

MULTIPLE VITAMINS

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Carlson for Kids	180 chewables	1/day	5000 IU Vit A + 9 mg Iron	1,2
Mini Multi	90 tablets	3/day	50000 IU Vit A	
Multigenics Chewable	90 tablets	As directed	2500 IU Vit A	
Super 1 Daily	120 tablets	1/day	10000 IU Vit A + 9 mg Iron	1,2,3
Super 2 Daily	120 softgels	2/day	10000 IU Vit A	4
Suppy Multi Children	60 chewables	1 or 2/day		
Wellness Essentials for Men	30 packets	1/day		1,2,4
Wellness Essentials for Women	30 packets	1/day		1,2,4
Wellness Essentials for Women Prime	30 packets	1/day		1,2,4
Wellness Essentials for Pregnancy	30 packets	1/day		

CALCIUM

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Bio-Cal	250 tablets	3/day	1200 mg Calcium	1
CalApatite	270 tablets	3/day	626 mg Calcium + 1500 mg MCHC	5
CalApatite Chewable	90 tablets	3/day	300 mg Calcium + 750 mg MCHC	5
Ostera	60 tablets	1 twice/day		1,2,3
Potassium	90 tablets	1-3/day		
Vitamin K2	30 capsules	1/day		1,2

MUSCLE RELAXING

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Legs On Edge	90 capsules	1-3/before bed	15 mg Iron	
Mag Citrate	120 tablets	3/day		
Myocalm (small)	60 tablets	2 three times/day		1,2,3,6
Myocalm (large)	180 tablets	2 three times/day		1,2,3,6
Relaxall	60 capsules	2 every 4 hours		4

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PAIN & INFLAMATION

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Biofreeze Roll-on	3 oz.	External Use Only		3
Biofreeze Cyrospray	4 oz.	External Use Only		3
Biofreeze Gel	4 oz.	External Use Only		3
Biofreeze Gel	16 oz.	External Use Only		3
Biofreeze Gel	32 oz.	External Use Only		3
CorProfenA Cream	50 ml	External Use Only		3
Curcumin BCM-95	60 capsules	2/day		
Herbal Eze	60 tablets	1 or 2/day	900 mg Ginger 500 mg Tumeric	1,2,3
Inflavanoid (large)	180 tablets	As directed	150 mg Ginger	1,2,3
Inflavanoid (small)	30 tablets	As directed	100 mg Ginger	1,2,3
Inflavanoid IC (large)	90 tablets	As directed	100 mg Ginger	1,2,3
Inflavanoid IC (small)	30 tablets	As directed	100 mg Ginger	1,2,3
Kaprex	60 softgels	1 twice/day		1,2,3,4
Kaprex AI	90 tablets	1 three times/day		1,2,3
OmegaGenics SPM	60 softgels	As directed		1,2,3
Osteovantiv	60 tablets	1 twice/day		1,2,3,4
UltraInflamX	14 servings	As directed		
UltraInflamX 360 (4 flavors)	21 servings	As directed	5000 IU Vit A + 1.5 mg Iron	1,2,3,4

JOINTS

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Chondro Relief	120 capsules	3/day		3,4
Chondro Relief IC	120 capsules	4/day		3,4
Chondro Relief Vegetarian	120 capsules	4/day		3
EC Matrixx	90 tablets	1 three times/day or as directed		1,2,3,4
MSM Sulfur	90 capsules	1/day		
OsteoVantiv	60 tablets	2/day		1,2,3,4
Relaxall	60 capsules	2 every 4 hours		4

VITAMIN B

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
B-1	250 tablets	1/day		
B Compleet 50	100 tablets	1/day		3
B Compleet 100	100 tablets	1/day		3
Biotin	250 tablets	1/day		
FolaPro	120 tablets	1/day		2,3
Mega B12 Folic	2 fluid oz.	1 dropper after meals		3
Methyl B12	60 tablets	1 once or twice/day		

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VITAMIN C

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Lypo-Spheric Vitamin C	30 packets	1 packet 1-2 times /day	1000 IU Vit C	2,3,4
Ultra Potent C 500	90 tablets	1 three times/day	500 mg Ascorbate 39 mg Niacin	2
Ultra Potent C Chewable	90 tablets	1/day or as directed	500 mg Ascorbate 20 mg Niacin	2,5

VITAMIN D

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
D3 Liquid	2 oz.	1 drop/day or as directed	1000 IU Vit D	2,3,4
D3 2000	90 tablets	1/day	2000 IU Vit D	2,3,4
D3 5000	100 softgels	As directed	5000 IU Vit D	2,3,4

VITAMIN E

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
E-Gems 400	90 capsules	1/day	400 IU Vit E	1
E-Gems Elite 400	120 softgels	1/day	400 IU Vit E	1,4
Nattokinase	60 softgels	2/day	20 IU Vit E	3,4
Selenase	100 capsules	1/day		

FISH OILS-OMEGA 3'S

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
OmegaGenics 300	90 softgels	2 twice/day	360 mg EPA + 240 mg DHA	1,2,3,4
OmegaGenics 300	270 softgels	3/day or as directed	180 mg EPA + 120 mg DHA	1,2,3,4
OmegaGenics 500	120 softgels	6/day or as directed	600 mg EPA + 400 mg DHA	1,2,3,4
OmegaGenics 720	120 softgels	2-4/day or as directed	860 mg EPA + 580 mg DHA	1,2,3,4
OmegaGenics 1200	40 servings	1 serving/day or as directed	600 mg EPA + 600 mg DHA	1,2,3,4
OmegaGenics 2400	30 servings	1 serving/day or as directed	1,410 mg EPA + 990 mg DHA	1,2,3,4
OmegaGenics SPM	60 softgels	2/day or as directed		
Primrose Oil	90 softgels	1 three times/day		

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PROBIOTICS

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Florastor	50 capsules	2/day		4
Ultra Flora Balance	60 capsules	1 once or twice/day		
Ultra Flora Synergy Powder	50 grams	¼ teas. with 4-6 oz. water once or twice/day		
Ultra Flora Spectrum	30 capsules	1/day		
Ultra Flora IB	30 capsules	1 once or twice/day		
Ultra Flora Acute Care	30 capsules	1 once or twice/day		
Ultra Flora Immune Booster	30 capsules	1/day		
Ultra Flora Women's	30 capsules	1/day		
Ultra Flora Children's	60 chewables	1 or 2/day		
Ultra Flora Baby	.19 fluid oz.	6 drops/day		

BLOOD PRESSURE

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Herbal Water Balance	50 capsules	1 capsule at meal time		3
Mag Citrate	120 tablets	3/day		
Vasotensin	120 tablets	2 twice/day		2,3,4

GASTROINTESTINAL

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Digestin	60 capsules	1 with each meal		
DGL Plus	90 capsules	1 three times/day		
Endefen	56 servings	1 serving in 2-4 oz. of water/day	35 mg Caffeine	2,3,4,↑
GI Sustain	14 servings	1 serving in 8 oz chilled water twice/day		3
Glutagenics	60 servings	1 serving with water/day		2,3
Herbulk	30 servings	1 serving with 12 oz. water/day	Psyllium Husk Powder	4,8
L-Glutamine	100 servings	1 serving before each meal		3
Spectra Zyme Complete	180 capsules	2 with each meal		
Spectra Zyme Gluten Digest	90 capsules	1 or 2 with each meal		
Spectra Zyme Metagest	270 tablets	2 with each meal		2,5
Zinlori	60 tablets	1 twice/day		

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CHOLESTEROL & CARDIOVASCULAR HEALTH

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
ArginCor	28 servings	1 serving with water/day		2,3,5,8
Arginine Plus	120 tablets	2 twice daily		2,3,8
Cardioauxin	120 tablets	2 twice/day		3
Cardiogenics	90 tablets	1 three times/day		2,3
Cardio Flow	180 capsules	2 three times/day		
Vasotensin	120 tablets	2 twice /day		2.,3,4
Cholesterol Complete	240 tablets	4/day		2,3,8
L-Carnitine	60 capsules	1 twice/day		3
Lipo-gen	270 tablets	2 three times/day		
Lipotain	60 tablets	1 three times/day		2,3
Red Yeast Extract	90 capsules	1-3/day		
Ultra Meal Cardio 360	14 servings	2 scoops twice/day		2,3
Venaplex	60 tablets	1 three times/day		

CO Q 10

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Co Q 10 100 mg	60 softgels	1/day or as directed	2334 IU Vit A	3
Co Q 10 200 mg	30 softgels	1/day or as directed	2334 IU Vit A	3
Nanocell	30 servings	1 serving/day or as directed		2,3

FIBROMYALGIA

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Fibro-Ease Multi	120 tablets	1 twice/day		
Fibroplex (large)	240 tablets	2/day		
Fibroplex (small)	120 tablets	2/day		
UltraInflamX	14 servings	As directed		
UltraInflamX 360 (4 flavors)	21 servings	As directed	5000 IU Vit A + 1.5 mg Iron	1,2,3,4

THYROID

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Thyroid Pro	60 capsules	1/day		2,4,↑
Thyrosol	60 tablets	1/day		2,3,↑

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IMMUNE SUPPORT

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Biocidin				
Colloidal Silver	23 servings	1 serving/day		3
Dynamic Greens (8 flavors)	30 servings	1 serving/day		2,3,4
Dynamic Health Drink (2 flavors)	30 servings	1 serving/day		2,3
Flu Terminator	2 oz.	10 drops three times/day		3
Ganoderma Plus	90 capsules	1 two to three times/day		3
Garlic	100 capsules	1 at each meal		1
Garlic Pro	30 capsules	1/day		
Immucore	90 tablets	As directed		1,2,3
L-Lysine	100 capsules	1/day		
Oliver	60 capsules	1 once or twice/day		
Olivirex	60 capsules	1 or 2/2-3 times a day		3
Zinc Lozenges (brown label)	90 lozenges	1/day		
Zinc Lozenges (blue label)	90 lozenges	1-8/day		

WEIGHT MANAGEMENT

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
7-Keto DHEA	60 capsules	1 twice/day		
Crave-Curb	180 capsules	As directed		3
D-59	1 oz.	1 dropper twice/day		
Dynamic Slender (straw/kiwi)	60 servings	1 serving twice/day		2,3
Ganoderma Plus	90 capsules	1 two to three times/day		3
Paleo Protein (2 flavors)	30 servings	1 serving/day		
Ultimate Fat Burner	180 capsules	3/day		3,4
Ultra Meal (5 flavors)	14 servings	1 serving twice/day	1750 IU Vit A + 2.5 mg Iron	1,2,3,4
Ultra Meal Bar (4 flavors)	1 bar			
Ultra Meal Advanced Protein (chocolate or vanilla)	14 servings	1 serving once or twice/day	1250 IU Vit A + 3 mg Iron	
Ultra Meal 360 (3 flavors)	14 servings	1 serving twice/day	1750 IU Vit A + 2.4 mg Iron	1,2,3,4
Ultra Protein Bar (2 flavors)	1 bar			
Ultra Energy Carmel Bar	1 bar			

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DETOXIFICATION

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Advaclear (small)	42 capsules	2/day		1,2,3,4
Advaclear (large)	126 capsules	2/day		1,2,3,4
Alcohol Detox	60 capsules	As directed		
Humanofort	60 capsules	2/day		2,3
Metalloclear	180 tablets	As directed		1,2,3,4
Silymarin	90 tablets	1 three times/day		2,3
Ultra Clear	21 servings	1 serving twice/day	5000 IU Vit A + 3.6 mg Iron	3
Ultra Clear Renew	21 servings	1 serving twice/day	4000 IU Vit A + 1 mg Iron	1,2,3,4

STRESS

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Adreset (small)	60 capsules	2 twice/day		1,2,3,8,↑
Adreset (large)	180 capsules	2 twice/day		1,2,3,8,↑
Adrenogen (small)	90 tablets	1 three times/day		
Adrenogen (large)	270 tablets	1 three times/day		
Attencia	60 softgels	1 twice/day	100 mg Caffeine	1,2,3,↑
Baldrian	100 tablets	4/day		3,6,↑
Benesom	60 tablets	1-2/day		1,2,3,6
Ceralin Forte	90 capsules	3/day		2,3,8
Exhilarin	60 tablets	2/day		2,3
Licorice Plus	60 tablets	2/day or as directed		2,3,↑
Nusera Chewable	30 tablets	As directed		2,3,4,6
Serenagen (small)	60 tablets	2/day		2,3
Serenagen (large)	180 tablets	2/day		2,3
Serosyn (small)	30 capsules	1 three times/day		2,3,6,8
Serosyn (large)	90 capsules	1 three times/day		2,3,6,8
Trancor	120 capsules	2 twice/day		1,2,3,8
Tran-Q	60 tablets	1 three times/day		2,3
Ultra Calm Bars	1 bar	As directed		

SLEEP

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Benesom	60 tablets	1-2/day		1,2,3,6
L-Theanine	60 capsules	1 once or twice/day		
Melatonin Pro	60 capsules	1/day		3
Melatonin Liquid	120 servings	1 serving/day		
Myocalm PM	60 tablets	3/day		1,2,3,6

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BLOOD SUGAR & ENERGY

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Alpha Lipoic Acid	90 tablets	1/day		5
Gluco Support	90 capsules	1/day		3
UltraGlycemX	14 servings	As directed	1500 IU Vit A +3.6 mg Iron	1,2,3,4
Insinase	90 tablets	3/day		1,2,3
MetaGlycemX	120 tablets	2/day		2,3
Ultra Glucose Control	30 servings	1-2 servings/day		2,3

WOMEN'S HEALTH

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
D-74	1 oz.	1 dropper twice/day		
Estro Factors	90 tablets	1/day	833 IU Vit A +70 mg Turmeric	2,3
Estrovera	30 tablets	1/day		2,3,8
Estro Pro Cream	1.75 oz.	External Use Only		
Estrium	14 servings	1 serving twice/day	3750 IU Vit A + 9 mg Iron	2,3,4,8
Estrium Whey Vanilla	14 servings	1 serving twice/day		2,3,4,8
Fem Premenstrual	60 tablets	2/day		2,3,4
Hemagenics	60 tablets	1/day	29 mg Iron	
I-3-C Plus	60 capsules	1-3/day		3
Ostera	60 tablets	1 twice/day		1,2,3
Pro Feminell Cream	2 oz.	External Use Only		
U-tract	26 servings	As directed		3
U-tract Complex	120 capsules	4 three times/day		
Venaplex	60 tablets	1 three times/day		
Wellness Essentials for Women	30 packets	1/day		1,2,4
Wellness Essentials for Women Prime	30 packets	1/day		1,2,4
Wellness Essentials for Pregnancy	30 packets	1/day		

MEN'S HEALTH

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Andro-XY	120 capsules	4/day		
Testrin	60 tablets	1/day	79 mg Tumeric	2,4
Ultrameal Advance Protein	14 servings	As directed		
Wellness Essentials for Men	30 packets	1 packet/day	10000 IU Vit A	1,2,4

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PROSTATE

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Carlson Prostate	120 softgels	2/day	320 mg Saw Palmetto Extract	

MEMORY & BRAIN

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Attencia	60 softgels	1 twice/day	100 mg Caffeine	1,2,3,↑
Biocitol Forte	90 tablets	1 one to three times/day		
Brain Support	120 capsules	4/day	500 mg Turmeric	3
Brain Restore	210 capsules	7/day		3
Cellular Energy	180 capsules	2/day		
Ceralin Forte	90 capsules	3/day		2,3,8
Ceriva	30 tablets	1/day		1,2,3,4,5,6,7,8,↑
Exhilarin	60 tablets	2/day		2,3
L-Glutathione Reduced	60 capsules	2/day		
Memories with Seanol-P	90 capsules	3/day		1,2,3,4
MindCare	60 capsules	2 twice/day		
Mitovive	30 servings	1 serving with water/day		2,3

HEADACHES

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Dynagesic	60 tablets	2/day		
Migraine Relief	90 capsules	3/day		1,2,3,4
Petadolex	50 gelcaps	1 three times/day		3,4

ALLERGY & SINUSES

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Allerstop	90 tablets	2/day		
Nazanol	30 tablets	2 three times/day		2,3,4
Oral Care Spray	2.2 oz.	2-4 sprays every ½ hour		
Perimine	60 tablets	1 twice/day		2,3
Sinuplex	120 tablets	1/day		2,3
Sinus Rinse Kit	Bottle + 50 packets			
Sinus Rinse Packets	100 packets			

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VISION

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Lutein	180 softgels	1/day		
Visio Plex	200 capsules	8/day		

EARS

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
ANI Ear Drops	4 drams	As needed		
D-89 Ear Drops	1 oz.	1 dropper twice/day		
Earwax Remover	½ fluid oz.	5-10 drops twice/day		7

HAIR, SKIN AND NAILS

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Bugs Be Gone	4 oz.	External Use Only		
Bugs Be Gone for Kids	4 oz.	External Use Only		
E-Gems Lip Care	.15 oz.	External Use Only		
E-Gems Soap	4 oz. bar	External Use Only		
Hair, Skin and Nails	60 capsules	2/day	5500 IU Vit A	3,4
Primrose Oil	90 softgels	1 three times/day		

SPORTS ENERGY

Supplement	Amount	Suggested Dosage	IU or mg per Dosage	Precautions
Creatine Powder	100 servings	As directed		
Dynamic Performance Drink	30 servings	As needed		2,3,4
Endura	19 servings	As needed		
Ultimate Natural Whey	20 servings	As directed		3,4
Ultimate Protein	39 servings	As directed		3,4

PRECAUTIONS KEY Always consult your doctor before taking any supplement. Keep all supplements out of reach of children.

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|---|--|
| 1 - May thin blood; check with doctor. | 6 - May cause drowsiness |
| 2 - May interact with other medications; check with doctor. | 7 - May cause dizziness |
| 3 - Do not use if pregnant or nursing | 8 - Condition/Disease specific warnings; check with doctor |
| 4 - Contains known allergen | ↑ May increase blood pressure or heart rate |
| 5 - May cause stomach discomfort; do not use if have ulcer | |

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