthy intracellular glutathione level.*

Tri-Fortify™ Watermelon provides the preferred reduced L-glutathione, the major intracellular antioxidant essential for detoxification in the body, plus vitamin C, in an absorbable liposomal delivery system. The unique liposome structure allows it to combine effectively

with the body's natural fluids and penetrate its protective membranes, bypassing the digestive system and directly entering the blood stream. By avoiding the process of digestion, nutrient absorption and utilization is much quicker and more complete.

Researched Nutritionals new delivery system is a pleasant natural watermelon flavored gel that you squeeze onto a spoon and enjoy. No need to mix with juice. Tri-Fortify™ Watermelon effectively encases the glutathione, offering you a juicy watermelon taste profile unmatched by any other glutathione product. Their product formulators developed Tri-Fortify™ Watermelon with the goals to optimize efficacy and to reduce cost per serving. You will find the cost per serving (with 450mg of glutathione and 50mg vitamin C) advantageous -- and the 8 ounce size offers 48 servings per squeeze tube.

Proven Stable in High Heat Researched Nutritionals contracted with an independent third party lab to subject Tri-Fortify™ Watermelon to the most extreme conditions: 104°F and 75% humidity for 90 consecutive days. The result: product met and exceeded the nutrient content on the label.

### Supplement Facts

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

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

\*Daily Values not established.

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

**Contains:** Ingredients partially derived from soy and tree nuts (coconut)

**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 practitioner. Additional doses may be taken as well.

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

# New Beginnings

NUTRITIONALS

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## The Importance of Amino Acids

Amino Acids are the chemical units or "building blocks" of the body that make up proteins. Protein substances make up the muscles, tendons, organs, glands, nails, and hair. Next to water, protein makes up the greatest portion of our body weight.

Amino Acids that must be obtained from the diet are called "Essential Amino Acids". Amino Acids that the body can manufacture from other sources are called "NonEssential Amino Acids." They build the cells, repair tissues, are responsible for the production of enzymes, and play a key role in mental health. Amino acid deficiency can be caused by incomplete digestion, poor diet, inherited biochemical abnormalities, aging and the presence of infection and disease.

# Amino Acids

## 5-HTP

**Amount: 100 caps** **Product Code: 5HTP**



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

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 100

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

\* Daily Value not established  
Other Ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water) L-leucine and silicon dioxide

## Acetyl-L-Carnitine

**Amount: 60 caps** **Product Code: ALC**



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. Recent animal studies show that only the acetyl form of L-Carnitine acts to reduce oxidative damage in the brain.

**Suggested Dosage:** 1 capsule daily, or as suggested by your healthcare practitioner. Capsules can be swallowed or opened and contents mixed in food or juice. Acetyl-L-Carnitine is energizing so it is recommended to not take it after 4:00 pm.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 60

Amount Per Serving	%DV
Acetyl-L-Carnitine	500 mg *

\* Daily Value not established  
Other Ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, vegetable stearate and silica.

## Amino Complex

**Amount: 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:** 1 capsule, 1-6 times daily or as recommended by your healthcare practitioner.

### Supplement Facts

Serving size: 1 Capsules  
Servings per container: 150

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).

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.



## L-Carnitine

Amount: 60 caps Product Code: CAR-60



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.

**Suggested Dosage:** 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 food or juice.

### 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-Carnosine

Amount: 90 caps Product Code: CARN-90



L-Carnosine is a naturally occurring dipeptide, which is a protein building block consisting of two amino acids, alanine and histidine. Found abundantly in the muscle and brain tissues of the body, L-Carnosine levels decrease significantly with age. Neurological research suggests that L-Carnosine appears to stimulate brain function in areas of the brain that control emotion, abstract thinking, and expressive speech. Additional research has also shown L-Carnosine to possess antioxidant, neuro-transmitter, and detoxification support properties, as well as the ability to protect and repair human cells.

**Suggested Dosage:** 1 to 2 capsules daily between meals or as directed by a healthcare practitioner.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 90

Amount Per Serving	%DV
L-Carnosine	500 mg *

\* Daily Value not established  
Other Ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, silicon dioxide, and magnesium stearate.

## L-Glutamine

Amount: 100 caps Product Code: GLUT-100



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.

### 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.

# New Beginnings

## NUTRITIONALS

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## GABA

Amount: 60 caps Product Code: 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.

### 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.

**Suggested Dosage:** 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 food or juice.

# New Beginnings

## NUTRITIONALS

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## L-Tyrosine

Amount: 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 (L-dopa, 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	500 mg *

\* Daily Value not established

Other Ingredients: Gelatin (capsule), microcrystalline cellulose, vegetable stearate, and magnesium silicate.

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

## L-Taurine

Amount: 100 caps Product Code: TAUR



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. New Beginnings Nutritionals offers L-Taurine in the more natural and bio-available "L" form.

**Suggested Dosage:** Take 1 capsule, 1 to 3 times daily or as directed by a healthcare practitioner.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 100

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

\* Daily Value not established

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

## L-Theanine

Amount: 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 dependant 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.

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

### 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.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

# Essential Fatty Acids

## Carlson's Cod Liver Oil

Amount: 500 ml

Product Code: CLOL- Lemon Flavored

CLOL-NLM (non-flavored)



Taken from cold Norwegian waters, this lemon-flavored high quality liquid Cod Liver Oil from Carlson Labs is free of contaminants and is also pleasant tasting. Dr. Mary Megson found that the natural vitamin A in Cod Liver Oil helps support proper vision, behavior, awareness and immune system function. Carlson's Liquid Cod Liver Oil is also high in Omega-3 fatty acids (DHA and EPA), 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.

Carlson's Cod Liver Oil is regularly tested using AOAC international protocols for potency and purity by an independent, FDA registered laboratory and found to be free of detectable levels of mercury, cadmium, lead, PCB's and 28 other contaminants.

**Suggested Dosage:** 1 teaspoon (5 ml) daily at mealtime, or as suggested by your healthcare practitioner.

**REFRIGERATE AFTER OPENING - PREFERABLY USE WITHIN 100 DAYS.**

### 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	255mcgRAE**	28%
(from cod liver oil and retinyl palmitate)		
Vitamin D3 (from cod liver oil and cholecalciferol)	10 mcg (400 IU)	50 %
Vitamin E (as d-alpha tocopherol & mixed tocopherols)	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	†

\* Percentual Daily Values are based on a 2000 calorie diet

† Daily Value (DV) not established

Other Ingredients: Natural lemon flavor for flavored version

\*\*Vitamin A 255mcgRAE = 850 IU.

## Nordic Naturals Cod Liver Oil - strawberry

Amount: 8 fl oz Product Code: CLOL-S



Nordic Naturals' purified Arctic Cod Liver Oil from Norway is molecularly distilled and enhanced with antioxidants and natural strawberry flavor for freshness and great taste. This product contains a high level of omega-3 fatty acids with naturally occurring vitamin A. 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. All Nordic Natural products surpass all national and international pharmaceutical standards for freshness and purity, and are free from heavy metals, dioxins, and PCBs. Every batch is third party tested to guarantee exceptional freshness and purity levels.

**Suggested Dosage:** 1 teaspoon daily with food, or as directed by your healthcare practitioner.

### Supplement Facts

Serving size: 1 Teaspoon (5 ml)

Servings per container: 48

Amount Per Serving		%DV1 age 1-4	%DV2 over 4
Calories	40		
Total Fat	4.5 g	12%	6%
Saturated Fat	0.5 g	5%	2.5%
Trans Fat	0 g	†	†
Cholesterol	20 mg	7%	7%
Vitamin A	40 mcg	13%	4%
RAE			
Total Omega-3	1060 mg	†	†
DHA (Docosahexaenoic Acid)	510 mg	†	†
EPA (Eicosapentaenoic Acid)	340 mg	†	†
Other Omega-3s	210 mg	†	†

† Daily Value not established

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

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## What are Essential Fatty Acids?

Essential Fatty Acids (EFAs) are polyunsaturated fats that are necessary for a healthy lifestyle. Like vitamins and minerals, EFAs are essential nutrients that we must get from foods or dietary supplements. There are two families of essential fatty acids, the Omega-3 family and the Omega-6 family. Since these fatty acids are not interchangeable in the body, both must be supplied in the diet.

## Why are Essential Fatty Acids Important?

EFAs are important components of cell membranes where they maintain proper fluidity and flexibility. They are also the building blocks for prostaglandins, chemical messengers that regulate cardiovascular function, brain and nervous system functions, fat metabolism, skin health, joint flexibility and inflammatory response.



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## Who can Benefit from EFA Supplementation?

Everyone! Experts agree the typical western diet is deficient in Omega-3 fatty acids. Most people do not eat enough food rich in Omega-3 Essential Fatty Acids like fish, walnuts or dark green leafy vegetables. On the Omega-6 side, most people get enough Omega-6 Linoleic Acid but they fall short with Omega-6 Gamma-Linoleic Acid (GLA) because it is rarely found in foods. Instead, the body must rely on its ability to make GLA from dietary Linoleic Acid. Unfortunately, stress, a poor diet, alcohol, advanced age, and disease all interfere with the ability to make GLA.

## Speak+d Smooth

Amount: 15.2 oz Product Code: SPK-L



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.

The new generation 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.

**Suggested Dosage:** 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.

## Speak+d Pure Oil

Amount: 4.05 oz Product Code: SPK-PO



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. This new generation 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.

### Supplement Facts

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

Amount Per Serving		%DV for children <4 yrs	%DV for adults & children >4 yrs
Calories	60		
Total Fat	4.5 g	11%**	6%*
Saturated Fat	1 g	11%**	6%*
Polyunsaturated Fat	2 g	+	+
Monounsaturated Fat	1 g	+	+
Cholesterol	30 mg	10%	10%
Total Carbohydrates	5 g	3%**	2%*
Total Sugars	0 g	+	+
Includes 0g Added Sugars		0%**	0%*
Sugar Alcohol	4 g	+	+
Vitamin D3	20 mcg (800 IU)	133%	100%
<b>Vitamin E</b>	536 mg	8933%	3573%
(as d-alpha tocopherol)	336 mg (500 IU)	+	+
(as Gamma tocopherol)	200 mg	+	+
<b>Vitamin K (as K1 and K2)</b>	1150 mcg	3833%	958%
<b>Omega-3 Polyunsaturated Fatty Acids</b>			
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).

### Supplement Facts

Serving size: 3 mL  
Servings per container: 40

Amount Per Serving		%DV for children <4 yrs	%DV for adults & children >4 yrs
Calories	20		
Total Fat	2 g	*	3%
Polyunsaturated Fat	2 g	*	*
Vitamin D3 (as cholecalciferol)	20 mcg (800 IU)	133%	100%
<b>Vitamin E</b>	536 mg	8,933%	3,573%
(as d-alpha tocopherol)	336 mg (500 IU)	*	*
(as Gamma tocopherol)	200 mg	*	*
Vitamin K (K1 as Phytomenadione and K2 as Menaquinone)	1.15 mg	3,833%	958%
<b>Omega-3 Polyunsaturated Fatty Acids</b>			
Eicosapentaenoic Acid (EPA)	725 mg	*	*
Docosahexaenoic Acid (DHA)	275 mg	*	*

+Percent Daily Value (DV) based on a 2000 calorie diet.

\* Daily Value not established.

Other Ingredients: Fish Oil Omega-3, medium chain triglycerides, D-Alpha, Gamma and Natural Mixed Tocopherols, and Vegetable Oils, Natural Flavors, Phytanadione, Menaquinone Cholecalciferol.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

Ultra Omega-3

Amount: 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) 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 heavy metals, pesticides and polychlorinated biphenyls (PCBs) are removed to undetectable levels. Extensive research has shown that EPA and DHA from fish oil enhance cardiovascular health, promote better brain function, and support healthy skin, 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. The now softer gelatin capsule can also be easily chewed as a result of the fresh tasting, lemon-lime flavored oil that has no fishy aftertaste.

**Suggested Dosage:** 1 soft gel capsule daily with food or as recommended by your healthcare practitioner.

Supplement Facts		
Serving size: 1 Soft Gel Capsule		
Servings per container: 120		
Amount Per Serving		%DV
Calories	15	
Total Fat	1.5 g	2%†
Cholesterol	<5 mg	<2%†
<b>Total Omega-3s (as Triglycerides)</b>	<b>950 mg</b>	<b>*</b>
EPA (Eicosapentaenoic Acid)	430 mg	*
DHA (Docosahexaenoic Acid)	390 mg	*
Omegas -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.		

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Speak+d Twist Capsules

Amount: 60 twist-off caps Product Code: SPK-TC



This Speak + d formulation includes seven nutrients in precise servings and ratios for children with special nutritional needs. Each serving of Speak + d contains concentrated, ultra-purified omega-3 in addition to efficacious amounts of two forms of

vitamin E. Omega-3 supports cognitive function while working synergistically with the antioxidant vitamin E. Optimal amounts of both d-alpha and gamma tocopherols function as key antioxidants and operate with 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 convenient twist-off capsules.

Supplement Facts			
Serving size: 2 softgel capsules			
Servings per container: 30			
Amount Per Serving		%DV for children <4 yrs	%DV for adults & children >4 yrs
Calories	20		
Total Fat	2 g	*	3%
Polyunsaturated Fat	2 g	*	
<b>Vitamin D3</b> (as cholecalciferol)	20 mcg 800 IU	133%	100%
<b>Vitamin E</b>	536 mg	8,933%	3,573%
(as d-alpha tocopherol)	336 mg 500 IU	*	*
(as Gamma tocopherol)	200 mg	*	*
Vitamin K (as K1 as Phytomenadione and K2 as Menaquinone)	1.15 mg	3,833%	958%
<b>Omega-3 Fatty Acids</b>			
Eicosapentaenoic Acid (EPA)	725 mg	*	*
Docosahexaenoic Acid (DHA)	275 mg	*	*
+Percent Daily Value (DV) based on a 2000 calorie diet.			
* Daily Value not established.			
Other Ingredients: Fish oil concentrate, natural orange flavor, medium chain triglycerides and vegetable oils. Capsule contents: gelatin, water, glycerin.			

**Suggested Dosage:** Twist or snip end of capsule and squeeze contents into cool foods or liquids. Start with taking 1 capsule daily. After 2 weeks, increase to 2 capsules daily. Continue to increase servings in 2-week increments until reaching up to 6 capsules daily or as tolerated. Toddlers and smaller children may see the most benefit with 2-4 capsules daily. Older children may see the most benefits when taking 4-6 capsules daily. Best taken with fat containing meals or snacks.

**Store in a cool dry place.**

# New Beginnings

## NUTRITIONALS

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## CoreBiotic™ Sensitive

Amount: 60 caps Product Code: CORE-S



CoreBiotic™ Sensitive was specifically developed for those who are sensitive to prebiotics and/or are following a low FODMAP diet. CoreBiotic™ Sensitive includes the same 11 billion CFU's per dose and the same research-based strains as CoreBiotic™, but without the VitaFiber™. CoreBiotic™ Sensitive represents the latest in advanced probiotics, combining 3 fully sequenced and registered soil-based strains.

### Supplement Facts

Serving size: 2 Capsules  
Servings per container: 30

Amount Per Serving	%DV
CB Complex	11 Billion CFU *
Bacillus Coagulans (IS-2), Lactospore® (Bacillus coagulans MTCC5856), Bacillus Subtilis (DE111)	

\* Daily Value not established

Other Ingredients: Low moisture Rice Dextrin, Medium Chain Triglycerides

**Contains: Tree nuts (coconut)**

**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™

Amount: 60 caps Product Code: CORE



### Advanced, Comprehensive Microbiome Support

- Advanced: 3 spore forming strains each genomically sequenced and registered guaranteeing accurate specificity and potency.
- Comprehensive: Each strain specifically chosen for its published research covering intestinal health and beyond

- Microbiome support: 11 Billion CFU per dose
- Convenient: 1 dose per day, no refrigeration, dairy-free and vegan

### A Healthy Immune System Requires a Healthy Microbiome

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.

### Importance of Genomic Sequenced Strains

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.

### Soil Based Organisms

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.

### Supplement Facts

Serving size: 2 Capsules  
Servings per container: 30

Amount Per Serving	%DV
Organic VitaFiber™ (prebiotic)	660 mg *
CB Complex	11 Billion CFU *
Bacillus Coagulans (SNZ1969)	
Lactospore® (Bacillus coagulans MTCC5856)	
Bacillus Subtilis (DE111)	

\* Daily Value not established

Other Ingredients: Capsule Shell (hypomellose, water), Low moisture Rice Dextrin, Medium Chain Triglycerides, Rice bran

**Contains: Tree nuts (coconut)**

## How CoreBiotic Stands Out

CoreBiotic™ represents the latest in advanced probiotics, combining 3 fully sequenced and registered soil based strains with an organic prebiotic to promote colonization. Each of the strains were specifically chosen for their supporting science. CoreBiotic™ is an extremely advanced and comprehensive probiotic.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.



## LactoPrime™ Plus

Amount: 60 caps Product Code: LACT



### High-potency, multispecies SCD compliant formula

This broad-spectrum, 12-strain blend of seven Lactobacillus and five Bifidobacterium species is provided in a base of purified plant cellulose. This formula is free of inulin and other prebiotics and polysaccharides, making it suitable for those who strictly adhere to the Specific Carbohydrate Diet (SCD™), GAPS diet, or who have similar

dietary restrictions. This potent blend of 25+ billion CFUs offers significant support in favorably augmenting gastrointestinal microflora and enhancing immune responsiveness to pathogens.

**Suggested Dosage:** Take one capsule daily with food or as directed by a healthcare practitioner.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 60

Amount Per Capsule	240 mg	%DV
Probiotic Blend (25+ billion CFU's) in a base of cellulose		*
<b>Lactobacillus species</b>	<b>19+ billion CFU's</b>	*
Lactobacillus rhamnosus		
Lactobacillus acidophilus		
Lactobacillus brevis		
Lactobacillus casei		
Lactobacillus plantarum		
Lactobacillus salivarius		
Lactobacillus paracasei		
<b>Bifidobacterium species</b>	<b>6+ billion CFU's</b>	*
Bifidobacterium bifidum		
Bifidobacterium infantis		
Bifidobacterium longum		
Bifidobacterium lactis		
Bifidobacterium breve		

\* Daily Value not established

Other Ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water) and L-leucine

## Pro-Bio 100

Amount: 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.

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. Pro-Bio 100 unique formulation is designed to provide the needed support for the body's immune function, gut-immune barrier and inflammatory balance.

**Guaranteed potency at expiration. No refrigeration required.**

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

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 30

Amount Per Serving	%DV
Proprietary Blend of 100 Billion CFU**: 423 mg	*
Lactobacillus acidophilus (La-14)	*
Bifidobacterium bifidum (Bb-02)	*
Lactobacillus plantarum (Lp-115)	*
Bifidobacterium lactis (BI-04)*	*
Lactobacillus rhamnosus GG	*
Lactobacillus paracasei (Lpc-37)	*

\* Daily Value not established

\*\* Colony Forming Units

Other Ingredients: hypromellose (natural vegetable capsule), microcrystalline cellulose, silicon dioxide, and magnesium stearate.

## Infant Probiotic Formula

Amount: 2.33 oz (66 g) Product Code: IPF



### A multispecies probiotic formula to meet the special needs of infants.

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.

**Suggested Dosage:** 1 scoop once or twice daily or as directed by your healthcare practitioner. The powder can be mixed with expressed breast milk, formula, or solid food at room temperature as appropriate.

### Supplement Facts

Serving size: 1 scoop (approx. 0.5 g)  
Servings per container: 120

Amount Per Serving	%DV	
Proprietary Probiotic Blend (5 billion CFU's) 500 mg in a base of inulin (derived from chicory root)	*	
<b>Lactobacillus species</b>	<b>2.5 billion CFU's (150 mg)</b>	*
Lactobacillus rhamnosus		
Lactobacillus casei		
Lactobacillus paracasei		
Lactobacillus gasseri		
Lactobacillus salivarius		
<b>Bifidobacterium species</b>	<b>2.5 billion CFU's (350 mg)</b>	*
Bifidobacterium infantis		
Bifidobacterium bifidum		
Bifidobacterium longum		
Bifidobacterium breve		
Bifidobacterium lactis		

\* Daily Value not established  
Other Ingredients: None

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## Pro-Bio PREMIUM

Amount: 15 packets Product Code: PBB



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. 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 hardness to survive the harshness of the GI environment and withstand a variety of pH ranges.

### 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 of 225 billion CFU	**
Bifidobacterium bifidum (Bb-06)	**
Lactobacillus plantarum (Lp-115)	**
Lactobacillus acidophilus (La-14)	**
Bifidobacterium lactis (BI-04)	**
Lactobacillus salivarius (Ls-33)	**
Lactobacillus casei (Lc-11)	**

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

\*\* Daily Value not established

Other Ingredients: Larch Arabinogalactin (FiberAid™) and Silicon Dioxide

**Suggested Dosage:** Mix ½ to 1 packet into cool food or drink of your choice or as recommended by your healthcare practitioner.

Keep this container tightly closed and store at ROOM TEMPERATURE and not in the refrigerator.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

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## Why Supplement with Probiotics?

Probiotics are "friendly" bacteria that help support proper functioning of the gastrointestinal system. Hundreds of different strains of microorganisms populate or pass through the intestinal tract. In a healthy digestive system, these bacteria are able to coexist in a balanced state.

Stress, disease, improper nutrition, antibiotics, medications, pesticides, and toxins can upset the delicate balance of intestinal flora by reducing the number of friendly bacteria. Supplementation with probiotics can support the body in maintaining a healthy intestinal balance.

## Probiotic Support Formula

Amount: 60 caps Product Code: PROB-60  
Amount: 30 caps Product Code: PROB



New Beginnings Nutritionals Probiotic Support Formula offers a high potency (20 Billion CFU) blend of beneficial bacteria plus Saccharomyces Boulardii (3 Billion CFU), 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 overgrowths of yeast, pathogenic bacteria, and promoting proper intestinal function. Rotating multiple brands and combinations of probiotics can be helpful to ensure long-term success in establishing healthy intestinal mucosa.

### Supplement Facts

Serving size: 1 Vegetarian Capsule  
Servings per container: 30 or 60

Amount Per Serving	%DV
Proprietary Blend of:	20 Billion CFU *
Lactobacillus acidophilus (La-14)	*
Lactobacillus paracasei (Lpc-37)	*
Bifidobacterium bifidum (Bb-06)	*
Bifidobacterium lactis (Bl-04)	*
Lactobacillus plantarum (Lp-115)	*
Lactobacillus rhamnosus GG	*
Saccharomyces boulardii	3 Billion CFU

\* Daily Value not established

Other Ingredients: Hypromellose (natural vegetable capsule), microcrystalline cellulose, silicon dioxide, and magnesium stearate.

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

## Saccharomyces Boulardii

Amount: 60 caps Product Code: SBC



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. 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.

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

Store in the refrigerator.

This product may cause an allergic reaction in individuals with an allergy to brewers yeast. Discontinue immediately if allergic symptoms appear.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 60

Amount Per Serving	%DV
Saccharomyces Boulardii (probiotic blend in a base of cellulose)	3 Billion CFU * 273 mg

\* Daily Value not established

Other Ingredients: Vegetarian Capsule, (hydroxy-propyl methylcellulose, water) and L-leucine.

## Ther-Biotic® Complete

Amount: 60 caps Product Code: THBC



Klaire's most comprehensive, maximum-support probiotic formula.

This high-potency, hypoallergenic blend of 12 certified probiotic species offers the most complete spectrum of microorganisms in the Klaire line. Ther-Biotic® Complete is a unique combination of colonizing and transient strains providing broad coverage to support a healthy

balance of microflora across the entire gastrointestinal tract. Scientifically formulated with a full spectrum of synergistic and complementary species, Ther-Biotic® Complete is designed for individuals who require significantly higher amounts of several different types of probiotic species to help support intestinal health.

Ther-Biotic® Complete uses the proprietary InTactic™ technology to ensure maximum delivery of live microorganisms throughout the intestinal tract.

**Suggested Dosage:** 1 capsule daily with food or as suggested by your healthcare practitioner.

Store in the refrigerator.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 60

Amount Per Serving	%DV
Proprietary Blend (25+ billion CFUs) in a base of Inulin (derived from chicory root)	280 mg *
Lactobacillus rhamnosus	6.0 billion CFUs *
Bifidobacterium bifidum	5.0 billion CFUs *
Lactobacillus acidophilus	3.0 billion CFUs *
Lactobacillus casei	2.5 billion CFUs *
Lactobacillus plantarum	2.0 billion CFUs *
Lactobacillus salivarius	2.0 billion CFUs *
Bifidobacterium longum	1.0 Billion CFU *
Streptococcus thermophilus	1.0 Billion CFU *
Lactobacillus bulgaricus	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 (hydroxypropyl methylcellulose, water) InTactic proprietary polysaccharide complex, and L-leucine

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# Theralac

Amount: 30 caps Product Code: THER



Theralac is a high potency probiotic supplement containing 30 billion colony-forming units (CFU) of naturally occurring probiotic bacteria per capsule. Probiotic bacteria are beneficial components of the intestinal microflora and can easily become depleted in various health and digestive problems. A probiotic deficiency is best corrected by supplementing the diet with effective strains of probiotic bacteria administered in effective numbers (> 10 billion/dose). Intestinal health is necessary for proper Digestion, Absorption, Regularity, Immunity and Energy.

Theralac capsules contain five beneficial strains of probiotic bacteria that adhere to the soft lining of the intestinal tract and help maintain a healthy surface.

- THERALAC'S 17 billion "Lacto" probiotics attach to the soft lining of the small intestine and promote a healthy surface.
- THERALAC'S 13 billion "Bifido" probiotics adhere to the wall of the colon and promote healthy structure and function.

- THERALAC'S Prebiotics work throughout the intestinal tract and stimulate the probiotics.

The Lactobacillus or "Lacto" strains are most active in the small intestine, particularly in the lower section called the ileum. The Bifidobacterium or "Bifido" strains are most active in the colon. These five probiotic strains function by a number of natural mechanisms that include competitive exclusion of undesirable microorganisms and modulation of the immune system; their effectiveness is backed by over 110 scientific studies.

## Bioactive Prebiotic Stimulants

Two prebiotics that stimulate probiotics in Theralac capsule: LactoStim and Sodium Alginate.

## Packaging and Shelf Life

Probiotics are living products that require refrigeration for optimum stability and shelf life. Theralac is quite stable due to "TIP" or Totally Inert Packaging: Theralac capsules are packaged in double-sealed, amber glass bottles containing both moisture and oxygen absorption packets. They can be held at room temperatures (65°-75° F) for up to 30 days without loss of viability, but must be kept refrigerated beyond that to assure potency through the expiration date.

**Suggested Dosage:** 1 capsule daily. Take 2 capsules a day for additional digestive support or as suggested by your healthcare practitioner.

**Store in the refrigerator.**

## Supplement Facts

Serving size: 1 Capsule

Servings per container: 30

Amount Per Serving	%DV
<b>Proprietary Probiotic Blend</b>	133 mg
Lactobacillus acidophilus (strain LA-1)	10 Billion CFU* **
Bifidobacterium lactis (strain BL-04)	10 Billion CFU **
Lactobacillus ramosus (strain LR-32)	2 Billion CFU* **
Lactobacillus paracasei (strain LPC-37)	5 Billion CFU* **
Bifobacterium lactis (strain Bi-07)	3 Billion CFU* **

\* CFU - Colony Forming Units

\*\* Daily Value not established

Other Ingredients: Microcrystalline cellulose, sodium alginate, hydroxypropyl methyl cellulose (capsule shell) tri-sodium phosphate, magnesium stearate, (vegetable source) silicon dioxide, calcium silicate, ascorbic acid, Lactostim: (Sunflower lecithin + Oleic Acid).

# Visbiome

Amount: 60 caps Product Code: VISB-C



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, and hepatic encephalopathy. Visbiome is a non-drug therapy that addresses distinct nutritional requirements, to promote microbial balance in people with IBS, ulcerative colitis, pouchitis, and hepatic encephalopathy that cannot be addressed by modification or the 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 60 human clinical trials as a medical food in the dietary management of gastrointestinal and liver disorders
- 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.
- Non-GMO and Gluten free
- Made in the USA

**Visbiome® is a medical food intended to be used under medical supervision.**

**Suggested Dosage:** Consume 2-8 capsules daily or as directed by your healthcare practitioner.

Bloating can occur during the first few days following the start of Visbiome consumption. This is usually a transitory phenomenon due to the changing intestinal micro flora. If you experience bloating, you may need to reduce your daily intake to allow this adjustment

**Store in the refrigerator.**

## Supplement Facts

Serving size: 1 Capsule

Servings per container: 60

Amount Per Serving	%DV
live, freeze-dried, lactic acid bacteria	112.5 Billion CFU *
<b>Strains of Bacteria Include:</b>	
Lactobacillus paracasei (DSM 24733)	
Lactobacillus platarum (DSM 24730)	
Lactobacillus acidophilus (DSM 24735)	
Lactobacillus delbrueckii subspecies bulgaricus** (DSM 24734)	
Bifidobacterium longum* (DSM 24736)	
Bifidobacterium infantis* (DSM 24737)	
Bifidobacterium breve (DSM 24732)	
Streptococcus thermophilus (DSM 24731)	

\* Daily Value not established

Other Ingredients: Lactic acid bacteria, microcrystalline cellulose, stearate acid, silicon dioxide, magnesium stearate, and vegetable capsule, (hydroxypropyl methylcellulose).

**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. (0.01 g lactose per 200 capsules)**



## Digest-Mate Vegan

Amount: 180 caps Product Code: DGST-V



Digest-Mate Vegan is a comprehensive blend of acid-resistant, plant-based enzymes designed to help maximize the digestion and absorption of nutrients from food. Each capsule includes lipase, amylase, lactase, CereCalase® and protease to aid in the digestion of protein, fat, starches, fiber and other difficult to digest foods known to cause food sensitivities. CereCalase®, a

special blend of hemicellulase, beta-glucanase and phytase, is specially formulated to digest the cell walls of plants, providing better nutrition from a plant-based diet. Digest-Mate Vegan also includes Gentian root, a traditional bitter herb, and artichoke, a natural choleric, added to stimulate the body's natural production of enzymes and bile.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 180

Amount Per Serving		%DV
Enzyme Blend	235 mg	*
Amylase	7,650 DU	*
Protease 4.5	20,400 HUT	*
Protease 6.0	2,550 HUT	*
Protease 3.0	10 SAPU	*
Neutral Protease	3,825 PC	*
Acid Malatase	10.7 MaltU	*
Bromelain (equivalent to 25.5 GDU) (from Pineapple)	382,500 FCC PU	*
Papain	357,000 USP Units	*
Glucosylase	12.75 AGU	*
Peptidase	2,550 HUT	*
Lactase	816 ALU	*
Alpha-galactosidase	102 Galu	*
Lipase	1,070 FIP	*
Pectinase	7.65 endo-PGU	*
Invertase	433SU	*
Cellulase	178 CU	*
Xylanase	255 XU	*
CereCalase® (Hemicellulase, Beta-Glucanase, and Phytase)	150 MU	*
Artichoke Leaf Extract (Standardized to Contain 5% Cynarin)	150 mg	*
Gentian Root Extract 4:1	100 mg	*

\* Daily Value not established

**Other Ingredients:** Natural Vegetable Capsules, Silicone Dioxide, and Magnesium Stearate.

CereCalase® is a registered trademark of National Enzyme.

**Suggested Dosage:** 1-2 capsules with a meal or as recommended by your healthcare practitioner.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

# Enzymes

## Candex - Yeast Control

Amount: 120 caps Product Code: CNDX-120



Candex is a potent cellulase enzyme product formulated specifically for the treatment of Candida albicans. Since the cell wall of candida are 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 one, one capsule. Day two, one capsule, twice daily. Day three and after two capsules twice daily. Always use between meals with at least 8oz of water. For maintenance, one capsule at bedtime.

Children: 1/2 capsule twice daily one hour before meals or two hours after meals. Capsules can be swallowed or opened up and mixed into a small amount of liquid.

## Digest-Mate

Amount: 180 caps Product Code: DGST-180



- 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 capsules with each meal or as recommended by your healthcare practitioner.

### Supplement Facts

Serving size: 2 Capsules  
Servings per container: 60

Amount Per Serving		%DV
Vegetarian Cellulase	64,000 CU	*
Vegetarian Hemicellulase	40,000 HCU	*
Vegetarian Amylase	4000 SKB	*
Vegetarian Invertase	1000 SU	*
Vegetarian Glucoamylase	200 AG	*

\* Daily Value not established

**Other Ingredients:** microcrystalline cellulose, Hecine, HPMC (vegetable capsule).

### 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 (Desiccated)	120 mg	*
Bromelain (from Pineapple)	100 mg (240 GDU)	*
Papain	100 mg	*
	(600,000 FCC Units)	

\* Daily Value not established

**Other Ingredients:** Gelatin (Capsules), Microcrystalline Cellulose, Magnesium Stearate, and Calcium Silicate. Contains plant and animal enzymes.

## How to Choose Between Digest-Mate and Digest-Mate Vegan?

Do you suffer from bloating and gas and/or reflux symptoms after eating? Do you have issues with digesting fatty foods? These are all symptoms that could be related to a deficiency of stomach acid, bile or pancreatic enzymes which can commonly occur with aging, chronic illness, stress or nutritional deficiencies. Digest-Mate is the best enzyme when experiencing these symptoms.

Do you experience Irritable Bowel Symptoms (IBS) or other physical symptoms that can include abdominal pain, headaches or fatigue after eating certain foods? These are symptoms related to food sensitivities and Digest-Mate Vegan, a plant-based enzyme that contains DPPIV, is the best enzyme when experiencing any of these symptoms.

## Dairy & Gluten Digest

Amount: 60 caps Product Code: DGD-60

**NEW!**



- 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.

### Endopeptidases and Exopeptidases Digest Gluten

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.

### Lactase Breaks Down Lactose

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 reducing associated gastrointestinal symptoms.

### Proteases Hydrolyze Dairy Proteins Including Casein and Whey Proteins

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 – 2 capsules before a meal or as recommended by your healthcare practitioner.

### 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

## InterFase Plus®

Amount: 120 caps Product Code: INTF-120



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 ethylenediaminetetraacetic acid (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 loosen 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 Dosage:** Adults: depending on age and size, take 2 capsules 1 to 4 times daily between meals or as directed by a healthcare practitioner.

### Supplement Facts

Serving size: 2 Vegetarian Capsules  
Servings per container: 60

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

\* Daily Value not established

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

Other Ingredient: vegetarian capsule (hydroxypropyl methylcellulose, water), ascorbyl palmitate and microcrystalline cellulose.

Contains: egg

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## Houston's No-Fenol

Amount: 90 caps Product Code: NFEN



- Unique Formulation to Assist in Digestion of Phenolic Foods
- High Amounts of Xylanase and Cellulase Enzymes
- Phytase Present to Increase Availability of Minerals and Nutrients

No-Fenol was developed by Dr. Devin Houston, the founder of Houston Nutraceuticals (HNI), in response to requests for a

product that would allow them to eat fruits and vegetables without the problems thought to be associated with some phenolic compounds. Initial responses from many indicate that No-Fenol can allow the addition of these foods to the diet without complications.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 90

Amount Per Serving		%DV
Proprietary enzyme blend	288 mg	*
Xylanase	32,000 XU	*
CereCalase™ hemicellulase, beta-glucanase, phytase	75 mg	*

\* Daily Value not established

Other Ingredients: Vegetable capsule, (cellulose and water), microcrystalline cellulose, and medium chain triglycerides.

**Caution: MCT is derived from palm or coconut oil**

### Suggested Dosage:

Take 1 capsule with phenolic foods, but not necessarily with every meal. No-Fenol is suggested primarily for those with known intolerances to phenolic compounds. Some have found satisfactory results with once or twice per day dosing, indicating that optimal dosing may be dependent upon many factors. No upper limit has been established for enzyme dosing, and animal studies found no toxicity at dosing as high as 80,000 FXU per kilogram of body weight per day for 13 weeks.

CereCalase™ is a registered trademark of National Enzyme Company.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

# New Beginnings

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## Houston's TriEnza Chewable

Amount: 180 tabs Product Code: TRI-CHEW



TriEnza Chewable is a combination enzyme product that aids in the breakdown of proteins, (including gluten, casein, and soy), carbohydrates, sugars (including lactose), and fats. TriEnza Chewable is high in DPP IV, (dipeptidyl peptidase IV) activity which aids in the breakdown of casomorphin (from casein) and gluteomorphin (from gluten).

TriEnza Chewable may be taken with other Houston Enzyme products.

### 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	677 mg	*
Peptidase (with DPP IV)	30,000 HUT	*
DPP IV	600 DPPIV	*
Xylanase	16,000 XU	*
Diatase	12,000 DP	*
Protease	65,000 PC	*
Amylase	12,000 DU	*
Protease 6.0	25,000 HUT	*
Glucoamylase	25 AGU	*
Lactase	1,500 ALU	*
Cellulase	900 CU	*
Invertase	500 SU	*
Beta-glucanase	30 BGU	*
Lipase	500 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.

**Suggested Dosage:** Take 4 tablets with meals. 2 tablets are equivalent to 1 TriEnza in the capsule form."

Do not use if tamper-proof seal is broken. Keep container closed and store in room temperature or in freezer, but not in the refrigerator due to humid conditions.

## Houston's TriEnza

Amount: 180 caps Product Code: TRI-180



TriEnza is an economical combination of Houston's best enzymes. This product is a combination of some of Houston's best-selling enzymes: No-Fenol, Zyme Prime, and AFP Peptizyde.

- Enzyme product for multiple food intolerances
- Supports digestion of gluten, dairy, proteins, carbohydrates, polyphenols and fats

- Includes the DPP IV ("DPP 4") enzyme to support the digestion of gluteomorphin (from gluten) and casomorphin (from dairy casein)

- Reduces occasional gas and bloating

**Suggested Dosage:** Take 2 capsules at the beginning of each meal. More may be given as needed.

### 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 VI	600 DPPU	*
Xylanase	16,000 XU	*
Protease	65,000 HUT	*
Amylase (with Diatase)	12,000 DU	*
Protease 6.0	25,000 HUT	*
Glucoamylase	25 AGU	*
Lactase	1,500 ALU	*
Cellulase	900 CU	*
Invertase	500 SU	*
Lipase	500 FIP	*
Diatase	12,000 DP	*
Beta-glucanase	30 BGU	*

\* Daily Value not established

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

**Caution: MCT powder is derived from palm or coconut oil**

## Houston's AFP Peptizyde

Amount: 90 caps Product Code: PEPT



- High-Potency Enzyme Combination for Digestion of Food Protein
- High Dipeptidyl Peptidase IV (DPP IV) Activity
- Increases Breakdown of Casein, Gluten, Soy Protein
- Safe, Non-Toxic Alternative or Supplement to 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.

### Contraindications for Enzyme Supplementation:

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 to 2 capsules before meals and snacks. For the infrequent and large food challenge, as much as 4 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, and animal studies found no toxicity at dosing as high as 2000 milligrams per kilogram of body weight per day for 90 days.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 90

Amount Per Serving		%DV
Proprietary Enzyme Blend	320 mg	*
Peptidase (source of DPP IV)	55,000 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 (cellulose and water), microcrystalline cellulose and medium chain triglyceride powder.

**Caution: MCT powder is derived from palm or coconut kernel oil**



# Houston's Zyme Prime

Amount: 90 caps Product Code: ZYME



- Digestion for carbohydrates and fats
- Higher in lactase for lactose intolerance
- Helps reduce gas and bloating
- An excellent companion to AFP Peptizyde™
- No papain or bromelain
- Tends to firm stools

Zyme Prime is a combination of several enzyme blends in high concentration. These enzymes are effective in enhancing the breakdown of complex carbohydrates, triglyceride fats, starches, and proteins. While not as potent in protein hydrolysis as Peptizyde™, Zyme Prime excels at carbohydrate hydrolysis. This results in less bloating and gas production, as well as helping certain food problems such as lactose intolerance.

Zyme Prime is helpful in easing the gas production, bloating, and cramping from such dietary problems as lactose and fatty food intolerance. Parents report digestive improvements such as firmer and more formed stools. Some improvement in tolerating phenolic foods was noted. Parents also report that the digestive improvements seemed to improve children's disposition, such as waking in happier moods. Zyme Prime was observed to often increase weight gain in children who were under-sized, possibly through increasing bio-availability of food nutrients.

## Contraindications for Enzyme Supplementation

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:** 1 capsule before each meal or snack. Dosing is based on the content and the amount of food ingested during a meal, not by body weight or age. Those meals higher in carbohydrates and/or fats may call for higher doses of Zyme Prime.

# Muco-Solve

Amount: 90 caps Product Code: MUCO

**NEW!**



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 practitioner can help guide you through this process to help regain true health.

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

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

## Supplement Facts

Serving size: 1 Capsule  
Servings per container: 90

Amount Per Serving	%DV
<b>Digestive Enzyme Blend</b>	283 mg *
Amylase	12,000 DU *
Protease 4.5	40,000 HUT *
Glucoamylase	25 AGU *
Alpha-Galactosidase	200 GalU *
CereCalase™ (Hemicellulase, beta-glucanase, phytase)	400 MU *
Lactase	1,500 ALU *
Lipase	500 FIP *

\* Daily Value not established

Other Ingredients: capsule, (hypromellose and water), microcrystalline cellulose and Medium Chain Triglyceride Powder.

CereCalase® is a trademark of National Enzyme Company.

**Caution: MCT powder is derived from palm or coconut kernel oil**

## Supplement Facts

Serving size: 1 Capsule  
Servings per container: 90

Amount Per Serving	%DV
<b>Pectinase</b>	350 endo-PGU *
Amylase	10,000 DU *
Protease S	50 mg *
Glucoamylase	50 AGU *
Serratopeptidase	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**

# New Beginnings

NUTRITIONALS

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## Which Houston Enzyme Product Do I Need?

The product you need depends on several factors such as diet and your specific gut issues. AFP-Peptizyde is purely proteolytic; it only breaks down proteins. This Enzyme contains DPP IV which breaks down casomorphin and gluteomorphin and is also helpful in preventing food related intolerances and reactions.

Zyme Prime contains some proteases, many carbohydrases, and lipase, which will break down proteins, carbohydrates, and fats, respectively. Although it does not contain DPP IV, Zyme-Prime insures bioavailability of all the nutrition in food, which is especially important for light eaters. The protease activity in Zyme Prime is not nearly as great as in AFP-Peptizyde, however it is a good broad based enzyme for individuals with minimal food sensitivities. Zyme-Prime is particularly helpful for conditions such as loose stools, low weight, picky eating, gas and bloating.

No-Fenol is primarily for those with intolerances to the polyphenolic nature of some fruits and vegetables, and in supporting the environment for normal flora within the intestinal tract. This enzyme is recommended when seeing red cheeks and/or ears after eating certain fruits. No-Fenol is also known to help with constipation issues.

Tri-Enza is a combination of AFP-Peptizyde, Zyme-Prime and No-Fenol and provides the benefits seen in all three.

## Supporting the Immune System

Every day, we are faced with a multitude of bacteria, viruses, toxins, and other dangerous pathogens (germs). Our body's immune system, when it is functioning properly, is designed to ward off these threats. However, the immune system can be weakened due to illness, life style habits, nutritional deficiencies, environmental and genetic factors. There are a number of natural ways to "boost" the immune system including the use of vitamins, antioxidants, probiotics, and botanical extracts. A more targeted approach to improving immune system functioning is through the use of bovine colostrum and/or transfer factor which can directly "transfer" critical missing immune factors to the person taking it.

# Immune and Inflammation Support

## A & I Formula

Amount: 120 caps Product Code: AIF-120



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. This product contains

the following effective ingredients:

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

**Stinging Nettles Leaf** - Stinging Nettles Leaf has been known for its analgesic, anti-inflammatory and overall healing qualities.

**Bromelain** - A strong pineapple enzyme, bromelain has 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, NAC reduces the viscosity of mucus.

**Suggested Dosage:** Loading dose: 2 capsules three times daily for 7-10 days. Acute dose: 2-3 capsules as needed. Maintenance dose: 2 or more capsules per day or as suggested by your healthcare practitioner.

### Supplement Facts

Serving size: 2 Vegetarian Capsule  
Servings per container: 60

Amount Per Serving		%DV
Vitamin C (as Ascorbic Acid USP)	300 mg	333%
Quercetin Dihydrate	400 mg	*
Stinging Nettles (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, silicone dioxide, and stearic acid.

## A & I Chewable

Amount: 60 tabs Product Code: AIF-CHEW



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! 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.

This product contains the same effective ingredients as the A & I Formula capsules.

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

### 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 Powder	100 mg	*
Bromelain (2400 GDU/g) (from Pineapple)	25 mg	*
N-Acetyl Cysteine USP	12 mg	*

\* Daily Value not established

Other Ingredients: natural cane sugar, xylitol, natural flavors, stearic acid, sodium stearyl fumarate, silicone dioxide, and Rebaudioside A (organic).

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## Cogni-Calm

Amount: 30 caps Product Code: COGN

**NEW!**



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.

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

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 90

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).

## Enhansa™ Powder

Amount: 18 g Product Code: ENP



Enhansa™ is a curcumin-supplement with a proprietary extraction process that has shown to be 7 - 8 times more absorbed than standard curcumin extracts. It is derived from the rhizomes of Curcuma longa (Curcumin) and does not contain any

ingredients other than what is extracted from the rhizomes of Curcuma longa. It is

the specific ratio of curcuminoids, along with the specialized method of extraction, which allows for the unique benefits of Enhansa as compared to other Curcumin products.

Curcumin is known to possess significant antioxidant and anti-inflammatory properties. Enhansa's enhanced absorption of 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.

**Suggested Dosage:** Take 1 – 8 level scoops one to two times daily with meals or as directed by a healthcare practitioner.

4 white scoops = 1 blue scoop (300 mg).

Some individuals do better to start with small doses and slowly titrate up to the suggested target dose to prevent possible Herxheimer reactions that can occur.

### Supplement Facts

Serving size: 1 Level White Scoop (75 mg)  
Servings per container: 240

Amount Per Serving	%DV
Enhansa™ Curcumin(Curcuma longa (rhizome) standardized to curcuminoids and essential oils of turmeric rhizome)	75 mg *

\* Daily Value not established

Other Ingredients: None

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## Turmeric-Quercetin Complex

Amount: 90 caps Product Code: TQC



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 (Curcumin)

This orange-colored spice, used for thousands of years in cooking and health practices, contains curcumin.

As the physiologically active component, curcumin can help modulate the action of lipoygenase and cyclooxygenase to support inflammatory response functionality. While some manufacturers use unstandardized turmeric with fluctuating levels of curcumin, Turmeric-Quercetin Complex includes 660 mg of standardized turmeric.

### Quercetin

Quercetin, a flavonol and powerful antioxidant, is a plant-derived flavonoid found in fruits, vegetables, leaves and grains.

### Bromelain

The natural pineapple enzyme, bromelain is widely accepted for its roll in promoting optimal circulation. Over 400 scientific papers on bromelain's applications have appeared in the literature since 1957, including a prominent 1960 study.

### 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

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

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



# New Beginnings

## NUTRITIONALS

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## Immune Formula

Amount: 2 oz Product Code: IMF-S



Kids Wellness™ Herbal Formulas were formulated by Dr. Eric Rydland, a board certified medical doctor, who has been practicing holistic pediatrics for over 35 years. The Immune Herbal Formula is a 100% natural herbal formula made with ethically wild-crafted and/or certified organic herbs only. The manufacturing utilizes 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 have been field tested for 8 years in medical offices and are guaranteed to be of the very highest quality.

This herbal combination is used to enhance the body's immune system.

### Supplement Facts

Serving size: 50 Drops (2.5 ml)  
Servings per container: 24

Amount Per Serving	%DV
Calories	3.6
Cholesterol	0.0 mg 0%
Protein	0.0 g 0%
Sodium	0.0 mg 0%
Potassium	0.0 mg 0%
Carbohydrates	0.9 g 0%

Proprietary Blend: Echinacea angustifolia root\*, echinacea purpurea root\*, astragalus root\*, pau d'arco bark\*\*, burdock root\*, olive leaf\*, goldenseal leaf\*, goldenseal root\* in a base of palm glycerin.

\* Certified Organic herb

\*\*Ethically wildcrafted herbs

This product contains no corn, sugar, salt, preservatives, fish, crustacean shellfish, tree nuts, soybeans, peanuts, wheat, gluten, artificial flavors or color.

**Suggested Dosage:** For children over 1 month old through adult, take dosage according to weight. At the onset of illness, most effective when used every 2 to 3 hours while awake for the first 3 to 4 days and then 4 times daily. Use no more than 3 consecutive weeks per month.

5-14 lbs. = 10 drops	45-54 lbs. = 50 drops
15-24 lbs. = 20 drops	55-64 lbs. = 60 drops
25-34 lbs. = 30 drops	65-74 lbs. = 70 drops
35-44 lbs. = 40 drops	75-84 lbs. = 80 drops
	85+ lbs. = 5 full droppers

**Caution:** If you are pregnant, nursing, or have a chronic illness (i.e., heart disease, high blood pressure, diabetes, etc.) contact your healthcare provider before using. Discontinue use if unusual symptoms occur. Keep out of reach of children.

## CytoQuel

Amount: 90 caps Product Code: CYTO



This product is formulated with CurcuWIN turmeric extract, a new ingredient Researched Nutritionals CytoQuel® has developed to promote healthy cytokine activity. Based on the latest published research, CytoQuel® offers you 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-α), Nuclear Factor kappa Beta (NF-κB) 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).

## Liposomal Curcumin Essentials

Amount: 30 caps Product Code: CRCL-60



Curcumin, an extract of the Turmeric plant, has been shown to potentially have profound anti-inflammatory effects. It has been used traditionally to treat inflammation causing diseases such as arthritis. Some studies have suggested that Curcumin may help treat or prevent a variety of other diseases. This Liposomal Curcumin formulation contains essential phospholipids which

may increase absorption and EDTA which may help the body fight bio-film forming infections.

**Suggested Dosage:** Take 1 to 2 capsules once or twice daily or as recommended by your healthcare practitioner. Recommended to take with food.

### Supplement Facts

Serving size: 3 Capsules  
Servings per container: 30

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

\* Daily Value not established

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

### Supplement Facts

Serving size: 2 Capsules  
Servings per container: 30

Amount Per Serving	%DV
Curcumin from Curcuma longa extract (root)(Standardized to 200 mg total curcuminoids)	210 mg *

\* Daily Value not established

**Other Ingredients:** Sunflower Lecithin, Olive Oil, Edetate Calcium Disodium, Glycerol Monostearate, Silica, Alpha Lipoic Acid, Water, Dimethicone, Hydroxypropyl Methylcellulose (HPMC) Capsules and Gellan Gum.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

IgG Powder

Amount: 5.3 oz Product Code: IGG-P



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.

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

**Suggested Dosage:** 1 scoop (2.5 grams) in 4 ounces of water or the beverage of your choice 2 times daily or as

Supplement Facts

Serving size: 1 Scoop (2.5 g)  
Servings per container: 60

Amount Per Serving	%DV	
Calories	10	
Protein	2 g	4%*
Serum-Derived Bovine Immunoglobulin Concentrate (ImmunoLin®)	2.5 g	**
Immunoglobulin G (IgG)	1.2 g	**

Other Ingredients: None  
\* Percent Daily Values are based on a 2,000 calorie diet  
\*\* Daily Value not established  
ImmunoLin® is a registered trademark of Entera Health, Inc.

Inflamma-Mate, Strawberry

Amount: 1 lb 9.6 oz Product Code: INFM



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.

- Maintains Normal Inflammatory
- Balance Strengthens GI Barrier Function
- Boosts Immune Function
- Provides Key Nutrients for Cell Replication
- Increases Antioxidant Protection

**Suggested Dosage:** For adult dose, mix 2 scoops (51.8 grams) of Inflamma-Mate with 8-10 ounces of water or milk substitute 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.

Supplement Facts

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

Amount Per Serving	%DV	
Calories	200	
Total Fat	7 g	9%*
Saturated Fat	3 g	15%*
Total Carbohydrate	15 g	5%*
Dietary Fiber	5 g	18%*
Total Sugars	10 g	**
Includes 8 g Added Sugar		16%*
Protein	19g	38%*
Vitamin D (D3 as Cholecalciferol)	50 mcg (2,000 IU)	250%
Calcium	30 mg	2%
Iron	1 mg	6%
Sodium	70 mg	3%
Potassium	90 mg	2%
Proprietary Blend	28.5 g	
Rice Protein		**
Flaxseed Flour (Organic)		
L-Glutamine USP	2.5 g	**
Medium Chain Triglycerides	1.5 g	**
Alpha Linolenic Acid	1.3 g	**
(from Organic Flaxseed Flour)		
Arabinogalactan Heartwood	1 g	**
(from Larch Tree)		
L-Lysine Hydrochloride UPS	750 mg	**
Glycine USP	500 mg	**
L-Proline USP	500 mg	**
Quercetin Dihydrate	250 mg	**
Skullcap (Scutellaria baicalensis)	250 mg	**
Root Extract (Standardized to contain 30% Flavones and Baicalin)		
Tumeric Root Extract	250 mg	**
(Standardized to contain 45-55% Curcuminoids, 3-8% Volatile Oil, 2-6% Turmerin)		
Propolis Extract	200 mg	**
Ginger Root Extract	100 mg	**
(Standardized to contain 5% Gingerols)		
Green Tea Leaf Extract	100 mg	**
(Standardized to contain 45% EGCG (Epigallocatechin gallate))		
Rosemary Leaf Extract	100 mg	**

\* Daily Value not established \*\*Percent Daily values are based on a 2000 calorie diet.  
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 Rebaidioside A (Organic).  
Oryza™ Whole Grain Brown Rice Sweetener is a trademark of Axiom

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## Quercetin

Amount: 60 caps Product Code: QUER-60



Pure Encapsulations Quercetin, is derived from Fava D'anta tree (*Dimorphandra mollis*) pods, and has been shown to be one of the most bioactive flavonoids.

- Supports cellular, cardiometabolic and immune health
- Offers bioflavonoid support
- Made with hypoallergenic, vegan ingredients

The uses for Quercetin include:

**Immune Support:** Quercetin supports healthy mast cell function. An in vitro study performed on neutrophils reported that quercetin mediated beta-glucuronidase and lysozyme release, and significantly moderated arachidonic acid release from cell membranes.

**Antioxidant Support:** Quercetin promotes cardiovascular health by protecting lipids from oxidation and supporting the health of capillaries by enhancing their strength and integrity.

**Cellular Support:** Animal and in vitro studies have indicated that this powerful flavonoid may be supportive of prostate, colon and breast cell health.

### 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.

## Monolaurin

Amount: 90 caps Product Code: MLRN



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.

## Transfer Factor Multi-Immune

Amount: 90 caps Product Code: MIMM



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 Maximizer Bioplex™:** Proprietary super blend of transfer factor, larch

arabinogalactan, and IP-6, which promotes healthy NK cell levels & immune modulation, engulfs foreign particles in blood stream and tissues and promotes metal detoxification to prevent buildup of metals which may weaken 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.

**Suggested Dosage:** As a dietary supplement, take 3 capsules per day on an empty stomach (two hours after eating or one hour before eating) or as directed by your healthcare practitioner.

## Transfer Factor PlasMyc™

Amount: 60 caps Product Code: TFPM



Transfer Factor PlasMyc™ provides a targeted formula developed to support the body's immune system.

As with all targeted transfer factors, it is recommended the healthcare practitioner confirm the patient's condition with the appropriate lab tests which are available at a number of commercial labs prior to administering the targeted transfer factor.

For more information about this product, please contact [info@nbnus.com](mailto:info@nbnus.com)

**Suggested Dosage:** As a dietary supplement, take on an empty stomach away from food. Week 1: one capsule per day. Week 2 forward: two capsules per day or as recommended by your healthcare practitioner.

**Caution:** If you are pregnant or breast-feeding, consult your healthcare practitioner before using.

### 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.

### Supplement Facts

Serving size: 3 Capsules  
Servings per container: 30

Amount Per Serving	%DV
Zinc (as zinc citrate)	15 mg 136%
Selenium (as L-selenomethione)	70 mcg 127%
NK Maximizer Bioplex™	1083 mg *

Transfer factor NK+™ (is a proprietary super blend of purified colostrum, transfer factors and PRP), Larch Arabinogalactan, IP-6 (inositol hexaphosphate), Shiitake 4:1 Extract, Maitake 4:1 Extract

Macrophage & T-Cell Pro Blend™	270 mg *
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Beta Glucan, Astragalus 40% Extract  
**Healthy Cell GTP™**  
Green Tea Extract (standardized for 98% polyphenols, 75% catechins, and 40% EGCG, Pomegranate Extract (standardized to 40% ellagic acid)

\* Daily Value not established

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

**Caution:** This product contains some ingredients derived from Milk.

### Supplement Facts

Serving size: 2 capsules  
Servings per container: 30

Amount Per Serving	%DV
Target Immune PM™	262 mg *

Proprietary blend of and IP-6 (from rice bran), Beta Glucan (from baker's yeast) and targeted transfer factors & PRP's (from colostrum).

\* Daily Value not established

Other Ingredients: Gelatin (capsules), Rice Flour, Vegetable Stearate, Silica.

**Caution:** This product contains some ingredients derived from Milk.



# Botanical Extracts

## AdrenalStability™

Amount: 60 caps Product Code: ADR-60



Botanicals can offer the best nutritional factors for rebuilding adrenal strength and the best of these include: Cordyceps, Ashwagandha, Holy basil, Rhodiola, Schizandra and Eleuthero (Siberian ginseng). Together, these plants extracts provide countless phytochemicals that nourish and protect the adrenal glands as well as counteract the physiological effects of stress.

AdrenalStability™ contains the most potent botanical blends available with herbal power that is gentle, yet extremely effective.

**Suggested Dosage:** Take 2 capsules once daily. **Storage:** Keep closed in a cool, dry place.

### 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).

## Allimax® Capsules

Amount: 30 caps Product Code: ALL-C



**Guaranteed pure and highly effective.**

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 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.

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 once daily or as recommended by your healthcare practitioner.

### 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: Vegetation capsule (Hypromellose, water), maltodextrin (non GMO) and gum acacia.

## Allimax® Liquid

Amount: 10 ml Product Code: ALL-L



Allimax Liquid contains the same potent Allicin (garlic) formula as the capsule version. The fresh garlic taste is made to quickly dissipate and does not leave a lingering garlic taste in the mouth or garlic scent though the skin.

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

**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.

Refrigerate after opening.

### Supplement Facts

Serving size: 1 drop / 0.5 ml  
Servings per container: 200

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

\* Daily Value not established

Other Ingredients: Water.

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## Berberine Complex

Amount: 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 (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:** 1 to 6 tablets daily with food, or as directed by your healthcare practitioner.

# New Beginnings

## NUTRITIONALS

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## Biocidin® TS Throat Spray

Amount: 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 17 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.

- Immediate relief of sore throat pain
- Promotes daily wellness
- Supports healthy upper-respiratory tract
- May be used with Biocidin® liquid
- Primes salivary defenses
- Immunomodulatory activity
- Upper respiratory support while traveling
- Indispensable for seasonal support

### Supplement Facts

Serving size: 3 Sprays  
Servings per container: 60

#### Amount Per Serving

Proprietary Herbal Blend:	30 mg+
Bilberry extract, Noni extract, Milk Thistle, Echinacea Purpurea (extract), Goldenseal, Shiitake extract, White Willow Bark, Garlic, Grapeseed extract, Black Walnut (hull and leaf), Raspberry, Fumitory extract, Gentian, Tea Tree oil, Galbanum oil, Lavender oil, Oregano oil	

Other Ingredients: 60% alcohol (potato and or cane source), vegetable glycerin.

**Contains: Walnut**  
**Not for use during pregnancy**

**Suggested Dosage:** Spray 1-3 times in mouth towards back of throat (and swallow) as needed or as directed by your healthcare practitioner.

**Store in a cool dry place.**

## Biocidin® Formula Capsule

Amount: 90 caps Product Code: BIO-C



**Targets the Entire GI Tract for Healthy Digestion and Elimination.**

Biocidin® is a signature, proprietary blend of 17 professional-grade botanical extracts and essential oils. 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 address heartburn, gas, bloating, constipation, or diarrhea.

### Summary of Benefits:

- Broad-Spectrum Botanical's and Essential Oils target Systemic and G.I. Wellness
- Laboratory and Clinically Tested for Effectiveness for over 25 years
- Biocidin® capsules are small and easy to swallow

**Suggested Dosage:** Take 1 capsule per day and increase to 3 capsules per day or as suggested by your healthcare practitioner. This may be taken on an empty stomach. To decrease cleansing reactions begin with 1 capsule and increase amount gradually per tolerance. May be used at a higher amount for short periods if well tolerated.

**Store in a cool dry place.**

## Biocidin® Formula Liquid

Amount: 30 mL Product Code: BIO-L



**Targets the Entire GI Tract for Healthy Digestion and Elimination.**

Biocidin® is a signature, proprietary blend of 17 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.

### Summary of Benefits:

- Broad-Spectrum Botanical's and Essential Oils target Systemic and G.I. Wellness
- Laboratory and Clinically Tested for Effectiveness for over 25 years
- Pleasant Tasting liquid is enjoyed by both Children and Adults.

**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.

### Supplement Facts

Serving size: 1 capsule  
Servings per container: 90

Amount Per Serving	%DV
Proprietary Herbal Blend	150 mg *
Bilberry extract, Noni extract, Milk Thistle, Echinacea Purpurea extract, Echinacea Angustifolia, Goldenseal, Shiitake extract, White Willow Bark, Garlic, Grapeseed extract, Black Walnut (hull and leaf), Raspberry, Fumitory extract, Gentian, Tea Tree oil, Galbanum oil, Lavender Oil, Oregano oil.	

\* Daily Value not established

**Other Ingredients:** vegetable glycerin, water, capsule (plant cellulose, titanium dioxide). <5% alcohol (potato)

**Contains: Walnut**  
**Not for use during pregnancy**

### Supplement Facts

Serving size: 1 drop  
Servings per container: 680

Amount Per Serving	%DV
Proprietary Herbal Blend	30 mg *
Bilberry extract, Noni Extract, Milk Thistle, echinacea Purpurea extract, Echinacea Angustifolia, Goldenseal, Shiitake extract, White Willow Bark, Garlic, Grapeseed extract, Black Walnut (hull and leaf), Raspberry, Fumitory extract, Gentian, Tea Tree oil, Galbanum oil, Lavender oil, Oregano oil.	

\* Daily Value not established

**Other Ingredients (Liquid):** Vegetable glycerin, <5% alcohol (potato).

**Contains: Walnut**  
**Not for use during pregnancy**

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

## Biocidin® LSF

Amount: 50 ml Product Code: BIO-LF



### Promotes Systemic Microbial Balance.

Biocidin® LSF contains a signature, proprietary blend of 17 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. That means systemic, whole-body support for microbial imbalances.

- Broad-spectrum activity
- Dismantles biofilms
- Supports mental clarity and vitality
- Immunomodulatory activity
- Promotes a healthy inflammatory response

**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.

As with regular Biocidin®, begin slowly and gradually increasing per tolerance to avoid Herxheimer reactions.

**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.

## Black Walnut Extract Liquid

Amount: 1 fl oz Product Code: BWAL-L



Herb Pharm prepares Black Walnut Extract from the fresh, unripe green outer hull of Juglans nigra trees which are responsibly hand-harvested each summer in Kentucky. The herb is extracted in small batches 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. Our liquid extracts are easily dispensed, taken in liquid form and added to water or other liquid.

- Expertly extracted to aid the body's natural cleansing and detoxifying process
- Fresh herb / menstruum ratio: 1:1.25
- Extraction rate of 560 mg of fresh herb per 0.7 ml
- Gluten-free and non-GMO

**Suggested Dosage:** Shake well before using. Adults, add one full squeeze of the dropper or 14 drops to 2 oz. water or juice 2-4 times daily between meals. Children, dose 4-7 drops in juice 2-3x daily between meals. Not for long-term use of more than 6 weeks, followed by a 2-week break minimum.

### Supplement Facts

Serving size: 1 Pump (0.5 ml)  
Servings per container: 100

Amount Per Serving	%DV
Proprietary Herbal Blend:	50 mg *
Bilberry extract, Noni extract, Milk Thistle, Echinacea Purpurea extract, Echinacea Angustifolia, Goldenseal, Shiitake extract, White Willow Bark, Garlic, Grapeseed extract, Black Walnut (hull and leaf), Raspberry, Fumitory extract, Gentian, Tea Tree leaf oil, Galbanum oil, Lavender oil, Oregano oil.	
Phospholipids (from purified Sunflower Seed lecithin)	44 mg

**Other Ingredients:** Water, Glycerin, Ethanol, Vitamin E (as tocopherols) and natural mixed tocopherols

**Contains: Walnut**  
**Not for use during pregnancy**

### Supplement Facts

Serving size: 1 dropper (0.7 ml/14 drops)  
Servings per container: 42

Amount Per Serving	%DV
Black Walnut green hull (Juglans nigra) extract	684 mg *

\* Daily Value not established

Other Ingredients: Certified organic cane alcohol (40-50%), certified organic vegetable glycerin, certified organic vinegar & distilled water.

## Candida Formula

Amount: 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.

### Suggested Dosage:

Children: 1 to 2 capsules daily or as suggested by your healthcare practitioner

Adults: 2 to 6 capsules daily or as suggested by your healthcare practitioner

### Supplement Facts

Serving size: 2 capsules  
Servings per container: 45

Amount Per Serving	%DV
Biotin	300 mcg 1000%
Sodium (from Sodium Caprylate)	20 mg <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.

## Grapefruit Seed Extract

Amount: 2 fl oz Product Code: GSE-L



Nutribiotic® Liquid Concentrate contains a natural quaternary compound synthesized from the seed and pulp 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 practitioners 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.

### 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%)

**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.



## Caprylic Acid

Amount: 120 caps Product Code: CAPR-120

**NEW!**



Caprylic Acid helps to provide a gradual release of calcium and magnesium caprylates to support a healthy gastrointestinal tract.

- Support for healthy microbial balance
- Gradual release, buffered caprylic acid
- Made with hypoallergenic, vegan ingredients

Microflora Balance: Caprylic acid promotes a favorable environment

for beneficial microflora, helping to maintain a healthy candida balance. Due to its fat solubility, it is believed to penetrate intestinal mucosal cells to exert its effects. In this formula, calcium and magnesium caprylates act as buffers and may also help slow the dispersion of caprylic acid to support its activity throughout the intestinal tract.

### Supplement Facts

Serving size: 2 vegetarian capsules  
Servings per container: 60

Amount Per Serving		%DV
Calcium (as calcium caprylate)	60 mg	5%
Magnesium (as magnesium caprylate)	36 mg	9%
Caprylic acid (as calcium and magnesium caprylate)	800mg	*

\* Daily Value not established

Other Ingredients: Vegetarian capsule (cellulose, water)

**Caution:** Not recommended for individuals prone to developing kidney stones. Not to be taken by pregnant or lactating women.

**Suggested Dosage:** Take 1-2 capsules 30 minutes before each meal or as recommended by your healthcare practitioner.

## Grapefruit Seed Extract Capsules

Amount: 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 practitioners 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.

### 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 agents) and vegan capsule.

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

## Candida Yeast Formula

Amount: 4 oz Product Code: CYF-L



Herbs are 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 certified organic and ethically wild crafted ingredients. These herbs have been traditionally used for their effect on yeast and bacteria.

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

5-14 lbs. = 10 drops	45-54 lbs. = 50 drops
15-24 lbs. = 20 drops	55-64 lbs. = 60 drops
25-34 lbs. = 30 drops	65-74 lbs. = 70 drops
35-44 lbs. = 40 drops	75-84 lbs. = 80 drops
85 lbs.+ = 5 Full Droppers	

**Caution:** If you are pregnant, nursing, or have a chronic illness (i.e., heart disease, high blood pressure, diabetes, etc.), contact your healthcare provider before using. Discontinue use if unusual symptoms occur.

## GoldenSeal Extract Liquid

Amount: 1 fl oz Product Code: GLDN-L



Herb Pharm prepares Goldenseal Extract from the rhizome and rootlet of Certified Organic Hydrastis canadensis plants. Only cultivated Goldenseal is used in order to preserve wild-growing populations of this threatened plant. The herb is extracted from the rhizome and rootlets in small batches with Certified Organic cane alcohol for potency and to maintain the balance of phytochemicals. We assure herb identity via macroscopic and organoleptic analysis, then confirm it through methods such as HPTLC fingerprinting specific to each herb.

- Fresh herb / menstruum ration: 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 5 times per day. Children, dose 4-7 drops to juice for taste, 2-3x daily between meals.

### Supplement Facts

Serving size: 50 Drops (2.5 ml)  
Servings per container: 48

Amount Per Serving		%DV
Calories	3.6	*
Carbohydrates	0.9 g	*

A proprietary blend of garlic bulb,\* Oregon grape root,\*\* uva ursi leaf,\* pau d'arco bark,\*\* black walnut hull,\*\* echinacea purpurea root,\* olive leaf,\* grapefruit seed\*\* in a base of palm glycerin.

Daily Value not established

\*Certified organic herbs

\*\*Ethically wildcrafted herbs

### Supplement Facts

Serving size: 1 dropper (0.7 mL/14 drops)  
Servings per container: 42

Amount Per Serving		%DV
Goldenseal rhizome w/rootlet (Hydrastis canadensis) extract	635 mg	*

\* Daily Value not established

Other Ingredients: Certified organic cane alcohol (58-68%) & distilled water.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

## Liver Lover

Amount: 2 fl oz Product Code: LIVL



For over 25 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 LIVER LOVER\*:

- Alcohol free
- Gluten, dairy, soy and GMO free
- Supports and nourishes the liver and adrenals
- Improves the body's ability to filter toxins
- Supports healthy metabolism, balanced moods, and healthy skin
- Decreases feelings of frustration and skin irritations
- Made with organic and wild crafted herbs
- Contains Micronized Chlorella
- Safe and beneficial for children and adults

**Suggested Dosage:** Shake well. Take 1 ml, 1 - 2 times per day in water, juice, or tea. Recommended for a minimum of 2 - 4 months or as needed depending upon individual imbalances.

For maintenance: Adults, take 1 ml per day, 2-4 times per week. Children should take half of this dose.

If pregnant or nursing, consult with a healthcare practitioner. Keep out of reach of children.

## LiverEssence™

Amount: 30 caps Product Code: LIV-30



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-L-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 2 capsules per day or as recommended by your healthcare practitioner.

## Olive Leaf Extract

Amount: 60 caps Product Code: OLXT



New Beginnings Nutritional'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 have strong antioxidant, anti-yeast, anti-bacterial, and anti-viral properties. 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.

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

### Supplement Facts

Serving size: 1 dropper (1 ml)  
Servings per container: 60

Amount Per Serving	%DV
<b>Proprietary Blend:</b> Agaricus Blazei Mushroom,* Micronized Chlorella (NDF®), Red Root,** Milk Thistle Seed,* Olive Leaf,* Turkey Tail Mushroom,* Fragrant Solomon Seal Root,* Eleuthero Root,* Licorice Root,* Polygonatum Root,* Maitake Mushroom,* Schizandra Berry.*	360 mg +

+ Daily Value not established

\*Organic Ingredient

\*\*Wildcrafted Ingredient

Other Ingredients: Vegetable Glycerin, Deionized Water, and Natural Vanilla Flavor.

### Supplement Facts

Serving size: 2 Capsules  
Servings per container: 15

Amount Per Serving	%DV
<b>Proprietary Botanical Blend</b>	350 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	
N-Acetyl-Cysteine	300 mg *
Artichoke extract (aerial parts)	200 mg *
Silybin Phospholipids (Silyphos®)	150 mg *
Milk thistle extract (fruit) (soy free)	
Alpha lipoic acid	100 mg *
Schizandra fruit (fruit and seed)	100 mg *

\*Daily Value not established

Other Ingredients: L-leucine, cellulose, silicon dioxide, and HPMC vegetable capsule.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 60

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

\* Daily Value not established

Other Ingredients: hydroxypropyl methylcellulose (capsule) cellulose and vegetable stearate

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## Milk Thistle

Amount: 60 caps Product Code: MILT



Milk thistle is a common herb native to the Mediterranean and has been used for over 2000 years for nutritional support of liver function. The milk thistle flower is rich in three flavonolignans: silybin, silydianin and silychristin. When combined, they form silymarin, the bioflavonoid complex responsible for its powerful protective and regenerative effects on the liver.

New Beginnings Nutritional's Milk Thistle contains 80% silymarin making it a strong and effective supplement for liver support. Milk thistle helps protect the liver from damaging pesticides, heavy metals, and liver-damaging medications by nourishing and strengthening liver cells. Silymarin in milk thistle acts as an antioxidant, protecting the liver from free-radical damage and stimulates glutathione production.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 60

Amount Per Serving	%DV
<b>Milk Thistle Seed Extract</b> (Standardized to contain 80% of Silymarin)	200 mg *

\* Daily Value not established

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

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

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

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

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

# New Beginnings

NUTRITIONALS

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## Oreganol

Amount: 60 softgels Product Code: ORGL



Oreganol P73 supports the immune system and the body's defense mechanism against microorganisms such as yeast, bacteria, parasites and viruses. Recent ORAC testing has also demonstrated that Oreganol provides a concentrated source of antioxidant activity that is four times more powerful than blueberries.

Oreganol contains over 64% Cavacrol, the active ingredient in oregano oil. In addition, this product does not contain Thymol, a harmful substance that is often found in inferior grades of oregano oil. 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.

Oreganol contains over 64% Cavacrol, the active ingredient in oregano oil. In addition, this product does not contain Thymol, a harmful substance that is often found in inferior grades of oregano oil. 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.

### 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 gellatin (capsule material)

### Suggested Dosage:

**Children:** Take 1 softgel daily with food or as directed by a healthcare practitioner. The soft gel 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 soft gel when placed in a spoonful of applesauce or similar textured food product.

**Adults:** Take 1 or more softgels daily with meals or juice or as directed by a healthcare practitioner.

## Parasite Formula

Amount: 4 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 35 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 have been field tested for 8 years in medical offices and are guaranteed to be of the very highest quality.

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 weight or as directed by your healthcare practitioner. Shake well before using.

5-14 lbs. = 10 drops	35-44 lbs. = 40 drops	65-74 lbs. = 70 drops
15-24 lbs. = 20 drops	45-54 lbs. = 50 drops	75-84 lbs. = 80 drops
25-34 lbs. = 30 drops	55-64 lbs. = 60 drops	85 lbs. + = 5 full droppers

**Caution:** If you are pregnant, nursing, or have a chronic illness (i.e., heart disease, high blood pressure, diabetes, etc.), contact your healthcare provider before using. Discontinue use if unusual symptoms occur.

## Uva Ursi Extract Liquid

Amount: 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. Our 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 dropper (14 drops) to 2 oz. of water or juice between meals, 2 to 3 times per day. Children, dose 4-7 drops to juice for taste, 2-3x daily between meals.

## UltraCell™ CBD Oil

Amount: 30 ml Product Code: CBDB-L



After doing a lot of research on CBD oils, New Beginnings Nutritionals is proud to add UltraCell™ Full Spectrum Hemp CBD oil to our product line.

- Full Spectrum Hemp Oil Extract
- 100% Water Soluble
- Up to 94% Bioavailability
- Delicious Berry Flavor
- Organically Sourced
- Pet Friendly

UltraCell™ is rich in phytocannabinoids. Unlike other, lower quality hemp oils on the market that use only isolated portions of the actual plant, UltraCell™ is derived using full spectrum hemp oil extract which contains a myriad of naturally occurring phytocannabinoids, terpenes, flavonoids, and fatty acids.

UltraCell™ is processed with a proprietary technology that converts oil content into a water-soluble form to maximize bioavailability.

This product meets or exceeds all federal guidelines for industrial hemp and is independently verified to contain less than 0.0% THC prior to bottling.

**Suggested Dosage:** Shake before using. Take 1 ml daily or as directed by your healthcare practitioner.

### Supplement Facts

Serving size: 50 Drops (2.5 ml)  
Servings per container: 48

Amount Per Serving	%DV
Calories	3.6 *
Carbohydrates	0.9 g
Black walnut hull,** clove bud,* wormwood herb,* olive leaf,* thyme leaf* in a base of palm glycerin.	

\*Certified organic herbs

\*\*Ethically wildcrafted herbs

\* Daily Value not established

### Supplement Facts

Serving size: 1 dropper (0.7 ml/14 drops)  
Servings per container: 42

Amount Per Serving	%DV
Uva Ursi Leaf (Arctostaphylos)	673 mg *

\* Daily Value not established

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

### Supplement Facts

Serving size: 1/2 Dropper  
Servings per container: 60

Amount Per Serving	30 ml	%DV
Hemp Oil Extract (aerial parts)	8.34 mg	*
Cannabidiol (CBD)*	2.08 mg	*

\* Daily Value not established

**Other Ingredients:** Purified Water, Glycerin, Acai Berry Extract (Euterpe oleracea), Natural Flavors (from Plant Extract) Stevia Leaf Extract (Steviol Glycosides), Sunflower Lecithin, Polysaccharide Blend (from Xanthan Gum and Acacia Gum), Potassium Sorbate (Preservative).



# Specialty Products

## Activated Charcoal

Amount: 100 caps Product Code: CHAR



Activated charcoal is a type of carbon made from wood, vegetables and other materials and looks like a fine black powder. The use of special manufacturing techniques results in highly porous charcoals that have surface areas of 300-2,000 square meters per gram.

These so-called active, or activated, charcoals are widely used to adsorb (or attaches to it by chemical attraction) unwanted substances and toxins in the gut. Charcoal is a simple and powerful home remedy with many numerous uses. It works like a "sponge" to mop up numerous substances including chemicals, drugs, toxins and waste products. Internal uses for charcoal include stomach flu, food poisoning, diarrhea, yeast die-off. It is also effective mixed with a little water and applied externally as a poultice to insect bites, bruises and poison ivy to provide relief and healing. When taking internally, dose 2 hours apart from supplements and medicines and consume with as much water as possible.

**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.

### 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)

## ATP 360

Amount: 90 caps Product Code: ATP



Mitochondrial health can be influenced by a multitude of health-related & environmental factors.

Researched Nutritional ATP 360™ is a mitochondrial powerhouse that incorporates multiple mechanisms of action to supply with the energy needed for individuals needing mitochondrial support.

- Manage mitochondrial cytokine activity
- Promote healthy electron transport chain with nutrients such as NADH & CoQ10
- Support Krebs Cycle & mitochondrial mitogenesis with R-Lipoic Acid & PQQ
- Supports mitochondrial membrane health with specialized phospholipid matrix

Clinical human research using ATP 360® demonstrated a number of statistically significant results regarding energy, mental functioning, sleep, cardiovascular & cytokine support.

**Suggested Use:** As a dietary supplement, take 3 capsules once daily with or without food or as directed by your healthcare practitioner.

### 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

## Alpha-Ketoglutaric Acid

Amount: 60 caps Product Code: AKG



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 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, bacterial infections, or gastrointestinal dysbiosis may benefit from supplemental AKG to help balance ammonia levels and protein tissues.

### 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 (hydroxypropyl methylcellulose, water) and ascorbyl palmitate.

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

## CDP-Choline

Amount: 30 caps Product Code: CDPC-30

Amount: 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.

### Supplement Facts

Serving size: 1 capsule  
Servings per container: 30

Amount Per Serving	%DV
Cognizin® Citicoline (Cognizin®** CDP Choline)	500 mg *

\* Daily Value not established

Other Ingredients: Hypromellose (veggie capsules), cellulose, magnesium stearate, silica.

### Supplement Facts

Serving size: 1 capsule  
Servings per container: 60

Amount Per Serving	%DV
Cognizin® Citicoline (Cognizin®** CDP Choline)	250 mg *

\* Daily Value not established

Other Ingredients: Hypromellose (Veggie Capsules), Cellulose, Magnesium Stearate, Silica.

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

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## ProButyrate

Amount: 120 caps Product Code: BUT



Butyrate is a short chain fatty acid that is a potent detoxifier of ammonia and neurotoxins. It encourages the formation of friendly bacteria in the gut and helps to promote both a healthy intestinal barrier and inflammatory response.

ProButyrate™ from Tesseract is a Short Chain Fatty Acid (SCFA) dietary supplement specially formulated utilizing the CyLoc™

process to provide strategic SCFA's in a single molecule form. These SCFA are trapped in a specialized food matrix molecular trap with a release agent that ensures solubility and maximum absorption while minimizing the odor and disagreeable taste of butyric and acetic acid.

ProButyrate™ utilizes the patent-pending DexKey™ release process developed by Al Czap, founder of Thorne Research, that carefully breaks the molecular cage and releases each molecule as needed in the body. Now, thanks to that technology, a caustic, corrosive substance such as butyric acid, with all its documented health benefits becomes a therapeutic reality.

Prior to ProButyrate™, the accepted method of increasing short chain fatty acids such as butyrate was sodium butyrate enema or oral supplementation by butyrate mineral salts, which for most patients are intolerable in taste and smell.

### Supplement Facts

Serving size: 2 capsules  
Servings per container: 60

Amount Per Serving	%DV
Butyric Acid Complex**	600 mg *

\*Daily Value not established

**Other Ingredients:** CyLoc™ alpha dextrin fiber matrix Butyric acid complex 300 mg., high and low viscosity hydroxypropyl methylcellulose (sustained release), hypromellose (derived from cellulose) capsule, calcium laurate, leucine, and plant amylase.

\*\*Stabilized Butyric acid as soluble, pure, individual free fatty acid in a hexadextrin matrix molecular trap compounded with DexKey™ release agent (patent pending, Al Czap, Czap R&D, licensed by Tesseract Medical Research, LLC). CyLoc™ and DexKey™ are trademarks of Tesseract Medical Research, LLC.

**Suggested Dosage:** Take 1-3 capsule, twice daily with meals or as suggested by your healthcare practitioner. Capsules can be swallowed or opened up and mixed into food or drink.

## BDNF Essentials

Amount: 120 caps Product Code: BDNF



New research demonstrates the adult brain is capable of reorganizing its neural network by forming new connections. This is known as neuroplasticity. Neuroplasticity means the brain continues to generate new neurons & synapses throughout life, helping the brain heal from injuries.

- Promotes healthy BDNF formation
- Supports normal cytokine levels
- Nurtures healthy cognitive function

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.

BDNF Essentials™ is a comprehensive supplement designed to support your brain's healthy response to environmental challenges, as well as to promote healthy brain activity with aging. BDNF Essentials™ contains targeted herbs, mushrooms, and nutrients found to have healthy brain supporting and protective properties that promote normal memory, concentration, and cognitive processing. Many of these ingredients have been found in research to promote healthy formulation of nerve growth factors such as BDNF that support neuroplasticity.

**BDNF Essentials™ is Formulated to address multiple mechanisms of action.**

Each capsule includes:

### 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 Use:** As a dietary supplement, take 2 capsules twice per day with or without meals, or as directed by your healthcare practitioner.

Caution: Not recommended for women who are pregnant or nursing.

## Epsom Salts Cream

Amount: 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 Nutritional's 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 Nutritional's 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 to fatty areas of the body 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.

### 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	
Organic Lions Mane Mushroom (Hericium erinaceus) Mycelium and Fruiting Body Powder, Skullcap (Scutellaria lateriflora) Herb Powder, Bilberry (Vaccinium myrtillus) Fruit Extract, 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

\*\*\*Sodium and Choline are from Cognition Blend

**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.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

## Focus-Mate

Amount: 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 B-6 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**)	200mg	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) Pycnogenol® ****	25 mg	*

\*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.

## Inositol Powder

Amount: 450 g Product Code: INOS



Inositol is a key cell membrane component and messenger in our neurocommunication system that signals release of serotonin and norepinephrine. It also triggers other cell functions related to glucose and fat metabolism. Controlled studies using several grams of inositol daily have shown a positive benefit on mood and emotional stability in specific clinical applications. For

maximum flexibility in adjusting daily intake, each 1/4-teaspoon of powder contains 700 mg of pure crystalline inositol with no added ingredients.

**Suggested Dosage:** 1 scoop (approx. 1,106mg) Or (3/4 of a teaspoon) 1 to 4 times daily mixed with water, juice, or food, or as directed by your healthcare practitioner.

### Supplement Facts

Serving size: 1 scoop (approx. 1,106mg) or (¾ teaspoon)  
Servings per container: 407

Amount Per Serving		%DV
Inositol	700 mg	*

\* Daily Value not established

Other Ingredients: None

## Intesti-Mate

Amount: 7.3 oz Product Code: INTM



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.

### Supplement Facts

Serving size: 1 Scoop (6.9 grams)  
Servings per container: 30

Amount Per Serving		%DV
Calories	5	
Total Carbohydrates	<1 g	<1%*
Sugars	<1 g	**
Vitamin A (from 2,000 IU as Palmitate)	600 mg	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).

**Contains:** Crustacean Shellfish (Shrimp and Crab)

TRAACS is a registered trademark of Albion Laboratories, Inc.

**Suggested Dosage:** Children: Take ¼ to ½ scoop;  
Adults: Take 1 scoop of Intesti-Mate with water or the beverage of your choice once daily or as recommended by your healthcare practitioner.



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## Liquid Calm

Amount: 2 fl oz. Product Code: CALM-L



Liquid Calm is designed to promote a state of calm and improve cognitive function, including mood, focus, learning and memory. The formula contains a combination of ingredients designed to address stressful situations in the moment or may be taken in preparation for these events. Liquid Calm can be used to address daily stress by providing a state of relaxed focus without drowsiness. It can also be beneficial for nighttime sleeplessness due to an overactive mind. This good tasting formula contains the following:

**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.

### Supplement Facts

Serving size: 2 Full Droppers (2 ml)  
Servings per container: 30

Amount Per Serving	%DV
Calories	5 *
Total Carbohydrates	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.

**Suggested Dosage:** 2 full droppers (about 2 mL) two to three times per day or as recommended by your healthcare practitioner.

## Melatonin

Amount: 60 tabs Product Code: MELA-60



Melatonin is a hormone, which is naturally produced by the pineal gland, located in the back of the brain. When children and adults have difficulty sleeping, supplementing with melatonin can be helpful in regulating the sleep cycle. Melatonin also supports the immune system by helping maintain the activity of circulating natural killer cells. Melatonin is considered a potent antioxidant that enters all body cells to help prevent free radical damage. It is lipid and water-soluble allowing it to cross the blood-brain barrier freely. Some studies show that melatonin is more effective than glutathione and vitamin E in scavenging and neutralizing certain radicals that induce DNA damage. Furthermore, melatonin stimulates glutathione peroxidase, making it an important supplement for children who are deficient in glutathione.

**Caution:** Melatonin should not be taken during the day; it may cause drowsiness.

**Suggested Dosage:** Take 1 – 2 tablets 30 minutes to 1 hour prior to bedtime.

## Neuro-Serene Formula

Amount: 90 caps Product Code: NSF-90



Stress is abundant and life's daily demands often exceed the body's ability to promote and maintain healthy neurotransmitter balance and to promote a state of relaxation. Neuro-Serene Formula provides the natural key cofactors and precursors which support healthy levels of GABA and serotonin in the brain. As a result, stress perception is improved and a state of calm is more likely to be activated and maintained.

The key components of this effective supplement are:

- **5-HTP:** 5-hydroxytryptophan (5-HTP) is an amino acid intermediate that readily crosses the blood-brain barrier and converts into serotonin, as well as melatonin, which helps to improve mood and sleep cycle regulation.
- **PharmaGABA** is a natural form of GABA which easily crosses the blood-brain barrier and has been shown to increase the production of alpha brain waves, resulting in enhanced relaxation.
- **Theanine (Suntheanine®)** is a unique amino acid (found in tea leaves) that has been shown to cross the blood brain barrier, supporting GABA function and promoting alpha brain wave activity.

- **Taurine** is one of the most abundant free amino acids in the brain and has been shown to help regulate excitatory activity by activating inhibitory glycine and GABA receptors.

- **Inositol:** As a major constituent of cell membranes, inositol plays a major role in the phosphoinositol signaling system which helps activate the release of neurotransmitters from within the nerve cell.

### Key Nutrient Cofactors

Neuro-Serene Formula provides key cofactors to enhance neurotransmitter synthesis including vitamin C, zinc, B12 (methylcobalamin), B6 (Pyridoxal-5' Phosphate), B3 (niacinamide), magnesium, and 5-M THF (l-5-methyltetrahydrofolate).

**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: 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.

### 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 400 mcg 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®)	100 mg *
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.

Quatrefolic® is a registered trademark of Gnosis S.p.A. Patents Pending.

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

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.

## NeuroMagT

Amount: 60 caps Product Code: NMT-60

**NEW!**



NeuroMagT is a unique combination of Magtein® (magnesium L-threonate), L-aurine 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-aurine 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.

**Suggested Dosage:** Take 2 capsules once per day or as directed by your healthcare practitioner.

### 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

\*\*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.

**Other Ingredients:** Hydropropyl methylcellulose (vegetable capsule), magnesium stearate, silicon dioxide.

## Organic Inulin Powder

Amount: 8 oz Product Code: INUL-P

**NEW!**



- 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 a 2,000 calorie diet.

**Other Ingredients:** None

## Phosphatidyl Serine SF Soy Free

Amount: 60 caps Product Code: PHS-60



**Supports brain and nerve cell function.**

This natural, soy-free, sunflower lecithin derived phospholipid helps maintain function of brain and nerve cell membranes and activates neurotransmitters involved in learning and memory functions. New Beginnings Phosphatidylserine SF contains Sharp-PS® Green brand of phosphatidylserine, a product of Enzymotec. Each capsules contains 100 mg of phosphatidylserine.

**Suggested Dosage:** 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 GREEN brand, a registered trademark of Enzymotec, Ltd.

# New Beginnings

NUTRITIONALS

Helping Children, Adults, and Families Make a Difference

## Oxy-Powder

Amount: 120 caps Product Code: OXY-120



Oxy-Powder by Global Healing Center is a safe and effective colon cleanse product that uses the power of oxygen to gently cleanse and detoxify your entire digestive tract and relieve bloating, gas and occasional constipation

**Cleansing with Oxy-Powder:** Start by taking 4 capsules with an 8-oz. glass of purified water on an empty

stomach before going to bed. If you do not achieve 3 to 5 bowel movements the following day, increase your serving size by 2 capsules each night until 3 to 5 movements are achieved. Continue this quantity for 5 consecutive days.

- Drink plenty of purified water while taking Oxy-Powder to help remove toxins.
- You can also add the juice of half a lemon into your water to boost Oxy-Powder's effectiveness.

### Supplement Facts

Serving size: 4 capsules  
Servings per container: 30

Amount Per Serving	%DV
Elemental Magnesium (from Ozonated Magnesium Oxide)	1,400 mg 350%
Natural Citric Acid	90 mg *

\* Daily Value not established

**Other Ingredients:** Vegetarian capsule (cellulose) organic gum acacia

**Maintenance Use:** Use the same amount of capsules you used for your cleanse two to three times per week or as needed. What you're looking for is the number of capsules you will need to achieve 3-5 bowel movements the following day. This can be taken indefinitely without it becoming habit forming or harmful to your body. Continuing with the maintenance helps keep your intestinal tract clean and prevents toxins from being absorbed into your body.

# New Beginnings

NUTRITIONALS

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## TMG Powder Trimethylglycine

Amount: 50 g Product Code: TMG



Trimethylglycine (TMG) is similar to Dimethylglycine with one additional methyl group consisting of a glycine molecule and three methyl groups. 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.

### Supplement Facts

Serving size: 1 Rounded Scoop (525 mg)  
Servings per container: 97

Amount Per Serving	%DV
Trimethylglycine (betaine anhydrous) 500 mg	*

\* Daily Value not established

Other Ingredients: None

**Suggested Dosage:** 1 rounded scoop one to two times daily, mixed with food or drink or as suggested by your healthcare practitioner.

## PureLean Fiber

Amount: 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

### 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 mg **

\* 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)

**Suggested Dosage:** As a dietary supplement, take 1 serving, 1-3 times daily, mixed with a beverage.

## SeroPlus

Amount: 120 caps Product Code: SER-120



SeroPlus provides neurotransmitter precursors to help balance serotonin function in the brain for emotional wellness, relaxation, moderating occasional stress, and maintaining healthy eating behavior. This formulation includes vitamin B6, zinc, and Metafolin® L-5-MTHF cofactor complex. 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.

- 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
- Provides the serotonin precursor 5-HTP

**Suggested Dosage:** Take 2 capsules 1 to 2 times daily in divided doses, between meals or as recommended by your healthcare practitioner.

### 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)	20 mg	125%
Vitamin B6 (as Pyridoxal 5' phosphate (activated B6))	6.7 mg	394%
Folate (as Metafolin®, L-5-MTHF)	833 mcg DFE (500 mcg 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 capsules (cellulose, water)

## Sonic Cholesterol®

Amount: 120 caps Product Code: CHOL



### "Physician Referred" Product

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 cancer, 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
- 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 Vegetarian Capsule  
Servings per container: 120

Amount Per Serving	%DV
Cholesterol (from 250 mg cholesterol NF)	235 mg 78%

\* Daily Value not established

Other Ingredients: Vegetarian Capsule (Hydroxypropyl methylcellulose, water), microcrystalline cellulose, magnesium stearate and silicon dioxide.

## Sonic Cholesterol 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:** Cholesterol testing is strongly recommended every 3 - 4 months to monitor and adjust cholesterol dosing until blood levels are stabilized.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat, or prevent any disease.



# Detoxification Support

## Bio-Chelat™

Amount: 100 ml Product Code: BIOC-S



Bio-Chelat™ is a patented oral chelation product from Canada with documented clinical trials showing it to be effective and safe for both children and adults. Bio-Chelat™ is recommended for sub-acute or chronic heavy metal exposure. It works gently and indirectly (through the Law of Isotonicity) by intensifying the body's physiologic elimination mechanism of heavy metals, which pulls free heavy metal ions from the body tissues into the stomach/intestinal tract and is excreted. It is especially useful to prevent the everyday exposure of heavy metals in the environment from being absorbed (or re-absorbed) by the body. Bio-Chelat can be used for long periods without side effects because it uses only a very diluted amount of EDTA (ethylenediamine tetra-acetic acid), a synthetic amino acid that has been approved by the FDA for treating lead, mercury, cadmium and aluminum toxicity.

How can such a small amount of EDTA be effective? The secret to this product's success is the presence of an oxidative catalyser, which weakens the bond of heavy metal ions (like mercury) attached to organic protein molecules (SH- sulfhydryl groups) in the body and bloodstream. By reducing the strong bond between the protein and the heavy metal ion, the low concentration of EDTA can then easily bind with the heavy metal ion to form a new complex molecule. The body will not re-absorb the newly formed complex of EDTA and metal ion, but instead eliminate it through the urine and stool.

Even with this low concentration of EDTA in Bio-Chelat™, clinical trials show that the heavy metal content in the body is significantly reduced without affecting the essential mineral concentrations of calcium, magnesium, potassium, sodium and selenium (with only an insignificant decrease in the concentration of zinc).

**Suggested Dosage:** Adults 20-40 drops daily in a glass of spring water before meals.

**Adults:** 1st week: 5 drops to 6 oz purified water 3 times daily  
2nd week: Increase to 10 drops  
3rd week and beyond: Increase to 10-15 drops

**Children: (3-12 yrs):** 1st week: 3 drops to 3 oz purified water 3 times daily  
2nd week and beyond: Increase to 5-10 drops

**Children (1-2 yrs):** 1st week: 2 drops to 2 oz purified water once daily  
2nd week: Increase to 3-5 drops

While taking Bio-Chelat™, drink plenty of water, take liver support supplementation such as milk thistle or artichoke extract, and supplement with additional zinc.

**Caution:** Not for use during pregnancy, breastfeeding and chemotherapy.

**Possible Side Effects:** Dry mouth, stomach problems and occasional nausea (very rare). Dosage adjustments may be recommended in these instances.

### Supplement Facts

Serving size: 10 drops (1 ml)  
Servings per container: 100

Amount Per Serving		%DV
Selenium (as sodium selenite)	0.004 mg	2%
Sodium (as sodium chloride)	0.196 mg	0.01%
Potassium (as potassium chloride)	0.520 mg	0.01%
Citric acid	3 mg	*
Sodium Bicarbonate	3 mg	*
EDTA	2 mg	*

\* Daily Value not established

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NUTRITIONALS  
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## MycoPul™

Amount: 30 caps

Product Code: MYCO

**NEW!**



**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 stand-alone 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™.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 30

Amount Per Serving		%DV
<b>MycoPlex™ Complex</b>		
Humic/Fulvic Powder blend with trace minerals, Activated Charcoal, G-PUR™ purified Zeolite, Clinoptilolite, Microchitosan, Slicia (from Bamboo Extract)		
	600 mg	*

\*Daily Value not established

**Other Ingredients:** Hypromellose (vegetable capsule)  
Contains: Shellfish (snow crab)

**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 practitioner.

**Caution:** If pregnant or nursing, consult your healthcare practitioner before use.

# New Beginnings

NUTRITIONALS

Helping Children, Adults, and Families Make a Difference

## NDF Plus®

Amount: 1 fl oz Product Code: NDFP-S



NDF Plus® safely removes toxic heavy metals, chemicals, pesticides, organochlorides and BPA while balancing nutrient and mineral levels. NDF Plus® is a gentle detoxifying formula for sensitive individuals with assimilation, immune and/or digestive issues.

### Benefits of NDF Plus:

- Removes toxic metals including lead, mercury, and arsenic
- Removes other toxins including dioxin, PCBs, organophosphates and mycotoxins
- Recommended for children and adults
- Made with organic and wild crated herbs
- Contains micronized Chlorella
- Gluten, dairy, soy and GMO Free

### Supplement Facts

Serving size: 2 droppers (52 drops)  
Servings per container: 18

Amount Per Serving	%DV*
<b>Proprietary Blend:</b> 67 mg *	
Microized Chlorella, Cytoflora Probiotic Lysates, Cilantro+, plus predigested: Agaricus Blazei mushroom+, Reishi mushroom+, Cordyceps mushroom+, Horsetail herb+, Milk Thistle seed+.	

\* Daily Value not established.  
+ Organic Ingredient

**Other Ingredients:** Deionized water and grain neutral alcohol (20% by volume). Made with organic, gluten-free, hypoallergenic, non-dairy ingredients.

### Suggested Dosage: Shake Well Before Use.

**Children & Sensitive Individuals:** Start with 1 drop per day in 4 - 6 ounces of filtered water or juice once (1x) a day in the morning. Increase by 1 drop every 3 - 4 days, as tolerated. Work up to 13 drops for under 30lbs; 26 drops twice (2x) a day for 41-75lbs.

**Adults:** Start with 3 - 6 drops in 6 - 8 oz of filtered water twice (2x) a day. Increase intake by 6 drops every other day until intake is 52 drops twice (2x) a day. Stay hydrated with lemon and water. Ensure bowels are moving daily.

**To avoid harmful side effects of chlorine:** Take 3 - 4 drops prior to and/or after swimming.

## G.I. Detox™+

Amount: 60 caps Product Code: GID



Removes Debris, Mops Up Toxins and Helps Restore Microbial 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

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

**MMST 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 and Fulvic acids** - With a broad range of benefits, these natural soil-based agents are known for binding metals and pesticide biotoxins.

**Suggested Dosage:** 1-2 capsules on an empty stomach with a full glass of water or as directed by your healthcare practitioner. Take 1 hour apart from other medications and supplements.

## Primary Detox

Amount: 2 fl oz Product Code: PDTX



For over 25 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, PCBs, organophosphates, and mycotoxins
- Supports healthy adrenal and liver function
- Recommended for children and adults
- Made with organic and wild crafted herbs
- Contains Micronized Chlorella
- Assists with Mild Detox and Energy
- Safe and beneficial for children and adults
- Alcohol free
- Gluten, dairy, soy and GMO free

**Suggested Dosage:** Shake well. Take 1 ml, 1 - 2 times per day in water, juice, or tea. Recommended for a minimum of 2 - 4 months or as needed depending upon individual imbalances.

For maintenance: Take 1 ml a day, 2 - 4 times per week.

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 60

Amount Per Serving	%DV
<b>Proprietary Herbal Blend:</b>	
Zeolite clay, Activated Charcoal, Aloe Vera (inner leaf), Silica (as Monomethylsilanetriol), Apple Pectin, Humic Acid, Fulvic Acid	
520 mg	*

\*Daily Value not established

**Other Ingredients:** Vegetable capsule (hydroxypropyl methylcellulose and water)

### Supplement Facts

Serving size: 1 ml (1 dropper)  
Servings per container: 60

Amount Per Serving	%DV
<b>Proprietary Blend</b> 360 mg *	
Micronized Chlorella (NDF®), CytoFlora™ Probiotic Lysates, Cilantro+, Solomon Seal Root+, Eleuthero root+, Agaricus Blazei Mushroom+, Reishi Mushroom+, Licorice Root+, Polygonatum Root+, Red Root^, Milk Thistle Seed+, Olive Leaf+, Turkey Tail Mushroom+, Schizandra Berry+, Maitake Mushroom+.	

\* Daily Value not established

+ Organic Ingredient

^ Wild Crafted Ingredient

**Other Ingredients:** Vegetable Glycerin and Deionized Water.

## Sulforaphane Activated

Amount: 60 caps

Product Code: SLPH

NEW!



- 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 60 mg of sulforaphane glucosinolate per capsule.

This superior and efficacious formulation contains the highest amounts available of the heavily studied and multi-patented ingredient Sulforaphane Glucosinolate, found in broccoli, broccoli sprouts, and broccoli seeds. Sulforaphane must be first enzymatically converted by myrosinase into its active form to be effective and gut dysbiosis can further inhibit this conversion.

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!

Sulforaphane Activated has:

- Better and cleaner extraction process using food grade CO<sub>2</sub>
- A 5 year shelf life
- Specially selected (non-GMO) broccoli seed that contain up to three times the amount of Sulforaphane that is normally found in commercially available seed

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

### Supplement Facts

Serving size: 1 Capsule  
Servings per container: 60

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

\*Daily Value not established

\*\*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.

**Other Ingredients:** Hydroxypropyl methylcellulose (vegetable capsule), proprietary blend (containing myrosinase enzyme and calcium ascorbate)

# New Beginnings

NUTRITIONALS

Helping Children, Adults, and Families Make a Difference

## ToxinPul™ Multi-Function Detox

Amount: 90 caps Product Code: TOXP



ToxinPul™ by Researched Nutritionals provides a unique formula that utilizes multiple mechanisms of action to pull toxins from the body while simultaneously supporting key organ health such as the liver and kidneys.

ToxinPul™ has multiple mechanisms of action:

- Tissue Clearance Support: Pulls toxins from deep within the tissues
- Binders: Contains GI tract and systemic binders
- Organ Support: Contains liver and kidney support herbs
- Oxidative Stress Support: Includes vitamin C for antioxidant support

Patients should also be taking a supplement that contains multi-minerals to ensure an adequate supply of essential minerals while using this product.

### Supplement Facts

Serving size: 3 Vegetarian Capsules  
Servings per container: 30

Amount Per Serving	%DV
Vitamin C (from LivCleanse™ Complex)	100 mg 111%**
ToxPul™ Complex	660 mg *
Humic/Fulvic Powder blend with trace minerals, Organic Cilantro Leaf, Silica, Chlorella (Broken Cell) Powder.	
LivCleanse™ Complex	1200 mg *
Taurine, Dandelion root (taraxacum officinale), Quercetin™ (Stabilized Quercetin), Vitamin C (as ascorbic acid)	

\*Daily Value not established

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

**Other Ingredients:** Silicon dioxide, hypromellose (vegetable capsule)

Quercetin™ is a registered trademark of Indena® S.p.A, Italy.

**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 practitioner. It is recommended to take a multi-mineral containing supplement at the opposite time of day while using ToxinPul™



# New Beginnings

NUTRITIONALS

Helping Children, Adults, and Families Make a Difference

## Dentalcudin™ Toothpaste

Amount: 3 oz Product Code: DENT



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. Essential oils support fresh breath.

An excellent way to promote healthy teeth and gums. Dentists also recommend rinsing with Biocidin® LSF Liposomal formula along with Dentalcudin™ toothpaste for increased support where needed.

- Keeps teeth feeling clean all day
- Gentle, effective cleaning
- Maintains oral health
- Assists in removing oral biofilms (plaque)
- Supports oral microbiome balance
- Broad-spectrum activity
- Contains botanicals with antioxidant and tissue-soothing activity

**Directions:** For adults and children 2 years of age and older, use approximately a 1/2 inch ribbon on your toothbrush.

**Ingredients:** Sorbitol, Biocidin (Bilberry extract, Noni extract, Milk Thistle, Echinacea Purpurea (extract) & Angustifolia, Goldenseal, Shiitake, White Willow Bark, Garlic, Grapeseed extract, Black Walnut (hull and leaf), Raspberry, Fumitory extract, Gentian, Tea Tree oil, Galbanum oil, Lavender oil, Oregano oil), DI Water, Vegetable Glycerin, Dental Hydrated Silica, Sodium Lauroyl Sarcosinate (coconut derived), Cellulose Gum, Natural Organic Spearmint Flavor, Fresh™ Essential Oil Blend (Mentha Piperita, (Peppermint Oil), Melaleuca Alternifolia (Tea Tree Oil), Cinnamomum Zeylanicum (Cinnamon Oil), Syzgium aromaticum (Clove Bud Oil), Royal Jelly, Simethicone, Aloe Vera Gel, Alcohol (potato).

**Caution:** contains corn and coconut.

## Coconut Oil

Amount: 32 oz Product Code: COCO



Coconut oil, once thought to be unhealthy, is now recognized as being a healthy alternative for several reasons. Coconut oil is a medium-chain fatty acid, which is easier to digest and is used as an immediate source of fuel and energy. Long-chain fatty acids in hydrogenated oils such as soybean and vegetable are stored in the body as fat reserves and are known to raise high serum cholesterol levels. Dieters and athletes recognize medium-chain fatty acids (MCTs) as beneficial because of their ability to

be metabolized efficiently. Because coconut oil is rich in MCTs, it is valuable to individuals who have difficulty digesting fats. Coconut oil is also beneficial for those with suppressed immune systems. It consists of almost 50% Lauric Acid (found in mother's milk), which contains anti-bacterial and anti-viral properties, and caprylic acid, which contains anti-fungal properties. Coconut oil is slightly lower in calories than other fats and oils and is naturally saturated, so it does not need to be hydrogenated.

New Beginnings Nutritionals has chosen Omega Nutrition Coconut Oil, made from 100% organic coconut oil, because of its superior quality. It has no smell or after-taste making it an ideal vegan and dairy free substitute for margarine or butter in cooking and baking. Up to 25% less coconut oil can be used when baking and it is suitable for medium and higher temperature cooking.

## Spry Toothpaste

Amount: 5 oz tube Product Code: XTHP



The Spry Dental Defense System is a family of products manufactured using Xylitol, a natural sweetener. Clinical studies have repeatedly shown reductions in tooth decay by up to 80% in people who consistently use products sweetened with this extraordinary substance. Although fluoride is also antibacterial, many children may swallow or eat toothpaste. Since fluoride may be toxic at high levels, this toothpaste may be used without concern for fluoride toxicity.

Studies show that consistent use of products sweetened with Xylitol:

- Reduce cavities by up to 80%
- Inhibit the ability of cavity-causing, plaque-forming bacteria to stick to teeth
- Reverse early cavity formation

### How Spry fights cavities

Spry fights cavities by creating an unwelcome environment for bacteria. Bacteria does not stick to teeth in a Xylitol - rich environment. As a result, there is a lot less plaque build-up and the decay-causing bacteria cannot stick to tooth enamel. Without bacteria, oral health improves and tooth decay is greatly reduced.

**Directions:** Brush Teeth thoroughly after each meal, or at least twice a day.

**Ingredients:** Water, Silica, Vegetable Glycerin, Xylitol, Erythritol, Lauryl Glucoside, Sodium Methyl Cocoyl Taurate, Natural Peppermint Flavor, Cranberry Extract, Xanthan Gum, Titanium Dioxide, Stevia, Cellulose Gum, Sodium Benzoate, Aloe Vera, Zinc Citrate.

### Supplement Facts

Serving size: 1 Tablespoon (14g)

Servings per container: 64

Amount Per Serving		%DV*
Calories	120	
Total Fat	14 g	22%
Saturated fat	13 g	64%
Trans fat	0 g	
Polyunsaturated Fat	0.2 g	
Monounsaturated Fat	1 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrates	0 g	0%
Dietary Fiber	0 g	0%
Total Sugars	0 g	0%
Includes 0g Added Sugars		
Protein	0 g	0%
Vitamin D	0mg	0%
Calcium	0mg	0%
Potassium	0%	
Iron	0%	

Ingredients: Organic Coconut Oil

\* Percent daily value based on a 2,000 calorie diet.







# ALPHABETICAL INDEX

5-HTP .....	25
A & I Formula Capsules .....	39
A & I Formula Chewable .....	39
Acetyl-L-Carnitine .....	25
Activated Charcoal .....	50
Acute Defense Package .....	6
ADK Vitamin .....	11
AdrenalStability™ .....	44
AFP Peptizyde™ .....	37
Allimax® Garlic (Capsule) .....	44
Allimax® Garlic (Liquid) .....	44
Alpha-Ketoglutaric Acid .....	50
Amino Complex .....	25
Antioxidant Formula .....	22
ATP 360 .....	50
B-Complex .....	11
BDNF Essentials .....	51
Benfotiamine .....	12
Berberine Complex .....	44
Bio-Chelat™ .....	56
Biocidin® Broad Spectrum Advanced Formula (Capsules) .....	45
Biocidin® Broad Spectrum Advanced Formula (Liquid) .....	45
Biocidin Liposomal Formula .....	46
Biocidin TS Advanced Formula Throat Spray .....	45
Biotin .....	11
Black Walnut Extract Liquid .....	46
BrainChild Spectrum Support	
Minerals (Unflavored) .....	10
Vitamins (Lemon Lime) .....	10
Calcium	
Calcium Chewable w/Magnesium .....	17
Cal/Mag Citrate .....	16
Chelated Calcium .....	16
Calm Liquid .....	53
Candex .....	35
Candida Formula (Capsules) .....	46
Candida Yeast Formula (Liquid) .....	47
Caprylic Acid .....	47
Carlson's Cod Liver Oil .....	28
CBD Oil Ultra Cell Full Spectrum Hemp .....	49
CDP Choline .....	50
Charcoal (Activated) .....	50
Chelated Calcium .....	16
Chelated Magnesium .....	16
Chelated Selenium .....	20
Chelated Zinc .....	21
Chelate-Mate™ - Ionic .....	17
Coconut Oil .....	59
Cod Liver Oil by Nordic Naturals (Strawberry) .....	28
Coenzyme Q-10 .....	23
Cogni-Calm .....	40
CoreBiotic .....	31
CoreBiotic Sensitive .....	31
C-RLA™ (Liposomal Vitamin C) .....	22

Curcumin	
Enhansa Powder .....	40
Liposomal Curcumin .....	41
Turmeric-Quercetin Complex .....	40
Cyto-Quel .....	41
D3 Plus K2 .....	13
Daily Resource (120/240 caps) .....	8
Dairy & Gluten Digest .....	36
Dentalcidin Toothpaste (with Biocidin) .....	59
Digest-Mate .....	35
Digest-Mate Vegan .....	35
Enhansa™ Powder .....	40
Epsom Salts Cream .....	51
Fish Oil	
Cod Liver Oil - Carlson's Lemon .....	28
Cod Liver Oil - Carlson's Unflavored .....	28
Cod Liver Oil - Nordic Naturals Strawberry .....	28
Speak+d Pure Oil .....	29
Speak+d Smooth .....	29
Speak+d Twist-Off Capsules .....	30
Ultra Omega-3 Fish Oil .....	30
Focus-Mate .....	52
Folinic Acid .....	12
G.I. Detox +... .....	57
GABA .....	26
Garlic	
Garlic Capsule - Allimax .....	44
Garlic Liquid - Allimax .....	44
Glutathione	
ReadiSorb .....	23
Tri-Fortify Watermelon .....	24
GoldenSeal Extract Liquid .....	47
Grapefruit Seed Extract Capsules .....	47
Grapefruit Seed Extract Liquid .....	46
Houston's AFP Peptizyde™ .....	37
Houston's No-Fenol .....	36
Houston's TriEnza (Capsules) .....	37
Houston's TriEnza (Chewable) .....	37
IgG (Powder) .....	42
iMagT .....	20
Immune Formula .....	41
Immune Support Package - Adult .....	6
Immune Support Package - Kids .....	6
Infant Probiotic Formula .....	32
Inflamma-Mate, Strawberry Powder .....	42
Inositol Powder .....	52
Interfase Plus™ .....	36
Intesti-Mate .....	52
Iron (Ionic Liquid) .....	18
LactoPrime™ Plus .....	32
L-Carnitine .....	26
L-Carnosine .....	26
L-Glutamine .....	26
L-Taurine .....	27
L-Theanine .....	27
L-Tyrosine .....	27
Liposomal Curcumin .....	41
Liposomal Glutathione Tri-Fortify - Watermelon .....	24
Liposomal Glutathione ReadiSorb .....	23
Liquid Calm .....	53

Lithium		Spectrum-Mate™ Capsules .....	9
Lithium Ionic Liquid.....	18	Spectrum-Mate™ Powder .....	9
Lithium Orotate 10 mg .....	18	Spectrum Support Minerals - Unflavored.....	10
Lithium Orotate 4.8 mg .....	19	Spectrum Support II Vitamins Lemon Lime.....	10
LiverEssence™ .....	48	Spry Toothpaste w/ Xylitol .....	59
Liver Lover (Bioray) .....	48	Sulforaphane Activated .....	58
Magnesium		Theralac.....	34
Cal/Mag Citrate .....	16	Ther-Biotic™ Complete .....	33
Calcium Chewable w/Magnesium .....	17	TMG Powder.....	55
Chelated Magnesium.....	16	ToxinPul.....	58
iMagT... ..	20	Transfer Factor Multi-Immune .....	43
Magnesium Citrate Capsules .....	19	Transfer Factor PlasMyc.....	43
Magnesium Ionic Liquid .....	20	TriEnza (Capsules).....	37
NeuroMagT.....	54	TriEnza (Chewable) .....	37
Melatonin .....	53	Tri-Fortify Watermelon.....	24
Memory Support Package .....	7	Turmeric-Quercetin Complex .....	40
L-MethylFolate.....	13	Ubiquinol.....	24
Methyl-Mate - Liquid Methylcobalamin .....	13	UltraCell CBD Oil - Berry Flavor (30ml).....	49
Milk Thistle.....	48	Ultra Omega-3 Fish Oil .....	30
Molybdenum Ionic Liquid.....	20	Uva Ursi Extract Liquid .....	49
Monolaurin.....	43	VisBiome .....	34
Muco-Solve.....	38	Vitamin A	
Multi-Immune Transfer Factor .....	43	ADK Vitamin .....	11
Mycopul .....	56	Micellized Vitamin A.....	13
NADH .....	24	Vitamin B	
N-Acetyl Cysteine .....	23	B-Complex .....	11
NDF Plus.....	57	Vitamin B1 - Benfotiamine .....	13
NeuroMagT.....	54	Vitamin B2 - Riboflavin .....	15
Neuro-Serene Formula .....	53	Vitamin B3 - Niacin.....	14
Niacin .....	14	Vitamin B3 - Niacinamide .....	13
Niacinamide .....	13	Vitamin B6 .....	14
No-Fenol .....	36	Vitamin B6 - P5P with Magnesium .....	14
Nordic Naturals Cod Liver Oil .....	28	Vitamin B9 - Folinic Acid .....	12
Olive Leaf Extract.....	48	Vitamin B9 - L-Methyl-Folate .....	13
Oreganol.....	49	Vitamin B12 - Methyl-Mate .....	13
Organic Inulin Powder.....	54	Vitamin C	
Oxy-Powder.....	54	Buffered Vitamin C (Capsules).....	12
P-5-P With Magnesium .....	14	C-RLA™ (Liposomal Vitamin C) .....	22
Parasite Formula .....	49	Vitamin C Chewable .....	12
Phosphatidyl Serine SF.....	54	Vitamin D	
Primary Detox (Bioray) .....	57	Vitamin D3 .....	15
Pro-Bio 100... ..	32	Micellized Vitamin D3 .....	14
Pro-Bio PREMIUM .....	32	Vitamin D3 Plus K2 .....	13
Probiotic Support Formula (30/60 caps).....	33	Vitamin E.....	15
ProButyrate™ .....	51	Vitamin K2.....	15
PureLean Fiber.....	55	Yeast Package - Capsules.....	7
Pycnogenol.....	24	Yeast Package – Liquid .....	7
Quercetin.....	43	Zinc	
ReadiSorb .....	23	Chelated Zinc.....	21
Riboflavin - Vitamin B2 .....	15	Liquid Zinc - Ionic.....	21
Saccharomyces Boulardii.....	33	Zinc Citrate .....	21
Selenium		Zinc Picolinate .....	21
Chelated Selenium .....	20	Zyme Prime .....	38
Liquid Selenium.....	19		
SeroPlus .....	55		
Sonic Cholesterol® .....	55		
Speak+d Pure Oil .....	29		
Speak+d Smooth.....	29		
Speak+d Twist-Off Capsules.....	30		

**New Beginnings Nutritionals** is a company that was started in 2003 for the purpose of providing specialized high quality nutritional supplements for adults and children who struggle with chronic physical, 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.

You can be assured that New Beginnings Nutritionals supplements are:

- **Formulated to contain only the most activated and absorbable nutrients**
- **Guaranteed for potency and purity**
- **Free of wheat/dairy and other common allergens**

**New Beginnings means quality:** New Beginnings Nutritional's commitment to quality means consulting with physicians, scientists, researchers, and parents when formulating products or deciding which new products to add to our line. We can stand behind our products because we only use manufacturers who adhere to the highest GMP standards and who can provide certificates of analysis guaranteeing the purity and potency for both raw materials and the finished product. Our products use pharmaceutical grade ingredients whenever possible and do not contain harmful or allergenic ingredients. We carefully research and select only the best products and ingredients so you can be confident that all purchases made at New Beginnings Nutritionals will be safe, pure, potent and absorbable.

**New Beginnings means specialized customer care:** We are known for providing our clients with specialized customer service by providing one-to-one individualized support and educational materials to help guide others towards optimal wellness. We look forward to being your ONE-STOP-SHOP to purchase the highest quality and most efficacious nutritional supplements available.

### **Our product line can help support the following:**

**Special Dietary Needs**

**Digestion and Absorption**

**Nutrient Deficiencies**

**Inflammation**

**Mitochondrial Disorders**

**Oxidative Stress**

**Yeast and Bacteria Overgrowth**

**Immune Dysfunction**

**Chemical Toxicities**

**Mental Health Disorders**

**Gastrointestinal Health**

**Brain Health**

*New Beginnings*  
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