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<p>12/6/17</p> <p>Product Name</p> <p><i>Red= Product change</i> <i>Yellow= newer product</i></p>	<p><i>Amt per capsule</i></p>	<p><i>Possible Therapeutic Applications</i></p>	<p><i>Usual Dosage</i></p>	<p><i>Meals?</i></p>	<p><i>Vegan</i></p>	<p><i>Vegetarian</i></p>	<p><i>Non-Vegetarian</i></p>	<p><i>Gluten-free</i></p>	<p><i>Related Ingredients - Vegan: no animal products &/or by-products. Vegetarian: contains dairy, wool, bee products&/or egg. Non-vegetarian: contains animal products. Gluten-free: no ingredients containing gluten</i></p>
5-Hydroxytryptophan, 90 vcaps	50mg/vcap	Depression, anxiety, sleep	1 to 2 capsules three times daily		√			√	
5-Lox Inhibitor with ApresFlex, 60 caps	100mg/cap	Rheumatoid arthritis and asthma.	1 cap daily	With or without food	√			√	
5-MTHF 1mg (5-Methylfolate), 60 vcaps	1mg/vcap	Treatment for a wide range of physical & psychiatric disorders; preventing heart disease. This product is especially for use by people with known MTHFR genetic mutations.	1 capsule, one to three times daily		√			√	
5-MTHF 5mg (5-Methylfolate), 90 caps	5mg/cap	Treatment for a wide range of physical & psychiatric disorders; preventing heart disease. This product is especially for use by people with known MTHFR genetic mutations.			√			√	
A-BAB, 1 oz.	Herbal Blend 900 servings/ bottle	Treatment for Babesiosis	Put formula in a small amount of filtered water and hold in mouth 1 minute before swallowing.	Take separately from other food, beverage & supplements by at least 20 minutes.				√	Gluten & glycerin free
A-BART, 1 oz.	Herbal Blend 900 servings/bottle	Treatment of Bartonella	Put formula in a small amount of filtered water and hold in mouth 1 minute before swallowing	Take separately from other food, beverage & supplements by at least 20 minutes.				√	Gluten & glycerin free
A-CPN, 1 oz.	Herbal Blend 900 servings/bottle	Treatment for Chlamydia Pneumoniae	Put formula in a small amount of filtered water and hold in mouth 1 minute before swallowing.	Take separately from other food, beverage & supplements by at least 20 minutes.				√	Gluten & glycerin free

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A-EB/H6, 1 oz.	Herbal Blend 900 servings/bottle	Treatment for Epstein-Barr	Put formula in a small amount of filtered water and hold in mouth 1 minute before swallowing.	Take separately from other food, beverage & supplements by at least 20 minutes.				√	Gluten & glycerin free
A-L Complex, 1 oz.	Herbal Blend 900 servings/bottle	Treatment of Lyme Disease	Put formula in a small amount of filtered water and hold in mouth 1 minute before swallowing.	Take separately from other food, beverage & supplements by at least 20 minutes.				√	Gluten & glycerin free
A- Micellized Vitamin A, 1 oz.	5025IU/ drop	Acne, infections	1 drop daily mixed into juice	With meals	√			√	
A-MYCO, 1 oz.	Herbal Blend	Treatment of mycoplasma infections	Put formula in a small amount of filtered water and hold in mouth 1 minute before swallowing.	Take separately from other food, beverage & supplements by at least 20 minutes.				√	Gluten & glycerin free
Acetyl L-Carnitine, 45 caps	800mg/cap	Improving cognitive functioning, memory, physical, and mental fatigue	1-3 capsules daily	Between meals			√	√	Gelatin caps
Activated Charcoal, 100 caps	560 mg / 2 caps	Adsorb unwanted substances, carrying them out of the digestive system					√	√	Gelatin cap
ActivNutrients, 120 vcaps	Combo	Comprehensive multi-vitamin, multi-mineral	2 caps, twice daily			√		√	Vit D from lanolin
ActivNutrients 120tabs Children's chewable multi	Combo	Comprehensive children's multi-vitamin, multi-mineral	2 tablets daily	With meals		√		√	CONTAINS IRON
ADP, 120 tabs (Oregano Oil)	50mg/tab	Eliminates parasites and pathogenic bacteria from the intestinal tract.	1 to 4 tablets daily	With meals & at bedtime	√			√	
Adrenal, 60 vcaps	80mg/cap	Adrenal Support; chronic fatigue	2-4 caps daily, in divided doses	between meals			√	√	Tissue from bovine sources

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Adreset, 60 caps	Combo	Adrenal dysfunction and support	1 capsule twice daily		√			√	
AdvaClear, 126 caps	Combo	Balancing various factors necessary for safe and effective detoxification. Useful for Multiple Chemical Sensitivities (MCS) and toxic exposures.	2 capsules one to three times daily			√		√	Vit D from lanolin
Advanced Mineral Support, 180caps with 1mg/cap Iron	Combo	Mineral supplementation; especially useful for children	2 capsules daily			√		√	Vit D from lanolin
Alka Seltzer Gold, 36 tabs	Combo	Buffering agent for acute allergic or chemical reactions	2 tablets, dissolved in 4 oz water, every 4 hours as needed, not to exceed 8 tablets every 4 hours		√			√	
Allergy Eye Relief eye drops, 10ml	Combo	Allergic eye irritation	Squeeze plastic tip to release 2-3 drops into eye. - Apply as needed			√		√	Homeopathic Apis from bee stings
Aloe Vera Gel and Juice, 1 ltr, 100% pure	N/A	Inflammation of the esophagus, stomach, or intestines. Useful in treating gastritis, ulcers, and inflammatory bowel disease.	1-8 ounces per day or mix into any liquid		√			√	
Alpha Lipoic Acid, 120 caps	200mg/cap	Powerful antioxidant, increases effectiveness of other antioxidants	1 capsule daily	With meals		√		√	Gelatin
<p>Antioxidant Formula</p> <p>Reds, with ORAC Berries, Free Radical Fighter, 30 servings</p>	Combo	Antioxidant drink mix, supports immune system function.	Mix one rounded scoop in 4-8 oz. of cold water or juice, 1 – 2 times daily.			√			<p>Contains soy</p> <p>Stevia</p>

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Arniflora arnica gel, 1 oz.	1X	Acute injury or trauma	Massage into affected area not more than four times daily.	N/A	√			√	
Ashwagandha, 90 tabs	500mg/tab	For endurance and energy. Enhances adrenal gland functioning.	Take 1-2 tablets, once or twice daily		√			√	
B-1 (Thiamine), 100 tabs	100mg/tab	Depression	1 tablet daily		√			√	
B-1 (Thiamine) High Potency, 100 tabs	500mg/tab	Fibromyalgia and Chronic Fatigue Syndrome; gastro-esophageal reflux	300-500mg, increasing every 3 days up to 2000mg, as needed.	N/A	√			√	
B-5 Pantothenic Acid, 100 tabs	500mg/tab	Allergies, arthritis	1 tablet daily				√	√	Gelatin Caps
B-6 (P-5-P), 60 caps Pyridoxal-5-phosphate	50mg/cap	Fluid retention, immunological and neurological support, carpal tunnel syndrome, PMS	1 capsule daily				√	√	Gelatin caps
B-12 lozenges Methyl B-12, 60 lozenges	5000 mcg/ lozenge	Fatigue, neuropathy, asthma, diabetes mellitus, pernicious anemia	1 daily – Chew lozenge or hold in mouth until dissolved and swallow.		√	√			
B Complex Ortho B Complex, 90 caps	Combo	Adrenal support, allergies, fatigue	1 cap daily		√			√	
Balanced-B8, 8oz.	Myo-Inositol and D-Chiro-Inositol blend (40:1) 5g/1 1/2tsp	Obsessive-Compulsive disorder PCOS	1 - 2tsp, twice daily	Mix with water or juice				√	DAIRY FREE
Berberine, 60 vcaps	500mg berberine hcl/cap	Gastrointestinal dysbiosis (irritable bowel syndrome), hypertension, diabetes	Take 1 cap two to three times daily.	Just before meals		√		√	

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<p>Berry Frutol Fish Oil, 300ml</p>	<p>1 tsp: 600mg omega-3 187.50mg DHA 250mg EPA</p>	<p>Hyperlipidemia, arthritis, dermatitis</p>	<p>2 teaspoons daily</p>	<p>With meals</p>			<p>√</p>	<p>√</p>	<p>Fish oil</p>
<p>Betaine HCL & Pepsin</p>	<p>1.04 g/Betaine, 40mg Pepsin/2 cap</p>	<p>Low stomach acidity (hypochlorhydria)</p>	<p>1 – 2 caps</p>	<p>With each meal</p>			<p>√</p>	<p>√</p>	<p>Pepsin from pig. (porcine)</p>
<p>Biofilm Defense, 60 caps Enzymes</p>	<p>Combo</p>	<p>Lyme disease and other chronic infections complicated by the presence of biofilms.</p>	<p>1 cap daily</p>	<p>Without food</p>	<p>√</p>			<p>√</p>	<p>Contains soy</p>
<p>Bio-Prostate (Saw Palmetto), 120 vcaps</p>	<p>Combo</p>	<p>Prostate disease</p>	<p>1- 2 caps , twice per day</p>		<p>√</p>			<p>√</p>	<p>Contains Soy</p>
<p>Biotagen PreBiota, pre-biotic powder, 5.3 oz</p>	<p>Combo</p>	<p>Gastrointestinal and immune dysfunction</p>	<p>1 - 2 scoops daily. Mix with food or beverage</p>	<p>With meal</p>		<p>√</p>		<p>√</p>	<p>Dairy-Free but not vegan Contains living microorganisms</p>
<p>Bitters Glycerite, 4 oz.</p>	<p>Herb Blend</p>	<p>Digestion and constipation especially in the elderly.</p>	<p>Adults: 30-60 drops 2-3x day. Children: 3 yrs+, 10-30 drops 2-4x a day.</p>	<p>In small amount of water before meals.</p>	<p>√</p>			<p>√</p>	
<p>Black Cohosh Standardized Black Cohosh, 40mg, 60 caps</p>	<p>20mg/cap</p>	<p>Menopausal Symptoms</p>	<p>2 capsule daily</p>				<p>√</p>	<p>√</p>	
<p>Borage Oil Ultra GLA, 60 softgels</p>	<p>240mg/gel GLA</p>	<p>Dry skin, eczema, PMS, allergies, candidiasis</p>	<p>1-2 softgels up to three times daily</p>				<p>√</p>	<p>√</p>	<p>Gelatin Caps</p>
<p>Boron Plus</p>	<p>6mg/cap</p>	<p>Osteoporosis prevention and treatment</p>	<p>Take 1 capsule 3 times daily, or as directed by doctor</p>				<p>√</p>	<p>√</p>	
<p>Boswellia 5-Lox Inhibitor with ApresFlex, 60 caps</p>	<p>100mg/cap</p>	<p>Rheumatoid arthritis and asthma.</p>	<p>1 cap daily</p>	<p>With or without food</p>	<p>√</p>			<p>√</p>	

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Brain Vitale, 60 caps	Combo	Impaired cognition and memory	2 capsules daily	With meals			√	√	Gelatin caps
Bromelain-5000, 60 caps	5000mcu/cap	Digestive enzyme; useful for acute muscle strains if taken between meals.	1-3 capsules daily	With meals			√	√	Gelatin caps
Butyri Plex Butyric Acid 100 tabs	750mg/tab Soluble Sodium Salt of Butyric Acid	Digestive dysfunction	1 tablet three times daily	With meals			√	√	Gelatin Caps
C - Buffered C Powder Buffered Vitamin C Crystals, 250 grams	2500mg/tsp	Acute allergic or chemical reactions; a well-tolerated Vitamin C	Mix 1 teaspoon or more into water or your favorite cold drink.	Between meals					Tapioca
C-1500mg, 100 tabs	1500mg/tab	Infections, chemical sensitivity, adrenal support, heart disease, immune stimulation, fatigue, cancer	1-2 tablets daily			√		√	
C - Ester-C Plus Ester C-Plus, 100 caps	540mg/cap Vitamin C	Infections, chemical sensitivity, adrenal support, heart disease, immune stimulation, fatigue, cancer	1 capsule daily				√	√	Gelatin caps
C- Ultra Potent Chewable, 90 tabs	250mg/chew	Infections, chemical sensitivity, adrenal support, heart disease, immune stimulation, fatigue, cancer	1 tablet daily		√			√	
Cal Mag Citrate Powder, 8 oz.	500mg/scp Cal 200mg/scp Mag	Fatigue, osteoporosis, nervous system, relaxation, sleep, PMS, menstrual cramps	1/2 to 1 scoop once or twice daily		√			√	
Cal Mag, 100 tabs.	500mg/tab Cal 250mg/tab Mag	Fatigue, osteoporosis, nervous system, relaxation, sleep, PMS, menstrual cramps	2 tablets twice daily	With meals		√		√	Vit D contains lanolin

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Calcium D-Glucarate, 90 caps	180mg/cap	Multiple chemical sensitivities	1 to 3 capsules 3 times daily	With meals	√			√	
Calm, Original or Raspberry lemon Flavor, 16oz.	Magnesium 350mg	Balances calcium/magnesium intake, stress reduction, eases constipation	2 rounded teaspoons dissolved in 2-3oz. of hot water. Fill cup with cold or warm water and drink.	With or without meals	√			√	<i>*start with 1/2tsp. daily and gradually increase. For best results divide into 2 daily servings.</i>
CandiBactin AR, 60 gels	Combo	Supports healthy digestion and microbial balance	Take 1 soft gel 3x daily before or with meals	Before or with meals				√	
CandiBactin BR, 90 tabs	Combo	Supports a healthy microbial balance and the removal of unwanted compounds from the body	Take 2 tablets 2-3x daily			√		√	
Caprylic Acid, 100 gels	600mg/soft gel	Candidiasis	1 softgel twice daily	With meals		√		√	Contains gelatin
Cat's Claw, 100 caps (POA 2.73%, TOA 0.27%)	500mg/cap	Chronic Infections, such as Lyme & Cancer	1 capsule daily, or as directed	With meals		√		√	
CDP Choline Cognizin, CDP Choline Caps, 60 vcaps	250mg/vcap	Impaired cognitive function and other brain disorders	1 cap daily		√			√	
Cellular Forte with IP6 (Inositol hexaphosphate), 120 tabs	400mg/tab	Immune stimulant, particularly for cancer but also used to stimulate immune function.	Two tablets twice daily		√			√	
Charcoal Activated Charcoal, 100 caps	560 mg / 2 caps	Absorb unwanted substances, carrying them out of the digestive system					√	√	Gelatin cap
Chaste Tree Vitex, 60 caps	225mg/cap	PMS, Dysmenorrhea, Menometrorrhagia	1-2 Vcaps daily	With or between meals	√			√	

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Cholacol, 90 tabs (Bile Salts)	360.5mg/tab	Gall bladder disease, impaired digestion of fats	2 tablets	With each meal			√	√	Bile salts from bovine gallbladder, honey
Cholest, 120 vcaps Red Yeast Rice	900mg/cap	For reducing serum cholesterol	1-2 capsules two times daily		√			√	Contains soy
Choline Cognizin, CDP Choline Caps, 60 vcaps	250mg/vcap	Impaired cognitive function and other brain disorders	1 cap daily		√			√	
Chromium, 100 tabs	1mg/tab	Hypoglycemia, diabetes mellitus, hyperlipidemia	1 tablet daily		√			√	
Cilantro, 1 oz. (by Herb Pharm)	30--40 drops	Mercury and arsenic toxicity	SHAKE WELL BEFORE USING Two or three times per day take 30 to 40 drops in a little water.	- Orally- ½ hr before or 1 hr after meals	√			√	
CLA (Conjugated Linoleic Acid)	1000mg/cap	Weight loss & Breast Cancer	1 softgel daily	With meals			√	√	Gelatin Caps
Cognizin, CDP Choline Caps, 60 vcaps	250mg/vcap	Impaired cognitive function and other brain disorders	1 cap daily		√			√	
Cold Snap, 60 caps	Combo	Treatment for viral infections, including colds and the flu.	2 capsules three times daily				√	√	Gelatin caps
Colostrum 40% IgG, 90 vcaps	450mg/vcap	Immune booster. Particularly helpful for low levels of immunoglobins (IgG).	5–7 capsules daily, in divided doses, with 8–12 oz water	At least 30 minutes before a meal		√		√	Colostrum from cow's milk
Conjugated Linoleic Acid (CLA)	1000mg/cap	Weight loss & Breast Cancer	1 softgel daily	With meals			√	√	Gelatin Caps
Copper (glycinate) 2 mg, 60 vcaps	2mg/tab	Arthritis, balance zinc supplementation	1 tablet daily		√			√	

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CoQ10, 30 gelcaps	300mg/gelcap	Chronic fatigue, heart disease prevention, hypertension, cerebrovascular disease	1 gelcap per day				√	√	Dairy Free Soy Free Non Veg; Bovine cap
CoQMax 100 CF, 60 softgels Ubiquinone	100mg/softgel	Chronic fatigue, heart disease and prevention, hypertension, cerebrovascular disease	Take 1 softgel one to two times daily.	Optimal results may be achieved by consuming with meals that contain fat.				√	
Cortisol Manager™, 30 tabs.	Combo	Sleep, modulating HPA axis	1 tablet before bedtime. Increase to 2 tablets during times of high stress		√			√	Contains soy
CORvalen (D-ribose), 180 grams, 56 servings	5gr/scoop D-ribose	Chronic Fatigue; Fibromyalgia; Heart Disease	2-3 scoops daily, in divided doses. Mixed in water or added to food.	With meal. May cause mild, transient hypoglycemia if taken on empty stomach	√			√	Certified vegan & kosher
Cranberry Caps	1,400mg/cap	Urinary tract infections	Take 2 caps, 1-2 times a day	With meals			√	√	Gelatin capsule
CSA Formula- Crypto Sida Alchornea Blend, 1 oz.	Herbal Blend	Babesia	1/4-1/2 tsp, three times a day			√		√	
Curcumin (Turmeric) Curcuplex-95, 120caps	1.4g/4caps	Relieves pain, inflammation, heavy metal toxicity	Take 1-4 caps daily					√	* Individuals taking medication, especially blood thinners or for cancer treatment should consult your practitioner.
D-Mannose U-Tract, 50gms	1.9gr/tsp	Urinary tract infections	1 level tsp three times daily. Mix with water or non-citrus juice.	With or between meals	√			√	
D-ribose CORvalen, 180 grams, 56 servings	5gr/scoop D-ribose	Chronic Fatigue; Fibromyalgia; Heart Disease	2-3 scoops daily, in divided doses	With meal. May cause mild, transient hypoglycemia if taken on empty stomach	√			√	Certified vegan & kosher

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<p>Detox 2, powder</p>	<p>130 servings/bottle</p>	<p>Intestinal “die-off” and detoxification support</p>	<p>Put formula in a small amount of filtered water and hold in mouth 1 minute before swallowing.</p>	<p>Take separately from other food, beverage & supplements by at least 20 minutes.</p>				<p>√</p>	<p>Glycerine</p>
<p>DHEA, 5mg, 100 vcaps</p>	<p>5mg/vcap</p>	<p>Fatigue, weight loss, hormone imbalance, libido, menopause</p>	<p>1 capsule daily</p>	<p>With meal</p>	<p>√</p>			<p>√</p>	
<p>DHEA, 10mg, 60 vcaps</p>	<p>10mg/vcap</p>	<p>Fatigue, weight loss, hormone imbalance, libido, menopause</p>	<p>1 capsule daily</p>	<p>With meal</p>	<p>√</p>			<p>√</p>	
<p>DHEA, 25mg, 60 Ultracaps</p>	<p>25mg/ucap</p>	<p>Fatigue, weight loss, hormone imbalance, libido, menopause</p>	<p>1 capsule daily</p>	<p>With meal</p>	<p>√</p>			<p>√</p>	
<p>D-Limonene, 10 softgels</p>	<p>1000mg/gel Orange Peel Extract</p>	<p>Heartburn, gastroesophageal reflux</p>	<p>With 1st experience, take 1 softgel every other day for 20 days, & 1 softgel as needed for occasional relief thereafter.</p>	<p>1/2 hour before or 1 hour after meals, with water or your favorite beverage</p>			<p>√</p>	<p>√</p>	<p>Gelatin caps</p>
<p>DioVasc, 60 caps</p>	<p>500mg/ cap</p>	<p>Supports blood flow; promotes lymphatic drainage; blood vessels; varicose veins; venous insufficiency.</p>	<p>Take one capsule twice daily</p>	<p>15 minutes prior to meal.</p>	<p>√</p>			<p>√</p>	
<p>DL- Phenylalanine, 90 caps</p>	<p>500mg/cap</p>	<p>Chronic pain, relaxation, insomnia</p>	<p>One capsule 4-6 capsules daily</p>	<p>Between meals</p>		<p>√</p>		<p>√</p>	
<p>DMAE, 100vcaps.</p>	<p>250mg/cap</p>	<p>Improving cognitive function and memory, learning disabilities</p>	<p>1 capsule 1-3 times daily</p> <p>WARNING: Not to be used by patients with epilepsy, Parkinson’s, bipolar depression, or women who are pregnant or breastfeeding.</p>	<p>With meals</p>		<p>√</p>		<p>√</p>	

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D-Mannose, U-tract, 50gms	1.9gr/tsp	Urinary tract infections	1 level tsp three times daily. Mix with water or non-citrus juice.	With or between meals	√			√	
DMG (Dimethylglycine), 16fl.oz.	125mg/tsp	Autism	1/2-1 teaspoon twice daily		√			√	
DMSA Nutri-DMSA, 60 caps									BY RX ONLY
Dysbiocide, 120caps	475mg/cap	Gut health, damaged intestinal tissue, dysbiosis, SIBO	WARNING: Not to be taken with medications that thin the blood, reduce stomach acid, prevent or lessen seizures. Not recommended for pregnant or lactating women. May cause constipation. 2 capsules twice daily				√	√	Gelatin caps
Eleuthero Siberian Eleuthero, 100 caps	1.27 g/cap	Chronic fatigue, adrenal support	3 caps daily for 6-8 weeks, 1-2 week break, then resume taking	With meals			√	√	
Emerald Multi-Vitamin Complete 1 A-Day	Combo	Multivitamin Comprehensive multi-vitamin, multi-mineral	1 capsule daily	With breakfast or lunch		√		√	*Manufactured in a facility that processes milk, egg, tree nuts, fish and shellfish
Emerald Multi-Vitamin Men's 45+ 4-Daily	Combo	Multivitamin Comprehensive multi-vitamin, multi-mineral	4 capsules daily	With breakfast or lunch		√		√	*Manufactured in a facility that processes milk, egg, tree nuts, fish and shellfish
Emerald Multi-Vitamin Women's 45+ 4-Daily	Combo	Multivitamin Comprehensive multi-vitamin, multi-mineral	4 capsules daily	With breakfast or lunch		√		√	*Manufactured in a facility that processes milk, egg, tree nuts, fish and shellfish
End Fatigue Energy Enfusion, Berry or Citrus Flavored Drink Mix., 30 servings - multi-vitamin	Combo	Low energy	Powder: In AM mix one rounded scoop with 8 to 12 ounces of liquid. Drink within 30 minutes of preparation (Berry or Citrus). B-Complex*: One capsule daily. (*New formula has B-complex mixed into powder.)				√	√	Contains whey, Vit D from lanolin, l-tyrosine from duck feathers B-Comp is vegan & GF

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<p>End Fatigue Revitalizing Sleep Formula, 30 caps</p>	<p>Combo</p>	<p>Insomnia</p>	<p>1 UltraCap™</p>		<p>30-60 minutes before bedtime</p>	<p>√</p>		<p>√</p>	
<p>Endur-Acin 500mg, extended release Nicotinic Acid, 100 tablets</p>	<p>500 mg.</p>	<p>Hyperlipidemia</p>	<p>THIS PRODUCT CAN AFFECT LIVER FUNCTION IN A SMALL % OF PATIENTS - TAKE UNDER A DR'S. SUPERVISION - 1 cap per day with a meal for 7 days . Then increase to full dosage, 1 cap 2 times a day with a meal (or 3 times a day if recommended by your practitioner.) Schedule a blood test for liver function 1 month after you have been on the full dosage. If results are in normal range, your practitioner may increase your dosage at your next office visit. After the first test, we would generally check your liver function every 3 months, once you are on a stable dosage.</p>		<p>√</p>			<p>√</p>	
<p>Essential GSH (oral liposomal glutathione), 4oz.</p>	<p>433mg/tsp</p>	<p>Enhancing detoxification, particularly helpful for MCS</p>	<p>Mix 1.5 tsp in water or juice of choice and drink promptly. FOR ADULTS: Begin with 1½ tsp twice daily for 7 to 10 days. Can be lowered to 1 tsp daily, maintenance FOR CHILDREN: 1/8-1/4 tsp for every 30lbs of the child's weight, twice a day.</p>		<p>√</p>			<p>√</p>	
<p>EssentialPRO (oral liposomal glutathione) capsules</p>	<p>250 mg.</p>	<p>Enhancing detoxification, particularly helpful for MCS</p>	<p>1 softgel twice a day</p>				<p>√</p>	<p>√</p>	<p>gelatin, beeswax</p>
<p>Ester-C Plus, 100 caps C - Ester-C Plus</p>	<p>540mg/cap Vit C</p>	<p>Infections, chemical sensitivity, adrenal support, heart disease, immune stimulation, fatigue, cancer</p>	<p>1 capsule daily</p>				<p>√</p>	<p>√</p>	<p>Contains Rutin & Bioflavonoids Gelatin caps</p>

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<p>Estrovera 30vtabs</p>	<p>Rhapontic rhubarb 4mg</p>	<p>Menopausal hot flash relief</p>	<p>Take one tablet daily with full glass of water</p>	<p>Take with breakfast</p>		<p>√</p>			<p>*DO NOT TAKE- If pregnant or nursing. This supplement is contraindicated for individuals with estrogen-dependent cancer.</p>
<p>E-Tocotrienol 50mg, 60 gels</p>	<p>50mg/cap</p>	<p>Potent form of vitamin E, hyperlipidemia</p>	<p>1 to 2 softgels daily with food</p>	<p>With food</p>		<p>√</p>	<p>√</p>		<p>Gelatin Caps</p>
<p>Evening Primrose Oil</p>	<p>100 gels</p>	<p>PMS, endometriosis, and menopause symptoms</p>	<p>1 softgel</p>				<p>√</p>		<p>Gelatin shell, dairy free, soy free, corn free</p>
<p>FC-Cidal, 100 caps</p>	<p>500mg/cap</p>	<p>Fungal or yeast dysbiosis, SIBO, immune function</p>	<p>1-2 capsules twice a day</p>	<p>Immediately before breakfast and lunch</p>			<p>√</p>	<p>√</p>	<p>Gelatin caps</p>
<p>Ferrochel (iron), 120 caps</p>	<p>27mg/cap</p>	<p>Anemia</p>	<p>1-2 capsules daily</p>	<p>With meals</p>			<p>√</p>		<p>VCaps</p>
<p>Fish - Berry Frutol (fish oil), 300ml.</p>	<p>1 tsp: 600mg omega-3 187.50mg DHA 250mg EPA</p>	<p>Hyperlipidemia, arthritis, dermatitis</p>	<p>2 teaspoons daily</p>	<p>With meals</p>			<p>√</p>	<p>√</p>	<p>Fish oil</p>
<p>Fish- Finest Pure Fish Oil liquid (mercury free), 200ml</p>	<p>1 tsp: 2250mg omega-3, 750 mg DHA 1050mg EPA</p>	<p>Hyperlipidemia, arthritis, dermatitis</p>	<p>1-4 teaspoons daily</p>	<p>With meals</p>			<p>√</p>	<p>√</p>	<p>Fish oil</p>
<p>Fish- Omega MonoPure 1300EC, 60 soft gels</p>	<p>1 soft gel: 860mg Omega-3, 600mg EPA, 260mg DHA</p>	<p>Hyperlipidemia, arthritis, dermatitis</p>	<p>2 daily</p>						<p>CONTAINS FISH</p>
<p>Flax Oil, 100 caps</p>	<p>1 cap: Omega-3, 550 mg Omega-6, 160 mg Omega-9 180mg</p>	<p>Inflammation, arthritis, asthma, eczema, allergies, vascular disease, hypertension, and psoriasis</p>	<p>3 capsules three times daily</p>				<p>√</p>	<p>√</p>	<p>Gelatin caps</p>
<p>Folic Acid</p> <p>5-MTHF 1mg (5-Methylfolate), 60 vcaps</p>	<p>1mg/vcap</p>	<p>Treatment for a wide range of physical & psychiatric disorders; preventing heart disease. This product is especially for use by people with known MTHFR genetic mutations.</p>	<p>1 capsule, one to three times daily</p>		<p>√</p>			<p>√</p>	

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<p>Folic Acid</p> <p>5-MTHF 5mg (5-Methylfolate), 90 caps</p>	<p>5mg/cap</p>	<p>Treatment for a wide range of physical & psychiatric disorders; preventing heart disease. This product is especially for use by people with known MTHFR genetic mutations.</p>			<p>√</p>			<p>√</p>	
<p>Folic Acid</p> <p>5-MTHF 10mg, (5-Methylfolate), 30 caps</p>	<p>10mg/vcap</p>	<p>Treatment for a wide range of physical & psychiatric disorders; preventing heart disease. This product is especially for use by people with known MTHFR genetic mutations.</p>			<p>√</p>			<p>√</p>	
<p>Folic Acid</p> <p>Folixor Natural, 50 tabs</p>	<p>5mg/tab</p>	<p>Psoriasis, preventing birth defects, preventing heart disease</p>	<p>1 tablet daily</p>		<p>√</p>			<p>√</p>	
<p>Fundamental Sulfur</p> <p>MSM 850, 250 vcaps</p>	<p>850mg/cap</p>	<p>Allergies</p>	<p>1 to 2 capsules twice daily</p>	<p>With meals, in divided doses</p>	<p>√</p>			<p>√</p>	
<p>GABA, 60 caps</p>	<p>750mg/cap</p>	<p>Insomnia, nervous system relaxation</p>	<p>1-3 caps daily Special Instructions: Open cap, place under tongue or mix with a glass of water. Each cap should be taken with 50mg of B-6.</p>	<p>Between meals</p>	<p>√</p>			<p>√</p>	
<p>Garcinia Cambogia, 100 caps</p>	<p>500mg/cap</p>	<p>Weight management, appetite control</p>	<p>1 to 6 caps daily 30 minutes before meals</p>	<p>Take 30 minutes prior to eating</p>		<p>√</p>		<p>√</p>	
<p>Garlic (Odorless), 100 tabs</p>	<p>500mg/tab</p>	<p>Dysbiosis, gastroenteritis, heart disease, hypertension, infections</p>	<p>1 or more capsules daily</p>		<p>√</p>			<p>√</p>	

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<p>GFCF</p> <p>Similase GFCF 120 caps (replaces Enzyme Complete)</p>	<p>Combo</p>	<p>Enhanced digestion of foods, improved tolerance to gluten and casein for patients with autism</p>	<p>Under 5 y.o. - 1 cap per meal Over 5 y.o. - 2 caps with each meal; 1 cap with snacks</p>	<p>With food</p>	<p>√</p>			<p>√</p>	<p>casein free</p>
<p>GI Revive, 75 servings</p>	<p>225g/serving</p>	<p>Gastrointestinal health and function, food sensitivities, poor gut integrity.</p>	<p>Mix 2 tsp into liquid of choice</p>	<p>Between meals</p>			<p>√</p>	<p>√</p>	<p>May contain shellfish</p>
<p>Ginkgo Biloba, 90 caps</p>	<p>80mg/cap</p>	<p>Impaired cognition, migraines</p>	<p>1 cap, 1-3 times daily</p>	<p>With food</p>		<p>√</p>		<p>√</p>	
<p>Ginseng</p> <p>Eleuthero (Siberian Ginseng) 410mg</p>	<p>250mg/Eleuthero, 160/mg eleuthero root powder</p>	<p>Chronic fatigue, adrenal support</p>	<p>1 – 2 caps, two to three times per day.</p>	<p>Between Meals</p>		<p>√</p>		<p>√</p>	
<p>Glucobetic, 90 caps</p>	<p>Combo</p>	<p>Blood sugar control for diabetes</p>	<p>1 capsule twice daily</p>	<p>Between meals</p>	<p>√</p>			<p>√</p>	
<p>Glucosamine Sulfate, 120 caps</p>	<p>500mg/cap</p>	<p>Arthritis</p>	<p>1-2 capsules two or three times daily</p>				<p>√</p>	<p>√</p>	<p>Glucosamine from Shellfish & Gelatin Caps</p>
<p>Glutathione</p> <p>Essential GSH (oral liposomal glutathione), 4oz.</p>	<p>433mg/tsp</p>	<p>Enhancing detoxification, particularly helpful for MCS</p>	<p>Mix 1.5 tsp in water or juice of choice and drink promptly. FOR ADULTS: Begin with 1½ tsp twice daily for 7 to 10 days. Can be lowered to 1 tsp daily, maintenance FOR CHILDREN: 1/8-1/4 tsp for every 30lbs of the child's weight, twice a day.</p>			<p>√</p>	<p>√</p>		
<p>Glutathione</p> <p>EssentialPRO 250mg, 60 caps (oral liposomal glutathione)</p>	<p>250 mg.</p>	<p>Enhancing detoxification, particularly helpful for MCS</p>	<p>1 softgel twice a day</p>				<p>√</p>	<p>√</p>	<p>gelatin, beeswax</p>
<p>Glycine, 250 caps</p>	<p>500mg/cap</p>	<p>Mercury toxicity</p>	<p>1-3 capsules daily</p>		<p>√</p>			<p>√</p>	
<p>Grape Seed Extract</p> <p>MegaNatural-BP 150 mg SR, 60 tabs</p>	<p>Combo</p>	<p>Natural antioxidant blend for anti-aging and disease prevention, hypertension</p>	<p>Take 1 – 2 tabs daily w/ a full glass of water preferably w/ a meal.</p>	<p>w/ meal</p>	<p>√</p>			<p>√</p>	

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Grapefruit Seed Extract ParaMicrocidin 125, 150 caps	125mg/cap	Dysbiosis, gastrointestinal parasites	1-2 capsules three or four times daily	With meals			√	√	Gelatin Caps
Guai-Aid (Guaiifenesin), 100 caps	600mg/cap	Breaking up mucous so it can be cleared from the upper and lower respiratory tracts. Safe and very effective remedy for fibromyalgia.	Take 1 capsule every 4-6 hours, not to exceed 4 capsules in 24 hrs		√			√	
Hawthorn Leaf Heartcare 80mg, 120 tabs	80mg/cap	Hypertension, coronary artery disease, arrhythmias	1 tablet twice daily	With water			√	√	Carmine from insects
Herbal Water Balance, 50 caps	430mg/cap	Fluid retention	1 cap, at mealtime or more as directed	With meal			√	√	Gelatin
Hemp Extract 250mg, 1oz.	250+mg/bottle	Arthritis, Fibromyalgia, pain, lupus, anxiety, insomnia and depression.	As directed			√		√	Contains: Coconut oil, organic grape alcohol and whole hemp extract.
Hesperidin HMC Hesperidin, 60 caps	250mg/cap	Allergies	1-2 capsules		√			√	
Hi Potency St. John's Wort, 300mg, (3% hyperforin & 0.3% hypericin)	300MG/cap	Depression	1 or 2 capsules 2 to 3 times daily				√	√	tabs non-veg or unspecified
HLC MindLinx (probiotic), 60 grams powder	1gr per 1/4 tsp	Improving gastrointestinal flora in children, particularly helpful fo rthose with autism or ADHD	¼ tsp of powder 2 times a day	With meals	√			√	
HMC Hesperidin, 60 caps	250mg/cap	Allergies	1-2 capsules		√			√	
HYPO B-50 Ortho B Complex, 90 caps	Combo	Adrenal support, allergies, fatigue	1 cap daily		√			√	

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<p>I3C Indole Forte , 60 vcaps</p>	<p>400mg blend</p>	<p>Breast, prostate cancer</p>	<p>1 capsule twice a day</p>	<p>with meals</p>		<p>√</p>			<p>*also known as Indole Complete</p>
<p>Iberogast, 100ml</p>	<p>20 drops/1ml</p> <p>Age 3-6: 10drops Age 3months to 3years: 8 drops</p>	<p>IBS, functional indigestion</p>	<p>3 times daily before or with meals. SHAKE BOTTLE BEFORE USE Take with favorite drink (warm water recommended.)</p>		<p>√</p>			<p>√</p>	<p>Contains alcohol</p>
<p>IG 26 DF</p>	<p>IgY Max Hyperimmunized egg powder 2g/4caps</p>	<p>Promotes intestinal & systemic health, promotes balanced cytokine production, supports muscle performance & recovery.</p>	<p>Adults- 2caps 2x daily</p> <p>Children- 1cap 2x daily</p>				<p>√</p>		<p>*CONTAINS EGG</p>
<p>IgG 2000 CWP Powder, 25 servs</p>	<p>5000mg IgG/tablespoon</p>	<p>Immune booster. Particularly helpful for low levels of immunoglobins (IgG).</p>	<p>Take 1 tablespoon mixed in 2-4 oz. of unchilled water daily.</p>			<p>√</p>	<p>√</p>		<p>Contains whey, dairy and casein</p> <p>(CWP) Colostrum Whey Peptides Cow Serum derived</p>
<p>Immune Defense, 90 vcaps</p>		<p>Recurrent infections, immune deficiency</p>	<p>2 caps daily</p>			<p>√</p>			
<p>Indole Forte (I3C), 60 vcaps</p>	<p>400mg blend</p>	<p>Breast, prostate cancer</p>	<p>1 capsule twice a day</p>	<p>with meals</p>		<p>√</p>			<p>*also known as Indole Complete</p>
<p>InflaThera, 60 caps</p>	<p>Combo</p>	<p>Arthritis</p>	<p>1 capsule twice daily</p>	<p>With meals</p>	<p>√</p>			<p>√</p>	<p>*Formerly- Relieve Herbal Supplement</p>
<p>Insinase, 90 tabs</p>	<p>180mg/cap</p>	<p>Diabetes/Elevated blood sugar; elevated triglycerides; metabolic syndrome</p>	<p>3 tablets daily</p>		<p>√</p>			<p>√</p>	
<p>Iodizyme HP, 120 tabs</p> <p>Iodide/Iodine</p>	<p>12.5 mg / tab</p>	<p>Iodine deficiency, thyroid dysfunction & fibrocystic breast disease.</p>	<p>Begin with 1 tab a day and gradually increase up to 2 tabs twice a day, max. Treat acute reactions w/ salt to replace halides.</p>		<p>√</p>			<p>√</p>	

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I-Sight, 60 caps	Combo	Care and support of eyes. Increases intake of ocular antioxidants to maintain healthy retina, lens and eyesight function.	2 caps daily			√		√	
L-Acidophilus, 100 caps	Lactobacillus acidophilus 3.0 billion CFUs, Probiotic blend in cellulose base 160mg	Prevents the colonization of undesirable microorganisms, SIBO treatment, useful for people on the Specific Carbohydrate Diet.	1 capsule daily with food	With meals		√		√	Other Ingredients: L-Leucine
L- Arginine, 60 caps	500mg/cap	Interstitial cystitis, arrhythmias, coronary artery disease, reduced libido	1-2 capsules three times daily	With food or water			√	√	Gelatin Caps
L- Carnitine, 120caps	500mg/cap	Coronary artery disease, obesity, elevated lipoprotein (a)	1-4 capsules daily, in divided doses	Between meals			√	√	Gelatin Caps
L-Glutamine Powder, 227gr	3gr/tsp	Healing gastrointestinal and stomach mucosa; useful for peptic ulcers, ulcerative colitis, IBS, extreme malnutrition	2–6 teaspoons daily, in divided doses		√			√	
L- Lysine, 100 tabs	500mg/tab	Herpes, cold sores	1-2 capsules three times daily	between meals			√	√	Gelatin Caps
L- Theanine, 60 caps	100mg/cap	Anxiety, insomnia	1 capsule, one to three times daily	Between meals		√		√	
L-Theanine, 120 caps	200mg/cap	Anxiety, insomnia	1 capsule, one to three times daily	Between meals		√		√	
L- Tryptophan, 60 vcaps	500mg/vcap	Anxiety, depression, & insomnia	1-2 capsules daily on an empty stomach at bed time		√			√	

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L- Tyrosine, 100caps	500mg/cap	Depression, fatigue	1 capsule one to three times daily	Between meals			√	√	Gelatin caps
LB Core Protocol, 336 caps	550mg/cap	Lyme disease, assists immune system, aids detoxification, supports body under stress	Week 1: start 3 caps, 3x daily then as recommended			√		√	*Available in liquid form- pt's can order direct from company. Liquid: 5ml = 3caps
Lecithin Phosphatidyl Choline 40% Powder, 300gm	4,000mg/ Tbsp	Gastroesophageal reflux (GERD), cardiovascular disease, cognitive dysfunction, neurological disorders	1 tablespoon (10 grams) daily	With meals	√			√	Contains soy
Licorice Deglycyrrhizinated Rhizinate 3X Extra-strength German Chocolate flavor 400mg, 90 chews	400mg/tab DGL	Peptic ulcer disease, gastritis, adrenal support	Chew 2 tablets	20 minutes before each meal	√			√	
Licorice Root (Glycyrrhiza glabra), 100 caps	450mg/cap	Increases blood pressure by enhancing adrenal tone. Useful for patients with low blood pressure, chronic fatigue, and lightheadedness. Patient must recheck blood pressure regularly after starting its use.	2 capsules one to three times daily	With water at mealtimes		√		√	
Lipo Similase® Similase® Lipo, High Lipase Digestive Formula (enzymes)	Combo	Food allergies, impaired pancreatic enzyme	1-2 capsules	Beginning of each meal	√				Not GF, even though package states so. Contains malt in Maltase Cellulose from trees.
Lithium (orotate), 90 vcaps	5mg/cap	Fibromyalgia, Dementia, Alcoholism, Gout, Herpes	1 capsule daily	With meals	√			√	

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<p>MagneGel, Transdermal Magnesium Gel, 8 oz.</p>	<p>1/4 tsp. =150 mg. elemental Mg</p>	<p>Topical magnesium: promotes healthy skin, low magnesium, fatigue, muscle spasm, nervous system dysfunction, anxiety, asthma, kidney stones, palpitations.</p>	<p>Massage into arms and/or legs to provide a large area for absorption. Wash off area with water 30 minutes after applications. For initial 3-4 months, start at twice a day for a few days, then increase to 3-4 apps./day. After 3-4 mos., a few times a week at the higher dose frequency.</p>					<p>Magnesium salt derived from ancient Zechstine seabed in Europe.</p>	
<p>Magnesium Drink Calm Powder Original or Raspberry lemon Flavor, 16oz.</p>	<p>Magnesium 350mg</p>	<p>Balances calcium/magnesium intake, stress reduction, eases constipation</p>	<p>2 rounded teaspoons dissolved in 2-3oz. of hot water. Fill cup with cold or warm water and drink.</p>	<p>With or without meals</p>	<p>√</p>		<p>√</p>	<p><i>*start with 1/2tsp. daily and gradually increase. For best results divide into 2 daily servings.</i></p>	
<p>Magnesium Glycinate, 90 caps</p>	<p>120mg/cap</p>	<p>Low magnesium, fatigue, muscle spasm, nervous system dysfunction, anxiety, asthma, kidney stones, palpitations. Glycinate form is better tolerated</p>	<p>1–4 capsules twice daily, in divided doses</p>	<p>with meals</p>	<p>√</p>		<p>√</p>		
<p>Magnesium Bisglycinate, Buffered Powder, 4 oz.</p>	<p>997mg per 1/2 tsp</p>	<p>Magnesium supplementation, particularly for children. Generally does not cause diarrhea</p>	<p>½ teaspoon daily</p>		<p>√</p>		<p>√</p>		
<p>Magnesium Malate w/ SRT (Malic Acid)</p>	<p>500mg / 4 tabs</p>	<p>Chronic fatigue, fibromyalgia</p>	<p>2 caps, two - three times daily</p>	<p>With Meals</p>	<p>√</p>		<p>√</p>		
<p>Magtein (Magnesium L-Threonate)</p>	<p>Magnesium 48mg/cap Magtein 1g/cap</p>	<p>Supports cognitive function and brain health, memory and learning.</p>	<p>3 caps (2 during the day and 1 an hour before bed)- start with 1 cap daily and gradually increase to 3.</p>			<p>√</p>	<p>√</p>	<p>Gelatin capsule</p>	
<p>Manganese Chelate, 90 tabs</p>	<p>16.7mg elemental manganese/tab</p>	<p>Promotes growth, reproduction of bone, cartilage and glucose tolerance.</p>	<p>1 tab daily</p>		<p>√</p>		<p>√</p>		

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Maitake D-fraction mushroom extract, 30ml, 137 servings/bottle	3.67mg/drop	Enhances natural killer cell function: particularly helpful for patients with cancer and recurrent infections.	6 drops three times daily		√			√	
Mastica, 500mg, 120 vcaps		gastrointestinal health	1 to 2 capsules, taken twice per day		√			√	
Medizym, 100 tabs.	Combo	Inflammation, arthritis (between meals) & digestion (with meals)	3 tabs twice daily	Between meals			√	√	Pancreatin, trypsin & chymotrypsin from bovine & porcine sources
Mega Multivitamin Powder Mix, Berry, 1 level scoop (21.4g, 30 servings)	Combo	Vitamins and minerals for daily nutritional support	Adults: Mix one level scoop (21.4 g) daily with 8-10 ounce of cold water. Children age 4-12: Mix one-half scoop (10.7 g) daily with 4-5 ounces of cold water. Children Age 2-4: Mix 3/4 level teaspoon (2.1 g) daily with 2 ounces of cold water. Mix well for 30 seconds. Drink within 30 minutes of preparation.			√		√	Contains whey and dairy Not a pea protein.
MegaNatural-BP, (grape seed extract), 150 mg SR, 60 tabs	Combo	Natural antioxidant blend for anti-aging and disease prevention, hypertension	Take 1-2 tabs daily w/ a full glass of water preferably w/ a meal.	w/ meal	√			√	
Melatonin, 3 mg, 60 caps	3mg/cap	Insomnia; cancer prevention and therapy	1-6 capsules at bedtime				√	√	Gelatin Caps
Melatonin P.R. 3mg, 60 tabs	3mg/tab	Insomnia; cancer prevention and therapy	1-6 tablets at bedtime		√			√	
Mentharil (Peppermint, Rosemary, & Thyme Leaf Oil Extract), 60 softgels	Combo	Irritable bowel syndrome	1 enteric-coated softgel three times daily	Between meals			√	√	Gelatin Caps
MetalloClear, 180 tabs.	Combo	Detoxification of heavy metals	3 tablets twice daily		√			√	
Methyl B-12, 60 lozenges	5 mg/ lozenge	Fatigue, neuropathy, asthma, diabetes mellitus, pernicious anemia	1 daily – Chew lozenge or hold in mouth until dissolved and swallow.	With meals	√			√	

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<p>Methylfolate</p> <p>5-MTHF 1mg (5-Methylfolate), 60 vcaps</p>	<p>1mg/vcap</p>	<p>Treatment for a wide range of physical & psychiatric disorders; preventing heart disease. This product is especially for use by people with known MTHFR genetic mutations.</p>	<p>1 capsule, one to three times daily</p>		<p>√</p>			<p>√</p>	
<p>Methylfolate</p> <p>5-MTHF 5mg (5-Methylfolate), 90 caps</p>	<p>5mg/cap</p>	<p>Treatment for a wide range of physical & psychiatric disorders; preventing heart disease. This product is especially for use by people with known MTHFR genetic mutations.</p>			<p>√</p>			<p>√</p>	
<p>Methylfolate</p> <p>5-MTHF 10mg, (5-Methylfolate), 30 caps</p>	<p>10mg/vcap</p>	<p>Treatment for a wide range of physical & psychiatric disorders; preventing heart disease. This product is especially for use by people with known MTHFR genetic mutations.</p>			<p>√</p>			<p>√</p>	
<p>MigSheild (Riboflavin, Magnesium, & CO-Q10), 60 caps</p>	<p>200mg/tab Riboflavin B2 200mg/tab Magnesium 75mg/tab Co-Q10</p>	<p>Prevention of migraine headaches</p>	<p>1 caplet twice daily</p>	<p>with meals</p>	<p>√</p>			<p>√</p>	
<p>Milk of Magnesia, 12oz.</p>		<p>Occasional use only. For constipation or stool test prep.</p>			<p>√</p>			<p>√</p>	<p>May not be gluten free due to flavoring.</p>
<p>Milk Thistle</p>	<p>80% silymarin, 175mg.</p>	<p>Liver disorders, hepatitis prevention and treatment.</p>	<p>1 capsule, two or three times daily</p>				<p>√</p>	<p>√</p>	<p>Gelatin caps</p>

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<p>MindLinx HLC (probiotic), 60 grams powder</p>	<p>1gr per 1/4 tsp</p>	<p>Improving gastrointestinal flora in children, particularly helpful fo rthose with autism or ADHD</p>	<p>¼ tsp of powder 2 times a day</p>	<p>With meals</p>	<p>√</p>			<p>√</p>	
<p>Molybdenum Glycinate, 60 caps</p>	<p>1mg/cap</p>	<p>Chemical sensitivities</p>	<p>1 cap, one – three times daily</p>					<p>√</p>	<p>Contains Leucine</p>
<p>Monolaurin, 90 gelcaps</p>	<p>600mg/cap</p>	<p>Antiviral supplement for colds, flu, shingles, herpes, and chronic fatigue syndrome.</p>	<p>1-2 caps two to three times daily with meals. **Special note: for Post-viral CFS, take as follows: 5 caps am on empty stomach for the 1st week, 3 caps am on empty stomach, for the next 3 weeks**</p>				<p>√</p>	<p>√</p>	<p>Gelatin Capsules Dairy Free</p>
<p>MSM 850, 250 vcaps</p>	<p>850mg/cap</p>	<p>Allergies</p>	<p>1 to 2 capsules twice daily</p>	<p>With meals, in divided doses</p>	<p>√</p>			<p>√</p>	
<p>Multi-Mineral Advanced Mineral Support, 180caps with 1mg/cap Iron</p>	<p>Combo</p>	<p>Mineral supplementation; especially useful for children</p>	<p>2 capsules daily</p>			<p>√</p>		<p>√</p>	<p>Vit D from lanolin</p>
<p>Multi-Mineral Mega Multivitamin Powder Mix, Berry, 1 level scoop (21.4g, 30 servings)</p>	<p>Combo</p>	<p>Vitamins and minerals for daily nutritional support</p>	<p>Adults: Mix one level scoop (21.4 g) daily with 8-10 ounce of cold water. Children age 4-12: Mix one-half scoop (10.7 g) daily with 4-5 ounces of cold water. Children Age 2-4: Mix 3/4 level teaspoon (2.1 g) daily with 2 ounces of cold water. Mix well for 30 seconds. Drink within 30 minutes of preparation.</p>		<p>√</p>		<p>√</p>		<p>Contains whey and dairy Not a pea protein.</p>
<p>Multi-Mineral Osteoprime Forte, 120 caps</p>	<p>Combo</p>	<p>Osteoporosis; prevention and reversal, multi-mineral supplementation</p>	<p>4 capsules daily</p>	<p>During or after meals</p>		<p>√</p>		<p>√</p>	<p>Vit D from lanolin</p>

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<p>Multi-Mineral</p> <p>Spectramin Chelate, 90 tabs no iron</p>	<p>Combo</p>	<p>Source of magnesium and other trace minerals.</p>	<p>1 tablet three times daily</p>		<p>√</p>			<p>√</p>	
<p>Multi-Vitamin Powder</p> <p>End Fatigue Energy Enfusion, Berry or Citrus Flavored Drink Mix., 30 servings - multi-vitamin</p>	<p>Combo</p>	<p>Low energy</p>	<p>Powder: In AM mix one rounded scoop with 8 to 12 ounces of liquid. Drink within 30 minutes of preparation (Berry or Citrus). B-Complex*: One capsule daily. (*New formula has B-complex mixed into powder.)</p>				<p>√</p>		<p>Contains whey, Vit D from lanolin, l-tyrosine from duck feathers</p> <p>B-Comp is vegan & GF</p>
<p>Multi-Vitamin</p> <p>ActivNutrients 120tabs Children's chewable multi</p> <p>Emerald Multi Vitamins:</p> <p>-Women's 45+ 4-Daily -Men's 45+ 4-Daily -Complete Multi 1-Daily</p>	<p>Combo</p> <p>Combo</p>	<p>Multivitamin Comprehensive children's multi-vitamin, multi-mineral</p> <p>Multivitamin Comprehensive multi-vitamin, multi-mineral</p>	<p>2 tablets daily *FOR CHILDREN 1 AND OVER</p> <p>Men's 45+ & Women's 45+ 4 caps daily</p> <p>Complete 1 a-day, 1 table daily</p>	<p>With meals</p> <p>With Meals</p>				<p>√</p> <p>√</p>	<p>CONTAINS IRON</p> <p>*Manufactured in a facility that processes milk, egg, tree nuts, fish and shellfish</p>
<p>N-Acetyl Cysteine (NAC) 500mg, 90 caps</p>	<p>500mg/cap</p>	<p>Supports healthy lung tissue and the body's natural defenses including cellular health; detoxification</p>	<p>1 cap, one to four times daily.</p>	<p>With Food</p>		<p>√</p>		<p>√</p>	
<p>NADH, 30 tabs</p>	<p>5mg/tab</p>	<p>Chronic fatigue; Parkinson's disease</p>	<p>1 tablet daily</p>	<p>AM on empty stomach & 30 minutes before meal, with water only</p>	<p>√</p>			<p>√</p>	

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<p>Nattokinase 20,000 FU, 120 vcaps</p>	<p>20,000 FU/2 vcaps</p>	<p>Gentle blood thinner. May be helpful in chronic fatigue, fibromyalgia and situations where blood clotting tendency needs to be reduced.</p>	<p>1-2 caps, twice daily</p>	<p>Without food. at least 30 minutes before or two hours after a meal</p>	<p>√</p>			<p>√</p>	<p>Contains soy</p>
<p>Natural Progesterone Cream 3.5oz.</p> <p><i>*NEW BRAND</i></p>	<p>20mg/pump</p>	<p>Hormone Replacement for PMS or Postmenopausal Care</p>	<p>Apply cream to clean dry skin, rotating area daily. Double application for the 1st two months. Repeat monthly.</p> <p>Postmenopausal Skin: Apply 2 full pumps of cream for 21 consecutive days of the month. Add more days &/or cream as needed.</p> <p>Premenopausal Skin: Starting the 12th day after period begins, apply 2 pumps of cream for 14 days. Use more if needed.</p> <p>Men: Apply one pump of cream daily.</p>						
<p>Neti Pot</p>		<p>Relieve sinus problems and allergy symptoms.</p>	<p>Comes with solution packets.</p>						
<p>Niacinamide, 100 caps</p>	<p>500mg/cap</p>	<p>Arthritis, Depression</p>	<p>1-2 capsules up to three times daily.</p>				<p>√</p>	<p>√</p>	<p>Gelatin Caps</p>
<p>Nutri-DMSA, 60 caps</p> <p>DMSA</p>									<p>BY RX ONLY</p>
<p>Nutritional Powder</p> <p>End Fatigue Energy Enfusion, Berry or Citrus Flavored Drink Mix., 30 servings - multi-vitamin</p>	<p>Combo</p>	<p>Low energy</p>	<p>Powder: In AM mix one rounded scoop with 8 to 12 ounces of liquid. Drink within 30 minutes of preparation (Berry or Citrus). B-Complex*: One capsule daily. (*New formula has B-complex mixed into powder.)</p>				<p>√</p>		<p>Contains whey, Vit D from lanolin, l-tyrosine from duck feathers</p> <p>B-Comp is vegan & GF</p>

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<p>Nutritional Powder</p> <p>Mega Multivitamin Powder Mix, Berry, 1 level scoop (21.4g, 30 servings)</p>	<p>Combo</p>	<p>Vitamins and minerals for daily nutritional support</p>	<p>Adults: Mix one level scoop (21.4 g) daily with 8-10 ounce of cold water. Children age 4-12: Mix one-half scoop (10.7 g) daily with 4-5 ounces of cold water. Children Age 2-4: Mix 3/4 level teaspoon (2.1 g) daily with 2 ounces of cold water. Mix well for 30 seconds. Drink within 30 minutes of preparation.</p>		<p>√</p>		<p>√</p>	<p>Contains whey and dairy Not a pea protein.</p>	
<p>Nutritional Powder</p> <p>Orange Energy, 30 servings</p>	<p>Combo</p>	<p>Fatigue Fighter. Supports endurance and cognitive function</p>	<p>Mix 1 rounded scoop in 6-8 oz. of cold water or juice 1-2 times daily</p>			<p>√</p>		<p>√</p>	<p>Stevia</p>
<p>Nutritional Powder</p> <p>Reds, with ORAC berries, Free Radical Fighter, 30 servings</p>	<p>Combo</p>	<p>Antioxidant drink mix, supports immune system function</p>	<p>Mix 1 rounded scoop in 4-8 oz. of cold water or juice, 1 – 2 times daily.</p>			<p>√</p>			<p>Contains Soy, Stevia</p>
<p>Nutritional Powder</p> <p>UltraClear, 925gm, 21 Servings</p>	<p>Combo</p>	<p>Medical food to nutritionally support the management of food allergies. Low-allergy-potential rice protein concentrate with added limiting essential amino acids L-lysine and L-threonine to increase the biological value of the protein. Rich in the antioxidant vitamins A, C, E, and beta-carotene. Provides high-molecular-weight rice dextrins as the carbohydrate source and medium-chain triglycerides as a source of readily absorbed and metabolized lipids.</p>	<p>Two level scoops (44 grams) of UltraClear into eight ounces of chilled water or juice twice daily, or as directed by your healthcare practitioner. For highly sensitive individuals, consider reducing consumption to 1/2 to 1 scoop with 4 to 5 ounces of chilled water or juice twice daily during the first 3 to 4 days before starting a full daily dose</p>			<p>√</p>		<p>√</p>	<p>Vit D from lanolin</p>

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<p>Nutritional Powder</p> <p>UltraClear RENEW</p>	<p>Combo</p>	<p>Specialized nutritional support for patients with fibromyalgia, and for those who may benefit from additional nutritional support for hepatic detoxification function</p>	<p>Blend, shake, or briskly stir about 2 level scoops (40 grams) of UltraClear RENEW into 8 ounces of chilled water or juice twice daily or as directed by your healthcare practitioner. For highly sensitive individuals, consider reducing consumption to 1/2 to 1 scoop with 4 to 5 ounces of chilled water or juice twice daily during the first 3 to 4 days before starting a full daily dose.</p>		<p>√</p>		<p>√</p>	<p>Vit D from lanolin</p>	
<p>Nutritional Powder</p> <p>Whey Protein Isolate Vanilla & Chocolate</p>	<p>Combo</p>	<p>Whey protein shake</p>	<p>Mix 1 level scoop of powder with at least 8 oz. of water, juice, or preferred beverage daily or as recommended by your health-care practitioner.</p>					<p>Contains ingredients derived from MILK</p>	
<p>Olive Leaf, 60 vcaps</p>	<p>500mg/vcap</p>	<p>Natural antibiotic for both viral and bacterial infections.</p>	<p>1 capsule twice daily (up to 2 capsules twice daily as needed)</p>		<p>√</p>		<p>√</p>		
<p>Omega Monopure, 60 caps</p> <p>Fish Oil</p>	<p>1.3g Fish oil concentrate/cap</p> <p>600EPA/260DHA per cap</p>	<p>Hyperlipidemia, arthritis, dermatitis</p>	<p>1 softgel daily</p>	<p>With food</p>			<p>√</p>	<p>*Contains: Fish (anchovy and/or sardine [sources of fish oil], tilapia and/or pangasius [sources of fish gelatin]).</p>	
<p>Orange Energy, 30 servings</p>	<p>Combo</p>	<p>Fatigue Fighter. Supports endurance and cognitive function</p>	<p>Mix 1 rounded scoop in 6-8 oz. of cold water or juice 1-2 times daily</p>			<p>√</p>	<p>√</p>	<p>Stevia</p>	
<p>Oregano Oil</p> <p>ADP, 120 tabs</p>	<p>50mg/tab</p>	<p>Eliminates parasites and pathogenic bacteria from the intestinal tract.</p>	<p>1 to 4 tablets daily</p>	<p>With meals & at bedtime</p>	<p>√</p>		<p>√</p>		
<p>Orotate</p> <p>Lithium, 90 vcaps</p>	<p>5mg/cap</p>	<p>Fibromyalgia, Dementia, Alcoholism, Gout, Herpes</p>	<p>1 capsule daily</p>	<p>With meals</p>	<p>√</p>		<p>√</p>		
<p>Osteoprime Forte, 120 caps</p>	<p>Combo</p>	<p>Osteoporosis; prevention and reversal, multi-mineral supplementation</p>	<p>4 capsules daily</p>	<p>During or after meals</p>		<p>√</p>	<p>√</p>	<p>Vit D from lanolin</p>	

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<p>P-5-P (Pyridoxal-5-Phosphate), 60 caps</p> <p>B-6</p>	<p>50mg/cap</p>	<p>Fluid retention, immunological and neurological support, carpal tunnel syndrome, PMS</p>	<p>1 capsule daily</p>			<p>√</p>	<p>√</p>	<p>Gelatin caps</p>	
<p>PancreMax, 60 caps</p>	<p>500mg/cap</p>	<p>Impaired pancreatic enzymes</p>	<p>1-2 caps</p>	<p>With each meal</p>		<p>√</p>	<p>√</p>	<p>Enzymes from porcine</p>	
<p>Pantethine, 60 tabs</p>	<p>300mg/tab</p>	<p>Hyperlipidemia</p>	<p>1-3 tablets daily</p>		<p>√</p>		<p>√</p>		
<p>Pantothenic Acid (B5), 100 tabs</p>	<p>500mg/tab</p>	<p>Allergies, arthritis</p>	<p>1 tablet daily</p>			<p>√</p>	<p>√</p>	<p>Gelatin Caps</p>	
<p>ParaMicrocidin 125, 150 caps (Grapefruit seed extract)</p>	<p>125mg/cap</p>	<p>Dysbiosis, gastrointestinal parasites</p>	<p>1-2 capsules three or four times daily</p>	<p>With meals</p>		<p>√</p>	<p>√</p>	<p>Gelatin Caps</p>	
<p>Pectaclear Detox Formula, 60 caps</p>	<p>PectaSol-C®/ 1.5g Algimate®/ 750mg</p>	<p>Promotes detoxification and removal of heavy metals and environmental toxins.</p>	<p>3 capsules twice daily. For long term maintenance, take 1 capsule twice daily.</p>	<p>Empty Stomach</p>	<p>√</p>		<p>√</p>	<p>Formerly called PectaSol® Chelation Complex™</p>	
<p>Pepti-Guard, 120 caps</p>	<p>240mg/bismuth citrate</p>	<p>Gastrointestinal, bacterial or yeast overgrowth</p>	<p>2 caps twice a day</p>	<p>Without food</p>		<p>√</p>		<p>Leucine derived from duck feathers</p>	
<p>Perna, 180 caps (green lipped mussel extract)</p>	<p>500mg/cap perna canaliculus</p>	<p>Rheumatoid and osteoarthritis, reducing pain & inflammation</p>	<p>2 capsules three times daily. Once results occur, reduce to 1 cap three times daily.</p>			<p>√</p>	<p>√</p>	<p>Lipid Extract from green-lipped mussel, gelatin caps</p>	
<p>Petadolex, 50 gelcaps</p>	<p>50mg/cap Butterbur</p>	<p>Migraines</p>	<p>1 gelcap twice daily</p>	<p>With meals</p>		<p>√</p>	<p>√</p>	<p>Gelatin Caps</p>	
<p>PheniTropic, 60 caps</p>	<p>300mg/cap</p>	<p>Insomnia, anxiety, cognition, ADHD</p>	<p>Insomnia: 1-2 caps @ bedtime. Anxiety, Cognition, ADHD: 1-2 caps twice daily.</p>				<p>√</p>	<p>Non veg caps; beef gelatin</p>	
<p>Phosphatidyl Choline 40% Powder, 300gm (lecithin)</p>	<p>4,000mg/ Tbsp</p>	<p>Gastroesophageal reflux (GERD), cardiovascular disease, cognitive dysfunction, neurological disorders</p>	<p>1 tablespoon (10 grams) daily</p>	<p>With meals</p>	<p>√</p>		<p>√</p>	<p>Contains soy</p>	

<p>12/6/17</p> <p>Product Name</p> <p><i>Red= Product change</i> <i>Yellow= newer product</i></p>	<p>Amt per capsule</p>	<p>Possible Therapeutic Applications</p>	<p>Usual Dosage</p>	<p>Meals?</p>	<p>Vegan</p>	<p>Vegetarian</p>	<p>Non-Vegetarian</p>	<p>Gluten-free</p>	<p>Related Ingredients - <i>Vegan: no animal products &/or by-products. Vegetarian: contains dairy, wool, bee products&/or egg. Non-vegetarian: contains animal products. Gluten-free: no ingredients containing gluten</i></p>
<p>PhytoGanix 300g</p>	<p>Diverse daily supply of phytonutrients from organic sources</p>	<p>Phytonutrient, energy drink mix.</p>	<p>Mix 1 tsp. in 4 fl. Oz. of water or juice</p>		<p>√</p>	<p>√</p>		<p>√</p>	
<p>Phytosterols, 180 immediate release tablets</p>	<p>450mg</p>	<p>Hyperlipidemia</p>	<p>Take three tabs daily. For best results take one tab just before meal.</p>	<p>With meals, especially if meal contains cholesterol laden foods</p>	<p>√</p>			<p>√</p>	<p>Phytosterols from soybeans</p>
<p>Ponaris Nasal Emollient, 0.5oz</p>	<p>Combo</p>	<p>Extract of cajeput oil for healing inflamed nasal mucosa and opening up nasal and sinus passages.</p>	<p>Instill half-dropperfuls in each nostril (fill to line on dropper) as needed</p>		<p>√</p>			<p>√</p>	<p>Contains essential oils</p>
<p>Potassium Citrate, 120 caps</p>	<p>99mg/cap</p>	<p>Low potassium</p>	<p>1 capsule daily</p>	<p>Between meals *Take with a full glass of water</p>			<p>√</p>	<p>√</p>	<p>Gelatin Caps</p>
<p>PreBiota, pre-biotic powder, 5.3 oz</p>	<p>Combo</p>	<p>Gastrointestinal and immune dysfunction</p>	<p>1 - 2 scoops daily. Mix with food or beverage</p>	<p>With meal</p>		<p>√</p>		<p>√</p>	<p>Dairy-Free but not vegan Contains living microorganisms</p>
<p>Pregnenolone, 10mg, 60 vcaps</p>	<p>10mg/vcap</p>	<p>Cognitive dysfunction, fatigue, low DHEA sulfate</p>	<p>1 capsule daily</p>	<p>With meal</p>	<p>√</p>			<p>√</p>	
<p>Pregnenolone, 30mg, 60 vcaps</p>	<p>30mg/vcap</p>	<p>Cognitive dysfunction, fatigue, low DHEA sulfate</p>	<p>1 capsule daily</p>	<p>With meals</p>	<p>√</p>			<p>√</p>	
<p>PRObiotic 225, 15 servings</p>	<p>225 billion CFU</p>	<p>Severe dysbiosis and gastroenteritis. Very high potency.</p>	<p>Mix 1 packet into 8oz. cold beverage</p>			<p>√</p>		<p>√</p>	
<p>Probiotic HLC MindLinx, 60 grams powder</p>	<p>1gr per 1/4 tsp</p>	<p>Improving gastrointestinal flora in children, particularly helpful fo rthose with autism or ADHD</p>	<p>¼ tsp of powder 2 times a day</p>	<p>With meals</p>	<p>√</p>			<p>√</p>	

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<p>Probiotic</p> <p>L-Acidophilus, 100 caps</p>	<p>Lactobacillus acidophilus 3.0 billion CFUs, Probiotic blend in cellulose base 160mg</p>	<p>Prevents the colonization of undesirable microorganisms, SIBO treatment, useful for people on the Specific Carbohydrate Diet.</p>	<p>1 capsule daily with food</p>	<p>With meals</p>	<p>√</p>	<p></p>	<p>√</p>	<p>Other Ingredients: L-Leucine</p>	
<p>Probiotic Pearls, 90 pearls</p>	<p>1 billion CFU/pearl</p>	<p>Dysbiosis, gastroenteritis, as a preventive with antibiotics</p>	<p>1 pearl daily</p>	<p>With or without food</p>	<p></p>	<p>√</p>	<p>√</p>	<p>CONTAINS: MILK, SOY, FISH (TILAPIA), TREE NUTS (COCONUT)</p>	
<p>Probiotic</p> <p>Saccharomyces Boulardii, 50 caps Refrigerate</p>	<p>150mg/cap</p>	<p>Dysbiosis</p>	<p>1-3 capsules three times daily</p>	<p>On empty stomach</p>	<p></p>	<p>√</p>	<p>√</p>	<p>Gelatin Caps</p>	
<p>Probiotic</p> <p>TotalPro, 60 vcaps</p>	<p>25+ billion CFU/pearl</p>	<p>Dysbiosis, gastroenteritis, as a preventive with antibiotics, contains additional species of beneficial flora for improving severe dysbiosis</p>	<p>1 to 2 caps daily. *Refrigerate*</p>	<p></p>	<p>√</p>	<p></p>	<p>√</p>	<p>Dairy free</p> <p>vegetarian capsule; contains living microorganisms</p> <p>No magnesium or vegetable stearate</p>	
<p>Proboost Thymic Protein A, 12 pkts</p>	<p>4mcg/pkt</p>	<p>Immune booster. Particularly helpful in enhancing cellular immunity. Appropriately used to treat infections of all kinds, including viral infections and colds.</p>	<p>1 packet under tongue and allow to dissolve for 3 minutes. Use 1-3 packets daily, as often as every 4 hours</p>	<p></p>	<p></p>	<p>√</p>	<p></p>	<p>Thymus from bovine sources. Contains malt</p>	
<p>Pyridoxal-5-phosphate (P-5-P), 60 caps</p> <p>B-6</p>	<p>50mg/cap</p>	<p>Fluid retention, immunological and neurological support, carpal tunnel syndrome, PMS</p>	<p>1 capsule daily</p>	<p></p>	<p></p>	<p>√</p>	<p>√</p>	<p>Gelatin caps</p>	

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Quercetin, 120vcaps	Quercetin 250mg/vcap	Allergies	1-3 caps daily	Between meals		√		√	
Red Yeast Rice Cholest, 120 vcaps	900mg/cap	For reducing serum cholesterol	1-2 capsules two times daily		√			√	Contains soy
Reds, with ORAC berries, Free Radical Fighter, 30 servings	Combo	Antioxidant drink mix, supports immune system function	Mix 1 rounded scoop in 4-8 oz. of cold water or juice, 1 – 2 times daily.			√			Contains Soy Stevia
Regenes Pro, Growth Hormone, 1fl. Oz	800mg/spray	Source of growth hormone; prevents or reverses many effects of aging.	1 spray, three times daily	Before meals, before bedtime & before workouts	√			√	
RelaxMax, Unflavored or Cherry 8oz, 60 servings	Combo	Anxiety Relief	Dissolve one scoop into 6 ounces of cool water. Drink 1 – 4 times daily.		√			√	
Rhizinate 3X Extra-strength Deglycyrrhizinated Licorice, German Chocolate flavor	400mg/tab DGL	Peptic ulcer disease, gastritis, adrenal support	Chew 2 tablets	20 minutes before each meal	√			√	
St. John's Wort- High Potency, 300mg, (3% hyperforin & 0.3% hypericin	300MG/cap	Depression	1 or 2 capsules 2 to 3 times daily				√	√	tabs non-veg or unspecified
Saccharomyces Boulardii, 50 caps Refrigerate	150mg/cap	Dysbiosis	1-3 capsules three times daily	On empty stomach			√	√	Gelatin Caps

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<p>SAM-e 200, 60 enteric-coated tablets</p>	<p>200mg/tab</p>	<p>Depression, osteoarthritis, fibromyalgia WARNING: Individuals using prescribed medications such as antidepressants, including Selective Serotonin Re-Uptake Inhibitors (SSRIs) and MAO Inhibitors should consult a physician before using. Individuals with Parkinson's Disease, Bi-Polar Disorder or Manic Depression should not use SAM-e.</p>	<p>1 to 2 capsules daily</p>	<p>On empty stomach</p>	<p>√</p>			<p>√</p>	
<p>Saw Palmetto 320, 120gels</p>	<p>320mg Saw Palmetto extract</p>	<p>Decreases over production of testosterone</p>	<p>1- 2 caps per day, in divided doses between meals</p>	<p>Between meals</p>			<p>√</p>	<p>√</p>	<p>Gelatin caps</p>
<p>Selenium, 60vcaps</p>	<p>200mcg/cap, Vitamin C 2mg/cap</p>	<p>Cancer prevention, seborrhea</p>	<p>1 cap daily</p>			<p>√</p>		<p>√</p>	
<p>Seriphos, 100 caps</p>	<p>1000mg Phosphorylated Serine/ Ethanolamine/cap</p>	<p>Sleep, hypothalamic-pituitary-adrenal axis dysregulation, cognitive dysfunction, neurological disorders</p>	<p>1 capsule w/water 15 minutes prior to eating or as specified by provider</p>	<p>Between meals</p>	<p>√</p>			<p>√</p>	<p>Vegetarian capsule shell (hypromellose, water)</p>
<p>Siberian Eleuthero, 100 caps</p>	<p>1.27 g/cap</p>	<p>Chronic fatigue, adrenal support</p>	<p>3 caps daily for 6-8 weeks, 1-2 week break, then resume taking</p>	<p>With meals</p>			<p>√</p>	<p>√</p>	<p>Gelatin caps</p>
<p>Similase® Lipo, High Lipase Digestive Formula (enzymes)</p>	<p>Combo</p>	<p>Food allergies, impaired pancreatic enzyme</p>	<p>1-2 capsules</p>	<p>Beginning of each meal</p>	<p>√</p>				<p>Not GF, even though package states so. Contains malt in Maltase Cellulose from trees.</p>

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<p>Similase GFCF 120 caps (replaces Enzyme Complete)</p>	<p>Combo</p>	<p>Enhanced digestion of foods, improved tolerance to gluten and casein for patients with autism</p>	<p>Under 5 y.o. - 1 cap per meal / Over 5 y.o. - 2 caps with each meal; 1 cap with snacks</p>	<p>With food</p>	<p>√</p>			<p>√</p>	<p>casein free</p>
<p>Sinus Buster B, metered dose</p>	<p>N/A</p>	<p>Headaches, including migraines</p>	<p>For Headaches: As needed before attacks occur, and during full blown attacks (1-3 sprays) per nostril until headache symptoms reduce. For Sinus Congestion: As needed (1-3 sprays) morning, noon and night. For Sinus Infections: Use at least (4X) daily (1-3 sprays) per use. For Allergies: Use as needed to combat and prevent related symptoms.</p>		<p>√</p>			<p>√</p>	
<p>Sinus Rinse Regular Kit - 1 bottle, cap, tube, 50 mixture packets</p>	<p>N/A</p>	<p>Sinus irrigation for patients with sinusitis and/or sinus congestion</p>	<p>Use as directed</p>		<p>√</p>			<p>√</p>	
<p>Sinus Rinse, Regular Mixture Packets, 100/bx</p>		<p>To be used w/ Neti Pot and Sinus Rinse Kit for patients with sinusitis and/or sinus congestion.</p>	<p>Use as directed.</p>						
<p>Sleep- End Fatigue Revitalizing Sleep Formula, 30 caps</p>	<p>Combo</p>	<p>Insomnia</p>	<p>1 UltraCap™</p>	<p>30-60 minutes before bedtime</p>	<p>√</p>			<p>√</p>	
<p>Spectramin Chelate, 90 tabs no iron, multi-mineral</p>	<p>Combo</p>	<p>Source of magnesium and other trace minerals.</p>	<p>1 tablet three times daily</p>		<p>√</p>			<p>√</p>	
<p>Spectrasoy, 90 caps</p>	<p>113mg/cap</p>	<p>Source of isoflavones, natural estrogen for peri- and post-menopausal patients</p>	<p>1 tablet once or twice daily</p>		<p>√</p>			<p>√</p>	
<p>Stevia, 2oz.</p>	<p>.13ml/4drops</p>	<p>Lyme co-infections</p>	<p>4 drops</p>		<p>√</p>			<p>√</p>	<p>*CONTAINS ALCOHOL SHAKE WELL BEFORE USING</p>

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Stinging Nettles, Freeze-Dried, 60 tabs	420mg/tab	Allergies	1 Tablet twice daily	Between meals	√			√	
SulforaClear, 60caps	Calcium 80mg, Phosphorus 62mg, Broccoli Sprout powder 204mg, Broccoli seed extract 78.5mg/ 2caps	Supports regulation of detoxification enzymes.	1-2 caps once daily			√		√	
Taurine, 100 caps	500mg/cap	Chemical sensitivities, heart disease	1-2 capsules three times daily	Between meals		√		√	
Thermotabs, (Sodium, Potassium, & Chloride), 100 tabs	180mg/tab Sodium 15mg/tab Potassium 287mg/tab Chloride	Salt and potassium for patients with low blood pressure often associated with chronic fatigue and lightheadedness.	1 tablet, five to ten times daily, depending on temperatures and working conditions.	With a full glass of water	√			√	
Thiamine B-1, 100 tabs	100mg/tab	Depression	1 tablet daily		√			√	
Thiamine B-1High Potency, 100 tabs	500mg/tab	FM and Chronic Fatigue Syndrome	300-500mg, increasing every 3 days up to 2000mg, as needed.	N/A	√			√	
Thymus, 75 tabs	500mg/tab	Immune dysfunction, infections	1-2 capsules two or three times daily	With meals			√	√	Thymus Tissue from Sheep & Gelatin Caps
Thyroid Support Complex, 120vcaps	Combo	Natural support for Thyroid and glandular functions, normalize mood and energy	2 caps daily	With meals		√		√	*NOTE: If currently taking thyroid medications consult a practitioner before use.
TMG (Trimethylglycine), 100 caps	750mg/cap	Reduces homocysteine in order to reduce cardiovascular risk	1 capsule one to three times daily	Before meals			√	√	Gelatin Caps
Tocotrienols E-Tocotrienol 50mg, 60 gels	50mg/cap	Potent form of vitamin E, hyperlipidemia	1 to 2 softgels daily with food	With food			√	√	Gelatin Caps

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<p>Tooth & Gum Tonic®, Herbal 18 fl oz</p>	<p>Combo</p>	<p>Gingivitis, halitosis</p>	<p>Rinse with 1/3 to 1/2 capful for 30 seconds once or twice daily</p>	<p>Refrain from eating 15 minutes after use</p>	<p>√</p>			<p>√</p>	
<p>TotalPro, probiotic 60 vcaps</p>	<p>25+ billion CFU/pearl</p>	<p>Dysbiosis, gastroenteritis, as a preventive with antibiotics, contains additional species of beneficial flora for improving severe dysbiosis</p>	<p>1 to 2 caps daily. *Refrigerate*</p>			<p>√</p>		<p>√</p>	<p>Dairy free</p> <p>vegetarian capsule; contains living microorganisms</p> <p>No magnesium or vegetable stearate</p>
<p>Transfer Factor, Wellness 12.5 mg. fractionated colostrum, 60 caps</p>	<p>Polyvalent Transfer Factor (from 125 mg of fractionated colostrum) 12.5 mg</p>	<p>Enhances immune system response. High potency.</p>	<p>1 capsule per day with water for general well-being. During times of physiological stress up to 3 capsules per day.</p>	<p>Take on an empty stomach and wait 30 minutes before eating.</p>			<p>√</p>	<p>√</p>	<p>Bovine</p>
<p>Trimethylglycine TMG, 100 caps</p>	<p>750mg/cap</p>	<p>Reduces homocysteine in order to reduce cardiovascular risk</p>	<p>1 capsule one to three times daily</p>	<p>Before meals</p>			<p>√</p>	<p>√</p>	<p>Gelatin Caps</p>
<p>Triphala, 90 tabs</p>	<p>500mg/tab</p>	<p>Constipation, general cleansing</p>	<p>Take 1-2 tablets, once or twice daily</p>		<p>√</p>			<p>√</p>	
<p>U-Tract D-Mannose, 50gms</p>	<p>1.9gr/tsp</p>	<p>Urinary tract infections</p>	<p>1 level tsp three times daily. Mix with water or non-citrus juice.</p>	<p>With or between meals</p>	<p>√</p>			<p>√</p>	
<p>Ultra GLA (borage oil), 60 softgels</p>	<p>240mg/gel GLA</p>	<p>Dry skin, eczema, PMS, allergies, candidiasis</p>	<p>1-2 softgels up to three times daily</p>				<p>√</p>	<p>√</p>	<p>Gelatin Caps</p>
<p>Ultra Glucose Control</p>	<p>Combo</p>	<p>Glucose response, blood sugar control and satiation issues.</p>	<p>Blend/shake/ stir 2 level scoops (55grams) into 10-12 oz. of chilled water 1-2x daily.</p>			<p>√</p>		<p>√</p>	<p>*WARNING: If you are taking blood sugar lowering medication, dosage may need to be adjusted.</p>

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<p>Ultra Potent-C Chewable 90 tabs</p>	<p>250mg/chew</p>	<p>Infections, chemical sensitivity, adrenal support, heart disease, immune stimulation, fatigue, cancer</p>	<p>1 tablet daily</p>			<p>√</p>		<p>√</p>	
<p>UltraClear, 925gm, 21 Servings</p>	<p>Combo</p>	<p>Medical food to nutritionally support the management of food allergies. Low-allergy-potential rice protein concentrate with added limiting essential amino acids L-lysine and L-threonine to increase the biological value of the protein. Rich in the antioxidant vitamins A, C, E, and beta-carotene. Provides high-molecular-weight rice dextrins as the carbohydrate source and medium-chain triglycerides as a source of readily absorbed and metabolized lipids.</p>	<p>Two level scoops (44 grams) of UltraClear into eight ounces of chilled water or juice twice daily, or as directed by your healthcare practitioner. For highly sensitive individuals, consider reducing consumption to 1/2 to 1 scoop with 4 to 5 ounces of chilled water or juice twice daily during the first 3 to 4 days before starting a full daily dose</p>			<p>√</p>		<p>√</p>	<p>Vit D from lanolin</p>
<p>UltraClear RENEW</p>	<p>Combo</p>	<p>Specialized nutritional support for patients with fibromyalgia, and for those who may benefit from additional nutritional support for hepatic detoxification function</p>	<p>Blend, shake, or briskly stir about 2 level scoops (40 grams) of UltraClear RENEW into 8 ounces of chilled water or juice twice daily or as directed by your healthcare practitioner. For highly sensitive individuals, consider reducing consumption to 1/2 to 1 scoop with 4 to 5 ounces of chilled water or juice twice daily during the first 3 to 4 days before starting a full daily dose.</p>			<p>√</p>		<p>√</p>	<p>Vit D from lanolin</p>
<p>Uva Ursi Max-V (Barberry), 60 caps</p>	<p>200mg Uva ursi/cap</p>	<p>Urinary tract health</p>	<p>Take 1 cap daily between meals</p>	<p>between meals</p>		<p>√</p>			<p>*NOT RECOMMENDED FOR LONG TERM USE</p>
<p>Vanadyl Sulfate, 90 tabs</p>	<p>1.4mg/cap</p>	<p>Diabetes</p>	<p>1 tablet daily</p>		<p>√</p>			<p>√</p>	
<p>Vasotensin, 120 tabs</p>	<p>375mg/cap Fish Protein Powder</p>	<p>Hypertension</p>	<p>2 tablets twice daily</p>	<p>With meals</p>			<p>√</p>	<p>√</p>	<p>Fish Protein</p>
<p>Viracin, Plant Tannins, 60 vcaps</p>	<p>Combo</p>	<p>Candidiasis, dysbiosis</p>	<p>2-3 caps, three times daily.</p>	<p>Before meals</p>	<p>√</p>			<p>√</p>	

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<p>ViraClear Eps 7630, 30 ml (pelargonium 1X, sidoides)</p>	<p>1 ml serving size</p>	<p>Upper respiratory infections, bronchitis, sinusitis, tonsillopharyngitis, common cold</p>	<p>Adults: 1.5 ml, 3 x day Children 6-12 y.o., 1 ml 3 x day Children under 6 years, consult doctor</p>			<p>√</p>			<p>contains 13% alcohol</p>
<p>Viraclear EPS 7630 (alcohol free), cherry flavor. 4 oz.</p>		<p>Alcohol Free - Upper respiratory infections, bronchitis, sinusitis, tonsillopharyngitis, common cold</p>	<p>Adults & children 12 years of age and older: Take 1-1/2 teaspoons (7.5 mL) three times daily. Children 6-12 years of age: Take 1 teaspoon (5 mL) three times daily. Children 2-6 years of age: Take 1/2 teaspoon (2.5 mL) three times daily. Children under 2 years of age: Consult a doctor.</p>			<p>√</p>			
<p>Vitamin D3, 2000 IU, 120 gels</p>	<p>2000IU/gel</p>	<p>Osteoporosis, Hypertension, Breast Cancer</p>	<p>1 softgel daily</p>	<p>With meal</p>			<p>√</p>	<p>√</p>	<p>Vit D from lanolin and cod, Gelatin Caps</p>
<p>Vitamin D3 5000 IU, 100 tabs</p>	<p>5,000IU/tab</p>	<p>Osteoporosis, hypertension, breast cancer, autoimmune diseases</p>	<p>1 tab daily</p>	<p>With meals</p>			<p>√</p>	<p>√</p>	<p>Vit D from lanolin</p>
<p>Vitamin D3: Liqui-D3 2000 IU, 1 oz.</p>	<p>2000IU/drop</p>	<p>Osteoporosis, Hypertension, Breast Cancer</p>	<p>1 drop daily</p>			<p>√</p>		<p>√</p>	<p>Vitamin D from Lanolin</p>
<p>Vitamin E, Natural Complex, 100 softgels</p>	<p>400IU/gel</p>	<p>Heart disease, hypertension, chemical sensitivity, fibrocystic breast disease, dermatitis</p>	<p>1-2 softgels daily</p>				<p>√</p>	<p>√</p>	<p>Gelatin Caps</p>
<p>Vitex (Chaste Tree) 60 vcaps</p>	<p>225mg/cap</p>	<p>PMS, Dysmenorrhea, Menometrorrhagia</p>	<p>1-2 Vcaps daily</p>	<p>With or between meals</p>	<p>√</p>			<p>√</p>	
<p>Whey Protein Isolate Powder Vanilla & Chocolate, 30 serv</p>	<p>Combo</p>	<p>Whey protein shake</p>	<p>Mix 1 level scoop of powder with at least 8 oz. of water, juice, or preferred beverage daily or as recommended by a practitioner.</p>						<p>*Contains ingredients derived from MILK</p>

<p>12/6/17</p> <p>Product Name</p> <p><i>Red= Product change</i> <i>Yellow= newer product</i></p>	<p><i>Amt per capsule</i></p>	<p><i>Possible Therapeutic Applications</i></p>	<p><i>Usual Dosage</i></p>	<p><i>Meals?</i></p>	<p><i>Vegan</i></p>	<p><i>Vegetarian</i></p>	<p><i>Non-Vegetarian</i></p>	<p><i>Gluten-free</i></p>	<p><i>Related Ingredients - Vegan: no animal products &/or by-products. Vegetarian: contains dairy, wool, bee products&/or egg. Non-vegetarian: contains animal products. Gluten-free: no ingredients containing gluten</i></p>
<p>Xlear Nasal Spray (xylitol), 1.5 fl oz</p>	<p>N/A</p>	<p>Sinusitis</p>	<p>For the first 2 to 4 weeks, adults and children should administer it 3 to 4 times a day. After the 1st month it should be used twice daily, as a preventative measure.</p>		<p>√</p>			<p>√</p>	
<p>Zinc Carnosine, 60 vcaps</p>	<p>Zinc 16 mg Zinc-Carnosine (PepZin GI® brand) 75 mg</p>	<p>Upper gastrointestinal/stomach discomfort, heartburn, indigestion, nausea, bloating, belching, burping, upset stomach</p>	<p>1 vcap twice daily</p>	<p>Between meals</p>		<p>√</p>		<p>√</p>	
<p>Zinc Lozenges (as zinc aspartate), 90 loz</p>	<p>15mg/loz elemental zinc</p>	<p>Upper respiratory infections, sore throats</p>	<p>1 lozenge three times daily</p>	<p>Directly after meals</p>		<p>√</p>		<p>√</p>	<p>Flavor contains honey</p>
<p>Zinc Picolinate, 100 tab</p>	<p>20mg/tab</p>	<p>Prostate disease, stress, skin disorders, & Inflammatory Bowel Disease</p>	<p>1 tablet daily</p>		<p>√</p>			<p>√</p>	

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NO LONGER AVAILABLE AT NIM	REPLACEMENT		NO LONGER AVAILABLE AT NIM	REPLACEMENT
5-Loxin (Boswellia) 75mg	5-Lox Inhibitor with ApresFlex 100mg		Magnesium Citrate Powder	Calm
5-MTHF 10mg, 90 caps Special Order	5-MTHF 10mg, 30 caps		Magnesium Citrate Soluble Powder	Magnesium Citrate Powder
Adrenal Cortex Organic	Adrenal		Malic Acid Magnesium Malate (Malic Acid)	Magnesium Malate w/ SRT (Malic Acid)
Aging Eye Relief				
Alpha Lipoic Acid 120mg, 100 caps	Alpha Lipoic Acid			
Amino-Iron	Ferrochel		Mega-Min	Spectramin Chelate
AP Formula	Berberine Complex Berberine		Mega Multivitamin Powder Mix, Chocolate Malt Flavor+A138	Mega Multivitamin Powder Mix, Berry (not a pea protein, not dairy free, has whey.)
Artemisinin 100mg/cap	Best Artemisinin 100mg/cap CRYPTO SIDA Alchornea Blend		Melatonin, controlled release 2mg.	Melatonin P.R., 3 mg
B-12	Methyl B-12		Metafiber	Special Order
			MigreLief, 60 caps	MigSheild
B-Complex Hypo B-50	Ortho B Complex		MindLinx (probiotic) RENAME	HLC MindLinx
Basal Thermometer				
Basic Antiox, 30 packets	None, Val can special order		Molybdenum Picolinate	Molybdenum Glycinate
Berberine Complex	Berberine			
Betaine HCL	Betaine Plus		Mycelized A	Micellized Vitamin A
Beta Carotene	None		Niacin Niacitol	Endur-Acin
Beta-Sitosterol Phytosterol Complex	Phytosterols		NRF2 Activator	*SPECIAL ORDER
			Nutri DMSA	DMSA now only available by RX

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NO LONGER AVAILABLE AT NIM	REPLACEMENT		NO LONGER AVAILABLE AT NIM	REPLACEMENT
			NeuroLink	
Bismuth Citrate	Pepti-Guard		Ocean Complete Sinus Irrigation	No Replacement
Black Cohosh Pro	Standardized Black Cohosh		Olea Pro, (Olive Leaf Extract 250mg)	Olive Leaf
Body Tone Complete	None		Oregano Oil	ADP
			Orithrush	
Boswellia	5-Loxin		Ostera	None
			OsteoForce	OsteoPrime Forte
Bovine Cartilage, 180 capsules	None			DMSA now only available by RX
Cal-Mag Asparate, 334/166mg	Cal Mag, 90 tabs & Cal Mag Citrate Powder		Pancreatin, High Lipase	PancreMax
Calcium AEP	No replacement			
Calcium Chewable w/Vit D, 120 wafers				
Caprylex 600mg, 90 tabs	Caprylic Acid			
Cardiplant Pro (Hawthorne)	Heartcare		Perika Pro St. John's Wort	Hi Potency St. John's Wort
Chaste Tree	Vitex		PGF 500	Garlic
Children's Multi-Vitamin, 150 small caps				
Chlorella	None		Phytosterol Complex	Phytosterols
C-Max	C-1500		Pro-Flora Concentrate	TotalPro
CoEnzyme Q-10 - CoQmelt	CoQ10 300mg CoQmax 100 CF		Pro-Antho Forte	Mega Natural BP
Colloidal Silver 500, 120ml (4 oz.)				
Copper (from Copper Amino Acid Chelate)	Copper (glycinate). 2 mg. vcaps		Procure, Progesterone cream	Natural Progesterone Cream
Cranberry Triple Strength	Cranberry caps		Propolis, Standardized Bee	None
CysteinePep Powder	None		Pros-Forte, (Saw Palmetto Formula)	Bio-Prostate

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NO LONGER AVAILABLE AT NIM	REPLACEMENT		NO LONGER AVAILABLE AT NIM	REPLACEMENT
			PurePea	
			Purples, age fighter	Phytoganix or Vital Nutrients Collagen
Daily Maintenance	ActivNutrients Twice Daily Multi Ultra Preventive III Ultra Vite 75		Pycnogenol -Herbal Antioxidant Formula Pro-Antho Forte	Mega Natural BP
DEPA	Pure Omega HP		Quercetin Bromelain Complex	Quercetin
DHist Jr., 60 tabs				
DIM	Indole Complete		Red Yeast Rice, 900mg	Choleast, 900mg
DL-Pheine	D-Phenalanine		Relieve, herbal supplement	InflaThera
DMSA, 100 mg	Nutri-DMSA, 100 mg BY RX ONLY		Saw Palmetto Pros-Forte	Bio-Prostate
Echinacea Organic	No Replacement		Hypo-Selenium	Selenium
Eleuthero (Siberian Ginseng), 100 caps	Eleuthero Max - V		Silver Colloidal 400	Colloidal Silver 500
Eleuthero Max – V	Eleuthero by Herb Pharm		Sinofresh Nasal and Sinus Spray	XClear
Eleuthero (Siberian Ginseng), 60 caps	Siberian Eleuthero, 100 caps			
Enzyme Complete/DPP-IV II Isogest Formula, 90 caps	Similase GFCF		St. John's Wort Perika Pro	Hi Potency St. John's Wort
Folazin Oral Rinse	None		Steam Inhaler	No Replacement
Fos Powder	None		Super Nu Thera	Special Order
Fundamental Sulfur II	MSM-750		Tablet Crusher	Ezy Dose
Ginger, 90 caps			Tanalbit	Viracin
GSH-Reduced Glutathione	EssentialPRO		Thisilyn Pro, 90 caps (milk thistle)	Milk Thistle
Ginseng, Siberian Eleuthero	Eleuthero Max-V (siberian ginseng)		Thyrosol	Special Order
Glutathione Plus Can special order or see	For Glutathione: Essential GSH Essential Pro		Ther-Biotic RENAME	TotalPro, same product/rename

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NO LONGER AVAILABLE AT NIM	REPLACEMENT		NO LONGER AVAILABLE AT NIM	REPLACEMENT
replacements	For NAC: N-Acetyl Cysteine			
Heartburn Free RENAME	D-Limonene		Tocomin SupraBio Tocotrienols	E-Tocotrienol
Herbal Antioxidant Formula (pycnogenol) Pro-Antho Forte	Mega Natural BP		Twice Daily Multi	ActivNutrients Ultra Preventitive III Ultra Vite 75
Herbatonin			Ultima Replenisher	Phytoganix or Jigsaw electrolytes
Hersperidin	HMC Hersperidin		UltraBalance Protein Powder, 420gm, 17 Servings	Special Order
High DHA Berry Frutol	Berry frutol			
Hist DAO, 60 caps				
Hypo B-50	Ortho B Complex			
Hypo Selenium	?			
Ibuprofen Cream 15%	None/unavailable		UltraCare for Kids, Vanilla or Cherry Banana (protein)	Special Order
IC3 - Indole-3 Carbinol, *refrigerate	Indole Complete		UltraClear PLUS Ultraclear PLUS PH A14	UltraClear RENEW
Ideal Bowel Support	TotalPro		Ultra Preventive III Powder, 250gm, 25 servings/btl, without Iron Mega Multivitamin Powder Mix, Chocolate Malt Flavor+A138	Mega Multivitamin Powder Mix, Berry (not a pea protein, not dairy free, has whey.)
			Ultra Vite	Emerald Multi
InflaThera RENAME	Relieve – same product/rename		Urtica Dioca	Stinging Nettles
Inositol	Blanaced-B8		VegaPro	
			VegaLite	
Inuflora Sticks	Biotagen		Vegetarian Enzyme	Similase Lipo
Iodorol, 12.5 mg	Iodizyme HP, 12.5 mg		Vitamin D3, 400 IU, 90 caps.	D2000mg gels or liquid, D5000mg tabs.
Isocort			Vitamin E Mixed Tocopherols	Vitamin E, Natural Complex

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NO LONGER AVAILABLE AT NIM	REPLACEMENT		NO LONGER AVAILABLE AT NIM	REPLACEMENT
Kidney UT (Herbal Blend)	Herbal Water Balance		Zinc Liquid	NONE
Kyodophilus	Probiotic Pearls		Zinlori	Zinc Carnosine
Lycopene, 60 caps				
Licorice by MMS PRO	Licorice Root by NOW			
Lyprinol	Perna			
Kaprex AI, 90 tabs				