

# Wellness Works DIRECTIVES

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Suggested Nutritional Protocols





**Ultra-Daily  
Pack  
for Men**

Dietary Supplement

30 Packs  
(90 Tablets, 120 Capsules)

**Wellness  
Works  
Pharmacy Care.**

**Ultra  
Essentials**  
MultiVitamin & Mineral  
Dietary Supplement  
120 Tablets

**Ultra-Daily  
Pack  
for Women**

Dietary Supplement

30 Packs  
(120 Tablets, 120 Capsules)

## ***Suggested Nutritional Protocols***

Wellness Works Directives contain information on suggested nutritional protocols for exclusive use by health professionals. These suggested protocols provide general nutrition guidelines for the healthcare professional to refer when addressing specific health conditions. Wellness Works Directives are not for interpretation or use by patients. Patients should always consult with their healthcare professional before beginning any nutritional protocol. Protocols include:

- **Blood Pressure Support**
- **Breast Health Support**
- **Candida Support**
- **Cardiovascular Health Support**
- **Cognitive Support**
- **Eye Health Support**
- **Glucose Support**
- **Immune Health Support**
- **Intestinal Health Support**
- **Joint Health Support**
- **Menopause Support #1**
- **Menopause Support #2**
- **Men's Health Support**
- **Premenstrual Tension Support**
- **Skin Health Support**
- **Varicose Vein Support**
- **Weight Loss Support**

NOTE: For new and updated information and support go to [www.wellnessworks.com](http://www.wellnessworks.com).

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# Wellness Works Directives

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## ***Blood Pressure Support***

*A Suggested Nutritional Protocol to Support Healthy Blood Pressure\**

### ***CARDIO TOTAL HEALTH:***

Synergistic and comprehensive combination of vitamins, minerals, enzymes, herbals, and other nutrients, specifically designed to support the healthy structure and function of the cardiovascular system.

**Product Code:** #10030

**Suggested Usage:** Two tablets, twice daily with meals

### ***EXTRA STRENGTH MARINE FISH OIL:***

Enteric-coated softgel from molecularly-distilled marine fish oil, providing enriched levels of eicosapentaenoic acid and docosahexaenoic acid.

**Product Code:** #10177

**Suggested Usage:** Two enteric-coated softgels daily

### ***CHOLE HEALTH SUPPORT:***

Chole Health Support provides lecithin, fiber, and bioflavonoids, including rutin to provide support for a healthy circulatory system and are potent antioxidants all of which are important in helping to maintain healthy blood pressure.

**Product Code:** #10033

**Suggested Usage:** Two tablets, twice daily with meals

### ***COENZYME Q10 :***

Available in 50, and 100 mg dosages. Numerous studies indicate coenzyme Q10 also plays an important role in the maintenance of the entire cardiovascular system.

**Product Code:** #10039 (50 mg)  
#10038 (100 mg)

**Suggested Usage:** 100 – 300 mg daily

### ***PINE BARK EXTRACT:***

Pine bark extract is rich in proanthocyanidins, which are highly regarded for their strong antioxidant properties and their role in supporting the body's capillary blood vessel system as well as connective tissues.\* Each capsule provides 50 mg of Pine Bark Powder Standardized to 90% proanthocyanidins.

**Product Code:** #10121

**Suggested Usage:** One to two capsules, one to two times daily

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## **Breast Health Support**

*A Suggested Nutritional Protocol for Breast Health\**

### **ULTRA ESSENTIALS:**

A comprehensive multivitamin in a fruit and vegetable base. Supplies substantial amounts of lutein, lycopene, and zeaxanthin. Designed to provide antioxidants and vitamins for general health support.\*

**Product Code:** #10167

**Suggested Usage:** Four to eight tablets taken through the course of the day with meals

### **BORAGE SEED OIL:**

Borage Seed Oil is a rich source of fatty acids including gamma linoleic acid (GLA).

**Product Code:** #10018

**Suggested Usage:** Two softgels daily

### **DIM:**

DIM is a synergistic combination of plant based ingredients including diindolylmethane, curcumin, green tea, and wasabia designed to support healthy hormone balance and immune health.

**Product Code:** #10192

**Suggested Usage:** One vegetarian capsule daily

### **CALCIUM-D-GLUCARATE (500 MG):**

Supports phase II detoxification of chemicals and hormones which is vitally important to the health of breast tissue.

**Product Code:** #10025

**Suggested Usage:** One capsule, twice daily

### **GRAPE SEED EXTRACT:**

Polyphenols, part of a broad class of bioflavonoids, are commonly found in grape seeds. One type of polyphenols known as proanthocyanidins are highly regarded for their strong antioxidant properties.

**Product Code:** #10077

**Suggested Usage:** One to three capsules daily

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# Wellness Works Directives

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## ***Candida Support***

*A Suggested Nutritional Protocol for Candida\**

### ***PROBIOTICS ULTRAMAX:***

This product contains a synergistic blend of beneficial probiotic bacteria to supplement the intestinal system with natural healthy flora, which have often been depleted by infection.

**Product Code:** #10125

**Suggested Usage:** One capsule, twice daily

### ***MFP SUPPORT***

Provides a combination of nutrients, including citrus seed extract, echinacea, burdock, artemisia, and extract of olive leaf, which have been shown to have effective anti-fungal properties.

**Product Code:** #10195

**Suggested Usage:** One to two capsules daily

### ***ECHINACEA AND GOLDENSEAL:***

Plants containing berberine, such as Goldenseal, have been shown to have activity against bacteria and fungi, especially Candida.

**Product Code:** #10049

**Suggested Usage:** One capsule, twice daily

### ***DETOX SUPPORT ULTRA:***

Underlying damage to the liver may play a role in chronic Candida infection. Detox Support Ultra provides important nutrients to support liver detoxification and function.

**Product Code:** #10182

**Suggested Usage:** One tablet, three times daily

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## Cardiovascular Health

*A Suggested Nutrition Protocol for Cardiovascular Health\**

### **CARDIO TOTAL HEALTH:**

Synergistic and comprehensive combination of vitamins, minerals, enzymes, herbals, and other nutrients, specifically designed to support the healthy structure and function of the cardiovascular system.

**Product Code:** #10030

**Suggested Usage:** Two tablets, twice daily with meals

### **EXTRA STRENGTH MARINE FISH OIL:**

Enteric-coated softgel from molecularly-distilled marine fish oil, providing enriched levels of eicosapentaenoic acid and docosahexaenoic acid.

**Product Code:** #10177

**Suggested Usage:** Two enteric-coated softgels daily

### **VITAMIN E 400 IU:**

Contains natural-source mixed tocopherols with a minimum guaranteed amount of the d-beta, d-gamma and d-delta tocopherols, as well as additional mixed tocotrienols. Studies have shown that these natural isomers have synergistic effects in conjunction with the more commonly used d-alpha-tocopherol.

**Product Code:** #10160

**Suggested Usage:** One softgel daily

### **COENZYME Q10:**

Available in 50 mg and 100 mg dosages. Numerous studies indicate coenzyme Q10 also plays an important role in the maintenance of the entire cardiovascular system.

**Product Code:** #10039 (50 mg)  
#10038 (100 mg)

**Suggested Usage:** 100 – 300 mg daily

### **For added antioxidant and cholesterol support:**

#### **CHOLESTEROL SUPPORT ULTRA:**

A combination of plant sterols, Sytrinol™ (a proprietary blend of polymethoxylated citrus flavones and tocotrienols from palm), and pomegranate extract formulated to support reductions in total cholesterol, LDL and triglycerides.\* In human clinical studies involving hypercholesterolemic subjects: four weeks of supplementing with a daily dose of 300 mg of Sytrinol resulted in average reductions of total cholesterol by 20-24%, average reductions of LDL cholesterol by 19-22%, and average reductions of triglycerides by 24-28%.\*

**Product Code:** #10181

**Suggested Usage:** Four vegetarian capsules daily

#### **ENERGIZER FORMULA:**

Energizer Formula is a unique dietary supplement designed to provide a broad spectrum of beneficial cardiovascular and mitochondrial energy production support nutrients in physiologically meaningful amounts.

**Product Code:** #10051

**Suggested Usage:** Two tablets daily

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# Wellness Works Directives

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## **Cognitive Support**

*A Suggested Nutritional Protocol for Cognitive Support\**

### **ULTRA ESSENTIALS:**

A comprehensive multivitamin in a fruit and vegetable base. Supplies substantial amounts of lutein, lycopene and zeaxanthin. Designed to provide antioxidants and vitamins for general health.\*

**Product Code:** #10167

**Suggested Usage:** Four to eight tablets taken through the course of the day with meals

### **BRAIN ENERGY:**

The amino acids tyrosine and phenylalanine are compounds used by the brain to produce dopamine, the brain's source of power and energy. This product is specially formulated to support dopamine production for a more energetic brain.

**Product Code:** #10196

**Suggested Usage:** Two vegetarian capsules daily

### **BRAIN MOOD:**

Serotonin, along with its amino acid precursor, tryptophan, allows the brain to restore itself to maintain a level mood. The most important nutrients for serotonin production have been included in this formula, to help the brain's symmetry and stabilize mood.

**Product Code:** #10197

**Suggested Usage:** One vegetarian capsule, three times daily

### **BRAIN CALM:**

GABA ensure the brainwaves operate in harmony and rhythm, allowing the brain to maintain a calm state. This product is an effective blend of critical amino acids and nutrients that support a calmer brain.

**Product Code:** #10198

**Suggested Usage:** Two vegetarian capsules daily

### **BRAIN MEMORY:**

Among its many roles, choline is necessary for the production of acetylcholine. The brain's ability to process and recall information quickly is dependent on acetylcholine production. The combination of nutrients in this product is designed to help produce the acetylcholine the brain needs to stay sharp.

**Product Code:** #10199

**Suggested Usage:** Two vegetarian capsules daily

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## **Eye Health Support**

*A Suggested Nutritional Protocol for Support of Eye Health\**

### **ULTRA ESSENTIALS:**

A comprehensive multivitamin in a fruit and vegetable base. Supplies substantial amounts of lutein, lycopene and zeaxanthin. Designed to provide antioxidants and vitamins for maximum support.\*

**Product Code:** #10167

**Suggested Usage:** Four to eight tablets taken through the course of the day with meals

### **LUTEIN PLUS:**

Provides natural-source lutein which has been shown to be beneficial for eye health, especially for those with problems related to macular degeneration.

**Product Code:** #10100

**Suggested Usage:** One softgel daily

### **EXTRA STRENGTH MARINE FISH OIL:**

Enteric-coated softgel containing a novel ratio of omega-3 fatty acids from molecularly-distilled fish oil. Contains a high ratio DHA to EPA. DHA is critical for proper eye health.

**Product Code:** #10177

**Suggested Usage:** Two enteric-coated softgels daily

### **VISION HEALTH SUPPORT :**

A supplement designed with targeted antioxidants for eye health, including bilberry extract, taurine, beta carotene, lycopene, lutein and more.

**Product Code:** #10147

**Suggested Usage:** Two capsules daily

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# Wellness Works Directives

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## ***Glucose Support***

*A Suggested Protocol for Glucose Support\**

### ***GLUCO TOTAL HEALTH:***

A synergistic and comprehensive combination of vitamins, minerals, herbals, and other nutrients carefully formulated and specifically designed to offer nutritional support for healthy glucose metabolism.

**Product Code:** #10069

**Suggested Usage:** Two tablets, twice daily with meals

### ***GLUCOSE SUPPORT ULTRA:***

Recently, cinnamon, a well-known spice and flavoring, has been gaining attention for its role in supporting the body's metabolism of glucose.\* In one study, patients given cinnamon showed significant decreases in fasting glucose, triglycerides and cholesterol.\* Another study has indicated that cinnamon may be a strong potentiator of insulin.\* Each Glucose Support Ultra vegetarian capsule contains a synergistic combination of *Gymnema sylvestre*, fenugreek and cinnamon extracts formulated to support healthy blood sugar metabolism.\*

**Product Code:** #10179

**Suggested Usage:** One to two vegetarian capsules daily

### ***ALPHA LIPOIC ACID:***

Alpha Lipoic Acid is a non-vitamin coenzyme that carries out important metabolic and antioxidant functions in the body.

**Product Code:** #10006

**Suggested Usage:** One capsule, three times daily

### ***GLUCOSE CONTROL SUPPORT:***

Contains a complementary blend of thiamin, biotin, chromium, alpha-lipoic acid, N-acetyl-L-cysteine, and standardized *Gymnema sylvestre* leaf extract for targeted nutritional support of glucose metabolism.\*

**Product Code:** #10075

**Suggested Usage:** Two vegetarian capsules daily

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## **Immune Health Support**

*A Suggested Nutritional Protocol for Support of the Immune System\**

### **BETA 1,3 GLUCAN:**

Our Beta 1,3 glucan is a unique compound derived from the cell walls of yeast that can help trigger an immune response in the body, boosting our defense against viral, bacterial, fungal, parasitic or neoplastic invaders. Beta 1,3 glucan works by activating the macrophages, immune cells that trap and engulf foreign substances.

**Product Code:** #10011

**Suggested Usage:** One capsule daily

### **CHILDREN IMMUNE SUPPORT:**

Children's Immune Support provides a synergistic combination of herbs, vitamins and minerals designed to support immune health in a great tasting natural grape-flavored liquid.

**Product Code:** #10194

**Suggested Usage:** One teaspoon daily

### **ECHINACEA & GOLDENSEAL:**

This popular formula has several immune enhancing ingredients including two very popular herbs, echinacea and goldenseal. Echinacea contains many valuable medicinal compounds that support the immune system. Several active constituents in echinacea work synergistically to increase the production and activity of white blood cells, lymphocytes and macrophages. Other constituents increase our body's production of interferon.

**Product Code:** #10049

**Suggested Usage:** One capsule daily

### **COLOSTRUM:**

Colostrum capsules may be a useful dietary supplement for those who wish to nutritionally support the function of a healthy immune system.

**Product Code:** #10041

**Suggested Usage:** Two capsules daily

### **IMMUNE HEALTH SUPPORT:**

Immune Health Support is designed specifically to support the immune system as needed. Echinacea, astragalus and goldenseal are well known for their ability to enhance the body's defense systems. Maitake, shiitake, and reishi are mushrooms which contain polysaccharide complexes that provide specific support for T-cells (strategic players in the removal of foreign pathogens).

**Product Code:** #10086

**Suggested Usage:** Two capsules daily

### **ZINC LOZENGES:**

A pleasant tasting zinc lozenge designed to be taken at the onset of symptoms.

**Product Code:** #10165

**Suggested Usage:** One lozenge every two hours as needed  
(not to exceed 10 per day)

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# Wellness Works Directives

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## ***Intestinal Health Support***

*A Suggested Nutritional Protocol for Intestinal Health\**

### ***GREEN FOOD SUPPLEMENT:***

A green food supplement that supplies valuable phytonutrients and digestive-friendly probiotic.

**Product Code:** #10200

**Suggested Usage:** Two capsules with each meal

### ***PSYLLIUM FIBER:***

Psyllium Fiber supplies a blend Psyllium seed husks, intended to naturally stimulate the bowel.

**Product Code:** #10127

**Suggested Usage:** One to two capsules, one to three times daily as needed

### ***PROBIOTICS ULTRAMAX:***

This product contains a synergistic blend of beneficial probiotic bacteria to supplement the intestinal system with natural healthy flora.

**Product Code:** #10125

**Suggested Usage:** Two capsules daily

### ***GI SUPPORT:***

A combination of glutamine, dietary fiber and N-acetyl-D-glucosamine designed to support the health of the intestine and provide nutrients to intestinal cells.

**Product Code:** #10193

**Suggested Usage:** Two capsules, three times daily

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## Joint Health Support

*A Suggested Nutrition Protocol for Joint Health\**

### **HYALURONIC ACID:**

As joints age, hyaluronic acid, the fluid that provides lubrication between joints and connective tissue, can begin to break down, lose its bulkiness or leak from the joints.\* Recent research has focused on supplanting the aging fluid with newer fluid.\* Each Hyaluronic Acid tablet contains 30 mg of non-animal hyaluronic acid to support healthy joint function.\*

**Product Code:** #10171

**Suggested Usage:** One to two tablets daily

### **INFLAM-EASE:**

A unique blend of herbs designed to regulate the body's natural response to inflammation.

**Product Code:** #10087

**Suggested Usage:** Two tablets daily

*The following products also can be used in conjunction with the items listed above:*

### **GLUCOSAMINE & MSM :**

Contains glucosamine and MSM, which can support and protect joints and connective tissues.

**Product Code:** #10072

**Suggested Usage:** One capsule, three times daily

### **ULTRA JOINT FORTE:**

A synergistic blend of nutrients formulated to support and maintain healthy cartilage and connective tissues.\* Ultra Joint Forte contains: glucosamine, chondroitin sulfate, sulfur, and astaxanthin.

**Product Code:** #10170

**Suggested Usage:** One tablet, three times daily

### **GLUCOSAMINE & CHONDROITIN PLUS:**

Provides a pure source of chondroitin sulfate to help fight inflammation and support healthy joint structure.

**Product Code:** #10070

**Suggested Usage:** One to two capsules daily

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# Wellness Works Directives

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## **Menopause Support #1**

*A Suggested Nutritional Protocol for Menopause\**

### **MENOPAUSE SUPPORT ULTRA:**

A combination of soy isoflavones and the herbs black cohosh and red clover, carefully formulated to support a woman's healthy and trouble-free transition through menopause.

**Product Code:** #10186

**Suggested Usage:** One vegetarian capsule daily

### **CALCIUM & MAGNESIUM PLUS:**

This product is specifically designed to provide significant amounts of calcium, magnesium, vitamin D and other bone supportive nutrients which are especially important during the menopausal years.

**Product Code:** #10024

**Suggested Usage:** One tablet, twice daily

### **VASCULAR HEALTH SUPPORT:**

When the structural integrity of the vascular system is challenged, problems such as varicose veins, spider veins and hemorrhoids can develop as noticeable signs of vascular weakness. Vascular Health Support contains a blend of vitamin C, hesperidin methylchalcone, and standardized extracts of horsechestnut, butcher's broom, and gotu kola, especially useful to enhance overall vascular tone, fluid balance and circulation to the legs.

**Product Code:** #10145

**Suggested Usage:** One to two vegetarian capsules daily

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## **Menopause Support #2: Management of Menopause Types®** *A Suggested Nutritional Protocol for Management of Each Menopause Type®\**

### **ADVANCED, INTEGRATIVE MANAGEMENT OF MENOPAUSE (IT'S NOT JUST HORMONES)**

By Joseph J. Collins, RN, ND

The most advanced approach to managing menopause is an approach in which the healthcare needs common to all women are consistently addressed while at the same time meeting the unique needs of each individual woman. Rejecting the one-size-fits-all approach, both traditional and alternative practitioners realize that there will never be a specific drug, hormone, herbal, diet, exercise or any other remedy than can be widely administered to achieve optimal wellness for women. As traditional and alternative models of healthcare continue to merge, integrative healthcare now offers women an advanced integrative model to managing menopause. By its very nature, this model requires integrating multiple concepts and protocols, which collectively yield a comprehensive and personalized system to achieve improved quality of life and decreased risk of disease for each unique woman. The following seven concepts lay down the outline of this model and present a directive to address every part of every woman requesting support for managing menopause.†

**Replenishing Lifestyle & Diet:** Appropriate diet, exercise, rest, sleep, recreation, social interactions, hydration, and detoxification contribute to vitality and replenishing of vital tissues best when these components are truly part of a lifestyle. When detoxification and intestinal health are parts of a healthy lifestyle, it proves to be more effective for long-term vitality and maintenance of function than waiting until “something has to be done.” Properly managing menopause always requires optimal lifestyle first. Even bioidentical HRT (hormone replacement therapy) cannot make up for unhealthy diet and lifestyle.†

**Essential Fatty Acids:** The ability of essential fatty acids (EFAs) to influence menopause related health issues is so strong that EFAs must be addressed as a category in and of themselves. The ability of EFAs to maintain ideal cell membrane fluidity, allowing optimal transport of molecules such as insulin across the membrane, is critical for adult health. Proper EFAs also downregulate inflammation, and enhance tissue health and bone density. Many of the optimal functions that have traditionally been surrendered as humans “grow old” are in fact due to becoming EFA deficient.†

**Complete Multiple Vitamin & Mineral:** The debate is over. The fact is that optimal health requires the daily intake of a high-grade vitamin and mineral formulation, with additional Vitamin E. With a high percent of adults in North America having less than the minimum daily requirement of 10 or more essential nutrients, this becomes a greater concern as a woman goes through the biochemical changes inherent in menopause. Vitamins and minerals, the cofactors required for every biochemical process taking place in the human body, are all essential for quality health in the woman of menopause age.†

**Appropriate Herbal Formulations:** When herbal therapies are appropriate to the unique needs of each woman a more cost effective and clinically successful outcome is achieved. The recommendation for estrogenic, androgenic or progestogenic herbals must be based on a clear understanding of the Menopause Type® of each woman. Not all women need phyto-estrogens. Phyto-progestogens are not universally required. While some women may need phytoandrogens, others require phyto-anti-androgens or nothing at all. Like HRT, herbal therapies must be individualized.†

**Uniform Health Preservation:** Uniformly meeting the healthcare needs common to all women is part of comprehensive healthcare. Bone health and cardiovascular health have been longtime concerns for the woman of menopause age. Increased awareness of insulin resistance, unhealthful body composition and excessive oxidative stress appear to be expanding the scope of what is considered good health preservation. While it is rewarding to women when symptoms abate and quality of life improves, healthcare professionals must diligently raise awareness of the silent, insidious diseases.†

**Special Needs:** While the aforementioned measures can collectively improve the quality of life and decrease the risk of disease, each woman's biochemical individuality, health history and genetic function may present her own special needs. Insulin resistance, body composition and inflammation disorders that do not respond to diet and EFAs require targeted interventions. Residual symptoms that diminish quality of life, despite proper herbal therapies should be addressed at this time. Targeting special needs is most effective after foundational therapies have been implemented.†

**Evaluate and Consider BHRT:** Evaluation and possible prescribing of bioidentical hormone replacement therapies (BHRT) is the last consideration in advanced management of menopause. Lifestyle changes, alone or combined with a nonprescription remedy (such as dietary isoflavones, vitamin E, or black cohosh), should first be considered. For BHRT to be clinically effective there must be proper levels of EFAs as well as the cofactors required to respond to hormonal messengers. Equally important is the ability of the body to maintain the increased demands for metabolic clearance brought about by any form of HRT.†

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# Wellness Works Directives

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## **Menopause Support #2: Management of Menopause Types®**

A Suggested Nutritional Protocol for Management of Each Menopause Type®\*

See "The Professional Guide to Phytotherapeutic Management of Endocrine Dysfunction" for detailed clinical protocols at [www.wellnessworks.com](http://www.wellnessworks.com).

Essential Fatty Acids:

### **EXTRA STRENGTH MARINE FISH OIL:**

Enteric-coated softgel containing a novel ratio of omega-3 fatty acids from molecularly-distilled fish oil.

**Product Code:** #10177

**Suggested Usage:** Two enteric-coated softgels daily

Complete Multiple Vitamin & Mineral:

### **ULTRA ESSENTIALS:**

A comprehensive multivitamin in a fruit and vegetable base. Supplies substantial amounts of lutein, lycopene, and zeaxanthin. Designed to provide antioxidants and vitamins for general health support.\*

**Product Code:** #10167

**Suggested Usage:** Four to eight tablets taken through the course of the day with meals

Uniform Health Preservation:

### **CALCIUM & MAGNESIUM PLUS:**

This product is specifically designed to provide significant amounts of calcium, magnesium, vitamin D and other bone supportive nutrients which are especially important during the menopausal years.

**Product Code:** #10024

**Suggested Usage:** One tablet, twice daily

Appropriate Herbal Formulations:

### **TESTO SUPPORT™:**

A synergistic combination of phytoandrogens, androgenic adaptogens and other herbs designed to help promote optimal testosterone-producing glands and by supporting the healthy functions of testosterone-responsive tissues.\*

**Product Code:** #10190

**Suggested Usage:** Three capsules daily with meals

### **ANDRO-CONTROL™:**

An herbal combination designed to support the healthy function of skin, hair, heart, breasts, vagina and other testosterone-sensitive tissues in women.\*

**Product Code:** #10191

**Suggested Usage:** Three capsules daily with meals

### **ESTRO SUPPORT™:**

A synergistic blend of herbs and other nutrients designed to support healthy estrogen function.\*

**Product Code:** #10188

**Suggested Usage:** Three capsules daily with meals

### **PROGESTO SUPPORT™:**

A combination of phytoprogestones, progestogenic adaptogens, and other herbs that support optimal progesterone function by maintaining the health of progesterone-producing glands and by supporting the healthy function of progesterone-responsive tissues.\*

**Product Code:** #10189

**Suggested Usage:** Three capsules daily with meals

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## **Men's Health Support**

*A Suggested Nutritional Protocol for Prostate Health\**

### **ULTRA ESSENTIALS:**

A comprehensive multivitamin in a fruit and vegetable base. Supplies substantial amounts of lutein, lycopene and zeaxanthin. Designed to provide antioxidants and vitamins for general health support.\*

**Product Code:** #10167

**Suggested Usage:** Four to eight tablets taken through the course of the day with meals

### **PROSTATE HEALTH SUPPORT:**

Provides nutrients and herbs, including saw palmetto, nettles, pygeum, and beta-sitosterol, that can help maintain healthy function of the prostate gland.

**Product Code:** #10126

**Suggested Usage:** One to two tablets daily

### **SAW PALMETTO PLUS:**

A comprehensive formula to help support healthy prostate function.

**Product Code:** #10131

**Suggested Usage:** One capsule daily

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## ***Premenstrual Tension***

*A Suggested Nutritional Protocol to Support PMS\**

### ***ULTRA ESSENTIALS:***

A comprehensive multivitamin in a fruit and vegetable base. Supplies substantial amounts of lutein, lycopene, and zeaxanthin. Designed to provide antioxidants and vitamins for general health support.\*

**Product Code:** #10167

**Suggested Usage:** Four to eight tablets taken through the course of the day with meals

### ***RELORA® PLEX:***

A unique, patent-pending mixture of two herbal extracts, specifically designed to support normal mental functioning during stress and anxiety.

**Product Code:** #10201

**Suggested Usage:** Two capsules daily

### ***BORAGE SEED OIL:***

Borage Seed Oil, a rich source of fatty acids including gamma linoleic acid (GLA), is helpful during times of menstrual tension.

**Product Code:** #10018

**Suggested Usage:** Two softgels daily

### ***VITAMIN B-6 (100 MG):***

Vitamin B-6 is helpful for those suffering from tension surrounding menstruation.

**Product Code:** #10152

**Suggested Usage:** One tablet daily

### ***DIM:***

DIM is a synergistic combination of plant based ingredients including diindolylmethane, curcumin, green tea, and wasabia designed to support healthy hormone balance and immune health.\*

**Product Code:** #10192

**Suggested Usage:** Two vegetarian capsules daily

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## ***Skin Health Protocol***

*A Suggested Nutrition Protocol for Skin Health\**

Skin is comprised of layers of tissue that protect the body from exposure to pathogens and harmful substances. It also helps regulate body temperature and allows for the sensation of touch, among its many roles as the largest organ of the body.

### ***ULTRA ESSENTIALS:***

A comprehensive multivitamin in a fruit and vegetable base. Supplies substantial amounts of lutein, lycopene and zeaxanthin. Designed to provide antioxidants and vitamins for general health support.\*

**Product Code:** #10167

**Suggested Usage:** Four to eight tablets taken through the course of the day with meals

### ***HAIR, SKIN & NAILS SUPPORT:***

Contains beneficial amounts of several vitamins, minerals and other nutrients, specially formulated to support healthy hair, skin and nails.\*

**Product Code:** #10081

**Suggested Usage:** Four capsules daily with meals

### ***EXTRA STRENGTH MARINE FISH OIL:***

Contains a significant amount of the essential fatty acids, EPA/DHA, to support the body's normal inflammatory processes, including those involved with skin health. Enteric coated to reduce "fishy after-taste."\*

**Product Code:** #10177

**Suggested Usage:** Two enteric-coated softgels daily

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## ***Varicose Vein Support***

*A Suggested Protocol for Venous Support\**

### ***ULTRA ESSENTIALS:***

A comprehensive multivitamin in a fruit and vegetable base. Supplies substantial amounts of lutein, lycopene and zeaxanthin. Designed to provide antioxidants and vitamins for general health support.\*

**Product Code:** #10167

**Suggested Usage:** Four to eight tablets taken through the course of the day with meals

### ***VITAMIN E 400 IU:***

Contains natural-source mixed tocopherols with a minimum guaranteed amount of the d-beta, d-gamma and d-delta tocopherols, as well as additional mixed tocotrienols. Studies have shown that these natural isomers have synergistic effects in conjunction with the more commonly used d-alpha-tocopherol.

**Product Code:** #10160

**Suggested Usage:** One softgel daily

### ***VITAMIN C 500 MG:***

Antioxidants, especially vitamin C, are important for normal blood vessel function and blood flow.

**Product Code:** #10155

**Suggested Usage:** Two capsules, twice daily

### ***VASCULAR HEALTH SUPPORT:***

When the structural integrity of the vascular system is challenged, problems such as varicose veins, spider veins and hemorrhoids can develop as noticeable signs of vascular weakness. Vascular Health Support contains a blend of vitamin C, hesperidin methylchalcone, and standardized extracts of horse chestnut, butcher's broom, and gotu kola, especially useful to enhance overall vascular tone, fluid balance and circulation to the legs.

**Product Code:** #10145

**Suggested Usage:** One to two vegetarian capsules daily

### ***BILBERRY PLUS:***

Bilberry contains important flavonoids that contribute to the health and integrity of the venous system.

**Product Code:** #10014

**Suggested Usage:** One capsule daily

\*Statements within have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or prevent any disease.

## **Weight Loss Support**

*A Suggested Nutritional Protocol for Weight Management\**

### **DIET SUPPORT:**

This product combines a special formula of *Garcinia cambogia* and chromium specifically designed to support sensible weight management programs such as those involving consistent, moderate dietary restriction and regular exercise.

**Product Code:** #10202

**Suggested Usage:** One capsule with 8 ounces of water ½ to 1 hour before each meal

### **RELORA® PLEX:**

Stress related eating over a prolonged period of time can lead to weight gain. This unique, patent-pending mixture of two herbal extracts is specifically designed to support normal mental functioning during stress and anxiety.

**Product Code:** #10201

**Suggested Usage:** Two capsules daily

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