

Product & Ingredient	Dosage	Features	Reference
STEP 1: Take the following for basic nutritional support.			
End Fatigue™ Daily Energy Enfusion* and End Fatigue Daily Energy B-Complex* 73250 – 19 oz. (Berry flavor), 30 UltraCaps™ Vitamin, Mineral, and Broad-Spectrum Amino Acid Blend B-Complex	Mix 1 level scoop with 8-12 ounces liquid. Each serving provides: 18 g Take 1 UltraCap daily. Each UltraCap provides: 570 mg	<ul style="list-style-type: none"> Targeted nutritional support to help build all-day energy and endurance*^{1,2,4} Helps build healthy tissues*³ 	<ol style="list-style-type: none"> Teitelbaum J, et al. Effective treatment of severe chronic fatigue states: A report of a series of 64 patients. <i>J Musculoskeletal Pain</i>. 1995;3:91-110.† Teitelbaum J, et al. Effective Treatment of Chronic Fatigue Syndrome and Fibromyalgia. A Randomized, Double Blind, Placebo-Controlled, Intent-to-Treat Study. <i>J Chronic Fatigue Syndrome</i>. 2001;8:3-28.† Heal LC, et al. Vitamin B status in patients with chronic fatigue syndrome. <i>J Royal Society Med</i>. 1999 Apr;92:183-185.
Calcium 17810 – 180 tablets Vitamin D Calcium Phosphorus Magnesium	Take 1 tablet with meals 3 times daily or take 3 tablets each night. Each tablet contains: 133 IU 333 mg 150 mg 133 mg	<ul style="list-style-type: none"> Supports and maintains optimum bone and joint health*^{1,2} Calcium citrate is one of the most absorbable forms of calcium, and calcium bound to phosphorus has up to 5 times more activity after absorption than other forms*² Magnesium and vitamin D support proper muscular function*^{3,4} 	<ol style="list-style-type: none"> Fujita T, et al. The effect of active absorbable algal calcium (AAA Ca) with collagen and other matrix components on back and joint pain and skin impedance. <i>J Bone Miner Metab</i>. 2002;20(5):298-302. Shapiro R, et al. Co-dependence of calcium and phosphorus for growth and bone development under conditions of varying deficiency. <i>Bone</i>. 2003 May;32(5):532-40. Boursier B. Influence of magnesium in sport medicine dietetics: its role in physical endurance and prevention of muscular disorders. <i>Rein Foie</i>. 1969-70;12:115-27. Pfeifer M, et al. Vitamin D and muscle function. <i>Osteoporosis Int</i>. 2002 Mar;13(3):187-94.

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STEP 2: If additional support is needed, add the following supplements:			
Similase® enzymes 74239 – 90 UltraCaps™ 74230 – 180 UltraCaps	Take 1-2 UltraCaps at the beginning of each meal. Each UltraCap contains:	<ul style="list-style-type: none"> • Unique digestive enzyme supplement supporting healthy digestion and assimilation of nutrients*¹⁻⁴ • Provides acid-stable enzymes that are active in both acid and alkaline pH conditions* • Lipase enzymes in Similase promote healthy digestion in a broader pH range than pancreatic enzyme supplements* • Phytase enzyme in Similase helps promote healthy mineral absorption*^{5,6} 	<ol style="list-style-type: none"> 1. Resnick C. Aspergillus oryzae enzyme therapy, In: Pizzorno JE, Murray MT, eds. <i>Textbook of Natural Medicine</i>. Edinburgh: Churchill Livingstone. 1999:593-601. 2. Bergkvist R. The proteolytic enzymes of Aspergillus oryzae II. Properties of the proteolytic enzymes. <i>Acta Chem Scand</i>. 1963;17:1541-1551. 3. Schneider MU, et al. Pancreatic enzymes replacement therapy. Comparative effects of conventional and enteric-coated microspheric pancreatin and acid stable fungal enzyme preparations on steatorrhea in chronic pancreatitis. <i>Hepatogastroenterol</i>. 1985;32:97-102. 4. Sandberg AS, et al. Dietary Aspergillus niger phytase increases iron absorption in humans. <i>J Nutr</i>. 1996 Feb;126(2):476-80. 5. Rimbach G, et al. The effect of a supplement of microbial phytase on zinc availability. <i>Z Ernahrungswiss</i>. 1992 Dec;31(4):269-77. 6. Rimbach G, et al. The effect of a supplement of microbial phytase on zinc availability. <i>Z Ernahrungswiss</i>. 1992 Dec;31(4):269-77.
Protease	30,000 USP, 48,750 PC, 82,000 HUT		
Amylase	32 000 USP, 23,800 DU		
Cellulase	350 CU		
Lipase	2,100 LU 970 LU		
Phytase	1.7 PU		
Lactase	1,600 LacU		
Sucrase	300 INVU		
Maltase	32,100 DP°		

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<p>Eskimo-3® fish oil 72190 – 105 ml 72297 – 105 softgels Eskimo® PurEFA™ 1000mg fish oil 72622 - 150 softgels</p> <p>Omega-3 Fatty Acids 14-18% EPA** 8.3-11.7% DHA** Pharmaceutical grade High purity Naturally stable</p> <p>**EPA=eicosapentaenoic acid **DHA=docosahexaenoic acid</p> <p><i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i></p>	<p>Take up to 5 g daily with meals in the form of:</p> <ul style="list-style-type: none"> – 3 original softgels (1.5 g) 3 times daily – 1 teaspoon liquid (5 mL) – 5 PurEFA softgels (5 g) <p>Each daily serving contains 1.5 – 5 g fish oil and provides: 210-900 mg EPA 125-580 mg DHA</p>	<ul style="list-style-type: none"> • Eskimo-3 is clinically proven to support cardiovascular health in over 40 published studies*¹ • Supports the body's natural anti-inflammatory response*²⁻⁴ • The only all natural fish oil product, proven effective and safe in over 120 independent, peer-reviewed-published clinical trials and studies establishing heart, brain, and joint health impact*⁵⁻⁶ <p>Safety Profile:</p> <ul style="list-style-type: none"> • Proprietary harvesting and purification process ensure a consistent, safe and stable product • Meets the stringent standards set forth by the Council for Responsible Nutrition (CRN): for heavy metals (lead, mercury, arsenic, and cadmium), PCBs, dioxin and other neurotoxins • Naturally stable fish oil is protected from rancidity. Chemically modified oils are prone to rancidity, resulting in free radical production within the body which depletes critical antioxidants in the body such as vitamin E⁷ 	<ol style="list-style-type: none"> 1. Haglund O, et al. Effects of a new fluid fish oil concentrate, Eskimo-3, on triglycerides, cholesterol, fibrinogen and blood pressure. <i>J Int Med.</i> 1990;227:347-353.† 2. Simopoulos AP. Omega-3 fatty acids in inflammation and autoimmune diseases. <i>J Am Coll Nutr.</i> 2002 Dec;21(6):495-505. 3. Walton AJE, et al. Dietary fish oil and the severity of symptoms in patients with systemic lupus erythematosus. <i>Ann Rheum Dis.</i> 1991;50:463-466. 4. Guesens P, et al. Long-term effect of omega-3 fatty acid supplementation in active rheumatoid arthritis. <i>Arthritis & Rheumatism.</i> 1994;37(6):824-829. 5. Haglund O, et al. The effects of fish oil on triglycerides, cholesterol, fibrinogen and malondialdehyde in humans supplemented with vitamin E. <i>Journal of Nutrition.</i> 1991;121:165-9.† 6. Haglund O, et al. Effects of fish oil on triglycerides, cholesterol, lipoprotein (a), atherogenic index and fibrinogen. Influence of degree of purification of the oil. <i>Nutrition Research.</i> 1992;12:445-68.† 7. Jokela R, et al. Effect of in vitro stability of fish oil on lipod peroxidation and prostanoids in vivo. <i>Upsala Journal of Medical Sciences.</i> 1998;102:213-21.†

Product & Ingredient	Dosage	Features	Reference
STEP 1:			
End Fatigue™ Revitalizing Sleep Formula* 73233 – 30 UltraCaps™ Valerian (<i>Valeriana officinalis</i>) (0.8% valerenic acids) Passionflower (<i>Passiflora incarnata</i>) L-theanine Hops (<i>Humulus lupulus</i>) Wild lettuce (<i>Lactuca virosa</i>) Jamaica dogwood (<i>Piscidia piscipula</i>)	Take 1-4 UltraCaps 30-60 minutes before bedtime. Each UltraCaps provides: 200 mg 90 mg 50 mg 30 mg 18 mg 12 mg	<ul style="list-style-type: none"> Promotes restful sleep so you wake up energized*¹⁻⁵ Non-addictive Valerian has been shown to improve stage 3 and 4 sleep*¹ In clinical trials, L-theanine causes significant increases of certain neurotransmitter concentrations in brain, such as serotonin and dopamine, which promotes muscle relaxation and improves sleep*² Jamaica Dogwood (<i>Piscidia piscipula</i>) root extract contains isoflavonoids and tannins that help promote restful sleep.* This herb helps individuals fall asleep, and promotes musculoskeletal relaxation*⁵ 	<ol style="list-style-type: none"> Donath F, et al. Critical Evaluation of the Effect of Valerian Extract on Sleep Structure and Sleep Quality. <i>Pharmacopsychiatry</i>. 2000;33:47-53. Juneja LR, et al. L-theanine - a unique amino acid of green tea and it's relaxation effect in humans. <i>Trends in Food Science & Technology</i>. 1999;10:199-204. Krenn L. Passion flower (Passiflora incarnata L.) – a reliable herbal sedative. <i>Wien Med Wochenschr</i>. 2002;152(15-16):404-6. Lactucarium. In: Fleming T, ed. <i>PDR® for Herbal Supplements</i>. Montvale, NJ: Medical Economics Company; 1998:453-4. Jamaica Dogwood. In: Fleming T, ed. <i>PDR® for Herbal Supplements</i>. Montvale, NJ: Medical Economics Company; 1998:428-33.

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STEP 2: If temporary additional support is needed, add the following supplements			
Melatonin Forte™ 244004 – 60 tablets L-Theanine Melatonin	Take ½ - 1 tablet 20 minutes before bedtime. One tablet contains: 40 mg 3 mg	<ul style="list-style-type: none"> Supports restful sleep*^{1,2} 	<ol style="list-style-type: none"> Turek FW, et al. Melatonin, sleep, and circadian rhythms: rationale for development of specific melatonin agonists. <i>Sleep Med.</i> 2004 Nov;5(6):523-32. Citera G, et al. The effect of melatonin in patients with fibromyalgia: A pilot study. <i>Clin Rheumatol.</i> 2000;19:9-13.
5-HTP 246003 – 60 UltraCaps L-5-Hydroxytryptophan (5-HTP)	Take 1 UltraCap™, 1-3 times daily or at night. Each UltraCap contains: 50 mg	<ul style="list-style-type: none"> Provides nutritional support for healthy sleep*¹⁻³ 	<ol style="list-style-type: none"> Guha M, et al. Possible involvement of central cholinergic-serotonergic interaction in natural sleep. <i>Methods Find Exp Clin Pharmacol.</i> 1988 Apr;10(4):243-5. Takeshige C, et al. Proceedings: Effect of 5-hydroxytryptophan on slow waves evoked by peripheral stimulation and in animals in a somniferous state. <i>Nippon Seirigaku Zasshi.</i> 1974 Sep 1;36(8-9):282. Genazzani AR, et al. Effects of L-5HTP with and without carbidopa on plasma beta-endorphin and pain perception. Possible implications in migraine prophylaxis. <i>Cephalalgia.</i> 1986 Dec;6(4):241-5.

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<p>BMR Complex 156003 – 60 capsules 156004 – 180 capsules</p> <p>Iodine Zinc Copper Thyroid (thyroxin-free) L-Tyrosine Blue flag (<i>Iris versicolor</i>)</p>	<p>Take 1-2 capsules 3 times daily between meals. Two capsules provide: 300 mcg 15 mg 1 mg 300 mg 300 mg 65 mg</p>	<ul style="list-style-type: none"> High quality glandular extract with essential nutrients and synergists for support of healthy thyroid function*¹⁻³ 	<ol style="list-style-type: none"> Lind P, et al. Iodine supplementation in Austria: methods and results. <i>Thyroid</i>. 2002 Oct;12(10):903-7. Goldstein AL, et al. Current status of thymosin and other hormones of the thymus gland. <i>Recent Prog Hormone Res</i>. 1981;37:369-412. Low TLK, et al. The thymic hormones: an overview. <i>Methods Enzymol</i>. 1985;16:213-90.
<p>End Fatigue™ Adrenal Stress-End* 74035 – 50 capsules</p> <p>Vitamin C Vitamin B Pantothenic Acid Adrenal Polypeptide Fractions Betaine L-Tyrosine Licorice (<i>Glycyrrhiza glabra</i>) (5% glycyrrhizic acid) Adrenal cortex extract</p>	<p>Take 2 capsules daily. Two capsules provide: 150 mg 650 mg 100 mg 400 mg 250 mg 250 mg 200 mg 33 mg</p>	<ul style="list-style-type: none"> Supports adrenal gland function*¹⁻³ 	<ol style="list-style-type: none"> Armanini D, et al. History of the endocrine effects of licorice. <i>Exp Clin Endocrinol Diabetes</i>. 2002 Sep;110(6):257-61. Benedict CR, et al. The influence of oral tyrosine and tryptophan feeding on plasma catecholamines in man. <i>Am J Clin Nutr</i>. 1983;Sep;38(3):429-35. Lewis AE. Glandular therapy: historical background and emergine scientific status. <i>Clin Phys and Pharmacognosy</i>. 1990 Feb 1;PHP Technical Information Series II, Vol 1a.

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STEP 1:			
Probiotic Pearls™ active culture 136001 – 30 pearls 136002 – 90 pearls Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium longum</i>	Take 1 Pearl capsule daily. Each Pearl capsule provides: 1 billion CFU	<ul style="list-style-type: none"> Increases healthy intestinal flora*^{1,2} Only one of top four digestion support supplements to survive gastric environment*³ 	<ol style="list-style-type: none"> Hilton E, et al. Ingestion of yogurt containing <i>Lactobacillus acidophilus</i> as prophylaxis for candidal vaginitis. <i>Annals of Internal Medicine</i>. 1992;116:353-357. De Simone C, et al. Effect of <i>Bifidobacterium bifidum</i> and <i>Lactobacillus acidophilus</i> on gut mucosa and peripheral blood B lymphocytes. <i>Immunopharmacology and Immunotoxicology</i>. 1992;14(1&2):331-340. Probiotic Comparison Testing. Unpublished data. June 3, 2002.†
STEP 2: If additional support is needed, add the following supplements:			
Phytostan 146009 - 90 tablets Vitamin A Calcium Zinc Pau D'Arco (<i>Tabebuia impetiginosa</i>) Undecylinic Acid Caprylic Acid L-Glutamic Acid HCl Grapefruit (<i>Citrus paradisi</i>) Rosemary (<i>Rosmarinus officinalis</i>) Oil	Take 1 tablet, 3 times a day, between meals. Each tablet provides: 500 IU 100 mg 0.3 mg 100 mg 100 mg 75 mg 50 mg 25 mg 1.5 mg	<ul style="list-style-type: none"> Supports healthy intestinal function, healthy yeast balance, and optimum gastrointestinal ecology*¹⁻⁴ 	<ol style="list-style-type: none"> Neuhauser I. Successful treatment of intestinal moniliasis with fatty acid-resin complex. <i>Arch Intern Med</i>. 1954;93:53-60. Genet J. Natural remedies for vaginal infections. <i>Sidhohra</i>. 1995 Winter:40-1. Krajewska-Kulak E, et al. Antifungal activity of 33% grapefruit-water glycerol solution. <i>J Eur Acad Dermatol Venereol</i>. 2003 Jul;17(4):486-7. Bonjar GH. Inhibition of Clotrimazole-resistant <i>Candida albicans</i> by plants in Iranian folkloric medicine. <i>Fitoterapia</i>. 2004 Jan;75(1):74-6.

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Support for the Body's Natural Anti-Inflammatory Response*

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<p>End Fatigue™ Pain Formula* 72799 – 90 tablets</p> <p>Sweet Cherry (<i>Prunus avium</i>) Boswellia serrata (70% boswellic acids) White Willow (<i>Salix alba</i>) (30% salicin)</p>	<p>Take 1 tablet 3 times daily. Each tablet provides: 333 mg</p> <p>300 mg</p> <p>133 mg</p>	<ul style="list-style-type: none"> Relieves occasional muscle pain due to overuse*¹⁻³ 	<ol style="list-style-type: none"> Chrubasik S, et al. Treatment of low back pain exacerbations with willow bark extract: A randomized double-blind study. <i>Am J Med.</i> 2000;109:9-14. Safayhi H, et al. Concentration-dependent potentiating and inhibitory effects of Boswellia extracts on 5-lipoxygenase product formation in stimulated PMNL. <i>Planta Med.</i> 2000 Mar;66(2):110-3. Jacob RA, et al. Consumption of cherries lowers plasma urate in healthy women. <i>J Nutr.</i> 2003 Jun;133(6):1826-9.
<p>Bio-Zyme® systemic enzymes 74251 – 100 tablets 74250 – 200 tablets</p> <p>Pancreatic Enzymes 10X (full strength, undiluted) Trypsin Papain Bromelain Amylase Lipase Lysozyme Chymotrypsin</p>	<p>Take 2 tablets on an empty stomach 3 times daily. Two tablets contain: 325 mg</p> <p>75 mg</p> <p>50 mg</p> <p>50 mg</p> <p>10 mg</p> <p>10 mg</p> <p>10 mg</p> <p>2 mg</p>	<ul style="list-style-type: none"> Supports the body's natural anti-inflammatory response*^{1,2} 	<ol style="list-style-type: none"> Miller PC, et al. The effects of protease supplementation on skeletal muscle function and DOMS following downhill running. <i>J Sports Sci.</i> 2004 Apr;22(4):365-372.† Chintalacheruvu SR, et al. Treatment of collagen induced arthritis by proteolytic enzymes: immunomodulatory and disease modifying effects. <i>J Rheumatol.</i> 2001 Sep;28(9):2049-59.

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ADDITIONAL CONSIDERATION			
<p>SAME 266019 – 30 tablets</p> <p>S-Adenosyl L Methionine</p>	<p>Take 1 tablet 1-6 times daily with food. Each enteric coated tablet provides: 200 mg</p>	<ul style="list-style-type: none"> Supports the body's natural anti-inflammatory response and optimal neurotransmitter levels*¹⁻³ 	<ol style="list-style-type: none"> Jacobsen S, et al. Scand Oral S-adenosylmethionine in primary fibromyalgia. Double-blind clinical evaluation. <i>J Rheumatol.</i> 1991;20(4):294-302. Tavoni A, et al. Evaluation of S-adenosylmethionine in primary fibromyalgia. A double-blind crossover study. <i>Am J Med.</i> 1987 Nov 20;83(5A):107-10. O'Malley PG, et al. Treatment of fibromyalgia with antidepressants: a meta-analysis. <i>J Gen Intern Med.</i> 2000 Sep;15(9):659-66.