

pure encapsulations®

WOMEN'S FORMULAS



Including support for:

- ✓ Hot flashes and menstrual comfort*
- ✓ Breast health*
- ✓ Osteoporosis*
- ✓ Yeast balance*
- ✓ Urinary/Bladder Health*
- ✓ Stress, thyroid function
...and more!*



The choice of more than 36,000 U.S. health professionals and a leading brand in Europe



*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.

Introduction

Women's needs are complex and a daily wellness foundation of multivitamins, essential fatty acids and calcium-enriched protein nutrition sets the course for overall health.*

Our Women's Formulas provide support for women ages 18 and up, addressing in large part physical comfort for the premenstrual through postmenopausal phases. In addition, some of our newest products address the increasingly important cardiovascular, bone and cellular health concerns facing women.*

Furthermore, we have included support for factors that often influence quality of life, including emotional health, occasional stress and tension, weight, thyroid function, occasional sleeplessness, yeast balance and urinary/bladder support.*

With over 35 products devoted to women's needs, we offer a comprehensive approach for creating an individualized program.*



Introduction 2

General Health

Multivitamins 4-5
 Nutrient 950; Nutrient 950[®] without iron,
 Nutrient 950[®] with Vitamin K, PreNatal Nutrients

Essential Fatty Acids 6-7
 EPA/DHA essentials, Krill-plex, Neuromins™,
 E.P.O. (evening primrose oil)

Daily Wellness 8
 IsoProtein Plus[®]
 See also *Osteoporosis/Calcium Formulas*

Premenstrual/Postmenopausal Support 9-11
 ProSoothe[®], Fem-Spectrum **NEW**, PhytoBalance,
 Black Cohosh 2.5, Soy Isoflavones,
 Chaste tree (Vitex) **NEW**, Maca-3 **NEW**
 See also *DIM-PRO[®] 100 and Indole-3-Carbinol*

Breast and Cervical Health 12-13
 Breast Health Complete **NEW**, Calcium-d-Glucarate™,
 DIM-PRO[®] 100, Indole-3-Carbinol

Osteoporosis/Calcium Formulas 14-15
 OsteoBalance, +CAL+[®] with Ipriflavone,
 Cal/Mag w/Cofactors (powder),
 Calcium with Vitamin D₃, Calcium (citrate/malate),
 Calcium/Magnesium (citrate/malate)

Yeast Balance 16
 A.C. Formula[®], Probiotic-5 (dairy-free),
 Lactobacillus Acidophilus

Urinary/Bladder Support 16-17
 Bladder Support Complex **NEW**, Cranberry NS[®], d-Mannose

Specialized Support 17-19
 Emotional Wellness **NEW**, Daily Stress Formula,
 Thyroid Support Complex, Feverfew UltraCare **NEW**,
 VeinPro[®], Relora[®], Seditol[®]

Multivitamins

Nutrient 950®

- For women ages 18 through menopause
- Our classic high potency multivitamin with iron
- Contains activated vitamins and superior mineral chelates*
- Now with more vitamin D

six vegetable capsules contain



ascorbic acid.....	1,000 mg.
vitamin C (as ascorbyl palmitate).....	120 mg.
mixed carotenoids	15,000 i.u.
providing:	
beta carotene	9,000 mcg.
lycopene.....	250 mcg.
lutein ^{††}	500 mcg.
zeaxanthin [†]	100 mcg.
vitamin D ₃	800 i.u.
d-alpha tocopherol succinate (vitamin E).....	400 i.u.
thiamine HCl (B ₁)	100 mg.
riboflavin (B ₂).....	50 mg.
riboflavin 5' phosphate (activated B ₂).....	25 mg.
pyridoxine HCl (B ₆)	25 mg.
pyridoxal 5' phosphate (activated B ₆).....	25 mg.
niacinamide	100 mg.
inositol hexaniacinate (no-flush niacin)	90 mg.
folic acid.....	800 mcg.**
biotin	800 mcg.
pantothenic acid (calcium pantothenate) (B ₅)	400 mg.
methylcobalamin (B ₁₂)	1,000 mcg.
calcium (citrate)	300 mg.
magnesium (citrate).....	200 mg.
potassium (aspartate)	99 mg.
zinc (picolinate)	25 mg.
manganese (aspartate)	10 mg.
iron (glycinate).....	10 mg.
boron (glycinate).....	2 mg.
copper (glycinate).....	2 mg.
iodine (potassium iodide).....	200 mcg.
chromium (polynicotinate).....	200 mcg.
selenium (selenomethionine).....	200 mcg.
vanadium (aspartate).....	200 mcg.
molybdenum (aspartate).....	100 mcg.

**Provides the recommended dose for pregnant or lactating women.

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

4-6 capsules per day, in divided doses, with meals.

	quantity	order code
Nutrient 950®	360	MVF3
	180	MVF1
	90	MVF9

Nutrient 950® without iron

- For menopausal/postmenopausal women
- Our classic formula without iron for reduced requirements of this mineral

	quantity	order code
Nutrient 950® without iron	360	MVC3
	180	MVC1
	90	MVC9

Nutrient 950® with Vitamin K

- For menopausal/postmenopausal women
- Provides enhanced support for bones and healthy arterial calcium metabolism with 250 mcg vitamin K₁, 500 mcg vitamin K₂ as menaquinone-4, 15 mcg vitamin K₂ as menaquinone-7, and 1,000 i.u. vitamin D per serving. This formula does not contain iron*
- Contains milk, soy

	quantity	order code
Nutrient 950® with Vitamin K	180	MVCK1

^{††} **Flora**  is a registered trademark of Kemin Industries, Inc.

[†] Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

^{†††} **Mena**  is a trademark of NattoPharma, Norway.



PreNatal Nutrients

- For pregnant and lactating women
- Featuring 1 mg folic acid for healthy development of fetal brain and spinal cord

two vegetable capsules contain



ascorbic acid	70 mg.
vitamin C (as ascorbyl palmitate)	40 mg.
calcium (citrate)	200 mg.
iron (glycinate).....	27 mg.
vitamin D ₃	400 i.u.
d-alpha tocopherol succinate (vitamin E)	18.2 i.u.
thiamin HCl (B ₁)	1.6 mg.
riboflavin (B ₂).....	1.7 mg.
niacinamide	20 mg.
pyridoxine HCl (B ₆)	2.2 mg.
folic acid.....	1 mg.
methylcobalamin (B ₁₂)	2.6 mcg.
biotin	300 mcg.
pantothenic acid (calcium pantothenate) (B ₅)	6 mg.
iodine (potassium iodide)	150 mcg.
magnesium (citrate).....	80 mg.
zinc (citrate).....	15 mg.
selenium (selenomethionine).....	70 mcg.
copper (glycinate)	2 mg.
manganese (aspartate).....	2 mg.
chromium (polynicotinate).....	120 mcg.
molybdenum (aspartate).....	75 mcg.
mixed carotenoids	8,000 i.u.
providing:	
beta carotene	4,800 mcg.
lycopene	133 mcg.
lutein ^{††}	265 mcg.
zeaxanthin [†]	53 mcg.

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

2 capsules per day, in divided doses, with meals.

	quantity	order code
PreNatal Nutrients	120	PRE12
	60	PRE6

ALSO AVAILABLE

Nutrient 950[®] without copper & iron

Nutrient 950[®] without copper, iron & iodine

Nutrient 950[®] with NAC

- Immune and detoxification support*

UltraNutrient[®]

- Support for heart and liver health*

Polyphenol Nutrients

- Support for cellular, heart, liver, skin, cognitive, macular health*

Multi t/d

- Convenient two capsule per day dosing with enhanced macular support*



▶ Essential Fatty Acids

EPA/DHA essentials

- Wide range support for lipids and triglycerides, vascular and arterial function, emotional health, skin health and joint comfort*
- Provides potential support for menstrual comfort*
- Supports fetal and infant cognitive, visual and immune development when taken during pregnancy and lactation*

each softgel capsule contains

fish oil concentrate (anchovies, sardines)1,000 mg.
 providing:
 EPA (eicosapentaenoic acid)..... 300 mg.
 DHA (docosahexaenoic acid) 200 mg.
 vitamin E (d-alpha-tocopherol)..... 10 i.u.
 other ingredients: gelatin capsule

2 capsules per day, in divided doses, with meals.

	quantity	order code
EPA/DHA essentials	180	ED11
	90	ED19

Krill-plex

- Unique source of omega-3 fatty acids, phospholipids and antioxidants*
- Supports heart health, joint comfort, cognitive function and skin health*
- Provides statistically significant support for physical and emotional well-being during the menstrual cycle*

The krill oil in Krill-plex is NKO™, which is a registered trademark of Neptune Technologies & Bioresources, Inc.



two softgel capsules contain

krill oil (shellfish)1,000 mg.
 providing:
 vitamin A (naturally occurring all-trans retinol)100 i.u.
 vitamin E (naturally occurring).....0.5 i.u.
 omega-3 fatty acids.....300 mg.
 EPA150 mg.
 DHA.....90 mg.
 omega-6 fatty acids.....20 mg.
 omega-9 fatty acids.....85 mg.
 phospholipids400 mg.
 astaxanthin1.5 mg.

other ingredients: gelatin capsule

2 softgels per day with breakfast for one month and one softgel thereafter or as directed by a health care professional.

	quantity	order code
Krill-plex	120	KP1
	60	KP6



Neuromins™ 200 mg.

- Microalgae sourced DHA
- Supports fetal and infant neural and visual development when taken during pregnancy and lactation*



is a trademark of Martek Biosciences Corporation.

each softgel capsule contains

DHA (docosahexaenoic acid)..... 200 mg.
 (Derived from an organic vegetable source cultivated under highly controlled conditions.)
 additional ingredients:
 vitamin E (as mixed tocopherols)..... 0.125 mg.
 vitamin C (as ascorbyl palmitate)..... 0.125 mg.
 other ingredients: high oleic sunflower oil, gelatin capsule

1 capsule per day, with a meal.

This high potency formula is recommended for pregnant and lactating women.

	quantity	order code
Neuromins™ DHA 200 mg.	120	DHA21
	60	DHA26

E.P.O. (evening primrose oil)

- Contains GLA, or gamma linolenic acid, to support skin health and joint function by maintaining healthy eicosanoid metabolism*
- Provides potential support for premenstrual relief and breast comfort*

each softgel capsule contains

evening primrose oil..... 530 mg.
 (This oil is fresh pressed; absolutely no chemicals are used in the extraction process.)
 provides GLA (min.)..... 50 mg.
 fatty acid composition (typical):
 16:0 palmitic 33 mg.
 18:1 oleic 60 mg.
 18:2 linoleic..... 372 mg.
 18:3 gamma linolenic (GLA)..... 50 mg.
 other fatty acids 13 mg.

other ingredients: gelatin capsule

4-8 capsules per day, in divided doses, with meals.

	quantity	order code
E.P.O. (evening primrose oil)	250	EP2
	100	EP1



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▶ Daily Wellness

IsoProtein Plus®

- Soy protein, soy isoflavone and flax lignan formula for heart and bone health and moderation of hot flashes*
- Contains 778 mg naturally occurring calcium per serving*
- Features green tea, red beet, beta glucan, glutathione and glutamine for immune and antioxidant defenses*

1 1/2 scoops contain

calories	Original Flavor: 162
	French Vanilla: 174 Strawberry Banana Crème: 164
fat (all flavors)	3 g.
saturated fat	<1 g.
sodium	240 mg.
carbohydrate	OF: 13 g. FV: 15 g. SBC: 14 g.
dietary fiber	4 g.
sugars	1 g.
protein (from soy) (all flavors)	21 g.
calcium (naturally occurring)	778 mg.
vitamin D ₃	200 i.u.
soy isoflavone concentrate	1,700 mg.
flax seed powder	6.7 g.
soy lecithin	5.0 g.
citrus pectin (peel)	2.0 g.
l-glutamine (free-form)	1.0 g.
red beet (fruit)	1.0 g.
beta glucan (1,3 beta-d-glucan)	500 mg.
green tea extract (leaf)	500 mg.
(standardized to contain 60% polyphenols)	
reduced glutathione (free-form)	50 mg.
stevia	OF: 40 mg. FV: 57 mg. SBC: 57 mg.
other ingredients: calcium enriched soy protein isolate, natural flavors, Lo Han (Momordica grosvenori fruit extract) (Lo Han used in French Vanilla and Strawberry Banana Crème flavors only.)	
serving size: Original Flavor: 42.3 g. (1 1/2 scoops)	
French Vanilla: 44.2 g. (1 1/2 scoops)	
Strawberry Banana Crème: 43 g. (1 1/2 scoops)	

servings per container: 13

****Warning:** Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision. Not for use by infants, children, pregnant or nursing women. Notice: Use this product as a food supplement only.

IsoProtein Plus®	quantity	order code
Original flavor	550 g.	IPOF5
French Vanilla	575 g.	IPFV5
Strawberry Banana Crème	559 g.	IPSB5

25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of IsoProtein Plus® supplies 19 grams of soy protein.

See also Osteoporosis/Calcium Formulas pages 14-15

Calcium provides important support for women of all ages:

- Supports positive mood, water balance and physical comfort during the menstrual cycle*
- May lessen the frequency of leg cramps and maintain healthy cardiovascular function during pregnancy*
- Promotes healthy bone mineralization*



ProSoothe®

- Premenstrual and menstrual support*
- Promotes healthy progesterone and estrogen metabolism with chaste tree, wild yam, and bupleurum*
- Eases occasional menstrual-related water retention with dandelion root*
- Promotes healthy circulation and digestion with ginger*
- Encourages positive mood and physical comfort with vitamin B₆*

each vegetable capsule contains



vitex (chaste tree) extract (5:1)	100 mg.
dioscorea (wild yam) extract (10:1).....	100 mg.
dandelion root extract (4:1)	100 mg.
bupleurum root extract (5:1).....	100 mg.
pyridoxal 5' phosphate (activated B ₆).....	50 mg.
Zingiber officinale (ginger) extract (root)	30 mg.
(standardized to contain 5% gingerols)	

2-4 capsules per day, in divided doses, between meals. Use only during luteal phase of menstrual cycle; i.e., in a typical 28 day cycle, begin on day 14 and take through 1st day of flow. Stop. Begin again on day 14.

	quantity	order code
ProSoothe*	120	PMS1
	60	PMS6



Fem-Spectrum

NEW

- Offers broad spectrum support for menstrual through menopausal phases*
- Contains lignans from flax and Norway spruce to promote menstrual comfort and reduce hot flashes and to support heart health*
- Provides important support for overall cell health, including breast, cervical, endometrial and uterine support with BioResponse DIM®, lignans, and quercetin*
- Includes calcium and magnesium for cardiovascular and bone support, muscle comfort and healthy fluid balance*

HMRlignan™ is a trademark of Linnea Inc

†BioResponse DIM® and DIM-PRO® are trademarks of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

three vegetable capsules contain

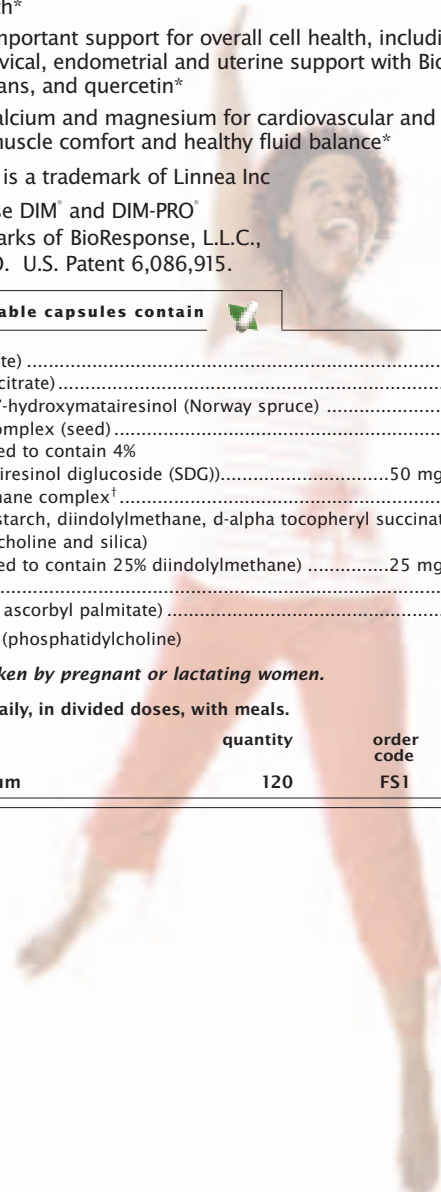


calcium (citrate)	100 mg.
magnesium (citrate).....	50 mg.
HMRlignan™ 7-hydroxymatairesinol (Norway spruce)	10 mg.
flax lignan complex (seed)	1,250 mg.
(standardized to contain 4%	
secoisolariciresinol diglucoside (SDG)).....	50 mg.
diindolylmethane complex ¹	100 mg.
(complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine and silica)	
(standardized to contain 25% diindolylmethane)	25 mg.
quercetin	150 mg.
vitamin C (as ascorbyl palmitate)	30 mg.
Contains soy (phosphatidylcholine)	

Not to be taken by pregnant or lactating women.

3 capsules daily, in divided doses, with meals.

	quantity	order code
Fem-Spectrum	120	FS1



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PhytoBalance

- Perimenopausal through postmenopausal hot flash support*
- Mediates hot flashes and maintains healthy estrogen, progesterone and prolactin ratios with black cohosh, chaste tree extract, rehmanniae, alfalfa, wild yam and licorice*
- Offers water balance and heart strengthening support with motherwort*

each vegetable capsule contains



Medicago sativa (alfalfa) extract (10:1)	100 mg.
rehmanniae extract (6:1)	100 mg.
Angelica sinensis (dong quai) extract (6:1)	100 mg.
glycyrrhiza (licorice root) extract	100 mg.
(standardized to contain 12% glycyrrhizic acid)	
Leonurus cardiaca (motherwort) extract (4:1)	50 mg.
chaste tree (Vitex agnus-castus) extract (5:1)	50 mg.
dioscorea (wild yam) extract (10:1)	50 mg.
Cimicifuga racemosa (black cohosh) extract	50 mg.
(standardized to contain 2.5% triterpene glycosides)	

Not to be taken by pregnant or lactating women.

2-4 capsules per day, in divided doses, between meals.

	quantity	order code
PhytoBalance	120	MP1
	60	MP6



Black Cohosh 2.5

- Perimenopausal through postmenopausal hot flash support*
- Exhibits mild estrogen activity and maintains healthy levels of luteinizing hormone (LH) to ease hot flashes*

each vegetable capsule contains

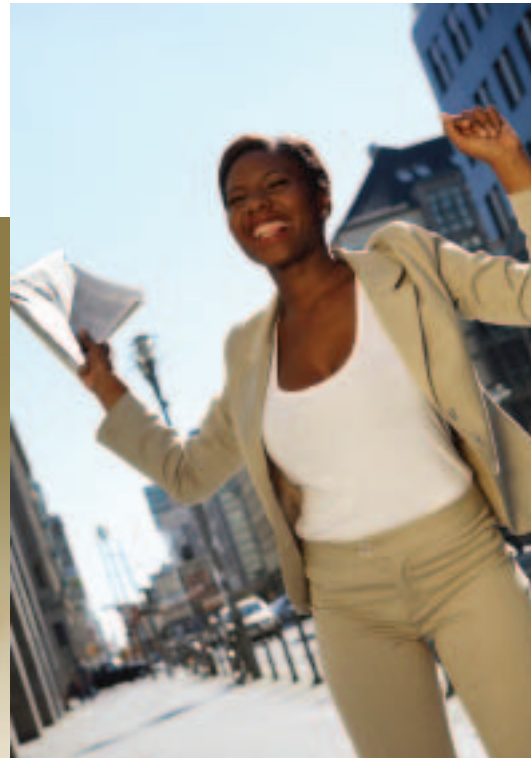


black cohosh (Cimicifuga racemosa) extract 250 mg.
(standardized to contain 2.5% triterpene glycosides)
(hypo-allergenic plant fiber added to complete capsule volume requirement)

Not to be taken by pregnant or lactating women.

2-4 capsules per day, in divided doses, between meals.

	quantity	order code
Black Cohosh 2.5	120	BLC1
	60	BLC6



Soy Isoflavones 40

- Broad spectrum perimenopausal through postmenopausal support*
- Provides 40 mg total isoflavones per serving, featuring a high genistin/genistein content*
- Exerts mild estrogenic activity to help minimize hot flashes*
- Indicates potential to support cognitive performance and mood*
- Supports healthy vascular endothelial function and glucose metabolism*
- Maintains healthy bone metabolism*
- Offers potential immune support by promoting healthy B cell function*

each vegetable capsule contains

soy isoflavone extract 100 mg.
 (standardized to contain 40% total isoflavones) (min.).....40 mg.
 providing:
 60-70% genistin/genistein 24-28 mg.
 25-35% daidzin/daidzein 10-14 mg.
 3-6% glycitin/glycitein..... 1.2-2.4 mg.
 (hypo-allergenic plant fiber added to complete capsule volume requirement)
1-2 capsules per day, in divided doses, with meals.

	quantity	order code
Soy Isoflavones 40	180	SI41
	90	SI49

Soy Isoflavones capsules

- Provides 25 mg total isoflavones per serving

each vegetable capsule contains

full-spectrum soy isoflavone concentrate 850 mg.
 providing (typical):
 genistin 3.61 mg.
 genistein 0.14 mg.
 glycitin 7.35 mg.
 glycitein..... 0.714 mg.
 daidzin 12.15 mg.
 daidzein 0.391 mg.
 total isoflavones..... 25 mg.

2-3 capsules per day, in divided doses, with meals.

	quantity	order code
Soy Isoflavones capsules	180	SI1
	90	SI9

Chaste tree (Vitex)

NEW

- Wide range support for female reproductive system health*
- Supports breast comfort and positive mood during the menstrual cycle*
- Promotes healthy menstrual luteal phase length and menstrual regularity for some women*

each vegetable capsule contains

chaste tree (Vitex agnus-castus) extract (fruit) 225 mg.
 (standardized to contain 5% vitexin and 0.5% agnusides)

Not to be taken by pregnant or lactating women.

1-2 capsules per day, in divided doses, with or between meals.

	quantity	order code
Chaste tree (Vitex)	120	CT1
	60	CT6

Maca-3

NEW

- Provides potential support for libido and healthy reproductive system function based on centuries of traditional use*
- Supports energy, stamina and vitality*

[†]MacaPure[®] is a registered trademark of Naturex. U.S. Patents 6,552,206; 6,428,824; 6,267,995; 6,878,731.

each vegetable capsule contains

maca (Lepidium meyenii) extract (tuber)[†]225 mg.
 (standardized to contain 0.6% macamides and macaenes)
 maca (Lepidium meyenii) extract (tuber)225 mg.
 (standardized to contain 0.6% glucosinolates)
 maca (Lepidium meyenii) extract (4:1) (tuber)100 mg.
 vitamin C (ascorbyl palmitate)......5 mg.
 (hypo-allergenic plant fiber added to complete capsule volume requirement)

1-2 capsules daily, in divided doses, with or between meals.

	quantity	order code
Maca-3	120	MAC1
	60	MAC6

See also

DIM-PRO[®] 100 page 13

Indole-3-Carbinol page 13

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Breast Health Complete NEW

- Supports the function of healthy breast cells and supports breast comfort with BioResponse DIM®*
- Encourages healthy enterolactone levels to support overall cell health with lignans from flax seed and Norway spruce*
- Provides folic acid, vitamin D and methyl-selenocysteine for nutritional support of healthy breast tissue*
- Supports healthy, normal breast cell function with curcumin, sulforaphane and green tea*

HMRlignan™ is a trademark of Linnea Inc.

†BioResponse DIM® and DIM-PRO® are trademarks of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

††Curcumin C3 Complex® is a registered trademark and patented product of Sabinsa Corporation.

three vegetable capsules contain

vitamin C (as ascorbyl palmitate)	30 mg.
vitamin D ₃	400 i.u.
folic acid	400 mcg.
selenium (methyl-selenocysteine)	100 mcg.
HMRlignan™ 7-hydroxymatairesinol (Norway spruce)	10 mg.
flax lignan complex (seed)	1,250 mg.
(standardized to contain 4% secoisolariciresinol diglucoside (SDG)).....	50 mg.
diindolylmethane complex†	100 mg.
(complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine and silica)	
(standardized to contain 25% diindolylmethane)	25 mg.
green tea (Camellia sinensis) extract (leaf)	100 mg.
(standardized to contain 65% total tea catechins, 23% epigallocatechin gallate (EGCG) and 7% caffeine)	
turmeric (Curcuma longa) extract (root)††	250 mg.
(standardized to contain 95% curcuminoids)	
broccoli (Brassica oleracea italica) sprout concentrate.....	200 mg.
(20:1) (whole plant)	
(standardized to contain a minimum of 800 mcg sulforaphane)	
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
Contains soy (phosphatidylcholine)	

Not to be taken by pregnant or lactating women.

3 capsules daily, in divided doses, with meals.

	quantity	order code
Breast Health Complete	120	BHC1



Calcium-d-Glucarate™

- Provides the calcium salt of D-glucaric acid, which has been studied at universities and hospitals for maintaining healthy cell structure and function*
- Helps maintain healthy beta-glucuronidase enzyme activity to ensure that neutralized toxins are properly eliminated*
- Supports healthy breast cells*



This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, LLC and protected by U.S. Patent 4,845,123.

each vegetable capsule contains

calcium-d-glucarate.....		500 mg.
1-6 capsules per day, in divided doses, with meals.		
	quantity	order code
Calcium-d-Glucarate™	120	CG1
	60	CG6



DIM-PRO® 100

- Metabolite of indole-3-carbinol; contains patented, microencapsulated BioResponse DIM® specially developed for enhanced absorption*
- Maintains the function of healthy breast and cervical cells and supports breast comfort*

*BioResponse DIM® and DIM-PRO® are trademarks of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

each vegetable capsule contains



diindolylmethane complex**100 mg.
 (complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine and silica)
 (standardized to contain 25% diindolylmethane)25 mg.
 vitamin C (as ascorbyl palmitate)20 mg.
 (hypo-allergenic plant fiber added to complete capsule volume requirement)
 Contains soy (phosphatidylcholine)

Not to be taken by pregnant or lactating women.

Natural color variations may occur.

1-3 capsules per day, in divided doses, with or between meals.

	quantity	order code
DIM-PRO® 100	120	DPI
	60	DP6

Indole-3-Carbinol 400 mg.

- Found naturally in vegetables including broccoli, brussels sprouts and cabbage
- Supports the function of healthy breast and cervical cells*

each vegetable capsule contains



indole-3-carbinol.....400 mg.
 (hypo-allergenic plant fiber added to complete capsule volume requirement)

This formula requires refrigeration.

Not to be taken by pregnant or lactating women.

1-2 capsules per day, in divided doses, with meals.

	quantity	order code
Indole-3-Carbinol 400 mg.	120	1341
	60	1346

ALSO AVAILABLE

Indole-3-Carbinol 200 mg.



OsteoBalance

- Broad spectrum osteoporosis support formula*
- Provides 1,200 mg of calcium per serving from calcium citrate/malate and calcium microcrystalline hydroxyapatite (MCHA)
- Includes the bone mineralization cofactors magnesium, vitamin D, zinc, copper, manganese, boron and horsetail extract (a source of silica)*

seven vegetable capsules contain



calcium (microcrystalline hydroxyapatite)	600 mg.
calcium (citrate/malate)	600 mg.
Equisetum arvense (horsetail) extract (stem) (5:1)	300 mg.
magnesium (aspartate)	115 mg.
manganese (aspartate)	10 mg.
zinc (picolinate)	30 mg.
copper (glycinate)	2.5 mg.
boron (glycinate)	2 mg.
vitamin C (as ascorbyl palmitate)	102 mg.
vitamin D ₃	400 i.u.

2-7 capsules per day, in divided doses, with meals.

	quantity	order code
OsteoBalance	385	OB3
	210	OB2

+CAL+® with Ipriflavone

- Broad spectrum osteoporosis support formula*
- Provides 900 mg of calcium per serving from calcium citrate/malate
- Combined with 500 mg ipriflavone, a derivative of naturally occurring isoflavones, to maintain healthy osteoblast/osteoclast balance*
- Includes vitamin K in addition to magnesium, vitamin D, zinc, copper, manganese, boron and horsetail extract (a source of silica) for healthy bone mineralization*

seven vegetable capsules contain



calcium (citrate/malate)	900 mg.
ipriflavone	500 mg.
Equisetum arvense (horsetail) extract (5:1)	300 mg.
magnesium (aspartate)	115 mg.
manganese (aspartate)	10 mg.
zinc (picolinate)	30 mg.
copper (glycinate)	2.5 mg.
boron (glycinate)	2 mg.
vitamin C (as ascorbyl palmitate)	102 mg.
vitamin D ₃	400 i.u.
vitamin K ₁	500 mcg.

2-7 capsules per day, in divided doses, with meals.

	quantity	order code
+CAL+® with Ipriflavone	400	CP4
	210	CP2
	70	CP7



Cal/Mag w/Cofactors (powder)

- Osteoporosis support in convenient powder form*
- Offers calcium to magnesium in a 2:1 ratio
- Combined with essential cofactors including vitamin D, boron and silica for strengthening bone*
- Features xylitol, recently recognized for its ability to facilitate calcium absorption and retention*

one scoop contains

calcium (citrate).....500 mg.
 magnesium (citrate).....250 mg.
 vitamin D₃200 i.u.
 xylitol1,000 mg.
 silica (from Bambusa vulgaris (bamboo) extract (stem)).....15 mg.
 boron (glycinate).....1 mg.
 other ingredients: natural lemon-lime flavor, Lo Han (Momordica grosvenori fruit extract)

serving size: 5.25 g. (1 scoop)

servings per container: 60

1 scoop 1-2 times per day, in divided doses, with meals, mixed with 8 oz water.

	quantity	order code
Cal/Mag w/Cofactors (powder)	315 g	CMF3

Calcium with Vitamin D₃

- Osteoporosis support formula with calcium citrate/malate and vitamin D*

six vegetable capsules contain



calcium (citrate/malate)900 mg.
 vitamin D₃800 i.u.
 vitamin C (as ascorbyl palmitate)48 mg.

2-6 capsules per day, in divided doses, with meals.

	quantity	order code
Calcium with Vitamin D ₃	180	CVD1
	90	CVD9

Calcium (citrate/malate)

- Provides support for bone health*
- Supports positive mood, water balance and physical comfort during the menstrual cycle*
- Lessens the frequency of occasional leg cramps and maintains healthy cardiovascular function during pregnancy*

each vegetable capsule contains



calcium (citrate/malate)..... 150 mg.
 vitamin C (as ascorbyl palmitate) 8 mg.

2-6 capsules per day, in divided doses, with or between meals.

	quantity	order code
Calcium (citrate/malate)	180	CCM1

Calcium/Magnesium (citrate/malate)

- Offers the health benefits of Calcium (citrate/malate) enhanced with the bone health, muscle calming and vascular function properties of magnesium*

each vegetable capsule contains



calcium (citrate/malate) 75 mg.
 magnesium (citrate/malate) 75 mg.
 vitamin C (as ascorbyl palmitate) 10 mg.

3-6 capsules per day, in divided doses, with or between meals.

	quantity	order code
Calcium Magnesium (citrate/malate)	180	CMC1
	90	CMC9

ALSO AVAILABLE

Calcium (citrate)

Calcium (microcrystalline hydroxyapatite)

Calcium (MCHA) 300 mg

Calcium (MCHA) with Magnesium

Calcium/Magnesium (citrate)

A.C. Formula

- Maintains healthy yeast balance*
- Provides time-tested support with barberry and essential oils from tea tree, lavender and red thyme extracts*
- Offers powerful support for defense with grapefruit seed extract and calcium undecylenate*

two vegetable capsules contain

Berberis vulgaris (barberry) extract (6:1)	100 mg.
grapefruit seed extract	40 mg.
calcium (calcium undecylenate)	15 mg.
lavender extract (standardized to contain 15% essential oil)	266 mg.
tea tree oil extract (standardized to contain 15% essential oil)	266 mg.
red thyme extract (standardized to contain 15% essential oil)	133 mg.

4-6 capsules per day, in divided doses, just before meals, with 6-8 oz. water.

	quantity	order code
A.C. Formula®	120	AC1
	60	AC6

Probiotic-5 (dairy-free)

- Contains 10 billion CFU Lactobacillus acidophilus, Lactobacillus rhamnosus, Bifidobacterium longum, Bifidobacterium bifidum and Bifidobacterium lactis per capsule*
- Maintains yeast balance, in part by encouraging lactic acid production*
- Promotes gut comfort and maintains healthy GI barrier function*
- Supports immune health, enhancing B cell, T cell and NK cell function*

each vegetable capsule contains

Lactobacillus acidophilus (DDS-1 strain)	2 billion CFU
Lactobacillus rhamnosus (Lr-32 strain)	2 billion CFU
Bifidobacterium longum (BI-05 strain)	2 billion CFU
Bifidobacterium bifidum (Bb-02 strain)	2 billion CFU
Bifidobacterium lactis (BI-04 strain)	2 billion CFU
vitamin C (as ascorbyl palmitate)	5 mg.

(hypo-allergenic plant fiber added to complete capsule volume requirement)

Contains soy

This formula requires refrigeration to maintain culture viability.

1-2 capsules per day, in divided doses, with or between meals.

	quantity	order code
Probiotic-5 (dairy-free)	60	PRB6

Lactobacillus Acidophilus (active LA-1 culture)

- Provides active LA-1 strain, studied for over 25 years in hospitals, clinics, and universities*
- Supports healthy yeast and microflora balance*

each vegetable capsule contains

Lactobacillus acidophilus	150 mg.
(providing 1.5 billion CFU of the patented LA-1 strain)	
(hypo-allergenic plant fiber added to complete capsule volume requirement)	

This formula requires refrigeration to maintain culture viability.

1-3 capsules per day, in divided doses, between meals.

	quantity	order code
Lactobacillus Acidophilus	60	LA6

URINARY/BLADDER SUPPORT

Bladder Support Complex

NEW

(formerly Control C/P)

- Maintains healthy urinary and bladder function with lignans from lipid-free pumpkin extract*
- Provides additional support for healthy urinary function with hypo-allergenic flower pollen extract*
- Includes *Crataeva nurvala*, an Ayurvedic extract with a long history of use for promoting urinary, bladder and kidney health*
- This product is not intended to replace Kegel or other exercises recommended by a health professional

two vegetable capsules contain

flower pollen extract (Secale cereale L.)	537 mg.
(containing water and fat soluble fractions in a 20:1 ratio)	
lipid-free pumpkin seed extract (Cucurbita pepo L.) (20:1)	525 mg.
(standardized to contain a minimum of 2% phenolic derivatives)	
varuna (Crataeva nurvala) extract (bark)	200 mg.
(standardized to contain 1.5% lupeol)	

2 capsules daily, in divided doses, with meals.

	quantity	order code
Bladder Support Complex	120	CCP1
(formerly Control C/P)	60	CCP6

Cranberry NS®

- Enhances the acidity of urine to maintain a healthy urinary tract*
- Interacts with lectin receptors to maintain a healthy bladder wall*
- Provides support without the unwanted sugar found in cranberry juice*

The cranberry juice extract in Cranberry NS® is Cran-Max®. Cran-Max® is used under license of Bio-Nutra Technologies, LLC.

each vegetable capsule contains



cranberry juice extract..... 500 mg.

Each capsule has approximately 3 calories.

1-3 capsules per day, in divided doses, between meals.

	quantity	order code
Cranberry NS®	180	CN1
	90	CN9

d-Mannose powder

- Provides concentrated support as the active constituent in cranberries*
- Maintains a healthy environment for the mucosal surface of the urinary tract*

each scoop contains

d-mannose 0.9 g.

1 scoop 3 times per day, mixed with water, with or between meals.

	quantity	order code
d-Mannose powder	100 g.	DMP1
	50 g.	DMP5

ALSO AVAILABLE
Cranberry/d-Mannose

Emotional Wellness

NEW

- Supports healthy emotional outlook by enhancing neurotransmitter function with 5-hydroxytryptophan, l-tyrosine and GABA*
- Includes vitamin B₆ as a cofactor that plays an important role in neurotransmitter metabolism*
- Encourages cognitive and mental function during occasional stress with *Rhodiola rosea**
- Promotes relaxation and calmness with l-theanine and passion flower*

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

each vegetable capsule contains



pyridoxal 5'phosphate (activated B₆)10 mg.
 5-hydroxytryptophan (Griffonia simplicifolia)100 mg.
 l-tyrosine (free-form)100 mg.
 GABA (gamma-aminobutyric acid)200 mg.
 l-theanine100 mg.
 Rhodiola rosea extract (root).....100 mg.
 (standardized to contain 3% total rosavins and min. 1% salidroside)
 passion flower (Passiflora incarnata L.) extract (aerial parts)..... 85 mg.
 (standardized to contain 3.5% vitexin)
 vitamin C (as ascorbyl palmitate)10 mg.

1-3 capsules daily, in divided doses, between meals.

Not to be taken by pregnant or lactating women. Do not use concurrently with SSRI medications or MAO inhibitors.

	quantity	order code
Emotional Wellness	120	EW1
	60	EW6



*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.

Daily Stress Formula

- Helps calm and relax with chamomile, lemon balm, and magnesium*
- Provides neurotransmitter and emotional support with B-complex vitamins and l-tyrosine*
- Enhances mental function with *Rhodiola rosea* and *Bacopa monniera**
- Bolsters adrenal function and stress resistance with eleuthero, ashwagandha, calcium pantothenate and vitamin C*

three vegetable capsules contain



ascorbic acid	250 mg.
thiamine HCl (B ₁)	20 mg.
riboflavin (B ₂)	10 mg.
riboflavin 5'phosphate (activated B ₂)	10 mg.
niacinamide	35 mg.
pyridoxine HCl (B ₆)	10 mg.
pyridoxal 5'phosphate (activated B ₆)	10 mg.
methylcobalamin (B ₁₂)	200 mcg.
pantothenic acid (calcium pantothenate) (B ₅)	200 mg.
magnesium (citrate)	50 mg.
l-tyrosine (free-form)	250 mg.
Eleutherococcus senticosus extract (root)	200 mg.
(standardized to contain 0.8% eleutheroside E & B)	
Bacopa monniera extract (leaf)	200 mg.
(standardized to contain 20% bacosides A & B)	
Rhodiola rosea extract (root)	200 mg.
(standardized to contain 3% total rosavins and min. 1% salidosides)	
Matricaria recutita (chamomile) extract (flower)	100 mg.
(standardized to contain 1.2% apigenin)	
Melissa officinalis (lemon balm) extract (leaf)	100 mg.
(standardized to contain 5% rosmarinic acid)	
Withania somnifera (ashwagandha) extract (root)	200 mg.
(standardized to contain 5% withanolides)	
vitamin C (as ascorbyl palmitate)	15 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	

Not to be taken by pregnant or lactating women.

3 capsules per day, in divided doses, with or between meals.

	quantity	order code
Daily Stress Formula	180	DSF1
	90	DSF9

Thyroid Support Complex

- Maintains healthy thyroid cell metabolism as well as triiodothyronine (T3) and thyroxine (T4) hormone function with vitamins A, C and D, zinc and selenium*
- Contains kelp as a source of iodine, important for the synthesis of thyroid hormones*
- Neutralizes free radicals with curcumin, maintaining healthy enzyme activity for the conversion of T4 to the more active T3 hormone*
- Sustains healthy thyroid function with ashwagandha and guggul*
- Promotes thyroid hormone metabolism and lean body composition with coleus forskohlii*

*ForsLean® is a registered trademark of Sabinsa Corporation.

two vegetable capsules contain



vitamin A (acetate)	2,500 i.u.
ascorbic acid	150 mg.
vitamin D ₃	200 i.u.
Ascophyllum nodosum (kelp) (whole plant)	30 mg.
(standardized to contain 0.5% iodine)	150 mcg.
zinc (citrate)	20 mg.
selenium (selenomethionine)	200 mcg.
l-tyrosine (free-form)	500 mg.
ashwagandha (Withania somnifera) extract (root)	400 mg.
(standardized to contain 5% withanolides)	
Coleus forskohlii extract (root)*	100 mg.
(standardized to contain 10% forskolin)	
guggul (Commiphora mukul) extract (gum resin)	150 mg.
(standardized to contain 2.5% Z and E guggulsterones)	
turmeric (Curcuma longa) extract (root)	100 mg.
(standardized to contain 97% curcuminoids)	
vitamin C (as ascorbyl palmitate)	30 mg.

Not to be taken by pregnant or lactating women.

2 capsules per day, with meals.

	quantity	order code
Thyroid Support Complex	120	TS1
	60	TS6



Feverfew UltraCare NEW

- Promotes cranial comfort with feverfew, ginger and riboflavin, in part by maintaining healthy cytokine, leukotriene and prostaglandin metabolism*
- Supports healthy vascular and cerebral blood flow with magnesium*
- Contains vitamin B₆ to maintain healthy serotonin synthesis for cranial blood vessel function*

three vegetable capsules contain

riboflavin (B ₂).....	400 mg.
pyridoxal 5' phosphate (activated B ₆).....	25 mg.
methylcobalamin (B ₁₂).....	500 mcg.
magnesium (citrate).....	250 mg.
ginger (Zingiber officinale) extract (root).....	200 mg.
(standardized to contain 5% gingerols)	
feverfew (Tanacetum parthenium) extract (leaf).....	160 mg.
(standardized to contain 1.2% parthenolide)	
vitamin C (as ascorbyl palmitate).....	30 mg.

3 capsules daily, in divided doses, with or between meals.

	quantity	order code
Feverfew UltraCare	180	FFU1
	90	FFU9

VeinPro® (horse chestnut extract)

- Supports healthy leg circulation with horse chestnut seed extract*
- Promotes healthy venous tone and vascular integrity*

each vegetable capsule contains

horse chestnut (Aesculus hippocastanum) extract.....	300 mg.
(standardized to contain 20-22% triterpene saponins as escin)	
vitamin C (as ascorbyl palmitate).....	4 mg.

1-2 capsules per day, in divided doses, between meals.

	quantity	order code
VeinPro®	120	VP1
	60	VP6

Relora®

- Diminishes stress-related sugary snack cravings and supports healthy weight management*
- Promotes emotional well being and muscle relaxation; moderates occasional stress*

Relora® is a trademark of Next Pharmaceuticals, Inc. U.S. Patent 6,582,735.

each vegetable capsule contains

Relora®.....	250 mg.
proprietary blend of patented extracts from:	
Magnolia officinalis (bark) and Phellodendron amurense (bark)	
vitamin C (as ascorbyl palmitate).....	5 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
other ingredients: modified food and corn starch, silicon dioxide	


Do not take if pregnant or lactating. Do not take if currently taking any prescription medication or receiving medical treatment without consulting your physician.

3 capsules per day, in divided doses, with or between meals.

	quantity	order code
Relora®	180	RL1
	60	RL6

Seditol®

- Provides support for occasional sleeplessness and moderates central nervous system activity*
- Enhances daytime energy levels*
- Lessens occasional physical and emotional tension*

 is a registered trademark of Next Pharmaceuticals, Inc., LLC. U.S. Patent 6,814,987.

each vegetable capsule contains

Seditol®.....	365 mg.
a proprietary blend of a patented extract from Magnolia officinalis (bark) and a proprietary extract from Ziziphus jujuba (seed)	
vitamin C (as ascorbyl palmitate).....	5 mg.
other ingredients: maltodextrin, microcrystalline cellulose, silica	

Do not take if pregnant or lactating. Do not take if currently taking any prescription medication or receiving medical treatment without consulting your physician. Keep out of the reach of children.

1 capsule one hour before bedtime, for a minimum of 10 days.

	quantity	order code
Seditol®	60	SD6
	30	SD3



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