

Female Teens, Nutritional Foundation

Protocols

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Product & Ingredient	Dosage	Features	Reference
<p>Clinical Nutrients™ for Female Teens multivitamin 70102 – 120 tablets</p> <p>Vitamin A (88% beta carotene) Vitamin C Vitamin B6 Folic Acid Calcium Iron</p>	<p>Take 4 tablets daily. Four tablets contain:</p> <p>17,000 IU 300 mg 90 mg 800 mcg 500 mg 30 mg</p>	<ul style="list-style-type: none"> Daily multiple formula for female teens Calcium-rich formula with additional vitamin B6, for PMS support, and iron^{*1,2} Vitamin A promotes healthy skin quality^{*3} Vitamin C is a potent antioxidant^{*4} 	<ol style="list-style-type: none"> Raunika RA, et al. Anemia in the adolescent athlete. <i>Am J Dis Child</i>. 192 Oct;146(10):1201-5. Doll H, et al. Pyridoxine (vitamin B6) and the premenstrual syndrome: a randomized crossover trial. <i>J R Coll Gen Pract</i>. 1989 Sep;39(326):364-8. Reifen R. Vitamin A as an anti-inflammatory agent. <i>Proc Nutr Soc</i>. 2002 Aug;61(3):397-400. Hunt JR, et al. Ascorbic acid: effect on ongoing iron absorption and status in iron-depleted young women. <i>Am J Clin Nutr</i>. 1990 Apr;51(4):649-55.
<p>Liquid Calcium Magnesium 206010 – 16 fl. oz. Strawberry flavor 206011 – 16 fl. oz. Mint flavor 206012 – 16 fl. oz. Vanilla flavor</p> <p>Calcium Magnesium</p>	<p>Take 1 tablespoon (15 mL), 1-2 times daily. Each 15 mL provides:</p> <p>0.5 – 1 g 0.5 – 1 g</p>	<ul style="list-style-type: none"> Supports and maintains healthy bones and bone structure^{*1,2} 1:1 Calcium to Magnesium Ratio 	<ol style="list-style-type: none"> Advani S, et al. Bones and nutrition: common sense supplementation for osteoporosis. <i>Curr Womens Health Rep</i>. 2003 Jun;3(3):187-92. Sojka JE, et al. Magnesium supplementation and osteoporosis. <i>Nutr Rev</i>. 1995 Mar;53(3):71-4.
<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 **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"> Essential Fatty Acid Support* Clinically studied to support cardiovascular health^{*1} Pharmaceutical grade, high purity, naturally stable fish oil helps maintain healthy cholesterol levels that are already within normal range^{*1} Provide nutritional support for joints and skin^{*2} Promotes mental well-being^{*3} 	<ol style="list-style-type: none"> 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. Simopoulos AP. Omega-3 fatty acids in inflammation and autoimmune diseases. <i>J Am Coll Nutr</i>. 2002 Dec;21(6):495-505. Mischoulon D, et al. Docosahexaenoic acid and omega-3 fatty acids in depression. <i>Psychiatr Clin North Am</i>. 2000 Dec;23(4):785-94.
<p>Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium longum</i></p>	<p>Take 1 Pearl capsule daily. Each Pearl capsule contains:</p> <p>1 billion CFU</p>	<ul style="list-style-type: none"> Digestive Support* Supports a healthy intestinal system^{*1} Patented “True Delivery” system protects microflora from shelf conditions like air and light 	<ol style="list-style-type: none"> Ouweland AC. Probiotics: an overview of beneficial effects. <i>Antonie Van Leeuwenhoek</i>. 2002 Aug;82(1-4):279-89.

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Product & Ingredient	Dosage	Features	Reference
Clinical Nutrients™ Prenatal Formula™ 70072 – 120 tablets Vitamin A (100% beta carotene) Vitamin D Folic Acid Calcium Phosphorus Dandelion (<i>Taraxacum officinale</i>)	Take 4 tablets daily. Four tablets contain: 10,000 IU 200 IU 800 mcg 1000 mg 225 mg 60 mg	<ul style="list-style-type: none"> Daily multiple for pregnant and lactating women Includes beta carotene, the precursor that is safely converted to vitamin A in the body¹ Calcium supports bone health² Dandelion supports healthy bile flow³ 	<ol style="list-style-type: none"> Fairfield KM, et al. Vitamins for chronic disease prevention in adults: scientific review. <i>JAMA</i>. 2002 Jun 19;287(23):3116-26. 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. Dandelion root with herb. In: Blumenthal M, Goldberg A, Brinckmann J., ed. <i>Herbal Medicine. Expanded Commission E Monographs</i>. Austin, Tex: American Botanical Council; Integrative Medicine Communications; 2000: 81-83.
Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> <i>and Bifidobacterium longum</i>	Take 1 Pearl capsule daily. Each Pearl capsule contains: 1 billion CFU	<ul style="list-style-type: none"> Digestive Support* Supports a healthy intestinal system¹ Supports a healthy immune system response² Patented “True Delivery” system protects microflora from shelf conditions like air and light 	<ol style="list-style-type: none"> Ouweland AC. Probiotics: an overview of beneficial effects. <i>Antonie Van Leeuwenhoek</i>. 2002 Aug;82(1-4):279-89. Rautava S, et al. Probiotics during pregnancy and breast-feeding might confer immunomodulatory protection against atopic disease in the infant. <i>J Allergy Clin Immunol</i>. 2002 Jan;109(1):119-21.
Eskimo-3® fish oil 72190 – 105 ml 72297 – 105 softgels Eskimo® PurEFA™ 1000mg fish oil 72622 - 150 softgels Omega-3 Fatty Acids 14-18% EPA** 8.3-11.7% DHA** Pharmaceutical grade High purity Naturally stable **EPA=eicosapentaenoic acid **DHA=docosahexaenoic acid <i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i>	Take up to 5 g daily with meals in the form of: – 3 original softgels (1.5 g) 3 times daily – 1 teaspoon liquid (5 mL) – 5 PurEFA softgels (5 g) Each daily serving contains 1.5 – 5 g fish oil and provides: 210-900 mg EPA 125-580 mg DHA	<ul style="list-style-type: none"> Essential Fatty Acid Support* Clinically studied to support cardiovascular health¹ Pharmaceutical grade, high purity, naturally stable fish oil helps maintain healthy cholesterol levels that are already within normal range¹ Promotes mental well-being² Supplementation can enhance visual and cognitive function in baby³ 	<ol style="list-style-type: none"> Olsen SF, et al. A possible preventive effect of low-dose fish oil on early delivery and pre-eclampsia: indications from a 50-year-old controlled trial. <i>Br J Nutr</i>. 1990 Nov;64(3):599-609. Marangell LB, et al. Omega-3 fatty acids for the prevention of postpartum depression: negative data from a preliminary, open-label pilot study. <i>Depress Anxiety</i>. 2004;19(1):20-3. Decsi T, et al. N-3 fatty acids and pregnancy outcomes. <i>Curr Opin Clin Nutr Metab Care</i>. 2005 Mar;8(2):161-6.
ADDITIONAL CONSIDERATIONS			
Liquid Iron 206004 – 6 fl. oz. Folic Acid Vitamin B12 Iron	Take 1 teaspoon daily, with a meal. 1 teaspoon contain: 442 mcg 110 mcg 20 mg	<ul style="list-style-type: none"> Additional Iron¹ Supports healthy iron levels that are already within normal limits* 	<ol style="list-style-type: none"> Gupta SD, et al. Control of anaemia among pregnant women by iron supplementation. <i>Indian J Public Health</i>. 1983 Jan-Mar;27(1):28-31.

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Product & Ingredient	Dosage	Features	Reference
Clinical Nutrients™ for Women multivitamin 70039 – 90 tablets Vitamin C Vitamin E Folic Acid Black Tea (<i>Camellia sinensis</i>) Sweet Cherry (<i>Prunus avium</i>) Green Tea (<i>Camellia sinensis</i>)	Take 3 tablets daily. Three tablets contain: 300 mg 200 IU 800 mcg 50 mg 50 mg 30 mg	<ul style="list-style-type: none"> Vitamins, minerals, and herbs for healthy menstrual cycles, daily energy and essential nutrition*^{1,2} 	<ol style="list-style-type: none"> Fairfield KM, et al. Vitamins for chronic disease prevention in adults: scientific review. <i>JAMA</i>. 2002 Jun 19;287(23):3116-26. Vinson JA, et al. Green and black teas inhibit atherosclerosis by lipid, antioxidant, and fibrinolytic mechanisms. <i>J Agric Food Chem</i>. 2004 Jun 2;52(11):3661-5.
OsteoPrime® Forté bone formula* 77702 – 120 tablets Vitamin D Vitamin K Calcium Phosphorus Magnesium Trace Minerals: Copper Boron Strontium	Take 4 tablets daily, during or after meals. Four tablets contain: 300 IU 300 mcg 600 mg 96 mg 250 mg 2 mg 2 mg 1 mg	<ul style="list-style-type: none"> Supports and maintains healthy bones and bone structure*¹⁻⁴ Provides a highly absorbable blend of calcium Formulated by Jonathan Wright, M.D. & Alan Gaby, M.D. 	<ol style="list-style-type: none"> 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. Heaney RP, et al. Calcium and vitamin D. <i>Endocrinol Metab Clin North Am</i>. 2003 Mar;32(1):181-04. Sojka JE, et al. Magnesium supplementation and osteoporosis. <i>Nutr Rev</i>. 1995 Mar;53(3):71-4. Schaafsma A, et al. Delay of natural bone loss by higher intakes of specific minerals and vitamins. <i>Crit Rev Food Sci Nutr</i>. 2001 May;41(4):225-49.
Eskimo-3® fish oil 72190 – 105 ml 72297 – 105 softgels Eskimo® PurEFA™ 1000mg fish oil 72622 – 150 softgels Omega-3 Fatty Acids 14-18% EPA** 8.3-11.7% DHA** Pharmaceutical grade High purity Naturally stable **EPA=eicosapentaenoic acid **DHA=docosahexaenoic acid <i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i>	Take up to 5 g daily with meals in the form of: – 3 original softgels (1.5 g) 3 times daily – 1 teaspoon liquid (5 mL) – 5 PurEFA softgels (5 g) Each daily serving contains 1.5 – 5 g fish oil and provides: 210-900 mg EPA 125-580 mg DHA	<ul style="list-style-type: none"> Essential Fatty Acid Support* Clinically studied to support cardiovascular health*¹ Pharmaceutical grade, high purity, naturally stable fish oil helps maintain healthy cholesterol levels that are already within normal range*¹ Provide nutritional support for joints and skin² Promotes mental well-being*³ 	<ol style="list-style-type: none"> 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.† Simopoulos AP. Omega-3 fatty acids in inflammation and autoimmune diseases. <i>J Am Coll Nutr</i>. 2002 Dec;21(6):495-505. Mischoulon D, et al. Docosahexaenoic acid and omega-3 fatty acids in depression. <i>Psychiatr Clin North Am</i>. 2000 Dec;23(4):785-94.

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<p>Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium longum</i></p>	<p>Take 1 Pearl capsule daily. Each Pearl capsule contains:</p> <p>1 billion CFU</p>	<ul style="list-style-type: none"> • Digestive Support* • Supports a healthy intestinal system*¹ • Patented “True Delivery” system protects microflora from shelf conditions like air and light 	<p>1. Ouwehand AC. Probiotics: an overview of beneficial effects. <i>Antonie Van Leeuwenhoek.</i> 2002 Aug;82(1-4):279-89.</p>
ADDITIONAL CONSIDERATIONS			
<p>Ostivone® bone formula* 77659 – 90 UltraCaps™</p> <p>Ipriflavone</p> <p><i>Ostivone® is a registered trademark of Technical Sourcing International, Inc.</i></p>	<p>Take 1 UltraCap three times daily, with meals. Each UltraCap contains: 200 mg</p>	<ul style="list-style-type: none"> • Additional Bone Support* • Supports optimal bone density*¹ • Clinically shown to enhance the body's absorption and use of calcium in over 50 human trials* 	<p>1. Gennari C, et al. Effect of ipriflavone--a synthetic derivative of natural isoflavones--on bone mass loss in the early years after menopause. <i>Menopause.</i> 1998 Spring;5(1):9-15.†</p>

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<p>Clinical Nutrients™ for 45-Plus Women multivitamin 70080 – 180 tablets</p> <p>Vitamin C Vitamin E Black Tea (<i>Camellia sinensis</i>) Green Tea (<i>Camellia sinensis</i>) Bromelain (2,400 GDU/g) Papain Pepsin Lipase</p>	<p>Take 6 tablets daily. Six tablets contain:</p> <p>300 mg 200 IU 50 mg 30 mg 5 mg 15 mg 5 mg 5 mg</p>	<ul style="list-style-type: none"> Vitamins, minerals, and herbs for daily energy and essential nutrition*¹⁻⁴ Iron-free formula for menopausal and postmenopausal support* 	<ol style="list-style-type: none"> Nakamura T, et al. Pancreatic dysfunction and treatment options. <i>Pancreas</i>. 1998;16(3):329-336. Zorn J. Experiences with substitution therapy using a new pancreatic enzyme of plant origin. <i>Fortschr Med</i>. 1978 Oct 12;96(38):1941-3. Fairfield KM, et al. Vitamins for chronic disease prevention in adults: scientific review. <i>JAMA</i>. 2002 Jun 19;287(23):3116-26. Vinson JA, et al. Green and black teas inhibit atherosclerosis by lipid, antioxidant, and fibrinolytic mechanisms. <i>J Agric Food Chem</i>. 2004 Jun 2;52(11):3661-5.
<p>OsteoPrime®* Ultra bone formula* 77712 – 120 tablets</p> <p>Vitamin D Vitamin K Calcium Phosphorus Magnesium Natto (fermented soybeans containing 45 mcg of Vitamin K2 as Menaquinone – 7) Trace Minerals: Copper Boron Strontium</p>	<p>Take 4 tablets daily, during or after meals. Four tablets contain:</p> <p>300 IU 300 mcg 600 mg 96 mg 250 mg 45 mg 2 mg 2 mg 1 mg</p>	<ul style="list-style-type: none"> Supports and maintains healthy bones and bone structure*¹⁻⁵ Provides a highly absorbable blend of calcium Contains Natto K2 in the form of menaquinone-7, the most bioactive form of vitamin K2 Formulated by Alan Gaby, M.D. 	<ol style="list-style-type: none"> 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. Heaney RP, et al. Calcium and vitamin D. <i>Endocrinol Metab Clin North Am</i>. 2003 Mar;32(1):181-04, vii-viii. Sojka JE, et al. Magnesium supplementation and osteoporosis. <i>Nutr Rev</i>. 1995 Mar;53(3):71-4. Kaneki M. Serum concentration of vitamin K in elderly women with involutional osteoporosis. <i>Nippon Ronen Igakkai Zasshi</i>. 1995 Mar;32(3):195-200. Schaafsma A, et al. Delay of natural bone loss by higher intakes of specific minerals and vitamins. <i>Crit Rev Food Sci Nutr</i>. 2001 May;41(4):225-49.
<p>Ostivone® bone formula* 77659 – 90 UltraCaps™</p> <p>Ipriflavone</p> <p><i>Ostivone® is a registered trademark of Technical Sourcing International, Inc.</i></p>	<p>Take 1 UltraCaps 3 times daily, with meals. Each UltraCap contains:</p> <p>200 mg</p>	<ul style="list-style-type: none"> Supports optimal bone density*¹ Clinically shown to enhance the body's absorption and use of calcium in over 50 human trials* 	<ol style="list-style-type: none"> Gennari C, et al. Effect of ipriflavone--a synthetic derivative of natural isoflavones--on bone mass loss in the early years after menopause. <i>Menopause</i>. 1998 Spring;5(1):9-15.†

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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"> • Essential Fatty Acid Support* • Clinically studied to support cardiovascular health*¹ • Pharmaceutical grade, high purity, naturally stable fish oil helps maintain healthy cholesterol levels that are already within normal range*¹ • Provide nutritional support for joints and skin*² • Promotes mental well-being*³ 	<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. Mischoulon D, et al. Docosahexanoic acid and omega-3 fatty acids in depression. <i>Psychiatr Clin North Am.</i> 2000 Dec;23(4):785-94.
<p>Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> <i>and Bifidobacterium longum</i></p>	<p>Take 1 Pearl capsule daily. Each Pearl capsule contains:</p> <p>1 billion CFU</p>	<ul style="list-style-type: none"> • Digestive Support* • Supports a healthy intestinal system*¹ • Patented “True Delivery” system protects microflora from shelf conditions like air and light 	<ol style="list-style-type: none"> 1. Ouwehand AC. Probiotics: an overview of beneficial effects. <i>Antonie Van Leeuwenhoek.</i> 2002 Aug;82(1-4):279-89.

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Product & Ingredient	Dosage	Features	Reference
<p>PMS Formula* with Indoplex® 17242 – 120 tablets</p> <p>Calcium Chaste Tree (<i>Vitex agnus-castus</i>) Berry (0.5% agnusides) Stable, Bioavailable Diindolylmethane (DIM), co-solubilized with vitamin E and phosphatidylcholine, for enhanced absorption and bioavailability</p> <p><i>Indoplex® and DIM® are trademarks of and is licensed from BioResponse, L.L.C., U.S. Patent 6,086,915.</i></p>	<p>Take 2 tablets in the morning and 2 tablets later in the day. If additional support is needed, take 6 tablets. Two tablets contain: 200 mg 20 mg</p> <p>14 mg</p>	<ul style="list-style-type: none"> • Relieves PMS symptoms*¹⁻³ • Contains Indoplex®, the first and only stable, bioavailable form of DIM to help support healthy estrogen metabolism *² • Provides standardized chaste tree berry extract to support the production of progesterone*³ 	<ol style="list-style-type: none"> 1. Thys-Jacobs S, et al. Calcium supplementation in premenstrual syndrome: a randomized crossover trial. <i>J Gen Intern Med.</i> 1989 May-Jun;4(3):183-9 2. Zeligs MA. Safer estrogen with phytonutrition. <i>Towns Lett.</i> 1999;189:83-88. 3. Schellenberg R. Treatment for the premenstrual syndrome with agnus castus fruit extract: prospective, randomized, placebo controlled study. <i>BMJ.</i> 2001 Jan 20;322(7279):134-7.

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Also see "Other Specific Concerns" Protocol for additional Hormonal Balance support products.*

Support for Estrogen and Progesterone Balance*

<p>Indoplex® 286006 – 30 <i>UltraCaps™</i> 286002 – 60 <i>UltraCaps</i></p> <p>Stable, Bioavailable Diindolymethane (DIM), co-solubilized with vitamin E and phosphatidylcholine, for enhanced absorption and bioavailability</p> <p><i>Indoplex® and DIM® are trademarks of and is licensed from BioResponse, L.L.C., U.S. Patent 6,086,915.</i></p>	<p>Take 1 UltraCap daily with food. One UltraCap contains: 120 mg</p>	<ul style="list-style-type: none"> • Estrogen Balance* • Supports healthy estrogen metabolism*¹ • Provides the first and only stable, bioavailable form of DIM • Patented delivery system for enhanced absorption* 	<p>1. Zeligs MA. Safer estrogen with phytonutrition. <i>Towns Lett.</i> 1999;189:83-88.†</p>
<p>Vitex Extract 78726 – 60 <i>UltraCaps</i></p> <p>Chaste Tree (<i>Vitex agnus-castus</i>) (0.5%agnusides)</p>	<p>Take 1 UltraCap 2 times daily. Each UltraCap contains: 225 mg</p>	<ul style="list-style-type: none"> • Progesterone Balance* • Supports healthy progesterone production*¹ 	<p>1. Schellenberg R. Treatment for the premenstrual syndrome with agnus castus fruit extract: prospective, randomized, placebo controlled study. <i>BMJ.</i> 2001 Jan 20;322(7279):134-7.</p>
<p>Calcium D-Glucarate 146006 – 90 <i>UltraCaps</i></p> <p>Calcium D-Glucarate</p> <p><i>Calcium D-Glucarate licensed from Applied Food Sciences, LLC.</i></p>	<p>Take 1 to 3 UltraCaps 3 times daily with meals. Each UltraCap contains: 0.5 g</p>	<ul style="list-style-type: none"> • Promotes estrogen metabolism and supports natural detoxification*¹ • Clinically studied, patented product 	<p>1. Walaszek Z, et al. Metabolism, uptake, and excretion of a D-glucaric acid salt and its potential use in cancer prevention. <i>Cancer Detect Prev.</i> 1997;21(2):178-90.†</p>

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Product & Ingredient	Dosage	Features	Reference
<p>Fiber Formula 78452 – 120 UltraCaps</p> <p>Encapsulated fiber blend of:</p> <ul style="list-style-type: none"> Psyllium (<i>Plantago ovata</i>) Oat (<i>Avena sativa</i>) Guar gum (<i>Cyamopsis tetragonoloba</i>) Pectin (from citrus fruit) Marshmallow (<i>Althaea officinalis</i>) 	<p>Take 4 UltraCaps™ daily with water. Build slowly. Four UltraCaps contain: 1727 mg</p>	<ul style="list-style-type: none"> • Safely absorbs and eliminates toxins*¹ • Patent-pending True Dispersion™ technology ensures the fiber is completely released and dispersed throughout the colon for thorough cleansing* 	<ol style="list-style-type: none"> 1. Rose DP, et al. High-fiber diet reduces serum estrogen concentrations in premenopausal women. <i>Am J Clin Nutr.</i> 1991 Sep;54(3):520-5.

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<p>Protective Breast Formula™* <u>05886</u> – 60 tablets</p> <p>Vitamin D3 (as cholecalciferol) Turmeric (<i>Curcuma longa</i>) (85-100% curcumin) Green Tea (<i>Camellia sinensis</i>) (70% polyphenols) Calcium D-Glucarate Diindolymethane (DIM) Grape (<i>Vitis vinifera</i>) (90% polyphenols) Maitake (<i>Grifola frondosa</i>) Mushroom (30% pure D-fraction)</p>	<p>Take 2 tablets daily. Two tablets contain:</p> <p>400 IU 1000 mg 500 mg 200 mg 30 mg 100 mg 90 mg</p>	<ul style="list-style-type: none"> • Provides support for breast health through multiple pathways*¹⁻¹² • <u>Cholecalciferol</u> enhances the body's natural immune system*¹ • <u>Turmeric</u> and <u>Green tea</u> possess powerful antioxidant activity and support healthy breast cells*²⁻⁷ • <u>Calcium D-glucarate</u> supports the immune system, promotes estrogen metabolism, and enhances the body's detoxification systems*⁸ • <u>DIM</u> supports healthy estrogen metabolism*⁹ • <u>Grape seed extract</u> possesses antioxidant activity greater than Vitamin C and E*^{10,11} • <u>Maitake mushroom D-fraction</u> has boosts natural killer-cell and immune system activity*¹² 	<ol style="list-style-type: none"> 1. Weitsman GE, et al. Vitamin D enhances caspase-dependent and independent THF-induced breast cancer cell death: the role of reactive oxygen species. <i>Ann NY Acad Sci</i>. 2003 Dec;1010:437-40. 2. Tilak JC, et al. Antioxidant availability of turmeric in relation to its medicinal and culinary uses. <i>Phytother Res</i>. 2004;18(10):798-804. 3. Verma SP, et al. The inhibition of estrogenic effects of pesticides and environmental chemicals by Curcumin and isoflavonoids. <i>Environmental Health Perspectives</i>. 1998 Dec;106:807-812. 4. Roy AM, et al. Epigallocatechin-3-gallate induces apoptosis in estrogen receptor-negative human breast carcinoma cells via modulation in protein expression of p53 and Bax and caspase-3 activation. <i>Mol Cancer Ther</i>. 2005 Jan;4(1):81-90. 5. Fujiki h, et al. Mechanistic findings of green tea as cancer preventative for humans. <i>Proc Soc Exp Biol Med</i>. 1999 Apr; 220(4):225-8. 6. Nagata C, et al. Association of coffee, green tea, and caffeine intakes with serum concentrations of estradiol and sex hormone-binding globulin in premenopausal Japanese women. <i>Nutr Cancer</i>. 1998;30(1):21-4. 7. Nakachi K, et al. Influence of drinking green tea on breast cancer malignancy among Japanese patients. <i>Jpn J Cancer Res</i>. 1998;Mar;89(3):254-61. 8. Walaszek Z, et al. Metabolism, uptake, and excretion of D-glucaric acid salt and its potential use in cancer prevention. <i>Cancer Detect Prev</i>. 1997;21:178-190. 9. Zeligs MA. Safer estrogen with phytonutrition. <i>Towns Lett</i>. 1999;189:83-88. 10. Bagchi D, et al. Oxygen free radical scavenging abilities of Vitamin C and E, and a grape seed proanthocyanidins extract in vitro. <i>Res Commun Mol Pathol Pharmacol</i>. 1997;95(2):179-89. 11. Sharma G, et al. Synergistic anti-cancer effects of grape seed extract and conventional Cytotoxic agent doxorubicin against human breast carcinoma cells. <i>Breast Cancer Res Treat</i>. 2004 May;85(1):1-12. 12. Kodama N, et al. Effect of Mitake (Grifola frondosa) D-Fraction on the activation of NK cells in cancer patients. <i>J Med Food</i>. 2003;6(4):371-7.

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PeriMenopause Symptom Relief*

Protocols

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Product & Ingredient	Dosage	Features	Reference
<p>AM/PM Perimenopause™* menopause relief* 77236 – 60 tablets</p> <p>Chaste Tree (<i>Vitex agnus-castus</i>) (0.5% agnusides) Rhodiola (<i>Rhodiola rosea</i>) (3% rosavins and 1% salidroside) Black Cohosh (<i>Cimicifuga racemosa</i>) (2.5% triterpene glycosides) L-Theanine</p>	<p>AM: One (yellow) AM tablet in the morning. PM: One (purple) PM tablet approximately 30-45 minutes before bedtime. It may take four to five weeks to achieve full benefits.</p> <p>40 mg (AM)</p> <p>205 mg (AM)</p> <p>20 mg (AM & PM)</p> <p>50 mg (PM)</p>	<ul style="list-style-type: none"> • 24-hour relief from perimenopausal symptoms including lack of energy, hot flashes, irritability, mood swings*, sleeplessness, muscle tension, and night sweats* • Black Cohosh provides natural hormonal support and relief of occasional hot flashes and mood swings*¹ • Chaste Berry supports natural progesterone balance and relief of menstrual symptoms*^{2,3} • Rhodiola supports concentration, mental alertness and endurance*³ • L-theanine alleviates nighttime muscle tension and promotes restful sleep* 	<ol style="list-style-type: none"> 1. Lieberman S. A review of the effectiveness of Cimicifuga racemosa (black cohosh) for the symptoms of menopause <i>J Womens Health</i>. 1998;7:527-528. 2. Loch EG, et al. Treatment of premenstrual syndrome with a phytopharmaceutical formulation containing Vitex agnus castus. <i>J Womens Health Genet Based Med</i>. 2000;9:315-20. 3. Spasov AA, et al. A double-blind, placebo-controlled pilot study of the stimulating and adaptogenic effect of Rhodiola rosea SHR-5 extract on the fatigue of students caused by stress during an examination period with a repeated low-dose regimen. <i>Phytomedicine</i>. 2000;7:58-9

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Protocols

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Product & Ingredient	Dosage	Features	Reference
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MILD SYMPTOM RELIEF*

<p>Black Cohosh 17906 – 60 tablets</p> <p>Black Cohosh (<i>Cimicifuga racemosa</i>) (2.5% triterpene glycosides)</p>	<p>Take 1 tablet in the morning and 1 tablet in the evening. Each tablet contains: 20 mg</p>	<ul style="list-style-type: none"> • Relieves menopausal symptoms*¹ • Clinically studied for more than 40 years 	<p>1. Lieberman S. A review of the effectiveness of Cimicifuga racemosa (black cohosh) for the symptoms of menopause <i>J Womens Health</i>. 1998;7:527-528.</p>
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Product & Ingredient	Dosage	Features	Reference
MODERATE TO SEVERE SYMPTOM RELIEF*			
AM/PM Menopause™* menopause relief* 77206 – 60 tablets Black Cohosh (<i>Cimicifuga racemosa</i>) (2.5% triterpene glycosides) Green Tea (<i>Camellia sinensis</i>) (14% caffeine) Panax ginseng (37.5% ginsenosides) L-Theanine	AM Formula: One (white) AM tablet in the morning. PM Formula: One (red) PM tablet approximately 30-45 minutes before bedtime. It may take four to five weeks to achieve full benefits. Continue use to maintain benefits. 20 mg (AM & PM) 250 mg (AM) 50 mg (AM) 50 mg (PM)	Step 1: Daytime relief for: lack of energy, hot flashes, irritability, mood swings* ¹ Nighttime relief for: occasional sleeplessness, night sweats, hot flashes* ¹ <ul style="list-style-type: none"> • Hormone Free • Black Cohosh provides natural hormonal support and relief of occasional hot flashes and mood swings* • Chaste Berry supports natural progesterone balance and relieves menstrual symptoms* • Green Tea promotes breast health, energy and weight management* • L- theanine alleviates nighttime muscle tension and promotes restful sleep*² 	<ol style="list-style-type: none"> 1. Sun J. Morning/evening menopausal formula relieves menopausal symptoms: a pilot study. <i>J Altern Complement Med.</i> 2003 Jun;9(3):403-9.† 2. 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.†
Remifemin® menopause relief* 07500 – 60 tablets 07520 – 120 tablets Black Cohosh (<i>Cimicifuga racemosa</i>) Root and Rhizome Isopropanolic Extract <i>Remifemin® is a registered trademark of Schaper & Brümmer GmbH & Co.</i>	Take 1 tablet in the morning and 1 tablet in the evening. Each tablet contains: 20 mg	Step 2: Add if symptoms persist after 30-45 days. <ul style="list-style-type: none"> • Clinically shown to reduce menopause symptoms by up to 70% in 12 weeks*¹ • Reduced mean daily hot flash frequency by 56% after 4 weeks*² 	<ol style="list-style-type: none"> 1. Liske J, et al. Physiological investigation of a unique extract of black cohosh (<i>Cimicifugae racemosae</i> rhizome): a 6-month clinical study demonstrates no systemic estrogenic effect. <i>J Women Health Gen Based Med.</i> 2002 Mar;11(2):163-74.† 2. Pockaj BA, et al. Pilot evaluation of black cohosh for the treatment of hot flashes in women. <i>Cancer Invest.</i> 2004;22(4):515-21.†
Soy Extract 78946 – 60 tablets Soy Bean (<i>Glycine max</i>) (15% isoflavones)	Take 1-3 softgels daily. Each softgel contains: 100 mg	Step 3: After an additional 30-45 days using the combination above, add if symptoms persist. <ul style="list-style-type: none"> • Provides phytoestrogens to relieve symptoms associated with menopause*¹ 	<ol style="list-style-type: none"> 1. Albertazzi P. The effect of dietary soy supplementation on hot flushes. <i>Obstet Gynecol.</i> 1998 Jan;91(1):6-11.

Protocols

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Product & Ingredient	Dosage	Features	Reference
Cranberry Forte 286013 – 60 capsules Cranberry (<i>Vaccinium macrocarpon</i>)	Take 1-2 capsules, 2 times daily. Two capsules contains: 500 mg	<ul style="list-style-type: none"> Provides urinary tract support*¹ 	1. Stothers L. A randomized trial to evaluate effectiveness and cost effectiveness of naturopathic cranberry products as prophylaxis against urinary tract infection in women. <i>Can J Urol.</i> 2002 Jun;9(3):1558-62.
Better Bladder™* for Women 78813 – 30 tablets Pumpkin (<i>Cucurbita pepo</i>) Seed Extract 18:1	Take 1 tablet daily. Each tablet contains: 500 mg	<ul style="list-style-type: none"> Supports healthy bladder strength*¹ Promotes healthy urinary tract and bladder function*¹ Lipid-free extract - Patented processing removes oily contaminants and assures purity 	1. Sana Co., Ltd. Open clinical study of effects of pumpkin seed extract/soybean germ extract mixture-containing processed food on nocturia. <i>Japanese Journal of Pharmaceutical and Medicinal Science.</i> 2001 Nov.†

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Product & Ingredient	Dosage	Features	Reference
<p>Phytostan 146009 – 90 tablets</p> <p>Pau D'Arco (<i>Tabebuia impetiginosa</i>) Undecylinic Acid Grapefruit (<i>Citrus paradisi</i>)</p>	<p>Take three times daily, between meals: 100 mg 100 mg 25 mg</p>	<ul style="list-style-type: none"> Supports healthy intestinal flora*^{1,2} 	<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. 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.
<p>Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium longum</i></p>	<p>Take 1 Pearl capsule daily. Each Pearl capsule contains: 1 billion CFU</p>	<ul style="list-style-type: none"> Supports a healthy intestinal system*¹ Patented “True Delivery” system protects microflora from shelf conditions like air and light 	<ol style="list-style-type: none"> Ouwehand AC. Probiotics: an overview of beneficial effects. <i>Antonie Van Leeuwenhoek.</i> 2002 Aug;82(1-4):279-89.

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Protocols

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Product & Ingredient	Dosage	Features	Reference
<p>ITI® Woman 286001 – 60 capsules</p> <p>Maca (<i>Lepidium meyenii</i>) (0.6% macaenes & macamides)</p> <p>Ashwagandha (<i>Withania somnifera</i>) Root (4% withanolides)</p> <p>Rhodiola (<i>Rhodiola rosea</i>) (3% rosavins, 1% salidroside)</p> <p>Eleuthero (<i>Eleutherococcus senticosus</i>) (0.5% eleutheroside E)</p> <p>Catuaba (<i>Erythroxylum catuaba</i>)</p>	<p>Take two capsules daily, preferably one capsule twice daily with meals. If a more heightened effect is desired, take up to four capsules daily</p> <p>Two capsules contain: 400 mg</p> <p>250 mg</p> <p>150 mg</p> <p>150 mg</p> <p>100 mg</p>	<ul style="list-style-type: none"> Alkaloids isolated from the maca root act upon the hypothalamus-pituitary axis, supporting and boosting energy levels and encouraging the production of sex hormones*¹ The withanoloides in ashwagandha appear to support the body's natural anti-stress abilities*² Rhodiola rosea is an adaptogen that increases mental and physical energy and promotes a sense of well-being required for sexual vitality*³ Eleuthero helps the body adapt to stress by supporting healthy adrenal gland function*⁴ Catuaba bark has been consumed for centuries by natives and immigrants alike to support sexual function in men and women*⁵ 	<ol style="list-style-type: none"> Zheng BL, et al. Effect of a lipidic extract from lepidium meyenii on sexual behavior in mice and rats. <i>Urology</i>. 2000;55:598-602. Bhattacharya SK, et al. Anxiolytic-antidepressant activity of Withania somnifera glycowithanolides: an experimental study. <i>Phytomedicine</i>. 2000;7:463-469. Gerasimova HD. Effect of Rhodiola rosea extract on ovarian functional activity. Proc of Scientific Conference on Endocrinology and Gynecology. Sverdlovsk, Russia. 1970 Sept 15-16. Siberian Branch of the Russian Academy of Sciences. p. 46-8. Farnsworth NR. <i>Economic and Medicinal Plant Research, vol. 1</i>. Wagner H, Hikino H and Farnsworth NR (eds.) London: Academic Press, 1985. Van Straten M. <i>Guarana: The Energy Seeds and Herbs of the Amazon Rainforest</i>. Essex, England: C.W. Daniel Company, Ltd., 1994.

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Product & Ingredient	Dosage	Features	Reference
ADDITIONAL SUPPORT FOR PREMENSTRUAL SYNDROME (PMS) ASSOCIATED SYMPTOMS*			
<p>Petadolex® supplement 74806 – 60 softgels</p> <p>Purple Butterbur (<i>Petasites hybridus</i>) Root Extract (15% petasins and free of pyrrolizidine alkaloids (PAs))</p> <p><i>Petadolex® is a registered trademark of Weber & Weber International GmbH & Co.</i></p>	<p>Take 1 softgel 3 times daily for the first 4 weeks. Thereafter, 1 softgel twice daily. Each softgel contains: 50 mg</p>	<ul style="list-style-type: none"> Patented processing ensures the extract is free from harmful pyrrolizidine alkaloids (PAs) Clinically shown to support healthy blood vessel tone in the brain^{*1-3} 	<ol style="list-style-type: none"> Grossmann W, et al. An extract of <i>Petasites hybridus</i> is effective in the prophylaxis of migraine. <i>Altern Med Rev.</i> 2001;6(3303-10).† Danesch U. Petadolex for the treatment of headache. A profile of a special butterbur extract: pharmacology, safety, and clinical aspects. <i>Townsend Letter for Doctor and Patients.</i> April, 2003. In Press. Monograph. <i>Petasites hybridus.</i> <i>Altern Med Rev.</i> 2001 Apr;6(2):207-9.
<p>Vitaline® CoQ10 76133 – 30 chewable wafers, Chocolate flavor 76103 – 30 chewable wafers, Maple Nut flavor 76113 – 30 chewable wafers, Orange Crème flavor 76123 – 30 chewable wafers, Tropical Fruit flavor</p> <p>Coenzyme Q10 (CoQ10) (ubiquinone) High Purity Natural Form</p>	<p>Take 2-3 wafer daily. Each wafer contains: 100 mg</p>	<ul style="list-style-type: none"> Support healthy blood vessel tone in the brain^{*1,2} Provides a high purity, natural form of CoQ10 in an emulsifying complex to ensure bioavailability 	<ol style="list-style-type: none"> Rozen TD, et al. Open label trial of coenzyme Q10 as a migraine preventive. <i>Cephalalgia.</i> 2002 Mar;22(2):137-41. Sandor PS, et al. Efficacy of coenzyme Q10 in migraine prophylaxis: a randomized controlled trial. <i>Neurology.</i> 2005 Feb 22;64(4):713-5.
SUPPORT FOR HEALTHY LEG CIRCULATION AND VEINS*			
<p>Varicosin™ 78849 – 90 tablets</p> <p>Horse Chestnut (<i>Aesculus hippocastanum</i>) (20% triterpene glycosides) Butcher's Broom (<i>Ruscus aculeatus</i>) (9-11% saponins)</p>	<p>Take 2 tablets twice daily. Two tablets contain: 250 mg</p> <p>300 mg</p>	<ul style="list-style-type: none"> Supports proper circulation and healthy veins^{*1,2} Horse chestnut (escin) has been shown to decrease capillary permeability by reducing the number and size of pores, which helps improve tone of vascular walls^{*1} Butcher's broom has a long history of use in Europe 	<ol style="list-style-type: none"> Siebert U, et al. Efficacy, routine effectiveness, and safety of horsechestnut seed extract in the treatment of chronic venous insufficiency. A meta-analysis of randomized controlled trials and large observational studies. <i>Int Angiol.</i> 2002 Dec;21(4):305-15. Vanscheidt W, et al. Efficacy and safety of a Butcher's broom preparation (<i>Ruscus aculeatus</i> L. extract) compared to placebo in patients suffering from chronic venous insufficiency. <i>Arzneimittelforschung.</i> 2002;52(4):243-50.

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Product & Ingredient	Dosage	Features	Reference
SUPPORT FOR HEALTHY IMMUNE FUNCTION*			
Cold Sore Relief™ with allantoin 09740 – 0.18 oz. tube Allantoin 1%	Topical. Apply liberally 2 – 4 times daily at the first sign of cold sore or fever blister.	<ul style="list-style-type: none"> Over-the-counter (OTC) medication indicated for cold sores and fever blisters¹ Safe, effective medicated cream 	<ol style="list-style-type: none"> Code of Federal Regulations, Title 21, Volume 5, April 1, 2004. Part 310, Subpart E, Section 310.534. Drug products containing active ingredients offered over-the-counter (OTC) for human use as oral wound healing agents.
Thymuril®* 73995 – 50 capsules 73985 – 50 tablets Lysine <i>Echinacea purpurea</i> Root	Take 2 tablets or 4 capsules daily. Two tablets or for capsules contain: 250 mg daily 300 mg daily	<ul style="list-style-type: none"> Provides vitamins and minerals essential for proper immune function*^{1,2} 	<ol style="list-style-type: none"> Walsh DE, et al. Subjective response to lysine in the therapy of herpes simplex. <i>J Antimicrob Chemother.</i> 1983 Nov;12(5):489-96. Binns SE, et al. Antiviral activity of characterized extracts of Echinacea spp. (Heliantheae: Asteraceae) against herpes simplex virus (HSV-1). <i>Planta Med.</i> 2002 SP;68(9):780-3.
SUPPORT FOR HEALTHY HAIR AND SKIN*			
Nature Derm Skin Care System® 11059 – 90 capsules Vitamin A Zinc Sulfur Bromelain (2,400 G.D.U./g)	Take daily. 10,000 IU 30 mg 200 mg 66.7 mg	<ul style="list-style-type: none"> Reduces occasional acne.*² Vitamin A, vitamin C, zinc, and the B vitamins are known for their contribution to skin integrity.*¹ 	<ol style="list-style-type: none"> Michaelsson G, Juhlin L, Vahlquist A. Effects of oral zinc and vitamin A in acne. <i>Arch Dermatol.</i> 1977 Jan;113(1):31-6. Gupta AK, Nicol K. The use of sulfur in dermatology. <i>J Drugs Dermatol.</i> 2004 Jul-Aug;3(4):427-31.
Eskimo-3® fish oil 72190 – 105 ml 72297 – 105 softgels Eskimo® PurEFA™ 1000mg fish oil 72622 - 150 softgels Omega-3 Fatty Acids 14-18% EPA** 8.3-11.7% DHA** Pharmaceutical grade High purity Naturally stable **EPA=eicosapentaenoic acid **DHA=docosahexaenoic acid <i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i>	Take up to 5 g daily with meals in the form of: – 3 original softgels (1.5 g) 3 times daily – 1 teaspoon liquid (5 mL) – 5 PurEFA softgels (5 g) Each daily serving contains 1.5 – 5 g fish oil and provides: 210-900 mg EPA 125-580 mg DHA	<ul style="list-style-type: none"> Provides nutritional support for healthy hair and skin quality*¹ Pharmaceutical grade, high purity, naturally stable fish oil Highest naturally occurring DHA/EPA 	<ol style="list-style-type: none"> Khan F, et al. The effects of dietary fatty acid supplementation on endothelial function and vascular tone in healthy subjects. <i>Cardiovasc Res.</i> 2003 Oct 1;59(4):955-62.†
Biotin Forte® without Zinc 216010 - 60 tablets Biotin	Take 1 tablet daily. Each tablet contains: 5 mg daily	<ul style="list-style-type: none"> Supports healthy muscle tissue, hair and skin*¹ 	<ol style="list-style-type: none"> Fritsche A, et al. Pharmacologic effects of biotin on epidermal cells. <i>Schweiz Arch Tierheilkd.</i> 1991;133(6):277-83.

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