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**BIO-C™***[bīō sē]*

DS

DESCRIPTION

Bio-C™ is a vitamin C nutritional supplement. Bio-C™ is a yellow, water-soluble, crystalline powder pressed into a tablet. Each Bio-C™ tablet consists of a proprietary blend of ascorbyl palmitate, calcium ascorbate, ascorbic acid, magnesium ascorbate, and 37.5 mg of citrus bioflavonoids. In addition to the active ingredients, each tablet contains cellulose, stearic acid, silicon dioxide, croscarmellose sodium, and magnesium stearate.

BENEFITS AND RESEARCH

Vitamin C (ascorbic acid) is a water-soluble vitamin that is used in the body to form cartilage, collagen, muscles, and blood vessels. Vitamin C is a potent antioxidant that can protect small molecules such as proteins, carbohydrates, nucleic acids, and lipids from damage caused by free radicals that are generated through the course of normal metabolism or through exposure to external toxins and pollutants (e.g. ultraviolet radiation from the sun or smoking). Vitamin C can also regenerate other antioxidants like vitamin E. Additionally, vitamin C is required for the synthesis of carnitine, a molecule involved in

the transport of fats across the mitochondrial membrane, as well as the synthesis of norepinephrine, a neurotransmitter.¹

USAGE

Take one tablet morning and night with a meal.

SAFETY AND WARNINGS

Bio-C™ is well tolerated. Some gastrointestinal discomfort may be experienced as with any dietary supplement.

HOW SUPPLIED

Available in tablets.

REFERENCES

Carr, AC and Frei B. (1999), American Journal of Clinical Nutrition 96: 1086-1107.
Jacob, RA and Sotoudeh G. (2002), Nutrition in Clinical Care 5: 66-74.
Deruelle F, Baron B. (2008), Journal of Alternative and Complementary Medicine 14:1291-1298.
Levine M, Rumsey SC, Daruwala R, Park JB, Wang Y. (1999), The Journal of the American Medical Association 281: 1415-1423.

¹ THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

**BIOS LIFE® CARDIO**

DS

*[bī-ōs lif kārd-ē-ō]***Advanced Fiber and Nutrient Drink****DESCRIPTION**

Bios Life® Cardio is a fiber-based, vitamin rich dietary supplement. Bios Life® Cardio contains a blend of soluble and insoluble fibers, phytosterols, policosanol, an extract of *Chrysanthemum morifolium*, vitamins, and minerals that when combined with a healthy diet and exercise may lower total serum cholesterol and triglyceride levels.

Bios Life® Cardio is light orange in color. It is a hygroscopic crystalline powder that is generally soluble in water. Each serving of

Bios Life® Cardio contains 3 g of fiber, 1 g of phytosterols, 6 mg of policosanol, and 12.5 mg of an extract of *Chrysanthemum morifolium*. In addition to these active ingredients, each serving of Bios Life® Cardio contains maltodextrin, citric acid, orange juice powder, sucralose, and orange flavor.

BENEFITS AND RESEARCH

It's estimated that Americans consume 10-12 g of total fiber per day, less than half the amount of the recommended daily intake. Epidemiological and clinical studies have correlated high daily fiber intake with an improvement in overall health.

Bios Life® Cardio is a dietary supplement designed to increase daily fiber intake. Each serving of Bios Life® Cardio contains three grams of dietary fiber. When taken three times daily, Bios Life® Cardio contributes nearly half of the recommended daily value of fiber. Fiber supplementation has been shown to decrease preprandial and postprandial glucose levels and lower LDL cholesterol and apolipoprotein B levels.

In addition to fiber supplementation, Bios Life® Cardio contains a patented blend of phytosterols, policosanol, *Chrysanthemum morifolium*, vitamins, and minerals. This blend of ingredients optimizes cholesterol levels through a combination of four mechanisms. First, the soluble fiber matrix prevents cholesterol reabsorption in the gastrointestinal tract through bile-acid sequestration. Second, the phytosterols reduce dietary absorption of cholesterol. Third, policosanol inhibits hepatic synthesis of cholesterol mediated through HMG-CoA reductase. Fourth, *Chrysanthemum morifolium* provides phytonutrients that enhance conversion of cholesterol to 7- α -hydroxycholesterol. The four mechanisms provide a synergistic approach to optimizing cholesterol levels.

SUGGESTED USAGE

Dissolve the contents of one packet or one scoop into 8 to 10 fl. oz. of liquid (water or juice) and stir vigorously. Drink immediately. Use 15-20 minutes prior to meals up to three times daily.

SAFETY AND WARNINGS

Bios Life® Cardio is well tolerated. There may be mild gastrointestinal discomfort, such as increased flatulence or loose stools, during the first month of initial use due to the increased uptake of dietary fiber. This GI disturbance usually disappears within the first thirty days. If the GI discomfort persists, reduce the number of servings of Bios Life® Cardio. If the GI discomfort further persists, stop taking the product and consult your physician. Taking this product without adequate liquid can result in complications.

HOW SUPPLIED

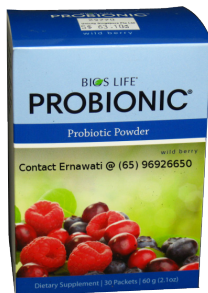
Bios Life® Cardio is packaged in single-serving foil packets or in bulk canisters.

REFERENCES

- Sprecher, DL and Pearce GL (2002), *Metabolism* 51:1166-70.
- Verdegem, PJE; Freed, S and Joffe D (2005), American Diabetes Association 65th Scientific Sessions, San Diego, CA. Duenas, V; Duenas, J; Burke, E and Verdegem, PJE (2006), 7th International Conference on Arteriosclerosis, Thrombosis, and Vascular Biology, American Heart Association, Denver, CO.
- Verdegem, PJE (2007), *Current Topics in Nutraceutical Research* 5: 1-6
- US Patent 6,933,291.

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Shown in Product Identification Guide, page 314



BIOS LIFE PROBIONIC® OTC

DESCRIPTION

ProBionic® contains four strands of live, healthy bacteria that enter the digestive system and help balance bacterial populations in the intestinal tract. This supplement is for individuals with symptoms of poor digestive health such as constipation, diarrhea, bloating, and inflammation.

ProBionic® is a water-soluble, light-pink crystalline powder. The proprietary encapsulation used for ProBionic® allows the healthy bacteria to be delivered to the small intestines alive, ensuring the bacteria can confer health benefits for the user. Each packet of ProBionic® contains a 100 mg Probiotic Blend of *Lactobacillus acidophilus* LA 02, *Lactobacillus rhamnosus* LR 04, *Bifidobacterium breve* BR 03, and

Bifidobacterium lactis BS 01, with a total of 5 billion cells. In addition to these live bacteria, each 2 g packet also contains xylitol, natural berry flavor, citric acid, and silica.

BENEFITS AND RESEARCH

Your body needs good bacteria to help with detoxification, food digestion, waste removal, production of vitamins, and protection from harmful organisms. When the intestinal bacteria is imbalanced and unhealthy bacteria dominate, the body is less able to fight off infection resulting in inflammation. The individual strains used in ProBionic® are helpful for maintaining overall gut health.

The proprietary encapsulation used in ProBionic® allows healthy strains of bacteria to be delivered to the digestive system alive and undisturbed. This also ensures the bacteria will remain alive throughout their shelf life.

SUGGESTED USE

The contents of the packet can be taken dry, or they can be mixed with 8-10 fl. oz. of liquid (water or juice) and consumed. Use one packet daily.

SAFETY AND WARNINGS

ProBionic® is generally well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

HOW SUPPLIED

ProBionic® is packaged in single-serve foil packets.

REFERENCES

Saggiaro A. Probiotics in the treatment of Irritable Bowel Syndrome. *Journal of Clinical Gastroenterology*, 2004; 38(8): S104-106.

Del Piano M, Carmagnola S, Andorno S, Pagliarulo M, Tari R, Mogna L, Strozzi GP, Sforza F, Capurso L. Evaluation of the intestinal colonization by microencapsulated probiotic bacteria in comparison to the same uncoated strains. Under publication in supplement of the *Journal of Clinical Gastroenterology*.

Del Piano M, Carmagnola S, Anderloni A, Andorno S, Ballare M, Balzarini M, Montino F, Orsello M, Pagliarulo M, Stratori M, Tari R, Sforza F, Capurso L. The use of probiotics in healthy volunteers with evacuation disorders and hard stools. A double blind, randomized, placebo-controlled study. Under publication in a supplement of the *Journal of Clinical Gastroenterology*.

Pregliasco F, Anselmi G., Fonte L., Giussani F., Schieppati S., Soletti L. A New Chance of Preventing Winter Diseases by the Administration of Symbiotic Formulations. *Journal of Clinical Gastroenterology*, 2008; 42(2): 224-233.

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BIOS LIFE® VISION ESSENTIALS™ DS

[bī-ōs lif vīzh-uhn ē-sen-shuhls]

Clinically proven to support healthy eyes and vision.*

DESCRIPTION

Bios Life® Vision Essentials™ is a nutritional supplement for maintaining healthy eyes. Bios Life® Vision Essentials™ contains the following active ingredients: vitamin C, vitamin E, zinc, natural beta carotene, lutein, zeaxanthin, and anthocyanidins from wild bilberry, wild blueberry, strawberry, cranberry, grape seed extract, elderberry, and raspberries.

Bios Life® Vision Essentials™ is a purple crystalline powder that is water-soluble. In addition to the active ingredients, each capsule contains silicon dioxide, microcrystalline cellulose, and is packaged in vegetarian capsules.

BENEFITS AND RESEARCH

Antioxidants from the carotenoid chemical family, such as beta carotene, lutein, and zeaxanthin, play an important role in eye health. Clinical studies have demonstrated that lutein and zeaxanthin are concentrated to the retina and lens of the eye. Supplementation with high levels of lutein can restore the lutein concentration in the retina. Further supplementation of vitamins C, E, and A (in the form of beta-carotene) along with zinc and copper aid with the healthy function of the eyes. Additional support for the eyes comes from a proprietary berry blend included in Bios Life® Vision Essentials™. This proprietary berry blend contains anthocyanidins, antioxidant compounds that support the vasculature within the eye.

USAGE

Take two capsules per day with a meal.

SAFETY AND WARNINGS

Bios Life® Vision Essentials™ is well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

HOW SUPPLIED

Available in vegetarian capsules.

REFERENCES

Krishnadev N, Meleth AD, Chew EY (2010) "Nutritional supplements for age-related macular degeneration." *Current Opinion in Ophthalmology* 21:184-189.

Ma L, Lin XM, Zou ZY, Xu XR, Li Y, Xu R. (2009) "A 12-week lutein supplementation improves visual function in Chinese people with long-term computer display light exposure." *British Journal of Nutrition* 102: 186-190.

Yagi, A, Fujimoto, K, Michihiro, K, Goh, B, Tsi, D, Nagai, H, (2009) "The effect of lutein supplementation on visual fatigue: A psychophysiological analysis". *Applied Ergonomics* 40:1047-1054.

Age Related Eye Disease Study Group, (2001) "A randomized, placebo-controlled, clinical trial of high-dose supplementation with vitamins C and E, beta carotene, and zinc for age-related macular degeneration and vision loss: AREDS report no. 8". *Archives of Ophthalmology*. 10: 1417-36.

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**BONEMATE® PLUS DS**

[bōn-māt plūs]

For Strong Bones and Healthy Teeth¹

DESCRIPTION

BoneMate® Plus is specially formulated to help maintain optimal bone health.¹ It contains three forms of calcium and vitamin D

to maximize absorption and aid in the support of healthy bones, teeth, nerves, heart, and muscle tissue.

BoneMate® Plus is a light gray in color and is soluble in water. Each serving of BoneMate® Plus contains the following active ingredients: 600 mg of calcium, 300 mg of magnesium, 30 mg of vitamin C, 2000 IU of vitamin D, 0.5 mg of boron, 5 mg of zinc, 1 mg of manganese, 1 mg of copper, and 20 mcg of vitamin K. In addition, it also contains the inactive ingredients microcrystalline cellulose, croscarmellose sodium, magnesium stearate, hypromellose, hydroxypropylcellulose, and stearic acid.

BENEFITS AND RESEARCH

Calcium is the most common mineral in the body. Almost 99% of the calcium in our body is found in the bones and teeth. Bone is a dynamic tissue that is constantly being remodeled throughout our lives. A chronically low calcium intake in growing individuals may prevent the attainment of optimal peak bone mass. Once peak bone mass has been achieved, inadequate calcium intake may contribute to accelerated bone loss.

Vitamin D, a secosteroid that is produced by the body upon exposure to the sun, is required for optimal calcium absorption. To ensure that calcium absorption is not limited by inadequate vitamin D levels, BoneMate® Plus contains 2000 IU of vitamin D per serving. In addition to facilitating calcium absorption, vitamin D has been shown to target over 2,000 different genes in the body. Vitamin D is needed to maintain overall bone and heart health.

USAGE

Take two tablets twice daily with a meal.

SAFETY AND WARNINGS

BoneMate® Plus is well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced. The Food and Nutrition Board of the Institute of Medicine has set the tolerable upper level (UL) of intake for calcium in adults at 2,500 milligrams (mg) of calcium/day.

HOW SUPPLIED

Available as tablets.

REFERENCES

Weaver CM, Heaney RP. Calcium. In: Shils M, Olson JA, Shike M, Ross AC, eds. *Modern Nutrition in Health and Disease*. 9th ed. Baltimore: Williams & Wilkins; 1999:141-155.

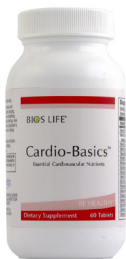
Heaney RP. Calcium, dairy products and osteoporosis. *J Am Coll Nutr*. 2000;19(2 Suppl):S3S-99S.

Food and Nutrition Board, Institute of Medicine. Calcium. *Dietary Reference*

Intakes: Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride. Washington, D.C.: National Academy Press; 1997:71-145.

Reid IR. Therapy of osteoporosis: calcium, vitamin D, and exercise. *Am J Med Sci* 1996;312:278-86. Food and Nutrition Board, Institute of Medicine. Calcium. Dietary Reference Intakes: Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride. Washington, D.C.: National Academy Press; 1997:71-145.

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CARDIO-BASICS™ DS

Essential Cardiovascular Nutrients*

DESCRIPTION

Cardio-Basics™ is a nutritional supplement that combines multivitamins, minerals, and antioxidants to support the cardiovascular system.

Cardio-Basics™ is a light orange, water-soluble powder pressed into tablets. Each tablet of Cardio-Basics™ contains the following vitamins, minerals, amino acids, and antioxidants: beta-carotene (vitamin A), thiamine (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), calcium d-pantothenate (vitamin B5), pyridoxine hydrochloride (vitamin B6), folate (vitamin B9), cyanocobalamin (vitamin B12), ascorbic acid and ascorbyl palmitate (vitamin C), cholecalciferol (vitamin D), d-alpha-tocopherol (vitamin E), biotin, calcium, chromium, copper, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, sodium, zinc, L-arginine, L-carnitine, L-cysteine, L-lysine, L-proline, inositol, coenzyme Q10, and maritime pine extract. In addition to those active ingredients, each tablet also contains cellulose, croscarmellose sodium, stearic acid, silicon dioxide, and magnesium stearate.

BENEFITS AND RESEARCH

Cardio-Basics™ provides the vitamins, minerals, and antioxidants needed for a healthy heart. In clinical studies, participants using Cardio-Basics™ and Bio-C™ saw a significant reduction in arterial wall thickness and removal of calcification deposits when compared to the placebo group. Cardio-Basics™ provides the body with the necessary vitamins and minerals needed to support a healthy vascular system.*

SUGGESTED USE

Take two tablets daily with food.

SAFETY AND WARNINGS

Cardio-Basics™ is well tolerated. Contains chromium and niacin. Do not use if pregnant, nursing, diabetic, or when taking other niacin-containing supplements.

HOW SUPPLIED

Available in tablets

REFERENCES

- Niedzwiecki A, Rath, M. (1996) *Journal of Applied Nutrition*, 48: 67-78.
- Jeejeebhoy F, Keith M, Freeman M, Barr A, McCall M, Kurian R, Mazer D, Errett L, (2002), *American Heart Journal* 143: 1092-1100.
- Vergden PJ, Lonky S, Curley S. (2005) 7th Conference on Arteriosclerosis, Thrombosis and Vascular Biology.
- Lloyd-Jones D, Adams R, Carnethon M, DeSimone G, Ferguson TB, Flegal K, Ford E, Furie K, Go A, Greenlund K, Haase N, Hailpern S, Ho M, Howard V, Kissela B, Kittner S, Lackland D, Lisabeth L, Marelli A, McDermott M, Meigs J, Mozaffarian D, Nichol G, O'Donnell C, Roger V, Rosamond W, Sacco R, Sorlie P, Stafford R, Steinberger J, Hong Y; (2009) *Circulation*, 119: 480-486.

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CARDIO-ESSENTIALS™ DS

Caring for your heart*

DESCRIPTION

Cardio-Essentials™ is a dietary supplement for the heart. Cardio-Essentials™ contains Coenzyme Q-10, L-carnitine, L-taurine, and Hawthorn berry.

Cardio-Essentials™ is a light tan, water-soluble powder. Each serving of Cardio-Essentials™ contains 100 mg of Coenzyme Q-10 and 3.5 g of a blend of L-carnitine, L-taurine, and Hawthorn berry. In addition to these active ingredients, each capsule also contains silicon dioxide, stearic acid, and calcium silicate.

BENEFITS AND RESEARCH

The ventricles of the heart requires specific nutrients to maintain overall health. These important nutrients are included in Cardio-Essentials™: Coenzyme Q10, L-carnitine, and L-taurine. In a clinical study, the combination of L-carnitine, L-taurine, and Coenzyme Q10 was shown to reduce the size of the left ventricle, which is important to maintain heart health. These ingredients are known to be important in providing adequate energy for heart muscle. Cardio-Essentials™ provides adequate amounts of these ingredients, i.e. 100 mg of CoQ10. Hawthorn extract is traditionally used in supporting the heart function.

SUGGESTED USE

Take three capsules twice daily with food.

SAFETY AND WARNINGS

Cardio-Essentials™ is well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

HOW SUPPLIED

Available in capsules.

REFERENCES

Lee, JH. et al. (2011) Congestive Heart Failure 4 199-203.

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CM PLEX® AND CM PLEX® CREAM DS

[CM plēks]
Supports Joint Health and Mobility*

DESCRIPTION

CM Plex® and CM Plex® Cream are a softgel and topical cream, respectively, that contain a proprietary blend of cetylated fatty acids, soy, and fish oil.

CM Plex® is an opaque oil that is insoluble in water. One softgel capsule of CM Plex® contains 350 mg of cetylated fatty acids, 160 mg of soy oil, and 25 mg of salmon oil. In addition to these active ingredients, each softgel capsule contains glycerin and St. John's Bread.

CM Plex® Cream is an off-white cream that is insoluble in water. One gram of CM Plex® Cream contains 7.7 mg of cetylated fatty acids and olive oil. In addition to these active ingredients, CM Plex® Cream also contains glyceryl stearate, glycerin, lecithin, tocopheryl acetate, benzyl alcohol, phenoxyethanol, carbomer, PEG-100 stearate, sodium hydroxide, methylparaben, propylparaben, butylparaben, ethylparaben, isobutylparaben, and citrus aurantium bergamia (Bergamot) fruit oil.

BENEFITS AND RESEARCH

Cetyl myristoleate and related fatty acids have been proven to improve joint health through their anti-inflammatory effects. A clinical study indicated that subjects exhibited improvements in knee flexion compared to placebo. A second study indicated the cream is effective for improving knee range of motion, ability to climb stairs, rise from a chair and walk, balance, strength, and endurance.*

SUGGESTED USE

Softgels: Take one to two softgels three times daily with meals.

Cream: Apply generously onto clean skin and gently massage until the cream disappears. Repeat 3 to 4 times daily as necessary. For maximum results, use both products concurrently.

SAFETY AND WARNINGS

CM Plex[®] Softgels and Cream are well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced with CM Plex[®] Softgels.

HOW SUPPLIED

CM Plex[®] is available in softgels and as a topical cream.

REFERENCES

Hesslink, R et al (2002), Journal of Rheumatology 29, 1708–1712.
Kraemer, WJ et al (2004), Journal of Rheumatology 31, 767–774.

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IMMUNIZEN[®]

[im mōō nī zēn]

DS

DESCRIPTION

Immunizen[®] is a dietary supplement for strengthening and fortifying the immune system.

Immunizen[®] is a modestly water-soluble, white crystalline powder. Immunizen[®] consists of a proprietary ingredient blend of colostrum, arabinogalactan, 1,3, 1,6 yeast betaglacans, and lactoferrin. In addition to the active ingredients, each 835 mg capsule of Immunizen[®] contains natural gelatin, stearic acid, and silicon dioxide.

BENEFITS AND RESEARCH

Immunizen[®] combines the positive immune modulating effects of colostrum, arabinogalactans, yeast beta-glucans, and lactoferrin to boost your body's natural

defenses to foreign antigens. Colostrum is composed of immunoglobulins that bolster the body's immune system by providing immunity against various pathogens.

Beta-glucans are generally derived from the cell walls of the yeast species *Saccharomyces cerevisiae*. Beta-glucans are potent immunomodulating agents that prime both the innate and adaptive immune systems.

USAGE

As a dietary supplement, take two capsules daily with water one to two hours before a meal.

SAFETY AND WARNINGS

Immunizen[®] is well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

HOW SUPPLIED

Available in capsules.

REFERENCES

Lilius EM, Marnila P. (2001), Current Opinion in Infectious Diseases 14:295-300.
Hammarström L, Weiner CK. (2008), Advances in Experimental Medicine and Biology 606: 321-343.
Chan GC, Chan WK, Sze DM. (2009), The Journal of Hematology and Oncology, 2: 25-

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JOINT MOBILITY[™]

capsule

DS

DESCRIPTION

Joint Mobility is a nutritional supplement for overall joint health.

Joint Mobility contains Undenatured Type II Collagen, Turmeric Extract (95% Curcumin), Boswellia Extract and Vitamin D3 as active ingredients, and also includes microcrystalline cellulose and silicon dioxide. This supplement

is for individuals with joint pain and discomfort caused from normal wear and tear.

Joint Mobility is a powder filled capsule that takes on the yellow color of Turmeric. Compared to more traditional joint supplements, Joint Mobility is a small dose at just 881 mg per day. These smaller capsules are ideal for individuals who have trouble taking large capsules or pills.

BENEFITS AND RESEARCH

Many people suffer daily from joint pain and discomfort caused from years of overuse or from being overweight or obese. Joint pain and a loss of mobility can dramatically affect quality of life, making simple everyday activity difficult and painful. The ingredients contained in Joint Mobility work in several different ways to help maintain overall joint health. Curcumin and Boswellia extract have been shown to downregulate the genes involved in chronic inflammation. Vitamin D3 has been shown to help increase collagen production which is needed to maintain overall joint health. Joint Mobility works in several different ways for a multifaceted approach to joint health. The ingredients contained have been shown to inhibit proinflammatory pathways, and also help to prevent the breakdown of joint collagen allowing the body to repair and heal itself.¹

USAGE

Take two capsules daily.

SAFETY AND WARNINGS

Joint Mobility is generally well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

HOW SUPPLIED

Available in capsules.

REFERENCES

Crowley DC, Lau FC, Sharma P, *et al.*: Safety and efficacy of undenatured type II collagen in the treatment of osteoarthritis of the knee: a clinical trial. *Int J Med Sci* 2009; 6:312-321.
Chandran B, Goel A.: A randomized, pilot study to assess the efficacy and safety of curcumin in patients with active rheumatoid arthritis. *Phytother Res.* 2012 Nov; 26(11): 1719-25. Doi: 10.1002/ptr.4639. Epub 2012 Mar 9.
Dobak JI, Grzybowski J, *et al.*: 1,25-Dihydroxyvitamin D3 increases collagen production in dermal fibroblasts. *J Dermatol Sci.* 1994 Aug;8(1):18-24.
Kimmatkar N, Thawani V, *et al.*: Efficacy and tolerability of Boswellia serrate extract in treatment of osteoarthritis of knee—a randomized double blind placebo controlled trial. *Phytomedicine* 2003 Jan; 10(1):3-7.
Reuter S, Gupta S, *et al.*: Epigenetic changes induced by curcumin and other natural compounds. *Genes Nutr* (2011) 6:93-108.
Takada Y, Ichikawa H, *et al.*: Acetyl-11-Keto- β -Boswellic Acid Potentiates Apoptosis, Inhibits

Invasion, and Abolishes Osteoclastogenesis by Suppressing NF- κ B and NF- κ B-Regulated Gene Expression. *J Immunol* 2006; 176:3127-3140.

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OMEGALIFE-3™

[ōmēgā-līf 3]

DS

Omega-3 Fatty Acid Supplementation

DESCRIPTION

OmegaLife-3™ is a blend of omega-3 fatty acids designed to help maintain healthy cardiovascular and cerebral function. OmegaLife-3™ is an amber-colored, semi-viscous, fat-soluble liquid. Each serving of OmegaLife-3™ contains the following active ingredients: 800 mg eicosapentaenoic acid (EPA), 400 mg docosahexaenoic acid (DHA), and vitamin E. In addition, it also contains the inactive ingredients gelatin, glycerin, purified water, and orange oil. OmegaLife-3™ has been molecularly distilled to ensure exceptionally pure oil and includes orange oil to prevent a fishy aftertaste.

BENEFITS AND RESEARCH

Clinical research suggests fish oil can help support proper brain and visual function. In 2002 the FDA approved supplementation of DHA in infant formula. DHA is potentially important in fetal and infant neural development, in that DHA and arachidonic acid have been shown to be incorporated into brain and retinal cell membranes—particularly during the third trimester of pregnancy and early infant life. DHA is the predominant structural fatty acid in the central nervous system and in the retina of the eyes.

EPA supports the synthesis of important compounds in the body. EPA is the precursor

of thromboxane and leukotriene, compounds involved in supporting healthy circulation. They also promote healthy blood vessels.

Evidence is accumulating that increasing intakes of EPA and DHA can decrease the risk of thrombosis, decrease triglyceride levels, and decrease inflammation.¹

The U.S. Food and Drug Administration (FDA) has stated, "Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease."

USAGE

Take two softgels twice daily with a meal.

SAFETY AND WARNINGS

OmegaLife-3™ is well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced. Common side effects include a "fishy" taste upon eructation.

HOW SUPPLIED

Available in softgels.

REFERENCES

Barter P, Ginsberg HN. Effectiveness of combined statin plus omega-3 fatty acid therapy for mixed dyslipidemia. *Am J Cardiol.* 2008 Oct 15;102(8):1040-5

Lee JH, Harris WS, et al. Omega-3 fatty acids for cardioprotection. *Mayo Clin Proc.* 2008 Mar;83(3):324-32.

SanGiovanni JP, Chew EY, Sperduto RD, et al. The relationship of dietary omega-3 long-chain polyunsaturated fatty acid intake with incident age-related macular degeneration: AREDS report no. 23. *Arch Ophthalmol.* 2008 Sep;126(9):1274-9.

SanGiovanni JP, Parra-Cabrera S, Colditz GA, Berkey CS, Dwyer JT. Meta-analysis of dietary essential fatty acids and long-chain polyunsaturated fatty acids as they relate to visual resolution acuity in healthy preterm infants. *Pediatrics* 2000;105:1292-8.

Kris-Etherton PM, Harris WS, Appel LJ. Omega-3 fatty acids and cardiovascular disease: new recommendations from the American Heart Association. *Arterioscler Thromb Vasc Biol.* 2003;23(2):151-152.

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UNICITY BALANCE™ DS

(Also known as Bios Life® Slim or Bios Life® S)
Formula for Healthy Cholesterol Support

DESCRIPTION

Unicity Balance™ (also known as Bios Life® Slim or Bios Life® S) is a fiber-based, vitamin-rich nutritional supplement. Unicity Balance™ contains a blend of soluble and insoluble fibers, Unicity® 7 technology, phytosterols, policosanol, an extract of *Chrysanthemum morifolium*, vitamins, and minerals that when combined with a healthy diet and exercise may lower total serum cholesterol, and help achieve and maintain a healthy body weight.

Unicity Balance™ is light orange in color. It is a hygroscopic crystalline powder that is generally soluble in water. Each serving of Unicity Balance™ contains 4 g of fiber, 1 g of phytosterols, 750 mg of Unicity 7, 6mg of policosanol, and 12.5 mg of an extract of *Chrysanthemum morifolium*. In addition to these active ingredients, each serving of Unicity Balance™ contains maltodextrin, citric acid, orange juice powder, sweeteners, and orange flavor.

BENEFITS AND RESEARCH

It's estimated that Americans consume 10-12 g of total fiber per day, less than half the amount of the recommended daily intake. Epidemiological and clinical studies have correlated high daily fiber intake with an improvement in overall health.

Unicity Balance™ is a nutritional supplement designed to increase fiber intake. Each serving of Unicity Balance™ contains four grams of fiber. When taken three times daily, Unicity Balance™ contributes half of the recommended daily value of fiber. Fiber supplementation has been shown to decrease preprandial and postprandial glucose levels, lower LDL cholesterol and apolipoprotein B levels, increase satiety, and facilitate weight loss.

In addition to fiber supplementation, Unicity Balance™ contains a patented blend of phytosterols, policosanol, *Chrysanthemum morifolium*, vitamins, and minerals. Unicity Balance™ facilitates weight loss through five distinct mechanisms. First, the soluble fiber matrix promotes an increase in satiety. Second, Unicity Balance™ improves cholesterol levels.

Reduction in LDL content removes a potent inhibitor of lipolysis. Third, Unicity Balance™ improves blood glucose levels. Appropriate serum glucose levels help maintain many metabolic processes in the body. Reducing insulin levels permits fatty acid oxidation to occur. Fourth, Unicity Balance™ restores appropriate leptin signaling. Lastly, Unicity Balance™ reduces triglyceride levels allowing for leptin to cross the blood-brain barrier and affect its mechanism of action.

SUGGESTED USAGE

Dissolve the contents of one packet or one scoop into 8 to 10 fl. oz. of liquid (water or juice) and stir vigorously. Drink immediately. Use 15-20 minutes before meals up to three times daily.

SAFETY AND WARNINGS

Unicity Balance™ is well tolerated. There may be mild gastrointestinal discomfort, such as increased flatulence or loose stools, during the first month of initial use due to the increased uptake of dietary fiber. This GI disturbance usually disappears within the first thirty days. If the GI discomfort persists, reduce the number of servings of Unicity Balance™. If the GI discomfort further persists, stop taking the product and consult your physician. Taking this product without adequate liquid can result in complications.

HOW SUPPLIED

Unicity Balance™ is packaged in single-serving foil packets or in bulk canisters.

REFERENCES

- Sprecher, DL and Pearce GL (2002), *Metabolism* 51: 1166-70.
- Verdegem, PJE; Freed, S and Joffe D (2005), American Diabetes Association 65th Scientific Sessions, San Diego, CA. Slavin, JL, (2005) *Nutrition* 21: 411-418.
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- Duenas, V; Duenas, J; Burke, E and Verdegem, PJE (2006), 7th International Conference on Arteriosclerosis, Thrombosis, and Vascular Biology, American Heart Association, Denver, CO.
- Verdegem, PJE (2007), *Current Topics in Nutraceutical Research* 5: 1-6
- US Patent 6,933,291.

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Shown in Product Identification Guide, page 314



BIOS LIFE E (UNICITY MATCHA)

DESCRIPTION

Bios Life E (Unicity Matcha) is a nutritional supplement used to supply necessary vitamins, minerals, and electrolytes, as well as provide energy, amino acids, and antioxidants on a daily basis. Bios life E is a flavored powdered drink mix, delivered in a single-serve packet for convenience and ease of use.

BENEFITS AND RESEARCH

Bios Life E (Unicity Matcha) is a refreshing ingredient blend that may boost energy and concentration, lower stress levels, and increase the metabolism. The principle ingredient in Bios Life E is a high-quality Matcha, a uniquely-grown green tea from Japan, which delivers a powerful dose of antioxidants in each serving.

Research shows Matcha delivers as much as 137 times more antioxidants than other green or black teas available on the market. Matcha contains especially high amounts of green tea antioxidants called catechins, a class of polyphenols, which may produce thermogenic effects by increasing the body's metabolism. Catechins and other green tea polyphenols may also protect against cell damage.

Matcha is derived from *Camellia sinensis*, one of the few plants that naturally produce high levels of L-theanine and caffeine which may supply an increase in energy as well as enhance cognitive ability. Matcha is a unique tea leaf because it is shade-grown, forcing the plant to grow at a much slower rate. This greatly increases the catechins and amino acids available in an equivalent serving of Matcha green tea compared to standard tea. Additionally, because Matcha tea leaves are powdered and consumed whole and not just steeped, a cup of Matcha tea contains a larger variety and quantity of nutrients. This includes soluble and insoluble components such as chlorophyll, protein, and dietary fiber. The catechins in Matcha have strong antioxidant properties and measured benefits in humans. These antioxidants work to speed

up the metabolism, provide more energy over a longer period of time, and even decrease muscle fatigue.

Research shows the amino acid L-theanine, found in Matcha, has a calming effect on the human brain without causing drowsiness. This relaxation, paired with the stimulant effects of caffeine and theophylline, creates a heightened mental state that improves concentration.

SUGGESTED USE

The contents of the packet can be mixed with 8-12 fl. oz. of water, shaken or stirred vigorously, and consumed. It can be served with ice if desired. Use one packet daily.

SAFETY AND WARNINGS

Bios Life E (Unicity Matcha) is generally well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced. Bios Life E contains moderate amounts of caffeine; as such, caffeine-sensitive individuals should maintain caution when using this product.

HOW SUPPLIED

Bios Life E is packaged in single-serve foil packets.

REFERENCES

Weiss DJ, et al. Determination of catechins in matcha green tea by micellar electrokinetic chromatography. *J Chromatogr A*. 2003;1011(1-2):173-80.

Dulloo A. et al. Efficacy of a green tea extract rich in catechins polyphenols and caffeine in increasing 24-h energy expenditure and fat oxidation in humans. *American Journal of Clinical Nutrition*. 1999; 70(6): 1040-1045.

Gomez-Ramirez M, et al. The effects of L-theanine on alpha-band oscillatory brain activity during a visuo-spatial attention task. *Brain Topogr* 2009;22(1):44-51.

Cabrera C, et al. Beneficial Effects of Green Tea—A Review. *J Am Coll Nutr* 2006;25(2): 79-99.

[†]THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

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