Have you looked at Wellness Works lately?

- Do you want to expand into nutritional supplements, but feel unprepared?
- Do you want to grow your supplement practice, but don’t have time to “Go Back to School”?
- Are you tired of losing supplement sales to your competition and the internet?
- Are you looking for a supplement company that will help you grow your business, not just sell their product?

If you answered YES, then take a look at Wellness Works.

**OUR MISSION**

At Wellness Works, there are only three things you need to remember:

1. Our relationship with YOU, our customer, is a partnership, and one that we value most highly.
2. The mission of Wellness Works is to sell YOU. You sell the vitamins.
3. At Wellness Works, we don’t make money until YOU make money!

**The Wellness Works Story:**

- A customizable label template that can incorporate your practice colors and logo for a truly unique proprietary label.
- Extensive selection of 160+ professional grade supplements with ongoing new additions to the line.
- Wellness Works “Website Webinars”—educational opportunities to make you and your staff more knowledgeable in clinical nutrition.
- Customizable product marketing collateral that will refer your customers to your product and build your brand loyalty.
- Monthly Nutritional Grand Rounds teleconferences to discuss your patient challenges and increase your knowledge.
- Wellness Works nutritional consultants to help you grow your nutritional business.
- Customized Product Catalogs with your branding, contact information and colors throughout.
- No minimum purchase required. No contract required.
- … and so much more!
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Note: The statements contained herein 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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Please see the current Wellness Works product order form for current pricing.  
‡ The statements contained herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Testing for Quality
• Certified independent laboratories test raw materials and finished products.
• Using the most advanced equipment and test methods—including HPLC, ICP, GFAA and FT-IR—our suppliers verify the potency and purity of ingredients.
• Microbiological testing is performed to ensure supplement purity and safety.

Ingredient Quality
• Our ingredients are sourced from trusted industry leaders in the United States, Europe and Japan, and are tested for purity and potency by independent certified labs.
• Standardizations of herbal extracts are provided to indicate primary active marker compounds.

Manufacturing Quality
• Our manufacturers are NSF International and Good Manufacturing Practices (GMP) registered.
• ISO 9001 Quality Management System certified.
• ISO 17025 accreditation of in-house laboratories performing chemical, physical, and microbial testing.
• Health Canada, European Union GMP certified.
• Written Standard Operating Procedures (SOPs) to comply with current GMPs ensuring consistent quality.
• Finished products meet and often exceed USP specifications.
• Certificates of analysis available from vendors.

Wellness Works products are worthy of your professional recommendation.

Business Assurance
Along with making nutritional sense, vitamin supplements need to make business sense. The Wellness Works line offers professional-grade products that can be professionally recommended.
• Wellness Works is sold only through independent practices.
• No contract or minimum purchase required.
• Customizable label design.
• Customizable marketing collateral that refer customers to your product and your brand.

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Professional Assurance

Our Wellness Works Member Design team has created the best nutritional line for your pharmacy. And, our internal Wellness Works team is committed to assisting Wellness Works customers with any support they may need.

Wellness Works Assurance
—Our Pledge to You

At Wellness Works, our goal is to deliver the most efficient and comprehensive personalized service possible. Every effort is made to simplify and streamline the ordering process for you. Our friendly and knowledgeable Customer Service team is available to answer any questions, and assist you with your orders. Our Wellness Works consultants are available to answer any product questions you might have.

Wellness Works Member Design Team

Choose from Three Convenient Ways to Order

2. Order by PHONE
   Call us TOLL-FREE at 800.331.2498
3. Order by FAX
   Fax your order TOLL-FREE to 800.874.5760 using a copy of our convenient fax order form.

No Minimums
You may order any quantity you want.

S&H for Supplement Orders
Most Wellness Works orders ship within 24-48 hours. Orders ship via FedEx published rates (unless otherwise stated).

Terms & Payment Methods
After initial label design approval, cash on delivery (COD), or Credit Card (VISA, MasterCard, American Express and Discover). Terms with approved credit. Past due accounts are subject to a 1.5% per month finance charge.

Returnable Products
• Products received in error or damaged in shipping. All claims must be made within 10 days of receipt.
• All product returns must be authorized through Customer Service for a credit to be issued with prior approval from Wellness Works.

Pricing
All prices, sizes and formulations are subject to change without prior notification.

Please see the current Wellness Works product order form for current pricing.
‡ The statements contained herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Wellness Works Specialty Products

Exclusive Wellness Works products coupled with your clinical expertise bring optimal outcomes for your patients. Effective for some of the most challenging nutritional issues facing customers.

• **GUT HEALTH:** Gut Restorative PRP [WW# 10361] Foundational support for “leaky gut syndrome.” Supports healthy gastrointestinal function and creates a stronger immune system.

• **DETOXIFICATION:** Colon Health Support [WW# 10370] Gluten-free supplement designed to help balance, soothe and replenish the gastrointestinal tract.

• **DIGESTIVE SUPPORT:** Gluten Digestive Enzymes [WW# 10324] Natural digestive supplement containing enzymes to enhance the digestion of gluten.

• **PAIN/INFLAMMATION:** Inflam-Enz [WW# 10363] Complex formulation of ingredients designed to provide joint comfort, increase mobility and decrease overall inflammation.

• **STRESS MANAGEMENT:** GABA Calm [WW# 10358] Combination of GABA and L-theanine to support positive mood, reduce stress and relieve mental tension.

• **WEIGHT LOSS/DEPRESSION:** Crave Control [WW# 10371] Nutritional support for neurotransmitter balance and suppression of cravings.

• **COGNITIVE FUNCTION:** Memory Plus [WW# 10270] Enhances mental clarity, memory retention and improved attention.

• **MEN'S HEALTH/SPORTS NUTRITION:** Nitric Oxide Formula [WW# 10365] Support for healthy nitric oxide production and improved vascular health.

• **MEN'S HEALTH/SPORTS NUTRITION:** Pycnogenol [WW# 10373] Extensively studied natural product providing anti-oxidant, anti-inflammatory and vasodilatory benefits.

• **SLEEP SUPPORT:** Sleep Perfect Formula [WW# 10338] Natural option for soothing and restful sleep.

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The Wellness Works Advantage

Place an order totaling $2,500 or more to receive your choice of one of the following:

- **Customized Product Catalog** (with 20 free prints)
- **Directives Catalog** (with 20 free prints)
- **Social Media Packet** (6 customized images to promote your product through social media channels)
- **Custom MP4 Marketing Video** (for use on social media or in-store)
- **POS** (point-of-sale in-store display unit)

**90-Day Service with Rx Message on Hold.** New Wellness Works members receive a 90-day complimentary subscription from Tom Talbert - RX Message on Hold (must be a new, not existing customer of Tom Talbert - RX Message on Hold). Additional 90-day complimentary service available for Wellness Works orders totaling $2,500 or more. That's six months free!

**Plus, choose three of these:**

- **Custom Marketing Newsletters** (3 topics of your choice) - See page
- **Custom Bottle Shots** (for use in print or digital marketing)
- **Custom Posters** (your choice of 2 of our customized 12x18 poster designs, professionally printed and shipped to your pharmacy)
- **Wellness Works Website Webinars** (digital downloads of educational nutritional webinars)
- **What You Must Know About Vitamins, Minerals, Herbs & More** by Pamela Wartian Smith, MD, MPH, MS (an informative, detailed nutritional reference book for your pharmacy)

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**Free Promotion of Your Wellness Works Product Line with Customized Marketing Collateral:**

- Opportunity to use PCCA’s **Easy Pay Plan** to defer payments over 13 months
- Custom label design **FREE** with initial order
- Custom product data sheets
- Enrollment in our monthly digital newsletter **“Making Wellness Work”** (featuring the latest product and nutritional information)
- Wellness Works nutritional/business consulting

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Ask about our special custom orders and view more customizable marketing materials at www.wellnessworks.com

Please see the current Wellness Works product order form for current pricing.

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**Customized Supplement Label**

The first step to ordering your supplements and customized marketing collateral is to design your proprietary label.

Ordering your supplements and customized marketing collateral can be found on the Wellness Works website. Our in-house design team will use your logo to create a custom proprietary label and send to you for approval. Upon approval, you will receive a confirmation email with your final label attached. Now you are ready to order your Wellness Works supplements and marketing collateral!

**Customized Product Data Sheets**

One of the best ways to educate your customers and staff about your Wellness Works product line and to establish your brand in the marketplace is through customized product data sheets. These sheets will supply your customers and staff with all the supplement information for each product in the Wellness Works line.

Once your custom label is designed, the Wellness Works design team will provide Wellness Works product data sheets customized with your personal logo and contact information.

**Customized Marketing Posters**

Hang customized posters in your pharmacy to promote and increase customers to your new proprietary supplement line. Each poster is customized with your logo and comes printed on 100-pound paper stock. The complete collection of 12” × 18” posters and marketing collateral can be found on the Wellness Works website wellnessworks.com.

"Your business can’t grow if your customers don’t know.”

— Tom Talbert

1.800.331.2498 or 281.933.6948 • fax 1.800.874.5760 or 281.933.6637 • www.wellnessworks.com

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Fully-Customized Nutraceutical Product Catalogs and Directives

Customization features your pharmacy name, logo, website, colors, address and phone number throughout the catalog.

- **Customized Product Catalog and Directives** are designed to showcase your logo, location and commitment to customers’ healthy lifestyle.
- Includes your branding on the front and back of each piece.

Custom Marketing Newsletters

Valuable patient information which focuses on the role our nutraceutical products play when included in a healthy diet and lifestyle. Newsletters discuss nutritional topics such as providing protection to improve health, delaying the aging process, preventing chronic disease and supporting body functions.

To order your customized catalog, contact Director of Wellness Works Nutrition

Please see the current Wellness Works product order form for current pricing.
† The statements contained herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Custom In-Store Digital Displays

**Wellness Works offers fully Customized in-store digital shows for your practice.**

Your patients can learn about your high-quality nutritional products when picking up a prescription, coming in for a consultation, or just standing at the counter. Customization of your MP4 video can include your pharmacy name, logo, branded bottle shots, even staff or store photos with optional background music.

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Wellness Works Website Webinars

Each month a new webinar will be available for download for you and your staff for only $25 on Vimeo. Build your in-store educational library by purchasing the Webinar of the Month each month.

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View more customizable marketing materials at www.wellnessworks.com
Nutritional Grand Rounds

Wellness Works brings its customers and those interested in enhancing their nutritional knowledge base a great opportunity for peer-to-peer best practices sharing.

Nutritional Grand Rounds Phone Call
A free monthly nutritional teleconference held the first Wednesday of each month at 10 am Central Time. Ideal for individuals wishing to enhance their knowledge of clinical nutrition through interactive sharing with others. Hosted by Director of Wellness Works Nutrition, John Preckshot, RPh, CCN, FAARM, and featuring the members of the Wellness Works Design Team.

- Teleconference on first Wednesday of each month at 10 am Central Time
- U.S. customers call 1.877.273.4202; Canadian attendees call #1.888.350.3035; Australian attendees call +61 1.800.453.429

Have questions, or need additional information?
Please contact John Preckshot, RPh, CCN, FAARM, Director of Wellness Works Nutrition at 713.876.5606 or e-mail jpreckshot@wellnessworks.com.

REMEMBER!
If you cannot make the call live, you can easily access past monthly recordings on the www.wellnessworks.com website under the Nutritional Grand Rounds menu button at the top right.

Have you looked at Wellness Works lately?

Please see the current Wellness Works product order form for current pricing.
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Nutritional Education and Training

The goal of Wellness Works is to make you and your staff the vitamin experts in your marketplace. To that end, Wellness Works offers an array of educational, training and counseling options to meet your needs.

- **Wellness Works Directives** – This text links therapeutic indications, recommended products and appropriate marketing materials for a wide range of therapeutic indications to greatly facilitate the education of your staff and your marketing efforts with your customers. *See Page #7.*

- **Wellness Works Catalog** – Designed to be a quick reference not only for the Wellness Works product line, but for indications for professional and staff product recommendations. *See Page 7.*

- **Monthly Newsletter** – “Making Wellness Work” is where the newest Wellness Works products and the latest in marketing and education opportunities are presented first. Don’t overlook opportunities to increase your nutritional sales.

- Did you know that past Monthly Nutritional Practice Builder editions of “Making Wellness Work” are available on the Wellness Works website for you to download for FREE? Go to the Wellness Works website [www.wellnessworks.com](http://www.wellnessworks.com) to view the many educational offerings we provide for you.

- **Nutritional Consulting** – Available to Wellness Works customers at no charge, the Wellness Works Nutritional Consultants can help you with product selection, product information, clinical queries and other nutritional matters. Consultants can be contacted through PCCA Customer Service, or on the Wellness Works website.

† The statements contained herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
There is no question that there is an ever increasing awareness and interest in nutritional supplementation to help maintain health. Millions of Americans are taking nutritional supplements every day and experiencing better overall health for their efforts. However, there is also no question that **ALL SUPPLEMENTS ARE NOT CREATED EQUAL.** This fact can be very confusing to the public who, naturally, want to seek out the best supplements available to obtain optimal outcomes. At our pharmacy, we feature “professional-grade” quality supplements. But what does that mean to you?

In our pharmacy, “professional-grade” means that the quality and purity of our supplements are beyond question and are tested many times during the production process. Physicians, pharmacists, chiropractors and other healthcare professionals do not have time to waste on products of questionable quality when they make recommendations for nutritional supplements. That is why we, and so many other healthcare professionals, recommend the professional-grade products found in our supplement line.

So what does professional-quality mean to you? First, the ingredients used in our products are sourced from only the most trusted industry leaders in the United States, Europe and Japan. Where many companies seek out the least expensive ingredients for their products, we seek only the highest quality ingredients for our products. These ingredients are further tested for purity and potency by certified labs. Most importantly, herbal extracts and natural products are standardized to provide consistent levels of their primary active marker compounds. We can state with pride that our herbal products are continually tested “from the farm to the pharmacy.”

Once the raw materials are received by our manufacturer, certified labs once again test those materials for potency, purity and identity of the ingredients. High-performance liquid chromatography (HPLC), inductively coupled plasma mass spectroscopy (ICP), and fourier transform infrared spectroscopy (FT-IR) are just a few of the high-level tests used to ensure that only the best ingredients are going into our supplements. Microbiological testing is also performed to detect any biological impurities in the ingredient samples.

Finally, our manufacturers are NSF International and Good Manufacturing Practices (GMP) registered. They are ISO 9001 certified and the testing labs are ISO 17025 accredited. Written standard operating procedures (SOPs) are adhered to, ensuring consistent product quality. Finally, the finished products meet and often exceed USP specifications.

What does all of that mean to you? Not all supplements are created equal! With our supplements, the QUALITY goes in before our label goes on.
**5-HTP**  
*Standardized Griffonia Extract 100 mg*

**DESCRIPTION**  
L-5-hydroxytryptophan (5-HTP) is a naturally occurring amino acid and chemical precursor as well as a metabolic intermediate in the biosynthesis of the neurotransmitters, serotonin and melatonin, from tryptophan.

**SUGGESTED USE**  
Adults take 1 capsule daily with food, or as directed by a healthcare professional.

**One capsule contains:**  
- Vitamin C (as ascorbic acid) ........................................... 250 mg  
- Vitamin B-6 (as pyridoxine HCl) ......................................... 25 mg  
- Griffonia bean extract .......................................................... 102 mg  
  *(Griffonia simplicifolia)*  
  *(Standardized to contain 98% [100 mg] L-5-hydroxytryptophan)*

**Other ingredients:** Gelatin, water (capsule), rice powder, silica and magnesium stearate.

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**5-MTHF**  
*1,000 mcg*

**DESCRIPTION**  
The most biologically active form of the B-vitamin, folate acid, 5-methyltetrahydrofolate (5-MTHF) is a form of folate supplementation targeted to individuals with genetic enzyme deficiencies, digestive system challenges or poor liver function which prevents them from converting folate acid in food or supplements into 5-MTHF.

**SUGGESTED USE**  
Adults take 1 capsule daily, or as directed by a healthcare professional.

**One capsule contains:**  
- Folate (as [6S]-5-methyltetrahydrofoleric acid from 2,000 mcg of Quatrefolic®) ........................................... 1,000 mcg  
- Other ingredients: Microcrystalline cellulose, vegetable cellulose, vegetarian leucine.

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**Acetyl-L-Carnitine**  
*500 mg*

**DESCRIPTION**  
Acetyl L-Carnitine is the acetylated form of L-carnitine. It supports healthy mitochondrial function and cell membrane stability! The acetyl group from acetyl L-carnitine is responsible for production of acetylcholine, an important neurotransmitter for optimal mental functioning, memory and attention.

**SUGGESTED USE**  
Adults take 1 capsule, 1-3 times daily between meals, or as directed by a healthcare professional.

**One vegetarian capsule contains:**  
- Acetyl L-carnitine .......................................................... 500 mg  
- Other ingredients: Cellulose and water (capsule), rice powder, magnesium stearate, silica.

**Contains NO sugar, salt, dairy, yeast, soy, wheat, gluten, corn, preservatives, artificial colors or flavors.**

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**Active Life Nutrient Capsules**  
*Multivitamin and Mineral Capsules*

**DESCRIPTION**  
Active Life Nutrient Capsules are a balanced vitamin/mineral/trace element supplement with over 22 essential nutritional ingredients in a convenient once daily capsule.

**SUGGESTED USE**  
Adults take 1 capsule daily with food, or as directed by a healthcare professional.

**One vegetarian capsule contains:**  
- Vitamin A (as 50% retinyl acetate, 50% mixed carotenoids) ........................................... 3,500 IU  
- Vitamin C (as ascorbic acid) ........................................... 150 mg  
- Vitamin D3 (as cholecalciferol) ........................................... 2,000 IU  
- Vitamin E (as d-alpha tocopheryl succinate) ........................................... 30 IU  
- Vitamin K2 (as menaquinone-7) ........................................... 50 mcg  
- Thiamine (as Thiamine HCl) ........................................... 5 mg  
- Riboflavin (as riboflavin 5-phosphate) ........................................... 3.5 mg  
- Niacin (as niacinamide) .................................................. 20 mg  
- Vitamin B6 (as pyridoxal 5-phosphate) ........................................... 5 mg  
- Folate (as [6S]-5-methyltetrahydrofolic acid from 800mcg of Quatrefolic®) ........................................... 400 mcg  
- Molybdenum (as TRAACS molybdenum glucosamine salt) | 75 mcg  
- Vitamin B12 (as methylcobalamin) ........................................... 500 mcg  
- Biotin .......................................................... 300 mcg  
- Pantothenic Acid (as Ca pantothenate) ........................................... 10 mg  
- Iodine (as potassium iodide) ........................................... 150 mcg  
- Zinc (as Zn citrate) ........................................... 25 mg  
- Selenium (as selenomethionine) ........................................... 50 mcg  
- Manganese (as Mn citrate) ........................................... 2 mg  
- Chromium (as Cr polynicotinate) ........................................... 200 mcg  
- Molybdenum (as as TRAACS molybdenum glucosamine chelate) ........................................... 75 mcg  
- Coenzyme Q10 .................................................. 50 mg  
- Alpha Lipic acid ........................................... 50 mg  
- Choline (as choline bitartrate) ........................................... 25 mg  
- Inositol .................................................. 25 mg  
- Lutein .................................................. 3 mg  
- Boron (as B amino acid chelate) ........................................... 1 mg  
- Lycopene ........................................... 500 mcg  
- Zeanxanthin ........................................... 500 mcg

**Other ingredients:** Vegetable cellulose (capsule), microcrystalline cellulose, vegetarian leucine.  
Gluten-Free, Vegetarian

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**AdreBoost-NG**

**DESCRIPTION**  
AdreBoost-NG is a combination of nutrients and herbs that support healthy adrenal function during periods of physical and emotional stress. The adaptogenic herbs (Eleuthero, Rhodiola rosea, and Ashwagandha) are standardized to ensure a consistent dose of active compounds.

**SUGGESTED USE**  
Adults take 2 capsules daily at mealtime, or as directed by a healthcare professional.
Two capsules contain:
- Vitamin C (as ascorbic acid) .................................................. 60 mg
- Vitamin B-6 (as pyridoxine HCl) ........................................... 25 mg
- Pantothenic Acid (d-calcium pantothenate) .................... 100 mg
- L-tyrosine ........................................................................... 500 mg
- Rhodiola rosea (standardized to 3% [6 mg] rosin and 1% [2 mg] salidroside) ........................................... 200 mg
- Eleuthero ............................................................................ 100 mg
- (Eleutherococcus senticosus) root extract
  (standardized to 0.5% [0.5 mg] eleutherosides)
- Ashwagandha ....................................................................... 150 mg
- (Withania somnifera) root extract (standardized to 1.5% [2.5 mg] withanolides)
- Choline (as choline bitartrate) .............................................. 50 mg
- Ginger (Zingiber officinale) root extract .......................... 50 mg
- Licorice (Glycyrrhiza glabra) root extract ......................... 40 mg
- Astragalus (Astragalus membranaceus) root extract ............ 45 mg
- Gotu Kola (Centella asiatica) leaf ....................................... 25 mg
- Schizandra (Schizandra chinensis) ...................................... 20 mg

Other ingredients: Cellulose and water (capsules), magnesium stearate and silica.
Contains NO sugar, salt, dairy, yeast, soy, wheat, corn, preservatives, artificial colors or flavors.

Adrenal Health, Glandular†
With Adrenal Gland Concentrate

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<thead>
<tr>
<th>Product #</th>
<th>Size</th>
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<tbody>
<tr>
<td>10337</td>
<td>60 Vegetarian Capsules</td>
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</table>

DESCRIPTION
Adrenal Health, Glandular is a synergistic blend of vitamins, minerals and glandulars designed to support normal adrenal health and stress management.†

SUGGESTED USE
Adults take 1–2 capsules daily, or as directed by a healthcare professional.

Two vegetarian capsules contain:
- Vitamin A ........................................................................... 3,000 mcg
- Vitamin C ........................................................................... 300 mg
- Pantothenic acid (as d-calcium pantothenate) .................... 60 mg
- Vitamin B-6 (as pyridoxine HCl) ........................................... 50 mg
- Zinc (as Zinc Aspartate Complex) ...................................... 15 mg
- Adrenal (concentrate) ........................................................... 300 mg
- Spleen (concentrate) ............................................................. 50 mg
- Thiamine ............................................................................. 3 mg
- Riboflavin .......................................................................... 1.5 mg

Other ingredients: Microcrystalline cellulose (vegetarian capsules), magnesium stearate and silica.
Contains NO sugar, sodium, starch, milk/dairy, yeast, soy, protein, wheat, gluten, corn, preservatives, artificial colors or flavors.

Aller-Calm Complex
Supports Normal Respiratory Function in the Presence of Airborne Allergens‡

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<thead>
<tr>
<th>Product #</th>
<th>Size</th>
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<tbody>
<tr>
<td>10291</td>
<td>90 Tablets</td>
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</table>

DESCRIPTION
Aller-Calm Complex is a proprietary blend of seven standardized herbal extracts clinically formulated and tested to promote health and normal breathing and to support clear airway passages seasonally and all year round.‡

SUGGESTED USE
Adults take 3 tablets 2 times daily in the presence of seasonal airborne allergens or 3 tablets daily year round, or as directed by a healthcare professional.

Three tablets contain:
- Vitamin C (as ascorbic acid) ............................................. 100 mg
- Proprietary herbal blend .................................................. 660 mg
- Quercetin .......................................................................... 500 mg
- MSM ............................................................................... 1300 mg
- Stinging nettles ................................................................. 200 mg
- Bromelain ......................................................................... 25 mg
- Proprietary berry blend .................................................... 25 mg
- Feverfew ............................................................................. 25 mg
- Turmeric ............................................................................. 50 mg
- Ginger ................................................................................ 35 mg

Other ingredients: Cellulose, propionic acid, cellulose gum, dicalcium phosphate, silica, magnesium stearate, and pharmaceutical glaze.
Contains NO sugar, salt, dairy, yeast, soy, wheat, corn, preservatives, artificial colors or flavors.
Vegetarian, Gluten-Free, Dairy-Free

Alpha Lipoic Acid 100 mg

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<th>Product #</th>
<th>Size</th>
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</thead>
<tbody>
<tr>
<td>10006</td>
<td>60 Capsules</td>
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</table>

DESCRIPTION
Alpha Lipoic Acid capsules contain 100 mg of pure alpha-lipoic acid. Alpha-lipoic acid is a non-vitamin coenzyme that carries out important metabolic and antioxidant functions in the body.

SUGGESTED USE
Adults take 1 capsule, 1–3 times daily with food, or as directed by a healthcare professional.

One capsule contains:
- Alpha-lipoic acid ............................................................... 100 mg

*From Lipocent® brand made by Cognis Nutrition.
Other ingredients: Gelatin and water (capsule), rice powder, silica, and magnesium stearate.
Gluten-Free, Dairy-Free

Alpha Lipoic Acid 300 mg

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<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10322</td>
<td>60 Vegetarian Capsules</td>
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</tbody>
</table>

DESCRIPTION
Alpha Lipoic Acid capsules contain 300 mg of pure alpha-lipoic acid. Alpha-lipoic acid is a non-vitamin coenzyme that carries out important metabolic and antioxidant functions in the body.

SUGGESTED USE
Adults take 1 capsule daily with food, or as directed by a healthcare professional.

One vegetarian capsule contains:
- Alpha-lipoic acid ............................................................... 300 mg

Other ingredients: Microcrystalline cellulose and vegetable cellulose (capsule), and vegetarian lecine.
Vegetarian, Gluten-Free
AntiOxidant Essentials
With Vitamins C & E

Product # | Size
---|---
10010 | 90 Tablets

DESCRIPTION
AntiOxidant Essentials contains a varied blend of nutritional antioxidants to help neutralize a range of free radical molecules.

SUGGESTED USE
Adults take 2 tablets daily with food, or as directed by a healthcare professional.

Two tablets contain:
- Vitamin A (as beta carotene) .............................................................. 10,000 IU
- Vitamin C (ascorbic acid) ................................................................. 600 mg
- Vitamin E (d-alpha tocopherol succinate) .............................................. 200 IU
- Riboflavin, riboflavin-5-phosphate .................................................... 50 mg
- N-Acetyl-Cysteine ........................................................................... 100 mg
- L-Cysteine HCI ............................................................................... 100 mg
- L-Glutathione (reduced form) ........................................................... 20 mg
- Quercetin ....................................................................................... 30 mg
- Alpha Lipoic Acid ........................................................................... 5 mg
- Zinc (monomethionine) ................................................................... 15 mg
- Selenium (selenomethionine) .............................................................. 100 mcg
- Copper (amino acid chelate) ............................................................... 1 mg
- Manganese (arginate) ...................................................................... 1 mg

Other ingredients: Dicalcium phosphate, cellulose, vegetable stearin, cellulose gum, silica, magnesium stearate, modified cellulose, and vanilla powder. Contains soy.

Riboflavin-5-phosphate is a coenzyme form of vitamin B-2. Pyridoxal-5-phosphate is a coenzyme form of vitamin B-6.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

Ashwagandha Extract

500 mg

Product # | Size
---|---
10372 | 60 Vegetarian Capsules

DESCRIPTION
Used in Ayurvedic medicine for over 6,000 years, Ashwagandha has been used most specifically for its anti-stress and adaptogenic properties.

SUGGESTED USE
Adults take 1 capsule daily, or as directed by a healthcare professional.

One capsule contains:
- Ashwagandha (Withania somnifera) root extract (standardized to 2.5% [12.5 mg] total withanolides) ........................................... 500 mg

Contains NO dairy, wheat, gluten, soy, preservatives, artificial colors or flavors.

Balanced Meal Complete
Nutritional Shake — Chocolate

Product # | Size
---|---
10346 | 1.1 lb (510 g)

DESCRIPTION
Balanced Meal Complete is a plant-based nutritional shake that contains a complete formulation of nutrients to provide for a nutritious shake or meal replacement.

SUGGESTED USE
Use 1–2 scoops in water or preferred beverage daily, or as directed by a healthcare professional.

Two scoops (approximately 39.5 g) contain:
- Calories ....................................................................................... 160
- Calories from fat ......................................................................... 30
- Total fat ...................................................................................... 3 g
- Saturated fat ............................................................................... 0.5 g
- Sodium ..................................................................................... 290 mg
- Potassium .................................................................................. 290 mg
- Total carbohydrate ................................................................. 15 g
- Dietary fiber .............................................................................. 6 g
- Sugars ..................................................................................... <1 g
- Protein ..................................................................................... 18 g
- Vitamin A (as beta carotene) ......................................................... 353 mcg RAE
- Vitamin C (as ascorbic acid) ......................................................... 5.2 mg
- Vitamin D3 (as cholecalciferol) ....................................................... 4 mcg
- Vitamin E (as succinate, acetate) ..................................................... 7 mcg
- Vitamin B1 (as thiamine hydrochloride, mononitrate) .................... 590 mcg
- Vitamin B2 (as riboflavin) ............................................................. 800 mcg
- Niacin (as niacinamide) ................................................................. 9 mcg
- Vitamin B6 (as hydrochloride) ....................................................... 775 mcg
- Folic Acid .................................................................................. 240 mcg
- Vitamin B12 (as cyanocobalamin) ................................................... 2.5 mcg
- Biotin ....................................................................................... 135 mcg
- Pantothenic Acid (as d-calcium pantothenate) ............................... 4 mcg
- Calcium (as carbonate) ................................................................. 240 mg
- Iodine (as potassium iodide) ........................................................... 67 mcg
- Magnesium (as citrate, oxide) ......................................................... 8 mg
- Zinc (as citrate, oxide) ................................................................ 6 mg
- Selenium (as methionine, selenite) .................................................. 9 mcg
- Copper (as gluconate) ................................................................. 350 mcg
- Manganese (as citrate, gluconate) ................................................... 2.2 mg
- Chromium (as amino acid chelate, chloride) .................................... 40 mcg
- Molybdenum (as amino acid chelate, molybdate) ......................... 8 mcg
- Multi-Source Vitamins & Minerals Matrix with Fermented Whole Foods .................................................................................. 850 mcg
- Organic Fermented Herbal Blend: Reishi, shiitake, macitake; Organic Fermented Vegetable Blend: Tomato, pea, carrot, spinach, pepper; Fermented Fruit Blend: Cherry, banana, apple, strawberry, blueberry; Organic Fermented Sprout Blend: Amaranth, quinoa, millet; Organic Cultured Spice Blend: Cinnamon, allspice, cloves; Essential Glyconutrient Blend: Mannose, glucose, galactose, xylose from Coffee arabica, aloe barbadensis
- Multi-Source Protein Matrix ........................................................................... 20,295 mg
- Multi-Source Plant Protein Matrix ..................................................... 6,075 mg

Multi-Source Low-Glycemic Energy Matrix ................................. 6,075 mg
- Organic oat bran, organic amaranth, organic quinoa, organic buckwheat, organic millet, organic chicory, broccoli sprouts, watercress sprouts, kale sprouts, mustard sprouts, and cabbage sprouts

Multi-Source Fiber/Antioxidant Matrix .............................................. 3,950 mg

‡ The statements contained herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Organic acacia gum fiber, organic beef, grape seed extract, plum fruit extract, strawberry juice, Hawaiian noni fruit, pineapple juice, guava juice, organic apple, orange juice, raspberry juice, mango juice, acai juice, cupuacu juice, camu camu fruit extract, green tea extract, watermelon juice, organic hawthorne berry extract, grape skin extract, elderberry fruit, organic goji extract, bilberry extract, protexase, amylase, cellulase, lactase, lipase, and wild Alaskan Aurora Blue® blueberry

Multi-Source Plant EFA Matrix: .................................................. 1,516 mg
Flax seed oil powder, flax seed, sacha inchi seed, chia seed and hemp seed

Probiotic, Prebiotic & Digestive Enzyme Matrix .................................. 988 mcg
Bacillus coagulans (1 billion viable cells), fructo-oligosaccharides (inulin), alpha-galactosidase and bromelain

Other ingredients: Cocoa, natural chocolate flavor, inulin, stevia, guar gum, silica, natural vanilla flavor, natural caramel flavor, lo han guo, organic maltodextrin and organic corn starch.

Contains NO dairy, yeast, wheat, gluten, preservatives, artificial colors or flavors.

Aurora Blue® is a registered trademark of Denali Bio Technologies.

Gluten-Free, Dairy-Free, Soy-Free, Non-GMO, Vegan

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**Balanced Meal Complete**

**Nutritional Shake — Vanilla**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10345</td>
<td>1.1 lb (510 g)</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Balanced Meal Complete is a plant-based nutritional shake that contains a complete formulation of nutrients to provide for a nutritious shake or meal replacement.

**SUGGESTED USE**

Use 1–2 scoops in water or preferred beverage daily, or as directed by a healthcare professional.

Two scoops (approximately 37.5 g) contain:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>160</td>
</tr>
<tr>
<td>Calories from fat</td>
<td>30</td>
</tr>
<tr>
<td>Total fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>0.5 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>270 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>100 mg</td>
</tr>
<tr>
<td>Total carbohydrate</td>
<td>15 g</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>5 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Protein</td>
<td>17 g</td>
</tr>
<tr>
<td>Vitamin A (as beta carotene)</td>
<td>353 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C (as ascorbic acid)</td>
<td>25 mg</td>
</tr>
<tr>
<td>Vitamin D3 (as cholecalciferol)</td>
<td>4 mcg</td>
</tr>
<tr>
<td>Vitamin E (as succinate, acetate)</td>
<td>7 mg</td>
</tr>
<tr>
<td>Vitamin B1 (as thiamine)</td>
<td>590 mcg hydrochloride, mononitrate</td>
</tr>
<tr>
<td>Vitamin B2 (as riboflavin)</td>
<td>800 mcg</td>
</tr>
<tr>
<td>Niacin (as niacinamide)</td>
<td>9 mg</td>
</tr>
<tr>
<td>Vitamin B6 (as hydrochloride)</td>
<td>775 mcg</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>240 mcg</td>
</tr>
<tr>
<td>Vitamin B12 (as cyanocobalamin)</td>
<td>2.5 mcg</td>
</tr>
<tr>
<td>Biotin</td>
<td>135 mcg</td>
</tr>
<tr>
<td>Pantothenic Acid (as d-calcium pantothenate)</td>
<td>4 mg</td>
</tr>
<tr>
<td>Calcium (as carbonate)</td>
<td>240 mg</td>
</tr>
<tr>
<td>Iodine (as potassium iodide)</td>
<td>67 mcg</td>
</tr>
<tr>
<td>Magnesium (as citrate, oxide)</td>
<td>8 mg</td>
</tr>
<tr>
<td>Zinc (as citrate, oxide)</td>
<td>6 mg</td>
</tr>
<tr>
<td>Selenium (as methionine, selenite)</td>
<td>9 mcg</td>
</tr>
<tr>
<td>Copper (as gluconate)</td>
<td>350 mg</td>
</tr>
<tr>
<td>Manganese (as citrate, gluconate)</td>
<td>2.2 mg</td>
</tr>
<tr>
<td>Chromium (as amino acid chelate, chloride)</td>
<td>40 mcg</td>
</tr>
</tbody>
</table>

Molybdenum (as amino acid chelate, molybdate) ................................. 8 mcg
Multi-Source Vitamins & Minerals Matrix with Fermented Whole Foods .................................. 850 mcg
Organic Fermented Herbal Blend: Reishi, shiitake, maitake
Organic Fermented Vegetable Blend: Tomato, pea, carrot, spinach, pepper
Fermented Fruit Blend: Cherry, banana, apple, strawberry, blueberry
Organic Fermented Sprout Blend: Amaranth, quinoa, millet
Organic Cultured Spice Blend: Cinnamon, allspice, cloves
Essential Glyconutrient Blend: Mannose, glucose, galactose, xylose from
Coffee arabica, aloe barbadensis

Multi-Source Plant Protein Matrix .................................................. 19,680 mg
Pea protein isolate, sprouted amaranth, sprouted quinoa, chlorella protein, cranberry seed protein, and a proprietary amino acid blend of leucine, isoleucine, valine, and glutamine

Multi-Source Low-Glycemic Energy Matrix ....................................... 6,075 mg
Organic oat bran, organic amaranth, organic quinoa, organic buckwheat, organic millet, organic chia, broccoli sprouts, watercress sprouts, kale sprouts, mustard sprouts, and cabbage sprouts

Multi-Source Plant EFA Matrix: .................................................. 1,516 mg
Flax seed oil powder, flax seed, sacha inchi seed, chia seed and hemp seed

Probiotic, Prebiotic & Digestive Enzyme Matrix .................................. 988 mcg
Bacillus coagulans (1 billion viable cells), fructo-oligosaccharides (inulin), alpha-galactosidase and bromelain

Other ingredients: Natural vanilla flavor, inulin, guar gum, stevia, silica, natural chai flavor, lo han guo, organic maltodextrin and organic corn starch.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, preservatives, artificial colors or flavors.

Aurora Blue® is a registered trademark of Denali Bio Technologies.

Gluten-Free, Dairy-Free, Soy-Free, Non-GMO, Vegan

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**Berberine Support†**

**With Alpha Lipoic Acid and Grape Seed Extract**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10281</td>
<td>60 Vegetarian Capsules</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Berberine Support supplies high-potency berberine combined with alpha lipoic acid and grape seed extract for blood sugar and cardiovascular support. Berberine Support promotes normal homocysteine levels and supports normal blood pressure, blood sugar and cholesterol levels.†

**SUGGESTED USE**

Adults take 1 capsule, 2 times daily with food, or as directed by a healthcare professional.

One vegetarian capsule contains:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Folate (as L-5-methyltetrahydrofolic acid)</td>
<td>200 mcg</td>
</tr>
<tr>
<td>(as [6S]-5-methyltetrahydrofolic acid from 400 mcg of Quatrefolic® [6S]-5-methyltetrahydrofolic acid, glucosamine salt)</td>
<td></td>
</tr>
<tr>
<td>Berberine (as berberine HCl)</td>
<td>500 mg</td>
</tr>
<tr>
<td>LeucoSelect® Phytosome™</td>
<td>50 mg</td>
</tr>
<tr>
<td>(Grape seed (Vitis vinifera) extract / phosphatidylcholine complex)</td>
<td></td>
</tr>
<tr>
<td>R-alpha lipoic acid</td>
<td>25 mg</td>
</tr>
<tr>
<td>Other ingredients: Hypromellose (capsule), microcrystalline cellulose, vegetable lecium. Contains soy. Vegetarian, Gluten-Free</td>
<td></td>
</tr>
</tbody>
</table>

Please see the current Wellness Works product order form for current pricing.

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**Beta-Carotene**

25,000 IU / Natural Mixed Carotenoids

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10012</td>
<td>60 Softgels</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Beta-Carotene is extracted from a potent natural source of Dunaliella salina sea algae. B. salina provides the two main beta-carotene isomers in an approximately equal ratio of all-trans to 9-cis-beta-carotene. In addition, small amounts of 13-cis-beta-carotene and other carotenoids are present, such as alpha-carotene, lutein, zeaxanthin, cryptoxanthin, and lycopene, as well as other natural vegetable sources, such as chlorella and spirulina.

**SUGGESTED USE**

Adults take 1 softgel daily with food, or as directed by a healthcare professional.

One softgel contains:

- Vitamin E (as d-alpha tocopherol) ......................................................... 15 mg
- Natural mixed carotenoids (from Dunaliella salina) .............................. 14,288 mcg
- Beta carotene .................................................................................. 450 mg
- Zeaxanthin ...................................................................................... 90 mcg
- Cryptoxanthin .................................................................................. 105 mcg
- Lutein .................................................................................................. 67 mcg
- Other ingredients: Gelatin, glycerin and water (capsule), annatto powder, soybean oil, and beeswax. Contains soy.
- Contains NO sugar, salt, dairy, yeast, wheat, corn, preservatives, artificial colors or flavors.
- Gluten-Free, Dairy-Free

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**BioDIM I-3-C Complex**

Hormonal Balance in Men and Women †

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10317</td>
<td>60 Vegetarian Capsules</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

BioDIM I-3-C Complex is a unique formulation that helps support the normal metabolic pathways of hormones in both men and women.

**SUGGESTED USE**

Adults take 2 capsules daily, or as directed by a healthcare professional.

Two vegetarian capsules contain:

- Vitamin D3 (as cholecalciferol) ......................................................... 1000 IU
- Vitamin E (as d-alpha tocopheryl succinate) ...................................... 50 IU
- Calcium (as Ca D-glucarate) .............................................................. 50 mg
- Indol-3-Carbinol ................................................................................ 200 mg
- Dimethyldimedone (DIM) ................................................................. 100 mg
- Green Tea (Camellia sinensis) leaf extract ............................................. 250 mg
- HMRI lignan™ (a Norway spruce (Picea abies) leaf extract) ................. 30 mg
- Trans-resveratrol ................................................................................ 50 mg
- Other ingredients: Vegetable cellulose (capsule), microcrystalline cellulose, silicon and vegetable lecine.

**Bone Health Support †**

With Ipriflavone, Soy & Calcium

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10016</td>
<td>120 Tablets</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Bone Health Support is a comprehensive vitamin, mineral and herbal formula designed to support healthy bone formation, maintenance and strength. †

**SUGGESTED USE**

Adults take 4 tablets daily with food, or as directed by a healthcare professional.

Four tablets contain:

- Calcium (as carbonate, citrate) ......................................................... 1,200 mg
- Vitamin D (as cholecalciferol) .......................................................... 5 mg
- Vitamin K (as phylloquinone) ............................................................. 100 mcg
- Magnesium (as oxide, citrate) ............................................................. 400 mg
- Zinc (as monomethionine) ................................................................. 10 mg
- Copper (as amino acid chelate) ......................................................... 1 mg
- Ipriflavone ....................................................................................... 200 mg
- Soy (Glycinex max) bean extract ....................................................... 250 mg
- Baro (as cratae, aspartate, glutamate) ............................................... 1 mg
- Horsetail herb extract (Equisetum arvense) ........................................ 100 mg
- Betaine hydrochloride ...................................................................... 25 mg
- Other ingredients: Cellulose, cellulose gum, vegetable stearin, dicalcium phosphate, magnesium stearate, silicic and food glaze.
- Contains NO dairy, yeast, wheat, corn, preservatives, artificial colors or flavors.

---

**Black Cohosh Plus**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10015</td>
<td>120 Capsules</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Black Cohosh is an herb that provides a natural way to normalize hormonal changes and moderate the uncomfortable changes that accompany menopause. Wellness Works Black Cohosh is made under strict European quality standards which are comparable to over-the-counter drug standards in the U.S. It provides optimal levels of naturally occurring triterpene glycosides.

**SUGGESTED USE**

Adults take 1 capsule, 4 times daily with food, or as directed by a healthcare professional.

One capsule contains:

- Black cohosh root extract ............................................................... 40 mg
- (Cimicifuga racemosa) (standardized to 2.5% [1 mg] Triterpene glycosides)
- Chasteberry fruit powder ................................................................. 100 mg
- (Vitex agnus-castus)
- Dong Quai root powder ................................................................. 100 mg
- (Angelica sinensis)

Other ingredients: Gelatin and water (capsule), rice powder, magnesium stearate and silica.
- Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

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Brain Health Support†
With Ginkgo Biloba & Phosphatidyl Serine

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10019</td>
<td>60 Vegetarian Tablets</td>
</tr>
</tbody>
</table>

DESCRIPTION
Supporting brain function becomes even more important as we age. This Brain Health Support formula is designed to support mental function and retard the cognitive decline associated with the aging process.†

SUGGESTED USE
Adults take 2 capsules daily with food, or as directed by a healthcare professional.

Two vegetarian capsules contain:
- Ginkgo biloba leaf extract (Standardized to 24% [14.4 mg] flavoneglycosides, 6% [4 mg] terpene lactones, 0.8% [0.5 mg] ginkgolide B)
- Phosphatidyl serine complex
- L-carnitine tartrate
- DHA Powder (docosahexaenoic acid)
- Choline (as bitartrate)
- Inositol

Other ingredients: Cellulose and water (vegetarian capsule), rice powder, silica and magnesium stearate.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free, Vegetarian

Bromelain
400 mg / Proteolytic Enzyme

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10021</td>
<td>60 Capsules</td>
</tr>
</tbody>
</table>

DESCRIPTION
Bromelain supplies 2,400 GDUs per gram. GDUs measure the digestive activity of an enzyme ingredient.

SUGGESTED USE
Adults take 1 capsule after each meal, or as directed by a healthcare professional.

One capsule contains:
- Bromelain (2400 GDUs/g)
- Betaine hydrochloride

Other ingredients: Gelatin, glycerin and water (capsule), cellulose, magnesium stearate and silica.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

Buffered Vitamin C
1,000 mg / Antioxidant and Immune Support†

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10328</td>
<td>100 Vegetarian Tablets</td>
</tr>
</tbody>
</table>

DESCRIPTION
Buffered Vitamin C contains 100%, pure, corn-free vitamin C, specially buffered with calcium and bioflavonoid complex.

Calcium & Magnesium Citrates
With Calcium from MCHC

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10327</td>
<td>100 Tablets</td>
</tr>
</tbody>
</table>

DESCRIPTION
Calcium & Magnesium Citrates provides calcium as citrate and as hydroxyapatite, a bioavailable source of calcium derived from whole bone.

SUGGESTED USE
Adults take 4 tablets daily with meals, or as directed by a healthcare professional.

Four tablets contain:
- Vitamin D (as cholecalciferol)
- Vitamin K (as phyloquinone)
- Calcium (as citrate, hydroxyapatite)
- Magnesium (as citrate, oxide)
- Boron

Other ingredients: Dicalcium phosphate, cellulose, modified cellulose gum, vegetable stearin, magnesium stearate, silica, and food glaze.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

Calcium & Magnesium Plus
With Boron and Vitamin D

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10024</td>
<td>250 Tablets</td>
</tr>
</tbody>
</table>

DESCRIPTION
Calcium & Magnesium Plus formula is designed to provide the structural components, as well as help support some of the complex biochemical and physiological processes involved in building and maintaining strong, healthy bone structure.† Each tablet provides 500 mg of calcium and 250 mg of magnesium.

SUGGESTED USE
Adults take 1 tablet 2 times daily with food, or as directed by a healthcare professional.

One tablet contains:
- Vitamin D (cholecalciferol)
- Calcium (as carbonate, citrate, amino acid chelate)
- Magnesium (as oxide, citrate, amino acid chelate)
- Boron

Please see the current Wellness Works product order form for current pricing.

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Cardio Health Support†
With Hawthorn and CoQ10

Three tablets contain:
- Vitamin C (as ascorbic acid) ..................................................... 100 mg
- Vitamin E (as d-alpha) ............................................................... 25 IU
- Niacin .................................................................................... 25 mg
- Vitamin B-6 (as pyridoxine HCl) .......................................... 5 mg
- Folic Acid .............................................................................. 400 mcg
- Vitamin B-12 (as cyanocobalamin) ..................................... 5 mcg
- Magnesium (as oxide, amino acid chelate) ....................... 400 mg
- Coenzyme Q10 .................................................................... 60 mg
- Hawthorn flower & Leaf extract ......................................... 100 mg
  (Standardized to 1.8% [1.8 mg] vitexin)
- L-carnitine (as tartrate) ............................................................. 500 mg
- Soybean extract .................................................................. 250 mg
- (Glycine max standardized to 2.5–3.5% [6.25–8.75 mg] isoflavones)
- Horsechestnut seed extract ................................................. 100 mg
  (Standardized to 20% [20 mg] aescin)
- Taurine ................................................................................. 500 mg
- Green tea leaf extract ............................................................. 50 mg
  (Standardized to 50% [25 mg] epicatechin)
- Grape seed extract (Vitis vinifera) ....................................... 5 mg
- Citrus bioflavonoids ................................................................. 50 mg
- Cayenne fruit (Capsicum annum) .......................................... 25 mg

Other ingredients: Cellulose, stearic acid, cellulose gum, silica, magnesium stearate and dicalcium phosphate.
Contains NO dairy, yeast, wheat, corn, preservatives, artificial colors or flavors.

SUGGESTED USE
Adults take 3 tablets daily with food, or as directed by a healthcare professional.

Children’s Chewable Vitamin
With Acidophilus

One chewable tablet contains:
Proprietary probiotic blend .............................................................. 1 billion cells
(Lactobacillus acidophilus La-14, Bifidobacterium lactis Bl-04 and Lactobacillus salivarius Ls-33)
Other ingredients: Sorbitol, xylitol, natural grape flavor, vegetable stearin, cellulose, citric acid, maltodextrin, silica, magnesium stearate, luo han guo fruit extract, and carmine color.
Each Bio-Enhanced, Acid Resistant Strain (BEARS) has been specifically designed to survive stomach acid secretions during digestion. BEARS eliminates the need for enteric coating by preventing the destruction of viable cells that occurs when weaker strains are exposed to an acid environment.
Contains NO salt, dairy, wheat, soy, gluten, preservatives, artificial colors or flavors.

DESCRIPTION
Children’s Chewable Multivitamin with Acidophilus is a pleasant tasting, chewable multiple vitamin and mineral formulation of nutrients demonstrated to be essential for the development of children. Lactobacillus acidophilus is also included in the product to support GI and immune health.†

SUGGESTED USE
Children 2 years and older chew 1–2 tablets daily with food, or as directed by a healthcare professional.

Three tablets contain:
- Calories ........................................................................... 6
- Total carbohydrates ............................................................ 1 gm
- Sugar ................................................................................. 1 gm
- Vitamin A .......................................................................... 5,000 IU
- Vitamin C .......................................................................... 100 mg
- Vitamin D .......................................................................... 400 IU
- Vitamin E .......................................................................... 30 IU
- Vitamin B-1 ....................................................................... 1.5 mg
- Vitamin B-2 ....................................................................... 1.7 mg
- Vitamin B-6 ....................................................................... 2 mg
- Folic Acid ........................................................................... 10 mcg
- Vitamin B-12 ..................................................................... 6 mcg
- Biotin ................................................................................ 50 mcg
- Pantothenic Acid ................................................................. 10 mg
- Calcium (as amino acid chelate) ....................................... 20 mg
- Iron (as amino acid chelate) ............................................... 5 mg
- Iodine (as potassium iodide) ............................................... 100 mcg
- Magnesium (as amino acid chelate) ................................ 10 mg
- Zinc (as amino acid chelate) ............................................... 10 mg
- Copper (as amino acid chelate) .......................................... 50 mcg
- Manganese (as amino acid chelate) ................................ 50 mcg
- Potassium (as amino acid chelate) .................................... 1 mg
- Choline .............................................................................. 10 mcg
- Inositol .............................................................................. 10 mcg
- PABA ................................................................................ 400 mcg
- Citrus Bioflavonoids ............................................................. 20 mg
- Lactobacillus Acidophilus .................................................... 200 million cells

Other ingredients: Fructose, sorbitol, xylitol, cellulose, vegetable stearin, silica, natural cherry flavor, citric acid, magnesium stearate, luo han guo fruit extract, mixed natural fruit blend, natural vanilla flavor and natural color. Contains soy and milk.
Contains NO salt, wheat, gluten, preservatives, artificial colors or flavors.
### Chromium Picolinate
**Supports Healthy Blood Sugar Levels**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10036</td>
<td>90 Capsules</td>
</tr>
</tbody>
</table>

**DESCRIPTION**
Chromium Picolinate 200 mcg is a trace element supplement that contains chromium bound to picolinate acid, a highly biologically active form of this mineral.

**SUGGESTED USE**
Adults take 1 capsule daily with food, or as directed by a healthcare professional.

**One capsule contains:**
- Chromium (as picolinate) 200 mcg

Other ingredients: Gelatin and water (capsule), rice powder, and magnesium stearate.
Our Chromium Picolinate is 100% pure crystalline powder.
Contains NO sugar, salt, dairy, yeast, what, gluten, corn, soy, preservatives, artificial colors or flavors.

---

### CoEnzyme-B

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10245</td>
<td>50 Vegetarian Capsules</td>
</tr>
</tbody>
</table>

**DESCRIPTION**
CoEnzyme-B provides the “activated” form of the B vitamins for enhanced bioavailability to assist in the many biochemical pathways requiring these nutrients.

**SUGGESTED USE**
Adults take 1 vegetarian capsule daily, or as directed by a healthcare professional.

**One vegetarian capsule contains:**
- Vitamin B-1 (as thiamin HCl) 50 mg
- Vitamin B-2 (as riboflavin) 50 mg
- Niacin (as niacinamide) 50 mg
- Vitamin B-6 (as pyridoxine HCl) 50 mg
- Vitamin B-12 (as cyanocobalamin) 50 mcg
- Folate (as folic acid) 800 mcg
- Biotin 200 mcg
- Pantothenic Acid (as d-calcium pantothenate) 50 mg
- Choline (as choline bitartrate) 25 mg
- Inositol 25 mg
- PABA 25 mg
- Coenzyme Q10 (as ubiquinone) 5 mg
- Riboflavin-5-phosphate (coenzyme vitamin B-2) 5 mg
- Pyridoxal-5-phosphate (coenzyme vitamin B-6) 5 mg
- Methylcobalamin (coenzyme vitamin B-12) 25 mcg
- Pantethine (coenzyme vitamin B-5) 5 mg
- Dibenzoxide (coenzyme vitamin B-12) 25 mcg
- Inositol 25 mg

Other ingredients: Cellulose and water (capsule), cellulose, magnesium stearate, and silica.
Contains NO sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

---

### Colon Health Support
**400 mg with Vitamin C**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10370</td>
<td>120 Capsules</td>
</tr>
</tbody>
</table>

**DESCRIPTION**
Colon Health Support is a gluten-free dietary supplement designed to help balance, soothe and replenish the gastrointestinal tract.

**SUGGESTED USE**
Adults take 4 capsules daily between meals, or as directed by a healthcare professional. Recommended amount can be divided throughout the day.

**Four capsules contain:**
- Proprietary Blend 1,395 mg
- Soluble fiber (Fibersol-2 brand), psyllium seed husk, FOS, flax seed meal, apple pectin 780 mg
- N-acetyl glucosamine (from shrimp & crab), L-glutamine, peppermint, chamomile, aloe leaf powder, horsetail rush (Equisetum Arvense) herb powder, rosemary, ginger root powder

---

### CoEnzyme Q10
**50 mg Softgels with Vitamin E**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10039</td>
<td>30 Softgels</td>
</tr>
</tbody>
</table>

**DESCRIPTION**
CoEnzyme Q10 softgels contain pure co-enzyme Q10 (ubiquinone). CoEnzyme Q10 is solubilized in a base of rice bran oil and vitamin E to enhance absorption of co-enzyme Q10.

**SUGGESTED USE**
Adults take 1 softgel, 1–3 times daily with food, or as directed by a healthcare professional.

**One softgel contains:**
- Coenzyme Q10 (as ubiquinone) 50 mg

Other ingredients: Gelatin, glycerin, water, zinc oxide and annatto (softgel), rice bran oil, beeswax, vitamin E, and lecithin. Contains soy.
Manufactured on equipment that processes peanuts. May contain traces of peanuts.
Contains NO sugar, salt, dairy, yeast, wheat, corn, preservatives, artificial colors or flavors.

---

### CoEnzyme Q10
**100 mg Softgels with Vitamin E**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10038</td>
<td>30 Softgels</td>
</tr>
</tbody>
</table>

**DESCRIPTION**
Coenzyme Q10 softgels contain pure co-enzyme Q10 (ubiquinone). CoEnzyme Q10 is solubilized in a base of rice bran oil and vitamin E to enhance absorption of co-enzyme Q10.

**SUGGESTED USE**
Adults take 1 softgel, 1–2 times daily with food, or as directed by a healthcare professional.

**One softgel contains:**
- Co-enzyme Q10 (as ubiquinone) 100 mg

Other ingredients: Gelatin, glycerin, water, zinc oxide and annatto (softgel), rice bran oil, lecithin, vitamin E and beeswax. Contains soy.
Manufactured on equipment that processes peanuts. May contain traces of peanuts.
Contains NO sugar, salt, dairy, yeast, wheat, corn, preservatives, artificial colors or flavors.

---

Please see the current Wellness Works product order form for current pricing.

‡ The statements contained herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Antioxidant Blend
Alfalfa powder, spirulina, beet juice powder, chlorella-cracked cell powder, parsley juice powder, broccoli powder, red raspberry powder, acerola berry juice powder, cranberry juice powder, watercress, blessed thistle

Detoxification Blend
Arabinogalactans, bentonite clay, olive leaf extract, black walnut (green hull) powder, kelp, artichoke, burdock, garlic, dandelion root

Other ingredients: Vegetable cellulose, microcrystalline cellulose, vegetable stearate.

Cranberry Concentrate
400 mg with Vitamin C

Product # | Size
--- | ---
10042 | 60 Capsules

DESCRIPTION
Cranberry Concentrate contains 400 mg of 100% cranberry fruit solids to help support urinary tract health.

SUGGESTED USE
Adults take 1 capsule with 8 ounces of water 3 times daily, or as directed by a healthcare professional.

One capsule contains:
- Vitamin C (as ascorbic acid) 50 mg
- Cranberry fruit powder 34:1 (100% cranberry fruit solids) 400 mg

Other ingredients: Gelatin and water (capsule), silica, and magnesium stearate.

Our Concentrated Cranberry contains the equivalent of 34 pounds of whole cranberries in each pound of cranberry powder. The cranberry powder consists of 100% cranberry fruit solids. Our Concentrated Cranberry contains a balance of naturally-occurring organic acids in their synergistic rations. Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

Crave Control†
Supports Synthesis of Brain Reward Transmitters †

Product # | Size
--- | ---
10371 | 180 Capsules

DESCRIPTION
Crave Control supports the synthesis of the brain reward neurotransmitters resulting in a significant release of dopamine. The constant release of dopamine helps promote appetite suppression and reduced cravings.

SUGGESTED USE
6 capsules per day, 45 minutes before meals, or as directed by a healthcare professional.

Six capsules contain:
- Vitamin C (as ascorbic acid) 450 mg
- Vitamin B6 (as pyridoxal-5-phosphate) 37.5 mg
- Folate (as folic acid) 500 mcg DFE (300 mcg folic acid)
- Calcium (as calcium citrate) 126 mg
- Magnesium (as magnesium citrate) 112.5 mg
- Chromium (as chromium picolinate) 750 mcg
- DL-phenylalanine 1.5 g
- L-tyrosine 1.125 g
- L-glutamine 562.5 mg
- Rhodiola rosea root extract standardized to 3% rosavins and 1% salidrosides 150 mg

Other ingredients: Gelatin and water (capsule), magnesium stearate, and silica.

Curcumin Complex

Product # | Size
--- | ---
10251 | 60 Vegetarian Capsules

DESCRIPTION

Turmeric is a traditional Indian culinary spice and Ayurvedic medicine that has been utilized for a wide array of medicinal purposes. Its most common traditional use has been to promote proper digestion. Even the German Commission E Monograph on turmeric describes it as an approved medicinal herb for dyspeptic (indigestion) conditions. In the last decade, turmeric has received tremendous attention and numerous clinical studies have confirmed its health-promoting effects and specifically supporting a healthy inflammatory response.

SUGGESTED USE
Adults take 1 vegetarian capsule daily, or as directed by a healthcare professional.

One vegetarian capsule contains:
- Turmeric Root Extract (Curcuma longa) (standardized to 95% [475 mg] curcuminoids from Curcumin C3 Complex) 500 mg
- DHEA (micronized) 25 mg
- Other ingredients: Cellulose and water (capsule), magnesium stearate and silica.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

DHEA 25 mg
Micronized Dehydroepiandrosterone

Product # | Size
--- | ---
10045 | 60 Capsules

DESCRIPTION
DHEA capsules contain highest purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practices (GMP) standards.

SUGGESTED USE
Adults 18 years or older hold nozzle 1” from mouth, spray once and swallow, or as directed by a healthcare professional. Shake well before each use. This product is not intended to be taken by anyone under 18 years of age.

One capsule contains:
- DHEA (micronized) 25 mg
- Other ingredients: Vegetable cellulose (capsules) and vegetarian lecithin.

DHEA is micronized to increase absorption. It is made with pure, pharmaceutical grade DHEA. Gluten-Free, Vegetarian

DHEA 50 mg
Dehydroepiandrosterone

Product # | Size
--- | ---
10359 | 120 Capsules

DESCRIPTION
DHEA capsules contain highest purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practices (GMP) standards.

SUGGESTED USE
Adults take 1 capsule daily with food, or as directed by a healthcare professional.

One capsule contains:
- DHEA (micronized) 50 mg
- Other ingredients: Vegetable cellulose (capsules), magnesium stearate, and silica.
Other ingredients: Gelatin and water (capsule), rice powder, magnesium stearate and silica. Contains NO sugar, salt, dairy, yeast, what, gluten, corn, soy, preservatives, artificial colors or flavors.

DHEA Spray
Liposomal Delivery System

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10275</td>
<td>30 mL</td>
</tr>
</tbody>
</table>

**DESCRIPTION**
DHEA Spray is a soy free, convenient, easy to use supplement to help maintain normal levels of the DHEA hormone.

**SUGGESTED USE**
Adults 18 years or older hold nozzle 1" from mouth, spray once and swallow, or take as directed by a healthcare professional. Shake well before each use. This product is not intended to be taken by anyone under 18 years of age.

One spray (0.2 mL) contains:
- DHEA (Dehydroepiandrosterone) 5 mg
- Stevia Leaf Extract 0.4 mg

Other ingredients: Glycerin, water, ethyl alcohol, sunflower oil, oleic acid polyglyceride, sunflower lecithin, natural grape flavor, pectin and citric acid. Gluten-Free, Vegetarian, Non-GMO

Diabetes Balance†
Herbal, Vitamin and Mineral Product to Support Healthy Blood Sugar Metabolism †

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10305</td>
<td>60 Capsules</td>
</tr>
<tr>
<td>10307</td>
<td>120 Capsules</td>
</tr>
</tbody>
</table>

**DESCRIPTION**
Diabetes Balance is a complete product that addresses blood sugar function and promotes healthy balance and regulation.

**SUGGESTED USE**
Adults take 3 capsules daily with food, or as directed by a healthcare professional.

Three capsules contain:
- Vitamin E (as d-alpha tocopheryl succinate) 100 IU
- Magnesium (as oxide, citrate) 400 mg
- Zinc (as monomethionine) 15 mg
- Magnesium (as citrate) 5 mg
- Chromium (as chromium polynicotinate) 400 mcg
- Gymnema sylvestre extract stem 400 mg
  (Standardized to 25% [100 mg] gymnemic acids)
- Bitter melon extract fruit 200 mg
  (Standardized to 7.5% [15 mg] bitter principles)
- Jerusalem artichoke extract fruit 100 mg
- Fenugreek (Trigonella foenum) extract seed 100 mg
- Citrus bioflavonoids 100 mg
- Milk thistle (Silybum marianum) extract seed 50 mg
  (Standardized to 80% [40 mg] silymarin)
- Alpha lipoic acid 25 mg
- Ginkgo biloba extract leaf 20 mg
  (Standardized to 24% [4.8 mg] flavonoglycosides & 6% [1.2 mg] terpene lactones)
- Bilberry (Vaccinium myrtillus) extract fruit 20 mg

(Standardized to 25% [5 mg] anthocyanosides)
- Vanadium (as vanadyl sulfate) 5 mg
- Lagerstroemia speciosa extract leaf 2.7 mg
  (Standardized to 18% [0.48 mg] corosolic acid)

Other ingredients: Gelatin and water (capsule), cellulose, magnesium stearate, and silica. Contains NO sugar, salt, dairy, yeast, wheat, gluten, preservatives, artificial color or flavors.

Diet Support†
With Garcinia Cambogia

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10300</td>
<td>90 Capsules</td>
</tr>
</tbody>
</table>

**DESCRIPTION**
Diet Support is a combination of an herb and a mineral specifically designed to support sensible weight management programs such as those involving consistent, moderate dietary restriction and regular exercise.

**SUGGESTED USE**
Adults take 1–2 capsules, 3 times daily, 1 hour before mealtime, or as directed by a healthcare professional.

Two capsules contain:
- Garcinia Cambogia fruit extract 1,000 mg
  (Standardized to 60% [600 mg] Hydroxycitric acid)
- Chromium (as polynicotinate) 200 mcg

Other ingredients: Gelatin and water (capsule), cellulose, silica, and magnesium stearate. Contains NO sugar, salt, dairy, yeast, wheat, corn, soy, artificial colors or preservatives.

Digestive Enzymes with Betaine

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10315</td>
<td>90 Tablets</td>
</tr>
</tbody>
</table>

**DESCRIPTION**
Digestive Enzymes with Betaine is a natural dietary digestive supplement specifically formulated with bile, active digestive enzymes, and betaine which acts synergistically to assist in the healthy functioning of fat, protein and carbohydrate digestion.

**SUGGESTED USE**
Adults take 2 tablets after each meal, or as directed by a healthcare professional.

Two tablets contain:
- Betaine hydrochloride 330 mg
- Pepsin 1:10,000 130 mg
- Bromelain 2,400 GDU/g 260 mg
  (pineapple [Ananas comosus fruit] enzyme)
- Papain NF 260 mg
  (papaya [Carica papaya] enzyme)
- Ox Bile Extract 260 mg
  (standardized to 3 GDU)
- Pancreatin USP 8x 500 mg
- Amylase 100,000 USP units
- Protease 100,000 USP units
- Lipase 22,000 USP units
- Other ingredients: Dicalcium phosphate, cellulose, vegetable stearin acid, cellulose gum, fennel seed, peppermint leaf flavor, silica, magnesium stearate and food glaze with peppermint oil.

*GDU (Gelatin Digestive Units) are a measure of the relative strength of digestive aids.

Contains NO sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

Please see the current Wellness Works product order form for current pricing.

† The statements contained herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
### Digestive Enzymes

**Vegetarian**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10292</td>
<td>60 Vegetarian Capsules</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Digestive Enzymes (Vegetarian) is a comprehensive blend of enzymes that not only facilitate the digestion of macronutrients, but also enhance the digestion of hard to digest foods such as dairy, grains and legumes.†

**SUGGESTED USE**

Adults take 1 capsule immediately prior to mealtime, or as directed by a healthcare professional.

One vegetarian capsule contains:

<table>
<thead>
<tr>
<th>Plant enzyme blend</th>
<th>Amylase</th>
<th>Glucoamylase</th>
<th>Lipase</th>
<th>Protease I pH 3.0</th>
<th>Protease II pH 4.5</th>
<th>Protease III pH 6.0</th>
<th>Cellulase</th>
<th>CeroCalase™</th>
<th>Alpha-Galactosidase</th>
<th>Lactase</th>
<th>Invertase</th>
<th>Malt Diastase</th>
<th>Peptidase</th>
<th>Bromelain</th>
<th>Papain</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>383 mg</td>
<td>(3,500 DU)</td>
<td>5.25 AGU</td>
<td>(15 SAPU)</td>
<td>(20,000 HUT)</td>
<td>(35,000 HUT)</td>
<td>(200 CU)</td>
<td>(250 MIU)</td>
<td>(75 GalU)</td>
<td>(150 ALU)</td>
<td>(150 SU)</td>
<td>(325 DP)</td>
<td>(2,500 HUT)</td>
<td>(650,000 FCCPU)</td>
<td>(250,000 FCCPU)</td>
</tr>
</tbody>
</table>

Other ingredients: Cellulose and water (capsule), magnesium stearate, silica, and cellulose.

Contains NO sugar, salt, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

### Essential Minerals

**With Trace Elements**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10052</td>
<td>100 Tablets</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Essential Minerals is a high potency mineral complex providing a comprehensive blend of both macrominerals and trace minerals to help meet the body’s daily nutritional requirement of these nutrients.

**SUGGESTED USE**

Adults take 4 tablets daily with food, or as directed by a healthcare professional.

**Four tablets contain:**

| Calcium (as citrate, carbonate, hydroxyapatite) | 1000 mg | Vitamin D (as cholecalciferol) | 100 IU | Iron (as amino acid chelate) | 5 mg | Iodine (from Norwegian kelp) | 225 mcg | Magnesium (as oxide, citrate) | 500 mg | Zinc (as zinc methionine) | 15 mg | Selenium (as L-selenomethionine) | 100 mcg | Copper (as amino acid chelate) | 1 mg | Manganese (as amino acid chelate) | 10 mcg | Chromium (as polynicotinate) | 100 mcg | Molybdenum | 50 mcg | Potassium (as amino acid chelate) | 10 mg | Choline (as bitartrate) | 30 mg | Inositol | 75 mg | Para amino benzoic acid | 75 mg | Citrus bioflavonoids | 25 mg | Hesperidin complex | 5 mg | Betaine hydrochloride | 25 mg | Glutamic acid | 25 mg | Rutin | 25 mg |

Other ingredients: May contain one or more of the following: Magnesium stearate, cellulose, modified cellulose gum, vegetable stearin, dicalcium phosphate, silica, and food glaze. Contains soy.

Contains NO added sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

### Essentials

**Multi Vitamin & Mineral Without Iron**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10054</td>
<td>60 Vegetarian Tablets</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Essentials Multi Vitamin & Mineral Without Iron is a comprehensive high-potency multivitamin and mineral formula that provides high levels of most essential nutrients including the B-complex vitamins as well as vitamins A, C, D and E. This formula includes patented and trademarked ingredients, all of which are backed by scientific studies demonstrating their efficacy and safety.

**SUGGESTED USE**

Adults take 1 tablet daily with food, or as directed by a healthcare professional.

One vegetarian tablet contains:

| Vitamin A (as beta carotene) | 10,000 IU | Vitamin C (as ascorbic acid) | 250 mg | Vitamin D (as cholecalciferol) | 400 IU | Vitamin E (as d-alpha) | 150 IU | Vitamin B-1 | 75 mg | Vitamin B-2 (as riboflavin) | 75 mg | Niacin (as niacinamide) | 75 mg | Vitamin B-6 | 75 mg | Folic Acid | 400 mcg | Vitamin B-12 | 75 mcg | Biotin | 75 mcg | Pantothenic acid | 75 mg | Calcium (as amino acid chelate) | 50 mg | Iodine (from kelp) | 150 mcg | Magnesium (as amino acid chelate) | 7.2 mg | Zinc (as methionine) | 10 mg | Selenium (as L-selenomethionine) | 35 mcg | Copper | 1 mg | Manganese (as amino acid chelate) | 6.1 mg | Chromium (as polynicotinate) | 100 mcg | Molybdenum | 50 mcg | Potassium (as amino acid chelate) | 10 mg | Choline (as bitartrate) | 30 mg | Inositol | 75 mg | Para amino benzoic acid | 75 mg | Citrus bioflavonoids | 25 mg | Hesperidin complex | 5 mg | Betaine hydrochloride | 25 mg | Glutamic acid | 25 mg | Rutin | 25 mg |

Other ingredients: Rice bran, alfalfa, parsley, watercress, natural vanilla. May contain one or more of the following: magnesium stearate, cellulose, modified cellulose gum, vegetable stearin, dicalcium phosphate, silica, and food glaze. Contains soy.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.
Essentials Performance
Multi Vitamin & Mineral

Product # Size
10055 90 Vegetarian Tablets

DESCRIPTION
Essentials Performance combines a multivitamin and mineral formula with a whole-food base to provide the added support of nutrients not found in a typical multivitamin. Essentials Performance is a comprehensive food-based multi, which contains all essential vitamins and minerals along with nutrient dense food extracts, herbs and other plant-based bioactive compounds.

SUGGESTED USE
Adults take 3 tablets daily with food, or as directed by a healthcare professional.

Three Vegetarian tablets contain:
Vitamin A (as beta carotene) .......................................................... 12,000 IU
Vitamin C (as calcium ascorbate) .................................................. 1,000 mg
Vitamin D .................................................................................. 400 IU
Vitamin E (as d-alpha tocopherol) .................................................. 250 IU
Vitamin B-1 (as thiamine HCI) .................................................... 25 mg
Vitamin B-2 (as riboflavin) .......................................................... 25 mg
Niacin (as niacin, niacinamide) .................................................... 25 mg
Vitamin B-6 (as pyridoxine HCI) .................................................. 25 mg
Folic acid .................................................................................. 400 mcg
Vitamin B-12 (as cobalamin) ....................................................... 250 mcg
Biotin ....................................................................................... 50 mcg
Pantothenic acid ....................................................................... 25 mg
Calcium (citrate, aspartate, glycinate) ........................................ 200 mg
Iron (citrate, aspartate, glycinate) .............................................. 5 mg
Iodine (from kelp) .................................................................... 150 mcg
Magnesium (citrate, aspartate, glycinate) ............................... 100 mg
Zinc (as methionine) ................................................................ 10 mg
Selenium (as methionine) .......................................................... 25 mcg
Copper (citrate, aspartate, glycinate) ......................................... 500 mcg
Manganese (citrate, aspartate, glycinate) ................................... 4 mg
Chromium (as nicotinate) ......................................................... 50 mcg
Molybdenum (as amino acid chelate, aspartate) .................. 50 mcg
Potassium (citrate, aspartate, glycinate) ................................. 50 mg
Spirulina .................................................................................... 900 mg
Klamath lake algae .................................................................... 100 mg
Wheat sprout concentrate .......................................................... 100 mg
Wheat grass juice ................................................................... 50 mg
Sprouted barley juice ............................................................... 50 mg
Chlorella (broken cell wall) ....................................................... 50 mg
Choline bitartrate .................................................................... 50 mg
Inositol ...................................................................................... 25 mg
PABA ......................................................................................... 25 mg
Citrus bioflavonoids ................................................................. 100 mg
Quercetin .................................................................................. 25 mg
Rutin ......................................................................................... 25 mg
Hesperidin ................................................................................ 10 mg
Boron (citrate, aspartate, glycinate) ......................................... 1 mg
Silicon ......................................................................................... 5 mg
L-glutathione (reduced) ............................................................. 5 mg
Bee pollen .................................................................................. 100 mg
Eleutheroarcesus root ............................................................... 50 mg
Garlic ......................................................................................... 10 mg
Bromelain 2400 GDU/g* ......................................................... 20 mg
Betaine HCI ............................................................................... 20 mg
Papain ......................................................................................... 20 mg
Amylase ..................................................................................... 5 mg
Lipase ......................................................................................... 5 mg

*GDU (Gelatin Digestive Units) are a measure of the relative strength of digestive aids.

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

Evening Primrose Oil
1,300 mg

Product # Size
10058 60 Softgels

DESCRIPTION
Evening Primrose Oil provides a source of the omega-6 fatty acid gamma linolenic acid (GLA). The evening primrose oil used in this formula is derived from pure, expeller pressed, hexane-free oil. Hexane is a solvent that may be used to maximize oil extraction but is toxic. Expeller pressing produces little to no heat, which in turn, helps maintain the integrity of the fatty acids.

SUGGESTED USE
Adults take 1 softgel, 2–3 times daily with food, or as directed by a healthcare professional.

One softgel contains:
Calories ................................................................................. 12
Calories from fat ...................................................................... 12
Evening Primrose Seed Oil........................................................ 1,300 mg
(Oenothera biennis) ................................................................
Gamma Linolenic Acid (GLA) .................................................. 117 mg
Cis-Linoleic Acid ................................................................... 925 mg
Oleic Acid ............................................................................... 70 mg
Palmitic Acid ......................................................................... 78 mg

Other ingredients: Capsule (gelatin, glycerin, and water).

Our Evening Primrose Oil 1300 mg is 100% pure, cold, expeller-pressed and Hexane Free. It is derived from the seeds of the Evening Primrose, a high source of gamma-linolenic-acid.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial color or flavors.

Extra Strength Probiotic
35 Billion Viable Cells per Capsule

Product # Size
10224 30 Vegetarian Capsules

DESCRIPTION
Each Extra Strength Probiotic capsule contains over 35 billion beneficial organisms from lactobacillus and bifidobacterium genera with additional benefits of prebiotic fructooligosaccharides.

SUGGESTED USE
Adults take 1 capsule daily with food, or as directed by a healthcare professional.

Please see the current Wellness Works product order form for current pricing.
One vegetarian capsule contains:
Proprietary probiotic blend .................................................. (35 billion cells per capsule)
Lactobacillus acidophilus (Lc-14)
Bifidobacterium lactis Bi-04
Lactobacillus salivarius (Lrs-33)
Lactobacillus plantarum (Lp-115)
Bifidobacterium bifidum (Bb-02)
Bifidobacterium longum (Bl-05)
Lactobacillus rhamnosus (Lr-32)
Lactobacillus bulgaricus (Lb-64)
Prebiotic blend ................................................................. 50 mg
(FOS, FiberAid® arabinogalactans)
Other ingredients: Cellulose and water (capsule), cellulose, silica, magnesium stearate, and
calcium silicate.
Contains NO salt, dairy, wheat, gluten, preservatives, artificial colors or flavors.

Eye Health†
With Lutein and Lycopene

DESCRIPTION
Eye Health is a dietary supplement to maintain and support proper visual function. Eye Health
contains 16 nutrients including antioxidants, vitamins, minerals and herbs that have been found
to support optimal eye health and function.†

SUGGESTED USE
Adults take 1 capsule with food, 3 times daily, or as directed by a healthcare professional.

One vegetarian capsule contains:
Vitamin A (100% as beta-carotene) ........................................ 5,000 IU
Vitamin C (as Ca ascorbate & ascorbic acid) ....................... 250 mg
Vitamin E (as d-alpha tocopheryl succinate) ....................... 30 IU
Riboflavin ........................................................................ 5 mg
Vitamin B-12 (as methylcobalamin) .................................... 10 mcg
Zinc (as Zn citrate) .......................................................... 5 mg
Selenium (as L-selenomethionine) ..................................... 25 mcg
Lutein ............................................................................ 67.5 mg
Lycopene ........................................................................ 5 mg
Zeaxanthin ....................................................................... 1.35 mg
L-Glutathione .................................................................. 10 mg
Taurine .......................................................................... 50 mg
Alpha Lipoic Acid ........................................................... 25 mg
Quercetin ........................................................................ 30 mg
Eyebright (Euphrasia officinalis) Extract (4:1) .................... 60 mg
Bilberry (Vaccinium myrtillus L.) Extract ......................... 40 mg

Other ingredients: Vegetable cellulose, microcrystalline cellulose, vegetarian leucine.
Gluten-Free, Vegetarian, Non-GMO

Flax Seed Oil
1000 mg / 100% Organic / Lignan Rich Virgin Oil

DESCRIPTION
Flax seed oil is nature’s most concentrated source of alpha-linolenic acid (ALA), an essential
omega-3 fatty acid. Flax Seed Oil provides 55–60% ALA as well as significant amounts of oleic
acid and the essential linoleic acid in their natural triglyceride forms. Flax Seed Oil is extracted
without the damaging effects of heat, light and oxygen using a mechanical expeller press. Using
this process, the oil is never exposed to temperatures above 96°F and it retains its natural color
and contents of naturally occurring fatty acids, phospholipids, vitamins, minerals and antioxidants.

SUGGESTED USE
Adults take 1 softgel, 1–2 times daily with food, or as directed by a healthcare professional.

One softgel contains:
Calories ........................................................................... 10
Calories from fat .............................................................. 10
Total fat .......................................................................... 1 gm
Flax seed oil*** (Linum usitatissimum) ......................... 1,000 mg
Alpha linolenic acid (ALA) ............................................. 150 mg
cis-linoleic acid (LA) ....................................................... 140 mg
Oleic acid ...................................................................... 90 mg

Other ingredients: Gelatin, glycerin, water (capsule) and carob.
*** From organic flax seed oil. Flax oil is a source of alpha linolenic acid, cis-linoleic acid, and
linoleic acid.
Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservative, artificial colors or flavors.

Folic Acid
800 mcg with Vitamin B-12

DESCRIPTION
Folic Acid 800 mcg supplies 200% of the recommended dietary intake for folic acid in an easy to
swallow tablet.

SUGGESTED USE
Adults take 1 tablet daily with food, or as directed by a healthcare professional.

One tablet contains:
Folic Acid ...................................................................... 800 mcg
Vitamin B-12 ................................................................. 25 mcg
(as cyanocobalamin)

Other ingredients: Dicalcium phosphate, cellulose, vegetable stearin, cellulose gum, magnesium
stearate, and silica.
Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

FOS Powder

DESCRIPTION
FOS Powder supplies 3,000 mg of fructooligosaccharides per serving.

SUGGESTED USE
Adults take 1 teaspoon daily with juice or water, or as directed by a healthcare professional.

One teaspoon contains:
Fructooligosaccharides (FOS) ........................................ 3,000 mg
**Fruits and Greens Energy Drink**  
**Nutrient-Rich Superfood Formulation**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10351</td>
<td>10.75 oz (304.8 g)</td>
</tr>
</tbody>
</table>

**DESCRIPTION**  
Fruits and Greens Energy Drink is a great tasting, nutrient-rich superfood formula with whole food concentrates designed to provide synergistic phytonutrient nutrition. Fruits and Greens provides a blend of 100% natural fruit and vegetable extracts, vitamins, enzymes and symbiotic intestinal flora along with antioxidants, lignans and phytonutrients.

**SUGGESTED USE**  
Mix 1 scoop in 8 ounces of water daily, or as directed by a healthcare professional.

**One scoop (10.16 g) contains:**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>38</td>
</tr>
<tr>
<td>Total carbohydrate</td>
<td>9 g</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>0.5 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>3 g</td>
</tr>
<tr>
<td>Vitamin C (as ascorbic acid)</td>
<td>150 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>24 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>0.6 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>30 mg</td>
</tr>
<tr>
<td>SuperFruitEx Antioxidant Blend</td>
<td>2.92 g</td>
</tr>
<tr>
<td>Raspberry fruit extract</td>
<td>0.92 g</td>
</tr>
<tr>
<td>black raspberry fruit powder</td>
<td>0.13 g</td>
</tr>
<tr>
<td>blackberry fruit powder</td>
<td>0.11 g</td>
</tr>
<tr>
<td>papaya fruit powder</td>
<td>0.02 g</td>
</tr>
<tr>
<td>plum fruit powder</td>
<td>0.02 g</td>
</tr>
<tr>
<td>strawberry fruit powder</td>
<td>0.02 g</td>
</tr>
<tr>
<td>cranberry fruit powder</td>
<td>0.02 g</td>
</tr>
<tr>
<td>kiwi fruit powder</td>
<td>0.02 g</td>
</tr>
<tr>
<td>watermelon fruit powder</td>
<td>0.02 g</td>
</tr>
<tr>
<td>pomegranate fruit extract</td>
<td>0.02 g</td>
</tr>
<tr>
<td>quercetin dihydrate</td>
<td>0.02 g</td>
</tr>
<tr>
<td>grape seed extract</td>
<td>0.02 g</td>
</tr>
<tr>
<td>blueberry leaf extract</td>
<td>0.02 g</td>
</tr>
<tr>
<td>acerola berry powder</td>
<td>0.02 g</td>
</tr>
<tr>
<td>billberry fruit extract</td>
<td>0.02 g</td>
</tr>
<tr>
<td>bromelain</td>
<td>0.02 g</td>
</tr>
<tr>
<td>black cherry powder</td>
<td>0.02 g</td>
</tr>
<tr>
<td>organic blueberry fruit powder</td>
<td>0.02 g</td>
</tr>
<tr>
<td>organic grapefruit powder</td>
<td>0.02 g</td>
</tr>
<tr>
<td>organic blue powder</td>
<td>0.02 g</td>
</tr>
<tr>
<td>mangosteen fruit powder</td>
<td>0.02 g</td>
</tr>
<tr>
<td>noni fruit powder</td>
<td>0.02 g</td>
</tr>
<tr>
<td>Digestive Enzyme &amp; Probiotic Blend</td>
<td>2.4 g</td>
</tr>
<tr>
<td>Fructooligosaccharides</td>
<td>0.08 g</td>
</tr>
<tr>
<td>Lactobacillus acidophilus</td>
<td>0.06 g</td>
</tr>
<tr>
<td>protease</td>
<td>0.02 g</td>
</tr>
<tr>
<td>amylose</td>
<td>0.02 g</td>
</tr>
<tr>
<td>lipase</td>
<td>0.02 g</td>
</tr>
<tr>
<td>cellulase</td>
<td>0.02 g</td>
</tr>
<tr>
<td>lactase</td>
<td>0.02 g</td>
</tr>
<tr>
<td>papain</td>
<td>0.02 g</td>
</tr>
<tr>
<td>Lactobacillus casei</td>
<td>0.02 g</td>
</tr>
<tr>
<td>Lactobacillus rhamnosus</td>
<td>0.02 g</td>
</tr>
<tr>
<td>Bifidobacterium breve</td>
<td>0.02 g</td>
</tr>
<tr>
<td>Vegetable Antioxidant Blend</td>
<td>2.03 g</td>
</tr>
<tr>
<td>Carrot root powder</td>
<td>0.25 g</td>
</tr>
<tr>
<td>beet root powder</td>
<td>0.25 g</td>
</tr>
<tr>
<td>radish root powder</td>
<td>0.25 g</td>
</tr>
<tr>
<td>purple cabbage leaf powder</td>
<td>0.25 g</td>
</tr>
<tr>
<td>Japanese knotweed root extract</td>
<td>0.25 g</td>
</tr>
<tr>
<td>green leaf extract</td>
<td>0.25 g</td>
</tr>
<tr>
<td>ginger root powder</td>
<td>0.25 g</td>
</tr>
<tr>
<td>tumeric root extract</td>
<td>0.25 g</td>
</tr>
<tr>
<td>kale leaf powder</td>
<td>0.25 g</td>
</tr>
<tr>
<td>kelp powder</td>
<td>0.25 g</td>
</tr>
<tr>
<td>chlorella cracked cell wall</td>
<td>0.25 g</td>
</tr>
<tr>
<td>alfalfa herb powder</td>
<td>0.25 g</td>
</tr>
<tr>
<td>spirulina powder</td>
<td>0.25 g</td>
</tr>
<tr>
<td>broccoli head powder</td>
<td>0.25 g</td>
</tr>
<tr>
<td>Fiber Blend</td>
<td>1.73 g</td>
</tr>
<tr>
<td>Oat Bran powder</td>
<td>0.57 g</td>
</tr>
<tr>
<td>apple fruit powder</td>
<td>0.57 g</td>
</tr>
<tr>
<td>aloe vera leaf powder</td>
<td>0.57 g</td>
</tr>
<tr>
<td>prune fruit extract</td>
<td>0.57 g</td>
</tr>
<tr>
<td>Other ingredients: Stevia,</td>
<td></td>
</tr>
<tr>
<td>natural flavor</td>
<td></td>
</tr>
<tr>
<td>citric acid</td>
<td></td>
</tr>
<tr>
<td>ascorbic acid</td>
<td></td>
</tr>
<tr>
<td><strong>Berry flavor</strong></td>
<td></td>
</tr>
<tr>
<td>Manufacturered in a cGMP facility.</td>
<td></td>
</tr>
<tr>
<td>Manufactured in a NSF-Sport Certified facility. Gluten-Free, Non-GMO</td>
<td></td>
</tr>
</tbody>
</table>

**GABA Calm †**  
**Stress-Reducing Combination †**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10358</td>
<td>60 Vegetable Capsules†</td>
</tr>
</tbody>
</table>

**DESCRIPTION**  
This combination of gamma-aminobutyric acid and L-theanine can help in reducing cortisol levels and stress during the day without causing sedation.†

**SUGGESTED USE**  
Adults take 2 capsules daily, or as directed by a healthcare professional.

**Two capsules contain:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>GABA (gamma-aminobutyric acid)</td>
<td>550 mg</td>
</tr>
<tr>
<td>L-theanine (gamma-aminobutyric acid)</td>
<td>200 mg</td>
</tr>
<tr>
<td>Other ingredients: Rice flour,</td>
<td></td>
</tr>
<tr>
<td>vegetable capsule, magnesium</td>
<td></td>
</tr>
<tr>
<td>stearate (vegetable source), silicon</td>
<td></td>
</tr>
<tr>
<td>dioxide.†</td>
<td></td>
</tr>
<tr>
<td>† Capsules are composed of</td>
<td></td>
</tr>
<tr>
<td>plant-derived ingredients.</td>
<td></td>
</tr>
</tbody>
</table>

**Ginkgo Biloba**  
**Standardized Extract 120 mg**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10065</td>
<td>50 Vegetarian Capsules</td>
</tr>
</tbody>
</table>

**DESCRIPTION**  
Ginkgo Biloba contains 120 mg of the herb Ginkgo biloba in a vegetarian capsule. The active ingredient ginkgo flavone glycosides can help protect the body’s structure and function against damage from free radicals, as well as help to maintain healthy circulatory function and mental performance.†

**SUGGESTED USE**  
Adults take 1 vegetarian capsule daily with food, or as directed by a healthcare professional.

**One vegetarian capsule contains:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ginkgo biloba leaf extract 50:1 (Standardized to: 24% [28.8 mg] flavone glycosides, 6% [7.2 mg] terpene lactones and 0.8% [0.96 mg] ginkgolide B)</td>
<td>120 mg</td>
</tr>
<tr>
<td>Other ingredients: Cellulose and water capsule, rice powder, magnesium stearate, and silica</td>
<td></td>
</tr>
<tr>
<td>Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free</td>
<td></td>
</tr>
</tbody>
</table>

**Glucosamine & Chondroitin Plus**  
**With Vitamin C & Bromelain**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10070</td>
<td>60 Tablets</td>
</tr>
<tr>
<td>10071</td>
<td>180 Tablets</td>
</tr>
</tbody>
</table>

**DESCRIPTION**  
Glucosamine & Chondroitin Plus is formulated to help support healthy joint function by providing nutritional components necessary for cartilage synthesis and maintenance.†

**SUGGESTED USE**  
Adults take 3 tablets daily with food, or as directed by a healthcare professional.

**Three tablets contain:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total carbohydrates</td>
<td>6 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>65 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>265 mg</td>
</tr>
<tr>
<td>Vitamin C (as ascorbic acid)</td>
<td>400 mg</td>
</tr>
<tr>
<td>Manganese (as amino acid chelate)</td>
<td>10 mg</td>
</tr>
<tr>
<td>Glucosamine sulfate (from 2,000 mg glucosamine sulfate potassium chloride)</td>
<td>1,500 mg</td>
</tr>
<tr>
<td>Chondroitin sulfate complex (Standardized to 90% [1,080 mg] chondroitin sulfate)</td>
<td>1,200 mg</td>
</tr>
<tr>
<td>Bromelain (Ananas comosus fruit extract)</td>
<td>50 mg</td>
</tr>
<tr>
<td>(Standardized to 1,800 GDU*/gm)</td>
<td></td>
</tr>
</tbody>
</table>

Please see the current Wellness Works product order form for current pricing.

† The statements contained herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Glucosamine & MSM
Vegetarian and Shellfish Free

Product #  Size
10333  120 Tablets

DESCRIPTION
Glucosamine & MSM formula provides key nutraceuticals to help facilitate cartilage synthesis and stability, support a healthy inflammatory response and provide overall structural support to the joint tissue.

SUGGESTED USE
Adults take 1 tablet, 3 times daily with food, or as directed by a healthcare professional.

One tablet contains:
Potassium (from glucosamine sulfate potassium chloride) ........................................ 85 mg
Glucosamine sulfate (from 667 mg of glucosamine sulfate potassium chloride) .......... 500 mg
MSM (methylsulfonylmethane) ............................................................................... 500 mg
Other ingredients: Cellulose, modified cellulose, vegetable stearin, cellulose gum, magnesium stearate, silica and food glaze.

Most glucosamine products are derived from shellfish. This form of glucosamine is shellfish free.
MSM is a naturally-occurring compounding that provides sulfur for many important physiological functions in the human body.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, soy, preservatives, artificial colors or flavors.
Gluten-Free, Dairy-Free

Glucosamine Sulfate
750 mg for Support of Healthy Joint Function ‡

Product #  Size
10074  60 Vegetarian Capsules

DESCRIPTION
Glucosamine sulfate, a well-absorbed source of glucosamine, is an important precursor for the synthesis and maintenance of connective tissues.

SUGGESTED USE
As a dietary supplement, adults take 1 capsule, 2 times daily with food, or as directed by a healthcare professional.

One vegetarian capsule contains:
Potassium (from glucosamine sulfate potassium chloride) ........................................ 125 mg
Glucosamine sulfate* (from 1,000 mg of glucosamine sulfate potassium chloride) ........ 750 mg
Other ingredients: Cellulose and water (capsule), rice powder, magnesium stearate, and silica.

*GlucosPure brand glucosamine sulfate potassium chloride. GlucosPure is shelf-life-free, eliminating the possibility of having a shelf-life allergic reaction. GlucosPure is the only patented, full-reacted glucosamine sulfate potassium chloride available (U.S. patent #5,843,923). GlucosPure is a trademark of JFC Technologies.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, soy, preservatives, artificial colors or flavors.
Gluten-Free, Dairy-Free, Shellfish-free, Vegan

Gluten Digestive Enzymes
Gluten-Specific Digestive Enzyme Formula

Product #  Size
10324  60 Vegetarian Capsules

DESCRIPTION
Gluten Digestive Enzymes is a natural dietary supplement specifically formulated with enzymes known to enhance the digestion of gluten. The addition of acidophilus and prebiotics further enhances the digestion of gluten in the diet.‡

SUGGESTED USE
Adults take 2 vegetarian capsules approximately 10–15 minutes prior to a meal, or as directed by a healthcare professional.

Two vegetarian capsules contain:
Gluten enzyme formula ................................................................. 850 mg
Strong acid protease ...................................................................... 75,000 HUT
(Aspergillus oryzae/niger)
DPPzyme IV blend:
Protease FCC ............................................................................... 120,000 HUT
(Aspergillus oryzae/niger)
Protease FCC ............................................................................... 20,000 PC
(Bacillus subtilis)
Protease USP ............................................................................... 15,000 USP
(Carica papaya)
Amylase II FCC (Aspergillus oryzae) .................................................. 1,069 DU
Amylase II FCC (Bacillus subtilis) ...................................................... 6,150 BAU
Glucoamylase FCC (Aspergillus niger) ............................................... 15.5 AGU
Cellulase FCC (Trichoderma reeseri) ..................................................... 520 CU
FloraFit™ ....................................................................................... 3 mg
Lactobacillus acidophilus Ln-14 (500 million)**
FiberAid™ arabinoxylans*** ................................................................ 10 mg
FOS ............................................................................................... 10 mg
Other ingredients: Cellulose and water (vegetarian capsule), cellulose, magnesium stearate, and silica.

**FloraFit™ is a trademark of Danisco, a world leader in probiotics.
***FiberAid™ is a registered trademark of Lonza Group, Ltd Switzerland.

Contains NO sugar, salt, yeast, wheat, gluten, soy, corn, preservatives, artificial colors or flavors.

Green Tea-70
High Concentration EGCG

Product #  Size
10320  60 Capsules

DESCRIPTION
GreenTea-70 contains a high yield of epigallocatechin-3-gallate, an important nutrient that supports cardiovascular, joint, intestinal, liver and immune functions. It is also a potent free radical fighter and fat metabolizer.‡

SUGGESTED USE
Adults take 1 capsule, 1–2 times daily, or as directed by a healthcare professional.

One capsule contains:
Green tea leaf extract ......................................................................... 500 mg
Yielding: epigallocatechin-3-gallate (EGCG) ......................................... 350 mg
Other ingredients: Vegetable cellulose (capsule), microcrystalline cellulose.
Gluten-Free, Non-GMO, Vegetarian

‡ The statements contained herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Gut Restorative PRP

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10361</td>
<td>120 Capsules</td>
</tr>
</tbody>
</table>

DESCRIPTION
An all-natural supplement comprised of bovine colostrum for supporting a healthy immune system. Bovine colostrum is an abundant source of immunoglobulins, as well as live cells that secrete key proteins including cytokines, lactoferrin, and proline-rich polypeptides (PRP). Supplementing with bovine colostrum has been shown to bolster the lining of the gastrointestinal tract and fight inflammation.

SUGGESTED USE
Adults take 4 capsules, 2 times daily, or as directed by a healthcare professional.

Four capsules contain:

<table>
<thead>
<tr>
<th>Protein</th>
<th>1 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colostrum (bovine)</td>
<td>1,720 mg</td>
</tr>
</tbody>
</table>

Typically provides:

| Immunoglobulin G (IgG) | 550 mg |
| Other immunoglobulins (IgA, IgM) | 44 mg |
| Proline-rich polypeptides (PRP) | 80 mg |
| Lactoferrin | 8 mg |

Other ingredients: Cellulose (vegetable capsule), silica.

Contains milk proteins.
Contains NO soy, wheat, egg, fish, shellfish, tree nuts, peanuts, artificial colors or preservatives.

Hair, Skin & Nails (RF)

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10312</td>
<td>90 Tablets</td>
</tr>
</tbody>
</table>

DESCRIPTION
Hair, Skin & Nails provides a complete formula of vitamins, minerals and nutrients which have been shown to support healthy hair, skin and nails.‡

SUGGESTED USE
Adults take 3 tablets daily with food, or as directed by a healthcare professional.

Three tablets contain:

| Vitamin A (as palmitate) | 5,000 IU |
| Vitamin C (as ascorbic acid) | 60 mg |
| Vitamin D (as cholecalciferol) | 200 IU |
| Vitamin E (as d-alpha tocopheryl succinate) | 30 IU |
| Vitamin B-1 (as thiamin hydrochloride) | 25 mg |
| Vitamin B-2 (as riboflavin) | 25 mg |
| Nicin (as niacinamide) | 20 mg |
| Vitamin B-6 (as pyridoxine hydrochloride) | 25 mg |
| Folic acid | 400 mcg |
| Vitamin B-12 (as cyanocobalamin) | 100 mcg |
| Biotin | 1,200 mcg |
| Pantothenic acid (as d-calcium pantethenate) | 100 mg |
| Calcium (as carbonate, amino acid chelate) | 300 mg |
| Magnesium (as oxide, amino acid chelate) | 60 mg |
| Zinc (as monomethionine) | 5 mg |
| Selenium (as L-selenomethionine) | 200 mg |
| Copper (as amino acid chelate) | 1 mg |
| Manganese (as amino acid chelate) | 5 mg |
| MSM (methylsulfonylmethane) | 200 mg |
| Horsetail leaf extract | 100 mg |
| Choline (as bitartrate) | 25 mg |
| Inositol | 25 mg |
| PABA (as para aminobenzoic acid) | 10 mg |
| Boron (as citrate, aspartate, glycinate) | 1 mg |

L-cysteine ................................................. 300 mg
Citrus bioflavonoids ........................................ 100 mg
Nettle leaf powder ........................................... 100 mg
L-methionine .................................................. 50 mg
Trace minerals ................................................. 50 mg
Other ingredients: Cellulose, cellulose gum, vegetable stearin, silica, dicalcium phosphate and magnesium stearate.

Contains soy.
Contains NO sugar, salt, dairy, yeast, wheat, gluten, preservatives, artificial colors or flavors.

Gluten-Free, Dairy-Free

Herbal Intestinal Cleanse‡

Orange flavor

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10357</td>
<td>11.77 oz (333.6 g)</td>
</tr>
</tbody>
</table>

DESCRIPTION
Herbal Intestinal Cleanse is a pleasant-tasting herbal formula designed to support comprehensive intestinal health and elimination.‡

SUGGESTED USE
Adults mix 1 scoop in 10–12 ounces of water once daily as a dietary supplement, or as directed by a healthcare professional. Increasing daily water intake while using this product is recommended.

One scoop (approx. 11.12 g) contains:

| Calories | 40 |
| Total carbohydrates | 8 g |
| Dietary fiber | 5 g |
| Protein | 1 g |
| Calcium | 80 mg |
| Iron | 3 mg |
| Sodium | 10 mg |
| Psyllium husk powder | 450 mg |
| Senna leaf powder | 3 g |
| Fennel seed powder | 450 mg |
| Poppy seed powder | 380 mg |
| Buckthorn bark powder | 190 mg |
| Celery seed powder | 190 mg |
| Barberry root bark powder | 190 mg |
| Rose hips fruit powder | 190 mg |

Other ingredients: Citric acid, silicon dioxide, stevia leaf extract, and natural flavor.

Gluten-Free, Non-GMO

Hyaluronic Acid

Joint Health

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10309</td>
<td>60 Vegetarian Capsules</td>
</tr>
</tbody>
</table>

DESCRIPTION
Hyaluronic Acid supplies 40 mg of non-animal source hyaluronic acid in each capsule.

SUGGESTED USE
Adults take 1 capsule, 1–2 times daily, or as directed by your healthcare professional.

One capsule contains:

Hyaluronic acid .............................................. 40 mg

(HyaMax™ brand sodium hyaluronate)

Please see the current Wellness Works product order form for current pricing.

‡ The statements contained herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
## Immune Health Support†
**With Echinacea & Astragalus**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10086</td>
<td>60 Capsules</td>
</tr>
</tbody>
</table>

**DESCRIPTION**
Immune Health Support is a comprehensive formula that provides essential vitamins and minerals for general nutritional support, and a generous supply of specialty agents specifically implicated in immune wellness. The synergistic combination of ingredients in Immune Health Support helps provide an ideal environment for optimal immune function.†

**SUGGESTED USE**
Adults take 2 capsules, 3 times daily with food, or as directed by a healthcare professional.

### Two capsules contain:
- **Vitamin A** (as beta carotene) ................................................................. 2,500 IU
- **Vitamin C** (as ascorbic acid) ................................................................. 100 mg
- **Vitamin B-6** (as pyridoxine HCl) ......................................................... 5 mg
- **Folic acid** ........................................................................................... 400 mcg
- **Vitamin B-12** (as cyanocobalamin) ...................................................... 5 mcg
- **Pantothenic acid** (as calcium pantothenate) ......................................... 5 mg
- **Zinc** (as monomethionine) .................................................................. 10 mg
- **Echinacea angustifolia root extract** ....................................................... 100 mg
  *(Standardized to 4% [4 mg] echinacosides)*
- **Astragalus membranaceus root extract** ............................................... 250 mg
- **Maitake mushroom TD-fraction extract** ............................................... 25 mg
- **Maitake mushroom powder** ................................................................. 100 mg
- **Shiitake mushroom powder** ................................................................. 200 mg
- **Reishi mushroom powder** ................................................................... 100 mg
- **Ligusticum lucidum fruit extract** ......................................................... 100 mg
- **Goldenseal root (Hydrastis canadensis)** .............................................. 10 mg
- **Quercetin** ........................................................................................... 50 mg
- **Garlic bulb powder (Allium sativum)** ................................................... 50 mg

Other ingredients: Gelatin and water (capsule), rice powder, magnesium stearate, and silica. Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

### Inflam-Enz
**Innovative Synergistic Formula to Help Manage Pain and Inflammation†**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10363</td>
<td>270 g</td>
</tr>
</tbody>
</table>

**DESCRIPTION**
Inflam-Enz is a synergistic combination of CMO complex, N,N-dimethylglycine (DMG), larch tree, and astragalus.‡ It is formulated to help support a healthy response to inflammation and pain.

**SUGGESTED USE**
As a dietary supplement, adults mix 1 scoop in 8-10 ounces of water and take daily, or as directed by a healthcare professional.

### 1 scoop (9 g) contains:
- **Calories** ............................................................................................. 35
- **Total Carbohydrates** ........................................................................ 8 gm
- **Vitamin C** ........................................................................................ 1 mg
- **Calcium** .......................................................................................... 25 mg
- **CMO complex** ................................................................................. 1000 mg
- **Proprietary proteolytic enzyme blend containing**
  - pancreatic, bromelain, papain, pepsin and protease ......................... 930 mg
  - N,N-dimethylglycine (DMG) ............................................................. 250 mg
- **Curcumin C3 complex** ..................................................................... 200 mg
- **Yielding curcuminoids** ................................................................. 190 mg
- **Boswellia serrata gum extract** ......................................................... 200 mg
- **Yielding boswellic acid** ............................................................... 130 mg

‡ The statements contained herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Ginger (zinger officinale) root extract .................................................. 50 mg
Yielding gingerols ............................................................................. 2.5 mg
Rutin .................................................................................................. 200 mg
Luteolin (from perilla leaf extract) .................................................. 8 mg
Cayenne (capsicum annum) pepper .................................................. 5 mg
Stevie leaf extract ........................................................................... 100 mg

Other ingredients: Digestions resistant maltodextrin, orange powder, natural orange flavor, citric acid, tricalcium phosphate, silicon dioxide.

**InflamMove**
Support for Natural Inflammatory Response ‡

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10318</td>
<td>90 Vegetarian Capsules</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

InflamMove is a blend of standardized botanical extracts and enzymes to support normal, healthy inflammatory response. ‡

**SUGGESTED USE**

Adults take 3 capsules up to 2 times daily prior to mealtime, or as directed by a healthcare professional.

**Three vegetarian capsules contain:**

- Turmeric (Curcuma longa) rhizome extract ........................................ 200 mg
- White Willow (Salix alba) bark extract ............................................. 200 mg
- Boswellia serrata gum resin extract ............................................. 200 mg
- Devil’s claw (Harpagophytum procumbens) root extract .............. 300 mg
- Proprietary enzyme/herbal blend ........................................ 150 mg
- Protease (50,000 HUT), papain (18,000 PU), bromelain (2,400 GDU), trans-resveratrol (Polygonum cuspidatum) root extract, and LeucoSelect™ phytoseome™ grape seed (Vitis vinifera) extract

Other ingredients: Cellulose and water (vegetarian capsule), cellulose, magnesium stearate, and silica.

Natural color variations may occur in this product.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Vegetarian

**Iron**

25 mg as Amino Acid Chelate & Gluconate

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10090</td>
<td>100 Tablets</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Chelated iron is a nutritionally functional iron amino acid chelate with documented high bioavailability, excellent tolerability and low toxicity.

**SUGGESTED USE**

Adults take 1 tablet daily with food, or as directed by a healthcare professional.

**One tablet contains:**

- Iron (as amino acid chelate, gluconate) ........................................ 25 mg
- Other ingredients: Cellulose, cellulose gum, vegetable stearin, dicalcium phosphate, silica, magnesium stearate, and food glaze.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors. Gluten-Free, Diary-Free

**Joint Health Support‡**

*With Glucosamine & MSM*

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
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<tbody>
<tr>
<td>10091</td>
<td>90 Tablets</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Supporting a healthy balance between the processes of cartilage synthesis and degradation is crucial for proper functioning of the joints. Joint Health Support provides key nutraceuticals to help support a healthy inflammatory response, facilitate cartilage synthesis and provide antioxidant support. ‡

**SUGGESTED USE**

Adults take 3 tablets daily with food, or as directed by a healthcare professional.

**Three tablets contain:**

- Vitamin C (as ascorbic acid) ...................................................... 100 mg
- Niacin (as niacinamide) ............................................................ 25 mg
- Panthenolic acid (as d-cal pantotenate) ...................................... 25 mg
- Manganese (amino acid chelate) ............................................... 10 mg
- Glucosamine sulfate ............................................................... 1,000 mg
- (from 1,333 mg of glucosamine sulfate potassium chloride)
- Chondroitin sulfates complex ............................................. 100 mg
- (Standardized to 90% (90 mg) chondroitin sulfate)
- Boswellia serrata extract .................................................... 100 mg
- (Standardized to 40% (40 mg) boswellic acids)
- MSM (methylsulfonylmethane) ..................................................... 100 mg
- (Standardized to 95% (47.5 mg) curcumin)
- Bromelain ................................................................. 25 mg
- (Standardized to 2,400 GDU/g)
- Grape seed extract (Vitis vinifera) ........................................... 10 mg
- Quercetin ................................................................. 10 mg
- Ginger root powder (Zinger officinale) ...................................... 50 mg
- L-proline ................................................................. 50 mg

Other ingredients: Cellulose, vegetable stearin, cellulose gum, silica, magnesium trisilicate, magnesium stearate, dicalcium phosphate and modified cellulose. Contains shellfish and soy.

Contains NO sugar, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

**Kelp**

*Supplies 225 mcg Iodine*

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
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</thead>
<tbody>
<tr>
<td>10093</td>
<td>500 Tablets</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Each tablet contains 45 mg of processed seaweed harvested from the North Atlantic and standardized to provide 225 mcg of iodine per tablet.

**SUGGESTED USE**

Adults take 1 tablet daily with food, or as directed by a healthcare professional.

**One tablet contains:**

- Iodine (from kelp) .............................................................. 225 mcg
- Kelp ............................................................................. 45 mcg

Other ingredients: May contain one or more of the following: Magnesium stearate, cellulose, vegetable stearin, dicalcium phosphate, and silica.

Contains NO salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.
L-Arginine 500 mg
Supports Nitric Oxide Formation

DESCRIPTION
L-arginine is a conditionally essential amino acid. In that role, L-arginine supports nitric oxide formation, which is important for healthy dilation of blood vessels, circulation and blood flow. In trials, L-arginine has demonstrated the potential to support endothelial function in blood vessels, platelet function, exercise tolerance and sexual function. Typically the body is able to manufacture sufficient quantities of L-arginine. However, in certain conditions, such as aging, cardiovascular disease and trauma, arginine synthesis is reduced and requirements increased. L-arginine is necessary for the synthesis of creatine phosphate (PCr), which is essential for the synthesis of ATP, the source of energy in the mitochondria, particularly in muscle tissue. Vitamin B-6 is included in this formulation and serves as an essential nutrient for the metabolism of amino acids in the body.

SUGGESTED USE
Adults take 1 capsule, 2–6 times daily between meals, or as directed by a healthcare professional.

One vegetarian capsule contains:
Vitamin B-6 ........................................ 10 mg (as pyridoxine hydrochloride)
L-arginine ........................................ 500 mg (L-arginine L-tartrate)
Other ingredients: Cellulose and water (capsule), magnesium stearate, silica and vegetable stearin.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors, or flavors. Gluten-Free, Dairy-Free

L-Carnitine
500 mg with Vitamin B-6

DESCRIPTION
L-carnitine supplements supply pure, natural L-carnitine in tablet form. L-carnitine has demonstrated the ability to promote oxygenation of heart muscle, support cardiovascular energy, enhance endurance training and maintain healthy lipid metabolism.

SUGGESTED USE
Adults take 1 tablet daily between meals, or as directed by a healthcare professional.

One tablet contains:
Vitamin B-6 ........................................ 10 mg (as pyridoxine hydrochloride)
CarniPure™*** ........................................ 500 mg
(L-carnitine L-tartrate)
Other ingredients: Cellulose, vegetable stearin, cellulose gum, dicalcium phosphate, silica, magnesium stearate, modified cellulose, and food glaze.

**Vitamin B-6 is a cofactor in the metabolism of amino acids.
*** CarniPure™ offers the purest L-carnitine and is a trademark of Lonza Ltd, Switzerland.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

L-Glutamine
Gastro-Intestinal Support

DESCRIPTION
L-glutamine is utilized by the body for tissue repair, GI tract support and natural defense system function. L-Glutamine 500 mg tablets contain 500 mg of pure crystalline L-glutamine (USP).

SUGGESTED USE
Adults take 1 tablet daily, 1–3 times daily, or as directed by a healthcare professional.

One tablet contains:
L-glutamine ........................................ 500 mg
Other ingredients: Dicalcium phosphate, cellulose, vegetable stearin, cellulose gum, modified cellulose, silica, and magnesium stearate.

Our L-Glutamine is a pure crystalline, free form amino acid.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

L-Glutamine Powder
Gastro-Intestinal Support

DESCRIPTION
L-glutamine is utilized by the body for tissue repair, GI tract support and natural defense system function. L-Glutamine Powder provides 4 grams of pure L-glutamine (USP) per teaspoon.

SUGGESTED USE
Adults take 1 teaspoon in 8 ounces of water, 1–3 times daily, or as directed by a healthcare professional.

One teaspoon contains:
L-Glutamine ........................................ 5,000 mg
Our L-Glutamine powder is 100% free-form amino acid.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

L-Lysine
500 mg

DESCRIPTION
Our L-Lysine is a pure crystalline, free form amino acid.

SUGGESTED USE
Adults take 1 tablet daily between meals, or as directed by a healthcare professional.

One tablet contains:
L-lysine (as hydrochloride) ........................................ 500 mg
Other ingredients: Dicalcium phosphate, cellulose, vegetable stearin, cellulose gum, modified cellulose, silica, and magnesium stearate.

Our L-Lysine is a pure crystalline, free form amino acid.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

Lysine
500 mg

DESCRIPTION
Our L-Lysine is a pure crystalline, free form amino acid.

SUGGESTED USE
Adults take 1 tablet daily, 1–3 times daily, or as directed by a healthcare professional.

One tablet contains:
L-lysine (as hydrochloride) ........................................ 500 mg
Other ingredients: Dicalcium phosphate, cellulose, vegetable stearin, cellulose gum, modified cellulose, silica, and magnesium stearate.

Our L-Lysine is a pure crystalline, free form amino acid.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

‡ The statements contained herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
L-Theanine

Product # | Size
---|---
10226 | 60 Vegetarian Capsules

**DESCRIPTION**

L-Theanine is responsible for promoting relaxation in part by downward modulating cortisol levels which is helpful in reducing the effects of stress. L-Theanine supplies 100 mg of pure L-Theanine in each vegetarian capsule.

**SUGGESTED USE**

Adults take 1 vegetarian capsule, 1–3 times daily, or as directed by a healthcare professional.

One vegetarian capsule contains:

- L-Theanine *** 100 mg

Other ingredients: Cellulose and water (vegetarian capsules), cellulose, magnesium stearate, and silica.

***From SunTheanine®, a 100% pure, patented source of L-Theanine manufactured in Japan by Taiyo International. SunTheanine® has been extensively evaluated in many scientific studies and shown to promote relaxation and deep, restful sleep without causing drowsiness or other unwanted side effects.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, soy, corn, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

Libido Health

**Libido Support for Men and Women ‡**

Product # | Size
---|---
10287 | 90 Vegetarian Capsules

**DESCRIPTION**

Libido Health is designed to address those factors that may contribute to sexual dysfunction in men and women, such as energy level, hormone balance, circulation and nervous system function.

**SUGGESTED USE**

Women: Take 1 capsule on an empty stomach, 2 times daily as needed.

Men: Take 1 capsule on an empty stomach, 3 times daily as needed.

Or, take as directed by a healthcare professional.

The effects of this formula may begin several hours after ingestion and may last all day.

For long-term use: Take recommended amount in intervals of 2 weeks on and 2 weeks off.

One Vegetarian capsule contains:

- Ashwagandha root powder, Epimedium sagittatum (horny goat weed) herb powder, Tribulus Terrestris (puncture vine) root powder, rhodiola rosea rhizome powder, catuaba 4:1 bark extract
- Damiana 4:1 leaf extract
- Maca (Lepidium meyenii) root powder
- Muira puama 4:1 Root Extract
- Tongkat ali root powder
- Cnidium monnierl seed powder
- L-Theanine

Other ingredients: Vegetable cellulose (capsule), microcrystalline cellulose, silicon dioxide.

Gluten-Free, Vegetarian, Non-GMO

**Liposomal Glutathione 250 mg Enhanced Absorption Liposomal Glutathione**

Product # | Size
---|---
10325 | 60 Softgels

**DESCRIPTION**

Liposomal Glutathione provides powerful antioxidant and cellular function support in an enhanced absorption form.

**SUGGESTED USE**

Adults take 1 capsule, 2 times daily, or as directed by a healthcare professional.

One softgel capsule contains:

- Glutathione 250 mg

Other ingredients: Titanium dioxide, olive oil, beeswax, gelatin, purified water, and BioGlute™ complex (proprietary blend of glutathione and essential phospholipids).

This product contains NO hydroxylated lecithin.

Lutein Plus

20 mg

Product # | Size
---|---
10100 | 30 Capsules

**DESCRIPTION**

Lutein Plus is extracted from marigold flower petals, a potent natural source. In addition, each capsule provides a synergistic blend of several green foods including spinach and broccoli.

**SUGGESTED USE**

Adults take 1 capsule, 1–3 times daily with food, or as directed by a healthcare professional.

One capsule contains:

- Vitamin E (as natural mixed tocopherols)** 1 IU
- Lutein ................................................................. 20 mg (from marigold [Calendula officinalis] flowers)**
- Zeaxanthin ............................................................. 880 mcg (from marigold [Calendula officinalis] flowers)**
- Bilberry fruit powder (Vaccinium myrtillus) ................................................................. 25 mg

Other ingredients: Capsules (gelatin, water), cellulose, spinach powder, rosemary extract powder, magnesium stearate, and silica.

**From FloraGLO™, a patented extract of marigold blossoms containing lutein (U.S. Patents 5,382,714 & 5,648,564). FloraGLO is crystaline-free lutein with added natural vitamin E and rosemary extract powder to improve stability and shelf life. FloraGLO is a trademark of Kemin Foods, L.C.

Contains NO salt, dairy, yeast, wheat, gluten, artificial colors or flavor. Gluten-Free, Dairy-Free
**Magnesium Chelate 400 mg**

400 mg

*Product # | Size*
--- | ---
10303 | 90 Tablets

**DESCRIPTION**

Magnesium Chelate 400 mg is a nutritionally functional magnesium amino acid chelate with excellent bioavailability. Each tablet delivers 133 mg of elemental magnesium as a bis-glycinate/lysinate chelate, or 400 mg per 2 tablet serving.

**SUGGESTED USE**

Adults take 2 tablets daily, or as directed by a healthcare professional.

**Three tablets contain:**

- Magnesium (amino acid chelate)
- Other ingredients: Cellulose, cellulose gum, vegetable stearin, and magnesium stearate.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

**Magnesium Glycinate Powder 1,000 mg/ Scoop**

*High-Potency Magnesium Supplement*

*Product # | Size*
--- | ---
10343 | 100 g (3.53 oz)

**DESCRIPTION**

Magnesium Glycinate Powder 1,000 mg/Scoop features the most rapidly absorbed salt of magnesium in an easy-to-use, water-soluble powder.

**SUGGESTED USE**

Adults mix ½–1 scoop with water at bedtime, or as directed by a healthcare professional.

**One scoop (1 g) contains:**

- Magnesium Glycinate
- Other ingredients: Rice flour, pullulan (capsule), glycerol behenate, modified food starch with medium chain triglycerides, and silicon dioxide.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

---

**Male Virility Support ‡**

*Product # | Size*
--- | ---
10253 | 60 Capsules

**DESCRIPTION**

Male Virility Support is a proprietary male formula that has been synergized with an herbal blend to support the processes involved in promoting a healthy male sex drive, energy and stamina.

**SUGGESTED USE**

Men take 2 capsules daily with food, or as directed by a healthcare professional.

**Two capsules contain:**

- Virilomax™ proprietary blend
- Horny goat weed (Epimedium sagittatum) aerial parts standardized to 10% icariins, fenugreek seed extract, and muira puama (Pychoptetalum olacoides) bark and root powder.
- Kola nut seed extract, maca (Lepidium meyenii) root powder, Tribulus terrestris aerial parts powder, Damiana (Turnera diffusa) leaf powder, and Korean ginseng root powder.

**Other ingredients:** Gelatin and water (capsule), cellulose, stearic acid, magnesium stearate and silica.

*Virilomax™ is an herbal libido formula that's potentiated with the proprietary T Pump herbal activator to support men's sexual health and normal healthy testosterone levels.*

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

---

**Marine Fish Oils**

*1,000 mg / Natural Source of Omega-3 Fatty Acids*

*Product # | Size*
--- | ---
10306 | 100 Softgels

**DESCRIPTION**

Marine Fish Oils contains a marine lipid concentrate that has been processed by molecular distillation. Our formula is an excellent source of omega-3 fatty acids, providing eicosapentaenoic acid (EPA, 18%) and docosahexaenoic acid (DHA, 12%) in their natural triglyceride form.

**SUGGESTED USE**

Adults take 1 softgel 2 times daily with food, or as directed by a healthcare professional.

**One softgel contains:**

- Total omega-3 fatty acids
- Eicosapentaenoic acid (EPA, 18%) and docosahexaenoic acid (DHA, 12%)

**Other ingredients:** Gelatin, glycerin and water (softgel) and vitamin E.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

---

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

*3 mg Sustained Release*

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
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</thead>
<tbody>
<tr>
<td>10369</td>
<td>60 Tablets</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Melatonin Sustained Release tablets contain 3 mg of the purest pharmaceutical grade melatonin, in a sustained-release tablet formulation.

**SUGGESTED USE**

Adults take 1 tablet, 1 hour before bedtime, or as directed by a healthcare professional.

**One tablet contains:**

Melatonin..........................................................3 mg

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, methocel E4M, powdered vegetable stearine, silicon dioxide, magnesium stearate.

---

**Melatonin**

*3 mg with Vitamin B-6*

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
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<tbody>
<tr>
<td>10107</td>
<td>60 Tablets</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Melatonin capsules contain 3 mg of the highest purity melatonin produced under strict Good Manufacturing Practices (GMP) standards.

**SUGGESTED USE**

Adults take 1 tablet 20 minutes before bedtime, or as directed by a healthcare professional. Do not exceed 1 tablet per 24 hours.

**One tablet contains:**

Vitamin B-6 (as pyridoxine HCl)......................................................10 mg

Melatonin..................................................................................3 mg

Other ingredients: Dicalcium phosphate, cellulose, cellulose gum, vegetable stearin, magnesium stearate and silica.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

---

**Melatonin Liposomal Spray**

*Supports Normal Sleep†*

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
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<tbody>
<tr>
<td>10316</td>
<td>1.0 fl oz (30 mL)</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Melatonin Liposomal Spray contains 3 mg of the highest purity pharmaceutical grade melatonin per serving (2 sprays) in a liposomal delivery system.

**SUGGESTED USE**

Hold nozzle 1” from mouth, spray 2 times and swallow, or as directed by a healthcare professional. Shake well before each use.

**Two sprays (0.4 mL) contain:**

Melatonin..........................................................3 mg

Other ingredients: Glycerin, water, sunflower lecithin, oleic acid, citric acid, polyglyceride, citric acid, xanthan gum, orange oil and rosmarinic acid. Gluten-Free, Vegetarian

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**Memory Plus**

*Enhances Memory Retention and Clarity†*

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
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</thead>
<tbody>
<tr>
<td>10270</td>
<td>60 Vegetarian Capsules</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Memory Plus is a synergistic combination of nutrients which can be helpful in enhancing mental clarity, improving memory retention and improving attention.†

**SUGGESTED USE**

Adults take 2 capsules, 1–2 times per day, or as directed by your healthcare professional.

**Two vegetarian capsules contain:**

- N-acetyl L-carnitine (HCl).......................................................500 mg
- Phosphatidylserine.....................................................................100 mg
- Nattokinase.............................................................................100 mg
- Bacopa monnieri leaf extract.................................................100 mg
- Yielding bacosides 20 mg
- DNAE (dimethylaminoethanol).................................................100 mg
- Ginkgo leaf extract.................................................................40 mg
- Vinpocetine.............................................................................10 mg
- Alpha R-lipoic acid.................................................................5 mg
- Huperzine A............................................................................38 mcg 

(Huperzine serrata 1%)

Other ingredients: Vegetable cellulose (capsule), microcrystalline cellulose, and vegetarian leucine. Contains soy.

---

**Menopause Support†**

*With Isoflavones and Black Cohosh*

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
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<tbody>
<tr>
<td>10108</td>
<td>60 Tablets</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Menopause Support is an effective formula incorporating a blend of herbs to help support a woman’s health during normal mid-life changes.†

**SUGGESTED USE**

Adults take 2 tablets daily with food, or as directed by a healthcare professional.

**Two tablets contain:**

Vitamin D (as cholecalciferol) ..................................................50 IU

Vitamin E (as d-alpha).................................................................200 IU

Vitamin B-1 (as thiamin hydrochloride)....................................10 mg

Vitamin B-2 (as riboflavin).........................................................10 mg

Vitamin B-3 (as niacinamide)......................................................10 mg

Vitamin B-6 (as pyridoxine hydrochloride)..............................10 mg

Vitamin B-12 (as cyanocobalamin)............................................25 mcg

Calcium (as carbonate, citrate)..................................................100 mg

Magnesium (as oxide, citrate)....................................................100 mg

Soy (Glycine max) bean extract .................................................500 mg

(Standardized to 2.5–3.5% [12.5–17.5 mg] isoflavones)

Black cohosh root extract ......................................................80 mg

(as Cimicifuga racemosa standardized to 2.5% [2 mg]

triterpene glycosides)

Red clover blossom extract .....................................................100 mg

(Standardized to 8% [8 mg] isoflavones)

Dong Quai (Angelica sinensis) root ...........................................10 mg

Chasteberry (Vitex agnus-castus) fruit ......................................10 mg

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*Please see the current Wellness Works product order form for current pricing.*

† The statements contained herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Methylcobalamin B-12 Spray

1,000 mcg

**Product #** | **Size**
--- | ---
10304 | 1.0 fl oz (30 mL)

**DESCRIPTION**
Methylcobalamin B-12 Spray provides 1,000 mcg of highly bioavailable vitamin B-12 in an easy to use spray.

**SUGGESTED USE**
Hold nozzle 1" from mouth, spray 1 time and swallow. Use once daily or as directed by a healthcare professional. Shake well before each use.

**One spray (0.2 mL) contains:**
- Folic Acid ................................................................. 100 mcg
- Vitamin B-6 .............................................................. 2 mg
  (as pyridoxine 5-phosphate)
- Vitamin B-12 ......................................................... 1,000 mcg
  (as methylcobalamin & hydroxocobalamin)

Other ingredients: Glycerin, water, and potassium citrate. Gluten-Free, Vegetarian

Migraine Clear+

Helps Reduce Frequency and Intensity of Cranial Vascular Disturbances ‡

**Product #** | **Size**
--- | ---
10290 | 120 Capsules

**DESCRIPTION**
Migraine Clear contains the most documented and effective nutraceuticals presently known to help support the vascular system in the brain. These ingredients act synergistically to assist in quenching inflammation and reducing histamine and serotonin induced vasospasm.

**SUGGESTED USE**
Adults take 2 capsules twice daily, or as directed by a healthcare professional.

**Two capsules contains:**
- Riboflavin .................................................................. 190 mg
  (as riboflavin-5-phosphate)
- Magnesium .............................................................. 100 mg
  (from magnesium citrate)
- Ginger (Zingiber officinale) ....................................... 250 mg
  (5% gingerols)
- Feverfew (Tanacetum parthenium) ......................... 50 mg
  (standardized to 2% parthenolide)
- Butterbur (Petasites hybridus) ............................... 50 mcg
  (6:1)
- Ginkgo (Ginkgo biloba) ........................................... 40 mg

Other ingredients: HPMC vegetable capsule, microcrystalline cellulose, magnesium stearate, and silicon dioxide.

Milk Thistle Plus

175 mg Standardized Extract with Artichoke

**Wellness Works #** | **Size**
--- | ---
10110 | 60 Capsules

**DESCRIPTION**
Milk Thistle Plus capsules contain 175 mg of milk thistle extract, standardized to contain a minimum of 80% silymarin. Milk Thistle Plus capsules are free of lactose and other common allergens.
SUGGESTED USE
Adults take 1 capsule, 3 times daily with food, or as directed by a healthcare professional.

One capsule contains:
Milk thistle seed extract .......................................................... 175 mg
(Silybum marianum) (Standardized to 80% [140 mg] silymarin)
Turmeric root extract powder ..................................................... 50 mg
(Curcuma longa) (Standardized to 95% [48 mg] curcumin)
Artichoke leaf extract powder .................................................... 20 mg
(Cynara scolymus) (Standardized to 2% [0.4 mg] cynarin)
Other ingredients: Gelatin and water (capsule), rice powder, magnesium stearate, and silica.
Contains NO sugar, salt, dairy, yeast, wheat, gluten, soy, preservatives, artificial colors or flavors.
Gluten-Free, Dairy-Free

NAC
600 mg
Wellness Works # Size
10228 60 Vegetarian Capsules

DESCRIPTION
NAC is a biologically active precursor for the amino acid cysteine which, in turn, is a precursor for glutathione, a tripeptide with antioxidant properties.

SUGGESTED USE
Adults take 1 vegetarian capsule 2–4 times daily between meals, or as directed by a healthcare professional.

One vegetarian capsule contains:
Selenium (as L-selenomethionine) ............................................. 70 mcg
Molybdenum (as amino acid chelate) ....................................... 75 mcg
N-Acetyl Cysteine .................................................................... 600 mg
Other ingredients: Cellulose and water (capsule), cellulose, magnesium stearate, and silica.
N-Acetyl Cysteine, Selenium and Molybdenum are important building blocks for antioxidant enzymes produced by the liver.
Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

Niacin
100 mg
Wellness Works # Size
10113 100 Vegetarian Tablets

DESCRIPTION
Niacin tablets provide 100 mg of pure niacin in a scored, uncoated tablet which can be broken in half when lower dosage is desired.

SUGGESTED USE
Adults take 1 tablet daily with food, or as directed by a healthcare professional.

One tablet contains:
Niacin .................................................................................. 100 mg
Other ingredients: (May contain one or more of the following: Magnesium stearate, cellulose, vegetable stearin, dicalcium phosphate and silica.)
Contains NO sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.
Gluten-Free, Dairy-Free

Nitric Oxide Formula

Nitric Oxide Support Formula is a combination of ingredients designed to support healthy nitric oxide levels and to support the integrity of the blood vessel wall.

SUGGESTED USE
As a dietary supplement, mix 1 scoop in 8 ounces juice or water and take on an empty stomach, or as directed by a healthcare professional.

Color, flavor of this product may vary due to variations of natural ingredients. Product is sold by weight, not by volume. Some settling may occur.

One scoop (10.3 g) contains:
L-citruline .................................................................................. 3,000 mg
L-arginine .................................................................................. 3,000 mg
L-proline .................................................................................. 1,000 mg
L-lysine .................................................................................... 150 mg
Stevia leaf extract ................................................................. 180 mg
Other ingredients: Citric acid, pineapple juice powder, tropical fruit punch flavor, silica, beet juice powder. Gluten-Free, Non-GMO, Soy-Free

Omega-3 Extra Strength with D

Omega-3 High Potency with D is an omega 3 fatty acid supplement containing 450 mg EPA and 330 mg DHA combined with vitamin D.

SUGGESTED USE
As a dietary supplement, adults take 2 softgels daily, or as directed by a healthcare professional.

Two softgels contain:
Calories ..................................................................................... 25
Calories from Fat ................................................................. 20
Total Fat .................................................................................. 2.5 g
Cholesterol ................................................................................ 4 mg
Vitamin D3 (as cholecalciferol) ............................................. 1,000 IU
Marine lipid concentrate .................................................... 2,520 mg
EPA (Eicosapentaenoic Acid) .................................................. 900 mg
DHA (Docosahexaenoic Acid) .................................................. 660 mg
Other ingredients: Gelatin, glycerin, water, rosemary leaf extract, d-alpha tocopherol (as a preservative), natural lemon flavor.

Please see the current Wellness Works product order form for current pricing.

‡ The statements contained herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
**Omega-3 Fish Oil Enteric-Coated**

**Wellness Works #**  
**Size**  
10313  60 Softgels  
10314  120 Softgels  

**DESCRIPTION**  
Omega-3 Fish Oil Enteric-Coated (HP) softgels supply significant amounts of essential omega-3 fatty acids, derived from marine lipid concentrate. Processed by molecular distillation, our formula is an excellent source of these fatty acids, providing 300 mg of eicosapentaenoic acid (EPA) and 200 mg of docosahexaenoic acid (DHA) per capsule.

**SUGGESTED USE**  
Adults take 1 softgel daily, as directed by your healthcare professional.

**One enteric-coated softgel contains:**

<table>
<thead>
<tr>
<th>Component</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Calories from fat</td>
<td>10</td>
</tr>
<tr>
<td>Total fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0.5</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Fish oil concentrate</td>
<td>1,000 mg</td>
</tr>
<tr>
<td>Eicosapentaenoic acid (EPA)</td>
<td>300 mg</td>
</tr>
<tr>
<td>Docosahexaenoic acid (DHA)</td>
<td>200 mg</td>
</tr>
</tbody>
</table>

Other ingredients: Gelatin, glycerine and water (capsule), vitamin E, modified cellulose, and triethyl citrate.

Molecularly distilled.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.  
Gluten-Free, Dairy-Free

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**Omega-3 Liquid**  
**Liquid DHA Supplement**

**Wellness Works #**  
**Size**  
10355  150 mL (5 fl oz)  

**DESCRIPTION**  
Omega-3 Liquid is a concentrated, purified source of pharmaceutical-grade omega-3 fatty acids. Each teaspoonful provides 800 mg of eicosapentaenoic acid (EPA) and 500 mg of docosahexaenoic acid (DHA) in a natural lemon flavor.

**SUGGESTED USE**  
1 teaspoon daily as a dietary supplement, or as directed by a healthcare professional.

**One teaspoon (5 mL) contains:**

<table>
<thead>
<tr>
<th>Component</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>40</td>
</tr>
<tr>
<td>Calories from fat</td>
<td>40</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4.5 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>2 g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>25 mg</td>
</tr>
<tr>
<td>Omega-3 Fatty Acids</td>
<td>1.5 g</td>
</tr>
<tr>
<td>EPA (Eicosapentaenoic Acid)</td>
<td>800 mg</td>
</tr>
<tr>
<td>DHA (Docosahexaenoic Acid)</td>
<td>500 mg</td>
</tr>
<tr>
<td>Other Omega-3 Fatty Acids</td>
<td>200 mg</td>
</tr>
</tbody>
</table>

Ingredients: Highly refined omega-3 fish (anchovy, sardine, and mackerel) oil, natural lemon flavor, proprietary antioxidant blend (natural tocopherols, rosemary extract, and ascorbyl palmitate). Manufactured in a CGMP facility. Refrigerate after opening. Gluten-Free, Non-GMO

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**Perfect E**

**Wellness Works #**  
**Size**  
10250  30 Softgels  

**DESCRIPTION**  
Perfect E features the complete family of vitamin E compounds. Until recently, most vitamin E supplements contained alpha-tocopherol — one of the most active forms of vitamin E. But research has demonstrated the importance of consuming the entire family of vitamin E compounds.

**SUGGESTED USE**  
Adults take 1 capsule, 3 times daily with meals, or as directed by a healthcare professional.

**One softgel contains:**

<table>
<thead>
<tr>
<th>Component</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin E (as d-alpha tocopherol)</td>
<td>10 IU</td>
</tr>
<tr>
<td>Borage seed oil (Borago officinalis)</td>
<td>400 mg</td>
</tr>
<tr>
<td>Flax seed oil (Linum usitatissimum)</td>
<td>400 mg</td>
</tr>
<tr>
<td>Deep sea fish oil</td>
<td>400 mg</td>
</tr>
<tr>
<td>Alpha Linoleic Acid (ALA)</td>
<td>226 mg</td>
</tr>
<tr>
<td>Cs-linoleic Acid (LA)</td>
<td>210 mg</td>
</tr>
<tr>
<td>Docosahexaenoic acid (DHA)</td>
<td>82 mg</td>
</tr>
<tr>
<td>Eicosapentaenoic acid (EPA)</td>
<td>120 mg</td>
</tr>
<tr>
<td>Gamma-Linolenic Acid (GLA)</td>
<td>82 mg</td>
</tr>
<tr>
<td>Oleic Acid</td>
<td>152 mg</td>
</tr>
</tbody>
</table>

Other ingredients: Softgel (gelatin, glycerin, and water).

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors. Refrigerate after opening. Molecularly distilled. Gluten-Free, Dairy-Free
SUGGESTED USE
Adults take 1 softgel daily with food, or as directed by a healthcare professional.

One softgel contains:
Vitamin E ................................................................. 400 IU
(as d-alpha tocopherol)
Mixed Tocopherols
d-gamma tocopherol ........................................... 400 mg
d-delta tocopherol ............................................. 9 mg
d-beta tocopherol .............................................. 7 mg
Tocotrienols (from palm)
Gamma tocotrienol ........................................... 19 mg
Delta tocotrienol .................................................. 6 mg
Alpha tocotrienol ........................................... 12 mg
Beta tocotrienol .................................................. 1 mg

Other ingredients: Gelatin, glycerin, and water. Contains soy.
Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

Perfect Protein Powder
Wellness Works # Size
10282 1.1 lb Powder

DESCRIPTION
Perfect Protein Powder is a synergistic blend of plant-based proteins that provides a complete blend of amino acids that are easily digested, hypoallergenic and non-GMO.

SUGGESTED USE
Add 1 level scoop to 9–12 ounces of chilled water or preferred beverage. Add additional ingredients if desired and blend to taste.

One scoop (approximately 34 g) contains:
Calories ................................................................. 130
Calories from fat .................................................. 20
Total fat .............................................................. 2.5 gm
Sodium .............................................................. 280 mg
Potassium ............................................................. 50 mg
Total carbohydrate ............................................... 8 gm
Sugars ................................................................ < 1 gm
Calcium ............................................................... 50 mg
Iron ................................................................... 6 mg
Multi-source plant protein blend ........................... 25,550 mg
(Pea protein isolate, cranberry seed, Sacha Inchi seed and chia seed)
Branch chain amino acids .................................... 6,225 mg
Glutamine ............................................................ 3,475 mg
Digestive enzyme blend ......................................... 110 mg

Other ingredients: Inulin, natural flavors, stevia, xanthan gum, glycerin, and silica.
Contains NO soy, dairy, wheat, gluten, preservatives, artificial colors, sweeteners, or flavors.

Amino acid profile:
Alanine ................................................................. 840 mg
Arginine .............................................................. 1,680 mg
Aspartic acid ........................................................ 210 mg
Cysteine/Cystine .................................................... 210 mg
Glutamic acid ....................................................... 3,313 mg
Glycine ................................................................. 959 mg
Histidine ............................................................... 420 mg
Isoleucine ............................................................. 1,458 mg
Leucine ................................................................. 2,088 mg
Lysine ................................................................. 1,470 mg
Methionine .......................................................... 210 mg
Phenylalanine ...................................................... 1,050 mg
Proline ................................................................. 840 mg
Serine ................................................................. 1,050 mg
Threonine ............................................................ 840 mg
Tryptophan .......................................................... 210 mg
Tyrosine ............................................................... 840 mg
Valine ................................................................. 1,458 mg

Gluten-Free, Dairy-Free, Hypoallergenic, Non-GMO, Vegan

Phosphatidyl Serine Complex
500 mg / A Multifunctional Brain Nutrient
Wellness Works # Size
10120 30 Softgels

DESCRIPTION
Phosphatidyl Serine Complex softgels contain 500 mg of plant-derived (soy bean) phospholipids supplying 100 mg of phosphatidyl serine (PS). Phosphatidyl serine is an important nutrient and has been shown to be effective in encouraging relaxation and sleep.

SUGGESTED USE
Adults take 1 softgel, 1–3 times daily with food, or as directed by a healthcare professional.

One softgel contains:
Phosphatidylserine ................................................ 100 mg
Potassium ............................................................... 3 mg
Phosphatidylserine complex .................................. 500 mg
Phosphatidylserine .............................................. 100 mg
Phosphatidylcholine ............................................. 55 mg
Phosphatidylinositol ........................................... 10 mg
Phosphatidylserine .............................................. 20 mg
Linolenic acid ...................................................... 10 mg
Linoleic acid ......................................................... 85 mg
Oleic acid ............................................................. 15 mg
Palmitic acid ......................................................... 27 mg
Stearic acid .......................................................... 6 mg
Capric acid .......................................................... 51 mg
Caprylic acid ......................................................... 120 mg

Other ingredients: Gelatin, glycerin, and water (capsule), soybean oil, carob, and vitamin E.
Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.
Gluten-Free, Dairy-Free

Potassium 99 mg
As Amino Acid Chelate
Wellness Works # Size
10122 250 Tablets

DESCRIPTION
Potassium 99 mg tablets supply 99 mg of elemental potassium from 495 mg of potassium amino acid complex.

SUGGESTED USE
Adults take 1 tablet daily with food, or as directed by a healthcare professional.

One tablet contains:
Potassium ........................................................... 99 mg
(as amino acid complex)

Other ingredients: Dicalcium phosphate, cellulose, vegetable stearin, cellulose gum, magnesium stearate, and silica.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.
Gluten-Free, Dairy-Free, Selenium (amino acid chelate) .............................................. 100 mcg
Copper (amino acid chelate) ........................................... 2 mg

Please see the current Wellness Works product order form for current pricing.

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**Prenatal Plus**

Wellness Works #  Size

10297  120 Tablets

**DESCRIPTION**

Prenatal Plus provides optimal amounts of all essential vitamins and minerals, along with added support ingredients such as the omega-3 fats DHA and herbs such as ginger and chamomile.

**SUGGESTED USE**

Adults take 4 tablets daily with food, or as directed by a healthcare professional.

Four tablets contain:

<table>
<thead>
<tr>
<th>Vitamin / Mineral</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>10,000 IU</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>150 mg</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>400 IU</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>75 IU</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>100 mcg</td>
</tr>
<tr>
<td>Vitamin B-1</td>
<td>25 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>25 mg</td>
</tr>
<tr>
<td>Nicin</td>
<td>25 mcg</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>800 mcg</td>
</tr>
<tr>
<td>Vitamin B-12</td>
<td>100 mcg</td>
</tr>
<tr>
<td>Biotin</td>
<td>300 mcg</td>
</tr>
<tr>
<td>Vitamin B-6</td>
<td>40 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>800 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>18 mg</td>
</tr>
<tr>
<td>Iodine</td>
<td>150 mcg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>450 mg</td>
</tr>
<tr>
<td>Zinc</td>
<td>15 mg</td>
</tr>
<tr>
<td>Selenium</td>
<td>100 mcg</td>
</tr>
<tr>
<td>Copper</td>
<td>2 mg</td>
</tr>
<tr>
<td>Manganese</td>
<td>5 mg</td>
</tr>
<tr>
<td>Chromium</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Molybdenum</td>
<td>25 mcg</td>
</tr>
<tr>
<td>Potassium</td>
<td>25 mg</td>
</tr>
<tr>
<td>Inositol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>10 mg</td>
</tr>
<tr>
<td>PABA</td>
<td>10 mg</td>
</tr>
<tr>
<td>DHA</td>
<td>50 mg</td>
</tr>
<tr>
<td>Ginger</td>
<td>75 mg</td>
</tr>
<tr>
<td>Chamomile</td>
<td>50 mg</td>
</tr>
<tr>
<td>Raspberry</td>
<td>25 mg</td>
</tr>
</tbody>
</table>

Other ingredients: Cellulose, vegetable stearin, cellulose gum, vanilla flavor, silica, magnesium stearate, and food glaze.

* From L-OptiZinc®, a trademark of InterHealth Co.

**Probiotic Daily Support†**

**With 5 Billion CFU**

Wellness Works #  Size

10310  60 Vegetarian Capsules

10311  120 Vegetarian Capsules

**DESCRIPTION**

Each Probiotic Daily Support capsule contains over 5 billion beneficial organisms, including representatives of both the lactobacillus and bifidobacterium genera, mixed in a base of prebiotic fructooligosaccharide.

**SUGGESTED USE**

Adults take 1 vegetarian capsule daily during meals, or as directed by a healthcare professional.

One vegetarian capsule contains:

*Proprietary probiotic blend ........................................................................... 5 billion cells per cap

Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus casei,

Fructooligosaccharides (FOS), Lactobacillus salivarius, Lactobacillus rhamnosus,

Bifidobacterium breve, Streptococcus thermophilus, Bifidobacterium bifidum, Bifidobacterium longum

Other ingredients: Microcrystalline cellulose and vegetable cellulose (capsule), ascorbyl palmitate, silica. Gluten-Free, Dairy-Free, Non-GMO, Vegetarian

**Probiotic Mega Blend DF**

**Non-Dairy Probiotic Formulation**

Wellness Works #  Size

10296  120 Vegetarian Capsules

**DESCRIPTION**

Probiotic Mega Blend DF is a non-dairy probiotic formulation produced from an all-natural source of beneficial microorganisms and FOS to support digestive tract health.† At 15 billion CFU, Probiotic Mega Blend DF can be recommended for children, adults and the elderly.

**SUGGESTED USE**

Initially, take the following amounts 2 times daily after breakfast and dinner until results occur, or as directed by a healthcare professional.

Child: 1 capsule

Adult: 2 capsules

Senior: 3 capsules

Maintenance: Take recommended amount 1 time daily after breakfast.

Three vegetarian capsules contain:

Probiotic Bacteria Complex ........................................................................... 15 billion CFU

Containing:

Fructooligosaccharides (FOS), Lactobacillus acidophilus, 1 Bifidobacterium lactis, Lactobacillus casei,

Streptococcus thermophilus, Bifidobacterium breve, Lactobacillus rhamnosus, Bifidobacterium longum,

Bifidobacterium bifidum

Other ingredients: Rice, maltodextrin, and vegetable cellulose.

Gluten-Free, Non-GMO, Vegetarian

**Probiotic Extra Strength DF**

**52 Billion CFU**

Wellness Works #  Size

10295  60 Vegetarian Capsules

**DESCRIPTION**

Probiotic Extra Strength DF contains 9 species of microorganisms from non-dairy sources. Because each strain has an affinity for a different part of the digestive tract, and a unique mechanism of action, a product delivering multiple strains is preferable to single strain products.
Lactobacilli plantarum ......................................................... Lp-115
Bifidobacteria bifidum .................................................. Bb-02
Bifidobacteria longum ............................................... BI-05
Lactobacilli rhamnosus .................................................. Lr-32
Lactobacilli bulgaricus .................................................. Lb-64
Prebiotic blend .......................................................... 60 mg
(FOS, Fiberna® Arabinogalactan)

Other ingredients: Cellulose and water (capsule), cellulose, silica, magnesium stearate, and calcium silicate.
Contains NO sugar, salt, dairy, wheat, gluten, preservatives, artificial colors or flavors.
 Gluten-Free, Dairy-Free

Prostate Health Support†
With Saw Palmetto & Nettle
Wellness Works # Size
10126 60 Softgels

DESCRIPTION
Prostate Health Support provides a blend of several nutraceuticals to support prostate health and function. The ingredients are sourced from the highest quality European standardized extracts of saw palmetto and pygeum. Pumpkin seed oil, nettle root extract, lycopene and L-OptiZinc™ work synergistically to enhance the proven benefits of saw palmetto and pygeum.

SUGGESTED USE
Adults take 1 softgel, 4 times daily with food, or as directed by a healthcare professional.

One softgel contains:
Zinc* (as monomethionine) .......................................................... 5 mg
Saw palmetto berry extract ..................................................... 80 mg
Pygeum africanum bark extract ............................................. 25 mg
Pumpkin seed oil (Cucurbita pepo) .............................. 40 mg
Nettle root extract .......................................................... 75 mg

Other ingredients: Gelatin, glycerin, and water (capsule), soybean oil, beeswax, lecithin, caramel color, and water. Contains soy.
*From L-OptiZinc™, a patented form of zinc. L-OptiZinc® is a trademark of InterHealth Company.
Contains NO sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

Pyridoxal-5-Phosphate
A Vitamin B-6 Supplement
Wellness Works # Size
10308 60 Vegetarian Capsules

DESCRIPTION
Pyridoxal-5-Phosphate provides 33.8 mg of pyridoxal-5-phosphate per each capsule.

SUGGESTED USE
Adults take 1 capsule, 2-4 times daily, or as directed by a healthcare professional.

One capsule contains:
Vitamin B-6 .................................................................... 33.8 mg
(from 50 mg pyridoxal-5-phosphate)
Other ingredients: Microcrystalline cellulose, vegetable cellulose (capsule), and vegetarian leucine.

Quercetin Plus
500 mg with Vitamin C & Turmeric
Wellness Works # Size
10128 50 Tablets

DESCRIPTION
Quercetin Plus is a unique formulation of quercetin, manganese and bromelain. Quercetin is a bioflavonoid that has excellent antioxidant activity. Manganese synergistically supports the quercetin activity. Bromelain is a proteolytic enzyme purified from pineapple, which is active and stable at the acidic levels found in the stomach.

SUGGESTED USE
Adults take 1 tablet, 2 times daily with food, or as directed by a healthcare professional.

One tablet contains:
Vitamin C (as ascorbic acid) .............................................. 250 mg
Manganese ............................................................... 10 mg
Quercetin ............................................................... 500 mg
Bromelain ............................................................... 50 mg
(Turmeric) .................................................................. 50 mg
(Curcuma longa rhizome extract)
(Standardized to 6% Curcumin)
Citrus bioflavonoids .................................................. 100 mg

Other ingredients: Cellulose, cellulose gum, silica, food glaze, vegetable stearin, magnesium vegetable stearate, calcium silicate and modified cellulose.
Magnesium stearate, cellulose, modified cellulose gum, vegetable stearin, dicalcium phosphate, silica and food glaze.

Vitamin C, bromelain, turmeric, citrus bioflavonoids and manganese work synergistically to enhance the proven benefits of Quercetin.
Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.
Gluten-Free, Dairy-Free

Pycnogenol®
50 mg
Wellness Works # Size
10373 60 Vegetarian Capsules

DESCRIPTION
Pycnogenol contains 40 different plant compounds called oligomeric proanthocyanidin complexes (OPCs) that carry strong antioxidant qualities of potential benefit to human health and physical performance.

SUGGESTED USE
Adults take 1 capsule, 1-3 times daily with food, or as directed by a healthcare professional.

One capsule contains:
Pine bark extract powder .......................................... 50 mg
(Standardized to 65-75% (32-37 mg) procyanidins)

Other ingredients: Cellulose and water (capsule), rice powder, magnesium stearate and silica.
Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

‡ The statements contained herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Red Yeast Rice Plus
600 mg with CoQ10, NAC and Milk Thistle
Wellness Works # Size
10249 60 Vegetarian Capsules

DESCRIPTION
Red yeast rice is a traditional Asian food that dates back to 800 AD. Scientific studies have shown that red yeast rice can help to support healthy cholesterol levels that are already within the normal range. It is organically grown in the USA and is free of citrinin, a toxin that can be found in fermented foods. CoQ10, milk thistle and n-acetyl-cysteine are included for added liver support.

SUGGESTED USE
Adults take 1 capsule, 2–3 times daily with food, or as directed by a healthcare professional.

One vegetarian capsule contains:
- Organic red yeast rice (Monascus purpureus) ........................................... 600 mg
- N-acetyl-cysteine .................................................................................. 50 mg
- Milk thistle ......................................................................................... 25 mg
  - (Silybum marianum 80% [20 mg] silymarin)
- Coenzyme Q10 (as ubiquinone) .............................................................. 30 mg

Other ingredients: Cellulose and water (capsule), cellulose, vegetable stearin, magnesium stearate and silica.
Contains NO sugar, salt, dairy, soy, wheat, gluten, corn, preservatives, artificial colors or flavors.
Gluten-Free, Dairy-Free, Vegetarian

Relaxation Formula†
Natural, Relaxing Formula 1
Wellness Works # Size
10273 60 Capsules

DESCRIPTION
Relaxation Formula is an all-natural approach to facilitate physical and mental relaxation. This is an herbal blend of synergistic herbs known for the calming effect without causing drowsiness.

SUGGESTED USE
Adults take 2 capsules as needed or 2 capsules at bedtime, or as directed by a healthcare professional.

One capsule contains:
- Magnesium (as citrate, oxide) .............................................................. 50 mg
- Vitamin B-6 (as pyridoxine HCl) .......................................................... 10 mg
- L-theanine ......................................................................................... 25 mg
- Oat (Avena sativa) straw extract ......................................................... 50 mg
- Proprietary blend (Magnolia officinalis, Phellodendron amurense) .......... 250 mg
- Chamomile flower extract (Matricaria recutita) .................................... 100 mg
  - (Standardized to contain 1.2% [1.2 mg] Apigenin)
- Lemon balm leaf extract (Melissa officinalis) ........................................ 100 mg
- Valerian root extract (Valeriana officinalis) ........................................... 25 mg
- Skullcap leaf extract (Scutellaria lateriflora) ......................................... 35 mg
- Hops strobiles extract (Humulus lupulus) ............................................. 15 mg
- Passionflower flowering tops (Passiflora incarnata) .............................. 25 mg

Other ingredients: Gelatin and water (capsule), cellulose, magnesium stearate, vegetable stearin, and silica.
Contains NO sugar, salt, dairy, yeast, corn, soy, preservatives, artificial colors or flavors.

Relora 250 mg
Wellness Works # Size
10329 60 Capsules

DESCRIPTION
Relora 250 mg is a unique blend containing two patent-pending herbal extracts, specifically designed to support normal, healthy cortisol levels during stress and anxiety.

SUGGESTED USE
Adults take 1 capsule, 2–3 times daily with food, or as directed by a healthcare professional.

One capsule contains:
- Relora .................................................................................................. 250 mg
  - (a proprietary blend of a patented extract from Magnolia officinalis bark and proprietary extract from Phellodendron amurense bark)
Other ingredients: Gelatin and water (capsule), cellulose, magnesium stearate, and silica.
Contains NO sugar, salt, yeast, wheat, gluten, soy, preservatives, artificial colors or flavors.

Resveratrol Plus
200 mg
Wellness Works # Size
10301 60 Vegetarian Capsules

DESCRIPTION
Resveratrol Plus supplies 200 mg of trans-resveratrol plus 10 mg of Leucoselect® grape seed extract in vegetarian capsules.

SUGGESTED USE
Adults take 1 capsule, 1–2 times daily with food, or as directed by a healthcare professional.

One capsule contains:
- Resveratrol ...................................................................................... 200 mg
  - (400 mg of Polygonum cuspidatum root extract standardized to 50% [200 mg] trans-resveratrol)
- Leucoselect® grape seed extract* .......................................................... 10 mg
  - (Vitis vinifera standardized to 90–95% [9–9.5 mg] oligomeric proanthocyanidins)
Other ingredients: Gelatin and water (capsule), cellulose, vegetable stearin, magnesium stearate, and silica.
*Leucoselect® grape seed extract is made by Indena, one of Europe’s leading herbal extract manufacturers. Leucoselect® is a registered trademark of Indena USA, Inc.
Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.
Gluten-Free, Dairy-Free, Vegetarian
**Saccharomyces Boulardii 250 mg**  
Support for Gut Health and Balance ‡

Wellness Works #: 10356  
60 Vegetarian Capsules

**DESCRIPTION**  
Saccharomyces Boulardii is a natural, non-pathogenic yeast that has been shown to maintain and restore the healthy ecology of the small and large intestine.†

**SUGGESTED USE**  
Adults take 1 capsule 2 times daily, or as directed by a healthcare professional.

**One vegetarian capsule contains:**  
Saccharomyces boulardii ........................................................................................................... 250 mg  
(providing 5 billion live organisms†)

Other ingredients: Microcrystalline cellulose, vegetable capsule, magnesium stearate (vegetable source), and silicon dioxide.

* At time of manufacture. Gluten-Free, Dairy-Free, Non-GMO, Vegetarian

**SAM-e**  
200 mg / Support for Joints as Well as Mental Health ‡

Wellness Works #: 10130  
30 Tablets

**DESCRIPTION**  
SAM-e is classified as a methyl donor and contributes essential methyl groups necessary for liver detoxification and neurotransmitter synthesis.† SAM-e tablets deliver 200 mg of S-adenosyl-methionine in an enteric-coated form for added stability.

**SUGGESTED USE**  
Adults take 1 tablet, 2 times daily between meals, or as directed by a healthcare professional.

**One tablet contains:**  
SAM-e ......................................................................................................................... 200 mg  
(from 400 mg of s-adenosyl-l-methionine disulfate tosylate)

Other ingredients: Cellulose, silica, magnesium stearate, ethyl cellulose, oleic acid, medium chain triglycerides, sodium alginate, modified cellulose, triacetin, calcium carbonate, and riboflavin (for color).

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.  
Gluten-Free, Dairy-Free

**Saw Palmetto 320 mg**  
Standardized Supplement

Wellness Works #: 10335  
90 Vegetarian Capsules

**DESCRIPTION**  
Saw Palmetto Plus 320 mg is a standardized vegetarian dietary supplement to support proper prostate function.†

**SUGGESTED USE**  
Adults take 1 capsule daily with food, or as directed by a healthcare professional.

**One vegetarian capsule contains:**  
Saw Palmetto (Serenoa repens) extract ................................................................. 320 mg  
Yielding: Free fatty acids ......................................................................................... 80 mg

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Please see the current Wellness Works product order form for current pricing.

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Sleep Support‡
Wellness Works #  Size
10254  60 Capsules

DESCRIPTION
Sleep Support contains key ingredients that support a restful night’s sleep ‡

SUGGESTED USE
Adults take 1 capsule before bedtime, or as directed by a healthcare professional.

One capsule contains:
- Vitamin B6 (as pyridoxine HCl) 2 mg
- Magnesium (as carbonate) 50 mg
- Melatonin 1 mg
- L-theanine 100 mg
- Passion flower aerial extract (Passiflora incarnata) 100 mg
- Valerian root extract 50 mg
- Other ingredients: Gelatin and water (capsule), cellulose, vegetable stearin, magnesium stearate, and silica.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, soy, preservatives, artificial colors or flavors.
Gluten-Free, Dairy-Free

St. John’s Wort Plus
300 mg Standardized Extract with Ginseng & Ginkgo

Wellness Works #  Size
10141  60 Capsules

DESCRIPTION
St. John’s Wort Plus capsules contain 300 mg of St. John’s wort extract, standardized to contain a minimum of 0.3% total hypericin. Siberian eleutherooccus and ginkgo biloba work synergistically to enhance the proven benefits of St. John’s wort extract.

SUGGESTED USE
Adults take 1 capsule, 1–3 times daily with food, or as directed by a healthcare professional.

One capsule contains:
- St. John’s wort herb extract (Hypericum perforatum) 300 mg
  (Standardized to 0.3% [0.9 mg] hypericin)
- Siberian eleutherooccus root extract (Eleutherococcus senticosus) 25 mg
  (Standardized to 0.4% [0.1 mg] Eleutherosides)
- Ginkgo biloba leaves 150 mg
- Other ingredients: Gelatin and water (capsule), magnesium stearate, silica, and rice powder.

Contains NO sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

Super Stress Support†
With B-Complex, Vitamin C & Valerian

Wellness Works #  Size
10143  60 Tablets

DESCRIPTION
Super Stress Support is a sustained release supplement that provides a full spectrum of B-complex vitamins as well as vitamin C and herbs to help support normal stress response.

SUGGESTED USE
Adults take 1 tablet daily with food, or as directed by a healthcare professional.

One tablet contains:
- Vitamin C (as ascorbic acid) 600 mg
- Vitamin B-1 (as thiamine HCl) 100 mg
- Vitamin B-2 (as riboflavin) 100 mg
- Niacin (as niacinamide) 200 mg
- Vitamin B-6 (as pyridoxine HCl) 100 mg
- Folic Acid 400 mcg
- Vitamin B-12 (as cyanocobalamin) 100 mcg
- Biotin 100 mcg
- Pantothenic Acid (as calcium pantothenate) 200 mg
- Magnesium (as oxide) 100 mg
- Para Aminobenzoic Acid 100 mg
- Choline (as bitartrate) 40 mg
- Inositol 100 mg
- Valerian root powder (Valeriana officinalis) 75 mg
- Hops strobiles powder (Humulus lupulus) 50 mg
- Scutellaria root powder (Scutellaria lateriflora) 50 mg
- Other ingredients: Dicalcium phosphate, vegetable stearin, magnesium stearate, cellulose, modified cellulose, silica, rice bran, alfalfa, parsley, and watercress.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

Thyroid Support† with Zinc

Wellness Works #  Size
10257  60 Vegetarian Capsules

DESCRIPTION
Thyroid Support with Zinc is a comprehensive vitamin, mineral and herbal formula designed to support healthy functioning of the thyroid gland.

SUGGESTED USE
Adults take 2 vegetarian capsules at mealtime, or as directed by a healthcare professional.

Two vegetarian capsules contain:
- Vitamin A (as palmitate) 2,500 IU
- Vitamin C (as ascorbic acid) 30 mg
- Vitamin D (as cholecalciferol) 400 IU
- Vitamin B-6 (as pyridoxine HCl) 15 mg
- Folic Acid 400 mcg
- Iodine (from kelp) 300 mcg
- Magnesium (as oxide, amino acid chelate) 100 mg
- Zinc (as monomethionine from L-OptiZinc®) 10 mg
- Selenium (as selenomethionine) 100 mcg
- Copper (as amino acid chelate) 2 mg
- L-tyrosine 500 mg
- Green tea (Camellia sinensis) leaf extract 60 mg
  (Standardized to 98% [58.8 mg] polyphenols)
- Gugulipid (Commiphora mukul) resin extract 150 mg

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**Ubiquinol**

**CoQH 100 mg**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10247</td>
<td>30 Softgels</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Ubiquinol is the reduced (electron-rich) form of coenzyme Q10. It is identical to the CoQ10 produced by the body and is already activated, bypassing the need for conversion.

**SUGGESTED USE**

Adults take 1 softgel, 1–3 times daily with food, or as directed by a healthcare professional.

**One softgel contains:**

Ubiquinol CoQH™ [..] ................................................................. 100 mg

(Reduced form of CoQ10)

*Ubiquinol QHTM is manufactured by Kaneka, one of the world’s leaders in natural pharmaceutical-grade CoQ10. It is produced through a patented process that stabilizes this reduced form of CoQ10 against oxidation.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, preservatives, artificial colors or flavors.

Gluten-Free, Dairy-Free

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**Ultimate Joint Complex†**

**For Support of Healthy Joint Function†**

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
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<tbody>
<tr>
<td>10288</td>
<td>90 Tablets</td>
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</tbody>
</table>

**DESCRIPTION**

Ultimate Joint Complex provides a unique combination of protective ingredients that work synergistically to:

- Support cartilage and collagen regeneration by providing raw materials for production of glycosaminoglycans (GAGs).†
- Support moisture retention, collagen production, and skin elasticity.†
- Balance inflammatory mediators like cytokines and prostaglandins.†

**SUGGESTED USE**

Adults take 2 tablets 1 time daily. For faster results, take 2 tablets 2 times daily for 4 weeks or as directed by a healthcare professional.

**Two tablets contain:**

BioCell Collagen® [..] ................................................................. 1,000 mg

(Hydrolyzed Chicken Collagen Type II)

Methylsulfonylmethane .............................................................. 800 mg

Glucosamine HCI (from shrimp and crab)........................................ 600 mg

Other ingredients: Microcrystalline cellulose, stearic acid, vegetable stearate, croscarmellose sodium, silicon dioxide, and pharmaceutical glaze.

Contains shrimp and crab.

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**UT Support†**

**Standardized Extract 125 mg**

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<thead>
<tr>
<th>Wellness Works #</th>
<th>Size</th>
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</thead>
<tbody>
<tr>
<td>10362</td>
<td>5.7 g</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

UT Support is an all-natural supplement comprised of D-mannose for supporting a healthy urinary tract.

**SUGGESTED USE**

Adults mix 1 scoop in water 3–6 times daily or three days as loading phase, then 1 scoop 1–2 times daily thereafter for maintenance, or as directed by a healthcare professional.

**One scoop contains:**

D-Mannose .................................................................................. 1.9 g

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**Vitamin A, D3 & K2**

<table>
<thead>
<tr>
<th>Wellness Works #</th>
<th>Size</th>
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</thead>
<tbody>
<tr>
<td>10341</td>
<td>60 Capsules</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

The synergistic combination found in Vitamin A, D3 & K2 capsules helps to support bone structure, density, and integrity; proper bone remodeling, calcium utilization, and cardiovascular function.

**SUGGESTED USE**

Adults take 1 capsule daily, or as directed by a healthcare professional. Do not take this product if pregnant or nursing. If blood-clotting disorder exists or are taking anticoagulant/anti-platelet drugs, do not take this product without consulting a healthcare professional.

**One capsule contains:**

Vitamin A (as retinyl palmitate) ................................................ 5,000 IU

Vitamin D3 (as cholecalciferol) .................................................... 5,000 IU

Vitamin K2 (as MK-7) .................................................................. 50 mcg

Other ingredients: Microcrystalline cellulose, vegetable cellulose (capsule), vegetarian leucine.

Gluten-Free, Non-GMO

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**Vitamin B-6**

**Pyridoxine 100 mg**

<table>
<thead>
<tr>
<th>Wellness Works #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10152</td>
<td>100 Vegetarian Tablets</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Vitamin B-6 supplies 250 mg of vitamin B-6 (pyridoxine) in each vegetarian tablet.

**SUGGESTED USE**

Adults take 1 tablet daily with food, or as directed by a healthcare professional.

**One tablet contains:**

Vitamin B-6 .............................................................................. 100 mg

(as pyridoxine HCl)

Other ingredients: Dicalcium phosphate, cellulose, vegetable stearin, cellulose gum, magnesium stearate, and silica.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

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Please see the current Wellness Works product order form for current pricing.

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**Vitamin B-12**

*Cyanocobalamin 500 mcg*

**DESCRIPTION**
Vitamin B-12 tablets dissolve rapidly, releasing 500 mcg of pure vitamin B-12.

**SUGGESTED USE**
Adults take 1 tablet daily with food, or as directed by a healthcare professional.

**One tablet contains:**
Vitamin B-12 .......................................................... 500 mcg (as cyanocobalamin)
Other ingredients: Cellulose, vegetable stearin, cellulose gum, dicalcium phosphate, modified cellulose, magnesium stearate and silica.
Contains NO sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

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**Vitamin B-Complex**

*100 mg Long-Acting Formula*

**DESCRIPTION**
Vitamin B-Complex is a sustained release supplement that provides a full spectrum of the essential B-complex vitamins.

**SUGGESTED USE**
Adults take 1 tablet daily with food, or as directed by a healthcare professional.

**One vegetarian tablet contains:**
Vitamin B-1 (as thiamine HCl) .................................. 100 mg
Vitamin B-2 (as riboflavin) ...................................... 100 mg
Niacin (as niacinamide) .......................................... 100 mg
Vitamin B-6 (as pyridoxine HCl) ............................ 100 mg
Folic acid ............................................................. 400 mcg
Vitamin B-12 (as cyanocobalamin) ......................... 100 mcg
Biotin ................................................................. 100 mcg
Pantothenic acid (as calcium pantothenate) ........... 100 mg
Para aminobenzoic acid ....................................... 100 mg
Choline (as bitartrate) ........................................... 40 mg
Inositol .............................................................. 100 mg
Other ingredients: Rice bran, alfalfa, parsley, and watercress. (May contain one or more of the following: magnesium stearate, cellulose, vegetable stearin, dicalcium phosphate, silica, vegetable gum, and natural vanilla powder).
Contains NO sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free, Vegetarian

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**Vitamin C**

*500 mg / Orange-Flavored Chewable*

**DESCRIPTION**
Vitamin C 500 mg Chewable contains vitamin C (as sodium ascorbate and ascorbic acid) in an orange-flavored chewable tablet.

**SUGGESTED USE**
Adults chew 1 tablet 1–2 times daily, or as directed by a healthcare professional.

**One chewable vegetarian tablet contains:**
Vitamin C .................................................................. 500 mg (as sodium ascorbate and ascorbic acid)
Other ingredients: Fructose, sorbitol, natural orange flavor, orange juice crystals, magnesium stearate, natural tangerine flavor, and natural pineapple flavor.
Contains NO salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free, Vegetarian

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**Vitamin C 500 mg with Rose Hips**

*Vegetarian*

**DESCRIPTION**
Vitamin C 500 mg with Rose Hips provides 500 mg of vitamin C with the addition of rose hips.

**SUGGESTED USE**
Adults take 1 tablet daily with food, or as directed by a healthcare professional.

**One vegetarian tablet contains:**
Vitamin C (as ascorbic acid with rose hips) .............. 500 mg
Other ingredients: Cellulose, vegetable stearin, cellulose gum, magnesium stearate, and silica.
Contains NO sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free, Vegetarian

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**Vitamin C**

*1,000 mg with Bioflavonoid Complex*

**DESCRIPTION**
Vitamin C 1,000 mg contains vitamin C (ascorbic acid) with an additional bioflavonoid complex.

**SUGGESTED USE**
Adults take 1 capsule, 1–2 times daily with food, or as directed by a healthcare professional.

**One capsule contains:**
Vitamin C (as ascorbic acid) .................................... 1,000 mg
Citrus bioflavonoid complex .................................. 50 mg
Other ingredients: Gelatin and water (capsule), magnesium stearate, rice powder and silica.
Contains NO sugar salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

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**Vitamin C Esterified 500 mg**  
Enhanced Cellular Uptake and Retention of Vitamin C

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
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<tbody>
<tr>
<td>10332</td>
<td>60 Vegetarian Capsules</td>
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</table>

**DESCRIPTION**

Vitamin C Esterified 500 mg is a scientifically advanced form of vitamin C which binds ascorbic acid to lipid metabolites such as fatty acids, esters and fatty alcohols to enhance digestion, absorption, cellular uptake and retention as well as utilization of essential vitamin C in the body.

**SUGGESTED USE**

Adults take 1 vegetarian capsule, 1–2 times daily with food, or as directed by a healthcare professional.

**One vegetarian capsule contains:**

Vitamin C (as PureWay-C™)..........................................................................................500 mg  
Calcium (from calcium carbonate)...............................................................................90 mg  
Citrus bioflavonoid complex.........................................................................................100 mg

**Other ingredients:** Cellulose and water (capsule), cellulose, magnesium stearate, and silica.

****From PureWay-C™ is more rapidly absorbed and leads to higher vitamin C levels than other forms of vitamin C, including: ascorbic acid and popular brands of calcium ascorbate.

The appropriate amount of calcium is also added to buffer the formula and make the product non-acidic. Citrus bioflavonoid complex enhances Vitamin C’s benefits.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, soy, corn, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free, Vegetarian

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**Vitamin D3**  
5,000 IU

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
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<tbody>
<tr>
<td>10252</td>
<td>100 Softgels</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Vitamin D3 5,000 IU contains 5,000 IU of natural vitamin D3 per tablet.

**SUGGESTED USE**

Adults take 1 softgel daily with food, or as directed by a healthcare professional.

**One softgel contains:**

Vitamin D3......................................................................................125 mcg (5,000 IU)  
(as cholecalciferol)

**Other ingredients:** Gelatin, glycerin and water (capsule), safflower oil, and cholecalciferol.

Cholecalciferol (D3) is a natural, highly bioavailable form of vitamin D derived from lanolin. Contains NO sugar, salt, dairy, yeast, wheat, gluten, soy, corn, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

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**Vitamin D3 Drops**  
2,000 IU

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
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<tbody>
<tr>
<td>10326</td>
<td>1.0 fl oz</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Vitamin D3 Drops is a unique, neutral tasting, sugar-free liquid providing 2,000 IU of vitamin D3 per drop in a base of safflower oil and extra virgin olive oil with added vitamin E to maintain freshness and stability.

**SUGGESTED USE**

Adults take 1 drop, 2–3 times daily with food, or as directed by a healthcare professional.

**One drop (approx. 0.035 mL) contains:**

Vitamin D3 (cholecalciferol).......................................................................................50 mcg (2,000 IU)

**Other ingredients:** Safflower oil, olive oil, organic virgin coconut oil, tocopherol (Vitamin E).

Contains tree nuts (coconut).

The role of vitamin D is helping to maintain bone density and strength is clear. It is required for the process of moving calcium through the intestinal wall into the bloodstream. Cholecalciferol (D3) is a natural, highly bioavailable form of vitamin D derived from lanolin. Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

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**Vitamin K2**  
All Natural Source

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
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<tbody>
<tr>
<td>10225</td>
<td>60 Vegetarian Capsules</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Vitamin K2 supplies a significant amount of biologically active vitamin K in the form of menaquinone-7 (MK-7).

**SUGGESTED USE**

Adults take 1 vegetarian capsule daily with food, or as directed by a healthcare professional.

**One vegetarian capsule contains:**

MenaquinGold™ vitamin K2......................................................................................45 mcg (as menaquinone-7)

**Other ingredients:** Cellulose and water (capsule), cellulose, magnesium stearate, and silica.

Contains NO sugar, salt, dairy, yeast, wheat, gluten, soy, corn, preservatives, artificial colors or flavors. Gluten-Free, Dairy-Free

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Please see the current Wellness Works product order form for current pricing.

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Zinc

20 mg as Monomethionine

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>10164</td>
<td>100 Tablets</td>
</tr>
</tbody>
</table>

DESCRIPTION
Zinc tablets supply zinc monomethionine, a chemically defined, patented organic compound which provides zinc and the amino acid methionine in a 1:1 ratio. Each tablet contains 20 mg of elemental zinc, exclusively in the form of zinc monomethionine. This form of zinc has been shown in numerous studies to be better absorbed, retained longer and be more effective than other forms of zinc.

SUGGESTED USE
Take 1 tablet daily with food, or as directed by a healthcare professional.

One tablet contains:
Zinc (monomethionine) ......................................................... 20 mg
Other ingredients: Dicalcium phosphate, cellulose, vegetable stearin, cellulose gum, magnesium stearate, and silica.
Contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

Zinc Lozenges

15 mg with Vitamin C & Slippery Elm

<table>
<thead>
<tr>
<th>Product #</th>
<th>Size</th>
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<tbody>
<tr>
<td>10165</td>
<td>60 Lozenges</td>
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</tbody>
</table>

DESCRIPTION
Zinc Lozenges supply bioavailable zinc, sweetened with sorbitol and flavored with natural lemon extracts. Each lozenge contains 15 mg of elemental zinc in the form of zinc citrate and gluconate.

SUGGESTED USE
Adults dissolve 1 lozenge in the mouth as needed, or as directed by a healthcare professional. Allow to dissolve completely in the mouth. Do not exceed 10 lozenges per day.

One lozenge contains:
Vitamin C (as calcium ascorbate, ascorbic acid) ................................................. 60 mg
Zinc (as citrate, gluconate) ..................................................................................... 15 mg
Slippery elm bark powder (Ulmus rubra) ................................................................. 25 mg
Bee Propolis ............................................................................................................ 5 mg
Other ingredients: Fructose, sorbitol, natural lemon flavor, stearic acid, citric acid, and magnesium stearate.
Contains NO salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.
Please see the current Wellness Works product order form for current pricing.

‡ The statements contained herein 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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