



WELCOME TO YOUR FIRST PACK

Let's get started. [>](#)



GOOD
HEALTH
IS A
HABIT

Hello from our founder.

Hi there! We are so excited to be a part of your health journey.

As a practicing pharmacist for over 10 years, a lot of my education and training was centered around the traditional Western model of treating disease, but after some pretty transformative health changes in 2014, I developed a new appreciation for the importance of a holistic approach to health. Preventative, natural health care became my personal and professional focus, which naturally led me to supplementation with vitamins. Let's be honest though, the process of buying, storing and remembering to take your vitamins daily is work. Like most people with good intentions, despite my best efforts, I would sometimes go weeks without taking my supplements.

VTMN Packs was created not just to simplify my life and the lives of other Canadians struggling with staying on their regimens, but moreover, to be a platform to educate and provide access to high quality foundational vitamins and supplements. We are committed to doing it right - aligning with the right brands, advisors and sticking to our principles of simplicity, quality and transparency. Our goal is to build a community of like minded wellness individuals and show everyone that taking your health into your own hands and making healthier choices doesn't have to be complicated.

Sincerely,



LAURIE COOK, FOUNDER & CEO

Winning at health is easy,

when you have the right tools by your side.

Organizing your vitamins and supplements and remembering to take them has never been easier than right now!

With every order, you receive a personalized, 30 day supply of vitamins and supplements either in one box of alternating morning and evening packs, or if you chose to split your packs, you will have received two separate boxes - one for the morning and one for the evening.

You'll find your unique packs pre-loaded and coiled in one of our stylish dispenser boxes. The side pocket on each box is designed to store your personalized dosing card which outlines the quantity, name and strength of each supplement, along with an image of the pill and information about the manufacturer, NPN and administration time. It's a good idea to take your dosing card with you when you travel and when you visit healthcare practitioners, so they are in the know about what you are taking.

In this booklet, you'll find all the supplement facts and product details for everything we carry. If you ever lose or misplace it, you can request a free replacement booklet by emailing us at hello@vtmnpacks.ca, or download one at vtmnpacks.ca/welcomebooklet.pdf.

What's inside.



Here are the basics.



Remove the sticker affixing the welcome packet to the dispenser box and pull up to reveal your first pack.



Separate your pack along the perforated line working from right to left to remove the pack(s) you want.



When it's time to take your vitamins, tear left to right starting near the top of the clear, notched strip.



If you selected alternating packs, your morning and evening doses will be sequential and marked with a sun/moon.



If you selected split packs, you'll receive two boxes, a ☀ morning box and a 🌙 evening box.



You can store your dosing card in the slot in the side of your dispenser box for safe keeping.

WELLNESS
ISN'T
ACHIEVED
OVERNIGHT

They say it takes 21 days to form a new habit.

We give you 30 just to be sure.

Having all your vitamins in one convenient daily pack is a great way to help start building healthy habits. The next step is ensuring you remember to take them! Here are some tips to help you get the most out of your vitamins and supplements:



Put your packs in a place that works with your daily routine. Whether it's by your bed or in the kitchen, you want to make sure they are easy to access and are wherever you are!



Some supplements will give you energy while others may cause some drowsiness, so it's important to make sure you are taking your supplements at the right time every day. If you miss taking a pack, we recommend skipping that dose then taking your next pack at the assigned time.



Always remember to take your supplements with a full glass of water to help with absorption. Taking your supplements with coffee, tea or other drinks may interfere with their efficacy.



Make sure you store your packs in a cool, dry place below 25 degrees celsius. Packs should not be stored in the fridge or freezer or in the car for long periods of time. It is fine to keep you packs with you in your bag when you are travelling, maybe just don't leave them on the beach all day!

What's next?

Sit back, relax and take your vitamins! Your next order will arrive at your door a few days before your current packs run out.

If you'd like to make any changes to your subscription, like adding or removing supplements, you can do so on your account page up to 10 days before your order is scheduled to ship out.

If you ever have any questions, need to pause your subscription, or just want to chat about vitamins, send us an email at hello@vtmnpacks.ca.



Sustainability Matters.

3 ways to Reduce, Reuse + Recycle with your VTMN Packs

At VTMN packs, we want to help you stack those healthy habits along with sustainable choices that you can feel good about (inside and out there in the world). Our goal is to find ways to limit our impact on the environment while still delivering top safety standards, vitamin and supplement efficacy and an incredible customer experience. What's more – all of our packaging comes from local Canadian vendors to help minimize our carbon footprint and support our local businesses.

Here are our top 3 free ways you can make a sustainable impact with us:



REDUCE MY SHIPMENTS:

You can help reduce your carbon footprint by combining multiple months into one shipment. We can send up to 4 months of your packs at once and it's also a great way to save money if your order is less than \$75/month.



REUSE MY DISPENSER BOX:

Our dispensers are strong and built to last! If you'd like to reuse your dispensers, we'll send out a coil of packs and you can refill them into your current dispenser. When you are ready for a new one, let us know and you can recycle your old one.



RECYCLE MY PACKS:

When you opt into our recycle program, your package will include a return envelope for you to collect and send your empty packs to us. From there, we'll send them in bulk to our partner TerraCycle for recycling.



THE
GREATEST
WEALTH
IS HEALTH

It's what's inside that counts.

Premium and professional grade supplements are our priority.

Our current product offering is comprised of a carefully curated selection of vitamins and supplements designed to maintain your overall health and wellness. Quality is key and not all supplements are created equally, so we take great pride in offering you the best of what's available today. All of our products are Health Canada certified with NPN's (Natural Product Numbers), and are GMO-Free. Where possible we strive to source products whose ingredients are organic, soy-free, gluten-free, dairy-free, vegetarian or vegan.

Transparency is a part of everything we do. You'll always know exactly what medicinal and non-medicinal ingredients are in each and every pill you take. All of our products are third party tested, so if you are ever really curious, certificates of analysis are available upon request.



prairienaturals



ORGANIKA
YOUR NATURAL SOLUTION

NutraSea
PROFESSIONAL



Curated just for you.

Here is our current offering.

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THE ESSENTIALS COLLECTION

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Want to find out more? Visit vtmnpacks.ca/products for more detailed information about each supplement including their benefits, why we chose each formula, and our recommended dosing.



B COMPLEX

NPN 80075816

Supplement Facts	
B COMPLEX PLUS PER 1 CAPSULE	
Amount Per Serving	
Vitamin B1 (Thiamine HCL)	100mg
Vitamin B2 (riboflavin, riboflavin-5-phosphate sodium)	12.5mg
Vitamin B3 (inositol hexanicotinate, niacinamide)	108mg
Vitamin B5 (calcium d-pantothenate)	100mg
Vitamin B6 (pyridoxine hydrochloride, pyridoxal-5-phosphate)	16.7mg
Vitamin B7 (biotin)	400mcg
Folate (L-5-MTHF, Metafolin)	400mcg
Vitamin B12 (methylcobalamin)	400mcg

Non-Medical Ingredients: Vegetarian capsule (hypromellose, water), ascorbyl palmitate.

Recommended Use or Purpose: Multivitamin/mineral supplement for maintenance of good health. Helps the body to metabolize carbohydrates, proteins, and fats. Helps in tissue formation. Helps to form red blood cells.

Recommended Dose (Adults): Take 1 capsule once daily with food.

Cautions & Warning: Caution advised during pregnancy and breastfeeding.



MULTIVITAMIN

NPN 80087488

Supplement Facts			
MULTIVITAMIN (MULTI SAP) PER 3 CAPSULES			
Amount Per Serving		Amount Per Serving	
Vitamin E (mixed tocopherols from non-GMO sunflower)	14,283 mcg	Biotin	150 mcg
Vitamin C (calcium ascorbate)	200 mg	Inositol	100 mg
Vitamin D3 (cholecalciferol) [400 IU]	10 mcg	Chromium (from chromium picolinate)	100 mcg
Vitamin B1 (thiamine hydrochloride)	100 mg	Molybdenum (from molybdenum citrate)	150 mcg
Vitamin B2 (riboflavin)	75 mg	Calcium (from calcium citrate)	125 mg
Vitamin B2 (riboflavin-5'-phosphate)	25 mg	Magnesium (from magnesium citrate)	100 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	50 mg	Potassium (from potassium citrate)	50 mg
Vitamin B5 (calcium d-pantothenate)	100 mg	Zinc (from zinc citrate)	15 mg
Vitamin B6 (pyridoxal-5'-phosphate)	20 mg	Manganese (from manganese citrate)	1.5 mg
I-Methylfolate (from calcium L-5-methyltetrahydrofolate)	1 mg	Copper (from copper gluconate)	1.5 mg
Vitamin B12 (methylcobalamin)	1000 mcg	Iodine (from potassium iodide)	450 mcg
		Selenium (from L-selenomethionine)	100 mcg

Non-Medical Ingredients: Vegetable magnesium stearate, silicon dioxide, and microcrystalline cellulose in a vegetable capsule composed of vegetable carbohydrate gum and purified water.

Recommended Use or Purpose: Multivitamin/mineral supplement for maintenance of good health.

Recommended Dose (Adults): Take 3 capsules daily with meals.

Cautions & Warning: Do not use if you are pregnant or breastfeeding. Consult a health-care practitioner prior to use if you have a history of non-melanoma skin cancer.



PRENATAL MULTI

NPN 80114814

Supplement Facts			
PRENATAL MULTI (PRENATAL SAP) PER 3 CAPSULES			
Amount Per Serving		Amount Per Serving	
Vitamin C (calcium ascorbate)	175mg	Calcium (from calcium citrate)	125mg
Vitamin D (cholecalciferol) [1000 IU]	25mcg	Iron (from iron glycinate)	30mg
Vitamin E (d- α -tocopheryl acetate) [50 IU]	33mg AT	Iodine (from potassium iodide)	150mcg
Vitamin K (vitamin K1)	100mcg	Magnesium (from magnesium citrate)	75mg
Vitamin B1 (thiamine hydrochloride)	100mg	Zinc (from zinc citrate)	25mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	50mg	Selenium (from L-selenomethionine)	50mcg
Niacinamide (vitamin B3)	50mg	Copper (from copper citrate)	2mg
Vitamin B6 (pyridoxal-5'-phosphate)	50mg	Manganese (from manganese citrate)	5mg
I-Methylfolate (from calcium L-5-methyltetrahydrofolate)	1mg	Chromium (from chromium polynicotinate)	100mcg
Vitamin B12 (methylcobalamin)	1000mcg	Molybdenum (from molybdenum citrate)	50mcg
Biotin	300mcg	Potassium (from potassium citrate)	75mg
Vitamin B5 (calcium d-pantothenate)	100mg	Boron (from boron citrate)	700mcg

Non-Medical Ingredients: Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a vegetable capsule composed of vegetable carbohydrate gum and purified water.

Recommended Use or Purpose: Folate helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy. A multivitamin/mineral supplement for the maintenance of good health. Vitamin C, selenium, and vitamin E are antioxidants for the maintenance of good health.

Recommended Dose (Adults): Take 3 capsules daily with meals.

Cautions & Warning: Consult a health-care practitioner prior to use if you are taking blood thinners. Keep out of reach of children.



VITAMIN B12 1000MCG

NPN 80034032

Supplement Facts			
VITAMIN B12 PER 1 SUBLINGUAL TABLET			
Amount Per Serving			
Vitamin B12 (methylcobalamin)	1000mcg		

Non-Medical Ingredients: Isomalt, microcrystalline cellulose, magnesium stearate (vegetable), calcium silicate, croscarmellose sodium

Recommended Use or Purpose: A general factor in the maintenance of good health which helps to prevent Vitamin B12 deficiency.

Recommended Dose (Adults): Dissolve one tablet in the mouth in the morning, typically three times a week, but can be taken up to once daily on the advice of a healthcare practitioner.

Cautions & Warning: Vitamin B12 supplementation can mask a folate deficiency. Consult a healthcare practitioner if you are uncertain whether or not you are taking adequate Folate.



VITAMIN B2 100MG

NPN 80002865

Supplement Facts	
VITAMIN B2 PER 1 CAPSULE	
Amount Per Serving	
Vitamin B2 (riboflavin)	100mg

Non-Medical Ingredients: Rice Flour, Capsule (gelatin, water), Magnesium Stearate (vegetable grade), Silica

Recommended Use or Purpose: Vitamin B-2, also known as Riboflavin, is a member of the B-vitamin family. Because food processing depletes many naturally occurring nutrients, supplementation is key to insure adequate intake of this important vitamin.

Recommended Dose (Adults): For migraine prevention, take 2 capsules twice daily with food.

Cautions & Warning: Upset stomach may occur with doses over 200mg at once. Take with food to help increase absorption.



VITAMIN B6 50MG

NPN 80072341

Supplement Facts	
VITAMIN B6 (P-5-P) PER 1 CAPSULE	
Amount Per Serving	
Vitamin B6 (Pyridoxal-5'-phosphate)	50mg

Non-Medical Ingredients: Cellulose, Ascorbyl palmitate, Hydroxypropyl methylcellulose, Purified water.

Recommended Use or Purpose: Helps to prevent vitamin B6 deficiency. Helps to form red blood cells. Helps in energy metabolism and tissue formation. Helps to maintain the body's ability to metabolize nutrients.

Recommended Dose (Adults): Take 1 capsule once to twice daily with food.

Cautions & Warning: Diabetics and those on anticonvulsant medications should use B6 only under the supervision of a skilled practitioner. Doses greater than 50 mg should be spread over the course of the day.



VITAMIN C 600MG

NPN 80080079

Supplement Facts	
VITAMIN C (ESTER C) PER 1 CAPSULE	
Amount Per Serving	
Vitamin C (calcium ascorbate) from Ester-C brand calcium ascorbate	600mg
Calcium (calcium ascorbate)	72mg
Citrus bioflavonoids (lemon, grapefruit, orange, mandarin - fruit)	100mg

Non-Medical Ingredients: magnesium stearate (Vegetable), Capsule shell (hypromellose)

Recommended Use or Purpose: An antioxidant for the maintenance of good health. Helps in the development and maintenance of bones, cartilage, teeth and gums. Helps in connective tissue formation. Helps in wound healing. Helps the body to metabolize fats and proteins. Helps to prevent vitamin C deficiency.

Recommended Dose (Adults): Take 1 to 2 capsules daily.

Cautions & Warning: Diabetics should take Vitamin C supplements only under supervision, since it may affect blood sugar levels. People with genetic iron disorders should consult their physicians before using Vitamin C supplements, since it increases the rate of iron absorption. Too much vitamin C can cause diarrhea. Some researchers believe that abruptly ending high-dose Vitamin C supplementation can cause "rebound scurvy". This is controversial, but it is probably wise to reduce high doses gradually.



VITAMIN D 1000 IU

NPN 80008795

Supplement Facts	
VITAMIN D PER 1 CAPSULE	
Amount Per Serving	
Vitamin D (Vitamin D3, Cholecalciferol)	25mcg (1000IU)

VITAMIN D 2500 IU

NPN 80110997

Supplement Facts	
VITAMIN D PER 1 CAPSULE	
Amount Per Serving	
Vitamin D (Vitamin D3, Cholecalciferol)	62.5mcg (2500IU)

Non-Medical Ingredients: Organic Olive Oil (cold-pressed, extra virgin), gelatin, purified water, glycerin

Recommended Use or Purpose: A factor in the maintenance of good health. Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus.

Recommended Dose (Adults): Take up to 4 softgels daily with a meal or as directed by a qualified health care practitioner.

Cautions & Warning: People with the following conditions should take Vitamin D only with the guidance of a knowledgeable health care provider: Primary hyperparathyroidism, Sarcoidosis, Granulomatous tuberculosis, some cancers.



ASCORBIC ACID 500MG

NPN 80088755

Supplement Facts	
VITAMIN C (Ascorbic Acid) PER 1 CAPSULE	
Amount Per Serving	
Vitamin C (Ascorbic Acid)	500mg

Non-Medical Ingredients: Hypromellose, magnesium stearate, silicon dioxide.

Recommended Use or Purpose: Vitamin C is an antioxidant used for the maintenance of good health. Vitamin C also helps with connective tissue formation, metabolizing fats and proteins and in the healthy development of bones, cartilage, teeth and gums.

Recommended Dose (Adults): Take 1 capsule daily.

Cautions & Warning: Diabetics should take Vitamin C supplements only under supervision, since it may affect blood sugar levels. People with genetic iron disorders should consult their physicians before using Vitamin C supplements, since it increases the rate of iron absorption. Too much vitamin C can cause diarrhea. Some researchers believe that abruptly ending high-dose Vitamin C supplementation can cause "rebound scurvy". This is controversial, but it is probably wise to reduce high doses gradually.



FOLATE 1MG

NPN 80053719

Supplement Facts	
PER 1 CAPSULE	
Amount Per Serving	
L-Methylfolate (from L-5-methyltetrahydrofolate, calcium salt)	1mg

Non-Medical Ingredients: Vegetable magnesium stearate, silicon dioxide, and microcrystalline cellulose in a capsule composed of vegetable carbohydrate gum and purified water.

Recommended Use or Purpose: L-5-MTHF SAP helps support red blood cell formation, reduces the risk of neural tube defects if taken prior to and during early pregnancy, may help to reduce homocysteine levels and may prevent folate deficiency, which can lead to symptoms of depression.

Recommended Dose (Adults): Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

Cautions & Warning: Folate supplementation can mask a vitamin B12 deficiency; consult a health-care practitioner if you are uncertain whether or not you are taking adequate vitamin B12.



MULTI-LITE

NPN 80107841

Supplement Facts	
MULTI-LITE PER 2 CAPSULES	
Amount Per Serving	
Vitamin E (mixed tocopherols from non-GMO sunflower)	30mg
Vitamin D3 (cholecalciferol) (1000 IU)	25 mcg
Vitamin B1 (thiamine hydrochloride)	25 mg
Vitamin B2 (riboflavin)	25 mg
Vitamin B2 (riboflavin-5'-phosphate)	25 mg
Niacin (inositol hexanicotinate)	25 mg
Vitamin B5 (calcium d-pantothenate)	25 mg
Vitamin B6 (pyridoxal-5'-phosphate)	25 mg
l-Methylfolate (from calcium L-5-methyltetrahydrofolate)	1 mg
Vitamin B12 (methylcobalamin)	1000 mcg
Biotin	150 mcg
Calcium (from calcium citrate)	115 mg
Magnesium (from magnesium citrate)	115 mg

Non-Medical Ingredients: Vegetable magnesium stearate and silicon dioxide in a capsule made of vegetable carbohydrate gum and purified water.

Recommended Use or Purpose: Multivitamin/mineral supplement for maintenance of good health.

Recommended Dose (Adults): Take 2 capsules daily with meals.

Cautions & Warning: Do not use if you are pregnant or breastfeeding. Consult a health-care practitioner prior to use if you have a history of non-melanoma skin cancer.



VITAMIN E 445MG

NPN 80006854

Supplement Facts	
VITAMIN E 445MG PER 1 CAPSULE	
Amount Per Serving	
Mixed Tocopherols* (from soy & palm)	365mg
— Typical tocopherols: Alpha	65mg
— Typical tocopherols: beta	8mg
— Typical tocopherols: gamma	210mg
— Typical tocopherols: delta	82mg
Mixed Tocotrienols* (from palm)	50mg
— Typical tocotrienols: Alpha	15mg
— Typical tocotrienols: beta	0.6mg
— Typical tocotrienols: gamma	28mg
— Typical tocotrienols: delta	6.3mg
Coenzyme Q10 (as Ubiquinone)	30mg

Non-Medical Ingredients: Olive and soybean oil (non-GMO), Softgel: gelatin, glycerin, caramel powder.

Recommended Use or Purpose: Vitamin E can be used for skin health, as a network antioxidant, for cardiovascular health and to help improve cholesterol.

Recommended Dose (Adults): Take one softgel daily with a fat-containing meal.

Cautions & Warning: Consult a health care practitioner prior to use if you are pregnant, breastfeeding, or taking blood pressure medication. Contains soy and sulphites. Do not use if you have a soy or sulphite allergy.



VITAMIN K2 100MG

NPN 80026005

Supplement Facts	
VITAMIN K2 100MG PER 1 CAPSULE	
Amount Per Serving	
Vitamin K2 (naturally fermented Menquinone 7)	100mcg

Non-Medical Ingredients: Microcrystalline cellulose, magnesium stearate, and capsules contain Pullulan, hypromellose and purified water.

Recommended Use or Purpose: Helps in the maintenance of bones.

Recommended Dose (Adults): Take 1 capsule daily, or as directed by qualified health care practitioner.

Cautions & Warning: Consult a health care practitioner prior to use if you taking blood thinners. This product has been sealed for your protection. Do not use if seal is broken. Keep out of reach of children. Store in a cool, dry place.



IRON 25MG

NPN 80078515

Supplement Facts	
IRON PER 1 CAPSULE	
Amount Per Serving	
Iron (Ferrochel Ferrous Bis-Glycinate Chelate)	25mg

Non-Medical Ingredients: Vegetable grade magnesium stearate, vegetable capsule, microcrystalline cellulose.

Recommended Use or Purpose: Helps to prevent iron deficiency.

Recommended Dose (Adults): Take 1 capsule daily with food only on the advice of a primary care provider who has completed blood work to assess your need.

Cautions & Warning: Keep all iron supplements out of the reach of children. Acute iron poisoning in infants can result in serious consequences. Severe iron poisoning is characterized by damage to the intestinal lining, liver failure, nausea and vomiting, and shock.



CALCIUM 200MG

NPN 80079082

Supplement Facts	
MALATE BISGLYCINATE PER 1 CAPSULE	
Amount Per Serving	
Calcium (DimaCal di-calcium malate, TRAACS calcium bis-glycinate chelate)	200mg

Non-Medical Ingredients: Vegetable grade magnesium stearate, vegetable capsule, microcrystalline cellulose.

Recommended Use or Purpose: Helps in the development and maintenance of bones and teeth. Calcium intake, when combined with sufficient Vitamin D, a healthy diet and regular exercise may reduce the risk of developing osteoporosis.

Recommended Dose (Adults): Take 1-4 capsules daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them. Calcium can impair the absorption of other minerals, especially iron, so they should not be taken at the same time.

Cautions & Warning: Some individuals who take calcium supplements might experience gastrointestinal side effects including gas, bloating, constipation, or a combination of these symptoms. Check with your primary care provider if you have a history of cardiovascular disease.



ZINC 15MG

NPN 80012983

Supplement Facts	
Zinc-Copper Balance PER 1 CAPSULE	
Amount Per Serving	
Zinc (citrate, succinate)	15mg
Copper (copper citrate)	2mg

Non-Medical Ingredients: microcrystalline cellulose, silicon dioxide and sodium stearyl fumarate. Capsule: hypromellose.

Recommended Use or Purpose: Zinc and copper are essential minerals critical to immune function and connective tissue formation. They also help the body to metabolize carbohydrates, fats and proteins. Zinc supplementation is known to cause copper deficiency. Zinc-Copper Balance™ provides a balanced ratio of zinc to copper, in various forms in order to ensure optimal absorption.

Recommended Dose (Adults): Take 1 capsule once daily with food.

Cautions & Warning: For adult use only. Do not use if you are pregnant or breast-feeding.



MAGNESIUM 140MG

NPN 80975951

Supplement Facts	
MAGNESIUM (EXTRA GENTLE) PER 1 CAPSULE	
Amount Per Serving	
Magnesium TRAACS® magnesium bis-glycinate chelate buffered (magnesium bis-glycinate chelate, magnesium oxide)	140mg

Non-Medical Ingredients: Vegetable magnesium stearate microcrystalline cellulose, vegetable capsule.

Recommended Use or Purpose: Magnesium is an essential mineral for the optimal functioning of the cardiovascular, nervous, and musculoskeletal systems. It also plays a role in mood stabilization.

Recommended Dose (Adults): Take 1 to 2 capsules per day or as directed by a health care practitioner.

Cautions & Warning: People with kidney disease or severe heart disease should not use magnesium supplements except under a physician's supervision. Magnesium can also lower blood pressure so be sure to check with your primary care provider if you are currently taking medications for blood pressure or the heart.



MAGNESIUM CITRATE 250MG

NPN 80023337

Supplement Facts	
MAGNESIUM CITRATE 2-CLORIDE PER 1 CAPSULE	
Amount Per Serving	
Magnesium (citrate, oxide)	250mg

Non-Medical Ingredients: Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Recommended Use or Purpose: Magnesium is an essential mineral for the optimal functioning of the cardiovascular, nervous, and musculoskeletal systems. It also plays a role in mood stabilization.

Recommended Dose (Adults): Take 1 capsule twice daily or as directed by your health care practitioner.

Cautions & Warning: People with kidney disease or severe heart disease should not use magnesium supplements except under a physician's supervision. Magnesium can also lower blood pressure so be sure to check with your primary care provider if you are currently taking medications for blood pressure or the heart. Consult a health-care practitioner prior to use if you are pregnant or breastfeeding.



ASHWAGANDHA 300MG

NPN 80054818

Supplement Facts	
ASHWAGANDHA PER 1 CAPSULE	
Amount Per Serving	
Dried Certified Organic Ashwagandha (Withania somnifera, root) Standardized to 5% Withanolides 12:1 Concentration (each capsule contains 360mg dried root)	300mg

Non-Medical Ingredients: Magnesium stearate, Hypromellose (vegicap), Milk Products

Recommended Use or Purpose: Can help promote healthy testosterone production in males as well as help to increase resistance to stress/anxiety in individuals with a history of chronic stress.

Recommended Dose (Adults): Take 1 capsule twice daily.

Cautions & Warning: This is not to be used in pregnancy or in anyone who has allergies or sensitivities to plants in the nightshade family. Due to its sedative properties, it should not be used in conjunction with other sedative medications, either prescribed or herbal. It should be used cautiously and under supervision in anyone with a thyroid condition as it may affect the thyroid hormone as well. There is conflicting evidence for its use in people with autoimmune conditions so it is recommended to work closely with your primary care provider.



DEEP IMMUNE 340MG

NPN 80077707

Supplement Facts	
DEEP IMMUNE PER 1 CAPSULE	
Amount Per Serving	
Astragalus (Astragalus membranaceus, root) (S:1, DHE 340 mg)	68mg
Codonopsis (Codonopsis pilosula, root)(S:1, DHE 255 mg)	51mg
Eleuthero (Eleutherococcus senticosus, root)(S:1, DHE 255 mg)	51mg
Reishi (Ganoderma lucidum, fruiting body) (S:1, DHE 255 mg)	51mg
Ligustrum (Ligustrum lucidum, fruit)(S:1,DHE 170 mg)	34mg
Schisandra (Schisandra chinensis, fruit)(S:1,DHE 170 mg)	34mg
White Actractylodes (Atractylodes macrocephala, rhizome)(S:1, DHE 170 mg)	34mg
Licorice (Glycyrrhiza glabra, root and stolon)(S:1, DHE 85 mg)	17mg

Non-Medical Ingredients: Hypromellose (vegicap), Rice hulls powder

Recommended Use or Purpose: A complex of herbs used to boost immune function for the prevention of colds and flus.

Recommended Dose (Adults): Take 3 capsules every morning.

Cautions & Warning: Consult a health care practitioner before use; if you are breastfeeding; if you have a liver disorder, an acute infection, or an autoimmune disorder. Consult a health care practitioner if symptoms worsen or persist. Do not use: if you are pregnant; if you have hypokalemia, high blood pressure, or a kidney or cardiovascular disorder; if you are taking thiazide diuretics, cardiac glycosides, corticosteroids, stimulant laxatives or other medications that may aggravate electrolyte imbalance.



MACA 750MG

NPN 80062733

Supplement Facts	
MACA PER 1 CAPSULE	
Amount Per Serving	
Certified Organic Maca (Lepidium meyenii, root) 4:1 Extract, each capsule contains 3000mg dried root powder	750mg

Non-Medical Ingredients: Brown Rice Flour, Magnesium Stearate (Non-GMO Vegetable Source), Hypromellose/Pullulan (Vegetarian Capsule)

Recommended Use or Purpose: Helps to support emotional aspects of sexual health, regulates mood balance during/post menopause, and provides a source of antioxidants.

Recommended Dose (Adults): Take 1 capsule every morning.

Cautions & Warning: Consult a health care practitioner prior to use if you suffer from any psychological disorder and/or condition such as frequent anxiety or depression; if you have high blood pressure; if you are taking blood thinners or antidepressants; or if you are pregnant or breastfeeding.



MILK THISTLE 500MG

NPN 80106955

Supplement Facts	
MILK THISTLE PER 1 CAPSULE	
Amount Per Serving	
dried Certified Organic Milk Thistle (Silybum marianum, seed) standardized to 70 mg of silymarin	500mg

Non-Medical Ingredients: Hypromellose (Vegicap)

Recommended Use or Purpose: Milk Thistle herbal capsules are used to help support liver function and as a liver protectant.

Recommended Dose (Adults): Take 1 capsule up to twice a day.

Cautions & Warning: Bloating, diarrhea, fullness or pain, indigestion, laxative effects, loss of appetite and nausea may occur rarely in some individuals. Use during pregnancy or breastfeeding should be avoided. Milk thistle may produce allergic reactions, which tend to be more common among people who are allergic to plants in the same family (for example, ragweed, chrysanthemum, marigold, and daisy). Stop use if hypersensitivity occurs.



REISHI 250MG

NPN 80032325

Supplement Facts

REISHI (MUSHROOM EXTRACT - REISHI) PER 1 CAPSULE



Amount Per Serving

Reishi Mushroom 4:1 Extract (Ganoderma lucidum) (Whole fungus) Equivalent to 1000 mg dried Reishi Mushroom powder

Non-Medical Ingredients: Brown Rice Flour, Magnesium Stearate, Hypromellose / Pullulan (Vegetarian Capsule)

Recommended Use or Purpose: Provides antioxidants for the maintenance of good health. Used in Herbal Medicine to support the immune system.

Recommended Dose (Adults): Take 1 capsule twice daily with meals.

Cautions & Warning: Consult a health care practitioner prior to use if you are undergoing chemotherapy treatment; suffer from an immune disorder (e. g. Crohn's disease, myasthenia gravis, multiple sclerosis, rheumatoid arthritis, systemic lupus erythematosus, HIV / AIDS, etc.); or are taking immunosuppressants. Do not use if you are pregnant or breastfeeding. Hypersensitivity (allergy) has been known to occur; in which case, discontinue use. Irritated skin, nausea, and diarrhea have been reported; in which case, discontinue use.



RHODIOLA 100MG

NPN 80086965

Supplement Facts

RHODIOLA PER 1 CAPSULE



Amount Per Serving

Rhodiola rosea (Rhodiola) (root, standard extract) Standardized to contain 3% totalrosavins and 1% salidroside

Non-Medical Ingredients: Hypoallergenic plant cellulose, vegetarian capsule, hypromellose, water).

Recommended Use or Purpose: Provides antioxidants for the maintenance of good health. In addition to aiding sleep, Rhodiola can enhance mood and decrease occasional episodes of worry and nervousness, allowing for more efficient functioning under stressful conditions.

Recommended Dose (Adults): Take 1 capsule once to twice daily, but not after 3pm.

Cautions & Warning: Do not use if you have bipolar disorder or bipolar spectrum disorder. Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding, or are taking antidepressant medication, birth control pills or hormone replacement therapy (HRT). Consult a healthcare practitioner if symptoms persist or worsen. Stop use if you experience irritability or insomnia. Consult a health care practitioner prior to use if you suffer from any psychological disorder and/or condition such as frequent anxiety or bipolar depression with manic behaviour. Do not use if you are pregnant or breastfeeding.



SPIRULINA 500MG

NPN 80067070

Supplement Facts

SPIRULINA PER 1 CAPSULE



Amount Per Serving

Organic Spirulina (spirulina platensis) 500mg

Non-Medical Ingredients: None

Recommended Use or Purpose: Spirulina is a rich source of carotenoids, phycocyanin (blue pigments), chlorophyll (green pigment), iron and plant-based (or complete) protein.

Recommended Dose (Adults): Take 2 capsules twice a day.

Cautions & Warning: Consult a health care practitioner if you are pregnant or breastfeeding, you have a metabolic condition called phenylketonuria (PKU), you have an autoimmune disease such as multiple sclerosis, rheumatoid arthritis or lupus, you are taking drugs that suppress the immune system or you are taking lipid lowering drugs; or you are a tobacco smoker.



TURMERIC 500MG

NPN 80085663

Supplement Facts

TURMERIC (CURCUMIN H2O SAP) PER 1 CAPSULE



Amount Per Serving

Turmeric (Curcuma longa) root extract, 10% water soluble curcuminoids 500mg

This is a Professional Line Product and requires your Practitioner's name at checkout

Non-Medical Ingredients: Vegetable magnesium stearate and silicon dioxide in a vegetable capsule composed of vegetable carbohydrate gum and purified water. NFH's Curcumin SAP is tested for curcumin I, demethoxycurcumin, and bisdemethoxycurcumin

Recommended Use or Purpose: Provides antioxidants for the maintenance of good health.

Recommended Dose (Adults): Take 1-2 capsules daily with food.

Cautions & Warning: Consult a health-care practitioner prior to use if you are pregnant; if you are taking antiplatelet medication or blood thinners; if you have gallstones or a bile duct obstruction; if you have stomach ulcers or excess stomach acid; or if you are taking any other medications or natural health products. Consult a health-care practitioner if symptoms persist or worsen. Do not take Curcumin concurrently with chemotherapy, as it may interfere with the activity of chemotherapy drugs. Curcumin may be taken before and after completion of chemotherapy protocol.



CHASTETREE 500MG

NPN 80113463

Supplement Facts

Chastetree PER 1 CAPSULE



Amount Per Serving

Dried Certified Organic Chastetree (Vitex agnus-castus, fruit) 100mg

A 5:1 concentration, each capsule contains the equivalent of 500 mg of dried Certified Organic Chastetree

Non-Medical Ingredients: Hypromellose (vegicap), Certified Organic maltodextrin (Alcohol Free).

Recommended Use or Purpose: Stabilizing the menstrual cycle and for PMS and menopause.

Recommended Dose (Adults): Take 1 capsule, 2 times daily, with a little water.

Cautions & Warning: Consult a health care practitioner before use if you are taking hormone-containing medications such as progesterone preparations, oral contraceptives, or hormone replacement therapy. Consult a health care practitioner if symptoms worsen or persist.



GINGER 300MG

NPN 80060312

Supplement Facts

Ginger SAP PER 1 CAPSULE



Amount Per Serving

Ginger (Zingiber officinale) rhizome extract, 5% gingerol 250mg

Ginger (Zingiber officinale) rhizome 50 mg

Non-Medical Ingredients: Vegetable magnesium stearate in a capsule composed of vegetable carbohydrate gum and purified water.

Recommended Use or Purpose: Ginger has been used for centuries in the Indian, Chinese, Arabic, and Tibetan systems of traditional medicine to treat nausea and vomiting induced by different stimuli. Ginger has been clinically shown to help prevent nausea and vomiting associated with motion sickness and/or seasickness. It can also be used to relieve digestive upset including conditions like dyspepsia and flatulent colic, lack of appetite, digestive spasms, and nausea. Ginger can assist in reducing symptoms associated with primary dysmenorrhea and migraines, and can also act as an expectorant and antitussive to help relieve bronchitis, coughs, and colds.

Recommended Dose (Adults): Take 1 capsule once a day.

Cautions & Warning: Consult a health-care practitioner if symptoms persist with treatment.



GINSENG 500MG

NPN 80003189

Supplement Facts	ORGANIKA YOUR NATURAL SOLUTION
RED KOREAN GINSENG PER 1 CAPSULE	Amount Per Serving
Korean Red Ginseng Root Powder (Panax ginseng C.A. Meyer)	500mg

Non-Medical Ingredients: Microcrystalline Cellulose, Magnesium Stearate (Non-GMO Vegetable Source), Gelatin (Capsule).

Recommended Use or Purpose: Also known as Panax ginseng, this adaptogen is traditionally used to increase energy in periods of fatigue and debility. Supports physical and mental performance as well as blood sugar regulation.

Recommended Dose (Adults): Take 1 capsule once or twice a day.

Cautions & Warning: Consult a health care practitioner if you have hypertension, acute illness, have unstable hormone cycles, or are currently on a stimulant; or are taking Ephedra-containing supplements. Consult a health care practitioner prior to use if you are taking anticoagulant / antiplatelet drugs; are diabetic, or are suffering from Schizophrenia or cardiovascular disease. Do not use if you have hypoglycemia; are pregnant or breastfeeding; are suffering from any bleeding disorders or seizures; are taking immunosuppressive medications, or have hormone-sensitive conditions. Do not use prior to surgery. Discontinue use if you experience gastrointestinal upset, headaches, dizziness, palpitations, constipation, or allergic reactions.



GLUCOSAMINE & MSM 300/200MG

NPN 80093162

Supplement Facts	prairienaturals
Glucosamine sulfate (potassium chloride)	300mg
OptiMSM Methylsulfonylmethane	200mg
Chondroitin Sulfate	200mg

Non-Medical Ingredients: Purified water, gelatin, magnesium stearate.

Recommended Use or Purpose: a factor for maintaining healthy cartilage and joint health.

Recommended Dose (Adults): Take up to 2 capsules 2 times per day with a meal.

Cautions & Warning: Consult a health care practitioner if symptoms worsen. Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Known Adverse Reactions: Some people may experience gastrointestinal disturbances such as diarrhea, abdominal pain, heartburn, mild constipation, indigestion, nausea and vomiting; in which case, discontinue use.



LACTATION AID

NPN 80062649

Supplement Facts	ORGANIKA YOUR NATURAL SOLUTION
MAX MILK PER 1 CAPSULE	Amount Per Serving
Fenugreek 10:1 Extract (Trigonella foenum-graecum) (Seed) (Equivalent to 100mg 1000 mg dried Fenugreek seed powder)	
Blessed Thistle 10:1 Extract (Cnicus benedictus) (Herb top) (Equivalent to 100mg 1000 mg dried Blessed Thistle herb top powder)	
Moringe Leaf Powder (Moringe oleifera)	500mg

Non-Medical Ingredients: Brown Rice Flour, Magnesium Stearate (Non-GMO Vegetable Source), Hypromellose / Pullulan (Vegetarian Capsule), Microcrystalline cellulose

Recommended Use or Purpose: Ma's Milk is intended for breastfeeding mothers who wish to increase their milk production. It is safe to take it either immediately postpartum or 2-3 days after postpartum.

Recommended Dose (Adults): Take 2 capsules 2 times per day with a meal.

Cautions & Warning: Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you have diabetes or are breastfeeding. Do not use if you are pregnant. Do not use if you have an allergy to the Asteraceae / Compositae (daisy) family. Hypersensitivity/allergy is known to occur; in which case, discontinue use.



LION'S MANE

NPN 80049550

Supplement Facts	NFHP
HERIUM PER 1 CAPSULE	Amount Per Serving
Hericum erinaceus, 40% polysaccharides providing 35% beta-glucans	500 mg

Non-Medical Ingredients: Beeswax yellow, safflower oil, silicon dioxide, gelatin, glycerin, caramel, carob powder, purified water.

Recommended Use or Purpose: To help with symptoms of the prostate.

Recommended Dose (Adults): Take 2 capsules daily.

Cautions & Warning: Consult a health care practitioner if symptoms persist. Consult a health care practitioner if symptoms worsen. Consult a health care practitioner prior to use to exclude a diagnosis of prostate cancer.



PROSTATE SUPPORT

NPN 80055379

Supplement Facts	prairienaturals
PROSTATE FORCE PER 1 CAPSULE	Amount Per Serving
Saw palmetto (10:1) liposterolic extract (Serenoa repens, Fruit) Standardized to 90 % Free fatty acids, esters and sterols Equivalent to 800 mg raw herb equivalent	80mg
Lycopene (all-trans) Lycopene, Solanum lycopersicum L. - Fruit	0.25mg
Pumpkin (Cucurbita pepo L., Seed oleoresin)	300mg
Pygeum (Prunus africana, Stem bark) Standardized to 25 % Phytosterols	10mg
Stinging nettle (4:1) extract (Urtica dioica L., Root) Equivalent to 500 mg 125mg raw herb	40mg
Vitamin B6 (Pyridoxine hydrochloride)	12mg
Pumpkin (4:1) extract (Cucurbita pepo L., Seed) Equivalent to 160 mg of raw herb	40mg
Zinc (Zinc citrate)	10mg
Lecithin (Lecithin, Glycine max L. - Seed)	100mg

Non-Medical Ingredients: Beeswax yellow, safflower oil, silicon dioxide, gelatin, glycerin, caramel, carob powder, purified water.

Recommended Use or Purpose: To help with symptoms of the prostate.

Recommended Dose (Adults): Take 2 capsules daily

Cautions & Warning: Consult a health care practitioner prior to use to exclude a diagnosis of prostate cancer, or if you have diabetes, prostate hyperplasia or prostate cancer. Consult a health care practitioner if symptoms persist or worsen. Discontinue use and consult a health care practitioner if you experience breast pain, discomfort, and/or tenderness. Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. This product has been sealed for your protection. Do not use if seal is broken. Keep out of reach of children. Store in a cool, dry place.



TESTOSTERONE SUPPORT

NPN 80035195

Supplement Facts	prairienaturals
TEST FORCE PER 1 CAPSULE	Amount Per Serving
Fenugreek Extract (10:1/4:1/Powder) (Trigonella foenum-graecum) (20:0 %205mg Saponins)	250mg
Bulgarian Tribulus Terrestris Extract (4:1/Powder)	30mg
Stinging Nettle Extract (4:1) (Urtica dioica)	25mg
Magnesium Aspartate	7.1mg
Zinc Aspartate	2.6mg
Vitamin B6 (Pyridoxine hydrochloride)	40mg
Saw Palmetto (Serenoa repens) (70% fatty acid)	12.5mg
Hesperidin Complex (Bioflavonoid)	12.5mg
Chamomile Extract (4:1) (Matricaria chamomilla)	12.5mg

Non-Medical Ingredients: Oatstraw extract, Magnesium stearate, methylcellulose.

Recommended Use or Purpose: Helps in connective tissue formation. Helps to maintain healthy skin. Helps the body to metabolize carbohydrates, fats and proteins. Helps to maintain immune function.

Recommended Dose (Adults): Take 2 capsules 2 times per day with a meal.

Cautions & Warning: Consult a health care practitioner prior to use to exclude a diagnosis of prostate cancer, or if you have diabetes, prostate hyperplasia or prostate cancer. Consult a health care practitioner if symptoms persist or worsen. Discontinue use and consult a health care practitioner if you experience breast pain, discomfort, and/or tenderness. Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. This product has been sealed for your protection. Do not use if seal is broken. Keep out of reach of children. Store in a cool, dry place.



SILICA 600 MG

NPN 80029331

Supplement Facts	
ULTRA-SILICA PER 1 CAPSULE	
	prairienaturals
Amount Per Serving	
Horsetail (Equisetum arvense)	214mg
10:1 P.E. equivalent to 2,140 mg of the dried herb - standardized to contain 7% (15 mg) of Silica	
Oatstraw (avena sativa)	25mg
Ginseng Root (Eleutherococcus senticosus)	180mg

Non-Medical Ingredients: Microcrystalline cellulose, magnesium stearate, hypromellose.

Recommended Use or Purpose: Helps in the maintenance of healthy skin and nails.

Recommended Dose (Adults): Take 1-2 capsules daily with meals or as directed by a health professional.

Cautions & Warning: Consult a health care practitioner prior to use if you have a serious medical condition or if you are taking prescription medication. Consult a health care practitioner prior to use if you have any type of acute infection. Contra-indications: Do not use if you are pregnant or breastfeeding. Do not use if you have high blood pressure.



OMEGA 3 1000MG

NPN 80020957

Supplement Facts	
OMEGA-PRO ESSENTIAL HP PER 1 CAPSULE	
	CanPrev
Amount Per Serving	
Fish Oil (wild sardines, anchovies & mackerels)	1000mg
- Eicosapentaenoic acid (EPA 20:5 (n-3))	400mg
- Docosahexaenoic acid (DHA 22:6(n-3))	200mg

Non-Medical Ingredients: Molecularly distilled fish oil from small, wild, deep sea fish from South America with Vitamin E (d-alpha tocopherol) added to retain freshness. Bovine gelatin, glycerin, purified water.

Recommended Use or Purpose: Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and brain function. Helps maintain cardiovascular health and to reduce serum triglycerides.

Recommended Dose (Adults): Take 1 to 3 softgels per day with food or as directed by a health care practitioner.

Cautions & Warning: Store in a cool dry place away from heat and sunlight. Because they can affect blood clotting, use fish oil supplements cautiously if you're taking any anticoagulant drugs such as Coumadin (warfarin), have had a hemorrhagic stroke, or are scheduled for surgery. People with allergies to fish should avoid fish-derived Omega-3 capsules.



PRENATAL DHA 500MG

NPN 80065874

Supplement Facts	
PRENATAL DHA PER 1 CAPSULE	
	NORDIC NATURALS
	NutraSea
Amount Per Serving	
Fish Oil providing:	500mg
- Eicosapentaenoic acid (EPA 20:5 (n-3))	102mg
- Docosahexaenoic acid (DHA 22:6(n-3))	240mg
Vitamin D (cholecalciferol/vitamin D3)	5mcg

Non-Medical Ingredients: Fish oil from anchovies and sardines. Softgel capsule made of gelatin, purified water, glycerin, vitamin E and olive oil

Recommended Use or Purpose: Prenatal DHA is the ideal supplement before, during, and after pregnancy, providing safe and effective omega-3 nutrition for moms.

Recommended Dose (Adults): Take 1 capsule twice a day with food.

Cautions & Warning: Store in a cool dry place away from heat and sunlight. Because they can affect blood clotting, use fish oil supplements cautiously if you're taking any anticoagulant drugs such as Coumadin (warfarin), have had a hemorrhagic stroke, or are scheduled for surgery. People with allergies to fish should avoid fish-derived Omega-3 capsules.



VEGAN OMEGA 500MG

NPN 80077246

Supplement Facts	
VEGAN OMEGA (OMEGA-3 OIL) PER 1 CAPSULE	
	NutraSea
Amount Per Serving	
Algal Oil (Schizochytrium spp.)	1.03g
Total EPA + DHA	500mg
- EPA	150mg
- DHA	300mg

Non-Medical Ingredients: Sunflower oil, natural flavour, tocopherols (soy), rosemary extract, green tea extract, ascorbyl palmitate. Soft gel ingredients: modified corn starch, vegetable glycerin, carrageenan, sorbitol (non-gmo), and purified water

Recommended Use or Purpose: Beneficial for the maintenance of good health.

Recommended Dose (Adults): Take 1 to 2 softgels daily.



BORAGE OIL 1000MG

NPN 80020878

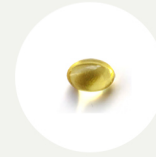
Supplement Facts	
GLA SFP BORAGE OIL PER SOFTGEL	
	NFH
Amount Per Serving	
100% Certified organic borage (Borago officinalis) seed oil	1000mg
Providing:	
Linoleic acid (37%)	370mg
gamma-Linolenic acid (24%) *E.F.A.	240mg

Non-Medical Ingredients: Vitamin E (from non-GMO sunflower) in a softgel made from bovine gelatin, glycerin, and purified water.

Recommended Use or Purpose: dietary supplement for its high concentration of gamma-linolenic acid (GLA), an essential fatty acid that is important for maintaining overall health. It is commonly used to support skin health, relieve symptoms of rheumatoid arthritis and other inflammatory conditions, and to promote healthy hormone balance.

Recommended Dose (Adults): Take 2 softgels twice daily or as directed by your health-care practitioner.

Cautions & Warning: borage oil can interfere with the absorption and effectiveness of certain medications, such as blood thinners and anti-inflammatory drugs. Borage oil can also cause digestive side effects, such as bloating, gas, and diarrhea, particularly if taken in high doses. Additionally, some people may experience skin reactions, such as rashes or hives, after taking borage oil supplements. It is also important to note that borage oil should not be used during pregnancy or breastfeeding, as its effects on these populations are not well understood.



OMEGA-3 MINI 500MG

NPN 80020423

Supplement Facts	
OMEGA 3 MINI PER 1 CAPSULE	
	NOW
Amount Per Serving	
Fish Oil (from whole anchovy) providing:	500mg
- Eicosapentaenoic acid (EPA 20:5 (n-3))	180mg
- Docosahexaenoic acid (DHA 22:6(n-3))	120mg

Non-Medical Ingredients: Softgel (gelatin, glycerin, water), and Vitamin E (as Natural d-AlphaTocopherol).

Recommended Use or Purpose: Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and brain function. Helps maintain cardiovascular health and to reduce serum triglycerides.

Recommended Dose (Adults): Take 2 softgels up to three times daily.

Cautions & Warning: Store in a cool dry place away from heat and sunlight. Because they can affect blood clotting, use fish oil supplements cautiously if you're taking any anticoagulant drugs such as Coumadin (warfarin), have had a hemorrhagic stroke, or are scheduled for surgery. People with allergies to fish should avoid fish-derived Omega-3 capsules.



COENZYME Q10 100MG

NPN 80006266

Supplement Facts

COENZYME Q10
PER 1 CAPSULE



Amount Per Serving	
CoEnzyme Q10 (ubiquinone)	100mg

Non-Medical Ingredients: Rice bran oil, lecithin, yellow beeswax. Capsule shell: Glycerin (vegetable), purified water, gelatin

Recommended Use or Purpose: A powerful antioxidant that supports muscle and heart strength and slows the development of age-related diseases.

Recommended Dose (Adults): Take 1 capsule once daily.

Cautions & Warning: Those who are scheduled for surgery should stop taking this supplement two weeks before as it may interfere with blood pressure control during and after surgery.



DIGESTIVE ENZYMES

NPN 80037271

Supplement Facts

DIGESTIVE ENZYMES (DIGEST MORE HCL)
PER 1 CAPSULE



	Amount Per Serving	Amount Per Serving	
Alpha-Amylase (Aspergillus flavus var. Oryzae – Whole)	90mg / 9000 FCC DU	Pectinase (Aspergillus niger – Whole)	4mg / 60 Endo-PG
Protease (Fungal Protease, Aspergillus flavus var. Oryzae – Whole)	40mg /20,000 FCC HUT	Phytase (Aspergillus niger – Whole)	1mg / 2 FCC FTU
Lipase (Triacylglycerol lipase, Aspergillus niger – Whole)	11.25mg / 36 FCC LU	Betaine HCl	200mg
Cellulase (Trichoderma reesei – Whole)	Cellulase 2mg / 250 FCC CU		
Invertase (sucrose Saccharomyces cerevisiae – Whole)	0.5mg / 50 FCC SU		
Lactase (Aspergillus flavus var. Oryzae – Whole)	2.5mg /250 FCC ALU		
Malt Diastase (Hordeum vulgare – Seed)	12.5mg / 125 FCC DP		

Non-Medical Ingredients: Vegetable capsules (hypromellose, water), Peppermint Flavour, Maltodextrin (potato source)

Recommended Use or Purpose: Provides HCl (stomach acid) for those who do not produce enough, and works to break down food products into their smallest usable components.

Recommended Dose (Adults): Take 1 capsule with each meal to a maximum of 3 capsules per day. Take with the first bite of food.

Cautions & Warning: Consult a health care practitioner prior to use if you are pregnant or breastfeeding, if you have diabetes, gastrointestinal lesions/ulcers, excess stomach acid, are taking anticoagulant agents/blood thinners, or anti-inflammatory agents, or are having upcoming surgery. If you have a peptic ulcer, consult a health care practitioner prior to use. Hypersensitivity/allergy: headaches, heartburn or bloating have been known to occur; in which case, discontinue use. Discontinue use if abdominal pain, nausea or vomiting occurs.



CRANBERRY 36MG

NPN 80104484

Supplement Facts

UTIVA CONTROL SUPPLEMENT
PER 1 CAPSULE



Amount Per Serving	
Urophelenol - 240mg Cranberry (125:1) (Vaccinium macrocarpon) fruit extract providing 15% proanthocyanidins (PACs) = 36mg PAC per DMAC/A2	36mg

Non-Medical Ingredients: Hypromellose, magnesium stearate, rice flour.

Recommended Use or Purpose: For the prevention of recurring or chronic urinary tract infections

Recommended Dose (Adults): Take 1 capsule daily around the same time with or without food. For sex associated UTI or symptomatic relief, take 2 capsules the day of and 2 capsules 24 hours later

Cautions & Warning: All Vitamin K has been removed to minimize interaction with blood thinners and only trace amounts of oxalates exists to minimize impact on kidney stones.



L-THEANINE 225MG

NPN 80029566

Supplement Facts

L-THEANINE
PER 1 CAPSULE



Amount Per Serving	
L-Theanine	225mg

Non-Medical Ingredients: Microcrystalline Cellulose, Magnesium Stearate, Hypromellose / Pullulan (Vegetarian Capsule)

Recommended Use or Purpose: Helps to temporarily promote relaxation.

Recommended Dose (Adults): Take 1 capsule daily.

Cautions & Warning: Theanine can decrease blood pressure, so it is not recommended in individuals who are on blood pressure medication. It can interfere with the effects of stimulants and should not be combined with them unless under the supervision of a doctor. Do not use if you are pregnant or breastfeeding.



MELATONIN 1.5MG

NPN 80002729

Supplement Facts

MELATONIN
PER 1/2 SUBLINGUAL TABLET



Amount Per Serving	
Melatonin	1.5mg

Non-Medical Ingredients: Dicalcium phosphate unmlled, microcrystalline cellulose, croscarmellose sodium, silicon dioxide, magnesium stearate and stearic acid

Recommended Use or Purpose: Helps improve sleep. Helps relieve the daytime fatigue associated with jet lag. Helps to reduce the time it takes to fall asleep. Helps reset the body's sleep-wake cycle.

Recommended Dose (Adults): Start with ½ tablet (1.5mg) for 4 weeks taken 30 minutes before bed. If no improvement is seen, increase to 1 tablet (3mg). For migraine treatment and prevention, take 1 tablet (3mg) 30 minutes before bed.

Cautions & Warning: Consult a health-care practitioner prior to use if you have a hormonal disorder, diabetes, liver or kidney disease, cerebral palsy, seizure disorders, migraines, depression and/or hypertension or if you are taking blood pressure or sedative/hypnotic medications. If symptoms persist continuously for more than 4 weeks (chronic insomnia), consult your health-care practitioner. Do not use if you are taking immunosuppressive drugs. Do not drive or use machinery for 5 hours after taking melatonin. Do not use if you are pregnant or breastfeeding.



MELATONIN 3MG

NPN 80002729

Supplement Facts	
MELATONIN PER 1 SUBLINGUAL TABLET	
	
Amount Per Serving	
Melatonin	3mg

Non-Medical Ingredients: Dicalcium phosphate unmlled, microcrystalline cellulose, croscarmellose sodium, silicon dioxide, magnesium stearate and stearic acid

Recommended Use or Purpose: Helps improve sleep. Helps relieve the daytime fatigue associated with jet lag. Helps to reduce the time it takes to fall asleep. Helps reset the body's sleep-wake cycle.


Recommended Dose (Adults): Start with ½ tablet (1.5mg) for 4 weeks then 30 minutes before bed. If no improvement is seen, increase to 1 tablet (3mg). For migraine treatment and prevention, take 1 tablet (3mg) 30 minutes before bed.

Cautions & Warning: Consult a health-care practitioner prior to use if you have a hormonal disorder, diabetes, liver or kidney disease, cerebral palsy, seizure disorders, migraines, depression and/or hypertension or if you are taking blood pressure or sedative/hypnotic medications. If symptoms persist continuously for more than 4 weeks (chronic insomnia), consult your health-care practitioner. Do not use if you are taking immunosuppressive drugs. Do not drive or use machinery for 5 hours after taking melatonin. Do not use if you are pregnant or breastfeeding.



PROBIOTIC 10B CFU AF*

NPN 80031088

Supplement Facts	
PROBIOTIC (Probiotic G)	
PER 1 CAPSULE	
	
Amount Per Serving	
Lactobacillus acidophilus (La-14)	4B CFU
Lactobacillus salivarius (Ls-33)	0.8B CFU
Lactobacillus casei (Lc-11)	0.4B CFU
Bifidobacterium lactis (BI-04)	4B CFU
Streptococcus thermophilus (St-21)	0.4B CFU
Bifidobacterium bifidum (Bb-06)	0.4B CFU

Non-Medical Ingredients: Rice starch, Hydroxy propyl methylcellulose, Purified water, vegetarian capsule (cellulose, water)

Recommended Use or Purpose: Contains a blend of six clinically tested probiotics that promote favourable gut flora and support gastrointestinal health.

Recommended Dose (Adults): Take 1 capsule once to twice daily with food.


Cautions & Warning: Consult a healthcare practitioner prior to use if you have fever, vomiting, bloody diarrhea or severe abdominal pain. Discontinue use and consult a healthcare practitioner if symptoms of digestive upset occur, worsen, or persist beyond 3 days. Do not use if you have an immune-compromised condition (e.g. AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).

*AF = Allergen Free



PROBIOTIC 11B CFU

NPN 80023139

Supplement Facts	
PROBIOTIC (Probiotic G)	
PER 1 CAPSULE	
	
Amount Per Serving	
Lactobacillus rhamnosus R0011	4.4B CFU
Lactobacillus rhamnosus R1039	3.905B CFU
Lactobacillus helveticus R0052	0.55B CFU
Lactobacillus plantarum R1012	0.44B CFU
Lactobacillus casei R0215	0.44B CFU
Bifidobacterium longum R0175	0.33B CFU
Bifidobacterium infantis R0033	0.33B CFU
Bifidobacterium breve R0070	0.33B CFU
Lactobacillus delbrueckii ssp.bulgarius R9001	0.055B CFU
Streptococcus salivarius ssp.thermophilus R0083	0.22B CFU

Non-Medical Ingredients: Potato starch, inulin and arabinogalactan. Made from 10 specific strains of live cells, chicory root and larch tree (prebiotic).

Recommended Use or Purpose: Provides doses of live probiotic cells scientifically supported to effectively reduce risk of diarrhea, enhance the immune system, prevent infections, and maintain a good balance of intestinal microorganisms (colon health).


Recommended Dose (Adults): Take 1-2 capsules daily with water or juice or as directed by your health-care practitioner.

Cautions & Warning: Do not use if you have an immune-compromised condition such as AIDS or lymphoma, or if you are undergoing long-term corticosteroid treatment. As with any natural health product, you should consult a healthcare practitioner on the use of this product. Consult a healthcare practitioner prior to use if you have fever, vomiting, bloody diarrhea or severe abdominal pain. This product has come into contact with milk and soy. Do not use if you are allergic to dairy or soy products.



PROBIOTIC 15B CFU

NPN 80020819

Supplement Facts	
PROBIOTIC (PRO-BIOTIK)	
PER 1 CAPSULE	
	
Amount Per Serving	
Bifidobacterium bifidum HA-132	2.25B CFU
Bifidobacterium longum HA-135	2.25B CFU
Lactobacillus acidophilus HA-122	1.50B CFU
Lactobacillus plantarum HA-119	4.95B CFU
Lactobacillus rhamnosus HA-111	4.05B CFU

Non-Medical Ingredients: Ascorbic acid, fatty acids, silicon dioxide, potato starch, vegetable capsule.

Recommended Use or Purpose: A source of probiotics that promotes a favorable gut flora and helps support gastrointestinal health.


Recommended Dose (Adults): Take 1 or 2 capsules per day with food or as directed by a healthcare practitioner.

Cautions & Warning: Consult a healthcare practitioner prior to use if you have fever, vomiting, bloody diarrhea or severe abdominal pain. Discontinue use and consult a health care practitioner if symptoms of digestive upset (e.g. diarrhea) occur, worsen, or persist beyond 3 days. Do not use if you have an immune-compromised condition (e.g. AIDS, lymphoma, patients undergoing long-term corticosteroid treatment). This product has come into contact with milk and soy. Do not use if you are allergic to dairy or soy products.



PROBIOTIC 25B CFU

NPN 80105589

Supplement Facts	
PROBIOTIC (Ultimate Flora Daily Care)	
PER 1 CAPSULE	
	
Amount Per Serving	
WHOLE CELL, Billion CFU	
Bifidobacterium lactis BI-04	11.16
Bifidobacterium lactis BB-12 DSM15954	1.5
Bifidobacterium infantis BI-26	0.02
Lactobacillus acidophilus La-14	0.09
Lactobacillus brevis Lbr-35	0.17
Lactobacillus casei Lc-11	0.17
Lactobacillus paracasei Lpc-37	0.17
Lactobacillus plantarum Lp-115	4.6
Lactobacillus reuteri RC-14	1
Lactobacillus rhamnosus GG-1	1
Lactobacillus rhamnosus GG	4.6
Lactococcus lactis LI-23	0.52

Non-Medical Ingredients: Cellulose, L-Leucine, hypromellose, gellan gum, ingredients used to maintain the viability of live microorganisms (trehalose, dipotassium phosphate, monobasic potassium phosphate, sucrose, sodium chloride, maltodextrin, sodium L-aspartate, sodium ascorbate, magnesium sulfate, dextrose)

Recommended Use or Purpose: a potent daily multi-strain formula that contains lactobacilli that are found in a healthy vagina and Bifidobacteria that assist in restoring digestive harmony, helping you feel lighter, brighter and more energized.


Recommended Dose (Adults): Take 1 capsule daily. If you are on antibiotics, take at least 2-3 hours before or after.

Cautions & Warning: If you have fever, vomiting, bloody diarrhea, or severe abdominal pain, consult a health care practitioner prior to use. Stop use and consult a health care practitioner if symptoms of digestive upset (e.g. diarrhea) occur, worsen and/or persists beyond 3 days. Do not use the product if you have an immune-compromised condition (e.g. AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).



ALPHA LIPOIC ACID 250MG

NPN 80004701

Supplement Facts	
ALPHA LIPOIC ACID	
PER 1 CAPSULE	
	
Amount Per Serving	
Alpha Lipoic Acid	250mg

Non-Medical Ingredients: Rice Flour, Veg Capsule (hypromellose, water), Stearic Acid (vegetable source), Silica.

Recommended Use or Purpose: For the maintenance of healthy glucose levels.

Recommended Dose (Adults): Take 1 capsule, 2-3 times daily with meals.

Cautions & Warning: Consult a health care practitioner prior to use if you are pregnant or breastfeeding or if you have diabetes. If you experience sweating, paleness, chills, headache, dizziness and/or confusion, discontinue use and consult a health care practitioner (as these may be symptoms of serious low blood sugar).



BLUE LIGHT PROTECTION

NPN 80045316

Supplement Facts		prairienaturals	
Softgel		PER 1 CAPSULE	
	Amount Per Serving		
Lutein (Tagetes erecta L. (Asteraceae))	10 mg		
Astaxanthin (Haematococcus pluvialis – whole)	4 mg		
Zeaxanthin (Tagetes erecta L. (Asteraceae))	2 mg		

Non-Medical Ingredients: Beeswax, gelatin (encapsulating agent), non-GMO sunflower lecithin, organic olive oil.

Recommended Use or Purpose: Helps improve macular pigment optical density, which helps to protect the eyes against both blue light and oxidative damage. Helps support eye health by filtering out blue light and reducing oxidative damage. Antioxidant for the maintenance of good health. Helps to reduce the risk of developing cataracts.

Recommended Dose (Adults): Take 1 softgel daily with a meal containing oil/fat, or as directed by a health care practitioner.

Cautions & Warning: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family. If seal around cap is broken or missing, do not use. Store in tightly sealed, light- and oxygen-resistant container in a cool, dry place.



FEMALE FERTILITY SUPPORT

NPN 80080809

Supplement Facts		NFH	
Oral		PER 1 CAPSULE	
	Amount Per Serving		
PQ10 (semulified coenzyme Q10)	50mg		
Acetyl-L-carnitine hydrochloride	125mg		
N-Acetyl-L-cysteine	125mg		
R-alpha-Lipoic acid	50mg		
myo-Inositol	250mg		
Mixed tocopherols concentrate (from sunflower)	25mg		
Vitamin C	50mg		

Non-Medical Ingredients: Pea protein, vegetable magnesium stearate and silicon dioxide in a capsule composed of vegetable carbohydrate gum and purified water.

Recommended Use or Purpose: a synergistic formulation of key evidence based nutraceuticals that can help improve egg quality in patients trying to conceive, undergoing fertility treatment, or with PCOS.

Recommended Dose (Adults): Take 2 capsules twice daily with meals or as directed by your healthcare practitioner.

Cautions & Warning: Consult a health-care practitioner prior to use if you are pregnant or breast-feeding; if you are taking blood pressure medication or blood thinners; if you have kidney stones; or if you have diabetes. Do not use this product if you are taking antibiotics or nitroglycerin. For adult use only. Consult a health-care practitioner prior to use to ensure the timely treatment of a serious cause of infertility. Keep out of reach of children.



HEALTHY EYES

NPN 80047550

Supplement Facts		prairienaturals	
Softgel		PER 1 SOFTGEL	
	Amount Per Serving		
Beta-Carotene (natural) (2500 IU)	1500mcg		
Vitamin B1 (thiamine) (benfotiamine)	5mg		
Zinc (zinc methionine)	5mg		
Copper (copper citrate)	500mcg		
Selenium (L-(+)-Selenomethionine)	50mcg		
Lutein (Tagetes erecta L. (Asteraceae))	5mg		
Astaxanthin (Haematococcus pluvialis – whole microalgae)	1mg		
Dark Berry 4:1 Extract Blend	50mg		
(Bilberry fruit – Vaccinium myrtillus 25 mg, Blackberry fruit – Rubus plicatus 12.5 mg, Blueberry fruit – Vaccinium corymbosum 12.5 mg)			
Non-GMO Vitamin E Mixed Tocopherol Concentrate (75 IU)	50mg		
(41 IU gamma-tocopherol, 22 IU delta-tocopherol, 11 IU D-alpha-tocopherol, 1 IU beta-tocopherol)			
Taurine (L-Taurine)	200mg		

Non-Medical Ingredients: Beeswax, gelatin (encapsulating agent), non-GMO sunflower lecithin, organic olive oil, rosemary extract, glycerin, carb powder and purified water.

Recommended Use or Purpose: Antioxidant for the maintenance of eye health. Helps to maintain eyesight in conditions (associated with sunlight damage), such as cataracts and age-related macular degeneration. Helps to reduce the risk of developing cataracts. Helps to improve macular pigment optical density. Helps to produce and repair connective tissue. Source of Vitamin A to help in the development and maintenance of night vision.

Recommended Dose (Adults): Take 1 softgel two times daily with a meal, or as directed by a health care practitioner. Take a few hours before or after taking other medications.

Cautions & Warning: Store in tightly sealed, light- and oxygen-resistant container in a cool, dry place. Consult a health care practitioner prior to use if you are pregnant or breastfeeding or a tobacco smoker. Stomach / abdominal pain has been known to occur, in which case discontinue use and consult a health care practitioner.



LECHITHIN 1200MG

NPN 80096009

Supplement Facts		NOW	
Softgel		PER 1 CAPSULE	
	Amount Per Serving		
Sunflower Lecithin	1200mg		
(from Helianthus annuus seed, providing Phosphatidyl Choline)	180mg		

Non-Medical Ingredients: Softgel Capsule (bovine gelatin, glycerin, water), Organic Extra Virgin Olive Oil.

Recommended Use or Purpose: A factor in the maintenance of good health, Helps to support liver function, Source of Choline.

Recommended Dose (Adults): Take 1 to 2 softgels once daily.

Cautions & Warning: The most common adverse symptoms associated with it include diarrhea, abdominal pain, nausea and bloating. If you experience these or any other side effects, consider decreasing your dosage or consulting with your doctor if symptoms persist.



MALE FERTILITY SUPPORT

NPN 80076525

Supplement Facts		NFH	
Softgel		PER 1 CAPSULE	
	Amount Per Serving		
PQ10 (semulified coenzyme Q10)	75mg		
Acetyl-L-carnitine hydrochloride	250mg		
N-Acetyl-L-cysteine	125mg		
Selenium (from selenomethionine)	50mcg		
Zinc (from zinc citrate)	2.5mg		
Mixed tocopherols (from non-GMO soy)	25mg		
Vitamin C	125mg		
Chromium (from chromium picolinate)	62.5mg		
Vitamin B12 (methylcobalamin)	250mcg		
Folate (from calcium L-5-methyltetrahydrofolate)	200 mcg		

Non-Medical Ingredients: Pea protein, vegetable magnesium stearate, and silicon dioxide in a vegetable capsule composed of vegetable carbohydrate gum and purified water.

Recommended Use or Purpose: Male Fertility SAP is a synergistic formulation of key evidence-based nutraceuticals that can help improve sperm quality and function and alleviate infertility.

Recommended Dose (Adults): Take 2 capsules twice daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

Cautions & Warning: Consult a health-care practitioner prior to use if you are taking blood pressure medication or blood thinners; if you have kidney stones; if you have a liver disease, a kidney disease, or a seizure disorder; if you have a history of non-melanoma skin cancer; if you have a kidney disorder and/or diabetes; and to ensure the timely treatment of a serious cause of infertility. Do not use this product if you are taking antibiotics or nitroglycerin.



MARINE COLLAGEN 500MG

NPN 80075889

Supplement Facts		NEOCELL	
Softgel		PER 1 CAPSULE	
	Amount Per Serving		
Hydrolyzed Collagen (fish - scaled)	500mg		
Magnesium (magnesium oxide)	33mg		
Vitamin C (ascorbic acid)	10mg		
Hyaluronic Acid (sodium hyaluronate)	5mg		
Silicon (silicon dioxide)	3.3mg		
Zinc (zinc oxide)	0.83mg		
Vitamin B6 (pyridoxine hydrochloride)	0.33		
Copper (copper II gluconate)	0.33mg		
Vitamin B12 (cyanocobalamin)	0.1mg		

Non-Medical Ingredients: Magnesium stearate, Di-Calcium phosphate, Gelatin, fish.

Recommended Use or Purpose: Helps to maintain proper muscle function. Helps in tissue formation as well as the development and maintenance of bones, cartilage, teeth and gums.

Recommended Dose (Adults): Take 4 capsule daily.

Cautions & Warning: Contains fish (carp). May contain trace amounts of naturally occurring sulfite residues. Do not use if you have a fish or sulfite allergy. May cause mild gastrointestinal disturbances. Do not use if you are pregnant or breastfeeding.



N-ACETYL-CYSTEINE 500MG

NPN 80005832

Supplement Facts	
N-A-C PER 1 CAPSULE	
	Amount Per Serving
N-Acetyl-L-Cysteine	500mg

Non-Medical Ingredients: sodium stearyl fumarate, microcrystalline cellulose. Capsule: hypromellose.

Recommended Use or Purpose: Acetylated cysteine is better absorbed than regular cysteine. AOR's N-A-C is an excellent choice for those looking for a single supplement to promote overall health including cellular protection and cardiovascular health. People suffering from chronic respiratory conditions may also benefit from the regular use of N-A-C.

Recommended Dose (Adults): Take one capsule per day with a meal containing protein, or as directed by a qualified health care practitioner

Cautions & Warning: Consult a health care practitioner prior to use if you suffer from cystinuria or cystine kidney stones, if you are pregnant or breastfeeding, for use beyond six months or if symptoms persist or worsen. Do not use charcoal, if you are taking antibiotics or nitroglycerin.



PROBIOTIC EXTRA STRENGTH 50B

NPN 80108931

Supplement Facts	
PRO-BIOTIC 50B EXTRA STRENGTH PER 1 CAPSULE	
	Amount Per Serving
Bifidobacterium animalis subsp. lactis BI-07	2.5 billion CFU
Bifidobacterium animalis subsp. lactis DSM 15954	2.5 billion CFU
Bifidobacterium animalis subsp. lactis BL-04	6 billion CFU
Bifidobacterium bifidum BI-06	2.5 billion CFU
Bifidobacterium longum subsp. longum BL-05	0.5 billion CFU
Lactobacillus acidophilus La-14	5 billion CFU
Lactocaseibacillus casei Lc-11	5 billion CFU
Lactocaseibacillus paracasei Lpc-37	5 billion CFU
Lactiplantibacillus plantarum Lp-115	5 billion CFU
Lactocaseibacillus rhamnosus GG	3 billion CFU
Ligilactobacillus salivarius La-33	5 billion CFU
Lactococcus lactis LL-23	7 billion CFU
Lactococcus lactis MJC18	0.5 billion CFU
Pediococcus acidilactici UL5	0.5 billion CFU
Vitamin C (ascorbic acid)	20mg

Non-Medical Ingredients: Acacia (Fibregum™), vegetable-grade magnesium stearate, monopotassium phosphate, dipotassium phosphate, sodium chloride, trehalose, vegetable capsule, sucrose.

Recommended Use or Purpose: An extra strength formula for restoring the gut after gastrointestinal disturbances or antibiotic use

Recommended Dose (Adults): Take one (1) capsule per day at least two (2) to three (3) hours before or after antibiotics or as directed by a healthcare practitioner.

Cautions & Warning: As with any natural health product, you should consult a healthcare practitioner prior to use, especially if you have a fever, vomiting, bloody diarrhoea or severe abdominal pain. Stop use and consult a healthcare practitioner if symptoms of digestive upset (e.g. diarrhoea) occur, worsen and/or persists beyond 3 days. Do not use if seal is broken. Keep out of reach of children. Do not use this product if you have an immune-compromised condition (e.g. AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).



QUERCETIN 500MG

NPN 80092027

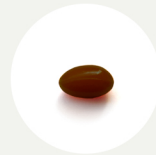
Supplement Facts	
Quercetin PER 1 CAPSULE	
	Amount Per Serving
Quercetin*	500mg

Non-Medical Ingredients: Silicon dioxide, magnesium stearate, hypromellose.

Recommended Use or Purpose: Quercetin is the flavone aglycone (non-sugar-bound) form of the polyphenolic flavonoid rutin. Quercetin is the major bioflavonoid in the human diet and an antioxidant for the maintenance of good health. It has shown benefits in the areas of: Cardiovascular health, Circulation, Cellular growth & differentiation, Analgesic properties, Antioxidant, Blood sugar balance, Allergies.

Recommended Dose (Adults): Take one capsule twice daily with food, or as directed by a qualified health care practitioner.

Cautions & Warning: Do not use if you are pregnant or breastfeeding or for use beyond 12 weeks.



UBIQUINOL 100MG

NPN 80062037

Supplement Facts	
Ubiquinol PER 1 CAPSULE	
	Amount Per Serving
Ubiquinol	100mg

Non-Medical Ingredients: Medium chain triglycerides (from coconut), purified water, glycerin, gelatin, silica, iron oxide.

Recommended Use or Purpose: Ubiquinol plays a role in migraine prevention and helps support heart health as a powerful antioxidant

Recommended Dose (Adults): Take 1 softgel per day with food or as directed by a healthcare practitioner. For migraine prevention, take 1 softgel, 2 times per day. As a migraine prevention, use for a minimum of 3 months to see beneficial effects

Cautions & Warning: Those who are scheduled for surgery should stop taking this supplement two weeks before as it may interfere with blood pressure control during and after surgery. As with any natural health product, you should consult a healthcare practitioner on the use of this product, especially if you are taking blood thinners or blood pressure medication, or if you have a medical condition. Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding. If the frequency of migraines increases, and associated nausea and vomiting persist or worsen, consult a health care practitioner. Do not use if seal is broken. Keep out of reach of children.

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We believe in a food first approach to health, and recognize the profound influence that diet has on our overall well being. With stress levels on the rise and nutrient density in our foods on the decline, the reality is that most individuals are not getting the nutrition they need. We are all too aware of these increasing demands on our system and together, with our shared beliefs and expertise, we remain passionate about helping individuals achieve the highest levels of health.

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