



Health & Wellness Packs Supplement Facts



Did you take yours today?

All statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent a disease, but rather as dietary supplements intended solely for nutritional support.

Men's Multi-Vitamin



Supplement Facts		
Serving Size 2 Softgels		
	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 grams	<4% [†]
Vitamin A USP (as beta-carotene)	10,000 IU	200%
Vitamin C USP (as ascorbic acid)	300 mg	500%
Vitamin D USP (as cholecalciferol)	400 IU	100%
Vitamin E USP (as d-alpha tocopherol)	200 IU	667%
Thiamin USP (as thiamin mononitrate) (vitamin B-1)	50 mg	3,333%
Riboflavin USP (vitamin B-2)	50 mg	2,941%
Niacin USP (10 mg as niacin and 50 mg as niacinimide)	60 mg	300%
Vitamin B-6 USP (as pyridoxine HCl)	50 mg	2,500%
Folic Acid USP	400 mcg	100%
Vitamin B-12 USP (as cyanocobalamin)	50 mcg	833%
Biotin USP	300 mcg	100%
Pantothenic Acid USP (as d-calcium pantothenate)	50 mg	500%
Calcium (from calcium carbonate)	200 mg	20%
Iodine USP (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	100 mg	25%
Zinc (from zinc oxide)	15 mg	100%
Selenium (organically bound high-selenium yeast)	200 mcg	286%
Copper (from copper gluconate)	2 mg	100%
Manganese (from manganese sulfate)	10 mg	500%
Chromium (from chromium picolinate)	120 mcg	100%
Molybdenum (from sodium molybdate)	75 mcg	100%
Lecithin (from soy)	80 mg	*
Choline FCC (from choline bitartrate)	50 mg	*
Inositol FCC	50 mg	*
PABA USP (para-aminobenzoic acid)	50 mg	*
Boron (from calcium borogluconate)	1 mg	*
Silica	500 mcg	*
Vanadium (vanadyl sulfate)	10 mcg	*

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

Other Ingredients: Soybean oil, gelatin, glycerin, potassium (chloride) 30 mg, purified water, canola oil, beeswax, carob extract.

Suggested use: As a dietary supplement, take two softgels per day with water and food.

Women's Multi-Vitamin



Supplement Facts		
Serving Size 2 Softgels		
	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 grams	<4% [†]
Vitamin A USP (as beta-carotene)	10,000 IU	200%
Vitamin C USP (as ascorbic acid)	300 mg	500%
Vitamin D USP (as cholecalciferol)	400 IU	100%
Vitamin E USP (as d-alpha tocopherol)	200 IU	667%
Thiamin USP (as thiamin mononitrate) (vitamin B-1)	50 mg	3,333%
Riboflavin USP (vitamin B-2)	50 mg	2,941%
Niacin USP (10 mg as niacin and 50 mg as niacinimide)	60 mg	300%
Vitamin B-6 USP (as pyridoxine HCl)	50 mg	2,500%
Folic Acid USP	400 mcg	100%
Vitamin B-12 USP (as cyanocobalamin)	50 mcg	833%
Biotin USP	300 mcg	100%
Pantothenic Acid USP (as d-calcium pantothenate)	50 mg	500%
Calcium (from calcium carbonate)	200 mg	20%
Iron (from ferrous fumarate)	15 mg	83%
Iodine USP (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	100 mg	25%
Zinc (from zinc oxide)	15 mg	100%
Selenium (organically bound high-selenium yeast)	200 mcg	286%
Copper (from copper gluconate)	2 mg	100%
Manganese (from manganese sulfate)	10 mg	500%
Chromium (from chromium picolinate)	120 mcg	100%
Molybdenum (from sodium molybdate)	75 mcg	100%
Lecithin (from soy)	80 mg	*
Choline FCC (from choline bitartrate)	50 mg	*
Inositol FCC	50 mg	*
PABA USP (para-aminobenzoic acid)	50 mg	*
Boron (from calcium borogluconate)	1 mg	*
Silica	500 mcg	*
Vanadium (vanadyl sulfate)	10 mcg	*

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

Other Ingredients: Soybean oil, gelatin, glycerin, potassium (chloride) 30 mg, purified water, canola oil, beeswax, carob extract.

Suggested use: As a dietary supplement, take two softgels per day with water and food.

Vitamin D-3

Capsule



Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
Vitamin D-3 (cholecalciferol)	1,000 IU	250%

Other Ingredients: Rice flour, gelatin, magnesium stearate, vitamin D-3 beadlets (sucrose, cornstarch, gum arabic, coconut oil, dl-alpha tocopherol, tricalcium phosphate).

Suggested use: As a dietary supplement, take one capsule per day with water.

Omega-3 (Super EFA)

Softgel



Supplement Facts

Serving Size 1 Softgel		
	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 gram	<2%
Omega 30/20 Fish Oil Concentrate	1 gram	*
Total Omega-3 Fatty Acids	550 mg	*
EPA (eicosapentaenoic acid)	300 mg	*
DHA (docosahexaenoic acid)	200 mg	*
Other Omega-3 Fatty Acids	50 mg	*
Natural Tocopherols (preservative for fish oil)	2 mg	*

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

Other Ingredients: Gelatin, glycerin, purified water.

Suggested use: As a dietary supplement, take one softgel per day with water and food.

WARNING: Consult your healthcare provider before use if you are taking a blood-thinning medication.

Solvent Free.

Men's 50 Plus Multi-Vitamin

Softgel



Supplement Facts

Serving Size 2 Softgels		
	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 grams	<4%
Vitamin A USP (as beta-carotene)	10,000 IU	200%
Vitamin C USP (as ascorbic acid)	300 mg	500%
Vitamin D USP (as cholecalciferol)	400 IU	100%
Vitamin E USP (as d-alpha tocopherol)	200 IU	667%
Thiamin USP (as thiamin mononitrate) (vitamin B-1)	50 mg	3,333%
Riboflavin USP (vitamin B-2)	50 mg	2,941%
Niacin USP (10 mg as niacin and 50 mg as niacinimide)	60 mg	300%
Vitamin B-6 USP (as pyridoxine HCl)	50 mg	2,500%
Folic Acid USP	400 mcg	100%
Vitamin B-12 USP (as cyanocobalamin)	50 mcg	833%
Biotin USP	300 mcg	100%
Pantothenic Acid USP (as d-calcium pantothenate)	50 mg	500%
Calcium (from calcium carbonate)	200 mg	20%
Iodine USP (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	100 mg	25%
Zinc (from zinc oxide)	15 mg	100%
Selenium (organically bound high-selenium yeast)	200 mcg	286%
Copper (from copper gluconate)	2 mg	100%
Manganese (from manganese sulfate)	10 mg	500%
Chromium (from chromium picolinate)	120 mcg	100%
Molybdenum (from sodium molybdate)	75 mcg	100%
Lecithin (from soy)	80 mg	*
Choline FCC (from choline bitartrate)	50 mg	*
Inositol FCC	50 mg	*
PABA USP (para-aminobenzoic acid)	50 mg	*
Boron (from calcium borogluconate)	1 mg	*
Silica	500 mcg	*
Vanadium (vanadyl sulfate)	10 mcg	*

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

Other Ingredients: Soybean oil, gelatin, glycerin, potassium (chloride) 30 mg, purified water, canola oil, beeswax, carob extract.

Suggested use: As a dietary supplement, take two softgels per day with water and food.

Women's 50 Plus Multi-Vitamin

Softgel



Supplement Facts

Serving Size 2 Softgels		
	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 grams	<4%
Vitamin A USP (as beta-carotene)	10,000 IU	200%
Vitamin C USP (as ascorbic acid)	300 mg	500%
Vitamin D USP (as cholecalciferol)	400 IU	100%
Vitamin E USP (as d-alpha tocopherol)	200 IU	667%
Thiamin USP (as thiamin mononitrate) (vitamin B-1)	50 mg	3,333%
Riboflavin USP (vitamin B-2)	50 mg	2,941%
Niacin USP (10 mg as niacin and 50 mg as niacinimide)	60 mg	300%
Vitamin B-6 USP (as pyridoxine HCl)	50 mg	2,500%
Folic Acid USP	400 mcg	100%
Vitamin B-12 USP (as cyanocobalamin)	50 mcg	833%
Biotin USP	300 mcg	100%
Pantothenic Acid USP (as d-calcium pantothenate)	50 mg	500%
Calcium (from calcium carbonate)	200 mg	20%
Iodine USP (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	100 mg	25%
Zinc (from zinc oxide)	15 mg	100%
Selenium (organically bound high-selenium yeast)	200 mcg	286%
Copper (from copper gluconate)	2 mg	100%
Manganese (from manganese sulfate)	10 mg	500%
Chromium (from chromium picolinate)	120 mcg	100%
Molybdenum (from sodium molybdate)	75 mcg	100%
Lecithin (from soy)	80 mg	*
Choline FCC (from choline bitartrate)	50 mg	*
Inositol FCC	50 mg	*
PABA USP (para-aminobenzoic acid)	50 mg	*
Boron (from calcium borogluconate)	1 mg	*
Silica	500 mcg	*
Vanadium (vanadyl sulfate)	10 mcg	*

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

Other Ingredients: Soybean oil, gelatin, glycerin, potassium (chloride) 30 mg, purified water, canola oil, beeswax, carob extract.

Suggested use: As a dietary supplement, take two softgels per day with water and food.



Joint & Bone Health Extras™

Pill Size



Glucosamine Chondroitin with MSM

Supplement Facts

Serving Size 2 Tablets		
	Amount Per Serving	% Daily Value
Glucosamine Sulfate (2KCl) (from shellfish)	1,000 mg	*
Chondroitin Sulfate	800 mg	*
MSM (methylsulfonylmethane) (from magnesium oxide)	400 mg	*

*Daily Value not established

Other Ingredients: Stearic acid, microcrystalline cellulose (plant fiber), magnesium stearate, croscarmellose sodium, silica, food glaze.

Suggested use: As a dietary supplement, take two tablets per day with water and food.

Pill Size



Calcium Citrate plus Magnesium

Supplement Facts

Serving Size 2 Capsules		
	Amount Per Serving	% Daily Value
Calcium (as calcium citrate)	300 mg	30%
Magnesium (from magnesium oxide)	150 mg	38%

Other Ingredients: Gelatin, magnesium stearate, aspartic acid.

Suggested use: As a dietary supplement, take two capsules per day with water.



Digestive Health Extras™

Pill Size



Probiotics

Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
ProBiotic-4 Probiotic Blend	3 billion viable organisms	
Bifidobacterium lactis	1.5 billion viable organisms	*
Lactobacillus casei	750 million viable organisms	*
Lactobacillus acidophilus	375 million viable organisms	*
Bifidobacterium bifidum	375 million viable organisms	*
NutraFlora® scFOS® (short-chain fructooligosaccharides) (providing minimum 95% total fructooligosaccharides)	125 mg	*

*Daily Value not established.

Other Ingredients: Cellulose (vegetable capsule), microcrystalline cellulose (plant fiber), magnesium stearate.

Suggested use: As a dietary supplement, take one capsule per day with water and food.

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Pill Size



Fiber Tablet

Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
Psyllium Seed Husk	610 mg	*

*Daily Value not established

Other Ingredients: Rice flour, gelatin.

Suggested use: As a dietary supplement, take two capsules per day with a full 8-ounce glass of water.



Aspirin Health Extras™

Pill Size



Aspirin

Drug Facts

Active Ingredients (in each tablet)	Purpose
Aspirin 81 mg.....	Pain Reliever

Uses for the temporary relief of minor aches and pains or as recommended by your doctor

Warnings

Reye's Syndrome: Children and teenagers who have or are recovering from chicken pox or flu-like symptoms should not use this product. When using this product, if changes in behavior with nausea and vomiting occur, consult a doctor because these symptoms could be an early sign of Reye's syndrome, a rare but serious illness.

Allergy Alert: Aspirin may cause a severe allergic reaction which may include:
•hives •shock •facial swelling •asthma(wheezing)
Alcohol Warning: If you consume 3 or more alcoholic drinks every day, ask your doctor whether you should take aspirin or other pain relievers/fever reducers. Aspirin may cause stomach bleeding.

Do not use if you are allergic to aspirin or any other pain reliever/fever reducer

Ask a doctor before you use if you have

- asthma •ulcers •bleeding problems
- stomach problems (such as heartburn, upset stomach or stomach pain) that persist or recur

Ask a doctor or pharmacist before you use if you are taking a prescription drug for anticoagulation (blood thinning), gout, diabetes, or arthritis

Stop use and ask a doctor if

- an allergic reaction occurs. Seek medical help.
- new symptoms occur
- pain gets worse or lasts more than 10 days
- redness or swelling is present
- ringing in the ears or loss of hearing occurs

If pregnant or breast-feeding, ask a health professional before use. IT IS ESPECIALLY IMPORTANT NOT TO USE ASPIRIN DURING THE LAST 3 MONTHS OF PREGNANCY UNLESS SPECIFICALLY DIRECTED TO DO SO BY A DOCTOR BECAUSE IT MAY CAUSE PROBLEMS IN THE UNBORN CHILD OR COMPLICATIONS DURING DELIVERY. Keep out of the reach of children. In case of accidental overdose, get medical help or contact Poison Control Center right away.

Inactive Ingredients:

black iron oxide, cellulose, colloidal silicon dioxide, croscarmellose sodium, D&C yellow #10, FD&C yellow #6, hypromellose, polydextrose, polyethylene glycol, polyvinyl acetate phthalate, propylene glycol, shellac wax, simethicone, sodium alginate, sodium bicarbonate, starch, stearic acid, talc, titanium dioxide, triacetin, triethyl citrate



Heart Health Extras™

Pill Size



Capsaicin

Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
Cayenne Pepper (40,000 heating units) (fruit)	450 mg	*

*Daily Value not established

Other Ingredients: Gelatin, may contain one or more of the following: microcrystalline cellulose (plant fiber), magnesium stearate, silica.

Suggested use: As a dietary supplement, take one capsule per day with water and food.

Pill Size



Co-Q10

Supplement Facts

Serving Size 1 Softgel		
	Amount Per Serving	% Daily Value
Coenzyme Q10 (40,000 heating units) (fruit)	100 mg	*

*Daily Value not established

Other Ingredients: Soybean oil, gelatin, yellow beeswax, glycerin, purified water, soy lecithin, annatto oil concentrate, titanium dioxide.

Suggested use: As a dietary supplement, take one softgel per day with water or as recommended by your healthcare provider.

Pill Size



Turmeric (Curcumin)

Supplement Facts

Serving Size 2 Capsules		
	Amount Per Serving	% Daily Value
Turmeric (Curcuma longa) (rhizome)	1.44 grams	*

*Daily Value not established

Other Ingredients: Gelatin, magnesium stearate.

Suggested use: As a dietary supplement, take two capsules per day with water.



Brain & Memory Health Extras™

Pill Size



Ginkgo Biloba

Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
Ginkgo biloba Leaf Extract (24% flavone glycosides, 6% terpene lactones) (<5 ppm ginkgolic acid)	60 mg	*

*Daily Value not established

Other Ingredients: Microcrystalline cellulose (plant fiber), gelatin.

Suggested use: As a dietary supplement, take one capsule per day with water.

WARNING: Consult your healthcare provider before use if you are taking blood-thinning medication.



Prostate Health Extras™

Pill Size



Saw Palmetto

Supplement Facts

Serving Size 2 Capsules		
	Amount Per Serving	% Daily Value
Saw Palmetto Whole Berry	1,080 mg	*

*Daily Value not established

Other Ingredients: Gelatin.

Suggested use: As a dietary supplement, take two capsules per day with a large glass of water.

Pill Size



Lycopene

Supplement Facts

Serving Size 1 Softgel		
	Amount Per Serving	% Daily Value
Lycopene	10 mg	*

*Daily Value not established

Other Ingredients: Rice bran oil, gelatin, purified water, medium-chain triglycerides, yellow beeswax, silica.

Suggested use: As a dietary supplement, take one softgel per day with water and food.

Mood & Energy Health Extras™

Pill Size



St. John's Wort

Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
St. John's Wort (aerial parts)	375 mg	*

*Daily Value not established

Other Ingredients: Gelatin, magnesium stearate, microcrystalline cellulose (plant fiber).

Suggested use: As a dietary supplement, take one capsule per day with water or as recommended by your healthcare provider.

WARNING: Not recommended for pregnant or lactating women. If you are taking a prescription medication, including birth control pills, please consult a healthcare professional before taking this product. This product may cause the skin and eyes to become photosensitive. Avoid lengthy exposure to natural sunlight or tanning salon lights. Discontinue use if reddening or inflammation of the skin develops.

Pill Size



B-Complex

Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
Thiamin USP (as thiamin HCl) (vitamin B-1)	50 mg	3,333%
Riboflavin USP (vitamin B-2)	50 mg	2,941%
Niacinimide USP	50 mg	250%
Vitamin B-6 USP (as pyridoxine HCl)	50 mg	2,500%
Folic Acid USP	400 mcg	100%
Vitamin B-12 USP (as cyanocobalamin)	50 mcg	833%
Biotin USP	50 mcg	17%
Pantothenic Acid USP (as d-calcium pantothenate)	50 mg	500%
Choline FCC (from choline bitartrate)	50 mg	*
Inositol FCC	50 mg	*
PABA USP (para-aminobenzoic acid)	50 mg	*

*Daily Values not established.

Other Ingredients: Gelatin, rice flour, magnesium stearate.

Suggested use: As a dietary supplement, take one capsule per day with water.

Male Virility & Vitality Health Extras™

Pill Size



L-Arginine

Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
L-Arginine (free-from amino acid)	500 mg	*

*Daily Value not established

Other Ingredients: Gelatin, magnesium stearate

Suggested use: As a dietary supplement, take one capsule per day with water.

WARNING: Not intended for use by children or pregnant women. Consult your healthcare provider before use if you have renal or liver disease. Reduce dosage if you experience nausea, abdominal cramps or diarrhea.

Pill Size



Ginseng

Supplement Facts

Serving Size 2 Capsules		
	Amount Per Serving	% Daily Value
Korean Ginseng Root	500 mg	*

*Daily Value not established

Other Ingredients: Rice, flour, gelatin.

Suggested use: As a dietary supplement, take two capsules per day with water.

Male Age-Defying Health Extras™

Pill Size



DHEA

Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
DHEA (dehydroepiandrosterone)	25 mg	*

*Daily Value not established

Other Ingredients: Rice flour, gelatin.

Suggested use: As a dietary supplement, take one capsule per day with water or as recommended by your healthcare provider.

WARNING: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Not recommended for women under age 35. Consult a physician or licensed, qualified healthcare professional before using this product if you have or have a family history of prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL) or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability and increased levels of estrogen. Discontinue use and call a physician or licensed, qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision or other similar symptoms. **KEEP OUT OF REACH OF CHILDREN.**

Pill Size



Buffered Vitamin C

Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
Vitamin C (as calcium ascorbate)	500 mg	833%
Calcium (from calcium ascorbate)	60 mg	6%
Citrus Bioflavonoid Complex	200 mg	*

*Daily Value not established

Other Ingredients: Rice, flour, gelatin.

Suggested use: As a dietary supplement, take one capsule per day with water or as recommended by your healthcare provider.



Diabetes Health Extras™

Pill Size



Alpha-Lipoic Acid

Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
Alpha-Lipoic Acid	100 mg	*

*Daily Value not established

Other Ingredients: Gelatin, may contain one or more of the following: microcrystalline cellulose (plant fiber), magnesium stearate, silica.

Suggested use: As a dietary supplement, take one capsule per day with water.

Pill Size



Chromium

Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
Chromium (from chromium picolinate)	200 mcg	167%

Other Ingredients: Rice, flour, gelatin.

Suggested use: As a dietary supplement, take one capsule per day with water and food.

WARNING: Because chromium may enhance insulin sensitivity and effect glucose level, diabetics and hypoglycemics should consult their healthcare provider before using this product.



Female Age-Defying Health Extras™

Pill Size



Silica

Supplement Facts

Serving Size 2 Capsules		
	Amount Per Serving	% Daily Value
Gelatin	1,080 mg	*
Silicon (as silicon aminoate)	20 mg	*

*Daily Values not established.

Other Ingredients: Gelatin (capsule), magnesium stearate.

Suggested use: As a dietary supplement, take two capsules per day with water.

Pill Size



Biotin

Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
Biotin USP	5 mg	1,667%

Other Ingredients: Rice flour, gelatin.

Suggested use: As a dietary supplement, take one capsule per day with water.



Garden Fruits & Greens Health Extras™

Pill Size



Garden Fruits

Supplement Facts

Serving Size 2 Tablets		
	Amount Per Serving	% Daily Value
Apple Fruit Powder	80 mg	*
Apricot Fruit Powder	80 mg	*
Cherry Fruit Powder	80 mg	*
Lemon Peel Powder	80 mg	*
Orange Peel Powder	80 mg	*
Papaya Powder	80 mg	*
Peach Fruit Powder	80 mg	*
Strawberry Fruit Powder	80 mg	*
Freeze-Dried Grape Juice	50 mg	*
Freeze-Dried Orange Juice	50 mg	*
Freeze-Dried Pineapple Juice	50 mg	*
Prune Juice Powder	40 mg	*
Cranberry Juice Concentrate	20 mg	*

*Daily Values not established.

Other Ingredients: Microcrystalline cellulose (plant fiber), calcium carbonate, stearic acid, magnesium stearate, food glaze.

Suggested use: As a dietary supplement, take two tablets per day with water and food.

Pill Size



Garden Vegetables

Supplement Facts

Serving Size 2 Tablets		
	Amount Per Serving	% Daily Value
Alfalfa Leaf	100 mg	*
Beet	100 mg	*
Broccoli (florets)	100 mg	*
Carrot	100 mg	*
Odor-Controlled Garlic (Allium sativa) (bulb) (10,000 ppm allicin potential)	100 mg	*
Parsley	100 mg	*
Spinach	100 mg	*
Tomato	100 mg	*
Barley Grass	50 mg	*
Cabbage	50 mg	*
Celery Seed	50 mg	*
Kale	50 mg	*
Kelp	50 mg	*
Wheat Grass	50 mg	*
Oregano	40 mg	*

*Daily Values not established.

Other Ingredients: Microcrystalline cellulose (plant fiber), stearic acid, calcium carbonate, magnesium stearate, food glaze.

Suggested use: As a dietary supplement, take two tablets per day with water and food.



Prenatal Health Extras™

Pill Size



Folic Acid

Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
Folic Acid USP	800 mcg	200%

Other Ingredients: Rice flour, gelatin.

Suggested use: As a dietary supplement, take one capsule per day with water.



Sports & Fitness Health Extras™

Pill Size



Amino Acid Complex

Supplement Facts

Serving Size 2 Capsules		
	Amount Per Serving	% Daily Value
Protein (calcium caseinate)	1 gram	2%

Typical amino acid profile calcium caseinate:

Alanine 30 mg	Lysine 76 mg
Arginine 36 mg	Methionine 28 mg
Aspartic Acid 68 mg	Phenylalanine 50 mg
Cystine/Cysteine 4 mg	Proline 104 mg
Glutamic Acid 208 mg	Serine 58 mg
Glycine 18 mg	Threonine 42 mg
Histidine 18 mg	Tryptophan 22 mg
Isoleucine 46 mg	Tyrosine 54 mg
Leucine 90 mg	Valine 56 mg

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

Other Ingredients: Gelatin, magnesium stearate.

Suggested use: As a dietary supplement, take two capsule per day with water.



Vision Health Extras™

Pill Size



Lutein & Bilberry

Supplement Facts

Serving Size 1 Softgel		
	Amount Per Serving	% Daily Value
Bilberry Extract (25% anthocyanidins) (fruit)	20 mg	*
Lutein (from lutein esters) (from magnesium oxide)	6 mg	*

*Daily Value not established

Other Ingredients: Soybean oil, gelatin, glycerin, purified water, yellow beeswax, carob extract, soy lecithin, titanium dioxide.

Suggested use: As a dietary supplement, take one softgel per day with water and food.



Weight Loss Support Health Extras™

Pill Size



Alpha-Lipoic Acid

Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
Alpha-Lipoic Acid	100 mg	*

*Daily Value not established

Other Ingredients: Gelatin, may contain one or more of the following: microcrystalline cellulose (plant fiber), magnesium stearate, silica.

Suggested use: As a dietary supplement, take one capsule per day with water.

Pill Size



Chromium

Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
Chromium (from chromium picolinate)	200 mcg	167%

Other Ingredients: Rice, flour, gelatin.

Suggested use: As a dietary supplement, take one capsule per day with water and food.

WARNING: Because chromium may enhance insulin sensitivity and effect glucose level, diabetics and hypoglycemics should consult their healthcare provider before using this product.

Green Tea Extract

Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
Green Tea Standardized Extract (60% polyphenols) (leaves)	500 mg	*
Green Tea (leaves) (from magnesium oxide)	50 mg	*

*Daily Value not established

Other Ingredients: Gelatin, may contain one or more of the following: microcrystalline cellulose (plant fiber), magnesium stearate, silica.

Suggested use: As a dietary supplement, take one capsule per day with water.