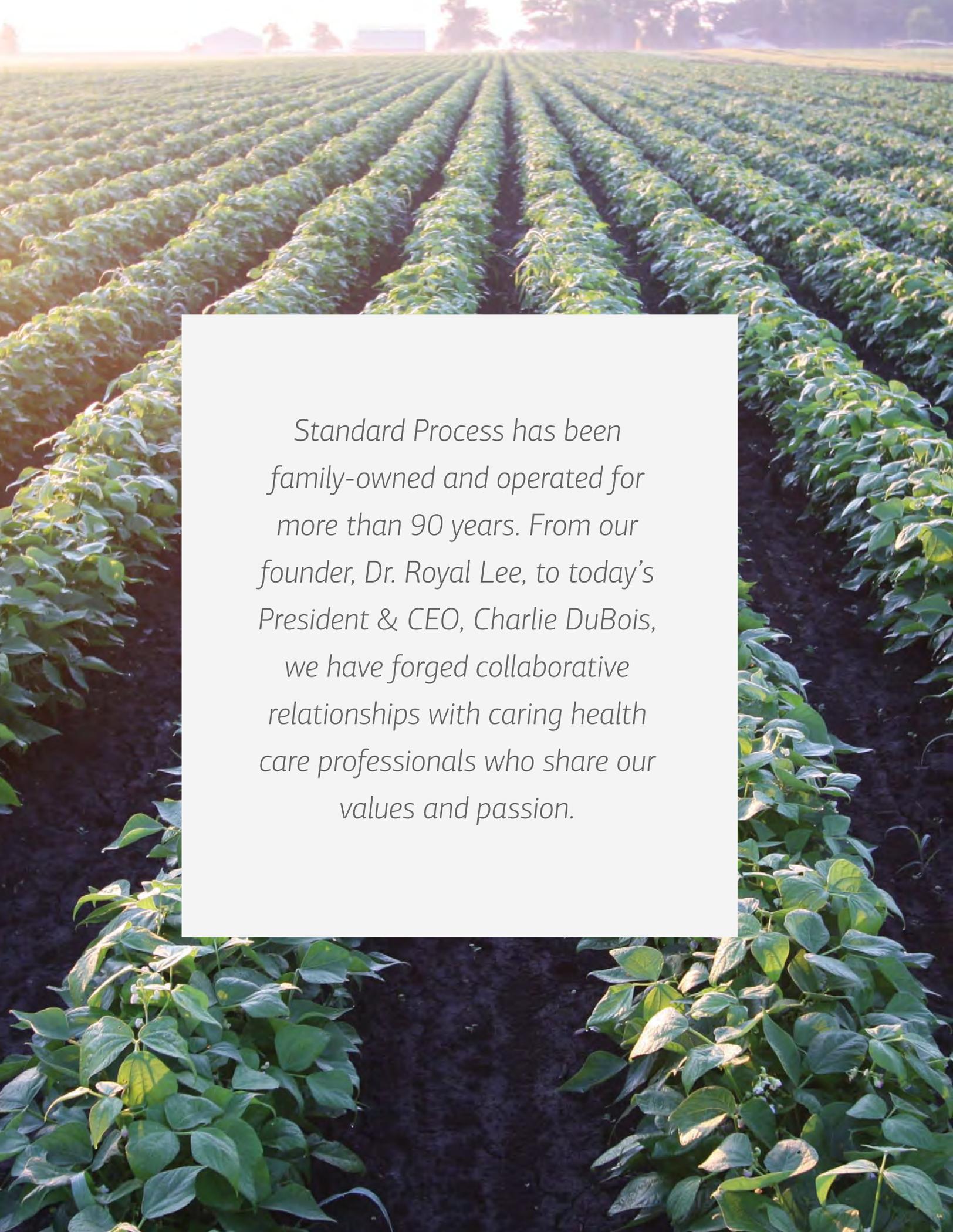




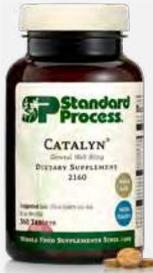
# Product Catalog

SEPTEMBER 2023





*Standard Process has been family-owned and operated for more than 90 years. From our founder, Dr. Royal Lee, to today's President & CEO, Charlie DuBois, we have forged collaborative relationships with caring health care professionals who share our values and passion.*



## Standard Process®

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Standard Process creates high-quality, nutrient-dense supplements that change lives. We've been innovating whole food-based nutrition since 1929, and we apply a holistic approach to helping health care professionals advance patient health.



## SP Children's®

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SP Children's® products are specifically formulated to address the unique needs of young bodies by delivering vital nutrients in a tasty form.



## MediHerb®

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Standard Process is the exclusive U.S. distributor of MediHerb® — a leader in herbal supplements among health care professionals. MediHerb products draw on the latest scientific evidence and centuries of traditional knowledge to reflect a commitment to healthy living.



## Veterinary Formulas™

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Standard Process Veterinary Formulas provide animals with effective, targeted nutritional support. Our canine, feline, and equine nutritional supplements use the same meticulous processes and quality ingredients found in our human nutritional supplements.



WHOLE FOOD NUTRIENT SOLUTIONS

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## Safe and Effective Nutritional Supplements

For over four generations, Standard Process, a family-owned company, has been dedicated to changing lives through whole food nutritional supplements. We team-up with health care professionals to holistically support the body's interrelated systems and address issues related to health conditions.



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Ovatrophin P PMG™	81	SP Cleanse®	93	Tuna Omega-3 Oil	109
Ovex®	81	SP Complete®	94	USF Ointment®	110
Ovex® P	82	SP Complete® Chocolate	95	Utrophin PMG®	110
Pancreatrophin PMG®	82	SP Complete® Dairy Free	96	Vasculin®	110
Paraplex®	82	SP Complete® Vanilla	97	Veg-E Complete Pro™ Chocolate	111
Parotid PMG®	83	SP Detox Balance™	98	Veg-E CompletePro™ Vanilla	112
Phosfood® Liquid	83	SP Detox Balance™ Chai	98	Wheat Germ Oil	112
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# Product Selection Guide by Health Interests and Dietary Needs

## Blood Sugar and Metabolism

### Standard Process

B<sub>6</sub>-Niacinamide  
Chromium Complex  
Cyruta®  
Cyruta® Plus  
Diaplex®  
Fen-Gre®  
Glucose Assist™  
Chocolate  
Glucose Assist™ Vanilla  
Inositol  
Niacinamide B<sub>6</sub>  
Purification Program Kits  
SP Complete®  
SP Complete® Chocolate  
SP Complete® Dairy Free  
SP Complete® Vanilla  
Veg-E Complete Pro™  
Chocolate  
Veg-E Complete Pro™  
Vanilla  
Whey Pro Complete  
Whole Food Fiber

### MediHerb

Black Cumin Seed Forte  
Gymnema  
Metabol Complex

## Bone, Joint, and Muscle

### Standard Process

Bio-Dent®  
Calcifood® Wafers  
Calcium Lactate Tablets  
Glucosamine Synergy®  
Health Pack: Bone  
Hemp Oil Complex™  
Ligaplex® I  
Ligaplex® II  
Olprima™ EPA | DHA  
Whey Pro Complete

### MediHerb

Bone Complex  
Boswellia Complex  
Gotu Kola Complex  
Saligesic  
Turmeric Forte

## Brain and Cognition

### Standard Process

Calamari Omega-3  
Liquid  
Choline  
E-Z Mg™  
Ginkgo Synergy  
Neuroplex®  
Olprima™ DHA  
Olprima™ EPA | DHA  
OPC Synergy®  
Tuna Omega-3 Oil

### MediHerb

Ashwagandha Forte  
Bacopa Complex  
Ginkgo Forte  
Rhodiola & Ginseng  
Complex  
Turmeric Forte

## Children's Health - For ages 4 and older

### Standard Process

Calamari Omega-3  
Liquid  
Catalyn® Chewable  
Congaplex® Chewable  
SP Children's™ Immune  
Tuna Omega-3 Chewable  
Whole Food Fiber

## Detox and Liver

### Standard Process

A-F Betafood®  
Betacol®  
Cruciferous Complete™  
GI Adsorb™  
Livaplex®  
Purification Program Kits  
Spanish Black Radish  
SP Cleanse®  
SP Detox Balance™  
SP Detox Balance™  
Program Kits  
SP Detox Balance™ Chai  
SP Detox Balance™ Chai  
Program Kits  
SP Green Food®  
Whole Food Fiber

## MediHerb

ChelaCo  
LivCo®  
Livton® Complex  
Milk Thistle Forte  
Rehmannia Complex

## Digestive Health

### Standard Process

A-F Betafood®  
Cholacol®  
Collinsonia Root  
Enzycore  
Gastrex  
Gastro-Fiber®  
GI Adsorb™  
GI Stability™  
Microbiome Test Kit  
Multizyme®  
Okra Pepsin E<sub>3</sub>  
ProSynbiotic  
Spanish Black Radish  
Whole Food Fiber  
Zymex® Capsules  
Zymex® II  
Zypan

### MediHerb

Berberine Active  
Colax  
Digest Forte  
Gut Flora Complex  
HiPep

## Fish Oil's and Omega's

### Standard Process

Black Curren Seed Oil  
Calamari Omega-3  
Liquid  
Cod Liver Oil  
Flax Oil Plus  
Flax Oil with B<sub>6</sub>  
Health Pack: General  
Hemp Oil Complex™  
Olprima™ DHA  
Olprima™ EPA  
Olprima™ EPA | DHA  
Omega-3 Index Plus  
Test Kit  
Tuna Omega-3 Chewable  
Tuna Omega-3 Oil

## MediHerb

Evening Primrose Oil

## Fitness

### Standard Process

B Vitality with CoQ10  
Cardio-Plus®  
Cataplex® E<sub>2</sub>  
Cruciferous Complete  
Epimune Complex  
Ferrofood®  
Glucosamine Synergy®  
Ligaplex® I  
Ligaplex® II  
OPC Synergy®  
SP Complete®  
SP Complete® Chocolate  
SP Complete® Dairy Free  
SP Complete® Vanilla  
Veg-E Complete Pro™  
Chocolate  
Veg-E Complete Pro™  
Vanilla  
Whey Pro Complete

### MediHerb

Boswellia Complex  
Rhodiola & Ginseng  
Complex  
Saligesic

## General Wellness

### Standard Process

B Vitality with CoQ10  
Calcium Lactate  
Catalyn®  
Catalyn® Chewable  
Cataplex® D  
Chlorophyll Complex™  
Epimune Complex  
E-Z Mg™  
Health Pack: Bone  
Health Pack: General  
Magnesium Lactate  
OPC Synergy®  
ProSynbiotic  
SP Green Food®  
Tuna Omega-3 Oil  
Veg-E Complete Pro™  
Chocolate  
Veg-E Complete Pro™  
Vanilla

## MediHerb

Echinacea Premium  
HerbaVital

## Healthy Aging

### Standard Process

B Vitality with CoQ10  
Cataplex® D  
Ferrofood®  
Health Pack: Bone  
Regeneplex®  
Senaplex®  
Zypan®

### MediHerb

ProstaCo  
Tribulus  
Wild Yam Complex

## Heart and Circulation

### Standard Process

B Vitality with CoQ10  
Cardio-Plus®  
Cataplex® B  
Cholaplex®  
Circuplex®  
Cyruta®  
Cyruta® Plus  
Garlic  
Olprima™ EPA | DHA  
Vasculin®

### MediHerb

Garlic Forte  
Hawthorn  
Vascular Care Complex  
Vitanox®

## Immune System

### Standard Process

Allerplex®  
Cataplex® D  
Congaplex®  
C Synergy  
Echinacea-C™  
Epimune Complex  
GI Stability™  
Health Pack: Immune  
System  
Health Pack: Immune  
System - Vegetarian  
Immuplex®

ProSynbiotic  
Zinc Chelate™

### MediHerb

AllergCo  
Andrographis Complex  
Astragalus Complex  
Broncafec®  
Cat's Claw Forte  
Echinacea Premium  
Ganoderma & Shiitake  
Herbal Throat Spray  
Phytosynergist®  
Sinus Forte  
Viranon

### Men's Health

#### Standard Process

Symplex® M  
Zinc Chelate™

#### MediHerb

Ashwagandha Complex  
Ashwagandha Forte  
ProstaCo  
Tongkat Ali  
Tribulus

### Sleep, Stress, and Mood

#### Standard Process

Drenamin®  
E-Z Mg™  
Health Pack: Adrenal  
Hemp Oil  
Hemp Oil Complex™  
Magnesium Lactate  
Min-Chex®  
Min-Tran®  
Olprima™ EPA  
Orchex®  
St. John's Wort IMT

#### MediHerb

Adrenal Complex  
Adrenal Tonic  
Phytosynergist®  
Ashwagandha Complex  
Ashwagandha Forte  
Kava Forte  
Nervagesic  
Nevaton Forte  
St. John's Wort 1.8g  
Valerian Complex

### Vitamins and Minerals

#### Standard Process

B<sub>6</sub>-Niacinamide  
B Vitality with CoQ10  
Calcium Lactate  
Catalyn®  
Catalyn® with Iron

Cataplex® A  
Cataplex® A-C-P  
Cataplex® B  
Cataplex® B<sub>2</sub>  
Cataplex® B<sub>12</sub>  
Cataplex® B Core  
Cataplex® D  
Cataplex® E  
Chromium Complex  
C Synergy  
E-Z Mg™  
Ferrofood®  
Folic Acid B<sub>12</sub>  
Health Pack: General  
Immuplex®  
Magnesium Lactate  
Niacinamide B<sub>6</sub>  
Organically Bound  
Minerals  
Trace Minerals-B<sub>12</sub>™  
Zinc Chelate™

### Women's Health

#### Standard Process

Black Currant Seed Oil  
Fen-Gre®  
Ferrofood®  
Folic Acid B<sub>12</sub>  
Health Pack: Bone  
Health Pack: General  
Female Endocrine  
Regeneplex®  
Symplex® F

#### MediHerb

Bone Complex  
Chaste Tree  
Cramplex  
Cranberry Complex  
Evening Primrose Oil  
FemCo  
Wild Yam Complex

### Dietary Needs

#### Gluten-Free

A-C Carbamide®  
A-F Betafood®  
Adrenal Desiccated  
Antronex®  
Arginex®  
B<sub>6</sub>-Niacinamide  
Betacol®  
Betafood®  
Betaine Hydrochloride  
Biost®  
Black Currant Seed Oil  
B Vitality with CoQ10  
Cal-Amo®  
Cal-Ma Plus®  
Calamari Omega-3  
Liquid

Calcium Lactate  
Calcium Lactate Powder  
Calso®  
Cardio-Plus® GF  
Cardiotrophin PMG®  
Catalyn® GF  
Cataplex® B-GF  
Cataplex® B<sub>12</sub>  
Cataplex® D  
Cataplex® E  
Chlorophyll Complex™  
Cholacol®  
Choline®  
Chromium Complex  
Cod Liver Oil  
Collinsonia Root  
Cruciferous Complete™  
Cyruta®  
Cyruta® Plus  
Dermatrophin PMG®  
Drenamin®  
Drenatrophin PMG®  
E-Manganese™  
E-Z Mg™  
Echinacea-C™  
Enzycore  
Epimune Complex  
Fen-Cho®  
Fen-Gre®  
Flax Oil Plus  
Flax Oil with B<sub>6</sub>  
Garlic  
Gastro-Fiber®  
GI Adsorb™  
GI Stability™  
Ginkgo Synergy®  
Glucose Assist™  
Chocolate  
Glucose Assist™ Vanilla  
Health Pack: Immune  
System – Vegetarian  
Hemp Oil  
Hemp Oil Complex™  
Hepatrophin PMG®  
Hypothalamus PMG®  
Hypothalmex®  
Immuplex®  
Inositol  
Inositol Powder  
Iodomere®  
Lact-Enz®  
Ligaplex® I  
Livaplex®  
Magnesium Lactate  
Mammary PMG®  
Manganese B<sub>12</sub>™  
Min-Tran®  
Multizyme®  
Neurotrophin PMG®  
Nutrimere®  
Oculotrophin PMG®

Okra Pepsin E<sub>3</sub>  
Olprima™ DHA  
Olprima™ EPA  
Olprima™ EPA I DHA  
OPC Synergy®  
Orchic PMG®  
Organically Bound  
Minerals  
Ostrophin PMG®  
Ovatrophin P PMG™  
Ovex®  
Ovex® P  
Parotid PMG®  
Phosfood® Liquid  
Pituitrophin PMG®  
Pneumotrophin PMG®  
Prebiotic Inulin  
Prolamine Iodine  
Prolamine Iodine Plus  
Prostate PMG®  
ProSynbiotic  
Purification Program Kits  
Regeneplex®  
Renatrophin PMG®  
Ribonucleic Acid (RNA)  
Sesame Seed Oil  
Soybean Lecithin  
SP Children's™ Immune  
SP Cleanse®  
SP Complete®  
SP Complete® Chocolate  
SP Complete® Dairy Free  
SP Complete® Vanilla  
SP Detox Balance™  
SP Detox Balance™  
Program Kits  
SP Detox Balance™ Chai  
SP Detox Balance™ Chai  
Program Kits  
SP Green Food®  
Spanish Black Radish  
Spleen Desiccated  
Spleen PMG®  
St. John's Wort-IMT™  
StandardBar® - Berry  
StandardBar® - Cocoa  
Cherry  
StandardBar® - Cocoa  
Crisp  
StandardBar® - Peanut  
Butter  
StandardBar® - Soy  
Almond  
Crunch  
Symplex® F  
Symplex® M  
Thymex®  
Thymus PMG®  
Thytrophin PMG®  
Tuna Omega-3 Chewable

Tuna Omega-3 Oil  
Utrophin PMG®  
Veg-E Complete Pro™  
Chocolate  
Veg-E Complete Pro™  
Vanilla  
Wheat Germ Oil  
Wheat Germ Oil  
Fortified™  
Whey Pro Complete  
Whole Food Fiber  
Zinc Chelate™  
Zinc Complex  
Zinc Test™  
Zymex® Capsules  
Zymex® II  
Zypan®

### Non-Dairy Formula

A-C Carbamide®  
A-F Betafood®  
Albaplex®  
Allerplex®  
Antronex®  
Arginex®  
B<sub>6</sub>-Niacinamide  
Betacol®  
Betafood®  
Betaine Hydrochloride  
Bio-Dent®  
Biost®  
B Vitality with CoQ10  
Calamari Omega-3 Oil  
Cal-Amo®  
Calcifood®  
Calcifood® Powder  
Calcium Lactate  
Calcium Lactate Powder  
Cal-Ma Plus®  
Calso®  
Cardio-Plus®  
Cardio-Plus® GF  
Cardiotrophin PMG®  
Catalyn®  
Catalyn® Chewable  
Catalyn® with Iron  
Cataplex® A  
Cataplex® A-C  
Cataplex® A-C-P  
Cataplex® B  
Cataplex® B<sub>2</sub>  
Cataplex® B<sub>12</sub>  
Cataplex® B-Core  
Cataplex® B-GF  
Cataplex® C  
Cataplex® D  
Cataplex® E  
Cataplex® E<sub>2</sub>  
Cataplex® F  
Chlorophyll Complex™

Cholacol®  
 Cholaplex®  
 Choline  
 Chromium Complex  
 Circuplex®  
 Cod Liver Oil  
 Collinsonia Root  
 Congaplex®  
 Congaplex® Chewable  
 Cruciferous Complete™  
 C Synergy  
 Cyrofood®  
 Cyruta®  
 Cyruta® Plus  
 Dermatrophin PMG®  
 Diaplex®  
 Drenamin®  
 Drenatrophin PMG®  
 Echinacea-C™  
 E-Manganese™  
 Emphaplex®  
 Enzycore  
 Epimune Complex  
 Eyeplex®  
 E-Z Mg™  
 Fen-Cho®  
 Fen-Gre®  
 Ferrofood®  
 Flax Oil Plus  
 Flax Oil with B<sub>6</sub>  
 Folic Acid B<sub>12</sub>  
 For-Til B<sub>12</sub>®  
 GI Adsorb™  
 Garlic  
 Gastrex®  
 Gastro-Fiber®  
 Ginkgo Synergy®  
 Glucosamine Synergy®  
 Health Pack: Adrenal  
 Health Pack: Bone  
 Health Pack: General  
 Health Pack: Immune  
 Hemp Oil  
 Hemp Oil Complex™  
 Hepatrophin PMG®  
 Hypothalamus PMG®  
 Hypothalmex  
 Immuplex®  
 Inositol  
 Inositol Powder  
 Iodomere®  
 Lact-Enz®  
 Ligaplex® I  
 Ligaplex® II  
 Livaplex®  
 Magnesium Lactate  
 Mammary PMG®  
 Manganese B<sub>12</sub>™  
 Min-Tran®

Min-Chex®  
 Multizyme®  
 Neuroplex®  
 Niacinamide B<sub>6</sub>  
 Nutrimer®  
 Oculotrophin PMG®  
 Okra Pepsin E<sub>3</sub>  
 Olprima™ DHA  
 Olprima™ EPA  
 Olprima™ EPAIDHA  
 OPC Synergy®  
 Orchex®  
 Orchic PMG®  
 Organically Bound Minerals  
 Ostarplex®  
 Ostrophin PMG®  
 Ovatrophin P PMG™  
 Ovex®  
 Ovex® P  
 Pancreatrophin PMG®  
 Paraplex®  
 Parotid®  
 Phosfood® Liquid  
 Pituitrophin PMG®  
 Pneumotrophin PMG®  
 Prebiotic Inulin  
 Prolamine Iodine  
 Prolamine Iodine Plus  
 Prostate PMG®  
 Prost-X™  
 Protefood  
 Purification Program Kits  
 Rentarophin PMG®  
 Ribonucleic Acid (RNA)  
 Rumaplex®  
 Senaplex®  
 Sesame Seed Oil  
 Soybean Lecithin  
 Spanish Black Radish  
 SP Detox Balance™  
 SP Detox Balance™  
 Program Kits  
 SP Detox Balance™ Chai  
 SP Detox Balance™ Chai  
 Program Kits  
 SP Cleanse®  
 SP Complete® Dairy Free  
 SP Green Food®  
 Spleen PMG®  
 StandardBar® - Soy  
 Almond  
 Crunch  
 St. John's Wort-IMT™  
 Super-EFF®  
 Symplex® F  
 Thymex®  
 Thymus PMG®  
 Thytrophin PMG®

Trace Minerals B<sub>12</sub>™  
 Tuna Omega-3  
 Chewable  
 Tuna Omega-3 Oil  
 Utrophin PMG®  
 Vasculin®  
 Veg-E Complete Pro™  
 Chocolate  
 Veg-E Complete Pro™  
 Vanilla  
 Wheat Germ Oil  
 Wheat Germ Oil  
 Fortified™  
 Whole Food Fiber  
 Zinc Chelate™  
 Zinc Complex  
 Zinc Test™  
 Zypan®  
**Non-Grain Formula**  
 Antronex®  
 Betaine Hydrochloride  
 Biost®  
 Calamari Omega-3  
 Liquid  
 Cal-Amo®  
 Calcium Lactate  
 Calcium Lactate Powder  
 Cal-Ma Plus®  
 Cardirotrophin PMG®  
 Catalyn® GF  
 Calsol®  
 Choline  
 Cholacol®  
 Cod Liver Oil  
 Collinsonia Root  
 Cruciferous Complete™  
 Dermatrophin PMG®  
 Drenatrophin PMG®  
 Flax Oil Plus  
 Flax Oil with B<sub>6</sub>  
 Fen-Cho®  
 Garlic  
 Gastro-Fiber®  
 GI Adsorb™  
 Hemp Oil  
 Hemp Oil Complex™  
 Hepatrophin PMG®  
 Hypothalamus PMG®  
 Hypothalmex®  
 Magnesium Lactate  
 Mammary PMG®  
 Min-Tran®  
 Oculotrophin PMG®  
 Olprima™ DHA  
 Olprima™ EPA  
 Olprima™ EPAIDHA  
 Orchic PMG®  
 Ovatrophin P PMG™  
 Parotid PMG®

Pituitrophin PMG®  
 Pneumotrophin PMG®  
 Prebiotic Inulin  
 Prostate PMG®  
 Prost-X™  
 Renatrophin PMG®  
 Ribonucleic Acid (RNA)  
 Sesame Seed Oil  
 Soybean Lecithin  
 Spleen PMG®  
 Supper-EFF®  
 Symplex® F  
 Thymus PMG®  
 Thytrophin PMG®  
 Tuna Omega-3 Oil  
 Utrophin PMG®  
 Veg-E Complete Pro™  
 Chocolate  
 Veg-E Complete Pro™  
 Vanilla  
 Wheat Germ Oil  
 Wheat Germ Oil  
 Fortified™  
 Whey Pro Complete  
 Zinc Test™  
 Zypan®  
**Non-Soy Formula**  
 A-C Carbamide®  
 A-F Betafood®  
 Arginex®  
 Antronex®  
 B<sub>6</sub>-Niacinamide  
 Betacol®  
 Betafood®  
 Betaine Hydrochloride  
 Bio-Dent®  
 Biost®  
 B Vitality with CoQ10  
 Cal-Amo®  
 Calcifood®  
 Calcifood® Powder  
 Calcium Lactate  
 Calcium Lactate Powder  
 Calsol®  
 Cardio-Plus®  
 Cardio-Plus® GF  
 Cardirotrophin PMG®  
 Catalyn®  
 Catalyn® Chewable  
 Catalyn® GF  
 Catalyn® with Iron  
 Cataplex® A  
 Cataplex® A-C-P  
 Cataplex® B  
 Cataplex® B<sub>2</sub>  
 Cataplex® B<sub>12</sub>  
 Cataplex® B-Core  
 Cataplex® B-GF  
 Cataplex® A-C

Cataplex® C  
 Cataplex® D  
 Cataplex® E  
 Cataplex® E<sub>2</sub>  
 Cataplex® F  
 Chlorophyll Complex™  
 Cholacol®  
 Choline  
 Chromium Complex  
 Cod Liver Oil  
 Congaplex®  
 Congaplex® Chewable  
 Collinsonia Root  
 Cruciferous Complete™  
 C Synergy  
 Cyrofood®  
 Cyruta®  
 Cyruta® Plus  
 Dermatrophin PMG®  
 Drenatrophin PMG®  
 Drenamin®  
 Echinacea-C™  
 E-Manganese™  
 Epimune Complex  
 Eyeplex®  
 E-Z Mg™  
 Fen-Cho®  
 Fen-Gre®  
 Ferrofood®  
 Flax Oil Plus  
 Flax Oil with B<sub>6</sub>  
 Folic Acid B<sub>12</sub>  
 For-Til B<sub>12</sub>®  
 Garlic  
 Gastrex®  
 Gastro-Fiber®  
 GI Adsorb™  
 GI Stability™  
 Ginkgo Synergy®  
 Glucosamine Synergy®  
 Glucose Assist™  
 Chocolate  
 Glucose Assist™ Vanilla  
 Health Pack: Adrenal  
 Health Pack: Bone  
 Health Pack: Immune  
 System  
 Health Pack: Immune  
 System - Vegetarian  
 Hemp Oil  
 Hepatrophin PMG®  
 Hypothalamus PMG®  
 Hypothalmex®  
 Immuplex®  
 Inositol  
 Inositol Powder  
 Iodomere®  
 Lact-Enz®  
 Lactic Acid Yeast™

Ligaplex® I  
 Ligaplex® II  
 Livaplex®  
 Magnesium Lactate  
 Mammary PMG®  
 Manganese B<sub>12</sub>™  
 Min-Tran®  
 Multizyme®  
 Neuroplex®  
 Nutrimer®  
 Oculotrophin PMG®  
 Okra Pepsin E<sub>3</sub>  
 Olprima™ DHA  
 Olprima™ EPA  
 Olprima™ EPA/DHA  
 OPC Synergy®  
 Orchic PMG®  
 Organically Bound Minerals  
 Ostrophin PMG®  
 Ovex®  
 Ovex® P  
 Ovatrophin P PMG™  
 Pancreatrophin PMG®  
 Paraplex®  
 Parotid PMG®  
 Phosfood® Liquid  
 Pituitrophin PMG®  
 Pneumotrophin PMG®  
 Prebiotic Inulin  
 Prolamine Iodine  
 Prolamine Iodine Plus  
 Prostate PMG®  
 Prost-X™  
 ProSynbiotic

Protefood®  
 Purification Program Kits  
 Renafood®  
 Renatrophin PMG®  
 Ribonucleic Acid (RNA)  
 Sesame Seed Oil  
 Spanish Black Radish  
 SP Cleanse®  
 SP Complete®  
 SP Complete® Chocolate  
 SP Complete® Dairy Free  
 SP Complete® Vanilla  
 SP Detox Balance™  
 SP Detox Balance™ Program Kits  
 SP Detox Balance™ Chai  
 SP Detox Balance™ Chai Program Kits  
 SP Green Food®  
 Spleen PMG®  
 St. John's Wort-IMT™  
 StandardBar - Cocoa Cherry  
 StandardBar - Peanut Butter  
 Super-EFF®  
 Symplex® F  
 Thymex®  
 Thymus PMG®  
 Trace Minerals-B<sub>12</sub>™  
 Thythrophin PMG®  
 Utrophin PMG®  
 Vasculin®  
 Veg-E Complete Pro™ Chocolate  
 Veg-E Complete Pro™

Vanilla  
 Wheat Germ Oil  
 Wheat Germ Oil Fortified™  
 Whole Food Fiber  
 Zinc Chelate™  
 Zinc Complex  
 Zinc Test™  
 Zymex® Wafers  
 Zypan®

*USDA Organic*

E-Z Mg™  
 Hemp Oil  
 Organically Bound Minerals  
 Veg-E Complete Pro™ Chocolate  
 Veg-E Complete Pro™ Vanilla

*Vegan*

B Vitality with CoQ10  
 Cal-Amo®  
 Calcium Lactate  
 Calcium Lactate Powder  
 Calsol®  
 E-Z Mg™  
 Enzycore  
 Epimune Complex  
 Gastro-Fiber®  
 Glucose Assist™ Chocolate  
 Glucose Assist™ Vanilla  
 Ginkgo Synergy®  
 Hemp Oil  
 Phosfood® Liquid

Prebiotic Inulin  
 Prolamine Iodine  
 Prolamine Iodine Plus  
 Purification Program Kits  
 Ribonucleic Acid (RNA)  
 SP Cleanse®  
 SP Complete® Dairy Free  
 SP Detox Balance™  
 SP Detox Balance™ Program Kits  
 SP Detox Balance™ Chai  
 SP Detox Balance™ Chai Program Kits  
 SP Green Food®  
 Veg-E Complete Pro™ Chocolate  
 Veg-E Complete Pro™ Vanilla  
 Whole Food Fiber  
 Zinc Test™

*Vegetarian*

Betafood®  
 B Vitality with CoQ10  
 Cal-Amo®  
 Calcium Lactate  
 Calcium Lactate Powder  
 Calsol®  
 Cataplex® D  
 Choline  
 E-Z Mg™  
 Echinacea-C™  
 Enzycore  
 Epimune Complex  
 Gastro-Fiber®  
 GI Adsorb™

GI Stability™  
 Ginkgo Synergy®  
 Glucose Assist™ Chocolate  
 Glucose Assist™ Vanilla  
 Health Pack: Immune System - Vegetarian  
 Hemp Oil  
 Inositol  
 Inositol Powder  
 Lactic Acid Yeast™  
 Min-Tran®  
 Organically Bound Minerals  
 Phosfood® Liquid  
 Prebiotic Inulin  
 Prolamine Iodine  
 Prolamine Iodine Plus  
 Purification Program Kits  
 Ribonucleic Acid (RNA)  
 SP Cleanse®  
 SP Complete®  
 SP Complete® Chocolate  
 SP Complete® Dairy Free  
 SP Complete® Vanilla  
 SP Detox Balance™  
 SP Detox Balance™ Program Kits  
 SP Detox Balance™ Chai  
 SP Detox Balance™ Chai Program Kits



# At Standard Process, excellence is our standard and we stand behind our quality From Seed to Supplement<sup>®</sup>

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Our mission has always been to change lives, and that starts with our commitment to quality. Since 1929, Standard Process has been a family-owned company and visionary leader in whole food-based supplements. From growing our own organic crops to our investments in science, technology, and manufacturing, we are committed to delivering high-quality products that work the way nature intended.



**Harvested crops travel down the road to be processed, not across the country.**

When we say fresh, we mean it. We transport harvested crops to our farm's on-site juicing and drying facilities to begin the process cycle. Farm crops then travel about a mile down the road to our manufacturing facility for further processing and quality assessment. By controlling the entire process, we ensure that our products are presented in their optimal state and you can keep your patients on the path to wellness.



**Many of our products start with ingredients like pea vine, beets and buckwheat that are grown on our own certified organic farm in Palmyra, Wisconsin.**

We've utilized organic farming practices since 1929. We use the USDA's stringent organic rules as our baseline. We are committed to going above and beyond organic standards so we can have and continue to improve our farm's sustainable, vibrant, and living soil. Growing nutrient-dense whole foods requires a real commitment to keeping the soil healthy – a commitment we take seriously because we take health seriously.



## Protomorphogen™ Brand Extracts (PMGs)

Continuing the pioneering work of Dr. Royal Lee, Standard Process offers a line of products containing PMGs brand extracts. Dr. Lee believed that ingesting raw materials from these PMGs benefitted the human body. His groundbreaking process, still used today, extracts specific material from animal glands and organs, providing a unique profile of nucleotides and peptides. In keeping with our steadfast commitment to quality, all our raw specialized protein isolates are sourced from U.S. Department of Agriculture (USDA)-inspected facilities.

## Cytosol™ Brand Extracts

Cytosol™ brand extracts are derived from the cytoplasm of selected organs and glands through a process similar to the Protomorphogen™ extraction process. However, these extracts contain their own unique profile of nucleotides and peptides.

## Ensuring quality and safety is a responsibility we take to heart.

Quality and safety are not something we take lightly. Our comprehensive sourcing standards, quality control processes, and vertical integration allow us to ensure quality by managing every step of the way to develop safe, potent, and effective products. This means that you can trust the unique product formulations you get from us.





### **We're driving a new era of innovation.**



With an unwavering mission to change lives, our focus on innovation has always driven us to excellence – and it will continue to drive us well into the future. Between our first-of-its-kind Nutrition Innovation Center, valuable relationships, and advanced farming science and technology, we are steadfast leaders in the field of nutritional science. We know that improving quality of life takes a commitment to doing things the right way – with high standards and a laser-sharp focus on delivering positive clinical outcomes that are scientifically supported.

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Throughout this catalog, and across our family of brands that includes SP Children's® by Standard Process, MediHerb® and Standard Process Veterinary Formulas™, you'll see how our commitment to quality is reflected in every product we offer.

# Standard Process Products

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WHOLE FOOD NUTRIENT SOLUTIONS

# Guide to Dietary Icons



**USDA Organic** has been grown and processed according to federal guidelines addressing soil quality, pest and weed control and use of additives.



**Vegan** are devoid of animal-based tissue, animal-based gelatin, or fish oils. They are also devoid of animal-based ingredients such as dairy, eggs, honey, beeswax, and lanolin.



**Vegetarian** are considered lacto-ovo vegetarian, which means they are devoid of animal-based tissue, animal-based gelatin, or fish oil. They may contain animal-based ingredients such as dairy, eggs, honey, beeswax, or lanolin.



**Gluten-Free** have been tested to verify they meet the regulations associated with the United States Food and Drug Administration's gluten-free labeling.



**Non-Dairy** or **Non-Dairy Formulas** have been formulated to not contain milk or milk-derived ingredients.



**Non-Soy** or **Non-Soy Formulas** have been formulated to not contain soy or soy-derived ingredients.



**Non-Grain** or **Non-Grain Formulas** have been formulated to not contain any true cereal grain or grain-derived ingredients such as those from wheat, rice, oats, cornmeal, barley, or another cereal grain.

## A-C CARBAMIDE® Introduced in 1946



Scan for more information:



0625 - 90 Capsules | 0635 - 270 Capsules

A-C Carbamide® is involved in the healthy creation and excretion of urine.\*

- Involved in the healthy formation and excretion of urine\*
- Involved in healthy fluid levels\*
- Supports healthy urinary system function\*
- Involved in healthy cellular fluid levels\*
- Excellent source of vitamin A and antioxidant vitamin C

**Suggested Use:** 3 capsules per day, or as directed.

**Special Information:** Keep bottle tightly closed. This product absorbs moisture.

### Supplement Facts

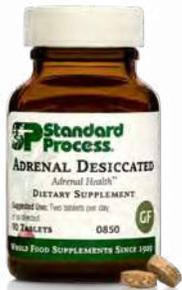
Serving Size: 3 Capsules  
Servings per Container: 30 or 90

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrate	3 g	1%*
Vitamin A	450 mcg RAE	50%
Vitamin C	18 mg	20%
Proprietary Blend Carbamide and arrowroot flour.	2,270 mg	†

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

Other Ingredients: Gelatin, water, ascorbic acid, calcium stearate, modified corn starch, and vitamin A palmitate.

## ADRENAL DESICCATED Introduced in 1959



Scan for more information:



0850 - 90 Tablets

Adrenal Desiccated supports endocrine health. The adrenal glands are important in the body's natural response to stress and energy metabolism.\*

- Provides powerful, short-term adrenal support for immediate energy needs
- Supports immune system response function during times of increased demand\*

**Suggested Use:** 2 tablets per day, or as directed.

**Complementary Product Support:**

- Cataplex® C
- Drenatrophin PMG®

### Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 45

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Proprietary Blend Bovine adrenal and organic carrot.	430 mg	†

†Daily Value not established.

Other Ingredients: Calcium lactate, honey, arabic gum, and calcium stearate.



# A-F BETAFOOD®

Introduced in 1951



Scan for more information:



0800 – 180 Tablets | 0825 – 360 Tablets

A-F Betafood® is a gallbladder supplement that supports bile production and includes an array of whole food and other ingredients to support healthy fat digestion.\*

- Supports healthy bile flow in the gallbladder
- Supports bile production and helps maintain healthy liver function
- Supports healthy lipid metabolism
- Supports healthy bowel functioning\*
- Contains a combination of key ingredients from Cataplex® A, Cataplex® F Tablets, and Betafood®
- Excellent source of Vitamin A and iodine
- Good source of vitamin B<sub>6</sub>

**Suggested Use:** 2 tablets per meal, or as directed.

**Warning:** If pregnant or nursing, or have any health condition, consult your health care professional before using this product. Keep out of reach of children.

**Complementary Product Support:**

- Cholacol®
- Choline

*Clinical publication on this product available at [standardprocess.com](http://standardprocess.com)*

## Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 90 and 180

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Total Sugars	<1 g	†
Vitamin A	450 mcg RAE	50%
Vitamin B <sub>6</sub>	0.3 mg	18%
Iodine	40 mcg	27%
Proprietary Blend	550 mg	†
Organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder, organic beet (root), organic carrot, organic sweet potato, organic oat flour, calcium lactate, rice bran, magnesium citrate, bovine liver, bovine prostate, nutritional yeast, bovine kidney, organic alfalfa (aerial parts), organic flaxseed oil, bovine orchid extract, bovine liver fat extract, d-alpha tocopherol (vitamin E sunflower), and sunflower lecithin.		

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

Other Ingredients: Honey, organic acacia fiber, modified corn starch, calcium stearate, vitamin A palmitate, prolamine iodine (zein), ascorbic acid, and pyridoxine hydrochloride.



See page 15 for a guide to these dietary icons

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**



Scan for more information:



## ALBAPLEX® Introduced in 1959

NON DAIRY

0910 – 90 Capsules | 0925 – 150 Capsules

Albaplex® supports healthy liver function. It supports the body's natural immune system response function.\*

- Contains a combination of key ingredients from Betacol®, Renatrophin PMG®, Arginex®, Cataplex® A-C, and Thymex®
- Excellent source of niacin, vitamin A and vitamin B<sub>6</sub>
- Good source of antioxidant vitamin C\*

**Suggested Use:** 2 capsules per meal, or as directed.

**Warning:** If pregnant or nursing, or have any health condition, consult your health care professional before using this product. Keep out of reach of children.

**Complementary Product Support:**

- Cataplex® A-C-P
- Livaplex®
- Renafood®

### Supplement Facts

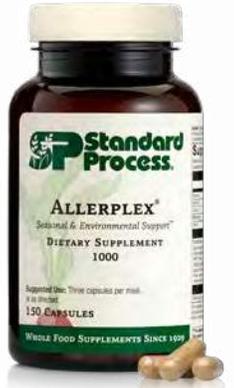
Serving Size: 2 Capsules  
Servings per Container: 45 and 75

	Amount per Serving	%Daily Value
Vitamin A	300 mcg RAE	33%
Vitamin C	12 mg	13%
Niacin	10 mg	63%
Vitamin B <sub>6</sub>	2 mg	118%
Sodium	10 mg	<1%
Proprietary Blend	910 mg	†

Kidney bean (aerial parts) juice powder, choline bitartrate, betaine hydrochloride, bovine liver PMG™ extract, organic oat flour, Spanish moss (*Tillandsia usneoides*), inositol, bovine adrenal, calcium glycerophosphate, bovine kidney PMG™ extract, nutritional yeast, organic carrot, organic sweet potato, bovine thymus Cytosol™ extract, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, soy protein, organic pea vine juice powder, bovine liver, organic alfalfa (aerial parts) juice powder, bovine kidney, veal bone, bovine bone, organic shiitake mushroom powder, organic reishi mushroom powder, enzymatically processed Spanish moss (*Tillandsia usneoides*) and beet (root), organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), defatted wheat germ, d-alpha tocopherol (vitamin E sunflower), rice bran, and sunflower lecithin powder.

Other Ingredients: Gelatin, ascorbic acid, potassium bicarbonate, water, calcium stearate, niacinamide, modified corn starch, pyridoxine hydrochloride, vitamin A palmitate, and sucrose.

Contains: Soy and wheat.



Scan for more information:



## ALLERPLEX® Introduced in 1959

NON DAIRY

1000 – 150 Capsules

Allerplex®, with vitamin A, supports the body's ability to handle environmental challenges and helps maintain healthy mucous membranes.\*

- Helps maintain healthy mucous membranes\*
- Supports the body's ability to handle environmental challenges\*
- Supports healthy lung and respiratory function\*
- Vitamin A plays a role in liver function
- Contains a combination of key ingredients from Pneumatrophin PMG®, Drenatrophin PMG®, Cataplex® A-C, Betacol®, and Antronex®
- Good source of vitamin A

**Suggested Use:** 3 capsules per meal, or as directed.

**Caution:** If pregnant or lactating, consult your health care professional before using this product.

**Complementary Product Support:**

- Antronex®
- Cataplex® A-C-P
- Drenamin®

### Supplement Facts

Serving Size: 3 Capsules  
Servings per Container: 50

	Amount per Serving	%Daily Value
Vitamin A	160 mcg RAE	18%
Vitamin C	4 mg	4%
Calcium	20 mg	2%
Magnesium	10 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	820 mg	†

Spanish moss (*Tillandsia usneoides*), fenugreek seed, betaine hydrochloride, soy protein, bovine lung PMG™ extract, carbamide, organic oat flour, bovine adrenal PMG™ extract, organic carrot, organic sweet potato, bovine liver fat extract, organic alfalfa (aerial parts), organic alfalfa (aerial parts) juice powder, organic buckwheat flour, bovine bone, veal bone, defatted wheat germ, bovine kidney, sunflower lecithin, rice bran, d-alpha tocopherol (vitamin E sunflower), medium chain triglycerides, and carrot oil.

Other Ingredients: Gelatin, calcium lactate, magnesium citrate, potassium bicarbonate, water, calcium stearate, ascorbic acid, modified corn starch, vitamin A palmitate, and sucrose.

Contains: Soy and wheat.

## ANTRONEX® Introduced in 1953



1110 – 180 Tablets | 1115 – 330 Tablets

Antronex® contains bovine liver fat extract. Japanese researchers discovered a liver fat extract that was used to support the body's normal detoxification mechanisms.

**Suggested Use:** 1 tablet per day, or as directed.

**Complementary Product Support:**

- Allerplex®
- Livaplex®

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 180 or 330

	Amount per Serving	%Daily Value
Calcium	30 mg	2%
Proprietary Blend	16 mg	†
Bovine liver fat extract and d-alpha tocopherol (vitamin E sunflower).		
†Daily Value not established.		

Other Ingredients: Calcium lactate, calcium stearate, and acacia gum.



Scan for more information:



## ARGINEX® Introduced in 1953



1140 – 90 Tablets | 1145 – 180 Tablets

Arginex® contains vitamin A which plays a role in liver health\*

- Excellent source of vitamin A

**Suggested Use:** 1 tablet per meal, or as directed.

**Complementary Product Support:**

- Livaplex®
- Renafood®

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90 or 180

	Amount per Serving	%Daily Value
Vitamin A	300 mcg RAE	33%
Proprietary Blend	353 mg	†
Organic buckwheat (aerial parts) juice powder, organic buckwheat flour, organic pea vine juice powder, organic oat flour, bovine liver, enzymatically processed Spanish moss ( <i>Tillandsia usneoides</i> ) and organic beet (root), organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), and ascorbic acid.		
†Daily Value not established.		

Other Ingredients: Honey, calcium stearate, modified corn starch, vitamin A palmitate, and sucrose.



Scan for more information:



## B<sub>6</sub>-NIACINAMIDE Introduced in 1969



1275 – 90 Tablets | 1280 – 330 Tablets

B<sub>6</sub>-Niacinamide supplies B vitamins to support the cardiovascular, digestive, endocrine, circulatory, and central nervous systems.\*

- Supports a healthy nervous system
- Supports energy metabolism\*
- Excellent source of niacin and vitamin B<sub>6</sub>

**Suggested Use:** 1 tablet per day, or as directed.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90 or 330

	Amount per Serving	%Daily Value
Niacin	10 mg	63%
Vitamin B6	50 mg	2,941%
Proprietary Blend	250 mg	†
Nutritional yeast, bovine liver, organic reishi mushroom powder, organic shiitake mushroom powder, and ascorbic acid.		
†Daily Value not established.		

Other Ingredients: Pyridoxine hydrochloride, honey, niacinamide, calcium stearate, and arabic gum.



Scan for more information:





**BETACOL®** Introduced in 1946



**1380 – 90 Capsules**

**Betacol® supports the liver’s handling and processing of fats.\***

- Encourages healthy bile production
- Supports healthy liver function
- Supports protein metabolism
- Supports homocysteine metabolism\*
- Excellent source of niacin and vitamin B<sub>6</sub>

## Supplement Facts

Serving Size: 1 Capsule  
Servings per Container: 90

	Amount per Serving	%Daily Value
Niacin	10 mg	63%
Vitamin B <sub>6</sub>	2 mg	118%
Proprietary Blend	288 mg	†
Spanish moss ( <i>Tillandsia usneoides</i> ), bovine liver PMG™ extract, organic beet (root), betaine hydrochloride, organic cane sugar, calcium lactate, potassium bicarbonate, choline bitartrate, inositol, disodium phosphate, bovine adrenal Cytosol™ extract, organic oat flour, and ascorbic acid.		
†Daily Value not established.		

Other Ingredients: Gelatin, niacinamide, water, pyridoxine hydrochloride, and calcium stearate.

Scan for more information:



**Suggested Use:** 1 capsule per meal, or as directed.

**Complementary Product Support:**

- Choline
- Livaplex®





Scan for more information:



## BETAFOOD® Introduced in 1943

1450 – 90 Tablets | 1455 – 180 Tablets

**Betafood® contains beets to support digestion and intestinal function.\***

- Provides methyl donors to support the liver's natural detoxification processes
- Contains naturally occurring betaine for liver and cardiovascular health
- Supports normal processing of dietary fats\*

**Suggested Use:** 1 tablet per meal, or as directed.

**Special Information:** Keep bottle tightly closed. This product absorbs moisture.

**Complementary Product Support:**

- Cruciferous Complete™
- Garlic
- Spanish Black Radish



### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90 or 180

	Amount per Serving	%Daily Value
Proprietary Blend	312 mg	†
Organic beet (root), organic swiss chard juice powder, organic oat flour, and organic beet (leaf) juice powder.		
†Daily Value not established.		

Other Ingredients: Honey and calcium stearate.

## BETAINE HYDROCHLORIDE Introduced in 1947

1525 – 180 Tablets

**Betaine Hydrochloride supports normal gastrointestinal pH.\***

- Supports healthy protein digestion
- Hydrochloric acid is involved in maintaining proper gastric pH
- Enhances calcium, iron, and vitamin B<sub>12</sub> absorption\*

**Suggested Use:** 2 tablets per meal, or as directed. Chewing this product is not recommended.

**Complementary Product Support:**

- A-F Betafood®

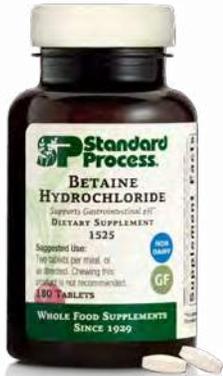


### Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 90

	Amount per Serving	%Daily Value
Proprietary Blend	514 mg	†
Betaine hydrochloride, ammonium chloride, pepsin (1:10,000), calcium lactate, and magnesium citrate.		
†Daily Value not established.		

Other Ingredients: Cellulose, calcium stearate, and water.



Scan for more information:



## BIO-DENT®

Introduced in 1955



Scan for more information:



1587 - 180 Tablets | 1590 - 330 Tablets | 1600 - 800 Tablets

**Bio-Dent® supports normal cell function and a healthy skeletal system.\***

- Supports normal energy metabolism processes and supports energy production
- Essential for normal skeletal development
- Involved in the production of cartilage and collagen
- A daily serving of Bio-Dent® supports the body's natural processes of growth, development, and repair of teeth
- Supports bone health\*
- Excellent source of manganese

**Suggested Use:** 5 tablets per meal, or as directed.

**Complementary Product Support:**

- Cataplex® A-C-P
- C Synergy
- Ostrophin PMG®

## Supplement Facts

Serving Size: 5 Tablets  
Servings per Container: 36 or 66 or 160

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Total Sugars	1 g	†
Includes <1 g Added Sugars		1%*
Calcium	100 mg	8%
Phosphorus	50 mg	4%
Manganese	7 mg	304%*
Proprietary Blend	585 mg	†
Defatted wheat germ, organic carrot, bovine adrenal, bovine spleen, ovine spleen, organic sweet potato, licorice (root), and rice bran.		
*Percent Daily Values are based on a 2,000 calorie diet.		
†Daily Value not established.		

Other Ingredients: Honey, bovine bone, veal bone, cellulose, calcium lactate, manganese glycerophosphate, calcium stearate, and acacia gum.  
Contains: Wheat.

## BIOST®

Introduced in 1954



Scan for more information:



1612 - 180 Tablets | 1615 - 360 Tablets

**BioSt® contains manganese to support cellular and skeletal health and also contains veal bone PMG™ extract.\***

- Contains veal bone PMG™ extract, which provides a unique profile of nucleotides, and peptides
- Promotes healthy bone\*
- Excellent source of manganese

**Suggested Use:** 1 tablet per meal, or as directed.

**Complementary Product Support:**

- Bio-Dent®
- C Synergy

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 180 or 360

	Amount per Serving	%Daily Value
Manganese	6 mg	261%
Sodium	30 mg	1%
Proprietary Blend	249 mg	†
Veal bone PMG™ extract, calcium lactate, and magnesium citrate.		
†Daily Value not established.		

Other Ingredients: Honey, manganese lactate, cellulose, and calcium stearate.

## BLACK CURRANT SEED OIL Introduced in 1986

GF



1630 – 60 Softgels | 1635 – 180 Softgels  
13030 – Health Pack - General Female Endocrine

Black Currant Seed Oil contains the essential fatty acid gamma-linolenic acid.

- Encourages proper eicosanoid synthesis\*
- Supports the body's normal tissue repair process
- Supports normal blood flow
- Supports healthy immune system function\*

### Supplement Facts

Serving Size: 1 Softgel  
Servings per Container: 60 or 180

	Amount per Serving	%Daily Value
Black Currant Seed Oil	320 mg	†
Gamma-Linolenic Acid	47 mg	†

†Daily Value not established.

Other Ingredients: Gelatin, water, and glycerine.

Scan for more information:



**Suggested Use:** 1 softgel per meal, or as directed.

**Complementary Product Support:**

- Tuna Omega-3 Oil

## B VITALITY WITH COQ10 Introduced in 2010

VEGAN

V

GF

NON DAIRY

NON SOY

2174 – 90 Capsules

B Vitality with CoQ10 supports the whole body, with emphasis on cellular processes. It contains coenzyme Q<sub>10</sub>, a nutrient that helps protect cells from free radicals.\*

- Supports the whole body, with emphasis on cellular processes\*
- Contains American ginseng, an adaptogenic herb, and Cordyceps sinensis mushroom
- Contains B vitamins, to fuel cells and participate in numerous body processes that contribute to normal function\*
- Provides nutrients that support antioxidant activity
- Includes the enzyme bromelain from pineapple stems and juice that modulates pathways involved in the body's natural inflammatory response function\*
- Contains coenzyme Q10, a nutrient that is essential for generation of energy within the mitochondria of cells and that helps protect cells from free radicals\*
- Excellent source of riboflavin, vitamin B<sub>12</sub>, biotin, and pantothenic acid
- Good source of thiamin, niacin, vitamin B<sub>6</sub>, and folate

### Supplement Facts

Serving Size: 3 Capsules  
Servings per Container: 30

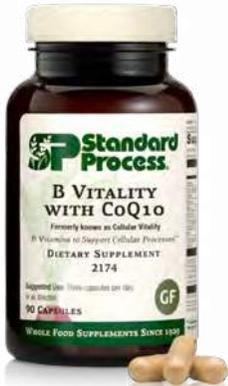
	Amount per Serving	%Daily Value
Calories	10	
Total Carbohydrate	1 g	<1%*
Thiamin	0.2 mg	17%
Riboflavin	0.3 mg	23%
Niacin	3 mg	19%
Vitamin B6	0.3 mg	18%
Folate (30 mcg folic acid)	50 mcg DFE	13%
Vitamin B12	0.5 mcg	21%
Biotin	10 mcg	33%
Pantothenic Acid	1 mg	20%
Sodium	5 mg	<1%
Coenzyme Q10	90 mg	†
Proprietary Blend	1,250 mg	†

Multi-fruit seed powder [ruby grape seed, blueberry seed, cranberry seed, red raspberry seed, and black raspberry seed], ribonucleic acid, organic cordyceps mushroom powder, American ginseng (root), and bromelain.

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

†Daily Value not established.

Other Ingredients: Organic quinoa sprouts, cellulose, water, and calcium stearate.



Scan for more information:



**Suggested Use:** 3 capsules per day, or as directed.

**Synergistic Product Support:**

- Magnesium Lactate



See page 15 for a guide to these dietary icons

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**



Scan for more information:



## CALAMARI OMEGA-3 LIQUID Introduced in 2010



1680 – 200 mL

Calamari Omega-3 is a calamari oil supplement that supports cardiovascular health as part of diets low in saturated fat and cholesterol.\*

Calamari Omega-3 Liquid also:

- Supports healthy inflammatory processes\*
- Supports healthy normal blood coagulation\*
- Supports brain health and cognitive function\*
- Omega-3s are essential for normal skin function

**Suggested Use:** 1 teaspoon (5 mL) per day, or as directed. Maybe taken with meals. Refrigerate after opening.

**Track omega-3s** and optimize health with the Omega-3 Index Plus Test. **See page 120** for more information.

**Complementary Product Support:**

- Black Currant Seed Oil

### Supplement Facts

Serving Size: 1 teaspoon (5 mL)  
Servings per Container: 40

	Amount per Serving	%Daily Value
Calories	45	
Total Fat	5 g	6%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	1 g	†
Cholesterol	110 mg	37%*
DHA	800 mg	†
EPA	400 mg	†

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

Ingredients: Calamari oil (squid), natural citrus flavor, sunflower oil, d-alpha tocopherol (vitamin E soy), and rosemary extract.

## CAL-AMO® Introduced in 1952



1710 – 90 Tablets

Cal-Amo® contains chloride which is useful in maintaining normal cellular pH.\*

- Contains compounds that are useful in supporting proper acid/alkaline balance
- Chloride is an electrolyte that plays a role in respiratory function\*

**Suggested Use:** 1 tablet per meal, or as directed.

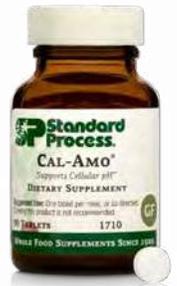
**Special Information:** Keep bottle tightly closed. This product absorbs moisture. Chewing this product is not recommended.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

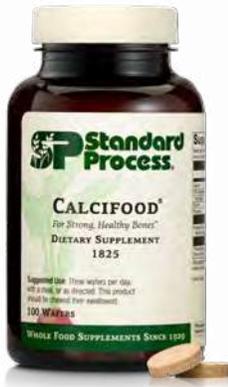
	Amount per Serving	%Daily Value
Calcium	30 mg	2%
Chloride	100 mg	4%

Ingredients: Ammonium chloride, betaine hydrochloride, calcium chloride, calcium lactate, magnesium citrate, calcium stearate, and water.



Scan for more information:





Scan for more information:



## CALCIFOOD® Introduced in 1963

1825 – 100 Wafers | 13010 – Health Pack - Bone

### Calcifood® supports calcium absorption.\*

- Helps the body build strong, healthy bones
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life\*
- Excellent source of calcium

**Suggested Use:** 3 wafers per day, with a meal, or as directed. This product should be chewed, then swallowed.

### Complementary Product Support:

- Cataplex® D
- C Synergy
- Cruciferous Complete™
- Ostrophin PMG®

## Supplement Facts

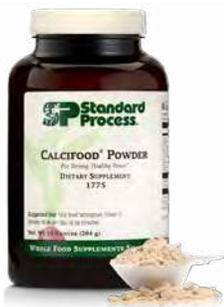
Serving Size: 3 Wafers  
Servings per Container: 33

	Amount per Serving	%Daily Value
Calories	10	
Total Carbohydrate	2 g	1%*
Total Sugars	2 g	†
Calcium	290 mg	22%
Phosphorus	80 mg	6%
Proprietary Blend	1,325 mg	†
Veal bone, defatted wheat germ, date powder, organic carrot, and rice bran.		

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

Other Ingredients: Honey, dicalcium phosphate, cellulose, bovine bone, calcium stearate, and acacia gum.

Contains: Wheat.



Scan for more information:



## CALCIFOOD® POWDER Introduced in 2000

1775 – 10 oz. (284 g)

### Calcifood® Powder supports calcium absorption.\*

- Provides 310 mg more calcium per serving than Calcifood® supplement wafers
- Helps the body build strong, healthy bones\*
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life
- Excellent source of calcium

**Suggested Use:** 1 level tablespoon mixed in blender drink per day, or as directed.

### Complementary Product Support:

- Cataplex® D
- C Synergy
- Cruciferous Complete™
- Ostrophin PMG®



## Supplement Facts

Serving Size: 1 level tablespoon (approximately 9 grams)  
Servings per Container: 31

	Amount per Serving	%Daily Value
Calories	25	
Total Fat	1 g	1%*
Total Carbohydrate	4 g	1%*
Dietary Fiber	1 g	4g†
Protein	1 g	2%*
Calcium	600 mg	46%
Phosphorus	20 mg	2%
Proprietary Blend	4.3 g	†
Defatted wheat germ, organic oat flour, organic carrot, date powder, and rice bran.		

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

Other Ingredients: Bovine bone and veal bone.

Contains: Wheat.



See page 15 for a guide to these dietary icons

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# CALCIUM LACTATE

Introduced in 1947



1875 - 90 Tablets | 1895 - 180 Tablets | 1905 - 360 Tablets

## Calcium Lactate contains calcium and magnesium.

- Supports muscle and nerve function\*
- Supports normal functions of cells and cell membranes
- Supports normal blood clotting process
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Provides support in the immune system response function\*
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life
- Excellent source of calcium
- Good source of magnesium
- Vegan, vegetarian, gluten-free, non-dairy, non-soy

Scan for more information:



## Supplement Facts

Serving Size: 3 Tablets

Servings per Container: 30 or 60 or 120

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Calcium	260 mg	20%
Magnesium	50 mg	12%

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

Ingredients: Calcium lactate, magnesium citrate, and calcium stearate.

**Suggested Use:** 3 tablets per day, or as directed.

### Complementary Product Support:

- Cataplex® D
- C Synergy
- Ostrophin PMG®





Scan for more information:



## CALCIUM LACTATE POWDER Introduced in 2000



1925 – 12 oz. (340 g)

Calcium Lactate Powder is an excellent source of calcium and magnesium.\*

- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Highly soluble form of calcium from a non-dairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for immune system response function\*
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.
- Magnesium is involved in sleep pathways that support brain homeostatic sleep processes.
- Excellent source of calcium and magnesium

### Supplement Facts

Serving Size: 1 level tablespoon (10 grams)  
Servings per Container: 34

	Amount per Serving	%Daily Value
Calories	20	
Total Carbohydrate	5 g	2%*
Calcium	800 mg	62%
Magnesium	160 mg	38%

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

Ingredients: Calcium lactate and magnesium citrate.

**Suggested Use:** 1 level tablespoon per day, or as directed. Mixes best with hot, slightly acidic liquids, such as hot apple juice.

#### Complementary Product Support:

- Cataplex® D
- C Synergy
- Ostrophin PMC®



See page 15 for a guide to these dietary icons

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## CAL-MA PLUS® Introduced in 1958



1980 – 90 Tablets | 1982 – 180 Tablets



Scan for more information:



Cal-Ma Plus® provides a good source of calcium and supports endocrine, cellular, and metabolic functions.\*

- Calcium supports maintenance of healthy bone and muscle function\*
- Calcium is involved in regulating the secretion of hormones\*
- Calcium supports the function of several proteins involved in the normal blood clotting process\*
- Calcium supports healthy nerve function\*
- Contains key ingredients from Calcium Lactate along with bovine parathyroid

**Suggested Use:** 3 tablets per day, or as directed.

**Complementary Product Support:**

- Calcifood®
- Cataplex® D
- C Synergy
- Ostrophin PMG®

## Supplement Facts

Serving Size: 3 Tablets  
Servings per Container: 30 or 60

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Calcium	150 mg	12%

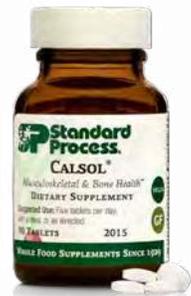
\*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Calcium lactate, honey, calcium chloride, magnesium citrate, calcium stearate, and bovine parathyroid.

## CALSOL® Introduced in 1947



2015 – 90 Tablets



Scan for more information:



Calsol® provides a nonanimal source of calcium and phosphorus to supports bone health.\*

- Supports musculoskeletal and central nervous systems\*
- Supports normal growth and development of bone\*
- Supports bone remodeling\*
- Calsol supports soft tissue.\*
- Good source of calcium and phosphorus

**Suggested Use:** 5 tablets per day, with a meal, or as directed.

## Supplement Facts

Serving Size: 5 Tablets  
Servings per Container: 18

	Amount per Serving	%Daily Value
Calcium	230 mg	18%
Phosphorus	170 mg	14%
Proprietary Blend Carbamide and magnesium citrate.	195 mg	†

†Daily Value not established.

Other Ingredients: Calcium glycerophosphate, calcium lactate, calcium stearate, and calcium phosphate.

## CARDIO-PLUS® Introduced in 1956



2065 – 90 Tablets | 2080 – 330 Tablets



Scan for more information:



**Cardio-Plus® is a heart supplement that helps support heart/cardiovascular health.\***

- Supports the healthy functioning of the heart and other muscles
- Supports healthy circulation
- Provides ingredients with antioxidant activity
- Contains bovine heart PMG™ extract
- Supports energy metabolism\*
- Contains a combination of key ingredients from Cataplex® B<sub>2</sub>, Cataplex® E<sub>2</sub>, Cardiostrophin PMG®, and Cataplex® C
- Excellent source of riboflavin, niacin, and vitamin B<sub>6</sub>
- Good source of antioxidant vitamin C

**Suggested Use:** 2 tablets per meal, or as directed.

**Complementary Product Support:**

- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Cataplex® E
- Vasculin®

### Supplement Facts

Serving Size: 2 Tablets

Servings per Container: 45 or 165

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	2%
Vitamin C	15 mg	17%
Vitamin E	1.3 mg	9%
Riboflavin	1.6 mg	123%
Niacin	14 mg	88%
Vitamin B6	0.5 mg	29%
Choline	30 mg	5%
Selenium	3 mcg	5%
Sodium	15 mg	<1%

Proprietary Blend 540 mg †  
 Bovine heart PMG™ extract, bovine liver, calcium lactate, porcine stomach, bovine orchic extract, Spanish moss (*Tillandsia usneoides*), defatted wheat germ, nutritional yeast, inositol, bovine spleen, ovine spleen, porcine brain, oat flour, and bovine adrenal Cytosol™ extract.

†Daily Value not established.

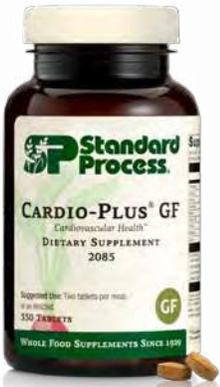
Other Ingredients: Honey, choline bitartrate, ascorbic acid, niacinamide, calcium stearate, arabic gum, d-alpha tocopherol (vitamin E sunflower), selenium yeast, modified tapioca starch, glycerine, riboflavin, and pyridoxine hydrochloride.

Contains: Wheat

## CARDIO-PLUS® GF Introduced in 2014



2085 – 330 Tablets



Scan for more information:



**Cardio-Plus® GF helps support the cardiovascular system.\***

- Supports the healthy functioning of the heart and other muscles
- Supports healthy circulation
- Provides ingredients with antioxidant activity
- Contains bovine heart PMG™ extract
- Support energy metabolism\*
- Contains a combination of key ingredients from Cataplex® B<sub>2</sub>, Cataplex® E<sub>2</sub>, Cataplex® C, and Cardiostrophin PMG®
- Excellent source of riboflavin, niacin, and vitamin B<sub>6</sub>
- Good source of antioxidant vitamin C

**Suggested Use:** 2 tablets per meal, or as directed.

**Complementary Product Support:**

- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Cataplex® E
- Vasculin®

### Supplement Facts

Serving Size: 2 Tablets

Servings per Container: 165

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	<2%
Vitamin C	15 mg	17%
Vitamin E	1.3 mg	9%
Riboflavin	1.6 mg	123%
Niacin	14 mg	88%
Vitamin B6	0.5 mg	29%
Choline	30 mg	5%
Selenium	3 mcg	5%
Sodium	5 mg	<1%

Proprietary Blend 535 mg †  
 Bovine heart PMG™ extract, bovine liver, calcium lactate, porcine stomach, bovine orchic extract, Spanish moss (*Tillandsia usneoides*), rice bran, nutritional yeast, inositol, bovine spleen, ovine spleen, porcine brain, organic oat flour, and bovine adrenal Cytosol™ extract.

†Daily Value not established.

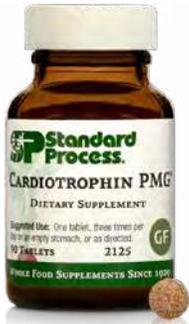
Other Ingredients: Honey, choline bitartrate, ascorbic acid, niacinamide, calcium stearate, acacia gum, d-alpha tocopherol (vitamin E sunflower), selenium yeast, modified tapioca starch, glycerine, riboflavin, and pyridoxine hydrochloride.



See page 15 for a guide to these dietary icons

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Scan for more information:



## CARDIOTROPHIN PMG® Introduced in 1952



2125 – 90 Tablets

Cardiotrophin PMG® contains bovine heart PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from bovine heart

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

### Complementary Product Support:

- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Cataplex® E
- Vasculin®

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	185 mg	†
Bovine heart PMG™ extract and magnesium citrate.		

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

## CATALYN® Introduced in 1929



2140 – 90 Tablets | 2160 – 360 Tablets  
13020 – Health Pack - General  
13030 – Health Pack - General Female Endocrine



Scan for more information:



Catalyn®, Dr. Royal Lee's first product, supplies multiple vitamins. It contains antioxidants and vital nutrients from whole food and other sources.\*

- Supplies multiple vitamins for complex nutritional supplementation
- Designed to help bridge nutritional gaps in the diet
- Encourages healthy cell function
- Supports overall well-being\*
- Excellent source of vitamin D, vitamin B<sub>6</sub>, and antioxidant vitamin C
- Good source of thiamin and riboflavin

**Suggested Use:** 3 tablets per day, or as directed.

**Warning:** Keep out of reach of children.

### Complementary Product Support:

- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Trace Minerals-B<sub>12</sub>™

## Supplement Facts

Serving Size: 3 Tablets  
Servings per Container: 30 or 120

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Vitamin A	360 mcg RAE	40%
Vitamin C	4 mg	4%
Vitamin D	7.8 mcg	39%
Thiamin	0.2 mg	17%
Riboflavin	0.2 mg	15%
Vitamin B <sub>6</sub>	1 mg	59%

Proprietary Blend 765 mg †  
Defatted wheat germ, calcium lactate, organic carrot, organic sweet potato, nutritional yeast, bovine adrenal, bovine liver, magnesium citrate, bovine spleen, ovine spleen, bovine kidney, organic pea vine juice powder, organic alfalfa (aerial parts) juice powder, organic oat flour, sunflower lecithin, organic shiitake mushroom powder, organic reishi mushroom powder, and rice bran.

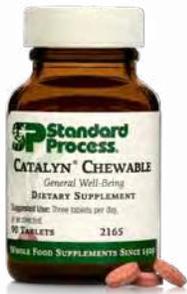
\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Honey, glycerine, acacia fiber, ascorbic acid, calcium stearate, modified corn starch, pyridoxine hydrochloride, vitamin A palmitate, thiamin hydrochloride, riboflavin, and cholecalciferol.

Contains: Wheat.

## CATALYN® CHEWABLE Introduced in 1997



Scan for more information:



2165 – 90 Tablets

Catalyn® Chewable contains multiple vitamins from whole food and other sources.\*

- Supplies multiple vitamins for complex nutritional supplementation
- Designed to help bridge nutritional gaps in the diet
- Encourages healthy cell functioning
- Supports overall well-being\*
- Great-tasting chewable tablet with natural cherry fruit powder
- Excellent source of vitamin D, vitamin B<sub>6</sub>, and antioxidant vitamin C
- Good source of thiamin and riboflavin

**Suggested Use:** 3 tablets per day, or as directed.

**Complementary Product Support:**

- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Chewable

### Supplement Facts

Serving Size: 3 Tablets  
Servings per Container: 30

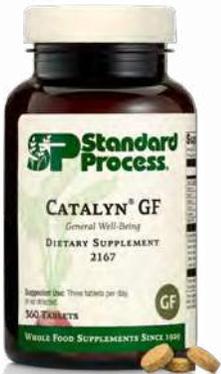
	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Vitamin A	360 mcg RAE	40%
Vitamin C	4 mg	4%
Vitamin D	7.8 mcg	39%
Thiamin	0.2 mg	17%
Riboflavin	0.2 mg	15%
Vitamin B <sub>6</sub>	1 mg	59%

Proprietary Blend 320 mg †  
Defatted wheat germ, calcium lactate, organic carrot, organic sweet potato, nutritional yeast, bovine adrenal, bovine liver, magnesium citrate, bovine spleen, ovine spleen, bovine kidney, organic pea vine juice powder, organic alfalfa (aerial parts) juice powder, oat flour, sunflower lecithin, organic shiitake mushroom powder, organic reishi mushroom powder, and rice bran.

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

Other Ingredients: Organic cane sugar, maltodextrin, cherry powder, honey, calcium stearate, glycerine, natural cherry flavor, ascorbic acid, modified corn starch, arabic gum, sucrose, pyridoxine hydrochloride, thiamin hydrochloride, vitamin A palmitate, riboflavin, and cholecalciferol.

## CATALYN® GF Introduced in 2012



Scan for more information:



2167 – 360 Tablets

A gluten-free version of the original Catalyn® formula, Catalyn® GF provides the same nutritional density as the original Catalyn®, minus the gluten.\*

- Contains vital nutrients from whole food and other sources
- Encourages healthy cell functioning\*
- Supports overall well-being\*
- Excellent source of vitamin D, vitamin B<sub>6</sub>, and antioxidant vitamin C
- Good source of thiamin and riboflavin

**Suggested Use:** 3 tablets per day, or as directed.

### Supplement Facts

Serving Size: 3 Tablets  
Servings per Container: 120

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Vitamin A	360 mcg RAE	40%
Vitamin C	4 mg	4%
Vitamin D	7.8 mcg	39%
Thiamin	0.2 mg	17%
Riboflavin	0.2 mg	15%
Vitamin B <sub>6</sub>	1 mg	59%

Proprietary Blend 825 mg †  
Rice bran, calcium lactate, organic carrot, organic sweet potato, nutritional yeast, bovine adrenal, bovine liver, magnesium citrate, bovine spleen, ovine spleen, bovine kidney, organic oat flour, organic pea vine juice powder, organic alfalfa (aerial parts) juice powder, sunflower lecithin, organic shiitake mushroom powder, and organic reishi mushroom powder.

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

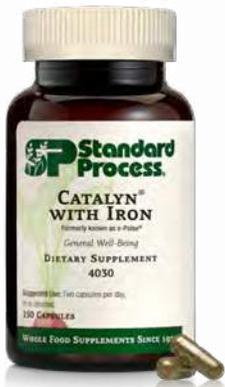
Other Ingredients: Honey, glycerine, acacia gum, ascorbic acid, modified corn starch, calcium stearate, pyridoxine hydrochloride, sucrose, vitamin A palmitate, thiamin hydrochloride, riboflavin, and cholecalciferol.



See page 15 for a guide to these dietary icons

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Scan for more information:



## CATALYN® WITH IRON Introduced in 1984

4030 – 150 Capsules

Catalyn® with Iron supports cellular health.\*

- Encourages healthy cell functioning\*
- Promotes vitality\*
- Supports the healthy aging body\*
- Supports the body's physiological and biochemical processes\*
- Supports energy metabolism, which helps cells convert macronutrients into energy\*
- Contains a combination of key ingredients from Catalyn® and Ferrofood® as well as *Tillandsia usneoides*
- Excellent source of vitamin D, riboflavin, vitamin B<sub>6</sub>, and antioxidant vitamin A
- Good source of thiamin, vitamin B<sub>12</sub>, iron, and antioxidant vitamin C

**Suggested Use:** 2 capsules per day, or as directed.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**Warning:** Not to be used if pregnant or nursing unless otherwise directed by your health care professional.

### Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 75

	Amount per Serving	%Daily Value
Vitamin A	420 mcg RAE	47%
Vitamin C	11 mg	12%
Vitamin D	7.5 mcg	38%
Thiamin	0.2 mg	17%
Riboflavin	0.3 mg	23%
Vitamin B <sub>6</sub>	1.2 mg	71%
Vitamin B <sub>12</sub>	0.4 mcg	17%
Calcium	20 mg	2%
Iron	2 mg	11%

Proprietary Blend 854 mg †  
Defatted wheat germ, organic carrot, bovine adrenal, organic sweet potato, nutritional yeast, fat soluble extract from alfalfa (leaf) and sunflower seed, magnesium citrate, bovine liver, bovine spleen, ovine spleen, bovine kidney, organic alfalfa (aerial parts) juice powder, carbamide, oat flour, bovine spleen PMG™ extract, veal bone, bovine bone, sunflower lecithin powder, organic shiitake mushroom powder, organic reishi mushroom powder, rice bran, porcine duodenum, choline bitartrate, citric acid, Spanish moss (*Tillandsia usneoides*), porcine stomach parenchyma, organic buckwheat (aerial parts), organic pea vine juice powder, licorice (root), and organic flaxseed oil.

†Daily Value not established.

Other Ingredients: Calcium lactate, gelatin, ferrous lactate, water, ascorbic acid, modified corn starch, calcium stearate, vitamin A palmitate, cholecalciferol, pyridoxine hydrochloride, sucrose, thiamin hydrochloride, dicalcium phosphate, d-alpha tocopherol (vitamin E sunflower), modified tapioca starch, riboflavin, and cyanocobalamin.

Contains: Wheat.

## CATAPLEX® A Introduced in 1934

0510 – 180 Tablets

Cataplex® A is a vitamin A supplement. It supplies vitamin A as it naturally occurs in plants, along with whole food and other ingredients.

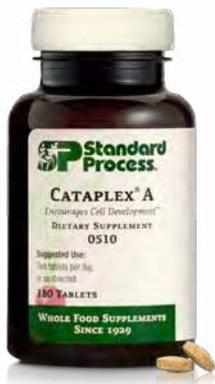
- Promotes healthy epithelial cell development\*
- Helps maintain healthy eyes
- Helps maintain healthy mucous membranes\*
- Excellent source of antioxidant vitamin A

**Suggested Use:** 2 tablets per day, or as directed.

**Warning:** Keep out of reach of children.

**Complementary Product Support:**

- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Dermatrophin PMG®
- Eyeplex®



Scan for more information:



### Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 90

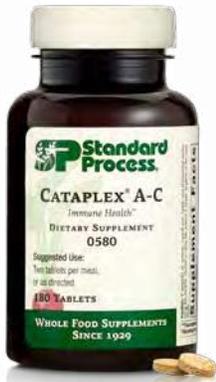
	Amount per Serving	%Daily Value
Vitamin A (as Beta-carotene)	900 mcg RAE	100%

Proprietary Blend 568 mg †  
Organic carrot, organic sweet potato, calcium lactate, defatted wheat germ, bovine kidney, organic oat flour, nutritional yeast, rice bran, magnesium citrate, organic alfalfa (aerial parts), d-alpha tocopherol (vitamin E sunflower), ascorbic acid, and sunflower lecithin.

†Daily Value not established.

Other Ingredients: Honey, beta-carotene, organic acacia fiber, and calcium stearate.

Contains: Wheat.



Scan for more information:



## CATAPLEX® A-C Introduced in 1950



0580 – 180 Tablets

Cataplex® A-C, which contains Echinacea and vitamins A & C, helps support immune system function, and a healthy hematopoietic (blood cell & plasma creation) system.\*

- Helps maintain healthy mucous membranes\*
- Supports a healthy immune system response function\*
- Maintains healthy cells and tissues\*
- Supports eye health\*
- Helps maintain healthy epithelial and connective tissues\*
- Contains a combination of key ingredients from Cataplex® A and Cataplex® C along with organic Echinacea
- Excellent source of antioxidant vitamin A
- Good source of antioxidant vitamin C

**Suggested Use:** 2 tablets per meal, or as directed.

**Caution:** If pregnant or nursing, consult your health care professional before using this product. Caution in using this product if allergic to plants of the daisy family.

**Complementary Product Support:**

- Calcium Lactate
- Thymex®

## Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin A	450 mcg RAE	50%
Vitamin C	11 mg	12%
Proprietary Blend	490 mg	†
Calcium lactate, organic carrot, organic sweet potato, bovine adrenal, bovine kidney, echinacea angustifolia (root), echinacea purpurea (root), nutritional yeast, magnesium citrate, organic alfalfa (aerial parts), organic alfalfa (aerial parts) juice powder, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, organic reishi mushroom powder, organic shiitake mushroom powder, veal bone, bovine bone, defatted wheat germ, organic oat flour, sunflower lecithin, d-alpha tocopherol (vitamin E sunflower), rice bran, medium chain triglycerides, and carrot oil.		
†Daily Value not established.		

Other Ingredients: Honey, ascorbic acid, acacia gum, calcium stearate, modified corn starch, vitamin A palmitate, and sucrose.

Contains: Wheat.

## CATAPLEX® A-C-P Introduced in 1956



0725 – 180 Tablets | 0750 – 360 Tablets  
13040 – Health Pack - Adrenal

Cataplex® A-C-P supports maintenance of cells and tissues and supports a healthy immune system response function.\*

- Helps maintain healthy mucous membranes
- Supports dental health in relation to gums\*
- Contains a combination of key ingredients from Cataplex® A, Cataplex® C, and Cyruta®
- Excellent source of vitamin A
- Good source of antioxidant vitamin C

**Suggested Use:** 3 tablets per meal, or as directed.

**Caution:** If pregnant or nursing, consult your health care professional before using this product. Caution in using this product if allergic to plants of the daisy family. This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

**Complementary Product Support:**

- Calcium Lactate
- Thymex®

## Supplement Facts

Serving Size: 3 Tablets  
Servings per Container: 60 or 120

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Vitamin A	380 mcg RAE	42%
Vitamin C	17 mg	19%
Proprietary Blend	800 mg	†
Organic buckwheat (aerial parts) juice powder, organic buckwheat flour, calcium lactate, nutritional yeast, organic carrot, organic sweet potato, bovine adrenal, bovine kidney, organic alfalfa (aerial parts), organic alfalfa (aerial parts) juice powder, magnesium citrate, organic shiitake mushroom powder, organic reishi mushroom powder, veal bone, bovine bone, defatted wheat germ, organic oat flour, echinacea purpurea (root), echinacea angustifolia (root), sunflower lecithin, calcium phosphate, rice bran, carrot oil, and d-alpha tocopherol (vitamin E sunflower).		

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

†Daily Value not established.

Other Ingredients: Honey, ascorbic acid, arabic gum, calcium stearate, modified corn starch, vitamin A palmitate, and sucrose.



Scan for more information:



See page 15 for a guide to these dietary icons

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**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**



Scan for more information:



## CATAPLEX® B Introduced in 1934



1225 - 180 Tablets | 1250 - 360 Tablets

### Cataplex® B supports overall health and nervous system health.\*

- Provides essential nutrients for the metabolic, cardiovascular, and nervous systems
- Supports energy production/metabolism
- Helps maintain homocysteine levels already within a normal range and assists in the metabolism of homocysteine.
- Supports a healthy heart by helping maintain healthy homocysteine levels already within a normal range
- Contains B vitamins to support energy production during physical activity or exercise\*
- Excellent source of thiamin, niacin and vitamin B6

**Suggested Use:** 2 tablets per meal, or as directed.

#### Complementary Product Support:

- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Oil

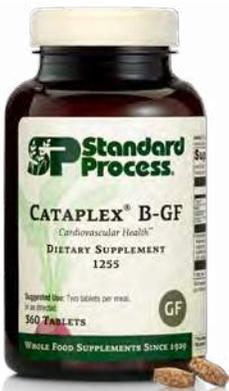
## Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 90 or 180

	Amount per Serving	%Daily Value
Thiamin	1 mg	83%
Niacin	20 mg	125%
Vitamin B6	1 mg	59%
Choline	10 mg	2%
Proprietary Blend	545 mg	†
Bovine liver, organic beet (root), nutritional yeast, porcine duodenum, defatted wheat germ, organic carrot, organic sweet potato, rice bran, bovine adrenal, sunflower lecithin powder, d-alpha tocopherol (vitamin E sunflower), ascorbic acid, manganese lactate, phosphoric acid, inositol, and riboflavin.		
†Daily Value not established.		

Other Ingredients: Honey, choline bitartrate, niacinamide, calcium stearate, acacia gum, thiamin hydrochloride, and pyridoxine hydrochloride.

Contains: Wheat.



Scan for more information:



## CATAPLEX® B-GF Introduced in 2014



1255 - 360 Tablets

### Cataplex® B-GF supports overall health and nervous system health.\*

- Provides essential nutrients for the metabolic, cardiovascular, and nervous systems
- Supports energy production/metabolism
- Supports a healthy heart by helping maintain healthy homocysteine levels already within a normal range
- Contains B vitamins to support energy production during physical activity or exercise\*
- Excellent source of thiamin, niacin, and vitamin B6

**Suggested Use:** 2 tablets per meal, or as directed.

#### Complementary Product Support:

- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Oil

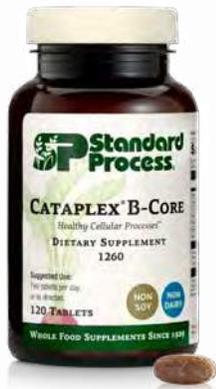
## Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 180

	Amount per Serving	%Daily Value
Thiamin	1 mg	83%
Niacin	20 mg	125%
Vitamin B6	1 mg	59%
Choline	10 mg	2%
Proprietary Blend	545 mg	†
Bovine liver, organic beet (root), nutritional yeast, rice bran, porcine duodenum, organic carrot, organic sweet potato, bovine adrenal, sunflower lecithin, d-alpha tocopherol (vitamin E sunflower), ascorbic acid, manganese lactate, phosphoric acid, inositol, and riboflavin.		
†Daily Value not established.		

Other Ingredients: Honey, choline bitartrate, niacinamide, calcium stearate, arabic gum, thiamin hydrochloride, pyridoxine hydrochloride, and water.

## CATAPLEX® B-CORE Introduced in 2020



1260 – 120 Tablets

Cataplex® B-Core contains naturally occurring phytonutrients and B vitamins including thiamin and folate derived from the whole food matrix.

- Contains ingredients that support healthy cellular processes\*
- Formulated with ingredients that have naturally occurring B vitamins
- Long-term vitamin B support\*

Scan for more information:



**Suggested Use:** 2 tablets per day, or as directed.

**Complementary Product Support:**

- Cataplex® B<sub>2</sub>
- Cataplex® F Tablets
- Cardio-Plus®

### Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	10	
Cholesterol	5 mg	1%
Total Carbohydrate	<1 g	<1%*
Protein	<1 g	1%*
Thiamin	0.1 mg	8%
Folate	10 mcg DFE	3%
Sodium	10 mg	<1%

Proprietary Blend 1,515 mg †  
Bovine liver, organic beet (root), nutritional yeast, defatted wheat germ, rice bran, organic carrot, organic sweet potato, and bovine adrenal.

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

†Daily Value not established.

Other Ingredients: Honey, calcium stearate, and ascorbic acid.

## CATAPLEX® B<sub>2</sub> Introduced in 1934



4500 – 90 Tablets | 4550 – 360 Tablets

Cataplex® B<sub>2</sub> maintains nerve health\* and contains vitamins that are involved in the production of neurotransmitters associated with emotional balance.

- Supports healthy liver function\*
- Supports brain and nervous system function\*
- Supports energy metabolism\*
- Provides coenzymes and cofactors needed for cellular function
- Excellent source of riboflavin and niacin
- Good source of vitamin B<sub>6</sub>

Scan for more information:



**Suggested Use:** 1 tablet per meal, or as directed.

**Synergistic Product Support:**

- Livaplex®

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90 or 360

	Amount per Serving	%Daily Value
Vitamin C	7 mg	8%
Riboflavin	1.3 mg	100%
Niacin	12 mg	75%
Vitamin B6	0.3 mg	18%
Choline	20 mg	4%

Proprietary Blend 220 mg †  
Bovine liver, porcine stomach, calcium lactate, defatted wheat germ, nutritional yeast, and porcine brain.

†Daily Value not established.

Other Ingredients: Choline bitartrate, honey, niacinamide, ascorbic acid, glycerine, riboflavin, acacia fiber, calcium stearate, and pyridoxine hydrochloride.

Contains: Wheat.

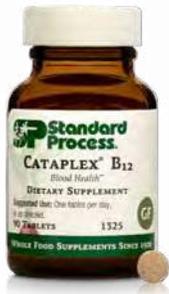


See page 15 for a guide to these dietary icons

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## CATAPLEX® B<sub>12</sub> Introduced in 1950



Scan for more information:



1325 - 90 Tablets

Cataplex® B<sub>12</sub> supports blood health and general well-being.\*

- Supports production of healthy red blood cells\*
- Supports folic acid metabolism and homocysteine management
- Essential for normal myelin synthesis and central nervous system function\*
- Excellent source of thiamin, niacin, and vitamin B<sub>12</sub>

**Suggested Use:** 1 tablet per day, or as directed.

**Complementary Product Support:**

- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Chewable

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin B <sub>12</sub>	6 mcg	250%
Proprietary Blend	355 mg	†
Bovine liver, organic carrot, organic sweet potato, calcium lactate, porcine stomach parenchyma, bovine spleen, ovine spleen, bovine adrenal Cytosol™ extract, oat flour, and ascorbic acid.		
†Daily Value not established.		

Other Ingredients: Cellulose, honey, dicalcium phosphate, and cyanocobalamin.

## CATAPLEX® C Introduced in 1934



Scan for more information:



1650 - 90 Tablets | 1655 - 360 Tablets  
13070 - Health Pack - Immune System

Cataplex® C supports the immune system, skin and connective tissue, and bone health.\*

- Supports normal immune function\*
- Supports healthy blood vessels through support of the body's natural collagen-synthesis processes\*
- Supports healthy bone tissue by helping normal collagen formation\*
- Supports healthy adrenal gland functions\*
- Good source of antioxidant vitamin C

**Suggested Use:** 3 tablets per meal, or as directed.

**Caution:** Caution in using this product if allergic to plants of the daisy family.

**Complementary Product Support:**

- Calcium Lactate
- Cataplex® E
- OPC Synergy®

## Supplement Facts

Serving Size: 3 Tablets  
Servings per Container: 30 or 120

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Vitamin C	17 mg	19%
Calcium	30 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	595 mg	†
Veal bone PMG™ extract, bovine adrenal, nutritional yeast, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, organic alfalfa (aerial parts) juice powder, organic alfalfa (aerial parts), magnesium citrate, organic reishi mushroom powder, organic shiitake mushroom powder, veal bone, bovine bone, calcium phosphate, defatted wheat germ, organic carrot, sunflower lecithin, echinacea angustifolia (root), echinacea purpurea (root), rice bran, and d-alpha tocopherol (vitamin E sunflower).		

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

†Daily Value not established.

Other Ingredients: Calcium lactate, honey, organic acerola (berry), organic camu camu (berry), organic maltodextrin, organic manioc (root), calcium stearate, and acacia gum.

Contains: Wheat.

# CATAPLEX® D Introduced in 1934



3405 - 180 Tablets | 3410 - 360 Tablets  
13010 - Health Pack - Bone  
13090 - Health Pack - Immune System - Vegetarian

## Cataplex® D supports bone health, mineral absorption, the immune system, and cellular processes.\*

- Encourages healthy calcium absorption from the intestinal tract into the blood
- Supports healthy immune system response function
- Supports and maintains healthy bone density\*
- Provides vitamin D, which is needed by almost every cell in the body for development and transcription
- Excellent source of vitamin D and antioxidant vitamin A

## Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 90 or 180

	Amount per Serving	%Daily Value
Vitamin A	300 mcg RAE	33%
Vitamin D	40 mcg	200%
Calcium	60 mg	5%

Ingredients: Calcium lactate, potassium citrate, glycerine, acacia fiber, modified corn starch, sucrose, calcium stearate, vitamin A palmitate, ascorbic acid, and cholecalciferol.

Scan for more information:



**Suggested Use:** 2 tablets per day, or as directed.

**Warning:** If pregnant or nursing, consult your health care professional before using this product. Keep out of reach of children.

### Synergistic Product Support:

- Calcium Lactate
- C Synergy
- Cruciferous Complete™
- Ostrophin PMG®



See page 15 for a guide to these dietary icons

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## CATAPLEX® E Introduced in 1934



3775 - 90 Tablets | 3825 - 360 Tablets



Cataplex® E is a vitamin E supplement that supports cellular processes and healthy thyroid function.\*

- Supports cell signaling and regulation of gene expression\*
- Excellent source of antioxidant vitamin E and selenium

**Suggested Use:** 2 tablets per meal, or as directed.

**Synergistic Product Support:**

- Cataplex® C

Scan for more information:



### Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 180

	Amount per Serving	%Daily Value
Vitamin E	3.3 mg	22%
Selenium	11 mcg	20%
Proprietary Blend	510 mg	†
Bovine orchic extract, inositol, organic pea vine juice powder, ribonucleic acid, bovine adrenal, organic beet (root), oat flour, bovine spleen, ovine spleen, bovine liver, manganese lactate, and ascorbic acid.		

†Daily Value not established.

Other Ingredients: Honey, selenium yeast, d-alpha tocopherol (vitamin E sunflower), modified tapioca starch, arabic gum, and calcium stearate.

## CATAPLEX® E<sub>2</sub> Introduced in 1949



3850 - 90 Tablets | 3855 - 360 Tablets



Cataplex® E<sub>2</sub> contains vitamin E and selenium, which play key roles in the regulation of biological processes essential for cardiovascular health.\*

- Supports cellular health and general well-being\*
- Good source of selenium and antioxidant vitamin E

**Suggested Use:** 2 tablets per meal, or as directed.

**Synergistic Product Support:**

- Cardio-Plus®
- Vasculin®

Scan for more information:



### Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 45 or 180

	Amount per Serving	%Daily Value
Vitamin E	2.7 mg	18%
Selenium	9 mcg	16%
Proprietary Blend	470 mg	†
Bovine orchic extract, calcium lactate, Spanish moss ( <i>Tillandsia usneoides</i> ), bovine spleen, ovine spleen, inositol, bovine adrenal Cytosol™ extract, organic oat flour, and ascorbic acid.		

†Daily Value not established.

Other Ingredients: Honey, acacia gum, selenium yeast, d-alpha tocopherol (vitamin E sunflower), and calcium stearate.

## CATAPLEX® F TABLETS Introduced in 1934



4150 - 90 Tablets | 4200 - 360 Tablets  
13070 - Health Pack - Immune System



Cataplex® F supports fat metabolism.\*

- May support healthy structural composition of skin and hair\*
- Contains iodine for thyroid support
- Excellent source of vitamin B<sub>6</sub> and iodine

**Suggested Use:** 1 tablet per meal, or as directed.

**Synergistic Product Support:**

- Calcium Lactate

Scan for more information:



### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90 or 360

	Amount per Serving	%Daily Value
Vitamin B <sub>6</sub>	0.8 mg	47%
Iodine	95 mcg	63%
Proprietary Blend	275 mg	†
Calcium lactate, defatted wheat germ, organic carrot, organic sweet potato, bovine prostate, bovine liver, magnesium citrate, bovine orchic extract, oat flour, organic flaxseed oil extract, bovine liver fat extract, ascorbic acid, sunflower lecithin, and d-alpha tocopherol (vitamin E sunflower).		

†Daily Value not established.

Other Ingredients: Honey, glycerine, arabic gum, calcium stearate, prolamine iodine (zein), and pyridoxine hydrochloride.

## CHLOROPHYLL COMPLEX™ Introduced in 1948



2275 - 60 Softgels | 2325 - 240 Softgels



Scan for more information:



Chlorophyll Complex™ helps supports the body's detoxification mechanisms.\*

A daily dose of this supplement:

- Contains vitamin A, which is involved in the body's normal immune function\*
- Contains vitamin A, which is involved in maintaining healthy skin\*

**Suggested Use:** 2 softgels per meal, or as directed. Chewing this product is not recommended.

**Synergistic Product Support:**

- Cataplex® E and OPC Synergy®

## Supplement Facts

Serving Size: 2 Softgels

Servings per Container: 30 or 120

	Amount per Serving	%Daily Value
Calories	5	
Vitamin A (as Beta-Carotene)	40 mcg RAE	4%
Proprietary Blend	780 mg	†
Organic sesame seed oil, fat soluble extract from alfalfa (leaf) and sunflower seed, sunflower lecithin, organic buckwheat (aerial parts), Spanish moss ( <i>Tillandsia usneoides</i> ), organic pea vine, and organic carrot.		
†Daily Value not established.		

Other Ingredients: Gelatin, water, and glycerine.

## CHLOROPHYLL COMPLEX OINTMENT™ Introduced in 1949

2340 - Net Wt 18 grams



Scan for more information:



Chlorophyll Complex Ointment™ moisturizes and soothes for healthy-looking skin.\*

**Suggested Use:** To be applied locally as an emollient. For external use only.

**Special Information:** Staining may occur on skin during application, on application area, or on articles of clothing that come in contact with the product.

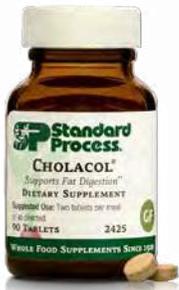
**Ingredients:** Organic soybean lecithin, fat soluble extract from alfalfa (leaf) and sunflower seed, lard, lanolin, beeswax, bovine orchic extract, organic flaxseed oil, organic sesame seed oil, organic buckwheat (aerial parts), Spanish moss (*Tillandsia usneoides*), organic pea vine, and organic carrot.



See page 15 for a guide to these dietary icons

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Scan for more information:



## CHOLACOL® Introduced in 1956



2425 – 90 Tablets

Cholacol® contains desiccated bovine bile, a digestive component that may be involved in pathways that regulate normal gallbladder functions (such as gallbladder filling).\*

- Ox bile has been historically used to support healthy fat digestion such as when eating a fatty meal
- Collinsonia root has been historically used to support normal elimination and digestive health.\*

**Suggested Use:** 2 tablets per meal, or as directed.

**Warning:** If pregnant or nursing, or have any health condition, consult your health care professional before using this product. Keep out of reach of children.

**Synergistic Product Support:**

- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Chewable

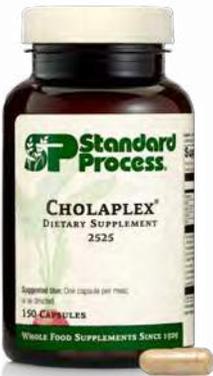
### Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 45

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Sodium	15 mg	<1%*
Proprietary Blend	700 mg	†
Collinsonia (root) and desiccated bovine bile.		

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

Other Ingredients: Honey and calcium stearate.



Scan for more information:



## CHOLAPLEX® Introduced in 1959



2525 – 150 Capsules

Cholaplex® supports the cardiovascular system.\*

- Encourages healthy fat processing by the liver
- Supports a healthy vascular system\*
- Contains a combination of key ingredients from Orchest®<sup>®</sup>, Cataplex® B<sub>2</sub>, Cataplex® F, Cyruta®, and Cholacol®
- Excellent source of riboflavin, niacin, vitamin B<sub>6</sub>, and iodine\*

**Suggested Use:** 1 capsule per meal, or as directed.

### Supplement Facts

Serving Size: 1 Capsule  
Servings per Container: 150

	Amount per Serving	%Daily Value
Riboflavin	0.3 mg	23%
Niacin	22 mg	138%
Vitamin B <sub>6</sub>	4 mg	235%
Choline	10 mg	2%
Iodine	130 mcg	87%

Proprietary Blend 425 mg †  
Collinsonia (root), defatted wheat germ, bovine liver, calcium lactate, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, porcine stomach, Spanish moss (*Tillandsia usneoides*), purified bovine bile salts, bovine orchic Cytosol™ extract, soy protein, inositol, sunflower lecithin powder, bovine spleen, ovine spleen, betaine hydrochloride, potassium bicarbonate, manganese glycerophosphate, bovine prostate, porcine brain, organic carrot, organic sweet potato, bovine adrenal Cytosol™ extract, organic oat flour, bovine orchic extract, and ascorbic acid.

†Daily Value not established.

Other Ingredients: Gelatin, choline bitartrate, niacinamide, water, pyridoxine hydrochloride, calcium stearate, prolamine iodine (zein), and riboflavin.

Contains: Soy and wheat.

## CHOLINE Introduced in 1947



2565 – 90 Tablets

Choline, a choline supplement made with choline bitartrate containing 180 mg grams of choline per serving, supports healthy fat metabolism.\*

- Supports healthy cell membrane structure and function\*
- Provides support for methylation reactions\*
- Supports healthy liver function\*
- Supports a healthy nervous system\*
- Excellent source of choline\*

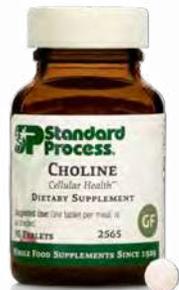
**Suggested Use:** 1 tablet per meal, or as directed.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Choline	180 mg	33%

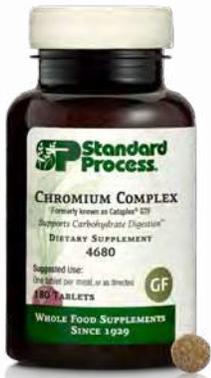
Ingredients: Choline bitartrate, honey, and calcium stearate.



Scan for more information:



# CHROMIUM COMPLEX Introduced in 1981



Scan for more information:



4680 – 180 Tablets

**Chromium Complex is a supplement with chromium and niacin that supports carbohydrate digestion.\***

- Encourages healthy blood sugar utilization at the cellular level\*
- Supports healthy blood sugar levels when already within a normal range
- Supports healthy cholesterol levels that are already within a normal range\*
- Excellent source of niacin and chromium\*
- Good source of antioxidant vitamin A\*

**Suggested Use:** 1 tablet per meal, or as directed.

**Warning:** Keep out of reach of children.

**Synergistic Product Support:**

- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Diaplex\*
- Magnesium Lactate

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 180

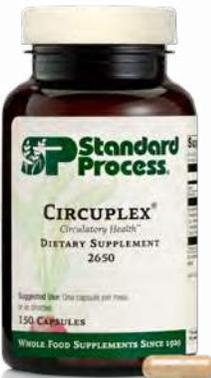
	Amount per Serving	%Daily Value
Vitamin A	150 mcg RAE	17%
Vitamin C	2 mg	2%
Niacin	9.5 mg	59%
Chromium	48 mcg	137%

Proprietary Blend 317 mg †  
Bovine liver, nutritional yeast, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, bovine pancreas Cytosol™ extract, inositol, L-cysteine hydrochloride, bovine adrenal Cytosol™ extract, and oat flour.

†Daily Value not established.

Other Ingredients: Honey, chromium yeast, niacinamide, ascorbic acid, modified corn starch, calcium stearate, and vitamin A palmitate.

# CIRCUPLEX® Introduced in 1964



Scan for more information:



2650 – 150 Capsules

**Circuplex® supports the circulatory and nervous systems.\***

- Promotes healthy peripheral circulation
- Promotes vascular integrity\*
- Contains a combination of key ingredients from Phosfood® Liquid, Niacinamide B<sub>6</sub>, and Ribonucleic Acid (RNA)
- Excellent source of niacin and vitamin B<sub>6</sub>\*

**Suggested Use:** 1 capsule per meal, or as directed.

## Supplement Facts

Serving Size: 1 Capsule  
Servings per Container: 150

	Amount per Serving	%Daily Value
Niacin	30 mg	188%
Vitamin B6	4.7 mg	276%

Proprietary Blend 409 mg †  
Ribonucleic acid, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, arrowroot flour, bovine liver, phosphoric acid, porcine stomach, soy protein, bovine spleen, ovine spleen, calcium lactate, defatted wheat germ, bovine adrenal Cytosol™ extract, porcine brain, inositol, ascorbic acid, and magnesium citrate.

†Daily Value not established.

Other Ingredients: Gelatin, niacinamide, water, pyridoxine hydrochloride, and calcium stearate.

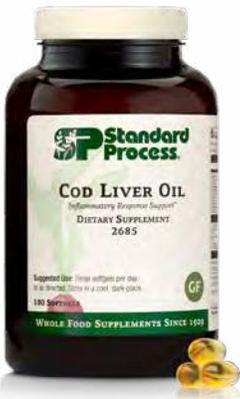
Contains: Soy and wheat.



See page 15 for a guide to these dietary icons

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**



Scan for more information:



## COD LIVER OIL Introduced in 2013



2685 – 180 Softgels

### Cod Liver Oil supports healthy skin and eyes.\*

- Cod Liver Oil contains the omega-3 fatty acid, DHA, which is important for normal brain structure.
- Supports epithelial tissue\*
- Supports bone and tooth health
- Supports musculoskeletal system
- May support liver function
- Supports immune system response
- Supports healthy inflammatory processes\*
- Excellent source of antioxidant vitamin A
- Good source of vitamin D

**Suggested Use:** 3 softgels per day, or as directed. Store in a cool, dark place.

**Track omega-3s** and optimize health with the Omega-3 Index Plus Test. [See page 120](#) for more information.

## Supplement Facts

Serving Size: 3 softgels  
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	20	
Total Fat	2 g	3%*
Cholesterol	10 mg	3%
Protein	<1g	1%*
Vitamin A	600 mcg RAE	67%
Vitamin D	2.3 mcg	12%
Cod Liver Oil	3,000 mg	†
DHA	300 mg	†
EPA	210 mg	†
Total Omega-3	630 mg	†

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

Other Ingredients: Gelatin, water, glycerine, natural flavor, sunflower oil, and rosemary extract.

Contains: Fish (cod).

## COLLINSONIA ROOT Introduced in 1955



2775 – 150 Capsules

### Collinsonia canadensis is an herb historically used to support vascular tissue and water balance.\*

- Historically used for support of the bladder and kidneys
- Historically used to support digestion\*

**Suggested Use:** 3 capsules per day with a full glass of water, between meals, or as directed.

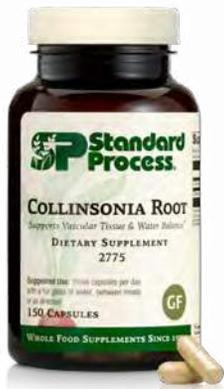
## Supplement Facts

Serving Size: 3 Capsules  
Servings per Container: 50

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1*
Collinsonia (root)	892 mg	†

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

Other Ingredients: Gelatin, water, and calcium stearate.



Scan for more information:



## CONGAPLEX® Introduced in 1959



Scan for more information:



2915 – 90 Capsules | 2925 – 150 Capsules

Congaplex® is used for support of the immune system.\*

- Supports healthy immune system response function
- Supports the thymus gland\*
- Contains ribonucleic acid, which the body uses for protein synthesis
- Contains a combination of key ingredients from Cataplex® A-C, Thymex®, Calcium Lactate, and Ribonucleic Acid (RNA)
- Excellent source of antioxidant vitamin A

**Suggested Use:** 3 capsules per meal, or as directed.

**Synergistic Product Support:**

- Echinacea-C™

## Supplement Facts

Serving Size: 3 Capsules  
Servings per Container: 30 or 50

	Amount per Serving	%Daily Value
Vitamin A	270 mcg RAE	30%
Vitamin C	6 mg	7%
Calcium	80 mg	6%
Magnesium	15 mg	4%
Sodium	5 mg	<1%

Proprietary Blend 630 mg †  
Bovine thymus Cytosol™ extract, ribonucleic acid, organic carrot, veal bone, bovine bone, bovine adrenal, defatted wheat germ, organic sweet potato, organic alfalfa (aerial parts) juice, nutritional yeast, organic oat flour, bovine kidney, organic alfalfa (aerial parts), veal bone PMG™ extract, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, organic reishi mushroom powder, organic shiitake mushroom powder, rice bran, sunflower lecithin powder, medium chain triglycerides, and carrot oil.

†Daily Value not established.

Other Ingredients: Calcium lactate, gelatin, magnesium citrate, water, ascorbic acid, modified corn starch, calcium stearate, vitamin A palmitate, d-alpha tocopherol (vitamin E sunflower), and sucrose.

Contains: Wheat.

## CONGAPLEX® CHEWABLE Introduced in 1997



Scan for more information:



2930 – 90 Tablets

Congaplex® Chewable is used for support of the immune system.\*

- Supports healthy immune system response function
- Supports the thymus gland\*
- Contains ribonucleic acid, which the body uses for protein synthesis
- Contains a combination of key ingredients from Cataplex® A-C, Thymex®, Calcium Lactate, and Ribonucleic Acid (RNA)
- Great-tasting chewable tablet with natural raspberry fruit powder
- Good source of antioxidant vitamin A

**Suggested Use:** 3 tablets per meal, or as directed.

## Supplement Facts

Serving Size: 3 Tablets  
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	5	
Cholesterol	5 mg	2%
Total Carbohydrate	1 g	<1%*
Vitamin A	140 mcg RAE	16%
Vitamin C	3 mg	3%

Proprietary Blend 155 mg †  
Bovine thymus Cytosol™ extract, ribonucleic acid, organic carrot, bovine bone, veal bone, bovine adrenal, defatted wheat germ, organic sweet potato, organic alfalfa (aerial parts) juice powder, nutritional yeast, organic oat flour, organic alfalfa (aerial parts), bovine kidney, veal bone PMG™ extract, organic buckwheat flour, organic buckwheat (aerial parts) juice powder, organic shiitake mushroom powder, organic reishi mushroom powder, rice bran, sunflower lecithin powder, d-alpha tocopherol (vitamin E sunflower), medium chain triglycerides, and carrot oil.

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

†Daily Value not established.

Other Ingredients: Organic cane sugar, cellulose, raspberry powder, maltodextrin, calcium lactate, magnesium citrate, natural flavor, calcium stearate, ascorbic acid, modified corn starch, vitamin A palmitate, and sucrose.

Contains: Wheat.



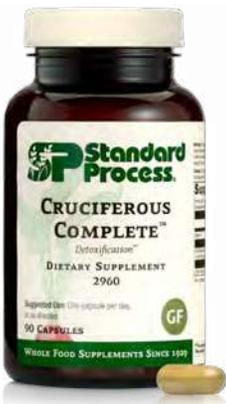
See page 15 for a guide to these dietary icons

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# CRUCIFEROUS COMPLETE™

Introduced in 1998



Scan for more information:



2960 – 90 Capsules | 13010 – Health Pack - Bone

Cruciferous Complete™ provides ingredients to support healthy liver function in the elimination of free radicals.\*

- Supports healthy liver function\*
- Provides ingredients with antioxidant activity
- Our preclinical research shows compounds in kale and Brussels sprouts promote the liver's natural detoxification pathway\*

**Suggested Use:** 1 capsule per day, or as directed.

**Warning:** This product contains naturally occurring Vitamin K1. If you are taking blood-thinning medicines, are pregnant or nursing, or have been directed to eat a diet low in oxalates, please consult with your health care professional before taking this product.

**Synergistic Product Support:**

- Garlic, Livaplex®, and Spanish Black Radish

## Supplement Facts

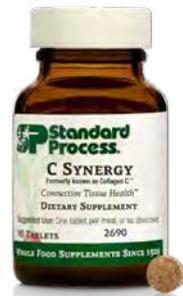
Serving Size: 1 Capsule  
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin K1	4 mcg	3%
Proprietary Blend	500 mg	†
Organic kale (aerial parts) and organic Brussels sprouts (aerial parts).		
†Daily Value not established.		

Other Ingredients: Gelatin, water, and calcium stearate.

# C SYNERGY

Introduced in 1972



Scan for more information:



2690 – 90 Tablets

C Synergy is a supplement to support collagen production, contains antioxidant vitamin C to support healthy connective tissue.\*

- Supports and promotes normal immune system response function\*
- Provides whole food acerola and rose hips
- Excellent source of antioxidant vitamin C, which is involved in the production of collagen

**Suggested Use:** 1 tablet per meal, or as directed.

**Warning:** If pregnant or nursing, or have any health condition, consult your health care professional before using this product. Keep out of reach of children. Caution in using this product if allergic to plants of the daisy family.

**Caution:** If pregnant or nursing, consult your health care professional before using this product. Caution in using this product if allergic to plants of the daisy family.

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin C	100 mg	111%
Sodium	5 mg	<1%
Proprietary Blend	194 mg	†
Organic rose hips, veal bone PMG™ extract, echinacea angustifolia (root), echinacea purpurea (root), bovine adrenal, defatted wheat germ, organic buckwheat flour, organic buckwheat (aerial parts) juice powder, organic reishi mushroom powder, and organic shiitake mushroom powder.		
†Daily Value not established.		

Other Ingredients: Ascorbic acid, honey, organic acerola (berry), organic maltodextrin, and calcium stearate.

Contains: Wheat.

## CYROFOOD® Introduced in 1955



3050 – 360 Tablets

Cyrofood® provides a variety of whole food-based ingredients including root vegetables, mushrooms, and grains to support supports cellular health and general well-being.\*

**Suggested Use:** 4 tablets per meal, or as directed.

### Supplement Facts

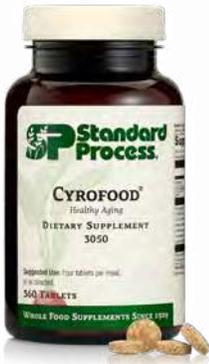
Serving Size: 4 Tablets  
Servings per Container: 90

	Amount per Serving	%Daily Value
Cholesterol	10 mg	3%
Total Carbohydrate	<1 g	<1%*
Calcium	20 mg	2%

Proprietary Blend 820 mg †  
Organic carrot, organic sweet potato, nutritional yeast, defatted wheat germ, date, oat flour, veal bone, bovine bone, rice bran, bovine adrenal, bovine kidney, bovine spleen, ovine spleen, bovine liver, organic alfalfa (aerial parts) juice powder, organic shiitake mushroom powder, organic reishi mushroom powder, organic pea vine juice powder, ascorbic acid, sunflower lecithin, vitamin A palmitate, cholecalciferol, pyridoxine hydrochloride, thiamine hydrochloride, and riboflavin.

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

Other Ingredients: Honey, calcium lactate, magnesium citrate, calcium stearate, glycerine, modified corn starch, sucrose, and arabic gum.



Scan for more information:



## CYRUTA® Introduced in 1948



3250 – 90 Tablets

Cyruta® is a supplement that contains buckwheat and supports healthy cholesterol levels that are already within a normal range.\*

- Supports metabolic processes\*
- Buckwheat may help regulate healthy peripheral circulation by influencing pathways involved in vasoconstriction based on animal and in vitro data

**Suggested Use:** 1 tablet per meal, or as directed.

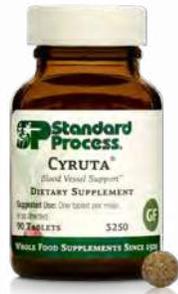
### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin C	3 mg	3%
Proprietary Blend	339 mg	†
Organic buckwheat (aerial parts) juice powder, organic buckwheat flour, inositol, oat flour, and bovine adrenal Cytosol™ extract.		

†Daily Value not established.

Other Ingredients: Honey, ascorbic acid, and calcium stearate.



Scan for more information:



## CYRUTA® PLUS Introduced in 1950



3325 - 90 Tablets | 3330 - 360 Tablets



Scan for more information:



### Cyruta® Plus supports capillary integrity and function.\*

- Supports circulatory cholesterol transport
- Supports healthy cellular glucose handling to help maintain blood sugar levels already within a normal range
- Supports healthy peripheral circulation
- Contains several independent factors that help to maintain the integrity of capillary walls\*

**Suggested Use:** 1 tablet per meal, or as directed.

**Special Information:** Keep bottle tightly closed. This product absorbs moisture.

### Synergistic Product Support:

- C Synergy

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

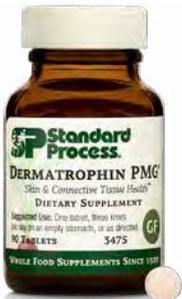
	Amount per Serving	%Daily Value
Vitamin C	3 mg	3%
Proprietary Blend	306 mg	†
Organic buckwheat (aerial parts) juice powder, organic buckwheat flour, bovine adrenal Cytosol™ extract, and oat flour.		

†Daily Value not established.  
Other Ingredients: Honey, ascorbic acid, and calcium stearate.

## DERMATROPHIN PMG® Introduced in 1954



3475 - 90 Tablets



Scan for more information:



### Dermatrophin PMG® contains bovine epithelial PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from bovine epithelial tissue

**Suggested Use:** 1 tablet, three times per day on an empty stomach, or as directed.

## Supplement Facts

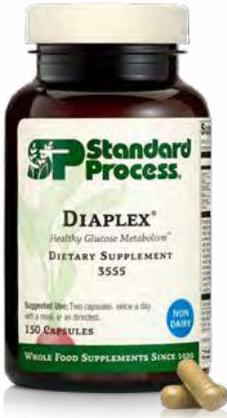
Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	130 mg	†
Bovine epithelial PMG™ extract and magnesium citrate.		

†Daily Value not established.  
Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.





Scan for more information:



## DIAPLEX® Introduced in 1959

NON DAIRY

3555 – 150 Capsules

Diaplex® supports healthy sugar handling to help maintain blood sugar levels already within a normal range.\*

- Encourages healthy blood sugar levels already within a normal range when combined with a healthy diet
- Contains chromium, an essential nutrient involved in carbohydrate metabolism
- Supports the healthy function of the pancreas
- Supports healthy bowel function
- Encourages healthy gallbladder function\*
- Contains a combination of key ingredients from Zypan®, Arginex®, A-F Betafood®, Betacol®, Pituitrophin PMG®, and Pancreatrophin PMG®
- Excellent source of chromium and antioxidant vitamin A
- Good source of vitamin B<sub>6</sub>

**Suggested Use:** 2 capsules, twice a day with a meal, or as directed.

**Warning:** If pregnant or nursing, or have any health condition, consult your health care professional before using this product. Keep out of reach of children.

### Synergistic Product Support:

- Cataplex® B
- B Vitality with CoQ10
- Chromium Complex
- Magnesium Lactate

## Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 75

	Amount per Serving	%Daily Value
Vitamin A	360 mcg RAE	40%
Niacin	1 mg	6%
Vitamin B6	0.2 mg	12%
Iodine	20 mcg	13%
Chromium	55 mcg	157%
Sodium	10 mg	<1%

Proprietary Blend 980 mg †  
Betaine hydrochloride, bovine pancreas PMG™ extract, organic alfalfa (aerial parts), calcium lactate, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, organic pea vine juice powder, organic oat flour, organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), pancreatin (3x), bovine pancreas Cytosol™ extract, magnesium citrate, bovine liver, ammonium chloride, bovine spleen Cytosol™ extract, organic carrot, organic sweet potato, defatted wheat germ, potassium bicarbonate, soy protein, pepsin (1:10,000), bovine pituitary PMG™ extract, enzymatically processed Spanish moss (*Tillandsia usneoides*) and beet (root), bovine kidney, bovine prostate, inositol, bovine orchid extract, bovine adrenal Cytosol™ extract, L-cysteine hydrochloride, organic flaxseed oil, and bovine liver fat extract.

†Daily Value not established.

Other Ingredients: Gelatin, chromium yeast, water, calcium stearate, stearic acid (vegetable source), modified corn starch, cellulose, niacinamide, ascorbic acid, vitamin A palmitate, sucrose, pyridoxine hydrochloride, d-alpha tocopherol (vitamin E sunflower), and prolamine iodine (zein).

Contains: Soy and wheat.



See page 15 for a guide to these dietary icons

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Scan for more information:



## DRENAMIN® Introduced in 1935



3651 – 90 Tablets | 3701 – 270 Tablets  
13040 – Health Pack - Adrenal

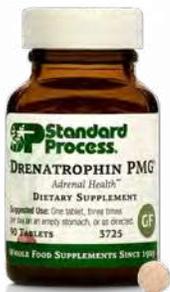
Drenamin® contains vitamins that are involved in healthy adrenal gland functions and the production of neurotransmitters associated with emotional balance.\*

- Involved in healthy adrenal gland functions\*
- Supports a healthy immune response to everyday environmental stressors\*
- Supports energy production and metabolism\*
- Contains vitamins that are involved in the production of neurotransmitters associated with emotional balance
- Contains a combination of key ingredients from Cataplex® C, Cataplex® B<sub>2</sub>, and Drenatrophin® PMG
- Excellent source of riboflavin and niacin
- Good source of vitamin B<sub>6</sub> and antioxidant vitamin C

**Suggested Use:** 1 tablet per meal, or as directed.

**Synergistic Product Support:**

- Adrenal Desiccated
- Catalyn®



Scan for more information:



## DRENATROPHIN PMG® Introduced in 1953



3725 – 90 Tablets

Drenatrophin PMG® contains bovine adrenal PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from bovine adrenal

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

**Warning:** If pregnant or nursing, consult your health care professional before using this product. Keep out of reach of children.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90 or 270

	Amount per Serving	%Daily Value
Vitamin C	9 mg	10%
Riboflavin	1 mg	77%
Niacin	12 mg	75%
Vitamin B6	0.3 mg	18%
Choline	10 mg	2%
Sodium	5 mg	<1%
Proprietary Blend	613 mg	†
Calcium lactate, rice bran, bovine liver, bovine adrenal, porcine stomach, nutritional yeast, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, bovine adrenal PMG™ extract, organic alfalfa (aerial parts) juice powder, magnesium citrate, organic oat flour, bovine bone, organic shiitake mushroom powder, organic reishi mushroom powder, porcine brain, veal bone PMG™ extract, organic sweet potato, and sunflower lecithin.		

†Daily Value not established.

Other Ingredients: Cellulose, honey, choline bitartrate, niacinamide, ascorbic acid, calcium stearate, riboflavin, d-alpha tocopherol (vitamin E sunflower), and pyridoxine hydrochloride.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	99 mg	†
Magnesium citrate and bovine adrenal PMG™ extract.		

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

**This product features our exclusive Protomorphogen™ extract**



Scan for more information:



## ECHINACEA-C™ Introduced in 1998



3875 – 90 Tablets | 13090 – Health Pack - Immune System – Vegetarian

Echinacea-C™ is a daily supplement that supports the immune system with Echinacea and vitamin C, when used as directed.\*

- Combines *Echinacea angustifolia* (root) and *Echinacea purpurea* (root) to support the pathways involved in immune system response function\*
- A daily dose provides a good source of antioxidant vitamin C

**Suggested Use:** 1 tablet per meal, or as directed.

**Caution:** If pregnant or nursing, consult your health care professional before using this product. Caution in using this product if allergic to plants of the daisy family.

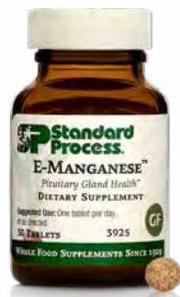
### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin C	5 mg	6%
Proprietary Blend	197 mg	†
Echinacea angustifolia (root), echinacea purpurea (root), organic buckwheat (aerial parts) juice powder, and organic buckwheat flour.		

†Daily Value not established.

Other Ingredients: Organic rose hips, honey, organic acerola (berry), organic maltodextrin, and calcium stearate.



Scan for more information:



## E-MANGANESE™ Introduced in 1958



3925 – 50 Tablets

E-Manganese™ contains manganese and vitamin E which provide support for antioxidant systems within the body to help maintain normal cell function.\*

- Excellent source of manganese, an important cofactor for numerous enzymatic reactions\*
- Excellent source of antioxidant vitamin E

**Suggested Use:** 1 tablet per day, or as directed.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 50

	Amount per Serving	%Daily Value
Vitamin E	5.1 mg	34%
Calcium	30 mg	2%
Manganese	8 mg	348%
Proprietary Blend	192 mg	†
Bovine anterior pituitary, magnesium citrate, and ascorbic acid.		

†Daily Value not established.

Other Ingredients: Calcium lactate, honey, manganese glycerophosphate, d-alpha tocopherol (vitamin E sunflower), modified tapioca starch, and calcium stearate.



See page 15 for a guide to these dietary icons

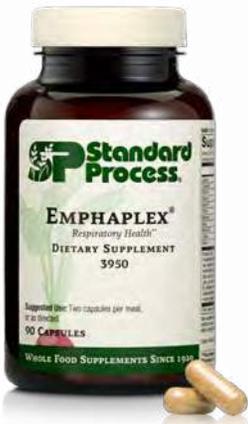
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## EMPHAPLEX® Introduced in 1969

NON DAIRY

3950 – 90 Capsules



Scan for more information:



### Emphaplex® supports the respiratory system.\*

- Helps maintain healthy mucous membranes\*
- Supports cellular energy
- Supports central nervous system function\*
- Contains a combination of key ingredients from Catalyn®, Drenamin®, Pneumotrophin PMG®, Phosfood® Liquid, and Protefood®
- Excellent source of vitamin A, riboflavin, and niacin
- Good source of vitamin B<sub>6</sub> and vitamin D

**Suggested Use:** 2 capsules per meal, or as directed.

**Warning:** If pregnant or nursing, consult your health care professional before using this product. Keep out of reach of children.

## Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 45

	Amount per Serving	%Daily Value
Calories	5	
Cholesterol	<5 mg	2%
Vitamin A	390 mcg RAE	45%
Vitamin C	6 mg	7%
Vitamin D	2.6 mcg	13%
Thiamin	0.1 mg	8%
Riboflavin	0.5 mg	38%
Niacin	4.2 mg	26%
Vitamin B <sub>6</sub>	0.3 mg	18%
Choline	20 mg	4%
Sodium	10 mg	<1%

Proprietary Blend 1,210 mg †  
Fenugreek seed, defatted wheat germ, organic oat flour, soy protein, bovine adrenal, bovine bone, veal bone, organic carrot, bovine lung PMG™ extract, bovine liver, nutritional yeast, arrowroot flour, okra (fruit), porcine stomach, organic alfalfa (aerial parts) juice powder, ribonucleic acid, calcium lactate organic buckwheat (aerial parts) juice powder, organic buckwheat flour, phosphoric acid, organic sweet potato, DL-methionine, bovine spleen, ovine spleen, L-lysine mono-hydrochloride, glutamic acid, d-alpha tocopherol (vitamin E sunflower), organic shiitake mushroom powder, organic reishi mushroom powder, rice bran, sunflower lecithin powder, porcine brain, and inositol.

†Daily Value not established.

Other Ingredients: Gelatin, choline bitartrate, water, ascorbic acid, niacinamide, modified corn starch, sucrose, riboflavin, vitamin A palmitate, pyridoxine hydrochloride, calcium stearate, and thiamine hydrochloride, and cholecalciferol.

## ENZYCORE Introduced in 2010

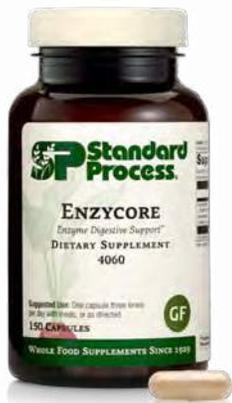
VEGAN

V

GF

NON DAIRY

4060 – 150 Capsules



Scan for more information:



### Enzycore is a comprehensive blend of enzymes, glutamine, and other whole food ingredients designed to support healthy digestion and maximize nutrient absorption.\*

- Contains microbial enzymes for action throughout the digestive tract
- Contains a blend of enzymes that comprehensively break down fats, proteins, and carbohydrates
- Contains L-glutamine, an amino acid used as a building block for other amino acids; also provides energy to cells with high energy needs (like those in the intestines)
- Provides support during both gastric and intestinal phases of digestion\*

**Suggested Use:** 1 capsule 3 times per day with meals, or as directed.

## Supplement Facts

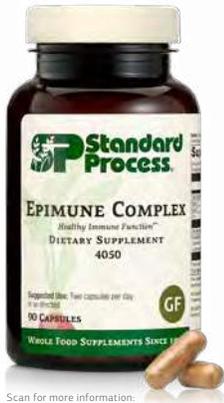
Serving Size: 1 Capsule  
Servings per Container: 150

	Amount per Serving	%Daily Value
Proprietary Blend	559 mg	†
L-glutamine, organic kale (aerial parts), organic beet (root), amylase, protease 4.5, glucoamylase, alpha-galactosidase, lactase, peptidase, protease 6.0, acid maltase, protease 3.0, invertase, lipase, and bromelain.		

†Daily Value not established.

Other Ingredients: Cellulose, water, maltodextrin, and calcium stearate.

## EPIMUNE COMPLEX Introduced in 2009



Scan for more information:



**4050 – 90 Capsules**  
**13090 – Health Pack - Immune System – Vegetarian**

Epimune Complex is a vegan immune system support supplement designed to help your immune system stand up to challenges. It helps support respiratory health\*:

- Supports specific aspects of immune system activity and contains research-supported ingredients such as EpiCor® and maitake and turkey tail mushrooms\*
- Supports healthy white blood cells\*
- Helps support respiratory health year-round, especially during seasonal challenges\*
- Helps activate and balance a healthy immune system response function\*
- Delivers an excellent source of vitamin C and zinc, both of which provide antioxidant and immune support\*

**Suggested Use:** 2 capsules per day, or as directed.

## Supplement Facts

Serving Size: 2 Capsules  
 Servings per Container: 45

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Vitamin C	20 mg	22%
Calcium	30 mg	2%
Zinc	10 mg	91%
Dried yeast fermentate	516 mg	†
Proprietary Blend	210 mg	†
Organic turkey tails mushroom powder, maitake mushroom extract, and maitake mushroom powder.		

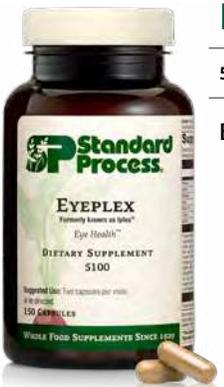
\*Percent Daily Values are based on a 2,000 calorie diet.  
 †Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, zinc amino acid (rice) chelate, organic acerola (berry), organic maltodextrin, and water.

With MaitakeGold 404® maitake mushroom extract, a registered trademark of the Tradeworks Group, Inc. protected under U.S. Patent 5,854,404.

With EpiCor® dried yeast fermentate, a registered trademark of Embria Health Sciences, LLC.

## EYEPLEX® Introduced in 1957



Scan for more information:



**5100 – 150 Capsules**

Eyeplex® supports ocular health\*:

- Supports normal eye function\*
- Contains a combination of key ingredients from Cataplex® A-C, Cataplex® B<sub>2</sub>, Cyruta®, Ostrophin PMG®, Phosfood® Liquid, and Oculotrophin PMG®
- Excellent source of riboflavin and niacin
- Good source of vitamin B<sub>6</sub> and antioxidant vitamin A

**Suggested Use:** 2 capsules per meal, or as directed.

## Supplement Facts

Serving Size: 2 Capsules  
 Servings per Container: 75

	Amount per Serving	%Daily Value
Vitamin A	160 mcg RAE	18%
Vitamin C	6 mg	7%
Riboflavin	0.4 mg	31%
Niacin	4.8 mg	30%
Vitamin B6	0.2 mg	12%
Choline	10 mg	2%
Sodium	15 mg	<1%
Proprietary Blend	938 mg	†

Arrowroot flour, inositol, phosphoric acid, calcium lactate, porcine eye PMG™ extract, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, veal bone PMG™ extract, bovine liver, magnesium citrate, porcine stomach, nutritional yeast, organic carrot, organic sweet potato, bovine adrenal, organic alfalfa (aerial parts), bovine kidney, defatted wheat germ, organic alfalfa (aerial parts) juice powder, porcine brain, manganese glycerophosphate, bovine adrenal Cytosol™ extract, DL methionine, organic oat flour, organic reishi mushroom powder, organic shiitake mushroom powder, bovine bone, veal bone, sunflower lecithin powder, rice bran, medium chain triglycerides, and carrot oil.

†Daily Value not established.

Other Ingredients: Gelatin, choline bitartrate, water, ascorbic acid, niacinamide, calcium stearate, modified corn starch, riboflavin, d-alpha tocopherol (vitamin E sunflower), vitamin A palmitate, sucrose, and pyridoxine hydrochloride.

Contains: Wheat.



See page 15 for a guide to these dietary icons

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**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**



Scan for more information:



## E-Z MG™ Introduced in 2018, Reformulated in 2021

3940 – 180 Tablets

E-Z Mg™ is a plant-based, organic magnesium (Mg) supplement developed to support patients with inadequate dietary magnesium intake.\*

- Essential for central nervous system health\*
- Helps to bridge the gap in dietary magnesium intake\*
- Plant-based and considered ideal as a naturally-occurring magnesium, as it consists of a collection of various magnesium forms
- Vegan and USDA organic magnesium supplement
- Excellent source of vitamin K1 and iron
- Good source of magnesium\*
- Magnesium is involved in sleep pathways that support brain homeostatic sleep processes

**Suggested Use:** 6 tablets per day, or as directed. Store in a cool, dark place.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**Warning:** This product contains naturally occurring Vitamin K1. If you are taking blood-thinning medicines, are pregnant or nursing, or have been directed to eat a diet low in oxalates, please consult with your health care professional before taking this product.



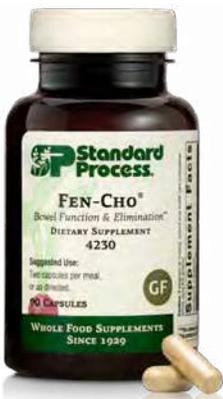
## Supplement Facts

Serving Size: 6 Tablets  
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	20	
Total Fat	0.5 g	<1%*
Total Carbohydrate	4 g	1%*
Dietary Fiber	1 g	4%*
Total Sugars	<1 g	†
Vitamin K1	36 mcg	30%
Calcium	20 mg	2%
Iron	6 mg	33%
Phosphorous	30 mg	2%
Magnesium	70 mg	17%
Potassium	310 mg	7%
Proprietary Blend	5.8 g	†
Organic buckwheat (aerial parts) juice powder and organic swiss chard juice powder.		

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

Other Ingredients: Organic rice (hull) concentrate, organic rice extract, organic rice hulls, organic acacia fiber, and organic sunflower oil.



Scan for more information:



## FEN-CHO® Introduced in 1964

4230 – 90 Capsules

Fenugreek supports pathways involved in gastrointestinal health.\*

- Collinsonia root has been historically used to support normal elimination and digestive health\*

**Suggested Use:** 2 capsules per meal, or as directed.

**Caution:** If pregnant or nursing, consult your health care professional before using this product.



## Supplement Facts

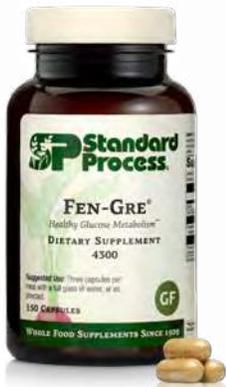
Serving Size: 2 Capsules  
Servings per Container: 45

	Amount per Serving	%Daily Value
Sodium	50 mg	2%
Proprietary Blend	686 mg	†
Collinsonia (root), fenugreek seed, purified bovine bile salts, and okra (fruit).		

†Daily Value not established.

Other Ingredients: Disodium phosphate, gelatin, calcium stearate, and water.

## FEN-GRE® Introduced in 1961



Scan for more information:



4300 – 150 Capsules

Fen-Gre® is used to support pathways associated with normal glucose metabolism and the action of the mammary gland.\*

- Fenugreek, an ingredient in Fen-Gre®, has been historically used to support healthy levels of mucus and phlegm in the lungs and bronchial tubes.
- Supports metabolic pathways associated with normal glucose metabolism\*
- May modulate lipid metabolism pathways\*

**Suggested Use:** 3 capsules per meal with a full glass of water, or as directed.

**Caution:** If pregnant or nursing, consult your health care professional before using this product.

## Supplement Facts

Serving Size: 3 Capsules  
Servings per Container: 50

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrate	<1 g	<1%*
Proprietary Blend	1,265 mg	†
Fenugreek seed, okra (fruit), and rice bran.		

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

Other Ingredients: Gelatin, water, and calcium stearate.

## FERROFOOD® Introduced in 1944



Scan for more information:



4325 – 40 Capsules | 4375 – 150 Capsules

Ferrofood® contains iron to support the body's need for this mineral.\*

- Supports healthy blood
- Promotes and supports normal blood production
- Provides iron and vitamin B12, which is essential for the synthesis of hemoglobin and helps deliver oxygen to red blood cells
- Supports enzyme actions in the body\*
- Contains vitamin C to help with iron absorption\*
- Excellent source of iron, vitamin B<sub>12</sub>, and antioxidant vitamin C

**Suggested Use:** 1 capsule per day with food, or as directed.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

## Supplement Facts

Serving Size: 1 Capsule  
Servings per Container: 40 or 150

	Amount per Serving	%Daily Value
Vitamin C	30 mg	33%
Vitamin B12	1.7 mcg	71%
Iron	10 mg	56%

Proprietary Blend 227 mg †  
Bovine liver, carbamide, veal bone, bovine bone, defatted wheat germ, bovine spleen PMG™ extract, bovine adrenal, porcine duodenum, organic carrot, choline bitartrate, bovine spleen, ovine spleen, organic oat flour, porcine stomach parenchyma, organic alfalfa (aerial parts) juice powder, Spanish moss (*Tillandsia usneoides*), rice bran, organic reishi mushroom powder, organic shiitake mushroom powder, licorice (root), bovine liver fat extract, magnesium citrate, and organic flaxseed oil.

†Daily Value not established.

Other Ingredients: Gelatin, organic camu camu (berry), organic acerola (berry), ferrous lactate, organic manioc (root), organic maltodextrin, water, calcium stearate, citric acid, dicalcium phosphate, and cyanocobalamin.



See page 15 for a guide to these dietary icons

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Scan for more information:



## FLAX OIL PLUS Introduced in 1938



4075 - 60 Softgels

Flax Oil Plus contains organic flaxseed extract, a natural source of omega-3 fatty acids from plants.

- Provides omega-3 fatty acids which can be used to form eicosanoids in the body
- May support healthy structural composition of skin and hair\*
- Supports fat metabolism\*
- Contains no iodine, ideal for the iodine-sensitive patient
- Excellent source of vitamin B<sub>6</sub>

### Supplement Facts

Serving Size: 1 Softgel  
Servings per Container: 60

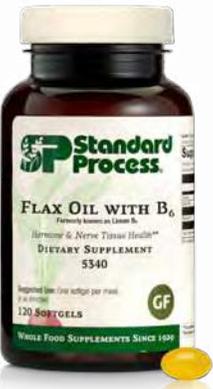
	Amount per Serving	%Daily Value
Vitamin B6	2 mg	118%
Proprietary Blend	360 mg	†
Organic flaxseed oil, bovine liver fat extract, and bovine orchic extract.		
†Daily Value not established.		

Other Ingredients: Gelatin, water, glycerine, beeswax, and pyridoxine hydrochloride.

**Suggested Use:** 1 softgel per meal, or as directed.

**Synergistic Product Support:**

- Calcium Lactate



Scan for more information:



## FLAX OIL WITH B<sub>6</sub> Introduced in 1962



5340 - 120 Softgels

Flax Oil with B<sub>6</sub> contains flaxseed oil, a natural source of alpha-linolenic acid, and vitamin B<sub>6</sub>. This product is designed to support hormone production and nerve tissue as well as systems like the cardiovascular and immune systems\*.

- Approximately 50 percent of flaxseed oil is made up of alpha-linolenic acid, which is a precursor of EPA and DHA.
- Supports the formation of eicosanoids
- Promotes healthy skin
- Supports cognitive function\*
- Excellent source of vitamin B<sub>6</sub>

### Supplement Facts

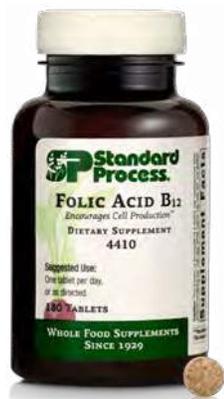
Serving Size: 1 Softgel  
Servings per Container: 120

	Amount per Serving	%Daily Value
Calories	5	
Vitamin B6	2 mg	118%
Flaxseed Oil	630 mg	†
*Percent Daily Values are based on a 2,000 calorie diet.		
†Daily Value not established.		

Other Ingredients: Gelatin, water, glycerine, beeswax, and pyridoxine hydrochloride.

**Suggested Use:** 1 softgel per meal, or as directed.





Scan for more information:



## FOLIC ACID B<sub>12</sub> Introduced in 1981



4410 – 180 Tablets

### Folic acid and vitamin B<sub>12</sub> support cellular health.\*

- Encourages healthy cell production\*
- Supports healthy fetal nervous system development\*
- Supports healthy vascular function by helping maintain healthy homocysteine levels\*
- Essential in the metabolism of homocysteine to support healthy homocysteine levels\*
- Essential in the important processes of DNA formation and replication\*
- Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord birth defect\*
- Excellent source of folate and vitamin B<sub>12</sub>

**Suggested Use:** 1 tablet per day, or as directed.

## Supplement Facts

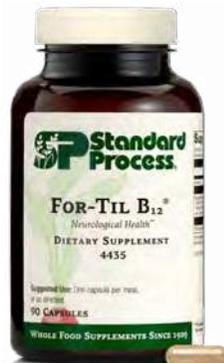
Serving Size: 1 Tablet  
Servings per Container: 180

	Amount per Serving	%Daily Value
Folate (400 mcg folic acid)	665 mcg DFE	166%
Vitamin B12	6 mcg	250%
Proprietary Blend	350 mg	†

Calcium lactate, bovine liver, organic carrot, organic sweet potato, porcine stomach parenchyma, defatted wheat germ, bovine spleen, ovine spleen, bovine adrenal Cytosol™ extract, oat flour, and ascorbic acid.

†Daily Value not established.

Other Ingredients: Honey, dicalcium phosphate, cellulose, folic acid, and cyanocobalamin.



Scan for more information:



## FOR-TIL B<sub>12</sub>® Introduced in 1958



4435 – 90 Capsules

### For-Til B<sub>12</sub>® is a fortified tillandsia (Spanish moss) product combined with vitamin B<sub>12</sub>, which supports essential cellular functions affecting the brain and nervous system.\*

- Encourages healthy immune system response function\*
- Excellent source of vitamin B<sub>12</sub>

**Suggested Use:** 1 capsule per meal, or as directed.

## Supplement Facts

Serving Size: 1 Capsule  
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin B12	3 mcg	125%
Proprietary Blend	288 mg	†

Spanish moss (*Tillandsia usneoides*), calcium lactate, defatted wheat germ, organic oat flour, calcium phosphate, bovine spleen, ovine spleen, ascorbic acid, and magnesium citrate.

†Daily Value not established.

Other Ingredients: Gelatin, water, dicalcium phosphate, calcium stearate, and cyanocobalamin.

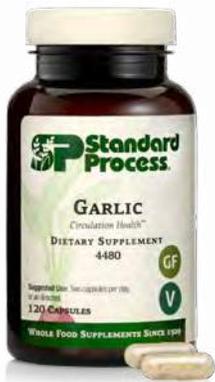
Contains: Wheat.



See page 15 for a guide to these dietary icons

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Scan for more information:



## GARLIC Introduced in 1998

4480 – 120 Capsules

Garlic is traditionally used in herbal preparations to support healthy mucus function within the respiratory tract.\*

- Influences the health of multiple organ systems\*
- Encourages healthy circulation\*
- Supports healthy liver function\*
- Provides ingredients with antioxidant activity\*

**Suggested Use:** 2 capsules per day, or as directed.



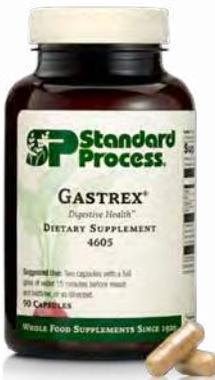
### Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 60

	Amount per Serving	%Daily Value
Proprietary Blend	1190 mg	†
Organic garlic and organic parsley (aerial parts)		

†Daily Value not established.

Other Ingredients: Cellulose, water, and calcium stearate.



Scan for more information:



## GASTREX® Introduced in 1959

4605 – 90 Capsules

Gastrex® supports digestion and stimulates cleansing of the upper gastrointestinal (GI) tract.\*

- Supports the body's normal tissue repair process
- Supports GI cleansing through the elimination of waste materials\*
- Excellent source of niacin

**Suggested Use:** 2 capsules with a full glass of water 15 minutes before meals and bedtime, or as directed.

**Synergistic Product Support:**

- Chlorophyll Complex™



### Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 45

	Amount per Serving	%Daily Value
Vitamin C	3 mg	3%
Niacin	6.4 mg	40%
Vitamin B6	0.1 mg	6%
Sodium	5 mg	<1%

Proprietary Blend 575 mg †

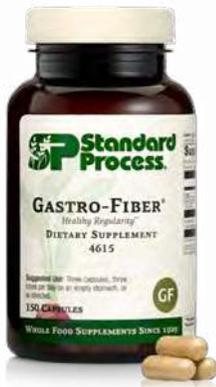
Okra (fruit), calcium lactate, Spanish moss (*Tillandsia usneoides*), anise (seed), bovine liver, defatted wheat germ, porcine stomach, choline bitartrate, alginate acid, porcine duodenum, disodium phosphate, and oat (straw) extract.

†Daily Value not established.

Other Ingredients: Gelatin, water, niacinamide, calcium stearate, ascorbic acid, and pyridoxine hydrochloride.



## GASTRO-FIBER® Introduced in 2002



Scan for more information:



**4615 – 150 Capsules**  
**12010, 12035, 12055, 12065- Purification Product Kits**

**Gastro-Fiber® delivers a mixture of fiber sources, including psyllium husk and apple pectin.**

- Includes collinsonia root, which has been historically used to support normal elimination and digestive health\*
- Can be used as nutritional support in the Standard Process Purification Program

**Suggested Use:** 3 capsules, 3 times per day on an empty stomach, or as directed.

**Caution:** If pregnant or nursing, consult your health care professional before using this product.

**Synergistic Product Support:**

- A-F Betafood®
- ProSynbiotic

## Supplement Facts

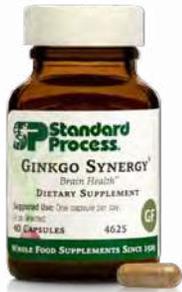
Serving Size: 3 Capsules  
 Servings per Container: 50

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrate	<1 g	<1%*
Dietary Fiber	0.5 g	2%*
Proprietary Blend	1,250 mg	†
Psyllium seed husk, collinsonia (root), apple pectin, fennel seed, and fenugreek seed.		

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

Other Ingredients: Cellulose, calcium stearate, and water.

## GINKGO SYNERGY® Introduced in 2000



Scan for more information:



**4625 – 40 Capsules**

**Ginkgo Synergy® combines the natural properties of *Ginkgo biloba* (leaf extract plus whole leaf) and grape seed extract to support healthy brain function.\***

- Provides ingredients with antioxidant activity
- Supports blood flow to the brain\*
- Supports cognitive function\*

**Suggested Use:** 1 capsule per day, or as directed.

**Caution:** If pregnant or nursing, consult your health care professional before using this product.

**Synergistic Product Support:**

- Calamari Omega-3 Liquid or Tuna Omega-3 Oil

## Supplement Facts

Serving Size: 1 Capsule  
 Servings per Container: 40

	Amount per Serving	%Daily Value
Proprietary Blend	405 mg	†
Gotu kola (leaf), organic buckwheat (aerial parts) juice powder, organic buckwheat flour, ginkgo biloba (leaf) extract, sunflower lecithin powder, ginkgo biloba (whole leaf), and grape seed extract.		

†Daily Value not established.

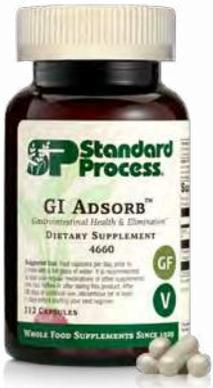
Other Ingredients: Cellulose, water, and calcium stearate.  
 Includes Masquelier's® OPC-85 grape seed extract.



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**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

# GI ADSORB™ Introduced in 2021



Scan for more information:



4660 – 112 Capsules

GI Adsorb™ is formulated to support GI health and normal elimination.\* It also:

- Contains purified Clinoptilolite (G-PUR®) — a mineral that has adsorbent properties towards naturally occurring toxins\*
- Contains Collinsonia Root, which has been historically used to support normal elimination and digestive health\*
- Helps support a healthy gut barrier\*
- Helps with the body's removal of naturally occurring toxins by supporting a healthy GI barrier and normal elimination\*

## Supplement Facts

Serving Size: 4 Capsules  
Servings per Container: 28

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Iron	9 mg	50%
Proprietary Blend	2.48 g	†
Clinoptilolite (1.85 g), chlorella, and collinsonia root.		

†Daily Value not established.

Other Ingredients: Cellulose, honey, water, and calcium stearate.

With G-PUR® purified clinoptilolite.

**Suggested Use:** 4 capsules per day, prior to a meal with a full glass of water. It is recommended to take your regular medications or other supplements one hour before or after taking this product. After 28 days of continual use, discontinue for at least 2 days before starting your next regimen.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**Warning:** Please consult your health care professional before using this product if you are pregnant, nursing, taking any medication, have an intolerance to silicon or aluminum compounds, limited kidney function, or chronic gastrointestinal disease. Not intended for use in children.

### Synergistic Product Support:

- SP Detox Balance™ - whole body detoxification\*
- GI Stability™ - Microbiome support supplement with prebiotic 2'FL
- Cholacol® - Healthy fat digestion\*
- Purification Product Kits - purify, nourish, and maintain a healthy body and weight\*



**PURIFIED CLINOPTILOLITE**  
Ensures a strong adsorbent property

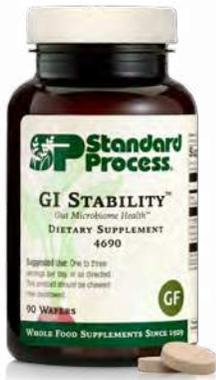


**CHLORELLA**  
Whole food source of chlorophyll



**COLLINSONIA ROOT**  
Historically used to support normal elimination and digestive health

## GI STABILITY™ Introduced in 2020



Scan for more information:



4690 – 90 Wafers

GI Stability™ supports the GI tract by delivering targeted prebiotic action, supporting a healthy gut microbiome, and feeding the growth of beneficial bacteria.\*^

- Designed for everyday and acute gastrointestinal (GI) needs
- With prebiotic 2'-FL: studies show that 2'-FL helps support the growth of beneficial bacteria\*^
- May help support the immune system
- Contains Collinsonia Root, which has been historically used to support normal elimination and digestive health\*  
^To date, shown in multiple animal studies, infants, and one adult human study

**Suggested Use:** 1 - 3 servings per day, or as directed. This product should be chewed, then swallowed.

**Acute Use:** 3 servings per day. For short-term use to modify the microbiome.

**Long-Term Use:** Single serving per day as a daily prebiotic.

**Synergistic Product Support:**

- ChelaCo (MediHerb) – elimination support\*
- Whole Food Fiber – diverse microbiome support\*
- Epimune Complex – immune system support\*
- ProSynbtioic – probiotic support\*

### Supplement Facts

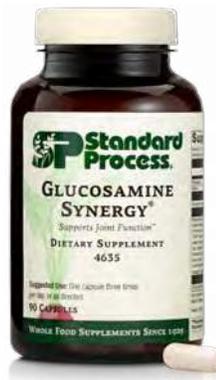
Serving Size: 2 Wafers  
Servings per Container: 45

	Amount per Serving	%Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
2-Fucosyllactose	1666 mg	†
Collinsonia (root)	200 mg	†
Proprietary Blend	440 mg	†
Organic beet (root) and okra (fruit)		

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

Other Ingredients: Organic rice (hull) concentrate and calcium stearate.  
Contains: Milk.

## GLUCOSAMINE SYNERGY® Introduced in 2000



Scan for more information:



4635 – 90 Capsules

Glucosamine Synergy® combines glucosamine, *Boswellia serrata*, and manganese to help maintain healthy joint function.\*

- Maintains healthy connective tissue
- Supports the body's normal connective tissue repair process
- Supports joint health
- Contains many of the same ingredients as Ligaplex® II, with the added benefit of glucosamine and boswellia for relieving discomfort in the affected areas after strenuous exercise\*
- Excellent source of manganese

**Suggested Use:** 1 capsule 3 times per day, or as directed.

**Special Information:** This product contains ingredients derived from shellfish.

**Synergistic Product Support:**

- C Synergy
- Ligaplex® I

### Supplement Facts

Serving Size: 1 Capsule  
Servings per Container: 90

	Amount per Serving	%Daily Value
Manganese	1 mg	43%
Sodium	30 mg	1%
Glucosamine Sulfate	475 mg	†
Proprietary Blend	91 mg	†
Indian frankincense ( <i>Boswellia serrata</i> ), calcium lactate, nutritional yeast, carbamide, bovine bone, veal bone PMG™ extract, bovine liver, defatted wheat germ, bovine heart PMG™ extract, magnesium citrate, organic oat flour, inositol, organic pea vine juice powder, Spanish moss ( <i>Tillandsia usneoides</i> ), ascorbic acid, organic carrot, ribonucleic acid, organic beet (root), organic sweet potato, bovine liver fat extract, d-alpha tocopherol (vitamin E sunflower), bovine adrenal Cytosol™ extract, bovine kidney, bovine spleen, ovine spleen, organic reishi mushroom powder, organic shiitake mushroom powder, rice bran, vitamin A palmitate, sunflower lecithin powder, organic flaxseed oil, cholecalciferol, and cyanocobalamin.		

†Daily Value not established.

Other Ingredients: Gelatin, water, calcium stearate, manganese glycerophosphate, dicalcium phosphate, modified corn starch, modified tapioca starch, and sucrose.  
Contains: Wheat and shellfish (crab, shrimp).



See page 15 for a guide to these dietary icons

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**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**



Scan for more information:



# GLUCOSE ASSIST™ CHOCOLATE Introduced in 2022



4640 – 26 oz. (765 g)

Glucose Assist™ Chocolate is a low glycemic blood sugar support shake powder that helps support healthy blood sugar levels already in a normal range.\*

- Supports a reduction of post-meal glycemic response in healthy individuals\*
- Is a uniquely designed, complete nutritional formula with a blend of plant-based carbohydrates and proteins
- Helps support normal blood sugar levels already in a healthy range\*
- Provides a slower and more sustained release of glucose to help minimize acute blood sugar spikes and steady post-meal glucose levels in healthy individuals\*\*^
- Provides slow-release carbohydrates for sustained energy\*

^with blood sugar levels already in a normal range.\*

Maintaining a healthy blood glucose balance is an important pillar of overall wellness. It's why dietary supplementation with a whole food-based nutritional formula, such as Glucose Assist, is designed to maintain a healthy blood glucose level already in a normal range\* which can be beneficial for encouraging wellness.

**Suggested Use:** Three rounded scoops in 10-12 ounces water, one to two servings per day, or as directed. Shake or blend product thoroughly for 10 to 15 seconds. Settling of product after mixing may occur. Store mixed product in refrigerator if not consumed immediately.

**Warning:** If pregnant or nursing, or have any health condition, consult with your health care professional before using this product. Keep out of reach of children.

**Synergistic Product Support:**

- Diaplex®
- MediHerb® Gymnema
- MediHerb® Metabol Complex

## Supplement Facts

Serving Size: 3 rounded scoops (approx. 51 g)  
Servings per Container: 15

	Amount per Serving	%Daily Value
Calories	200	
Total Fat	6 g	8%*
Total Carbohydrate	25 g	9%*
Dietary Fiber	5 g	18%*
Protein	15 g	30%*
Thiamin	0.1 mg	8%
Folate	60 mcg DFE	15%
Vitamin B12	1.2 mcg	50%
Biotin	7 mcg	23%
Choline	70 mg	13%
Calcium	20 mg	2%
Iron	4 mg	22%
Phosphorus	250 mg	20%
Magnesium	75 mg	18%
Zinc	2.2 mg	20%
Selenium	14 mcg	25%
Copper	0.4 mg	44%
Manganese	0.9 mg	39%
Molybdenum	40 mcg	89%
Sodium	180 mg	8%
Potassium	400 mg	9%

Protein Blend	21 g	†
Organic pea protein, organic oat flour, organic pumpkin seed protein, organic buckwheat flour, L-leucine, L-isoleucine, L-valine, and DL-methionine.		
Proprietary Blend	22 g	†
Amylopectin (from waxy maize), green banana flour, organic sesame seed protein, golden chlorella, medium chain triglycerides, sunflower oil, allulose, and tapioca fiber.		

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

†Daily Value not established.

Other Ingredients: Organic cocoa powder (processed with alkali), organic acacia fiber, stevia extract, monk fruit extract, and natural flavor.

Contains: Sesame.



Scan for more information:



# GLUCOSE ASSIST™ VANILLA Introduced in 2022



4645 – 25 oz. (735 g)

Glucose Assist™ Vanilla is a low glycemic blood sugar support shake powder that helps support healthy blood sugar levels already in a normal range.\*

- Supports a reduction of post-meal glycemic response in healthy individuals\*
- Is a uniquely designed, complete nutritional formula with a blend of plant-based carbohydrates and proteins
- Helps support normal blood sugar levels already in a healthy range\*
- Provides a slower and more sustained release of glucose to help minimize acute blood sugar spikes and steady post-meal glucose levels in healthy individuals\*^
- Provides slow-release carbohydrates for sustained energy\*

^with blood sugar levels already in a normal range.\*

**Maintaining a healthy blood glucose balance is an important pillar of overall wellness. It's why dietary supplementation with a whole food-based nutritional formula, such as Glucose Assist, is designed to maintain a healthy blood glucose level already in a normal range\* which can be beneficial for encouraging wellness.**

**Suggested Use:** Three slightly rounded scoops in 10-12 ounces water, one to two servings per day, or as directed. Shake or blend product thoroughly for 10 to 15 seconds. Settling of product after mixing may occur. Store mixed product in refrigerator if not consumed immediately.

**Warning:** If pregnant or nursing, or have any health condition, consult with your health care professional before using this product. Keep out of reach of children.

**Synergistic Product Support:**

- Diaplex
- MediHerb® Gymnema
- MediHerb® Metabol Complex

## Supplement Facts

Serving Size: 3 rounded scoops (approx. 49 g)  
Servings per Container: 15

	Amount per Serving	%Daily Value
Calories	190	
Total Fat	6 g	8%*
Total Carbohydrate	22 g	8%*
Dietary Fiber	3 g	11%*
Protein	15 g	30%*
Thiamin	0.1 mg	8%
Folate	60 mcg DFE	15%
Vitamin B12	1.2 mcg	50%
Biotin	6 mcg	20%
Choline	60 mg	11%
Iron	3 mg	17%
Phosphorus	220 mg	18%
Magnesium	60 mg	14%
Zinc	2 mg	18%
Selenium	14 mcg	25%
Copper	0.2 mg	22%
Manganese	0.7 mg	30%
Molybdenum	40 mcg	89%
Sodium	180 mg	8%
Potassium	180 mg	4%

Protein Blend 22 g †  
Organic pea protein, organic oat flour, organic pumpkin seed protein, organic buckwheat flour, L-leucine, L-isoleucine, L-valine, and DL-methionine.  
Proprietary Blend 24 g †  
Amylopectin (from waxy maize), organic sesame seed protein, green banana flour, golden chlorella, sunflower oil, medium chain triglycerides, tapioca fiber, and allulose.

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

Other Ingredients: Organic acacia fiber, stevia extract, monk fruit extract, and natural flavor.

Contains: Sesame.



See page 15 for a guide to these dietary icons

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## HEALTH PACK - ADRENAL Introduced in 2014



Scan for more information:



13040 – 60 Packs / Box

**Adrenal Health Packs support healthy adrenal function and cellular health.\***

- Excellent source of riboflavin, niacin, and antioxidant vitamins A and C
- Good source of vitamin B6

**Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:**

- Cataplex® A-C-P (2 tablets)—Supports immune system response function and cell maintenance\*
- Drenamin® (1 tablet)—Contains vitamins that are involved in healthy adrenal gland functions and the production of neurotransmitters associated with emotional balance\*
- Paraplex® (1 tablet)—Contains PMGs™ that have a unique profile of nucleotides and peptides from bovine pancreas, adrenal, pituitary, and thyroid

**Suggested Use:** Contents of 1 pack each morning and evening.

### Supplement Facts

Serving Size: 1 Pack  
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	10	
Cholesterol	10 mg	3%
Total Carbohydrate	1 g	<1%*
Protein	<1 g	<1%*
Vitamin A	250 mcg RAE	28%
Vitamin C	20 mg	22%
Riboflavin	1 mg	77%
Niacin	12 mg	75%
Vitamin B6	0.3 mg	18%
Choline	10 mg	2%
Calcium	50 mg	4%
Sodium	15 mg	<1%

Proprietary Blend 1,130 mg †  
Organic buckwheat (aerial parts) juice powder, organic buckwheat flour, nutritional yeast, bovine adrenal, magnesium citrate, organic alfalfa (aerial parts) juice powder, rice bran, bovine liver, porcine stomach, organic sweet potato, organic carrot, bovine adrenal PMG™ extract, bovine kidney, organic oat flour, bovine pancreas PMG™ extract, organic alfalfa (aerial parts), porcine duodenum, defatted wheat germ, bovine bone, organic shiitake mushroom powder, organic reishi mushroom powder, bovine pituitary PMG™ extract, bovine thyroid PMG™ extract (processed to substantially remove its thyroxine), porcine brain, sunflower lecithin, veal bone PMG™ extract, veal bone, d-alpha tocopherol (vitamin E sunflower), echinacea angustifolia (root), echinacea purpurea (root), calcium phosphate, medium chain triglycerides, and carrot oil.

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

†Daily Value not established.

Other Ingredients: Calcium lactate, honey, cellulose, choline bitartrate, ascorbic acid, niacinamide, calcium stearate, acacia fiber, riboflavin, sucrose, modified corn starch, pyridoxine hydrochloride, and vitamin A palmitate.

Contains: Wheat.

## HEALTH PACK - BONE Introduced in 2010



Scan for more information:



13010 – 60 Packs / Box

**Bone Health Packs provide convenient maintenance support to keep bones strong and healthy.\***

- Excellent source of vitamin D, calcium and manganese
- Good source of antioxidant vitamin A

**Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:**

- Calcifood® (3 wafers)—Provides calcium\*  
**Special Information:** This product should be chewed then swallowed.
- Cataplex® D (1 tablet)—Supports and maintains healthy bone density\*
- Cruciferous Complete™ (1 capsule)—Helps move calcium into bones\*
- Ostrophin PMG® (2 tablets)—With a proprietary PMG™ blend

**Suggested Use:** Contents of one pack each morning and evening. Calcifood® Wafer should be chewed then swallowed.

**Warning:** If you are pregnant, nursing, have impaired liver function, or you are taking blood-thinning medicines or have been directed to eat a diet low in oxalates, consult your health care professional before using this product. This product contains naturally occurring Vitamin K1. Keep out of reach of children.

### Supplement Facts

Serving Size: 1 Pack  
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	20	
Total Carbohydrate	3 g	1%*
Dietary Fiber	1 g	4%*
Total Sugars	1 g	†
Protein	<1 g	
Vitamin A	150 mcg RAE	17%
Vitamin D	20 mcg	100%*
Vitamin K1	4 mcg	3%
Calcium	370 mg	28%
Phosphorus	80 mg	6%
Manganese	8 mg	348%*
Sodium	40 mg	2%
Potassium	10 mg	<1%

Proprietary Blend 2,275 mg †  
Veal bone, veal bone PMG™ extract, defatted wheat germ, organic Brussels sprouts (aerial parts), organic kale (aerial parts), organic carrot, date powder, rice bran, and organic sweet potato.

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

†Daily Value not established.

Other Ingredients: Honey, dicalcium phosphate, bovine bone, cellulose, calcium lactate, gelatin, manganese lactate, calcium stearate, potassium citrate, acacia fiber, glycerine, water, modified corn starch, sucrose, vitamin A palmitate, ascorbic acid, and cholecalciferol.

Contains: Wheat.



Scan for more information:



## HEALTH PACK - GENERAL FEMALE ENDOCRINE Introduced in 2014

13030 – 60 Packs / Box

General Female Endocrine Health Packs provide a protocol of endocrine system support supplements to support a healthy endocrine system and overall well-being.\*

- Excellent source of vitamin D, vitamin B<sub>6</sub>, and antioxidant vitamin A

Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

- Black Currant Seed Oil (1 softgel)—Contains the essential fatty acid gamma-linolenic acid (GLA)\*
- Catalyn® (2 tablets)—Contains vital nutrients, encourages healthy cell functioning, and supports overall well-being\*
- Hypothalamus PMG® (1 tablet)—Contains PMGs™ that have a unique profile of nucleotides and peptides from porcine hypothalamus\*
- Symplex® F (1 tablet)—Contains PMGs™ that have a unique profile of nucleotides and peptides from bovine ovary, adrenal, pituitary, and thyroid\*
- Tuna Omega-3 Oil (2 softgels)—Delivers essential omega-3 fatty acids (including DHA and EPA)\*

**Suggested Use:** Contents of 1 pack each morning and evening. Store in a cool, dry place.

### Supplement Facts

Serving Size: 1 Pack  
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	15	
Total Fat	1 g	1%*
Cholesterol	10 mg	3%
Total Carbohydrate	<1 g	<1%*
Protein	<1 g	2%*
Vitamin A	240 mcg RAE	27%
Vitamin C	3 mg	3%
Vitamin D	5 mcg	25%
Thiamin	0.1 mg	8%
Riboflavin	0.1 mg	8%
Vitamin B <sub>6</sub>	0.7 mg	41%
Calcium	30 mg	2%
Sodium	25 mg	1%
Tuna Oil	1,330 mg	†
DHA	330 mg	†
EPA	60 mg	†
Black Currant Seed Oil	320 mg	†
Gamma-Linolenic Acid	47 mg	†

Proprietary Blend 660 mg †  
Porcine hypothalamus PMG™ extract, magnesium citrate, defatted wheat germ, organic carrot, organic sweet potato, nutritional yeast, bovine adrenal, bovine ovary PMG™ extract, bovine liver, bovine adrenal PMG™ extract, bovine pituitary PMG™ extract, bovine thyroid PMG™ extract (processed to substantially remove its thyroxine), bovine kidney, bovine spleen, ovine spleen, organic alfalfa (aerial parts) juice powder, organic pea vine juice powder, oat flour, sunflower lecithin, organic shiitake mushroom powder, organic reishi mushroom powder, and rice bran.

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

†Daily Value not established.

Other Ingredients: Gelatin, calcium lactate, water, glycerine, honey, cellulose, calcium stearate, acacia fiber, ascorbic acid, modified corn starch, cholecalciferol, pyridoxine hydrochloride, vitamin A palmitate, sucrose, thiamin hydrochloride, d-alpha tocopherol (vitamin E soy), and riboflavin.

Contains: Wheat, fish (tuna), and soy.



Scan for more information:



## HEALTH PACK - GENERAL Introduced in 2010

13020 – 60 Packs / Box

General Health Packs provide convenient foundational maintenance support to help patients maintain optimal health.\*

- Excellent source of vitamin D, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, antioxidant vitamin A, iodine, zinc, copper, and manganese
- Good source of thiamin and riboflavin\*

Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

- Catalyn® (3 tablets)—Contains vital nutrients from whole food and other sources
- Trace Minerals-B<sub>12</sub>™ (1 tablet)—Trace mineral supplement
- Tuna Omega-3 Oil (2 softgels)—Supports general health and helps bridge omega-3 dietary gap\*

**Suggested Use:** Contents of 1 pack each morning and evening.

**Special Information:** Store product in a cool, dark place.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**Warning:** This product should only be used under the direct supervision of a qualified health care professional. Please consult your health care professional if you are pregnant, nursing, have impaired liver function, or are taking any antithyroid medicines. Keep out of reach of children.

### Supplement Facts

Serving Size: 1 Pack  
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	15	
Total Fat	1 g	1%*
Cholesterol	5 mg	2%
Total Carbohydrate	1 g	<1%*
Vitamin A	360 mcg RAE	40%
Vitamin C	4 mg	4%
Vitamin D	7.8 mcg	39%
Thiamin	0.2 mg	17%
Riboflavin	0.2 mg	15%
Vitamin B <sub>6</sub>	1 mg	59%
Vitamin B <sub>12</sub>	4.2 mcg	175%
Iron	1.4 mg	8%
Iodine	300 mcg	200%
Zinc	2.7 mg	25%
Copper	0.3 mg	33%
Manganese	16 mg	696%

DHA 300 mg †  
EPA 60 mg †  
Proprietary Blend 2,176 mg †

Tuna oil, defatted wheat germ, calcium lactate, kelp, organic carrot, organic sweet potato, nutritional yeast, bovine adrenal, magnesium citrate, bovine liver, organic alfalfa (aerial parts) juice powder, organic pea vine juice powder, oat flour, bovine kidney, bovine spleen, ovine spleen, bovine orchid extract, bovine bone, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, sunflower lecithin, veal bone, rice bran, organic shiitake mushroom powder, and organic reishi mushroom powder.

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

†Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, honey, manganese lactate, zinc amino acid (rice) chelate, iron amino acid (rice) chelate, calcium stearate, copper amino acid (rice) chelate, acacia fiber, dicalcium phosphate, ascorbic acid, modified corn starch, prolamine iodine (zein), cholecalciferol, pyridoxine hydrochloride, vitamin A palmitate, sucrose, thiamin hydrochloride, riboflavin, d-alpha tocopherol (vitamin E soy), and cyanocobalamin.

Contains: Soy, wheat, fish (tuna).



See page 15 for a guide to these dietary icons

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Scan for more information:



# HEALTH PACK - IMMUNE SYSTEM Introduced in 2020



13070 - 30 / Box

Immune System Health Packs are designed to provide support in three convenient daily immune system supplement packs.\*

- Excellent source of iron, zinc, copper, chromium, folate and vitamins A, B<sub>6</sub> and B<sub>12</sub> and antioxidant vitamins C and E
- Good Source of magnesium and selenium

Each box includes a 10-day supply of individual packs (taken 3 times a day). Each pack contains:

- Immuplex<sup>®</sup> (2 capsules) - A blend of essential micronutrients and minerals as well as Protomorphogen<sup>™</sup> and Cytosol<sup>™</sup> extracts to support the immune system.\*
- Cataplex<sup>®</sup> F (2 tablets) - Provides an excellent source of vitamin B<sub>6</sub> and iodine\*
- Cataplex<sup>®</sup> C (3 tablets) - Supports the immune system, skin and connective tissue, and bone health.\*
- Calcium Lactate (1 tablet) - Contains calcium and magnesium which provides support in the immune system response function\*

**Suggested Use:** Contents of 1 pack three times a day.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**Caution:** Caution in using this product if allergic to plants of the daisy family. If pregnant or nursing, or have any health condition, consult your health care professional before using this product. Keep out of reach of children.

## Supplement Facts

Serving Size: 1 Pack  
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	10	
Cholesterol	10 mg	3%
Total Carbohydrate	1 g	<1%*
Protein	<.1 g	2%*
Vitamin A	300 mcg RAE	33%
Vitamin C	71 mg	79%
Vitamin E	4.9 mg	33%
Vitamin B <sub>6</sub>	3.6 mg	212%
Folate (200 mcg folic acid)	335 mcg DFE	84%
Vitamin B <sub>12</sub>	2 mcg	83%
Calcium	110 mg	8%
Iron	5 mg	28%
Iodine	190 mcg	127%
Magnesium	15 mg	4%
Zinc	9 mg	82%
Selenium	6 mcg	11%
Copper	0.2 mg	22%
Chromium	30 mcg	86%
Sodium	35 mg	2%

Proprietary Blend 1,441 mg †  
 Veal bone PMG<sup>™</sup> extract, bovine liver PMG<sup>™</sup> extract, defatted wheat germ, nutritional yeast, bovine adrenal, bovine liver, organic carrot, bovine spleen PMG<sup>™</sup> extract, organic sweet potato, bovine thymus PMG<sup>™</sup> extract, bovine thymus Cytosol<sup>™</sup> extract, bovine prostate, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, organic alfalfa (aerial parts) juice powder, organic alfalfa (aerial parts), bovine spleen, ovine spleen, bovine orchic extract, organic shiitake mushroom powder, organic reishi mushroom powder, organic oat flour, veal bone, bovine bone, calcium phosphate, organic flaxseed oil, sunflower lecithin, echinacea purpurea (root), echinacea angustifolia (root), rice bran, and bovine liver fat extract.

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

Other Ingredients: Calcium lactate, honey, magnesium citrate, gelatin, zinc amino acid (rice) chelate, ascorbic acid, organic acerola (berry), iron amino acid (rice) chelate, organic camu camu (berry), calcium stearate, maltodextrin, organic manioc (root), chromium yeast, water, d-alpha tocopherol (vitamin E sunflower), acacia fiber, modified tapioca starch, glycerine, selenium yeast, pyridoxine hydrochloride, copper amino acid (rice) chelate, modified corn starch, dicalcium phosphate, prolamine iodine (zein), vitamin A palmitate, sucrose, folic acid, and cyanocobalamin.

Contains: Wheat.





Scan for more information:



# HEALTH PACK - IMMUNE SYSTEM — VEGETARIAN

Introduced in 2020



13090 – 60 / Box

Vegetarian Immune System Health Packs are designed to provide support in two convenient daily vegetarian immune system supplement packs.\*

- Supports specific aspects of immune system activity and contains research-supported ingredients such as EpiCor®, maitake and turkey tail mushrooms\*
- At the suggested use of two packs per day, this product provides an excellent source of antioxidant vitamin A and C
- Excellent source of vitamin D and zinc

Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

- Epimune Complex (1 capsule) - a vegan immune system support supplement designed to help your immune system stand up to challenges. It helps support respiratory health.\*
- Cataplex® D (1 tablet) - supports bone health, mineral absorption, the immune system, and cellular processes.\*
- Echinacea-C™ (1 tablet) - supports the immune system.\*

**Suggested Use:** Contents of 1 pack each morning and evening.

**Caution:** Not to be used during pregnancy and lactation unless, otherwise directed by a qualified health care professional. Caution in using this product if allergic to plants of the daisy family. Keep out of reach of children.

## Supplement Facts

Serving Size: 1 Pack  
Servings per Container: 60

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Vitamin A	150 mcg RAE	17%
Vitamin C	15 mg	17%
Vitamin D	20 mcg	100%
Calcium	50 mg	4%
Zinc	5 mg	45%
Dried yeast fermentate	258 mg	†
Proprietary Blend	305 mg	†
Organic turkey tails mushroom powder, echinacea angustifolia (root), echinacea purpurea (root), organic buckwheat (aerial parts) juice powder, organic buckwheat flour, maitake mushroom powder, and maitake mushroom extract.		

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

Other Ingredients: Calcium lactate, cellulose, organic acerola (berry), honey, organic rose hips, zinc amino acid (rice) chelate, maltodextrin, potassium citrate, water, acacia fiber, glycerine, calcium stearate, modified corn starch, sucrose, vitamin A palmitate, ascorbic acid, and cholecalciferol.

With MaitakeGold 404® maitake mushroom extract, a registered trademark of the Tradeworks Group, Inc. protected under U.S. Patent 5,854,404.

With EpiCor® dried yeast fermentate, a registered trademark of Embria Health Sciences, LLC.



Scan for more information:



# HEMP OIL

Introduced in 2020



4710 – 30 mL

Hemp Oil is a full-spectrum organic liquid hemp supplement that provides 15mg of phytocannabinoids per serving to support the endocannabinoid system (ECS).\*

- Liquid form — convenient, flexible dosing with a graduated dropper
- Contains full spectrum, organic, non-genetically engineered hemp, grown on the Standard Process certified organic farm^

The ECS is perhaps the most important physiologic system involved in establishing and maintaining human health. Endocannabinoids and their receptors are found throughout the body's organs, brain, connective tissues, glands, immune cells, and more. The ECS performs different tasks in each of these tissues, but the goal is always the same: the maintenance of a stable internal environment — homeostasis — despite fluctuations in the external factors. It's a bridge between body and mind that can aid in the response to physical and emotional stress.

^Ingredients that are not grown on our farm, or if our supply is short, are sourced from certified organic farms

**Suggested Use:** 1 full dropper (1 mL) per day, or as directed. Store in a cool, dark place.

**Warning:** This hemp derived product should not be consumed while pregnant or nursing. Keep out of reach of children.

### Synergistic Product Support:

- Epimune Complex – immune system support\*
- Boswellia Complex (MediHerb) – maintain healthy joints\*
- Turmeric Forte (MediHerb) – healthy inflammatory response\*
- Kava Forte (MediHerb) – nervous system, sleep and relaxation support\*

## Supplement Facts

Serving Size: 1 mL  
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	10	
Total Fat	1 g	1%*
Hemp Oil (stalk and seed) contains 15 mg phytocannabinoids	106 mg	†
Organic extra virgin olive oil	795 mg	†

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

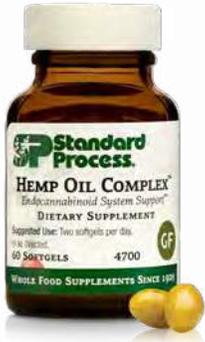


See page 15 for a guide to these dietary icons

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## HEMP OIL COMPLEX™ Introduced in 2018



Scan for more information:



4700 – 60 Softgels

Hemp Oil Complex™ provides 15 mg of phytocannabinoids and supports the endocannabinoid system and the body's natural inflammatory response function in softgel form.\*

- Provides a 3-in-1 benefit for the whole body: supporting the endocannabinoid system, inflammation response resolution pathways, and endogenous anti-oxidant pathways\*
- Contains 15 mg phytocannabinoids
- Combination of natural omega-3 fatty acids, including DHA and EPA
- Contains full spectrum, organic, non-genetically engineered hemp, grown on the Standard Process certified organic farm
- Good source of magnesium\*

**Suggested Use:** 2 softgels per day, or as directed.

**Warning:** This hemp-derived product should not be consumed while pregnant or nursing. Keep out of reach of children.

### Supplement Facts

Serving Size: 2 Softgels  
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	10	
Total Fat	1 g	1%*
Cholesterol	10 mg	3%
Magnesium	45 mg	11%
Glucoraphanin	5 mg	†
DHA	130 mg	†
EPA	55 mg	†
Omega-3	230 mg	†
Organic Hemp Oil (aerial parts) (Containing 15 mg phytocannabinoids)	33 mg	†
Proprietary Blend	834 mg	†
Calamari oil, organic extra virgin olive oil, TrueBroc®, and broccoli (aerial parts).		

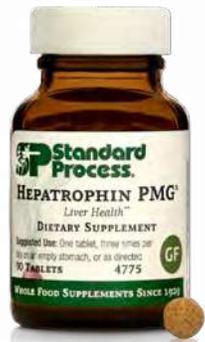
\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

Other Ingredients: Gelatin, water, dimagnesium malate, glycerine, and beeswax.

Contains: Shellfish (squid).

TrueBroc® is protected by trademarks and patents of Brassica Protection Products LLC: [www.brassica.com/fp](http://www.brassica.com/fp)

## HEPATROPHIN PMG® Introduced in 1952



Scan for more information:



4775 – 90 Tablets

Hepatrophin PMG® contains bone liver PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from bovine liver

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

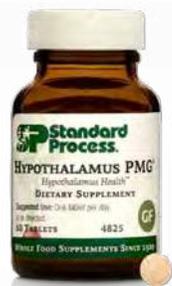
	Amount per Serving	%Daily Value
Sodium	30 mg	1%
Bovine liver PMG™ extract	320 mg	†

†Daily Value not established.

Other Ingredients: Honey and calcium stearate.

**This product features our exclusive Protomorphogen™ extract**

## HYPOTHALAMUS PMG® Introduced in 1986



Scan for more information:



4825 – 60 Tablets  
13030 – Health Pack - General Female Endocrine

Hypothalamus PMG® contains porcine hypothalamus PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from porcine hypothalamus

**Suggested Use:** 1 tablet per day, or as directed.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

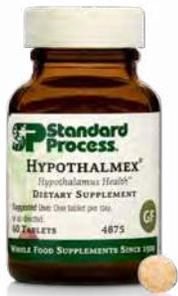
	Amount per Serving	%Daily Value
Cholesterol	<5 mg	2%
Calcium	20 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	205 mg	†
Porcine hypothalamus PMG™ extract and magnesium citrate.		

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

**This product features our exclusive Protomorphogen™ extract**

## HYPOTHALMEX® Introduced in 1986



Scan for more information:



4875 – 60 Tablets

Hypothalmex® contains a proprietary Cytosol™ extract blend that includes porcine hypothalamus Cytosol™ extract.

- Cytosol™ extracts contain a unique profile of nucleotides and peptides from porcine hypothalamus

**Suggested Use:** 1 tablet per day, or as directed.

**Warning:** Keep out of reach of children.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%Daily Value
Cholesterol	10 mg	3%
Calcium	20 mg	2%
Magnesium	10 mg	2%
Proprietary Blend Magnesium citrate and porcine hypothalamus Cytosol™ extract.	190 mg	†

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

## IMMUPLEX® Introduced in 1984



Scan for more information:



4940 – 90 Capsules | 4960 – 150 Capsules  
13070 – Health Pack - Immune System

Immuplex® contains Protomorphogen™ and Cytosol™ extracts and blends essential micronutrients and minerals to support the immune system.\*

- Supports a healthy immune system response function\*
- Helps maintain normal white blood cell activity already within a normal range\*
- Supports the body's normal inflammatory response function\*
- Provides ingredients with antioxidant activity
- Excellent source of iron, zinc, copper, chromium, folate and vitamins A, B<sub>6</sub>, and B<sub>12</sub> and antioxidant vitamins C and E
- Good source of selenium

**Suggested Use:** 2 capsules per meal, or as directed.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

### Synergistic Product Support:

- Tuna Omega-3 Oil
- Calamari Omega-3 Liquid

### Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 45 or 75

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	<2%
Vitamin A	300 mcg RAE	30%
Vitamin C	54 mg	60%
Vitamin E	4.9 mg	33%
Vitamin B6	2 mg	118%
Folate (200 mcg folic acid)	335 mcg DFE	84%
Vitamin B12	2 mcg	85%
Iron	5 mg	28%
Zinc	9 mg	82%
Selenium	6 mcg	11%
Copper	0.2 mg	22%
Chromium	30 mcg	86%
Sodium	30 mg	1%

Proprietary Blend 545 mg †  
Bovine liver PMG™ extract, veal bone PMG™ extract, nutritional yeast, bovine spleen PMG™ extract, bovine thymus PMG™ extract, bovine thymus Cytosol™ extract, bovine liver, bovine spleen, and ovine spleen.

†Daily Value not established.

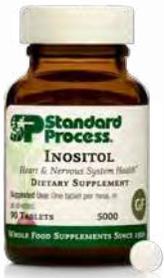
Other Ingredients: Gelatin, zinc amino acid (rice) chelate, ascorbic acid, iron amino acid (rice) chelate, chromium yeast, water, d-alpha tocopherol (vitamin E sunflower), modified tapioca starch, selenium yeast, copper amino acid (rice) chelate, pyridoxine hydrochloride, dicalcium phosphate, sucrose, calcium stearate, modified corn starch, vitamin A palmitate, folic acid, and cyanocobalamin.



See page 15 for a guide to these dietary icons

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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Scan for more information:



## INOSITOL Introduced in 1948



5000 – 90 Tablets

Inositol is involved in nervous system function and supports lipid metabolism, important for cardiovascular health.\*

- Supports healthy cell membrane integrity
- Supports normal cell membrane signaling
- Supports the normal processing of fats in the liver\*

### Supplement Facts

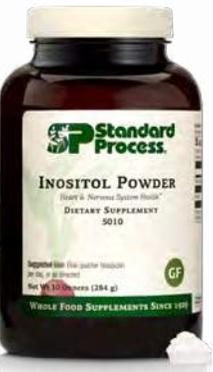
Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Inositol	375 mg	†

†Daily Value not established.

Other Ingredients: Honey, water, and calcium stearate.

**Suggested Use:** 1 tablet per meal, or as directed.



Scan for more information:



## INOSITOL POWDER Introduced in 2000



5010 – 10 Ounces (284 grams)

Inositol Powder helps support the cardiovascular and nervous systems.\*

- Contains 325 mg more inositol per serving than Inositol tablets
- Supports healthy cell membrane integrity
- Supports normal cell membrane signaling
- Supports normal processing of fats in the liver\*
- Can be mixed in a supplement shake or added to foods

### Supplement Facts

Serving Size: ¼ teaspoon  
Servings per Packet: 405

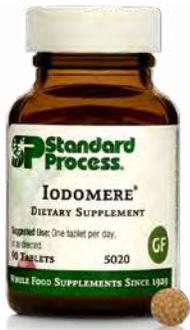
	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Inositol	700 mg	†

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

†Daily Value not established.

**Suggested Use:** 1 quarter teaspoon per day, or as directed.





Scan for more information:



## IODOMERE® Introduced in 1964



5020 – 90 Tablets

Iodomere® is a supplement that contains 200 mcg of iodine to support healthy thyroid hormone production, an integral part of thyroid function.\*

- Supports healthy thyroid function\*
- Supports normal basal metabolism\*
- Supports immune and cellular function\*
- Iodine is an integral part of thyroid hormones that help regulate normal basal metabolism\*
- Excellent source of iodine

**Suggested Use:** 1 tablet per day, or as directed.

**Caution:** Please consult your health care professional if you are pregnant, nursing, or taking any antithyroid medicines. Caution in using this product if allergic to plants of the daisy family. Keep out of reach of children.

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Iodine	200 mcg	133%
Proprietary Blend	364 mg	†
New Zealand green mussel ( <i>Perna canaliculus</i> ) (shellfish), organic carrot, organic sweet potato, bovine liver, echinacea angustifolia (root), and echinacea purpurea (root).		
†Daily Value not established.		

Other Ingredients: Honey, prolamine iodine (zein), and calcium stearate.

## LACT-ENZ® Introduced in 1988



5130 – 90 Capsules | 5135 – 150 Capsules

Lact-Enz® combines digestive enzymes with probiotic bacteria to support healthy digestion and immune system response function\*.

- Supports healthy gastrointestinal flora
- Supports a healthy immune system response function\*
- Provides support during the gastric and intestinal phases of digestion\*

**Suggested Use:** 2 capsules per meal, or as directed.

**Synergistic Product Support:**

- Gastro-Fiber® or Whole Food Fiber



Scan for more information:



## Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 45 or 75

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Proprietary Blend	975 mg	†
Rice bran, amylase, protease, cellulase, <i>Bifidobacterium longum</i> , <i>Lactobacillus acidophilus</i> , and lipase.		
*Percent Daily Values are based on a 2,000 calorie diet.		
†Daily Value not established.		

Other Ingredients: Gelatin, potato dextrin, water, calcium stearate, rice maltodextrin, sucrose, and corn maltodextrin.



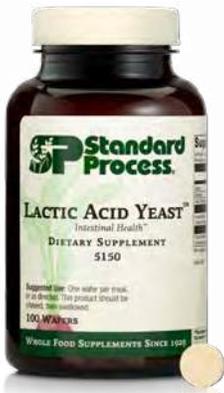
See page 15 for a guide to these dietary icons

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# LACTIC ACID YEAST™

Introduced in 1939



Scan for more information:



5150 - 100 Wafers

Lactic Acid Yeast™ supports a healthy intestinal environment.\*

- Cleanses and promotes healthy function in the lower gastrointestinal tract\*

**Suggested Use:** 1 wafer per meal, or as directed. This product should be chewed, then swallowed.

## Supplement Facts

Serving Size: 1 Wafer  
Servings per Container: 100

	Amount per Serving	%Daily Value
Calories	5	
Cholesterol	5 mg	2%
Total Carbohydrate	1 g	<1%*
Proprietary Blend	880 mg	†
Organic corn, whey, malt syrup, and yeast ( <i>Saccharomyces cerevisiae</i> ).		

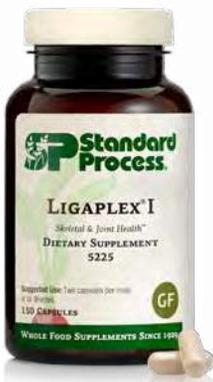
\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

Other Ingredients: Cellulose, honey, glycerine, calcium stearate, and acacia gum.

Contains: Milk.

# LIGAPLEX® I

Introduced in 1959



Scan for more information:



5225- 150 Capsules

Ligaplex® I contains nutrients that provide bone and joint support in a capsule supplement.\*

- Supports the body's normal synthesis processes of connective tissue cartilage\*
- Supports healthy joints\*
- Supports bone growth and the synthesis of cartilage\*
- Contains a combination of key ingredients from Manganese B<sub>12</sub>™, Cataplex® E, Ostrophin PMG®, and Cataplex® A-C-P
- Excellent source of vitamin B<sub>12</sub> and manganese

**Suggested Use:** 2 capsules per meal, or as directed.

**Warning:** If you are pregnant, nursing or have impaired liver function, consult your health care professional before using this product. Keep out of reach of children.

## Supplement Facts

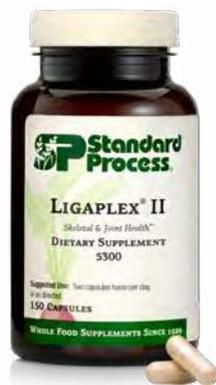
Serving Size: 2 Capsules  
Servings per Container: 75

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	2%
Vitamin A	70 mcg RAE	8%
Vitamin C	2 mg	2%
Vitamin E	1.1 mg	7%
Vitamin B12	5.8 mcg	242%
Phosphorus	20 mg	2%
Manganese	55 mg	2,391%
Sodium	10 mg	<1%

Proprietary Blend 770 mg †  
Bovine bone, calcium lactate, organic pea vine juice powder, organic oat flour, bovine liver, veal bone PMG™ extract, bovine kidney, organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), inositol, organic beet (root), nutritional yeast, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, ribonucleic acid, organic carrot, organic sweet potato, bovine adrenal Cytosol™ extract, bovine spleen, ovine spleen, organic reishi mushroom powder, organic shiitake mushroom powder, sunflower lecithin powder, medium chain triglycerides, and carrot oil.

†Daily Value not established.

Other Ingredients: Manganese lactate, gelatin, water, calcium stearate, dicalcium phosphate, d-alpha tocopherol (Vitamin E sunflower), modified tapioca starch, ascorbic acid, modified corn starch, vitamin A palmitate, sucrose, and cyanocobalamin.



Scan for more information:



## LIGAPLEX® II Introduced in 1961



5300 – 150 Capsules

Ligaplex® II supports tissue and joints to maintain connective tissue health.\*

- Provides essential nutrients to support the skeletal system and facilitate movement\*
- Nutritional compounds for support of proper formation and maintenance of skeletal tissues\*
- Involved in maintenance of healthy fluid levels\*
- Contains bovine heart PMG™ extract
- Contains a combination of key ingredients from Cardiostrophin PMG®, Ostrophin PMG®, Manganese B12™, Super-EFF®, and Cataplex® E
- Excellent source of vitamin A, vitamin B12 and manganese

**Suggested Use:** 2 capsules twice per day, or as directed.

**Warning:** If you are pregnant, nursing or have impaired liver function, consult your health care professional before using this product. Keep out of reach of children.

### Synergistic Product Support:

- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Glucosamine Synergy®
- Trace Minerals-B12™

## Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 75

	Amount per Serving	%Daily Value
Vitamin A	180 mcg RAE	20%
Vitamin D	0.6 mcg	3%
Vitamin E	0.7 mg	5%
Vitamin B12	2 mcg	83%
Manganese	35 mg	1,522%
Sodium	10 mg	<1%
Proprietary Blend	650 mg	†

Nutritional yeast, carbamide, bovine bone, veal bone PMG™ extract, bovine liver, defatted wheat germ, bovine heart PMG™ extract, magnesium citrate, organic oat flour, inositol, organic pea vine juice powder, Spanish moss (*Tillandsia usneoides*), organic beet (root), organic sweet potato, organic carrot, ribonucleic acid, bovine liver fat extract, bovine adrenal Cytosol™ extract, bovine kidney, bovine spleen, ovine spleen, organic shiitake mushroom powder, organic reishi mushroom powder, rice bran, sunflower lecithin powder, and organic flaxseed oil.

†Daily Value not established.

Other Ingredients: Manganese glycerophosphate, calcium lactate, gelatin, water, calcium stearate, ascorbic acid, d-alpha tocopherol (vitamin E sunflower), modified corn starch, dicalcium phosphate, modified tapioca starch, vitamin A palmitate, sucrose, cholecalciferol, and cyanocobalamin. Contains: Wheat.



Scan for more information:



## LIVAPLEX® Introduced in 1969



5375 – 90 Capsules

Livaplex® is a supplement for liver health that provides foundational support for the liver.\*

- Supports healthy liver function
- Supports the body's normal toxin-elimination function
- Supports normal digestive environment in the GI
- Supports normal bile production\*
- Contains a combination of key ingredients from A-F Betafood®, Hepatrophin PMG®, Betacol®, Spanish Black Radish, Zinc Complex, and Antronex®
- Excellent source of vitamin B6 and zinc
- Good source of iron, copper, niacin, and antioxidant vitamin A

**Suggested Use:** 1 capsule per meal, or as directed.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

### Synergistic Product Support:

- Cruciferous Complete™, Garlic, and Spanish Black Radish

## Supplement Facts

Serving Size: 1 Capsule  
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin A (54% as beta-carotene)	150 mcg RAE	17%
Niacin	2.8 mg	18%
Vitamin B6	0.8 mg	47%
Iron	2.5 mg	14%
Iodine	10 mcg	7%
Zinc	5 mg	45%
Copper	0.1 mg	11%
Sodium	10 mg	<1%

Proprietary Blend 582 mg †  
Bovine liver PMG™ extract, organic Spanish black radish (root), bovine liver, organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), calcium lactate, Spanish moss (*Tillandsia usneoides*), organic sweet potato, organic carrot, organic oat flour, betaine hydrochloride, magnesium citrate, choline bitartrate, potassium bicarbonate, bovine kidney, bovine prostrate, bovine adrenal Cytosol™ extract, bovine liver fat extract, bovine orchid extract, organic flaxseed oil, ascorbic acid, and d-alpha tocopherol (vitamin E sunflower).

†Daily Value not established.

Other Ingredients: Gelatin, zinc amino acid (rice) chelate, iron amino acid (rice) chelate, water, calcium stearate, niacinamide, copper amino acid (rice) chelate, beta carotene, pyridoxine hydrochloride, modified corn starch, prolamine iodine (zein), vitamin A palmitate, and sucrose.



See page 15 for a guide to these dietary icons

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Scan for more information:



## MAGNESIUM LACTATE Introduced in 1987



5425 – 90 Capsules

Magnesium Lactate contains magnesium to support cellular functions.\*

- Promotes cellular energy production
- Supports synthesis of essential molecules
- Provides cofactor support for more than 300 enzymes
- Supports ion signaling across cell membranes
- Supports the body's natural ongoing activities of bone formation and resorption
- Helps facilitate muscle contraction
- Supports the body's energy production, which is used by the central nervous, neuromuscular, and cardiovascular systems\*
- Magnesium is involved in sleep pathways that support brain homeostatic sleep processes
- Excellent source of magnesium

**Suggested Use:** 3 capsules per day, or as directed.

**Synergistic Product Support:**

- Calcium Lactate

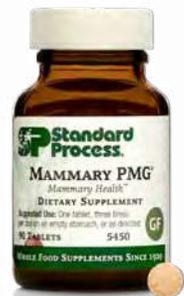
### Supplement Facts

Serving Size: 3 Capsules  
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	10	
Total Carbohydrate	1 g	<1%*
Magnesium	210 mg	50%

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

Ingredients: Gelatin, magnesium lactate, calcium stearate, and water.



Scan for more information:



## MAMMARY PMG® Introduced in 1956



5450 – 90 Tablets

Mammary PMG® contains bovine mammary PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from bovine mammary

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Cholesterol	5 mg	2%
Calcium	20 mg	2%
Sodium	15 mg	<1%
Proprietary Blend	185 mg	†
Bovine mammary PMG™ extract and magnesium citrate.		

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

## MANGANESE B<sub>12</sub><sup>TM</sup> Introduced in 1956



5490 – 90 Tablets

Manganese B<sub>12</sub><sup>TM</sup> contains manganese and vitamin B<sub>12</sub> to support enzymatic functions.\*

- Supports the body's normal tissue repair process\*
- Promotes healthy connective tissue\*
- Supports normal red blood cell function\*
- Supports hemoglobin formation\*
- Excellent source of magnesium, copper, and vitamin B<sub>12</sub>
- Good source of zinc and antioxidant vitamin C

**Suggested Use:** 1 tablet per day, or as directed.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.



Scan for more information:



## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin C	9 mg	10%
Vitamin B12	5 mcg	208%
Iron	1 mg	6%
Zinc	1.9 mg	17%
Copper	0.2 mg	22%
Manganese	34 mg	1,478%
Proprietary Blend	70 mg	†
Organic carrot, organic sweet potato, and bovine bone.		
†Daily Value not established.		

Other Ingredients: Manganese lactate, honey, organic acerola (berry), camu camu (berry), zinc amino acid (rice) chelate, organic maltodextrin, dicalcium phosphate, manioc (root), iron amino acid (rice) chelate, copper amino acid (rice) chelate, calcium stearate, and cyanocobalamin.

## MIN-CHEX<sup>®</sup> Introduced in 1963



5525 – 90 Capsules

Min-Chex<sup>®</sup> is a combination of synergistic factors designed to support the nervous system.\*

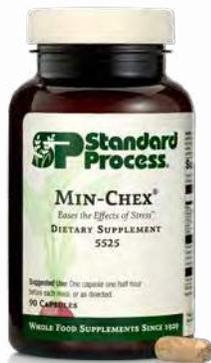
- Contains vitamins that are involved in the production of neurotransmitters associated with emotional balance\*
- Contains vitamins that are involved in healthy adrenal gland functions that is in response to stress\*
- Contains a combination of key ingredients from Min-Tran<sup>®</sup> and Orchex<sup>®</sup>
- Excellent source of niacin, vitamin B<sub>6</sub>, and iodine

**Suggested Use:** 1 capsule ½ hour before each meal, or as directed.

**Caution:** This product should only be used under the direct supervision of a qualified health care professional. Please consult your health care professional if you are pregnant, nursing, or taking any antithyroid medicines. Keep out of reach of children.

**Synergistic Product Support:**

- Calamari Omega-3 Liquid or Tuna Omega-3 Oil



Scan for more information:



## Supplement Facts

Serving Size: 1 Capsule  
Servings per Container: 90

	Amount per Serving	%Daily Value
Niacin	25 mg	156%
Vitamin B6	5 mg	294%
Calcium	20 mg	2%
Iodine	300 mcg	200%
Sodium	5 mg	<1%
Proprietary Blend	270 mg	†
Bovine orchic Cytosol <sup>TM</sup> extract, magnesium citrate, manganese lactate, bovine liver, porcine stomach, soy protein, bovine spleen, ovine spleen, defatted wheat germ, porcine brain, and ascorbic acid.		
†Daily Value not established.		

Other Ingredients: Calcium lactate, kelp, gelatin, niacinamide, water, pyridoxine hydrochloride, and calcium stearate.



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Scan for more information:



## MIN-TRAN® Introduced in 1960

5616 - 180 Tablets | 5626 - 360 Tablets

Min-Tran® contains magnesium and is a nutritional supplement product that supports a healthy nervous system.\*

- Magnesium may play a role in the stress response pathway\*
- Magnesium supports the actions of neurotransmitters that help regulate mood\*
- Magnesium is involved in sleep pathways that support brain homeostatic sleep processes\*
- Excellent source of iodine\*
- Good source of magnesium and calcium

**Suggested Use:** 3 tablets twice per day, or as directed.

**Warning:** This product should only be used under the direct supervision of a qualified health care professional. Please consult your health care professional if you are pregnant, nursing, or taking any antithyroid medicines. Keep out of reach of children.



### Supplement Facts

Serving Size: 3 Tablets  
Servings per Container: 60 or 120

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrate	2 g	1%*
Calcium	180 mg	14%
Iodine	450 mcg	300%
Magnesium	70 mg	17%
Sodium	15 mg	<1%

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

Ingredients: Calcium lactate, magnesium citrate, honey, kelp, organic alfalfa (aerial parts), and calcium stearate.



Scan for more information:



## MULTIZYME® Introduced in 1963

5685 - 90 Capsules | 5695 - 150 Capsules

Multizyme® is a pancreatic enzyme supplement that contains digestive enzymes, including bromelain, amylase, and lipase.

- Supports the normal breakdown of proteins, carbohydrates, and fats\*
- Supports the digestive environment of the GI tract
- Supplementary pancreatic enzymes support macronutrient digestion\*

**Suggested Use:** 1 capsule per meal, or as directed.

**Warning:** If pregnant or nursing, or have any health condition, consult your health care professional before using this product. Keep out of reach of children.

**Synergistic Product Support:**

- A-F Betafood®
- ProSynbiotic



### Supplement Facts

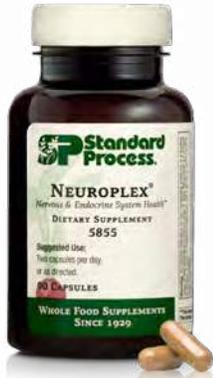
Serving Size: 1 Capsule  
Servings per Container: 90 or 150

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	2%
Proprietary Blend	376 mg	†
Fig (fruit), defatted almonds, pancreatin (3x), stearic acid (vegetable source), bromelain, papain, amylase, cellulase, and lipase.		

†Daily Value not established.

Other Ingredients: Cellulose, gelatin, water, calcium stearate, and potato dextrin.

Contains: Tree nuts (almonds).



Scan for more information:



## NEUROPLEX® Introduced in 1986

5855 – 90 Capsules

Neuroplex® combines synergistic ingredients to support the nervous and endocrine systems.\*

- Supports the nervous system
- Vitamin B<sub>6</sub> is involved in neurotransmitter formation, important for cognitive functioning
- Contains vitamins and minerals that support endocrine function and includes complementary tissues\*
- Excellent source of thiamin, riboflavin, niacin, vitamin B<sub>6</sub>, iron, zinc, and copper

**Suggested Use:** 2 capsules per day, or as directed.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**Synergistic Product Support:**

- Cataplex® C
- Drenatrophin PMG®

## Supplement Facts

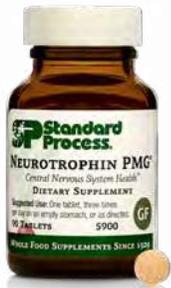
Serving Size: 2 Capsules  
Servings per Container: 45

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	<2%
Thiamin	0.9 mg	75%
Riboflavin	0.9 mg	69%
Niacin	40 mg	250%
Vitamin B <sub>6</sub>	8.9 mg	524%
Iron	8 mg	44%
Zinc	16 mg	145%
Copper	0.3 mg	33%
Sodium	10 mg	<1%

Proprietary Blend 5/75 mg †  
Spanish moss (*Tillandsia usneoides*), bovine orchic Cytosol™ extract, porcine brain PMG™ extract, bovine spleen, ovine spleen, defatted wheat germ, bovine hypothalamus, bovine anterior pituitary, bovine liver, calcium lactate, porcine brain, bovine pituitary PMG™ extract, and ascorbic acid.

†Daily Value not established.

Other Ingredients: Zinc amino acid (rice) chelate, gelatin, iron amino acid (rice) chelate, niacinamide, water, pyridoxine hydrochloride, copper amino acid (rice) chelate, calcium stearate, thiamin hydrochloride, and riboflavin.



Scan for more information:



## NEUTROTROPHIN PMG® Introduced in 1953



5900 – 90 Tablets

Neurotrophin PMG® contains porcine brain PMG™ extract, a proprietary Protomorphogen™ blend

- PMGs contain a unique profile of nucleotides and peptides from porcine brain

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Cholesterol	10 mg	3%
Sodium	15 mg	<1%

Proprietary Blend 200 mg †  
Porcine brain PMG™ extract and magnesium citrate.

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

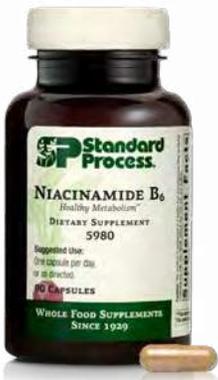
This product features our exclusive Protomorphogen™ extract.



See page 15 for a guide to these dietary icons

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Scan for more information:



## NIACINAMIDE B<sub>6</sub> Introduced in 1949

NON DAIRY

5980 – 90 Capsules

Niacinamide B<sub>6</sub> aids in the breakdown of proteins, fats, and carbohydrates.\*

- Supports healthy cholesterol levels already within a normal range
- Supports a healthy nervous system
- Supports energy metabolism\*
- Contains two important constituents of coenzymes that are essential for metabolic processes\*
- Excellent source of niacin and vitamin B<sub>6</sub>

**Suggested Use:** 1 capsule per day, or as directed.

### Supplement Facts

Serving Size: 1 Capsule  
Servings per Container: 90

	Amount per Serving	%Daily Value
Niacin	50 mg	313%
Vitamin B6	9 mg	529%
Proprietary Blend	415 mg	†
Bovine liver, porcine stomach, calcium lactate, soy protein, bovine spleen, ovine spleen, defatted wheat germ, porcine brain, and ascorbic acid.		
†Daily Value not established.		

Other Ingredients: Gelatin, niacinamide, pyridoxine hydrochloride, and water.



Scan for more information:



## NUTRIMERE® Introduced in 1955

GF

NON DAIRY

NON SOY

6010 – 90 Capsules

Nutrimer® is a nutritional supplement that supports healthy joint function and contains *Perna canaliculus*, New Zealand green mussel (Green-lipped mussel).\*

- Green-lipped mussel may support pathways involved in healthy inflammatory response function\*

**Suggested Use:** 2 capsules per meal, or as directed.

**Warning:** If pregnant or nursing, or have any health condition, consult your health care professional before using this product. Keep out of reach of children.

### Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 45

	Amount per Serving	%Daily Value
Sodium	30 mg	1%
Proprietary Blend	794 mg	†
New Zealand green mussel ( <i>Perna canaliculus</i> ), organic carrot, and organic sweet potato.		
†Daily Value not established.		

Other Ingredients: Gelatin and water.

Contains: Shellfish.

## OCULOTROPHIN PMG® Introduced in 1956

GF

NON DAIRY

NON SOY

NON GRAIN

6075 – 90 Tablets

Oculotrophin PMG® contains porcine eye PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from porcine eye

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

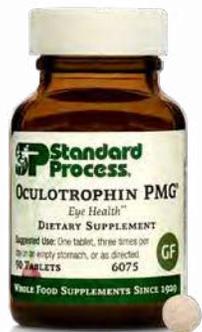
### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	15 mg	<1%
Proprietary Blend	190 mg	†
Porcine eye PMG™ extract and magnesium citrate.		
†Daily Value not established.		

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.



Scan for more information:



## OKRA PEP SIN E<sub>3</sub> Introduced in 1962



6083 – 90 Capsules | 6087 – 150 Capsules

### Okra Pepsin E<sub>3</sub> supports gastrointestinal function.\*

- Provides enzymatic support for protein digestion\*
- With whole okra fruit powder, alginic acid, and natural chlorophyll

**Suggested Use:** 1 capsule after each meal, or as directed.

### Synergistic Product Support:

- Gastrex®

Scan for more information:



## Supplement Facts

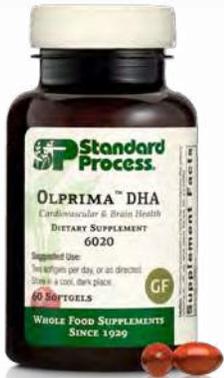
Serving Size: 1 Capsule  
Servings per Container: 90 or 150

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	<2%
Proprietary Blend	215 mg	†
Okra (fruit), pepsin (1:10,000), fat soluble extract from alfalfa (leaf) and sunflower seed, bovine orchic extract, alginic acid, carbamide, Spanish moss ( <i>Tillandsia usneoides</i> ), organic buckwheat (aerial parts), organic pea vine juice powder, and organic carrot.		

†Daily Value not established.

Other Ingredients: Cellulose, gelatin, water, calcium stearate, and d-alpha tocopherol (vitamin E sunflower).

## OLPRIMA™ DHA Introduced in 2019



6020 – 60 Softgels

### Olprima™ DHA provides condition-specific support through a high concentration of the omega-3, DHA. Olprima™ DHA supports cardiovascular and brain health while supporting the body's healthy inflammatory response.\*

- Supports healthy triglyceride and HDL<sup>^</sup>
  - Supports healthy inflammatory processes\*
  - Supports cardiovascular function<sup>^</sup>
  - Supports general brain health and cognition<sup>^</sup>
- <sup>^</sup>As part of a diet low in saturated fat and cholesterol.

**Suggested Use:** 2 softgels per day, or as directed. Store product in a cool, dark place.

**Track omega-3s** and optimize health with the Omega-3 Index Plus Test. **See page 120** for more information.

Scan for more information:



## Supplement Facts

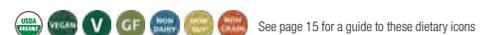
Serving Size: 2 Softgels  
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	15	
Total Fat	1 g	<2%*
Cholesterol	10 mg	3%
Fish Oil Concentrate (from Tuna)	1220 mg	†
Total Omega-3	750 mg	†
DHA	620 mg	†
DPA	40 mg	†

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

†Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, rosemary, and astaxanthin. Contains: Fish (tuna).



Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

## OLPRIMA™ EPA Introduced in 2019



Scan for more information:



### 6040 – 60 Softgels

Olprima™ EPA provides condition-specific support through a high concentration of the omega-3, EPA. Olprima™ EPA provides general mood support while promoting a healthy inflammatory response.\*

- Supports healthy triglyceride and HDL with minimal effect on LDL<sup>^</sup>
- Supports healthy inflammatory processes\*
- General mood support\*

<sup>^</sup>As part of a diet low in saturated fat and cholesterol.

**Suggested Use:** 2 softgels per day, or as directed. Store product in a cool, dark place.

**Track omega-3s** and optimize health with the Omega-3 Index Plus Test. [See page 120](#) for more information.

## Supplement Facts

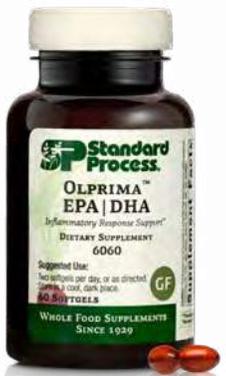
Serving Size: 2 Softgels  
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	10	
Total Fat	1 g	<2%*
Fish Oil Concentrate (from anchovy and sardine)	1200 mg	†
Omega-3	660 mg	†
Omega-6	50 mg	†
Omega-7	45 mg	†
Omega-9	75 mg	†
EPA	600 mg	†

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

Other Ingredients: Gelatin, water, glycerine, rosemary, and astaxanthin.  
Contains: Fish (anchovy and sardine).

## OLPRIMA™ EPA|DHA Introduced in 2019



Scan for more information:



### 6060 – 60 Softgels

Through a 55:45 ratio of omega-3s EPA and DHA, Olprima™ EPA|DHA supports cardiovascular and brain health while supporting the body's healthy inflammatory response.\*

- Supports cardiovascular health<sup>^</sup>
- Supports healthy inflammatory processes
- Supports general brain health and cognition
- General mood support\*

<sup>^</sup>As part of a diet low in saturated fat and cholesterol.

**Suggested Use:** 2 softgels per day, or as directed. Store product in a cool, dark place.

**Track omega-3s** and optimize health with the Omega-3 Index Plus Test. [See page 120](#) for more information.

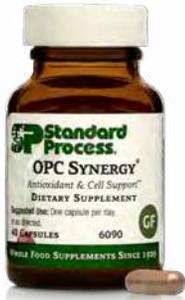
## Supplement Facts

Serving Size: 2 Softgels  
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	10	
Total Fat	1 g	1%*
Fish Oil Concentrate (from Anchovy and Sardine)	1220 mg	†
DHA	400 mg	†
DPA	30 mg	†
EPA	500 mg	†

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

Other Ingredients: Gelatin, water, glycerine, rosemary, and astaxanthin.



Scan for more information:



## OPC SYNERGY® Introduced in 2000



6090 – 40 Capsules

OPC Synergy® is a synergistic blend that supports antioxidant activity and cell functioning\*.

- Provides ingredients with antioxidant activity
- Supports and maintains normal cell function\*
- Helps maintain normal cognitive function\*
- Supports eye health\*
- Supports the complex processes associated with aging\*
- Supports a healthy cardiovascular system\*
- Maintains capillary integrity\*

**Suggested Use:** 1 capsule per day, or as directed.

### Supplement Facts

Serving Size: 1 Capsule  
Servings per Container: 40

	Amount per Serving	%Daily Value
Proprietary Blend	410 mg	†
Organic buckwheat (aerial parts) juice powder, organic buckwheat (aerial parts), green tea (leaf) powder, organic carrot, grape seed extract, bilberry (fruit) extract, green tea (leaf) extract, and red wine extract.		

†Daily Value not established.

Other Ingredients: Gelatin, water, and calcium stearate.

Includes Masquelier's® OPC-85 grape seed extract.



Scan for more information:



## ORCHEX® Introduced in 1956



6105 – 90 Capsules | 6115 – 150 Capsules

Orchex® combines nutrients to promote nervous system balance\*.

- Contains vitamins that are involved in the production of neurotransmitters associated with emotional balance
- Supports the balanced function of the central nervous system\*
- Excellent source of niacin and vitamin B6

**Suggested Use:** 1 capsule per meal, or as directed.

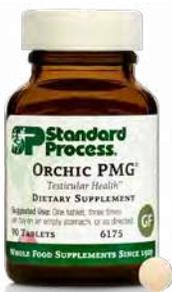
### Supplement Facts

Serving Size: 1 Capsule  
Servings per Container: 90 or 150

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	2%
Niacin	25 mg	156%
Vitamin B6	5 mg	294%
Proprietary Blend	465 mg	†
Bovine liver, bovine orchic Cytosol™ extract, calcium lactate, manganese lactate, porcine stomach, bovine spleen, ovine spleen, soy protein, defatted wheat germ, magnesium citrate, porcine brain, and ascorbic acid.		

†Daily Value not established.

Other Ingredients: Gelatin, niacinamide, water, calcium stearate, and pyridoxine hydrochloride.



Scan for more information:



## ORCHIC PMG® Introduced in 1952



6175 – 90 Tablets

Orchic PMG® contains bovine orchic PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from bovine orchic

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	20 mg	<1%
Proprietary Blend	197 mg	†
Bovine orchic PMG™ extract and magnesium citrate.		

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

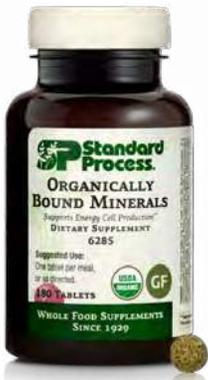
**This product features our exclusive Protomorphogen™ extract**



Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

## ORGANICALLY BOUND MINERALS Introduced in 1935



Scan for more information:



6285 - 180 Tablets

Organically Bound Minerals contains iodine from alfalfa and kelp.

- Includes whole food-sourced ingredients with complexity maintained through careful processing
- Contains iodine that supports thyroid function/thyroid hormone levels\*
- Supports healthy metabolic processes\*
- Iodine is an integral part of thyroid hormones that help regulate cellular energy production\*
- Supports a healthy musculoskeletal system\*
- Supports nervous system health\*
- Excellent source of iodine

**Suggested Use:** 1 tablet per meal, or as directed.

**Caution:** This product should only be used under the direct supervision of a qualified health care professional. Please consult your health care professional if you are pregnant, nursing, or taking any antithyroid medicines. Keep out of reach of children.

**Synergistic Product Support:**

- Catalyn®

### Supplement Facts

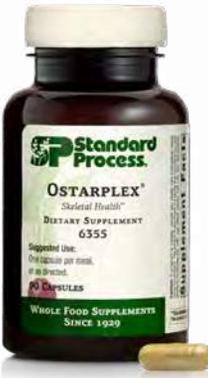
Serving Size: 1 Tablet  
Servings per Container: 180

	Amount per Serving	%Daily Value
Iodine	200 mcg	133%
Proprietary Blend	340 mg	†
Organic kelp and organic alfalfa (aerial parts) juice powder.		

†Daily Value not established.

Other Ingredients: Organic honey, organic rice extract, organic rice hulls, organic arabic gum, and organic sunflower oil.

## OSTARPLEX® Introduced in 1958



Scan for more information:



6355 - 90 Capsules

Ostarplex® is a good source of vitamin B<sub>6</sub>, which is involved in the formation of cysteine, an amino acid important for collagen synthesis contributing to healthy connective tissue.\*

- Vitamin B<sub>6</sub> is involved in homocysteine metabolism, important for healthy liver function
- Encourages the formation of healthy connective tissue
- Supports normal liver function
- Helps support important chloride ions at the cellular level\*
- Contains a combination of key ingredients from Betacol®, Cal-Amo®, Cataplex® B<sub>2</sub>, Ostrophin PMG®, and Phosfood® Liquid
- Good source of vitamin B<sub>6</sub>

**Suggested Use:** 1 capsule per meal, or as directed.

**Caution:** If pregnant or nursing, consult your health care professional before using this product.

### Supplement Facts

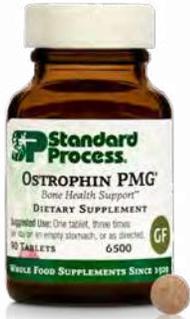
Serving Size: 1 Capsule  
Servings per Container: 90

	Amount per Serving	%Daily Value
Riboflavin	0.1 mg	8%
Niacin	1.3 mg	8%
Vitamin B <sub>6</sub>	0.2 mg	12%
Sodium	5 mg	<1%

Proprietary Blend 425 mg †  
Organic alfalfa (aerial parts), nutritional yeast, veal bone PMG™ extract, betaine hydrochloride, ammonium chloride, arrowroot flour, potassium citrate, soy protein, choline bitartrate, phosphoric acid, bovine liver, porcine stomach, calcium lactate, manganese glycerophosphate, bovine adrenal, magnesium citrate, bovine spleen, ovine spleen, licorice (root), defatted wheat germ, porcine brain, inositol, and ascorbic acid.

†Daily Value not established.

Other Ingredients: Golanin, water, calcium stearate, niacinamide, pyridoxine hydrochloride, and riboflavin.



Scan for more information:



## OSTROPHIN PMG® Introduced in 1955



6500 – 90 Tablets | 13010 – Health Pack - Bone

Ostrophin PMG® contains veal bone PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from veal bone

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

### Supplement Facts

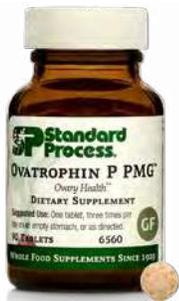
Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	30 mg	2%
Manganese	4 mg	174%
Sodium	20 mg	<1%
Proprietary Blend	250 mg	†
Veal bone PMG™ extract, bovine bone, organic carrot, and organic sweet potato.		

†Daily Value not established.

Other Ingredients: Calcium lactate, honey, manganese lactate, and calcium stearate.

This product features our exclusive Protomorphogen™ extract



Scan for more information:



## OVATROPHIN P PMG™ Introduced in 1953, Reformulated in 2021



6560 – 90 Tablets

Ovatrophin P PMG™ contains porcine ovary PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from porcine ovary

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

### Supplement Facts

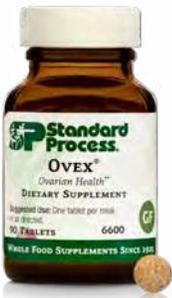
Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	30 mg	1%
Proprietary Blend	190 mg	†
Porcine ovary PMG™ extract and magnesium citrate.		

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract



Scan for more information:



## OVEX® Introduced in 1953



6600 – 90 Tablets

Ovex® contains a proprietary Cytosol™ extract blend that includes bovine ovary Cytosol™ extract.

- Cytosol™ extracts contain a unique profile of nucleotides and peptides from bovine ovary

**Suggested Use:** 1 tablet per meal, or as directed.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin C	2 mg	2%
Proprietary Blend	355 mg	†
Calcium lactate, bovine ovary Cytosol™ extract, magnesium citrate, and d-alpha tocopherol (vitamin E sunflower).		

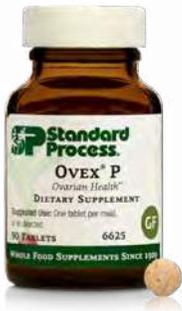
†Daily Value not established.

Other Ingredients: Cellulose, calcium stearate, ascorbic acid, and modified tapioca starch.



Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**



Scan for more information:



## OVEX® P Introduced in 1993



6625 – 90 Tablets

OVEX® P contains a proprietary Cytosol™ extract blend that includes porcine ovary Cytosol™ extract.

- Cytosol extracts contain a unique profile of nucleotides and peptides from porcine ovary.

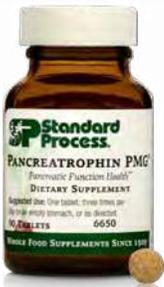
**Suggested Use:** 1 tablet per meal, or as directed.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin C	2 mg	2%
Proprietary Blend	355 mg	†
Calcium lactate, porcine ovary Cytosol™ extract, magnesium citrate, and d-alpha tocopherol (vitamin E sunflower).		
†Daily Value not established.		

Other Ingredients: Cellulose, calcium stearate, ascorbic acid, and modified tapioca starch.



Scan for more information:



## PANCREATROPHIN PMG® Introduced in 1953



6650 – 90 Tablets

Pancreatrophin PMG® contains bovine pancreas PMG™ extract, a proprietary Protomorphogen™ blend.

- Provides a unique profile of minerals, nucleotides, and peptides\*

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

### Supplement Facts

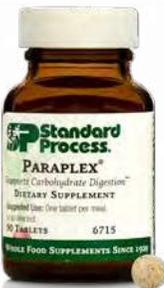
Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Sodium	20 mg	<1%
Proprietary Blend	425 mg	†
Bovine pancreas PMG™ extract, organic alfalfa (aerial parts) juice powder, nutritional yeast, porcine duodenum, defatted wheat germ, organic buckwheat (aerial parts) juice powder, and organic buckwheat flour.		
†Daily Value not established.		

Other Ingredients: Acacia gum and calcium stearate.

Contains: Wheat.

This product features our exclusive Protomorphogen™ extract



Scan for more information:



## PARAPLEX® Introduced in 1965



6715 – 90 Tablets | 13040 – Health Pack - Adrenal

Paraplex® contains a proprietary Protomorphogen™ blend that includes bovine pancreas, adrenal, pituitary, and thyroid PMG™ extracts.

- PMGs contain a unique profile of nucleotides and peptides from bovine pancreas, adrenal, pituitary, and thyroid

**Suggested Use:** 1 tablet per meal, or as directed.

**Warning:** If pregnant or nursing, consult your health care professional before using this product. Keep out of reach of children.

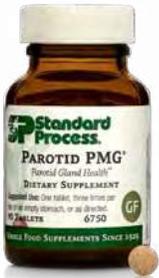
### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	186 mg	†
Magnesium citrate, bovine pancreas PMG™ extract, organic alfalfa (aerial parts) juice powder, nutritional yeast, porcine duodenum, bovine adrenal PMG™ extract, defatted wheat germ, bovine pituitary PMG™ extract, bovine thyroid PMG™ extract (processed to substantially remove its thyroxine), and organic buckwheat (aerial parts) juice powder.		
†Daily Value not established.		

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

Contains: Wheat.



Scan for more information:



## PAROTID PMG® Introduced in 1955



6750 – 90 Tablets

Parotid PMG® contains bovine parotid PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from bovine parotid

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

**Synergistic Product Support:**

- Enzycore or Zypan®

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Sodium	25 mg	1%
Proprietary Blend	358 mg	†
Bovine parotid PMG™ extract, calcium lactate, and magnesium citrate.		
†Daily Value not established.		

Other Ingredients: Cellulose and calcium stearate.

This product features our exclusive Protomorphogen™ extract

## PHOSFOOD® LIQUID Introduced in 1931



6800 – 2 fl. oz. (60 mL)

Phosfood® Liquid provides a 120 mg daily dose (three servings – 9%DV) of supplemental phosphorus in liquid form.

- One serving provides 40 mg (3% DV) of phosphorus.
- Gluten-free and vegan
- Liquid form ideal for patients with trouble swallowing capsules or tablets

**Suggested Use:** 10 drops in water, 3 times per day, or as directed.

**Caution:** If spilled, staining may occur.

## Supplement Facts

Serving Size: 10 Drops (0.5cc)  
Servings per Container: 120

	Amount per Serving	%Daily Value
Phosphorus	40 mg	3%

Other Ingredients: Water, phosphoric acid, inositol, and riboflavin.



Scan for more information:



## PITUITROPHIN PMG® Introduced in 1953



6850 – 90 Tablets

Pituitrophin PMG® contains bovine pituitary PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from bovine pituitary

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

**Synergistic Product Support:**

- Catalyn®
- Hypothalamus PMG®
- Trace Minerals-B12™

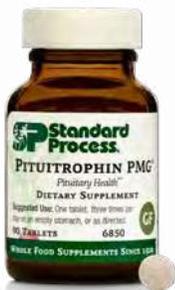
## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	30 mg	2%
Proprietary Blend	115 mg	†
Magnesium citrate and bovine pituitary PMG™ extract.		
†Daily Value not established.		

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

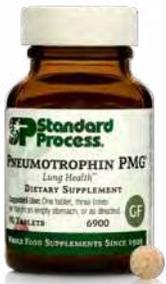


Scan for more information:



Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**



Scan for more information:



## PNEUMOTROPHIN PMG<sup>®</sup> Introduced in 1952



6900 – 90 Tablets

Pneumotrophin PMG<sup>®</sup> contains bovine lung PMG<sup>™</sup> extract, a proprietary Protomorphogen<sup>™</sup> blend.

- PMGs contain a unique profile of nucleotides and peptides from bovine lung

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	15 mg	<1%
Proprietary Blend	180 mg	†
Bovine lung PMG <sup>™</sup> extract and magnesium citrate.		

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose and calcium stearate.

**This product features our exclusive Protomorphogen<sup>™</sup> extract**

## PREBIOTIC INULIN Introduced in 2009



6920 – 9 Ounces (255 g)

Prebiotic Inulin supports a healthy intestinal environment and gut microbiome.\*

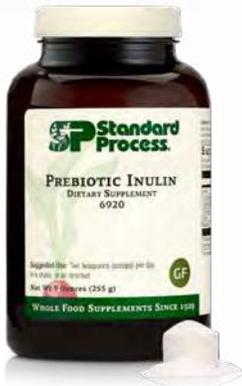
- Supports a healthy intestinal environment\*
- Supports epithelial cell health\*
- Supports immune system response function in the gut\*
- Supports the growth of beneficial bacteria which supports a healthy pH in the lower gastrointestinal tract\*
- Can be mixed in a supplement shake or added to foods
- Good source of dietary fiber, magnesium, and calcium
- Good source of calcium and magnesium to support bone health\*
- Inulin supports absorption of calcium and magnesium

**Suggested Use:** 2 teaspoons (scoops) per day in a shake, or as directed.

**Caution:** If pregnant or nursing, consult your health care professional before using this product.

#### Synergistic Product Support:

- Gut Flora Complex (MediHerb<sup>®</sup>)
- ProSynbiotic
- Vitanox<sup>®</sup> (MediHerb<sup>®</sup>)



Scan for more information:



### Supplement Facts

Serving Size: 2 Teaspoons (scoops) (approx. 8 grams)  
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	15	
Total Carbohydrate	6 g	2%*
Dietary Fiber (as Inulin [Chicory root fiber])	5 g	18%*
Total Sugars	<1 g	†
Calcium	200 mg	15%
Magnesium	40 mg	10%

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

Other Ingredients: Calcium lactate and magnesium lactate.

# PROLAMINE IODINE Introduced in 1952



6940 – 90 Tablets | 6945 – 180 Tablets



Prolamine Iodine is a 600 mcg iodine supplement that supports healthy iodine levels and provides healthy thyroid support.\*

- Designed to support healthy serum iodine levels\*
- For patients who may need higher iodine dose, consider Prolamine Iodine Plus

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90 or 180

	Amount per Serving	%Daily Value
Calcium	30 mg	2%
Iodine	600 mcg	400%

Ingredients: Calcium lactate, magnesium citrate, cellulose, prolamine iodine (zein), and calcium stearate.

Scan for more information:



**Suggested Use:** 1 tablet per day, or as directed.

**Processing of Iodine:** Prolamine iodine (zein) is the main source of iodine in this product. The iodine is prepared as a Lugol's solution of 2:1, potassium iodide (KI) : iodine (I<sub>2</sub>). This aqueous solution creates a unique triiodide form (KI<sub>3</sub>) which forms stable bonds with both starch and protein in organic corn meal from the Standard Process farm.

**Caution:** This product should only be used under the direct supervision of a qualified health care professional. Please consult your health care professional if you are pregnant, nursing, or taking any antithyroid medicines. Keep out of reach of children.

### Synergistic Product Support:

- Symplex® F or Symplex® M
- Thytrophin PMG®



See page 15 for a guide to these dietary icons

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Scan for more information:



## PROLAMINE IODINE PLUS Introduced in 2020



6947 – 90 Capsules

Prolamine Iodine Plus is a thyroid support supplement containing 3000 mcg (3mg) of iodine for short-term use in people who may need high dose of iodine\*.

- Contains organic kelp – a whole food source of iodine
- Contains 3 mg of iodine, the most in any of our iodine products

**Suggested Use:** 1 capsule per day, or as directed.

**Processing of Iodine:** Prolamine iodine (zein) is the main source of iodine in this product. The iodine is prepared as a Lugol's solution of 2:1, potassium iodide (KI) : iodine (I<sub>2</sub>). This aqueous solution creates a unique triiodide form (KI<sub>3</sub>) which forms stable bonds with both starch and protein in organic corn meal from the Standard Process certified organic farm.

**Caution:** This product should only be used under the direct supervision of a qualified health care professional. Please consult your health care professional if you are pregnant, nursing, or taking any antithyroid medicines. Not intended for long-term use. Keep out of reach of children.

**Synergistic Product Support:**

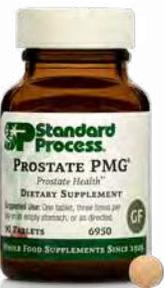
- Symplex® F or Symplex® M
- Thytrophin PMG®

### Supplement Facts

Serving Size: 1 Capsule  
Servings per Container: 90

	Amount per Serving	%Daily Value
Iodine	3000 mcg	2000%

Ingredients: Organic beet (root), cellulose, organic kelp, prolamine iodine (zein), and water.



Scan for more information:



## PROSTATE PMG® Introduced in 1953



6950 – 90 Tablets

Prostate PMG® contains bovine prostate PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from bovine prostate

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

### Supplement Facts

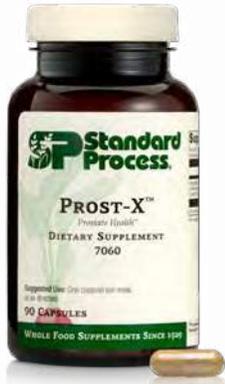
Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Sodium	35 mg	2%
Proprietary Blend	240 mg	†
Bovine prostate PMG™ extract and magnesium citrate.		

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.



Scan for more information:



## PROST-X™ Introduced in 1955



7060 – 90 Capsules

Prost-X™ contains bovine prostate Cytosol™ extract and *Tillandsia usneoides*.

**Suggested Use:** 1 capsule per meal, or as directed.

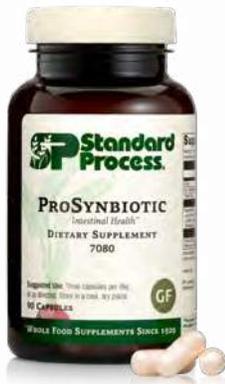
**Warning:** If pregnant or nursing, or have any health condition, consult your health care professional before using this product. Keep out of reach of children.

### Supplement Facts

Serving Size: 1 Capsule  
Servings per Container: 90

	Amount per Serving	%Daily Value
Proprietary Blend	270 mg	†
Spanish moss ( <i>Tillandsia usneoides</i> ), calcium glycerophosphate, and bovine prostate Cytosol™ extract.		
†Daily Value not established.		

Other Ingredients: Gelatin, honey, water, and calcium stearate.



Scan for more information:



## PROSYNBIOTIC Introduced in 2010



7080 – 90 Capsules

ProSynbiotic is a synergistic blend of four research-supported probiotic strains and two prebiotic fibers to support gut flora and overall intestinal health.\*

- Contains research-supported strains of lactic acid bacteria with *Lactobacillus acidophilus* LA-5®, *Lactobacillus paracasei* L. casei 431®, *Bifidobacterium* BB-12®
- Contains inulin and galactooligosaccharide (nondigestible carbohydrates), both of which are used by probiotic bacteria as food
- Useful in maintaining a healthy gut microbial environment
- Helps support the body's natural absorption of calcium and magnesium
- Improves nutrient digestion and absorption
- Supports normal bowel regularity and consistency
- Supports the body's natural immune system response function\*

**Suggested Use:** 3 capsules per day, or as directed. Store in a cool, dry place.

#### Synergistic Product Support:

- Gastro-Fiber® or Whole Food Fiber
- Prebiotic Inulin

### Supplement Facts

Serving Size: 3 Capsules  
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Dietary Fiber	<1 g	3%*
Proprietary Blend	1,690 mg	†
Inulin (chicory root fiber), galactooligosaccharides (GOS), yeast ( <i>Saccharomyces boulardii</i> ), <i>Lactobacillus acidophilus</i> , <i>Lactobacillus paracasei</i> , and <i>Bifidobacterium</i> (190 mg live microorganisms, 4 billion CFU).		

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

Other Ingredients: Gelatin, maltodextrin, water, calcium stearate, sucrose, and sorbitan monostearate.

Contains: Milk.

With *Lactobacillus acidophilus* LA-5®, *Lactobacillus paracasei* L. casei 431®, *Bifidobacterium* BB-12®.

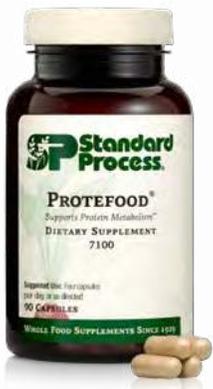


See page 15 for a guide to these dietary icons

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## PROTEFOOD® Introduced in 1953



Scan for more information.



7100 – 90 Capsules

Protefood® contains supplemental amino acids lysine, glutamic acid, and methionine.\*

- Supports cellular health\*
- Contains the essential amino acid lysine as well as vitamin C, both needed for proper collagen formation\*
- Good source of choline, which provides methylation factors for healthy protein metabolism\*
- Good source of calcium, which supports skeletal and muscular health\*
- Good source of vitamin C, which supports immune system response function\*
- Contains the essential amino acid lysine, needed for proper collagen formation\*

## Supplement Facts

Serving Size: 4 Capsules  
Servings per Container: 22

	Amount per Serving	%Daily Value
Vitamin C	12 mg	13%
Choline	80 mg	15%
Calcium	160 mg	12%
Proprietary Blend	1,160 mg	†
Defatted wheat germ, bovine adrenal, organic carrot, ribonucleic acid, DL-methionine, L-lysine mono-hydrochloride, glutamic acid, and rice bran.		

†Daily Value not established.

Other Ingredients: Bovine bone, veal bone, gelatin, choline bitartrate, ascorbic acid, water, and calcium stearate.

Contains: Wheat.

**Suggested Use:** 4 capsules per day, or as directed.

## PURIFICATION PRODUCT KITS Introduced in 2003



- 12010 – 1 Kit With SP Complete® and Gastro-Fiber®
- 12035 – 1 Kit With SP Complete® Dairy Free and Gastro-Fiber®
- 12065 – 1 Kit With SP Complete® Chocolate and Gastro-Fiber®
- 12055 – 1 Kit with SP Complete® Vanilla and Gastro-Fiber®

- 12020 – 1 Kit With SP Complete® and Whole Food Fiber
- 12040 – 1 Kit With SP Complete® Dairy Free and Whole Food Fiber
- 12070 – 1 Kit With SP Complete® Chocolate and Whole Food Fiber
- 12060 – 1 Kit with SP Complete® Vanilla and Whole Food Fiber

Our 21-day purification program helps patients purify, nourish and maintain a healthy body and weight.\* We offer eight different purification product kits based on the preferred protein.

Scan for more information.



Included in the program are:

- 1 SP Cleanse® – purification
- 2 SP Complete® (any type) - nutritious supplement shakes
- 2 Gastro-Fiber® or Whole Food Fiber
- 1 SP Green Food® – phytonutrients\*
- 1 patient purification program guide
- 1 recyclable bag

**Special Information:** Supplement quantities are sufficient to cover or exceed the duration of the 21-day program.



See page 118 for more information about this program.



Scan for more information:



## REGENEPLEX® Introduced in 2013



7480 – 90 Capsules

Regeneplex® is a cellular rejuvenation supplement scientifically proven to support the normal health and appearance of skin throughout the aging process.\*

- Provides a supportive nutritional foundation for healthy skin by targeting all three layers of the skin\*
- Supports skin elasticity and appearance\*
- Provides support for cellular structure, function, and rejuvenation\*
- Excellent source of antioxidant vitamin C
- Good source of zinc

**Suggested Use:** 2 capsules 2 times per day, or as directed.

**Warning:** If pregnant or nursing, or have any health condition, consult your health care professional before using this product. Keep out of reach of children.

## Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 45

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrate	<1 g	<1%*
Vitamin C	20 mg	22%
Zinc	2 mg	18%
Choline	10 mg	2%
Coenzyme Q10	15 mg	†
Lutein	3.5 mg	†
Proprietary Blend	850 mg	†

Organic buckwheat (aerial parts) juice powder, guava fruit extract, organic buckwheat flour, sunflower lecithin powder, tuna oil powder, holy basil leaf extract, and lemon peel extract.

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

Other Ingredients: Gelatin, organic camu camu, corn starch, food starch, sucrose, organic manioc root, water, choline bitartrate, zinc amino acid (rice) chelate, glucose, casein, sodium ascorbate, mixed tocopherols, beta-carotene, alpha-carotene, lecithin, and lycopene.

Contains: Soy, milk, and fish (tuna).

## RENAFOOD® Introduced in 1975



7120 – 180 Tablets

Renafood® contains vitamin A for healthy kidney function.\*

- Supports healthy kidney function\*
- Contains a combination of key ingredients from Arginex® and Renatrophin PMG®
- Excellent source of antioxidant vitamin A

**Suggested Use:** 1 tablet per meal, or as directed.

**Warning:** If pregnant or nursing, or have any health condition, consult your health care professional before using this product. Keep out of reach of children.

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 180

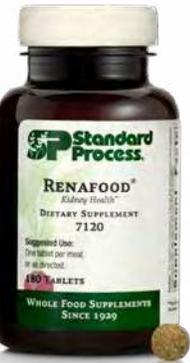
	Amount per Serving	%Daily Value
Vitamin A	230 mcg RAE	26%
Vitamin C	2 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	385 mg	†

Kidney bean (aerial parts) juice powder, bovine kidney PMG™ extract, lactose, bovine kidney, organic oat flour, defatted wheat germ, enzymatically processed Spanish moss (*Tillandsia usneoides*) and beet (root), organic sweet potato, and organic carrot.

†Daily Value not established.

Other Ingredients: Honey, acacia fiber, ascorbic acid, modified corn starch, and vitamin A palmitate.

Contains: Wheat and milk.



Scan for more information:



## RENATROPHIN PMG® Introduced in 1954



7175 – 90 Tablets

Renatrophin PMG® contains bovine kidney PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from bovine kidney

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Sodium	20 mg	<1%
Proprietary Blend	245 mg	†

Bovine kidney PMG™ extract and magnesium citrate.

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.



Scan for more information:



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See page 15 for a guide to these dietary icons

## RIBONUCLEIC ACID (RNA) Introduced in 1952



7225 - 90 Tablets | 7230 - 180 Tablets

Ribonucleic Acid (RNA), derived from yeast, supports cell replication, growth, and protein synthesis.\*

- Supports healthy cellular growth and development
- Supports healthy cellular functioning\*

**Suggested Use:** 1 tablet per meal, or as directed.

**Warning:** Keep out of reach of children.

Scan for more information:



### Supplement Facts

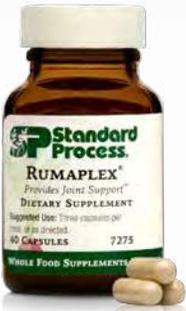
Serving Size: 1 Tablet  
Servings per Container: 90 or 180

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	270 mg	†
Ribonucleic acid and magnesium citrate.		

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, organic acacia fiber, and calcium stearate.

## RUMAPLEX® Introduced in 1958



7275 - 40 Capsules

Rumaplex® supports bile production and helps maintain healthy liver function\*

- Supports lipid metabolism\*
- Supports epithelial cell function\*
- Contains a combination of key ingredients from Catalyn®, Ostrophin PMG®, Calcifood®, Arginex®, Calcium Lactate, Prost-X™, and Betacol®
- Excellent source of vitamin A
- Good source of niacin

**Suggested Use:** 3 capsules per meal, or as directed.

**Caution:** If pregnant or nursing, consult your health care professional before using this product.

Scan for more information:



### Supplement Facts

Serving Size: 3 Capsules  
Servings per Container: 13

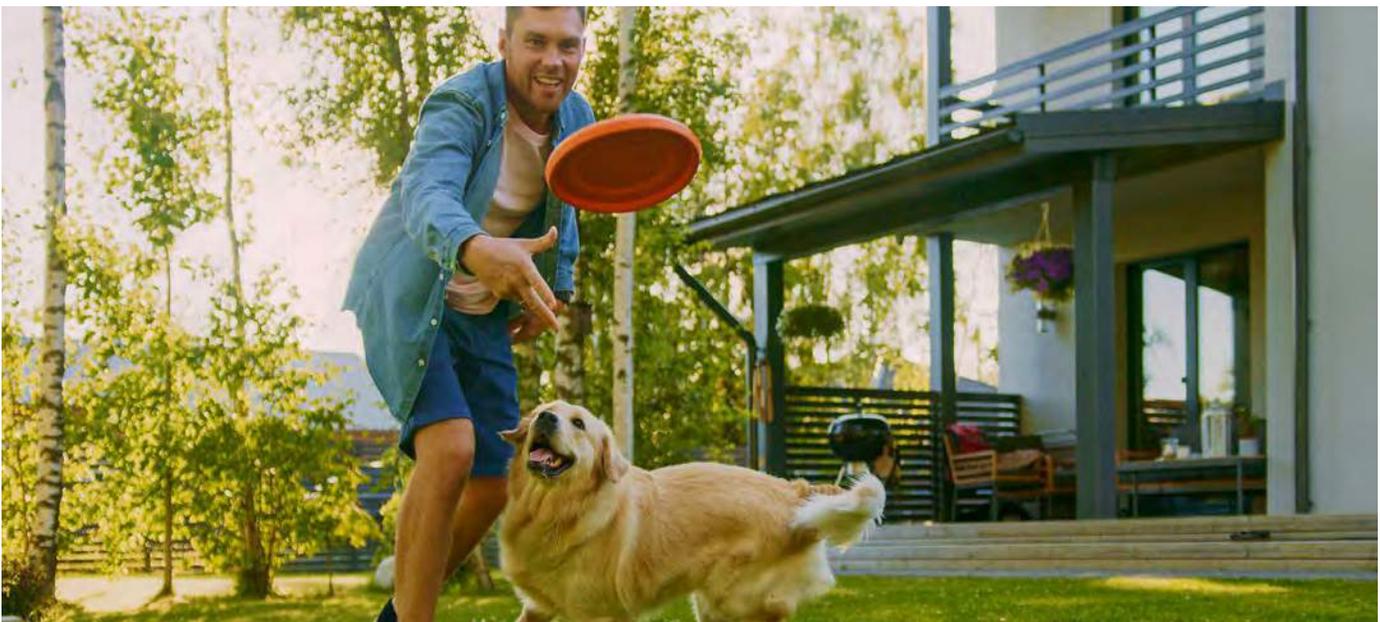
	Amount per Serving	%Daily Value
Cholesterol	<5 mg	<2%
Vitamin A	230 mcg RAE	26%
Vitamin C	3 mg	3%
Niacin	2.7 mg	17%
Calcium	30 mg	2%
Sodium	20 mg	<1%
Proprietary Blend	1,100 mg	†

Nutritional yeast, bovine bone, magnesium citrate, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, veal bone PMG™ extract, organic pea vine juice powder, bovine adrenal, betaine hydrochloride, soy protein, bovine prostate Cytosol™ extract, defatted wheat germ, oat flour, veal bone, organic carrot, bovine liver PMG™ extract, bovine spleen, ovine spleen, bovine liver, enzymatically processed Spanish moss (*Tillandsia usneoides*) and beet (root), licorice (root), organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), rice bran, and manganese glycerophosphate.

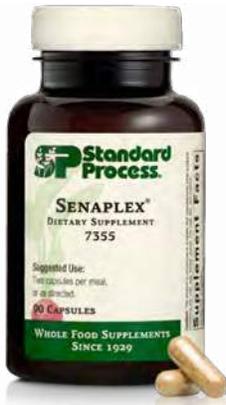
†Daily Value not established.

Other Ingredients: Gelatin, calcium lactate, calcium glycerophosphate, water, potassium citrate, calcium stearate, niacinamide, ascorbic acid, modified corn starch, and vitamin A palmitate.

Contains: Soy and wheat.



## SENAPLEX® Introduced in 1959



Scan for more information:



7355 – 90 Capsules

Senaplex® is formulated to meet the unique physiological and metabolic needs of older adults.\*

- Supports a healthy nervous system
- Promotes calcium absorption
- Supports healthy cell functioning
- Supports cognitive function\*
- Contains a combination of key ingredients from Betacol®, Protefood®, and For-Til B<sub>12</sub>®
- Excellent source of niacin, vitamin B<sub>6</sub>, and vitamin B<sub>12</sub>
- Good source of vitamin D and antioxidant vitamin A

**Suggested Use:** 2 capsules per meal, or as directed.

**Warning:** If pregnant or nursing, or have any health condition, consult your health care professional before using this product. Keep out of reach of children.

## Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 45

	Amount per Serving	%Daily Value
Vitamin A	120 mcg RAE	13%
Vitamin D	3.4 mcg	17%
Riboflavin	0.1 mg	8%
Niacin	4 mg	25%
Vitamin B6	1.2 mg	71%
Vitamin B12	0.6 mcg	25%
Choline	40 mg	7%
Sodium	10 mg	<1%

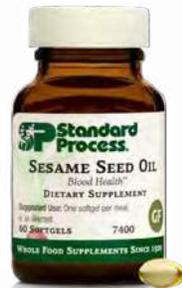
Proprietary Blend 840 mg †  
Nutritional yeast, Spanish moss (*Tillandsia usneoides*), bovine liver PMG™ extract, calcium lactate, betaine hydrochloride, defatted wheat germ, soy protein, bovine adrenal, inositol, sunflower lecithin powder, bovine bone, veal bone, organic carrot, organic sweet potato, ribonucleic acid, bovine kidney, DL-methionine, bovine spleen, ovine spleen, rice bran, glutamic acid, L-lysine, organic alfalfa (aerial parts) juice powder, bovine orchid extract, and calcium phosphate.

†Daily Value not established.

Other Ingredients: Gelatin, choline bitartrate, potassium bicarbonate, water, niacinamide, modified corn starch, pyridoxine hydrochloride, dicalcium phosphate, ascorbic acid, sucrose, vitamin A palmitate, riboflavin, cholecalciferol, and cyanocobalamin.

Contains: Soy and wheat.

## SESAME SEED OIL Introduced in 1962



Scan for more information:



7400 – 60 Softgels

Sesame Seed Oil is traditionally used for blood support.\*

- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports immune system response function\*

**Suggested Use:** 1 softgel per meal, or as directed.

## Supplement Facts

Serving Size: 1 Softgel  
Servings per Container: 60

	Amount per Serving	%Daily Value
Organic sesame seed oil	385 mg	†

†Daily Value not established.

Other Ingredients: Gelatin, water, and glycerine.

Contains: Sesame.



See page 15 for a guide to these dietary icons

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Scan for more information:



## SOYBEAN LECITHIN Introduced in 1938

GF

7475 - 240 Softgels

Soybean Lecithin contains essential fatty acids.\*

- Supports the liver's ability to process fats
- Precursor for brain neurotransmitters
- Helps maintain normal cognitive function
- Supports cell membranes
- Supports nerve function\*

### Supplement Facts

Serving Size: 1 Softgel  
Servings per Container: 240

	Amount per Serving	%Daily Value
Organic soybean lecithin	385 mg	†

†Daily Value not established.

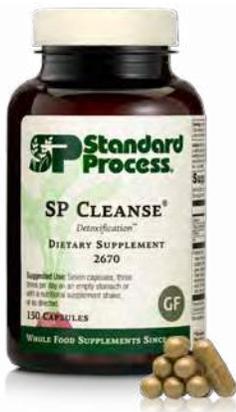
Other Ingredients: Gelatin, water, and glycerine.

Contains: Soy.

**Suggested Use:** 1 softgel per meal, or as directed.



# SP CLEANSE® Introduced in 2002



Scan for more information:



**2670 – 150 Capsules**  
**12010, 12020, 12035, 12040, 12055, 12060, 12065, 12070 – Purification Product Kits**

SP Cleanse® combines 20 unique whole food and botanical ingredients designed to support the body's normal toxin-removal processes.\*

Preclinical evidence demonstrates ingredients in SP Cleanse:

- Supports healthy kidney, liver, and gallbladder function\*
- Supports processes involved in healthy digestive function
- Helps regulate pathways in the body's natural toxin-elimination function\*

**Suggested Use:** 7 capsules, 3 times per day on an empty stomach or with a nutritional supplement shake, or as directed.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**Caution:** Please consult your health care professional if you are pregnant, nursing, or taking any prescription drugs. Not intended for long-term use unless otherwise directed by your health care professional.

**Synergistic Product Support:**

- Cruciferous Complete™
- Livaplex®
- SP Complete®, SP Green Food®, and Gastro-Fiber® or Whole Food Fiber

## Supplement Facts

Serving Size: 7 Capsules  
 Servings per Container: 21

	Amount per Serving	%Daily Value
Calories	10	
Total Carbohydrate	2 g	1%*
Choline	30 mg	5%
Iron	0.5 mg	3%
Proprietary Blend	2,680 mg	†
<small>Juniper (berry) powder, organic red clover (aerial parts) powder (<i>Trifolium pratense</i>), collinsonia (root), apple pectin, burdock (root) powder, organic barley (grass), dandelion (leaf), organic beet (root), organic Spanish black radish (root), oregon grape (root) powder, organic cayenne pepper (<i>Capsicum annuum</i>), fenugreek (seed), inositol, globe artichoke (leaf), fennel (seed), milk thistle extract (80% silymarins), organic cordyceps mushroom powder, broccoli (aerial parts), organic kale (aerial parts), organic carrot, and organic sweet potato.</small>		

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

Other Ingredients: Cellulose, choline bitartrate, water, and calcium stearate.



See page 15 for a guide to these dietary icons

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Scan for more information:



## SP COMPLETE® Introduced in 2002



2820 – 28 oz. (795 g) | 12010, 12020 – Purification Product Kits

SP Complete® offers essential whole food nutrition and protein containing all essential amino acids in a convenient powder to support your body during a cleanse and beyond.\*

- Provides all essential amino acids
- Supports intestinal and immune system health\*
- Supports muscle growth and repair processes\*
- Provides ingredients with antioxidant activity
- Supports healthy liver function\*
- Supports the body's normal toxin-elimination function\*
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle\*
- Adds vital nutrients to any diet and it can be used as nutritional support in the Standard Process Purification Program\*
- Excellent source of protein
- Good source of dietary fiber, choline, and calcium

**Suggested Use:** 2 rounded tablespoons (scoops) per shake. 1 - 3 shakes per day, or as directed. Store in a cool, dark place.

**Warning:** If pregnant or nursing, consult your health care professional before using this product. Keep out of reach of children.

### Synergistic Product Support:

- Calamari Omega-3 Liquid
- Prebiotic Inulin
- Whole Food Fiber

## Supplement Facts

Serving Size: 2 rounded tablespoons (scoops) (approx. 25 g)  
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	100	
Total Fat	1.5 g	2%*
Cholesterol	10 mg	3%
Total Carbohydrate	6 g	2%*
Dietary Fiber	3 g	11%*
Total Sugars	<1 g	†
Protein	10 g	20%*
Choline	70 mg	13%
Calcium	200 mg	15%
Iron	0.5 mg	3%
Sodium	30 mg	1%
Potassium	130 mg	3%
Proprietary Blend	24.8 g	†
Whey protein, flax meal, rice protein, calcium citrate, magnesium citrate, organic buckwheat (aerial parts), organic Brussels sprouts (aerial parts), organic kale (aerial parts), inositol, organic alfalfa (aerial parts) juice powder, sunflower lecithin powder, grape seed extract, and organic carrot.		
*Percent Daily Values are based on a 2,000 calorie diet.		
†Daily Value not established.		

Other Ingredients: Choline bitartrate.

Contains: Milk.

Includes Masqueller's® OPC-85 grape seed extract.





Scan for more information:



## SP COMPLETE® CHOCOLATE Introduced in 2016



2845 – 26 oz. (737 g) | 12065, 12070 – Purification Product Kits

SP Complete® Chocolate offers vital nutrients and protein containing essential amino acids in a chocolate-flavored powder to support your body during a cleanse and beyond.\*

- Provides all essential amino acids
- Supports intestinal and immune system health\*
- Supports muscle growth and repair processes\*
- Provides ingredients with antioxidant activity
- Supports healthy liver function\*
- Supports the body's normal toxin-elimination function\*
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle\*
- Adds vital nutrients to any diet and it can be used as nutritional support in the Standard Process Purification Program\*
- Excellent source of protein
- Good source of dietary fiber, choline, iron, and calcium

**Suggested Use:** 4 rounded tablespoons (scoops) in 8 ounces water. 1 - 3 servings per day, or as directed. Mix thoroughly for 10 to 15 seconds.

### Synergistic Product Support:

- Calamari Omega-3 Liquid
- Whole Food Fiber
- Prebiotic Inulin

## Supplement Facts

Serving Size: 4 rounded tablespoons (scoops) (approx. 32 g)  
Servings per Container: 23

	Amount per Serving	%Daily Value
Calories	120	
Total Fat	4 g	5%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	1 g	†
Cholesterol	30 mg	10%
Total Carbohydrate	9 g	3%*
Dietary Fiber	4 g	14%*
Total Sugars	1 g	†
Protein	10 g	20%*
Choline	70 mg	13%
Calcium	200 mg	15%
Iron	2 mg	11%
Sodium	75 mg	3%
Potassium	320 mg	7%
Proprietary Blend	30 g	†

Whey protein, flax meal, organic cocoa powder (processed with alkali), rice protein, calcium citrate, magnesium citrate, sunflower lecithin powder, organic buckwheat (aerial parts), organic Brussels sprouts (aerial parts), organic kale (aerial parts), inositol, organic alfalfa (aerial parts) juice powder, grape seed extract, and organic carrot.

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

Other Ingredients: Maltodextrin, acacia gum, sea salt, choline bitartrate, monk fruit extract, organic guar gum, natural flavors, and xanthan gum.

Contains: Milk.

Includes Masquelier's® OPC-85 grape seed extract.



See page 15 for a guide to these dietary icons

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**



Scan for more information:



## SP COMPLETE® DAIRY FREE Introduced in 2010

2840 – 32 oz. (907 g) | 12035, 12040 – Purification Product Kits

SP Complete® Dairy Free is a soy-free, dairy-free protein powder that contains a rice protein which provides a non-dairy source of amino acids to support your body during a cleanse and beyond.\*

- Supports intestinal and immune system health\*
- Supports muscle growth and repair processes\*
- Provides ingredients with antioxidant activity
- Supports healthy liver function\*
- Supports the body's normal toxin-elimination function\*
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle\*
- Adds vital nutrients to any diet and it can be used as nutritional support in the Standard Process Purification Program\*
- Excellent source of protein
- Good source of dietary fiber, choline, and calcium

**Suggested Use:** 2 heaping tablespoons (scoops) per shake. 1 - 3 shakes per day, or as directed. Store unopened container in a cool, dark place.

**Warning:** If pregnant or nursing, consult your health care professional before using this product. Keep out of reach of children.

**Synergistic Product Support:**

- Calamari Omega-3 Liquid
- Whole Food Fiber
- Prebiotic Inulin



### Supplement Facts

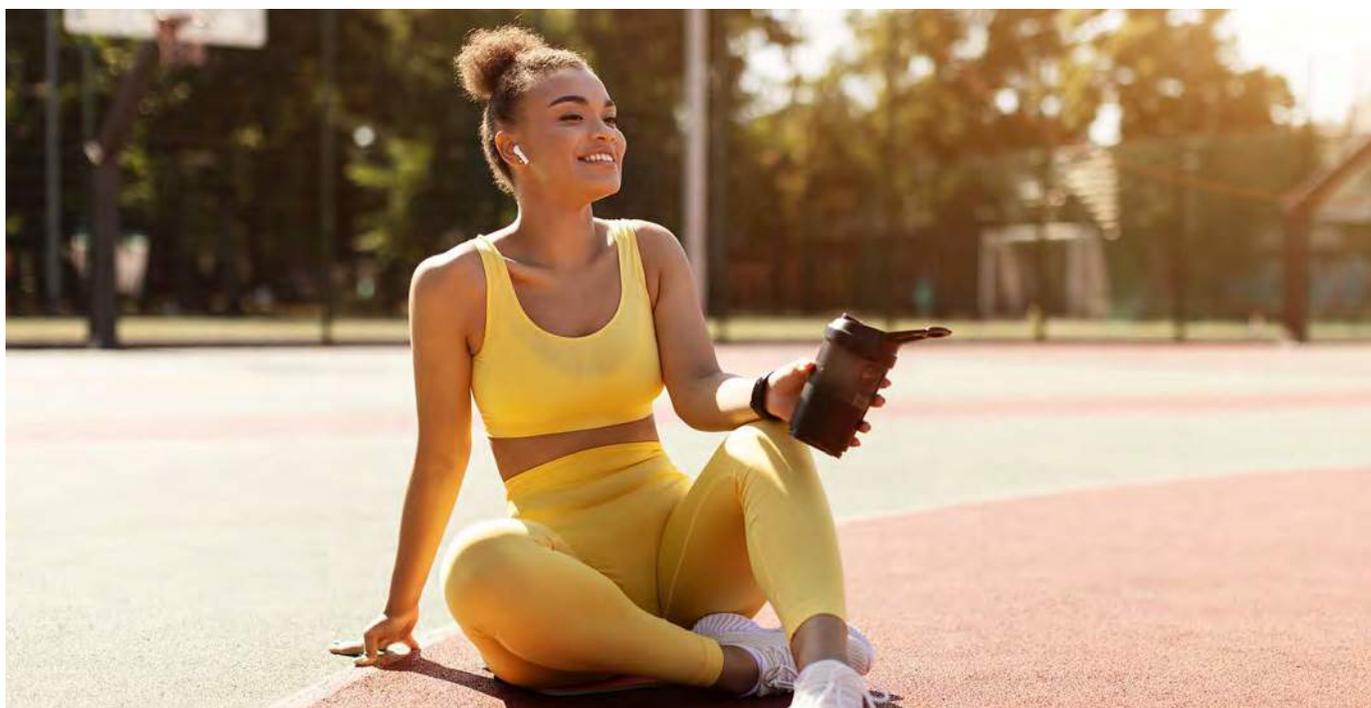
Serving Size: 2 heaping tablespoons (scoops) (approx. 28 g)  
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	110	
Total Fat	2 g	3%*
Total Carbohydrate	10 g	4%*
Dietary Fiber	4 g	14%*
Total Sugars	<1 g	†
Protein	13 g	26%*
Choline	70 mg	13%
Calcium	200 mg	15%
Iron	0.5 mg	3%
Sodium	10 mg	<1%
Potassium	80 mg	2%

Proprietary Blend 27.8 g †  
Rice protein, flax meal, calcium citrate, magnesium citrate, organic buckwheat (aerial parts), organic Brussels sprouts (aerial parts), organic kale (aerial parts), inositol, organic alfalfa (aerial parts) juice powder, sunflower lecithin powder, grape seed extract, and organic carrot.

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

Other Ingredients: Choline bitartrate.  
Includes Masquellier's® OPC-85 grape seed extract.





## SP COMPLETE® VANILLA Introduced in 2016



2850 – 23 oz. (652 g) | 12055, 12060 – Purification Product Kits

SP Complete® Vanilla offers essential whole food nutrition and protein containing essential amino acids in a vanilla-flavored powder to support your body during a cleanse and beyond.\*

- Provides all essential amino acids
- Supports intestinal and immune system health\*
- Supports muscle growth and repair processes\*
- Provides ingredients with antioxidant activity
- Supports healthy liver function\*
- Supports the body's normal toxin-elimination function\*
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle\*
- Adds vital nutrients to any diet and it can be used as nutritional support in the Standard Process Purification Program\*
- Excellent source of protein
- Good source of dietary fiber, choline, and calcium

Scan for more information:



## Supplement Facts

Serving Size: 4 rounded tablespoons (scoops) (approx. 28 g)

Servings per Container: 23

	Amount per Serving	%Daily Value
Calories	120	
Total Fat	4 g	5%*
Saturated Fat	0.5 g	3%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	1 g	†
Cholesterol	35 mg	12%
Total Carbohydrate	8 g	3%*
Dietary Fiber	4 g	14%*
Total Sugars	1 g	†
Protein	10 g	20%*
Choline	60 mg	11%
Calcium	200 mg	15%
Iron	0.5 mg	3%
Sodium	95 mg	4%
Potassium	110 mg	2%

Proprietary Blend 24 g †  
 Whey protein, flax meal, rice protein, calcium citrate, magnesium citrate, sunflower lecithin powder, organic buckwheat (aerial parts), organic Brussels sprouts (aerial parts), organic kale (aerial parts), inositol, organic alfalfa (aerial parts) juice powder, grape seed extract, and organic carrot.

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

†Daily Value not established.

Other Ingredients: Maltodextrin, acacia gum, organic guar gum, sea salt, natural flavors, choline bitartrate, monk fruit extract, and xanthan gum.

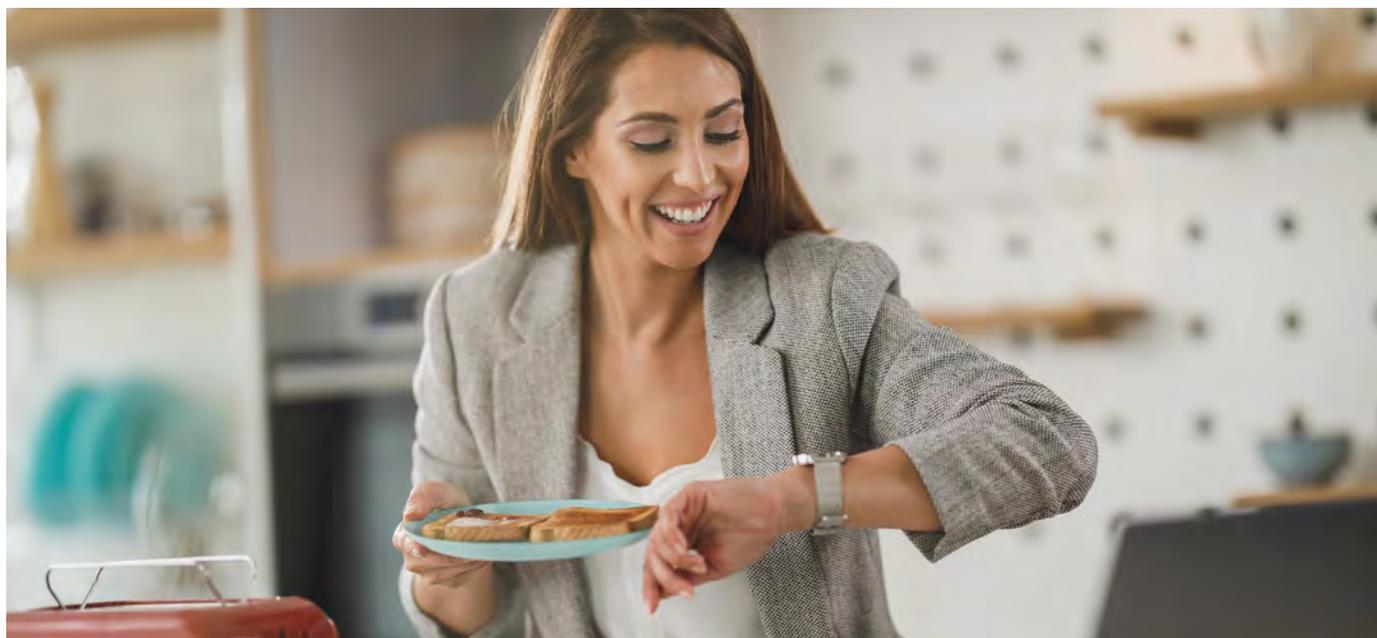
Contains: Milk.

Includes Masquelier's® OPC-85 grape seed extract.

**Suggested Use:** 4 rounded tablespoons (scoops) 8 ounces water. 1 - 3 servings per day, or as directed. Mix thoroughly for 10 to 15 seconds.

### Synergistic Product Support:

- Calamari Omega-3 Liquid
- Whole Food Fiber
- Prebiotic Inulin



Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs. See page 15 for a guide to these dietary icons.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

# SP DETOX BALANCE™ Introduced in 2018



10000 - SP Detox Balance™ Chai | 15000 - SP Detox Balance™  
 10010, 15010 - 10 Day Program Kits  
 10028, 10028 - 28 Day Program Kits

SP Detox Balance™, in regular and chai flavors, supports whole body detoxification and helps the liver in the processing and removal of toxins from the body.\*

- Supports the body's natural metabolic detoxification processes\*
- Supports the body's natural toxin elimination function\*
- Excellent source of protein (17 g per serving) from organic pea protein, organic pumpkin seed protein, and organic oat and buckwheat flour
- Provides amino acids required for conjugation enzymes (phase II enzymes)\*
- Excellent source of iron
- Good source of choline, dietary fiber, and plant-based magnesium

**Suggested Use:** Two heaping scoops in 10-12 ounces water, one to three servings per day, or as directed. Store in a cool, dry place once opened.

**Warning:** This product contains naturally occurring Vitamin K1. All forms of vitamin K may interact with blood-thinning medications. If you are taking such medicines, please consult with your health care professional before taking this product. If you are pregnant or lactating, please consult with your health care professional before taking this product.

See page 117 for more information about this program.

Scan for more information:



## SP DETOX BALANCE™

### Supplement Facts

Serving Size: 2 Scoops (37 g)  
 Servings per Container: 21

	Amount per Serving	%Daily Value
Calories	160	
Total Fat	5 g	6%*
Saturated Fat	0.5 g	3%*
Total Carbohydrate	11 g	4%*
Dietary Fiber	4 g	14%*
Total Sugars	1 g	†
Protein	17 g	34%*
Vitamin K1	4 mcg	3%
Choline	100 mg	18%
Calcium	70 mg	5%
Iron	4 mg	22%
Magnesium	70 mg	17%
Sodium	150 mg	7%
Potassium	230 mg	5%
Arginine	1300 mg	†
Glycine	600 mg	†
L-isoleucine	850 mg	†
L-leucine	1600 mg	†
DL-methionine	300 mg	†
L-valine	900 mg	†
Creatine	600 mg	†
Proprietary Blend	34.4 g	†

Organic pea protein, flax meal, organic oat flour, organic pumpkin seed protein, organic buckwheat flour, organic beet (leaf) juice powder, organic buckwheat (aerial parts), apple pectin, juniper (berry) powder, organic Spanish black radish (root), burdock (root) powder, organic beet (root), calcium citrate, organic barley (grass), dandelion (leaf), broccoli (aerial parts), inositol, organic alfalfa (aerial parts) juice powder, oregon grape (root) powder, globe artichoke (leaf), sunflower lecithin powder, milk thistle extract (80% silymarins), organic cordyceps mushroom powder, organic carrot, and organic sweet potato.

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

Other Ingredients: Creatine, L-leucine, xanthan gum, L-isoleucine, L-valine, DL-methionine, monk fruit extract, and choline bitartrate.

## SP DETOX BALANCE™ CHAI

### Supplement Facts

Serving Size: 2 Scoops (37.3 g)  
 Servings per Container: 21

	Amount per Serving	%Daily Value
Calories	160	
Total Fat	5 g	6%*
Saturated Fat	0.5 g	3%*
Total Carbohydrate	11 g	4%*
Dietary Fiber	4 g	14%*
Total Sugars	1 g	†
Protein	17 g	34%*
Vitamin K1	4 mcg	3%
Choline	100 mg	18%
Calcium	70 mg	5%
Iron	4 mg	22%
Magnesium	70 mg	17%
Sodium	150 mg	7%
Potassium	230 mg	5%
Arginine	1300 mg	†
Glycine	600 mg	†
L-isoleucine	850 mg	†
L-leucine	1600 mg	†
DL-methionine	300 mg	†
L-valine	900 mg	†
Creatine	600 mg	†
Proprietary Blend	34.4 g	†

Organic pea protein, flax meal, organic oat flour, organic pumpkin seed protein, organic buckwheat flour, organic beet (leaf) juice powder, organic buckwheat (aerial parts), apple pectin, juniper (berry) powder, organic Spanish black radish (root), burdock (root) powder, organic beet (root), calcium citrate, organic barley (grass), dandelion (leaf), broccoli (aerial parts), inositol, organic alfalfa (aerial parts) juice powder, oregon grape (root) powder, globe artichoke (leaf), sunflower lecithin powder, milk thistle extract (80% silymarins), organic cordyceps mushroom powder, organic carrot, and organic sweet potato.

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

Other Ingredients: Creatine, L-leucine, xanthan gum, natural flavor, L-isoleucine, L-valine, monk fruit extract, DL-methionine, and choline bitartrate.

^Includes ingredients grown on the Standard Process certified organic farm

Buckwheat^

Oat^

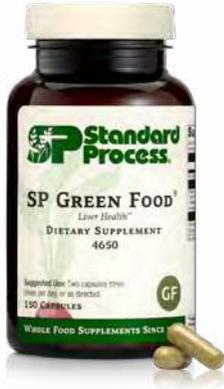
Alfalfa^

Spanish Black Radish^

Beets^

Barley Grass^





Scan for more information:



## SP GREEN FOOD® Introduced in 2000

4650 – 150 Capsules | 12010, 12020, 12035, 12040, 12055, 12060, 12065, 12070 – Purification Product Kits

SP Green Food® provides phytonutrients from organic whole food-based sources including alfalfa, Brussels sprouts, and kale, and is a simple way to supplement the diet.\*

- Promotes healthy liver function\*
- Supports overall cellular health
- Our preclinical research shows compounds in kale and Brussels sprouts promote the liver's natural detoxification pathway\*
- Can be used as nutritional support in the Standard Process Purification Program

**Suggested Use:** 2 capsules 3 times per day, or as directed.

### Synergistic Product Support:

- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Catalyn®
- B Vitality with CoQ10



## Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 75

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Proprietary Blend	795 mg	†
Organic Brussels sprouts (aerial parts), organic kale (aerial parts), organic buckwheat (aerial parts), organic barley (aerial parts) juice powder, organic alfalfa (aerial parts) juice powder, and organic buckwheat (aerial parts) juice powder.		

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

Other Ingredients: Cellulose, water, and calcium stearate.

## SPANISH BLACK RADISH Introduced in 1981

7510 – 80 Tablets | 7525 – 270 Tablets



Scan for more information:



Spanish Black Radish provides support for the body's organs.\*

- Our research shows that Spanish black radish induces the body's detoxification enzymes in cell and animal models
- Supports healthy liver and gallbladder function
- Encourages healthy digestion
- Supports the body's normal toxin-elimination function\*
- Contains organically grown Spanish black radish

**Suggested Use:** 1 tablet per meal, or as directed.

### Synergistic Product Support:

- Cruciferous Complete™ and Garlic
- Livaplex®

View research on this product at [standardprocess.com](http://standardprocess.com)

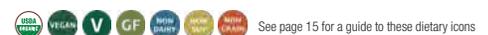


## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 80 or 270

	Amount per Serving	%Daily Value
Vitamin C	5 mg	6%
Organic Spanish black radish (root)	370 mg	†
†Daily Value not established.		

Other Ingredients: Honey, organic acerola (berry), organic camu camu (berry), organic maltodextrin, organic manioc (root), and calcium stearate.

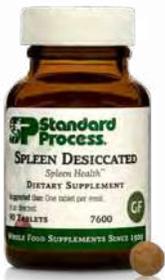


Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

## SPLEEN DESICCATED Introduced in 1981

GF



Scan for more information:



7600 – 90 Tablets

Spleen Desiccated is used short term to support the spleen.\*

- Supports healthy immune system response function
- Maintains healthy blood\*

**Suggested Use:** 1 tablet per meal, or as directed.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Cholesterol	2 mg	<1%
Proprietary Blend Bovine spleen and ovine spleen.	330 mg	†

†Daily Value not established.

Other Ingredients: Honey, arabic gum, and calcium stearate.

## SPLEEN PMG® Introduced in 1955

GF

NON DAIRY

NON SOY

NON GRAIN



Scan for more information:



7550 – 90 Tablets

Spleen PMG® contains bovine spleen PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from bovine spleen

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

**Warning:** Keep out of reach of children.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Sodium	20 mg	<1%
Proprietary Blend Calcium lactate, bovine spleen PMG™ extract, and magnesium citrate.	380 mg	†

†Daily Value not established.

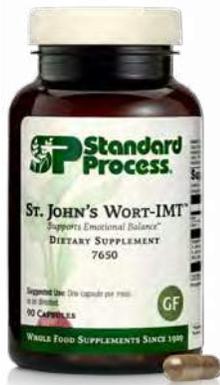
Other Ingredients: Cellulose and calcium stearate.

**This product features our exclusive Protomorphogen™ extract**



## ST. JOHN'S WORT-IMT™ Introduced in 2000

GF



7650 – 90 Capsules

St. John's Wort-IMT™ combines St. John's Wort and key ingredients from Inositol and Min-Tran. It has been traditionally used in herbal medicine to promote mood balance.\*

- St. John's Wort has been traditionally used in herbal medicine to relieve restlessness and/or nervousness.
- St. John's Wort has been traditionally used in herbal medicine to relieve sleep disturbances associated with mood imbalances.
- Contains a combination of key ingredients from Min-Tran® and Inositol with St. John's Wort
- Excellent source of iodine

### Supplement Facts

Serving Size: 1 Capsule  
Servings per Container: 90

	Amount per Serving	%Daily Value
Iodine	30 mcg	20%
Sodium	10 mg	<1%
Proprietary Blend	545 mg	†
St. John's wort extract (0.3% Hypericin) (aerial parts), calcium lactate, inositol, St. John's wort (leaves and flowers), magnesium citrate, organic alfalfa (aerial parts), organic carrot, medium chain triglycerides, and carrot oil.		

†Daily Value not established.

Other Ingredients: Gelatin, kelp, water, and calcium stearate.

Scan for more information:



**Suggested Use:** 1 capsule per meal, or as directed.

**Caution:** Not to be used if you are pregnant, nursing, or taking any prescription drug(s) unless otherwise directed by your health care professional. Avoid excessive exposure to UV irradiation (e.g. sunlight, tanning) when using this product.

## STANDARDBAR® — BERRY Introduced in 1999

V GF



9500 – 18 Bars

The Berry StandardBar® contains a nutritious blend of three natural fruits—blueberries, cranberries, and cherries—and 10 grams of protein.

- Provides ingredients such as blueberries, cranberries, and cherries that exhibit antioxidant activity\*
- A convenient supplement bar without artificial preservatives, colors, or flavors
- Excellent source of protein

### Supplement Facts

Serving Size: 1 Bar (50 g)

	Amount per Serving	%Daily Value
Calories	190	
Total Fat	6 g	8%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	3 g	†
Total Carbohydrate	27 g	10%*
Dietary Fiber	2 g	7%*
Total Sugars	15 g	†
Includes 15 g Added Sugars		30%*
Protein	10 g	20%*
Calcium	100 mg	8%
Magnesium	30 mg	7%
Sodium	50 mg	2%
Potassium	160 mg	3%

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

Ingredients: Brown rice syrup, whey protein, almond butter, honey, cherries, sunflower lecithin, blueberries, cranberries, cranberry puree, glycerine, apple juice concentrate, pear juice concentrate, organic sesame seeds, black currant seed oil, blueberry puree, calcium lactate, oat fiber, apple fiber, extra-virgin olive oil, and magnesium citrate.

Contains: Milk, tree nuts (almonds), and sesame.

Scan for more information:



**Caution:** May contain an occasional cherry pit.



See page 15 for a guide to these dietary icons

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

## STANBAR® — COCOA CHERRY

Introduced in 2003



9550 - 18 Bars

The Cocoa Cherry StandardBar®, with 15 grams of protein, helps maintain healthy weight in conjunction with a balanced diet and regular exercise.\*

- Supports energy levels\*
- Helps maintain healthy weight in conjunction with a balanced diet and regular exercise\*
- A convenient and balanced supplement without artificial preservatives, colors, or flavors

**Special Information:** This bar contains a portion of low-impact carbohydrates from maltitol, glycerine, sorbitol and fiber, which have a minimal impact on blood sugar levels.

**Caution:** May contain an occasional cherry pit.

Scan for more information:



### Supplement Facts

Serving Size: 1 Bar (50 g)

	Amount per Serving	%Daily Value
Calories	190	
Total Fat	6 g	8%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	3 g	†
Cholesterol	80 mg	27%
Total Carbohydrate	22 g	8%*
Dietary Fiber	1 g	4%*
Total Sugars	3 g	†
Includes 3 g Added Sugars		6%*
Protein	15 g	30%*
Calcium	100 mg	8%
Sodium	50 mg	2%
Potassium	130 mg	3%

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

Ingredients: Whey protein concentrate, almond butter, calcium caseinate, maltitol, glycerine, whole egg powder, brown rice syrup, natural chocolate flavor, cherries, grape seed oil, sorbitol, whey protein isolate, cocoa powder (processed with alkali), sunflower lecithin, vanilla extract, tapioca starch, and natural cherry flavor.

Contains: Egg, milk, and tree nuts (almonds).

## STANBAR® — COCOA CRISP

Introduced in 2004



9600 - 18 Bars

The Cocoa Crisp StandardBar® tastes great and conveniently provides a high-protein way to supplement the diet.

- Contains 16 grams of protein
- Supports energy levels\*
- Helps maintain healthy weight in conjunction with a balanced diet and regular exercise\*
- A convenient supplement without artificial preservatives, colors, or flavors

**Special Information:** This bar contains a portion of low-impact carbohydrates from maltitol, glycerine, sorbitol and fiber, which have a minimal impact on blood sugar levels.

Scan for more information:



### Supplement Facts

Serving Size: 1 Bar (50 g)

	Amount per Serving	%Daily Value
Calories	190	
Total Fat	6 g	8%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	3 g	†
Cholesterol	20 mg	7%
Total Carbohydrate	21 g	8%*
Dietary Fiber	3 g	11%*
Total Sugars	2 g	†
Includes 2 g Added Sugars		4%*
Protein	16 g	32%*
Calcium	70 mg	5%
Iron	1 mg	6%
Sodium	120 mg	5%
Potassium	180 mg	4%

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

Ingredients: Whey protein concentrate, almond butter, egg white, glycerine, maltitol, rice protein, brown rice syrup, cocoa powder (processed with alkali), almonds, natural chocolate flavor, grape seed oil, sunflower lecithin, whey protein isolate, sorbitol, vanilla extract, and tapioca starch.

Contains: Egg, milk, and tree nuts (almonds).

## STANBAR® — PEANUT BUTTER Introduced in 2004



9500 – 18 Bars

The Peanut Butter StandardBar®, containing 17 grams of protein and net carbohydrate count of 13 grams, provides a convenient high-protein way to supplement the diet.

- Supports energy levels\*
- Helps maintain healthy weight in conjunction with a balanced diet and regular exercise\*
- A convenient supplement without artificial preservatives, colors, or flavors

**Special Information:** This bar contains a portion of low-impact carbohydrates from glycerine, maltitol, sorbitol and fiber, which have a minimal impact on blood sugar levels.

Scan for more information:



### Supplement Facts

Serving Size: 1 Bar (50 g)

	Amount per Serving	%Daily Value
Calories	190	
Total Fat	7 g	9%*
Saturated Fat	1.5 g	8%*
Polyunsaturated Fat	2.5 g	†
Monounsaturated Fat	3 g	†
Cholesterol	15 mg	5%
Total Carbohydrate	20 g	7%*
Dietary Fiber	2 g	7%*
Total Sugars	3 g	†
Includes 3 g Added Sugars		6%*
Protein	17 g	34%*
Calcium	40 mg	3%
Sodium	140 mg	6%
Potassium	130 mg	3%

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

Ingredients: Whey protein concentrate, peanut butter, egg white, glycerine, maltitol, rice protein, brown rice syrup, peanuts, grape seed oil, natural peanut flavor, whey protein isolate, peanut flour, sunflower lecithin, sorbitol, wheat germ oil, vanilla extract, and tapioca starch.

Contains: Egg, milk, peanut, and wheat.

## STANBAR® — SOY ALMOND CRUNCH Introduced in 1999



9800 – 18 Bars

The Soy Almond Crunch StandardBar® is a convenient supplement bar with 15 grams of protein.

- Soy helps maintain a healthy heart
- Soy helps maintain healthy cholesterol levels already within normal range
- Supplies magnesium lactate to help support the central nervous, neuromuscular, and cardiovascular systems\*
- Excellent source of protein and vitamin B<sub>6</sub>
- Good source of iron, fiber, and magnesium

Scan for more information:



### Supplement Facts

Serving Size: 1 Bar (50 g)

	Amount per Serving	%Daily Value
Calories	190	
Total Fat	6 g	8%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	3 g	†
Total Carbohydrate	22 g	8%*
Dietary Fiber	3 g	11%*
Total Sugars	11 g	†
Includes 11 g Added Sugars		22%*
Protein	15 g	30%*
Vitamin B <sub>6</sub>	2.8 mg	165%
Calcium	50 mg	4%
Iron	2 mg	11%
Magnesium	70 mg	17%
Sodium	150 mg	7%
Potassium	130 mg	3%

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

Ingredients: Soy protein, honey, brown rice syrup, almond butter, textured soy protein, soy nuggets, rolled oats, glycerine, rice flour, natural almond flavor, sunflower lecithin, soy milk powder, organic sesame seeds, organic flaxseed oil, magnesium lactate, extra-virgin olive oil, and pyridoxine hydrochloride.

Contains: Soy, tree nuts, and sesame.



See page 15 for a guide to these dietary icons

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**



## SUPER-EFF® Introduced in 1949



7677 – 90 Capsules | 7680 – 150 Capsules

Super-EFF® supports healthy fluid levels.\*

- Carbamide provides a source of nitrogen to help support amino acid metabolism\*
- Involved in maintenance of healthy fluid levels\*

### Supplement Facts

Serving Size: 1 Capsule  
Servings per Container: 90 or 150

	Amount per Serving	%Daily Value
Proprietary Blend	515 mg	†
Carbamide, Spanish moss ( <i>Tillandsia usneoides</i> ), bovine liver fat extract, bovine liver, and organic flaxseed oil.		
†Daily Value not established.		

Other Ingredients: Gelatin, water, and calcium stearate.

Scan for more information:



**Suggested Use:** 1 capsule per meal, or as directed. Keep bottle tightly closed. This product absorbs moisture.

## SYMPLEX® F Introduced in 1965



7780 – 90 Tablets | 7785 – 360 Tablets  
13030 – Health Pack - General Female Endocrine

Symplex® F, a supplement for women's health, which contains a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from bovine ovary, adrenal, pituitary, and thyroid

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90 or 360

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	15 mg	<1%
Proprietary Blend	135 mg	†
Magnesium citrate, bovine ovary PMG™ extract, bovine adrenal PMG™ extract, bovine pituitary PMG™ extract, and bovine thyroid PMG™ extract (processed to substantially remove its thyroxine).		
†Daily Value not established.		

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.



Scan for more information:



**Suggested Use:** 1 tablet per meal, or as directed.

**Synergistic Product Support:**

- Drenamin®
- Ovex® or Ovex® P



## SYMPLEX® M Introduced in 1965

GF

7830 – 90 Tablets | 7835 – 360 Tablets



Scan for more information:



Symplex® M is a supplement for men's health which contains a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from bovine orchic, adrenal, pituitary, and thyroid

**Suggested Use:** 1 tablet per meal, or as directed.

**Warning:** Keep out of reach of children.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90 or 360

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	20 mg	<1%
Proprietary Blend	135 mg	†
Magnesium citrate, bovine orchic PMG™ extract, bovine adrenal PMG™ extract, bovine pituitary PMG™ extract, and bovine thyroid PMG™ extract (processed to substantially remove its thyroxine).		
†Daily Value not established.		

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract

## THYMEX® Introduced in 1957

GF

NON DAIRY

NON SOY

7925 – 90 Tablets | 7930 – 330 Tablets



Scan for more information:



Thymex® contains a proprietary Cytosol™ extract blend that includes bovine thymus Cytosol™ extract.

- Cytosol™ extracts contain a unique profile of nucleotides and peptides from bovine thymus

**Suggested Use:** 1 tablet per meal, or as directed.

**Synergistic Product Support:**

- Calcium Lactate

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90 or 330

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	2%
Vitamin C	5 mg	6%
Proprietary Blend	370 mg	†
Calcium lactate, bovine thymus Cytosol™ extract, and magnesium citrate.		
†Daily Value not established.		

Other Ingredients: Cellulose, ascorbic acid, and calcium stearate.





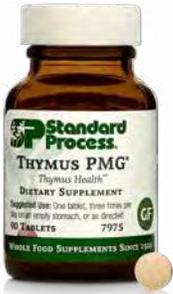




 See page 15 for a guide to these dietary icons

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

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Scan for more information:



## THYMUS PMG® Introduced in 1952



7975 - 90 Tablets

Thymus PMG® contains bovine thymus PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from bovine thymus

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	20 mg	<1%
Proprietary Blend	215 mg	†
Bovine thymus PMG™ extract and magnesium citrate.		

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

**This product features our exclusive Protomorphogen™ extract**

## THYTROPHIN PMG® Introduced in 1952



8025 - 90 Tablets | 8030 - 360 Tablets

Thytrophin PMG® contains bovine thyroid PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from bovine thyroid.

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

**Synergistic Product Support:**

- Catalyn®
- Hypothalamus PMG®
- Trace Minerals-B12™

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90 or 360

	Amount per Serving	%Daily Value
Calcium	30 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	109 mg	†
Magnesium citrate and bovine thyroid PMG™ extract (processed to substantially remove its thyroxine).		

†Daily Value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

**This product features our exclusive Protomorphogen™ extract**



Scan for more information:





Scan for more information:



## TRACE MINERALS-B12™ Introduced in 1951



8050 – 90 Tablets | 13020 – Health Pack - General

Trace Minerals-B12™ combines important nutrients to support enzymatic reactions in the body.\*

- Spectrum of minerals that support a healthy body
- Provides essential cofactors for healthy cell functioning\*
- Provides iodine, which is required for healthy thyroid function
- Among other functions, these trace minerals support ligament, cartilage, and bone structure; immune system response function and thyroid function; fat metabolism; and calcium utilization\*
- Excellent source of vitamin B12, iodine, zinc, copper, and manganese

**Suggested Use:** 1 tablet per day, or as directed.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of the reach of children. In case of accidental overdose, call a health care professional or poison control center immediately.

**Synergistic Product Support:**

- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Catalyn®

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Vitamin B12	4.2 mcg	175%
Iron	1.4 mg	8%
Iodine	300 mcg	200%
Zinc	2.7 mg	25%
Copper	0.3 mg	33%
Manganese	16 mg	696%
Proprietary Blend	210 mg	†

Kelp, organic alfalfa (aerial parts) juice powder, magnesium citrate, organic pea vine juice powder, bovine orchic extract, bovine bone, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, oat flour, defatted wheat germ, veal bone, organic carrot, and rice bran.

†Daily Value not established.

Other Ingredients: Manganese lactate, honey, zinc amino acid (rice) chelate, iron amino acid (rice) chelate, copper amino acid (rice) chelate, dicalcium phosphate, calcium stearate, prolamine iodine (zein), and cyanocobalamin.



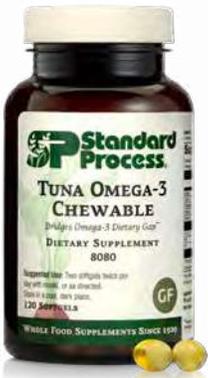
See page 15 for a guide to these dietary icons

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# TUNA OMEGA-3 CHEWABLE

Introduced in 2008



Scan for more information:



8080 - 120 Softgels

Tuna Omega-3 Chewable, a chewable softgel, helps bridge the gap in dietary omega-3 intake and supports the body's natural inflammatory response function.\*

Along with supporting general health, it also:

- Tuna Omega-3 contains the omega-3 fatty acid, DHA, which is important for normal brain structure.
- Omega-3s are essential for normal skin function. Contains DHA, which is important for proper fetal eye and brain development
- Excellent source of antioxidant vitamin E
- Good source of vitamin D

Tuna Omega-3 Chewable supports the body's natural inflammatory response function\* as it relates to periodic challenges like consumption of high-fat meal or strenuous activity. It contains a non-concentrated, natural profile of tuna oil that is rigorously tested to be below regulatory standards for contaminants and toxins.

**Suggested Use:** 2 softgels 2 times per day with meals, or as directed.

**Special Information:** Store product in a cool, dark place.

**Track omega-3s** and optimize health with the Omega-3 Index Plus Test. [See page 120](#) for more information.

## Supplement Facts

Serving Size: 2 Softgels  
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	10	
Total Fat	1 g	1%*
Cholesterol	5 mg	2%
Vitamin D	2.5 mcg	13%
Vitamin E	3.3 mg	22%
Tuna Oil	1,080 mg	†
DHA	240 mg	†
EPA	50 mg	†

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

Other Ingredients: Gelatin, water, glycerine, d-alpha tocopherol (vitamin E sunflower and soy), natural flavor, vegetable oil, and cholecalciferol.

**Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.\*\***



# TUNA OMEGA-3 OIL Introduced in 2005



8070 – 120 Softgels | 13020 – Health Pack - General  
13030 – Health Pack - General Female Endocrine



Scan for more information:



Tuna Omega-3 Oil helps bridge the gap in dietary omega-3 intake and supports the body's natural inflammatory response function.\*

Tuna Omega-3 Oil contains a non-concentrated, natural profile of tuna oil that is rigorously tested to be below regulatory standards for contaminants and toxins.

Along with supporting general health, it also:

- Contains omega-3s, which are essential for normal skin function
- Contains the omega-3 fatty acid, DHA, which is important for normal brain structure
- Contains DHA, which is important for proper fetal eye and brain development\*

**Suggested Use:** 2 softgels 2 times per day with meals, or as directed. Store product in a cool, dark place.

**Special Information:** For patients with questionable vitamin B status, you may consider recommending Folic Acid B12.

**Track Omega-3s** and optimize health with the Omega-3 Index Plus Test. **See page 120** for more information.

**Synergistic Product Support:**

- Catalyn®
- Trace Minerals-B12™

## Supplement Facts

Serving Size: 2 softgels  
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	10	
Total Fat	1 g	1%*
Cholesterol	5 mg	2%
Tuna Oil	1,330 mg	†
DHA	300 mg	†
EPA	60 mg	†

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

Other Ingredients: Gelatin, water, glycerine, and d-alpha tocopherol (vitamin E soy).

**Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.**



See page 15 for a guide to these dietary icons

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Scan for more information:



## USF OINTMENT® Introduced in 1949

8085 - Net Wt 1.8 oz. (50 g)

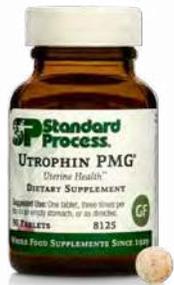
USF Ointment® contains essential fatty acids to promote soft, healthy-looking skin.

- Acts as a skin moisturizer

**Suggested Use:** Provides a soothing lubricant for local application and temporary relief of dry skin.\*

**Special Information:** For external use only.

Ingredients: Lard, lanolin, organic flaxseed oil extract, sunflower lecithin, beeswax, bovine orchic extract, and fragrance.



Scan for more information:



## UTROPHIN PMG® Introduced in 1953

8125 - 90 Tablets

Utrophin PMG® contains bovine uterus PMG™ extract, a proprietary Protomorphogen™ blend.

- PMGs contain a unique profile of nucleotides and peptides from bovine uterus

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.



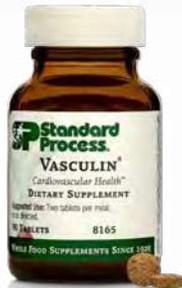
### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Calcium	20 mg	2%
Sodium	20 mg	<1%
Proprietary Blend	190 mg	†
Bovine uterus PMG™ extract and magnesium citrate.		
†Daily Value not established.		

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.



Scan for more information:



## VASCULIN® Introduced in 1958

8165 - 90 Tablets

Vasculin® is designed to support the cardiovascular system.\*

- Supports energy metabolism\*
- Supports homocysteine management, important for cardiovascular system\*
- At the suggested use, vitamin C is important for collagen formation which plays a role in healthy heart connective tissue\*
- Contains a combination of key ingredients from Cardiotrophin PMG®, Cataplex® E, Cataplex® B, and Cataplex® C
- Excellent source of thiamin, niacin, vitamin B<sub>6</sub>
- Good source of vitamin B<sub>12</sub>

**Suggested Use:** 2 tablets per meal, or as directed.



### Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 45

	Amount per Serving	%Daily Value
Vitamin C	4 mg	4%
Vitamin E	0.7 mg	5%
Thiamin	0.3 mg	25%
Niacin	10.9 mg	68%
Vitamin B6	0.6 mg	35%
Vitamin B12	0.3 mcg	13%
Calcium	20 mg	2%
Sodium	10 mg	<1%
Proprietary Blend	600 mg	†
Bovine heart PMG™ extract, nutritional yeast, veal bone PMG™ extract, rice bran, bovine liver, organic beet (root), inositol, porcine duodenum, organic oat flour, organic pea vine juice powder, defatted wheat germ, ribonucleic acid, bovine adrenal Cytosol™ extract, choline bitartrate, organic alfalfa (aerial parts) juice powder, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, organic alfalfa (aerial parts), bovine spleen, ovine spleen, organic reishi mushroom powder, organic shiitake mushroom powder, and sunflower lecithin.		
†Daily Value not established.		

Other Ingredients: Calcium citrate, calcium lactate, honey, niacinamide, ascorbic acid, calcium stearate, d-alpha tocopherol (vitamin E sunflower), calcium phosphate, pyridoxine hydrochloride, thiamin hydrochloride, dicalcium phosphate, and cyanocobalamin.



Scan for more information:



## VEG-E COMPLETE PRO™ CHOCOLATE

Introduced in 2017



8180 – 1.63 lbs. (737 g)

Veg-E Complete Pro™ Chocolate offers an organic multisource blend of plant-based protein in a convenient powder with delicious chocolate flavor.\*

- The blend of organic pea protein, organic pumpkin seed protein, and organic sesame seed protein is a valuable source of several amino acids including the nine essential amino acids
- Supports muscle building and recovery
- Supports satiety and fullness
- Supports cellular function and enzyme action
- Supports energy levels
- Supports hair, skin, and nails\*
- No genetically engineered ingredients
- No artificial sweeteners or artificial flavors
- Natural flavors made without monosodium glutamate (MSG)
- Excellent source of protein and iron
- Good source of dietary fiber and potassium

### Supplement Facts

Serving Size: 4 heaping tablespoons (scoops) (approx. 40 g)  
Servings per Container: 18

	Amount per Serving	%Daily Value
Calories	160	
Total Fat	4 g	5%*
Saturated Fat	1 g	5%*
Total Carbohydrate	12 g	4%*
Dietary Fiber	4 g	14%†
Total Sugars	4 g	†
Includes 4 g Added Sugars		8%*
Protein	15 g	30%*
Calcium	40 mg	3%
Iron	5 mg	28%
Sodium	280 mg	12%
Potassium	480 mg	10%

Proprietary Blend 24 g †  
Organic pea protein, organic pumpkin seed protein, and organic sesame seed protein.

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

Other Ingredients: Organic cocoa powder (processed with alkali), organic coconut sugar, acacia fiber, organic sunflower lecithin powder, maltodextrin, sea salt, monk fruit extract, organic guar gum, natural flavors, and xanthan gum.

Contains: Sesame and tree nut (coconut).

**Suggested Use:** 4 heaping tablespoons (scoops) in 8-12 ounces water, 1 - 3 servings per day, or as directed. Mix product thoroughly for 10 to 15 seconds. Settling of product after mixing may occur. Store mixed product in refrigerator if not consumed immediately.

**Warning:** Keep out of reach of children.



USDA ORGANIC VEGAN V GF NON DAIRY NON SOY NON GRAIN See page 15 for a guide to these dietary icons

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Scan for more information:



## VEG-E COMPLETE PRO™ VANILLA

Introduced in 2017



8185 - 1.38 lbs. (623 g)

**Veg-E Complete Pro™ Vanilla offers a multisource blend of plant-based protein in a convenient powder with delicious vanilla flavor.\***

- The blend of organic pea protein, organic pumpkin seed protein, and organic sesame seed protein is a valuable source of several amino acids including the nine essential amino acids
- Supports muscle building and recovery
- Supports satiety and fullness
- Supports cellular function and enzyme action
- Supports energy levels
- Supports hair, skin, and nails\*
- No genetically engineered ingredients
- No artificial sweeteners or artificial flavors
- Natural flavors made without monosodium glutamate (MSG)
- Excellent source of protein and iron

**Suggested Use:** 4 heaping tablespoons (scoops) in 8-12 ounces water, 1 - 3 servings per day, or as directed. Mix product thoroughly for 10 to 15 seconds. Settling of product after mixing may occur. Store mixed product in refrigerator if not consumed immediately.

**Warning:** Keep out of reach of children.

### Supplement Facts

Serving Size: 4 heaping tablespoons (scoops) (approx. 34 g)  
Servings per Container: 18

	Amount per Serving	%Daily Value
Calories	130	
Total Fat	2.5 g	3%*
Total Carbohydrate	7 g	3%*
Dietary Fiber	2 g	7%*
Total Sugars	4 g	†
Includes 4 g Added Sugars		8%*
Protein	15 g	30%*
Calcium	20 mg	2%
Iron	4 mg	22%
Sodium	370 mg	16%
Potassium	120 mg	3%
Proprietary Blend	26 g	†
Organic pea protein, organic pumpkin seed protein, and organic sesame seed protein.		

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

†Daily Value not established.

Other Ingredients: Organic coconut sugar, maltodextrin, sea salt, organic acacia fiber, organic guar gum, natural flavors, organic sunflower lecithin powder, and monk fruit extract.

Contains: Sesame and tree nut (coconut).

## WHEAT GERM OIL

Introduced in 1939



8225 - 60 Softgels

**Wheat Germ Oil is used for systemic support of the body.\***

- Provides ingredients with antioxidant activity
- Important for cell-signaling molecules
- Supports the cells of the immune system and the body's natural inflammatory response function as it relates to periodic challenges like consumption of a high-fat meal or strenuous activity
- Supports the body's function during exercise\*

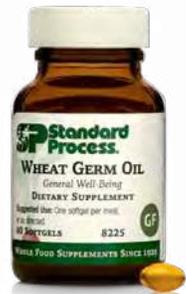
**Suggested Use:** 1 softgel per meal, or as directed.

### Supplement Facts

Serving Size: 1 Softgel  
Servings per Container: 60

	Amount per Serving	%Daily Value
Wheat Germ Oil	385 mg	†
†Daily Value not established.		

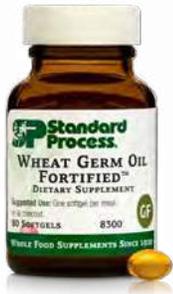
Other Ingredients: Gelatin, water, and glycerine.



Scan for more information:



## WHEAT GERM OIL FORTIFIED™ Introduced in 1976



Scan for more information:



8300 – 80 Softgels

Wheat Germ Oil Fortified™ contains wheat germ oil and is strengthened with 33.4 mg of natural vitamin E extracted from sunflower oil.\*

- Provides ingredients with antioxidant activity
- Important for cell-signaling molecules
- Supports the cells of the immune system and the body's natural inflammatory response function as it relates to periodic challenges like consumption of a high-fat meal or strenuous activity\*
- Excellent source of antioxidant vitamin E

**Suggested Use:** 1 softgel per meal, or as directed.

### Supplement Facts

Serving Size: 1 Softgel  
Servings per Container: 80

	Amount per Serving	%Daily Value
Vitamin E (d-alpha tocopherol)	33.4 mg	223%
Wheat germ oil	240 mg	†

†Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, and sunflower oil.

Contains: Wheat.

## WHEY PRO COMPLETE Introduced in 2007



Scan for more information:



8325 – 21 oz. (600 g)

Whey Pro Complete is a whey protein powder that supports weight management by increasing satiety and also supports the body's muscle growth and repair processes.\*

- Contains inulin, shown to have prebiotic effects
- Helps promote satiety\*
- Supports muscle growth and repair processes\*
- Contains colostrum for GI-based immune system support\*
- Can be mixed in a supplement shake or added to foods
- Excellent source of protein that contains all essential amino acids

**Suggested Use:** 2 heaping tablespoons (scoops), 1 - 3 times per day, or as directed. Store container in a cool, dark place.

#### Synergistic Product Support:

- SP Complete®
- Whole Food Fiber

### Supplement Facts

Serving Size: 2 heaping tablespoons (scoops)  
Servings per Container: 25

	Amount per Serving	%Daily Value
Calories	80	
Total Fat	0.5 g	1%*
Cholesterol	25 mg	8%
Total Carbohydrate	2 g	1%*
Total Sugars	1 g	†
Protein	15 g	30%*
Calcium	40 mg	3%
Sodium	40 mg	2%

Proprietary Blend 24 g †  
Nondenatured whey protein concentrate (milk), nondenatured whey protein isolate (milk), lecithin (soy), colostrum (bovine), and inulin (chicory root fiber).

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

†Daily Value not established.



See page 15 for a guide to these dietary icons

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Scan for more information:



## WHOLE FOOD FIBER Introduced in 2008

8335 - 7 oz. (200 g)  
12020, 12040, 12060, 12070 - Purification Product Kits

Whole Food Fiber is a good source of fiber from nutrient-rich whole foods.

- Contains both soluble and insoluble fiber
- Supports healthy bowel function\*
- Promotes regular intestinal motility and elimination\*
- Supports healthy epithelial cells in the bowel\*
- Provides food for beneficial microorganisms in the lower gastrointestinal (GI) tract\*
- Adequate fiber consumption helps maintain blood sugar levels that are already within normal range
- Can be used as nutritional support in the Standard Process Purification Program\*

**Suggested Use:** 1 level tablespoon (approximately 6 grams) in a blender drink per day, or as directed.



### Supplement Facts

Serving Size: 1 Level Tablespoon  
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	25	
Total Carbohydrate	5 g	2%*
Dietary Fiber	3 g	11%*
Proprietary Blend	6 g	†
Oat fiber, beet fiber, rice bran, organic beet (root), apple pectin, organic carrot, organic sweet potato, and carrot fiber.		

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

## ZINC CHELATE™ Introduced in 1987, Reformulated in 2020

8357 - 180 Tablets

Zinc Chelate™ is an easily absorbed zinc supplement in tablet form that supports a healthy immune system and promotes the healthy creation of new cells.\*

- Promotes protein synthesis\*
- Supports a healthy immune system\*
- Supports skin health\*
- Supports male hormonal health\*
- Excellent source of zinc

**Suggested Use:** 1 tablet per day, or as directed.

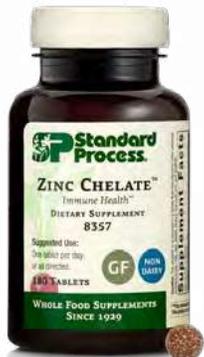


### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 180

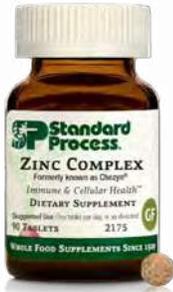
	Amount per Serving	%Daily Value
Zinc	10 mg	91%
Proprietary Blend	220 mg	†
Bovine liver, organic beet (root), organic carrot, and organic sweet potato.		
†Daily Value not established.		

Other Ingredients: Zinc amino acid (rice) chelate, honey, arabic gum, and calcium stearate.



Scan for more information:





Scan for more information:



## ZINC COMPLEX Introduced in 1981



2175 – 90 Tablets

Zinc Complex is a copper chelate supplement with zinc and iron that supports normal testes function and proper enzyme functioning.\*

- Contains a balanced trace mineral complex of zinc, copper, and iron
- Encourages healthy cellular energy production\*
- Supports proper enzyme functioning\*
- Supports red blood cell formation\*
- Supports immune system response function\*
- Supports normal testes function\*
- Excellent source of iron, zinc, and copper

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%Daily Value
Iron	5 mg	28%
Zinc	10 mg	91%
Copper	0.2 mg	22%
Proprietary Blend	148 mg	†
Bovine liver and organic beet (root).		
†Daily Value not established.		

Other Ingredients: Zinc amino acid (rice) chelate, iron amino acid (rice) chelate, honey, copper amino acid (rice) chelate, acacia fiber, and calcium stearate.

**Suggested Use:** 1 tablet per day, or as directed.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

## ZINC TEST™ Introduced in 1998



8360 – 2 fl. oz. (60 mL)

Zinc Test™ provides a simple way to assess zinc status.\*

- Noninvasive, oral test\*
- Excellent source of zinc

### Supplement Facts

Serving Size: 10 mL (2 tsp)  
Servings per Container: 6

	Amount per Serving	%Daily Value
Zinc	2.5 mg	23%

Other Ingredients: Deionized water and zinc sulfate.

**Suggested Use:** Hold 2 teaspoonfuls (10 mL) of Zinc Test™ in the mouth for at least 10 seconds. A lack of taste or a delayed taste perception in the mouth may indicate a possible zinc insufficiency. If an immediate taste perception occurs, the zinc status may be adequate. Zinc Test™ can be swallowed after tasting.

**Special Information:** Refrigerate after opening. If spilled, staining may occur.



Scan for more information:



## ZYMEX® CAPSULES Introduced in 1952



8445 – 150 Capsules

Zymex® promotes a healthy pH range in the intestinal tract.\*

- Encourages a healthy intestinal environment to support a healthy GI microbiome
- Supports healthy intestinal pH\*

### Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 75

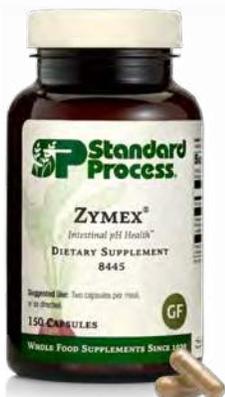
	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%*
Proprietary Blend	910 mg	†
Rice bran, organic carrot, and enzymatically processed Spanish moss ( <i>Tillandsia usneoides</i> ) and organic beet (root).		
*Percent Daily Values (DV) based on a 2,000 calorie diet.		
†Daily Value not established.		

Other Ingredients: Gelatin, water, and calcium stearate.

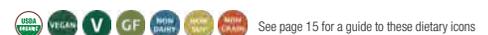
**Suggested Use:** 2 capsules per meal, or as directed.

**Synergistic Product Support:**

- Gastro-Fiber® or Whole Food Fiber
- ProSynbiotic

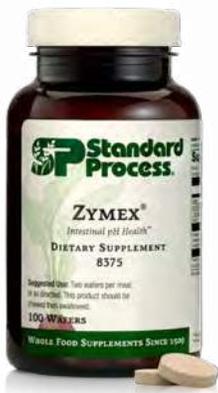


Scan for more information:



Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Scan for more information:



## ZYMEX® WAFERS Introduced in 1952



8375 - 100 Wafers

Zymex® promotes a healthy pH range in the intestinal tract.\*

- Encourages a healthy intestinal environment to maintain proper gastrointestinal flora
- Supports healthy intestinal pH\*
- Helpful for those who cannot or prefer not to swallow pills

**Suggested Use:** 2 wafers per meal, or as directed. This product should be chewed, then swallowed.

**Special Information:** Individuals who may be lactose intolerant should consult their health care professional before using this product.

**Synergistic Product Support:**

- Gastro-Fiber® or Whole Food Fiber
- ProSynbiotic

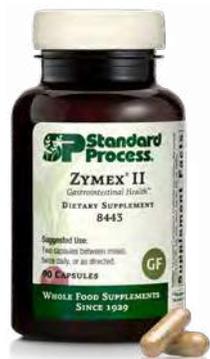
### Supplement Facts

Serving Size: 2 Wafers  
Servings per Container: 50

	Amount per Serving	%Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Total Sugars	1 g	†
Calcium	30 mg	2%
Proprietary Blend	1,665 mg	†
Defatted wheat germ, lactose (milk), date powder, whey (milk), and enzymatically processed Spanish moss ( <i>Tillandsia usneoides</i> ) and beet (root).		

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

Other Ingredients: Honey, calcium lactate, and calcium stearate.



Scan for more information:



## ZYMEX® II Introduced in 1958



8443 - 90 Capsules

Zymex® II contains digestive enzymes to support healthy gastrointestinal (GI) function.\*

- Encourages a healthy intestinal environment to maintain proper GI microbiota
- Could support the body's natural inflammatory response function after strenuous exercise when taken between meals
- Can provide digestive system support when taken with meals\*
- Does not contain pancreatin or betaine hydrochloride, making it appropriate for the acid-sensitive individual

**Suggested Use:** 2 capsules between meals, twice daily, or as directed.

### Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 45

	Amount per Serving	%Daily Value
Proprietary Blend	730 mg	†
Defatted almond, fig (fruit), papain, bromelain, amylase, cellulase, and lipase.		
†Daily Value not established.		

Other Ingredients: Gelatin, cellulose, water, and potato dextrin.



Scan for more information:



## ZYPAN® Introduced in 1958



8430 - 90 Tablets | 8480 - 330 Tablets

Zypan® combines pancreatin, pepsin, and betaine hydrochloride to facilitate healthy digestion.\*

- Supports macronutrient digestion
- Hydrochloric acid is involved in maintaining proper gastric pH
- Includes stearic acid to coat the pancreatin, helping it to be digested in the correct area of the digestive tract
- Provides enzymatic support for protein digestion
- Supports the digestive environment of the GI tract\*

**Suggested Use:** 2 tablets with each meal, or as directed. Chewing this product is not recommended.

### Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 45 or 165

	Amount per Serving	%Daily Value
Proprietary Blend	595 mg	†
Betaine hydrochloride, bovine pancreas Cytosol™ extract, pepsin (1:10,000), pancreatin (3x), stearic acid (vegetable source), ammonium chloride, bovine spleen, and ovine spleen.		
†Daily Value not established.		

Other Ingredients: Cellulose and calcium stearate.



## Programs

Standard Process offers a number of easy-to-follow programs that provide the tools needed to get back on track and meet nutrition and health goals.

### SP DETOX BALANCE™ PROGRAM

The SP Detox Balance™ program provides key nutrients and phytonutrients during all three phases of detoxification that unlock, neutralize, and eliminate toxins. The simple 28-day or 10-day protocol features a tasty, all-in-one detox shake supported by sample meals.

#### What contributes to toxin build up?

We are exposed to toxins every day. In fact, our bodies produce waste toxins known as endogenous toxins simply by functioning. Our bodies also encounter external (exogenous) toxins, or chemicals made outside the body. Exposure to these toxins can overburden a system's natural ability to detoxify.

#### Why do we need Metabolic Detoxification?

Toxins can contribute to fatigue or difficulty sleeping, indigestion and other temporary gastrointestinal upset, food cravings and weight gain, reduced mental clarity, low libido, skin issues, and joint discomfort.

#### What is Metabolic Detoxification?

It's a series of natural biochemical processes responsible for clearing toxins from our bodies. In the three-phase process, the body unlocks fat-soluble toxins and converts them to a water-soluble state that is easier for our bodies to remove. We need key nutrients and phytonutrients to support each of these phases.

### HOW DO THE THREE PHASES OF METABOLIC DETOXIFICATION WORK?



#### Phase I: Unlock

The body transforms fat-soluble toxins to an "unlocked" state that is more water-soluble, and in many cases, more toxic than its original form. **SP Detox Balance™ delivers key nutrients.**



#### Phase II: Neutralize

The highly toxic substances produced in Phase I convert to non-toxic molecules and become even more water-soluble. **SP Detox Balance™ delivers key nutrients.**



#### Phase III: Eliminate

Water-soluble toxins leave cells, and the body eliminates them. **SP Detox Balance™ delivers plant-based fiber to aid toxin elimination.**

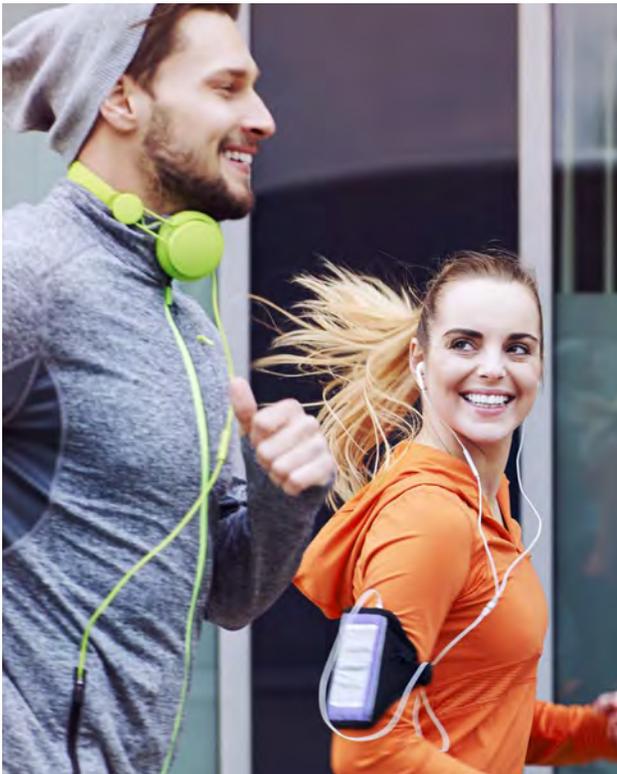
 See page 15 for a guide to these dietary icons

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

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## PURIFICATION PROGRAM

The 21-Day Purification Program isn't just a cleanse diet. It's a structured program that brings healthy lifestyle habits into focus. It's designed to purify, nourish, and help patients maintain a healthy body weight. It can have a significant, positive effect on the biochemistry of the body while allowing natural toxins and byproducts of daily metabolism to be eliminated. It's also easy to follow by eating whole foods, exercising, drinking nutritious shakes, and taking supplements made with whole food and other ingredients.



### WHAT ARE THE BENEFITS OF PURIFICATION?

You may notice the following:\*



Increased energy



Better digestion



Clearer thinking



Improved weight management



Shinier hair



Less bloating



Clearer skin



Better sleep

### CUSTOMIZED PURIFICATION KITS

Choose from eight different purification kits based on fiber and protein options. All purification kits are gluten-free and vegetarian.





Scan for more information:



## MICROBIOME TEST KIT Introduced in 2021

### T1030 - 1 Kit

The Standard Process Microbiome Test Kit, Powered by BIOHM®, is used to assess the gut microbiome's diversity and provide suggestions towards a healthier lifestyle.

The Standard Process Microbiome Test Kit is a two-part assessment which is derived from:

- Gut microbiome analysis using next generation genetic sequencing of a stool sample to discover the diversity of the bacteria and fungi that live in your patient's gut
- A Lifestyle Questionnaire that is completed by the patient when the test is registered on the software portal

As part of the test, you and your patient will receive a comprehensive and personalized Gut Report outlining:

- Microbiome diversity
- Phyla balance
- Presence of beneficial species
- Presence of pathogenic species

In addition to microbiome analysis, the Gut Report includes individualized recommendations and/or insights (that may include Standard Process® and MediHerb® products) based on test results. It will provide additional information to assist patients and health care professionals to:

**Measure:** Taking supplements and modifying diet and lifestyle does not guarantee a balanced microbiome – it must be measured.

**Modify:** With results and insights from the Gut Report, you will have the tools to personalize supplement choices, as well as diet and lifestyle modifications.

**Monitor:** Track how dietary, lifestyle, and supplement changes affect the Gut Score.

### What is microbiome testing?

Microbiome testing is the use of next-generation genetic sequencing and bioinformatic analysis to compare a patient's microbiome with that of a normal/healthy individual. This will reveal the composition, balance and levels of bacteria and fungi inside of the gut from a stool sample.

### Why has Standard Process partnered with BIOHM to create a gut microbiome test?

- BIOHM has completed thousands of consumer gut microbiome tests
- BIOHM has recognized expertise in bacterial and fungal interactions
- They use the 16S and ITS rRNA sequencing for microbiome analysis — the gold standard for bacterial and fungal sequencing
- They use validated and standardized testing methods from 100+ research studies
- They provide an easy-to-understand report based on well-established research



Scan for more information:



# OMEGA-3 INDEX PLUS TEST Introduced in 2020

T1025 - 1 Kit

The Omega-3 Index Plus Test is a blood test that measures the percentage of Omega-3 fatty acids (EPA and DHA) in red blood cell membranes.

- A finger prick provides enough blood to measure the Omega-3 Index
- Testing is confidential between the patient and their practitioner
- A personalized report will be sent via email and will include individualized recommendations based on test results

### There are three phases of Omega-3 testing:

**Measure:** Eating fish or taking supplements does not guarantee your Omega-3 Index will be in the desirable range – it must be measured.

**Modify:** With your Omega-3 Index results you will have the tools to personalize your Omega-3 intake.

**Monitor:** Track how your dietary changes affect your Omega-3 Index by testing every 4 - 6 months.

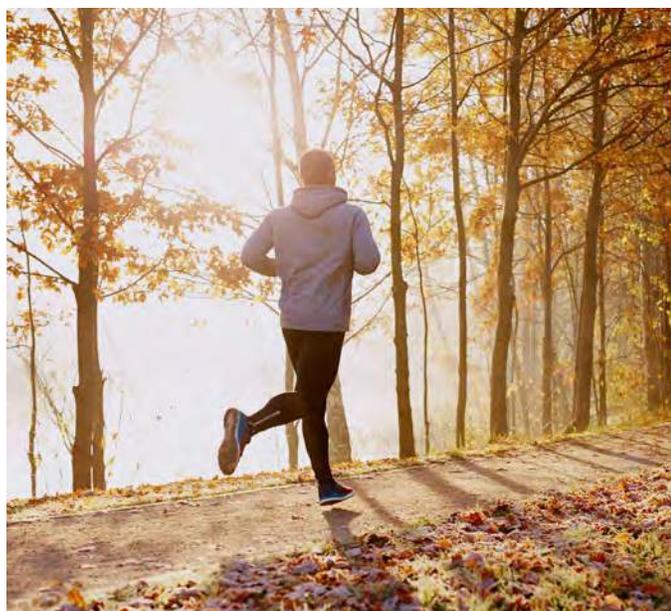
An Omega-3 Index in the desirable range of 8-12% is an indicator of better overall health. As a part of an overall healthy lifestyle, an Omega-3 Index in the 8-12% range may help to maintain heart, brain, eye and joint health. Once you know your Omega-3 Index, you can personalize your diet to modify your Omega-3 Index in as little as 3 - 4 months.

By partnering with OmegaQuant — the premier lab for Omega-3 Index testing — Standard Process is better able to help people support conditions related to cardiovascular health<sup>^</sup>, brain health, and a healthy inflammatory process with its family of Omega-3 supplements.\*

*<sup>^</sup>As part of a diet low in saturated fat and cholesterol*

### Synergistic Product Support

- Calamari Omega-3 Liquid
- Cod Liver Oil
- Tuna Omega-3 Chewable
- Tuna Omega-3 Oil
- Olprima™ DHA
- Olprima™ EPA
- Olprima™ EPA|DHA



### Benefits of Knowing the Omega-3 Index

People with high Omega-3 levels support their heart, brain, eye and overall health.

#### Heart Health



From a better functioning heart to healthier blood vessels, there are many reasons why people with higher Omega-3 blood levels have better heart health.

#### Brain Health



Omega-3s play a role in brain health during every phase of life – from infant brain development to maintaining cognitive function as we age.

#### Eye Health



Omega-3 DHA is a main component of eyes, and having higher levels of Omega-3s is related to better eye health and visual development.

#### Overall Health



There are multiple benefits to the mind and body in having a higher Omega-3 Index, all of which contribute to slower aging.

## PROGRAMS & TEST KITS

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

# Key Ingredient Cross-Reference

The products in this cross reference are listed in descending order according to the amount of ingredient present in each product's serving size. Not all products are represented in this list. Please view the individual product descriptions for more information.

## **2-Fucosyllactose** 2'-FL

GI Stability™

## **Acerola** Berry

Epimune Complex, Ferrofood®, Echinacea-C™, Manganese B12™, Spanish Black Radish, Cataplex® C, C Synergy

## **Adrenal** Bovine

Adrenal Desiccated, Catalyn® with Iron, Protefood®, Emphaplex®, Catalyn®, Catalyn® GF, Cataplex® A-C-P, Drenamin®, Cataplex® A-C, Congaplex®

## **Adrenal Cytosol™ Extract** Bovine

Cataplex® E2, Vasculin®, Cardio-Plus®, Cardio-Plus® GF, Cataplex® B12, Folic Acid B12, Livaplex®, Cyruta®, Ligaplex® I

## **Adrenal PMG™ Extract** Bovine

Drenatrophin PMG®, Drenamin®, Allerplex®, Symplex® F, Paraplex®, Symplex® M

## **Alfalfa**

SP Detox Balance™, SP Detox Balance™ Chai, Min-Tran®, SP Green Food®, Pancreatrophin PMG®, Ostarplex®, Diaplex®, Organically Bound Minerals

## **Alginic Acid**

Gastrex®, Okra Pepsin E3®

## **Alpha-Carotene**

Regneplex®

## **American Ginseng**

B Vitality with CoQ10

## **Ammonium Chloride**

Betaine Hydrochloride, Cal-Amo®, Ostarplex®, Diaplex®, Zypan®

## **Amylase**

Lact-Enz®, Enzycore, Multizyme®, Zymex® II

## **Anise** Seed

Gastrex®, Apple Fiber Berry StandardBar®

## **Apple Pectin**

SP Cleanse®, Gastro-Fiber®, SP Detox Balance™, SP Detox Balance™ Chai, Whole Food Fiber

## **Arginine**

SP Detox Balance™, SP Detox Balance™ Chai

## **Ascorbic Acid**

C Synergy, Immuplex®, A-C Carbamide®, Albaplex®, Cardio-Plus®, Cardio-Plus® GF, Cataplex® A-C-P, Congaplex®, Cataplex® A-C, Catalyn® with Iron

## **Astaxanthin**

Olprima™ DHA, Olprima™ EPA, Olprima™ EPA/DHA

## **Barley Grass**

SP Cleanse®, SP Detox Balance™, SP Detox Balance™ Chai, SP Green Food®

## **Beet** Leaf

SP Detox Balance™, SP Detox Balance™ Chai, Betafood®

## **Beet** Root

Cataplex® B-Core, Prolamine Iodine Plus, SP Detox Balance™, SP Detox Balance™ Chai, GI Stability™, SP Cleanse®, Cataplex® B, Cataplex® B-GF, Betafood®, A-F Betafood®

## **Beta Carotene**

Livaplex®, Regneplex®

## **Betaine Hydrochloride**

Zypan®, Betaine Hydrochloride, Diaplex®, Allerplex®, Cal-Amo®, Senaplex®, Albaplex®

## **Bifidobacterium**

ProSynbiotic, Lact-Enz®

## **Bilberry**

OPC Synergy®

## **Bile Salts**

Cholacol®, Fen-Cho®, Cholaplex®

## **Biotin**

B Vitality with CoQ10

## **Black Currant Seed Oil**

Berry StandardBar®, Black Currant Seed Oil

## **Bone** Bovine

Calcifood® Wafers, Bio-Dent®, Protefood®, Ligaplex® I, Ligaplex® II, Rumaplex®, Emphaplex®, Ostrophin PMG®, Cyrofood®, Ferrofood®, Senaplex®, Cataplex® C

## **Boswellia Serrata** Indian frankincense

Glucosamine Synergy®

## **Brain PMG™ Extract** Porcine

Neurotrophin PMG®, Neuroplex®

## **Brain** Porcine

Neuroplex®, Cardio-Plus®, Cardio-Plus® GF, Cataplex® B2, Drenamin®, Niacinamide B6, Eyeplex®

## **Broccoli**

SP Detox Balance™, SP Detox Balance™ Chai, Hemp Oil Complex™, SP Cleanse®

## **Bromelain**

B Vitality with CoQ10, Zymex® II, Multizyme®

## **Brussels Sprouts**

Cruciferous Complete™, SP Green Food®, SP Complete® Dairy Free, SP Complete®, SP Complete® Chocolate,

## **Buckwheat**

SP Detox Balance™, SP Detox Balance™ Chai, SP Green Food®, OPC Synergy®, Chlorophyll Complex™, Catalyn® with Iron, SP Complete® Dairy Free, SP Complete®, SP Complete® Chocolate, Okra Pepsin E3

## **Buckwheat Flour**

SP Detox Balance™, SP Detox Balance™ Chai, Regneplex®, Cyruta® Plus, Cataplex® A-C-P, Cyruta®

## **Buckwheat Juice**

E-Z Mg™, Regeneplex®, Cryuta® Plus, Cataplex® A-C-P, Cryuta®, Arginex®, OPC Synergy®, Diaplex®, Ginkgo Synergy®

## **Burdock** Powder

SP Detox Balance™, SP Detox Balance™ Chai, SP Cleanse®

## **Calcium**

Calcium Lactate Powder, Calcifood® Powder, Calcifood® Wafers, Calcium Lactate, Calsol®, Prebiotic Inulin, SP Complete®, SP Complete® Chocolate, SP Complete® Dairy Free, SP Complete® Vanilla, Cal-Ma Plus®

## **Camu Camu** Berry

Manganese B12™, Regeneplex®, Ferrofood®, Spanish Black Radish, Cataplex® C

## **Carbamide**

A-C Carbamide®, Super-EFF®, Calsol®, Ligaplex® II, Allerplex®, Ferrofood®

**Carrot**

Whole Food Fiber, Congaplex® Chewable, St. John's Wort-IMT™, Allerplex®, Zymex® Capsules, Calcifood® Wafers, Adrenal Desiccated, Cyrofood®, Cataplex® A, Catalyn® with Iron, Catalyn® GF

**Cayenne Pepper** *Capsicum annuum*

SP Cleanse®

**Chlorella**

GI Adsorb™

**Chloride**

Cal-Amo®

**Cholecalciferol**

Catalyn® GF, Catalyn® with Iron, Senaplex®, Catalyn® Chewable, Catalyn®

**Choline**

Choline, SP Detox Balance™, SP Detox Balance™ Chai, SP Complete®, SP Complete® Chocolate, SP Complete® Dairy Free, SP Complete® Vanilla, Senaplex®

**Chromium**

Diaplex®, Chromium Complex, Immuplex®

**Clinoptilolite**

GI Adsorb™

**Coenzyme Q10**

B Vitality with CoQ10, Regeneplex®

**Collinsonia Root**

Collinsonia Root, Cholacol®, SP Cleanse®, Gastro-Fiber®, Fen-Cho®, GI Adsorb™, GI Stability™

**Colostrum** *Bovine*

Whey Pro Complete

**Copper**

Neuroplex®, Trace Minerals-B12™, Zinc Complex, Immuplex®, Manganese B12™, Livaplex®

**Creatine**

SP Detox Balance™, SP Detox Balance™ Chai

**Cyanocobalamin**

See Vitamin B12

**Dandelion**

SP Cleanse®, SP Detox Balance™, SP Detox Balance™ Chai

**DHA**

Olprima™ DHA, Olprima™ EPA|DHA, Cod Liver Oil, Tuna Omega-3 Oil, Tuna Omega-3 Chewable, Hemp Oil Complex™

**Disodium Phosphate**

Fen-Cho®, Gastrex®, Betacol®

**DL-methionine**

SP Detox Balance™, SP Detox Balance™ Chai

**DPA**

Olprima™ DHA, Olprima™ EPA|DHA

**Dried Yeast Fermentate**

Epimune Complex

**Duodenum** *Porcine*

Cataplex® B, Cataplex® B-GF, Pancreatrophin PMG®, Vasculin®

**Echinacea Angustifolia**

Echinacea-C™, Cataplex® A-C, C Synergy, Iodomere®, Cataplex® A-C-P, Cataplex® C

**Echinacea Purpurea**

Echinacea-C™, Cataplex® A-C, C Synergy, Iodomere®

**EPA**

Olprima™ EPA, Olprima™ EPA|DHA, Cod Liver Oil, Tuna Omega-3 Oil, Hemp Oil Complex™, Tuna Omega-3 Chewable

**Epithelial PMG™ Extract** *Bovine*

Dermatrophin PMG®

**Eye PMG™ Extract** *Porcine*

Oculotrophin PMG®, Eyeplex®

**Fennel Seed**

Gastro-Fiber®, SP Cleanse®

**Fenugreek Seed**

Fen-Gre®, Fen-Cho®, Emphaplex®, Allerplex, Gastro-Fiber®, SP Cleanse®

**Ferrous Lactate**

Ferrofood®, Catalyn® with Iron

**Fiber**

SP Complete® Chocolate, SP Complete® Dairy Free, SP Complete® Vanilla, SP Detox Balance™, SP Detox Balance™ Chai, Veg-E Complete Pro™ Chocolate, SP Complete®, Whole Food Fiber

**Fig** *Powder*

Zymex® II, Multizyme®

**Flax Meal**

SP Complete®, SP Complete® Dairy Free

**Flaxseed Oil**

Flax Oil with B6, Flax Oil Plus

**Folate**

Folic Acid B12, Immuplex®, B Vitality with CoQ10, Cataplex® B-Core

**Folic Acid**

Folic Acid B12, Immuplex®

**Galactooligosaccharide** *GOS*

ProSynbiotic

**Gamma-Linolenic Acid** *GLA*

Black Currant Seed Oil

**Garlic**

Garlic

**Ginkgo Biloba**

Ginkgo Synergy®

**Globe Artichoke**

SP Cleanse®, SP Detox Balance™, SP Detox Balance™ Chai

**Glucoraphanin**

Hemp Oil Complex™

**Glucosamine Sulfate** *From shellfish*

Glucosamine Synergy®

**Glutamic Acid**

Protefood®

**Glycerine**

Olprima™ DHA, Olprima™ EPA, Olprima™ EPA|DHA, Hemp Oil Complex™, Flax Oil Plus, Chlorophyll Complex™, Black Currant Seed Oil, Wheat Germ Oil Fortified™

**Glycine**

SP Detox Balance™, SP Detox Balance™ Chai

**Gotu Kola**

Ginkgo Synergy®

**Grape Seed Extract**

SP Complete® Dairy Free, OPC Synergy®, Ginkgo Synergy®, SP Complete®, SP Complete® Chocolate

**Green Banana Flour**

Whole Food Fiber

**Green Tea**

OPC Synergy®

**Green-Lipped Mussel** *Perna canaliculus*

Nutrimere®, Iodomere®

**Heart PMG™ Extract** *Bovine*

Cardiotrophin PMG®, Cardio-Plus®, Cardio-Plus® GF, Vasculin®, Ligaplex® II, Glucosamine Synergy®

**Hemp Oil**

Hemp Oil, Hemp Oil Complex™

**Hypothalamus Cytosol™ Extract** *Porcine*

Hypothalmex®, Hypothalamus PMG®

**Hypothalamus** *Bovine*

Neuroplex®

**Inositol**

Inositol Powder, Inositol, SP Detox Balance™, SP Detox Balance™ Chai, Cataplex® E, SP Cleanse®, Cyruta®, Eyeplex®, St. John's Wort-IMT™, Albaplex®, Cataplex® E2,

**Inulin** Chicory root fiber

ProSynbiotic, Whey Pro Complete

**Iodine**

Prolamine Iodine Plus, Prolamine Iodine, Min-Chex®, Trace Minerals-B12™, Iodomere®, Min-Tran®, Organically Bound Minerals

**Iron**

Ferrofood®, GI Adsorb™, Neuroplex®, E-Z Mg™, Zinc Complex, Immuplex®, Veg-E Complete Pro™ Chocolate, SP Detox Balance™, SP Detox Balance™ Chai, Veg-E Complete Pro™ Vanilla

**Juniper**

SP Cleanse®, SP Detox Balance™, SP Detox Balance™ Chai

**Kale**

SP Complete® Dairy Free, SP Complete®, SP Complete® Chocolate, Cruciferous Complete™, SP Green Food®, Enzycore, SP Cleanse®

**Kelp** Powder

Min-Tran®, Min-Chex®, Trace Minerals B12™, St. John's Wort-IMT™, Organically Bound Minerals, Prolamine Iodine Plus

**Kidney Bean**

Albaplex®, Renafood®

**Kidney PMG™ Extract** Bovine

Renatrophin PMG®, Renafood®, Albaplex®

**Kidney** Bovine

Cataplex® A-C-P, Renafood®, Cataplex® A-C, Cataplex® A, Ligaplex® I, Congaplex®, Catalyn® with Iron, A-F Betafood®, Catalyn® Chewable, Catalyn®, Catalyn® GF

**L. acidophilus**

Lact-Enz®

**L. paracasei**

ProSynbiotic

**Lactobacillus acidophilus**

ProSynbiotic

**Lactose** Milk

Zymex® Wafers, Renafood®

**L-cysteine hydrochloride**

Chromium Complex, Diaplex®

**Lecithin** Soy

Whey Pro Complete, Regeneplex®

**L-glutamine**

Enzycore

**Licorice** Root

Rumaplex®, Bio-Dent®

**Lipase**

Lact-Enz®, Zymex II®, Multizyme®

**L-isoleucine**

SP Detox Balance™, SP Detox Balance™ Chai

**Liver Fat Extract** Bovine

Super-EFF®, Allerplex®, Antronex, Flax Oil Plus, Ligaplex® II, Livaplex®, Diaplex®

**Liver PMG™ Extract** Bovine

Hepatrophin PMG®, Immuplex®, Livaplex®, Senaplex®, Betacol®, Albaplex®, Rumaplex®

**Liver** Bovine

Cataplex® B-Core, Niacinamide B6, Orchest®, Cataplex® B, Cataplex® B-GF, Zinc Chelate™, Cataplex® B12, Zinc Complex, Cardio-Plus®, Cardio-Plus® GF, B6-Niacinamide

**L-leucine**

SP Detox Balance™, SP Detox Balance™ Chai

**L-lysine**

Emphaplex®

**L-lysine mono-hydrochloride**

Protefood®, Senaplex®

**Lung PMG™ Extract** Bovine

Pneumatrophin PMG®, Allerplex®, Emphaplex®

**Lutein**

Regeneplex®

**L-valine**

SP Detox Balance™, SP Detox Balance™ Chai

**Lycopene**

Regeneplex®

**Magnesium**

Magnesium Lactate, Calcium Lactate Powder, E-Z Mg™, SP Detox Balance™, SP Detox Balance™ Chai, Calcium Lactate

**Mammary PMG™ Extract** Bovine

Mammary PMG®

**Milk Thistle**

SP Cleanse®, SP Detox Balance™, SP Detox Balance™ Chai

**Mushroom Powder**

B Vitality with CoQ10, Epimune Complex, Cataplex® C, Drenamin®, B6-Niacinamide, SP Cleanse®, SP Detox Balance™, SP Detox Balance™ Chai, Albaplex, Catalyn, Catalyn with Iron, Catalyn GF, Catalyn Chewable, Cataplex A-C, Congaplex, Congaplex Chewable, Emphaplex, Eyeplex, Ligaplex I, General Female Endocrine, Immune System Health Packs

**Niacin**

Niacinamide B6, Neuroplex®, Circuplex®, Min-Chex®, Orchest®, Cholaplex®, Cataplex® B, Cataplex® B-GF, Cardio-Plus®, Cardio-Plus® GF, Cataplex® B2, Drenamin®

**Niacinamide**

Niacinamide B6, Neuroplex®, Min-Chex®, Circuplex®, Cholaplex®, Orchest®, Cataplex® B, Cataplex® B-GF, Cardio-Plus®, Cardio-Plus® GF, Cataplex® B2

**Nutritional Yeast** *Saccharomyces cerevisiae*

Rumaplex®, Cataplex® B-Core, Senaplex®, B6-Niacinamide, Ligaplex® II, Cyrofood®, Cataplex® B, Cataplex® B-GF, Catalyn® with Iron, Pancreatrophin PMG®

**Oat Fiber**

Whole Food Fiber

**Oat Flour**

Emphaplex®, Ligaplex® I, Cyrofood®, Diaplex®, Rumaplex®, Congaplex®

**Okra**

Fen-Gre®, GI Stability™, Gastrex®, Okra Pepsin E3

**Omega-3**

Anchovy &amp; Sardine: Olprima™ EPA/DHA, Olprima™ EPA

Calamari Oil: Calamari Omega-3 Liquid, Hemp Oil Complex™

Cod Liver Oil: Cod Liver Oil

Tuna Oil: Tuna Omega-3 Oil, Olprima™ DHA, Tuna Omega-3 Chewable, Regeneplex®

**Omega-6**

Hemp Oil Complex™, Olprima™ EPA

**Omega-7**

Olprima™ EPA

**Omega-9**

Olprima™ EPA

**Orchic Cytosol™ Extract** Bovine

Min-Chex®, Orchest®, Neuroplex®, Cholaplex®

**Orchic Extract** Bovine

Cataplex® E2, Cataplex® E, Cardio-Plus®, Cardio-Plus® GF, Okra Pepsin E3, Trace Minerals B12™

**Orchic PMG™ Extract** Bovine

Orchic PMG®, Symplex® M

**Ovary Cytosol™ Extract** Bovine

Ovex®

**Ovary Cytosol™ Extract** Porcine

Ovex® P

**Ovary PMG™ Extract** Bovine

Symplex® F

**Ovary PMG™ Extract** Porcine

Ovatrophin P PMG®

**Pancreas Cytosol™ Extract** Bovine

Zypan®, Chromium Complex, Diaplex®

**Pancreas PMG™ Extract** Bovine

Pancreatrophin PMG®, Diaplex®, Paraplex®

**Pancreatin**

Multizyme®, Zypan®, Diaplex®

**Pantothenic Acid**

B Vitality with CoQ10

**Papain**

Zymex® II, Multizyme®

**Parathyroid** Bovine

Cal-Ma Plus®

**Parotid PMG™ Extract** Bovine

Parotid PMG®

**Pea Protein**

SP Detox Balance™, SP Detox Balance™ Chai, Veg-E Complete Pro™ Vanilla, Veg-E Complete Pro™ Chocolate

**Pea Vine**

Ligaplex® I, Arginex®, Cataplex® E, Diaplex®, Rumaplex®, Vasculin®, Trace Minerals B12™, Albaplex®

**Pepsin**

Betaine Hydrochloride, Zypan®, Okra Pepsin E3, Diaplex®

**Phosphoric Acid**

Eyeplex®, Circuplex®, Emphaplex®, Ostarplex®

**Phosphorus**

Calsol®, Calcifood® Wafers, Phosfood® Liquid, Bio-Dent®, E-Z Mg™, Calcifood® Powder, Ligaplex® I

**Pituitary PMG™ Extract** Bovine

Pituitrophin PMG®, Symplex® F, Symplex® M, Paraplex®

**Pituitary** Bovine

E-Manganese™, Neuroplex®

**Potassium**

Veg-E Complete Pro™ Chocolate, SP Complete® Chocolate, E-Z Mg™, SP Detox Balance™, SP Detox Balance™ Chai, Veg-E Complete Pro™ Vanilla, Berry StandardBar®, SP Complete®, SP Complete® Vanilla, SP Complete® Dairy Free

**Prolamine Iodine** Zein

Prolamine Iodine Plus, Trace Minerals B12™, Iodomere®, Prolamine Iodine

**Prostate Cytosol™ Extract** Bovine

Rumaplex®, Prost-X™

**Prostate PMG™ Extract** Bovine

Prostate PMG®

**Prostate** Bovine

Cataplex® F Tablets, A-F Betafood®, Livaplex®, Diaplex®, Cholaplex®

**Protein**

SP Detox Balance™, SP Detox Balance™ Chai, Veg-E Complete Pro™ Chocolate, Veg-E Complete Pro™ Vanilla, Whey Pro Complete, SP Complete® Dairy Free, Berry StandardBar®, SP Complete®, SP Complete® Chocolate, SP Complete® Vanilla

**Pumpkin Seed Protein**

SP Detox Balance™, SP Detox Balance™ Chai, Veg-E Complete Pro™ Chocolate, Veg-E Complete Pro™ Vanilla

**Pyridoxine Hydrochloride**

See Vitamin B6

**Riboflavin**

See Vitamin B2

**Ribonucleic Acid** RNA

B Vitality with CoQ10, Ribonucleic Acid (RNA), Circuplex®, Congaplex®, Cataplex® E, Protefood®

**Rice Bran**

Zymex® Capsules, Catalyn® GF, Fen-Gre®, Drenamin®, Calcifood® Wafers, Cataplex® B-GF, Cataplex® B-Core, Vasculin®, A-F Betafood®, SP Complete® Dairy Free, SP Complete®, SP Complete® Chocolate

**Rice Protein**

SP Complete® Dairy Free, SP Complete®, SP Complete® Chocolate

**Rosemary**

Cod Liver Oil, Olprima™ DHA, Olprima™ EPA, Olprima™ EPA/DHA

**Selenium**

Cataplex® E, Cataplex® E2, Immuplex®, Cardio-Plus®, Cardio-Plus® GF

**Sesame Seed Oil**

Sesame Seed Oil, Chlorophyll Complex™

**Sesame Seed Protein**

Veg-E Complete Pro™ Vanilla, Veg-E Complete Pro™ Chocolate

**Sesame Seeds**

Berry StandardBar®

**Soy Protein**

Emphaplex®, Allerplex®, Senaplex®, Rumaplex®, Niacinamide B6, Albaplex®

**Soybean Lecithin**

Soybean Lecithin

**SP Beet Blend** (organic Swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder)

A-F Betafood®, Livaplex®, Diaplex®, Ligaplex® I, Rumaplex®, Arginex®

**Spanish Black Radish**

Spanish Black Radish, SP Detox Balance™, SP Detox Balance™ Chai, SP Cleanse®, Livaplex®

**Spleen Cytosol™ Extract** Bovine

Diaplex®, Spleen PMG®, Immuplex®, Ferrofood®, Catalyn® with Iron

**Spleen** Bovine

Spleen Desiccated, Neuroplex®, Cataplex® E2, Bio-Dent®, Rumaplex®, Immuplex®, Niacinamide B6, Zypan®, Cataplex® E, Catalyn® with Iron, Min-Chex®

**Spleen** Ovine

Spleen Desiccated, Neuroplex®, Cataplex® E2, Bio-Dent®, Rumaplex®, Immuplex®, Niacinamide B6, Zypan®, Cataplex® E, Catalyn® with Iron, Min-Chex®

**St. John's Wort**

St. John's Wort-IMT™

**Stomach Parenchyma** Porcine

Folic Acid B12, Cataplex® B12, Ferrofood®, Catalyn® with Iron

**Stomach** Porcine

Cardio-Plus®, Cardio-Plus® GF, Cataplex® B2, Drenamin®, Eyeplex®, Niacinamide B6, Gastrex®

**Sunflower Lecithin**

Regeneplex®, Ginkgo Synergy®, SP Detox Balance™, SP Detox Balance™ Chai

**Sweet Potato**

Cyrofood®, Cataplex® A, Catalyn® with Iron, Catalyn®, Catalyn® GF, A-F Betafood®, Cataplex® B-Core

**Swiss Chard** Juice

E-Z Mg™, Betafood®

**Thiamin**

See Vitamin B1

**Thymus Cytosol™ Extract** Bovine

Thymex®, Congaplex®, Congaplex® Chewable, Immuplex®, Albaplex®

**Thymus PMG™ Extract** Bovine

Thymus PMG®, Immuplex®, Thytrophin PMG®, Symplex® F, Paraplex®, Symplex® M

**Tillandsia Usneoides** Spanish Moss

Allerplex®, Prost-X™, For-Til B12®, Zymex® Wafers, Zymex® Capsules, Betacol®, Senaplex®, Neuroplex®

### TrueBroc®

Hemp Oil Complex™

### Uterus PMG™ Extract Bovine

Utrophin PMG®

### Veal Bone

Calcifood® Wafers, Protefood®, Bio-Dent®, Emphaplex®, Congaplex®, Cyrofood®, Rumaplex®, Ferrofood®, Senaplex®

### Veal Bone PMG™ Extract

Cataplex® C, Biost®, Ostrophin PMG®, Immuplex®, Ligaplex® II, Ligaplex® I, Vasculin®, Eyeplex®, C Synergy, Ostarplex®

### Vitamin A

Cod Liver Oil, A-C Carbamide®, A-F Betafood®, Cataplex® A-C, Catalyn® with Iron, Emphaplex®, Cataplex® A-C-P, Catalyn® Chewable, Catalyn®, Catalyn® GF, Diaplex®

### Vitamin B<sub>1</sub>, Thiamin

Cataplex® B, Cataplex® B-GF, Neuroplex®, Vasculin®, Catalyn® Chewable, Catalyn®, Catalyn® GF, B Vitality with CoQ10, Catalyn® with Iron

### Vitamin B<sub>2</sub>, Riboflavin

Cardio-Plus®, Cardio-Plus® GF, Cataplex® B<sub>2</sub>, Drenamin®, Neuroplex®, Emphaplex®

### Vitamin B<sub>6</sub>, Pyridoxine hydrochloride

B<sub>6</sub>-Niacinamide, Niacinamide B<sub>6</sub>, Neuroplex®, Min-Chex®, Orchex®, Circuplex®, Cholaplex®, Albaplex®, Betacol®, Flax Oil Plus, Immuplex®, Flax Oil with B<sub>6</sub>

### Vitamin B<sub>12</sub>

Cataplex® B<sub>12</sub>, Folic Acid B<sub>12</sub>, Ligaplex® I, Manganese B<sub>12</sub>™, Trace Minerals-B<sub>12</sub>™, For-Til B<sub>12</sub>®, Immuplex®, Ligaplex® II, Ferrofood®

### Vitamin C

C Synergy, Immuplex®, Ferrofood®, Epimune Complex, Regeneplex®, A-C Carbamide®, Cataplex® A-C-P, Cataplex® C, Cardio-Plus®, Cardio-Plus® GF

### Vitamin D

Cataplex® D, Catalyn® Chewable, Catalyn®, Catalyn® GF, Catalyn® with Iron, Senaplex®, Emphaplex®, Tuna Omega-3 Chewable

### Vitamin E D-alpha tocopherol

Wheat Germ Oil Fortified™, E-Manganese™, Immuplex®, Cataplex® E, Cardio-Plus®, Cardio-Plus® GF, Emphaplex®, Ligaplex® I, Ligaplex® II

### Vitamin K<sub>1</sub>

E-Z Mg™, Cruciferous Complete™, SP Detox Balance™, SP Detox Balance™ Chai

### Wheat Germ Oil

Wheat Germ Oil, Wheat Germ Oil Fortified™

### Whey Milk

Zymex® Wafers, Lactic Acid Yeast™

### Whey Protein

Whey Pro Complete, SP Complete®, SP Complete® Chocolate, Berry StandardBar®

### Yeast

ProSynbiotic, Lactic Acid Yeast™

### Zinc

Neuroplex®, Zinc Complex, Epimune Complex, Zinc Chelate™, Immuplex®, Livaplex®, Trace Minerals B<sub>12</sub>™, Zinc Test, Regeneplex®, Manganese B<sub>12</sub>™

## From the Earth, For the Body

A healthy body demands a broad spectrum of minerals for optimal wellness, but many diets fall short in delivering these important nutrients. Standard Process® and MediHerb® offer a range of products that provide essential minerals that can help bridge dietary gaps.

Learn more at [standardprocess.com/minerals](https://standardprocess.com/minerals)





## Scientifically Driven. Practitioner Focused. Kid Approved.

Driven by the same safety, purity, and efficacy standards that go into our high-quality adult supplements, SP Children's® products are specifically formulated to address the unique needs of young bodies. We utilize organic farming practices and cutting-edge manufacturing methods to ensure that our products deliver vital nutrients in a tasty form.





# SP CHILDREN'S™ IMMUNE Introduced in 2022



16000 – 60 Wafers

**SP Children's™ Immune is a chewable supplement for kids ages 4 and older that delivers key nutrients for proper immune system functioning and development.\***

- Supports the immune system\*
- Contains prebiotic 2'-FL and bovine colostrum
- Made from whole food-based ingredients
- Draws flavor from organic ingredients: elderberry and whole strawberry
- Excellent source of vitamin D, zinc, and antioxidant vitamin C

## Supplement Facts

Serving Size: 2 Wafers  
Servings per Container: 30

	Amount per Serving	%Daily Value
Vitamin C	25 mg	28%
Vitamin D	15 mcg	75%
Zinc	6 mg	55%
2'-Fucosyllactose	1200 mg	†
Colostrum (bovine)	500 mg	†
Proprietary Blend	426 mg	†
Organic strawberry fruit powder, organic elderberry fruit powder, organic guar fiber, organic beet (root), and monk fruit extract.		

†Daily Value not established.  
Other Ingredients: Organic camu camu (berry), organic manioc (root), zinc amino acid (rice) chelate, calcium stearate, acacia fiber, and cholecalciferol.

Scan for more information:



**Suggested Use:** For children ages 4 and older, chew 2 wafers per day.

**Warning:** Keep out of reach of children.

### Synergistic Product Support:

- Catalyn® Chewable – Supplies multiple vitamins for complete, complex nutritional supplementation\*
- Calamari Omega-3 Liquid – Supports general health and helps bridge the gap in dietary omega-3 intake\*
- Whole Food Fiber – Provides a good source of dietary fiber and supports healthy bowel function\*

**They're growing,  
and so are we!**

More SP Children's®  
products coming soon



See page 15 for a guide to these dietary icons

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**



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## We Deliver Premium-Quality, Herbal Solutions for Optimal Patient Outcomes

MediHerb® is a leader in herbal supplements among health care professionals and Standard Process is their exclusive U.S. distributor. MediHerb's success is fueled by a commitment to delivering high-quality, herbal solutions.



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## Better Absorption Means a Better Product Ingredients are High Quality *if* the Body Can Use Them

MediHerb® Turmeric Forte is uniquely formulated with Fenugreek seed and turmeric rhizome to enhance absorption and improve bioavailability by 24.8 times, according to a clinical study.<sup>^</sup> It's traditionally used to support digestion, healthy joints, healthy liver function, and provide antioxidant activity.



Turmeric Powder

Fenugreek Seeds

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# Core Products & Body Systems

<b>Adrenal Complex</b>	Stress Response Support	   
<b>Andrographis Complex</b>	Short-Term Immune System Support	  
<b>Boswellia Complex</b>	Joint Support	
<b>DiGest Forte</b>	Core Digestive Support	
<b>Echinacea Premium</b>	Healthy Immune System Function	  
<b>Garlic Forte</b>	Healthy Cardiovascular Function Support	  
<b>Ginkgo Forte</b>	Support Memory & Cognition	  
<b>Gotu Kola Complex</b>	Healthy Skin, Capillary & Circulation Support	    
<b>Gut Flora Complex</b>	Healthy Intestinal Environment	   
<b>Gymnema</b>	Anti-Sweetness Activity	
<b>HerbaVital</b>	Healthy Aging Support	  
<b>Kava Forte</b>	Naturally Relaxing	 
<b>LivCo®</b>	Liver-Cleansing Support	  
<b>Nevaton® Forte</b>	Core Nervous System Support	 
<b>Rhodiola &amp; Ginseng Complex</b>	Enhance Vitality & Stamina	  
<b>Thyroid Complex</b>	Targeted Thyroid Support	 
<b>Tribulus</b>	Maintaining Healthy Hormones	 
<b>Turmeric Forte</b>	Healthy Inflammatory Response	 
<b>Vitanox®</b>	Antioxidant Support	  
<b>Wormwood Complex</b>	Healthy Intestinal Environment*	

## Body Systems Legend

-  Cardiovascular System
-  Digestive System
-  Endocrine
-  Female Health
-  Immune System
-  Male Health
-  Musculoskeletal
-  Nervous System
-  Respiratory
-  Skin
-  Urinary System

## Cardiovascular System



### Heart Health

Coleus Forte	Support Cardiovascular Health
Garlic Forte	Support Healthy Normal Cholesterol
Ginkgo Forte	Microcirculation Support
Hawthorn	Normal Heart Function Support
HerbaVital	Aging Support
Vitanox®	Antioxidant Support Activity*

### Circulation

Bilberry Forte	Healthy Eye Support
Garlic Forte	Support Healthy Normal Cholesterol
Ginkgo Forte	Microcirculation Support
Gotu Kola Complex	Tissue & Capillary Integrity
HerbaVital	Aging Support
Vascular Care Complex	Venous Support
Vitanox®	Antioxidant Support Activity*

## Digestive System

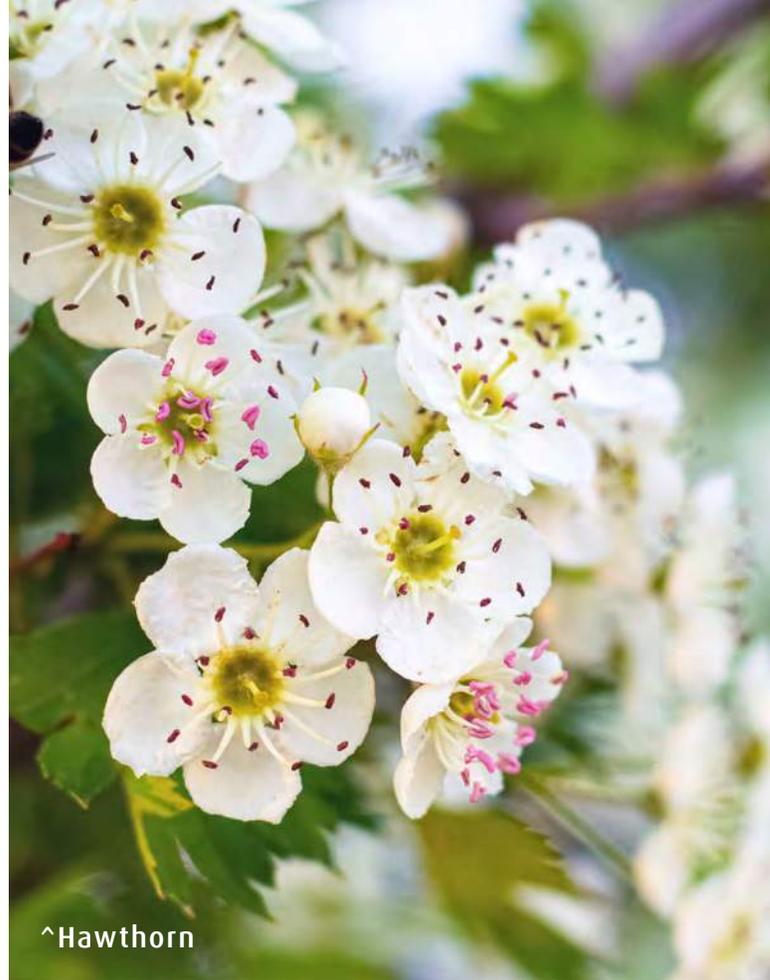


### Upper GIT

Black Cumin Seed Forte	Multi-Action Liver & Fat Metabolism Support
ChelaCo	Antioxidant Liver Support
Coleus Forte	Promote Healthy Digestion
DiGest Forte	Core Digestive Support
Gymnema	Anti-Sweetness Activity
HiPep	Healthy Stomach Acid
LivCo®	Liver-Cleansing Support
Livton® Complex	Digestive System & Liver Support
Metabol Complex	Metabolic Support
Milk Thistle Forte	Core Liver Support
Rhodiola & Schisandra	Nervous System Support During Stress*

### Lower GIT

Berberine Active	Bowel Regularity Support
Burdock Complex	Healthy Elimination Support
Colax	Intestinal Motility Support
Garlic Forte	Immune System Support
Golden Seal 500mg	GIT Immune System Support
Gotu Kola Complex	Tissue & Capillary Integrity
Gut Flora Complex	Healthy GIT Function Support
Myrrh Forte	Healthy Intestinal Environment
Turmeric Forte	Healthy Digestion Support
Vitanox®	Antioxidant Support Activity
Wormwood Complex	Healthy Intestinal Environment*



^Hawthorn

## Endocrine



### Adrenal

Adrenal Complex	Stress Response Support
Ashwagandha Complex	Calming Stress Support
Bacopa Complex	Brain Tonic
Eleuthero	Adaptive Adrenal Support
Rhodiola & Ginseng Complex	Enhance Vitality & Stamina
Rhodiola & Schisandra	Nervous System Support During Stress*

### Pancreas

Bilberry Forte	Healthy Eye Support
Black Cumin Seed Forte	Multi-Action Liver & Fat Metabolism Support
Ginkgo Forte	Microcirculation Support
Gotu Kola Complex	Healthy Skin, Capillary & Circulation Support
Metabol Complex	Normal Pancreatic Function Support*

### Thyroid

Adrenal Complex	Endocrine Balance Support
Thyroid Complex	Thyroid Support*

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



^Tribulus

## Female Health



### Menstruation/PMS

Chaste Tree	Natural Hormone Balance
Cramplex	Antispasmodic Support
Evening Primrose Oil	Healthy Prostaglandins
FemCo	Female Vitality
LivCo®	Liver-Cleansing Support
Nevaton® Forte	Core Nervous System Support*

### Child-Bearing Years

Adrenal Complex	Stress Response Support
Chaste Tree	Natural Hormone Balance
Evening Primrose Oil	Healthy Prostaglandins
FemCo	Female Vitality
LivCo®	Liver-Cleansing Support
Thyroid Complex	Thyroid Support
Tribulus	Libido & Menstrual Flow*

### Menopause

Adrenal Complex	Stress Response Support
Bone Complex	Bone Tissue Support
Eleuthero	Adaptive Adrenal Support
HerbaVital	Aging Support
Thyroid Complex	Thyroid Support
Tribulus	Libido & Menstrual Flow
Valerian Complex	Sleep Support
Wild Yam Complex	Core Menopause Support*

## Immune System



### Short-Term

Andrographis Complex	Short-Term Immune System Support
Berberine Active	Healthy Immunological Response
Garlic Forte	Immune System Support
Golden Seal 500mg	GIT Immune System Support*

### Long-Term

Astragalus Complex	Adaptogenic Immune System Support
Echinacea Premium	Everyday Immune System Support
Eleuthero	Adrenal Support
Ganoderma & Shiitake	Mushroom Immune System Support
Garlic Forte	Immune System Support
Gut Flora Complex	Healthy Intestinal Environment
Viranon	Healthy Immune System Function*

## Male Health



### <50

Adrenal Complex	Stress Response Support
LivCo®	Liver-Cleansing Support
Rhodiola & Schisandra	Nervous System Support During Stress*

### 50+

Adrenal Complex	Stress Response Support
HerbaVital	Aging Support
ProstaCo	Prostate Support
Rhodiola & Ginseng Complex	Enhance Vitality & Stamina
Tribulus	Support Healthy Sex Hormones*

## Musculoskeletal



Bone Complex	Bone Tissue Support
Boswellia Complex	Joint Support
Cramplex	Antispasmodic Support
Gotu Kola Complex	Healthy Skin, Capillary and Circulation Support
Kava Forte	Naturally Relaxing
Nervagesic	Nervous System Support
Rehmannia Complex	Mild Exercise-Related Joint Pain Relief
Saligesic	Musculoskeletal Support
St John's Wort 1.8g	Nervous System Support
Turmeric Forte	Healthy Inflammatory Response
Vascular Care Complex	Venous Support*

## Nervous System



Adrenal Complex	Stress Response Support
Ashwagandha Complex	Calming Stress Support
Bacopa Complex	Cognitive Function
Ginkgo Forte	Mental Clarity
Kava Forte	Naturally Relaxing
Nervagesic	Nervous System Discomfort
Nevaton® Forte	Core Nervous System Support
Rhodiola & Ginseng Complex	Enhance Vitality & Stamina
Rhodiola & Schisandra	Nervous System Support During Stress
St John's Wort 1.8g	Nervous System Support
Valerian Complex	Sleep Support*

## Respiratory



### Short-Term

AllergCo	Seasonal Stress Support
Broncafect®	Cough Reflex Support
Sinus Forte	Upper Respiratory Support*

### Long-Term

AllergCo	Seasonal Stress Support
Ashwagandha Forte	Rejuvenating Tonic
Astragalus Complex	Adaptogenic Immune System Support
Cat's Claw Forte	Restorative Tonic for Immune System Challenges
Echinacea Premium	Everyday Immune System Support
Eleuthero	Adrenal Support
Ganoderma & Shiitake	Mushroom Immune System Support
Garlic Forte	Immune System Support
Gut Flora Complex	Healthy Intestinal Environment
PulmaCo	Lower Respiratory Support
ResCo®	Lower Respiratory Support
Sinus Forte	Upper Respiratory Support
Viranon	Healthy Immune System Function*



^Ashwagandha

## Skin



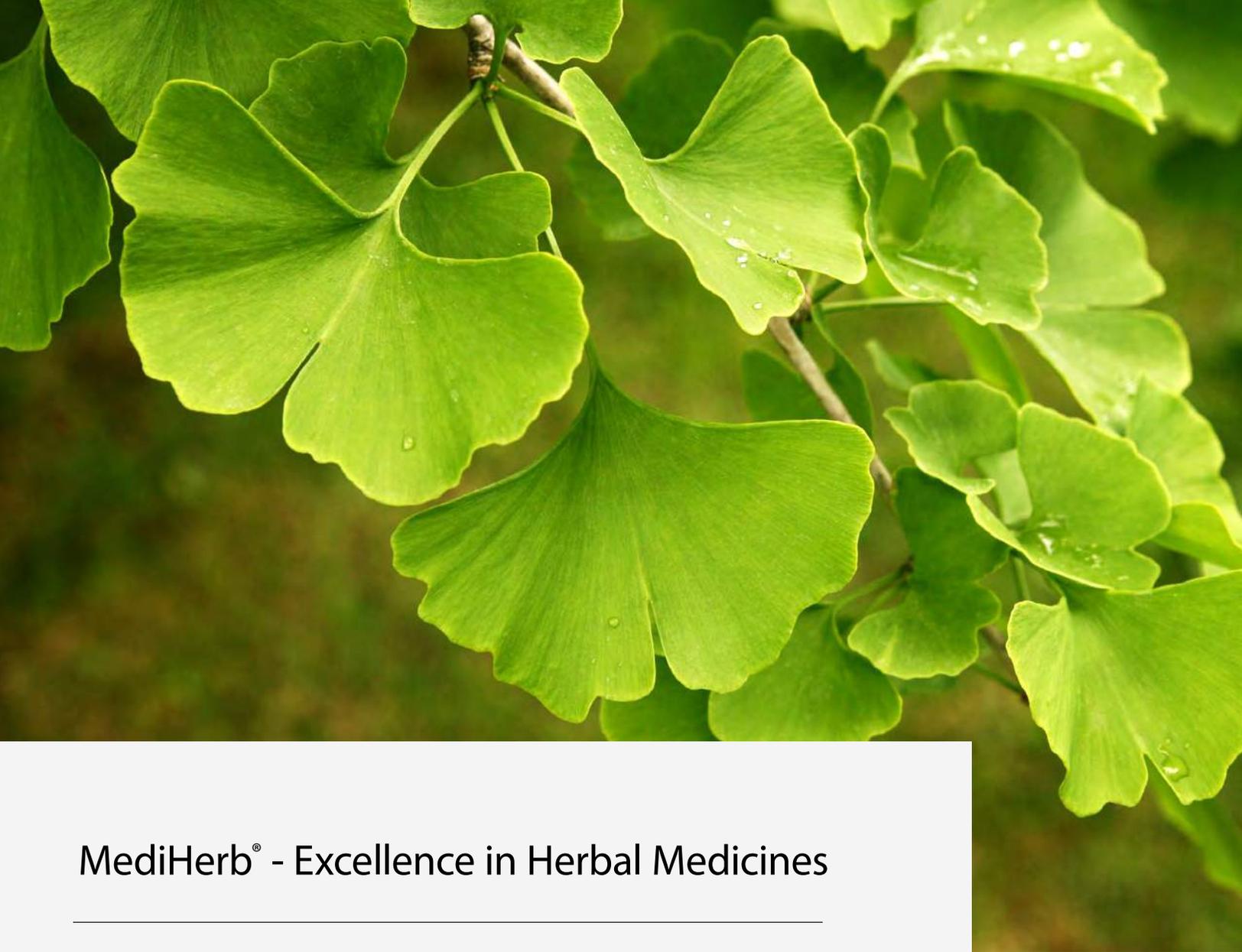
AllergCo	Seasonal Stress Support
Andrographis Complex	Short-Term Immune System Support
Chaste Tree	Natural Hormone Balance
Coleus Forte	Healthy Skin Support
DermaCo	Skin Cleansing Support
Echinacea Premium	Everyday Immune System Support
Gotu Kola Complex	Healthy Skin, Capillary & Circulation Support
Gut Flora Complex	Healthy Intestinal Environment
Rehmannia Complex	General Detoxification Support
Vitanox®	Antioxidant Support*

## Urinary System



Andrographis Complex	Short-Term Immune System Support
Burdock Complex	Healthy Elimination Support
Cramplex	Antispasmodic Support
Cranberry Complex	Core Urinary Tract Support
Echinacea Premium	Everyday Immune System Support
Gut Flora Complex	Healthy Intestinal Environment
ProstaCo	Prostate Support*

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



## MediHerb® - Excellence in Herbal Medicines

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At MediHerb®, our promise is quality that is grounded in our commitment to upholding the highest standards of efficacy and safety of herbal medicines.

Our understanding of the vast intricacies of medicinal plants is unparalleled. Herbs are naturally chemically complex, presenting challenges at every stage of the manufacturing process. Navigating the inherent biological variability of herbs and the influences of growing, harvesting, drying, storing and extraction methods on final product outcomes means that we are continually defining and redefining herbal medicine quality benchmarks.

Our dedication to excellence in herbal medicines forms the cornerstones of our approach to quality.

## Our Herbal Sourcing – Quality & Sustainability

MediHerb® has fostered strong relationships with herb growers from around the world for over 30 years. Sourcing the best herbal materials with peak potency and the highest purity from sustainable growers forms the foundation of our approach to quality at MediHerb®.

With nourished, healthy soils and temperate growing climates at our doorstep, we're able to partner with local Australian growers in sourcing many medicinal plants where possible. When quality standards for specific herbs are best met elsewhere, we source from trusted international herb farms to ensure the optimal phytochemistry of the plant.

MediHerb®'s commitment to endangered and threatened herbs:

- We do not source herbs from regions or countries where those herbs are deemed as 'threatened'.
- We use cultivated herbal sources of 'threatened' herbs.
- Where no cultivated source is available, we establish cultivation of herb crops in conjunction with growers.
- If cultivation is not possible, we work closely with harvesters to optimize wild-crafting and establish protocols.
- We educate on sustainable alternatives to endangered herbs.
- When an herb is listed in the CITES Appendix II and a cultivated or sustainable source is not available, we cease to use that herb and delete the product from our range.



^Our farmers harvesting Rosemary in Australia.



## **Our Herbal Extraction Process & Manufacturing – The Best of Tradition & Science**

We are proud to produce all MediHerb® liquids and formulas at our world-class manufacturing facility and laboratory in Queensland, Australia. Our state-of-the-art facilities feature the latest technology and equipment to allow us to optimize the quality and consistency of every MediHerb® product.

MediHerb® was founded on our proprietary cold percolation herb extraction process — MediHerb® 1:2 Cold Percolation. Driven by the desire for consistently efficacious herbal medicines, Professor Kerry Bone developed this method to ensure high-quality and potent herbal liquids that retain the full spectrum of medicinal phytochemicals from raw herbal materials. Our approach avoids heat at every stage of production in the knowledge that it can damage the delicate balance of the phytochemical spectrum of the original herb. This process uses only two other components in manufacturing our herbal extracts: ethanol and purified water.

## Our Research & Innovation – Advancing the Understanding of Herbal Medicine

The future of herbal medicine is important to us. We invest heavily in independent, natural medicine research and partnerships to continue pioneering our industry. MediHerb®, as part of Integra Healthcare, has a strong commitment to excellence in natural healthcare research and makes significant investments in research and development (R&D). We have supported more than 20 clinical trials, and will continue to do so into the future in order to advance the understanding of herbal medicines.



^Crocus sativus

## Our Leadership – Pioneering the Future of Herbal Medicine

MediHerb® is committed to the progression of herbal medicines into the future. We will continue to facilitate the integration of herbal medicine into mainstream acceptance, and promote appreciation of its vast benefits.

We are proud of our thriving worldwide practitioner community. We are also honored to be global leaders in quality herbal medicines with over 30 years of experience in sustainable practices, product development, research and education.

# How to Read a MediHerb® Label

A MediHerb® product label provides full disclosure of all ingredients in a consistent, clear and concise manner to pharmaceutical GMP standards.

The diagram below summarizes what you should look for on a label and describes the key elements of a tablet label including a brief explanation of the tableting excipients used.

Supplement Facts	
Serving Size: 1 Tablet Servings per Container: 90	
	Amount per Serving %DV
Calcium	37 mg 2%
1 Fenugreek seed 100:1 extract	100 mg †
from <i>Trigonella foenum-graecum</i> seed 1 containing 4-Hydroxyisoleucine 20 mg	8
Black Cumin seed 5:1 extract	100 mg †
from <i>Nigella sativa</i> seed 500 mg	6
Bitter Melon fruit 6.5:1 extract	92.3 mg †
from <i>Momordica charantia</i> fruit 600 mg	
Cinnamon stem bark 12:1 extract	83.3 mg †
from <i>Cinnamomum verum</i> stem bark 1 g	5
†Daily Value (DV) not established.	
Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, croscarmellose sodium, magnesium stearate, hypromellose, dextrin and silicon dioxide.	

## 1 Common Name

Many herbs have the same or similar common names, therefore it is important to list the botanical name (see point 5) to avoid confusion.

## 2 Plant Part

Using the correct plant part is crucial since different plant parts can have varying or no efficacy, eg Dandelion Root supports liver function and Dandelion Leaf stimulates healthy urine flow.\*

## 3 Extract Ratio

This indicates the strength of the extract. The number on the left represents the amount of herb and the number on the right represents the amount of extract, eg a 4:1 ratio means 4 kilograms of herb are extracted to make 1 kilogram of extract.

## 4 Extract

Different preparation types are sometimes used, eg Powdered herb, so it is important to understand the type of preparation being used. MediHerb® liquid extracts are used in the manufacture of our tablets.

## 5 Botanical Name

The botanical name is essential for determining identity and therefore efficacy.

## 6 Quantity of Starting Material

This states the quantity of dried herb equivalent used in each tablet.

## 7 Quantity of Extract

This states the quantity of extract used in the tablet.

## 8 Quantified Activity and/or Standardization

Represents the quality of an extract as a specific active or marker compound.

## 9 Tablet Excipients

MediHerb® uses a range of pharmaceutical grade excipients in the manufacture of its tablet range. These excipients are carefully chosen using experience gained from over 10 years of manufacturing herbal tablets and are necessary to aid the manufacturing process, stability, disintegration and to allow ease of swallowing.

For further information on the function of the excipients, refer to the Excipient Glossary, page 268.

# Beyond Comparison

As a health care professional, you have invested a great deal of time and energy into earning your qualifications. At MediHerb® we believe you should protect that investment by using only the highest-quality herbal products supported by authoritative technical and clinical information. This document contains a detailed reference of all MediHerb® herbal products, indexed by herb (botanical and common names) and set out in an easy-to-use format.

The Product Catalog is an essential resource for any health care professional seeking to make an informed choice.



Products with this logo are part of the **Kerry Bone's Essentials** range.

These are the top 20 herbal tablets that Kerry Bone uses in his clinical practice.

For more information on Kerry Bone's Essentials visit

[www.mediherb.com](http://www.mediherb.com) or [www.standardprocess.com](http://www.standardprocess.com)



**Vegan** are devoid of animal-based tissue, animal-based gelatin, or fish oils. They are also devoid of animal-based ingredients such as dairy, eggs, honey, beeswax, and lanolin.



**Vegetarian** are considered lacto-ovo vegetarian, which means they are devoid of animal-based tissue, animal-based gelatin, or fish oil. They may contain animal-based ingredients such as dairy, eggs, honey, beeswax, or lanolin.



**Non-Dairy** or **Non-Dairy Formulas** have been formulated to not contain milk or milk-derived ingredients.



# MediHerb Products

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MEDI  HERB®

# ADRENAL COMPLEX Introduced in 2009



Scan for more information:



M1050 – 40 Tablets | M1055 – 120 Tablets

Adrenal Complex contains Licorice and Rehmannia used traditionally to support adrenal gland function for a healthy stress response.

These herbs have been traditionally used in herbal preparations to:

- Restore adrenal function
- Support adrenal gland health
- Help the body adapt to the challenges of everyday life\*

This combination of herbs contains many compounds, including triterpenoid saponins (especially glycyrrhizin), other saponins, iridoid glycosides and many flavonoids.

The Licorice component of this tablet is standardized to contain 25 mg of glycyrrhizin per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 – 3 times daily, or as directed.

**Caution:** Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. ♦

### Complementary Product Support:

- Consider Rhodiola & Ginseng Complex tablets to promote vitality and stamina.
- Consider Thyroid Complex tablets to support healthy thyroid function and normal energy production.
- Combines well with Echinacea Premium tablets or liquid, Andrographis Complex tablets or Astragalus Complex tablets for immune system support.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Consider Nevaton® Forte tablets to support a healthy nervous system response.
- Combine with Eleuthero tablets to enhance the body's ability to adapt to temporary stress.
- Combine with Kava Forte tablets to calm the nerves.
- Consider Nervagesic tablets to ease temporary mild nervous system tension.\*

## Supplement Facts

Serving Size: 1 Tablet

Servings per Container: 40 or 120

	Amount per Serving	%DV
Calcium	88 mg	6%
Licorice root 12:1 extract from <i>Glycyrrhiza glabra</i> root 2.31 g Containing glycyrrhizin 25 mg	192.3 mg	†
Rehmannia rhizome 5:1 extract from <i>Rehmannia glutinosa</i> rhizome 750 mg	150 mg	†

† Daily Value (DV) not established.  
Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, magnesium stearate, silicon dioxide and hypromellose.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

See page 143 for a guide to these dietary icons

# ADRENAL TONIC PHYTOSYNERGIST®

Introduced in 2016



Scan for more information:



M4405 – 200 mL (6.8 fl oz)

Adrenal Tonic Phytosynergist® contains Ashwagandha, Licorice, Rehmannia and Echinacea offering dual occasional mild stress and immune system benefits.

These herbs have been traditionally used in herbal preparations to:

- Promote healthy adrenal gland function
- Support a healthy immune system response
- Help the body adapt to everyday challenges and support general health and well-being
- Maintain feelings of well-being when experiencing temporary mild stress\*

This combination of herbs contains many compounds including triterpenoid saponins (especially glycyrrhizin), other saponins, iridoid glycosides, caffeic acid derivatives, alkylamides and many flavonoids.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice 2-3 times daily, or as directed.

**Caution:** Contraindicated in known allergy to plants of the daisy family. Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. If you have a thyroid condition, use strictly under physician direction. ♦

### Complementary Product Support:

- Consider Thyroid Complex tablets to support healthy thyroid function for normal energy production.
- Consider Eleuthero tablets or Rhodiola & Ginseng Complex tablets to promote vitality.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combines well with St John's Wort 1.8g tablets or Nevaton® Forte tablets as a tonic for the nervous system.
- Combine with Tribulus tablets to support healthy libido in men and women, or with FemCo tablets to support women's general well-being.
- Consider Boswellia Complex or Vitanox® tablets to provide antioxidant activity.
- Consider Astragalus Complex tablets to provide additional immune system support.\*

## Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Rehmannia root 1:2 extract from <i>Rehmannia glutinosa</i> root 1.13 g	2.25 mL	†
Ashwagandha root 1:1 extract from <i>Withania somnifera</i> root 1.63 g	1.63 mL	†
Echinacea root 1:2 extract from <i>Echinacea purpurea</i> root 263 mg	525 mL	†
Echinacea root 1:2 extract from <i>Echinacea angustifolia</i> root 175 mg	350 mL	†
Licorice root 1:1 extract from <i>Glycyrrhiza glabra</i> root 250 mg	250 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 36.5% alcohol.



Scan for more information:



## ALBIZIA 1:2 Introduced in 2001



**M6600 - 200 mL (6.8 fl oz)**

Albizia 1:2 contains Albizia bark traditionally used to support a healthy response to seasonal stressors and maintain normal upper respiratory tract function.

Albizia has been traditionally used in herbal preparations to:

- Promote healthy upper respiratory and skin function
- Assist in maintaining healthy breathing passages to support normal breathing
- Respond normally to occasional seasonal stressors
- Support normal immune system response\*

**Albizia contains saponins and other compounds.**

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	5	
Albizia bark 1:2 extract from <i>Albizia lebbbeck</i> bark 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 23% alcohol.



Scan for more information:



## ALLERGC0 Introduced in 2021



**M1750 - 60 Tablets**

AllergCo contains Albizia, Chinese Skullcap and Nigella to support a healthy response to seasonal stresses and maintain normal respiratory tract function, immune, and skin health.

These herbs have been traditionally used in herbal preparations to:

- Respond normally to occasional seasonal stresses
- Maintain skin and immune system health
- Assist in maintaining healthy breathing passages to support normal breathing\*

**This combination of herbs contains many compounds including saponins, flavonoids (especially baicalin) and quinones (particularly thymoquinone).**

**Suggested Use:** 1 tablet 4 times daily, or as directed.

**Caution:** Contraindicated in pregnancy and in women wishing to conceive. Not to be used during lactation unless otherwise directed by a qualified health care professional. Caution in patients taking concurrent medication including statins. For other contraindications and cautions consult your health care professional. This product is packaged in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish. Keep out of reach of children. Store in a cool, dry place out of direct sunlight. ♦

**Complementary Product Support:**

- To support healthy mucous membranes of the nose and sinus, combine with Sinus Forte tablets.
- For skin health, combine with DermaCo tablets.
- For additional long term immune system support, combine with Echinacea Premium

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	81 mg	6%
Albizia stem bark 8:1 extract from <i>Albizia lebbbeck</i> stem bark 800 mg	100 mg	†
Chinese Skullcap root 4:1 extract from <i>Scutellaria baicalensis</i> root 800 mg	200 mg	†
Black Cumin seed 5:1 extract from <i>Nigella sativa</i> seed 500 mg	100 mg	†

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, silicon dioxide, hypromellose and magnesium stearate.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

See page 143 for a guide to these dietary icons



# ANDROGRAPHIS COMPLEX Introduced in 2001



Scan for more information:



M1110 - 40 Tablets | M1115 - 120 Tablets

Andrographis Complex contains Andrographis, Echinacea and Holy Basil to support normal immune system function.

These herbs have been traditionally used in herbal preparations to:

- Help maintain healthy immune system function
- Support healthy respiratory system function
- Support and maintain normal body temperature already in a normal range
- Support healthy immune system response during seasonal stresses
- Encourage adaptive response to everyday stress
- Promote healthy liver function\*

Andrographis, *Echinacea angustifolia* root and Holy Basil provide a unique range of phytochemicals including diterpenoid lactones (collectively referred to as andrographolides), flavonoids, caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, essential oil (rich in monoterpenes and sesquiterpenes, typically eugenol) and polyphenols. The Andrographis component of this tablet is standardized to contain 10 mg of andrographolide per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 – 4 times daily, or as directed.

**Caution:** Contraindicated in pregnancy and lactation. Contraindicated in known allergy to plants of the daisy family. ♦

### Complementary Product Support:

- For immune system support, combine with Echinacea Premium tablets or liquid.
- Combine with Herbal Throat Spray Phytosynergist® to soothe the throat.
- Combine with Gut Flora Complex softgels for additional immune system support and to help maintain healthy intestinal environment.
- Combine with Viranon tablets to promote the body's normal resistance function.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 40 or 120

	Amount per Serving	%DV
Calcium	51 mg	4%
Echinacea root 4:1 extract from <i>Echinacea angustifolia</i> root 500 mg	125 mg	†
Holy Basil herb 5:1 extract from <i>Ocimum tenuiflorum</i> herb 500 mg	100 mg	†
Andrographis herb 10:1 extract from <i>Andrographis paniculata</i> herb 1.0 g Containing andrographolide 10 mg	100 mg	†
Holy Basil ( <i>Ocimum tenuiflorum</i> ) herb essential oil	10 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, hypromellose, silicon dioxide, magnesium stearate and maltodextrin.



Scan for more information:



## ARTEMISININ FORTE Introduced in 2017, Reformulated in 2023



### M1118 - 90 Tablets

Artemisinin Forte contains 266.7 mg Sweet Wormwood extract: a source of 40 mg artemisinin, a sesquiterpene lactone traditionally used to:

- Support and maintain normal body temperature already within the normal range\*
- Clear heat and cool the body\*
- Provide antioxidants to protect the body's cells\*

**Sweet wormwood assists and supports the body to maintain already normal body temperature and has heat-clearing and cooling effects on the body, supporting its traditional use. It also provides antioxidant activity, which helps to protect the body's cells.**

**Suggested Use:** 1 tablet 3 times daily, or as directed.

**Caution:** In rare circumstances, *Artemisia annua* may be associated with liver harm. Do not use continuously for more than 7 days. Contraindicated in pregnancy and lactation. Contraindicated in those with known sensitivity to the pollen of *Artemisia* species. For other contraindications and cautions consult your health care professional. ♦

#### Complementary Product Support:

- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.\*
- Combine with Viranon tablets to help maintain and support healthy immune system function, regulation, and response.\*
- Consider Andrographis Complex to help maintain healthy immune and respiratory system function, and normal body temperature already in normal range.\*
- Consider Echinacea Premium to help enhance healthy immune system function, and to help relieve temporary mild throat discomfort.\*

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%DV
Calcium	31 mg	2%
Sweet Wormwood herb 30:1 extract from <i>Artemisia annua</i> herb 8.0 g Containing artemisinin 40 mg	266.7 mg	†

† Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, magnesium stearate, silicon dioxide and hypromellose.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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See page 143 for a guide to these dietary icons

# ASHWAGANDHA 1:1- STANDARDIZED

Introduced in 2007

VEGAN

V



M6620 – 200 mL (6.8 fl oz)

Ashwagandha 1:1 contains Ashwagandha root traditionally used as an adaptogenic mild stress tonic.

Ashwagandha has been traditionally used in herbal preparations to:

- Encourage a healthy response to environmental stressors
- Ease the effects of temporary everyday life changes
- Promote an overall feeling of well-being
- Support the body as it ages\*

Ashwagandha 1:1 is standardized to contain 2.0 mg/mL of withanolides to ensure optimal strength and quality. Ashwagandha contains naturally occurring steroidal compounds, alkaloids and other phytochemicals that together produce a tonic and adaptogenic effect for the entire body.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. If you have a thyroid condition, use strictly under physician direction. ♦

## Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	10	
Ashwagandha root 1:1 extract from <i>Withania somnifera</i> root 5 g Containing withanolides 10 mg	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 45% alcohol.

Scan for more information:



# ASHWAGANDHA COMPLEX

Introduced in 2007



Scan for more information:



M1630 - 40 Tablets | M1635 - 120 Tablets

Ashwagandha Complex contains adaptogenic herbs and compounds used for occasional mild stress support. It includes Ashwagandha, Licorice, Skullcap and Korean Ginseng.

These herbs have been traditionally used in herbal preparations to:

- Work as tonic to maintain or improve general well-being
- Help the body adapt to the changes of everyday life
- Promote vitality and stamina in people of any age
- Maintain healthy mood balance\*

This combination of herbs contains many compounds including steroidal compounds (including the complex mixture of steroidal saponins called ginsenosides), alkaloids, triterpenoid saponins (especially glycyrrhizin), other saponins and many flavonoids. The Korean Ginseng component of this tablet is standardized to contain 1.68 mg per tablet of ginsenosides.

**Suggested Use:** 1 tablet 3 times daily, or as directed.

**Caution:** Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Discontinue during an acute infection or fever. If you have a thyroid condition, use strictly under physician direction. ♦

### Complementary Product Support:

- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combines well with St John's Wort 1.8g tablets as a tonic for the nervous system.
- Combine with Eleuthero tablets to enhance the body's natural ability to adapt to temporary stress.
- Combine with Tribulus tablets to support healthy libido in men and women.
- Consider Thyroid Complex tablets to support healthy thyroid function for normal energy and production, and to improve general well-being.\*

## Supplement Facts

Serving Size: 1 Tablet

Servings per Container: 40 or 120

	Amount per Serving	%DV
Calcium	70 mg	6%
Skullcap herb 4:1 extract from <i>Scutellaria lateriflora</i> herb 470 mg	117.5 mg	†
Licorice root 12:1 extract from <i>Glycyrrhiza glabra</i> root 750 mg	62.5 mg	†
Ashwagandha root 10:1 extract from <i>Withania somnifera</i> root 950 mg	95 mg	†
Korean Ginseng root 5:1 extract from <i>Panax ginseng</i> root 100 mg Containing ginsenosides 1.68 mg	20 mg	†

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose, sodium starch glycolate, magnesium stearate, hypromellose and dextrose.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**



# ASHWAGANDHA FORTE Introduced in 2021



Scan for more information:



## M1740 - 60 Tablets

Ashwagandha Forte contains Ashwagandha root used traditionally as a rejuvenating tonic for occasional mild stress, immune and cognition support. Traditionally used in Ayurvedic herbal preparations:

- As a rejuvenative tonic to support the body's natural immune system
- To support general well-being after challenge
- To support healthy cognition, learning and memory
- As a nervous system relaxant that calms the mind and soothes the nerves\*

Ashwagandha Forte is a single-ingredient preparation of *Withania somnifera*, also known as 'Ashwagandha'. Each tablet is standardized to contain 10 mg of withanolides (the key active component in this herb) to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 1-2 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. If you have a thyroid condition, use strictly under physician direction. ♦

### Complementary Product Support:

- Combine with Eleuthero tablets, Cat's Claw Forte tablets and/or Echinacea Premium tablets for additional immune system support.
- Combine with Bacopa Complex tablets or Ginkgo Forte tablets for healthy cognition.
- Consider Tribulus tablets to support healthy libido in men and women.
- Combine with Ashwagandha Complex tablets or Nevaton® Forte tablets for additional support for healthy mood balance.
- Consider Thyroid Complex tablets to support healthy thyroid function.
- Combine with Adrenal Complex tablets or Rhodiola & Ginseng Complex tablets to support a healthy response to environmental stresses.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	88 mg	6%
Ashwagandha root 10:1 extract from <i>Withania somnifera</i> root 4.0 g Containing withanolides 10 mg	400 mg	†

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, magnesium stearate, hypromellose and silicon dioxide.



## ASTRAGALUS 1:2 Introduced in 2001



M6630 - 200 mL (6.8 fl oz)

Astragalus 1:2 contains Astragalus root traditionally used as an adaptogenic immune tonic.

Astragalus has been traditionally used in herbal preparations to:

- Restore and enhance the body's immune system
- Support normal immune response to occasional seasonal stressors
- Support vital energy and overall vitality as a tonic\*

Astragalus contains triterpenoid saponins, flavonoids, sterols and other compounds that serve as a tonic.

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	10	
Astragalus root 1:2 extract from <i>Astragalus membranaceus</i> root 2.5 g	5 mL	†

†Daily Value (DV) not established.

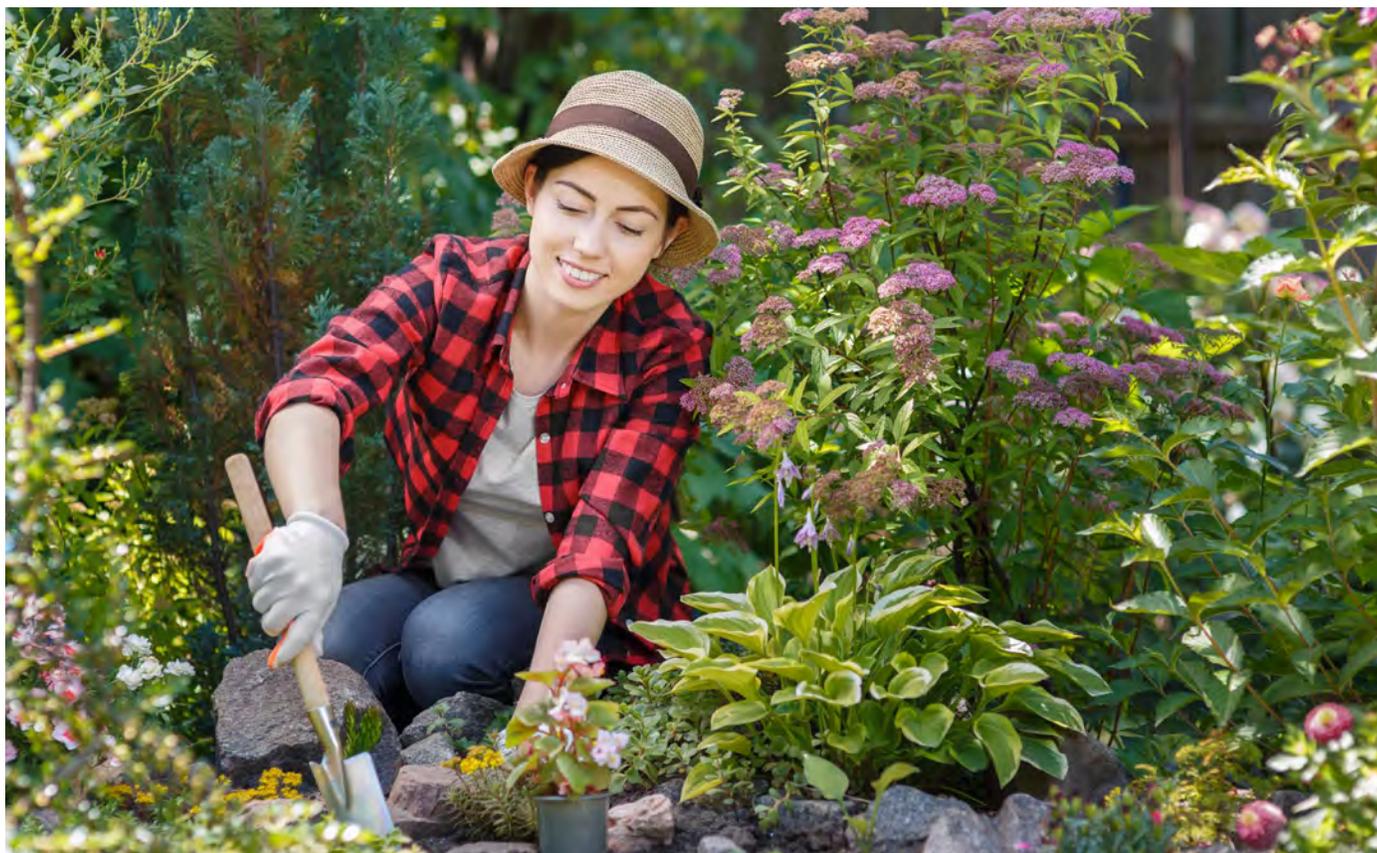
Other Ingredients: Purified water and 23% alcohol.

Scan for more information:



**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. ♦



See page 143 for a guide to these dietary icons

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♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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# ASTRAGALUS COMPLEX Introduced in 2001



Scan for more information:



M1123 - 40 Tablets | M1127 - 120 Tablets

Astragalus Complex contains Astragalus, *Echinacea purpurea* root and Eleuthero to provide adaptogenic immune system support.

These herbs have been traditionally used in herbal preparations to:

- Support healthy immune system function
- Support upper respiratory tract function
- Promote a healthy response to environmental stress\*

This combination of herbs contains many compounds including triterpenoid saponins, flavonoids, sterols, caffeic acid derivatives (especially cichoric acid), alkylamides, and a diverse group of constituents called eleutherosides. The Eleuthero component of this tablet is standardized to contain 600 mcg of syringaresinol diglucosides (eleutherosides) per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 – 4 times daily, or as directed.

**Caution:** Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. ♦

### Complementary Product Support:

- Combines well with Ashwagandha Complex tablets to support healthy immune system response.
- To support vitality, combine with Ganoderma & Shiitake tablets.
- Combine with Eleuthero tablets for support of physical endurance.
- Consider FemCo tablets to support vitality in women.
- Combine with Viranon tablets to promote the body's normal resistance function.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 40 or 120

	Amount per Serving	%DV
Astragalus root 4:1 extract from <i>Astragalus membranaceus</i> root 850 mg	212.5 mg	†
Echinacea root 5:1 extract from <i>Echinacea purpurea</i> root 650 mg	130 mg	†
Eleuthero root 10:1 extract from <i>Eleutherococcus sancticosus</i> root 750 mg Containing syringaresinol diglucosides 600 mcg	75 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, sodium starch glycolate, croscarmellose sodium, silicon dioxide, magnesium stearate, hypromellose and dibasic calcium phosphate dihydrate.



## BACOPA 1:2 Introduced in 2001



M6640 - 200 mL (6.8 fl oz)

Bacopa 1:2 contains Bacopa herb traditionally used in Ayurveda to support memory and cognition.

Bacopa has been traditionally used in herbal preparations to:

- Support normal memory and brain function
- Promote mental clarity, concentration and focus
- Enhance cognition and attention ability\*

Bacopa contains dammarane saponins, flavonoids, sterols and other compounds.

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	5	
Bacopa herb 1:2 extract from <i>Bacopa monnieri</i> herb 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 23% alcohol.

Scan for more information:



**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦



See page 143 for a guide to these dietary icons

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♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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# BACOPA COMPLEX

Introduced in 2001



Scan for more information:



## M1810 - 60 Tablets

Bacopa Complex is a brain tonic containing Bacopa, Schisandra, Eleuthero and the essential oil of Rosemary to support healthy cognitive function.

These herbs have been traditionally used in herbal preparations to:

- Enhance mental clarity and support healthy cognitive function
- Support normal memory function
- Support physical endurance during times of mild fatigue/weakness
- Ease the effects of temporary and occasional stress
- Support healthy memory and concentration as a brain tonic\*

These herbs contribute key phytochemicals to the blend such as dammarane saponins, other saponins, flavonoids, sterols, dibenzocyclooctene lignans, a diverse group of constituents called eleutherosides, monoterpenes and sesquiterpenes. This tablet contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The Bacopa component is standardized to contain 33.4 mg of bacosides (a saponin mixture) per tablet, and the Eleuthero component contains 400 mcg of syringaresinol diglucosides per tablet.

**Suggested Use:** 1 tablet 3 – 4 times daily, or as directed.

**Caution:** Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. ♦

### Complementary Product Support:

- Combines well with Ginkgo Forte tablets to promote alertness and mental clarity.
- Consider St John's Wort 1.8g tablets to support healthy mood balance.
- Consider Rhodiola & Ginseng Complex tablets and Rhodiola & Schisandra tablets for increased stamina, vitality and endurance.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	104 mg	8%
Schisandra fruit 8:1 extract from <i>Schisandra chinensis</i> fruit 660 mg	110 mg	†
Bacopa whole plant 20:1 extract from <i>Bacopa monnieri</i> whole plant 2.9 g Containing bacosides as bacoside A 33.4 mg	145 mg	†
Eleuthero root 10:1 extract from <i>Eleutherococcus senticosus</i> root 500 mg Containing syringaresinol diglucosides 400 mcg	50 mg	†
Rosemary ( <i>Rosmarinus officinalis</i> ) leaf essential oil	10 mg	†

† Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, hypromellose and magnesium stearate.

# BERBERINE ACTIVE Introduced in 2019



Scan for more information:



## M1650 - 60 Tablets

Berberine Active contains Phellodendron used traditionally to support healthy liver and bowel function.

The compounds in Phellodendron are used traditionally in Chinese herbal preparations to:

- Promote regularity of bowel function
- Support a healthy bowel environment
- Support healthy liver function
- Act as a general tonic herb
- Provide antioxidant activity\*

Berberine Active is standardized to contain 200 mg of berberine, the main active constituent of Phellodendron which is an alkaloid of the isoquinoline group to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2-4 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Complementary Product Support:

- Combine with Metabol Complex tablets to support the metabolism of fats.
- Combine with Gymnema tablets to help reduce sweet cravings and inhibit sweet taste sensation.
- Combine with DiGest Forte tablets for additional digestion and intestinal function support.
- Combine with Black Cumin Seed Forte tablets for gastrointestinal support.
- Consider Gut Flora Complex softgels for additional support of bowel function and healthy bowel environment.
- Consider Milk Thistle Forte tablets for additional liver support.
- Combine with Turmeric Forte tablets to support a healthy inflammation response.
- Consider Livton® Complex tablets to support healthy liver function and aid in the elimination of normal toxin accumulation in the liver.
- Combine with HerbaVital tablets to support healthy circulation and general well-being.
- Consider Coleus Forte tablets to support healthy digestion.
- Combine with Vitanox® tablets for additional antioxidant activity.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	26 mg	2%
Phellodendron 20:1 extract from <i>Phellodendron amurense</i> stem bark 8.8 g Containing berberine 200 mg	440 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, sodium starch glycolate, croscarmellose sodium, hypromellose, magnesium stearate, dibasic calcium phosphate dihydrate and silicon dioxide.

See page 143 for a guide to these dietary icons

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# BILBERRY FORTE

Introduced in 2001, Reformulated in 2021



Scan for more information:



## M1900 - 40 Capsules

Bilberry Forte contains a highly concentrated extract of Bilberry fruit with anthocyanosides (also called anthocyanins) to support eye health, and promote the integrity of capillaries and vascular system.

Bilberry is used to:

- Maintain healthy eyes
- Provides antioxidant activity
- Promote vascular integrity
- Helps maintain health of capillaries
- Supports healthy connective tissue\*

Each Bilberry Forte capsule contains the equivalent of 12 g of fresh Bilberries, and is standardized to provide 39.9 mg of anthocyanosides. These compounds are responsible for the deep blue-black color of the fruit, and thought responsible for its many health benefits.

**Suggested Use:** 1 capsule twice daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Complementary Product Support:

- Combines well with Ginkgo Forte tablets to support healthy circulation to the peripheries.
- Consider Vascular Care Complex tablets for further support of venous integrity.
- Consider Vitanox® tablets for antioxidant activity.
- Combine with Gotu Kola Complex tablets to promote healthy skin, support healthy blood vessels and provide additional antioxidant activity.\*

## Supplement Facts

Serving Size: 1 Capsule  
Servings per Container: 40

	Amount per Serving	%DV
Calcium	20 mg	2%
Bilberry fruit fresh 100:1 extract from <i>Vaccinium myrtillus</i> fruit fresh 12 g Containing anthocyanosides 39.9 mg	120 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, hypromellose, magnesium stearate, silicon dioxide and sodium starch glycolate.





Scan for more information:



## BLACK COHOSH 1:2 - QUANTIFIED ACTIVITY Introduced in 2001



M6680 - 200 mL (6.8 fl oz)

Black Cohosh 1:2 contains Black Cohosh root traditionally used to support healthy female reproductive function.

Black Cohosh has been traditionally used in herbal preparations to:

- Support normal menstruation and healthy female reproductive function
- Promote a natural, healthy balance within the female endocrine system
- Relieve mild discomfort associated with menstruation and menopause\*

Black Cohosh contains triterpene glycosides, isoflavones, resin and other compounds. Black Cohosh 1:2 contains a minimum of 15 mg/mL of triterpene glycosides (as 27-deoxyactein) to ensure optimal strength and quality.

**Suggested Use:** Dilute 2.5 mL (approx. 125 drops) in water or juice once per day, or as directed.

**Caution:** Contraindicated in pregnancy, lactation and in women with estrogen-dependent tumors such as breast cancer. Caution in patients with liver problems, who frequently use alcohol or take any medications. ♦

### Supplement Facts

Serving Size: 2.5 mL  
Servings per Container: 80

	Amount per Serving	%DV
Calories	10	
Black Cohosh root 1:2 extract from <i>Cimicifuga racemosa</i> root 1.25 g	2.5 mL	†
Containing triterpene glycosides as 27-deoxyactein 37.5 mg		

†Daily Value (DV) not established.

Other Ingredients: Purified water and 60% alcohol.



See page 143 for a guide to these dietary icons

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# BLACK CUMIN SEED FORTE

Introduced in 2019



Scan for more information:



## M1660 - 40 Tablets

Black Cumin Seed Forte contains a whole plant extract of Black Cumin seed to support healthy liver and digestive function as well as the metabolism of fat.

The compounds in Black Cumin are used traditionally in Ayurvedic herbal preparations to:

- Support healthy digestive function
- Support healthy liver function and metabolism of fat
- Help relieve occasional mild digestive discomfort, including bloating and flatulence
- Provide antioxidant activity
- Help maintain general health and well-being\*

Black Cumin seed often referred to as the “seed of blessing,” has been used for centuries in the Middle East and Southeast Asia. Black Cumin Seed Forte is a high-strength formula comprised of an array of constituents including, fixed oil, proteins, alkaloids, saponins and essential oil.

**Suggested Use:** 1 tablet daily with food, or as directed.

**Caution:** Contraindicated in pregnancy. Caution is advised in women wishing to conceive. Professional supervision is suggested for lactation. ♦

### Complementary Product Support:

- Combine with Metabol Complex tablets to support the metabolism of fats.
- Combine with Gymnema tablets to help reduce sweet cravings and inhibit sweet taste sensation.
- Combine with DiGest Forte tablets for additional digestion and intestinal function support.
- Combine with Berberine Active tablets for gastrointestinal support.
- Combine with Turmeric Forte tablets to support a healthy inflammation response.
- Consider Livton® Complex tablets to support healthy liver function and aid in the elimination of normal toxin accumulation in the liver.
- Consider AllergCo tablets, Sinus Forte tablets and PulmaCo tablets for respiratory and immune system support.
- Combine with Echinacea Premium tablets for additional immune system support where the respiratory system is challenged.
- Combine with Thyroid Complex tablets for thyroid support.
- Combine with HerbaVital tablets to support healthy circulation and general well-being.
- Consider Coleus Forte tablets to support healthy digestion.
- Combine with Vitanox® tablets for additional antioxidant activity.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 40

	Amount per Serving	%DV
Calcium	63 mg	4%
Black Cumin seed 5:1 extract from <i>Nigella sativa</i> seed 2 g	400 mg	†

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.



## BLACK WALNUT HULLS 1:10 Introduced in 2001



M6700 - 200 mL (6.8 fl oz)

Black Walnut Hulls 1:10 contains Black Walnut hulls traditionally used as a depurative to support healthy digestion and intestinal function.

Black Walnut Hulls have been traditionally used in herbal preparations to:

- Support healthy gastrointestinal elimination
- Support healthy digestion and intestinal environment
- Help maintain healthy skin topically\*

Black Walnut Hulls contain naphthoquinones (especially juglone) and other compounds.

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	15	
Black Walnut hull 1:10 extract from <i>Juglans nigra</i> hull 500 mg	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 60% alcohol.

Scan for more information:



**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦



See page 143 for a guide to these dietary icons

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# BONE COMPLEX

Introduced in 2009



Scan for more information:



## M1820 - 60 Tablets

Bone Complex contains Epimedium, Kudzu, Red Clover and Black Cohosh to support healthy bones.

These herbs have been traditionally used in herbal preparations to help mature women (age 40-60) to:

- Support healthy bone tissue, in conjunction with weight-bearing exercise and a healthy diet containing food sources of calcium and vitamin D
- Support and maintain healthy bone density
- Beneficially influence normal bone remodeling\*

This combination of herbs contains many compounds, especially flavonoids and triterpene glycosides. Three herbs in this tablet contain standardized levels of key phytochemicals to ensure optimal strength and quality: 20 mg of icariin per tablet (from Epimedium), 28 mg/tablet of isoflavones from Kudzu (daidzein, daidzin, puerarin) and 8 mg/tablet of Red Clover isoflavones.

**Suggested Use:** 1 tablet 3 times daily, or as directed.

**Caution:** Contraindicated in pregnancy, lactation and in women with estrogen-dependent tumors such as breast cancer. Caution in patients with liver problems, who frequently use alcohol or take any medications. ♦

### Complementary Product Support:

- Consider Gotu Kola Complex tablets to support healthy skin.
- Consider Rhodiola & Ginseng Complex tablets to promote vitality and Bacopa Complex tablets to support cognitive function.
- Combine with Wild Yam Complex tablets to provide relief from mild discomfort associated with menopause.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	43 mg	4%
Epimedium herb top 12:1 extract from <i>Epimedium sagittatum</i> herb top 2.4 g Containing icariin 20 mg	200 mg	†
Red Clover herb flowering top 5:1 extract from <i>Trifolium pratense</i> herb flowering top 500 mg Containing isoflavones 8 mg	100 mg	†
Kudzu root 10:1 extract from <i>Pueraria lobata</i> root 700 mg Containing puerariae isoflavones calculated as daidzin, puerarin, daidzein 28 mg	70 mg	†
Black Cohosh root 5:1 extract from <i>Actaea racemosa</i> root 80 mg	16 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, maltodextrin, hypromellose and magnesium stearate.



## PRODUCTS

# BOSWELLIA COMPLEX

Introduced in 2001



Scan for more information:



M1152 - 40 Tablets | M1157 - 120 Tablets

**Boswellia Complex contains Boswellia, Celery Seed, Ginger and Turmeric to support healthy joint function.**

**These herbs have been traditionally used in herbal preparations to:**

- Maintain and support healthy joints
- Support healthy circulation
- Support the normal function of the kidneys
- Provide antioxidant activity\*

**This combination of herbs provides many phytochemicals including triterpene acids (especially the boswellic acids), several essential oils (one of which contains terpenes and phthalides), coumarins, flavonoids, pungent principles (including gingerols) and yellow pigments referred to as diarylheptanoids (including curcumin). This tablet contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The Boswellia component is standardized to contain 180 mg of boswellic acids per tablet, and the Turmeric component contains 70.4 mg of curcuminoids per tablet.**

**Suggested Use:** 1 tablet 2 – 4 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Complementary Product Support:

- Consider Turmeric Forte tablets for additional joint support.
- Consider Rehmannia Complex tablets to support the body's normal toxin removal.
- Combine with Gotu Kola Complex tablets to promote healthy skin and provide antioxidant activity.
- Consider Vitanox® tablets for antioxidant activity.
- Combines well with Saligesic tablets to support musculoskeletal system health.
- Combine with Nervagesic tablets to ease temporary mild muscular discomfort following exercise or over-exertion.\*

## Supplement Facts

Serving Size: 1 Tablet

Servings per Container: 40 or 120

	Amount per Serving	%DV
Calories	5	
Calcium	37 mg	2%
Boswellia gum oleoresin 7:1 extract from <i>Boswellia serrata</i> gum oleoresin 1.9 g Containing boswellic acids 180 mg	277 mg	†
Celery Seed fruit 6:1 extract from <i>Apium graveolens</i> fruit 1.0 g	168.7 mg	†
Ginger rhizome 10:1 extract from <i>Zingiber officinale</i> rhizome 300 mg	30 mg	†
Turmeric rhizome 25:1 extract from <i>Curcuma longa</i> rhizome 2.1 g Containing curcuminoids 70.4 mg	84.4 mg	†

† Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, silicon dioxide, hypromellose and magnesium stearate

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

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See page 143 for a guide to these dietary icons



Scan for more information:



## BRONCAFECT®

Introduced in 2001

VEGAN

V

M1175 - 60 Tablets

Broncafect® is an immune supporting cough formula containing Licorice, Pleurisy Root, Echinacea, White Horehound, Ginger and Thyme essential oil.

These herbs have been traditionally used in herbal preparations to:

- Support healthy respiratory tract function
- Support the body's natural ability to break up respiratory secretions by supporting normal mucus flow
- Support the body's normal cough reflex
- Support healthy immune system function
- Assist the body in maintaining normal body temperature already in a normal range\*

The combination of herbs contains triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, caffeic acid derivatives (especially cichoric acid), alkylamides, pungent principles (including gingerols), monoterpenes (especially thymol) and other compounds.

**Suggested Use:** 2 tablets 2 – 4 times daily, or as directed.

**Caution:** Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Contraindicated in known allergy to plants of the daisy family. ♦

### Complementary Product Support:

- Consider Andrographis Complex tablets for extra immune system support.
- Combine with Herbal Throat Spray Phytosynergist® to soothe mild irritations of the throat, freshen breath and maintain healthy mucosal tissue in the upper gastrointestinal tract.
- Combine with PulmaCo tablets to assist in maintaining healthy breathing passages.
- For support for seasonal stresses combine with AllergCo tablets.
- For extra respiratory support and immune system response combine with hot Peppermint or Ginger tea\*

## Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	123 mg	10%
Licorice root 12:1 extract from <i>Glycyrrhiza glabra</i> root 1.5 g	125 mg	†
Pleurisy root 4:1 extract from <i>Asclepias tuberosa</i> root 750 mg	187.5 mg	†
Echinacea root 6:1 extract from <i>Echinacea purpurea</i> root 750 mg	125 mg	†
White Horehound herb 4:1 extract from <i>Marrubium vulgare</i> herb 360 mg	90 mg	†
Thyme ( <i>Thymus vulgaris</i> ) essential oil	20 mg	†
Ginger rhizome 30:1 extract from <i>Zingiber officinale</i> rhizome 360 mg	12 mg	†

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.



M4410 - 200 mL (6.8 fl oz)

Broncafect Phytosynergist® contains herbs traditionally used to support respiratory tract function and healthy mucus flow.

It contains Echinacea, Licorice, Pleurisy Root, Thyme, Ginger and White Horehound. These herbs have been traditionally used in herbal preparations to:

- Support healthy respiratory tract function and the ability to break up respiratory secretions
- Support normal mucus flow
- Support healthy immune system function
- Help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants\*

The combination of herbs found in Broncafect Phytosynergist® contains triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, pungent principles (including gingerols), an essential oil (containing monoterpenes, especially thymol) and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

**Caution:** Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Contraindicated in known allergy to plants of the daisy family. ♦

**Complementary Product Support:**

- Consider Andrographis Complex tablets for extra immune system support.
- Combine with Herbal Throat Spray Phytosynergist® to soothe mild discomfort of the throat, freshen breath and maintain healthy mucosal tissue in the throat.
- For extra respiratory support and immune system response combine with hot Peppermint or Ginger tea.\*

**Supplement Facts**

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	15	
Echinacea root 1:2 extract from <i>Echinacea angustifolia</i> root 500 mg	1.00 mL	†
Licorice root 1:1 extract from <i>Glycyrrhiza glabra</i> root 1 g	1.00 mL	†
Pleurisy root 1:2 extract from <i>Asclepias tuberosa</i> root 500 mg	1.00 mL	†
Thyme leaf 1:2 extract from <i>Thymus vulgaris</i> leaf 500 mg	1.00 mL	†
Ginger rhizome 1:2 extract from <i>Zingiber officinale</i> rhizome 250 mg	500 mcL	†
White Horehound herb 1:2 extract from <i>Marrubium vulgare</i> herb 250 mg	500 mcL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 48% Alcohol.

Scan for more information:



Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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Scan for more information:



## BUGLEWEED 1:2 Introduced in 2001



M6740 - 200 mL (6.8 fl oz)

Bugleweed 1:2 contains Bugleweed herb traditionally used to support thyroid function and cardiovascular system health.

Bugleweed has been traditionally used in herbal preparations to:

- Maintain normal thyroid function
- Support a healthy cardiovascular system
- Help relieve temporary, mild sleeplessness\*

Bugleweed contains phenolics, flavonoids and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in pregnancy and lactation. Contraindicated in hypothyroidism and enlargement of the thyroid without functional disorder. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	5	
Bugleweed herb 1:2 extract from <i>Lycopus</i> spp. herb 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 23% alcohol.



Scan for more information:



## BUPLEURUM 1:2 Introduced in 2001



M6750 - 200 mL (6.8 fl oz)

Bupleurum 1:2 contains Bupleurum root which is traditionally used to support gastrointestinal health and liver function.

Bupleurum has been traditionally used in herbal preparations to:

- Promote healthy liver function
- Support adrenal gland health
- Support and maintain normal body temperature already in a normal range\*

Bupleurum contains triterpenoid saponins (called saikosaponins), sterols and other phytochemicals.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	10	
Bupleurum root 1:2 extract from <i>Bupleurum falcatum</i> root 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 45% alcohol.



Scan for more information:



## BURDOCK 1:2 Introduced in 2006



**M6760 - 200 mL (6.8 fl oz)**

**Burdock 1:2 contains Burdock root traditionally used to support healthy detoxification.**

**Burdock has been traditionally used in herbal preparations to:**

- Support normal flushing of toxins from the body
- Encourage the healthy function of the organs of elimination
- Support healthy detoxification
- Help keep skin healthy\*

**Burdock contains an essential oil, acetylenic compounds, phenolic acids and other substances.**

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	10	
Burdock root 1:2 extract from <i>Arctium lappa</i> root 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 23% alcohol.

## BURDOCK COMPLEX Introduced in 2001



**M1173 - 60 Tablets**

**Burdock Complex is a traditional cleansing formula containing Burdock, Slippery Elm, Sheep Sorrel and Rhubarb to support healthy detoxification.**

**These herbs have been traditionally used in herbal preparations to:**

- Support normal flushing of toxins from the body
- Support the body's organs of elimination
- Support healthy mucous membranes in the digestive system\*

**The four herbs combined in Burdock Complex contribute to the general well-being of the body. These herbs contain many compounds including acetylenic compounds, phenolic acids, mucilage, polysaccharides, anthraquinone glycosides and tannins.**

**Suggested Use:** 1 tablet 3 times daily, or as directed.

**Caution:** Contraindicated in pregnancy and lactation. ♦

**Complementary Product Support:**

- Combines well with Astragalus Complex tablets or Echinacea Premium tablets or liquid to enhance immune system function.
- For additional skin and immune support, consider AllergoCo tablets.
- To support the body's normal resistance function, combine with Ganoderma & Shiitake tablets.
- Consider Vitanox® tablets for antioxidant activity.
- To further promote healthy skin and provide antioxidant activity, combine with Gotu Kola Complex tablets.\*

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	53 mg	4%
Burdock root 5:1 extract from <i>Arctium lappa</i> root 242 mg	48.4 mg	†
Slippery Elm ( <i>Ulmus rubra</i> ) stem bark powder	32 mg	†
Sheep Sorrel aerial parts 5:1 extract from <i>Rumex acetosella</i> aerial parts 130 mg	26 mg	†
Rhubarb root 5:1 extract from <i>Rheum palmatum</i> root 8 mg	1.6 mg	†

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, magnesium stearate and hypromellose.



Scan for more information:



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♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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See page 143 for a guide to these dietary icons



Scan for more information:



## CALENDULA 1:2 Introduced in 2001



M6770 - 200 mL (6.8 fl oz)

Calendula 1:2 contains Calendula flower which is traditionally used to support healthy skin and the normal tissue repair process.

Calendula has been traditionally used in herbal preparations to:

- Help maintain healthy skin
- Support the body's normal tissue repair process
- Promote healthy vascular system function
- Promote healthy mucosal tissue within the upper gastrointestinal tract\*

Calendula contains triterpenoid saponins, triterpene alcohols and their esters, flavonoids, sterols, carotenes and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	25	
Calendula flower 1:2 extract from <i>Calendula officinalis</i> flower 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: 90% alcohol and purified water.



Scan for more information:



## CALIFORNIA POPPY 1:2 Introduced in 2001



M6780 - 200 mL (6.8 fl oz)

California Poppy 1:2 contains California Poppy herb traditionally used to support healthy sleep and muscle discomfort.

California Poppy has been traditionally used in herbal preparations to:

- Support the body's ability to cope with normal environmental stress
- Promote healthy sleep and relieve occasional, mild sleeplessness
- Ease the discomfort caused by exercise-related aches and pains\*

California Poppy contains alkaloids, flavonoids and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in pregnancy and lactation. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	10	
California Poppy herb 1:2 extract from <i>Eschscholzia californica</i> herb 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 45% alcohol.



Scan for more information:



M4420 - 200 mL (6.8 fl oz)

Capsella Complex Phytosynergist® is a female tonic containing herbs traditionally used to support healthy female reproductive system function.

It contains Dong Quai root, False Unicorn, Shephard's Purse and White Peony. These herbs have been traditionally used in herbal preparations to:

- Promote healthy female reproductive system function
- Relieve temporary, mild cramping and discomfort associated with menstruation
- Maintain normal menstrual flow
- Assist as a tonic for the female reproductive system and promote vitality in women\*

The combination of herbs in Capsella Complex Phytosynergist® contains many compounds including essential oil (consisting mainly of ligustilide and n-butylidene phthalide), sterols, flavonoids, glucosinolates, steroidal saponins and a unique monoterpene glycoside called paeoniflorin.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

**Caution:** Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. ♦

**Complementary Product Support:**

- Combine with Chaste Tree tablets to support female reproductive system health.
- Combine with FemCo tablets to encourage healthy menstrual cycling.
- Consider Ashwagandha Complex tablets as a tonic to benefit the entire body and promote vitality and stamina.
- Combine with Wild Yam Complex tablets for relief from mild discomfort associated with menopause.
- Consider Fe-Max Iron Tonic Phytosynergist® to promote and support normal blood production.
- Combine with Nevaton® Forte tablets to support healthy nervous system response and encourage healthy mood balance.\*

**Supplement Facts**

Serving Size: 5 mL (1 tsp)  
 Servings per Container: 40

	Amount per Serving	%DV
Calories	10	
Dong Quai root 1:2 extract from <i>Angelica polymorpha</i> ( <i>A. Sinensis</i> ) root 750 mg	1.5 mL	†
False Unicorn root 1:2 extract from <i>Chamaelirium luteum</i> root 625 mg	1.25 mL	†
Shepherd's Purse herb 1:2 extract from <i>Capsella bursa-pastoris</i> herb 625 mg	1.25 mL	†
White Peony root 1:2 extract from <i>Paeonia lactiflora</i> root 500 mg	1 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 40% alcohol.

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♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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# CAT'S CLAW FORTE Introduced in 2001



Scan for more information:



M1680 - 60 Tablets

Cat's Claw Forte contains Cat's Claw bark traditionally used as a restorative tonic with immune system benefits and given in times of challenge.

Traditionally used in herbal preparations:

- As a restorative tonic
- To support healthy immune system function
- To support healthy skin
- To maintain and support healthy joint movement
- To provide antioxidant activity\*

The stem bark of Cat's Claw (*Uncaria tomentosa*) contains a group of important constituents: the Pentacyclic Oxindole Alkaloids. In the traditional systems of Peru, Cat's Claw is regarded as a tonic or restorative to make one feel stronger and healthier.\*

**Suggested Use:** 1 tablet 2 – 3 times daily, or as directed.

**Caution:** Contraindicated in pregnancy and in women wishing to conceive. Not to be used during lactation unless otherwise directed by a qualified health care professional. Caution in patient taking immune suppressant medication or protease inhibitors. ♦

**Complementary Product Support:**

- Consider Astragalus Complex tablets and Echinacea Premium tablets for additional immune system support.
- Consider Ganoderma & Shiitake tablets and Eleuthero tablets to further support vitality and restore healthy immune system function.
- Consider Viranon tablets to help promote the body's normal resistance function.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	38 mg	2%
Cat's Claw bark 12:1 extract from <i>Uncaria tomentosa</i> bark 2.19 g Containing POA (Pentacyclic Oxindole Alkaloids) 3.8 mg	183 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, magnesium stearate and hypromellose.





Scan for more information:



## CELERY SEED 1:2 Introduced in 2001



M6800 - 200 mL (6.8 fl oz)

Celery Seed 1:2 contains Celery Seed fruit traditionally used to provide dual benefits associated with joint health and detoxification support.

Celery Seed has been traditionally used in herbal preparations to:

- Support natural elimination and detoxification pathways
- Support healthy urinary system function
- Help reduce occasional, mild musculature discomfort, following exercise or over-exertion
- Maintain and support healthy joints\*

Celery Seed contains an essential oil (consisting of terpenes and phthalides), flavonoids and other substances. Celery Seed 1:2 contains a minimum of 10 mg/mL of phthalides (as butylphthalide and sedanenolide) to ensure optimal strength and quality.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Caution in kidney disorders. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	15	
Celery Seed fruit 1:2 extract from <i>Apium graveolens</i> fruit 2.5 g	5 mL	†
Containing phthalides as butylphthalide and sedanenolide: 50 mg		

†Daily Value (DV) not established.

Other Ingredients: 60% alcohol and purified water.



Scan for more information:



## CHAMOMILE 1:2 Introduced in 2001



M6805 - 200 mL (6.8 fl oz)

Chamomile 1:2 contains Chamomile flower traditionally used to aid relaxation and provide nervous system support for sleep.

Chamomile has been traditionally used in herbal preparations to:

- Encourage relaxation and support a healthy nervous system response
- Help relieve occasional, mild sleeplessness
- Help relieve temporary, mild digestive disturbances
- Promote healthy menstruation cycle and ease associated mild discomfort\*

Chamomile 1:2 contains an essential oil (containing  $\alpha$ -bisabolol, chamazulene, bisabolol oxides), flavonoids and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	15	
Chamomile flower 1:2 extract from <i>Matricaria recubita</i> flower 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 60% alcohol.

See page 143 for a guide to these dietary icons

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Scan for more information:



## CHASTE TREE Introduced in 2001



M1190 - 40 Tablets | M1195 - 120 Tablets

Chaste Tree contains high-quality Chaste Tree berries to support healthy general female hormone balance.

Traditionally used in herbal preparations to:

- Support healthy prolactin and progesterone levels in the body
- Encourage healthy menstrual cycling
- Ease discomfort associated with premenstrual syndrome
- Support normal reproductive function in women\*

Chaste Tree contains flavonoids (especially methoxylated flavones), iridoid glycosides (such as aucubin), diterpenes, sesquiterpenes, an essential oil and other compounds.

**Suggested Use:** 1 tablet 1 – 4 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

**Complementary Product Support:**

- Consider FemCo tablets to further support normal reproductive function in women.
- May be combined with LivCo® capsules or Livton® Complex tablets for healthy liver function.
- Consider Crampex tablets to provide antispasmodic activity to ease mild occasional spasms of smooth muscle including those associated with the menstrual cycle.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 40 or 120

	Amount per Serving	%DV
Calcium	87 mg	6%
Chaste Tree fruit 6:1 extract from <i>Vitex agnus-castus</i> fruit 500 mg	83.3 mg	†

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, hypromellose and magnesium stearate.





## CHASTE TREE 1:2 Introduced in 2001



M6820 - 200 mL (6.8 fl oz)

Chaste Tree 1:2 contains Chaste Tree fruit traditionally used to support healthy female hormone balance and reproductive function.

Chaste Tree has been traditionally used in herbal preparations to:

- Promote a natural, healthy balance within the female endocrine system
- Encourage healthy menstrual cycling
- Ease discomfort associated with menstrual cycling
- Support normal reproductive function in women\*

Chaste Tree contains flavonoids (especially methoxylated flavones), iridoid glycosides (such as aucubin), sesquiterpenes, an essential oil and other compounds.

**Suggested Use:** Dilute 1 – 4 mL (approx. 50 – 200 drops) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Supplement Facts

Serving Size: 1 mL  
Servings per Container: 200

	Amount per Serving	%DV
Calories	5	
Chaste Tree fruit 1:2 extract from <i>Vitex agnus-castus</i> fruit 500 mg	1 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 60% alcohol.

Scan for more information:

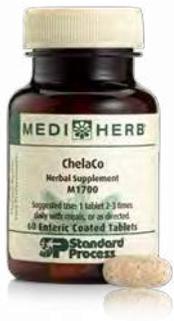


See page 143 for a guide to these dietary icons

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♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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Scan for more information:



**M1700 - 60 Tablets**

ChelaCo contains Hawthorn, Milk Thistle seed and Garlic to provide general detoxification support.

These herbs have been traditionally used in herbal preparations to:

- Support liver as a liver tonic
- Support healthy detoxification function
- Support a healthy circulatory system
- Help support healthy cell functioning\*

The combination of herbs in ChelaCo contain many compounds including oligomeric procyanidins, flavonoids (such as vitexin-2-rhamnoside), flavanolignans (collectively known as silymarin) and sulfur compounds (particularly alliin). This product is standardized to contain 2.0 mg of vitexin-2-rhamnoside and 80 mg of flavanolignans (calculated as silybin) per capsule to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 – 3 times daily with meals, or as directed. Enteric coated tablets. Do not break or crush.

**Caution:** Contraindicated in known allergy to Garlic. Contraindicated in lactation. Not to be used during pregnancy unless otherwise directed by a qualified health care professional. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. ♦

**Complementary Product Support:**

- Consider LivCo® capsules or Milk Thistle Forte tablets for additional support for healthy liver function.
- Consider Colax tablets to further support healthy bowel function.
- Consider Rhodiola & Ginseng Complex tablets to promote vitality and stamina.
- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.\*

**Supplement Facts**

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	68 mg	6%
Hawthorn leaf & flower 4.8:1 extract from <i>Crataegus monogyna</i> leaf & flower 318 mg Containing vitexin-2-rhamnoside 2.0 mg	67 mg	†
Milk Thistle seed 70:1 extract from <i>Silybum marianum</i> seed 8.0 g Containing flavanolignans calc. as silybin 80 mg	114.3 mg	†
Fresh Garlic bulb 12:1 extract from <i>Allium sativum</i> fresh bulb 600 mg	50 mg	†
Garlic ( <i>Allium sativum</i> ) bulb powder	7.5 mg	†

† Daily Value (DV) not established.  
Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, hypromellose, sodium starch glycolate, ethyl cellulose, ammonium hydroxide, fatty acids, oleic acid, sodium carboxymethylcellulose, talc (magnesium silicate), polydextrose, magnesium stearate, silicon dioxide and dl-alpha tocopherol.



Scan for more information:



## CINNAMON QUILLS 1:4 Introduced in 2017



M6832 - 200 mL (6.8 fl oz)

Cinnamon Quills 1:4 contains *Cinnamomum verum* bark traditionally used to provide blood circulation and digestion support.

Cinnamon Quills has been traditionally used in herbal preparations to:

- Support healthy blood circulation
- Help relieve mild, temporary digestive discomfort and promote healthy digestion
- Support normal intestinal motility
- Act as a warming and uplifting tonic\*

Cinnamon Quills contain an essential oil with the major constituent being cinnamic aldehyde (cinnamaldehyde), other phenylpropanes, terpenes and other compounds.

**Suggested Use:** Dilute 8 mL in water or juice once per day, or as directed.

**Caution:** Contraindicated in pregnancy and lactation. Contraindicated in known allergy to Cinnamon and Peruvian Balsam. ♦

### Supplement Facts

Serving Size: 8 mL  
Servings per Container: 25

	Amount per Serving	%DV
Calories	32	
Cinnamon Quills bark 1:4 extract from <i>Cinnamomum verum</i> bark 2.0 g	8 mL	†

†Daily Value (DV) not established.

Other Ingredients: 70% alcohol and purified water.



Scan for more information:



## CLEAVERS 1:2 Introduced in 2001



M6840 - 200 mL (6.8 fl oz)

Cleavers 1:2 contains Cleavers herb traditionally used to provide skin and urinary system support.

Cleavers has been traditionally used in herbal preparations to:

- Support a healthy, normal urinary system
- Promote normal elimination via the kidneys
- Support healthy fluid levels
- Promote healthy skin\*

Cleavers contains iridoid glycosides, phenolic acids and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	5	
Cleavers herb 1:2 extract from <i>Galium aparine</i> herb 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 23% alcohol.

See page 143 for a guide to these dietary icons

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Scan for more information:



**M1780 - 60 Tablets**

Colax is a gentle bowel cleansing formula containing Cascara, Dandelion, Yellow Dock, Dill seed and Chamomile to help maintain healthy intestinal function.

These herbs have been traditionally used in herbal preparations to:

- Support healthy bowel function
- Assist in stimulating the bowel in order to support healthy elimination
- Cleanse the lower digestive tract
- Help relieve occasional gas, and associated temporary mild digestive discomfort\*

The combination of herbs in Colax provides a range of compounds including several essential oils (containing monoterpenes, sesquiterpenes, and especially  $\alpha$ -bisabolol), flavonoids, anthraquinone glycosides, sesquiterpene lactones, phenolic acids and sterols.

**Suggested Use:** 1 tablet 3 – 4 times daily, or as directed.

**Caution:** Contraindicated in blockage of the gallbladder and in known allergy to plants of the daisy family. Use only with professional supervision in the presence of gallstones. This product contains *Frangula purshiana* (Cascara). Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara may worsen these conditions and be harmful to your health. Consult your health care professional if you have frequent diarrhea or if you are pregnant, nursing, taking medication or have a medical condition. ♦

**Complementary Product Support:**

- Increase water intake and exercise regularly.
- Consider DiGest Forte tablets to support healthy digestion.
- Consider Gut Flora Complex softgels to cleanse and promote health in the lower gastrointestinal tract and to help maintain healthy intestinal flora.
- Consider Vascular Care Complex tablets to provide support for the surrounding veins in the occurrence of occasional, mild constipation.
- May be combined with Livton® Complex tablets for healthy liver function.\*

**Supplement Facts**

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Cascara stem bark 12:1 extract from <i>Frangula purshiana</i> stem bark 1.12 g	93.33 mg	†
Dandelion root 4:1 extract from <i>Taraxacum officinale</i> root 375 mg	93.75 mg	†
Yellow Dock root 4:1 extract from <i>Rumex crispus</i> root 375 mg	93.75 mg	†
Dill ( <i>Anethum graveolens</i> ) seed essential oil	15 mg	†
Chamomile ( <i>Matricaria recutita</i> ) flower essential oil	2 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, maltodextrin, sodium starch glycolate, silicon dioxide, hypromellose, magnesium stearate and dibasic calcium phosphate dihydrate.



Scan for more information:



## COLEUS 1:1 Introduced in 2001



M6850 - 200 mL (6.8 fl oz)

Coleus 1:1 contains Coleus root which is traditionally used to support the cardiovascular system.

Coleus has been traditionally used in Ayurvedic herbal preparations to:

- Support a healthy cardiovascular system
- Help maintain normal blood pressure already within a normal range
- Support a healthy respiratory system\*

Coleus contains the diterpene forskolin as a major constituent. Coleus 1:1 contains a minimum of 2.5 mg/mL of forskolin to ensure optimal strength and quality.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in hypotension. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

## Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	15	
Coleus root 1:1 extract from <i>Coleus forskohlii</i> root 5.0 g Containing forskolin 12.5 mg	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: 80% alcohol and purified water.



See page 143 for a guide to these dietary icons

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

# COLEUS FORTE

Introduced in 2006

VEGAN

V



Scan for more information:



## M1202 - 60 Tablets

Coleus Forte contains *Coleus forskohlii* root to which is known to support cardiovascular health.

*Coleus forskohlii* has been traditionally used in Ayurvedic herbal preparations to:

- Support healthy skin and respiratory tract
- Help relieve occasional sleeplessness
- Promote healthy digestion
- Support cardiovascular health\*

Coleus Forte is made from the root of *Coleus forskohlii*, which contains the labdane diterpene forskolin as a major constituent. This product is standardized to contain 18.7 mg of forskolin per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 – 3 times daily, or as directed.

**Caution:** Contraindicated in hypotension. Contraindicated in gastric or duodenal ulcers unless otherwise directed by a qualified health care professional. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. ♦

### Complementary Product Support:

- Combine with Hawthorn tablets to support healthy functioning of the heart muscle.
- Consider Vascular Care Complex tablets for further support of venous integrity.
- Combine with Thyroid Complex tablets to support healthy thyroid function.
- Consider Garlic Forte tablets to support cardiovascular system health.
- Combine with Gymnema tablets to help reduce sweet cravings and suppress sweet taste sensation.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calories	5	
Calcium	54 mg	4%
Coleus root 30:1 extract from <i>Coleus forskohlii</i> root 5.61 g Containing forskolin 18.7 mg	187 mg	†

† Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, magnesium stearate, hypromellose and sodium starch glycolate.



Scan for more information:



**M1205 - 40 Tablets**

Cramplex contains *Corydalis yanhusuo*, Raspberry leaf, Wild Yam, Cramp Bark and Ginger to provide antispasmodic support for smooth muscle.

These herbs have been traditionally used in herbal preparations to:

- Provide antispasmodic activity to ease occasional smooth muscle spasms
- Relieve the occasional mild discomfort of menstrual cramps
- Support healthy bladder and urinary tract smooth muscle
- Provide temporary relief of occasional bowel spasm\*

The combination of herbs in Cramplex contains many phytochemicals including alkaloids, terpenoids, pungent principles (including gingerols), flavonoids, gallotannins, ellagitannins and steroidal saponins.

**Suggested Use:** 2 tablets 3 – 4 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

**Complementary Product Support:**

- Combine with St John’s Wort 1.8g tablets as a tonic for the nervous system and to ease the temporary effects of mild stress.
- Combine with Evening Primrose Oil softgels or Chaste Tree tablets to support female reproductive system health.
- Consider FemCo tablets as additional support for female reproductive health.
- Combine with Nervagesic tablets to promote relaxation of the muscles.
- Combine with ProstaCo capsules to support healthy prostate gland function.
- Diet changes should include increasing essential fatty acids (eg Evening Primrose Oil softgels), reducing saturated fats, eliminating refined foods, sugar, dairy products, methylxanthines (coffee and chocolate) and increasing fresh fruits, vegetables, proteins and whole grains.\*

**Supplement Facts**

Serving Size: 2 Tablets  
Servings per Container: 20

	Amount per Serving	%DV
Calories	6	
Calcium	80 mg	6%
<i>Corydalis yanhusuo</i> tuber 10:1 extract from <i>Corydalis yanhusuo</i> tuber 1.2 g	120 mg	†
Raspberry leaf 4:1 extract from <i>Rubus idaeus</i> leaf 800 mg	200 mg	†
Wild Yam root & rhizome 5:1 extract from <i>Dioscorea villosa</i> root & rhizome 800 mg	160 mg	†
Cramp Bark stem bark 5:1 extract from <i>Viburnum opulus</i> stem bark 800 mg	160 mg	†
Ginger rhizome 10:1 extract from <i>Zingiber officinale</i> rhizome 800 mg	80 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, silicon dioxide, magnesium stearate and typpromellose.



Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

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# CRANBERRY COMPLEX

Introduced in 2001



Scan for more information:



## M1230 - 60 Tablets

Cranberry Complex contains Cranberry, Crataeva, Buchu and Uva Ursi to provide urinary system support.

These herbs have been traditionally used in herbal preparations to:

- Encourage healthy urinary tract function
- Support healthy bladder function
- Support healthy mucosal surfaces in the urinary tract\*

Together, these herbs contribute procyanidins, flavonoids, anthocyanins, organic acids, saponins, sterols, an essential oil (consisting mainly of the monoterpene diosphenol), hydroquinone glycosides (particularly arbutin), polyphenols and other compounds.

**Suggested Use:** 1 tablet 3 – 4 times daily, or as directed.

**Caution:** Contraindicated in kidney disease. Contraindicated in pregnancy and lactation. ♦

### Complementary Product Support:

- May be combined with Echinacea Premium tablets or liquid or Andrographis Complex tablets for extra immune system support.
- Combines well with ProstaCo softgels or Nettle Root 1:2 liquid to support healthy urinary tract function in men.
- Increase water intake.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	37 mg	2%
Crataeva stem bark 8:1 extract from <i>Crataeva nurvala</i> stem bark 1.0 g	126 mg	†
Uva Ursi leaf 2:1 extract from <i>Arctostaphylos uva-ursi</i> leaf 500 mg	250 mg	†
Cranberry fruit juice 25:1 powder from <i>Vaccinium macrocarpon</i> fruit fresh 2.5 g	100 mg	†
Buchu ( <i>Agathosma betulina</i> ) leaf essential oil	12 mg	†

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, hypromellose, silicon dioxide, magnesium hydroxide and magnesium stearate.





## DAMIANA 1:2 Introduced in 2001



M6890 - 200 mL (6.8 fl oz)

Damiana 1:2 contains Damiana leaf traditionally used as a soothing nerve tonic to support male and female physiology.

Damiana has been traditionally used in herbal preparations to:

- Support normal male and female physiology and function
- Provide a soothing nerve tonic to ease the effects of everyday tension and support healthy mood balance
- Act as an uplifting general tonic\*

Damiana contains an essential oil (containing sesquiterpenes and monoterpenes), arbutin, resins and other compounds.

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	15	
Damiana leaf 1:2 extract from <i>Turnera diffusa</i> leaf	5 mL	†
	2.5 g	

†Daily Value (DV) not established.

Other Ingredients: 60% alcohol and purified water.

Scan for more information:



**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦



See page 143 for a guide to these dietary icons

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♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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Scan for more information:



**M1870 - 60 Tablets**

DermaCo contains Sarsaparilla, Cleavers, Oregon Grape, Burdock and Yellow Dock to cleanse the blood and maintain healthy skin.

These herbs have been traditionally used in herbal preparations to:

- Support normal flushing of toxins from the body
- Encourage the healthy function of the organs of elimination
- Promote normal healthy skin renewal and integrity
- Maintain healthy skin
- Cleanse the blood and support lymphatic system function
- Promote healthy liver and intestinal function
- Encourage healthy bowel function
- Support healthy kidney function\*

This combination of herbs contains many compounds including steroidal saponins, sterols, iridoid glycosides, phenolic acids, alkaloids (especially berberine and oxycanthine), acetylenic compounds and anthraquinone glycosides.

**Suggested Use:** 1 tablet 3 – 4 times daily, or as directed.

**Caution:** Contraindicated in pregnancy and lactation. ♦

**Complementary Product Support:**

- Combine with Gotu Kola Complex tablets to further promote healthy skin.
- Combine with Livton® Complex tablets for healthy liver function.
- Consider Echinacea Premium tablets or liquid for additional immune system support.
- Combine with AllergCo tablets to promote the body's normal resistance function.
- Consider Vitanox® tablets for antioxidant activity.
- Increase water intake.\*

**Supplement Facts**

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	70 mg	6%
Oregon Grape root & rhizome 10:1 extract from <i>Berberis aquifolium</i> ( <i>Mahonia aquifolium</i> ) root & rhizome 360 mg	36 mg	†
Sarsaparilla root & rhizome 4:1 extract from <i>Smilax ornata</i> ( <i>Smilax regelii</i> ) root & rhizome 360 mg	90 mg	†
Cleavers herb 5:1 extract from <i>Galium aparine</i> herb 360 mg	72 mg	†
Burdock root 4:1 extract from <i>Arctium lappa</i> root 270 mg	67.5 mg	†
Yellow Dock root 4:1 extract from <i>Rumex crispus</i> root 270 mg	67.5 mg	†

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

# DIGEST FORTE

Introduced in 2004



Scan for more information:



## M1730 - 60 Tablets

DiGest Forte contains Gentian, Ginger, Tangerine (Chen Pi), Wormwood and Feverfew to support healthy digestion.

These herbs have been traditionally used in herbal preparations to:

- Stimulate gastric juice output and appetite
- Support healthy digestion and intestinal function
- Promote healthy gastrointestinal tone
- Support the body's natural toxin-elimination function
- Increase bile flow as a cholagogue
- Promote normal response to environmental stressors\*

This combination contains many compounds including secoiridoid bitter glycosides (including gentiopicroin and amarogentin), pungent principles (including gingerols), sesquiterpene lactones (including absinthin and parthenolide), flavonoids and monoterpenes.

**Suggested Use:** 1 tablet 3 times daily, or as directed.

**Caution:** Contraindicated in known allergy to plants of the daisy family. Contraindicated in gastric or duodenal ulcers unless otherwise directed by a qualified health care professional. Use only with professional supervision in the presence of gallstones. Contraindicated in pregnancy and lactation. ♦

### Complementary Product Support:

- Combine with Turmeric Forte tablets to further support healthy digestion.
- May be combined with Gut Flora Complex softgels to encourage healthy intestinal environment.
- Combine with Metabol Complex tablets to support pancreatic and liver function.
- Combines well with Livton® Complex or Milk Thistle Forte tablets for healthy liver function.
- Consider Gymnema tablets to help suppress normal cravings for sugar in the diet.
- Combine with Astragalus Complex or Ashwagandha Complex tablets to support vitality.
- Use with Colax tablets to support healthy bowel function.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Gentian root 2:1 extract	100 mg	†
from <i>Gentiana lutea</i> root 200 mg		
Tangerine fruit peel 5:1 extract	100 mg	†
from <i>Citrus reticulata</i> fruit peel 500 mg		
Feverfew leaf 3:1 extract	66.7 mg	†
from <i>Tanacetum parthenium</i> leaf 200 mg		
Ginger rhizome 10:1 extract	25 mg	†
from <i>Zingiber officinale</i> rhizome 250 mg		
Wormwood herb 4:1 extract	25 mg	†
from <i>Artemisia absinthium</i> herb 100 mg		
Tangerine ( <i>Citrus reticulata</i> ) fruit peel essential oil, cold pressed	12.5 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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See page 143 for a guide to these dietary icons



Scan for more information:



## DIGEST PHYTOSYNERGIST® Introduced in 2001



M4450 - 200 mL (6.8 fl oz)

DiGest Phytosynergist® contains herbs traditionally used to support healthy digestion and intestinal function.

It contains Chamomile, Dandelion Root, Echinacea, Milk Thistle and Gentian. These herbs have been traditionally used in herbal preparations to:

- Stimulate gastric juice output and appetite
- Support healthy digestion and intestinal function
- Promote healthy gastrointestinal tone
- Support healthy gallbladder function and normal bile production support\*

The combination of herbs in DiGest Phytosynergist® contains many compounds including bitter principles of the secoiridoid type (especially gentiopicrin and amarogentin), caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, an essential oil (containing  $\alpha$ -bisabolol), flavonoids, flavanolignans (collectively known as silymarin), sesquiterpene lactones, phenolic acids and sterols.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 – 5 times daily, or as directed.

**Caution:** Contraindicated in known allergy to plants of the daisy family. Contraindicated in gastric or duodenal ulcers unless otherwise directed by a qualified health care professional. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Complementary Product Support:

- Combines well with Livton® Complex tablets for healthy liver function.
- Consider Gymnema tablets to help suppress normal cravings for sugar in the diet.
- Combine with Ashwagandha Complex tablets as a tonic to benefit the entire body.
- Eat wholesome fiber-rich foods.\*

## Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	10	
Chamomile flower 1:2 extract from <i>Matricaria recutita</i> flower 750 mg	1.5 mL	†
Dandelion root 1:2 extract from <i>Taraxacum officinale</i> root 500 mg	1.0 mL	†
Echinacea root 1:2 extract from <i>Echinacea angustifolia</i> root 500 mg	1.0 mL	†
Milk Thistle seed 1:1 extract from <i>Silybum marianum</i> seed 1.0 g	1.0 mL	†
Gentian root 1:2 extract from <i>Gentiana lutea</i> root 100 mg	200 mcL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 50% alcohol.



Scan for more information:



## DONG QUAI 1:2 Introduced in 2001



M6920 - 200 mL (6.8 fl oz)

Dong Quai 1:2 contains Dong Quai root traditionally used to promote healthy female reproductive system function.

Dong Quai has been traditionally used in herbal preparations to:

- Promote healthy female reproductive system function
- Help relieve the effects of mild cramping and discomfort associated with menstruation
- Assist as a traditional female tonic for general health
- Help maintain healthy circulation\*

Dong Quai contains an essential oil (consisting mainly of ligustilide and n-butylidene phthalide), sterols and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in the first trimester of pregnancy, especially in higher doses. Not to be used in severe menorrhagia. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	15	
Dong Quai root 1:2 extract	5 mL	†
from <i>Angelica polymorpha</i> ( <i>A. sinensis</i> ) root	2.5 g	

†Daily Value (DV) not established.

Other Ingredients: Purified water and 45% alcohol.



See page 143 for a guide to these dietary icons

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♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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# ECHINACEA PREMIUM

Introduced in 2001



Scan for more information:



M1240 - 40 Tablets | M1245 - 120 Tablets

Echinacea Premium combines the roots of *Echinacea angustifolia* and *Echinacea purpurea* to enhance healthy immune system function.

Echinacea has been traditionally used in herbal preparations to:

- Help enhance healthy immune system function
- Support upper respiratory tract health
- Help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants\*

The blending of two plant species ensures that the specific caffeic acid derivatives (cichoric acid, echinacoside, cynarin) and the lipophilic components (especially alkylamides) are present in appropriate quantities. This product contains a total of 3.5 mg of alkylamides per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 – 3 times daily, or as directed.

**Caution:** Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Complementary Product Support:

- Combine with Andrographis Complex tablets or Viranon tablets for additional immune system support.
- Consider combining with Gut Flora Complex softgels to further support immune system health.
- Combine with AllergCo tablets to assist in maintaining healthy breathing passages and respiratory tract function.
- Combine with Herbal Throat Spray Phytosynergist® to soothe mild irritations of the throat, freshen breath and maintain healthy mucosal tissue in the throat.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 40 or 120

	Amount per Serving	%DV
Calcium	64 mg	4%
Echinacea root 4:1 extract from <i>Echinacea angustifolia</i> root 600 mg Containing alkylamides 1.96 mg	150 mg	†
Echinacea root 5:1 extract from <i>Echinacea purpurea</i> root 675 mg Containing alkylamides 1.54 mg	135 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, hypromellose, silicon dioxide and magnesium stearate.



Scan for more information:



## ECHINACEA PREMIUM 1:2 Introduced in 2001



M6930 - 200 mL (6.8 fl oz) | M6934 - 465 mL (15.7 fl oz)

Echinacea Premium 1:2 is made from the roots of two Echinacea species to support healthy immune system function and support upper respiratory tract health.

Echinacea has been traditionally used in herbal preparations to:

- Support healthy immune system function
- Support healthy immune system response following temporary seasonal stressors
- Encourage healthy upper respiratory tract function
- Help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants\*

Echinacea Premium 1:2 combines the roots of *Echinacea angustifolia* and *Echinacea purpurea* to enlist properties unique to each. The blending of these two plant species ensures that the specific caffeic acid derivatives (cichoric acid, echinacoside, cynarin) and the lipophilic components (especially alkylamides) are present in appropriate quantities. This product contains a minimum of 1.5 mg/mL of alkylamides to ensure optimal strength and quality.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Patented Formula: 9205121

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Serving per Container: 40 or 93

	Amount per Serving	%DV
Calories	15	
Echinacea root 1:2 extract from <i>Echinacea purpurea</i> root 1.5 g	3 mL	†
Echinacea root 1:2 extract from <i>Echinacea angustifolia</i> root 1.0 g	2 mL	†
Total alkylamides from both extracts 7.5 mg		

†Daily Value (DV) not established.

Other Ingredients: Purified water and 60% alcohol.



See page 143 for a guide to these dietary icons

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# ELEUTHERO

Introduced in 2002



Scan for more information:



## M1410 - 60 Tablets

Eleuthero contains Eleuthero root which is a general body tonic helping the body adapt to temporary stress.

The phytochemicals in Eleuthero root have been used traditionally to:

- Enhance the body's natural ability to adapt to temporary stress
- Support physical and mental endurance
- Promote vitality
- Restore and support healthy immune system function
- Act as a general tonic\*

Eleuthero contains a diverse group of constituents called eleutherosides, triterpenoid saponins and other compounds. This product is standardized to contain 950 mcg of syringaresinol diglucosides per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 – 4 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. ♦

### Complementary Product Support:

- Combines well with Echinacea Premium tablets or liquid for enhanced healthy immune system function.
- Combines well with Ashwagandha Complex tablets to help the body adapt to the changes of everyday life.
- Consider FemCo tablets to support vitality in women.
- Practice of relaxation techniques and adequate sleep.
- Nutritious diet and minimal intake of coffee and alcohol.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	44 mg	4%
Eleuthero root 10:1 extract from <i>Eleutherococcus senticosus</i> root and rhizome 1.25 g Containing syringaresinol diglucosides 950 mcg	125 mg	†

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium and magnesium stearate.



Scan for more information:



## ELEUTHERO 1:2 - STANDARDIZED Introduced in 2002



M7420 - 200 mL (6.8 fl oz)

Eleuthero 1:2 contains Eleuthero root traditionally used to provide adaptogenic tonic support.

Eleuthero has been traditionally used in herbal preparations to:

- Enhance the body's natural ability to adapt to temporary stress
- Support physical and mental endurance
- Help the body adapt to the changes of everyday life
- Act as a general tonic and promote vitality\*

Eleuthero contains a diverse group of constituents called eleutherosides, triterpenoid saponins and other compounds. Eleuthero 1:2 is standardized to contain 0.5 mg/mL of eleutheroside E to ensure optimal strength and quality.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	5	
Eleuthero root 1:2 extract from <i>Eleutherococcus senticosus</i> root and rhizome 2.5 g	5 mL	†
Containing eleutheroside E 2.5 mg		

†Daily Value (DV) not established.

Other Ingredients: Purified water, 45% alcohol and glycerol.



See page 143 for a guide to these dietary icons

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♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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## EVENING PRIMROSE OIL Introduced in 2001



Scan for more information:



### M1260 - 60 Softgels

Evening Primrose Oil contains essential fatty acids of the omega-6 series to promote a healthy balance of immune cells.

The compounds in Evening Primrose Oil work together to:

- Provide the essential fatty acid gamma-linolenic acid (GLA) that promotes a healthy balance of immune cells
- Promote normal omega-6 essential fatty acid levels
- Promote healthy skin
- Support general health and well-being\*

The oil from the seed of Evening Primrose is a popular source of the omega-6 fatty acid, gamma-linolenic acid (GLA). MediHerb Evening Primrose Oil capsules are cold pressed and standardized to contain 90 mg pf gamma-linolenic acid per capsule to ensure optimal strength and quality.

**Suggested Use:** 1 softgel 1 - 3 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

#### Complementary Product Support:

- Combines well with Chaste Tree tablets for premenstrual support.
- Consider Boswellia Complex tablets to provide antioxidant activity.
- Consider Crampex tablets or FemCo tablets to help provide relief from discomfort associated with menstruation.
- Combines well with supplements containing omega-3 fatty acids (fish oils).\*

## Supplement Facts

Serving Size: 1 Softgel  
Servings per Container: 60

	Amount per Serving	%DV
Calories	7	
Total fat	1.0 g	1%*
Evening Primrose Oil from <i>Oenothera biennis</i> seed Containing gamma-linolenic acid (GLA) 90 mg	1.0 g	†

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
†Daily Value (DV) not established.

Other Ingredients: Gelatin, glycerol, d-alpha-tocopherol (soy) and purified water.





## EYEBRIGHT 1:2 Introduced in 2001



M6980 - 200 mL (6.8 fl oz)

Eyebright 1:2 contains Eyebright herb traditionally used to help maintain healthy breathing and nasal passages.

Eyebright has been traditionally used in herbal preparations to:

- Assist in maintaining healthy breathing passages to support free and clear breathing
- Help maintain healthy mucus secretion in nasal passages
- Maintain healthy eyes
- Promote healthy immune system response to environmental stressors\*

Eyebright contains iridoid glycosides (especially aucubin), flavonoids and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Supplement Facts		
Serving Size: 5 mL (1 tsp)		
Servings per Container: 40		
	Amount per Serving	%DV
Calories	10	
Eyebright herb 1:2 extract from <i>Euphrasia officinalis</i> herb 2.5 g	5 mL	†

†Daily Value (DV) not established.  
Other Ingredients: Purified water and 45% alcohol.

Scan for more information:



See page 143 for a guide to these dietary icons

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

# FE-MAX IRON TONIC PHYTOSYNERGIST®

Introduced in 2001



Scan for more information:



M4460 - 200 mL (6.8 fl oz)

Fe-Max Iron Tonic Phytosynergist® contains many herbs and nutrients to provide iron and support healthy blood production.

These herbs and nutrients include Codonopsis Root, Nettle leaf, Licorice, Ashwagandha and Ginger. These herbs have been traditionally used in herbal preparations to:

- Provide iron, which is essential for the normal functioning of red blood cells
- Promote and support healthy blood production
- Support good nutrition
- Maintain an overall feeling of well-being and vitality\*

The combination of herbs and nutrients in Fe-Max Iron Tonic Phytosynergist® contains many compounds including triterpenes, sterols, flavonoids, steroidal compounds, alkaloids, triterpenoid saponins (especially glycyrrhizin), other saponins, an essential oil (consisting of terpenoids), pungent principles, minerals and silicon.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in hemochromatosis and high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation, if you have a medical condition or are taking any medication. If you have a thyroid condition, use strictly under physician direction. For other contraindications and cautions, consult your health care professional. ♦

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

### Complementary Product Support:

- Combines well with Ashwagandha Complex tablets or Rhodiola & Ginseng Complex tablets or Rhodiola & Schisandra tablets to promote vitality and stamina.
- Consider DiGest Forte tablets or DiGest Phytosynergist® liquid for healthy digestion.
- Consider Chaste Tree tablets for female reproductive health.\*

## Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	10	
Total Carbohydrate	Less than 1 g	< 1%*
Iron (from iron amino acid chelate)	5 mg	30%
Vitamin B2 (Riboflavin)	2.5 mg	190%
Vitamin B6 (Pyridoxine hydrochloride)	2.5 mg	150%
Vitamin B12 (Cyanocobalamin)	1.5 mcg	60%
Codonopsis root 1:2 extract from <i>Codonopsis pitosiora</i> root 500 mg	1 mL	†
Nettle leaf 1:2 extract from <i>Urtica dioica</i> leaf 500 mg	1 mL	†
Licorice root 4:1 extract from <i>Glycyrrhiza glabra</i> root 500 mg	125 mg	†
Ashwagandha root 10:1 extract from <i>Withania somnifera</i> root 1.2 g	120 mg	†
Ginger rhizome 1:2 extract from <i>Zingiber officinale</i> rhizome 50 mg	100 mL	†
Stevia leaf 1:2 extract from <i>Stevia rebaudiana</i> leaf 50 mg	100 mL	†

\*Percent Daily Values (DV) based on a 2,000 calorie diet  
†Daily Value (DV) not established.

Other Ingredients: Purified water, glycerol, fruit and root juice concentrates (grape, beet, apple, pear and lemon), alcohol, ascorbic acid, natural raspberry flavor, maltodextrin, potassium sorbate, thiamine, silicon dioxide, citric acid and sodium citrate.



Scan for more information:



**M1890 - 60 Tablets**

**FemCo contains Schisandra, White Peony and Shatavari for female vitality and normal reproductive support.**

**These herbs have been traditionally used in herbal preparations to:**

- Support normal reproductive function in women
- Ease the effects of mild cramping associated with menstruation
- Encourage healthy menstrual cycling
- Support women's general well-being and vitality\*

**This combination of herbs in FemCo contains many compounds including the monoterpene glycoside paeoniflorin, steroidal saponins (such as shatavarin-I and dioscin) and dibenzocyclooctene lignans.**

**Suggested Use:** 1 tablet 3 – 4 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

**Complementary Product Support:**

- Combine with Crampex tablets to provide relief from discomfort associated with menstruation.
- Combine with Tribulus tablets or Chaste Tree tablets to further support normal reproductive function in women.
- Combine with Fe-Max Iron Tonic Phytosynergist® liquid to support normal blood production.
- Consider St John's Wort 1.8g tablets or Nevaton® Forte tablets as a tonic for the nervous system.
- Combine with Kava Forte tablets to ease the effects of everyday tension and stress.\*

**Supplement Facts**

Serving Size: 1 Tablet  
Servings per Container: 40

	Amount per Serving	%DV
Calcium	79 mg	6%
Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 1.0 g	166.6 mg	†
White Peony root 4:1 extract from <i>Paeonia lactiflora</i> root 750 mg	187.5 mg	†
Shatavari root 6:1 extract from <i>Asparagus racemosus</i> root 600 mg	100 mg	†

†Daily Value (DV) not established.

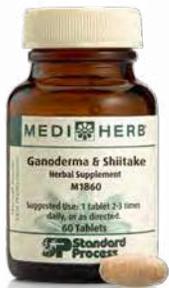
Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, hypromellose, magnesium stearate and silicon dioxide.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

# GANODERMA & SHIITAKE Introduced in 2001



Scan for more information:



## M1860 - 60 Tablets

Ganoderma & Shiitake is a mushroom formula for immune health and vitality.

The combination of these mushrooms can help to:

- Assist in the maintenance of general health and well-being
- Support vitality
- Support healthy immune function
- Support the body's health as Reishi has been used traditionally as a tonic\*

The Ganoderma and Shiitake mushrooms contain several types of polysaccharides, triterpenes, amino acids and other compounds.

**Suggested Use:** 1 tablet 2 – 3 times daily, or as directed.

**Caution:** Contraindicated in known cases of allergy to Shiitake. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Complementary Product Support:

- For extra immune system support, consider Echinacea Premium tablets or liquid, or Astragalus Complex tablets.
- Consider Eleuthero tablets or Ashwagandha Complex tablets to further promote vitality.
- Combines well with Burdock Complex tablets for general detoxification and elimination support.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	87 mg	6%
Shiitake mushroom 4:1 extract from <i>Lentinula edodes</i> 800 mg	200 mg	†
Reishi mushroom 66:1 extract from <i>Ganoderma lucidum</i> 6.6 g	100 mg	†

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.





## GARLIC FORTE Introduced in 2014



### M1720 - 60 Tablets

The compounds in Garlic Forte, particularly the alliin and resultant metabolites that are formed on ingestion, help support healthy cardiovascular function.

Garlic is used traditionally in herbal preparations to:

- Help maintain normal cholesterol levels already within a normal range
- Support a healthy circulatory system
- Support cardiovascular system health
- Support immune system health\*

Garlic is a complex herb containing hundreds of constituents. Many of these constituents give Garlic its characteristic smell; they are sulfur-containing organic compounds. MediHerb® Garlic Forte has many of the active benefits of fresh Garlic. The tablets are enterically coated to ensure the active compounds are protected and utilized to its full potential.

**Suggested Use:** 1 tablet 1 – 2 times daily, or as directed. Enteric coated tablets. Do not break or crush.

**Caution:** Contraindicated in known allergy to Garlic. Contraindicated in lactation. Not to be used during pregnancy unless otherwise directed by a qualified health care professional. ♦

#### Complementary Product Support:

- Consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets for healthy immune system function.
- Combine with Livton® Complex tablets to support healthy liver and gallbladder function.
- Combine with Metabol Complex tablets to support normal pancreatic and liver function.
- Consider Wormwood Complex tablets to support healthy intestinal function.
- Combine with Gut Flora Complex softgels to cleanse and support a healthy bowel environment.
- Consider Hawthorn tablets and/or Coleus Forte tablets to further promote cardiovascular system health.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	70 mg	6%
Fresh Garlic bulb 12:1 extract from <i>Allium sativum</i> fresh bulb 3.6 g	300 mg	†
Garlic ( <i>Allium sativum</i> ) bulb powder	45 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, sodium starch glycolate, croscarmellose sodium, magnesium stearate, hypromellose, maltodextrin, silicon dioxide, dibasic calcium phosphate dihydrate and dextrin.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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See page 143 for a guide to these dietary icons



Scan for more information:



## GINGER 1:2 Introduced in 2001



M7010 - 200 mL (6.8 fl oz)

Ginger 1:2 contains Ginger rhizome traditionally used to support healthy digestion and peripheral circulation.

Ginger has been traditionally used in herbal preparations to:

- Ease the effects of occasional upset stomach and help relieve temporary, mild digestive disturbances
- Promote healthy peripheral circulation
- Promote healthy digestion
- Support healthy joint movement and assist in the relief of temporary, mild muscle discomfort following exercise or over-exertion.\*

Ginger contains an essential oil (consisting of terpenoids), pungent principles (including gingerols) and other compounds.

**Suggested Use:** Dilute 2.5 mL (approx. ½ teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Supplement Facts

Serving Size: 2.5 mL (1/2 tsp)  
Servings per Container: 80

	Amount per Serving	%DV
Calories	10	
Ginger rhizome 1:2 extract from <i>Zingiber officinalis</i> rhizome 1.25 g	2.5 mL	†

†Daily Value (DV) not established.

Other Ingredients: 90% alcohol and purified water.



Scan for more information:



## GINKGO 2:1 Introduced in 2001



M7020 - 200 mL (6.8 fl oz)

Ginkgo 2:1 contains Ginkgo leaf which is used to support memory and cognition.

Ginkgo has been used in herbal preparations to:

- Support normal memory function
- Promote mental clarity, concentration and cognitive performance
- Support healthy peripheral nerve function
- Maintain healthy eyes and support the body as it ages\*

Ginkgo leaves contain flavonoids, terpene lactones (including ginkgolides and bilobalide) and other compounds. Ginkgo 2:1 is standardized to contain 9.6 mg/mL of ginkgo flavonglycosides (ginkgo flavone glycosides) to ensure optimal strength and quality.

**Suggested Use:** Dilute 1 mL (approx. 50 drops) in water or juice 3 times per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Supplement Facts

Serving Size: 1 mL (50 drops)  
Servings per Container: 200

	Amount per Serving	%DV
Ginkgo leaf 2:1 extract from <i>Ginkgo biloba</i> leaf 2.0 g Containing ginkgo flavonglycosides 9.6 mg	1 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 50% alcohol.

# GINKGO FORTE

Introduced in 2010



Scan for more information:



## M1300 - 60 Tablets

Ginkgo Forte contains Ginkgo leaf to provide memory, cognition and circulatory support for healthy mental aging.

Ginkgo has been used in herbal preparations to:

- Support memory and cognition
- Promote mental alertness and mental clarity
- Support and encourage healthy blood circulation
- Provide antioxidant activity to support healthy cell function\*

Ginkgo Forte contains flavonoids, terpene lactones (including ginkgolides and bilobalide) and other phytochemicals. This product is standardized to contain 14.4 mg of ginkgo flavonglycosides (ginkgo flavone glycosides) and 3.6 mg of ginkgolides and bilobalide per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 1 – 4 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Complementary Product Support:

- Combine with Bacopa Complex tablets for enhanced mental clarity and to support cognitive function.
- Consider PulmaCo tablets to support healthy breathing passages.
- Combine with Vitanox® tablets for antioxidant activity.
- Consider Vascular Care Complex tablets to promote venous integrity.
- Combine with Gotu Kola Complex tablets to provide additional antioxidant activity and to promote healthy blood vessels.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	72 mg	6%
Ginkgo leaf 50:1 extract from <i>Ginkgo biloba</i> leaf 3.0 g	60 mg	†
Containing ginkgo flavonglycosides 14.4 mg		
Containing ginkgolides & bilobalide 3.6 mg		

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, magnesium stearate and hypromellose.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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See page 143 for a guide to these dietary icons



Scan for more information:



## GLOBE ARTICHOKE 1:2 Introduced in 2001



M7030 - 200 mL (6.8 fl oz)

Globe Artichoke 1:2 contains Globe Artichoke leaf traditionally used to support healthy gallbladder and liver function.

Globe Artichoke has been traditionally used in herbal preparations to:

- Maintain normal cholesterol levels already in a normal range
- Support healthy gallbladder and liver function
- Support normal bile production and secretion
- Help relieve temporary, mild digestive discomfort and support healthy digestion\*

Globe Artichoke contains sesquiterpene lactones, caffeic acid derivatives and flavonoids.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	15	
Globe Artichoke leaf 1:2 extract from <i>Cynara scolymus</i> leaf 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 60% alcohol.



Scan for more information:



## GOLDEN SEAL 1:3 Introduced in 2001



M7050 - 200 mL (6.8 fl oz)

Golden Seal 1:3 contains Golden Seal root and rhizome traditionally used to support healthy mucous membranes.

Golden Seal has been traditionally used in herbal preparations to:

- Assist in maintaining healthy breathing passages to support free and clear breathing
- Help maintain healthy mucous membranes
- Help maintain healthy mucus function
- Stimulate digestion and help relieve temporary mild digestive discomfort\*

Golden Seal contains alkaloids (especially hydrastine and berberine) and other phytochemicals. Golden Seal 1:3 contains a minimum of 6.0 mg/mL of hydrastine and 8.0 mg/mL berberine to ensure optimal strength and quality.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in pregnancy, lactation and patients with high blood pressure. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	10	
Golden Seal root & rhizome 1:3 extract from <i>Hydrastis canadensis</i> root & rhizome 1.67 g Containing hydrastine 30 mg and berberine 40 mg	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 45% alcohol.

# GOLDEN SEAL 500MG Introduced in 2001



Scan for more information:



## M1310 - 40 Tablets

Golden Seal 500mg is a gastrointestinal support formula containing Golden Seal root.

The compounds in Golden Seal are used traditionally to:

- Help maintain healthy mucous membranes
- Relieve mild temporary digestive discomfort
- Support healthy mucous membranes in the respiratory and gastrointestinal tracts
- Work as a tonic to benefit the entire body
- Stimulate digestion
- Support liver function\*

Golden Seal 500mg tablets contain alkaloids (especially hydrastine and berberine) and other phytochemicals.

**Suggested Use:** 1 tablet 2 – 3 times daily, or as directed.

**Caution:** Contraindicated in pregnancy, lactation and patients with high blood pressure. ♦

### Complementary Product Support:

- Combine with Garlic Forte tablets to support healthy immune system function.
- Consider HiPep tablets to promote healthy tone and function within the upper gastrointestinal tract.
- Combines well with Gut Flora Complex softgels to further cleanse and promote health in the lower gastrointestinal tract.
- Consider combining with Sinus Forte, ResCo®, Broncafect® or PulmaCo tablets to support a healthy respiratory tract.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 40

	Amount per Serving	%DV
Calcium	84 mg	6%
Golden Seal root and rhizome 1.8:1 extract from <i>Hydrastis canadensis</i> root and rhizome 500 mg	277 mg	†

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, maltodextrin, microcrystalline cellulose, sodium starch glycolate, croscarmellose sodium, silicon dioxide, magnesium stearate and hypromellose.



See page 143 for a guide to these dietary icons

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Scan for more information:



## GOTU KOLA 1:1 Introduced in 2001

VEGAN

V

M7060 - 200 mL (6.8 fl oz)

Gotu Kola 1:1 contains Gotu Kola leaf traditionally used to support healthy skin, capillaries and circulation.

Gotu Kola has been traditionally used in herbal preparations to:

- Maintain healthy tissue function
- Maintain and support healthy skin tissue
- Support healthy peripheral circulation
- Support the body's natural ability to adapt to temporary stress\*

Gotu Kola contains pentacyclic triterpene ester saponins (especially asiaticoside). Gotu Kola 1:1 is standardized to contain 18 mg/mL of triterpenes to ensure optimal strength and quality.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in known allergy to Gotu Kola. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	15	
Gotu Kola herb 1:1 extract from <i>Centella asiatica</i> herb 5.0 g Containing triterpenes 90 mg	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 45% alcohol.



# GOTU KOLA COMPLEX

Introduced in 2008



Scan for more information:



M1313 - 40 Tablets | M1315 - 120 Tablets

Gotu Kola Complex contains Gotu Kola leaf, Grape seed and Ginkgo leaf for healthy skin, capillary and circulation support.

These herbs have been traditionally used in herbal preparations to:

- Maintain healthy skin
- Maintain healthy blood circulation
- Support healthy capillaries
- Provide antioxidant activity\*

The herbs in Gotu Kola Complex contain pentacyclic triterpene ester saponins (especially asiaticoside), oligomeric procyanidins, flavonoids, terpene lactones (including ginkgolides, bilobalide) and other phytochemicals. All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality. The Gotu Kola component is standardized to contain 50 mg of triterpenes per tablet, the Grape Seed contains 25.5 mg of procyanidins per tablet and the Ginkgo component contains 4.8 mg of ginkgo flavonglycosides (ginkgo flavone glycosides) and 1.2 mg of ginkgolides and bilobalide per tablet.

**Suggested Use:** 1 tablet 3 – 4 times daily, or as directed.

**Caution:** Contraindicated in known allergy to Gotu Kola. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Complementary Product Support:

- Combine with Boswellia Complex tablets for joint support.
- Consider Vascular Care Complex tablets to further support healthy blood vessels and circulation.
- Combine with HiPep tablets to support the healthy tone and function of the gastrointestinal tract.
- Consider Vitanox® tablets for additional antioxidant activity.
- Combine with topical Calendula 1:2 liquid extract to further aid normal skin tissue repair process.\*

## Supplement Facts

Serving Size: 1 Tablet

Servings per Container: 40 or 120

	Amount per Serving	%DV
Calcium	63 mg	4%
Gotu Kola leaf 10:1 extract from <i>Centella asiatica</i> leaf 2.5 g Containing triterpenes 50 mg	250 mg	†
Grape seed 120:1 extract from <i>Vitis vinifera</i> seed 3.6 g Containing procyanidins 25.5 mg	30 mg	†
Ginkgo leaf 50:1 extract from <i>Ginkgo biloba</i> leaf 1.0 g Containing ginkgo flavonglycosides 4.8 mg Containing ginkgolides & bilobalide 1.2 mg	20 mg	†

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, hypromellose and magnesium stearate.

See page 143 for a guide to these dietary icons

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♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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Scan for more information:



# GUT FLORA COMPLEX

Introduced in 2008



NON-DAIRY

M1319 - 60 Softgels

Gut Flora Complex contains Andrographis and Phellodendron with Oregano and Anise essential oils for healthy gastrointestinal support.

These herbs have been traditionally used in herbal preparations to:

- Encourage a healthy intestinal environment
- Relieve occasional mild gastrointestinal discomfort, including bloating and flatulence
- Support healthy immune system response\*

The combination of essential oils and herbs in Gut Flora Complex contains many compounds including monoterpenes (especially trans-anethole, carvacrol, thymol, gamma-terpinene, p-cymene), diterpenoid lactones (especially andrographolide) and alkaloids of the isoquinoline type (especially berberine). Each softgel is standardized to contain 10 mg of andrographolide and 38 mg of berberine to ensure optimal strength and quality.

**Suggested Use:** 1 softgel 3 – 6 times daily, or as directed. Do not break or crush.

**Caution:** Contraindicated in pregnancy and lactation. ♦

**Complementary Product Support:**

- Consider Garlic Forte tablets to support immune system health.
- Combine with Golden Seal 500mg tablets to help maintain healthy mucous membranes.
- Consider Wormwood Complex tablets to further support gastrointestinal health.
- For additional immune system support, consider Astragalus Complex tablets or Echinacea Premium tablets or liquid.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of upper respiratory health.\*

## Supplement Facts

Serving Size: 1 Softgel  
Servings per Container: 60

	Amount per Serving	%DV
Calories	5	
Anise ( <i>Pimpinella anisum</i> ) fruit essential oil	125 mg	†
Andrographis aerial parts 10:1 extract from <i>Andrographis paniculata</i> aerial parts 1.0 g Containing andrographolide 10 mg	100 mg	†
Phellodendron stem bark 20:1 extract from <i>Phellodendron amurense</i> stem bark 1.6 g Containing berberine 38 mg	80 mg	†
Oregano ( <i>Origanum vulgare</i> ) leaf essential oil	75 mg	
Chlorophyllin-copper complex	7 mg	†

† Daily Value (DV) not established.

Other Ingredients: Gelatin, rice bran oil, glycerol, sorbitol, pectin, lecithin (soy), beeswax and purified water.

## GYMNEMA Introduced in 2014



Scan for more information:



M1320 - 40 Tablets | M1325 - 120 Tablets

Gymnema contains Gymnema leaf, which provides anti-sweetness activity by suppressing the ability to detect sweet tastes.

Gymnema leaf has been traditionally used for centuries in Ayurvedic herbal preparations to:

- Help reduce sweet cravings
- Help suppress/inhibit sweet taste sensation\*

Gymnema contains a complex mixture of saponins (gymnemic acids) and other compounds. This product is standardized to contain 100 mg per tablet of gymnemic acids to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 1 – 2 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

**Complementary Product Support:**

- Combine with Metabol Complex tablets to help support the metabolism of fats and sugars.
- Combine with Coleus Forte tablets to support healthy digestion.
- Consider Livton® Complex tablets for support of healthy liver function.
- Consider DiGest Forte tablets or DiGest Phytosynergist® liquid for healthy digestion.
- Consider Vitanox® tablets for antioxidant activity.
- Diet and lifestyle are of paramount importance.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 40 or 120

	Amount per Serving	%DV
Calcium	20 mg	2%
Gymnema leaf 16:1 extract from <i>Gymnema sylvestre</i> leaf 6.4 g Containing gymnemic acids 100 mg	400 mg	†

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, magnesium stearate, silicon dioxide and hypromellose.

## GYMNEMA 1:1 Introduced in 2001



Scan for more information:



M7080 - 200 mL (6.8 fl oz)

Gymnema 1:1 contains Gymnema leaf traditionally used to help reduce sweet cravings.

Gymnema has been traditionally used in Ayurvedic herbal preparations to:

- Inhibit sweet taste sensation
- Help suppress normal cravings for sugar in the diet\*

Gymnema contains a complex mixture of saponins and other compounds. Gymnemic acids and gurmamin have anti-sweetener activities. In Ayurveda, Gymnema is known as gurmam, known as the "sugar destroyer."

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

## Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	5	
Gymnema leaf 1:1 extract from <i>Gymnema sylvestre</i> leaf 5.0 g	5 mL	†

† Daily Value (DV) not established.

Other Ingredients: Purified water and 23% alcohol.

See page 143 for a guide to these dietary icons

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

# HAWTHORN

Introduced in 2001



Scan for more information:



## M1690 - 60 Tablets

Hawthorn contains Hawthorn leaf and flower, which has been used traditionally to support a healthy cardiovascular system.

Hawthorn is traditionally used in herbal preparations to:

- Support the healthy functioning of the heart muscle
- Help support cardiovascular system health
- Provide antioxidant activity\*

Hawthorn contains oligomeric procyanidins, flavonoids (including vitexin-2-rhamnoside) and other compounds. This product is standardized to contain 6.01 mg of vitexin-2-rhamnoside per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 – 3 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Complementary Product Support:

- Consider Garlic Forte tablets and/or Coleus Forte tablets for further cardiovascular health support.
- Combines well with Ginkgo Forte tablets to encourage healthy blood circulation.
- Combine with Gotu Kola Complex tablets for additional antioxidant activity and to promote healthy blood vessels.
- Consider Livton® Complex tablets to support liver and gallbladder function.
- Combine with Vitanox® tablets for antioxidant activity.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	63.8 mg	4%
Hawthorn leaf & flower 4.8:1 extract from <i>Crataegus monogyna</i> leaf & flower 1.0 g Containing vitexin-2-rhamnoside 6.01 mg	223 mg	†

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, hypromellose, magnesium stearate and silicon dioxide.



## HAWTHORN LEAVES 1:2 Introduced in 2010



M7097 - 200 mL (6.8 fl oz)

Hawthorn Leaves 1:2 contains Hawthorn leaves traditionally used to support cardiovascular system health.

Hawthorn Leaves have been traditionally used in herbal preparations to:

- Support the healthy functioning of the heart muscle
- Support cardiovascular system health
- Support a healthy circulatory system\*

Hawthorn Leaves contain oligomeric procyanidins, flavonoids and other compounds.

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories		15
Hawthorn leaf and flower 1:2 extract from <i>Crataegus monogyna</i> leaf & flower 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 45% alcohol.

Scan for more information:



**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦



See page 143 for a guide to these dietary icons

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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Scan for more information:



# HERBAL THROAT SPRAY PHYTOSYNERGIST®

Introduced in 2002



M4465 - 25 mL (0.85 fl oz)

Herbal Throat Spray Phytosynergist® contains soothing herbs to support healthy throat tissue and mucous membranes.

These herbs have been traditionally used in herbal preparations to:

- Support healthy throat and upper gastrointestinal tissue
- Soothe mucous membranes of the throat
- Relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants
- Promote oral health\*

The combination of herbs in Herbal Throat Spray Phytosynergist® contain many phytochemicals including mucilage, essential oils (containing monoterpenes and sesquiterpenes, including eugenol), phenolic compounds, caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, triterpenoid saponins, triterpene alcohols and their esters, flavonoids, sterols, carotenes and commiphoric acids and esters.

**Suggested Use:** 4 sprays into the mouth every 1-2 hours and swallow, or as directed.

**Caution:** Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Not suitable for children under 2 years of age. ♦

### Complementary Product Support:

- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for further immune system support.
- Consider combining with Sinus Forte tablets or Broncafect® tablets for healthy respiratory tract tissue.
- Combine with Ashwagandha Complex tablets or Rhodiola & Schisandra tablets to benefit the entire body particularly in times of stress.\*

## Supplement Facts

Serving Size: 4 sprays (500 mL)  
Servings per Container: 50

	Amount per Serving	%DV
Marshmallow root 1:5 glyceract from <i>Althaea officinalis</i> root 40 mg	200 mL	†
Sage leaf 1:2 extract from <i>Salvia officinalis</i> leaf 30 mg	60 mL	†
Calendula flower 1:2 extract from <i>Calendula officinalis</i> flower 10 mg	20 mL	†
Echinacea root 1:2 extract from <i>Echinacea angustifolia</i> root 10 mg	20 mL	†
Myrrh oleo-gum resin 1:5 extract from <i>Commiphora molmol</i> stem oleo-gum resin 1 mg	5 mL	†
Clove ( <i>Syzygium aromaticum</i> ) bud essential oil	1.25 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water, glycerol, alcohol 16%, methyl hydroxybenzoate (preservative), propyl hydroxybenzoate (preservative), potassium sorbate, menthol and lemongrass oil.



Scan for more information.



**M1770 - 60 Tablets**

HerbaVital provides multi-action support for healthy aging and contains Japanese Knotweed, Milk Thistle, Korean Ginseng, Grape seed and Ginkgo leaf.

These herbs have been traditionally used in herbal preparations to:

- Support and maintain the body as it ages
- Promote vitality and stamina in older adults
- Support healthy circulation in mature men and women
- Work as a tonic to benefit the entire body\*

The combination of herbs in HerbaVital contains many compounds including phenolic compounds (including resveratrol), procyanidins, a complex mixture of steroidal saponins (called ginsenosides), flavonoids (including ginkgolides and bilobalide) and flavanolignans (collectively known as silymarin). All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality. The *Polygonum cuspidatum* contains 36 mg per tablet of resveratrol, the Grape Seed extract contains 38 mg per tablet of procyanidins, the Korean Ginseng component is standardized to contain 4.2 mg of ginsenosides (calculated as Rb2 to Rb1 is NLT 0.4 by HPLC) per tablet, the Ginkgo component contains 7.2 mg per tablet of ginkgo flavonglycosides (ginkgo flavone glycosides) and 1.8 mg per tablet of ginkgolides and bilobalide and the Milk Thistle contains 48 mg per tablet of flavanolignans.

**Suggested Use:** 1 tablet 2 – 4 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. Discontinue during an acute infection or fever. ♦

**Complementary Product Support:**

- Consider Bacopa Complex tablets to enhance mental clarity and to further support cognitive function.
- Combine with Boswellia Complex tablets to further support healthy joints.
- Consider Garlic Forte tablets for maintaining normal cholesterol levels already within a normal range.
- Combine with Gymnema tablets for support in reducing sweet cravings.
- Combine with Metabol Complex tablets to further promote general well-being and vitality.
- Consider Bone Complex tablets to support normal bone tissue, particularly in mature women.
- Consider Vitanox® tablets for additional antioxidant activity.\*

**Supplement Facts**

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	73 mg	6%
Japanese Knotweed root 100:1 extract from <i>Polygonum cuspidatum</i> root 8.0 g Containing resveratrol 36 mg	80 mg	†
Milk Thistle seed 70:1 extract from <i>Silybum marianum</i> seed 4.8 g Containing flavanolignans calc. as silybin 48 mg	68.6 mg	†
Korean Ginseng root 5:1 extract from <i>Panax ginseng</i> root 250 mg Containing ginsenosides* 4.2 mg	50 mg	†
Grape seed 120:1 extract from <i>Vitis vinifera</i> seed 4.8 g Containing procyanidins 38 mg	40 mg	†
Ginkgo leaf 50:1 extract from <i>Ginkgo biloba</i> leaf 1.5 g Containing ginkgo flavonglycosides 7.2 mg Containing ginkgolides and bilobalide 1.8 mg	30 mg	†

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, magnesium stearate, hypromellose, dextrose and silicon dioxide.

\*Rb2 to Rb1 is NLT 0.4 by HPLC

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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Scan for more information:



**M1840 - 60 Tablets**

HiPep contains Deglycyrrhizinized Licorice, Chamomile and Meadowsweet to support peptic and overall gut health.

These herbs have been traditionally used in herbal preparations to:

- Support normal function of stomach acid secretions
- Promote healthy mucosal tissue within the upper gastrointestinal tract
- Promote healthy tone and function within the upper gastrointestinal tract
- Help relieve occasional indigestion symptoms of the gastrointestinal tract, including bloating and flatulence\*

The combination of herbs in HiPep contains many compounds including flavonoids, sterols, phenolic glycosides and tannins. The essential oil contains  $\alpha$ -bisabolol and chamazulene.

**Suggested Use:** 1 tablet 3 - 5 times daily, or as directed.

**Caution:** Contraindicated in known allergy to plants of the daisy family. Meadowsweet should be avoided by persons hypersensitive to salicylates. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

**Complementary Product Support:**

- Combine with Gotu Kola Complex tablets to provide antioxidant activity.
- Combine with Neveton® Forte tablets to support healthy nervous system response and encourage balance between the body and mind.
- Consider Eleuthero tablets to enhance the body's natural ability to adapt to temporary stress.
- Combine with Kava Forte tablets to ease the effects of everyday tension and stress.\*

**Supplement Facts**

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	48 mg	4%
Deglycyrrhizinized Licorice root 27.5:1 extract from <i>Glycythiza glabra</i> root 3.42 g	125 mg	†
Chamomile flower 3.5:1 extract from <i>Matricaria recutita</i> flower 600 mg	171.4 mg	†
Meadowsweet herb 4:1 extract from <i>Filipendula ulinana</i> herb 500 mg	125 mg	†
Chamomile ( <i>Matricaria recutita</i> ) flower essential oil	5 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, magnesium stearate, hypromellose and silicon dioxide.



# KAVA FORTE Introduced in 2013



Scan for more information:



## M1345 - 40 Tablets

Kava Forte contains Kava root extracted with 100% water to promote relaxation and calm the nerves.

The compounds in Kava Forte, particularly the kavalactones, work together to traditionally help:

- Calm the nerves
- Ease the effects of temporary nervous tension and stress
- Promote relaxation and sleep
- Support muscle relaxation\*

This tablet contains Kava root extracted with 100% water, which provides an extract with a full spectrum of compounds including kavalactones. This product is standardized to contain 50 mg of kavalactones per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 – 3 times daily, or as directed.

**Caution:** US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a health care professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (eg unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment. Not for prolonged use. Do not exceed recommended dose. ♦

### Complementary Product Support:

- Combines well with Valerian Complex tablets to promote relaxation and encourage sleep.
- Consider Nevaton® Forte or St John's Wort 1.8g tablets to provide a tonic for the nervous system and ease the effects of occasional stress.
- Combine with FemCo tablets to ease the effects of everyday tension and stress.
- Consider Wild Yam Complex tablets to maintain feelings of general well-being and to calm the nerves.
- Consider Adrenal Complex tablets for adrenal support.
- Consider HiPep tablets to support normal function of stomach acid secretions.
- Consider Nervagesic tablets to support relaxation in the nervous system and muscles.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 40

	Amount per Serving	%DV
Calcium	81 mg	8%
Kava root 7:1 water extract from <i>Piper methysticum</i> root 3.2 g Containing kavalactones 50 mg	455 mg	†

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, silicon dioxide, magnesium stearate, hypromellose and sodium starch glycolate.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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See page 143 for a guide to these dietary icons



Scan for more information:



## KOREAN GINSENG 1:2 Introduced in 2001



M7160 - 200 mL (6.8 fl oz)

Korean Ginseng 1:2 contains Panax Ginseng root traditionally used to promote vitality and stamina and work as a tonic to benefit the entire body.

Korean Ginseng has been traditionally used in Chinese herbal preparations to:

- Promote vitality and stamina in people of any age
- Work as a tonic to benefit the entire body
- Maintain feelings of general well-being when experiencing temporary stress
- Help maintain proper energy\*

Korean Ginseng contains a complex mixture of steroidal saponins called ginsenosides and other compounds. Korean Ginseng 1:2 is standardized to contain 10.4 mg/mL of ginsenosides (calculated as Rb2 to Rb1 is NLT 0.4 by HPLC) to ensure optimal strength and quality.

**Suggested Use:** Dilute 2.5 mL (approx. 1/2 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. ♦

### Supplement Facts

Serving Size: 2.5 mL (1/2 tsp)  
Servings per Container: 80

	Amount per Serving	%DV
Calories	10	
Korean Ginseng main root 1:2 extract from <i>Panax ginseng</i> main root 1.25 g Containing ginsenosides* 26 mg	2.5 mL	†

†Daily Value (DV) not established.

Other Ingredients: 60% alcohol, purified water and glucose.

\*Rb2 to Rb1 is NLT 0.4 by HPLC 12





Scan for more information:



## LICORICE HIGH GRADE Introduced in 2001



M7190 - 200 mL (6.8 fl oz)

Licorice High Grade contains Licorice root which provides a multitude of health benefits for the adrenal, digestive and respiratory systems.

The phytochemicals in Licorice, particularly the glycyrrhizin, have been used traditionally for a wide range of applications to:

- Promote healthy adrenal gland function
- Support and soothe mucous surfaces of the urinary, digestive and respiratory tract
- Facilitate the body's natural ability to break up respiratory secretions
- Support healthy gastrointestinal mucosa\*

High quality Licorice contains triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, sterols and other compounds. Licorice High Grade contains a higher percentage of glycyrrhizin and is set at a minimum of 30 mg/mL of glycyrrhizin to ensure optimal strength and quality.

**Suggested Use:** Dilute 2.5 mL (approx. ½ teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. ♦

### Supplement Facts

Serving Size: 2.5 mL (1/2 tsp)  
Servings per Container: 80

	Amount per Serving	%DV
Calories	5	
Licorice root 1:1 extract from <i>Glycyrrhiza glabra</i> root 2.5 g Containing glycyrrhizin 75 mg	2.5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 20% alcohol.



See page 143 for a guide to these dietary icons

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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Scan for more information:



**LIVCO®** Introduced in 2001, Reformulated to Capsules in 2021



**M1760 - 40 Capsules | M1765 - 120 Capsules**

LivCo® contains Schisandra, Rosemary and Milk Thistle to provide liver cleansing support.

These herbs have been traditionally used in herbal preparations to:

- Aid in the elimination of naturally occurring toxins and support healthy general detoxification
- Support healthy liver function
- Support and maintain cellular health\*

The combination of herbs in LivCo® provides a range of compounds including dibenzocyclooctene lignans, phenolic diterpenes (including carnosol and rosmarinic acid), other terpenes, flavonoids and flavanolignans (collectively known as silymarin). The Milk Thistle component of this tablet is standardized to contain 24 mg of flavanolignans per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 capsule 3 – 4 times daily, or as directed.

**Caution:** Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. ♦

**Complementary Product Support:**

- Combines well with DermaCo tablets for skin health.
- Consider Vitanox® tablets for antioxidant activity.
- Consider Turmeric Forte tablets for additional liver support.
- Eliminate coffee, cola drinks, alcohol and cigarette smoking.\*

## Supplement Facts

Serving Size: 1 Capsule  
Servings per Container: 40 or 120

	Amount per Serving	%DV
Calcium	26 mg	2%
Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 1.0 g	167 mg	†
Rosemary leaf 7.5:1 extract from <i>Rosmarinus officinalis</i> leaf 500 mg	66.7 mg	†
Milk Thistle seed 70:1 extract from <i>Silybum marianum</i> seed 2.30 g Containing flavanolignans calc. as silybin 24 mg	34 mg	†

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, hypromellose, sodium starch glycolate, silicon dioxide and magnesium stearate.



# LIVTON® COMPLEX

Introduced in 2001



Scan for more information:



M1372 - 40 Tablets | M1378 - 120 Tablets

Livton® Complex is a liver tonic containing Globe Artichoke, Dandelion, Milk Thistle, Bupleurum and Fringe Tree to support healthy liver and digestive function.

These herbs have been traditionally used in herbal preparations to:

- Support healthy liver and gallbladder function
- Encourage healthy digestive function
- Support the healthy function of the organs of elimination such as liver and intestine
- Relieve occasional mild digestive discomfort, including bloating and flatulence
- Support healthy bowel regularity and consistency function
- Provide antioxidant activity\*

The herbs Globe Artichoke, Bupleurum, Dandelion Root, Milk Thistle and Fringe Tree contribute key phytochemicals to the blend such as sesquiterpene lactones, caffeic acid derivatives, flavonoids, phenolic acids, triterpenes, sterols, triterpenoid saponins (called saikosaponins), flavanolignans (collectively known as silymarin). The Milk Thistle component of this tablet is standardized to contain 80 mg per tablet of flavanolignans (calculated as silybin) to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 3 – 4 times daily, or as directed.

**Caution:** Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. ♦

### Complementary Product Support:

- Consider Colax tablets for healthy bowel function.
- Consider DiGest Forte tablets or DiGest Phytosynergist® liquid for healthy digestion.
- Consider ChelaCo tablets to support the body's natural defenses against environmental stressors.
- Eliminate coffee, cola drinks, alcohol and cigarette smoking.\*

## Supplement Facts

Serving Size: 1 Tablet

Servings per Container: 40 or 120

	Amount per Serving	%DV
Globe Artichoke leaf 4:1 extract	200 mg	†
from <i>Cynara scolymus</i> leaf 800 mg		
Dandelion root 4:1 extract	100 mg	†
from <i>Taraxacum officinale</i> root 400 mg		
Milk Thistle seed 70:1 extract	114.3 mg	†
from <i>Silybum marianum</i> seed 8.0 g		
Containing flavanolignans calculated as silybin 80 mg		
Bupleurum root 4.5:1 extract	66.7 mg	†
from <i>Bupleurum falcatum</i> root 300 mg		
Fringe Tree stem bark 3:1 extract	53.3 mg	†
from <i>Chionanthus virginica</i> stem bark 160 mg		

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, sodium starch glycolate, maltodextrin, croscarmellose sodium, silicon dioxide, hypromellose, dibasic calcium phosphate dihydrate and magnesium stearate.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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Scan for more information:



# MARSHMALLOW ROOT 1:5 GLYCETRACT Introduced in 2001



M7200 - 200 mL (6.8 fl oz)

Marshmallow Root 1:5 Glycetract contains Marshmallow root, traditionally used to support healthy mucus function and for its soothing and demulcent properties.

Marshmallow root has been traditionally used in herbal preparations to:

- Support healthy mucus function
- Support healthy mucous membranes
- Support healthy lung function
- Support healthy urinary tract function\*

Marshmallow Root 1:5 Glycetract contains mucilage and other compounds, providing all the benefits of a marshmallow extract without the alcohol.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

## Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	10	
Marshmallow root 1:5 extract from <i>Althaea officinalis</i> root 1.0 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Glycerol, purified water, potassium sorbate (preservative) and lemongrass oil (preservative).



# METABOL COMPLEX Introduced in 2018



Scan for more information:



## M1610 - 90 Tablets

Metabol Complex contains Fenugreek, Black Cumin seed, Bitter Melon and Cinnamon to provide multi-action metabolic support.

These herbs have been traditionally used in Ayurvedic herbal preparations to:

- Support the metabolism of fats and sugars
- Support normal pancreatic and liver function
- Support healthy digestive function
- Help relieve occasional indigestion symptoms of the gastrointestinal tract, such as bloating and flatulence\*

The combination of herbs in Metabol Complex provides many active compounds including essential oils (containing cinnamaldehyde and thymoquinone), steroidal saponins, flavonoids, alkaloids (trigonelline), mucilage, glycosides (including momordicins) and sesquiterpenes. This product contains Fenugreek seed extract standardized to 4-hydroxyisoleucine which is a unique amino acid compound only found in some plants. Research suggests 4-hydroxyisoleucine has beneficial properties on glucose and lipid metabolism.

**Suggested Use:** 1 tablet 3 times daily, or as directed.

**Caution:** Contraindicated in pregnancy. Not to be used during lactation unless otherwise directed by a qualified health care professional. ♦

### Complementary Product Support:

- Combine with Gymnema tablets to help reduce sweet cravings and inhibit sweet taste sensation.
- Combine with DiGest Forte tablets for additional digestion and intestinal function support.
- Combine with Turmeric Forte tablets to support a healthy inflammatory response.
- Consider Milk Thistle Forte tablets to support healthy liver function and aid in the elimination of normal toxin accumulation in the liver.
- Combine with HerbaVital tablets to support healthy circulation and general well-being.
- Combine with Garlic Forte tablets to help maintain normal cholesterol levels already within a normal range and support cardiovascular system health.
- Combine with Vitanox® tablets for additional antioxidant activity.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%DV
Calcium	37 mg	2%
Fenugreek seed 100:1 extract from <i>Trigonella foenum-graecum</i> seed 10 g containing 4-Hydroxyisoleucine 20 mg	100 mg	†
Black Cumin seed 5:1 extract from <i>Nigella sativa</i> seed 500 mg	100 mg	†
Bitter Melon fruit 6.5:1 extract from <i>Momordica charantia</i> fruit 600 mg	92.3 mg	†
Cinnamon stem bark 12:1 extract from <i>Cinnamomum verum</i> stem bark 1 g	83.3 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, croscarmellose sodium, magnesium stearate, hypromellose, dextrin and silicon dioxide.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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## MILK THISTLE 1:1 Introduced in 2001



M7210 - 200 mL (6.8 fl oz)

Milk Thistle 1:1 contains Milk Thistle fruit traditionally used to support healthy liver function.

Milk Thistle has been traditionally used in herbal preparations to:

- Support healthy liver function and tissue integrity
- Protect liver tissue by supporting normal cellular defenses
- Support the body's normal detoxification and elimination function
- Support normal bile production and secretion\*

Milk Thistle contains flavanolignans (collectively known as silymarin), flavonoids and other compounds.

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	25	
Milk Thistle fruit 1:1 extract from <i>Silybum marianum</i> fruit 5.0 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: 60% alcohol and purified water.

Scan for more information:



**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed. ♦

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements.



# MILK THISTLE FORTE Introduced in 2019



Scan for more information:



## M1620 - 60 Tablets

Milk Thistle Forte is a concentrated liver support formula containing Milk Thistle seed that helps support liver function and protect liver structure.

Milk Thistle has been traditionally used in herbal preparations to:

- Support healthy liver function and structure
- Protect liver tissue by supporting normal cellular health
- Support general healthy detoxification function and toxin elimination function
- Support normal bile production and secretion to help relieve mild symptoms of occasional mild digestive discomfort\*

Milk Thistle extract contains flavanolignans (collectively known as silymarin), flavonoids and other compounds. This product is standardized to contain 168 mg of flavanolignans per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 – 3 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. ♦

### Complementary Product Support:

- Consider LivCo® capsules for additional healthy liver function.
- Combine with Gotu Kola Complex tablets to provide further antioxidant activity and to support skin health.
- Consider Garlic Forte tablets for maintaining normal cholesterol levels already within a normal range.
- Consider Metabol Complex tablets to help support normal pancreatic and liver function.
- Combine with Vitanox® tablets for enhanced antioxidant activity.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	30 mg	2%
Milk Thistle seed 70:1 extract from <i>Silybum marianum</i> seed 16.8 g	240 mg	†
Containing flavanolignans calc. as silybin 168 mg		

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, magnesium stearate, silicon dioxide and sodium starch glycolate.

See page 143 for a guide to these dietary icons

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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Scan for more information.



## MOTHERWORT 1:2 Introduced in 2001



M7240 - 200 mL (6.8 fl oz)

Motherwort 1:2 contains Motherwort herb a traditional tonic for the heart and is also used traditionally to support healthy menstrual cycling.

Motherwort has been traditionally used in herbal preparations to:

- Work as a tonic for the heart, especially during occasional mild nervous tension
- Soothe the nervous system
- Support healthy female reproductive system health
- Support healthy menstrual cycling\*

**Motherwort contains alkaloids, flavonoids, bitter glycosides and other compounds.**

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	5	
Motherwort herb 1:2 extract from <i>Leonurus cardiaca</i> herb 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 23% alcohol.





Scan for more information:



## MYRRH FORTE Introduced in 2017



**M1600 - 60 Tablets**

Myrrh Forte is a concentrated herbal formula containing Myrrh resin known to support a healthy intestinal environment.

Myrrh is used traditionally to:

- Support healthy bowel function
- Support healthy digestion
- Support a healthy intestinal environment
- Support gastrointestinal health
- Support upper respiratory health\*

An important component of Myrrh Forte is the alcohol-soluble resin of Myrrh which contains many substances including the commiphoric acids.

### Supplement Facts

Serving Size: 4 Tablets  
Servings per Container: 15

	Amount per Serving	%DV
Calories	6	
Calcium	21 mg	2%
Myrrh resin 4:1 extract from <i>Commiphora molmol</i> stem bark resin 2 g	500 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

**Suggested Use:** 4 tablets 1-2 times daily in pulse dosing (3 days on, 4 days off), or as directed.

**Caution:** Contraindicated in known allergy to Myrrh. Contraindicated in pregnancy. Not to be used during lactation unless otherwise directed by a qualified health care professional. ♦

#### Complementary Product Support:

- Consider Echinacea Premium tablets or liquid, Astragalus Complex tablets or Andrographis Complex tablets for additional immune system support.
- Combine with Viranon tablets to promote the body's normal resistance function.
- Consider Gut Flora Complex softgels to help relieve occasional mild digestive disturbances, such as bloating or flatulence.\*



See page 143 for a guide to these dietary icons

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Scan for more information.



# NERVAGESIC Introduced in 2013



## M1790 - 60 Tablets

Nervagesic contains California Poppy, Jamaican Dogwood and *Corydalis yanhusuo* to provide relaxation and nervous system support.

These herbs have been traditionally used in herbal preparations to:

- Provide nervous system support during occasional nervous system discomfort
- Provide relief from occasional sleeplessness
- Promote relaxation of the muscles and enhance the ability to relax during the night
- Ease the effects of temporary nervous stress\*

The combination of herbs in Nervagesic contains many compounds including alkaloids, isoflavonoids and other flavonoids.

**Suggested Use:** 2 tablets 2 times daily, or as directed.

**Caution:** Contraindicated in pregnancy and lactation. ♦

### Complementary Product Support:

- Combine with Boswellia Complex tablets to support healthy joints.
- Combine with Saligesic tablets to support musculoskeletal system health.
- Combine with Valerian Complex tablets to obtain relief from occasional sleeplessness.
- Combine with Crampex tablets to provide relief from discomfort associated with menstruation.
- Consider St John's Wort 1.8g tablets as a tonic for the nervous system.
- Consider Adrenal Complex tablets to support adrenal gland health.
- Consider Kava Forte tablets to support relaxation in the nervous system and muscles.\*

## Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 30

	Amount per Serving	%DV
Calories	6	
California Poppy herb flowering 4:1 extract from <i>Eschscholzia californica</i> herb flowering 1.6 g	400 mg	†
Jamaican Dogwood stem bark 4:1 extract from <i>Piscidia piscipula</i> stem bark 800 mg	200 mg	†
<i>Corydalis yanhusuo</i> tuber 10:1 extract from <i>Corydalis yanhusuo</i> tuber 1.6 g	160 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, gum arabic, dibasic calcium phosphate dihydrate, maltodextrin, sodium starch glycolate, croscarmellose sodium, hypromellose, magnesium stearate and silicon dioxide.



Scan for more information:



## NETTLE ROOT 1:2 Introduced in 2001



M7270 - 200 mL (6.8 fl oz)

Nettle Root 1:2 contains Nettle root traditionally used to support healthy prostate gland function.

Nettle Root has been traditionally used in herbal preparations to:

- Support healthy prostate gland function
- Support normal fluid elimination via the kidneys.\*

Nettle Root contains sterols and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. The National Institute on Aging recommends that men get regular medical checkups with a thorough prostate exam. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	5	
Nettle root 1:2 extract from <i>Urtica dioica</i> root 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 23% alcohol.



See page 143 for a guide to these dietary icons

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Scan for more information:



**M1710 - 60 Tablets**

Nevaton® Forte contains Skullcap, St John's Wort, Schisandra and Saffron to support healthy nervous system function including mood balance.

These herbs have been traditionally used in herbal preparations to:

- Calm the nerves and restore balance in temporary mood swings
- Support healthy nervous system response
- Encourage balance between the body and mind
- Ease the effects of occasional mild stress
- Help promote healthy mood balance
- Provide relief from occasional sleeplessness\*

Saffron, St John's Wort, Schisandra and Skullcap provide a wide range of phytochemicals including hypericins (naphthodianthrones and pseudohypericin), flavonoids, phenolics, dibenzocyclooctene lignans, carotenoids and other compounds. The St John's Wort component of this tablet is standardized to contain 375 mcg per tablet of hypericins to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 3 – 4 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product. Not recommended in cases of known photosensitivity. ♦

**Complementary Product Support:**

- Consider Rhodiola & Ginseng Complex or Rhodiola & Schisandra tablets to further ease the effects of occasional mild stress.
- Combines well with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combine with Kava Forte tablets to calm the nerves.
- Eliminate tea, coffee, alcohol and cola drinks.\*

**Supplement Facts**

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Skullcap herb top 4:1 extract from <i>Scutellaria lateriflora</i> herb 500 mg	125 mg	†
St John's Wort herb flowering top 6:1 extract from <i>Hypericum perforatum</i> herb flowering top 750 mg Containing hypericins 375 mcg Containing flavonoid glycosides 7.5 mg	125 mg	†
Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 675 mg	112.5 mg	†
Saffron stigma 3:1 extract from <i>Crocus sativus</i> stigma 22.5 mg	7.5 mg	†

†Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, sodium starch glycolate, croscarmellose sodium, magnesium stearate, hypromellose, silicon dioxide, dibasic calcium phosphate dihydrate and dextrin.

# PROSTACO Introduced in 2005

M1382 - 120 Softgels



Scan for more information:



ProstaCo contains Saw Palmetto, Nettle Root and Crataeva in a Pumpkin seed oil base to provide prostate support.

These herbs have been traditionally used in herbal preparations to:

- Support healthy urinary tract and prostate gland function
- Support healthy bladder function\*

Key constituents of this complex include fatty acids, glycerides, sterols, lignans and polyphenols. This product is standardized to contain 96 mg per capsule of *Serenoa repens* fatty acids to ensure optimal strength and quality.

**Suggested Use:** 1 softgel 3 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. The National Institute on Aging recommends that men get regular medical checkups with a thorough prostate exam. ♦

**Complementary Product Support:**

- Combines well with Cranberry Complex tablets to support healthy urinary tract function in men.
- Combine with Cramplex tablets for easing of occasional smooth muscle spasms.
- May be combined with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.
- Diet should be high in foods containing phytoestrogens such as soy products, whole grains and seeds.\*

## Supplement Facts

	Amount per Serving	%DV
Serving Size: 1 Softgel		
Servings per Container: 120		
Calories	5	
Nettle root 6.4:1 extract from <i>Urtica dioica</i> root 666 mg	104 mg	†
Saw Palmetto fruit 10:1 extract from <i>Serenoa repens</i> fruit 1.07 g Containing fatty acids 96 mg	107 mg	†
Crataeva stem bark 10:1 extract from <i>Crataeva nurvala</i> stem bark 900 mg	90 mg	†
Pumpkin seed oil	80 mg	†

†Daily Value (DV) not established.

Other Ingredients: Olive oil, maltodextrin, gelatin, glycerol, lecithin (soy), natural color, silicon dioxide and yellow beeswax.



   See page 143 for a guide to these dietary icons

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Scan for more information:



**M1830 - 60 Tablets**

PulmaCo contains Chinese Skullcap, Malabar Nut Tree leaf, Grindelia, Turmeric, Ginkgo and Fennel to support healthy respiratory tract function.

These herbs have been traditionally used in herbal preparations to:

- Support the body’s normal cough reflex
- Support the body’s natural ability to break up and expel respiratory secretions
- Support healthy respiratory tract function
- Provide antioxidant activity\*

The combination of herbs in PulmaCo contain many compounds including alkaloids (such as vasicine), flavonoids, terpene lactones, sesquiterpene ketones, curcuminoids, diterpenoid acids, phenolic acids, anethole and fenchone. This product is standardized to contain 38 mg of curcuminoids and 4.8 mg of ginkgo flavonglycosides (ginkgo flavone glycosides) per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 3 times daily, or as directed.

**Caution:** Contraindicated in pregnancy and lactation. ♦

**Complementary Product Support:**

- For extra immune system support, consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets.
- For support of the upper respiratory tract, combine with Sinus Forte or ResCo® tablets.
- Consider AllergCo tablets to help the body respond normally to occasional seasonal stresses.
- Consider Herbal Throat Spray Phytosynergist® to soothe temporary mild throat discomfort associated with hoarseness, dry throat and irritants.\*

**Supplement Facts**

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	47 mg	4%
Chinese Skullcap root 3:1 extract from <i>Scutellaria baicalensis</i> root 600 mg	168.7 mg	†
Malabar Nut Tree leaf 5:1 extract from <i>Justicia adhatoda</i> leaf 750 mg	150 mg	†
Grindelia herb 4:1 extract from <i>Grindelia camporum</i> herb 300 mg	75 mg	†
Turmeric rhizome 25:1 extract from <i>Curcuma longa</i> rhizome 1.0 g Containing curcuminoids 38 mg	40 mg	†
Ginkgo leaf 50:1 extract from <i>Ginkgo biloba</i> leaf 1.0 g Containing ginkgo flavonglycosides 4.8 mg	20 mg	†
Fennel ( <i>Foeniculum vulgare</i> ) herb essential oil	5 mg	†

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, silicon dioxide, gum arabic, magnesium stearate and hypromellose.





## REHMANNIA 1:2 Introduced in 2001



M7360 - 200 mL (6.8 fl oz)

Rehmannia 1:2 contains Rehmannia root traditionally used to help maintain body temperature already within a normal range.

Rehmannia has been traditionally used in herbal preparations to:

- Clear heat and cool the blood
- Maintain normal body temperature
- Support healthy adrenal gland function\*

Rehmannia contains iridoid glycosides and other compounds.

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	15	
Rehmannia root 1:2 extract from <i>Rehmannia glutinosa</i> root 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 23% alcohol.

Scan for more information:



**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦



See page 143 for a guide to these dietary icons

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# REHMANNIA COMPLEX Introduced in 2004



Scan for more information:



## M1386 - 60 Tablets

Rehmannia Complex contains Rehmannia, Bupleurum, Hemidesmus and Feverfew that work to support general detoxification of the whole body.

These herbs have been traditionally used in herbal preparations to:

- Relieve occasional mild headaches associated with stress
- Support healthy general detoxification of the whole body
- Support liver health
- Relieve temporary mild joint discomfort after exercise\*

The combination of herbs in Rehmannia Complex contain many compounds including iridoid glycosides, triterpenoid saponins (called saikosaponins), other saponins, sterols, sesquiterpene lactones of the germacranolide type, particularly parthenolide and other terpenes.

**Suggested Use:** 1 tablet 2 – 4 times daily, or as directed.

**Caution:** Contraindicated in individuals with a known hypersensitivity to Feverfew, parthenolide or other members of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Complementary Product Support:

- Combine with Astragalus Complex tablets to support immune system function.
- Consider Boswellia Complex tablets for additional joint support.
- Combine with Gotu Kola Complex tablets to provide antioxidant activity.
- Combine with Rhodiola & Ginseng Complex tablets to promote vitality and stamina.
- Consider Vitanox® tablets for antioxidant activity.\*

## Supplement Facts

Serving Size: 1 Tablet

Servings per Container: 60

	Amount per Serving	%DV
Calcium	30 mg	2%
Bupleurum root 4.5:1 extract from <i>Bupleurum falcatum</i> root 700 mg	155.5 mg	†
Rehmannia root 1.4:1 extract from <i>Rehmannia glutinosa</i> root 350 mg	250 mg	†
Hemidesmus root 5:1 extract from <i>Hemidesmus indicus</i> root 500 mg	100 mg	†
Feverfew leaf & stem 5:1 extract from <i>Tanacetum parthenium</i> leaf & stem 165 mg	33 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, silicon dioxide, hypromellose and magnesium stearate.



Scan for more information:



**RESCO®** Introduced in 2001



**M1850 - 60 Tablets**

ResCo® is a respiratory support formula containing Licorice, Mullein, Euphorbia, Grindelia, Ginger, Fennel and Thyme essential oil to support healthy mucous membranes.

These herbs have been traditionally used in herbal preparations to:

- Support healthy mucous membranes within the respiratory tract
- Encourage healthy mucus function
- Support the body's normal cough reflex
- Encourage normal secretion removal from the respiratory system
- Soothe mucous membranes\*

ResCo® combines herbs and essential oils which provide respiratory system support. Mullein, Licorice, Euphorbia, Grindelia, Ginger, Thyme essential oil and Fennel essential oil provide a range of compounds including iridoids, triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, triterpenes, sterols, phenolic acids, sesquiterpene lactones, polyacetylenes, pungent principles (including gingerols), and monoterpenes (especially trans-anethole, fenchone, estragole and thymol).

**Suggested Use:** 1 tablet 3 – 4 times daily, or as directed.

**Caution:** Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. ♦

**Complementary Product Support:**

- Consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets for enhanced immune system support.
- Combine with AllergCo tablets for seasonal stress support and to maintain healthy respiratory function.
- Reduce mucus-forming foods (i.e., dairy products, refined carbohydrates, and food additives).
- Eliminate smoking.
- Combine with Herbal Throat Spray Phytosynergist® to help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants.\*

**Supplement Facts**

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	78 mg	6%
Licorice root 12:1 extract from <i>Glycyrrhiza glabra</i> root 500 mg	41.67 mg	†
Mullein leaf 4:1 extract from <i>Verbascum thapsus</i> leaf 470 mg	117.5 mg	†
Euphorbia herb 4:1 extract from <i>Euphorbia hirta</i> herb 290 mg	70 mg	†
Grindelia herb 4:1 extract from <i>Grindelia camporum</i> herb 280 mg	70 mg	†
Ginger rhizome 10:1 extract from <i>Zingiber officinale</i> rhizome 180 mg	18 mg	†
Fennel ( <i>Foeniculum vulgare</i> ) herb essential oil	12 mg	†
Thyme ( <i>Thymus vulgaris</i> ) herb flowering essential oil	12 mg	†

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

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♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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See page 143 for a guide to these dietary icons





Scan for more information:



## RESCO PHYTOSYNERGIST® Introduced in 2001



M4490 - 200 mL (6.8 fl oz)

ResCo Phytosynergist® contains herbs traditionally used to support the mucous membranes of the respiratory tract.

It contains Mullein leaf, Licorice, Elecampane, Euphorbia, Grindelia, Ginger and Fennel essential oil. These herbs have been traditionally used in herbal preparations to:

- Support healthy mucous membranes within the respiratory tract
- Encourage healthy removal of mucus
- Support the body's normal cough reflex
- Encourage normal secretion removal from the respiratory system\*

ResCo Phytosynergist® combines herbs and an essential oil which provide respiratory system support.\* These herbs provide a range of compounds including iridoids, triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, triterpenes, sterols, phenolic acids, sesquiterpene lactones, polyacetylenes, pungent principles (including gingerols), and monoterpenes (especially trans-anethole, fenchone and estragole).

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

**Caution:** Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Contraindicated in known allergy to Elecampane. ♦

### Complementary Product Support:

- Combine with Echinacea Premium tablets or liquid or Andrographis Complex tablets for additional immune system support.
- Consider Sinus Forte tablets to help maintain normal respiratory tract function and normal mucus secretion in nasal passages.
- Consider PulmaCo tablets to support the body's natural ability to break up and expel respiratory secretions.
- Eliminate smoking.\*

## Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	15	
Mullein leaf 1:2 extract from <i>Verbascum thapsus</i> leaf 625 mg	1.25 mL	†
Licorice root 1:1 extract from <i>Glycyrrhiza glabra</i> root 1 g	1.00 mL	†
Elecampane root 1:2 extract from <i>Inula helenium</i> root 372.5 mg	745 mcL	†
Euphorbia herb 1:2 extract from <i>Euphorbia hirta</i> herb 372.5 mg	745 mcL	†
Grindelia herb 1:2 extract from <i>Grindelia camporum</i> herb 372.5 mg	745 mcL	†
Ginger rhizome 1:2 extract from <i>Zingiber officinale</i> rhizome 250 mg	500 mcL	†
Fennel ( <i>Foeniculum vulgare</i> ) essential oil	15 mcL	†

† Daily Value (DV) not established.  
Other Ingredients: Purified water and 46% alcohol.

# RHODIOLA & GINSENG COMPLEX

Introduced in 2005



Scan for more information:



## M1393 - 60 Tablets

Rhodiola & Ginseng Complex is an adaptogenic tonic which contains Rhodiola root and Korean Ginseng to enhance vitality and stamina.

These herbs have been traditionally used in herbal preparations to:

- Support mental clarity and cognitive function
- Promote vitality and stamina
- Help maintain proper energy
- Support physical endurance\*

The combination of herbs in Rhodiola & Ginseng Complex contains many compounds including phenylpropanoids such as rosarin, rosavin and rosin (rosavins), salidroside (a hydroxyphenethyl glucoside), and a complex mixture of steroidal saponins (called ginsenosides). This product is standardized to contain 4.5 mg of rosavins, 1.5 mg of salidroside and 8.4 mg of ginsenosides (calculated as Rb2 to Rb1 is NLT 0.4 by HPLC) per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 - 4 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. ♦

### Complementary Product Support:

- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.
- Combines well with St John's Wort 1.8g tablets as a tonic for the nervous system.
- Consider Bacopa Complex tablets to enhance mental clarity and to further support cognitive function.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	35 mg	2%
Rhodiola root 4:1 extract from Rhodiola rosea root 600 mg Containing rosavins 4.5 mg and salidroside 1.5 mg	150 mg	†
Korean Ginseng root 5:1 extract from Panax ginseng root 500 mg Containing ginsenosides* 8.4 mg	100 mg	†

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, dextrose, hypromellose and magnesium stearate.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

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See page 143 for a guide to these dietary icons

# RHODIOLA & SCHISANDRA Introduced in 2015



Scan for more information:



## M1800 - 60 Tablets

Rhodiola & Schisandra contains Rhodiola root and Schisandra fruit to provide nervous system support during times of stress.

These herbs have been traditionally used in herbal preparations to:

- Help the body adapt to the changes of everyday life
- Maintain feelings of general well-being when experiencing temporary stress
- Help maintain proper energy and support healthy physical performance
- Work as a tonic to benefit the entire body\*

The combination of herbs in Rhodiola & Schisandra contains many compounds including phenylpropanoids such as rosarin, rosavin and rosin (rosavins), salidroside (a hydroxyphenethyl glucoside) and dibenzocyclooctene lignans including schisandrin. This product is standardized to contain 4.5 mg of rosavins and 1.5 mg of salidroside per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 – 4 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Complementary Product Support:

- Adrenal Complex tablets may be a suitable addition to support adrenal function and reduce the effects of everyday stress on the body.
- Combine with Eleuthero tablets to further enhance the body's natural ability to adapt to temporary stress.
- Consider Thyroid Complex tablets to support healthy thyroid function.
- Combine with Valerian Complex or Nervagesic tablets to provide relief from occasional sleeplessness.
- Combine with St John's Wort 1.8g tablets for additional support for healthy emotional balance.
- Consider Milk Thistle Forte tablets or ChelaCo tablets to further support healthy general detoxification function.
- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	89 mg	6%
Rhodiola root 4:1 extract from <i>Rhodiola rosea</i> root 600 mg Containing salidroside 1.5 mg and rosavins 4.5 mg	150 mg	†
Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 660 mg	110 mg	†

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, hypromellose, magnesium stearate and silicon dioxide.



## SAGE 1:2 Introduced in 2001



M7370 - 200 mL (6.8 fl oz)

Sage 1:2 contains Sage leaf traditionally used to support upper respiratory tract health.

Sage has been traditionally used in herbal preparations to:

- Support upper respiratory tract health
- Help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants.
- Support and promote oral health as a gargle
- Maintain normal body perspiration function\*

Sage contains an essential oil (containing monoterpenes, including thujone), phenolic compounds (such as rosmarinic acid) and other phytochemicals. Sage 1:2 contains a minimum of 0.64 mg/mL of essential oil to ensure optimal strength and quality.

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	15	
Sage leaf 1:2 extract	5 mL	†
from <i>Salvia officinalis</i> leaf 2.5 g		
Containing essential oils calc. as cineole and thujone 3.2 mg		

† Daily Value (DV) not established.

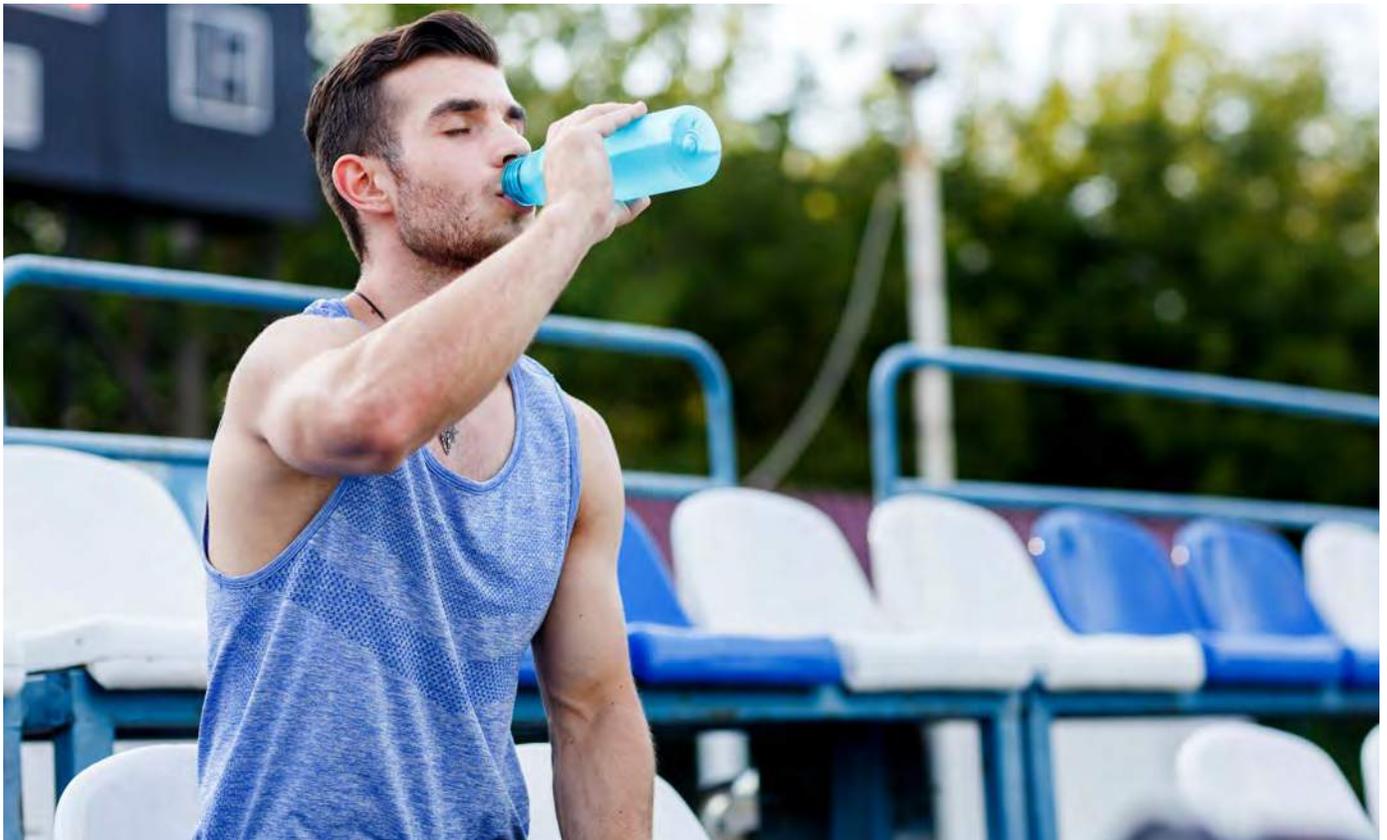
Other Ingredients: 60% alcohol and purified water.

Scan for more information:



**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. ♦



See page 143 for a guide to these dietary icons

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♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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# SALIGESIC

Introduced in 2002



Scan for more information:



## M1395 - 40 Tablets

Saligesic contains Willow stem bark and is used traditionally to support musculoskeletal system health.

### Willow stem bark is used traditionally to:

- Support musculoskeletal system health
- Help maintain and support healthy joints
- Ease the temporary mild joint and muscle discomfort associated with exercise
- Support and maintain normal body temperature already in a normal range
- Temporarily relieve mild, occasional exercise-related lower back discomfort
- Relieve temporary mild headaches caused by occasional stress\*

Saligesic contains phenolic glycosides (including salicin), flavonoids and other phenolic compounds. Saligesic is standardized to contain 60 mg of salicin per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 – 4 times daily, or as directed.

**Caution:** Contraindicated in known allergy or sensitivity to salicylates. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Complementary Product Support:

- Combine with Nervagesic tablets to relieve occasional mild muscular cramping.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combine with Rehmannia Complex tablets for relief of mild joint pain after exercise and Boswellia Complex tablets for support of healthy joints.
- Combines well with St John's Wort 1.8g tablets as a tonic for the nervous system.
- Consider Turmeric Forte tablets for additional joint support.
- Combine with Crampex tablets to provide relief from discomfort associated with menstruation.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 40

	Amount per Serving	%DV
Calcium	64 mg	4%
Willow stem bark 20:1 extract from <i>Salix purpurea</i> stem bark 8.0 g Containing salicin 60 mg	400 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, magnesium stearate, hypromellose and silicon dioxide.



## SAW PALMETTO 1:2 Introduced in 2001



M7390 - 200 mL (6.8 fl oz)

Saw Palmetto 1:2 contains Saw Palmetto fruit traditionally used to support urinary tract and prostate gland function.

Saw Palmetto has been traditionally used in Western herbal preparations to:

- Support healthy urinary tract and prostate gland function
- Act as a nutritive tonic to the reproductive system
- Support healthy bladder function\*

Saw Palmetto contains free fatty acids, glycerides, sterols and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. The National Institute on Aging recommends that men get regular medical checkups with a thorough prostate exam. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	10	
Saw Palmetto fruit 1:2 extract from <i>Serenoa repens</i> fruit 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 45% alcohol.

Scan for more information:



## SCHISANDRA 1:2 Introduced in 2001



M7400 - 200 mL (6.8 fl oz)

Schisandra 1:2 contains Schisandra fruit traditionally used to support healthy adrenal and liver function.

Schisandra has been traditionally used in herbal preparations to:

- Support liver and adrenal gland function
- Support healthy energy and stamina
- Support healthy detoxification function and act as a kidney tonic
- Ease the effects of everyday tension and stress\*

Schisandra contains dibenzocyclooctene lignans and other substances.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	15	
Schisandra fruit 1:2 extract from <i>Schisandra chinensis</i> fruit 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 60% alcohol.

Scan for more information:



See page 143 for a guide to these dietary icons

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♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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# SINUS FORTE

Introduced in 2017



Scan for more information:



## M1427 - 60 Tablets

Sinus Forte contains Eyebright, Golden Rod, Echinacea, Golden Seal and Cayenne to support healthy upper respiratory mucous membranes.

These herbs have been traditionally used in herbal preparations to:

- Maintain healthy and normal mucus secretion in nasal passages
- Support healthy mucous membranes (particularly of the nose and sinus)
- Assist in maintaining healthy breathing passages to support normal breathing
- Support outer ocular health\*

The five powerful herbs in Sinus Forte contain iridoid glycosides (especially aucubin), saponins, flavonoids, diterpenoid lactones, caffeic acid derivatives (especially cichoric acid), alkylamides, alkaloids (especially hydrastine and berberine), pungent principles (particularly capsaicin), carotenoids and other compounds.

**Suggested Use:** 1 tablet 3 – 4 times daily, or as directed.

**Caution:** Contraindicated in pregnancy and lactation. Contraindicated in known allergy to Golden Rod. ♦

### Complementary Product Support:

- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for extra immune system support.
- Consider Vitanox® tablets for antioxidant activity.
- Combine with AllergCo tablets to maintain normal respiratory tract function.
- Combine with Herbal Throat Spray Phytosynergist® to soothe the throat.
- Reduce or eliminate dietary intake of dairy products, refined carbohydrates, coffee, tea and alcohol.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Eyebright herb 4:1 extract from <i>Euphrasia officinalis</i> herb 650 mg	162.5 mg	†
Golden Rod herb 4:1 extract from <i>Solidago virgaurea</i> herb 650 mg	162.5 mg	†
Echinacea root 4:1 extract from <i>Echinacea purpurea</i> root 370 mg	92.5 mg	†
Golden Seal root & rhizome 1.8:1 extract from <i>Hydrastis canadensis</i> root & rhizome 125 mg	69.5 mg	†
Cayenne fruit 3:1 extract from <i>Capsicum annuum</i> fruit 10 mg	3.33 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, maltodextrin, dibasic calcium phosphate dihydrate, croscarmellose sodium, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.



## SKULLCAP 1:2 Introduced in 2001



M7430 - 200 mL (6.8 fl oz)

Skullcap 1:2 contains Skullcap herb traditionally used to support nervous system health.

Skullcap has been traditionally used in herbal preparations to:

- Support nervous system health
- Relieve temporary, mild nervous tension/stress
- Help relieve mild nervousness
- Relieve temporary, mild sleeplessness
- Relax and soothe temporary tension associated with the menstrual cycle\*

Skullcap contains flavonoids, particularly baicalin and scutellarin and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	15	
Skullcap herb 1:2 extract from <i>Scutellaria latiflora</i> herb 2.5 g	5 mL	†

†Daily Value (DV) not established

Other Ingredients: Purified water, 45% alcohol.

Scan for more information:



See page 143 for a guide to these dietary icons

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♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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# ST JOHN'S WORT 1.8G Introduced in 2001



Scan for more information:



## M1795 - 60 Tablets

St John's Wort 1.8g is a nervous system support formula containing St John's Wort traditionally known to support healthy mood.

The compounds in St John's Wort have been used traditionally to:

- Help maintain healthy emotional balance
- Support the body to cope with occasional stress of everyday life
- Help support healthy mood balance
- Help relieve occasional sleeplessness/restlessness
- Help relieve mild temporary nervous tension and stress\*

St John's Wort 1.8g contains the naphthodianthrone hypericin and pseudohypericin (hypericins), flavonoids, phenolics and other compounds. This product is standardized to contain 900 mcg of hypericins and 18 mg of flavonoid glycosides per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 – 3 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product. ♦

### Complementary Product Support:

- Combine with Echinacea Premium tablets or liquid for enhanced immune system support.
- Combines well with Nevaton® Forte tablets for further healthy nervous system response.
- Consider Ashwagandha Complex tablets or Rhodiola & Ginseng Complex tablets to help maintain feelings of general well-being when experiencing temporary stress.
- Combine with Kava Forte tablets to calm the nerves.
- Consider FemCo tablets to additionally ease everyday tension.
- Consider Valerian Complex tablets to promote relaxation and encourage sleep.
- Consider Nervagesic to provide relief from occasional sleeplessness.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	87 mg	6%
St John's Wort herb flowering top 8:1 extract from <i>Hypericum perforatum</i> herb flowering top 1.8 g	300 mg	†
Containing hypericins	900 mcg	
Containing flavonoid glycosides	18 mg	

† Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, hypromellose, silicon dioxide and magnesium stearate.



Scan for more information:



## ST JOHN'S WORT 1:2 Introduced in 2006



M7440 - 200 mL (6.8 fl oz)

St John's Wort 1:2 contains St John's Wort flowering herb traditionally used as a tonic for the nervous system.

St John's Wort has been traditionally used in herbal preparations to:

- Calm the nerves and restore healthy mood balance
- Relieve occasional, mild sleeplessness
- Provide a tonic for the nervous system to help ease the effects of occasional stress\*

St John's Wort contains the naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids, phenolics and other compounds. St John's Wort 1:2 contains a minimum of 0.2 mg/mL of hypericins to ensure optimal strength and quality.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	20	
St John's Wort flowering herb 1:2 extract	5 mL	†
from <i>Hypericum perforatum</i> flowering herb 2.5 g		
Containing hypericins 0.8 mg		
† Daily Value (DV) not established.		

Other Ingredients: Purified water and 45% alcohol.



See page 143 for a guide to these dietary icons

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♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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Scan for more information:



## ST JOHN'S WORT HIGH GRADE 1:2 Introduced in 2001

VEGAN

V

M7450 - 200 mL (6.8 fl oz)

St John's Wort High Grade 1:2 contains St John's Wort flowering herb traditionally used as a tonic for the nervous system.

St John's Wort has been traditionally used in herbal preparations to:

- Relieve mild nervous tension and support healthy mood balance
- Relieve occasional, mild sleeplessness
- Provide a tonic for the nervous system to help ease the effects of occasional stress\*

High quality St John's Wort contains the naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids, phenolics and other compounds. St John's Wort High Grade 1:2 contains a higher percentage of hypericins than the regular St John's Wort product. This product contains a minimum of 0.4 mg/mL of hypericins to ensure optimal strength and quality.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product. ♦

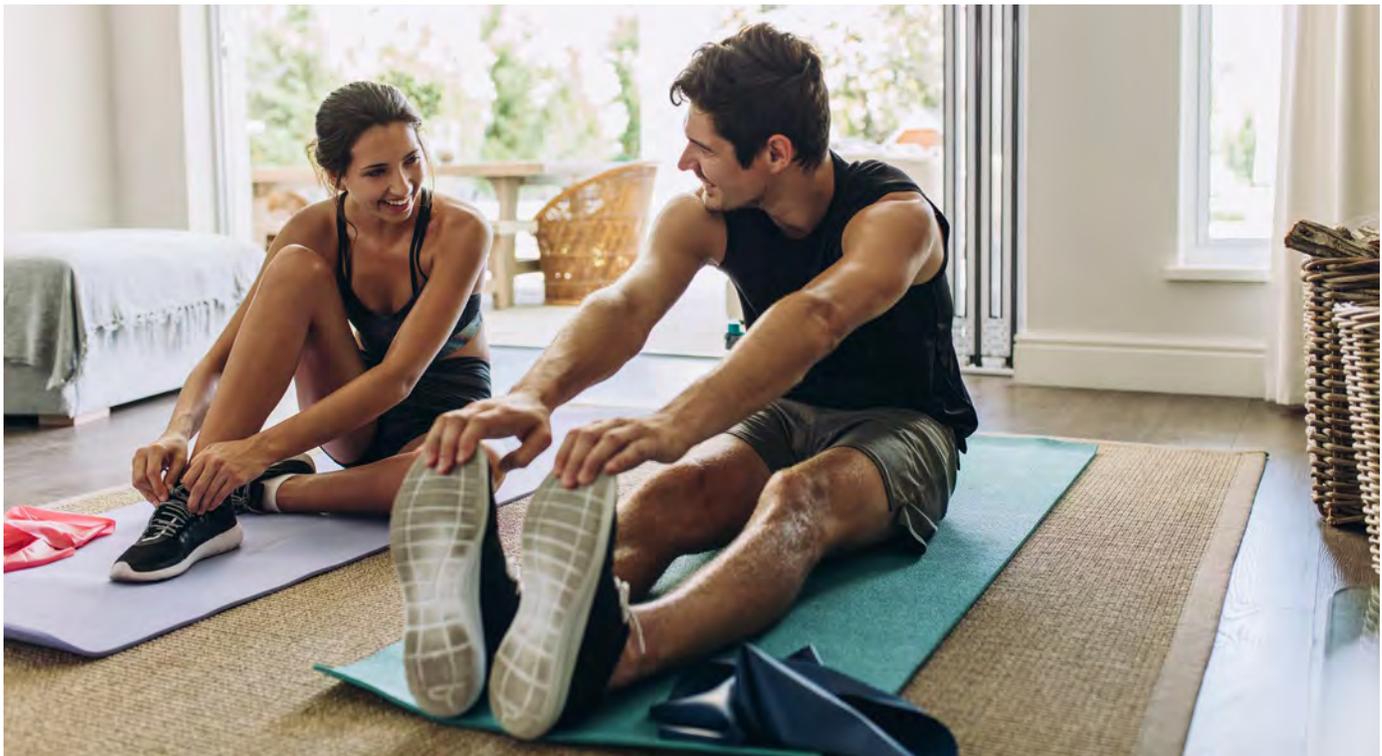
### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	15	
St John's Wort flowering herb 1:2 extract	5 mL	†
from <i>Hypericum perforatum</i> flowering herb 2.5 g		
Containing hypericins 2.0 mg		

†Daily Value (DV) not established.

Other Ingredients: 60% alcohol and purified water.





Scan for more information:



## THYROID COMPLEX Introduced in 2004



M1435 - 40 Tablets | M1437 - 120 Tablets

Thyroid Complex contains Bladderwrack, Ashwagandha and Bacopa to support healthy thyroid function.

These herbs have been traditionally used in herbal preparations to:

- Support healthy thyroid function important for normal energy production
- Maintain normal thyroid function
- Help assist the body in achieving normal basal metabolism through supporting healthy thyroid function\*

The combination of herbs in Thyroid Complex contain many compounds including trace minerals (including iodine), polyphenols, steroidal compounds (including withanolides), triterpenoid saponins such as bacosides, alkaloids and flavonoids.

**Suggested Use:** 1 tablet daily, or as directed.

**Caution:** Contraindicated in pregnancy and lactation. Contraindicated in hyperthyroidism and related cardiac problems. If you have a thyroid condition use strictly under physician direction. ♦

**Complementary Product Support:**

- Consider Coleus Forte tablets to support cardiovascular health.
- Consider ChelaCo tablets to support the body's healthy general detoxification function.
- Combine with Eleuthero tablets or Rhodiola & Schisandra tablets to help the body adapt to the changes of everyday life.
- Consider Rehmannia Complex tablets to support liver health and healthy detoxification of the whole body.
- Combine with Vitanox® tablets for antioxidant activity.
- Consider Gotu Kola Complex tablets to support healthy skin and to provide antioxidant activity.\*

### Supplement Facts

Serving Size: 1 Tablet Servings per Container: 40 or 120		
	Amount per Serving	%DV
Calories	45 mg	4%
Iodine (from Bladderwrack whole plant)	300 mcg	200%
Bladderwrack whole plant 5:1 extract from <i>Fucus vesiculosus</i> whole plant 1.5 g	300 mg	†
Withania (Ashwagandha) root 10:1 extract from <i>Withania somnifera</i> root 1.20 g	120 mg	†
Bacopa herb 20:1 extract from <i>Bacopa monnieri</i> herb 2.5 g Containing bacosides 32.5 mg	125 mg	†

†Daily Value (DV) not established.  
Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, magnesium stearate, sodium starch glycolate, silicon dioxide and hypromellose.

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See page 143 for a guide to these dietary icons

# TONGKAT ALI

Introduced in 2022



Scan for more information:



## M1910 - 40 Tablets

Tongkat Ali, an herbal testosterone support supplement for older men, supports normal testosterone production and healthy sexual interest.\*

It can be used in older men to help:

- Support healthy sexual interest
- Support normal testosterone production/synthesis
- Support normal healthy testosterone levels
- Maintain normal free testosterone levels
- Support general wellbeing and vitality\*

Tongkat Ali contains a clinically trialed and standardized root extract of the revered Southeast Asian herb, *Eurycoma longifolia*, also called 'Malaysian ginseng' or 'Long Jack'. This specific Tongkat Ali extract has been studied extensively in clinical trials.

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 40

	Amount per Serving	%DV
Calcium	55 mg	4%
Tongkat Ali root 100:1 extract from <i>Eurycoma longifolia</i> root 10 g	100 mg	†

† Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, magnesium stearate, silicon dioxide and hypromellose.

**Suggested Use:** 1 tablet 2 times daily, or as directed.

**Caution:** Prescribe with caution in patients taking propranolol. May reduce absorption and bioavailability of drug. ♦

### Complementary Product Support:

- Combine with Tribulus to help support normal reproduction function and hormone production in men
- Combine with Ashwagandha Forte, a rejuvenative tonic to support the body's natural immune system and for stress/adrenal support
- Combine with Rhodiola & Ginseng Complex to promote vitality and stamina and help maintain proper energy\*



## PRODUCTS

# TRIBULUS Introduced in 2001



Scan for more information:



## M1445 - 40 Tablets

Tribulus contains an extract of *Tribulus terrestris* herb to support healthy libido, stamina and female reproductive function.

This herb is traditionally used in herbal preparations to:

- Support healthy libido in women and men
- Promote normal menstrual flow
- Tonify and promote vitality
- Promote an overall feeling of well-being\*

Tribulus contains an extract of *Tribulus terrestris* herb (aerial parts – leaves and stems) and contains steroidal saponins, mainly furostanol glycosides (including protodioscin and protogracillin) and small quantities of spirostanol glycosides, sterols and other compounds. This product is standardized to contain 90 mg per tablet of furostanol saponins to ensure optimal strength and quality. Protodioscin, a furanostanol saponin from *Tribulus terrestris*, is considered responsible for the plant's supportive effects on libido and vitality.\*

**Suggested Use:** 1 tablet 1 – 3 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Complementary Product Support:

- Combine with Rhodiola & Ginseng Complex tablets or Ashwagandha Complex tablets to enhance stamina and vitality.
- Combine with Wild Yam Complex tablets to provide relief from mild discomfort associated with menopause.
- Combine with FemCo tablets, Chaste Tree tablets or liquid to help support female reproductive system health.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 40

	Amount per Serving	%DV
Calcium	63 mg	4%
Tribulus herb (aerial parts): 90:1 extract from <i>Tribulus terrestris</i> herb (aerial parts) 12 g Containing furostanol saponins as protodioscin 90 mg	416 mg	

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, magnesium stearate, sodium starch glycolate, hypromellose and silicon dioxide.



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Scan for more information:



## TURMERIC 1:1 Introduced in 2001



M7470 - 200 mL (6.8 fl oz)

Turmeric 1:1 contains Turmeric rhizome traditionally used to support a healthy inflammatory response.

Turmeric has been traditionally used in herbal preparations to:

- Maintain and support healthy joints
- Support healthy liver function and bile secretion
- Help aid digestion
- Provide antioxidant activity and support the body's normal response to environmental stressors\*

Turmeric contains an essential oil (which contains sesquiterpenes) and yellow pigments referred to as diarylheptanoids (including curcumin).

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	15	
Turmeric rhizome 1:1 extract from <i>Curcuma longa</i> rhizome 5.0 g	5 mL	†
Containing curcuminoids 10 mg		

†Daily Value (DV) not established.

Other Ingredients: 69% alcohol and purified water.



# TURMERIC FORTE Introduced in 2018



Scan for more information:



**M1448 - 60 Tablets | M1670 - 180 Tablets**

Turmeric Forte contains a bioavailable form of Turmeric rhizome and Fenugreek seed to support a healthy inflammatory response.

These herbs and their constituents:

- Support a healthy inflammatory response
- Maintain and support healthy joints
- Support healthy liver function and healthy digestion
- Provide antioxidant activity\*

Turmeric Forte is a formulation of Turmeric rhizome and Fenugreek seed extracts to enhance absorption and improve bioavailability<sup>†</sup> of curcuminoids, the active constituents of Turmeric. Turmeric rhizome provides turmeric curcuminoids, including curcumin, demethoxycurcumin and bisdemthoxycurcumin. This product is standardized to total curcuminoids and to curcumin, to ensure optimal strength and quality.

<sup>†</sup> Contains dietary ingredient (formulation of curcumin with fenugreek dietary fiber), found to have enhanced bioavailability of curcuminoids than unformulated curcumin.<sup>1</sup>

1. Kumar D, Jacob D, Subhash PS et al. *J Funct Foods* 2016; 22, 578-587

**Suggested Use:** 1 tablet 1 – 2 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

**Complementary Product Support:**

- Combine with Boswellia Complex tablets for healthy circulation and additional joint support.
- Combine with LivCo<sup>®</sup> tablets to support healthy liver function.
- Combine with Metabol Complex tablets to support metabolism of fats and sugars.
- Combine with Vitanox<sup>®</sup> tablets for additional antioxidant activity.
- Combine with DiGest Forte tablets to support healthy digestion and intestinal function.
- Combine with Saligesic tablets to temporarily relieve exercise-related lower back discomfort.
- Consider Vascular Care Complex tablets to support healthy peripheral circulation.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60 or 180

	Amount per Serving	%DV
Fenugreek seed 5:5:1 extract from <i>Trigonella foenum-graecum</i> seed 731.5 mg	133 mg	†
Turmeric rhizome 55:1 extract from <i>Curcuma longa</i> rhizome 6.44 g Containing curcuminoids 101.3 mg Containing curcumin 82.5 mg	117 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, magnesium stearate, silicon dioxide, hypromellose and dibasic calcium phosphate dihydrate.

See page 143 for a guide to these dietary icons

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# URICO PHYTOSYNERGIST® Introduced in 2001



M4500 - 200 mL (6.8 fl oz)



Scan for more information:



UriCo Phytosynergist® contains Couch Grass, Echinacea, Licorice and Buchu, herbs traditionally used to support healthy urinary tract function.

These herbs have been traditionally used in herbal preparations to:

- Support healthy mucous membranes within the urinary tract
- Support healthy urinary tract function
- Maintain healthy urinary tract tissue\*

The herbs in UriCo Phytosynergist® provide a range of compounds including mucilage, an essential oil (consisting mainly of the monoterpene diosphenol), flavonoids, caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, triterpenoid saponins (especially glycyrrhizin) and other saponins.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

**Caution:** Contraindicated in known allergy to plants of the daisy family. Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Not to be taken long-term. ♦

### Complementary Product Support:

- Combine with Echinacea Premium tablets or liquid or Andrographis Complex tablets for additional immune system support.
- Consider Golden Seal 500mg tablets for mucous membrane health.
- Increase water intake.\*

## Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	10	
Couch Grass rhizome 1:1 extract from <i>Elymus repens</i> rhizome 1.5 g	1.50 mL	†
Echinacea root 1:2 extract from <i>Echinacea angustifolia</i> root 625 mg	1.25 mL	†
Licorice root 1:1 extract from <i>Glycyrrhiza glabra</i> root 1.25 g	1.25 mL	†
Buchu leaf 1:2 extract from <i>Agathosma betulina</i> leaf 500 mg	1.00 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 40% alcohol.





## VALERIAN 1:2 Introduced in 2001



M7490 - 200 mL (6.8 fl oz)

Valerian 1:2 contains Valerian root traditionally used to promote relaxation and encourage sleep.

Valerian has been traditionally used in herbal preparations to:

- Support nervous system health
- Promote relaxation and encourage sleep
- Ease the effects of temporary or occasional mild stress\*

Valerian contains iridoids (known as valepotriates), an essential oil, cyclopentane sesquiterpenes (including valerenic acid) and other compounds.

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	15	
Valerian root 1:2 extract from <i>Valeriana officinalis</i> root 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 45% alcohol.

Scan for more information:



**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

## VALERIAN COMPLEX Introduced in 2001



M1880 - 60 Tablets

Valerian Complex contains Valerian, Passion Flower and Jujube seed to promote relaxation and sleep.

These herbs have been traditionally used in herbal preparations to:

- Relieve mild nervous tension
- Helps relieve occasional sleeplessness
- Promote relaxation
- Ease the effects of temporary or occasional stress\*

This combination of herbs contains many compounds including iridoids (known as valepotriates), an essential oil, cyclopentane sesquiterpenes (including valerenic acid), flavonoids and dammarane-type saponins called jujubosides.

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Calcium	64 mg	4%
Valerian root & rhizome 5:1 extract from <i>Valeriana officinalis</i> root & rhizome 700 mg	140 mg	†
Passion Flower herb 5:1 extract from <i>Passiflora incarnata</i> herb 500 mg	100 mg	†
Jujube seed 10:1 extract from <i>Ziziphus jujuba</i> var. <i>spinosa</i> seed 900 mg	90 mg	†

†Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, magnesium stearate, maltodextrin, hypromellose and silicon dioxide.

Scan for more information:



**Suggested Use:** 1 tablet 2 – 4 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

#### Complementary Product Support:

- Consider St John's Wort 1.8g tablets as a tonic for the nervous system.
- Consider HiPep tablets to support normal function of stomach acid secretions.
- If occasional sleep difficulty is due to temporary stresses of everyday life, combine with Ashwagandha Complex tablets.
- Combine with Kava Forte tablets or Nervagesic tablets to further encourage sleep.\*

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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See page 143 for a guide to these dietary icons



Scan for more information:



**M1785 - 60 Tablets**

Vascular Care Complex contains Butcher’s Broom, Horsechestnut seed and Ginkgo leaf to provide healthy circulation support for the vascular system.

These herbs have been traditionally used in herbal preparations to:

- Assist healthy blood circulation
- Assist in the maintenance of healthy peripheral circulation
- Support and maintain healthy tissue fluid levels, including in the legs
- Provide support for the vascular system in the occurrence of occasional, mild constipation\*

The herbs in Vascular Care Complex contain steroidal saponins, other saponins (a complex mixture known as escin), flavonoids, lipids, sterols, terpene lactones (including ginkgolides) and other phytochemicals. All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality. The Horsechestnut component is standardized to contain 36 mg of escin per tablet, the Butcher’s Broom contains 20 mg per tablet of ruscogenin and the Ginkgo component contains 7.3 mg per tablet of ginkgo flavonglycosides (ginkgo flavone glycosides).

**Suggested Use:** 1 tablet 2 – 3 times daily, or as directed. Enteric coated tablets. Do not break or crush

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

**Complementary Product Support:**

- Combines well with Gotu Kola Complex tablets to support healthy skin, promote healthy blood circulation and provide antioxidant activity.
- Combines well with Garlic Forte tablets to support cardiovascular system health.
- Combine with Turmeric Forte tablets to support healthy inflammatory response.
- Consider Vitanox® tablets for antioxidant activity.
- Avoid excessive saturated fat in the diet.\*

**Supplement Facts**

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	%DV
Butcher’s Broom root & rhizome 4:1 extract	200 mg	†
from <i>Ruscus aculeatus</i> root & rhizome 800 mg		
Containing ruscogenin 20 mg		
Horsechestnut seed 6:1 extract	200 mg	†
from <i>Aesculus hippocastanum</i> 1.2 g		
Containing escin 36 mg		
Ginkgo leaf 50:1 extract	30.5 mg	†
from <i>Ginkgo biloba</i> leaf 1.5 g		
Containing ginkgo flavonglycosides 7.3 mg		

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, dextrose, sodium starch glycolate, ethyl cellulose, ammonium hydroxide, fatty acids, oleic acid, silicon dioxide, magnesium stearate, sodium carboxymethylcellulose, talc (magnesium silicate) and polydextrose.



Scan for more information:



## VIRANON Introduced in 2017



### M1456 - 90 Tablets

Viranon is an immune support formula containing Thuja, St John's Wort and Licorice to support the body's normal resistance function.

These herbs have been traditionally used in herbal preparations to:

- Help maintain and support healthy immune system function, regulation and response
- Help promote the body's normal resistance function
- Encourage the body's normal healthy defense system by supporting healthy immune system function\*

This combination of herbs provides many phytochemicals including an essential oil (containing monoterpenes and other terpenes), the naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids, phenolics, triterpenoid saponins (especially glycyrrhizin) and other saponins. This product contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The St John's Wort component is standardized to contain 675 mcg of hypericins per tablet, and the Licorice component of this tablet is standardized to contain 30 mg of glycyrrhizin per tablet.

**Suggested Use:** 1 tablet 3 times daily, or as directed.

**Caution:** Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV radiation (e.g. sunlight, tanning) when using this product. Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Best avoided in epilepsy. ♦

#### Complementary Product Support:

- Consider Echinacea Premium tablets or liquid, Astragalus Complex tablets or Andrographis Complex tablets for additional immune system support.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of upper respiratory health.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 90

	Amount per Serving	%DV
Thuja leaf 3:1 extract from <i>Thuja occidentalis</i> leaf 200 mg	66.7 mg	†
St John's Wort herb flowering top 8:1 extract from <i>Hypericum perforatum</i> herb flowering top 1.35 g Containing hypericins 675 mcg	225 mg	†
Licorice root 12:1 extract from <i>Glycyrrhiza glabra</i> root 2.0 g Containing glycyrrhizin 30 mg	241.7 mg	†

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, silicon dioxide, magnesium stearate and hypromellose.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 269. Please consult the product packaging label for the most accurate product information.

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See page 143 for a guide to these dietary icons



Scan for more information:



## VITANOX<sup>®</sup> Introduced in 2001



M1462 - 40 Tablets | M1468 - 120 Tablets

Vitanox<sup>®</sup> is an antioxidant support formula which contains Rosemary, Green Tea, Turmeric and Grape Seed.

These herbs have been used in herbal preparations to:

- Provide antioxidant activity
- Support healthy circulation and vascular integrity
- Support general health and well-being
- Support and maintain cellular health\*

The herbs in Vitanox<sup>®</sup> provide phenolic diterpenes (including carnosol and rosmarinic acid), polyphenols including epigallocatechin gallate, essential oils containing sesquiterpenes, yellow pigments referred to as diarylheptanoids (including curcumin), flavonoids, triterpenoids and oligomeric procyanidins. This product is standardized to contain 83.35 mg of catechins, 70.4 mg of curcuminoids and 42.5 mg of procyanidins in each tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 1 – 2 times daily, or as directed.

**Caution:** Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. ♦

### Complementary Product Support:

- Combine with Ginkgo Forte tablets or Bilberry 6000mg tablets for additional antioxidant activity.
- Combine with Gotu Kola Complex tablets for additional antioxidant activity, to promote healthy blood circulation, to promote healthy skin and to support healthy capillaries.
- Combine with Metabol Complex tablets to support antioxidant activity against free radicals formed in the body during normal metabolism.
- Consider Turmeric Forte tablets for additional antioxidant activity.
- Combines well with Hawthorn tablets to help maintain healthy circulation.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 40 or 120

	Amount per Serving	%DV
Calcium	38 mg	2%
Rosemary leaf 7.5:1 extract from <i>Rosmarinus officinalis</i> leaf 1.0 g	133.4 mg	†
Green Tea leaf 25:1 extract from <i>Camellia sinensis</i> leaf 4.2 g Containing catechins 83.35 mg	166.7 mg	†
Turmeric rhizome 25:1 extract from <i>Curcuma longa</i> rhizome 2.0 g Containing curcuminoids 70.4 mg	80 mg	†
Grape seed 120:1 extract from <i>Vitis vinifera</i> seed 6.0 g Containing procyanidins 42.5 mg	50 mg	†

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, silicon dioxide, hypromellose and magnesium stearate.



## WHITE PEONY 1:2 Introduced in 2001



M7510 - 200 mL (6.8 fl oz)

White Peony 1:2 contains White Peony root traditionally used to support women's health and general well-being.

White Peony has been traditionally used in herbal preparations to:

- Support women's general well-being
- Support normal functioning within the upper female reproductive tract
- Support a regular, healthy menstrual cycle
- Ease the effects of cramping and temporary feelings of tension associated with the menstrual cycle\*

White Peony contains a unique monoterpene glycoside called paeoniflorin and other phytochemicals.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

### Supplement Facts

Serving Size: 5 mL (1 tsp)  
Servings per Container: 40

	Amount per Serving	%DV
Calories	10	
White Peony root 1:2 extract from <i>Paeonia lactiflora</i> root 2.5 g	5 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 45% alcohol.

Scan for more information:



See page 143 for a guide to these dietary icons

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## WILD YAM COMPLEX Introduced in 2001



Scan for more information:



M1470 - 40 Tablets | M1475 - 120 Tablets

Wild Yam Complex is a menopause support formula containing Wild Yam root, Shatavari root, St John's Wort, Sage, Black Cohosh and Korean Ginseng.

These herbs have been traditionally used in herbal preparations to:

- Provide relief from mild discomfort associated with menopause
- Maintain feelings of general well-being
- Calm the nerves and support healthy mood balance
- Provide antispasmodic activity to ease occasional spasms associated with the menstrual cycle\*

This combination of herbs contains many compounds including steroidal saponins (such as shatavarin-I and dioscin), ginsenosides, an essential oil (containing monoterpenes, including thujone), triterpene glycosides, phenolic compounds (such as rosmarinic acid), naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids and phenolics. This tablet contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The St John's Wort component of this tablet is standardized to contain 300 mcg of hypericins per tablet, and the Korean Ginseng component contains 1.3 mg per tablet of ginsenosides (calculated as Rb2 to Rb1 is NLT 0.4 by HPLC).

**Suggested Use:** 1 tablet 3 – 4 times daily, or as directed.

**Caution:** Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. ♦

### Complementary Product Support:

- Combine with Tribulus tablets to support healthy libido and overall feelings of well-being.
- Consider St John's Wort 1.8g tablets or Nevaton® Forte tablets as a tonic for the nervous system.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combine with Chaste Tree tablets to ease discomfort associated with the menstrual cycle.
- Combine with Kava Forte tablets to calm the nerves.\*

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 40 or 120

	Amount per Serving	%DV
Wild Yam root & rhizome 5:1 extract from <i>Dioscorea villosa</i> root & rhizome 400 mg	80 mg	†
Shatavari root 2:1 extract from <i>Asparagus racemosus</i> root 400 mg	200 mg	†
St John's Wort herb flowering top 6:1 extract from <i>Hypericum perforatum</i> herb flowering top 600 mg Containing hypericins 300 mcg	100 mg	†
Sage leaf 5:1 extract from <i>Salvia officinalis</i> leaf 290 mg	58 mg	†
Black Cohosh root 5:1 extract from <i>Actaea racemosa</i> root 100 mg	20 mg	†
Korean Ginseng root 5:1 extract from <i>Panax ginseng</i> root 75 mg Containing ginsenosides 1.3 mg	15 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, sodium starch glycolate, dibasic calcium phosphate dihydrate, silicon dioxide, magnesium stearate, hypromellose and dextrose.



Scan for more information:



## WORMWOOD 1:5 Introduced in 2001



M7540 - 200 mL (6.8 fl oz)

Wormwood 1:5 contains Wormwood herb traditionally used to support a healthy intestinal environment.

Wormwood has been traditionally used in herbal preparations to:

- Stimulate healthy digestion, as a bitter tonic
- Support healthy digestive function and intestinal environment
- Relieve temporary mild digestive discomfort, including flatulence and bloating\*

Wormwood contains bitter substances (including sesquiterpene lactones such as absinthin), an essential oil which contains thujone and other compounds.

**Suggested Use:** Dilute 1 mL (approx. 50 drops) in water or juice once per day, or as directed.

**Caution:** Contraindicated in pregnancy and lactation. ♦

### Supplement Facts

Serving Size: 1 mL (50 drops)  
Servings per Container: 200

	Amount per Serving	%DV
Calories	5	
Wormwood herb 1:5 extract from <i>Artemisia absinthium</i> herb 200 mg	1 mL	†

†Daily Value (DV) not established.

Other Ingredients: Purified water and 45% alcohol.

## WORMWOOD COMPLEX Introduced in 2003



M1490 - 120 Tablets

Wormwood Complex contains *Stemona*, Wormwood, Black Walnut Hulls and Clove which work to support a healthy intestinal environment.

These herbs have been traditionally used in herbal preparations to:

- Promote healthy intestinal motility
- Stimulate digestion
- Help relieve temporary, mild digestive discomfort
- Encourage a healthy intestinal environment\*

The combination of herbs and essential oil in Wormwood Complex contains many phytochemicals including sesquiterpene lactones, terpenes, thujone, 1,4-naphthoquinones, alkaloids, flavonoids, tannins and phenolic acids.

**Suggested Use:** 2 tablets 2 – 3 times daily before meals for 10 days repeated after a 10-day break, or as directed.

**Caution:** Contraindicated in pregnancy and lactation. ♦

#### Complementary Product Support:

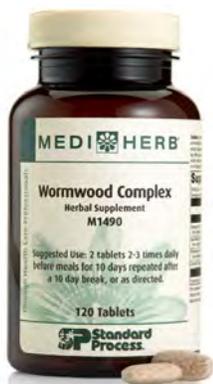
- Consider Garlic Forte tablets to support immune system health.
- Combine with Gut Flora Complex softgels to help encourage a healthy intestinal environment, relieve mild gastrointestinal discomfort and support a healthy immune system.
- Consider Echinacea Premium tablets or liquid or Andrographis Complex tablets for enhanced immune system support.
- Consider DiGest Forte tablets or DiGest Phytosynergist® liquid to support healthy digestion and intestinal function.\*

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 120

	Amount per Serving	%DV
Stemona root 5:1 extract from <i>Stemona sessilifolia</i> root 1.0 g	200 mg	†
Black Walnut hull 4:1 extract from <i>Juglans nigra</i> hull 100 mg	25 mg	†
Wormwood herb 4:1 extract from <i>Artemisia absinthium</i> herb 100 mg	25 mg	†
Clove bud ( <i>Syzygium aromaticum</i> ) essential oil	20 mg	†

†Daily Value (DV) not established.  
Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, silicon dioxide, hypromellose, magnesium stearate and maltodextrin.



Scan for more information:



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See page 143 for a guide to these dietary icons

# CATEGORY INDEX

## Antioxidant Activity

### Tablets and Capsules

AllergCo  
Bacopa Complex  
Berberine Active  
Black Cumin Seed Forte  
Boswellia Complex  
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Garlic Forte  
Ginkgo Forte  
Gotu Kola Complex  
Hawthorn  
HerbaVital  
LivCo®  
Livton® Complex  
Metabol Complex  
Milk Thistle Forte  
PulmaCo  
Turmeric Forte  
Vitanox®  
Vascular Care Complex  
Wormwood Complex

### Liquid Extracts

Ginkgo 2:1 (Standardized)  
Hawthorn Leaves 1:2  
Milk Thistle 1:1  
Sage 1:2 (QA)†  
Schisandra 1:2  
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## Bowel Function

### Tablets and Capsules

#### Primary:

Berberine Active  
Colax  
Golden Seal 500mg  
Gut Flora Complex  
Myrrh Forte  
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#### Secondary:

Boswellia Complex  
Burdock Complex  
Coleus Forte  
Crampex  
DermaCo  
DiGest Forte  
Ganoderma & Shiitake  
HiPep  
Livton® Complex  
Milk Thistle Forte  
Thyroid Complex  
Turmeric Forte

### Phytosynergist® Liquids

DiGest Phytosynergist®

### Liquid Extracts

Black Walnut Hulls 1:10  
Burdock 1:2  
Calendula 1:2  
Chamomile 1:2  
Coleus 1:1  
Damiana 1:2  
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Globe Artichoke 1:2  
Golden Seal 1:3 (QA)†  
Licorice 1:1  
Licorice High Grade (QA)†  
Marshmallow Root 1:5 Glycetract  
Milk Thistle 1:1  
Turmeric 1:1  
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## Carbohydrate Metabolism

### Tablets and Capsules

#### Primary:

Metabol Complex

## Cardiovascular Function

### Tablets and Capsules

#### Primary:

Coleus Forte  
Garlic Forte  
Ginkgo Forte  
Hawthorn  
HerbaVital

#### Secondary:

ChelaCo  
Vitanox®

### Liquid Extracts

Astragalus 1:2  
Bugleweed 1:2  
Coleus 1:1 (QA)†  
Ginkgo 2:1 (Standardized)  
Hawthorn Leaves 1:2  
Korean Ginseng 1:2 (Standardized)  
Motherwort 1:2

## Circulatory System

### Tablets and Capsules

#### Primary:

Bilberry Forte  
Garlic Forte  
Ginkgo Forte  
Gotu Kola Complex  
HerbaVital  
Vascular Care Complex  
Vitanox®

#### Secondary:

Ashwagandha Complex  
Astragalus Complex  
Boswellia Complex  
ChelaCo  
Coleus Forte  
Crampex  
FemCo  
Golden Seal 500mg  
Hawthorn  
Valerian Complex

### Phytosynergist® Liquids

Capsella Complex Phytosynergist®  
Fe-Max Iron Tonic Phytosynergist®

### Liquid Extracts

Astragalus 1:2  
Bugleweed 1:2  
Calendula 1:2  
Celery Seed 1:2 (QA)†  
Cinnamon Quills 1:4  
Coleus 1:1 (QA)†  
Dong Quai 1:2  
Ginger 1:2  
Ginkgo 2:1 (Standardized)  
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## Cholesterol Health

### Tablets and Capsules

Garlic Forte  
Milk Thistle Forte

### Liquid Extracts

Globe Artichoke 1:2  
Milk Thistle 1:1

## Digestive Function

### Tablets and Capsules

#### Primary:

Berberine Active  
Black Cumin Seed Forte  
ChelaCo  
Coleus Forte  
DiGest Forte  
HiPep  
LivCo®  
Livton® Complex  
Metabol Complex  
Milk Thistle Forte  
Myrrh Forte  
Turmeric Forte

**Secondary:**

Andrographis Complex  
 Burdock Complex  
 Colax  
 Cramplex  
 DermaCo  
 Golden Seal 500mg  
 Gut Flora Complex  
 Nevaton® Forte  
 Vitanox®  
 Wormwood Complex

**Phytosynergist® Liquids**

DiGest Phytosynergist®  
 Fe-Max Iron Tonic Phytosynergist®

**Liquid Extracts**

Black Walnut Hulls 1:10  
 Burdock 1:2  
 Chamomile 1:2  
 Cinnamon Quills 1:4  
 Coleus 1:1 (QA)†  
 Ginger 1:2  
 Globe Artichoke 1:2  
 Golden Seal 1:3 (QA)†  
 Licorice High Grade (QA)†  
 Marshmallow Root 1:5 Glycetract  
 Milk Thistle 1:1  
 Turmeric 1:1  
 Wormwood 1:5

**Endocrine - Adrenal****Tablets and Capsules****Primary:**

Adrenal Complex  
 Ashwagandha Complex  
 Ashwagandha Forte  
 Eleuthero  
 Rhodiola & Ginseng Complex  
 Rhodiola & Schisandra

**Secondary:**

Astragalus Complex  
 Kava Forte  
 Nervagesic  
 Rehmannia Complex  
 Thyroid Complex

**Phytosynergist® Liquids**

Adrenal Tonic Phytosynergist®

**Liquid Extracts**

Astragalus 1:2  
 Eleuthero 1:2 (Standardized)  
 Gotu Kola 1:1 (Standardized)  
 Korean Ginseng 1:2 (Standardized)  
 Licorice High Grade (QA)†  
 Rehmannia 1:2  
 Schisandra 1:2

**Endocrine - Female****Tablets and Capsules**

Chaste Tree  
 FemCo  
 Thyroid Complex  
 Tribulus  
 Wild Yam Complex

**Phytosynergist® Liquids**

Capsella Complex Phytosynergist®

**Liquid Extracts**

Chaste Tree 1:2  
 Damiana 1:2  
 Dong Quai 1:2  
 White Peony 1:2

**Endocrine - Thyroid****Tablets and Capsules**

Thyroid Complex

**Liquid Extracts**

Bugleweed 1:2

**Essential Fatty Acid Complex****Tablets and Capsules**

Evening Primrose Oil

**Female Health****Tablets and Capsules****Primary:**

Bone Complex  
 Chaste Tree  
 Cramplex  
 Evening Primrose Oil  
 FemCo  
 Nevaton® Forte  
 Tribulus  
 Wild Yam Complex

**Secondary:**

Ashwagandha Complex  
 Kava Forte  
 Nervagesic

**Phytosynergist® Liquids**

Capsella Complex Phytosynergist®  
 Fe-Max Iron Tonic Phytosynergist®

**Liquid Extracts**

Black Cohosh 1:2 (QA)†  
 Chaste Tree 1:2  
 Cinnamon Quills 1:4  
 Damiana 1:2  
 Dong Quai 1:2  
 Ginger 1:2  
 Motherwort 1:2  
 Sage 1:2  
 Saw Palmetto 1:2  
 White Peony 1:2

**Fat Metabolism****Tablets and Capsules**

Black Cumin Seed Forte  
 Metabol Complex

**Gallbladder Support****Tablets and Capsules**

DiGest Forte  
 Livton® Complex

**Phytosynergist® Liquids**

DiGest Phytosynergist®

**Liquid Extracts**

Globe Artichoke 1:2

**Gastrointestinal Support****Tablets and Capsules****Primary:**

Andrographis Complex  
 Berberine Active  
 Black Cumin Seed Forte  
 Coleus Forte  
 DiGest Forte  
 Golden Seal 500 mg  
 Gut Flora Complex  
 HiPep  
 Myrrh Forte  
 Turmeric Forte

**Phytosynergist® Liquids**

DiGest Phytosynergist®

**Liquid Extracts**

Black Walnut Hulls 1:10  
 Ginger 1:2  
 Golden Seal 1:3 (QA)†  
 Licorice High Grade (QA)†  
 Marshmallow Root 1:5 Glycetract  
 Turmeric 1:1  
 Wormwood 1:5

**General Support - Stress****Tablets and Capsules****Primary:**

Adrenal Complex  
 Ashwagandha Complex  
 Ashwagandha Forte  
 Bacopa Complex  
 Ginkgo Forte  
 Gotu Kola Complex  
 Kava Forte  
 Nervagesic  
 Nevaton® Forte  
 Rhodiola & Ginseng Complex  
 Rhodiola & Schisandra  
 St John's Wort 1.8g  
 Valerian Complex

**Secondary:**

Astragalus Complex  
 Eleuthero  
 FemCo  
 HerbaVital  
 HiPep  
 LivCo®  
 Thyroid Complex  
 Tribulus

**Phytosynergist® Liquids**

Capsella Complex Phytosynergist®  
 Fe-Max Iron Tonic Phytosynergist®

**Liquid Extracts**

Ashwagandha 1:1 (Standardized)  
 Astragalus 1:2  
 Bacopa 1:2  
 California Poppy 1:2  
 Chamomile 1:2  
 Damiana 1:2  
 Eleuthero 1:2 (Standardized)  
 Ginkgo 2:1 (Standardized)  
 Gotu Kola 1:1 (Standardized)  
 Korean Ginseng 1:2 (Standardized)  
 Licorice 1:1  
 Licorice High Grade (QA)†  
 Motherwort 1:2  
 Schisandra 1:2  
 Skullcap 1:2  
 St John's Wort 1:2 (QA)†  
 St John's Wort High Grade 1:2 (QA)†  
 Valerian 1:2

**Immune System Function****Tablets and Capsules****Primary:**

AllergCo  
 Andrographis Complex  
 Astragalus Complex  
 Broncafect®  
 Burdock Complex  
 Cat's Claw Forte  
 Echinacea Premium  
 Eleuthero  
 Ganoderma & Shiitake  
 Garlic Forte  
 Golden Seal 500mg  
 Gut Flora Complex  
 Sinus Forte  
 Viranon

**Secondary:**

Adrenal Complex  
 Ashwagandha Complex  
 Ashwagandha Forte  
 Berberine Active  
 ChelaCo

DiGest Forte  
 Evening Primrose Oil  
 HerbaVital  
 Rhodiola & Ginseng Complex  
 Rhodiola & Schisandra  
 Thyroid Complex

**Phytosynergist® Liquids**

Broncafect Phytosynergist®  
 DiGest Phytosynergist®  
 Herbal Throat Spray Phytosynergist®  
 UriCo Phytosynergist®

**Liquid Extracts**

Astragalus 1:2  
 Echinacea Premium 1:2 (QA)†  
 Eleuthero 1:2 (Standardized)  
 Korean Ginseng 1:2 (Standardized)  
 St John's Wort 1:2 (QA)†  
 St John's Wort High Grade 1:2 (QA)†

**Kidney Function****Tablets and Capsules**

Boswellia Complex  
 Cranberry Complex  
 DermaCo  
 Vascular Care Complex

**Liquid Extracts**

Astragalus 1:2  
 Celery Seed 1:2 (QA)†  
 Cleavers 1:2  
 Golden Seal 1:3 (QA)†  
 Schisandra 1:2

**Liver Function****Tablets and Capsules**

Andrographis Complex  
 Berberine Active  
 Black Cumin Seed Forte  
 Burdock Complex  
 ChelaCo  
 Colax  
 DermaCo  
 DiGest Forte  
 FemCo  
 Golden Seal 500mg  
 HerbaVital  
 LivCo®  
 Livton® Complex  
 Metabol Complex  
 Milk Thistle Forte  
 Nevaton® Forte  
 Rhodiola & Schisandra  
 Turmeric Forte  
 Vitanox®

**Phytosynergist® Liquids**

DiGest Phytosynergist®  
 Fe-Max Iron Tonic Phytosynergist®

**Liquid Extracts**

Bupleurum 1:2  
 Burdock 1:2  
 Globe Artichoke 1:2  
 Golden Seal 1:3 (QA)†  
 Milk Thistle 1:1  
 Schisandra 1:2  
 Turmeric 1:1

**Lymphatic Function****Tablets and Capsules**

DermaCo  
 Echinacea Premium

**Liquid Extracts**

Calendula 1:2  
 Cleavers 1:2  
 Echinacea Premium 1:2 (QA)†

**Male Health****Tablets and Capsules****Primary:**

ProstaCo  
 Tribulus

**Liquid Extracts**

Damiana 1:2  
 Korean Ginseng 1:2 (Standardized)  
 Nettle Root 1:2  
 Saw Palmetto 1:2

**Menopause****Tablets and Capsules****Primary:**

Bone Complex  
 HerbaVital  
 Tribulus  
 Valerian Complex  
 Wild Yam Complex

**Secondary:**

Ashwagandha Complex  
 Chaste Tree  
 Evening Primrose Oil  
 Hawthorn  
 Nevaton® Forte  
 Rhodiola & Ginseng Complex  
 Rhodiola & Schisandra

**Phytosynergist® Liquids**

Fe-Max Iron Tonic Phytosynergist®

**Liquid Extracts**

Ashwagandha 1:1 (Standardized)  
 Black Cohosh 1:2 (QA)<sup>†</sup>  
 Chaste Tree 1:2  
 Damiana 1:2  
 Dong Quai 1:2  
 Hawthorn Leaves 1:2  
 Korean Ginseng 1:2 (Standardized)  
 Rehmannia 1:2  
 Sage 1:2 (QA)<sup>†</sup>  
 St John's Wort 1:2 (QA)<sup>†</sup>  
 White Peony 1:2

**Menstruation***Tablets and Capsules***Primary:**

Chaste Tree  
 Cramplex  
 FemCo  
 Nevaton<sup>®</sup> Forte

**Secondary:**

Ginkgo Forte  
 Kava Forte  
 Nervagesic  
 Saligesic  
 Tribulus  
 Wild Yam Complex

*Phytosynergist<sup>®</sup> Liquids*

Capsella Complex Phytosynergist<sup>®</sup>  
 Fe-Max Iron Tonic Phytosynergist<sup>®</sup>

*Liquid Extracts*

Black Cohosh 1:2  
 Calendula 1:2  
 California Poppy 1:2  
 Chamomile 1:2  
 Chaste Tree 1:2  
 Damiana 1:2  
 Dong Quai 1:2  
 Ginger 1:2  
 Ginkgo 2:1 (Standardized)  
 Motherwort 1:2  
 Skullcap 1:2  
 White Peony 1:2

**Metabolism***Tablets and Capsules*

Metabol Complex  
 Thyroid Complex

*Liquid Extracts*

Bugleweed 1:2

**Muscle Function***Tablets and Capsules***Primary:**

Cramplex  
 Kava Forte  
 Nervagesic  
 Saligesic

**Secondary:**

FemCo  
 Valerian Complex  
 Wild Yam Complex

*Liquid Extracts*

Black Cohosh 1:2 (QA)<sup>†</sup>  
 California Poppy 1:2

**Musculoskeletal Function***Tablets and Capsules***Primary:**

Bone Complex  
 Boswellia Complex  
 Cat's Claw Forte  
 Cramplex  
 Kava Forte  
 Nervagesic  
 Saligesic  
 Turmeric Forte

**Secondary:**

Ashwagandha Complex  
 Evening Primrose Oil  
 Rehmannia Complex

*Liquid Extracts*

Black Cohosh 1:2 (QA)<sup>†</sup>  
 California Poppy 1:2  
 Celery Seed 1:2 (QA)<sup>†</sup>  
 Ginger 1:2  
 Gotu Kola 1:1 (Standardized)  
 Turmeric 1:1

**Nervous System Function***Tablets and Capsules***Primary:**

Ashwagandha Complex  
 Ashwagandha Forte  
 Bacopa Complex  
 Ginkgo Forte  
 Kava Forte  
 Nervagesic  
 Nevaton<sup>®</sup> Forte  
 Rhodiola & Ginseng Complex  
 Rhodiola & Schisandra  
 St John's Wort 1.8g  
 Valerian Complex

**Secondary:**

Astragalus Complex  
 Eleuthero  
 FemCo  
 Gotu Kola Complex  
 LivCo<sup>®</sup>  
 Thyroid Complex

*Liquid Extracts*

Ashwagandha 1:1 (Standardized)  
 Astragalus 1:2  
 Bacopa 1:2  
 California Poppy 1:2  
 Chamomile 1:2  
 Damiana 1:2  
 Eleuthero 1:2 (Standardized)  
 Ginkgo 2:1 (Standardized)  
 Gotu Kola 1:1 (Standardized)  
 Korean Ginseng 1:2 (Standardized)  
 Motherwort 1:2  
 Schisandra 1:2  
 Skullcap 1:2  
 St John's Wort 1:2 (QA)<sup>†</sup>  
 St John's Wort High Grade 1:2 (QA)<sup>†</sup>  
 Valerian 1:2

**Premenstrual Support***Tablets and Capsules***Primary:**

Chaste Tree  
 Cramplex  
 FemCo  
 Nevaton<sup>®</sup> Forte

**Secondary:**

Bacopa Complex  
 Nervagesic  
 Rhodiola & Ginseng Complex  
 Rhodiola & Schisandra  
 Vascular Care Complex

*Liquid Extracts*

Black Cohosh 1:2 (QA)<sup>†</sup>  
 Chaste Tree 1:2  
 Dong Quai 1:2  
 Ginkgo 2:1 (Standardized)  
 Schisandra 1:2  
 Turmeric 1:1  
 White Peony 1:2

**Respiratory Function - Lower***Tablets and Capsules*

Adrenal Complex  
 AllergCo  
 Coleus Forte  
 PulmaCo  
 ResCo<sup>®</sup>

**Phytosynergist® Liquids**

Broncafect Phytosynergist®  
ResCo Phytosynergist®

**Liquid Extracts**

Bupleurum 1:2  
Coleus 1:1 (QA)†  
Licorice High Grade (QA)†  
Marshmallow Root 1:5 Glycetract

**Respiratory Function - Upper****Tablets and Capsules**

AllergCo  
Andrographis Complex  
Astragalus Complex  
Broncafect®  
Echinacea Premium  
Golden Seal 500mg  
Myrrh Forte  
Sinus Forte  
Viranon

**Phytosynergist® Liquids**

Broncafect Phytosynergist®  
Herbal Throat Spray Phytosynergist®

**Liquid Extracts**

Albizia 1:2  
Astragalus 1:2  
Echinacea Premium 1:2  
Eyebright 1:2  
Golden Seal 1:3 (QA)†  
Sage 1:2  
Schisandra 1:2

**Skin Function****Tablets and Capsules****Primary:**

AllergCo  
Andrographis Complex  
Cat's Claw Forte  
Chaste Tree  
Coleus Forte  
DermaCo  
Gotu Kola Complex  
Rehmannia Complex

**Secondary:**

Burdock Complex  
Evening Primrose Oil  
FemCo  
LivCo®  
Livton® Complex  
Milk Thistle Forte

**Liquid Extracts**

Albizia 1:2  
Burdock 1:2  
Calendula 1:2  
Cleavers 1:2  
Coleus 1:1 (QA)†  
Gotu Kola 1:1 (Standardized)  
Milk Thistle 1:1  
Schisandra 1:2

**Sleep and Relaxation****Tablets and Capsules**

Adrenal Complex  
Ashwagandha Complex  
Ashwagandha Forte  
Chaste Tree  
Kava Forte  
Nervagesic  
Nevaton® Forte  
Rhodiola & Ginseng Complex  
Rhodiola & Schisandra  
Valerian Complex

**Phytosynergist® Liquids**

Adrenal Tonic Phytosynergist®

**Liquid Extracts**

California Poppy 1:2  
Chamomile 1:2  
Chaste Tree 1:2  
Skullcap 1:2  
St John's Wort 1:2 (QA)†  
Valerian 1:2

**Tissue Support****Tablets and Capsules**

Bilberry Forte  
Bone Complex  
Vitanox®

**Liquid Extracts**

Calendula 1:2  
Gotu Kola 1:1 (Standardized)  
Hawthorn Leaves 1:2

**Urinary System Function****Tablets and Capsules****Primary:**

Andrographis Complex  
Boswellia Complex  
Cramplex  
Cranberry Complex  
Echinacea Premium  
ProstaCo

**Phytosynergist® Liquids**

UriCo Phytosynergist®

**Liquid Extracts**

Celery Seed 1:2 (QA)†  
Cleavers 1:2  
Licorice High Grade (QA)†  
Marshmallow Root 1:5 Glycetract  
Nettle Root 1:2  
Saw Palmetto 1:2

**Water Balance****Tablets and Capsules**

Boswellia Complex  
Cranberry Complex  
Vascular Care Complex

**Liquid Extracts**

Celery Seed 1:2 (QA)†  
Cleavers 1:2  
Globe Artichoke 1:2  
Saw Palmetto 1:2

# INDEX OF COMPONENT HERBS

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**Albizia**

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**Andrographis**

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**Dill Seed**

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**Celery Seed**

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**Sarsaparilla**

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*Vaccinium myrtillus*  
**Bilberry**

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## **Bearberry (Uva Ursi)**

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## **Bilberry**

*Vaccinium myrtillus*

## **Bitter Melon**

*Momordica charantia*

## **Black Cohosh**

*Actaea racemosa*

## **Black Cumin**

*Nigella sativa*

## **Black Walnut**

*Juglans nigra*

## **Bladderwrack**

*Fucus vesiculosus*

## **Boswellia**

*Boswellia serrata*

## **Buchu**

*Agathosma betulina*

## **Bugleweed**

*Lycopus spp.*

## **Bupleurum**

*Bupleurum falcatum*

## **Burdock**

*Arctium lappa*

## **Butcher's Broom**

*Ruscus aculeatus*

## **Calendula**

*Calendula officinalis*

## **California Poppy**

*Eschscholzia californica*

## **Cascara**

*Frangula purshiana*

## **Cayenne**

*Capsicum annuum*

## **Celery Seed**

*Apium graveolens*

## **Chamomile**

*Matricaria recutita*

## **Chaste Tree**

*Vitex agnus-castus*

## **Chen Pi (Tangerine)**

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## **Chinese Skullcap (Baical Skullcap)**

*Scutellaria baicalensis*

## **Cinnamon**

*Cinnamomum verum*

## **Cramp Bark**

*Viburnum opulus*

## **Cranberry**

*Vaccinium macrocarpon*

## **Crataeva**

*Crataeva nurvala*

## **Damiana**

*Turnera diffusa*

## **Dandelion**

*Taraxacum officinale*

## **Dill Seed**

*Anethum graveolens*

## **Dong Quai**

*Angelica polymorpha (Angelica sinensis)*

## **Echinacea**

*Echinacea angustifolia, Echinacea purpurea*

## **Elecampane**

*Inula helenium*

## **Eleuthero**

*Eleutherococcus senticosus*

## **Epimedium**

*Epimedium sagittatum*

## **Euphorbia**

*Euphorbia hirta*

## **Evening Primrose**

*Oenothera biennis*

## **Eyebright**

*Euphrasia officinalis*

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*Foeniculum vulgare*

## **Fenugreek**

*Trigonella foenum-graecum*

## **Feverfew**

*Tanacetum parthenium*

## **Fringe Tree**

*Chionanthus virginica*

## **Ganoderma (Reishi)**

*Ganoderma lucidum*

## **Garlic**

*Allium sativum*

## **Gentian**

*Gentiana lutea*

## **Ginger**

*Zingiber officinale*

## **Ginkgo**

*Ginkgo biloba*

## **Globe Artichoke**

*Cynara scolymus*

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*Centella asiatica*

## **Grape Seed**

*Vitis vinifera*

## **Green Tea**

*Camellia sinensis*

## **Grindelia**

*Grindelia camporum*

## **Gymnema**

*Gymnema sylvestre*

## **Hawthorn**

*Crataegus monogyna*

## **Hemidesmus**

*Hemidesmus indicus*

## **Holy Basil**

*Ocimum tenuiflorum*

## **Horsechestnut**

*Aesculus hippocastanum*

## **Jamaican Dogwood**

*Piscidia piscipula*

## **Japanese Knotweed**

*Polygonum cuspidatum*

**Jujube (Ziziphus)***Ziziphus jujuba* var. *spinosa***Korean Ginseng***Panax ginseng***Kudzu***Pueraria lobata***Licorice***Glycyrrhiza glabra***Malabar Nut Tree (Adhatoda)***Justicia adhatoda***Marshmallow***Althaea officinalis***Meadowsweet***Filipendula ulmaria***Milk Thistle***Silybum marianum***Motherwort***Leonurus cardiaca***Mullein***Verbascum thapsus***Myrrh***Commiphora molmol***Nettle***Urtica dioica***Oregano***Origanum vulgare***Oregon Grape***Berberis aquifolium* (*Mahonia aquifolium*)**Passion Flower***Passiflora incarnata***Phellodendron***Phellodendron amurense***Pleurisy Root***Asclepias tuberosa***Raspberry***Rubus idaeus***Red Clover***Trifolium pratense***Rehmannia***Rehmannia glutinosa***Reishi (Ganoderma)***Ganoderma lucidum***Rhodiola***Rhodiola rosea* (*Sedum roseum*)**Rhubarb***Rheum palmatum***Rosemary***Rosmarinus officinalis***Saffron***Crocus sativus***Sage***Salvia officinalis***Sarsaparilla***Smilax officinalis***Sarsaparilla***Smilax regelii***Saw Palmetto***Serenoa repens***Schisandra***Schisandra chinensis***Shatavari***Asparagus racemosus***Sheep Sorrel***Rumex acetosella***Shepherd's Purse***Capsella bursa-pastoris***Shiitake***Lentinula edodes***Skullcap***Scutellaria lateriflora***Slippery Elm***Ulmus rubra***St John's Wort***Hypericum perforatum***Stemona***Stemona sessilifolia***Stevia***Stevia rebaudiana***Sweet Wormwood***Artemisia annua***Tangerine (Chen Pi)***Citrus reticulata***Thuja***Thuja occidentalis***Thyme***Thymus vulgaris***Tribulus***Tribulus terrestris***Turmeric***Curcuma longa***Uva Ursi (Bearberry)***Arctostaphylos uva-ursi***Valerian***Valeriana officinalis***White Horehound***Marrubium vulgare***White Peony***Paeonia lactiflora***Wild Yam***Dioscorea villosa***Willow***Salix purpurea***Withania (Ashwagandha)***Withania somnifera***Wormwood***Artemisia absinthium***Yellow Dock***Rumex crispus***Ziziphus (Jujube)***Ziziphus jujuba* var. *spinosa*

# Excipient Glossary

## Tablet Excipients

MediHerb® uses a range of pharmaceutical-grade excipients in the manufacture of its tablet range. These excipients are carefully chosen using experience gained from over 15 years of manufacturing herbal tablets and are necessary to aid the manufacturing process, stability, disintegration and to allow ease of swallowing. MediHerb® aims to achieve maximum clinical efficacy in the lowest daily dosage, hence our tablets contain high levels of herbs and very low levels of excipients. Most commonly used excipients are:

### Calcium Hydrogen Phosphate

Calcium hydrogen phosphate is the binder or filler which actually holds the tablet together and allows it to be compressed to form a tablet. It also assists in formulation flow and resists the uptake of moisture, thus reducing the risk of poor stability.

### Cellulose

Microcrystalline cellulose acts with dibasic calcium phosphate dihydrate as the binder that holds the tablet together. It also works to assist with tablet disintegration.

### Silicon Dioxide

Silicon Dioxide is used as a glidant to assist with the flow properties of the tablet powder as it travels through the tablet machine. Good flow characteristics are crucial to the manufacture of tablets with consistent weight and active content. Silicon Dioxide is also used to increase the hardness of the tablets to ensure they are robust enough to handle coating, packaging and transport.

### Sodium Starch Glycolate

Due to the high proportion of herb used in the MediHerb® tablets, an aid to disintegration is required to ensure that the tablets disintegrate in less than 30 minutes. Sodium starch glycolate from potato performs this function best for the high potency tablets manufactured by MediHerb®.

### Croscarmellose Sodium

Croscarmellose sodium is also used as a disintegrant and is sometimes combined with sodium starch glycolate. Aiding disintegration ensures that a tablet will dissolve and release the active ingredient, to promote uptake in the intestinal tract.

### Magnesium Stearate – Vegetable Origin

Most tablets need some form of lubrication to assist in the removal of the tablet from the tableting machine die. Magnesium stearate of vegetable origin is the most effective ingredient for this purpose.

### Hypromellose (Cellulose Derivative)

Hypromellose is used as a film coating agent on most MediHerb® tablets. It is applied as a thin inert layer and has four important actions:

1. The thin layer makes the tablet much more resistant to dust formation in the packaging.
2. When the tablet surface gets wet in the mouth a lubricant, mucilagenous layer is formed on the tablet which facilitates swallowing.
3. The inert layer acts to hide any unpleasant odors or tastes that are found in many herbal tablets.
4. It aids in enhancing the stability of the product by forming a barrier to the external environment.

### Enteric Coating

Some MediHerb® tablets and capsules have a specialized enteric coating which makes them acid resistant. This is important for some herbs which can cause gastric discomfort and for herbs that have actives which are damaged by stomach acid. Enterically coated tablets and capsules pass through the highly acidic environment of the stomach safely, then dissolve once they reach the pH neutral environment of the small intestine.

**Solubility Test:** Enterically coated tablets and capsules must be stable for 2 hours in dilute hydrochloric acid and then dissolve within 1 hour when placed in pH 7 buffer.

### Maltodextrin

Maltodextrin is usually used as a carrier substance in the manufacture of herbal extracts used in tablets.

# Herb-Drug Interaction Chart

## General Prescribing Guidelines



### General Prescribing Guidelines

- Exercise great caution when prescribing herbs for patients taking drugs with a narrow therapeutic window. These drugs may become dangerously toxic or ineffective with only relatively small changes in their blood concentrations. Examples include digoxin, warfarin, antirejection (immunosuppressive) drugs, many anti-HIV drugs, theophylline, phenytoin and phenobarbital. These patients need to be monitored on a frequent, regular basis.
  - Except where specifically contraindicated, any patient on warfarin taking herbs should have their INR (international normalized ratio) closely monitored, especially when herbal treatment changes.
- Exercise great caution when prescribing herbs for patients taking drugs (these patients need to be monitored on a frequent, regular basis):
  - if heart, liver, or kidney function is impaired,
  - in elderly patients,
  - in pregnant women,
  - in those who are potassium depleted,
  - in those who have received an organ transplant,
  - in those with a genetic disorder that disturbs normal biochemical functions.
- Care should be exercised with patients who report long-term use of laxative herbs or potassium-depleting diuretics.
- Critical drugs should be taken at different times of the day from herbs (and food) to reduce chemical or pharmacokinetic interactions. They should be separated by at least 1 hour, preferably more.
- Stop all herbs approximately 1 week before surgery. Milk thistle may help reduce the toxic after-effects of anesthetic drugs, so it can be taken up to the day before, and then again, after surgery.
- Carefully monitor the effects of drugs such as antihypertensives and antidiabetic drugs when combining with herbal remedies. The herbs may make them more or less effective. In the ideal situation the dose of the drug could be adjusted.
- Interactions may be dose related for the herb and the drug, for example, St John's wort and digoxin.
- The use of antioxidants (including herbs) in conjunction with chemotherapy and radiotherapy for cancer is controversial. Practitioners should be aware of the issues and make informed recommendation to their patients.

- If more than one of the above cautions apply, and/or if patients are taking more than one drug, additional caution is required.

**Further reading:** Mills S, Bone K (eds). *The Essential Guide to Herbal Safety*. Churchill Livingstone, USA, 2005.

### Assessment of Risk & Recommended Action

An interaction may alter exposure to the drug and/or elicit a response that causes an adverse effect or alters the therapeutic effect of the drug. A clinically-relevant interaction can be defined as one associated with either toxicity or such a loss of efficacy that warrants the attention of health care professionals.<sup>1</sup>

The best information about HDIs comes from case observations (detailed and validated if possible) and clinical studies.

Assessment of the risk of an adverse effect from a potential herb-drug interaction considers several factors:<sup>2,3</sup>

- The quality of the evidence, such as probable or highly probable causality from case reports; confirmation of, and ideally repeated, results from clinical studies with clinically-relevant endpoints<sup>A</sup>
  - A well-documented case report (especially with a positive rechallenge) does not always constitute a lower level of evidence than a negative result from a controlled trial.<sup>3</sup> This is provided that all other possible causes have been considered and adequately dealt with – thus “separating interaction from over-reaction”<sup>4</sup>. Generally however, case reports are not considered to provide robust and reliable evidence of herb-drug interactions,<sup>5</sup> and the poor quality of reporting, such as due to incomplete information, is a continuing limitation.<sup>6</sup> Case reports very often fail to mention the dose of the herb, whereas clinical studies do, so the intensity of the interaction in case reports may be overestimated.<sup>7</sup> Causality can be assessed using a validated analytical tool such as the Drug Interaction Probability Scale (DIPS), which provides a score denoting the interaction as having highly probable, probable, possible or doubtful causation.<sup>8</sup> See also Note C.
  - The quality of the publication should also be considered – a poster from a scientific meeting is regarded as a lower level of evidence than well-documented case reports and controlled trials (due to lack of peer review). Is the pharmacokinetic study placebo-controlled?

- Theoretical concerns based on pharmacological activity in animals or in vitro models are considered the lowest quality of evidence and are often speculative at best the incidence of the interaction (what is the chance that the interaction occurs? how many well-documented cases are reported compared to the extent of use of the herb?) the seriousness of the potential adverse reaction, for example in order of increasing importance:
  - an insignificant clinical effect from an increased drug level without clinical symptoms or an increase in INR (international normalized ratio)<sup>c</sup> up to 4.0 in the case of warfarin
  - transient inconvenience (< 2 days) without residual symptoms such as fatigue, nausea
  - failure of therapy for nonserious disease such as decreased effects of an antacid
  - prolonged (> 7 days) or permanent residual symptoms or invalidity such as the toxic effects of digoxin or an increase in INR to greater than 6.0
  - failure of life-saving therapy such as failure of therapy with antiretroviral drugs or cyclosporin
  - death or severe side effects

By considering these factors and the totality of evidence, the risk of a herb-drug interaction causing an adverse effect would range from very low (such as where evidence is poor or lacking and the effect is clinically irrelevant) to contraindicated (such as where the evidence consists of controlled, published interaction studies with a clinically-relevant endpoint, the adverse outcome is clinically very relevant including decreasing the levels of drugs that are being prescribed for serious conditions). An altered plasma drug level in healthy volunteers or even patients without a substantial clinical effect would be considered low or medium risk.

## Probe Drugs

Studies using probe drugs, which assess individual cytochrome P450 enzyme activity and hence potential interactions for drugs that utilize that enzyme, are only included in the chart where the drug is currently used clinically. For example, midazolam (a benzodiazepine, used clinically as a sedative and frequently in anesthesia) is metabolized by CYP3A4 and can be used to assess the interaction of other drugs and herbs with this enzyme (e.g. another drug or herb may inhibit or induce CYP3A4 resulting in increased or decreased plasma drug levels, respectively). A number of drugs are used as probes for CYP3A4 activity such as nifedipine and alprazolam. Other examples of probe drugs included in the chart due to their therapeutic activity include tolbutamide (for CYP2C9 activity), omeprazole (CYP2C19) and talinolol (P-glycoprotein). (P-glycoprotein helps transport molecules across biological membranes and hence can affect the absorption and elimination of a drug.) Although there are a large number of cytochrome P450 enzymes, more than 90% of the metabolism of drugs is due to the activity of CYP1A2, CYP2C9, CYP2C19, CYP2D6, CYP2E1 and CYP3A4. For a comprehensive review of the effect of herbs on probe drugs in clinical trials the reader is referred to the following systematic review: Kennedy DA, Seely D. *Expert Opin Drug Saf* 2010; 9(1): 79-124.

Studies ideally need to have administered the herb for at least 7 days and investigated drug exposure by using the area under the plasma/serum concentration-time curve (AUC).

The test used to measure CYP activity also determines how robust the findings. For example, measurement of AUC and C<sub>max</sub> of the probe drug is more accurate than the metabolic ratio (i.e. ratio of its metabolite to the parent drug),<sup>5</sup> and in particular, the rapid, but less robust method, single-time point phenotypic metabolic ratios.<sup>9,10</sup> Urinary metabolic ratios often have a much weaker correlation to CYP enzyme activity and are also not closely correlated to plasma-based results.<sup>5</sup>

## HDI Chart Examples: How the Recommended Action is Determined

### Contraindicated

#### St John's Wort and Digoxin

- Three clinical studies (two controlled with placebo) found St John's wort extract high in hyperforin sharply decreased drug levels. The decrease in drug levels increased with increasing doses of St John's wort.

Evidence considered strong and adverse outcome considered serious, in addition to the drug having a narrow therapeutic window (small changes in blood levels may have considerable pharmacological effect).

#### Bladderwrack and Hyperthyroid Medication, Bugleweed and Thyroid Hormones, Cat's Claw and Immunosuppressant Medication

Although the evidence is based on theoretical concerns only, the adverse effect from the potential interaction is considered great enough for a contraindication.

## Monitor (medium level of risk)

### St John's Wort and Amitriptyline

- Clinical study (not controlled with placebo) with patients found a decrease in drug levels.

Evidence considered moderate, given the wide use of the herb. Assigned medium rather than low risk due to seriousness of potential adverse outcome.

### Garlic and HIV Protease Inhibitors

- Clinical study (not controlled with placebo) with healthy volunteers found an allicin-containing garlic tablet caused marked decrease from baseline in plasma drug concentration.
- Another study also with healthy volunteers taking an allicin-containing garlic tablet, found a minor decrease overall in AUC (15%) with large variability (AUC increased in several volunteers).
- Case reports: virologic failure with suboptimal drug levels confirmed in three patients consuming garlic in the diet.

Evidence considered moderate, as there are very few case reports even though garlic is widely consumed in the diet. Assigned medium rather than low risk due to potential adverse outcome.

### Cranberry and Immunosuppressives (Tacrolimus)

- A case of low serum drug level reported. Cessation of cranberry extract returned levels to the desired range. Causality was rated as possible using DIPS.

Evidence not strong with the causality rated only as possible, but assigned medium risk due to the seriousness of potential adverse outcome (rejection in transplant patient).

## Monitor (low level of risk)

### St John's Wort and Anticonvulsants

- Theoretical concern raised in 2000 by regulators on the basis that St John's wort may induce cytochrome P450, the pathway by which some drugs including anticonvulsants are metabolized, thereby potentially increasing their breakdown and reducing their blood concentrations.
- No effect on carbamazepine pharmacokinetics found in a 2000 clinical study with healthy volunteers (not controlled with placebo).
- One case reported with few details in 2007 in which an increase in the frequency and severity of seizures was reported in a patient taking several anticonvulsants, two of which are not metabolized by cytochrome P450.
- A study published in 2004 found increased excretion of a mephenytoin metabolite in some volunteers – those with a CYP2C19 wild-type genotype (extensive metabolizers). In poor metabolizers (mutant genotype; having a deficiency of CYP2C19 activity) there was no significant alteration. (Mephenytoin is almost exclusively metabolized by CYP2C19.) The clinical significance is unknown, as plasma drug levels of mephenytoin were not measured.

Evidence considered low, with a clinical study supporting a lack of interaction despite the theoretical concern. Due to the recognized ability of St John's wort to interact with some drugs metabolized via cytochrome P450 (particularly CYP3A4), and the importance of maintaining stable blood levels of anticonvulsants this interaction was assigned low rather than very low risk. The case report does not support the theoretical concern (different metabolism). Additional and well-documented case reports would be required to alter the risk assessment.

### Ginkgo and Hypoglycemic drugs (Tolbutamide)

- Clinical study with healthy volunteers found a high dose of Ginkgo (50:1 extract: 360 mg/day) decreased the area under concentration versus time curve by 16% (statistically significant but being less than a 20% decrease is not regarded as clinically significant). No statistically significant differences found for other pharmacokinetic parameters.
- To assess the effect on the pharmacodynamics of tolbutamide, volunteers were also given a 75-g oral dose of glucose. When combined with Ginkgo the blood glucose lowering effect of tolbutamide was less than with tolbutamide alone, but the difference was not even statistically significant.

The decrease in exposure to tolbutamide caused by a high dose of Ginkgo did not have a significant effect on the ability of tolbutamide to lower glucose in healthy volunteers. Assigned low risk until information in diabetic patients becomes available.

## Monitor (low level of risk)

### Ashwagandha and Thyroxine

- Case report where ingestion of Ashwagandha resulted in increased serum T4 level.
- Clinical study found Ashwagandha improved serum T4 level in subclinical hypothyroid patients.
- Observation of three patients within a clinical study, which administered an extract of Ashwagandha (root and leaf) and relatively high doses of withanolides: increases in serum T4 from baseline, although one had subclinical hypothyroidism.
- Placebo-controlled study with healthy volunteers found no significant effect on thyroid hormones.

No case reports or clinical studies involving intake of the herb and the drug, so the concern is based solely on the ability of Ashwagandha root to stimulate thyroid hormones, particularly in patients with low thyroid function.

## Monitor (very low level of risk)

### Eleuthero and Digoxin

- One case report: possibly increased plasma concentration of drug but ECG (electrocardiogram) unchanged. The possibility that the herb may have interfered with the digoxin measurement was also raised, and later supported.
- No effect on plasma concentration of drug in later controlled clinical trial.

The case report provides minimal evidence, with a lack of clinical relevance (ECG results) and the possibility of testing interference. The clinical trial results reduce the strength of evidence.

## Notes

A. An example of a clinically-relevant endpoint is the increase in serum LDL cholesterol caused by St John's wort in patients taking atorvastatin. In the absence of trials using clinical endpoints how then is the risk assessed? The pharmacokinetics and/or pharmacodynamics are considered,<sup>8</sup> but how much of a pharmacokinetic change should be considered clinically relevant? This issue, in the context of drug-drug interactions, is a topic for debate.<sup>11</sup> Tests of statistical significance such as the p value on parameters such as the peak plasma concentration are not necessarily clinically relevant.<sup>12,13</sup>

In interaction trials where clinically-relevant endpoints have not been measured, the US Food and Drug Administration has provided guidelines to assess the relevance of the pharmacokinetic results. A decrease of 20% up to an increase of 25% in drug exposure (e.g. peak plasma concentration, AUC) does not result in relevant changes of drug effect and no clinically-significant interaction is present. (Technically, the 90% confidence interval for the geometric mean ratio of the herb-drug phase to the drug phase needs to be within 0.8–1.25.)<sup>12</sup> This limit has been considered too conservative, with a recommendation that the no-effect limit be expanded to ranging from a decrease of 30% up to an increase of 43% in drug exposure (i.e. the ratio falls within 0.7–1.43).<sup>14</sup> The FDA no-effect limit does not constitute a hard and fast rule however as, for example, the therapeutic index of the drug should still be considered.<sup>15</sup> (For example, for drugs with a narrow therapeutic

range, the 90% confidence interval for AUC ratio should be contained within tighter confidence limits (0.9–1.12).<sup>16</sup>) Not all clinical studies however provide the information to assess the no-effect limit.

B. A herb-drug interaction can have:

- a pharmacodynamic basis such as similar or opposing pharmacological effects, such as the effect on INR (international normalized ratio), and/or
- a pharmacokinetic basis (making the drug more or less available to the body).

C. Another validated tool is the Roussel Uclaf Causality Assessment Method (RUCAM), which assesses causality where drug- or herb-induced liver injury is suspected. This tool provides a score denoting causality as highly probable, probable, possible, unlikely or excluded. RUCAM assesses cases where liver injury is suspected from the intake of one or more drugs (known as a drug-induced liver injury), or less frequently, a herb (herb-induced liver injury), but is also relevant if the liver injury or other adverse effect is caused by the combination of herb and drug.

D. The target therapeutic range for oral anticoagulation is an INR (international normalized ratio) between 2.5 and 3.0 depending on the condition. A rise in INR increases the risk of bleeding (for example, when INR is well above 5.0). A decrease in INR is also considered undesirable as a low INR may increase the risk of clotting.

## References

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- <sup>5</sup> Hermann R, von Richter O. *Planta Med* 2012; **78**(13): 1458-1477
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- <sup>16</sup> Canadian Agency for Drugs and Technologies in Health. What are Bioavailability and Bioequivalence? CADTH, 2012. Available online: [http://www.cadth.ca/media/pdf/Generic\\_prof\\_supplement\\_en.pdf](http://www.cadth.ca/media/pdf/Generic_prof_supplement_en.pdf). Accessed August 2013.

**For more information** on the process used to assess the herb-drug interaction research (and why some research is not included), how the risk of interaction is assessed, with worked examples from the chart: go to [mediherb.com.au](http://mediherb.com.au) and view the Herb-Drug Interaction Chart under the 'Resources' tab, look for the link to 'Prescribing Guidelines & Assessment of Risk'.

## How to Read the Chart

The chart is read from left to right. The information in the Basis of Concern column provides a short summary of the evidence for the assumed rationale described in the Potential Interaction column. More details may be provided in the Basis of Concern column. A recommended action is suggested on a risk assessment of the evidence.

Unless indicated, it is assumed that the information in the Basis of Concern column refers to the concurrent intake of the herb and the drug. Additional headings indicate when this is not the case, for example, some authorities assume an interaction could occur between a herb and a drug if the herb has demonstrated a particular pharmacological activity, such as antiplatelet activity (hence use of the heading: Herb Alone).

## Examples

Italicised words represent the information in the Herb-Drug Interaction chart below.

St John's wort and Cancer chemotherapeutic drugs

Clinical studies found that decreased drug levels occurred in patients and healthy volunteers taking cancer chemotherapeutic drugs. It is recommended that St John's wort is contraindicated in patients taking cancer chemotherapeutic drugs.

St John's wort and Hypoglycemic drugs (Gliclazide)

In a clinical study with healthy volunteers administration of St John's wort resulted in increased clearance of gliclazide, which may reduce the drug's efficacy, however, glucose and insulin response to glucose loading were unchanged.

Because the trial found little effect on a clinically-relevant outcome, the potential interaction is considered low risk and a caution is recommended: the patient should be monitored, through the normal process of repeat consultations.

Willow Bark and Warfarin

A clinical study observed a very mild but statistically significant antiplatelet activity when a concentrated, standardized extract of the herb was administered alone.

For this type of potential interaction, it is postulated that the herb may potentiate the effects of the drug: an adverse effect may be observed because the antiplatelet activity may be stronger if a herb with antiplatelet activity is taken with an antiplatelet drug. Statistical significance demonstrated in the clinical trial for administration of the herb does not necessarily confer clinical relevance, and indeed it has been suggested that the clinical relevance may be low.

As it is possible that the result may not be clinically relevant, the potential interaction is considered low risk and a caution is recommended: the patient should be monitored.

## Potential Herb-Drug Interactions for Commonly Used Herbs\*

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>Andrographis</b> <i>Andrographis paniculata</i>			
Immunosuppressant medication	May decrease effectiveness of drug. <sup>1</sup>	Theoretical concern based on immune-enhancing activity of Andrographis.	<b>Contraindicated.</b>
Midazolam	May potentiate effects of drug.	Clinical study with healthy volunteers (providing 100 mg/day of andrographolide): pulse rate and blood pressure decreased. <sup>2</sup> See note A.	<b>Monitor</b> (medium level of risk).
<b>Ashwagandha</b> <i>Withania somnifera</i>			
Thyroxine	May potentiate effects of drug.	Theoretical concern based on stimulating effect on thyroid hormones. <b>Herb Alone</b> Case report (increased serum T4 level). <sup>3</sup> Clinical study (root extract, providing 30 mg/day of withanolides): improved serum T4 level in subclinical hypothyroid patients; <sup>4</sup> three bipolar patients in a clinical trial experienced small increases in serum T4 from baseline (one had subclinical hypothyroidism), <sup>5</sup> after receiving extract made from leaf and root which probably provided 20–25 mg/day of withanolides for the first week, increasing to 40–50 mg/day of withanolides thereafter. <sup>6,7</sup> Placebo-controlled study with healthy volunteers: no significant effect on thyroid function (T3, T4, TSH); <sup>8</sup> – based on the brand name of the product, the dose of root extract provided 30 mg/day of withanolides.	<b>Monitor</b> (low level of risk).
<b>Bilberry</b> <i>Vaccinium myrtillus</i>			
Warfarin	Potential of bleeding.	<b>Herb Alone</b> Antiplatelet activity observed in healthy volunteers (173 mg/day of bilberry anthocyanins). <sup>9</sup> Case report of postoperative bleeding (bilberry extract undefined). <sup>10</sup> <b>Herb or Constituent and Drug</b> Uncontrolled trial (600 mg/day of bilberry anthocyanins + 30 mg/day of vitamin C for 2 months then reduced maintenance dose) of 9 patients taking anticoagulant drugs – treatment reduced retinal hemorrhages without impairing coagulation. <sup>11</sup> Case report (rectal bleeding and hematuria with elevated INR; patient reported to consume “large amounts of bilberry fruits every day for five years”). <sup>12</sup> Subsequently analyzed as having doubtful causality using DIPS. <sup>13</sup>	<b>Monitor</b> at high doses (> 100 mg/day anthocyanins, low level of risk).
	May decrease effectiveness of drug.	Case report (decreased INR, 200 mL/day of ‘concentrate’ juice; causality rated as possible (score 4 <sup>B</sup> ). <sup>14</sup>	<b>Monitor</b> (low level of risk).
<b>Black Cohosh</b> <i>Actaea racemosa</i>			
Statin drugs e.g. atorvastatin	May potentiate increase in liver enzymes, specifically ALT.	Case report. <sup>15</sup>	<b>Monitor</b> (low level of risk).
<b>Bladderwrack</b> <i>Fucus vesiculosus</i>			
Hyperthyroid medication e.g. carbimazole	May decrease effectiveness of drug.	Theoretical concern due to natural iodine content.	<b>Contraindicated</b> unless under close supervision.
Thyroid replacement therapies e.g. thyroxine	May add to effect of drug.	Theoretical concern linked to a case report where “kelp” caused hyperthyroidism in a person not taking thyroxine. <sup>16</sup>	<b>Monitor</b> (low level of risk).
<b>Boswellia</b> <i>Boswellia serrata</i>			
Warfarin	May increase effectiveness of drug.	Two case reports (increased INR; concentrated extract (95%; 1.2–1.5 g/day), causality rated as probable (score 6) <sup>B</sup> ). <sup>14</sup>	<b>Monitor</b> (low level of risk).
<b>Bugleweed</b> <i>Lycopus virginicus, Lycopus europaeus</i>			
Radioactive iodine	May interfere with administration of diagnostic procedures using radioactive isotopes. <sup>17</sup>	Case report.	<b>Contraindicated.</b>
Thyroid hormones	Should not be administered concurrently with preparations containing thyroid hormone. <sup>18</sup>	Theoretical concern based on deliberations of German Commission E.	<b>Contraindicated.</b>

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>Cat's Claw</b> <i>Uncaria tomentosa</i>			
L-Dopa and other Parkinson's disease treatments	May impair absorption and drug levels.	Case report. <sup>19</sup>	Monitor (low level of risk).
HIV protease inhibitors	May increase drug level.	Case report, in a patient with cirrhosis being evaluated for a liver transplant. <sup>20</sup>	Monitor (low level of risk).
Immunosuppressant medication	May decrease effectiveness of drug.	Theoretical concern based on immune-enhancing activity of herb. <sup>21</sup>	Contraindicated.
<b>Cayenne (Chili Pepper)</b> <i>Capsium</i> spp. (See also Polyphenol-containing and/or Tannin-containing herbs)			
ACE inhibitor	May cause drug-induced cough.	Case report (topical capsaicin). Theoretical concern since capsaicin depletes substance P. <sup>22</sup>	Monitor (very low level of risk).
Theophylline	May increase absorption and drug level.	Clinical study (healthy volunteers, chili-spiced meal). <sup>23</sup>	Monitor (low level of risk).
<b>Celery Seed</b> <i>Apium graveolens</i>			
Thyroxine	May reduce serum levels of thyroxine.	Two case reports. <sup>24</sup>	Monitor (very low level of risk).
<b>Chamomile</b> <i>Matricaria recutita</i> (See also Polyphenol-containing and/or Tannin-containing herbs)			
Warfarin	May potentiate effects of drug.	Case report (internal bleeding; ingestion of tea made using 1 teaspoon of 'leaves' (4–5 cups/day) + chamomile-based skin lotion (1 teaspoon to each leg, 4–5 times/day), species undefined; + camphor-based chest rub). <sup>25</sup> Subsequently analyzed using DIPS as having doubtful, <sup>13</sup> and possible causality (score 3) <sup>8</sup> . <sup>26</sup>	Monitor (very low level of risk).
<b>Chaste Tree</b> <i>Vitex agnus-castus</i>			
Hormone-related medications e.g. progesterone drugs, hormonal contraceptive or HRT	May affect hormone levels and/or alter efficacy of hormone-containing medications.	Case report of unwanted pregnancy in Australia (herb and concurrent use of progesterone-only OCP) and one other similar case reported internationally. <sup>27</sup> There are several trials published in which the herb has been administered to women using OCP without causing unwanted pregnancy – see note C.	Monitor (low level of risk).
<b>Chinese Skullcap</b> <i>Scutellaria baicalensis</i>			
Rosuvastatin	May decrease drug levels.	Clinical study with healthy volunteers using 150 mg/day of isolated constituent (baicalin; AUC decreased by 1.8–42% depending on genotype). <sup>28</sup>	Monitor (low level of risk). <sup>D</sup>
<b>Coleus</b> <i>Coleus forskohlii</i>			
Antiplatelet and anticoagulant drugs	May alter response to drug.	Theoretical concern initially based on in vitro antiplatelet activity of active constituent forskolin, and in vivo antiplatelet activity in an animal model (oral doses: standardized Coleus extract and forskolin). <sup>29</sup> More recent in vivo animal research: standardized Coleus extract reduced the anticoagulant activity of warfarin. <sup>30</sup>	Monitor (low level of risk).
Hypotensive medication	May potentiate effects of drug.	Theoretical concern based on ability of high doses of forskolin and standardized Coleus extract to lower blood pressure in normotensive and hypertensive animals. <sup>31,32</sup> Clinical data from weight management trials: no effect on blood pressure in three trials, trend toward lower blood pressure in one small study. <sup>33,34</sup> Clinical trial (dose-escalation in healthy volunteers; extract providing 25–100 mg/day of forskolin): no significant effect on blood pressure or heart rate. <sup>35</sup>	Monitor (low level of risk).
Prescribed medication	May potentiate effects of drug.	Theoretical concern based on ability of forskolin to activate increased intracellular cyclic AMP in vitro. <sup>36</sup>	Monitor (low level of risk).
<b>Cranberry</b> <i>Vaccinium macrocarpon</i>			
Immunosuppressives	May decrease drug levels.	Cyclosporin: Clinical study with healthy volunteers: no substantial effect (single dose, 240 mL cranberry juice). <sup>37</sup> Tacrolimus: Case report (2 g/day 'juice extracts'; causality rated as possible (score 4) <sup>8</sup> ). <sup>38</sup>	Monitor (medium level of risk).
Midazolam	May increase drug levels.	Clinical trials with healthy volunteers: effect on drug levels conflicting – increased (double-strength juice <sup>E</sup> , 240 mL tds) <sup>39</sup> and no effect (cranberry juice, <sup>F</sup> 200 mL tds). <sup>40</sup>	Monitor (low level of risk).
Statin drugs	May increase side effects of drug.	Two case reports (355–473 mL/day cranberry juice drink (7% juice), and 473 mL/day 'cranberry juice'). <sup>41,42</sup>	Monitor (low level of risk).
<b>Tacrolimus</b> – See Immunosuppressives above			
Warfarin	May alter INR (most frequently increase).	Case reports (where reported the dosage was often high: up to 2000 mL/day, juice strength undefined; 1.5–2 quarts (1420–1893 mL)/day of cranberry juice cocktail; 113 g/day, cranberry sauce). <sup>43–51</sup> Clinical trials: no significant effect found in atrial fibrillation patients (250 mL/day cranberry juice cocktail). <sup>52</sup> or in patients on warfarin for a variety of indications (8 oz (236 mL)/day cranberry juice cocktail). <sup>53</sup> No effect on baseline INR, however, area under the INR-time curve increased by 30% in healthy volunteers (juice concentrate equivalent to 57 g of dry fruit/day). <sup>54</sup> No alteration of prothrombin time in patients on stable warfarin therapy (480 mL/day cranberry juice) <sup>55</sup> or of thromboplastin time in healthy volunteers (600 mL/day cranberry juice <sup>F</sup> ). <sup>40</sup> See also note E.	Monitor (low level of risk at low doses).

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>Dong Quai</b> <i>Angelica polymorpha</i>			
Antiplatelet and anticoagulant drugs	May potentiate effect of drug.	<p><b>Herb Alone and with Drug</b></p> <p>Aspirin: Clinical study found inhibitory effect on arachidonic acid-induced platelet aggregation (2 of 24 healthy volunteers) and on epinephrine-induced platelet aggregation (1 of 24) after several days' consumption of dried root and rhizome (1 g/day). Bleeding was not reported in these participants. Taking with aspirin did not further suppress platelet function and prothrombin time was not impaired. Two other participants reported heavier menses, which were not associated with abnormality in platelet aggregation or thrombin generation.<sup>56</sup></p> <p><b>Herb and Drug</b></p> <p>Warfarin: Case reports (increased INR and PT;<sup>57</sup> increased INR and widespread bruising).<sup>58</sup></p>	Monitor (low level of risk).
<b>Echinacea</b> <i>Echinacea angustifolia</i> , <i>Echinacea purpurea</i>			
Antiretroviral drugs	HIV non-nucleoside transcriptase inhibitors e.g. efavirenz: May alter drug levels.	Clinical trial (E. purpurea root; HIV-infected patients): no effect overall, but large interindividual variability occurred (from near 25% decreases to up to 50% increases in drug levels). All maintained an undetectable viral load. <sup>59</sup>	Monitor (low level of risk).
	HIV protease inhibitors e.g. darunavir: May decrease drug levels.	Clinical trial (E. purpurea root; HIV-infected patients): no effect overall, but some patients showed a decrease by as much as 40%. All maintained an undetectable viral load. (Patients were also taking a low dose of ritonavir.) <sup>60</sup>	Monitor (low level of risk).
Dextromethorphan	May increase drug levels.	Clinical study (healthy volunteers): no effect in CYP2D6 extensive metabolizers; increase in AUC without increase in drug level in one poor metabolizer. <sup>61</sup>	Monitor (very low level of risk).
Immunosuppressant medication	May decrease effectiveness of drug.	Theoretical concern based on immune-enhancing activity of Echinacea. <sup>1,62</sup> Case report: exacerbation of cutaneous symptoms in patient with CADM (clinically amyopathic dermatomyositis; an autoimmune disorder) taking low-dose naltrexone (species, plant part and dosage unknown). <sup>63</sup>	Contraindicated.
Midazolam	Decreases drug levels when drug administered intravenously. <sup>6</sup>	Clinical study (E. purpurea root). <sup>61</sup>	Monitor (medium level of risk) when drug administered intravenously.
<b>Eleuthero</b> <i>Eleutherococcus senticosus</i>			
Atorvastatin	May cause liver injury due to high elevation of liver enzymes.	Case report (combination of "Siberian ginseng" and silymarin). <sup>64</sup> See note H.	Monitor (low level of risk).
Digoxin	May increase plasma drug levels.	Case report: apparent increase in plasma level, but herb probably interfered with digoxin assay <sup>1</sup> (patient had unchanged ECG despite apparent digoxin concentration of 5.2 nmol/L). <sup>65</sup> In a later clinical trial no effect observed on plasma concentration. <sup>66</sup>	Monitor (very low level of risk).

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>Evening Primrose Oil</b> <i>Oenothera biennis</i>			
Antiplatelet and anticoagulant drugs	May potentiate effect of antiplatelet drugs e.g. by decreasing the formation of thromboxane and increasing formation of PGE <sub>1</sub> . <sup>67</sup>	<p>This may be an overly simplistic or a not completely correct interpretation of the mechanism of action of EPO. For example, although EPO may increase the formation of 1-series prostaglandins such as PGE<sub>1</sub>, which inhibits platelet aggregation, it may also increase levels of other factors that facilitate platelet aggregation, such as thromboxane A<sub>2</sub>.<sup>68,69</sup></p> <p><b>Herb Alone</b></p> <p>Case report (transient but extensive purpura and petechiae in neonate; mother consumed raspberry tea and "a total of thirteen 500-mg capsules of evening primrose oil, vaginally and orally" a week before delivery).<sup>70</sup></p> <p>Clinical studies: decreased platelet aggregation during 4 months of treatment (patients; 3 g/day, providing 240 mg/day of GLA),<sup>71</sup> and from week 4 to week 6 of an 8-week trial (patients; EPO providing 540 mg/day of GLA).<sup>72</sup> Decreased platelet aggregation in those with high aggregation but had no effect on those displaying normal platelet aggregation (healthy elderly; 2.4 g/day, providing 200 mg/day of GLA).<sup>73</sup> No significant effect on platelet aggregation in patients (3.2 g/day, providing 272 mg/day of GLA;<sup>74</sup> 4 g/day, providing 360 mg/day of GLA;<sup>75</sup> 1.2 and 4.8 g/day, providing 500 and 2000 mg/day of GLA)<sup>76</sup> and healthy volunteers (20 g/day, providing 1200 mg/day of GLA),<sup>77</sup> including the elderly (EPO providing 1000 mg/day of GLA).<sup>78</sup> Increase in bleeding time in patients (3 g/day, providing 240 mg/day of GLA)<sup>71</sup> and no effect in the healthy elderly (EPO providing 1000 mg/day of GLA).<sup>78</sup></p> <p>In patients: decrease in serum level of the proaggregatory TxB<sub>2</sub> (3 g/day, providing 240 mg/day of GLA),<sup>71</sup> significant decrease in serum TxB<sub>2</sub> only at week 2 of an 8-week trial (patients; EPO providing 540 mg/day of GLA),<sup>72</sup> no change in plasma TxB<sub>2</sub> or PGE<sub>1</sub> (4 g/day, providing 360 mg/day of GLA),<sup>79</sup> decreased release of TxB<sub>2</sub> from platelets during spontaneous clotting (1.5 g/day, providing 135 mg/day of GLA),<sup>80</sup> no change in release of TxB<sub>2</sub> or PGE<sub>1</sub> from platelets (1.2 and 4.8 g/day, providing 500 and 2000 mg/day of GLA),<sup>76</sup> no change in release of thromboxane A<sub>2</sub> from platelets (3.2 g/day, providing 272 mg/day of GLA);<sup>74</sup> no change in amount of TxB<sub>2</sub> released into serum during clotting (4 g/day, providing 360 mg/day of GLA).<sup>79</sup> Increase in plasma TxB<sub>2</sub> in both treatment (20 mL/day, providing 1800 mg/day of GLA) and control (olive oil) groups of rheumatoid arthritis patients.<sup>81</sup></p> <p>A counterbalancing effect was observed in healthy elderly treated with EPO, providing 1000 mg/day of GLA, for 2 months: TxB<sub>2</sub> formation in platelets decreased (potentially decreasing platelet aggregation) but vitamin E level in platelets also tended to decrease (potentially increasing platelet aggregation);<sup>78</sup> similarly, there were significant increases in DGLA (antithrombotic) and arachidonic acid (proaggregatory) and a decrease in EPA (antiaggregatory) in platelet phospholipids.<sup>82</sup></p>	Monitor (low level of risk).
Lithium	May reduce serum level of drug.	Case report: decreased drug level initially did not cause change in mood or functioning so no change made to drug dose, however, drug level continued to drop. <sup>83</sup>	Monitor (medium level of risk).
Phenothiazines	May decrease effectiveness of drug.	Reports of worsening epilepsy in schizophrenics. No causal association demonstrated and no effect observed in later trials. <sup>84</sup>	Monitor (very low level of risk).
<b>Ginger</b> <i>Zingiber officinale</i>			
Antacids	May decrease effectiveness of drug.	Theoretical concern since ginger increases gastric secretory activity in vivo (animals). <sup>1</sup> Heartburn has been reported by some patients, although a review of 12 randomized controlled trials published up until July 2013 involving pregnant women using the herb found it to be a low risk. <sup>110</sup> A review of randomized clinical trials published up until July 2019, found 17 studies that provided information about adverse effects caused by ginger for the treatment of a variety of conditions. The incidence of heartburn in patients was individually reported in 11 trials, and excluding one trial, <sup>N</sup> ranged from 1.7% to 15.3%. <sup>111</sup> (This does not compare the incidence of heartburn with that of placebo or control. For example, in one trial the relative risk of heartburn in pregnant women for ginger (1 g/day, powder) compared to dimenhydrinate (100 mg/day) was 1.44, a difference which was not statistically significant. <sup>110</sup> )	Monitor (low level of risk).
Antiplatelet and anticoagulant drugs	Phenprocoumon: May increase effectiveness of drug. Warfarin: Increased risk of spontaneous bleeding.	<p>Concern based on potential to alter coagulation.</p> <p><b>Herb Alone</b></p> <p>Clinical studies: inhibition of platelet aggregation (5 g, divided single dose, dried ginger) in healthy volunteers,<sup>112</sup> and CAD patients (10 g, single dose, dried ginger),<sup>113</sup> but no effect in healthy volunteers (2 g, single dose, dried ginger),<sup>114</sup> or CAD patients (4 g/day, dried ginger; for 3 months);<sup>113</sup> inhibition of platelet thromboxane production in healthy volunteers (5 g/day, fresh ginger; for 7 days);<sup>115</sup> no effect on inhibition of platelet aggregation for 4 agonists, but did occur for epinephrine (tea made from 4 g/day, dried ginger; for 5 days) and no effect for any agonist at higher dose (tea made from 8 g/day).<sup>116</sup></p> <p><b>Herb and Drug</b></p> <p>Phenprocoumon: Case report (dosage undefined): increased INR.<sup>117</sup></p> <p>Warfarin: Two case reports (dose unknown): bleeding,<sup>118</sup> increase in INR but no bleeding.<sup>119</sup> Two case reports (China): increased INR (3 pieces/day of ginger, for 1 month; ginger vinegar (ginger steeped in vinegar for one week), unknown dose and duration).<sup>120</sup> No pharmacokinetic or pharmacodynamic effects demonstrated in a clinical trial with healthy volunteers (3.6 g/day, dried ginger).<sup>121</sup> Epidemiological study: ginger (as a complementary medicine) was significantly associated with an increased risk of self-reported bleeding in patients taking warfarin.<sup>122</sup> These results should be viewed cautiously (see note P).</p>	<p>Phenprocoumon</p> <p><b>Monitor</b> at doses equivalent to &lt; 4 g/day dried ginger (low level of risk).</p> <p>Warfarin</p> <p><b>Monitor</b> at doses equivalent to &lt; 4 g/day dried ginger (very low risk).</p> <p><b>Contraindicated</b> unless under close supervision at doses equivalent to &gt; 4 g/day dried ginger.</p>

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>Ginger</b> <i>Zingiber officinale</i> (continued)			
Crizotinib	May increase side effects of drug due to increased drug level.	Case report (grated ginger, honey, lemon juice and hot water, up to more than 1 L/day). <sup>123</sup>	<b>Monitor</b> (medium level of risk).
Nifedipine	May produce a synergistic antiplatelet effect.	Clinical study (1 g/day, dried ginger) in healthy volunteers and hypertensive patients. <sup>124</sup>	<b>Contraindicated.</b>
<b>Ginkgo</b> <sup>Q</sup> <i>Ginkgo biloba</i>			
<b>Anticonvulsant medication</b> e.g. carbamazepine, sodium valproate	May decrease the effectiveness of drug.	Case reports: two with well-controlled epilepsy, <sup>125</sup> others anecdotal and uncertain. <sup>126-128</sup> One of these <sup>127</sup> was subsequently analyzed as having probable causality (score 7) <sup>8, 26</sup>	<b>Monitor</b> (medium level of risk). Increasing the intake of vitamin B6 may be advisable for patients taking anticonvulsants. <sup>R</sup>
<b>Antiplatelet and anticoagulant drugs</b>	Prolongation of bleeding and/or increased bleeding tendency.	<p>Concern based on antiplatelet activity.</p> <p>Bleeding events associated with Ginkgo alone or in combination with these and other drugs have been reported but a causal relationship was not established conclusively. Although a retrospective population-based study found risk of hemorrhage was associated with elderly patients (65 years or older) who were taking Ginkgo alone.<sup>129</sup></p> <p><b>Herb Alone</b></p> <p>Rare case reports of bleeding.<sup>130-133</sup></p> <p>Meta-analysis of randomized, placebo-controlled trials (healthy volunteers and patients): results indicate standardized Ginkgo extract does not increase the risk of bleeding.<sup>134</sup> Randomized, 5-year trial (elderly participants; Ginkgo 50:1 extract, 240 mg/day): no significant difference in incidence of hemorrhagic events.<sup>135</sup></p> <p><b>Herb and Drug</b></p> <p>Retrospective population-based study in Taiwan: the relative risk of hemorrhage associated with the use of Ginkgo extract combined with drugs (clopidogrel, cilostazol, ticlopidine, warfarin) was not significant.<sup>129</sup> See also note S.</p> <p>Aspirin: Case reports (two, bleeding;<sup>130</sup> one, extensive bruising after a fall – although possibly high Ginkgo dose (400 mg/day, undefined)).<sup>136</sup> Clinical studies: no additional effect on platelet function, platelet aggregation or bleeding time;<sup>137-139</sup> no increase in vascular adverse events, including hemorrhages, in acute stroke patients despite the high dose (Ginkgo preparation, providing 200 mg/day of flavone glycosides and 45 mg/day of terpene lactones; taken for 6 months).<sup>140</sup></p> <p>Cilostazol: Clinical studies with healthy volunteers (Ginkgo extract (undefined): single dose 120 mg) – bleeding time prolonged; no change in platelet aggregation or clotting time, and no significant correlation between prolongation of bleeding time and inhibition of platelet aggregation;<sup>141</sup> no effect on pharmacokinetics or bleeding time, the increase in platelet aggregation was not significant (Ginkgo extract (undefined): 160 mg/day).<sup>142</sup></p> <p>Clopidogrel: Case report (bruising and bleeding).<sup>143</sup> Clinical study with healthy volunteers (Ginkgo extract (undefined): single dose 120 mg) – no effect on platelet aggregation, bleeding times.<sup>141</sup></p> <p>Ticlopidine: Case report (bleeding).<sup>131</sup> Clinical studies: no significant additional effect on bleeding time or platelet aggregation (Ginkgo 50:1 extract: single dose 80 mg; healthy volunteers),<sup>144</sup> and at the higher dose (120 mg/day) did not affect drug levels;<sup>145</sup> increased inhibitory response of platelets to testing with two agonists (i.e. antiplatelet effect) for drug and herb compared with drug alone, although effect was small and statistical and clinical significance is unknown (Ginkgo extract (undefined): 160 mg/day; pilot study of patients who had an acute ischemic stroke or transient ischemic attack),<sup>146</sup> improved antiplatelet effects in clopidogrel-resistant patients undergoing carotid stenting without hematologic or adverse effects, such as decreased platelet count, puncture-site hematoma (Ginkgo extract (undefined): 160 mg/day; small patient numbers).<sup>147</sup> Postmarketing study (80–160 mg/day of undefined Ginkgo extract): incidence of bleeding events in 4831 patients was 0.52% i.e. 25 patients; the severity was mild in 19 patients, moderate in 3 and severe in 3.<sup>148</sup></p> <p>Warfarin: Case report (bleeding).<sup>130</sup> Clinical studies (healthy volunteers and patients): no additional effect on INR, platelet aggregation, coagulation parameters or plasma drug level.<sup>121,149,150</sup> A retrospective analysis of US veteran's medical records (2008-2014) found taking Ginkgo (dose and preparations unknown) concurrently with warfarin was significantly associated with higher risk of bleeding.<sup>151</sup></p> <p>See also note T.</p>	<b>Monitor</b> (low level of risk), although additional caution may be warranted for the elderly and/or those taking warfarin.

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>Ginkgo<sup>0</sup></b> Ginkgo biloba (continued)			
Antipsychotic medication	General: May potentiate the efficiency of drug in patients with schizophrenia, by reducing symptoms.	Randomized, controlled trials (11; Ginkgo 50:1 extract: 120–360 mg/day), for schizophrenic patients taking haloperidol, olanzapine, clozapine, chlorpromazine, sulpiride, or a mixture (clozapine, chlorpromazine, sulpiride, perphenazine and haloperidol). <sup>152,153</sup> Five of 8 trials reported on adverse effects: no difference between Ginkgo and placebo for total scores, the results for subscores varied in two trials (generally favoring Ginkgo), but without serious side effects; in one trial, 2 patients who received placebo and experienced treatment failure were then treated with Ginkgo alone at double the dose (480 mg/day) and had severe delusions after about 2 weeks. <sup>152</sup>	Prescribe cautiously. <b>Reduce</b> drug if necessary in conjunction with prescribing physician.
	Risperidone: May potentiate adverse effects of drug or cause idiosyncratic reaction.	Two case reports (mood dysregulation, 160 mg/day of undefined extract; <sup>154</sup> priapism, 160 mg/day of undefined extract). <sup>155</sup> Incidence of adverse effects not significantly different between groups in two controlled studies (schizophrenia, dose unknown; <sup>156</sup> and autistic disorders in children 6 to 7 years, 80–120 mg/day of undefined extract). <sup>157</sup>	<b>Monitor</b> (low level of risk).
Antiretroviral drugs	HIV integrase inhibitors e.g. raltegravir: May alter drug levels.	Clinical study with healthy volunteers (Ginkgo 50:1 extract: 240 mg/day) found an increase in plasma levels, due to large interindividual variability, not considered to be of clinical importance. (The drug's pharmacokinetics are known for considerable intra- and interindividual variability). <sup>158</sup>	<b>Monitor</b> (low level of risk).
	HIV non-nucleoside transcriptase inhibitors e.g. efavirenz: May decrease drug levels and/or cause virological breakthrough/failure.	Case report (decreased drug level and virological failure); <sup>159</sup> case report (increase in viral load after ongoing suppression; multiple supplements but the main one was an unspecified Ginkgo product (300 mg/day); <sup>160</sup> causality rated as probable (score 6) <sup>26</sup>	<b>Monitor</b> (medium level of risk).
Benzodiazepines	May alter drug level.	Alprazolam: Clinical trial in healthy volunteers found no effect (Ginkgo 50:1 extract: 240 mg/day). <sup>161</sup> Diazepam: Clinical trial in healthy volunteers found no effect (Ginkgo 50:1 extract: 240 mg/day). <sup>162</sup> Midazolam: Clinical trials in healthy volunteers found conflicting results on drug levels: increased (Ginkgo 50:1 extract: 360 mg/day), <sup>163</sup> decreased (Ginkgo 50:1 extract: 240 mg/day) <sup>164</sup> and no effect (Ginkgo 50:1 extract: 240 mg/day). <sup>165</sup>	<b>Monitor</b> (low level of risk).
Hypoglycemic drugs	General (sulfonylureas): May decrease the hypoglycemic activity. See also Glipizide and Tolbutamide	Theoretical extrapolation from clinical studies (very small numbers of participants): improved pancreatic beta-cell insulin production in response to glucose load (healthy/normal glucose tolerant individuals) <sup>166</sup> and in diabetics (only those with hyperinsulinemia treated with a range of oral hypoglycemic drugs and those with pancreatic exhaustion, and not diet-controlled diabetics i.e. those with medium to high insulin resistance), although no improvement in glucose metabolism (e.g. blood glucose) and no glycemia-related adverse effects – this suggests increased hepatic clearance of insulin and hypoglycemic agents. <sup>167</sup> Later study confirmed no adverse effect on insulin resistance (small number of healthy volunteers, prediabetics and diabetics taking oral hypoglycemic drugs). <sup>168</sup> Dose in each trial was Ginkgo 50:1 extract: 120 mg/day.	<b>Monitor</b> (low level of risk).
	Glipizide: May cause hypoglycemia.	Observation from aborted trial: hypoglycemia occurred in volunteers with normal glucose tolerance within 60 minutes. <sup>169</sup> Ginkgo 50:1 extract was administered as a single dose of 120 mg. <sup>170</sup>	<b>Monitor</b> (low level of risk).
	Metformin: May enhance effectiveness of drug.	Clinical trial with very small number of diabetics taking a variety of metformin daily doses (0.5–2.55 g; Ginkgo 50:1 extract: 120 mg/day): effect on pharmacokinetics of drug were not substantially altered in those taking 0.5 g/day or less of the drug. No effect observed in healthy volunteers. <sup>169</sup> Clinical trial (patients ineffectively managed): significantly improved glycemic parameters including HbA1c (Ginkgo 50:1 extract: 120 mg/day; metformin: 1.24 g/day). <sup>171</sup>	<b>Monitor</b> (low level of risk). <b>Reduce</b> drug if necessary in conjunction with prescribing physician.
	Pioglitazone: May increase drug level.	Clinical trial with healthy volunteers (Ginkgo 50:1 extract: 120 mg/day). <sup>172</sup>	<b>Monitor</b> (low level of risk).
	Tolbutamide: May decrease effectiveness of drug.	Clinical trials with healthy volunteers: nonsignificant reduction in glucose-lowering effect of drug (Ginkgo 50:1 extract: 360 mg/day); <sup>163</sup> pharmacokinetics not altered (Ginkgo 50:1 extract: 240 and 360 mg/day). <sup>163,165</sup>	<b>Monitor</b> (low level of risk).
Nifedipine	May increase drug levels or side effects.	Clinical studies found mixed results for mean plasma drug level: increase (120 mg/day, undefined), <sup>173</sup> although these results considered preliminary/inaccurate as AUC was not measured; <sup>174</sup> and no effect (240 mg/day; although results probably not robust as the herb was only administered for one day). <sup>175</sup> However, in the latter study, maximal plasma drug level and heart rate was increased with adverse drug reactions for participants with highest plasma drug levels (headache, dizziness, hot flashes). <sup>175</sup>	<b>Monitor</b> at doses < 240 mg/day (medium level of risk). <b>Contraindicated</b> for higher doses.
Omeprazole	May decrease drug levels.	Clinical trials with healthy volunteers found conflicting results on drug levels: decreased (Ginkgo 50:1 extract: 280 mg/day; AUC decreased by 27–42% depending on genotype) <sup>176</sup> and no effect (Ginkgo 50:1 extract: 240 mg/day). <sup>165</sup>	<b>Monitor</b> (low level of risk).

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>Ginkgo<sup>Q</sup></b> Ginkgo biloba (continued)			
Statin drugs	May decrease drug levels.	Meta-analysis of 8 randomized controlled trials conducted in China (and of low methodological quality) found that compared with statins alone, the combination of statins and Ginkgo achieved significantly greater improvements in lipids in patients with dyslipidemia. See also note U. In four trials atorvastatin was administered, simvastatin in three and rosuvastatin in one trial. <sup>177</sup> Atorvastatin: Clinical study with healthy volunteers (Ginkgo 50:1 extract: 360 mg/day). No adverse pharmacodynamic effect was observed. <sup>178</sup> Simvastatin: Clinical study with healthy volunteers (Ginkgo 50:1 extract: 240 mg/day) – drug levels decreased, but active metabolite drug levels not affected. Pharmacodynamics (cholesterol lowering) of the drug not significantly affected, although there was a trend towards reduced ability to lower LDL-cholesterol. <sup>179</sup>	<b>Monitor</b> (low level of risk).
Tadalafil	May cause bleeding.	Case report (hematoma after surgery; patient also taking analgesics). <sup>180</sup>	<b>Monitor</b> (low level of risk).
Talinolol	May increase drug levels.	Clinical trial with healthy volunteers. <sup>181</sup>	<b>Monitor</b> (low level of risk).
<b>Golden Seal</b> Hydrastis canadensis			
Drugs which displace the protein binding of bilirubin e.g. phenylbutazone	May potentiate effect of drug on displacing bilirubin.	Theoretical concern based on in vitro data (displaced bilirubin from albumin) and in animals with high dose of berberine by injection (reduced bilirubin serum protein binding). <sup>182</sup>	<b>Monitor</b> (low level of risk).
Midazolam	May increase drug level.	Clinical trials with healthy volunteers. <sup>183,184</sup>	<b>Monitor</b> (low level of risk).
<b>Green Tea</b> Camellia sinensis (See also Polyphenol-containing and/or Tannin-containing herbs)			
Antiplatelet and anticoagulant drugs	Aspirin: May potentiate bleeding. Warfarin: May decrease effectiveness of drug.	<b>Herb Alone</b> Clinical studies: decreased fibrinogen, PT and APTT, but no effect on bleeding time or clotting time in CAD patients (infusion; 4 g/day of leaf), <sup>185</sup> decreased plasma fibrinogen, but no effect on PT, APTT or INR (healthy volunteers; 2 cups/day), <sup>186</sup> higher PT and APTT in healthy volunteers who drank green tea (3 cups/day for at least 1 year) compared to those who did not. <sup>187</sup> Clinical studies with healthy volunteers: no effect on platelet aggregation or thromboxane production (7 cups/day, made from 6.3 g/day freeze-dried leaf powder, which provided 542 mg/day of total catechins), <sup>188</sup> no effect on hemostasis, including plasma fibrinogen (smokers; 2 groups: infusion made from freeze-dried leaf, 3 g/day of tea solids; concentrated extract, equivalent to 9 g/day of tea solids (18 cups/day), <sup>189</sup> no effect on blood coagulation, including fibrinogen or thromboxane formation (high fatty acid-rich diet; concentrated extract, equivalent to 10 g/day, providing 630 mg/day of the four main catechins), <sup>190</sup> no significant effect on maximum aggregation, but a decrease in the initial slope, which measures the initial rate of platelet aggregation (4 g/day leaf powder). <sup>191</sup> <b>Herb and Drug</b> Aspirin: Case report (vaginal bleeding, hematuria, bruising in postmenopausal diabetic; brewed green tea: 7–8 cups/day, for 6 months). <sup>192</sup> Warfarin: Case report (decreased INR; brewed green tea: 0.5–1 gallon/day). <sup>193</sup> Clinical study (healthy volunteers): statistically significant but insubstantial decrease in INR (1.44 to 1.39) and decreased PT (infusion, 6 g/day of leaf). <sup>194</sup> (See also Vitamin K-containing herbs.)	Aspirin <b>Monitor</b> (very low level of risk).  Warfarin <b>Monitor</b> (low level of risk).
Boronic acid-based protease inhibitors e.g. bortezomib	May decrease efficacy of drug.	Theoretical concern based on initial in vitro data and in vivo animal study (green tea constituent: EGCG reduced tumor cell death induced by drug). <sup>195</sup> However, a further in vivo animal study found EGCG was not antagonistic to the activity of the drug. <sup>196</sup> See note V.	<b>Contraindicated</b> at high doses (around 600 mg/day EGCG or 1 g/day green tea catechins). <sup>W</sup> More information required for doses below this level.
Citalopram (Escitalopram)	May potentiate adverse effect (bleeding).	Case report of hemorrhage during surgery (1 cup/day; beverage and drug consumed for years; causality rated as possible (score 4)). <sup>197</sup>	<b>Monitor</b> (low level of risk).
Dapoxetine	May increase bioavailability of drug.	Clinical, single-dose study with healthy volunteers: increase of 30% at higher dose of 4 g of extract providing 1200 mg of catechins, but no effect at half this dose. <sup>198</sup>	<b>Monitor</b> (very low level of risk at low-moderate doses).
Digoxin	May decrease drug levels.	Clinical study with healthy volunteers (green tea extract providing 300 mg catechins). <sup>199</sup> Case report; few details provided; survey and review of medical file of hospitalized patient, although causality rated as possible (score 3). <sup>200</sup>	<b>Monitor</b> (medium level of risk at substantial doses of catechins).
Folate	May decrease absorption.	Clinical study with healthy volunteers. <sup>201</sup> Clinical significance unclear, as was a one-day study (i.e. not ongoing administration), with 50 mg of green tea catechins administered before, during and up to 2 hours after folate (for a total of 250 mg of catechins).	If taken simultaneously, may need to <b>increase</b> dose of folate. The effect may be relatively small – more information is required.

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>Green Tea</b> <i>Camellia sinensis</i> (See also Polyphenol-containing and/or Tannin-containing herbs) (continued)			
Immunosuppressives e.g. tacrolimus	May increase drug levels.	Case report (patient was a CYP3A4 poor metabolizer). <sup>202</sup>	<b>Monitor</b> (medium level of risk).
Isoniazid	May potentiate adverse effect on liver.	Case report (green tea extract; solvent and dose unknown). <sup>203</sup> See note X.	<b>Contraindicated.</b>
Lisinopril	May decrease drug levels.	Clinical study with healthy volunteers (single dose, green tea extract providing 300 mg EGCG). <sup>204</sup>	<b>Monitor</b> (medium level of risk).
Midazolam	May increase drug levels.	Clinical, single-dose studies with healthy volunteers: no effect at doses of extract containing 60 mg and 600 mg of catechins, however substantial effect at dose of extract containing 1200 mg. <sup>198,205</sup>	<b>Monitor</b> (very low level of risk at low-moderate doses).
Nadolol	May decrease drug levels.	Clinical studies with healthy volunteers (two single doses, simultaneous ingestion, green tea extract containing 52 mg and 156 mg catechins; <sup>206</sup> single dose, simultaneous and ingestion 1 hour prior, brewed green tea (4.5 g), providing 539 mg of catechins), <sup>207</sup> although pulse rate and blood pressure were unchanged. <sup>206</sup>	<b>Monitor</b> (medium level of risk).
Raloxifene	May decrease drug levels.	Clinical study with small group of healthy volunteers: AUC decreased by 36%, <sup>208</sup> but dose undefined, other than 3 cups/day of brewed tea made from commercially-available tea bags. <sup>209,210</sup>	Assuming a moderate dose was prescribed: <b>Monitor</b> (medium level of risk).
Sildenafil	May increase bioavailability of drug.	Clinical study with healthy volunteers (2 g, single dose, green tea powder containing 60 mg catechins). Blood pressure and electrocardiogram were unchanged. <sup>205</sup>	<b>Monitor</b> (low level of risk).
Statin drugs	May affect drug level (if increase, may increase side effects).	Atorvastatin: Clinical study with healthy volunteers: decrease in drug levels for two single doses of green tea extract providing 150 mg and 300 mg of catechins; effect not dose dependent. <sup>211</sup> Fluvastatin: Clinical study with healthy volunteers. No significant effect on plasma concentrations for single doses of brewed green tea (300 mL) or extract providing 150 mg EGCG. <sup>212</sup> Rosuvastatin: Clinical study with healthy volunteers found a slight, likely clinically irrelevant, decrease in drug levels for ongoing administration (300 mg/day of EGCG). <sup>213</sup> Simvastatin: Case report of muscle pain, which is a known side effect (3 cups/day). <sup>214</sup> Subsequently fed as having probable causality (score 7) <sup>8,26</sup> Pharmacokinetic evaluation indicated green tea (1 cup, single dose) increased the bioavailability of simvastatin in this patient by a large amount (75%). <sup>214</sup> Even without consuming green tea, drug dose was halved after 3 months due to leg discomfort. <sup>214</sup> Ongoing administration of green tea beverage (healthy volunteers): <sup>215</sup> the increase was much smaller (7%; probably not clinically relevant), although in 25% of participants the increase was about 2-fold (dose: 335 mg/day of catechins); at a higher dose (638 mg/day of catechins), the increase in bioavailability was 28%, and the extent of the interindividual variability was similar.	<b>Monitor</b> (low level of risk).
Sunitinib	May reduce bioavailability of drug.	Case report (effect appeared dose-dependent). Considering the pharmacokinetic data (interaction in mice), the authors recommended avoiding green tea intake or leaving an interval of 4 hours between beverage and drug intake. <sup>216</sup>	<b>Contraindicated, unless taken at least 4 hours apart.</b>
Warfarin – See Antiplatelet and anticoagulant drugs above			
Ziprasidone	May decrease effectiveness of drug.	Case report (green tea extract; probable high dose: 1.5 times the recommended dose of product). <sup>217</sup>	<b>Monitor</b> (low level of risk).
<b>Hawthorn</b> <i>Crataegus monogyna</i> , <i>Crataegus laevigata</i> ( <i>Crataegus oxyacantha</i> ) (See also Polyphenol-containing and/or Tannin-containing herbs)			
Digoxin	May increase effectiveness of drug.	Clinical studies indicate a (beneficial) synergistic effect. <sup>218,219</sup> Pharmacokinetics not affected in a clinical study (healthy volunteers). <sup>220</sup>	<b>Monitor</b> (low level of risk).
Hypotensive drugs	May increase effectiveness of drug.	Controlled trials where drugs known to be taken by all or many heart disease patients: blood pressure decreased significantly (2 trials), <sup>221,222</sup> decreased nonsignificantly (1 trial) <sup>223</sup> and was unchanged (1 trial). <sup>224</sup> Significant decrease in blood pressure observed in diabetics taking hypotensive drugs (1 trial). <sup>225</sup>	<b>Monitor</b> (low level of risk).
<b>Horsetail</b> <i>Equisetum arvense</i>			
Antiretroviral drugs	May cause virological breakthrough.	Two case reports (supplements containing horsetail). <sup>226</sup>	<b>Monitor</b> (medium level of risk).
<b>Hypoglycemic herbs</b> (See also Ginkgo, Korean Ginseng, Milk Thistle, St John's Wort)			
Hypoglycemic drugs, including insulin	May potentiate hypoglycemic activity of drug.	Theoretical based on potential additive effects, although there are many examples of clinical trials in which herbs have been administered to diabetics who were using hypoglycemic medications, and despite improvements in glycemic parameters no adverse hypoglycemic effects were observed. Examples: • In uncontrolled trials, high dose, long-term administration of <i>Gymnema</i> extract (equivalent to 10–13 g/day dried leaf) reduced insulin and hypoglycemic drug requirements in diabetics. <sup>227,228</sup> • Several trials have found no effect for garlic on blood glucose in type 2 diabetes, although in a double-blind, placebo-controlled trial (using enteric-coated tablets), a reduction in the dosage of oral hypoglycemic drugs was required (these patients had baseline fasting blood glucose above 8.0 mmol/L (144 mg/dL)). <sup>229</sup>	Prescribe cautiously and monitor blood sugar regularly. <b>Warn</b> patient about possible hypoglycemic effects. <b>Reduce</b> drug if necessary in conjunction with prescribing physician.

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>Kava</b> Piper methysticum			
Antiplatelet and anticoagulant drugs	May potentiate effect of drug.	<b>Herb Alone and with Drug</b> Aspirin: Clinical study in Fiji with volunteers who were not kava drinkers (NKD), occasional (once/week; OKD) or regular drinkers (RKD: every week, 20 or more bowls/day). Platelet aggregation was in the normal range for all groups (baseline), but after single dose of aspirin (100 mg) there was a significant difference between NKD and RKD, and OKD and RKD, with the platelet aggregation inhibited (not decreased as much) in RKD. There was no significant difference between the groups when 300 mg was taken (aggregation decreased to a similar extent). The results suggest regular kava drinking (i.e. relatively high levels of kava lactones) may decrease aspirin sensitivity. <sup>230</sup>	<b>Monitor</b> (very low level of risk at typical doses).
CNS depressants e.g. alcohol, barbiturates, benzodiazepines	Potentiation of drug effects.	Theoretical concern based on deliberations of German Commission E <sup>18</sup> and the anxiolytic activity of kava. <sup>1</sup> Two apparent case reports (kava + benzodiazepines (alprazolam, flunitrazepam)). <sup>231,232</sup> Clinical trials with healthy volunteers: no additional side effects observed for kava (extract containing 240 mg/day of kava lactones) + benzodiazepine (bromazepam), <sup>233</sup> and kava (extract containing 210 mg/day of kava lactones) + alcohol. <sup>234</sup> Clinical study with healthy volunteers: no effect on pharmacokinetic parameters of midazolam (extract provided 253 mg/day of kava lactones). <sup>183</sup>	<b>Monitor</b> (low level of risk).
L-Dopa and other Parkinson's disease treatments	Possible dopamine antagonist effects.	Case reports. <sup>235,236</sup> Although, kava is unlikely to be responsible for central dopaminergic antagonism (experimental model) <sup>237</sup> and kava reduced parkinsonism induced by neuroleptic drugs (observational study, psychiatric patients). <sup>238</sup>	<b>Contraindicated</b> unless under close supervision.
Other CNS drugs	May potentiate adverse effect possibly by decreased metabolism of drug.	Haloperidol: Case report (patient consumed kava beverage i.e. probable high dose). <sup>239</sup> Ropinirole: Case report (patient consumed kava beverage and kava tablets i.e. probable high dose). <sup>239</sup>	<b>Monitor</b> (low level of risk at typical doses).
<b>Korean Ginseng</b> Panax ginseng			
Antihypertensive medications including nifedipine	General: May decrease effectiveness of drug.	Theoretical concern since hypertension is a feature of GAS (side effects caused from high doses of ginseng (species not defined), described in the early literature). Clinical significance unclear. <sup>1</sup> Assessment of 316 hospital patients found Korean ginseng to have a contrary effect only in a very small percentage: blood pressure increase in 5% of hypertensives; increase in 3% and decrease in 2% of normotensives; decrease in 6% of hypotensives. <sup>240</sup> No information on concurrent medications. Note for clinical trial data below: Acute, single-dose trials excluded. High doses used in several trials. <b>Herb Alone</b> Clinical trials: no significant effects on blood pressure found in healthy volunteers, <sup>241–245</sup> those with metabolic syndrome, <sup>246</sup> type 2 diabetes <sup>247,248</sup> or glaucoma, <sup>249</sup> although baseline blood pressure may be a factor. <sup>246</sup> Significant reduction in diastolic blood pressure in men with metabolic syndrome, <sup>250</sup> and in systolic and diastolic pressures in prehypertensive individuals. <sup>251</sup> Case report (hypertensive crisis). <sup>252</sup> <b>Herb and Drug</b> Clinical trials: decreased blood pressure in essential hypertension, <sup>253</sup> prehypertension and stage I hypertension (34% of patients were taking antihypertensive medications) <sup>254</sup> and CAD <sup>255</sup> but no effect in white coat hypertension <sup>253</sup> and essential hypertension. <sup>256</sup>	<b>Monitor</b> (very low level of risk).
	Nifedipine: May increase drug levels.	Clinical trial (results considered preliminary/inaccurate as AUC was not measured, and species not defined). <sup>173</sup>	<b>Monitor</b> (low level of risk).
Antiplatelet and anticoagulant drugs	General: May potentiate effects of drug.	<b>Herb Alone</b> Two epidemiological studies in Korea: long-term intake (3–5 years) prolonged plasma clotting times (APTT), <sup>257,258</sup> and decreased platelet aggregation. <sup>257</sup> (Dosage in Korea is generally high.) Clinical trial (healthy volunteers): inhibited platelet aggregation, but no effect on coagulation (PT, APTT). <sup>259</sup> Case reports: perioperative bleeding and impaired coagulation, possibly due to high preoperative intake of undefined ginseng (1 case); <sup>260</sup> postmenopausal women with spontaneous hematomas (3 cases). <sup>261</sup> <b>Herb and Drug</b> Aspirin: Clinical study found inhibitory effect on arachidonic acid-induced platelet aggregation (1 of 24 healthy volunteers) after several days' consumption of concentrated extract (providing 30 mg/day of ginsenosides); no clinically relevant bleeding events occurred. Taking with aspirin did not further suppress platelet function and prothrombin time was not impaired. <sup>26</sup>	<b>Monitor</b> (low level of risk).
	Acenocoumarol: May decrease effectiveness of drug.	Case report (decreased INR, herb dose unknown; causality rated as possible (score 4) <sup>9</sup> ). <sup>14</sup>	<b>Monitor</b> (low level of risk).
	Warfarin: May decrease effectiveness of drug.	Two cases reported (decreased INR without thrombotic episode, likely modest level of ginsenosides; <sup>262</sup> thrombosis, ginseng product undefined). <sup>263</sup> No effect demonstrated in three clinical trials (healthy volunteers and patients) for INR, prothrombin time and platelet aggregation. <sup>264–266</sup> Although the design of the trials has been criticized. See note Y. <sup>267</sup>	<b>Monitor</b> (low level of risk).

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>Korean Ginseng</b> Panax ginseng (continued)			
CNS stimulants	May potentiate effects of drug. <sup>1</sup>	Theoretical concern since CNS stimulation is a feature of GAS. Clinical significance unclear.	<b>Monitor</b> (low level of risk).
HIV integrase inhibitors e.g. raltegravir	May potentiate adverse effect possibly by altered metabolism.	Case report (elevated liver enzymes: dosage unknown, causality rated as probable (score 6) <sup>6</sup> ). <sup>268</sup>	<b>Monitor</b> (low level of risk).
Hypoglycemic drugs, including insulin	May potentiate hypoglycemic activity of drug. <sup>62</sup>	Theoretical concern based on clinically observed hypoglycemic activity of ginseng in newly diagnosed type 2 diabetics. <sup>269</sup> Clinical significance unclear. <b>Herb Alone</b> No effect on insulin sensitivity or beta-cell function after very high doses in newly diagnosed type 2 diabetics or those with impaired glucose tolerance. <sup>270</sup> Korean red ginseng extract (providing 83 mg/day of total ginsenosides) improved serum glucose levels compared with placebo in unmedicated patients with impaired fasting glucose, impaired glucose tolerance and newly diagnosed type 2 diabetes, without adverse hypoglycemic effects. Diet was monitored and did not change. <sup>271</sup> <b>Herb with Drug and/or Diet</b> Korean red ginseng powder (2.7 g/day) reduced the requirement for insulin in about 40% of diabetics in a small uncontrolled trial. <sup>272</sup> No adverse effects in four trials of type 2 diabetics well controlled with diet and/or oral hypoglycemic drugs from a range of ginseng doses, including very high. <sup>247-274</sup> There were no statistically significant changes in fasting plasma glucose, HbA1c or insulin levels in a placebo-controlled trial of type 2 diabetics who took Korean red ginseng extract (providing 41 mg/day of total ginsenosides, of which ginsenosides Rb1, Rb2, Rc, Rd, Re and Rg1 made up 20 mg/day) for 24 weeks. Intake of their oral hypoglycemic drugs was not changed during the trial. One patient of 70 who received ginseng dropped out due to deterioration of blood glucose, and this patient "did not properly take the prescribed antidiabetic drugs and had an uncontrolled diet." <sup>275</sup> Case report (hypoglycemia in a diabetic well controlled with oral hypoglycemic drugs and diet). <sup>276</sup> See note Z.	<b>Monitor</b> (low level of risk).
Imatinib	May potentiate adverse effect possibly by altered metabolism.	Case report (hepatotoxicity); <sup>277</sup> causality rated as probable (score 5) <sup>8</sup> ). <sup>26</sup>	<b>Monitor</b> (low level of risk).
Lamotrigine	May cause side effect due to elevated drug level.	Case report (combined with deer antler velvet; DRESS syndrome; causality rated as probable (score 5) <sup>8</sup> ). <sup>278</sup>	<b>Monitor</b> (medium level of risk).
MAO inhibitors e.g. phenelzine	May cause side effects such as headache, sleeplessness, tremor.	Case reports. <sup>279-281</sup>	<b>Contraindicated.</b>
Midazolam	May decrease drug level.	Clinical studies with healthy volunteers: effect on drug levels conflicting – decreased (extract providing about 45 mg/day of ginsenosides Rb1, Rb2, Rc, Rd, Re, Rf, Rg), <sup>174</sup> and no relevant effect (extracts providing about 62 mg/day of ginsenosides Rb1, Rb2, Rc, Re, Rg1, <sup>282</sup> and 85 mg/day of ginsenosides Rb1, Rb2, Rc, Rd, Re, Rg1, Rg3, Rh1). <sup>283</sup>	<b>Monitor</b> (low level of risk).
Sildenafil	May potentiate effects of drug.	Theoretical concern based on in vitro studies which show ginseng increases nitric oxide release from corpus cavernosum tissue. <sup>284,285</sup>	<b>Monitor</b> (very low level of risk).
<b>Laxative (anthraquinone-containing) herbs</b> e.g. cascara (Frangula purshiana), yellow dock (Rumex crispus)			
Antiarrhythmic agents	May affect activity if potassium deficiency resulting from long-term laxative abuse is present.	German Commission E and ESCOP recommendation. <sup>18,286</sup>	<b>Avoid</b> excessive doses of laxatives. Maintain patients on a high potassium diet.
Cardiac glycosides	May potentiate activity, if potassium deficiency resulting from long-term laxative abuse is present.	German Commission E and ESCOP recommendation. <sup>18,286</sup>	<b>Monitor</b> (low level of risk at typical doses).
Potassium-depleting agents e.g. thiazide diuretics, corticosteroids, licorice root (Glycyrrhiza glabra)	May increase potassium depletion.	German Commission E and ESCOP recommendation. <sup>18,286</sup>	<b>Avoid</b> excessive doses of laxatives. Maintain patients on a high potassium diet.

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>Licorice<sup>AA</sup></b> Glycyrrhiza glabra			
Albendazole	May elevate drug level (and potentially, adverse effects).	Case report (active metabolite drug levels constantly high, but no adverse effect observed; regularly consumed licorice-containing drink). <sup>287</sup>	Monitor (medium level of risk).
Antihypertensive medications other than diuretics	General: May decrease effectiveness of drug.	<p>When consumed in sufficient doses, licorice can cause pseudoaldosteronism and high blood pressure.</p> <p><b>Herb or Constituent Alone</b></p> <p>Hypertension demonstrated in case reports, usually from long-term intake and/or very high dose.<sup>288</sup> Hypokalemic paralysis reported (184 mg/day of glycyrrhizin for 2 months), although hypertension was mild, possibly due to coexisting sodium wasting related to uropathy from prostate cancer.<sup>289</sup> Dramatically elevated blood pressure with hypertensive retinopathy and nephropathy reported (225 mg/day of glycyrrhizin for 3 years).<sup>290</sup></p> <p>Clinical studies (up to 200 g/day of licorice): dose-dependent relationship found between licorice and increase in blood pressure, more pronounced effect in hypertensive patients than in normotensive volunteers, adverse effect greater in women, and effect shown for dose as low as 50 g/day of licorice (75 mg/day of glycyrrhethinic acid = 130 mg/day of glycyrrhizin<sup>BB</sup>) taken for 2 weeks.<sup>291–293</sup> Other studies show variation of effects on blood pressure (see note CC) – renal function may be a factor.<sup>294</sup> The increase in blood pressure after taking glycyrrhethinic acid (874 mg/day of glycyrrhizin) was more pronounced in salt-sensitive than salt-resistant volunteers.<sup>295</sup> The mechanism involves increased extracellular volume and enhanced pressure wave reflection from the peripheral circulation (licorice containing 290–370 mg/day of glycyrrhizin, taken for 2 weeks in normotensive volunteers),<sup>296</sup> although the results may be underestimated if measurements are taken only at rest.<sup>297</sup></p> <p>Clinical study to establish a no-effect level for glycyrrhizin (healthy female volunteers): significant results (e.g. blood pressure, serum potassium and aldosterone) compared to controls found for daily dose of 4 mg/kg (220–332 mg/day) taken for 8 weeks, but no effect at lower doses of 1–2 mg/kg (55–166 mg/day) of glycyrrhizin.<sup>298</sup> Clinical study with asthma patients: significant increase in blood pressure for licorice extract providing 300 mg/day of glycyrrhizin for 4 weeks; little or no change for dose 200 mg/day of glycyrrhizin.<sup>299</sup> Pseudoaldosteronism did not occur in drug-medicated, depressed patients additionally treated with a salt of glycyrrhizin (432 mg/day of glycyrrhizin) for 4 weeks.<sup>300</sup> Case report (pseudoaldosteronism caused by a very small dose of licorice (ingredient of mouth freshener) taken for a long period (60 years)).<sup>301</sup></p> <p><b>Herb and Drug</b></p> <p>Case reports (licorice tea, 3 L/day; patient still hypertensive despite treatment with drugs;<sup>302</sup> decoction of Chinese herbs containing 5 g licorice, taken for 14 days).<sup>303</sup></p>	<p><b>Avoid</b> long-term use at doses &gt; 100 mg/day glycyrrhizin unless under close supervision.<sup>DD</sup> Place patients on a high potassium diet.</p>
	ACE-inhibitor: May mask the development of pseudoaldosteronism.	Case report (patient consumed licorice herbal medicine (200–240 mg/day glycyrrhizin)). Drug dosage was reduced, leading to pseudoaldosteronism. <sup>304</sup> See note EE.	<b>Avoid</b> long-term use at doses > 100 mg/day glycyrrhizin unless under close supervision. <sup>DD</sup> Place patients on a high potassium diet.
Cilostazol	May cause hypokalemia, which can potentiate the toxicity of the drug.	Case report (palpitations in a patient taking 150 mg/day of glycyrrhizin long-term (10 years), then drug added). Serum potassium levels were stable prior to administration of drug i.e. adverse reaction occurred after addition of drug. <sup>305</sup>	Monitor (medium level of risk). Place patients on a high potassium diet.
Corticosteroids	Cortisol (hydrocortisone), and associated drugs: May potentiate the action (rather than increase level of drug).	<p>Inhibition of the enzyme 11beta-HSD2 by glycyrrhizin leads to an increased level of cortisol in the kidney. This does not happen in the liver.</p> <p>The plasma half-life of cortisol may be prolonged when herb and drug are coadministered, but drug concentrations remain normal, possibly because of a concomitant fall in cortisol production.<sup>306</sup> Prolonged half-life of cortisol may suggest the potential for licorice to prolong clearance (and hence, activity) of the drug.</p> <p>Studies involving patients with Addison's disease or on hemodialysis are not listed here.</p> <p><b>Herb or Constituent Alone</b></p> <p>Clinical studies with healthy volunteers<sup>292,294,307–313</sup> and patients with essential hypertension<sup>292</sup> (ongoing oral administration): increase in urinary excretion of cortisol, but no significant change in plasma cortisol<sup>292,294,307–313</sup> (although plasma cortisone decreased)<sup>307,308,314</sup> and diurnal variation of plasma cortisol was unaffected.<sup>310</sup> Dosage was high: 100–200 g/day of licorice candy (containing glycyrrhizin or glycyrrhethinic acid equivalent to 262–2440 mg/day of glycyrrhizin<sup>BB</sup>),<sup>292–313</sup> 3.5 g/day of licorice tablets (containing 266 mg/day of glycyrrhizin),<sup>311</sup> 4.8 g/day of licorice extract (containing glycyrrhethinic acid = 587 mg/day of glycyrrhizin),<sup>312</sup> 225 mg/day glycyrrhizin,<sup>307</sup> glycyrrhethinic acid (= 227–874 mg/day glycyrrhizin).<sup>294,308</sup></p> <p>Clinical study with healthy volunteers and hypertensive patients (single dose, placebo-controlled; oral administration of glycyrrhethinic acid equivalent to 874 mg/day of glycyrrhizin<sup>BB</sup>): increased plasma cortisol/cortisone ratio (due mostly to a decrease in plasma cortisone).<sup>315</sup></p> <p>Clinical study with healthy volunteers (topical application of a cream containing glycyrrhethinic acid): no effect on plasma cortisol.<sup>316</sup></p> <p><b>Herb or Constituent and Drug</b></p> <p>Clinical studies: increased plasma half-life of cortisol (oral administration of licorice candy (200 g/day, containing 580 mg/day glycyrrhizin) + intravenous cortisol to 7 healthy volunteers,<sup>309</sup> oral administration of glycyrrhethinic acid = 227 mg/day of glycyrrhizin<sup>BB</sup> + oral cortisol to 2 volunteers).<sup>317,318</sup> See also note FF.</p> <p>Ex vivo study (skin samples from healthy volunteers and patients with psoriasis and eczema; glycyrrhethinic acid and drug topically applied): activity of hydrocortisone potentiated by glycyrrhethinic acid.<sup>319</sup></p>	Monitor (very low level of risk at typical doses).

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>Licorice<sup>AA</sup></b> Glycyrrhiza glabra (continued)			
Corticosteroids	Cortisol (hydrocortisone), and associated drugs: May cause hypokalemia.	Concern based on the known action of oral and intravenous administration of the drug (hydrocortisone can increase the loss of potassium). Case report: hypertension/mineralocorticoid excess caused by chronic licorice ingestion exacerbated by use of fludrocortisone (a drug which potently decreases potassium levels). Patient had persistently low blood potassium levels, but normal blood cortisol. <sup>320</sup>	When drug administered orally or by injection, <b>avoid</b> long-term use at doses > 100 mg/day glycyrrhizin unless under close supervision. <sup>DD</sup> Place patients on a high potassium diet.
	Prednisolone: May potentiate the action or increase level of drug.	<b>Herbal Constituent and Drug</b> Two clinical studies with healthy volunteers (oral administration of glycyrrhizin or glycyrrhetic acid; <sup>88</sup> prednisolone administered intravenously): increased drug level <sup>321</sup> and increased prednisolone/prednisone ratio <sup>GG</sup> in urine and plasma. <sup>322</sup> Dosage was high: 200 mg/day glycyrrhizin, <sup>321</sup> and 400 mg/day glycyrrhetic acid (= 700 mg/day glycyrrhizin). <sup>322</sup> <b>Herb and Drug</b> Clinical study involving patients with acute exacerbation of COPD: combination increased FEV1 to a greater extent than herb or drug alone. Dosage of herb was high: 30 g, twice per day as decoction; methylprednisolone administered intravenously. <sup>323</sup>	<b>Monitor</b> (low level of risk at typical doses) when drug administered intravenously.
Digoxin	May cause hypokalemia which can potentiate the toxicity of the drug.	<b>Herb Alone</b> Hypokalemia demonstrated in case reports and clinical studies, usually from long-term intake and/or very high dose, however effect has been demonstrated in sensitive individuals at low doses (licorice containing 100 mg/day of glycyrrhizin). Side effects would be common at 400 mg/day of glycyrrhizin. <sup>288,324,325</sup> <b>Herb and Drug</b> Case report (patient taking herbal laxative containing licorice (1.2 g/day) and rhubarb (Rheum spp., 4.8 g/day)). In addition to digoxin, patient was also taking a potassium-depleting diuretic. <sup>326</sup>	<b>Avoid</b> long-term use at doses > 100 mg/day glycyrrhizin unless under close supervision. <sup>DD</sup> Place patients on a high potassium diet.
Diuretics	Spironolactone (potassium-sparing diuretic): Reduce side effects of drug.	Clinical study: in women with PCOS addition of licorice extract (containing about 463 mg/day glycyrrhizin) reduced side effects related to the diuretic activity of drug. <sup>327</sup>	<b>Monitor</b> (low level of risk at typical doses).
	Thiazide and loop (potassium-depleting) diuretics: The combined effect of licorice and the drug could result in excessive potassium loss. <sup>18</sup>	<b>Herb or Constituent Alone</b> Hypokalemia demonstrated in case reports and clinical studies, usually from long-term intake and/or very high dose, <sup>288–325</sup> however effect has been demonstrated in patients for ongoing treatment with herbal medicines containing glycyrrhizin at doses of 80–240 mg/day. <sup>328</sup> <b>Herb and Drug(s)</b> Case reports, usually from long-term intake and/or very high dose, <sup>302,324,329–335</sup> however effect has been demonstrated for ongoing treatment of glycyrrhizin as low as 80 mg/day. <sup>328</sup> Clinical trial (candy containing 40 mg/day of glycyrrhizin): decreased plasma potassium, with 20% of healthy volunteers hypokalemic in the first week. <sup>336</sup> Retrospective cohort study: of 389 elderly patients treated with two licorice-containing Japanese traditional medicines for 6–2788 days, 24.2% developed hypokalemia and of these patients, 38.3% were coadministered potassium-lowering drugs (loop or thiazide diuretics, glucocorticoids or other glycyrrhizin-containing preparations (less frequently)). <sup>337</sup> Full dose of these products provides about 70 mg/day of glycyrrhizin. <sup>338</sup>	<b>Contraindicated</b> unless under close supervision at doses > 40 mg/day glycyrrhizin.
Immunosuppressives e.g. sirolimus	May decrease drug clearance.	Population pharmacokinetic study with 112 Chinese adult renal transplant recipients: clearance of sirolimus decreased in those patients with abnormal ALT values who were taking herbal formulations containing glycyrrhizin (route and dosage unknown). <sup>339</sup>	<b>Monitor</b> (medium level of risk) in hepatically-impaired patients.
Midazolam	May decrease drug level.	Clinical study with healthy volunteers (potassium salt of glycyrrhizin, equivalent to 287 mg/day of glycyrrhizin). <sup>340</sup>	<b>Monitor</b> (low level of risk at typical doses).
Omeprazole	May decrease drug level.	Clinical study with healthy volunteers (potassium salt of glycyrrhizin, equivalent to 287 mg/day of glycyrrhizin). <sup>341</sup>	<b>Monitor</b> (low level of risk at typical doses).
Potassium-depleting drugs other than thiazide and loop diuretics e.g. corticosteroids, stimulant laxatives	May result in excessive potassium loss.	Concern based on known adverse effect of herb. <b>Herb Alone</b> Hypokalemia demonstrated in case reports and clinical studies, usually from candy intake (high dose), however effect has been demonstrated in sensitive individuals at low doses (licorice containing 100 mg/day of glycyrrhizin). Side effects would be common at 400 mg/day of glycyrrhizin. <sup>288,324</sup>	<b>Avoid</b> long-term use at doses > 100 mg/day glycyrrhizin unless under close supervision. <sup>DD</sup> Place patients on a high potassium diet.
Terbutaline	May cause hypokalemia and apparent mineralocorticoid excess.	Case report (“nonspecific intake of licorice” with high intake of water (4–5 L/day) and excessive use of drug (3–4 times normal dose)). <sup>342</sup>	<b>Monitor</b> (very low level of risk under normal circumstances).
<b>Marshmallow Root</b> Althaea officinalis			
Prescribed medication	May slow or reduce absorption of drugs.	Theoretical concern based on absorbent properties of marshmallow root.	<b>Take</b> at least 2 hours away from medication.
<b>Meadowsweet</b> Filipendula ulmaria (See also Polyphenol-containing and/or Tannin-containing herbs)			
Warfarin	May potentiate effects of drug.	Theoretical concern based on in vivo animal study demonstrating anticoagulant activity (dosage unavailable). <sup>343</sup>	<b>Monitor</b> (very low level of risk).

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>Milk Thistle<sup>Q</sup></b> <i>Silybum marianum</i>			
Domperidone	Increases drug levels, and therefore potential toxic side effects.	Clinical study with healthy volunteers (silymarin: 1000 mg/day). <sup>344</sup>	Contraindicated.
Hypoglycemic drugs, including insulin	May improve insulin sensitivity.	No effect on tolbutamide in healthy volunteers (silymarin: 420 mg/day). <sup>345</sup> Controlled trials: improved glycemic control and reduced insulin requirements in patients with type 2 diabetes and cirrhosis (silymarin: 600 mg/day). <sup>346</sup> although insulin requirements unchanged in another trial (silymarin: 200 mg/day). <sup>347</sup> improved glycemic control in diabetics treated with hypoglycemic drugs (silymarin: 200 and 600 mg/day). <sup>348,349</sup> improved blood glucose, blood insulin and insulin resistance in PCOS patients treated with metformin (silymarin: 750 mg/day). <sup>350</sup> but no effect on glucose metabolism in NAFLD patients including those with insulin resistance (silymarin: 280 and 600 mg/day). <sup>351,352</sup>	Prescribe cautiously and monitor blood sugar regularly. <b>Warn</b> patient about possible hypoglycemic effects. <b>Reduce</b> drug if necessary in conjunction with prescribing physician.
Immunosuppressives e.g. sirolimus	May decrease drug clearance.	Population pharmacokinetic study with 112 Chinese adult renal transplant recipients: clearance of sirolimus decreased in those patients with abnormal ALT values who were taking silymarin formulations (route and dosage unknown). <sup>339</sup>	<b>Monitor</b> (medium level of risk) in hepatically-impaired patients.
Losartan	May reduce efficacy of drug by inhibiting metabolism.	Clinical study (healthy volunteers; clinical significance unclear): inhibited metabolism of drug; the inhibition was greater in those of a particular CYP2C9 genotype (silymarin: 420 mg/day). <sup>353</sup> See note HH.	<b>Monitor</b> (low level of risk).
Methadone	May reduce metabolism, increase exposure of drug leading to increased serotonin activity.	Case report (after regular use, increased daily dose to "a full fist of seeds"). <sup>354</sup>	<b>Monitor</b> (medium level of risk) at high doses.
Metronidazole	May decrease absorption of drug, by increasing clearance.	Clinical study with healthy volunteers (silymarin: 140 mg/day). <sup>355</sup>	<b>Monitor</b> (medium level of risk).
Nifedipine	May delay the absorption rate of drug.	Clinical study with healthy volunteers (silymarin: 2 x 280 mg, single dose), but bioavailability unchanged and pharmacodynamic effects were minor. <sup>356</sup>	<b>Monitor</b> (low level of risk).
Ornidazole	May increase drug levels.	Clinical study with healthy volunteers (silymarin: 140 mg/day). <sup>357</sup>	<b>Monitor</b> (medium level of risk).
Talinolol	May increase drug levels.	Clinical study with healthy volunteers (silymarin: 420 mg/day). <sup>358</sup>	<b>Monitor</b> (low level of risk).
<b>Oregon Grape</b> <i>Berberis aquifolium</i>			
Drugs that displace the protein binding of bilirubin e.g. phenylbutazone	May potentiate effect of drug on displacing bilirubin.	Theoretical concern based on in vitro data (displaced bilirubin from albumin) and in animals with high dose of berberine by injection (reduced bilirubin serum protein binding). <sup>182</sup>	<b>Monitor</b> (low level of risk).
<b>Phellodendron</b> <i>Phellodendron amurense</i>			
Drugs that displace the protein binding of bilirubin e.g. phenylbutazone	May potentiate effect of drug on displacing bilirubin.	Theoretical concern based on in vitro data (displaced bilirubin from albumin) and in animals with high dose of berberine by injection (reduced bilirubin serum protein binding). <sup>182</sup>	<b>Monitor</b> (low level of risk).
Immunosuppressives	Cyclosporin: Increase drug levels.	Observations in some transplant patients. <sup>359</sup> Clinical studies (600 mg/day of berberine): increased drug level but no renal toxicity or chronic rejection occurred in renal transplant patients; <sup>359</sup> mixed results in healthy volunteers, possibly due to timing: no effect (ongoing administration; intake separated by 12 hours) and increased drug level (single dose, to test concomitant intake). <sup>360</sup> Regarded as a beneficial interaction in China, as berberine allows the dose of drug to be decreased. <sup>359</sup>	At substantial doses of berberine, <b>contraindicated</b> unless under close supervision and/or in contact with prescribing physician.
	Tacrolimus: Increase drug levels and hence, adverse effects.	Case report (600 mg/day of berberine in a 16-year-old); <sup>361</sup> causality rated as possible (score 4) <sup>B</sup> . <sup>26</sup>	<b>Monitor</b> (medium level of risk at substantial doses of berberine).
Midazolam	May increase drug levels.	Clinical trial with healthy volunteers (900 mg/day of berberine). <sup>362</sup>	<b>Monitor</b> (low level of risk).

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>Polyphenol-containing and/or Tannin-containing herbs<sup>DD</sup></b>			
Immunosuppressives e.g. cyclosporin	Decreases drug levels, due to impaired absorption or increased metabolism.	Three case reports, in transplant patients (2 L/day of a tea containing 9 herbs including peppermint, chamomile, lemon balm; 1-1.5 L/day of chamomile tea; 'large quantities' of fruit tea containing hibiscus extract, and a drink containing black tea). Confirmed by rechallenge in one case, but no signs of rejection. <sup>363</sup> Interactions subsequently analyzed as having probable causality (score 7) for chamomile tea, and possible causalities (score 4) for the other teas <sup>5, 26</sup>	<b>Monitor</b> (medium level of risk). Also advisable not to take simultaneously.
Iron	Inhibition of non-heme iron <sup>KK</sup> absorption.	<p>Clinical and epidemiological studies, many of which have investigated black tea, have produced mixed results, but overall, a substantial dose of polyphenols/tannins may inhibit iron absorption.<sup>364-388</sup> Results for green tea have been conflicting (adverse effect, no effect, beneficial effect) in the healthy and those with anemia and dosage may be a factor.<sup>385,389-398</sup> Factors that affect the consistency of results include: timing of consumption;<sup>4L</sup> presence of inhibitors (such as phytate<sup>MM</sup>) and type of study (results from single test meals may exaggerate the effect of iron inhibitors and enhancers).<sup>383</sup> Inhibition more likely to occur in those with poor iron status and iron-deficiency anemia. Examples:</p> <ul style="list-style-type: none"> <li>• Clinical study (using test meal): decreased absorption in healthy volunteers (included herb teas (German chamomile, vervain, lime flower, peppermint; all 3 g/300 mL), beverages (e.g. black tea, coffee, cocoa)): effect dependent on polyphenol content (per serving: 20-400 mg catechin equivalents).<sup>384</sup> See also note NN.</li> <li>• Mixed results in other studies (healthy volunteers; test meals): rosemary (32.7 mg of phenolic substances: rosmarinic acid, carnosol, carnosic acid)<sup>385</sup> and cayenne (high dose: 4.2 g, dried weight;<sup>PP</sup> containing 25 mg polyphenols)<sup>386</sup> reduced absorption; chamomile<sup>387</sup> and turmeric (0.5 g, dried weight, containing 50 mg polyphenols)<sup>388</sup> did not. See also note QQ.</li> <li>• Crossover, multiple-dose study (test meals; 4-week periods of 30, 250 and 1500 mg/day of condensed tannins/procyanidins from grape seed extract): no effect on iron bioavailability and status in nonanemic women.<sup>385</sup></li> <li>• Clinical study: 1-hour time interval between consumption of a meal containing iron and drinking black tea reduced the inhibitory effects on iron absorption.<sup>388</sup></li> <li>• Case report with rechallenge: anemia caused by high intake of green tea (&gt; 1.5 L/day, 5 days/week for 20 years).<sup>392</sup> Epidemiological studies: decreased serum ferritin and slight reduction in hemoglobin especially at high levels of green tea consumption but no increase in anemia (Japan);<sup>393</sup> higher serum hemoglobin and less anemia (China; presumably green tea).<sup>399</sup> Clinical study (150-300 mg/day EGCG): decreased absorption in healthy women with low iron stores when administered together with an iron solution. Results significant only at higher dosage.<sup>397</sup> Case report of iron-deficiency anemia (likely high dose of turmeric).<sup>400</sup> See also note RR (iron overload generally and including potential effect of Milk Thistle).</li> </ul>	In anemia and where iron supplementation is required, <b>do not take simultaneously</b> with meals or iron supplements.
<b>Red Clover</b> Trifolium pratense			
Antiplatelet and anticoagulant drugs	May potentiate effect of drug and/or cause bleeding.	<b>Herb Alone</b> Case report of bleeding from the nose and lips, bruising, hematuria with INR > 7 and "detection of warfarin in the patient's blood" despite no history of warfarin use (red clover and alfalfa tea: 5-6 cups/day for 2 weeks). Authors incorrectly assume red clover contains coumarins. <sup>401</sup> Case report of subdural hematoma with normal INR and impaired platelet function ("red clover extract containing 40 mg isoflavones" for 8-10 years). <sup>402</sup>	<b>Monitor</b> (very low level of risk).
Methotrexate	May potentiate toxicity of drug.	Case report (severe vomiting and epigastric pain, liver function test normal; preparation strength and standardization unknown; <sup>403</sup> causality rated as possible (score 4) <sup>26</sup>	<b>Monitor</b> (low level of risk).
<b>Rhodiola</b> Rhodiola rosea			
SSRIs	Potentiation effects possible in regard to serotonin levels.	Escitalopram (citalopram): Case report (supraventricular tachycardia, possibly due to serotonin syndrome). <sup>404</sup> Paroxetine: Case report (some symptoms of serotonin syndrome). <sup>405</sup> Sertraline: Clinical trial (mild to moderate depression): significantly fewer adverse events in those taking herb and drug compared to drug alone. <sup>406</sup>	<b>Monitor</b> (low level of risk).
<b>Sage</b> Salvia officinalis			
Methadone	May potentiate adverse effect, possibly due to increased drug level.	Case report (respiratory distress and severe hypercapnia; few details provided; survey and review of medical file of hospitalized COPD patient, although causality rated as possible (score 3) <sup>26</sup> . <sup>200</sup>	<b>Monitor</b> (low level of risk).
<b>Saw Palmetto</b> Serenoa repens			
Antiplatelet and anticoagulant drugs	May potentiate effect of drug.	<b>Herb Alone</b> Case report (hemorrhage during surgery). <sup>407</sup> Clinical trials (BPH patients): reduced intraoperative bleeding from TURP procedure with preoperative use of liposterolic extract (2 trials); blood loss not different when compared with drug treatment (5-alpha reductase inhibitor; 1 trial). <sup>408</sup> <b>Herb and Drug</b> Case reports (2): increased INR (warfarin + simvastatin, <sup>409</sup> aspirin + clopidogrel; <sup>410</sup> – in the first case, the interaction may have been due to the vitamin E also present in the preparation, <sup>409</sup> in the second case, six times the usual dose of extract was taken).	<b>Monitor</b> (very low level of risk).

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>Schisandra</b> <i>Schisandra chinensis</i>			
Immunosuppressives	May increase drug levels.	Sirolimus: Observations in some liver transplant recipients. Clinical study: markedly increased drug levels in healthy volunteers <sup>411</sup> given <i>S. sphenanthera</i> extract, providing 67.5 mg/day of deoxyschisandrin <sup>MM</sup> . Tacrolimus: Observations in some renal and liver transplant recipients. Clinical studies ( <i>S. sphenanthera</i> extract): markedly increased drug levels in healthy volunteers <sup>412</sup> and transplant recipients, <sup>413,414</sup> given extract, providing 67.5 mg/day of deoxyschisandrin <sup>55</sup> ; in patients with idiopathic membranous nephropathy (extract, providing 33.75 mg/day of deoxyschisandrin); <sup>415</sup> reduced the dose of the drug required to treat patients with idiopathic membranous nephropathy (dose unknown), <sup>416</sup> and renal transplant recipients (extract, providing 22.5 mg/day of deoxyschisandrin). <sup>417</sup> Although the drug levels were increased, there were no adverse effects on allograft function, and graft survival appeared to be facilitated, in renal transplant recipients (dose not clearly defined, possibly extract, providing 22.5 mg/day of deoxyschisandrin). <sup>418</sup>	Monitor (medium level of risk at typical doses).
Midazolam	May increase drug levels.	Increased drug level, increase in sleeping time and increase in mild to moderate adverse effects found in healthy volunteers, given <i>S. sphenanthera</i> extract, providing 67.5 mg/day of deoxyschisandrin <sup>55, 419</sup> .	Monitor (low level of risk at typical doses).
Prescribed medication	May accelerate clearance from the body.	Theoretical concern based on in vivo animal studies demonstrating enhanced phase I/II hepatic metabolism (high doses of herb extract or isolated constituents). <sup>420,421</sup>	Monitor (low level of risk).
Talinolol	May increase drug levels.	Increased drug level and decreased clearance found in healthy volunteers, given <i>S. chinensis</i> extract, providing 33.75 mg/day of deoxyschisandrin <sup>55, 181</sup> .	Monitor (low level of risk at typical doses).
<b>Slippery Elm Bark</b> <i>Ulmus rubra</i>			
Prescribed medication	May slow or reduce absorption of drugs.	Theoretical concern based on absorbent properties of slippery elm.	Take at least 2 hours away from medication.
<b>St John's Wort</b> <sup>TT</sup> <i>Hypericum perforatum</i> (See also Polyphenol-containing and/or Tannin-containing herbs)			
Ambrisentan	May decrease effectiveness of drug.	Clinical study with healthy volunteers: <sup>422</sup> effect on pharmacokinetics probably not clinically relevant (e.g. AUC decreased by 17-25% depending on genotype).	Monitor (low level of risk).
Amitriptyline – See Tricyclic antidepressants below			
Anticonvulsants e.g. carbamazepine, mephenytoin, phenobarbitone, phenytoin	May decrease drug levels via CYP induction. <sup>423-425</sup>	Theoretical concern. An open clinical trial demonstrated no effect on carbamazepine pharmacokinetics in healthy volunteers. <sup>426</sup> Case report: increase in seizures in patient taking several antiepileptic drugs, two of which are not metabolized by cytochrome P450. <sup>427</sup> Clinical study (healthy volunteers; clinical significance unclear): increased excretion of a mephenytoin metabolite in extensive metabolizers, but not in poor metabolizers. <sup>428</sup> See note UU.	Monitor (low level of risk).
Antiplatelet, anticoagulant and antithrombotic drugs	Clopidogrel: May potentiate effects of drug.	Clinical studies: increased responsiveness (decreased platelet aggregation or improved residual platelet reactivity) in hypo-responsive volunteers and patients, <sup>429-432</sup> possibly via the formation of the active metabolite (CYP3A4 activity was increased) thus providing a beneficial effect in these patients. This is a complex situation, with the meaning of clopidogrel resistance/hypo-responsiveness debated. <sup>429,433</sup>	In patients with known clopidogrel resistance: Monitor (medium level of risk). In other patients: Monitor (risk is unknown).
	Phenprocoumon: Decreases plasma drug levels.	Clinical study. <sup>434</sup>	Contraindicated.
	Rivaroxaban: May decrease plasma drug levels.	Clinical studies with healthy volunteers (pharmacokinetic and pharmacodynamic effects, in the order of 20-25% decrease). <sup>435,436</sup>	Monitor (medium level of risk).
	Warfarin: May alter INR (most frequently increase).	Case reports: decreased INR (nine cases), increased INR (three cases). <sup>437-439</sup> One of these cases <sup>439</sup> was subsequently analyzed as having probable causality (score 6) <sup>8, 26</sup> Clinical study with healthy volunteers (decreased drug level and INR). <sup>264</sup>	Contraindicated.
Antiretroviral drugs	May decrease drug levels.	HIV integrase inhibitors e.g. dolutegravir: Case report (monitoring of drug levels over several months found no effect for of intake of a tablet containing <i>St. John's wort</i> , passion flower and valerian). <sup>440</sup>	Monitor (very low level of risk).
		HIV non-nucleoside transcriptase inhibitors e.g. nevirapine: Case reports (decreased drug level). <sup>441</sup> HIV protease inhibitors e.g. indinavir: Clinical study (healthy volunteers). <sup>442</sup>	Contraindicated.
Bosentan	May alter drug levels.	Clinical study (healthy volunteers): minor decrease overall, but large interindividual variability occurred in clearance (from 51% decrease to up to 88% increase). <sup>443</sup>	Monitor (low level of risk).

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>St John's Wort<sup>TM</sup></b> <i>Hypericum perforatum</i> (See also Polyphenol-containing and/or Tannin-containing herbs) (continued)			
Benzodiazepines	Decreases drug levels.	Alprazolam: Mixed results for drug levels in two clinical studies (similarly low amount of hyperforin, ~4 mg/day) – no effect (dried herb equivalent: 1.1 g/day) <sup>444</sup> and decrease. <sup>445</sup> Case report of successful use in alprazolam withdrawal (dried herb dose unknown). <sup>446</sup>	<b>Monitor</b> (medium level of risk).
		Midazolam: Clinical studies, with healthy volunteers. <sup>447-450</sup> The increase in clearance was greater when drug administered orally than after intravenous injection. <sup>450</sup> Decrease in drug exposure correlated with increasing hyperforin dose. <sup>447</sup> Effect not regarded as clinically relevant for low (< 1 mg/day) hyperforin extracts. <sup>447,449</sup> Another study that administered a low-hyperforin product also found no clinically relevant interaction, however, the direction of the effect was opposite: there was an increase in drug level. <sup>451</sup>	Hyperforin-rich extracts: <b>Monitor</b> (medium level of risk). Low-hyperforin extracts: <b>Monitor</b> (low level of risk).
		Quazepam: Decreased drug levels, but no effect on pharmacodynamics (sedation). <sup>452</sup>	<b>Monitor</b> (low level of risk).
beta-Blockers (topical)	May decrease effect of drug.	Case report. <sup>453</sup>	<b>Monitor</b> (low level of risk).
Calcium channel antagonists	Decreases drug levels.	Nifedipine: Clinical study. <sup>454</sup> Verapamil: Clinical study. <sup>455</sup>	<b>Contraindicated.</b>
Cancer chemotherapeutic drugs e.g. irinotecan, imatinib	Decreases drug levels.	Clinical studies (patients and healthy volunteers). <sup>456-458</sup>	<b>Contraindicated.</b>
Clozapine	Decreases drug levels.	Case report <sup>459</sup> (causality rated as probable (score 6) <sup>9</sup> ). <sup>26</sup>	<b>Contraindicated.</b>
Dextromethorphan	May increase drug levels.	Clinical study (healthy volunteers). <sup>451</sup>	<b>Monitor</b> (low level of risk).
Digoxin	Decreases drug levels.	Clinical studies (several studies showed decrease, one study showed no effect) <sup>444,460-462</sup> but effect is dependent upon dose of herb and the hyperforin content. <sup>462</sup>	<b>Contraindicated</b> at doses equivalent to > 1 g/day dried herb, especially for high-hyperforin extracts.
Docetaxel (intravenous)	May decrease effectiveness of drug.	Clinical study with cancer patients: <sup>463</sup> effect on pharmacokinetics probably not clinically relevant (e.g. plasma levels decreased by only 6%); drug-induced side effects were also reduced. Two of the 10 patients had an increase in AUC. See also note VV.	<b>Contraindicated.</b>
Fexofenadine	May decrease drug levels.	Clinical studies (healthy volunteers). <sup>450,464</sup> Another study that administered a low-hyperforin product found no clinically relevant interaction, however, the direction of the effect was opposite: there was an increase in drug level. <sup>451</sup>	<b>Monitor</b> (low level of risk).
Finasteride	May decrease drug levels.	Clinical study with healthy volunteers. <sup>465</sup> Case report: PSA level elevated (due to decreased efficacy of drug?) in patient with BPH. <sup>466</sup>	<b>Contraindicated.</b>
<b>HIV non-nucleoside transcriptase inhibitors</b> e.g. nevirapine – See Antiretroviral drugs above			
<b>HIV protease inhibitors</b> e.g. indinavir – See Antiretroviral drugs above			
Hypoglycemic drugs	Gliclazide: May reduce efficacy of drug by increased clearance.  Metformin: May affect glucose tolerance.  Repaglinide: May alter metabolism of drug.  Tolbutamide: May affect blood glucose.	Clinical study with healthy volunteers, but glucose and insulin response to glucose loading were unchanged. <sup>467</sup>	<b>Monitor</b> (low level of risk).
		<b>Herb Alone</b> Mixed results in clinical studies with healthy volunteers – glucose tolerance reduced, due to reduced insulin secretion, <sup>468</sup> and improved glucose tolerance. <sup>469</sup>	<b>Monitor</b> (low level of risk).
		<b>Herb and Drug</b> Clinical study with healthy volunteers: no significant effect on pharmacokinetics, but glucose tolerance improved, due to enhanced insulin secretion. <sup>470</sup>	
		Clinical study with healthy volunteers: no effect, and glucose and insulin response to glucose loading were unchanged. <sup>471</sup>	<b>Monitor</b> (very low level of risk).
		Two clinical studies (healthy volunteers): no effect on pharmacokinetics, <sup>444,448</sup> but there was an increased incidence of hypoglycemia in the trial using hyperforin-rich extract (33 mg/day of hyperforin). <sup>448</sup>	<b>Monitor</b> (low level of risk).
Immunosuppressives	Decreases drug levels.	Cyclosporin: Case reports, <sup>472-480</sup> case series, <sup>481,482</sup> clinical studies (healthy volunteers, <sup>450</sup> patients <sup>483,484</sup> ). Interaction is dependent upon the hyperforin content. <sup>475,483</sup> Tacrolimus: Case report and clinical studies. <sup>485-487</sup>	<b>Contraindicated</b> especially for high-hyperforin extracts.
Ivabradine	May decrease drug levels.	Clinical trial with healthy volunteers. No pharmacodynamic effect was observed. <sup>488</sup>	<b>Monitor</b> (medium level of risk).
S-Ketamine (oral)	May decrease drug levels.	Clinical study with healthy volunteers. No pharmacodynamic effect was observed (e.g. analgesic effect not altered). <sup>489</sup>	<b>Monitor</b> (medium level of risk).
Methadone	Decreases drug levels, possibly inducing withdrawal symptoms.	Case reports. <sup>490</sup>	<b>Contraindicated.</b>

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>St John's Wort<sup>††</sup></b> Hypericum perforatum (See also Polyphenol-containing and/or Tannin-containing herbs) (continued)			
Methylphenidate	May decrease efficacy.	Case report, <sup>491</sup> but clinical significance unclear.	Monitor (low level of risk).
	May potentiate adverse effects of drug or cause idiosyncratic reaction.	Case reports (2: psychotic symptoms; mood and cognitive disturbance; causality rated as possible and probable, respectively by DIPS). <sup>492</sup>	Monitor (low level of risk).
Morphine (oral)	May potentiate effects of drug.	Clinical study (healthy volunteers): <sup>493</sup> pain scores were decreased when morphine coadministered with standardized extract at a dose of herb below those used to obtain an antidepressant or analgesic effect. The effect was dependent hypericin content, but not hyperforin. The authors suggest the herb may be able to decrease the dose of morphine while obtaining the same analgesic effect.	Monitor (medium level of risk).
Omeprazole	May decrease drug levels.	Clinical trial (healthy volunteers; AUC decreased by 38–44% depending on genotype). <sup>494</sup> Another study that administered a low-hyperforin product found no effect. <sup>451</sup>	Monitor (medium level of risk). Lower risk for low-hyperforin extracts.
Oral contraceptives	May increase metabolism and reduce effectiveness of drug.	Breakthrough bleeding reported which was attributed to increased metabolism of drug. <sup>437,472</sup> Clinical significance unclear. Cases of unwanted pregnancies have been reported. <sup>495–497</sup> Contradictory results for effect on bioavailability, hormone levels and ovulation demonstrated in three clinical studies, although some breakthrough bleeding occurred. <sup>498–500</sup> In one clinical trial an extract low in hyperforin did not affect plasma contraceptive drug levels or cause breakthrough bleeding. <sup>501</sup> Clinical trial: clearance of levonorgestrel at emergency contraceptive doses increased (not statistically significant). <sup>502</sup> Clinical study: antiandrogenic effect of contraceptive not affected. <sup>503</sup>	Hyperforin-rich extracts: Monitor (medium level of risk). Low-hyperforin extracts: Monitor (very low level of risk).
Oxycodone	Decreases drug levels.	Clinical trial with healthy volunteers. <sup>504</sup>	Monitor (medium level of risk).
SSRIs e.g. paroxetine, trazodone, sertraline and other serotonergic agents e.g. buspirone, nefazodone, venlafaxine	Potentiation effects in regard to serotonin levels.	Case reports: <sup>505–512</sup> clinical significance unclear, as most of these cases are poorly described, the causality has been questioned, <sup>513–515</sup> and the basis of concern requires a pharmacodynamic additive effect, but the mode of action of St John's wort is unlike conventional antidepressant drugs. <sup>514</sup>	Monitor (very low level of risk). <sup>www</sup>
Statin drugs	May decrease effect and/or drug levels.	Atorvastatin: Clinical study, serum LDL-cholesterol increased by 0.32 mmol/L (12.3 mg/dL) which corresponds to a decrease in effect of drug in patients by about 30%. Serum total cholesterol was also increased. <sup>516</sup> Pravastatin: Clinical study, no effect on plasma level in healthy volunteers. <sup>517</sup> Rosuvastatin: Case report <sup>518</sup> (causality rated as possible (score 3) <sup>8</sup> ). <sup>26</sup> Simvastatin: Two clinical studies, decrease in drug levels in healthy volunteers, <sup>517</sup> and small increases in serum total cholesterol and LDL-cholesterol in patients. <sup>519</sup>	Monitor blood cholesterol regularly (medium level of risk).
Talinolol	May decrease drug levels.	Clinical study (healthy volunteers). <sup>520</sup>	Monitor (medium level of risk).
Theophylline	May decrease drug levels.	Case report. <sup>521</sup> No effect observed in clinical study with healthy volunteers. <sup>522</sup>	Monitor (low level of risk).
Tricyclic antidepressants	May decrease drug levels, and hence efficacy.	Amitriptyline: Clinical study (patients with depression using hyperforin-rich extract): decreased drug level. <sup>523</sup> Amitriptyline, imipramine or nortriptyline: Clinical study (patients): drug levels not measured but for the herb + drug group there was greater relief of depression, fewer gastrointestinal side effects, better sleep and less fatigue, compared to the placebo + drug group after 8 weeks. <sup>524</sup>	Monitor (medium level of risk). <sup>www</sup>
Voriconazole	Decreases drug levels.	Clinical study (healthy volunteers). <sup>525</sup>	Contraindicated.
Zolpidem	May decrease drug levels (but with wide interindividual variability). <sup>xx</sup>	Clinical study (healthy volunteers). <sup>526</sup>	Monitor (low level of risk).
<b>Tannin-containing herbs</b> Refer to Polyphenol-containing and/or Tannin-containing herbs (above)			
<b>Tongkat Ali</b> Eurycoma longifolia			
Propranolol	May decrease absorption of drug.	Clinical, single-dose study with healthy volunteers (200 mg of concentrated extract). Blood pressure and heart rate were not significantly changed. <sup>605</sup>	Monitor (low level of risk).

Drug	Potential Interaction	Basis of Concern	Recommended Action
<b>Turmeric<sup>YY</sup></b> <i>Curcuma longa</i>			
Antiplatelet and anticoagulant drugs	May potentiate effect of drug.	<b>Herb Alone and with Drug</b> Aspirin: Clinical study found inhibitory effect on arachidonic acid-induced platelet aggregation in 5 of 24 healthy volunteers after several days' consumption of highly concentrated Turmeric extract (providing 475 mg/day of curcuminoids), no bleeding events were reported and no effect on platelet aggregation by other agonists. Taking with aspirin did not further suppress platelet function and prothrombin time was not impaired. <sup>56</sup> <b>Herb with Drug</b> Case report (increased INR in a patient taking a "turmeric containing product" and warfarin); few details provided. <sup>527</sup> Case report (gastrointestinal bleeding in a patient taking clopidogrel); few details provided; survey and review of medical file of hospitalized patient, although causality rated as probable (score 5) <sup>8, 200</sup>	<b>Monitor</b> (low level of risk).
Etoricoxib	May potentiate adverse hepatic effect of drug.	Case report of acute liver injury (long-term use of herb). <sup>528</sup>	<b>Monitor</b> (low level of risk).
Tacrolimus	May increase drug levels.	Case reports: nephrotoxicity in liver transplant patient; high dose with food, estimated at "15+ spoonfuls daily" starting roughly 10 days prior to rehospitalization <sup>529</sup> (causality rated as probable (score 7) <sup>8</sup> ); <sup>26</sup> elevated drug level in transplant patient (meal containing a lot of turmeric). <sup>530</sup>	<b>Monitor</b> at high doses (medium level of risk).
Talinolol	May decrease drug levels.	Clinical study with healthy volunteers (300 mg/day of curcuminoids). No effect on pharmacodynamics (blood pressure or heart rate). <sup>531</sup>	<b>Monitor</b> at high doses (≥ 300 mg/day curcumin, low level of risk).
<b>Valerian</b> <i>Valeriana officinalis</i>			
CNS depressants or alcohol	May potentiate effects of drug.	Theoretical concern expressed by US Pharmacopeial Convention. <sup>532</sup> However a clinical study found no potentiation with alcohol. <sup>533</sup> Case report of adverse effect with benzodiazepine drug (lorazepam) <sup>534</sup> – herb dosage undefined but likely high (tablet contained extracts of valerian and passion flower ( <i>Passiflora incarnata</i> ); causality rated as possible (score 3) <sup>8</sup> ). <sup>26</sup> Alprazolam: Clinical study in healthy volunteers found no effect on drug levels (extract provided 11 mg/day total valerenic acids). <sup>535</sup>	<b>Monitor</b> (very low level of risk).
<b>Vitamin K-containing herbs e.g. green-leaf herbs</b>			
Warfarin	May decrease effectiveness of drug.	Vitamin K is a cofactor in coagulation, and warfarin is known to interact with foods that are rich in vitamin K. <sup>536</sup> Patients taking warfarin are advised to eat a balanced diet maintaining a consistent amount of vitamin K, and avoid drastic changes in dietary habits, such as eating large amounts of green leafy vegetables. <sup>537</sup> Although it is possible that herbs containing a large amount of vitamin K may interact with warfarin, <sup>538</sup> because the whole plant tissue is usually not ingested (such as with dietary vegetables), and vitamin K is fat soluble, the solvent used to prepare the herbal extract/preparation is a factor. See note ZZ. See also Green Tea entry (the potential interaction is unlikely to be due to vitamin K content alone). <sup>539</sup>	<b>Monitor</b> (very low to medium level of risk, depending on vitamin K content and extraction solvent).
<b>White Horehound</b> <i>Marrubium vulgare</i>			
Warfarin	May potentiate effects of drug.	Case report (increased INR; ingestion of several bags of candy containing the herb within the prior week; causality rated as probable by DIPS). <sup>540</sup>	<b>Monitor</b> (medium level of risk).
<b>Willow Bark</b> <i>Salix alba</i> , <i>Salix daphnoides</i> , <i>Salix purpurea</i> , <i>Salix fragilis</i> (See also Polyphenol-containing and/or Tannin-containing herbs)			
Warfarin	May potentiate effects of drug.	<b>Herb Alone</b> Clinical study observed very mild but statistically significant antiplatelet activity (extract containing 240 mg/day of salicin), <sup>541</sup> although the clinical relevance may be low. <sup>542</sup>	<b>Monitor</b> (low level of risk).
<b>Wormwood</b> <i>Artemisia absinthium</i>			
Warfarin	May potentiate effects of drug.	Case report (gastrointestinal bleeding due to increased INR; ingestion of herb (although plant part undefined), the dose of which was increased after several days). <sup>543</sup> Subsequently analyzed as having possible causality using DIPS <sup>13,26</sup> (score 4) <sup>8, 26</sup>	<b>Monitor</b> (medium level of risk).
<b>CODE FOR RECOMMENDED ACTION</b>			
<b>Contraindicated:</b> Do not prescribe the indicated herb.			
<b>Monitor:</b> Can prescribe the indicated herb at typical therapeutic doses but maintain close contact and review the patient's status on a regular basis. Note that where the risk is assessed as medium, self-prescription of the herb in conjunction with the drug is not advisable.			
<b>ABBREVIATIONS</b>			
ACE: angiotensin-converting enzyme; ALT: alanine transaminase, also known as glutamic pyruvic transaminase (GPT); AMP: adenosine monophosphate; APTT: activated partial thromboplastin time; AUC: area under the plasma/serum concentration-time curve (measures extent of absorption); BPH: benign prostatic hyperplasia; CAD: coronary artery disease; CNS: central nervous system; COPD: chronic obstructive pulmonary disease; CYP: cytochrome P450; DIPS: Drug Interaction Probability Scale; DGLA: dihomo-gamma-linolenic acid; DRESS: drug reaction with eosinophilia and systemic symptoms; ECG: electrocardiogram/graph; EGCG: epigallocatechin gallate; EPA: eicosapentaenoic acid; EPO: evening primrose oil; FEV1: forced expiratory volume in one second; GAS: ginseng abuse syndrome; GLA: gamma-linolenic acid; HbA1c: hemoglobin A1c, glycated hemoglobin; HILI: herb-induced liver injury; HIV: human immunodeficiency virus; HRT: hormone replacement therapy; 11β-HSD2: 11β-hydroxysteroid dehydrogenase type 2; IDA: iron deficiency anemia; INR: international normalized ratio; LDL: low density lipoprotein; NAFLD: nonalcoholic fatty liver disease; OCP: oral contraceptive pill; OPC: oligomeric procyanidin; PCOS: polycystic ovary syndrome; PG: prostaglandin; PSA: prostate specific antigen; PT: prothrombin time; SSRI: selective serotonin reuptake inhibitor; tds: three times per day; TSH: thyroid stimulating hormone; TURP: transurethral resection of the prostate; TxB <sub>2</sub> : thromboxane B2; T3: triiodothyronine; T4: thyroxine; >: greater than; ≥: greater than or equal to; <: less than.			

## NOTES

\* This chart contains information the authors believe to be reliable or which has received considerable attention as potential issues. However, many theoretical concerns expressed by other authors have not been included. Due to the focus on safety, beneficial interactions between herbs and drugs, and the effect of drugs on the bioavailability of herbs are generally not included.

A. Pharmacokinetic parameters were unchanged. Pharmacodynamic interaction possible, but clinical relevance is not known: the small, statistically-significant effect was observed at this dose of andrographolide and the minimum therapeutic dose of midazolam.

B. Assessed using the Drug Interaction Probability Scale (DIPS). Total DIPS score of greater than 8 has highly probable causation, 5-8 is probable, 2-4 possible and a score of less than 2 denotes a doubtful causation. Note: this assessment does not consider the dose of the herb compared to normal therapeutic doses.

C. Chaste tree has been evaluated for treatment of premenstrual syndrome (5 trials)<sup>544,545,546,547,548</sup> and cyclical mastalgia (1 trial).<sup>549</sup> OCP use was permitted providing the dose was maintained throughout<sup>544,545,546,548,549</sup> or documented.<sup>547</sup> Three trials noted that 12.8%, 30.2% and 22.7% of those receiving the herb used concomitant OCPs. In these trials, the administered dose was equivalent to 72–270 mg/day of dried fruit.<sup>544,547,548</sup> Four of the trials were placebo-controlled,<sup>544,545,548,549</sup> one was uncontrolled<sup>547</sup> and one used magnesium as a comparator.<sup>546</sup> There were either no adverse events found or they were mild, and occurred with similar incidence rate to the placebo and comparator groups. For example, 4 events occurred in the 86 women who received chaste tree (180 mg/day of dried fruit; one case of intermenstrual bleeding), and 3 events occurred in the 84 who received placebo.<sup>544</sup> There was one case of mild interim spotting among 36 women treated with chaste tree (72 mg/day of dried fruit).<sup>548</sup> In the uncontrolled study, there were 5 cases of spotting among the 43 that completed the study (180 mg/day of dried fruit), and one woman withdrew from the study due to pregnancy which was described as not related to the herbal treatment.<sup>547</sup>

D. Analysis of Chinese skullcap root samples from Japan found the baicalin content varied from 3.5 to 12%,<sup>550</sup> and for samples from China, the baicalin content can be higher (8.6–17.8%).<sup>551</sup> with the Chinese Pharmacopoeia specifying dried root should contain not less than 8% baicalin.<sup>552</sup> Extraction is best, at 43%, using 60% aqueous ethanol.<sup>553</sup> For a dose of 150 mg/day of baicalin, assuming the pharmacopoeial standard is met and 60% aqueous ethanol is used for extraction, 4.4 g/day of dried root would be required.

E. Single-strength (freshly squeezed, 100%) cranberry juice is highly acidic and astringent, making it unpalatable. For this reason, cranberry juice is usually diluted and sweetened (often known as cranberry juice drink). Cranberry juice cocktail usually contains 25% cranberry juice, although can be up to 35%. Cranberry juice drinks contain about 10% cranberry juice. Cranberry sauce is about half the strength of cranberry juice cocktail, about the same strength as juice drinks. Cranberry juice can be concentrated to a dry powder (unsweetened and usually up to 25:1) and used in tablets and capsules. Juices can be prepared by diluting juice concentrates using a concentrated juice (e.g. double-strength juice, at twice the strength of single-strength, squeezed juice). It is likely that unless defined, cranberry juice referred to in case reports and clinical studies is juice drink containing around 10% cranberry juice.

F. The cranberry 'juice' administered was similar in concentration to a reference cranberry 'juice' containing about 25% cranberry juice,<sup>554</sup> but with a higher concentration of anthocyanins, and lower in catechins and organic acids. See also note E.

G. No effect overall when midazolam was administered orally: oral clearance and AUC were unchanged.

H. It is not known if either herb caused the adverse effect of the drug (for example, it may have been an idiosyncratic reaction, or caused by some other factor), whether both herbs together, or either herb, produced the effect. However, silymarin (210 mg/day) combined with simvastatin was used in a Chinese clinical trial involving patients with nonalcoholic steatohepatitis. Although there are few details available in English, no severe side effects occurred throughout the 12-week period, and ALT levels were decreased from baseline.<sup>555,556</sup>

J. Eleutherosides from Eleuthero and ginsenosides from Korean ginseng have some structural similarity with digoxin. Because of this similarity interference with serum digoxin measurements is possible, as confirmed when mice fed these herbs demonstrated digoxin activity in their serum. More specific assays are able to negate the interference.<sup>557</sup>

K. These four trials used tablets containing a concentrated, standardized extract. A dosage of 900 mg/day of dry extract was equivalent to about 2.7 g/day of fresh garlic,<sup>558</sup> and was said to provide 12 mg/day of alliin,<sup>93,102</sup> although there is some doubt as to the amount of alliin released from this brand of tablet from around 1995 to 2000.<sup>359</sup>

L. Although the contents of the garlic tablets were not defined in the published results, information obtained from the manufacturer of the product indicated the disclosed amount (1.25, 2.5, 3.75 g) corresponded to fresh weight of garlic.<sup>560</sup> All volunteers received aspirin and after a washout period, one of three doses of garlic.

M. Assessed using the RUCAM (Roussel Uclaf Causality Assessment Method). The items for assessment are scored between -3 and +3, and the total score for the case can range from +14 to -9 points. Total score of 9 or greater has highly probable causation, 6-8 is probable, 3-5 possible, 1-2 unlikely and a score of 0 or less is excluded.

N. One trial investigated the effect of ginger on motion sickness and gastric function using single doses of ginger. Three of 8 volunteers reported heartburn, which appeared to be associated with the supine position required for the measurement of gastric emptying.<sup>561</sup>

P. There may have been variation in patients' interpretations (of bleeding) and the significant association between ginger use and bleeding was based on 7 self-reported events in 25 users.<sup>562</sup>

Q. Information is provided for specialized and/or concentrated extract, rather than galenical

form of herb.

R. Ginkgotoxin (4'-O-methylpyridoxine) is present in substantial amounts in Ginkgo seed, and convulsions arising from ingestion of Ginkgo seed have been documented in Japan (infants are particularly vulnerable). Ginkgotoxin is known to inhibit vitamin B6 phosphorylation, which may lead to increased neuronal excitability.<sup>563</sup> Poisoning by ginkgotoxin can be counteracted by vitamin B6,<sup>563</sup> in cases of poisoning it is administered by intravenous injection.<sup>564,565</sup> Ginkgotoxin is present in very small amounts in standardized Ginkgo leaf extracts,<sup>566</sup> but is below the detection limits in human plasma after oral doses (240 mg of 50:1 extract).<sup>567</sup> According to the manufacturer, despite the extensive use of this special extract (more than 150 million daily doses per year for more than two decades) no cases of epileptic seizure have been attributed to this extract.<sup>567</sup> (Ginkgo preparations associated with the above case reports were undefined.) Strictly speaking this is a potential adverse effect (rather than a herb-drug interaction) as there is no pharmacokinetic data indicating an interaction for coadministration of Ginkgo and anticonvulsants in humans. An interaction is suggested though, because Ginkgo has been found to induce CYP2C19 activity (see entry for omeprazole), an enzyme involved in the metabolism of some anticonvulsants.

S. Analysis of over 320 000 patients in a German adverse drug reaction reporting system (1999-2002) found no increase in prevalence of bleeding during Ginkgo intake compared to periods without Ginkgo in those taking anticoagulant or antiplatelet medication.<sup>568</sup> In a trial involving 3069 healthy volunteers treated for an average of 6.1 years, there were no statistically significant differences between placebo and Ginkgo in the rate of major bleeding or the incidence of bleeding in individuals taking aspirin. (Compliance during the trial was however low: at the end of the trial, about 60% were taking Ginkgo/placebo.<sup>569</sup>) Another randomized dementia prevention trial that enrolled 2854 patients found no significant difference in the incidence of hemorrhagic events between those receiving Ginkgo 50:1 extract (240 mg/day) or placebo. The treatment period was 5 years and compliance was 95%.<sup>570</sup> In Korea, Ginkgo extract is administered with ticlopidine for the prevention of ischemic stroke or acute coronary syndrome.<sup>571</sup>

T. Final analysis included 722 142 records. The data was adjusted for age (75 years or older) and comorbidities. The hazard ratio was 1.38 (95% CI: 1.20-1.58, p < 0.001).

U. For example, the pooled results show a mean difference for serum levels of total cholesterol of -0.61 mmol/L (-23.6 mg/dL). The dose of Ginkgo biloba administered was reported as 120–576 mg/day, and it is likely (from information in the English abstracts of two of the trials) that this refers to standardized extract.

V. The in vitro reduction by EGCG was overcome when the concentration of the drug was increased (to a level expected clinically i.e. in plasma from the standard drug dose).<sup>572</sup> A further in vivo study found no reduction in the activity of the drug (when EGCG administered by injection to achieve plasma levels of 11–16 microM).<sup>196</sup>

W. The in vitro study found a pronounced reduction in the cytotoxic effect of the drug for a concentration of 2.5–5 microM of EGCG, and when applied as green tea polyphenols a very substantial effect occurred at a EGCG concentration of 1 microM (the other polyphenols may contribute to the activity).<sup>195</sup> A pharmacokinetic study with healthy volunteers found a EGCG plasma concentration of 0.7 microM after a dose of 580 mg of EGCG, and a EGCG plasma concentration of 0.5 microM after a dose of 1 g of green tea polyphenols.<sup>573</sup>

X. Rare cases of harm to the liver have been associated with products that contain green tea extracts, more frequently from concentrated extracts including those made using ethanol as the solvent and/or containing very high levels of catechins,<sup>574,575</sup> however, some cases have been reported after consumption of infusions, most probably due to an idiosyncratic reaction.<sup>575</sup> The number of human cases with hepatotoxicity associated with the consumption of green tea infusions is extremely low compared to the large number of consumers of green tea infusions.<sup>575</sup> However, given that isoniazid taken alone can cause hepatotoxicity even after many months of treatment,<sup>576</sup> combining isoniazid and green tea is not advised.

Y. A better design would have volunteers take warfarin alone for a period long enough to allow the drug to reach its maximum effect (about 3–5 days) before adding the herb.

Z. Trade name of the product suggests the patient was taking Panax ginseng extract, equivalent to about 2.7 g/day, providing 24 mg/day of major ginsenosides.<sup>577</sup>

AA. Information is provided for dried root and extracts containing glycyrrhizin. See elsewhere for information on extracts containing only a minimum amount of glycyrrhizin (deglycyrrhizinized licorice).

BB. Glycyrrhetic acid, is the aglycone of glycyrrhizin. Glycyrrhizin, is the glycoside and contains the aglycone (glycyrrhetic acid) and a sugar unit.

CC. No effect on blood pressure in healthy volunteers in three studies (130 mg/day of glycyrrhetic acid = 227 mg/day of glycyrrhizin, for 14 days;<sup>294</sup> licorice tablets (266 mg/day of glycyrrhizin) for 56 days;<sup>311</sup> 300 mg/day of potassium salt of glycyrrhizin = 287 mg/day of glycyrrhizin, for 14 days);<sup>340</sup> including where plasma renin levels were high (3.1 ng/mL/h),<sup>311</sup> but in another study, blood pressure increased in healthy volunteers taking 546 mg/day of glycyrrhizin for 4 weeks, only for those with plasma renin activity greater than 1.5 ng/mL/h.<sup>578</sup> Hypertension, or hyperkalemia, did not occur in acute ischemic stroke patients treated with licorice extract made from roasted root that provided 106 and 212 mg/day of glycyrrhizin, taken for up to 7 days.<sup>579</sup>

DD. This is a guide, based on a recommendation from the German Commission E for long-term consumption of licorice as a flavoring. Glycyrrhizin is also known as glycyrrhizic acid and glycyrrhizic acid.

EE. ACE-inhibitors cause mild natriuresis (an increase in sodium excretion in the urine) and occasionally hyperkalemia. The mechanism of the interaction is not known, although it may involve opposing effects on 11 beta-hydroxysteroid dehydrogenase type 2 (glycyrrhizin inhibiting, ACE-inhibitor promoting), thus affecting mineralocorticoid receptor activity.

## GLOSSARY

Reduction of drug dosage revealed the existing hypokalemia caused by this dosage of glycyrrhizin.

FF. Maximum plasma cortisol (exogenous) was not increased in one volunteer;<sup>316</sup> in the other, plasma (exogenous) cortisone/cortisol ratio decreased,<sup>317</sup> suggesting increased (exogenous) cortisol while (endogenous) cortisol decreased (although statistical and clinical significance is unknown, and may have been within the normal range). In these studies isotope-labelled cortisol was administered, which allowed exogenous and endogenous cortisol to be measured.

GG. A higher prednisolone/prednisone ratio indicates decreased conversion of prednisolone (active) to prednisone (inactive).

HH. Several variants of CYP2C9 have been identified in humans: the most important mutations are CYP2C9\*2 and CYP2C9\*3. The CYP2C9\*3 variant shows decreased metabolic activity for many drugs metabolized by CYP2C9. CYP2C9 is the main enzyme responsible for transforming losartan to its active metabolite.

JJ. Polyphenols are considered to be a dietary factor responsible for influencing iron absorption. This is due to studies in the 1970s and 1980s that found inhibition of iron absorption by beverages such as tea and coffee, and by gallic acid, tannic acid, and to a lesser extent, chlorogenic acid. The potential effect of a food was estimated from its polyphenol content (measuring for example, galloyl groups, catechin equivalents, tannic acid equivalents etc), in addition to considering other factors including phytate and ascorbic acid.<sup>580,581</sup> The problem arises however, in the estimation of polyphenols, due to inaccuracies based on different methods of analysis,<sup>381</sup> and possibly, differences in classification. The term 'tannin' has long-established and extensive usage although it is considered in more recent years to lack precision. Polyphenol is the preferred term when considering the properties at a molecular level. Historically, plant polyphenols have been broadly divided into proanthocyanidins (condensed tannins) and polymers of esters based on gallic and/or hexahydroxydiphenic acid and their derivatives (hydrolyzable tannins).<sup>582</sup> (This classification ignores flavonoids, which are also regarded as polyphenols.) The terms 'tannin' and 'polyphenol' have been used interchangeably. For example, the results of a clinical study are described: "polyphenols present in tea and coffee inhibited iron absorption in a dose-dependent manner". The 'polyphenol' content was measured using a spectrophotometric method for the determination of "tannins and other polyphenolics".<sup>382</sup> Depending on the analytical method used, it is possible that the polyphenol content may actually be the content of tannins or tannins + polyphenols.<sup>383</sup> It is not known if herbs containing substantial amounts of flavonoids will have similar interactions, and this may depend on the chemical structure. In one of the studies listed, the researchers assessed a variety of "polyphenolic-containing" beverages: coffee (containing chlorogenic acid), herbs such as chamomile, lemon balm, vervain and peppermint containing monomeric flavonoids and black tea and cocoa which contained polymerized polyphenols. The polyphenol contents of the teas and cocoa were expressed as catechin equivalents and as chlorogenic acid for coffee.<sup>384</sup> It is difficult then, to assess how the iron-absorption research relates to herbs. Whilst some herbs have polyphenols, tannins, oligomeric procyranidins and phenolic acids (such as chlorogenic acid) as characteristic or prominent constituents, such as cayenne (*Capsicum annuum*), chamomile (*Matricaria recutita*), hawthorn (*Crataegus* spp.), rosemary (*Rosmarinus officinalis*), sage (*Salvia officinalis*), it is probably only those herbs with a high content (e.g. 10% or higher) such as cinnamon (*Cinnamomum verum*), grape seed extract (*Vitis vinifera*), green tea (*Camellia sinensis*), meadowsweet (*Filipendula ulmaria*), raspberry leaf (*Rubus idaeus*), St John's wort (*Hypericum perforatum*), uva ursi (*Arctostaphylos uva-ursi*), willow bark (*Salix* spp.) or those providing substantial amounts of a key constituent e.g. verstratrol from *Polygonum cuspidatum* that might inhibit iron absorption. Some herbs may contain constituents that improve iron absorption (e.g. ascorbic and organic acids in cranberry), and hence overall may be less of a concern.

KK. Heme iron is derived from hemoglobin and myoglobin mainly in meat products. Non-heme iron is derived mainly from cereals, vegetables and fruits.

LL. Another clinical study also found a dose-dependent effect, and the reduced absorption was most marked when coffee was taken with the meal or one hour later. No decrease in iron absorption occurred when coffee was consumed one hour before the meal.<sup>381</sup>

MM. Sorghum also contains phytate. Both phytate and polyphenols inhibit nutrients such as iron.<sup>584,585</sup> Clinical studies (healthy volunteers): reduced iron absorption (sorghum containing 0.15% tannins)<sup>586</sup> and dose-dependent inhibiting effect for condensed tannins (dephytinized sorghum).<sup>587</sup>

NN. At an identical concentration of total polyphenols, black tea was more inhibitory than all the herb teas excluding peppermint: black tea was of equal inhibition to peppermint tea.<sup>384</sup> The type of polyphenols present, as well as the concentration, may affect iron absorption.

PP. Administered in freeze-dried form (from 14.2 g, fresh weight), which would be expected to have a lower inhibitory effect than with the use of fresh chili, as freeze drying probably decreased the ascorbic acid content (ascorbic acid enhances iron absorption).<sup>386</sup>

QQ. The different results for cayenne and turmeric under the same experimental conditions, suggest it is not only the quantity of polyphenol present that determines the inhibition, but also for example, the structure of the polyphenol (and hence mechanism of iron binding).<sup>386</sup>

RR. There may be implications for conditions of iron overload. Clinical study (black tea consumed with meals over one year): decrease of iron absorption (from a single test meal) and consequently reduced storage iron reaccumulation (but to a smaller, nonsignificant extent than expected from studies using single doses) in those with hemochromatosis.<sup>588</sup> Reduced serum ferritin levels in patients with beta-thalassemia major who were treated with standard iron chelator (controlled clinical study; green tea consumed as a tea: 2.5 g in 150 mL of hot water, 3 times a day for 8 weeks),<sup>589</sup> and in a patient with beta-thalassemia intermedia not treated with standard iron chelator (green tea consumed for 11 months).<sup>590</sup> Addition

of green tea consumption to usual treatment including standard iron chelator, significantly reduced liver iron concentration and serum ferritin in beta-thalassemia intermedia patients (controlled clinical study; consumed as a tea: 2 g in a cup of water, 3 times a day, within one hour after meals for 12 months).<sup>591</sup> Although concentrated extract of milk thistle (known as silymarin) is a complex of flavanolignans, which have different chemical structures to most of the polyphenols studied, a possible iron-chelating effect has been suggested in preliminary research involving 10 hemochromatosis patients (single dose: 140 mg; test meal),<sup>592</sup> and it has significantly reduced serum ferritin levels in patients with beta-thalassemia major in three of five controlled trials (small patient numbers; adults and children, 420 mg/day).<sup>593</sup>

SS. *Fructus Schisandra* has historically been defined as the fruit of *Schisandra chinensis* or *Schisandra sphenanthera* in traditional Chinese medicine. In more recent years, the Chinese Pharmacopoeia lists the two species under separate monographs, with separate and different minimum marker levels but with similar properties and indications.<sup>552</sup> The major constituents are dibenzocyclooctene lignans. Several factors including harvest season, origin of herb and extraction solvent affect the levels of the individual lignans. Aqueous or ethanolic extracts of *S. chinensis* are not likely to contain more than 2.5 mg/g of deoxyschisandrin.<sup>594,595</sup> Using these analyses as a guide, a maximum dose of *S. chinensis* extract equivalent to 4 g/day, would provide 10 mg/day of deoxyschisandrin.

TT. As noted for several drugs, the hyperforin content of the St John's wort preparation, as well as the dosage of herb, affects the extent of the interaction. All types of preparations can contain hyperforin, including dry extracts used in tablets and capsules. Hyperforin is however, unstable – particularly when in solution.<sup>596</sup> Tinctures and liquid extracts made using a standard ethanol content (45%) contain negligible amounts of hyperforin. Liquid extracts using a higher ethanol content (such as 60%) will contain a higher initial amount of hyperforin than standard liquid extracts. Over time the hyperforin content is substantially reduced and after a few months tinctures and liquid extracts contain no hyperforin.<sup>597</sup>

UU. Genetic polymorphisms are important in determining differences in the response to drugs, and may influence interactions. There are many genetic variants of the CYP genes, including the CYP2C19 gene. Phenotypes of CYP2C19 have been classified functionally as extensive metabolizers and poor metabolizers, the latter having a deficiency of CYP2C19 activity.<sup>341,598</sup>

VV. Two of the 10 patients with the highest hyperforin levels prior to drug administration showed the greatest decrease in the AUC0-∞ of docetaxel, for the other patients, no apparent correlation was observed.

WW. Antidepressant drugs are often combined in modern medicine. If clinically appropriate, St John's wort may be combined with antidepressant drugs under professional supervision, with the fully informed consent of the patient (many patients, and their doctors, may be concerned about the potential drug interactions). A low dose should be recommended at first both as a caution and to reassure the patient.<sup>514</sup> This is a general recommendation, based on the low likelihood of the herb having an adverse pharmacodynamic interaction with the drug, consideration however, needs to be given when prescribing, to evidence pointing to a pharmacokinetic interaction e.g. St John's wort and the tricyclic amitriptyline.

XX. Of the 14 volunteers, in three, a small increase in AUC was observed after administration of St John's wort.

YY. Information is provided for herb containing standard levels of active constituents. See elsewhere for information on more bioavailable forms.

ZZ. For example, an analysis found that although the dried leaf of *Camellia sinensis* (green tea) may be rich in vitamin K1 (phyloquinone), brewed tea contains only a negligible amount. Two samples contained 1654 mcg, and 482 mcg, in 100 g of dried leaves. Brewed green tea, using the 482 mcg/100 g leaf sample, prepared according to standard methods and allowed to brew for 5 minutes, contained 0.03 mcg/100 mL (/100 g). Vitamin K1 remained to a large extent in the boiled leaf tissue (433 mcg/100 g).<sup>599</sup> (In comparison, broccoli and spinach contain about 200 mcg/100 g and 400 mcg/100 g, of phyloquinone respectively,<sup>600</sup> and generally larger quantities of vegetables are consumed, than herbs.) Therefore, an ethanolic extract of green tea could be expected to contain a higher vitamin K content than water extract. The content of vitamin K (phyloquinone usually, and occasionally dihydrophyloquinone) of herbs is usually higher than spices, and for a given herb, concentrations are generally higher in the dried than in the fresh form.<sup>601</sup> The following, relatively high, vitamin K contents (mcg/100 g) have been recorded: sage, dried: 1710; thyme, dried: 1710; chili, dried: 106. The following have contents in the range of about 15–30 mcg/100 g: dried cinnamon and turmeric; fresh blueberries and globe artichoke. An undefined species of edible kelp, in fresh form, contains 66 mcg/100 g. In the following, vitamin K was found in very low levels (≤ 5 mcg/100 g): fresh and dried garlic and ginger; fresh cranberries.<sup>602</sup> There can however be variations in the vitamin K content, which may be influenced by cultivar, growing location and/or conditions, processing and storage. An analysis of herbs purchased from supermarkets in North America found dried sage to contain an average of 1040 mcg/100 g of phyloquinone (range: 844–1320), and for thyme the average was 1370 mcg/100 g (range: 1180–1550). It is suggested that herbs may be an overlooked source of vitamin K in the diet.<sup>603</sup> It had been thought that vitamin K1 at levels of around 100 mcg/day from ongoing use of supplements were required to adversely affect warfarin anticoagulation, however even small amounts (25 mcg/day) given to patients with stable anticoagulation resulted in subtherapeutic INRs in vitamin-K depleted patients. In these patients even small changes in vitamin K intake was able to alter their coagulation status.<sup>604</sup> Is the vitamin K content of medicinal herbs likely to cause an interaction with vitamin K antagonists such as warfarin? The main unknown is the efficiency of extraction from the plant tissue. Taking a content of 1710 mcg/100 g for dried thyme, assuming an aqueous ethanolic solution has an extraction efficiency of 100%, and at a dose of 1.5 g/day of dried herb, the dose of vitamin K1 could be as high as 25 mcg/day. With the vitamin K content in the dried herb not likely to always be this high, and the extraction efficiency unlikely to be 100%, it is possible, but not probable that a moderate dose of products containing thyme, and also sage, may provide vitamin K at a level of concern for some patients.

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**Tongkat Ali:**  
Testosterone  
Support in  
Mid-Life  
and Beyond\*

Help support normal  
testosterone production  
and sexual interest with  
MediHerb® Tongkat Ali\*

MEDI HERB

Tongkat Ali  
Herbal Supplement  
M1910

Suggested Use: 1 Tablet  
2 times daily, or as directed

40 Tablets

Standard Process

**Standard Process**  
VETERINARY FORMULAS™

## Veterinary Supplements Designed with Pet Parents in Mind

Pets are an important part of the family. That's why we create high-quality nutritional support for dogs, cats, and horses all with the same purity, safety, manufacturing and quality standards used for our Standard Process human supplements.



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# The Standard Process Difference

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Dogs, cats, and horses have nutritional needs beyond what their regular diets provide. Their well-being deserves more than an annual wellness exam. It deserves Standard Process Veterinary Formulas.

Since 1929, Standard Process has been the visionary leader in whole food nutrient solutions. Offered through qualified veterinary professionals, Standard Process Veterinary Formulas utilize the same state-of-the-art manufacturing processes and high-quality ingredients used to produce our human supplements. That's because we believe what is good for us is also good for our pets.

Each pet's unique needs change based on age, activity level, and health status. Standard Process Veterinary Formulas were created to fill these potential nutritional gaps. The goal of

whole food-based supplementation is to provide nutrients for the body that are as close as possible to how they are found in nature. After all, it is in this whole food state that nutrition is typically harnessed and presented to the body.

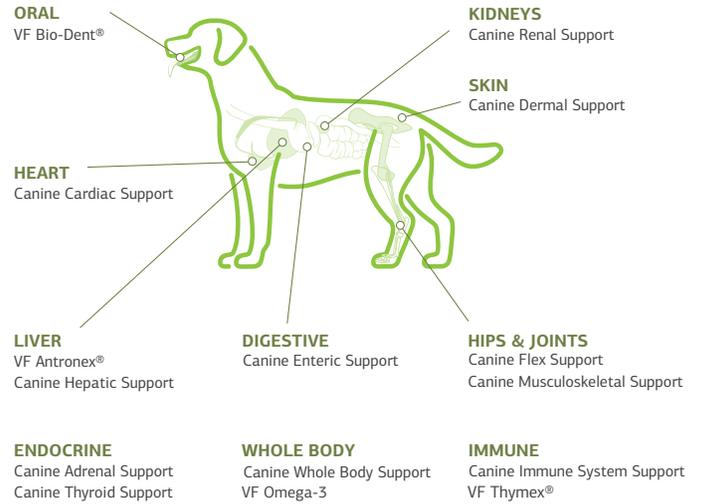
The key to pets' optimal health is a diet rich in a variety of complex nutrients. The ingredient combinations in Standard Process Veterinary Formulas provide a spectrum of nutrients to support multiple organs and systems in the body. Our complex, whole food-based veterinary formulas combine targeted nutrients sourced from plant ingredients, organ and glandular tissue, and specialized protein extracts.

Whether you're looking for everyday wellness or targeted system support, we have a formula designed with every pet's needs in mind.

*Buckwheat grown on the Standard Process certified organic farm in Palmyra, Wisconsin*

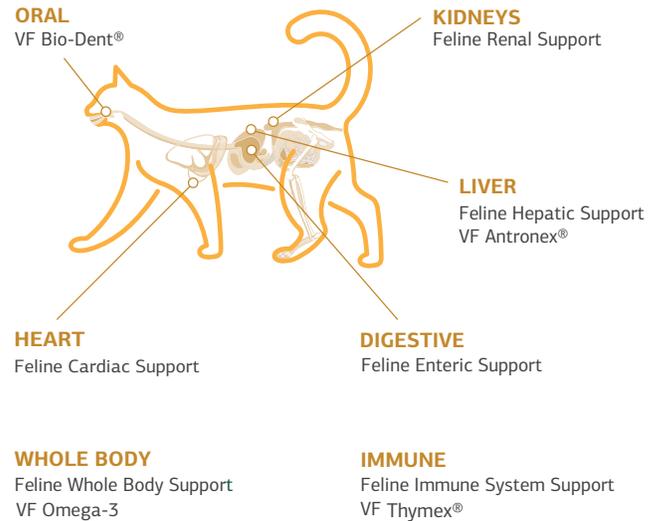
## CANINE FORMULAS OVERVIEW

Our canine formulas provide optimal nutritional support for the canine patient.



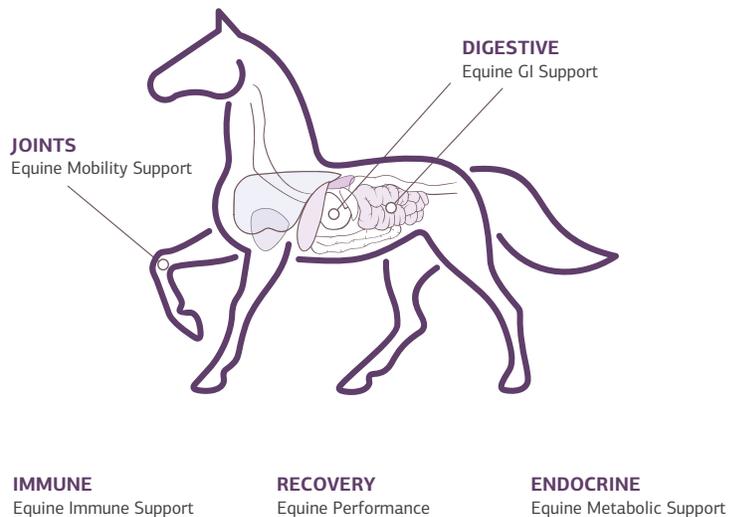
## FELINE FORMULAS OVERVIEW

Our feline formulas meet the specific nutritional needs of the feline patient.



## EQUINE FORMULAS OVERVIEW

Our equine formulas meet the specific nutritional needs of the equine patient.



# COMMITMENT TO **QUALITY**



## **ORGANIC FARM**

We are proud to be one of the few supplement manufacturers that can assure quality ingredients by growing many of our raw materials locally and organically. If we don't grow it, we actively source the best-quality nutritional ingredients.



## **ENVIRONMENTALLY SAFE MANUFACTURING**

Preserving the whole food complex is a top priority when manufacturing our supplements. We are committed to environmentally friendly manufacturing practices to help preserve the planet.



## **INNOVATION**

Our Nutrition Innovation Center is the first of its kind, and it's dedicated to researching new solutions in nutritional therapies.



## **QUALITY ASSURANCE**

Our team of scientists includes chemists and microbiologists who test our product materials to ensure the purity and safety of our supplements.



## **HIGH-QUALITY INGREDIENTS**

The great majority of raw plant ingredients are grown on our 868-acre certified organic farm. All raw animal tissues are obtained exclusively from U.S. Department of Agriculture (USDA)-inspected facilities.

# How Standard Process Defines Whole Food Supplements

Quality frames our approach to making supplements — from our whole food philosophy and our careful ingredient sourcing, to our formulations and dedication to safety. “Quality from seed to supplement™” is more than just a tag line to us. It’s a commitment we take to heart.

A whole food supplement is a complex formula of targeted ingredients that may include:

## Whole Food Ingredients

Our product labels include many ingredients that you recognize as foods, and the great majority of the raw plant ingredients we use are grown on our certified organic farm. This allows us to control the quality of these ingredients from seed to supplement.

## Whole Food Concentrates

Concentrates are used when a beneficial amount of nutrients cannot be delivered with a whole food ingredient. Fish oil is a good example. Derived from whole fish, the nonconcentrated triglyceride oil that makes up our final product allows patients to take advantage of the naturally occurring DHA and EPA omega-3 fatty acids.

## Whole Food Isolates

Sometimes, foods do not contain sufficient quantities of specific nutrients to address certain health challenges. In this case, we use evidence-based food isolates to complement whole food ingredients. Isolates like glucosamine are used in our products because they are well-researched and have strong evidence for efficacy. Isolates can also be combined with other ingredients to maximize efficacy.

## Animal Tissue Extracts and Concentrates

The use of specific animal tissue has a long history at Standard Process. The first product based on a Protomorphogen™ brand extract was introduced in 1952 and contained bovine heart PMG™ extract.

We start with glands and organs because they have more DNA per gram than skeletal muscle, have different protein profiles, and have different starting concentrations of vitamins and minerals. All raw animal tissues are exclusively sourced from U.S. Department of Agriculture (USDA)-inspected facilities.

## Protomorphogen™ Brand Extracts

Continuing the pioneering work of Dr. Royal Lee, certain Standard Process products contain specific Protomorphogen™ brand extracts. Protomorphogen™ brand extracts are specific materials extracted from animal glands and organs through a complex process to retain what Dr. Lee termed “cellular determinants.” Current laboratory methods have confirmed that Protomorphogen™ brand extracts contain a unique profile of nucleotides (the components of nucleic acids like RNA and DNA), and peptides (short chains of amino acids).

## Cytosol™ Brand Extracts

Cytosol™ brand extracts are derived from the cytoplasm of selected organs and glands through a process similar to the Protomorphogen™ extraction process. However, these extracts contain their own unique profile of nucleotides and peptides.

## Whole Desiccates

Whole desiccates are tissues that have been dried to provide the nutritional content of the organ in a concentrated form.

## Botanicals

Botanicals provide important constituents that contribute additional support to the body’s systems. They complement the vitamins, minerals, and tissue concentrates found in whole food ingredients.

## Synthetic Ingredients

Dr. Royal Lee included synthetics in his original formulas to meet label claims and/or enhance product effects. This type of ingredient has always been used selectively. Where synthetics appear, they have been added to protect the complexity and synergistic design of the formula.



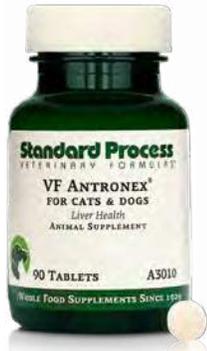
# Veterinary Formulas for Pets

---

Designed for both dogs and cats, these formulas contain a variety of whole food and other ingredients. These products are available in tablet or liquid form and can accommodate a range of body weights.



## VF ANTRONEX® Introduced in 2015



Scan for more information:



### A3010 - 90 Tablets

When the body's natural histamine response function kicks in, other systems are affected including the immune system and the liver. Building up defenses helps make sure these systems are working at optimal levels to support pet health.

VF Antronex® supports the liver and the body's normal detoxification mechanisms.

#### Indications for Use:

- Clinical signs associated with liver challenges
- Patients in need of additional hepatic support
- Short- or long-term support for patients influenced by environmental, seasonal and other stresses

#### Synergistic Product Support:

- Canine Dermal Support
- Canine or Feline Immune System Support
- Canine or Feline Enteric Support

**Ingredients:** Calcium lactate, bovine liver fat extract (yakriton), and d-alpha tocopherol (vitamin E sunflower).

Other Ingredients: Calcium stearate and arabic gum.

#### Guaranteed Analysis:

Calcium (min) 30 mg / tablet

#### Dose Schedule:

All cats, dogs <20 lbs	1 tablet 1x / day
Dogs 20-50 lbs	1 tablet 2x / day
Dogs >51 lbs	1 tablet 3x / day

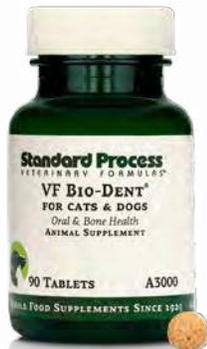
Or as directed by a veterinarian.

**How to Administer:** The tablets can be given whole or crushed and dosed directly or given with food.

#### Servings per Container:

90 based on 1 tablet per serving

## VF BIO-DENT® Introduced in 2015



Scan for more information:



### A3000 - 90 Tablets

Nutrition is a powerful tool to support pet oral health. VF Bio-Dent® contains calcium, phosphorus, and manganese for support of the bony structures and connective tissue in the body, including the mouth. The formula also contains complex food-based ingredients that provide support for endocrine and immune system health.

#### VF Bio-Dent®:

- Contains many of the building blocks needed to support and maintain oral health
- Provides systemic support for an overall healthy mouth, especially in an orally challenged animal
- Provides building blocks for young animals that are experiencing tooth and bone growth and development

#### Indications for Use:

- Support for normal growth and development of bone and the oral cavity
- Support for the health of oral tissues
- Support for the oral cavity, particularly in times of stress

#### Synergistic Product Support:

- Canine or Feline Immune System Support

**Ingredients:** Bovine bone, defatted wheat germ, calcium lactate, organic carrot, veal bone, bovine adrenal, bovine spleen, ovine spleen, manganese glycerophosphate, organic sweet potato, licorice (root), and rice bran.

Other Ingredients: Honey, cellulose, calcium stearate, and arabic gum.

#### Guaranteed Analysis:

Calcium (min)	20 mg / tablet
Phosphorus (min)	10 mg / tablet
Manganese (min)	1.4 mg / tablet

#### Dose Schedule:

All cats, dogs <20 lbs	1 tablet 2x / day
Dogs 20-50 lbs	2 tablets 2x / day
Dogs >51 lbs	3 tablets 2x / day

Or as directed by a veterinarian.

**How to Administer:** The tablets can be given whole or crushed and dosed directly or given with food.

#### Servings per Container:

90 based on 1 tablet per serving

## VF HEMP OIL Introduced in 2020

A3040 - 30 mL (1 fl oz)



Scan for more information:



VF Hemp Oil is an organic liquid hemp oil for cats and dogs designed to support pets' endocannabinoid systems (ECS) with 15 mg phytocannabinoids per 1mL.

- Formulated for dogs and cats
- Liquid form — convenient, flexible dosing with a graduated dropper
- 1 mL delivers 15 mg of phytocannabinoids, which support the endocannabinoid system
- Full spectrum, organic, non-genetically engineered hemp, grown on the Standard Process certified organic farm<sup>^</sup>

**Caution:** For use in cats and dogs only. To support endocannabinoid system.

**Suggested Use:** Give with a meal. Store in a cool, dark place.

**Active Ingredient per 1 mL:**

Organic Full Spectrum Hemp Extract 35 mg  
(contains 15 mg naturally occurring phytocannabinoids)

**Inactive Ingredient:** Organic extra virgin olive oil.

**Guaranteed Analysis:**

Phytocannabinoids (min) 15 mg / 1 mL

**Dose Schedule:**

**Dog Daily Dose Schedule**

<5 lbs	0.25 mL every other day
5-9 lbs	0.25 mL
10-19 lbs	0.50 mL
20-29 lbs	0.75 mL
30-39 lbs	1 mL
40-49 lbs	1.25 mL
50-59 lbs	1.50 mL
60-69 lbs	1.75 mL
70-79 lbs	2 mL
80-89 lbs	2.25 mL
90-99 lbs	2.50 mL
100-110 lbs	2.75 mL

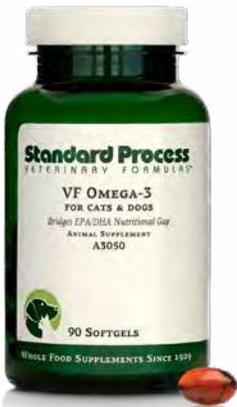
**Cat Daily Dose Schedule**

<7 lbs	0.25 mL every other day
7-11 lbs	0.25 mL
12-17 lbs	0.50 mL
18-25 lbs	0.75 mL

Or as directed by a veterinarian.

## VF OMEGA-3 Introduced in 2021

A3050 - 90 Softgels



Scan for more information:



VF Omega-3 is a fish oil supplement for dogs and cats formulated to provide omega-3 fatty acids that support pets' critical body systems. It delivers concentrated fish oil in softgel form to bridge cats' and dogs' nutritional gap and help support:

- The pathways that regulate joint health
- Heart health
- Canine healthy skin and coat
- The central nervous system
- Brain development of puppies and kittens

**Synergistic Product Support:**

- Canine or Feline Whole Body Support
- Canine or Feline Cardiac Support
- Canine Musculoskeletal Support
- Canine Dermal Support

Measure omega-3 status with the Omega-3 Index for Pets Test (see page 309).

**Ingredients:** Fish oil concentrate (from anchovy and sardine), gelatin, water, glycerine, rosemary, and astaxanthin.

**Guaranteed Analysis:**

EPA (min) 250 mg / softgel  
DHA (min) 200 mg / softgel

**Dose Schedule:**

Cats and Dogs <10 lbs.	Consult veterinarian
Cats and Dogs 10-20 lbs.	1 softgel / day
Dogs 21-40 lbs.	2 softgels / day
Dogs 41-60 lbs.	3 softgels / day
Dogs 61-80 lbs.	4 softgels / day
Dogs 81-100 lbs.	5 softgels / day
Dogs 101-120 lbs.	6 softgels / day

Or as directed by a veterinarian.

**How to Administer:** Softgel may be consumed whole or snipped and the oil applied directly on your pet's food.

**Servings per Container:**

90 based on 1 softgel per serving



Scan for more information:



## OMEGA-3 INDEX FOR PETS TEST KIT Introduced in 2021

### T2000 - 1 Test Kit

The Omega-3 Index for Pets Test is a blood test for dogs that measures the amount of omega-3 fatty acids (EPA and DHA) in red blood cells.

The Omega-3 Index for Pets Test is important for measuring omega-3 fats in the body to help maintain healthy fat levels — an important indicator of overall health.

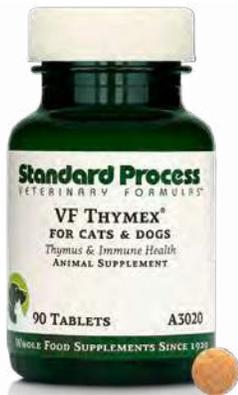
- Measure: You won't know if your patient's balance of fats is optimal unless they're measured.
- Modify: A low omega-3 index can be improved by increasing omega-3 intake.
- Monitor: Track how your patient's dietary changes affect their blood levels by testing regularly.

Once you know their omega-3 index, you can supplement your patient's diet to modify their index in as little as 3-4 months.

This test is currently available for dogs and should only be administered by a veterinary professional.

#### Synergistic Product Support:

- VF Omega-3



Scan for more information:



## VF THYMEX<sup>®</sup> Introduced in 2015

### A3020 - 90 Tablets

Nutrition is a powerful tool to support pet immune system health. VF Thymex<sup>®</sup> supports a healthy thymus gland, the master gland of the immune system.

- Can be used in combination with other immune system support products
- Source of antioxidant vitamin C

#### Indications for Use:

- Patients in need of additional immune system support
- Patients in need of generalized trophic immune system support
- Patients with short-term or ongoing immune system challenges

#### Synergistic Product Support:

- Canine or Feline Immune System Support
- Canine or Feline Hepatic Support
- Canine or Feline Whole Body Support

**Ingredients:** Calcium lactate, bovine thymus Cytosol™ extract, magnesium citrate, and ascorbic acid.

Other Ingredients: Cellulose and calcium stearate.

#### Guaranteed Analysis:

Ascorbic Acid (Vitamin C) (min) 5 mg / tablet

#### Dose Schedule:

All cats, dogs <20 lbs	1 tablet 3x / day
Dogs 20-50 lbs	2 tablets 3x / day
Dogs >51 lbs	3 tablets 3x / day

Or as directed by a veterinarian.

**How to Administer:** The tablets can be given whole or crushed and dosed directly or given with food.

#### Servings per Container:

90 based on 1 tablet per serving

# Canine Formulas

---

Since dogs are omnivores, the canine formulas contain a variety of ingredients, including a balance of animal tissues and botanical materials. These ingredient combinations provide a spectrum of nutrients to support multiple organs. Most of the canine formulas are powdered to accommodate the range of body weights in the canine population.



## CANINE ADRENAL SUPPORT Introduced in 2002

A1100 - 0.9 oz (25 g) | A1150 - 3.5 oz (100 g)



Scan for more information:



Canine Adrenal Support is an adrenal support supplement for dogs that supports their adrenal glands' ability rebuild, regenerate, and respond normally to stress.

This supplement is formulated to:

- Help adrenal glands respond normally to stress and metabolic demands
- Support the glands' ability to rebuild and regenerate
- Provide vital nutritional support to related dogs' bodily organs

### Indications for Use:

- Sudden stressful event or ongoing stress (internal or external)

### Synergistic Product Support:

- Canine Whole Body Support
- Canine Hepatic Support

**Ingredients:** Bovine liver, bovine adrenal PMG™ extract, black currant juice, organic alfalfa (aerial parts) juice powder, porcine duodenum, defatted wheat germ, eleuthero (*Eleutherococcus senticosus*), nutritional yeast, organic carrot, wheat germ oil, organic shiitake mushroom powder, organic reishi mushroom powder, veal bone PMG™ extract, bovine adrenal Cytosol™ extract, organic pea vine juice powder, rice bran, bovine adrenal, bovine kidney, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, sea salt, oat flour, bovine orchid extract, bovine pituitary PMG™ extract, sunflower lecithin, fat soluble extract from alfalfa (leaf) and sunflower seed, kelp, and manganese glycerophosphate.

**Dose Schedule:** Based on body weight, the patient should receive the formula according to the following recommendations, or as otherwise directed.

1-10 lbs	1/8 teaspoon 1x / day
11-20 lbs	1/8 teaspoon 2x / day
21-40 lbs	1/4 teaspoon 2x / day
41-60 lbs	1/2 teaspoon 2x / day
61-80 lbs	3/4 teaspoon 2x / day
>80 lbs	1 teaspoon 2x / day

**How to Administer:** The powder can be mixed with or poured over the dog's food, mixed with water and administered by oral syringe, or made into a paste and given directly.

### Servings per Container:

A1100	65 based on 1/8 teaspoon
A1150	65 based on 1/2 teaspoon

A 1/8 teaspoon scoop is included with the small canine powder bottles, and a 1/2 teaspoon scoop is included with the large canine powder bottles.

## CANINE CARDIAC SUPPORT Introduced in 2002

A1200 - 0.9 oz (25 g) | A1250 - 3.5 oz (100 g)



Scan for more information:



Canine Cardiac Support is a supplement for dogs that provides selenium to support pathways involved in cardiac function.

- The cardiovascular system is a complex, coordinated group of organs and tissues with the heart at the center.

### Indications for Use:

- General cardiac support

### Synergistic Product Support:

- Canine Renal Support
- Canine Adrenal Support
- Canine Whole Body Support

**Ingredients:** L-carnitine, bovine liver, bovine heart PMG™ extract, rice bran, bovine kidney, bovine orchid extract, organic beet (root), defatted wheat germ, bovine spleen, ovine spleen, selenium yeast, ribonucleic acid, wheat germ oil, bovine pancreas Cytosol™ extract, veal bone PMG™ extract, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, organic alfalfa (aerial parts) juice powder, calcium lactate, hawthorn (berry), organic carrot, organic shiitake mushroom powder, organic reishi mushroom powder, nutritional yeast, organic pea vine juice powder, Spanish moss (*Tillandsia usneoides*), oat flour, fat soluble extract from alfalfa (leaf) and sunflower seed, inositol, choline bitartrate, porcine brain, and ascorbic acid.

### Guaranteed Analysis:

Calcium (min)	0.3 mg / 1/8 tsp. or 1 mg / 1/2 tsp.
Sodium (max)	3 mg / 1/8 tsp. or 12 mg / 1/2 tsp.
Selenium (min)	4 mcg / 1/8 tsp. or 18 mcg / 1/2 tsp.

**Dose Schedule:** Based on body weight, the patient should receive the formula according to the following recommendations, or as otherwise directed.

1-10 lbs	1/8 teaspoon 1x / day
11-20 lbs	1/8 teaspoon 2x / day
21-40 lbs	1/4 teaspoon 2x / day
41-60 lbs	1/2 teaspoon 2x / day
61-80 lbs	3/4 teaspoon 2x / day
>80 lbs	1 teaspoon 2x / day

**How to Administer:** The powder can be mixed with or poured over the dog's food, mixed with water and administered by oral syringe, or made into a paste and given directly.

### Servings per Container:

A1200	60 based on 1/8 teaspoon
A1250	70 based on 1/2 teaspoon

A 1/8 teaspoon scoop is included with the small canine powder bottles, and a 1/2 teaspoon scoop is included with the large canine powder bottles.

# CANINE DERMAL SUPPORT Introduced in 2002



A1300 - 1.1 oz (30 g) | A1350 - 4.4 oz (125 g)

Canine Dermal Support is a supplement supporting dogs' skin that contains whole food ingredients to help support canine patients' general skin health.

This powder supplement contains whole food ingredients to help:

- Maintain proper liver, adrenal, immune, and intestinal function
- Support and maintain the skin's ability to withstand the effects of environmental exposures

### Indications for Use:

- General skin health
- General digestive system health, adrenal gland health, or immune system health

### Synergistic Product Support:

- Canine Enteric Support
- Canine Adrenal Support
- Canine Hepatic Support
- Canine Whole Body Support

**Ingredients:** Bovine liver, L-glutamine, New Zealand green mussel (*Perna canaliculus*) (shellfish), milk thistle extract (80% silymarins), bovine kidney, defatted wheat germ, organic alfalfa (aerial parts) juice powder, amla extract, fat soluble extract from alfalfa (leaf) and sunflower seed, bovine adrenal PMG™ extract, bovine liver fat extract, bovine spleen, ovine spleen, calcium lactate, maltodextrin, organic extra virgin olive oil, organic carrot, bovine liver PMG™ extract, nutritional yeast, porcine jejunum, organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), black currant juice, porcine stomach, betaine hydrochloride, bovine parotid PMG™ extract, organic shiitake mushroom powder, organic reishi mushroom powder, oat flour, porcine brain, bovine adrenal Cytosol™ extract, dandelion (root) (*Taraxacum officinale*), inositol, purified bovine bile salts, bovine bone, organic buckwheat (aerial parts), Spanish moss (*Tillandsia usneoides*), and organic pea vine.

### Guaranteed Analysis:

Zinc (min) 14 mcg / ½ tsp. or 58 mcg / ¼ tsp.

**Dose Schedule:** Based on body weight, the patient should receive the formula according to the following recommendations, or as otherwise directed.

1-10 lbs	½ teaspoon 1x / day
11-20 lbs	½ teaspoon 2x / day
21-40 lbs	¾ teaspoon 2x / day
41-60 lbs	½ teaspoon 2x / day
61-80 lbs	¾ teaspoon 2x / day
>80 lbs	1 teaspoon 2x / day

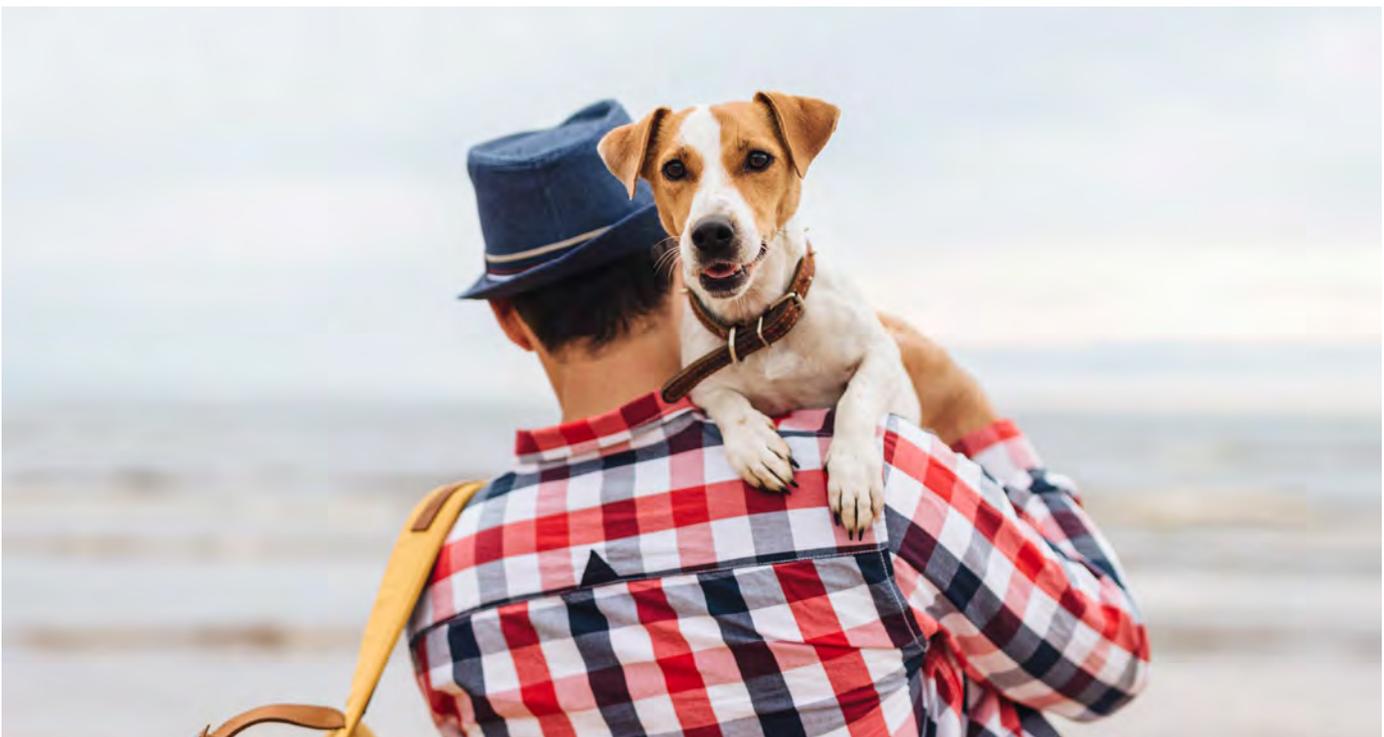
**How to Administer:** The powder can be mixed with or poured over the dog's food, mixed with water and administered by oral syringe, or made into a paste and given directly.

### Servings per Container:

A1300 65 based on ½ teaspoon  
A1350 75 based on ½ teaspoon

A ½ teaspoon scoop is included with the small canine powder bottles, and a ¼ teaspoon scoop is included with the large canine powder bottles.

Scan for more information:



## CANINE ENTERIC SUPPORT Introduced in 2002

A1400 - 1.1 oz (30 g) | A1450 - 3.9 oz (110 g)



Scan for more information:



A healthy digestive tract is critical to overall health and well-being. In addition to breakdown and absorption of nutrients, digestive health can also have a significant impact on other body systems (immune system, liver, bone marrow, or adrenal glands). Canine Enteric Support contains a variety of functional foods, both plant and animal, that “feed” the various components of the digestive system to:

- Provide general digestive system support
- Support the ability of intestinal cells to function, regenerate, and respond to daily metabolic and immune challenges

### Indications for Use:

- General enteric support
- Patients with increased metabolic demand
- Hepatic patients in need of additional enteric support

### Synergistic Product Support:

- Canine Immune System Support
- Canine Hepatic Support
- Canine Whole Body Support

**Ingredients:** Porcine stomach, L-glutamine, porcine duodenum, porcine jejunum, defatted wheat germ, bovine liver, veal bone PMG™ extract, organic alfalfa (aerial parts) juice powder, bovine parotid PMG™ extract, bovine kidney, nutritional yeast, bovine liver PMG™ extract, bovine spleen, ovine spleen, bovine adrenal PMG™ extract, organic pea vine juice powder, bovine pancreas Cytosol™ extract, organic carrot, oat flour, organic shiitake mushroom powder, organic reishi mushroom powder, bovine orchic extract, rice bran, bovine pancreas PMG™ extract, Spanish moss (*Tillandsia usneoides*), organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), licorice (root), wheat germ oil, purified bovine bile salts, fat soluble extract from alfalfa (leaf) and sunflower seed, bovine parathyroid, bovine pituitary PMG™ extract, and calcium glycerophosphate.

### Guaranteed Analysis:

Phosphorus (min) 1 mg / ½ tsp. or 5 mg / ½ tsp.  
Sodium (max) 4 mg / ½ tsp. or 12 mg / ½ tsp.  
Riboflavin (min) 7 mcg / ½ tsp. or 30 mcg / ½ tsp.  
Niacin (min) 50 mcg / ½ tsp. or 0.2 mg / ½ tsp.

**Dose Schedule:** Based on body weight, the patient should receive the formula according to the following recommendations, or as otherwise directed.

1-10 lbs	½ teaspoon 1x / day
11-20 lbs	½ teaspoon 2x / day
21-40 lbs	¼ teaspoon 2x / day
41-60 lbs	½ teaspoon 2x / day
61-80 lbs	¾ teaspoon 2x / day
>80 lbs	1 teaspoon 2x / day

**How to Administer:** The powder can be mixed with or poured over the dog's food, mixed with water and administered by oral syringe, or made into a paste and given directly.

### Servings per Container:

A1400 75 based on ½ teaspoon  
A1450 70 based on ½ teaspoon

A ½ teaspoon scoop is included with the small canine powder bottles, and a ½ teaspoon scoop is included with the large canine powder bottles.

## CANINE FLEX SUPPORT Introduced in 2011

A1480 - 100 Wafers



Scan for more information:



Wear and tear of joints and surrounding tissues, especially in very active and aging dogs, can cause stiffness and trigger the body's normal inflammatory response function. Canine Flex Support is a chewable chondroitin and glucosamine supplement for dogs that helps support pathways involved in dogs' healthy joint function.

It provides nutrients that:

- Support the body's normal inflammatory response
- Help support pathways involved in healthy joint function, including support for the cartilage
- Contains antioxidant vitamins A and C
- Support healthy immune system function

### Indications for Use:

- Maintenance: especially for large breeds, performance dogs, and growing puppies
- For dogs in need of joint support, especially for active or aging dogs

### Synergistic Product Support:

- Canine Musculoskeletal Support

**Ingredients:** Glucosamine sulfate (from shellfish), chondroitin (as chondroitin sulfate), ginger (root), honey, bovine liver, ascorbic acid, calcium stearate, d-alpha tocopherol (vitamin E sunflower), modified tapioca starch, and turmeric (root) powder.

### Guaranteed Analysis:

Vitamin E (min)	5 IU / water
Ascorbic Acid (Vitamin C) (min)	5 mg / water
Chondroitin (as chondroitin sulfate) (min)	110 mg / water
Glucosamine Sulfate (from shellfish) (min)	250 mg / water

**Dose Schedule:** Based on body weight, the patient should receive the formula according to the following recommendations, or as otherwise directed.

1-25 lbs	1 wafer 1x / day
26-50 lbs	2 wafers 1x / day
51-80 lbs	3 wafers 1x / day
>80 lbs	4 wafers 1x / day

**How to Administer:** The wafer can be given as a treat or crushed and mixed with the dog's food.

### Servings per Container:

A1480 100 based on 1 wafer per serving

## CANINE HEMP OIL COMPLEX™ Introduced in 2018

A3030 - 60 Softgels



Scan for more information:



Canine Hemp Oil Complex™ is a hemp oil supplement for dogs with a 3-in-1 benefit of supporting dogs' endocannabinoid systems, inflammation response resolution pathways, and endogenous anti-oxidant pathways.

- Contains 7.5 mg phytocannabinoids per softgel
- Supports dogs' endocannabinoid system
- Supports the canine body's natural inflammatory response function
- Supports endogenous antioxidant pathways
- Contains ingredients that support antioxidant activity
- Contains full spectrum, organic, non-genetically engineered hemp, grown on the Standard Process certified organic farm<sup>^</sup>

<sup>^</sup>Ingredients that are not grown on our farm, or if our supply is short, are sourced from certified organic farms

We also offer VF Hemp Oil which is suitable for both dogs and cats.

### Active Ingredients per Softgel:

Proprietary Blend (Calamari oil, TrueBroc™, broccoli aerial parts)	382 mg
Omega-3 Fatty Acids (Calamari oil)	115 mg
DHA (Calamari oil)	65 mg
EPA (Calamari oil)	27.5 mg
Organic Full Spectrum Hemp Extract (contains 7.5 mg naturally occurring phytocannabinoids)	16.5 mg
Glucoraphanin (TrueBroc™)*	2.5 mg

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**Inactive Ingredients:** Beeswax, dimagnesium malate, gelatin, glycerine, organic extra virgin olive oil, and water.

### Guaranteed Analysis:

EPA (min)	27.5 mg / softgel
DHA (min)	65 mg / softgel
Magnesium (min)	20 mg / softgel
Glucoraphanin* (min)	2.5 mg / softgel
Omega-3 Fatty Acids* (min)	115 mg / softgel
Omega-6 Fatty Acids* (min)	30 mg / softgel
Phytocannabinoids* (min)	7.5 mg / softgel

**Dose Schedule:** Administer orally. Can be given during or after mealtime.

1-10 lbs	1 softgel every other day
11-50 lbs	1 softgel 1x / day
51-100 lbs	2 softgels 1x / day
>100 lbs	3 softgels 1x / day

Or as directed by your veterinarian.

### Servings per Container:

A3030 60 based on 1 softgel per serving

TrueBroc® is protected by trademarks and patents of Brassica Protection Products LLC: [www.brassica.com/ip](http://www.brassica.com/ip)

## CANINE HEPATIC SUPPORT Introduced in 2002

A1500 - 1.1 oz (30 g) | A1550 - 3.9 oz (110 g)



Scan for more information:



A dog's liver is a complex organ that interacts with most organs in the body, including the intestinal tract, cardiovascular system, kidneys, and autonomic nervous system. Nutritional support for the liver must address these interactions to be effective.

This product is formulated to support:

- Bile production and flow
- Hepatic immune function

### Indications for Use:

- General hepatic support
- Patients with increased metabolic demand

### Synergistic Product Support:

- Canine Renal Support
- Canine Enteric Support

**Ingredients:** Bovine liver PMG™ extract, bovine kidney, porcine duodenum, porcine stomach, veal bone PMG™ extract, porcine jejunum, wheat germ oil, defatted wheat germ, organic alfalfa (aerial parts) juice powder, bovine heart PMG™ extract, bovine liver, bovine orchid extract, ribonucleic acid, bovine spleen, ovine spleen, organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), calcium lactate, organic reishi mushroom powder, organic shiitake mushroom powder, ginkgo biloba (whole leaf), nutritional yeast, rice bran, black currant seed oil, dandelion (root) (*Taraxacum officinale*), milk thistle extract (80% silymarins), oat flour, bovine liver fat extract, New Zealand green mussel (*Perna canaliculus*)(shellfish), calcium glycerophosphate, L-glutamine, selenium yeast, zinc amino acid (rice) chelate, organic Brussels sprouts (aerial parts), organic buckwheat (aerial parts) juice powder, organic buckwheat flour, porcine brain, bovine pituitary PMG™ extract, Spanish moss (*Tillandsia usneoides*), betaine hydrochloride, magnesium lactate, fat soluble extract from alfalfa (leaf) and sunflower seed, choline bitartrate, inositol, and ascorbic acid.

### Guaranteed Analysis:

Calcium (min)	0.6 mg / 1/8 tsp. or 2.5 mg / 1/2 tsp.
Magnesium (min)	200 mcg / 1/8 tsp. or 800 mcg / 1/2 tsp.

**Dose Schedule:** Based on body weight, the patient should receive the formula according to the following recommendations, or as otherwise directed.

1-10 lbs	1/8 teaspoon 1x / day
11-20 lbs	1/8 teaspoon 2x / day
21-40 lbs	1/4 teaspoon 2x / day
41-60 lbs	1/2 teaspoon 2x / day
61-80 lbs	3/4 teaspoon 2x / day
>80 lbs	1 teaspoon 2x / day

**How to Administer:** The powder can be mixed with or poured over the dog's food, mixed with water and administered by oral syringe, or made into a paste and given directly.

### Servings per Container:

A1500 70 based on 1/8 teaspoon  
A1550 75 based on 1/2 teaspoon

A 1/8 teaspoon scoop is included with the small canine powder bottles, and a 1/2 teaspoon scoop is included with the large canine powder bottles.

# CANINE IMMUNE SYSTEM SUPPORT Introduced in 2002

A1610 - 1.1 oz (30 g) | A1660 - 3.9 oz (110 g)



Scan for more information:



Canine Immune System Support supports optimal function of dogs' immune systems and provides nutritional and biochemical support for healthy immune cells and tissues.

## Canine Immune System Support:

- Provides nutritional and biochemical support for the immune system
- Supports healthy immune system function
- Supports immune cell health
- Supports endocrine health
- Supports healthy inflammatory processes
- Provides antioxidant support
- Beneficial for dogs responding to common environmental challenge

## Synergistic Product Support:

- VF Thymex®
- Canine Hepatic Support
- Canine Enteric Support
- Canine Whole Body Support

## Product Facts

### Amount per 1/8 tsp. (260 mg):

Dried yeast fermentate (EpiCor®)	33 mg
Zinc (from Zn amino acid (rice) chelate)	1 mg
Vitamin E (Sunflower oil)	0.3 mg
Iodine (Kelp)	0.03 mg

### Proprietary Blend **202 mg**

Bovine spleen, bovine spleen PMG™ extract, bovine thymus PMG™ extract, bovine thymus Cytosol™ extract, nutritional yeast, black currant (seed) oil, ashwagandha (Withania somnifera), organic reishi mushroom powder, organic shiitake mushroom powder, and eleuthero (Eleutherococcus senticosus).

With EpiCor® dried yeast fermentate, a registered trademark of Embria Health Science, LLC.

**Cautions:** Safe use in pregnant animals or animals intended for breeding has not been proven. If animal's condition worsens or does not improve, stop product administration and consult your veterinarian.

For use in dogs. To support immune system.

**Directions for use:** Administer orally. Best if given with food.

### Dog Weight Schedule

1-10 lbs	1/8 teaspoon 1x / day
11-20 lbs	1/8 teaspoon 2x / day
21-40 lbs	1/4 teaspoon 2x / day
41-60 lbs	1/2 teaspoon 2x / day
61-80 lbs	3/4 teaspoon 2x / day
>80 lbs	1 teaspoon 2x / day

**Warnings:** For animal use only. Keep out of the reach of children and animals. In case of accidental overdose, contact a health professional immediately.

### Servings per Container

A1610	115 based on the 1/8 level teaspoon
A1660	105 based on the 1/2 level teaspoon

A 1/8 teaspoon scoop is included with the small canine power bottles, and a 1/2 teaspoon scoop is included with the large canine power bottles.



# CANINE MUSCULOSKELETAL SUPPORT Introduced in 2002

A1710 - 1 oz (30 g) | A1760 - 4.2 oz (120 g)



Scan for more information:



Canine Musculoskeletal Support is a supplement that supports the dogs' optimal musculoskeletal system, including bones, joints, muscles, tendons, and ligaments.

- Supports optimal musculoskeletal function
- Provides manganese, an essential nutrient
- Helps maintain optimal health and function
- Supports healthy movement
- Supports joint comfort & overall joint health
- Contains *Boswellia serrata*, an herb associated with pathways that support healthy inflammatory processes
- Contains *Perna canaliculus*, New Zealand green mussel, which is associated with joint health and comfort
- Supports collagen formation
- Supports healthy cartilage
- Supports bone health
- Provides antioxidant support

### Synergistic Product Support:

- Canine Hepatic Support
- Canine Whole Body Support
- Canine Flex Support

### Product Facts

**Amount per ¼ tsp. (600 mg):**  
 Indian frankincense (*Boswellia serrata*) extract 191 mg  
 New Zealand green mussel (*Perna canaliculus*) (shellfish) 161 mg  
 Manganese (Mn Lactate) 0.18 mg

**Proprietary Blend 245 mg**  
 Bovine liver, veal bone PMG™ extract, organic beet (root), bovine trachea, bovine heart PMG™ extract, organic shiitake mushroom powder, organic reishi mushroom powder, and magnesium lactate.

**Cautions:** Safe use in pregnant animals or animals intended for breeding has not been proven. If animal's condition worsens or does not improve, stop product administration and consult your veterinarian.

For use in dogs. To support musculoskeletal health. Use in cats under veterinarian supervision only.

**Directions for use:** Administer orally. Best if given with food.

### Dog Weight Schedule

1-10 lbs	¼ teaspoon 1x / day
11-20 lbs	¼ teaspoon 2x / day
21-40 lbs	½ teaspoon 2x / day
41-60 lbs	1 teaspoon 2x / day
61-80 lbs	1½ teaspoon 2x / day
>80 lbs	2 teaspoon 2x / day

**Warnings:** For animal use only. Keep out of the reach of children and animals. In case of accidental overdose, contact a health professional immediately.

### Servings per Container

A1710 50 based on the ¼ level teaspoon  
 A1760 200 based on the ¼ level teaspoon

A ⅓ teaspoon scoop is included with the small canine power bottles, and a ½ teaspoon scoop is included with the large canine power bottles.



## CANINE RENAL SUPPORT Introduced in 2002

A1800 - 1.1 oz (30 g) | A1850 - 3.9 oz (110 g)



Scan for more information:



For renal challenges, not only should the kidneys be supported but consideration should also be given to support of the liver, cardiovascular system, and autonomic nervous system.

- Provides support for the normal function of the kidneys
- Supports the liver, cardiovascular system, and nervous system

### Indications for Use:

- Patients in need of renal support
- Hepatic patients in need of additional renal support

### Synergistic Product Support:

- Canine Hepatic Support
- Canine Cardiac Support
- Canine Whole Body Support

**Ingredients:** Bovine kidney, organic kidney bean (aerial parts) juice powder, oat flour, bovine liver, ribonucleic acid, veal bone, nutritional yeast, bovine orchid Cytosol™ extract, organic beet (root), organic pea vine juice powder, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, organic alfalfa (aerial parts) juice powder, bovine kidney PMG™ extract, bovine spleen, ovine spleen, rice bran, bovine thyroid PMG™ extract (processed to substantially remove its thyroxine), organic carrot, black currant seed oil, wheat germ oil, organic shiitake mushroom powder, organic reishi mushroom powder, kelp, bovine adrenal, black currant juice, maltodextrin, enzymatically processed Spanish moss (*Tillandsia usneoides*) and beet (root), bovine pituitary PMG™ extract, fat soluble extract from alfalfa (leaf) and sunflower seed, manganese glycerophosphate, and organic beet (leaf) juice powder.

### Guaranteed Analysis:

Sodium (max) 5 mg / ½ tsp. or 20 mg / ½ tsp.  
Chloride (min) 2.5 mg / ½ tsp. or 10 mg / ½ tsp.

**Dose Schedule:** Based on body weight, the patient should receive the formula according to the following recommendations, or as otherwise directed.

1-10 lbs	½ teaspoon 1x/day
11-20 lbs	½ teaspoon 2x/day
21-40 lbs	¼ teaspoon 2x/day
41-60 lbs	½ teaspoon 2x/day
61-80 lbs	¾ teaspoon 2x/day
>80 lbs	1 teaspoon 2x/day

**How to Administer:** The powder can be mixed with or poured over the dog's food, mixed with water and administered by oral syringe, or made into a paste and given directly.

### Servings per Container:

A1800	70 based on ½ teaspoon
A1850	75 based on ½ teaspoon

A ½ teaspoon scoop is included with the small canine powder bottles, and a ½ teaspoon scoop is included with the large canine powder bottles.

## CANINE THYROID SUPPORT Introduced in 2002

A1900 - 0.9 oz (25 g) | A1950 - 3.5 oz (100 g)



Scan for more information:



The endocrine system has an interesting web of interactions with different organs in the body, and the thyroid gland plays a major role.

- Provides critical trace mineral support for the thyroid gland
- Supports glands and tissues that interact with the thyroid, including the adrenals and liver
- Supports all aspects of thyroid function

### Indications for Use:

- General thyroid support
- Patients with increased metabolic demand

### Synergistic Product Support:

- Canine Whole Body Support
- Canine Hepatic Support

**Ingredients:** Fleuthero (*Fleutherococcus santicosus*), bovine liver, bovine orchid extract, bovine adrenal, bovine thyroid PMG™ extract (processed to substantially remove its thyroxine), New Zealand green mussel (*Perna canaliculus*) (shellfish), Spanish moss (*Tillandsia usneoides*), calcium lactate, bovine adrenal PMG™ extract, sunflower lecithin, porcine ovary Cytosol™ extract, organic shiitake mushroom powder, organic reishi mushroom powder, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, kelp, wheat germ oil, bovine bone, rice bran, organic pea vine juice powder, defatted wheat germ, organic alfalfa (aerial parts) juice powder, bovine heart PMG™ extract, ribonucleic acid, porcine duodenum, oat flour, porcine brain, calcium glycerophosphate, and ascorbic acid.

### Guaranteed Analysis:

Calcium (min) 2 mg / ½ tsp. or 8 mg / ½ tsp.  
Phosphorus (min) 1.25 mg / ½ tsp. or 5 mg / ½ tsp.  
Sodium (max) 6 mg / ½ tsp. or 25 mg / ½ tsp.

**Dose Schedule:** Based on body weight, the patient should receive the formula according to the following recommendations, or as otherwise directed.

1-10 lbs	½ teaspoon 1x/day
11-20 lbs	½ teaspoon 2x/day
21-40 lbs	¼ teaspoon 2x/day
41-60 lbs	½ teaspoon 2x/day
61-80 lbs	¾ teaspoon 2x/day
>80 lbs	1 teaspoon 2x/day

**How to Administer:** The powder can be mixed with or poured over the dog's food, mixed with water and administered by oral syringe, or made into a paste and given directly.

### Servings per Container:

A1900	65 based on ½ teaspoon
A1950	80 based on ½ teaspoon

A ½ teaspoon scoop is included with the small canine powder bottles, and a ½ teaspoon scoop is included with the large canine powder bottles.



# CANINE WHOLE BODY SUPPORT Introduced in 2002

A2000 - 0.9 oz (25 g) | A2050 - 3.5 oz (100 g)

Supplements like Canine Whole Body Support, made from whole foods, organ and tissue extracts, botanicals, and other ingredients can fill nutrition gaps.

- Provides general multisystem support for daily maintenance of all body systems.

Scan for more information:



### Indications for Use:

- Daily supplement for any patient
- Growing animals
- Performance/working animals
- Senior animals

### Synergistic Product Support:

- Canine Immune System Support
- Canine Renal Support
- Canine Cardiac Support
- Canine Enteric Support

**Ingredients:** Defatted wheat germ, bovine liver, organic pea vine juice powder, nutritional yeast, rice bran, organic carrot, organic alfalfa (aerial parts) juice powder, milk thistle extract (80% silymarins), organic beet (root), porcine stomach, oat flour, bovine heart PMG™ extract, Spanish moss (*Tillandsia usneoides*), L-carnitine, organic Brussels sprouts (aerial parts), bovine orchid Cytosol™ extract, bovine spleen, ovine spleen, kidney bean (aerial parts) juice powder, kelp, bovine liver PMG™ extract, bovine trachea, bovine bone, bovine kidney PMG™ extract, bovine kidney, choline bitartrate, inositol, thiamin hydrochloride, bovine adrenal Cytosol™ extract, celery (aerial parts), bovine liver fat extract, veal bone, organic shiitake mushroom powder, organic reishi mushroom powder, calcium lactate, bovine adrenal PMG™ extract, copper amino acid (rice) chelate, iron amino acid (rice) chelate, manganese glycerophosphate, bovine pituitary PMG™ extract, carbamide, zinc amino acid (rice) chelate, sunflower lecithin, porcine brain, and ascorbic acid.

### Guaranteed Analysis:

Calcium (min)	1.25 mg / ⅛ tsp. or 5 mg / ½ tsp.
Sodium (max)	3.5 mg / ⅛ tsp. or 14 mg / ½ tsp.
Iron (min)	125 mcg / ⅛ tsp. or 500 mcg / ½ tsp.
Copper (min)	50 mcg / ⅛ tsp. or 200 mcg / ½ tsp.
Manganese (min)	150 mcg / ⅛ tsp. or 600 mcg / ½ tsp.
Zinc (min)	75 mcg / ⅛ tsp. or 300 mcg / ½ tsp.

**Dose Schedule:** Based on body weight, the patient should receive the formula according to the following recommendations, or as otherwise directed.

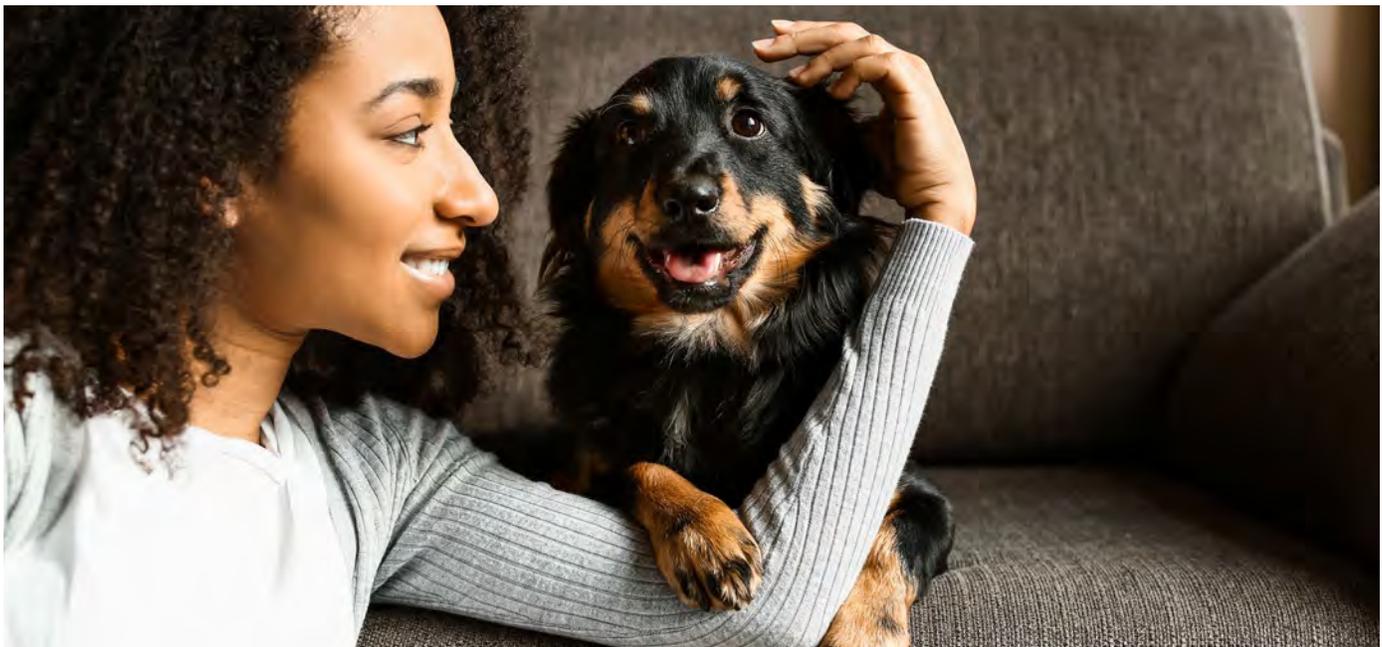
1-10 lbs	⅛ teaspoon 1x/day
11-20 lbs	⅛ teaspoon 2x/day
21-40 lbs	¼ teaspoon 2x/day
41-60 lbs	½ teaspoon 2x/day
61-80 lbs	¾ teaspoon 2x/day
>80 lbs	1 teaspoon 2x/day

**How to Administer:** The powder can be mixed with or poured over the dog's food, mixed with water and administered by oral syringe, or made into a paste and given directly.

### Servings per Container:

A2000	65 based on ⅛ teaspoon
A2050	70 based on ½ teaspoon

A ⅛ teaspoon scoop is included with the small canine powder bottles, and a ½ teaspoon scoop is included with the large canine powder bottles.



# Feline Formulas

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Since cats are obligate carnivores, the feline formulas typically contain fewer ingredients than the canine formulas and focus more on animal tissues. These ingredient combinations provide a wide range of nutrients to support multiple organs. The feline formulas are in tablet form to allow for several administration options.



## FELINE CARDIAC SUPPORT Introduced in 2002

A5005 - 90 Tablets



Scan for more information:



The heart is at the center of the cardiovascular system, which is a complex, coordinated group of organs and tissues. Nutritional support for the cardiovascular system also includes the organs that support the heart, such as the liver, kidneys, and digestive system.

- Provides nutrients that support optimal cardiac function
- Supports normal function of muscle cells

### Indications for Use:

- General cardiac support
- Patients with increased cardiac demand or conditions that increase cardiac workload

### Synergistic Product Support:

- Feline Renal Support
- Feline Hepatic Support
- Feline Whole Body Support

**Ingredients:** Bovine heart PMG™ extract, bovine orchid Cytosol™ extract, bovine adrenal, bovine liver, Spanish moss (*Tillandsia usneoides*), organic alfalfa (aerial parts) juice powder, L-carnitine, bovine kidney, bovine spleen, ovine spleen, amla extract, rice bran, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, organic pea vine juice powder, nutritional yeast, bovine adrenal Cytosol™ extract, hawthorn (berry), kelp, ribonucleic acid, wheat germ oil, oat flour, and bone meal.

Other Ingredients: Honey, maltodextrin, and calcium stearate.

### Guaranteed Analysis:

Calcium (min)	1 mg / tablet
Potassium (min)	5 mg / tablet
Sodium (max)	3 mg / tablet
Manganese (min)	3.5 mcg / tablet

**How to Administer:** The feline patient should receive one tablet two times per day, or as directed. Feline formulas can be administered in a variety of ways, including:

- Whole tablet or crushed
- Dosed directly or mixed with food
- Cautiously, as a powder suspended in water given by oral syringe

To familiarize the cat with the supplement, it may be helpful to place one tablet beside the food bowl for two or three days prior to mixing the tablet with the food.

### Servings per Container:

90 based on 1 tablet per serving

## FELINE ENTERIC SUPPORT Introduced in 2002

A5105 - 90 Tablets



Scan for more information:



A healthy digestive tract is critical to overall health and well-being. In addition to affecting breakdown and absorption of nutrients, the digestive health of an animal can also have a significant impact on other body systems (immune system, liver, bone marrow, or adrenal glands).

This product contains a variety of functional foods, both plant and animal, that “feed” the various components of the digestive system to:

- Provide general digestive system support
- Support the ability of intestinal cells to function, regenerate, and respond to daily metabolic and immune challenges

### Indications for Use:

- General enteric support
- Patients with increased metabolic demand
- Hepatic patients in need of additional enteric support

### Synergistic Product Support:

- Feline Immune System Support
- Feline Hepatic Support
- Feline Whole Body Support

**Ingredients:** Porcine jejunum, bovine liver, porcine stomach, L-glutamine, porcine duodenum, bovine spleen, ovine spleen, defatted wheat germ, rice bran, nutritional yeast, bovine kidney, organic alfalfa (aerial parts) juice powder, New Zealand green mussel (*Perna canaliculus*) (shellfish), veal bone PMG™ extract, and fat soluble extract from alfalfa (leaf) and sunflower seed.

Other Ingredients: Honey and calcium stearate.

### Guaranteed Analysis:

Manganese (min)	3.5 mcg / tablet
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**How to Administer:** The feline patient should receive one tablet two times per day, or as directed. Feline formulas can be administered in a variety of ways, including:

- Whole tablet or crushed
- Dosed directly or mixed with food
- Cautiously, as a powder suspended in water given by oral syringe

To familiarize the cat with the supplement, it may be helpful to place one tablet beside the food bowl for two or three days prior to mixing the tablet with the food.

### Servings per Container:

90 based on 1 tablet per serving



Scan for more information:



## FELINE HEPATIC SUPPORT Introduced in 2002

A5205 - 90 Tablets

The liver is a complex organ that interacts with most organs in the body, including the intestinal tract, cardiovascular system, kidneys, and autonomic nervous system. Nutritional support for the liver must address these interactions to be effective. This product is formulated to support:

- Liver metabolism
- Hepatic circulation, bile production and flow
- Hepatic immune function

### Indications for Use:

- General hepatic support
- Patients with increased metabolic demand

### Synergistic Product Support:

- Feline Renal Support
- Feline Enteric Support
- Feline Whole Body Support

**Ingredients:** Bovine liver PMG™ extract, bovine liver, bovine kidney, bovine spleen, ovine spleen, L-glutamine, porcine stomach, amla extract, bovine bone, organic pea vine juice powder, porcine duodenum, New Zealand green mussel (*Perna canaliculus*) (shellfish), organic buckwheat (aerial parts) juice powder, organic buckwheat flour, defatted wheat germ, oat flour, bovine kidney PMG™ extract, nutritional yeast, bovine liver fat extract (yakriton), bovine adrenal, organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), milk thistle extract (80% silymarins), choline bitartrate, inositol, organic alfalfa (aerial parts) juice powder, rice bran, enzymatically processed Spanish moss (*Tillandsia usneoides*) and beet (root), copper amino acid (rice) chelate, iron amino acid (rice) chelate, and zinc amino acid (rice) chelate.

Other Ingredients: Honey, maltodextrin, and calcium stearate.

### Guaranteed Analysis:

Sodium (max)	7 mg / tablet
Chloride (min)	7 mg / tablet
Iron (min)	150 mcg / tablet
Copper (min)	15 mcg / tablet
Zinc (min)	21 mcg / tablet

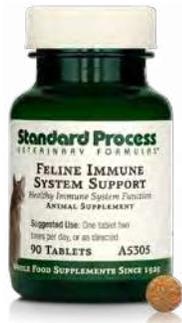
**How to Administer:** The feline patient should receive one tablet two times per day, or as directed. Feline formulas can be administered in a variety of ways, including:

- Whole tablet or crushed
- Dosed directly or mixed with food
- Cautiously, as a powder suspended in water given by oral syringe

To familiarize the cat with the supplement, it may be helpful to place one tablet beside the food bowl for two or three days prior to mixing the tablet with the food.

### Servings per Container:

90 based on 1 tablet per serving



Scan for more information:



## FELINE IMMUNE SYSTEM SUPPORT Introduced in 2002

A5305 - 90 Tablets

The immune system is a complex array of cells that are found throughout the body. Immune cells are designed to work in conjunction with each other to provide a defense against unwanted invaders. The complexity of the immune system requires a multidimensional approach to nutritional factors. Nutritional support of the immune system is directed at facilitating normal function and is not intended to be suppressive or stimulating.

- Provides nutritional and biochemical support for healthy immune cells and tissues
- Supports optimal immune system function

### Indications for Use:

- General immune system support
- Colder climates or during the fall/winter months
- When kenneled or in a shelter

### Synergistic Product Support:

- VF Thymex®
- Feline Whole Body Support
- Feline Enteric Support

**Ingredients:** Eleuthero (*Eleutherococcus senticosus*), bovine liver, L-glutamine, porcine jejunum, bovine orchic Cytosol™ extract, bovine thymus Cytosol™ extract, ribonucleic acid, amla extract, bovine spleen PMG™ extract, bovine pituitary PMG™ extract, bovine adrenal Cytosol™ extract, organic pea vine juice powder, bovine spleen, ovine spleen, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, bovine kidney, oat flour, organic alfalfa (aerial parts) juice powder, copper amino acid (rice) chelate, iron amino acid (rice) chelate, zinc amino acid (rice) chelate, kelp, and bovine pancreas PMG™ extract.

Other Ingredients: Honey, maltodextrin, and calcium stearate.

### Guaranteed Analysis:

Potassium (min)	3.5 mg / tablet
Iron (min)	140 mcg / tablet
Copper (min)	20 mcg / tablet
Zinc (min)	70 mcg / tablet

**How to Administer:** The feline patient should receive one tablet two times per day, or as directed. Feline formulas can be administered in a variety of ways, including:

- Whole tablet or crushed
- Dosed directly or mixed with food
- Cautiously, as a powder suspended in water given by oral syringe

To familiarize the cat with the supplement, it may be helpful to place one tablet beside the food bowl for two or three days prior to mixing the tablet with the food.

### Servings per Container:

90 based on 1 tablet per serving

## FELINE RENAL SUPPORT Introduced in 2002



A5405 - 90 Tablets

For renal challenges, not only should the kidneys be supported but consideration should also be given to support of the liver, cardiovascular system, and autonomic nervous system.

- Facilitates support and natural rehabilitation of the kidneys
- Provides balanced cellular nutrition for all aspects of urinary system function

### Indications for Use:

- Patients in need of renal support
- Hepatic patients in need of additional renal support

### Synergistic Product Support:

- Feline Hepatic Support
- Feline Cardiac Support
- Feline Whole Body Support

**Ingredients:** Bovine kidney PMG™ extract, bovine kidney, bovine liver, veal bone PMG™ extract, bovine bone, defatted wheat germ, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, bovine spleen, ovine spleen, organic alfalfa (aerial parts) juice powder, organic pea vine juice powder, oat flour, bovine adrenal Cytosol™ extract, amla extract, ribonucleic acid, organic kidney bean (aerial parts) juice powder, bovine heart PMG™ extract, New Zealand green mussel (*Perna canaliculus*) (shellfish), Spanish moss (*Tillandsia usneoides*), rice bran, enzymatically processed Spanish moss (*Tillandsia usneoides*) and beet (root), organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), and porcine duodenum.

Other Ingredients: Honey and calcium stearate.

### Guaranteed Analysis:

Calcium (min)	3.5 mg / tablet
Phosphorus (min)	2.4 mg / tablet
Sodium (max)	15 mg / tablet

**How to Administer:** The feline patient should receive one tablet two times per day, or as directed. Feline formulas can be administered in a variety of ways, including:

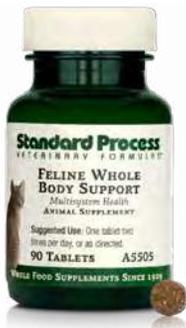
- Whole tablet or crushed
- Dosed directly or mixed with food
- Cautiously, as a powder suspended in water given by oral syringe

To familiarize the cat with the supplement, it may be helpful to place one tablet beside the food bowl for two or three days prior to mixing the tablet with the food.

### Servings per Container:

90 based on 1 tablet per serving

## FELINE WHOLE BODY SUPPORT Introduced in 2002



A5505 - 90 Tablets

Supplements made with whole food ingredients, organ and tissue extracts, botanicals, and other ingredients can fill nutrition gaps.

- Provides general multisystem support for daily maintenance of all body systems with emphasis on a healthy endocrine system
- Is an excellent nutritional foundation for use with all other system-support formulas

### Indications for Use:

- Daily supplement for any patient
- Growing animals
- Performance/working animals
- Endocrine system support
- Senior animals

### Synergistic Product Support:

- Feline Hepatic Support
- Feline Enteric Support
- Feline Renal Support
- Feline Cardiac Support
- Feline Immune System Support

**Ingredients:** Bovine liver, organic alfalfa (aerial parts) juice powder, bovine liver PMG™ extract, bovine trachea, bovine bone, bovine heart PMG™ extract, bovine spleen, ovine spleen, L-glutamine, rice bran, porcine jejunum, amla extract, bovine kidney PMG™ extract, bovine kidney, oat flour, bovine adrenal Cytosol™ extract, nutritional yeast, organic pea vine juice powder, organic SP beet blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf) juice powder), organic buckwheat (aerial parts) juice powder, organic buckwheat flour, bovine orchid Cytosol™ extract, chromium yeast, New Zealand green mussel (*Perna canaliculus*) (shellfish), zinc amino acid (rice) chelate, L-carnitine, kidney bean (aerial parts) juice powder, defatted wheat germ, inositol, choline bitartrate, enzymatically processed Spanish moss (*Tillandsia usneoides*) and beet (root).

Other Ingredients: Honey, maltodextrin, and calcium stearate.

### Guaranteed Analysis:

Sodium (max)	5 mg / tablet
Zinc (min)	180 mcg / tablet
Chromium (min)	5 mcg / tablet

**How to Administer:** The feline patient should receive one tablet two times per day, or as directed. Feline formulas can be administered in a variety of ways, including:

- Whole tablet or crushed
- Dosed directly or mixed with food
- Cautiously, as a powder suspended in water given by oral syringe

To familiarize the cat with the supplement, it may be helpful to place one tablet beside the food bowl for two or three days prior to mixing the tablet with the food.

### Servings per Container:

90 based on 1 tablet per serving

# Equine Formulas

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The equine formulas contain ingredients derived from vegetables, herbs, and fruits to deliver beneficial components, with other functional ingredients. Safe and effective, these formulas were developed to target the nutritional demands of specific systems. The equine formulas are in powder form and do not contain any animal tissues. Each formula can be used for either short- or long-term support.

## FEEDING TIPS

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- Start slowly by mixing a small amount of powder into the feed.
- Add the powder to the feed and dampen with water. (Spray bottles can be helpful.) Shake the container to mix the powder with the feed. This will also prevent the powder from settling in the bottom of the feeding container.
- Mix with unsweetened applesauce and add to the horse's feed or syringe directly into the horse's mouth.
- Add to a mash made of commonly found low-starch pelleted feeds or soaked hay cubes.



Scan for more information:



## EQUINE GI SUPPORT Introduced in 2011

E7700 - 30 ounces (850 g)

Equine GI Support is a powder supplement for horses that supports antioxidant signaling pathways

- Provides prebiotic inulin

### Indications for Use:

- Horses in training
- Horses with limited access to pasture
- Horses experiencing a change in routine
- Horses that travel
- Horses with limited turnout

**Caution:** For equine use only. Keep out of reach of children.

**Ingredients:** Whey protein (milk), flax meal, L-glutamine, inulin (chicory root fiber), rice protein, organic Brussels sprouts (whole plant), organic kale (aerial parts), calcium citrate, magnesium citrate, organic buckwheat (aerial parts), chamomile extract, inositol, organic alfalfa (aerial parts) juice powder, d-alpha tocopherol (vitamin E sunflower), modified tapioca starch, sunflower lecithin powder, choline bitartrate, grape seed extract, and organic carrot.

**Serving Size:** ¼ cup (30 g)

**Servings per Container:** 28

**Suggested Use:** ¼ cup (30 g) per 1,000 lb. horse per day, or as directed.



Scan for more information:



## EQUINE IMMUNE SUPPORT Introduced in 2002

E7800 - 30 ounces (850 g)

Equine Immune Support is an immune system support supplement for horses that supports the innate and adaptive immune response.

- Encourages and supports the innate and adaptive immune response that is necessary for the health, performance, and stamina of the horse
- Powder format for simple addition to food
- Unique formula includes an array of ingredients derived from functional foods that may support immune cell health
- Contains turmeric and antioxidant Vitamin A

**Caution:** For equine use only. Keep out of reach of children.

**Ingredients:** Whey protein (milk), turmeric (root) powder, flax meal, L-glutamine, rice protein, yeast culture, turmeric (root) extract, organic turkey tail mushroom powder, organic shiitake mushroom powder, organic reishi mushroom powder, calcium citrate, magnesium citrate, organic buckwheat (aerial parts), organic kale (aerial parts), organic Brussels sprouts (aerial parts), choline bitartrate, inositol, organic alfalfa (aerial parts) juice powder, dried yeast fermentate (EpiCor®), sunflower lecithin powder, modified corn starch, grape seed extract, sucrose, acacia gum, organic carrot, vitamin A palmitate, and cholecalciferol.

**Serving Size:** ¼ cup (30 g)

**Servings per Container:** 28

**Suggested Use:** ¼ cup (30 g) per 1,000 lb. horse per day, or as directed.

## EQUINE METABOLIC SUPPORT Introduced in 2008



E7900 - 40 ounces (1,134 g)

The realities of modern equine management may result in challenges to the metabolic processes of the horse. Identifying early signs of these challenges and responding with management suggestions and nutritional support is critical for the overall health of the horse.

- Contains nutrients and herbs that may support metabolic and antioxidant signaling pathways.

**Ingredients:** Organic buckwheat flour, organic carrot, cinnamon, licorice (root), green tea (leaf) extract, organic cayenne pepper (*Capsicum annuum*), chromium yeast, and vanadium chelate (rice flour and L-aspartic acid).

**Serving Size:** ¼ cup (37 g)

**Servings per Container:** 30

**Suggested Use:** ¼ cup (37 g) per 1,000 lb. horse per day, or as directed.

Scan for more information:



### Indications for Use:

- Horses in need of nutritional support
- Horses trying to maintain a healthy weight

**Caution:** For equine use only. Keep out of reach of children.





Scan for more information:



## EQUINE MOBILITY SUPPORT Introduced in 2006

**E8000 - 40 ounces (1,134 g)**

Equine Mobility Support is a supplement that may help a horse by promoting healthy joint function, flexibility, and mobility.

Equine Mobility Support is a unique blend of whole foods and other ingredients that may help a horse by:

- Promoting healthy joint function, flexibility, and mobility
- Supplying antioxidants
- Supporting a healthy inflammatory response

**Ingredients:** Flax meal, glucosamine sulfate (from shellfish), ginger (root), chondroitin (as chondroitin sulfate), wheat germ oil, honey powder, wheat starch, and cinnamon.

**Serving Size:** ¼ cup (33 g)

**Servings per Container:** 30

**Suggested Use:** ¼ cup (33 g) per 1,000 lb. horse per day, or as directed.

### Indications for Use:

- Horses in regular training
- Horses on rest due to a mobility challenge
- Geriatric or retired horses

**Key Ingredients:** Glucosamine sulfate, chondroitin sulfate, wheat germ oil, flax meal, ginger<sup>†</sup>

**Caution:** For equine use only. Keep out of reach of children.

1. Van Weeren, P. R., and Back, W. (2016). Musculoskeletal disease in aged horses and its management. *Veterinary Clinics of North America: Equine Practice*, 32(2), 229-247. doi:10.1016/j.cveq.2016.04.003.

2. Hansen, S., Baptista, K. E., Fjeldborg, J., and Horohov, D. W. (2015). A review of the equine age-related changes in the immune system: comparisons between human and equine aging, with focus on lung-specific immune-aging. *Ageing Research Reviews*, 20, 11-23. doi:10.1016/j.arr.2014.12.002.

<sup>†</sup>This ingredient could be considered a controlled substance by certain entities that govern equine competitions. We advise those who feed any supplement to competing horses to check with the governing body specific to the event regarding whether the product contains ingredients that could be considered a controlled substance.



Scan for more information:



## EQUINE PERFORMANCE Introduced in 2011

**E8100 - 30 ounces (850 g)**

Equine Performance, a supplement for horses, may support the antioxidant pathways associated with exercise.

- Contains whole foods and nutrients

### Indications for Use:

- Horses preparing for, participating in, or recovering from competition
- Horses preparing for, participating in, or recovering from travel
- Horses in demanding or rigorous training programs

**Ingredients:** Whey protein (milk), flax meal, L-glutamine, glutamic acid, nutritional yeast, rice protein, tart cherry powder, ribonucleic acid, calcium citrate, magnesium citrate, selenium yeast, organic buckwheat (aerial parts), organic Brussels sprouts (aerial parts), organic kale (aerial parts), choline bitartrate, inositol, organic alfalfa (aerial parts) juice powder, sunflower lecithin powder, grape seed extract, and organic carrot.

**Serving Size:** ¼ cup (30 g)

**Servings per Container:** 28

**Suggested Use:** ¼ cup (30 g) per 1,000 lb. horse per day, or as directed.

**Caution:** For equine use only. Keep out of reach of children.

# Key Ingredient Cross-Reference

Use this quick reference to find the products that contain specific ingredients as one of their primary ingredients. Please consult the actual product label for the most accurate product information.

## **Adrenal**

Canine Adrenal Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Thyroid Support, Feline Cardiac Support, Feline Hepatic Support

## **Adrenal Cytosol™ Extract**

Canine Adrenal Support, Canine Dermal Support, Canine Immune System Support, Canine Whole Body Support, Feline Cardiac Support, Feline Immune System Support, Feline Renal Support, Feline Whole Body Support

## **Adrenal PMG™ Extract**

Canine Adrenal Support, Canine Dermal Support, Canine Enteric Support, Canine Immune System Support, Canine Thyroid Support, Canine Whole Body Support

## **Alfalfa Juice**

Canine Adrenal Support, Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Cardiac Support, Feline Enteric Support, Feline Hepatic Support, Feline Immune System Support, Feline Renal Support, Feline Whole Body Support

## **Antronex® Base**

Canine Dermal Support, Canine Hepatic Support, Canine Whole Body Support, Feline Hepatic Support

## **Arginex® Base (Extract of *Rhizopus oryzae* Grown on *Tillandsia usneoides* and Beet Root)**

Canine Musculoskeletal Support, Canine Renal Support, Feline Hepatic Support, Feline Renal Support, Feline Whole Body Support

## **Beet Leaf Juice**

Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Musculoskeletal Support, Feline Hepatic Support, Feline Renal Support, Feline Whole Body Support

## **Beet Root**

Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Whole Body Support, Feline Hepatic Support, Feline Renal Support, Feline Whole Body Support

## **Black Currant Juice**

Canine Adrenal Support, Canine Dermal Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support

## **Black Currant Seed Oil**

Canine Hepatic Support, Canine Immune System Support, Canine Renal Support

## **Bone Meal**

Canine Dermal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Cardiac Support, Feline Hepatic Support, Feline Renal Support, Feline Whole Body Support

## ***Boswellia serrata* (Boswellia)**

Canine Musculoskeletal Support

## **Bovine Bile Salts**

Canine Dermal Support, Canine Enteric Support, Canine Immune System Support

## **Brussels Sprouts**

Equine GI Support, Equine Performance, Equine Immune Support

## **Buckwheat**

Canine Adrenal Support, Canine Cardiac Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Thyroid Support, Feline Cardiac Support, Feline Hepatic Support, Feline Immune System Support, Feline Renal Support, Feline Whole Body Support, Equine Metabolic Support, Equine GI Support, Equine Performance, Equine Immune Support

## **Calcium Glycerophosphate**

Canine Enteric Support, Canine Hepatic Support, Canine Musculoskeletal Support, Canine Thyroid Support

## **Calcium Lactate**

Canine Cardiac Support, Canine Dermal Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Thyroid Support, Canine Whole Body Support, VF Antronex®, VF Thymex®

## **Carrot**

Canine Adrenal Support, Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Whole Body Support

## **Cayenne**

Equine Metabolic Support

## **Chamomile Extract**

Equine GI Support

## **Chlorophyll Extract**

Canine Adrenal Support, Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Musculoskeletal Support, Canine Renal Support, Feline Enteric Support

## **Choline Bitartrate**

Canine Cardiac Support, Canine Hepatic Support, Canine Whole Body Support, Feline Hepatic Support, Feline Whole Body Support

## **Chondroitin Sulfate**

Canine Flex Support, Equine Mobility Support

## **Chromium**

Equine Metabolic Support

### **Cinnamon**

Equine Metabolic Support, Equine Mobility Support

### **Copper Rice Chelate**

Canine Whole Body Support, Feline Immune System Support

### ***Crataegus oxyacantha* (Hawthorn)**

Canine Cardiac Support, Feline Cardiac Support

### **Duodenum**

Canine Adrenal Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Thyroid Support, Feline Enteric Support, Feline Hepatic Support, Feline Renal Support

### ***Eleutherococcus senticosus* (Eleuthero)**

Canine Adrenal Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Thyroid Support, Feline Immune System Support

### **Fish Oil**

VF Omega-3

### **Flax Meal**

Equine Mobility Support

### **Ginger**

Canine Flex Support, Equine Mobility Support

### **Glucosamine Sulfate**

Canine Flex Support, Equine Mobility Support

### **Glutamic Acid**

Equine Performance

### **Green Tea (Leaf) Extract**

Equine Metabolic Support

### **Heart PMG™ Extract**

Canine Cardiac Support, Canine Hepatic Support, Canine Musculoskeletal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Cardiac Support, Feline Renal Support, Feline Whole Body Support

### **Hemp Oil**

VF Hemp Oil, Canine Hemp Oil Complex™

### **Inositol**

Canine Cardiac Support, Canine Dermal Support, Canine Hepatic Support, Canine Whole Body Support, Feline Hepatic Support, Feline Whole Body Support

### **Inulin**

Equine GI Support

### **Iron Rice Chelate**

Canine Whole Body Support, Feline Hepatic Support, Feline Immune System Support

### **Jejunum**

Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Feline Enteric Support, Feline Immune System Support, Feline Whole Body Support

### **Kale**

Equine GI Support, Equine Performance, Equine Immune Support

### **Kelp**

Canine Adrenal Support, Canine Immune System Support, Canine Renal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Cardiac Support, Feline Immune System Support

### **Kidney**

Canine Adrenal Support, Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Whole Body Support, Feline Cardiac Support, Feline Enteric Support, Feline Hepatic Support, Feline Immune System Support, Feline Renal Support, Feline Whole Body Support

### **Kidney Bean Extract**

Canine Renal Support, Canine Whole Body Support, Feline Renal Support, Feline Whole Body Support

### **Kidney PMG™ Extract**

Canine Renal Support, Canine Whole Body Support, Feline Hepatic Support, Feline Renal Support, Feline Whole Body Support

### **L-carnitine**

Canine Cardiac Support, Canine Whole Body Support, Feline Cardiac Support, Feline Whole Body Support

### **L-glutamine**

Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Feline Enteric Support, Feline Hepatic Support, Feline Immune System Support, Feline Whole Body Support, Equine GI Support, Equine Immune, Equine Performance

### **Licorice Root**

Equine Metabolic Support

### **Liver**

Canine Adrenal Support, Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Flex Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Cardiac Support, Feline Enteric Support, Feline Hepatic Support, Feline Immune System Support, Feline Renal Support, Feline Whole Body Support

### **Liver PMG™ Extract**

Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Whole Body Support, Feline Hepatic Support, Feline Whole Body Support

### **Manganese Glycerophosphate**

Canine Adrenal Support, Canine Renal Support, Canine Whole Body Support

### **Mushroom**

Canine Adrenal Support, Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Thyroid Support, Canine Whole Body Support, Equine Immune Support

### **Nutritional Yeast**

Canine Adrenal Support, Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Renal Support, Canine Whole Body Support, Feline Cardiac Support, Feline Enteric Support, Feline Hepatic Support, Feline Whole Body Support

### **Orchic Cytosol™ Extract**

Canine Musculoskeletal Support, Canine Renal Support, Canine Whole Body Support, Feline Cardiac Support, Feline Immune System Support, Feline Whole Body Support

### **Orchic Extract**

Canine Adrenal Support, Canine Cardiac Support, Canine Enteric Support, Canine Hepatic Support, Canine Thyroid Support

### **Pancreas Cytosol™ Extract**

Canine Cardiac Support, Canine Enteric Support, Canine Immune System Support

### **Pea Vine Juice**

Canine Adrenal Support, Canine Cardiac Support, Canine Enteric Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Cardiac Support, Feline Hepatic Support, Feline Immune System Support, Feline Renal Support, Feline Whole Body Support

### ***Perna canaliculus* (Green-Lipped Mussel)**

Canine Dermal Support, Canine Hepatic Support, Canine Musculoskeletal Support, Canine Thyroid Support, Feline Enteric Support, Feline Hepatic Support, Feline Renal Support, Feline Whole Body Support

### **Pituitary PMG™ Extract**

Canine Adrenal Support, Canine Enteric Support, Canine Hepatic Support, Canine Renal Support, Canine Whole Body Support, Feline Immune System Support

### **Ribonucleic Acid**

Canine Cardiac Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Thyroid Support, Feline Cardiac Support, Feline Immune System Support, Feline Renal Support

### **Rice Bran**

Canine Adrenal Support, Canine Cardiac Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Renal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Cardiac Support, Feline Enteric Support, Feline Hepatic Support, Feline Renal Support, Feline Whole Body Support

### **Selenium**

Equine Performance

### ***Silybum marianum* (Milk Thistle)**

Canine Dermal Support, Canine Hepatic Support, Canine Whole Body Support, Feline Hepatic Support

### **Spleen**

Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Renal Support, Canine Whole Body Support, Feline Cardiac Support, Feline Enteric Support, Feline Hepatic Support, Feline Immune System Support, Feline Renal Support, Feline Whole Body Support

### **Stomach**

Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Whole Body Support, Feline Enteric Support, Feline Hepatic Support

### **Sunflower Lecithin**

Canine Adrenal Support, Canine Musculoskeletal Support, Canine Thyroid Support, Canine Whole Body Support

### **Tart Cherry**

Equine Performance

### **Thymus Cytosol™ Extract**

Canine Immune System Support, Canine Whole Body Support, Feline Immune System Support

### **Thymus PMG™ Extract**

Canine Immune System Support, Canine Whole Body Support

### **Thyroid PMG™ Extract**

Canine Renal Support, Canine Thyroid Support

### ***Tillandsia usneoides* (Spanish Moss)**

Canine Cardiac Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Cardiac Support, Feline Renal Support

### **Trachea**

Canine Musculoskeletal Support, Canine Whole Body Support, Feline Whole Body Support

### **Turmeric**

Canine Flex Support, Equine Immune Support

### **Vanadium**

Equine Metabolic Support

### **Veal Bone PMG™ Extract**

Canine Adrenal Support, Canine Cardiac Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Whole Body Support, Feline Enteric Support, Feline Renal Support

### **Wheat Germ**

Canine Adrenal Support, Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Enteric Support, Feline Hepatic Support, Feline Renal Support, Feline Whole Body Support, VF Bio-Dent®

### **Wheat Germ Oil**

Canine Adrenal Support, Canine Cardiac Support, Canine Enteric Support, Canine Hepatic Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Thyroid Support, Feline Cardiac Support

### **Zinc Rice Chelate**

Canine Hepatic Support, Canine Immune System Support, Canine Whole Body Support, Feline Hepatic Support, Feline Immune System Support, Feline Whole Body Support



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