

**SUPPLEMENT FACTS**

Serving Size: One Gelcap





One Gelcap Contains:		%DV
Calories	10	
Total Fat	1 g	1%*
EPA (Eicosapentaenoic Acid) (from Fish Oil)	425 mg	**
DHA (Docosahexaenoic Acid) (from Fish Oil)	270 mg	**

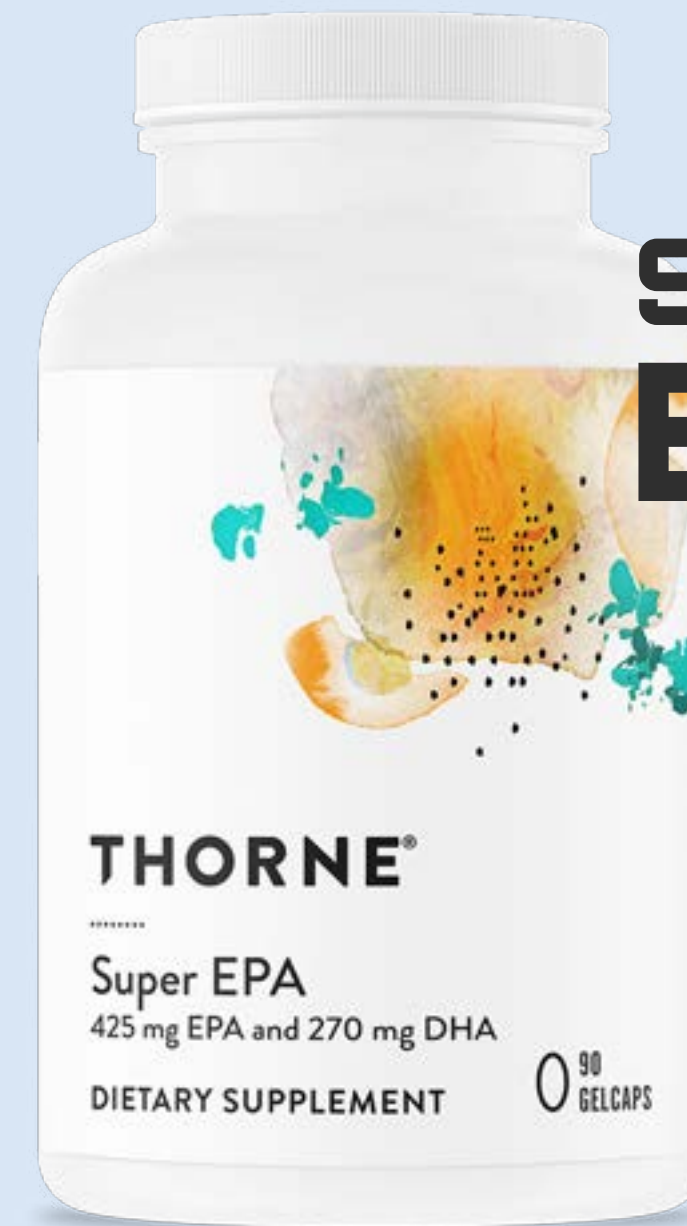
\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*Daily Value (DV) not established.

Other Ingredients: Gelatin (bovine), Purified Water and Glycerin (vegetable source) gelcap, Vitamin E (mixed tocopherols).

Contains ingredients derived from fish (fish oil = anchovy, sardine, mackerel).

**Benefits**

-  Muscle / Tendon
-  Brain / Nerves
-  Heart / Vessels
-  Metabolism



**SUPER  
EPA**

**425 MG  
EPA PER SERVING**

**Omega-3 fatty acids  
from fish oil**

Super EPA provides essential omega-3 fatty acids that support a healthy heart and brain, help maintain a healthy inflammatory response in muscles and joints, enhance mood, and promote healthy skin.

- Derived From Natural Flavors
- Dairy Free
- Gluten Free
- Soy Free

**HEART + BRAIN HEALTH**

**SUPPLEMENT FACTS**


Serving Size: One Capsule

One Capsule Contains:	%DV
N-Acetyl-L-Cysteine	500 mg *

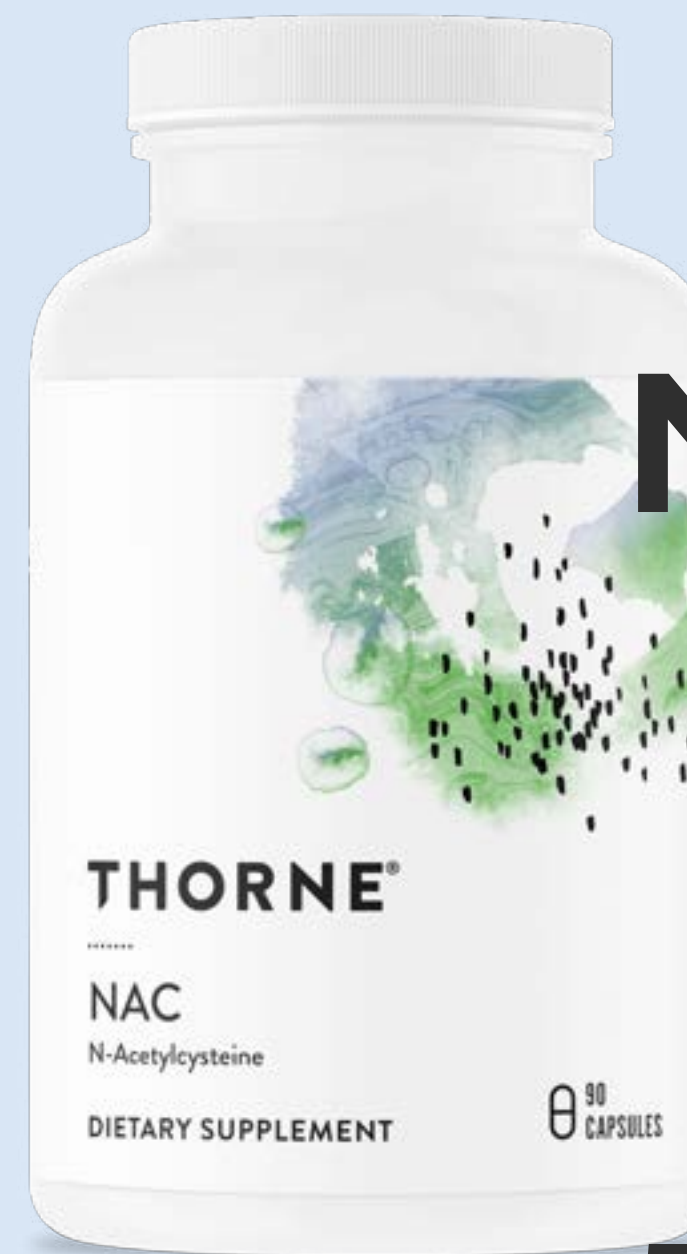
\*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.

**Benefits**

 Liver / Detox

 Respiratory Support



**NAC**

**500 MG**  
NAC PER SERVING

**Potent Antioxidant**

Supports comprehensive wellness, including lung, liver, and kidney health, as well as immune function. NAC is an amino acid that supports respiratory health and immune function, in addition to increasing glutathione levels, which supports detoxification and resists oxidative stress.

- Derived From Natural Flavors
- Dairy Free
- Gluten Free
- Soy Free

**COMPREHENSIVE SUPPORT**

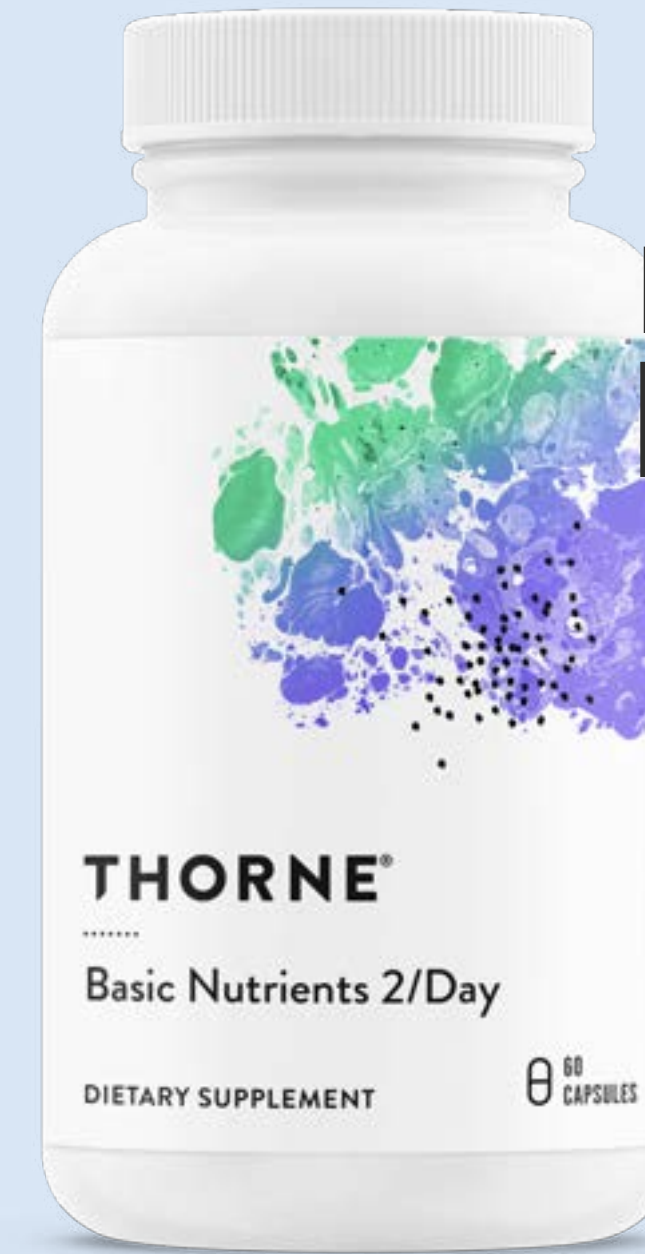
SUPPLEMENT FACTS		
Serving Size: Two Capsules		
Servings Per Container: 30		
Two Capsules Contain:		%DV
Vitamin A (450 mcg from Beta Carotene and 600 mcg as Palmitate)	1.05 mg	117%
Vitamin C (as Ascorbic Acid)	250 mg	278%
Vitamin D (as Vitamin D3) (2,000 IU)	50 mcg	250%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	16.5 mg	110%
Vitamin K (200 mcg as Vitamin K1 and 200 mcg as Vitamin K2 as MK-4)	400 mcg	333%
Thiamin (as Thiamin HCl)	50 mg	4,167%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	12 mg	923%
Niacin (as Niacinamide)	80 mg	500%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg	1,176%
Folate (400 mcg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	667 mcg DFE	167%
Vitamin B12 (as Methylcobalamin)	600 mcg	25,000%
Biotin	500 mcg	1,667%
Pantothenic Acid (as Calcium Pantothenate)	45 mg	900%
Calcium (as TRAACS® Calcium Bisglycinate Chelate††, Dicalcium Phosphate, Calcium Laurate, Calcium Pantothenate)	52 mg	4%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)††	20 mg	5%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)††	15 mg	136%
Selenium (as L-Selenomethionine)	200 mcg	364%
Copper (as TRAACS® Copper Bisglycinate Chelate)††	750 mcg	83%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)††	3 mg	130%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	400 mcg	1,143%
d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	*
Boron (as Bororganic™ Boron Glycinate Complex)†††	2 mg	*
Lutein (from Aztec Marigold extract (flower) ( <i>Tagetes erecta</i> ))	140 mcg	*

Other Ingredients: Hypromellose (derived from cellulose) capsule, Dicalcium Phosphate, Calcium Laurate.

Gamma tocopherol does not have a recognized IU equivalent.

## Benefits

 Foundational



# BASIC NUTRIENTS

**400 MG**  
VITAMIN K PER SERVING

## A daily multi with key nutrients

Basic Nutrients 2/Day is a comprehensive daily supplement designed for individuals looking for nutritional support with fewer capsules. NSF Certified for Sport®

- Derived From Natural Flavors
- Dairy Free
- Gluten Free
- Soy Free

**FOUNDATIONAL HEALTH**



### SUPPLEMENT FACTS

Serving Size: One Scoop (6.4 g)

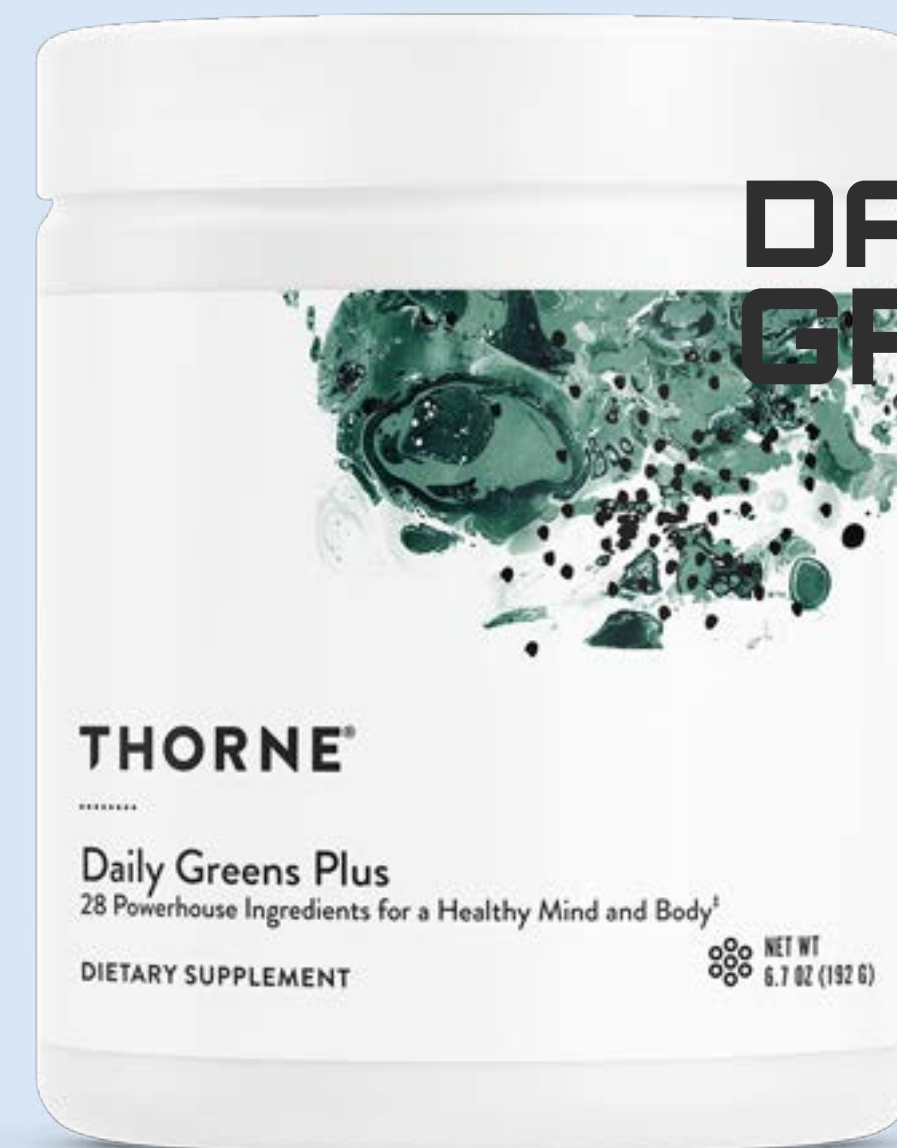
Servings Per Container: 30

One Scoop (6.4 g) Contains:	%DV	One Scoop (6.4 g) Contains:	%DV
Calories	20	<b>Adaptogen Blend</b>	
Total Carbohydrate	2 g <1%*	Ginger extract (root, rhizome) ( <i>Zingiber officinale</i> )	250 mg **
Dietary Fiber	<1 g 2%*	Ashwagandha extract (root, leaf) ( <i>Withania somnifera</i> )††††	225 mg **
Protein	2 g 4%*	Lemon Balm Phytosome ( <i>Melissa officinalis</i> (leaf) / Phospholipid complex from Sunflower)†††††	100 mg **
Vitamin D (as Vitamin D3) (1,000 IU)	25 mcg 125%	Rhodiola extract (root) ( <i>Rhodiola rosea</i> )	100 mg **
Biotin	4 mg 13,333%	Spearmint (leaf) ( <i>Mentha spicata</i> )	100 mg **
Zinc (as TRAACS® Zinc Bisglycinate Chelate)†	5 mg 45%	Eleuthero extract (root) ( <i>Eleutherococcus senticosus</i> )	50 mg **
<b>Greens Blend</b>		<b>Antioxidant Blend</b>	
Matcha (leaf) ( <i>Camellia sinensis</i> )	1 g **	Glutathione (Reduced)	175 mg **
Spirulina (whole plant) ( <i>Arthrospira platensis</i> )	1 g **	Nicotinamide Riboside Hydrogen Malate	100 mg **
Kelp Powder (whole thallus) ( <i>Laminaria saccharina</i> )	500 mg **	Pomegranate extract (whole fruit) ( <i>Punica granatum</i> )	100 mg **
Moringa Powder (leaf) ( <i>Moringa oleifera</i> )	500 mg **	Quercetin Phytosome ( <i>Sophora japonica</i> extract (flower) / Phospholipid complex from Sunflower)	100 mg **
Watermelon Powder (seed) ( <i>Citrullus lanatus</i> )	500 mg **	Trans-Resveratrol	100 mg **
Mango extract (leaf) ( <i>Mangifera indica</i> )††	140 mg **	Coenzyme Q10 Phytosome (Coenzyme Q10 / Phospholipid complex from Sunflower)††††††	50 mg **
Spinach Powder extract (leaf) ( <i>Spinacia oleracea</i> )†††	100 mg **	Betaine Anhydrous (Trimethylglycine)	21 mg **
<b>Mushroom Blend</b>			
Lion's Mane Mushroom ( <i>Hericium erinaceus</i> )	300 mg **		
Chaga Mushroom ( <i>Inonotus obliquus</i> )	250 mg **		
Maitake Mushroom ( <i>Grifola frondosa</i> )	100 mg **		
Reishi Mushroom ( <i>Ganoderma lucidum</i> )	100 mg **		
Shiitake Mushroom ( <i>Lentinula edodes</i> )	100 mg **		

Other Ingredients: Mint Flavor, Monk Fruit concentrate.††††††

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

\*\*Daily Value (DV) not established.



# DAILY GREENS PLUS

**1000 IU**  
VITAMIN D PER SERVING

## Daily Greens Powder

Complement your day with 28 powerhouse ingredients that promote physical endurance, cognitive performance, and cellular energy production, while also providing antioxidants, so you can feel vibrant today and for years to come.

- Derived From Natural Flavors
- Dairy Free
- Gluten Free
- Soy Free

## Benefits

- Foundational
- Stress
- Energy
- Healthy Aging
- Immune Support

**IMMUNE HEALTH**

<b>SUPPLEMENT FACTS</b>		
Serving Size: One Scoop (5 g)		
Servings Per Container: 90		
<b>One Scoop (5 g) Contains:</b>		<b>%DV</b>
Creatine Monohydrate	5 g	*
*Daily Value (DV) not established.		

**Benefits**

-  Brain / Nerves
-  Sports Performance



**High-Quality Creatine**

Promote enhanced muscle performance with the amino acid creatine.\* Great for more than just athletes – it also supports cellular energy production and cognitive function to help you perform at your best.

- Derived From Natural Flavors
- Dairy Free
- Gluten Free
- Soy Free

**MUSCLE SUPPORT**



**SUPPLEMENT FACTS**

Serving Size: Four Capsules  
Servings Per Container: 60

Four Capsules Contain:		%DV
Potassium (from Glucosamine Sulfate Potassium Chloride complex)	98 mg	2%
Methyl Sulfonyl Methane (MSM)	850 mg	*
Glucosamine Sulfate (as Glucosamine Sulfate Potassium Chloride complex)	750 mg	*
Indian Frankincense extract (gum) ( <i>Boswellia serrata</i> )	350 mg	*
Curcumin Phytosome† ( <i>Curcuma longa</i> extract (root) / Phospholipid complex from Sunflower)	250 mg	*
Bromelain	200 mg	*

\*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.  
Contains ingredients derived from shellfish (glucosamine sulfate = crab and/or shrimp).

**Benefits**

 Muscle / Tendon

 Joint Support



**JOINT SUPPORT**

**850 MG**  
MSM PER SERVING

**Comprehensive joint support**

Joint Support Nutrients goes beyond simple glucosamine supplementation. It adds nutrients to provide relief from occasional soreness and stiffness.

- Derived From Natural Flavors
- Dairy Free
- Gluten Free
- Soy Free

**JOINT HEALTH**