

### **Anti-Age Max:**

Is a comprehensive antioxidant formula with L-Threanine that helps reduce oxidative stress and improve glutathione levels in the body.

Resveratrol is a stilbene found in many plants and red wines. It is the most well researched and known stilbene. Studies show resveratrol has antioxidant, detoxification, anti-inflammatory, anti-cancer and overall anti-aging benefits. Green tea contains polyphenols, particularly the catechin called epigallocatechin gallate (EGCG). These polyphenols are believed to be responsible for most of green tea's roles in promoting overall health. It has been shown to mildly lower total cholesterol levels and improve the cholesterol profile (decreasing LDL "bad" cholesterol and increasing HDL "good" cholesterol). Green tea may also promote cardiovascular health by making platelets in the blood less sticky. It has also been shown to protect against damage to LDL ("bad") cholesterol caused by oxidation. This formula also contains Grape Seed Extract, CoQ-10, and Quercetin which have anti-inflammatory and antioxidant properties and have been shown to support healthy glutathione levels.

### **Andro Stim:**

Is a synergistic formula that helps improve testosterone to cortisol levels in the body.

Tongkat Ali, also known as Long Jack, has been shown to support male hormonal balance (including testosterone availability), libido and performance. Tongkat Ali is a Southeast Asian botanical used traditionally to enhance energy levels, endurance and stamina, and to reduce occasional mental fatigue. Tribulus is a great circulatory system tonic and can help build muscle and strength, as well as reduce muscle recovery time. Tribulus terrestris may also support the increasing of testosterone levels by increasing luteinizing hormone (LH) levels. LH is the hormone that tells the body to start producing testosterone. Zinc is an important mineral for male reproductive health, with the male prostate accumulating the highest level of zinc of any soft tissue in the body. DHEA is the most abundant hormone synthesized in the body and excreted by the adrenal gland. It is the precursor for the synthesis of over 50 other hormones in the body including testosterone.

### **Anti Inflamm Max:**

Is a therapeutic formula that helps to regulate the inflammatory process in the body and helps to reduce oxidative stress.

Turmeric (Curcumin): This orange-colored spice, used for thousands of years in cooking and medicine, contains curcumin. The pharmacologically active component of turmeric, curcumin limits the action of lipoxygenase and cyclooxygenase impeding enzymes in the inflammatory pathways. It is one of the most well studied natural agents for inflammation. Boswellia: The resin of Boswellia serrate has been used for inflammatory conditions in Ayurvedic medicine for many years. Boswellic acids are strong inhibitors of mediators 5-LOX, and TNF-alpha which drive inflammation in the body. Quercetin

is also a powerful mast cell stabilizer that blocks the release of histamine while not causing drowsiness. **BioPerine®** is an extract obtained from the black pepper (*Piper nigrum*) fruit that is cultivated in regions of southern India. The patented extract of the alkaloid piperine, called BioPerine®, has been clinically tested in the United States. BioPerine® is reported to significantly enhance the bioavailability of various nutrients, including turmeric and quercetin through increase intestinal absorption and improved stability of the polyphenol compounds.

### **B Complex Max:**

Designed to provide high dose B vitamins to support energy production in the body. B vitamins play an intricate role in homocysteine metabolism. A combination of folic acid, vitamin B12 and vitamin B6 are most often times used to help reduce homocysteine levels naturally. Folic acid is required for the conversion of homocysteine to methionine while vitamin B12 is a required co-factor in the conversion of homocysteine to methionine via the folate pathway. B Vitamins are important for cellular energy production, red blood cell formation, amino acid and fatty acid synthesis, neurological health, anxiety and stress reduction as well as several other critical reactions throughout the body.

### **Elemental Strontium:**

Strontium is a naturally occurring mineral present in water and food. Trace amounts of strontium are found in the human skeletal system in fact approximately 320 to 400 mg of strontium can be found in bone and connective tissue. Strontium was found to have beneficial effects on bone balance and may help alleviate osteoporosis like symptoms. In fact a study of women suffering from osteoporosis experienced a 41% reduction in the risk of vertebral fractures compared to placebo and experienced approximately 3% increase in lumbar bone density when using 680 mgs of strontium daily.

### **Estro X:**

Estro X contains DIM which is a naturally occurring compound within numerous cruciferous vegetables (broccoli, cabbage etc.). DIM has been shown to promote metabolic shifts and cellular activities that counter act carcinogenesis and promote proper estrogen metabolism. Resveratrol is a powerful antioxidant that also helps the liver to convert highly active forms of estrogen into less active and less damaging forms. DIM and Resveratrol both help drive the metabolism to beneficial estrogen metabolites and slow down the conversion of estrogen to the 16 and 4 hydroxyl forms, which may promote abnormal growth in gonadal tissues, including mammary and prostate.

### **Glucose Control:**

Is a therapeutic formula that helps control blood sugar levels and supports metabolic health.

Alpha Lipoic Acid is used in Europe to promote nerve health with those struggling with Diabetic Neuropathy, this versatile fat and water soluble free radical scavenger recharges vitamin C, E, and glutathione levels all while promoting insulin sensitivity. Berberine has been used for centuries for a variety of health benefits; one of which is blood sugar control. In many studies, Berberine has exhibited insulin sensitizing mechanisms. Cinnamon can increase your glucose metabolism about 20-fold, which significantly improves blood sugar regulation. Studies have shown that Green Tea extract can help boost metabolism and improve insulin resistance. Chromium is involved in glucose metabolism by enhancing the effects of insulin.

### **Hair Skin and Nail Support:**

This formula promotes healthy hair and nail growth by providing vitamins, minerals and nutrients for optimal growth.

Supports healthy HCl levels in the stomach, enabling efficient digestion of protein and assimilation of the minerals necessary for hair and nail health. Saw Palmetto helps to control the conversion of testosterone to dihydrotestosterone (DHT), thought to be an instigator of premature hair loss. MSM is high in Sulfur, which ranks as the third highest substance by weight in the body's chemistry besides water and gases, playing a major role in maintaining the body's overall balance of health. Important for the generation of connective tissues for everything from hair to cartilage, collagen to skin, sulfur is crucial for the production of amino acids, which are the building blocks of protein. Biotin is involved in essential metabolic reactions as well as histone biotinylation which is important for DNA regulation and the growth of cells. Biotin deficiencies can lead to hair loss and rash like symptoms on the skin.

### **Hista Tame:**

Studies have shown Nettles Leaf to demonstrate positive clinical results for supporting nasal passageway health while Quercetin has been shown to inhibit certain compounds that typically affect sinus and respiratory function. Quercetin is also a powerful mast cell stabilizer that blocks the release of histamine while not causing drowsiness. Bromelain, NAC, and MSM are both potent mucolytic agents that promote overall respiratory health. NAC (N-acetyl-L-Cysteine) is a sulfur containing amino acid that has a positive effect on restoring intercellular glutathione levels which is a vital antioxidant in the body that reduces oxidative stress and helps regulate the inflammatory response.

### **ImmuneMax:**

Is a comprehensive formula that supports the immune system by supplying the body the necessary micronutrients, adaptogenic herbs and antimicrobial compounds that help strengthen the body's defenses.

Aswagandha and Rhodiola considered to be adaptogenic herbs. Adaptogens are substances that help increase the resistance of stress and exerts a balancing effect on various systems in the body (immune, central nervous, etc). Ashwaganda and Rhodiola has been extensively studied in a variety of trails examining effects as immune function, stress hormone production, stamina and inflammation. They help stimulate the activation of immune cell, such as lymphocytes and have been shown to be a powerful agents in regulating the inflammatory process. Vitamin C, Selenium and Zinc are essential nutrients that are powerful antioxidants cofactors, and play a vital role on enhancing the activity of the immune system. Deficiencies or imbalances of these nutrients can affect the ability of immune cells to function optimally. Garlic has been used as a medicine by many different cultures for thousands of years. Today age garlic extracts are used mainly for its antimicrobial properties and its benefits on the cardiovascular system. The sulfur containing compounds found in garlic have been reported to have a positive effect against bacterial and fungal growth. Lysine is an essential amino acid that is needed for normal growth and development, maintenance of nitrogen balance, and helps slow down the replication of the certain viruses.

### **Liver Detox 1:**

Liver Detox 1 provides a synergistic blend of vitamins, minerals, and essential co-factors along with Glutathione precursors like NAC to support the Phase 1 Cytochrome P450 Enzymes which supports the transformation of chemicals, carcinogens, metabolic waste products, hormones and excretable compounds in the urine, stool and bile.

### **Liver Detox 2:**

Liver Detox 2 provides the following co-factors used in all Phase 2 Detoxification pathways for Sulfation, Glucuronidation, Glutathione Conjugation, Acetylation, Amino Acid Conjugation, and Methylation:

Methionine, Glycine, Taurine, Glutamine, SAME and Choline. Combined with an herbal blend of Milk Thistle, Artichoke and Dandelion extracts to further support liver and kidney functions, provide hepatoprotection through increased antioxidant levels and improved bile acid secretions which helps with the elimination of toxins from the body.

### **L-Lysine 1500mg:**

Is a synergistic formula to help increase the absorption and utilization of L-Lysine in body.

Lysine is an essential amino acid that occurs in high amounts in the muscle tissue. It is needed for normal growth and development, maintenance of nitrogen balance, calcium absorption and helps regulate the replication of the certain viruses. Lysine metabolism is dependent on a variety of nutrients including Vitamin B6. L-Lysine 1500mg contains the metabolically active coenzymated form of B6 called Pyridoxal 5-phosphate. B6 helps regulate amino acid metabolism. Bioperine has been clinically shown to increase the bioavailability of water and fat soluble vitamins, minerals, amino acids and polyphenol rich herbal extracts.

### **Memory Boost:**

Is a comprehensive formula that helps with memory and cognitive functioning while reducing oxidative stress on neurons.

Ginkgo Biloba Leaf Extract is the most clinically proven plant to support cerebral function by promoting nerve conductivity and improving memory. Vinpocetine has been shown to increase cerebral blood flow, improve ATP synthesis in the brain as well as providing neuro-protection. Acetyl L-Carnitine and alpha lipoic acid protect cells throughout the body against age related degeneration by improving the transport and metabolism of fatty acids. Acetyl L-Carnitine has been shown to provide protection against alterations in brain cell metabolism caused by aging. Phosphatidylserine and the phospholipids found in lecithin are critical components found in cell membranes and brain tissue and may help with cognitive functioning and the prevention of age related mental decline.

### **Neuro Calm PM:**

Is a synergistic formula that promotes relaxation and helps alleviate anxiety through supporting neurotransmitter balance in the brain.

5-HTP is a naturally occurring substance derived from the seed pods of *Griffonia simplicifolia*, a West African medicinal plant. In humans, 5-HTP is the immediate nutrient precursor to the neurotransmitter serotonin (5-HT). This means that 5-HTP converts directly into serotonin in the brain. Serotonin has many profoundly important functions, including a role in sleep, appetite, memory, learning, temperature regulation, mood, sexual behavior, cardiovascular function, muscle contraction, and endocrine regulation.

Phenibut, or  $\beta$ -Phenyl- $\gamma$ -aminobutyric acid, is reported to help improve GABA levels. GABA is an inhibitory neurotransmitter that has been reported to be low in approximately 30% of the insomnia population. L-Theanine is an amino acid found naturally in Green Tea. It has been shown to counter-act caffeine's effect, and is a precursor to GABA, an amino acid that promotes relaxation in the central nervous system. Herbal Extracts of Passionflower and Valerian promote the production of GABA in the

central nervous system which promotes overall smooth muscle relaxation. Melatonin is produced in the pineal gland and is the hormone involved in regulating circadian rhythms. It has been used traditionally for sleep disorders.

Magnesium Glucinate is an easily absorbed and well tolerated form of Magnesium. Magnesium is involved in more than 300 essential metabolic functions in the body such as cell signalling, ATP synthesis, ion transport, muscle relaxation and plays a structural role in bones. Signs of a magnesium imbalance in the body may include agitation, irritability, sleep disorders, restless and cramping legs, muscle spasms, and constipation.

### **Pre Op:**

This is a safe and effective formula that can be used prior to surgery to help reduce swelling, pain and inflammation as well as to speed up tissue repair and assist in the healing process. Bromelain is a protein digesting enzyme from pineapples that is helpful in decreasing inflammation. Quercetin along with the other Bioflavonoids are powerful antioxidants that help regulate the inflammatory response and support vascular integrity which helps prevent bruising. L-Glutamine is an amino acid that is found abundantly in the muscles and gastrointestinal tract. When the body is under stress from injuries, intense exercise or surgical procedures it may release high amounts of cortisol. High levels of cortisol in the body can lower glutamine supplies. Supplementation with glutamine during these times may help with recovery and reduce the risk of infections by strengthening the immune system. Best to be taken in between meals.

### **Post Op:**

This is a safe and effective formula that can be used for post-surgical recovery to help strengthen the immune system, reduce oxidative damage and inflammation as well as to speed up tissue repair and assist in the healing process. The Post Op formula contains vitamins and minerals that play an important role in providing antioxidant protection at the cellular level including Vitamin A, C, E and Selenium. Alpha Lipoic Acid is able to recycle those antioxidants and provide greater cellular protection from free radical damage. Zinc plays a vital role in over 300 different enzymatic reactions including the regulation of a wide variety of immune system activities. It is also a cofactor for another antioxidant enzyme called superoxide dismutase and may help to facilitate wound healing. CoQ10 and Fulvic acid are powerful antioxidant molecules that can also help increase cellular energy production which will be necessary from the increase demand put on the body by the surgical procedure. Manganese is needed for the synthesis of collagen and connective tissue. L-Glutamine and BCAAs can help with muscle recovery and healing.

### **Surge Adrenal Support:**

The adrenal gland is responsible for your body's fight or flight stress response. When your body is under chronic stress the body's demands for cortisol, your stress hormone, overrides your body's production of other hormones such as DHEA, estrogen, and testosterone. The body will eventually begin to lose its ability to properly respond to stress, which will affect nearly all of the other hormones in your body. The result of this is a loss of energy, cognitive functions and motivation.

Surge Adrenal Support contains vitamins and herbal extracts that balance cortisol levels, improve cellular energy production, decrease oxidative stress and support metabolism. Rhodiola rosea has been used in Russia as an agent to support fatigue, mental clarity, and memory. In Sweden Rhodiola rosea has been recognized as an anti-fatigue agent, and in Denmark Rhodiola rosea is registered as a medical product in the category of botanical drugs.

### **Thyro Support:**

ThyroSupport provides support for the Thyroid Gland to help with the production and release of thyroid hormones leading to improved cellular energy and metabolism. Selenium provides antioxidant protection to the thyroid gland and liver so they can more efficiently produce and activate thyroid hormones, and make it easier for your body to increase its production of biologically active thyroid hormone (T3). Bladderwrack is a rich natural source of Iodine which is a critical component of thyroid hormones. L-Tyrosine is a precursor for the synthesis of some thyroid hormones, acting synergistically with Bladderwrack. Ashwaghandha is an adaptogenic herb that helps the body manage stress which in turn help to improve the production and regulation of the thyroid hormones.

### **Vitamin D 5000 IU:**

Vitamin D3 is essential for the efficient absorption, utilization and excretion of calcium and phosphorus within the body. It also assists with differentiation of cells, as well as modulating the immune system and facilitating the maturation of white blood cells in the thymus. Vitamin D is produced naturally in the body, a reaction that is catalyzed by the energy from the sun. As individuals are getting less exposure to the sun the demand for vitamin D increases. Recent studies have shown increased deficiency of vitamin D in the body thus facilitating the need for proper supplementation.

### **Vitamin D Max:**

This formula contains 10,000 IU of Vitamin D per serving along with essential synergistic nutrients that help support healthy Vitamin D levels in the body and the efficient utilization of calcium to provide support for the skeletal system. Vitamin K is needed for the synthesis of a unique bone protein called osteocalcin that helps regulate the addition of calcium to the bone matrix. Magnesium is involved in more than 300 essential metabolic functions in the body such as cell signalling, ATP synthesis, ion transport, muscle relaxation and a structural role in bones. In fact around 60% of all magnesium is found in the bones. Silicon helps with collagen production which is an essential step in new bone formation and remodeling.