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New! Beyond A Century, Inc. Winter/Spring 2009 Digital Catalog (Updated February 4, 2009)

In an effort to keep an updated version of our print catalog available to our customers, we are offering this new, digital version. We anticipate printing and mailing a new paper catalog once yearly, however, we will update this version as changes are made between printings. **Prices and availability of items are subject to change and will be most current on our shopping cart.** We hope this printable and searchable digital catalog will be useful and helpful to you!

****Statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.**

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Amino Acids

***000 L-ARGININE base** is 100% arginine. 6-30g of arginine may promote an elevated, more youthful level of GH. Arginine is a precursor to creatine and the neurotransmitter nitric oxide (NO), which can help in maintaining normal blood flow and pressure, as well as mental and sexual functioning. It may help to support healthy blood vessel and immune function, connective tissue condition and increase muscle protein synthesis.** Arginine base is alkaline and has a bitter taste. It can neutralize acid nutrients such as ascorbic acid, niacin, & OKG. If you can't take the taste, use capsules or try flavored ***004 PERFORMANCE PLUS** or ***756 BUFFERED ARGININE**; or try ***736 YUCK! AWAY**, our flavored, buffered product formulated to be added to any product containing arginine base. Use ***027 Norvaline** with any form of Arginine to prolong increased Arginine levels in the body. ***000.1 300g powder \$12.00, *000.2 1000g (1kg) powder \$34.50, NEW! *000.5 750mg 180 caps \$16.50.** See ***010 citrulline, *027 Norvaline.**

***000.7 ARGININE ALPHAKETOGLUTARATE (AAKG)**, as with Arginine base, AAKG is said to encourage nitric oxide (NO) production that can dilate blood vessels, creating "seam-popping pumps" and muscle growth in bodybuilders, promoting healthy circulation, blood pressure, and sexual functioning.** Some companies use it as a stand-alone product said to be in a time-release form, others are combining it with other forms of arginine, while still others are mixing these forms of arginine with protein and other muscle-builders such as ECD and methoxy isoflavone. A typical daily dose might be 6 grams divided 3g before breakfast, 3g before lunch, or in smaller doses spread throughout the day. AAKG is often preferred by athletes for delivering arginine because AKG is a Krebs Cycle intermediate and carries materials to all cells. ***000.7 150g powder \$9.00.** Also see ***010 citrulline.**

***000.9 ARGININE ALPHA KETOISOCAPROATE (AA-KIC)** KIC is similar to leucine without nitrogen, helps prevent muscle breakdown (anticatabolic), is essential for energy production in muscle, helps remove ammonia during exercise, releases insulin to pump amino acids into muscle cells, and is a

direct precursor to anabolic HMB in the body. KIC is a patented anabolic for increasing production from laying hens, sheep, and cattle. Combined with NO & creatine producing, hGH enhancing, ammonia reducing arginine; AA-KIC may have anabolic and fatigue reducing properties as well.** Doses range from 3 to 10 grams/day in divided doses. May be stacked with other arginine/citrulline products, norvaline, glycine, and/or leucine. Sold in capsules because of KIC's strong taste. ***000.9 750mg 120 caps \$11.25.**

***000.6 ARGININE PYROGLUTAMATE** is a dipeptide that may cross the blood/brain barrier more easily where it releases arginine, acts as a slow release glutamine, and promotes positive acetylcholine levels.** It does not compete for uptake with lysine. 40 doses at 2.5 grams. ***000.6 100g powder \$8.25.** Also see *006 GH Special.

***756.0 BUFFERED ARGININE** 2 tsp BUFFERED ARGININE contains 4g Arginine base, 30mg each of ginkgo extract and niacin for added blood-flow & circulation support, alpha GPCholine, B5, and lime juice powder, xylitol & stevia for flavoring. 34+ dose at 8.7 grams. ***756.1 300g \$15.00.**

***006 GH SPECIAL**, Arginine Pyroglutamate/Lysine 1:1. With a dose of only 2g per 100 lbs bodyweight, can provide similar activity to 30 grams of arginine alone. Preferred by some because it is a lower dose and does not have the same bad taste as straight Arginine base. Many users like to take 2 or more grams of glutamine with this or any arginine formula. ***006.1 100g powder \$7.75, *006.2 250g powder \$16.00.**

***005 MAX GH NIGHT.** Typical dose at bedtime contains 4g arginine/OKG 2:1, 4g glycine, 1g GABA, 25mg B6. Unflavored, can use *736.5 Yuck Away to improve taste. 33+ dose at 9 grams. ***005.5 300g powder \$16.50**

***004 PERFORMANCE PLUS** Each dose of our buffered, flavored best-seller contains 5g Arginine/OKG 2:1 with 100mg choline from alpha GPCholine, 125mg d-calcium pantothenate (Vit B5), buffered with 250mg ascorbic acid (Vit C), malic and citric acids, stevia and lime juice. No fructose. Typical dose 6.7 grams on empty stomach. ***004.8 225g (33+ dose) \$18.50, *004.9 750g (112 dose) \$54.50**

***003 PERFORMANCE POWDER** Our first product! Still very popular! Arginine/ornithine HCl 2:1. 3-10g per dose. Good results day or night! Unflavored, can use *736.5 Yuck Away to improve taste. ***003.1 300g \$19.80, *003.2 1000g (1kg) \$54.00.** See *029.0 Ornithine HCl.

***003.5 EXTRA-PERFORMANCE POWDER:** arginine/OKG 2:1 mix. Similar to our original Performance Powder but with OKG in place of ornithine HCl. Typical dose range is 3.3g - 6.6g. ***003.5 250g \$18.75.** See *029.0 OKG.

001.2 hGH: Secretagogue-OneTM** Product and description by MHP. Dr. Formulated Secretagogue-One Natural Factor for Growth. Now the #1 selling formula of its kind in the United States, *Secretagogue-OneTM** was originally formulated by Dr. Vincent C. Giampapa, a world renowned leader in hormonal replacement therapy, for use by the patients of his antiaging clinic. Now, after many success stories later, and after the benefits of this ground-breaking formula have been discovered by bodybuilders and fitness enthusiasts alike, **Secretagogue-OneTM** is available to you through a collaborative effort between MHP and Dr. Giampapa. **Secretagogue-OneTM** is a breakthrough in natural hormonal manipulation, designed to support your body in releasing more of its own Human Growth Hormone (HGH) through the use of secretagogues and other precursors. Coupled with an effervescent delivery system to improve absorption, these secretagogues are delivered in a proprietary "Glucose Polymer Matrix", providing nearly 100% assimilation as opposed to only 10-15% absorption with competing secretagogue products. Dose is one packet at bedtime dissolved in 4oz water on an empty stomach for 3 months on with one month off. ***001.2 30 packet (1 month) \$59.75.**

***001.5 hGH, Live Young Oral-[®]**, product and description by TriMedica[®]. Clinically Tested! In a placebo controlled, double blind clinical test, LiveYoung Oral HGH Spray raised the average human growth hormone level of 21 men and women between the ages of 45 and 86, by 130.8% (as measured by IGF-1) - more than any other non-injectable growth hormone remedy currently available. - Absorbs Faster - Accurate-Dose Spray Pump. Indications: For temporary relief of some of the symptoms of aging and/or a rundown condition, which may include: low energy, lack of vigor, sleeplessness and poor muscle/fat balance.** Suggested Use For use by adults over 18 only. Spray twice under the tongue three times a day.

Active Ingredients: Human Growth Hormone 24X, 30X, Deer Antler 6X, 12X, Carduus Marianus 3X, Arnica Montana 3X, Damiana 3X, Thula 200C, Galium Aparine 4X, Acidum Phosphoricum 30C. Inactive Ingredients: Organic Alcohol 20% v/v, Purified Water. Over a one month supply. ***001.5 1 fl. oz. \$39.85.**

***029 OKG, Ornithine Alphaketoglutarate**, a combination of two amino acids which can help minimize the normal muscle breakdown and ammonia buildup associated with weight lifting and exercise as well as promote healthy blood sugar, NO and GH levels. Blood ornithine levels are reported to increase 10x as much from OKG as from ornithine HCl. Real OKG in a 1:1 ratio has a sour taste. Typical use is 5-10g once a day, especially before or after exercise. Often used in conjunction with Arginine. ***029.0 100g powder \$10.75.**

***002 L-ORNITHINE HCl** by itself, is typically used in a dose about 1/2 that of Arginine (or use with Arginine) for similar support to healthy GH levels. Usual dose ranges from 3-10 grams. ***002.0 100g powder \$10.50.** (Also see *015 GABA, *016 glutamine, *020 phenylalanine, *024 tyrosine, *033 tryptophan, *867 mucuna, & *112.3 alpha GPCholine.)

***025 L-ALANINE**, recommended before exercise to help minimize muscle breakdown associated with weight lifting and exercise. May be helpful to healthy prostate function as well.** ***025.0 100g \$4.75.** See *731 Prosper.

***037.0 ATP. PEAK ATP™** is a patented supplement that delivers Adenosine 5'-Triphosphate, the exact molecule the body needs to create energy. It is the only oral ingredient clinically proven to increase levels of ATP in the body, which decline due to age and various stressors. Information provided at manufacturer's website, www.peakatp.com, refers to PEAK ATP™ increasing normal circulation to body and brain without adversely affecting heart rate or blood pressure. This can aid in increasing energy levels, mental acuity, muscle growth, strength and recovery, while reducing exercise fatigue; thereby enhancing athletic performance and general well being while combating some effects of aging.** Recommended dose is only 125mg with water in the morning and 125mg again in the afternoon *on an empty, low acid stomach* (important!) at least 20 minutes before food. This delivery method is intended to result in very rapid gastric absorption, which could be helpful to competitive athletes. ***037.0 20 grams (80 days @ 125mg 2x/day) \$22.50.**

***039.0 BETA-ALANINE** is an amino acid produced in the body in limited amounts; is found in heart, brain, and muscle tissue; and occurs in protein foods such as chicken. It is the limiting amino acid in the body's production of carnosine. Usual use is 2-4g/day, divided in 2 or more doses. ***039.0 300g powder (75-150 days) \$14.50.**

***011.6 BRANCHED CHAIN AMINOS**, NOW® Branched Chain Amino Acids (BCAA's) are 3 essential amino acids which are abundant in muscles. The branched chain amino acids Leucine, Isoleucine and Valine are three of the eight essential amino acids that the human body must receive in food. These amino acids cannot be synthesized in the liver. 4 capsules contains leucine 1600mg, isoleucine 800mg & valine 800mg. ***011.6 120 caps \$16.50**

***011.2 BRANCHED CHAIN AMINOS**, free form, 40% leucine, 25% isoleucine, & 35% valine, the 3 aminos most needed by muscle for energy & growth in the proper ratio found in muscle. As substrates for glutamine production, BCAAs can contribute to muscle increase if taken just after workouts.** Typical dose 3 grams or more. ***011.2 200g \$12.50.** Also see *536 whey protein.

***013.1 L-CARNITINE Fumarate.** Carnitine is a vitamin-like combination of amino acids involved in fat metabolism. Carnitine may be helpful in increasing athletic endurance, the use of fat as an energy source, supporting healthy circulation and the promotion of normal energy production within the heart. It has free radical fighting properties and enhances recovery from exercise. With CoQ-10 it may help protect mitochondrial DNA.** The fumarate form is less hygroscopic than the HCL form we previously carried. 75 grams powder, minimum 55% carnitine. 85, 500mg doses of carnitine per bottle. **Code 013.1 75 grams powder \$8.50. (Replaces 013.0 Carnitine Hcl.)**

***013.5 L-CARNITINE capsules** 500mg Carnitine per cap from tartrate. ***013.5 120 caps \$16.00.**

***013.7 ACETYL L-CARNITINE HCl. (ALC)** Similar properties to carnitine, while also promoting healthy levels of choline acetyltransferase in the brain, supporting cognitive function. ALC is a modified

form of the amino acid L-Carnitine that supports cellular energy production by aiding the transport of fat into the mitochondria where it is oxidized and converted into ATP (energy for the cell). ALC is a highly bioavailable form of L-Carnitine that can cross the blood-brain barrier, where it acts as an antioxidant and helps to maintain healthy cellular energy metabolism and improve mental and physical fatigue, especially when used with Lipoic Acid and Co-Q10.** Powder has sour taste. Typical use 500-2000mg per day.
***013.7 100g powder \$10.50, *013.8 500mg 120 caps \$14.50.**

***030.0 ACETYL-L-CARNITINE-ARGINATE-2HCl, ArginoCarn™** is one of the exciting, new, NextGeneration™ AminoCarnitine™ line patented by Sigma-tau for cardiovascular function and dilation of blood vessels from NO production. Chemically combined, ALC and Arginine create a synergistic product whose properties equal or exceed those of the two substances alone or mixed together. Besides helping fatty acid transport and oxidation within the cell, ALC (see above) has the neurological functions of helping maintain healthy acetylcholine levels, protecting brain cells from the toxicity of B-amyloid found in older brains, promoting normal dopamine transport across neurons, and potential support for maintaining healthy central nervous system function by promoting healthy neurite function. **Acetyl-L-Carnitine Arginate** is considered to be more than 3 times as potent in this area as ALC alone or mixed with arginine. Also considered to help maintain healthy levels of certain hormones in older men.** This is a product for both athletes and anti-agers to try. Sour taste, won't dissolve in water easily. Compare to capsuled product with 25g ALC-Arginate + 35g ALC with a SRP of \$59. 1-3g/day in divided doses; 33-100 day supply. ***030.0 100 grams powder \$36.75.**

***013.4 CARNITINE, PROPIONYL-L-**, from **GlycoCarn™, Glycine Propionyl-L-Carnitine HCl**. PLC is a "muscle" carnitine that, until recently, was relatively restricted in its use. Now, combined with glycine, it is available as a supplement. This *next generation* Amino Carnitine™ patented by Sigma Tau focuses on muscular energy, exercise recovery, and reduced fatigue. GlycoCarn™ supports metabolic pathways in the heart associated with energy recycling and muscular function by compensating for reduced oxygen availability during exercise. Ideal for sports enthusiasts for building lean muscle, maximizing exercise endurance and increasing energy, weight loss and fat burning. Helps to metabolize fatty acids into energy by transporting them to the inner mitochondrial membrane where they are burned as fuel and help to fight against superoxide radicals.** GPLC is about 23% Glycine (with its own benefits) combined with 66% PLC. Processed to resist picking up moisture, it won't dissolve in water easily. Encapsulate, or put in mouth and wet powder using tongue. Avoid breathing in during this process. 1-3 grams/day, divided in 2 doses. ***013.4 60 grams powder \$36.50.**

***036 L-CARNOSINE**, This powerful dipeptide amino acid is a combination of histidine and beta-alanine, and found in high concentrations of skeletal tissues. With its strong antioxidant and free radical fighting properties, L-Carnosine is a sound way to protect the body's most vital building blocks from many forms of cellular damage. And as one of the most effective anti-carbonylation agents in use today, L-Carnosine may have a positive impact on our ability to slow the effects of age-related degeneration by hindering production of abnormal proteins.** Life Extension Foundation calls carnosine "the most important antiaging compound." Recommended dose varies from 100mg to over 1000mg per day depending on which "expert" you ask. Often used with benfotiamine, pyridoxamine, acetyl L-carnitine & lipoic acid. ***036.5 500mg 50 caps \$21.00, *036.0 50g powder \$24.50.** See *602 BriteEyes III for *acetyl* L-carnosine eye drops.

***010.0 L-CITRULLINE** is an amino acid derived from watermelons best known for boosting blood levels of arginine (more than taking arginine itself), which helps provide a time-release effect for the production of nitric oxide (NO). NO produces cGMP which helps to relax blood vessels promoting healthy circulation, blood pressure and sexual functioning. It also helps to minimize the ammonia buildup associated with weight lifting and exercise, promotes relaxation and helps with the reduction of fatigue.** Usual dose is up to 1.9g or more 2x/day or before activity. Mild, sweet taste. Compare price to tablets with SRP of \$35 for 56g. ***010.0 100g powder \$11.50.** Also see *000.7 arginine AKG & *883 cnidium.

***010.5 L-CITRULLINE MALATE 2:1** may be the next "biggest thing" for health and exercise enthusiasts. It promotes endurance, recovery and resistance to fatigue associated with exercise, as well as supporting mental alertness & clarity, muscle fullness, and normal sexual functioning. It helps promote the production of nitric oxide over long periods and minimize the buildup of ammonia & lactic acid associated with weight lifting and exercise, increasing muscle energy & reducing "the burn," allowing more intensity longer. 6g/day increased the after-exercise recovery of ATP by 34% and phosphocreatine

by 20%. Sometimes called “aerobic creatine,” can be used with creatine for total endurance.** Also frequently combined with arginine, ornithine or other formulas associated with NO production. Athletes use 6g or more per day in 2-3 divided doses, especially before exercise. A lot of talk on the web on this one. Sour taste. ***010.5 180g powder \$21.50.**

***014 L-CYSTEINE, N-ACETYL-** (NAC) is a sulfur-containing amino acid. A major constituent of hair, it is a potent antioxidant and supports immune system function. It can help to detoxify acetaldehyde which can be found in cigarette smoke and pollution and is a by-product of alcohol use and *Candida*; and greatly enhances antioxidant glutathione production, (much more than taking glutathione itself!) which help protect tissues (including the lens of the eye) from free radicals produced by pollution, UV radiation, and muscular exertion. Also may help lower homocysteine levels and protect mitochondrial DNA. Helps remove mercury and prevent damage caused by oxidized LDL cholesterol. Recent information refers to NAC, as part of a weight training program, can prevent loss of muscle and the decrease body fat. For greater antioxidant protection, may be taken with *028 glutathione and adequate selenium. Caps or powder with sour taste. ***014.7 100 grams powder \$7.25. *014.6 500mg 180 capsules \$14.50.**

***015.0 GABA**, Gamma Amino Butyric Acid, is an amino acid that functions as an inhibitory neurotransmitter in the brain. Promotes sense of calming and relaxation, while helping to minimize muscle breakdown from exercise. Relaxing properties may help reduce tension which can interfere with normal sex drive.** Small amounts may feel stimulating. Too much GABA can cause temporary flushing, anxiety, and shortness of breath. Start with less than 500mg. ***015.0 100 grams powder \$5.25.** Also see *032 Theanine.

***016 L-GLUTAMINE** is a “conditionally essential” amino acid that is a favorite among nutritionists and athletes. It helps to minimize breakdown of muscle tissue after exercise or other physical exertion. It readily crosses the blood/brain barrier and becomes glutamic acid, a potent brain fuel. Offers support for maintaining normal GH and blood sugar levels.** Typical use is around 2-3 grams but some are recommending up to 30g per day for bodybuilders! May be taken sublingually or orally. Mild taste. ***016.3 300 grams powder \$11.85, *016.9 1000 grams (1KG) powder \$29.75.**

***016.5 N-ACETYL-L-GLUTAMINE** . This acetylated version has similar function but is considered to be more stable in water and more bioavailable and efficient than regular glutamine or glutamine peptides. Usual dose is 1-5g/day on an empty stomach; or 1 tsp before and right after workouts. Sour taste. ***016.5 300 grams powder \$18.50.**

***028.0 L-GLUTATHIONE** from Now Foods. Glutathione is a tripeptide amino acid produced in the liver primarily from cysteine. It acts as a cellular antioxidant by inhibiting free radical proliferation.** Our L-Glutathione is a high potency “reduced” or non-oxidized stable material made in Japan. Commonly taken with *204 selenium & *014 NAC. ***028.0 250mg 60 caps \$19.50.**

***017.0 GLYCINE** amino acid which promotes creatine production, normal GH balance and is calmative.** Sweet taste. ***017.0 300 grams powder \$11.00.**

***026.5 L-HISTIDINE HCl**, precursor of histamine. It may aid in the digestion of protein, help protect tissues and red blood cells, may support the immune system and can be an appetite suppressant. Cuts fat, depresses appetite, and aids in removal of heavy metals from the body. Helps to increase arousal in both sexes and increases ease, frequency & intensity for women taken about an hour before activity. May benefit sexual performance for older men as well.** Commonly used with B6 and niacin. 83 dose at 600mg. ***026.5 50 grams \$7.75** See *802 Sex-Ess.

***023.5 L-LEUCINE** a branched chain amino acid that helps prevent excessive breakdown of muscle from exercise while promoting healthy levels of GH and blood sugar. It can help stimulate muscle protein synthesis when taken right after exercise, either with or without L-phenylalanine.** Metabolizes into KIC and HMB. Typical use 3.3 grams. ***023.5 200 grams powder \$10.50.** See *000.9 AA-KIC.

***018 L-LYSINE HCl** an essential amino acid and precursor of L-carnitine. Lysine is lacking in many diets, particularly vegetarian. Linus Pauling recommended Lysine with vit C & Proline while Dr. Rath suggests adding EGCG from green tea to the mixture above. Nearly tasteless. Typical use is from 500mg-1g or more. ***018.0 300 grams powder \$6.50, *018.5 500mg 250 tabs \$9.75.**

***019.5 L-METHIONINE** is a sulfur containing amino acid which, as a precursor of SAME supports healthy liver function. Always take with B6, B12, TMG, & folic acid to avoid formation of homocysteine

and to promote production of SAME. Taking methionine before sex may slow orgasm response by reducing histamine levels.** ***019.5 500mg 100 caps \$10.50.**

NEW! *027.0 L-NORVALINE. L-Norvaline is said to inhibit the arginase enzyme resulting in increased arginine concentrations. Arginine is known to convert into nitric oxide which can improve blood flow. L-Norvaline is a modified form of the branched chain amino acid Valine. Best used with any form of Arginine &/or Citrulline. ***027.0 200mg 90 vcaps \$22.50.** See *000 Arginine, 010 Citrulline.

***020.0 L-PHENYLALANINE** is a precursor of the neurotransmitters dopamine and norepinephrine in the brain, both of which decline normally with age. Increases alertness and assertiveness, suppresses appetite and promotes positive mental attitude.** 300 dose at 500mg. ***020.0 150 grams powder \$7.75.** See *024 tyrosine.

***021.0 DL-PHENYLALANINE** is a 50/50 mixture of the L and D forms of phenylalanine. D-phenylalanine can slow the breakdown of endorphins, helping to minimize pain response.** Sweet taste. 200 dose at 500mg. ***021.0 100 grams powder \$6.50.**

***012.0 L-PROLINE,** Recommended by Linus Pauling with lysine & vitamin C for support of healthy blood vessels and by Dr. Rath in conjunction with EGCG. Aids in the support of collagen, cartilage and other connective tissue.** 100 dose at 1000mg. ***012.0 100 grams powder \$6.00.** *767 collagen contains significant proline.

***035.5 SAME,** a combination of L-methionine and ATP, is a methyl-donor that can enhance mood and mental function, support healthy liver & joint function, promote healthy homocysteine levels and can increase energy and fat loss.** Caution: People with bipolar (manic) depression should not use SAME unless advised by a physician. Best kept refrigerated. ***035.5 200mg active SAME 30 tabs \$18.50.** See *034 TMG for a low-cost material that can benefit SAME levels.

***022.0 TAURINE.** An antioxidant amino acid that helps regulate normal electrical impulses in the body, brain & heart. Promotes improvement to endurance and heart rate in endurance sports and may aid muscle building through cell volumizing similar to creatine. Mild taste. ***022.0 300 grams \$6.80.**

***032 L-THEANINE Suntheanine[®]** is an amino acid found in green tea that can stimulate the production of alpha waves in the brain, producing feelings of relaxation and well-being about 40 minutes after ingestion without reducing focus. By readily crossing the blood/brain barrier and increasing levels of GABA and dopamine, theanine can benefit mood while improving learning and concentration. It may protect against glutamate-induced toxicity in brain cells and has been shown to help promote healthy blood pressure levels and immune function. Theanine can help against the negative effects of caffeine and ease stressful tensions during times of PMS. Athletes use theanine at night with ZMA and Arginine, etc. for improved recovery.** Typical use is 100-400mg as desired, up to four times per day. Nearly tasteless. ***032.0 20 grams Suntheanine[®] powder \$19.00, *032.1 200mg L-Theanine 120 caps \$15.00.**

***034.0 TMG,** TriMethylGlycine, aka betaine base, a natural metabolic product of choline, is a methyl donor which promotes healthy homocysteine and SAME levels, joint function and mood. In the liver, TMG helps metabolize fat and increases detoxifying liver enzymes and antioxidant glutathione levels.** After giving up a methyl group, it becomes the nutrient *533 DMG popular with athletes and antiaging enthusiasts. In farm animals, TMG is used to improve the meat to fat ratio. Typical daily dose is 500-1500mg with other anti-homocysteine nutrients: B6, B12, folic acid, & choline. Certain aggressive protocols for mood and liver protection use up to 6 grams a day safely. Sweet taste in water. ***034.0 150 grams powder \$5.50.**

***033 TRYPTOPHAN, 5-HYDROXY, (5-HTP)** from the herb *Griffonia simplicifolia*. Certain issues such as irritability, anxiety, having trouble sleeping, being overweight & craving carbs, PMS and numerous others may have relatively low brain serotonin levels as a common causal agent. 70% of 5-HTP converts to serotonin compared to 5% of L-tryptophan.** Typical dose is 50-100mg (200mg/day maximum). Use less when also taking St. John's Wort. Do not use with, or try to replace antidepressants unless under medical supervision. Lower dose than L-tryptophan, more is not better. ***033.0 100mg 120 caps \$16.00, *033.9 20 grams powder \$14.50.**

***038 L-TRYPTOPHAN USP,** available again!, is an essential amino acid important in human nutrition for the synthesis of melatonin and serotonin, hormones regulating sleep, positive mood and immune

function.** As an essential amino acid, it is not synthesized by the body and must be obtained from the diet. NOW® L-Tryptophan is pharmaceutically pure - every lot is tested to be free of Peak E and microbial contamination. Usual dose as a serotonin precursor is 500mg or more on an empty stomach. ***038.5 500mg 60 caps \$15.00, *038.0 100 grams pure powder \$19.75.**

***024.0 L-TYROSINE** is the first breakdown product of and similar in many effects to L-phenylalanine but less likely to affect blood pressure. A precursor of dopamine, norepinephrine and thyroid hormone, it may help mood, energy levels and performance.** Good companion to daytime GH support products like arginine, glutamine, etc., before exercise. Mild taste. ***024.0 100 grams powder \$6.25.**

***024.7 N-ACETYL L-TYROSINE** is over twice as rapidly absorbed & bioavailable than regular L-Tyrosine. Sour taste. ***024.7 100 grams powder \$10.50.**

Vitamins

***100.3 ASTAXANTHIN**, a powerful antioxidant carotenoid obtained from microalgae, is found widely in nature including shellfish and salmon. It has no vitamin A value but protects against lipid peroxidation by up to 500 times that of vitamin E, protects against more types of free radicals than other antioxidants, is able to cross the blood-brain barrier, helps protect skin & eyes by quenching singlet and triplet oxygen, supports the immune system, helps alleviate oxidative stress and increases muscular endurance.** All with about 2-5mg/day with no side effects! Sold as 2% beadlet powder, up to 400 doses. ***100.3 20 grams powder \$19.80.**

***100.0 & .5 BETA-CAROTENE, Betatene®** 25,000 IU, gelcaps or 7.5% beadlet powder, **NATURAL** Mixed Carotenoids from *D. salina* algae contains beta carotene with small amounts of alpha carotene, cryptoxanthin, zeaxanthin and lutein. While only beta carotene can be converted to Vitamin A as needed with no overdose potential, mixed carotenoids are far more protective against free radicals than simple beta carotene. The synthetic form has only an isomer that converts to Vit. A, while natural beta carotene has another isomer that acts as an antioxidant and singlet oxygen quencher. It helps protect against damage from cigarette smoke, pollution and UV radiation. Alpha carotene alone has 10x the chemoprotective power of beta carotene. Lutein and zeaxanthin may help protect the eyes. ** ***100.0 25,000IU 180 gels \$16.50, *100.5 50 grams 7.5% powder \$15.00.**

***100.7 EYE SUPPORT**, a formula by Now, contains natural beta carotene, lutein, bilberry, NAC, green tea extract and other antioxidants. NOW Eye Support™ offers a full range of antioxidant nutrients which may aid in maintaining some visual functions. Lutein, a carotenoid found in dark green leafy vegetables, is a dominant pigment in the macular region of the eye. Bilberry extract contains biologically active flavonoids which support healthy vision.** ***100.7 60 caps \$13.50.**

***101.0 CANTHAXANTHIN** is an antioxidant carotenoid with no vitamin A activity, FDA approved at 30mg/lb as a natural red food coloring. ***101.0 50 grams 10% beadlet powder \$19.60.**

***102.0 B-1, THIAMINE HCl**, In addition to having vitamin properties is also an antioxidant and promotes normal glycemic levels.** ***102.0 100 grams powder \$7.50.**

***117.0 BENFOTIAMINE** (S-benzoylthiamine-o-monophosphate) is a lipid form of thiamine, Vit B1. A natural substance found in trace amounts in roasted garlic, onions, chives, etc. Glycation, the cross-linking of proteins by sugars, is a major cause of aging, but because higher blood sugar levels increase glycation, the result can be increased rate of aging. Benfotiamine acting like a time-released thiamine with increased ability to get into brain and muscle cells, helps protect against the formation of AGEs by glycation, helping to maintain healthy cells in the presence of blood glucose.** Dose schedules for antiaging and maintenance range from 100-300mg/day with meals. For info on specific research and double-blind human studies, web-search "benfotiamine". Note that our powder is about half the cost per gram of the lowest price capsules. ***117.0 30 grams powder \$14.00, *117.5 80mg 120 vcaps \$13.50.** Also see *036 carnosine

***103.0 B-3, NIACIN USP-FCC**, powder. Recognized as effective in promoting healthy cholesterol, triglyceride and GH levels. May cause harmless flushing sensation which you can build a relative tolerance to. Helps to increase blood flow and, taken before sexual activity, niacin can speed and/or intensify response.** ***103.0 100 grams powder \$5.50.**

- *103.7 & .8 B-3, NO-FLUSH NIACIN, Inositol hexanicotinate** provides cardiovascular benefits of niacin without the flushing sensation! ***103.7 275mg 180 caps \$15.00, *103.8 120 grams powder \$8.25.**
- *103.1 B-3, NIACINAMIDE**, another no-flush form of B3, is twice as likely to be converted to the essential cofactor NAD than niacin. This may help promote healthy blood sugar regulation and help protect DNA from damage. While it does not have the cardiovascular benefits of niacin, niacinamide is calming, especially when taken with inositol and GABA or theanine.** ***103.1 300 grams powder \$14.50.** See *751 NAD.
- *105.0 B-5, D-CALCIUM PANTOTHENATE.** (91.5% pantothenic acid, 8.5% calcium) promotes healthy life span, increased endurance and resistance to stress.** Check web for B5 protocol for acne and other related issues. 200 dose @ 500mg. ***105.0 100 grams powder \$7.50.**
- *105.8 B-5, PANTETHINE** This highly absorbable and biologically active (coenzyme) form of pantothenic acid (B5) and precursor of Coenzyme A, is fundamental in the metabolism of HDL cholesterol (the good cholesterol), and plays a key role in the metabolism of carbohydrates, lipids and amino acids. As an antioxidant, pantethine is essential to cardiovascular function and also helps support healthy serum lipid levels.** Powder is 20% pantethine on a cellulose & silica base. ***105.8 100 grams 20% \$16.00.**
- *106 B-6, PYRIDOXINE HCl**, Vitamin B-6 is one of the more popular members of the B-vitamin family and is found in fresh vegetables. Clinical studies have shown that B-6 plays an important role in regulating homocysteine levels in the body. Homocysteine is produced as a by-product of the demethylation of methionine and can be toxic in elevated amounts.** ***106.5 100mg 100 caps from Now Foods \$4.50, *106.0 100 grams powder \$7.50.**
- *107.5 B-12 Sublingual spray**, 1000mcg B12 (Cyanocobalamin), 5mg B6, 400mcg folic acid, & 100mg TMG per spray. This combination of key B-vitamins may aid the body's regulation of homocysteine, a potentially harmful by-product of protein metabolism.** ***107.5 2 oz, 80 serving lipospray \$9.75.**
- *107.0 B-12, METHYLCOBALAMIN, Brain B12.** Vitamin B-12 is an essential nutrient that cannot be synthesized by animals or plants, only by microorganisms. Most of B-12's benefits are related to its coenzyme activity, such as enzymes needed for the production of DNA during cell division. It is also necessary for the methylation of homocysteine, a harmful by-product of protein metabolism.** This form, sublingual and without cyanide, is over 3 times better absorbed, going directly into the bloodstream in its most efficient, active form. 2000-5000mcg is a typical daily dose. Larger doses sometimes use for neurological support. ***107.0 Brain B12 5000mcg 60 lozenges \$19.50.**
- *108.0 B COMPLEX, COENZYMATE™**, In order for B-vitamins to be utilized by the body, they must first be converted into their active coenzyme forms. This sublingual **Coenzymate™ B-Complex** goes directly into your bloodstream in its active form, ready to go to work immediately. ***108.0 60 lozenges \$15.85.**
- *108.2 B COMPLEX, B-50** is a complete formula from Now Foods containing 50mg of most B vitamins in normal form. ***108.2 250 tabs \$15.00.**
- *114.0 BIOTIN 1% powder** is a B vitamin coenzyme necessary for metabolism that is usually supplied by bacteria in the gut. Helps promote healthy blood sugar levels.** 1% powder is often recommended to be taken mg for mg with high-dose alpha lipoic acid. Remaining 99% is D calcium phosphate. 167 300mg doses yielding 3mg Biotin. ***114.0 50 grams powder \$5.00.**
- *112.3 CHOLINE, ALPHA GPC**, (alpha-glycerylphosphorylcholine) is the most bioavailable form of choline. GPC supports healthy levels of acetylcholine & PC in the brain, somatostatin and GH while helping to promote fat burning, mental focus, cognitive function, strength, response time, balance & coordination.** More effective and cheaper than CDP choline. Oral doses in studies are 1000-1200mg per day, but healthy people could use 200-300mg. Available in 50% powder in base of mannitol & 1% SiO₂. Sweet taste. ***112.3 50 grams (83 servings) \$26.25.**
- *112.9 CHOLINE, PHOSPHATIDYL**, (PC), 30% powder, is a key building block of all cell membranes, including the brain. PC helps support healthy liver function and protect against toxins. When added to a blend of nutrients, PC aids their absorption by the digestive system.** 1-4 grams per day. ***112.9 1 lb (454g) \$14.00.** Also see *726.5 Liver Support, *400 Cognitex, *401 DMAE, & *402 lecithin.

- *109.5 VITAMIN D-3.** 2000 IU per capsule. 120 softgels. Necessary for assimilation of vitamin A and utilization of calcium and phosphorus. Vitamin D3 is identical to natural D produced in the body with the help of UVB sunlight (D2 is a plant analog), and is helpful for maintaining bone health, while D3 deficiency has been linked to a surprising number of other health & age related conditions such as depression, back pain, insulin resistance and preeclampsia in pregnancy, cognitive function, impaired immunity and macular degeneration.** Dr. Jonathan Wright had recommended 1600-2000IU/day in winter and more recently other recommendations have been higher. Note: multiples & calcium/magnesium formulas may already contain some vit D-3.
***109.5 2000IU 120 gels \$6.00.**
- *115.0 VITAMIN E, D-ALPHA TOCOPHERYL ACETATE.** All our E is natural D form which has been shown to be superior to the synthetic D,L form. 700 IU/gram powder is a fat soluble antioxidant that helps protect cell membranes from free radicals.** In gelatin & SiO₂ base. Dry forms are very stable.
***115.0 100 grams 50% powder \$16.60.** Also see *212 tocotrienols.
- *115.8 VITAMIN E, DRY E, D-ALPHA SUCCINATE,** Product & description from Now Foods. Simply stated, vitamin E is imperative to life. By utilizing the tocopherols from d-alpha succinates, NOW Dry E-400 is an outstanding source of this immune boosting, cell protecting nutrient. As the body's primary lipid peroxidation defense, vitamin E is essential to the formation of healthy red blood cells and overall destruction of free radicals. Ideal for individuals with certain allergies, digestion difficulties and stomach sensitivity, NOW Dry E-400 is safe taken daily, 100% natural and works synergistically with Vitamins C, A and K, as well as selenium.** *From the FDA's website:* "Some scientific evidence suggests that consumption of antioxidant vitamins may reduce the risk of certain forms of cancer. However, FDA has determined that this evidence is limited and not conclusive." 1210 IU/gram, 400 IU/cap. ***115.8 100 caps \$12.75.**
- *115.7 VITAMIN E, MIXED NATURAL TOCOPHEROLS** in 400 IU gel caps from Now Foods. Our most comprehensive blend of tocopherols, NOW Vitamin E 400 IU Mixed is a remarkable formula that works synergistically with other antioxidants to protect the body from cellular damage caused by harmful free radicals. By combining alpha-, beta-, delta-, and gamma- tocopherols, NOW's unique blend of these oxidation quenching nutrients is easily digested and critical to good overall health.** ***115.7 400IU 250 gels \$17.25.**
- *115.4 GAMMA E, ADVANCED** by Now. Emerging research demonstrates that gamma-Tocopherol, the most abundant form of Vitamin E in the diet, has very important and unique functions. Central to these functions is its capacity to detoxify reactive nitrogen species, an especially destructive form of free radical. In addition, gamma-Tocopherol acts to trap and remove free radicals from the body in a way that alpha-Tocopherol cannot. NOW® Advanced Gamma E Complex provides the necessary full range of antioxidant protection because it contains a more natural balance of Tocopherols plus a full complement of Tocotrienols. NOW®'s "Advanced" formula thereby provides superior support for cardiovascular health, as well as protection for the health of the prostate and the colon.** 2 caps = 400IU natural d-alpha tocopherol and 400mg of mixed tocopherols (300mg gamma) with 10mg mixed palm tocotrienols. ***115.4 120 gels \$18.75.**
- *115.3 GAMMA E.** 1130 mg powder contains 340mg total tocopherols, 210mg of which are D-gamma, the most effective form for protecting against free radicals; and 154 IU Vit E activity from D-Alpha Tocopherol in gum acacia base. According to recent information having higher blood levels of gamma E helps maintain prostate health. National Academy of Sciences recommends at least 20% of E supplementation be gamma form. The best form of E for use as a food antioxidant.** Kosher. ***115.3 100 grams 30% \$10.50.** For enhanced antioxidant protection take with *212 tocotrienols. Also found in *213.5 LE Super Booster.
- *111 FOLIC ACID.** Involved in the repair function of DNA and is necessary for the production and maintenance of new cells. An estimated 20% of the US population suffers from some form of folic acid deficiency. And as one of the most difficult water-soluble vitamins to absorb, quality plays an integral role when choosing this essential B vitamin. NOW's Folic Acid 800 mcg is a state of the art blend that includes 25 mcg of Vitamin B-12 for synergistic effect and quick absorption. When used in combination with vitamin B-12, folic acid may help facilitate the production of cellular energy.** Take with vitamin C for improved absorption. In tablets or 10% powder in base of TMG. This is equivalent to 3,750 tabs, and must be diluted before use! ***111.5 800mcg 250 tabs \$4.50, *111.9 30 grams 10% powder \$4.00.**
- *116.0 INOSINE** is a purine nucleotide which may increase ATP and oxygen carrying capacity of the

blood. It can improve contraction of heart muscle . Still used by many athletes at 5-6 grams/day, some say it improves strength, others say aerobic endurance and also said to inhibit digestion of starch.** ***116.0 300 grams powder \$12.00.**

***104.0 INOSITOL** is a sugar found in muscles that does not stimulate insulin release. It is relaxing, helps muscle growth, protects cell membranes, is an antioxidant and may be helpful for joint and hair follicle function.** Powder is sweet. ***104.0 300 grams powder \$19.60.** See *762 IP6.

***113.0 SUPER VITAMIN K** from Life Extension (9mg K1 + 1mg K2) is vital for the process of blood clotting and helps to keep calcium in bones and out of arteries, thus promoting healthy bones and cardiovascular system at the same time at only 10mg/day.** ***113.0 10mg 90 gels \$20.25.** See *624 Vitamin K clarifying cream.

***100.9 LUTEIN**, 5% powder from marigold flowers, important carotenoids for skin and eye health.** ***100.9 20 grams powder \$5.75.** See *100.7 Eye Support.

***100.8 LYCOPENE, LYC-O-MATO®** Tomato Complex, from Now Foods. Lycopene is a powerful antioxidant carotenoid and the pigment that gives tomatoes, watermelon and pink grapefruit their characteristic red color. Clinical studies have indicated that Lycopene works through a number of mechanisms to support cardiovascular health and immune function. In addition, epidemiological studies have determined that Lycopene may be particularly important for the support of prostate health, as well as for the health of the digestive tract.** ***100.8 10mg 60 gels \$15.00.**

***100.6 LYCOPENE, LYC-O-MATO®** 5% beadlet powder. Lycopene helps promote healthy prostate, eye, heart and lung function.** 150 dose at 10mg. More economical than caps. (Save almost half with beadlet form). ***100.6 20 grams powder \$23.50.** Also see *723 Chloroplex.

***110.0 PABA**, para-aminobenzoic acid, is an essential nutrient for some animals, but not proved essential for people. Some consider PABA a member of the vitamin B-complex. PABA has been reported to enhance the effects of cortisone and assist in the formation of red blood cells and maintaining intestinal flora. A normal dose (in multivitamin form) is 50mg. PABA doses used in studies range from 300mg to 12 grams per day, however, anyone taking more than 400mg per day should consult a physician. ***110.0 100 grams powder \$5.00.**

Vitamin C

***124.1 ASCORBATE MINERAL-C®.** Mineral ascorbates are superior forms of Vitamin C that are fully reacted, buffered, well absorbed and retained. This comprehensive formula also provides key essential minerals which participate in numerous cellular functions together with Vitamin C. 1 tab contains 1g vitamin C from Ca, Mg, K, Zn & Mn ascorbates with bioflavonoids and rutin. Replacing Supergram which has become too expensive. ***124.1 90 tabs \$13.50.**

***118 ASCORBIC ACID** fine granular. Pure acid form vitamin C. ***118.8 8 oz. (227g) \$8.80, *118.9 1 lb (454g) \$16.00.**

***119.0 ASCORBYL PALMITATE** is a fat-soluble form of vitamin C (42% C) and a powerful synergist with other antioxidants. Promotes healthy and vital skin by protecting against lipid peroxidation.** Excellent, tasteless antioxidant preservative, FDA approved at any level for foods containing fats. Popular in some cosmetics. Fluffy powder does not mix with water. ***119.0 100 grams powder \$10.50.**

***120.1 BUFFERED C POWDER.** A great way to take vitamin C and get valuable minerals! One tsp. mixed in water or juice provides 2780mg acid-free Vit C & 40mg potassium, 141mg Ca, 88mg Mg, plus 157mg citrus bioflavonoids, flavored with natural lime. ***120.1 300 grams powder \$17.85.**

***120 EFFER-C™** from Now Foods, lemon-lime (*120.8) or orange (*120.9) fizzy drink powder containing 1g Vit C, 200mg potassium, plus 5mg CoQ10, 5mg ALA and other vitamins & minerals, sweetened with fructose. ***120.8 Lem/Lime 36 pack \$8.80, 120.9 Orange 36 pack \$8.80, *120.7 Raspberry 36 pack \$9.60.**

***125.0 C-1000 COMPLEX.** Each tablet contains 1000mg buffered timed-release Calcium Ascorbate, 500mg Citrus Bioflavonoids, 50mg Rutin & 50mg Acerola. Economical alternative to costly “ester” type products. ***125.0 180 tabs \$15.00.**

***121 CALCIUM ASCORBATE** Acid neutralized vitamin C containing 10% calcium. Does not contribute to gastric irritation in acid-sensitive persons. ***121.5 200 grams powder \$10.50.**

***122.5 MAGNESIUM ASCORBATE** Acid neutralized vitamin C with 8% magnesium. Does not contribute to gastric irritation in acid-sensitive persons. ***122.5 8 oz. (227g) powder \$12.75.**

Multi Vitamins

***202.5 ECO-GREEN**, from Now Foods, 120 tabs 2 per day iron-free multiple vitamin, mineral, antioxidant with 800 mg green superfoods. Excellent low-cost, medium potency value. ***202.5 120 tabs \$22.50.**

***209.0 KIDVITS**, by Now Foods. Animal-shaped chewable Children's 2 per day vitamin/mineral multi that children actually enjoy. Low iron. 100 lozenges. ***209.5 120 loz \$9.75.**

***200 LIFE EXTENSION MIX LATEST FORMULA** Multivitamin/Mineral/Antioxidant. High in phytonutrients, it's the best formula we've seen! Constantly updated! Recommended dose is 3 tabs or 1 tsp. per meal. 1 or 2 tabs per meal can still help. Flavored powder (w/stevia) or regular & high niacin tablets. (9 high niacin tablets contain 345mg niacin.) Available in capsules as well. **See website for formula, see page 52 for prices and quantity discount.**

***213.5 LIFE EXTENSION SUPER BOOSTER**, one cap per day supplies an extra 800mcg folate, 300mcg B12, 200mcg selenium, 360mg high gamma E tocopherols, 2mg lutein, 10mg lycopene, 120mg ginkgo extract, 100mg Chlorophyllin and 20mg sesame lignans to enhance the dissemination of gamma E to cells in the body, as well as some vitamin C & E. ***213.5 60 caps \$31.50**

***207 LIFE EXTENSION 2 PER DAY.** Excellent basic formula in 2 small tablets per day. ***207.0 120 tabs \$15.20.**

***201.0 LIFE FORCE™** Multiple by Source Naturals. Iron-free Life Force™ Multiple, the most complete daily formula available, is scientifically Bio-Aligned™ to deliver essential cellular energy and balance to vital systems and organs. For lifelong support to your brain, skin, eyes, immune, circulatory, antioxidant and energy systems.** An excellent mid to high end multiple formula at 2 tabs twice per day. ***201.0 120 tabs \$27.30.**

Antioxidants

***203 CO-ENZYME Q-10** is a natural substance that plays an essential role in releasing energy from the mitochondria to the rest of the cell, and protecting the mitochondria from oxidation. It is a potent antioxidant and bolsters immune system function which declines with age. By age 40 you have 40% less CoQ-10 than at age 20. Supports healthy heart function, gum health while helping to maintain healthy blood sugar and blood pressure. Dose varies from a preventive dose of 30-100mg to several hundred mg suggested by some doctors for cardiovascular purpose. Helpful for counterbalancing the depletion of CoQ-10 caused by statin drugs.** For those taking larger doses we offer 100mg or 400mg softgels in vit. E & rice bran oil or economical powder. Our gelcaps with vit E and rice bran oil can increase absorption over 3 times more than powder taken without fat. Always take powder or dry caps with oil or fatty food for proper absorption. Bioperine or Phosphatidyl Choline will help absorption as well. Our powder and all the gelcaps are natural (all trans-isomer), bio-identical to that produced in your own body, manufactured by fermentation, GMO and allergen free, GRAS, compliant with all pharmaceutical and Kosher standards, and understood to be more effectively assimilated in the body than synthetic CoQ10. Note: All CoQ10 on our list is natural form except *203.3 120 dry caps. **See page 49 for sizes and new LOWER prices.**

***203.5 CO-ENZYME Q-10, Super BioActive CoQ10 Ubiquinol** 50 mg, 100 softgels from Life Extension. When it comes to achieving optimal results from your CoQ10 supplement, how much you absorb is of critical importance. Since 1983, Life Extension has continuously sought out the purest, most bioavailable CoQ10 available. Now, Japan's largest CoQ10 producer has patented a form of CoQ10 that offers unprecedented bioavailability—capable of increasing human blood levels up to 8 times more efficiently than the higher-absorption CoQ10 products on the market today. Each capsule of Super BioActive CoQ10 Ubiquinol provides 50 mg of this novel ubiquinol form of CoQ10. With its superior absorption and ability to remain bioavailable over much longer periods of time, most healthy people will need to take just one capsule twice daily to obtain significantly higher blood levels of CoQ10. ***203.5 100 gels \$32.50.** Note: Some "experts" say this form is superior, others say the body will freely convert between the two forms as needed making the more costly ubiquinol form unnecessary.

***205 PCO: GRAPE SEED EXTRACT or PINE BARK EXTRACT.** Extracts containing bioflavonoid PCOs are among the most powerful natural antioxidants and free radical scavengers yet discovered; as much as 50 times as powerful as vitamin E, and 20 times as vitamin C. They are able to cross the brain-blood barrier to help protect brain tissue from oxidation, help to normalize inflammation through enzyme inhibition, promote healthy circulation and capillary integrity, and are uniquely able to help protect & rebuild collagen supporting flexibility of skin, joints, arteries, & other tissues.** Because they have some unique properties, there may be an advantage in using both PCOs from both grape seed and pine bark. **Activin™ grape seed** and **pine bark** are *pure, undiluted extracts* in powder, 95% PCOs. Activin™ is the most extensively studied grape seed on the market, with more than 50 research presentations. Activin with ChromeMate® chromium promotes healthy levels of oxidized LDL cholesterol, and improve endurance in athletes by as much as 30%.** ***205.9 Activin™ Grape Seed Extract 50 grams powder \$12.50, *205.6 Grape Seed Extract 100mg 120 cap \$8.00, *205.0 Pine Bark 100mg 120 caps \$8.50, *205.1 Pine Bark ext 50 grams powder \$7.50.**

***204.0 SELENIUM** is used by the body in producing a potent antioxidant enzyme, glutathione peroxidase. It is also involved with iodine metabolism, DNA repair, immune function, and the detoxification of heavy metals. Provides support to cardiovascular, joint, and eye function with 200 mcg per day of this mineral.** OPTI-SEL tablets contain 150mcg from sodium selenate and 50mcg from seleno-methionine, providing what some authorities think is the best overall mix for quick and long-term selenium protection. Doses of 2500mcg/day for extended period may approach toxicity. ***204.0 Opti-Sel 200mcg 100 tabs \$5.50.**

***214 SOD, GliSODin®**, “the antioxidant catalyst,” is the first orally effective, vegetarian form of *superoxide dismutase* (SOD); the only one that has been shown to increase the body’s own circulating SOD levels by oral ingestion. Natural production of antioxidants catalase & glutathione peroxidase (GPx) are also increased. A proprietary process integrates gliadin (a wheat protein) with SOD from melon extract to protect it from degradation. Usually SOD is rapidly destroyed by the digestive system. SOD is an enzyme produced by most cells that neutralizes the powerful *superoxide* radical which can cause cellular damage. In a clinical trial, healthy volunteers subjected to accelerated oxidative stress showed no DNA fragmentation after taking GliSODin®, while the placebo group did. Animal & human studies suggest GliSODin® supplementation should be helpful for all conditions of oxidative stress and excess free radicals or when the immune system is challenged; including neurological, pulmonary, cardiovascular, vision, & immune support, as well as for sports nutrition by reducing lactic acid buildup and promoting exercise recovery.** A recent study on protection from the sun’s effects concludes, “GliSODin usage prepares the skin for exposure to the sun and undeniably improves the condition of both the patient’s skin and general condition.” In 1 IU/mg powder, the usual dose for healthy humans is 250mg/day regular use; 500mg/day therapeutic use, probably less when mixed with other antioxidants. ***214.0 50 grams powder \$44.90.**

***211 SUPER ANTIOXIDANTS** from Now is an excellent source of antioxidants and polyphenols from extracts of green tea, ginkgo, curcumin, quercetin, bromelain, cranberry, rosemary, grape seed, ginger, hawthorn, bilberry, etc. 2 caps per serving ***211.0 60 capsules \$13.50.** See *841 Herbal Antioxidants.

***212 TOCOTRIENOLS** 7.5% beadlets from preferred palm oil source. 667mg contains 50mg complex, including 22mg gamma, 5mg delta, and 12mg alpha tocotrienols, and 12mg d-alpha tocopherol (vit E), along with naturally occurring squalene, phytosterols, carotenoids and a bit of CoQ10. Almost all tocotrienol studies used palm source. These relatives of vit E support blood function and healthy total and LDL cholesterol levels. Tocotrienols easily cross blood-brain barrier helping to protect neurons, inhibiting glutamate-induced cell damage and have synergistic antioxidant effect with tocopherols (vit E).** Take with *115 Gamma E for full-spectrum vit. E antioxidant protection, however, Vit E can interfere with tocotrienol’s ability to help cholesterol. For extra cholesterol benefit, take with guggul, phytosterols, and/or policosanol. Tocotrienols are also synergistic with supplements that help balance estrogen levels. ***212.5 50 grams 7.5% powder 75 serving \$15.50.**

Other powerful antioxidants: *508 lipoic acid, *014 N-acetyl cysteine, *303 OptiZinc, *738 melatonin, and plant derived antioxidants such as green tea, astaxanthin, ginkgo, bilberry, curcumin, rosemary, fruit & herbal antioxidants.

Minerals

***317.0 ACID COMFORT** (formerly Acid Redux) by NOW®, formulated by Scientific Food Solutions, is a powerful blend of magnesium/potassium hydroxide in combination with vitamins and minerals including ultra low-lead calcium carbonate can be highly effective in reducing stomach acid, while

raising our pH levels and soothing sore tissues – three essential elements in maintaining optimal acid levels in our stomach and throughout our body.** Acid Redux™ is a licensed trademark of Evergreen Nutraceuticals, LLC. ***317.0 90 lozenges (1-3/day) \$7.50.**

***307.3 BORON.** A small amount of boron helps the body retain calcium, while promoting healthy testosterone and estrogen levels and mental function.** One capsule daily provides 3mg boron from calcium borogluconate. ***307.3 250 caps \$9.00.**

***313.0 CALCIUM 2-AEP,** a favorite of Dr. Hans Nieper & Dr. Robert Atkins, transports calcium to the cells, and helps maintain cell membrane integrity, protecting the cell from penetration by toxins and other attackers.** ***313.0 500mg 200 caps \$26.50.**

***304.1 CALCIUM/MAGNESIUM 2:1, CALCIUM CITRATE.** Without optimum levels of calcium, the human body may become prone to structural problems that can stem from long-term deficiency. Known for its influential role in both development and sound bone function, calcium citrate works to ensure that our structural foundation remains strong and healthy. NOW Calcium Citrate is a highly bioavailable form of this crucial mineral, and fortified with a perfectly balanced blend of zinc and magnesium to increase its overall effectiveness.** Two tabs contain 600mg Ca, 300mg Mg, 100IU vit D, with zinc, manganese, & copper. ***304.1 250 tabs \$15.00.**

***304.4 CALCIUM/MAGNESIUM 1:1, CAL/MAG CITRATE,** 8 oz “high absorption” powder is 50 x 4.5 gram servings of 400 mg each calcium and magnesium with 200 IU vitamin D. Does not dissolve completely in water. ***304.4 8oz powder \$8.25.**

***304.6 CALCIUM/MAGNESIUM 2:1, BONE CALCIUM** is a unique nutritional supplement formulated with calcium-rich, high collagen Microcrystalline Hydroxyapatite (MCH). MCH is the actual form of calcium found naturally in bone tissue. It provides both the organic and inorganic constituents found in the skeletal structure. It also contains Vitamin D and trace minerals to help support calcium utilization. 4 tabs contain 1000mg Ca, 500mg Mg, with phosphorous, vit D, zinc, copper, manganese, & boron. ***304.6 240 tabs \$16.50.**

***304.9 CALCIUM/MAGNESIUM 1:1, ULTRA-CAL NIGHT FORMULA.** 4 tabs contain 600mg vegetarian timed-release calcium and 600mg magnesium, both combined with Krebs cycle ions; plus 10mg herbal silica, 200IU Vit D-3, 2mg Boron, with added soy isoflavones, amino acids, vitamins, & trace minerals. ***304.9 240 tabs \$20.50.** For support of bone density, see *519 Ipriflavone.

***306 CHROMIUM** is an essential trace mineral that works with insulin to support healthy blood glucose levels and plays an important role in the proper utilization of protein, fat and carbohydrates. Chromium increases insulin sensitivity, leading to increased numbers of insulin receptors and greater binding of insulin to cells. Chromium helps insulin to metabolize fat, turn protein into muscle and convert sugar into energy. ** Typical dose is 200mcg. Up to 600-1000 mcg now recommended for bodybuilding or dieting.

***306.9 Chromium Picolinate 200mcg 250 caps \$11.25, *306.1 ChromeMate® chromium polynicotinate 200mcg 180 caps \$9.75.**

***305.0 COPPER.** Those taking more than 35mg of zinc or many products sweetened with fructose or sucrose may need 2mg supplemental copper several times per week. An important antioxidant nutrient at low doses, however it can become a free radical generator when excessive. ***305.0 2mg 100 tabs \$5.00.**

***302.0 IODINE, Potassium Plus Iodine.** Potassium Iodide (KI) is a compound that contains Iodine, a nutrient necessary for normal thyroid function. Iodine in the form of Iodide is an integral part of thyroid hormones, which regulate cellular metabolism and energy production. NOW® Potassium Iodide Plus also supplies Potassium, a mineral that is essential for the maintenance of healthy water balance and whole body pH.** Each tablet contains **225mcg Iodine (1.5 x DV), 99mg potassium,** with 100mg sodium alginate. ***302.0 180 tabs \$7.50.**

***300 LITHIUM OROTATE.** About 10-20mg of lithium per day may help support signal-carrying pathways in the brain, and protect and revitalize brain cells which can promote improvement in mood.** ***300.0 4.3mg lithium per highly absorbable 120mg tablet 200 tabs \$16.00, *300.5 low cost 9% powder 20 grams (200 dose) \$8.00.** Check out August & September 2003 issues of Dr. Jonathan Wright’s outstanding newsletter, *Nutrition & Healing*. See www.wrightnewsletter.com.

***316.0 MAGNESIUM CITRATE.** While this macro-mineral is easily obtained from many foods, magnesium deficiencies are extremely common for many Americans. Alcohol consumption, the presence

of fluoride, and the consumption of certain foods either increase our need for magnesium, or decrease its absorption. Magnesium is not only one of the key nutrients required in both calcium utilization and protein synthesis, but it also plays a tremendous role in virtually every enzymatic reaction in our body. ** 200mg absorbable Mg per tab. ***316.0 250 tabs \$15.00.**

***311.0 MAGNESIUM GLYCINATE** 15% magnesium in an absorbable, non-laxative form. Some estimate over 90% of the US population are deficient in magnesium! Moderate taste. ***311.0 300 grams powder \$15.75.**

***312 MAGNESIUM MALATE**, 12-15% Mg with malic acid. Because malic acid plays a key role in the production of energy in the mitochondria, it is often recommended with magnesium.** Powder has bitter taste. ***312.0 1000mg 180 tabs \$10.50, *312.5 300 grams powder \$10.25.**

***301.0 MAGNESIUM OROTATE**. 7% Mg. Orotates, found in human milk, are reputed to be among the best mineral transporters. Mg orotate was said by Drs. Robert Atkins & Hans Nieper to help cardiovascular and arterial function.** ***301.0 200 grams powder \$19.75.**

***308.5 POTASSIUM GLUCONATE**, Potassium is an important mineral used in various bodily functions. It is an important factor in the maintenance of the body's acid-base balance and nerve condition, as well as the transfer of nutrients through cell membranes.** ***308.5 99mg 250 tabs \$7.50.**

***310.0 POTASSIUM/MAGNESIUM ASPARTATE** 11% K, 5% Mg. An effective mineral transporter formula for supporting cardiovascular function, fat loss and increases in endurance.** Typical serving 1 gram. Not the most pleasant taste. ***310.0 300 grams powder \$8.25.**

***309.0 STRONTIUM** is a common mineral element of the calcium family present in water and food. Trace amounts are found naturally in the human skeleton. A bone-seeking mineral taken up on the bone's crystal surface, strontium may lead to normalized bone density by inhibiting osteoclast activity and to draw more calcium into bones. Clinical trials have shown increases in bone mineral density by increasing bone formation without changes in bone resorption in both pre and postmenopausal women compared to placebo. Strontium may also protect the teeth against cavities and promote cartilage growth.** Adequate calcium, magnesium and vitamin D intake is very important when using strontium. Other supplements: Cissus, ipriflavone, lactoferrin, Vit K, DHEA, progesterone cream, boron, etc., should be synergistic. Those on kidney dialysis should not take strontium supplements. Typical dose is 340mg strontium (from 1000mg strontium citrate) one to two times per day on an empty stomach separate from food and supplements containing calcium. Low cost powder at one fourth to one eighth cost of capsules. ***309.0 120 grams (120 doses) \$7.50.**

***303.7 OPTI-ZINC, L-**, L-OptiZinc® is a patented form of zinc complexed with the amino acid Methionine. Research has demonstrated this product to be better absorbed and retained longer compared to several other forms of zinc tested.** 30mg caps with 300mcg copper. ***303.7 100 caps \$6.00.**

***303.6 ELDERBERRY & ZINC**. Good tasting lozenge contains 12mg zinc combined with 100mg 10:1 elderberry extract (see *753 Sambucol & *878 elderberry); along with 150mg C and 25mg each of echinacea, propolis, & slippery elm for maximum effectiveness. Zinc is a trace mineral that plays a imperative role in supporting the body's immune system. To increase the overall effectiveness of this formula, contains a proprietary herbal blend of Echinacea, Propolis and Slippery Elm.** Zinc must bathe the throat tissues for about 10 minutes to be most effective. ***303.6 90 lozenges \$9.00.**

***315.5 ZMA**. Patented Zinc/Magnesium nonsteroidal supplement that, can help increase athletes' testosterone, IGF, and repetition strength . Also helpful to counter sleeplessness.** 10mg Zn from monomethionine & aspartate, 150mg Mg from aspartate, & 3.5mg B6 per cap. Dose is 3 caps for men, 2 caps for women at bedtime. (See www.interhealthusa.com/research/zma-testosterone1.aspx) ***315.5 100 capsules \$12.75.** Take with *015 GABA or *032 theanine for greater relaxation.

Neurological Support

***408.0 BACOPA monnieri** 20-25% bacocides extract of this Ayurvedic herb helps promote neuron health in the hippocampus where memories are created and retrieved. Powder has bitter taste. Dose is from 50-250mg 2 x/day. ***408.0 50 grams powder \$5.50.** See *403 PS-B and Recall for combination formulas.

- *400.5 COGNITEX.** Latest formula from Life Extension, revised according to newly published findings about slowing brain aging.** 3 capsules per day provides 20mg vinpocetine, 600mg alpha GPCholine, 100mg phosphatidyl serine, 150mg Phosphatidylcholine-Grape Seed extract, 150mg VitaBlue Blueberry 130:1 extract, 125mg Sensoril® Ashwagandha extract & 125mg NeuroProtection Complex. ***400.5 90 gels \$54.00.** See *403 phosphatidyl serine or *112 choline.
- *401.0 DMAE** (dimethyl aminoethanol) is a natural substance found in such “brain foods” as anchovies and sardines. It is a precursor to choline and acetylcholine. Unlike choline, it easily passes the blood/brain barrier where it stimulates the cholinergic nervous system. Some, particularly older people, find DMAE to be stimulating. Helps improve mood in older people often caused by declining levels of acetylcholine in the brain. It is a potent membrane stabilizer, and experiments have shown reversal of the accumulation of age pigment, as well as increased life-span of some species of animals. Promotes greater daytime energy, attentiveness & concentration, sounder (but requiring less) sleep, and improved mood and personality among healthy individuals. Aids strength and speed in athletes.** It should not be taken by people with Bipolar (manic/depressive) disorder. Powder is 37% DMAE, 63% tartrate. Produced from non-animal source. Sour taste. ***401.0 100 grams powder \$4.75.**
- *401.5 DMAE-H3.** Each 50ml bottle contains 10g of DMAE & 15g PABA stabilized with benzoic acid and will last 100 days at 100mg DMAE per day. ***401.5 50ml \$8.00.**
- *405.0 GALANTHAMINE** is an extract from certain flowers that helps the effectiveness of acetylcholine in the brain both by increasing its production and through improvement of its receptors. It stimulates those receptors without causing desensitization over time.** Search “galanthamine” on the web. One should work up over a few weeks to the usual dose of 8mg taken 2-3 times per day. Our powder extract is in a glutamine base and contains alpha GPC & vitamin B5. A month’s supply (24mg/day) sells elsewhere for \$70-\$100. ***405.0 35 grams (1 month) \$47.50.**
- *407.6 HUPERZINE-A COMPLEX,** Knoitol, from Life Link. Huperzine A is a powerful all-natural herbal supplement that enhances memory, focus and concentration. Derived from Chinese club moss, clinical studies have shown that alkaloids in this extract help prevent the breakdown of acetylcholine, a primary neurotransmitter for memory and concentration. Studies have shown Huperzine to be safe and effective for long-term use. It also is a powerful nutrient for the eyes and ears as it protects delicate nerve cells.** Now with 200mcg Huperzine A, 25mg DMAE, 250mg choline, 100mg Vit B5 per tab. ***407.6 100 tabs \$16.85.**
- *407.0 HUPERZINE-A w/VINPOCETINE.** Enhance memory, focus, concentration, eyesight & hearing.** Typical dose contains 50mcg Huperzine, 10mg vinpocetine, & 485mg glutamine. Consider lower dose if used with powerful choline supplements as the effectiveness of choline will be increased. ***407.0 50 grams powder (100 dose) \$8.50.** See also *406 Vinpocetine, & *403.8 Recall.
- NEW! *402 LECITHIN, Non GMO.** Lecithin is a naturally occurring compound found in all cells in nature, plant and animal. It plays a major role in almost all biological processes - including nerve transmission, breathing and energy production. The word lecithin is taken from the Greek Lekithos, which means “egg yolk”. A fitting name for this essential nutrient, for the egg is considered a symbol of life, strength and fertility. Lecithin is important for all of these biological functions and more. Our brain is approximately 30% Lecithin. The insulating myelin sheaths that protect the brain, spine and thousands of miles of nerves in your body are almost two-thirds Lecithin. Lecithin is composed of many different components, including Choline, Inositol, Linoleic Acid, Phosphatidylserine, beneficial fatty acids and triglycerides. These valuable constituents of Lecithin are vital for the proper functioning of many metabolic processes.* NOW® Lecithin Granules are derived entirely from Non-Genetically Engineered (Non-GE) soybeans that have been Identity Preserved (IP). This guarantees that the soybeans are from seedstock that has been certified as Non-GE. Used to support memory and immune system function.** Take with antioxidants and B-5 which helps the formation of acetylcholine, a neurotransmitter involved in memory & learning. ***402.1 1lb Non-GMO granules (454 grams) \$8.40.** See *112 choline.
- *404.5 MENTAL EDGE** Mental Edge® is an advanced nutritional formula — a literal multivitamin for your brain. This Bio-Aligned™ Formula combines nutrients, herbs and special ingredients to address multiple, interdependent body systems: neurotransmitter production, antioxidant defense, energy generation, stress response and myelin sheath generation. Too many ingredients to list here, see web site for full list. ***404.5 120 tabs (4/day) \$16.25.**

- *403 PHOSPHATIDYL SERINE** supports improved memory by playing a key role in communication across synapses between nerve cells and reversing loss of membrane fluidity associated with age-related mental decline. PS also has anticortisol properties which helps muscle building and recovery from exercise-induced stress.** Recommended dose for brain function is 100 to 300 mg PS per day. For cortisol control, dose can range from 200mg for light workouts, to 800mg occasionally for extremely intense workouts. Available in caps or 20% powder. (Related compounds make up other 80% of powder.)
***403.1 100mg 60 caps \$20.00, *403.5 50 grams 20% powder \$23.50.**
- *409 PICAMILON**, (sodium salt), aka Picamilone, is a nootropic (smart drug) developed in Russia consisting of niacin bonded to GABA with much greater effects than taking both supplements together. Picamilon supports increase in circulation in parts of the brain and is a better vasodilator than vinpocetine. It is unique for having a stimulating effect while also tranquilizing without sedation. It is a mild reversible MAO inhibitor shown in studies to improve a number of neurological problems usually within a week of continuous use.** Picamilon may be synergistic with piracetam & other nootropics, vasodilators, MAO inhibitors, and general mood supplements, so use lowered dosage and advice from your health professional when combining these. Dose is 50-100mg 1-3x/day with occasional breaks. Sold at \$5/gram in Europe! ***409.0 20 grams powder \$10.75.**
- *410.0 PIRACETAM** (2-oxo-pyrrolidone acetamide), the original European nootropic now available in low-cost powder. It has been said to safely enhance, protect, & optimize memory and learning in normal individuals.** Some say optimum dose is 2400mg 2x/day for one month, 1200mg 2x/day thereafter, others suggest 100mg/kg bodyweight/day. ***410.0 300 grams powder \$14.50.**
- *403.9 PS-B**, 100mg PS mixed with 100mg Bacopa extract/dose for memory enhancement and cortisol control.** ***403.9 50 grams powder 83 dose \$23.60.**
- *403.8 RECALL HUP-A** is PS-B with 50mcg/dose Huperzine extract. ***403.8 50 grams powder 82 dose \$24.75.** See *407 huperzine.
- *406 VINPOCETINE** is powerful memory support, increasing blood flow, ATP production and the utilization of glucose and oxygen in the brain promoting healthy vision, hearing and short term memory as well.** It is derived from vincamine, an extract of periwinkle. Search “vinpocetine” on the web.. Inexpensive powder diluted with glutamine or tabs. Dose: 5-10mg, 1-3x per day. ***406.0 50 grams powder (100 10mg dose) \$7.25, *406.5 5mg 120 tabs \$12.00.** Also see *013 acetyl l-carnitine, *807 ginkgo, *112 choline, *750 pregnenolone.

Athletic Aids

- *521.9 ANTI-ESTROGEN FORMULA.** A dose of this formula contains 100mg DIM, 500mg chrysin, and 125mg nettle root extract, to help maintain healthy hormone levels** by inhibiting the conversion of testosterone or androstenedione to estradiol and estrone, with 5mg Bioperine to enhance absorption. ***521.9 50 grams powder (66 serving) \$22.50.** Other estrogen defense products include *839 quercetin, *618 progesterone, *531 methoxy isoflavone, & *741 calcium D-glucarate.
- *512.5 CHRYSIN** is an isoflavone (5,7-dihydroxyflavone) from Passiflora that inhibits aromatase, the enzyme that converts testosterone and androstenedione to estrogen. This promotes healthy testosterone to estrogen levels, lowering fat storage under the skin, resulting in a “hardening” of the physique. Men typically use up to 1-2 grams per day, women about half that. Other properties include normalizing inflammation & anxiety.** Take with Bioperine & oils for better absorption. ***512.5 50 grams powder \$22.00.** See *521.9 Anti-Estrogen above.
- *532.3 COLOSTRUM.** >30% IgG. Bovine colostrum contains factors for increasing immune function and protein uptake (there is evidence that large peptides in colostrum can be absorbed intact and IGF-1 levels rise dramatically), transport, and synthesis, along with suppression of excess muscle breakdown, resulting in muscular growth and faster recovery from exercise and other stresses.** Typical dose for growth is several grams per day. (Some studies have used 20-50 grams!) Dr. Whitaker recommends 4.5g 2x/day for a powerful immune system support. Low cost powder (milk-like taste) can be used alone or with whey protein. Our double-strength premium colostrum is >50% total protein, with 0.72% lactoferrins, 0.9% IgA, 1% IgM, 80ppm IGF-1, IGF-2, TGF, 14% lactose, and 3% fat. USA source, tested *pesticide & heavy metal free*. ***532.3 200 grams powder \$16.50.**

- *031 CREATINE MONOHYDRATE**, the #1 sports performance supplement, increases muscles' store of creatine phosphate used to recharge used ATP to keep muscles firing during intense anaerobic effort. Studies show significant rapid improvement in strength & activities such as sprinting and weightlifting, while bodybuilders report increase in size from "cell volumizing." Has no effect on hormones, so it can be used by younger athletes. Creatine can help with neurological & muscle wasting issues associated with normal aging, and contributes to protecting neurons by helping reduce glutamate toxicity.** Considered by far the most effective athletic supplement for the money! We don't add glucose (and charge a lot for sugar like some companies do!). You can always add low-cost sugar or take with high glycemic carbs or juice if you want. Instead, we suggest you take with 10g+ whey protein along with perhaps a few grams of carbs to help release enough insulin for optimum uptake, or try 200-300mg lipoic acid (ALA) which acts as a shuttle to speed creatine to muscle cells. Despite rumors to the contrary, creatine users have *less* cramps, injuries, dehydration, water retention, and gastrointestinal problems than those on a placebo! Usual dose is 5g 4x/day for 5 days, then 5g once/day for 3 months, then some time off. Best taken *after* a weight training workout. Do not mix in water until just before using or it will turn into useless creatinine. If you want a more absorbable form, see other creatines listed below. ***031.5 300 grams powder \$6.50, *031.9 1kg (1000g) \$15.00.**
- *031.4 EFFERVESCENT CREATINE**, with Ribose. A little fizz contributes to creatine uptake, and the combination of creatine and ribose increases strength and recovery from exercise much more than either one alone. One dose contains 5g creatine, 3g ribose, 1g glutamine, ALA, taurine, stevia, & natural flavor. All active ingredients, no sugar filler. 40 doses. ***031.4 480 grams \$21.50.**
- *031.6 CREATINE ETHYL ESTER HCl** is extremely soluble and stable in water with rapid, nearly 100% absorption. Many say it is at least 20 times more effective than the monohydrate form in regard to strength & endurance. Loading phase not necessary. Often mixed with other creatines. 3-5g/dose. Sour taste. ***031.6 300 grams \$12.50.**
- *515 CREATINE PYRUVATE** is a combination for improving strength, endurance & fat loss.** Dose is 2-4g twice a day. Compared with creatine monohydrate and calcium pyruvate separately, chemically combining these popular products at a 60:40 ratio increases absorption & avoids calcium overdose possible when taking large doses of calcium pyruvate. Not great tasting but economical way to get these two components. ***515.0 200 grams powder \$13.75.** See *031 creatine monohydrate, creatine ethyl ester, *505 pyruvate.
- *521 DIM, Diindole Methane**, from cruciferous vegetables, is a tasteless, stable, bioavailable form of indole 3-carbinol (I3C) with up to 10 times the potency of I3C according to some authorities. A pound and one half of broccoli = 300mg I3C = 30-40mg DIM! It helps promote a healthy ratio of "good" 2-hydroxy estrone and estriol to "negative" 16-hydroxy estrone. (Ask your health professional about tests to measure the ratio between these estrogens.) DIM helps decrease protein bonding of testosterone and the conversion to DHT, leaving more free (bioavailable) testosterone, while flushing out excess natural estrogens as well as xenoestrogens such as dioxin. DIM helps protect against free radicals that oxidize fat, protect the liver & colon, promote fat loss, defend DNA against damage and inhibit the effects of DHT.** Daily doses range from 50 to 400mg. Absorption may be enhanced by Bioperine and/or fats & oils. ***521.5 20 gram powder (200 serving) \$10.00, *521.6 200mg 60 caps \$14.00.**
- *521.1 INDOLE 3-CARBINOL** Some prefer I3C over DIM. Indole-3-Carbinol (I3C) is a naturally occurring phytochemical found in cruciferous vegetables such as cabbage, broccoli, and kale. NOW[®] I3C provides powerful antioxidant protection, helping to prevent cellular damage caused by free radicals. In addition, I3C can help to maintain healthy normal hormonal balance, for both men and women and therefore may support the health of the breast, prostate, and other reproductive organs. I3C is also known to support the liver's detoxification processes with the highest level of Flax Lignans available, which are also beneficial in supporting healthy normal hormone balance.** 200mg vcaps with 200 mg LinumLife[®] flax extract. Stability issues make I3C powder impractical. ***521.1 200mg 60 caps \$18.00.**
- *533.5 DMG**, Dimethylglycine, promotes healthy oxygen utilization, cholesterol levels, heart & liver function and helps protect from free radical damage, while reducing lactic acid build up from exercise, resulting in more efficient muscle contraction & muscle recovery and high physical & mental energy levels. ***533.5 125mg 100 caps \$8.25.** See *034 TMG.

- *538.5 ECD**, 20-Hydroxy Ecdysterone (aka B-ecdysone) minimum 60% and total ecdysterone content about 90% by HPLC from a 150:1 extract of *Cyanotis vaga*. Low androgenic, zero estrogenic muscle enhancer for men & women, increasing lean mass when used with exercise and a high protein diet. Said to support healthy cortisol levels, immune response, and neural function. Benefits include increases of endurance, work capacity, and VO2 Max in athletes. A former Soviet favorite, can promote an increase in the rate of protein synthesis without changing cell structure or testosterone and estrogen levels. Enhances size, strength, endurance, & recovery** and since it does not affect hormone levels, will not give a false-positive on steroid tests. Dose recommendations of ECD vary from 10mg 3x/day up to 5mg per kg of bodyweight divided in 3 doses/day. Some say 90mg of actual ECD (130mg powder) 3x/day is ideal. ***538.5 25 grams (192 serving) \$17.20.** Many stack with methoxyisoflavone, tribulus, long jack, and/or ZMA.
- *506.0 GAMMA ORYZANOL** is a plant sterol nutrient related to octacosanol, derived from rice germ oil, that has been researched in Japan for 50 years. GO has become popular again for promoting muscle growth. Unlike steroids, it actually helps support healthy sex glands, liver and cholesterol levels. It provides protection for the gastrointestinal mucosa, promotes balanced acidity and is an antioxidant.** Neutral taste, typical use, 300-600mg 1-3 times/day. ***506.0 50 grams powder \$7.50.**
- *520.0 GLYCERINE** (glycerol) is used in water for improved hydration and as an energy source by bodybuilders and endurance athletes.** Also used on skin as a hydrating agent and lubricant, hypoallergenic and safe for all cosmetic purposes. Sweet flavor. ***520.0 16 fl. oz. \$7.75.**
- *519 IPRIFLAVONE**, 7-isopropoxyisoflavone, used for years for increasing bone density at 300mg twice a day. At slightly higher doses, it promotes healthy testosterone and PGE2 levels which can decrease sodium and water retention, promoting normal blood pressure levels and increasing muscularity.** Typical use, 300-400mg 2 times/day, tasteless powder. ***519.1 50 grams powder \$6.25, *519.6 300mg 90 caps \$12.75.** May work synergistically with *531 methoxyisoflavone.
- *508 LIPOIC ACID, ALPHA.** ALA is a supernutrient that helps the cells provide quick bursts of energy for intense exercise, reduces lactic acid buildup from overexertion, and helps produce sustained energy without increasing fat production. It is a powerful water and fat soluble antioxidant that protects throughout the body, promotes healthy blood sugar levels, protects against aging due to glycation (cross-linking protein molecules by sugar); and helps to speed creatine to muscle cells.** For aiding in fat loss some are suggesting 100mg ALA for each 40 grams of carbs in a meal. Note: ALA is the 50:50 ratio of the R and S isomers. Usual dose: 100-300 mg; blood sugar support: 300-600mg. Some suggest taking 1mg biotin per 100mg ALA. Especially effective with CoQ10, ALC, & carnosine. Powder mixes well in creams 1-5% for topical application. Powder form creates a “burning” sensation in mouth & throat. ***508.9 50 grams powder \$9.00, *508.0 100mg 120 caps \$8.50, *508.3 300mg 180 caps \$18.75.**
- *508.8 R-LIPOIC ACID, BioEnhanced™ Na-RALA.** R-Lipoic Acid (RLA) is the natural form of Lipoic Acid used in much recent research, and is at least twice as effective as the normal 50:50 mix of R and S forms found in ALA. But, besides being expensive, RLA is very unstable in powder form. However, Na-RALA is a stable, non hygroscopic, sodium salt (less than 1% daily value of sodium) of RLA that won't polymerize and requires no special handling or refrigeration with a shelf-life of at least 3 years at room temperature. It is very water-soluble, bioavailable, and nonirritating. Capsules contain 100mg of bioavailable RLA from 143mg Na-RALA, along with D-biotin. This is a premium product made in the US, but unlike non-stabilized RLA, with Na-RALA your body gets to use what you are paying for. ***508.8 100mg 60 vcaps \$23.50.**
- *508.5 ALC, ALA, Bioperine™ Capsules.** 500mg Acetyl-L-Carnitine, 200mg Alpha Lipoic Acid, and 5mg Bioperine per capsule. Highly sought-after combination. See description for each ingredient. ***508.5 120 caps \$18.00.**
- *509.2 MCT OIL, MEDIUM CHAIN TRIGLYCERIDES** is a fat your body will burn for energy but not store. Your body's preferred and cleanest fuel for low to moderate exercise, containing 67% Caprylic acid, it helps burn bodyfat, encourages thermogenesis and promotes healthy cholesterol levels.** This tasteless oil can be used in cooking, protein shakes, salad dressing or “straight”. For extra energy when “ripping down”, it is good for Low-Carb diets. Acts as an excellent carrier oil soluble substances. ***509.2 32 oz oil \$19.75.**
- *531.0 5-METHYL-7-METHOXY-ISOFALVONE** is a nonsteroidal muscle promoting isoflavone, 3 times more potent than ipriflavone for increasing muscle & endurance, decreasing body fat and helping to

normalize cholesterol, while contributing to the inhibition of catabolic effects of cortisol. Like ECD, methoxyisoflavone promotes muscle increase in adults when used with heavy resistance exercise, increased calorie and protein consumption and sufficient rest. It promotes a leaner, more muscular body if caloric intake remains the same.** 200-400mg, 2-3 x per day. Take with Bioperine and/or oil for enhanced absorption. Some are stacking with Ipriflavone, whey protein, and ECD. ***531.0 20 grams powder \$15.75.**

***505.0 PYRUVATE, Calcium.** Used for over 20 years for increasing muscular endurance by as much as 20% and enhancing fat loss while sparing muscle.** Typical dose is about 3-5 grams per day. ***505.0 200 grams powder \$8.00.** See *515 creatine pyruvate.

***526.1 REVENGE,** Champion's hi-tech supplement to take before, during & after prolonged aerobic exercise, is over twice as effective as Cytomax. Besides the usual low glycemic carbs and electrolytes, it contains substances to increase oxygen utilization, reduce lactic acid formation, increase ATP, maintain key neurotransmitters, reduce perceived exertion & increase recuperation, even aid joint function.** Sustained Energy Releasing Crystals actually release nutrients at a rate controlled by the intensity of your efforts. Helps "beat the burn." Bike & canoe racers we know love this stuff. Tropical or Orange flavor. ***526.1 (specify T or O) 812 gram \$31.20.**

***524 D-RIBOSE, BioEnergy™** with 5 patents for athletic uses and multiple patents for medical uses, is a sugar that forms the carbohydrate part of RNA & DNA, and is essential for ATP production. Under low oxygen conditions, ribose production most limits the rate of ATP formation in cardiac & skeletal muscles. Ribose helps speed recovery from exercise, acts as an energy supplement both for activities requiring endurance and those requiring short bursts of maximal energy. Ribose decreases free radical formation during exercise and relieves muscle cramping and soreness.** Ribose can replenish ATP after exercise in one day rather than the average of over three days. Works well with creatine, carnitine & pyruvate. Dose from 3-10 grams per day. Kosher ***524.5 200 grams powder \$21.50.** See *031 Effervescent Creatine.

***536 VANADYL SULFATE** mimics insulin and may promote healthy blood sugar levels and transport of protein and carbohydrates into both muscle and liver, supporting growth & "hardening" of muscles.** ***536.6 10mg 100 tabs \$8.50.**

Protein Products

Note: Like other milk based products, Whey Protein has seen major price increases in recent months. We will try to keep prices down as much as possible without compromising quality and as soon as we see prices move the other way we will do the same as quickly as possible.

***511.0 PROTEIN, EGGWHITE.** This Eggwhite Protein is an excellent natural source of high quality protein that contains virtually no fat or carbohydrates and rates as one of the highest quality proteins available on the PDCAAS (Protein Digestibility Corrected Amino Acid Score), the newest and most accurate measurement of a protein's quality. NOW Eggwhite Protein contains <1 g of fat and carbohydrates per serving. A good mix of proteins from different sources provides the best results, and this is an excellent addition to any protein supplementation program. Pasteurization inactivates the avidin glycoprotein. Use in cooking or blend with shakes for a great "frothy" texture. 22 20g servings. ***511.0 1lb \$12.80.**

***513.0 PROTEIN POWDER, SOY.** 91% Supro™ unflavored protein of high biological value compared to other vegetable sources. NOW Soy Protein is a good vegetable source of high quality complete protein that is very low in fat and carbohydrates, and contains an excellent amino acid profile. Soy products, including Soy Protein, are high in phytoestrogens, which may positively support natural estrogen levels in women. Soy Protein also provides beneficial proteins such as Genistein and Diadzein, which have been shown to support good health through various biochemical processes.** Best results when soy protein is used with whey protein. ***513.0 2lb powder \$16.50.** See *755 Soy Extract.

***536.5 PROTEIN, 80% WHEY CONCENTRATE** is low-heat, micro-filter processed to preserve delicate whole whey proteins with various immune and growth factors. Great natural taste & creamy texture. Less than 1 gram of lactose and fat in an average serving. All whey protein is about 25% branched chain amino acids, the building blocks of muscle and has high Biological Value. With no additives, sweeteners or flavor, it needs blending to mix well in liquid but adds great texture to flavored products. ***536.5 2lb powder \$19.75.**

- *536.1 & .2 PROTEIN, 90% WHEY ISOLATE, easy-mixing**, the low temperature filtration & spray-drying process produces the purest form of undenatured bioactive whey protein available, keeping all the natural IgG, lactoferrin, IGF, and glycomacropeptide. This is a superior product compared to ion-exchange technology, which has more denatured protein and loses lactoferrin and other small peptides. Natural light cream color and neutral taste. Treated with a tiny amount of lecithin to make it **easily dispersible in liquids**. No blending required. Protein content: 90%. Less than 1% lactose or fat! It has a protein digestibility of 95, a PER of 3.2, & a BV of 104. High in Branched Chain Amino Acids (BCAA's), which are important for efficient muscle metabolism.** Unflavored, perfect for augmenting flavored protein products. Our favorite! ***536.1 24 oz powder \$18.75, NEW! *536.2 5 lb \$54.00.**
- *536.8 ALL NATURAL WHEY PROTEIN**, Flavored. A good tasting blend of three of the highest quality whey protein concentrates and isolates from around the world: Microfiltered, Ion-Exchanged and Enzymatically Hydrolyzed (partially predigested). This blend of specially processed whey proteins is designed to maximize amino acid absorption and Biological Value (BV). Extra L-Glutamine has been added because of its important role in protecting muscle tissue from breaking down under stressful, vigorous physical activity.** While it does contain a few grams of fructose per serving (about half it's sugar content is naturally occurring lactose) it does NOT contain any artificial sweetening or flavoring as in most flavored proteins. Stevia makes it quite sweet so we like to dilute with unflavored whey and/or egg proteins listed above. 54 servings of 24-26 grams protein, 9-12 grams carbs, 1.5 gram fat. Chocolate, Vanilla or Strawberry. ***536.8 (specify C, V or S) 5 pounds \$39.75.**

Skin and Hair

- *633.0 ALPHA LIPOIC CREAM**, by Reviva with DMAE & Ascorbyl Palmitate. Alpha Lipoic Acid, Vitamin C Ester & DMAE cream. ***633.0 2oz jar \$18.40.**
- *602.0 BRITE EYES III™** advanced lubricant eye drops by Life Extension with hydroxylmethylcellulose and glycerin that are FDA-approved for ophthalmic use. Also contains N-Acetyl L-Carnosine as an "inactive" ingredient. ***602.0 10 ml \$25.50.** See *036 carnosine.
- *610.0 CELADRIN®** from Now, Joint Relief Lotion can help support joint and cartilage response to physical activity, exercise and postural stability. As evidenced by a 2005 university-led, placebo-controlled study, topical Celadrin® (7.5%) was shown to deliver esterified fatty acid carbons and other active ingredients capable of significantly reducing joint pain and pressure while increasing mobility and balance. (*J Strength Cond Res.* 2005 Feb; 19 (1): 115-21.)** ***610.0 4oz \$15.00.** See *764 Celadrin capsules.
- *622.0 COLD SORE RELIEF™** cream from Enzymatic Therapy relieves dryness and softens cold sores and fever blisters, safely helps prevent, protect and soothe chapped, cracked or windburned skin and lips, offers soothing relief at any stage of a cold sore.** Combines Allantoin with a specially prepared base of Melissa extract (lemon balm), concentrated at an unparalleled ratio of 65-75:1. ***622.0 0.18 oz \$9.20.** See *701 BHT.
- *692.0 COQ10 Age Defying Serum - 1 oz.** NOW® CoQ10 offers a level of antiaging protection superior to many of today's most popular cosmetic formulas. Every cell in the human body relies on CoQ10, making it especially important to the delicate areas of skin prone to normal aging. NOW® CoQ10 Age Defying Serum contains 1% CoQ10, along with GABA, Hyaluronic Acid, L-Carnosine and Green Tea Extract to help hinder the physical signs of aging. ***692.0 1 oz., \$15.00.**
- *606.3 DEODORANT, ALVERA**, unscented aluminum-free roll-on containing active ingredients similar to Lavilin brand with 75% aloe vera. Not an antiperspirant. ***606.3 3oz \$4.80.**
- *606.9 DEODORANT CREAM**, Long-Lasting, from NOW has a similar formula to Lavilin with more product at a much lower cost! Unscented. Not an antiperspirant. ***606.9 2.3oz jar \$5.25.**
- *606.5 DEODORANT STICK**, Long-Lasting, from NOW, similar to *606.9 with lavender scent. 2.2 oz. Not an antiperspirant. ***606.5 2.2oz stick \$5.25.**
- *623.0 K, VITAMIN, Clarifying Cream**, 3% Vitamin K with horsechestnut & calendula, helps reduce spider veins & redness in a few weeks if used as directed. Previously available only through plastic surgeons for postoperative use, it helps fade bruises.** ***623.0 2 oz \$19.80.**

- *631.0 MIRACULOUS CREAM™** by Young Again. 2oz The best and most effective face cream available anywhere- with eight ingredients: DHEA 0.5%, Beta glucan 0.5%; retinol-A 600,000 IU; vitamin E 1,000 IU; CoQ10 0.5%; S.O.D. 20,000 PIU; vitamin D3 50,000 IU and melatonin 50,000 mcg - all in one cream! ***631.0 2 oz jar \$19.75.**
- *625 MSM LOTION**, 15% MSM in absorbable liposome form with aloe, green tea, & lots of good stuff for problem areas and all over the body. ***625.0 8 oz pump \$9.75.**
- *600 Na-PCA** spray-on lotion containing the sodium salt of pyrrolidone carboxylic acid (PCA), the primary moisturizer in human skin. Old skin contains about one-half as much PCA as young skin. ***600.0 8 oz regular \$5.85, *600.5 8 oz w/aloe \$7.45.**
- *609 NEW FEELING.** Improved version of the original alpha hydroxy acid skin smoothing formula from Pearson & Shaw uses alpha hydroxy acids from fruits, and “thio” compounds to slowly “relax” and eliminate old cross-linked skin. It also contains amino acids, growth regulating factors, antioxidants, chelators, moisturizers, etc. It has a new smooth feel and is easier on sensitive skin. 4 oz. lasts 2-4 months. Use just a few drops per day. ***609.0 4 oz \$23.75.**
- *612 NO PAIN** roll-on triple strength Capsaicin lotion from Young Again. Blocks feeling of aches and pains in joints and muscles, allowing muscles to relax.** Gives sensation of heat. Works great! ***612.0 2 fl oz roll on \$7.00.**
- *618.0 PROGESTERONE CREAM** contains 500mg “bio-identical” progesterone per oz. By combatting estrogen dominance, natural progesterone skin cream can support healthy bone density and offer relief from PMS, perimenopause, & menopause for women. Men use small amounts (5-10mg progesterone per day) of plain cream to protect against estrogen & DHT.** Pump dispenser delivers 6mg per pump. ***618.0 4.4 oz. pump \$29.75.**
- *618.9 PROGESTERONE CREAM** from Source Naturals uses liposomes to deliver 1000mg per 2 ounces plus wild yam extract in a 4oz jar. ***618.9 4 oz \$19.80.** For additional bone-density support, see cissus, resveratrol, & ipriflavone.
- *601.0 REJUVENEX[®] FACTOR**, now in an airless pump to prevent oxidation, is a youth-promoting skin cream that contains green and white tea extracts, along with many other beneficial nutrients for the skin, including new ingredients for elastin & collagen protection, hydration and anti-oxidation. An abundance of scientific studies reveal that tea extracts provide protection to the skin.** Also with Alpha and beta-hydroxy acids, Hyaluronic acid, alpha-lipoic acid, beta-glucan and vitamin C. See www.lef.org for full disclosure. ***601.0 1.7 oz pump \$48.75.**
- *614.5 RETINOL-A CREAM** by Young Again. 300,000 IU per oz. (!) has a beneficial effect on fine wrinkles and skin texture.** ***614.5 4 oz jar \$16.00.**
- *604.0 SHAMPOO, LIFE EXTENSION** Similar to the polysorbate formula formerly sold on national TV for \$39.95. Life Extension suggests that individuals with a full head of hair should use as they would any other shampoo. Those with thinning hair or partial baldness should leave the shampoo lather on for five minutes before rinsing the scalp. ***604.0 16 fl oz \$4.80.**
- *605.0 HAIR CONDITIONER, LE w/NaPCA.** Companion product to shampoo above. ***605.0 16 fl oz \$4.80.**
- *624 SKIN CARE (Z-CARE)** 0.25% zinc pyrithione. All purpose antimicrobial lotion in pump spray, Skin Care is an effective over-the-counter product for all sorts of skin related concerns. (Web-search zinc pyrithione, see what others are saying.) Approved as an OTC treatment for dandruff and is found in many dandruff shampoos.** ***624.0 4 fl oz \$11.00.**
- *627 S.O.D., Topical; Spray** for hair or **Cream** for skin. Each 2oz pump spray or cream contains 50,000 PIU of lab-certified Superoxide Dismutase, one of the most powerful antioxidant enzymes in the body. People who are older have low SOD levels. Finally, economical pharmaceutical SOD is available that helps counter certain aging issues such as hair loss, wrinkles & skin rejuvenation.** Massage in 8-12 sprays per day where you are losing hair. Allow at least 90 days to see full results. S.O.D. Skin Cream also contains 600,000 IU Retinol A. Apply once a day. ***627.5 2 fl oz spray \$16.00, *627.0 2 oz cream \$16.00.**
- *626.0 SunSpot™ES** combines glycoalkaloids from sand brier with other powerful natural ingredients to

exfoliate, soothe and rejuvenate raised rough skin from years of sun exposure. Ingredients: Water, Aloe Vera, Propylene Glycol, Salicylic Acid, Urea, Carbomer 940, Tea Tree Oil, Menthol, Glycoalkaloid Extract, Imidazolidinylurea. ***626.0 1/2 oz tube \$34.75.**

***632.4 TOOTHPASTE, Life Extension**, contains ingredients each shown to be effective in dental health such as pomegranate extract, peroxide, CoQ10, folic acid, xylitol, tea tree oil, lactoferrin, & squalene, but no fluoride or other potentially toxic substances found in most toothpastes. For more info see www.lef.org/tooth. ***632.4 4 oz tube \$7.15.** See *707.6 Xylitol toothpaste.

***630.0 WRINKLE RESCUE™** from NOW. This smooth renewal cream contains age-defying antioxidants, including Sepilift™ DPHP & L-Carnosine, that shield the skin from the harmful oxidation and damaging UV rays that cause it to crease. Set in a base that contains Vitamin E, Green Tea Extract, Biotin, Shea Butter, Avocado and Apricot Oils, Lanablu® and more, Wrinkle Rescue™ seals in moisture.** ***630.0 2 oz jar \$11.25.**

Herbs

891 ACAI, *Euterpe oleracea, is one of the latest “super-berries” to gain popularity, but it has been used for thousands of years by natives in the Amazon rainforest. These natives and many authorities attribute increased vitality and many other benefits to acai.** Dr Perricone rated it #1 on his list of superfoods. This water extract has a fruity taste and smell, and is standardized to 10% phenolic acid, with an ORAC (antioxidant) value of about 1000/g. Suggested 1 gram serving one or more times per day. Add to other fruit/berry extracts to flavor and add nutrition to a whey protein drink. ***891.0 100 grams powder \$11.30.**

***860.5 AIR DEFENSE IMMUNE BOOSTER®** NOW® Air Defense is a blend of vitamins, minerals, herbs and amino acids that support optimal immune function and respiratory health. Air Defense contains PARACTIN®, a patented extract of *Andrographis paniculata*. Studies have shown that PARACTIN® helps to support a healthy and balanced immune response. ImmunEnhancer™ AG, Elderberry, Echinacea, and Astragalus herbal extracts have also been included for their immune supporting properties. Olive Leaf Extract has been added to help to maintain healthy respiratory function. The vitamins, minerals, and amino acids present in Air Defense work together with our herbal blend to support healthy immune function during seasonal changes and year-round.** ***860.5 90 vcaps (45 serving) \$13.50.** See 860.0 Andrographis.

***895.0 ALLIBIOTIC™** is a formula from Now Foods for support of the immune system and intestinal flora.** Key ingredients include 40mg AlliSure®, a clinically tested, patented & stabilized form of allicin from fresh garlic; 50mg Olive Leaf Extract 18% Oleuropein; 50mg Elderberry 60:1; 40mg Oregano Oil and 10mg Larch Arabinogalactan. (See descriptions for these individual ingredients.) One capsule twice daily. Synergists include probiotics & antioxidants. ***895.0 60 gels \$15.00**

***801.0 ALOE VERA**, is a premium ACTIVALoe™ 200:1 concentrate extract powder produced through a unique patented process arriving at 10% total polysaccharides with a guaranteed retention (75% of total) of medium molecular weight polysaccharides, the most biologically active in regard to immune restoration and cell proliferation. More effective than pure fresh gel and has no laxative properties. Rich in polymannose, an antioxidant that promotes healthy immune and gastrointestinal function, healing, response to inflammation and blood sugar and blood lipid levels. When taken with nutrients, it increases their bioavailability and blood levels dramatically for hours. Used topically, it is a moisturizer, promotes synthesis of collagen and elastin, speeds healing and increases immune response in the skin.** 1/4 tsp equals over one cup of gel! ***801.0 50 grams (83 serving) powder \$23.50.**

***876.0 AMLA (*Emblica officinalis*, std >40% tannins)**. From India, 90mg 3x/day has been used for rejuvenation and for to protect against heavy metals, pesticides, etc.** ***876.0 50 grams powder (185 day supply) \$5.75.**

***860.0 ANDROGRAPHIS PANICULATA (AP)** 10% andrographolides. Studies have shown various extracts of this herbal tonic from India and China that supports immune function, protection of the liver against a number of toxins and a reduction in inflammation.** Favorite winter tonic in Sweden despite very bitter taste. Typical dose: up to 340 mg, 3 times per day. ***860.0 100 grams powder \$10.50.** See 860.5 Air Defense.

***848.0 ARJUNA, *Terminalia arjuna*, (TA)** 0.5% arjunolic acid extract, considered a “new” sensation for the cardiovascular system, helping to normalize cholesterol levels** that has been used in Ayurvedic

Medicine in India for 2700 years yet is backed by modern peer-reviewed research. Dose is 250-500mg 2x/day. Bitter taste. ***848.0 50 grams powder \$6.50.**

***833.5 ASHWAGANDHA.** The “ginseng of India”, now a 5% Withanolides extract, helps to relieve fatigue, stress and inflammation while promoting improvement in learning & memory at a 600mg/day dose. Traditionally used as a rejuvenator, nerve tonic, & sexual vigor.** Bitter-sweet taste. ***833.5 50 grams powder \$9.50.**

***853.0 ASTRAGALUS 12:1,** Full spectrum standardized™ extract, 4% isoflavones, supports healthy immune response and boosts stamina.** ***853.0 100 grams powder (363 serving) \$10.00.** See *854 Mushroom Immune.

***816.0 AVENA SATIVA 20:1** highest potency premium green oat extract contains almost 7% Avenacosides A & B. Supports healthy testosterone levels by freeing globulin-bound (useless) testosterone making it bioavailable. The percentage of testosterone held by globulin increases with age. Healthier testosterone levels promotes increases in strength, endurance, mental processing, anaerobic work capacity and libido in both males and females.** Goes especially well with high protodiocin tribulus (*849.0). Usual dose is 100-300mg/day. Bitter taste and may harden if it picks up moisture. ***816.0 50 grams powder \$5.75.** Also see *816.8 Sex-Tiva.

***889.1 BABUNA®**, by Nutramedix®, is an extract from specially processed chamomile flowers. One of the active ingredients in Babuna has been found to promote a normal regulation of the effect of serotonin. For sleeplessness, it may help with longer, more efficient and restful periods of sleep.** There are no known contraindications or side effects for this supplement. 1 oz, 40 servings. For complete description, web search “what is babuna?”. ***889.1 1 fl oz \$18.00.**

***870.0 & .1 BANABA EXTRACT,** Powder or Glucofit™ capsules from *Lagestroemia Speciosa L.* Its active ingredient, corosolic acid, acts as a glucose transporter, promoting normalized blood sugar levels using the same glucose-shuttle proteins that exercise does. It has antioxidant properties similar to Vitamin E, can aid in general fat loss & dieting, and may also aid in creatine and amino acid transport and promote an increase in glycogen storage in muscle cells.** Powder dose is 300mg of 1% corosolic acid extract while capsules contain 1.34 mg 18% corosolic acid (240 mcg) extract. 1 capsule twice a day is a typical dose, other protocol may be more. Will not lower blood sugar below normal levels. **NEW! *870.0 50 grams 1% powder (166 dose) \$8.75, *870.1 240mcg 60 gels \$10.50.** Also find **BANABA** extract powder in *813.8 Herbal Sugar Control and *842.5 Carbo Bloc.

***825 BILBERRY EXTRACT,** 25% anthocyanidins from European blueberries, supports eye health by offering potent antioxidant protection, supporting healthy capillary circulation and protecting capillaries from damage.** Some are now recommending up to 320mg/day. Powder now pure, undiluted 25% extract. Slightly bitter taste. ***825.0 80mg 120 caps \$13.00, *825.9 20 grams pure powder (200 100mg serving) \$9.75.** See *100.7 Eye Support.

***866 BIOPERINE®** is a 95% piperine extract from the black pepper plant that is thermogenic and enhances the absorption of both fat & water soluble nutrients in the gastrointestinal tract.** Powder should be diluted with other nutrients at 100-200 doses per gram of Bioperine before use as single dose impossible to measure. It is advised to take no more than 20mg/day. ***866.0 1 gram powder \$2.50, *866.5 10mg 120 tabs \$6.50.**

***818 BITTER ORANGE,** *Citrus aurantium, zhi-shi,* Used for fat loss, increasing muscle mass, and regulating athletic function, is a safe alternative to ephedra as a decongestant and thermogenic agent, but without the “jitters.”** Does not negatively affect the central nervous system or blood pressure. Standardized to >6% synephrine. 350-500mg/dose. ***818.8 100 grams powder \$5.00.** See *840.2 Thermogenic Formula, *840.5 Energy & *843 Zing.

***827 BOSWELLIA EXTRACT. Boswellin®** capsules contains 250mg herbal extract antioxidant Boswellia with 70% organic acids (about 25% B-boswellic) and 100mg 90% curcumin (turmeric) extract. Boswellia extract supports healthy joints by offering relief for ordinary inflammation and promoting lubrication within the joint.** Also available in pure 65% powder. No strong taste. ***827.0 100 gram powder (400 dose) \$7.25, *827.1 120 caps \$15.00.** Also see *827.5 5-Loxin.

***864.0 BROCCOLI SPROUT EXTRACT 20:1.** Fresh Broccoli sprouts contain 50 times sulforaphane (a

major inducer of certain important enzymes) as mature broccoli. Major components in cabbage family vegetables include I3C, DIM, D-glucarate, and sulforaphane. 125mg sprout extract = 125 grams (an average 4oz serving) of fresh broccoli! ***864.0 25 grams powder \$6.50.**

***889.2 BURBUR® Extract** by Nutramedix®, is an extract from *Desmodium molliculum* leaves. Manufactured via a proprietary extraction and enhancement process, this herb has been used traditionally for general body cleansing. With no known side effects, Burbur® has been used to help protect the liver, kidney and lymphatic system.** Often used in conjunction with Samento® and Cumanda®. 1 oz, 60 servings. For complete description, web search “what is burbur?”. ***889.2 1 fl oz \$22.50.**

***842.0 CARBO BLOC** a non-stimulant, herbal pre-meal fat loss formula for blocking sugar & starch, promoting healthy blood sugar levels, and controlling appetite.** May help those on low-carb diets who “cheat” occasionally. A dose contains 500mg Phase 2™ extract, 100mg 98% green tea, 250mg 60% HCA, 100mcg ChromeMate®, 300mg Gymnema 25%, 200mg guggul, 100mg tyrosine, and 10mg banaba extract. Use one-half hour before meals as needed. Somewhat bitter taste and may inhibit being able to taste sweets for a few minutes. ***842.0 100 grams powder (64 dose) \$13.50.** See individual ingredients & *722 fenugreek fiber.

NEW! *844.0 CAT’S CLAW 10:1 powder extract, from the inner bark of the *Uncaria tomentosa* vine, a powerful antioxidant used for years to promote immune system health, response to inflammation & other properties.** Used in traditional Peruvian herbalism for centuries. 10:1 extract is concentrated 10 times over our previous powdered bark with good solubility. Typical use is about 1g/day with some suggesting 2-4g/day. ***844.0 100 grams powder extract \$8.50.**

844.6 CAT’S CLAW, Samento® extract.** Most research on the ability of Cat’s Claw to support **critical immune function* has focused on the content of *pentacyclic oxindole alkaloids* (POAs). Presence of even 1% *tetracyclic oxindole alkaloids* (TOAs) can inhibit much of the good effects of POAs; and while some Cat’s Claw contain up to 80% TOAs, Samento® is a POAs concentrate certified to be free of TOAs, allowing dose to be 1 to 5 drops 2-3 times per day. 1 fl oz (30ml) contains 120 servings. Liquid extract is more bioavailable and cost-efficient than dry capsules. For in depth information web search “what is samento?” ***844.6 1 fl oz \$38.25.**

***879.0 CATUABA 4:1 extract.** Deeply rooted in Brazilian folklore, it is the plant most widely used to support sexual function. Also widely used to fortify the nervous system and promote normal sleep.** Dose is 500mg-1000mg, 1-3 times per day. ***879.0 100 grams powder \$8.25.**

***872.0 CHASTE BERRY (Vitex), *Vitex agnus-castus*,** 12:1, 5% flavonoids, acts on the pituitary to stimulate a normalized hormonal function including a healthy balance between FSH and LH, Traditional use includes support of eye function. Helpful in PMS, menopause and may reduce estrogen in men.** Typical use 500mg 1-2 times daily. ***872.0 100 grams powder \$10.75.**

***886.0 CINNULIN PF™**, a patented, water soluble cinnamon extract, both imitates and potentiates insulin. It provides nutritional support for healthy glucose, cholesterol, & triglyceride levels. 1 gram of “regular” cinnamon per day may be effective for blood sugar support, but daily use could result in a buildup of potentially toxic substances found in the whole herb.** Cinnulin PF™ water soluble extract contains a minimum of 3% of the active type A polymers, but no toxins. Suggested dose only 250mg/day. Very bitter powder, or capsules. ***886.0 20 grams powder \$15.25, *886.5 125mg 60 vcaps \$16.50.**

***888.0 CISSUS quadrangularis, Osteo CQ™** 20:1 extract, 5%, >3-ketosteroid, an adaptogenic herb from India containing bioactive saponins, is especially noted for supporting bone health. Its Sanskrit name means “bonding.” Some “bone support” formulas use it with ipriflavone and calcium/magnesium. Because CQ has muscle promoting ketosterols, it is now included in some body building supplements with tribulus, ECD, methoxy isoflavone, etc. CQ can also contribute to the relief of pain and inflammation.** Typical use is 750mg once per day. ***888.0 75 grams powder \$11.75.**

***883.5 CNIDIUM monnieri.** 10% osthole. 50mg or more is said to promote an increase in nitric oxide (NO), smooth muscle relaxation, and an inhibition in the enzyme PDE-5, supporting improved blood flow to sex organs for longer periods of time for men and women.** A key ingredient in those “male enhancement” products you see advertised, typically 100-200mg is used about an hour before sexual activity, often with yohimbe, citrulline or arginine, horny goat weed, mucuna, etc. May be helpful for

circulation and is found in many Chinese sleep formulas. ***883.5 50 grams powder \$5.50.**

NEW! *880.1 COCOAGOLD™ Cocoa Polyphenols 130mg from Life Extension. Promotes Cardiovascular Health**. Polyphenols, which provide dietary antioxidant benefits, are naturally abundantly present in cocoa beans. Cocoa polyphenols, as found in dark chocolate, have demonstrated beneficial effects on cardiovascular health, especially vascular health. Two studies testing dark chocolate or cocoa found significant improvement in overall function of the endothelium in healthy volunteers. Another study investigated revealed that dark chocolate can help to maintain normal blood pressure levels already within normal range. Additionally, studies of cocoa polyphenols show that they can maintain already healthy HDL, blood pressure, insulin sensitivity and blood glucose levels in those already within normal ranges. ***880.1 60 vcaps \$9.40.**

***880.5 COCOA EXTRACT 12%.** Our cocoa extract has the taste, aroma, and health benefits of unsweetened bitter chocolate standardized to 12% theobromine, along with theophylline & PEA, that promote energy, thermogenic fat burning, appetite suppression and mood & stamina enhancement.** It was an instant hit here at BAC. Dose is 500-1000mg (1/4-1/2tsp) 1-3x/day taken plain in water, sweetened with stevia or xylitol, with coffee for hi-powered mocha or any way you can use chocolate. Mixes well in shakes for chocolate flavoring. ***880.5 100 grams powder \$8.00.**

***859.0 COFFEEBERRY™ Forte** patent-pending extract utilizing the non-roasted whole fruit of the coffee plant, not just the bean. 15,000 ORAC units per gram, 50% total phenolic acids. Less than 0.4% caffeine. Over 30 times more concentrated than regular Coffeeberry™ powder. Whole coffee fruit has antioxidants not found in coffee drinks. Compounds found in Coffeeberry™ Forte include caffeic acid, chlorogenic acid, ferulic acid, trigonelline, quinic acid and coffee saccharides. It is an antioxidant that offers blood sugar and immune system support and relief from inflammation.** Five fruits and vegetables have an average ORAC value of 2,500 units. 200mg dose of Coffeeberry™ Forte yields 3000 ORAC units. Tart/bitter, fruity taste. ***859.0 25 grams powder \$17.75.** See 859.5 Glyconutrient Complex.

***830.0 CORDYCEPS.** (7% cordyceptic acid). This cultured Chinese fungus gained fame in aiding Chinese athletes set world records. Supports healthy cholesterol and SOD (antioxidant) levels, kidney function, memory and mental sharpness, sexual vigor and increase of energy by elevating cAMP & ATP levels.** Once considered an “upper class herb”, new culturing techniques have lowered the cost by 200x! Dose 1-4g per day. ***830.0 100 grams powder \$7.75.** See *854 Mushroom Immune.

***874.0 CRANBERRY** concentrate 8:1, possibly a more powerful antioxidant than its cousin blueberry, it is most often used to maintain a healthy urinary tract.** Also contains ellagic acid. ***874.0 700mg 100 caps \$10.50.** See *770 mannose.

***889.3 CUMANDA® Extract** by Nutramedix®, from the bark of the *Campsiandra angustifolia* tree found in the Amazon basin. This full spectrum extract, which crosses the blood/brain barrier within two minutes, has been used by indigenous groups for hundreds of years for a wide array of general health benefits in addition to support to the immune system and relief from inflammation and pain.** Used with Samento® and Burbur® in protocol by Wm. Lee Cowden, MD (web search “cowden protocol cumanda.”) No known side effects. 1 oz., 60 servings. For complete description, web search “what is cumanda?”. ***889.3 1 fl oz \$35.50.**

***855 CURCUMIN**, 95% (by HPLC) premium **C3 Curcumin Complex** extract from Turmeric is an antioxidant that benefits joints and other tissues, protecting cells and tissues by fighting free radicals, while protecting against inflammation.** We sell as a bright orange granular powder with a mild turmeric taste or capsules with 3mg bioperine. Serving size 300-500mg, use with *866 Bioperine for better absorption. ***855.0 50 grams powder \$9.50, *855.6 500mg 120 caps \$23.50.**

***802.1 DAMIANA** 6:1 extract traditionally used as a tonic and to arouse sexual desire, especially for women. Has been called a “mellowing stimulant.” Helps optimize sex hormone level in males & females.** ***802.1 100 grams powder (100 serving) \$7.50.** See *802.5 Sex-Ess.

***836.0 DODDER SEED EXTRACT**, *Cuscuta chinensis* 8:1, full spectrum, with 4% flavonoids. A “kidney yang” tonic in traditional Chinese medicine, it is widely used to support sexual function and as a longevity herb. In male sexual enhancement formulas, it is often grouped with other herbs, especially Horny Goat Weed (*Epimedium*) and/or *Cnidium*. Human clinical trials of Dodder with Horny Goat Weed (500mg extract each) showed very positive results as a male sexual tonic. One study of 50 days showed

92% with significantly improved function.** As a single ingredient, Chinese studies suggest a dose of 600-1800mg/day; less if mixed with other herbs. ***836.0 100 grams \$11.50.**

***820.2 DONG QUAI** standardized extract powder (1% ligustilide, 2% aromatic oil). Commonly used by women in controlling issues associated with menopause and PMS, Dong Quai seems to have a positive effect on both sexes.** Typical use 500mg, 1-2 times daily. ***820.2 50 grams powder \$7.00.**

***824.5 ECHINACEA**, noted for support of immune function.** Capsules are *E. angustifolia* extract standardized to 4% Echinaceoside, in a base of *E. purpurea*. Best effects when used intermittently, no more than 2 weeks a month. ***824.5 125mg 60 caps \$9.00.** Often used with *775 arabinogalactans.

***878 ELDERBERRY EXTRACT**, Rubini[®] powder, standardized to 6.5% anthocyanin, up to 15% catechin polyphenols, with < 50% maltodextrin as a dispersal agent. An adaptogen (helps in stress situations,) and an antioxidant more powerful than blueberry that promotes healthy cholesterol by reducing oxidation of LDL, elderberry is general health support for all seasons.** Beautiful purple color! 250-500mg per day. ***878.0 50 grams powder \$14.50.** See *753 Sambucol & *306.6 Elderberry Zinc.

NEW! *753 ELDERBERRY, ZINC & ECHINACEA SYRUP, a comprehensive nutritional supplement formulated in an easy-to-use liquid form. Numerous studies have shown that Zinc may support healthy immune system function. Elderberry and Echinacea are synergistic herbal ingredients that complement Zinc's nutritive properties.* This synergistic blend is optimal for all seasons.** ***753.5 4 fl. oz. \$11.25.** See *303.6 Elderberry & Zinc & *878 elderberry extract.

***819.6 ELLAGIC ACID**, Pomegranate extract, over 40% ellagic acid (also found in raspberries, strawberries, etc.), is a powerful antioxidant that helps protect DNA.** ***819.6 50 grams powder \$5.85.** See *819.0 Fruit Antioxidants.

***840.5 ENERGY**, metabolic diet & adrenal support formula from Now Foods. The formula includes Guarana, Green Tea, Yerba Mate & other extracts for a natural energizing thermogenic effect, along with advanced energy releasing nutrients CoQ10 and Alpha Lipoic Acid.** 2 caps/serving. ***840.5 90 caps \$12.00.** See *840.2 Thermogenic Formula & *843 Zing for powder alternatives. Also see *840.0 Fat Ignite.

***840.0 FAT IGNITE**, Fat Burner formula. 2 caps contains 900mg Guarana 22%, 100mg Acetyl L Carnitine, 100mg white willow 4:1, 300mg citrus aurantium 6%, & 200mcg chromium. ***840.0 90 caps \$9.50.** Also see *840.5 Energy.

***858 FORSKOLIN**, 10% std. Forslean[®] extract of *Coleus forskohlii*, patented for promoting lean body mass and positive mood, stimulates cAMP which enhances energy and sexual vitality, and promotes healthy thyroid activity, cardiac output, blood pressure and lung function. Most tablets are 100mg (10mg forskolin). Forslean[®] is used as an aid to fat loss at 250mg 2x/day one half hour before meals.** Works well with other fat loss ingredients. Bitter. ***858.0 50 grams powder \$18.50.**

***804 FO TI**, *Polygonum multiflori* (he shou wu) extract (std 10% chrysophanics) herbal energizer & vitalizer. Shown to increase SOD levels in cells and contains an antioxidant similar to resveratrol. Currently sold as "Shen Min" to promote hair growth & color with regular use over several months.** ***804.5 100 grams powder \$6.25.** See *627 topical SOD, *862 resveratrol.

***819.0 FRUIT ANTIOXIDANTS**, with a full 30mg dose of patented OptiBerry[™], judged the best of 20 different blends of wild blueberry & bilberry, cranberry, elderberry, raspberry seed, and strawberry extracts for antioxidant efficacy and cellular safety.** Each dose also contains 100mg each of extracts of prune skin, blueberry leaf, pomegranate, & white cherry which contain 60-80% polyphenols and have very high ORAC (oxygen radical absorption capacity) values, antioxidant nutrients such as ellagic acid, dihydroxycinnamic acid, chlorogenic acid, phloridzin, and perillyl alcohol in cherries. All the good components of fruit without the sugar. Bitter tealike taste in water. ***819.0 50 grams powder (94 serving) \$18.75.** See *819.5 ellagic acid.

***823.0 GARLIC, PURE-GAR[®]** 600mg enteric coated vegetarian tablets. Pure-Gar[®] Garlic is processed by a proprietary quick cool dry method. This superior process maintains certified levels of Allin, Allicin yield, total Thiosulfinates, Gamma Glutamyl Cysteines and total Sulfur compounds. Garlic helps normalize blood lipids, prostate function and many other body processes.** One per day. ***823. 90 tabs \$9.00.**

- *810.0 GINGER**, standardized powder extract (5% gingerols). Antioxidant, thermogenic, increases glutathione levels and protects the liver. Has been used to promote healthy digestion & appetite and cholesterol levels while helping to reduce inflammation by inhibiting COX-2. Helpful for nausea due to motion sickness, pregnancy, etc.** Strong ginger flavor. ***810.0 100 grams powder \$11.20.**
- *807 GINKGO**, 24/6 extract caps. Powder is 24/6, has <5ppm ginkolic acid and is standardized for over 80 antioxidant Ginkgo Flavone Glycosides in the proportion used in European research. Ginkgo promotes concentration, mental alertness, memory, healthy circulation and sexual function.** 120-240mg/day. Bitter taste. ***807.5 50 grams powder \$8.50, *807.1 120mg 120 caps \$8.25.**
- *808 GINSENG**, *Panax* 30% ginsenosides standardized powder is your best buy per mg of active ingredients. Also available in 5+mg capsules. Promotes improved oxygen uptake & cardiovascular performance, ability to concentrate and healthy blood sugar levels.** Used with Arginine for NO production. Strong bitter ginseng taste. ***808.0 50 grams (500 serving @ 100mg) \$7.00, *808.5 520mg 100 caps \$9.00.**
- *859.5&.4 GLYCONUTRIENT COMPLEX** With GlycoBerry-8™ and ImmunEnhancer™ AG, Provides 8 “Essential” Sugars - Supports Intercellular Communication. GlycoBerry-8™ is a proprietary blend of ingredients that supplies eight immune supporting glyconutrients (sugars) from CoffeeBerry™ (the whole fruit of the Coffee plant) and other natural substances. Glyconutrients are essential components of cell signaling molecules that are involved in a multitude of intercellular communication functions, and play an especially important role in immune response. ImmunEnhancer™ AG is a polysaccharide from Larch called Arabinogalactan. Scientific studies have shown that Arabinogalactan can support a strong, responsive immune system through its effects on NK Cells. A strong, responsive immune system is the foundation of good health. Use NOW® Glyconutrient Complex with GlycoBerry-8™ to help support healthy immune function seasonally and throughout the year.** 1 cap 2-3 times daily. ***859.5 90 capsules \$18.75, 859.4 4oz powder (equal to 225 caps!) \$37.50.** See 859.0 CoffeeBerry.
- *892.7 GOJI**, SuperFruit Antioxidant Juice. Goji berries (aka Wolfberries) are rich in a wide array of nutrients, including antioxidants, polysaccharides and other phytonutrients. Working together within the body, this versatile combination helps protect healthy cells, supports immune and nerve function and helps to stabilize healthy serum glucose levels.** 1 oz serving. Great taste, use straight or add to other drinks. ***892.7 32 fl. oz. \$15.00**
- *805.5 GOTU KOLA** *Centella asiatica*, std to 10% triterpenes. This Indian herb is mildly stimulating which increases mental alertness and memory, yet is calming and may aid sleep. Promotes healthy circulation, blood vessels, skin, collagen, liver function and bone density.** Dose up to 250mg 2x/day. ***805.5 50 grams powder \$6.90.**
- *829.0 GREEN TEA** is a stimulating drink containing powerful polyphenol antioxidants. The most effective are catechins (especially EGCG), believed to be over 200 times more powerful than Vit. E at inhibiting lipid peroxidation. Supports joint function and heart health with regular use of 4 cups or more per day, while improving hormone balance by inhibiting both 5-alpha reductase and aromatase. Catechins help protect against cartilage breakdown and lower COX-2. Tea encourages thermogenic fat burning & healthy blood sugar levels, inhibits the digestion of starch, and supports dental health.** (For a mouth rinse you can swallow, use xylitol & green tea!) Take with meals to help protect against dietary carcinogens such as nitrosamines. Green tea is the most cost-effective of all the plant antioxidants. ***829.0 1 lb loose leaf \$9.75.**
- *829.4 GREEN TEA EXTRACT, 40%** “full spectrum”, is standardized to a minimum of 40% polyphenols and 32% catechins (16% EGCG) using a pure water extraction method. (Dried tea leaves contain about 10% polyphenols.) 500mg dissolves in hot water to make a great tasting cup of tea with the polyphenol protection >4 cups with only 5-7% caffeine. Pesticide-free. Provides a mild lift yet creates a calming effect and a good mood.** Try 3 parts Xylitol to 1 part 40% Green Tea, mix dry then add water. ***829.4 100 grams powder \$9.00.** See *032 theanine.
- *829.8 & .5 GREEN TEA EXTRACT.** For those wanting to take large doses, we have a premium extract standardized to **95-98% polyphenols**, about 80% catechins & >50% EGCG, with less than 1% caffeine. Use 90mg EGCG 3x/day before meals to promote optimal thermogenic fat burning. Too bitter for beverage use, also in capsules. Pregnant women consult physician before use. ***829.8 50 grams powder \$7.50, *829.5 400mg 90 caps \$11.25.**

- *809 GUARANA**, used in South America to increase energy and mental alertness. Gives you a long-lasting lift without the “jangle” and letdown of coffee. Mildly suppresses the appetite and is thermogenic.** Use with green tea or Cocoa Extract for increased energy, and with CLA for more efficient fat burning. Many prefer the smooth, long-lasting stimulation and thermogenic activity from natural guarana due to the linkage of much of its caffeine to fatty molecules and its complex of other stimulants, including theobromine, & theophylline. Most high percentage caffeine guarana is made from the waste-product husks which have negligible guaranine, then “fortified” with synthetic caffeine. The result is a cheap product with little similarity to the effects of natural guarana. Our 22% guarana is made from the whole bean at >4% guaranine with natural source caffeine added to 22% total. ***809.5 100 grams 22% powder \$6.00.**
- *826 GUGGUL** extract containing 2.5% guggulsterones Z & E by HPLC, 10% total guggulsterones, promotes healthy HDL to LDL cholesterol levels and fat burning** through thermogenesis and by increasing levels of thyroid T3 & T4. Much so-called 10% extract measures only 1.6% Z & E by HPLC. Mildly bitter. ***826.8 100 grams powder (100 serving) \$7.75.** See *212 tocotrienols, *719 Better Cholesterol, *775 policosanol.
- *813 GYMNEMA SYLVESTRE.** *Gymnema sylvestre* Extract is a standardized herbal extract sugar blocker which supports healthy blood sugar levels and pancreatic functions.** Our *Gymnema* extract is standardized to contain a minimum of 25% *Gymnemic Acid*. When held in the mouth, it temporarily suppresses sugar taste & cravings, and when swallowed it minimizes absorption of sugar during meals. Safe & effective at a dose of 600-1200mg per day, or take before meals as needed. Slightly bitter. ***813.0 400mg 90 caps \$11.25, 813.5 50 grams powder \$4.50.**
- *837.2 HAWTHORN BERRY** extract (2% cratagic acid, 5% flavonoid glycosides). European pharmaceutical grade. Traditional and modern uses include support of healthy cardiovascular system, blood pressure, blood flow, heart muscle function and cholesterol levels.** Somewhat strong taste ***837.2 100 grams powder (400 serving) \$12.75.**
- *832 HCA. NOW® Citrin® and Chromium** is a dietary supplement containing *Garcinia cambogia* Extract (Citrin®) and Chromax®. The active constituent in Citrin® is (-)-Hydroxycitric Acid (HCA), which has been shown in non-clinical studies to limit the liver’s production of fat from carbohydrate. Chromax® is a patented, biologically active form of chromium, a trace mineral that serves as a necessary cofactor for insulin. The synergistic combination of Citrin® and Chromax®, therefore supports healthy blood glucose levels, while helping you achieve your weight management objectives.** Also, 60% HCA **Super Citrimax®** “full-strength” powder recommended at 1500mg 3 times per day 30-60 minutes before meals. Best with ChromMate® chromium and gymnema. Nearly tasteless powder. ***832.5 Citrin & Chromium 90 caps \$8.80, *832.1 Super Citrimax 200 grams powder \$18.50.**
- *841.0 HERBAL ANTIOXIDANT FORMULA.** Warren’s personal low-cost extract combination: 250mg TM 40% green tea, 60mg ginkgo, 60mg Activin TM grape seed, 30mg bilberry, 20mg rosemary, 100mg fo-ti, 100mg Siberian ginseng, 20mg hawthorn, 25mg rhodiola, 20mg curcumin, 50mg schisandra, 50mg 2% astaxanthin, 4mg 50% resveratrol, 5mg Bioperine & 200mg NAC per dose. Natural tart-bitter flavor goes well with *120 Buffered C. ***841.0 100 grams powder (100 serving) \$19.50.** For caps see *211 Super Antioxidants.
- *813.9 HERBAL SUGAR CONTROL** contains 25mg Cinnulin PF TM cinnamon extract per dose, 280mg each of *Gymnema sylvestre* and bitter melon (*Momordica charantia*) extracts and 16mg 1% corosolic acid banaba extract per dose. 2 doses per day before meals supports blood sugar health.** Somewhat bitter and may block ability to taste sweet for a few minutes. ***813.9 50 grams powder \$12.00.** See *813 *Gymnema*, *870 banaba, *842 Carbo Bloc, *886 Cinnulin PF.
- *744.5 MEGA HOODIA**, 20:1 pure, higher strength, Herbal Satiety* Vegetarian Formula NOW® Mega Hoodia delivers the herbal power of 100% pure *Hoodia gordonii*, with nothing removed except water. Hoodia was originally consumed as food by indigenous tribes to help endure long, exhausting hunting expeditions. This legally harvested South African Hoodia benefits the environment and the San tribes, and is CITES (official export) certified. ***744.5 250mg 60 vcaps \$16.50.**
- *869.0 HORNLY GOAT WEED, *Epimedium***, 10% icariin. Versatile Chinese tonic herb supports healthy reproductive, sexual, kidney, cardiovascular, respiratory and immune function. Promotes enhanced sexual

intensity in both sexes.** Dose is 500mg 1-3 times daily. Somewhat bitter. ***869.0 100 grams powder \$8.00.** Best with *836 dodder seed (*Cuscuta*).

***865 HORSECHESTNUT** extract, 18-22% saponins, strengthens blood vessel walls and capillaries and supports circulatory system health. Long history of use in Europe & Asia. Powder very bitter and can harden in high humidity. ***865.0 100 grams powder (200 days) \$10.75, *865.5 250mg 60 time-release caps \$14.25.**

***877 JIAOGULAN** (*Gynostemma*) >80% gypenocides. China's "Immortality Herb" has been used as a medicinal and energizing tea for centuries in Asia. Japanese research found it to be a powerful adaptogenic antioxidant herb with properties and chemical constituents similar, perhaps superior, to ginseng. It promotes normalized blood pressure, blood sugar, and cholesterol; strengthen the immune system; and support athletic performance with enhanced blood oxygen levels and better mental focus.** Quite bitter. Typical use 50mg 1-3 times per day. ***877.0 50 grams powder \$10.50.**

***881.0 JUJUBE SEED, Wild- *Zizyphus jujuba*,** full-spectrum extract, 2% triterpene saponins. This traditional "true star of Chinese herbal sedatives" has been shown to reduce fatigue, irritability, anxiety, while promoting relaxation & sleep at 500-1500mg/day taken either spread out in several small doses or as one dose 30 min before bedtime.** Compare effects to passiflora or kava. Mild taste. ***881.0 100 grams powder \$13.25.**

***815 KAVA KAVA** standardized extracts. 75mg kavalactones 3x per day promote anxiety relief and muscle relaxation with no loss of cognitive ability or coordination. Helps both mental and athletic performance as well as female libido and a dose of 225mg or more kavalactones can help initiate & maintain normal sleep by calming, especially with *846 passiflora, *015 GABA, or *032 theanine. Caution: very large dose can affect coordination, and kava should never be mixed with alcohol or other drugs that may harm your liver. ***815.5 300mg 60 caps \$10.50**

***850.5 LICORICE, DGL.** Deglycyrrhizinated licorice ext. 12:1 (<3% glycyrrhizic acid), used for centuries to protect from peptic and gastric ulcers by increasing prostaglandins which protect the stomach lining. Soothing to the stomach, helps digestive function.** DGL must be "chewed" (mixed with saliva) to be effective, thus the lozenge form, with glycine & stevia. ***850.5 400mg, 100 loz. \$10.50.**

884.2 LONG JACK, aka Tongkat Ali, *Eurycoma longifolia jack. Premium **100:1** freeze-dried extract from Malaysia. We weren't getting expected results with generics, so we went with the strongest extract available. Dried at -40 C and 99% **water soluble**, this extract is the result of 20 years human and animal research. Promotes a boost to high-normal levels of free testosterone, c-GMP, and DHEA, while lowering SHBG with a dose dependent potential to increase penile reflex, sexual desire and activity. Worth researching this one on the web for more in-depth information. Long Jack has been used safely as a tonic for increasing strength and sexual desire in Southeast Asia for hundreds of years.** Dose recommendations vary but for best results the extract should be taken regularly. For male vitality and sexual enhancement 100-200mg in morning with water, or 1.3mg x your weight in kg once a day. Bodybuilders often will take 250-500mg/day divided in two doses for 5 days on & 2 off per week. An additional 200mg dose is sometimes recommended before sexual activity, athletic events, etc. We've seen both "after meals" and "on empty stomach" recommended! Women are said to benefit from Long Jack at half the male dose. There are a lot of cheaper Long Jack extracts out there, but the #1 brand usually sells the same potency premium extract in 50-80mg caps at a SRP of \$10/gram, or powder at \$5/gram. Very bitter pure powder. ***884.2 20 grams powder \$37.50.**

***827.5 5-LOXIN®** supports healthy levels of the 5-LOX enzyme** responsible for inflammation that causes breakdown of joint cartilage and other structural protein, and also inhibits ICAM and VCAM, adhesion molecules directly involved in inflammation. These are targeted inhibitions, therefore not causing side effects. 5-Loxin® is a standardized extract of boswellia providing 30% AKBA, the most potent of boswellic acids, 10 times more effective compared to 2-3% in other extracts. Usual dose of 5-Loxin® is 50-100mg per day, taken in the morning. ***827.5 20 grams powder \$14.50.**

***857.0 LUTEOLIN** is a bioflavonoid that is an active principle found in many herbs and in foods such as celery is the subject of numerous animal and human studies. Helps promote healthy blood sugar levels and insulin sensitivity, and reaction to oxidative stress and mitochondrial aging; furthermore, promotes healthy response to inflammation and muscle spasms and promotes healthy, youthful methylation and immune function. Of many plant extracts tested, luteolin provided the best protection from radiation for cell DNA. It may help protect the blood vessels of the eye against damage caused by radiation and glycation, and promote tough and flexible connective tissue by protecting hyaluronic acid from breakdown. Other recent studies we are not able to get into here but are well worth researching yourself with a web search. Said to support healthy aromatase levels.** (For a great resource in this area, contact Christina White at Brewer Science Library, www.mwt.net/~drbrewer). 3x/day doses vary from only 4mg

in some longevity mixtures, to 200mg or more some have recommended for certain purposes. 400:1 extract, 96.2% luteolin from *Arachis hypogaea L.* ***857.0 25 grams powder \$29.75.** Often recommended to be taken with *890 Rutin.

***868.1 MACA** 4:1 extract is from a tuber of a plant from high altitudes of the Andes. Cultivated by the Incas for at least 2000 years, is used as a nutritive, antifatigue, sexual enhancer, immune supporter & tonic. The worldwide popularity of maca is growing due to its energizing effects; enhancement of fertility and sexual functioning for men & women; normalizing menstrual and menopausal function; promoting mental clarity; increasing endurance; and use by bodybuilders because of maca sterol content.** About 1g per day is normal dose. Very mild taste. ***868.1 100 grams powder \$7.90.**

***851.5 MAITAKE EXTRACT** 25% polysaccharides. The beta-glucans in Maitake mushrooms promote healthy macrophage activity offering support to the immune system.** ***851.5 60 mg extract 60 caps \$12.75.**

***892.5 MANGONI™ - SuperFruit Antioxidant Cocktail** , Mangosteen Extract, Acai, Goji, Noni, VitaBerry™ plus other Super Fruits. ORAC Value over 80,000, Superior Antioxidant Protection**, Exotic, Tropical Flavor , Vegetarian Formula. NOW® Mangoni™ offers a superior antioxidant profile in one convenient, great tasting juice. Each delicious serving contains strong concentrations of naturally occurring polyphenols, catechins, polysaccharides, vitamins, amino acids, essential trace minerals and other beneficial compounds. Mangoni™'s ORAC value (in excess of 80,000 per bottle) and polyphenol content is 3 times that of similar products. Each 1 fl. oz. serving is the equivalent of 3 servings of fruit. ***892.5 32 fl oz \$22.50.** See listings for individual ingredients as well.

***892.0 MANGOSTEEN, XanoMax™** 20% alpha-mangostin (a xanthone) by HPLC, 40% flavonoids. Powerful antioxidant tropical fruit with high ORAC (4700/g) value. Twice the potency of the 10% material that is most commonly found on the market. Actual fruit is regarded as one of the worlds best tasting fruit. Mangostin is noted for supporting antimicrobial activity and may help maintain intestinal health, strengthen the immune system, neutralize free radicals, help support cartilage and joint function, and promote a healthy seasonal respiratory system.** Promoted by MLM marketers for just about everything. Search web for in-depth info. Typical dose is 250mg twice daily. ***892.0 50 grams powder \$13.50.**

852.7 MOOD SUPPORT contains nutrients and herbal extracts that aid in the support of a healthy nervous system and a positive, balanced mood state.** 2 Vcaps contain St. John's Wort Extract 0.3% 450 mg, Holy Basil Extract 100 mg, Valerian 4:1 Extract 50 mg, 5-HTP 20 mg, GABA 250 mg, Taurine 125 mg, L-Theanine (Suntheanine®) 50 mg & more! ***852.7 90 Vcaps \$15.00.**

***834.0 MUIRA PUAMA** 4:1, aka potency wood, Amazon herb. Traditional and modern use as a tonic and for sexual arousal for men & women. Helps normalizes hormones.** Dose of 4:1 extract, 500-1500mg per day. Add Yohimbe 2% extract for a more potent & immediate effect. Mild taste. ***834.0 50 grams powder \$5.50.**

***854.5 IMMUNE RENEW™** NOW® Immune Renew™ is a potent immune system supporting formulation containing Standardized Astragalus Extract and a High Beta-Glucan Proprietary Mushroom Blend. Astragalus has been shown in non-clinical studies to support a number of aspects of healthy immune function, including the enhancement of T-Cell and Natural Killer Cell activity. Natural killer cells are so named because they destroy unhealthy cells in the body virtually on contact. NOW's Proprietary Blend of eight organic mushrooms provides additional immune support due to its high 1,3 Beta Glucan content. 1-3 beta glucans are especially valuable to immune system response, though they're increasingly lacking in today's typical diet. Scientific studies have demonstrated that the 1,3 form of Beta Glucan found in mushrooms possesses remarkable abilities to support both innate and adaptive immunity. A strong, responsive immune system is the foundation of good health.** ***854.5 200mg 90 vcaps \$15.00.**

***854.0 MUSHROOM IMMUNE**, similar to above in powder form, with mucopolysaccharides from extracts of reishi, shiitake, & cordyceps mushrooms, 200:1 aloe and astragalus. Somewhat bitter. ***854.0 50 grams powder (40 serving) \$11.50.** Some stack with *775 arabinogalactans, *844.6 Cat's Claw Samento, or other immune support products.

***875.0 NEEM** std 3% bitter principles. First recorded use 4500 years ago in India! It promotes healthy immune system function and blood sugar levels while creating an unfriendly environment for microscopic troublemakers; can be used topically or internally. Oral dose is 100-500mg 3x/day. ***875.0**

100 grams powder \$9.00.

- *817.5 NETTLE ROOT** 10:1 *Urtica dioica*, European pharmaceutical-grade extract, standardized to scopoletin >30 ppm, B sitosterol >.8%, & amino acids >5%; official markers used for extract used in European medical studies. Water/alcohol extraction provides optimal spectrum of water and fat-soluble phytochemicals, including lignans that inhibit the binding of testosterone to SHBG. Frequently used with *816 *Avena sativa* to support bioavailability of one's own testosterone (pre-mixed in *816 Sex-Tiva), and inhibition of excess estrogen formation. Used in many prostate and allergy support formulas because it can inhibit inflammation. Also used in formulas for promoting hair growth & thickness.** Somewhat bitter, typical use 350mg. ***817.5 100 grams powder \$16.50.**
- *817.0 NETTLE LEAF** *Urtica dioica* std extract, >2% silica. Used for allergy and joint support at 1000mg per day.** ***817.0 100 grams powder \$8.00.**
- *800.0 NONI** 10:1 *Morinda citrifolia*, Hawaiian extract. In Hawaii & Indonesia it is used as a traditional herbal adaptogen for immune stimulation and general health tonic. Discourages inflammation much like bromelain, promotes nitric oxide (NO) production,** and is said to contain the "miracle ingredient" **Proxeronine**. (web search) Noni became very popular due to a MLM company's aggressive promotion and many positive testimonials from users. ***800.0 50 grams powder (111 serving) \$6.00.**
- *831 OLIVE LEAF EXTRACT**, an extraordinary herbal product containing Oleuropein, known for creating an environment unfriendly to microscopic "troublemakers." It is an antioxidant that promotes healthy blood pressure, LDL and blood sugar levels, increases in nitric oxide (NO) production, fat loss by promoting conversion of T4 to T3 and immune function by stimulating phagocyte production. Used worldwide for antiviral therapy.** Works at low doses, yet is nontoxic even at high doses. The brands we sell are processed to stay potent in the body by avoiding serum protein binding. Capsules are standardized to 18% oleuropeins, while powder is 20%, has bitter taste. We always like to keep some of this handy if we feel something coming on! ***831.5 500mg 120 caps \$15.50, *831.8 100 grams 20% powder \$8.50.**
- *871.0 OREGANO OIL**. Real *Origanum vulgare*, 181mg, 55% Carvacrol in enteric coated softgels with ginger & fennel oils it helps support immune function by naturally assisting the body in targeting foreign microbes. NOW Oregano Oil contains a minimum of 55% carvacrol, the most widely researched active ingredients in oregano.** ***871.0 90 gels \$13.50.**
- *846.0 PASSIFLORA** 4:1 extract, from the Passion Fruit in the Amazon rainforest, noted for its sensuous, relaxing, antispasmodic properties with no "drugged" feeling. Great for promoting sleep, especially with kava kava, 5 HTP, or melatonin.** Very gentle & generally considered safe even for younger people. ***846.0 100 grams powder (133 serving) \$8.60.**
- *838.0 PAU D' ARCO** 4:1 extract, aka Lapacho, is from the bark of a Brazilian rainforest tree. Used by natives for everything from skin problems to snake bites, Supports healthy immune function, response to inflammation and protects against yeast.** Can be used safely either from time to time or as a regular supplement. ***838.0 100 grams powder (333 serving) \$5.75.**
- *873 PHASE 2™**, White Kidney Bean Extract. NOW® PHASE 2® helps you achieve dietary management objectives without the use of stimulants or laxatives. PHASE 2® is an all-natural bean extract that has been shown in non-clinical studies to help reduce the breakdown and absorption of complex carbohydrates, by limiting the action of alpha-amylase, a digestive enzyme. Alpha-amylase helps break down dietary starches into glucose so that they can be absorbed by the digestive tracts. With less alpha-amylase activity, there may be less excess glucose available to convert into fat and store as adipose tissue.** Take 500 to 1000mg before starch-containing meals, or mix powder in baking or bread mixes. Best used by those on a low carb diet before occasional bread or pasta "cheating", not as an excuse to "pig out" on carbs daily. Powder has a moderate taste in pure form, but not noticeable when diluted or in food. ***873.6 500mg 120 caps \$22.50, *873.2 100 grams powder \$17.50.** Add *813 *Gymnema sylvestre* to inhibit sugar absorption, or use pre-mixed in *842 Carbo Bloc.
- *819.4 POMEGRANATE, POM40p™** is a water soluble extract standardized to a minimum 40% punicosides polyphenols and has the exact ratio of phytochemical markers as in pomegranate juice. This extract is distinctly different from solvent extracted ellagic acid products (see *819.5). Recent studies on pomegranate juice or water extracts showed benefits against oxidative stress, with support to joints, healthy blood pressure levels and the cardiovascular system.** Can use as little as 50ml (1.7 fl oz) per

day; equivalent to 45-50mg of POM40p a day. Kosher-certified without sugars found in juice. ***819.4 25 grams powder \$9.50.**

***839.0 QUERCETIN.** A bioflavonoid found in many plants and red wine but derived from blue-green algae. One of nature's most potent antioxidants, scavenging superoxide radicals and stabilizing cell membranes. Supports healthy allergic response, estrogen balance and prostate function as well.** Best taken with bromelain and Vit C to promote absorption. Mild taste but does not dissolve in water. ***839.0 100 grams powder (100 serving) \$9.75.**

***839.5 QUERCETIN, RESPIR-ALL** this well-balanced blend of vitamins, minerals and herbs provides seasonal allergy sufferers with a natural source of nutrients known especially for their ability to normalize our body's histamine response, to moderate our immune system's inflammatory response and to support our body's healthy overall immune function. As a safe and natural alternative to many over the counter formulas, NOW Respir-All™ tabs offer sound protection that can help you breathe easier all year round! ** Contains quercetin, B5, B6, C, Mg, Zn, nettle leaf extract, bromelain, & licorice root. 3 tablet dose. ***839.5 60 tabs \$12.00.**

***845.0 REISHI mushroom** standardized powder extract (approximately 20:1), (>10% polysaccharides, 4% Ganoderic acid) is similar in function to *854.5 Immune Renew™ listed earlier. Both calming and energizing, has been traditionally used for muscle relaxing, allergy, inflammation and blood pressure support. ** ***845.0 50 grams powder (142 serving) \$11.75.**

***778 RELORA®** Chronic stress has been found to be a major contributing factor in overeating. NOW® Relora® is a safe, non-sedating formula that can help to alleviate symptoms associated with stress such as nervous tension, irritability, concentration difficulties and occasional sleeplessness. The relaxing effect of Relora® can thereby help to control appetite and prevent stress-related eating, aiding in weight control. NOW® Relora® is an all-natural proprietary blend of plant extracts from *Magnolia officinalis* and *Phellodendron amurense* that is not habit-forming.** In those ads for products that claim fat loss by blocking cortisol, the anticortisol ingredient is a *Magnolia* extract. Typical use is 300mg twice a day for countering cortisol while improving mood. Pungent to bitter taste. Make this a part of your good mood and/or fat loss plan. ***778.0 300mg 60 vcaps \$13.50, *778.2 50 grams powder \$19.75.**

862 RESVERATROL, *Polygonum cuspidatum 200:1 extract. **Trans-resveratrol**, the active ingredient that makes up **50%** of the extract, is 1000 times that found in grape or wine-derived products! An antioxidant which acts to deter cellular mutagenic and inflammatory response (lowers COX-2). It elevates cAMP, decreases platelet aggregation, and decreases levels and inhibits oxidation of LDL cholesterol. Research shows it to be a powerful phytoestrogen that can help maintain normal estrogen activity, reduce hot flashes, balance mood swings, & promote bone density for women with PMS or menopausal symptoms. It promotes cardiovascular health, and helps prevent premature aging. **Only 4mg of the extract 2 times per day is equal to the resveratrol in 2 liters of wine! Recently in the news for lengthening maximum life-span in yeast & flies, research suggests 20mg per day of resveratrol may be able to promote longevity by stimulating the human cell-survival enzyme known to increase through restricting caloric intake. One 200mg dose of our Complex contains 10mg trans-resveratrol from 20mg 50% extract of *Polygonum cuspidatum* with 50mg of Activin grape seed extract and 130mg citrus bioflavonoids. Now available for those using higher dosages, Pure Resveratrol 50% extract of *Polygonum cuspidatum* powder. We recommend 2 doses per day. ***862.0 50 grams Complex powder \$8.60, *862.9 Pure 50% extract 25 grams \$12.50, *862.2 100mg 120 caps \$19.80,** See *804 Fo Ti & *841 Herbal Antioxidant.

***822 RHODIOLA rosea**, 3% rosavins, aka Golden or Arctic Root, is our favorite adaptogen that has been shown to raise oxygen partition in arteries and blood saturation level and to lower blood viscosity while enhancing peripheral circulation. It improved total circulation, oxygen uptake and nutrient transport to the tissues while preventing hypoxia-related free radical generation. It has improved performance of athletes and those in high altitudes (such as climbing Mt. Everest without oxygen!). 89% of athletes in a study showed increased strength & speed in a variety of sports during periods of peak physical stress. Clinical research with healthy subjects showed improvement in depression, hearing, learning & memory, recovery from prolonged exercise, muscle gain, fat loss, cortisol levels and sexual function with normalization of prostate in males, all with no toxicity reported. It helps normalize mood, stress & anxiety by maintaining optimal levels of serotonin and dopamine in the brain.** Somewhat bitter taste. ***822.1 50 grams powder \$9.50, *822.5 500mg 60 vcaps \$12.00.**

- *863.0 ROSEMARY** extract, >6% carnosic acid, >1% rosmarinic acid, >1.5% ursolic acid by HPLC, is a powerful antioxidant that boosts glutathione function and has a “cascade effect,” changing into a series of progressively active forms, which helps create a more potent, longer lasting effect. Data shows rosemary extract to be nearly 100% effective (!) in inhibiting lipid peroxidation at a dose of 5ppm of a person’s weight of body fat and other areas (brain, heart, joints). Optimum daily dose for a 155 pound person with 25% body fat: is 250mg. Helpful with allergies and acts to moderate inflammatory response by inhibiting COX-2. **** *863.0 50 grams powder \$7.25.**
- *890.0 RUTIN** (quercetin rutinoside) is a bioflavonoid found in buckwheat, apple peels, and citrus rinds, with antioxidant, antiallergic and inflammation moderating properties, but most noted for increasing strength of blood vessels and connective tissue, while inhibiting platelet aggregation. It may be especially helpful to those who bleed or bruise easily. It inhibits aldose reductase activity, preventing glucose from turning into sorbitol, a reaction implicated in damage to eye and nerve cells.** Some claim taking at least an equal amount of rutin with luteolin improves the effectiveness of luteolin. Rutin may be synergistic with horsechestnut, gotu kola, ginkgo, grape seed/pine bark extracts, and other bioflavonoids. Normal use is 600mg (1/4 tsp) taken 2-3x/day w/wo meals. ***890.0 200 grams \$9.50.**
- *852 ST. JOHN’S WORT.** St. John’s Wort, a perennial extract that blooms from June to September has been shown to help balance mood, encourage feelings of calmness and even support healthy sleeping patterns. Hypericin, one of the active pigments in St. John’s Wort has the ability to naturally support our brain’s serotonin production. As a result, it may be beneficial in providing the balance needed to maintain a positive mood naturally without side effects.** Powder is European pharmaceutical grade. 0.3% hypericum, >1.5% hyperforin. Typical use is 300mg, 3x per day. A safe MAO inhibitor, it can raise serotonin levels so use cautiously with tryptophan or serotonin enhancing drugs. ***852.5 300mg 100 caps \$9.00, *852.0 50 grams \$5.75.** See *852.7 Mood Support.
- *811.0 SAW PALMETTO EXTRACT,** >45% fatty acid European pharmaceutical grade powder, the same material used in European studies. Promotes healthy hormone balance by inhibiting the conversion of testosterone to dihydrotestosterone and estrogen, which are detrimental to prostate and hair health.** ***811.0 100 grams powder (333 serving) \$12.50.** See *731 for various prostate formulas.
- *811.7 SAW PALMETTO DOUBLE STRENGTH** capsules contain 160mg 95% extract. ***811.7 100 softgels \$6.80.**
- *835.5 SCHISANDRA *chinesis*** berry full spectrum extract (9-10% schisandrins). An adaptogen-antioxidant, offering powerful immune system support, is also used to support liver, lung, & kidney function, fight fatigue and as a sexual rejuvenator, yet it is very calming and strongly supports healthy sleep. ***835.5 100 grams powder (190 serving) \$15.60.**
- *802.5 SEX-ESS** contains extracts of Damiana & Dong Quai, with alpha GPCholine and Histidine. Created especially for women, users report it relaxes, enhances desire and promotes quick, intense (and/or multiple) response!** Can be used by men too. Works best for those who take adequate vit B6, niacin, & C. ***802.5 100 grams powder (47 serving) \$13.50.**
- *816.8 SEX-TIVA** for women and men contains *Avena sativa*, nettle root, and saw palmetto powdered extracts. Daily use of these products can boost sexual thoughts, fantasies, drive, performance and sensation with good to spectacular results for most women and men who try it, by freeing naturally produced testosterone from protein bonding and discouraging it from turning into DHT or estrogen.** A few years ago a report on a similar formula by a TV show highlighted spectacular results, generating over 500,000 phone calls in a couple of weeks! Users need at least low-normal testosterone levels for it to be effective. Women typically need about double the male dose. Take with tribulus or long jack extract for extra effect. Bitter taste. ***816.8 100 grams powder (200 serving) \$12.75.**
- *856.0 SHILAJIT,** >20% fulvic acid, >1% dibenzo-alpha-pyrone (DBP), is an extract of a black, tarry substance that flows from between layers of rock in the Himalayan Mountains during warm weather that has been used by native Nepal as a libido enhancing adaptogenic tonic for over 5000 years. Traditional use includes helping in vitality, sexual function, fat loss, brain function, reproductive function, etc. Modern use confirms this plus adds antioxidant, immune system, growth & protein synthesis and blood sugar support.** DBP and trace minerals seem to be the main active ingredients, while fulvic acids act as “carrier” molecules, transporting antioxidants & minerals to the brain & body cells. Shilajit is composed of plant material which grew in 200 million year old sea beds, was trapped & compressed by layers of

rock., then was pushed up for the last 50 million years forming the Himalayan Mts. (It is similar in source, looks, & function to Siberian mumie.) 300-500mg/day split in 2 doses recommended for general use. Mild taste. ***856.0 50 grams powder \$8.25.**

803.6 SIBERIAN GINSENG, *Eleutherococcus senticosus extract 0.8% eleutherocide is an immune & blood pressure supporting, energy & recovery adaptogen.** Called “Ciwujia” by companies spending millions to market the herb claiming enhanced exercise performance by burning up to 43% more fat calories and delaying lactic acid buildup during exercise; lowering exercise heart rate and raising the anaerobic threshold by 12.4%. ***803.6 100 grams powder (181 serving) \$5.75.**

***847 SILYMARIN, 80%** extract, a powerful antioxidant from milk thistle noted for promoting healthy liver & kidney function. Promotes inhibition of excess cell proliferation involved in certain situations such as aging.** ***847.5 50 grams powder (250 serving) \$5.50, *847.1 200mg 240 caps \$14.00.** See *726 Liver Guard.

***840.2 THERMOGENIC FORMULA, Ephedra Free,** with 180mg 98% green tea (90mg EGCG), 250mg Forslean[®] and 325mg bitter orange, 800mg 22% guarana, 300mg St. Johns wort, and 50mg L-phenylalanine per dose. Fat burning without jitters or increase in blood pressure! This combination has been shown to produce a synergistic effect in burning fat by increased heat production (thermogenesis) while sparing muscle.** Thermogenic weight loss is all fat whereas low-calorie dieting causes loss of muscle and slows metabolism, storing more fat once normal caloric intake resumes. ***840.2 100 grams powder (52 serving) \$11.50.** See *840.5 Energy, *843 Zing, *880.5 Cocoa Extract.

***849 TRIBULUS terrestris,** is >45% steroidal saponins, supports healthy levels of LH & free testosterone in males and FSH in females. Studied extensively for sexual functioning and strength and muscle building by the Bulgarians, it does not increase testicular tissue, yet it is said to support sperm function, the duration of erections, and intensity of orgasms in males. In women it helps symptoms of PMS and menopause. Also promotes healthy blood pressure, cholesterol & cardiovascular system in general, kidney function, response to inflammation, and increased libido in both sexes.** For building muscle, stack with other anabolic supplements. Grown in India, 100 grams powder is up to a four month supply! Mildly bitter. ***849.4 100 grams powder (200 serving) \$7.50, *849.9 500mg 60 caps \$7.00.**

***849.1 TRIBULUS EXTRACT,** super premium grade 50:1. **Protodiocin is >15%** by HPLC. This is Bulgarian *Tribulus* harvested at just the right time, extracted by a German pharmaceutical company, concentrating the active ingredients, especially the saponins protodiocin & protogracilin. The saponin potency, up to 80%, is tested by German pharmaceutical methods. Most manufacturers claim high saponin content but use inaccurate testing methods which measure a lot more than steroidal saponins. Usual dose is 250-500mg 3x/day for 8 weeks on, 2 weeks off. Very potent, but bitter taste. ***849.1 50 grams powder \$26.00.**

***861.0 VALERIAN ROOT.** This 100% natural, safe and nonaddictive herbal extract works in the brain by inhibiting the nerve impulses that prevent the body from attaining pure, uninterrupted sleep. In addition, the majority of Valerian users report feeling refreshed upon waking – free of drowsiness, and ready to face the day! NOW Valerian provided the effective potency that users asked for.** ***861.0 500mg 100 caps \$5.25.**

***812.0 YOHIMBE EXTRACT,** Standardized for 2% Yohimbine, 6% total alkaloids. Potent African herbal stimulant for exercise, thermogenesis, & (especially!) sexual vigor. Can be a selective blocker of alpha 2 adrenergic receptors and inhibit breakdown of dopamine and norepinephrine. Yohimbine is a powerful sexual enhancer for both sexes, promoting blood flow to genitals for strong erections and increased intensity. It works equally well for women! Can be taken in low doses over a period of weeks, or in higher doses about one hour before sexual activity or exercise. It has no effect on testosterone levels. As a thermogenic, yohimbe helps burn fat without the cardio effects linked to ephedrine.** Our product is unusually powerful. Start with a very low dose to check for individual effect. Tealike bitter taste. ***812.0 50 grams powder (>167 serving) \$7.50.** **WARNING: Do not use if you are at risk of high blood pressure, heart, kidney, thyroid or psychiatric disease, anxiety, depression, seizure disorder or stroke. Consult your health professional if you are using prescription drugs. Decrease dosage or discontinue use if adverse effects occur. NOT INTENDED FOR THOSE UNDER 18. KEEP OUT OF REACH OF CHILDREN.**

***843.0 ZING,** Ephedra-free, Thermogenic & energizing herbal blend. Dose contains 440mg 22% guarana,

250mg bitter orange, 200mg 2% yohimbe, 150mg each of 98% green tea, ashwagandha, Siberian ginseng, ginger, 100mg gotu kola, & 125mg Forslean[®] *forskolin*, with 100mg L-phenylalanine. Take as needed as a stimulating energizer before workouts, etc., or before meals for maximum fat burning effect.** Non-flavored, somewhat bitter. All active ingredients! Some can use higher dose, but start low and go slow. See warnings for yohimbe above. ***843.0 100 grams powder (55 serving) \$12.00.** Also see *840.5 Energy, *840.0 Fat Ignite.

Enzymes

- *754.0 BETAINE HCl.** Some authorities believe that acid reflux is caused by too little stomach acid. With out sufficient HCl, proteins ferment causing acid reflux. HCl also increases absorption of protein, Ca/Mg, B12 and other nutrients and destroys bacteria in the stomach. Betaine HCl is a safe way to increase HCl.** Contains 648mg Betaine HCl from beets with 150mg Pepsin Enzymes per capsule. ***754.0 120 caps \$11.25.** See also *034 TMG for benefits of Betaine.
- *734 BROMELAIN** superpotent 2000gdu (gelatin dissolving units) per gram tablets or 1200gdu powder. Bromelain is one of the most bioavailable of all protein digesting enzymes which also supports a healthy response to inflammation and allergies.** Avoid breathing powder. ***734.0 100 grams powder (250 serving) \$12.75, *734.6 500mg 90 tabs \$11.25.**
- NEW! *727.1 DAIRY DIGEST COMPLETE - Dairy Tolerance Enzymes.** A comprehensive blend of enzymes that is formulated to aid in the digestion of dairy products. Intolerance to dairy is often due to the inability to digest milk sugar known as lactose. However, intolerance is also frequently related to the difficult-to-digest proteins and fats inherent in dairy products. NOW[®] Dairy Digest Complete contains not only lactase for lactose digestion, but also proteases and lipases that specifically target milk proteins and fat for digestion. Very helpful when using larger amounts of Whey Protein.** Vegetarian formula. ***727.1, 90 Vcaps \$13.50.**
- *727.5 ENZYMES, BioCore Optimum[™]** comprehensive powdered digestive enzyme formula derived from plant sources. Aids in absorption of all essential nutrients from food. Contains protease, amylase, lipase, invertase, and malt diastase. No need for enteric coating as recent studies show little breakdown of enzymes in the stomach. Low-cost powder. ***727.5 50 grams powder (500 serving!) \$14.25.**
- *727.0 ESSENTIAL ENZYMES** Digestive Aid, Essential Enzymes is a Bio-Aligned Formula, designed to ensure that you absorb the full nutritional value of your food. Essential Enzymes supports your body's systems for digestion of multiple food groups: carbohydrates, protein, fat and fiber. Each capsule contains 500 mg of an all-vegetarian, high-potency, broad-spectrum blend of the purest grade food enzymes. One capsule per meal. ***727.0 100 caps \$13.25.**
- *735.0 GERMANZYME,** generic copy by Young Again of bestselling inflammation support enzyme product.** We can make no claims except it contains the same enzymes in the same strength. ***735.0 200 tabs \$26.00.**
- *779.5 NATTOKINASE,** (NK) isolated, purified, vitamin K free fibrinolytic enzyme. Nattokinase is an enzyme isolated from Natto, a traditional Japanese fermented soy food. Natto has been consumed safely for thousands of years for its numerous health benefits. More recently, both clinical and non-clinical studies have demonstrated that Nattokinase supports heart health and promotes healthy circulation. Each serving of NOW[®] Nattokinase provides 2000 FU (Fibrinolytic Units) to help keep healthy levels of blood clotting factors.** Check exciting info and endorsements by web-searching "nattokinase". Those who are taking anticoagulant drugs, have bleeding disorders, or are pregnant or lactating should take NK only under the supervision of a medical professional. Many are taking NK with arjuna, serrapeptase, bromelain, or Germanzyme, and arginine. ***779.5 100mg 60 vcaps \$22.50.**
- *779.1 NATTOZIMES[®]** a proprietary proteolytic enzyme blend with the same thrombolytic and fibrinolytic activity, and thus the same cardiovascular, circulation and antiinflammatory support as nattokinase.** Powder in inositol base for accurate measuring. Typical use: 65mg Nattozimes (1000FU) 2-4 times per day. ***779.1 50 grams (200 dose) \$13.50.** See *779.5 Nattokinase.
- *761 SERRAZIMES[®]** is a proteolytic blend composed of enzymes derived from the edible fungi, *Aspergillus oryzae* and *Aspergillus melleus*. Scientific studies indicate that Serrazimes may help maintain and support cardiovascular and lymphatic health through its ability to help break down excess fibrin.

Serrazimes[®] may also help support the immune system and promote a healthy response to external stresses. Serrazimes[®] is safe and effective when used as directed, providing enzymatic activity equivalent to Serrapeptidate (aka, Serrapeptase).** No need for enteric coating as recent studies show little breakdown of enzymes in the stomach. If currently taking blood thinning medications, please consult a health care practitioner prior to use. 20,000 units per 33mg dose. Low-cost powder is in inositol base. ***761.5 50 grams powder (303 serving) \$11.50, *761.1 33mg 90 vcaps \$13.50.**

Probiotics & Fiber

- *702.0 ACIDOPHILUS**, NOW[®] Gr8-Dophilus[®] is a combination of 8 different species of beneficial bacteria, 4 billion per vcap, designed to support gastrointestinal health and immune system function. FOS is also included in this product to assist healthy growth of acidophilus and bifidus organisms. Because this capsule is enteric coated, NOW[®] Gr8-Dophilus delivers its microflora directly to the intestine bypassing the harsh acidic conditions of the stomach. NOW[®] Gr8-Dophilus is stable at room temperature, requiring no refrigeration. ***702.0 60 vcaps \$13.50.** Also see *702.8 Yeast Defense.
- *702.5 CANDIDA CLEAR** NOW Candida Clear is a unique formula that has been carefully formulated to rid the body of candida albicans, a single-celled fungus that naturally resides in our digestive track. Uneven levels of these bacteria can often lead to the production of excess yeast in both men and women.** ***702.5 90 vcaps \$12.00.**
- *722.0 FENUGREEK Fiber**, FenuLife[™] Extract is a concentrated (85% fiber,) odorless, almost tasteless soluble fiber, mainly galactomannan, with a unique ratio of 1:1 galactose to mannose. 1-2 grams 5-10 minutes before a meal with at least 8 oz of water supports healthy blood glucose levels and body weight.** The gel formed in the stomach by this fiber binds to sugar and fat, stabilizing the uptake of glucose into the bloodstream following a meal. This lowers the glycemic index of that meal. Best if blended in a shake. ***722.0 250 grams powder \$19.85.** Also see *775 arabinogalactans for a probiotic, immune supporting fiber.
- *747.0 INULIN** is a soluble dietary fiber that is not hydrolyzed by digestive enzymes. It is a prebiotic, selectively promoting growth and activity of beneficial bacteria of the digestive system while repressing harmful ones. While similar to FOS, Inulin contains some longer chain molecules more capable of reaching the colon, energizing the beneficial bacteria in an otherwise energy deficient ecosystem. Inulin has typical fiber effects on gut function, such as lowering intestinal pH and relieving constipation and has been shown to have a modulating effect on lipid metabolism. Inulin has a very low glycemic index so it is suitable for those on restricted diets. This product is 90% Inulin derived from Jerusalem Artichoke with a DP (degree of polymerization) value in the range between 2 and 60. (FOS is essentially Inulin with a DP below 10.) It has a beige color, is slightly sweet with a slight artichoke-like taste and can be easily added to food. Typical use is 2 grams with meals. Use higher dose or with *702 GR8 for greater effect. ***747.0 8oz. powder (227g) 112 doses, \$6.90.**
- *711.8 GUAR GUM.** Soluble fiber superior to oat bran; similar to, but less expensive than glucomannan (Konjac). Unflavored. Used before meals, it supports lower absorption of dietary fat, healthy blood sugar levels and contributes to fat loss.** ***711.8 8oz. powder \$4.50.**
- *720.0 PSYLLIUM HUSKS**, whole. More effective & easier to use than powder. Soluble fiber many times more effective for colon health as oat bran. Great help in low-carb diets. ***720.0 16oz. whole husk \$6.25.**

Hormonal Support

- *716.5 BLACK COHOSH Cimi-Fem[™]** extract, 2.5%, During premenopause, excess luteinizing hormone is released from the pituitary gland in a futile attempt to raise estrogen levels. Source Naturals **Cimi-Fem[™]** black cohosh sublingual tablets contain phytoestrogens and other compounds which may help reduce the frequency of hot flashes The sublingual form is absorbed directly into the bloodstream, via the blood vessels under the tongue and in the cheeks, bypassing digestion and allowing for quick entry into the system.** Double the potency of Remifemin[®] (only one sublingual tab per day), at less than one third the price! ***716.5 40mg 60 tabs \$5.75.**

- *741.0 CALCIUM D-GLUCARATE** is a phytonutrient found in many fruits and vegetables that can help the body get rid of fat soluble toxins, estrogens, and other excess steroid hormones by a process called glucuronidation, and it may be useful to control estrogen for older men, bodybuilders or women suffering from PMS or perimenopausal symptoms.** Dose: up to 500mg/day. ***741.0 50 grams powder \$18.25.** 200mg already in a day's dose of *200 LE Mix. See *862 resveratrol, *521 DIM & I3C, *512 chrysin.
- *749 DHEA** is a natural hormone produced by the adrenal glands that peaks around age 20, then drops 85-90% by age 70. Necessary for well-being, researchers have presented evidence that DHEA helps strengthen muscle, bone, and immune response, and may help in fat loss.** Authorities recommend you test your DHEA level before and/or two months after using DHEA. See *733 hormone saliva test kit. Powder must be diluted to accurately measure small doses. ***749.9 20 grams powder \$15.00, *749.4 25mg 120 caps \$7.00, *749.1 100mg 120 caps \$14.00.**
- *749 7-KETO®**, 7-Keto® is a natural occurring metabolite of DHEA, providing the same benefits of DHEA, without its potential to convert to testosterone or estrogen. Because the body's production of DHEA declines with age, so does the production of 7-Keto®. Weight gain is a common sign of aging that often accompanies the decreased production of DHEA and its metabolites. Supplementation with NOW® 7-Keto® can safely promote thermogenesis, thereby supporting the maintenance of healthy body weight.** Traditional dose is 2-3 25mg caps per day. Fat loss may require more so we now carry 100mg caps as well. ***749.6 25mg 90 Vcaps \$16.50, *749.7 100mg 60 Vcaps \$29.80.**
- *733.0 HORMONE TESTS, SALIVA-**, Two hormone kit from ZRT Labs. Inexpensive, non-invasive tests for 8 possible hormones: estradiol, estrone, estriol, progesterone, testosterone, DHEA, androstenedione, and morning cortisol. You purchase the 2 hormone kit, check off which 2 hormones you want tested, send samples to lab, then lab sends you results. If you want to test more than 2 hormones, you simply enclose payment for each additional test with your sample. ZRT details your hormone health history, supplementation, & current symptoms in order to provide an integrated report of the test findings. We find ZRT's tests more appropriate than others for those who are already supplementing with hormones or herbs. Experts recommend checking your levels periodically to assess the efficacy of your nutrition/hormone replacement program. The goal is to achieve normal youthful levels but not exceed them. Please note HORMONE TEST results can NOT be sent Internationally or to New York, and California residents need a note from a California Health-Care Practitioner for the lab work to be processed. ***733.0 1 kit \$50.00.**
- *738 MELATONIN.** Melatonin is a natural hormone that's produced by the pineal gland. As we age, the body produces less and less, making it more difficult to fall asleep. Useful for travelers in dealing with jet-lag.** Usually not recommended for continuous use for those under 40, or those with asthma. ***738.1 3mg 180 fast-acting chewable tabs \$8.25, *738.5 3mg 120 caps \$5.40, *738.9 2mg 60 time-released tabs \$5.00.**
- *750 PREGNENOLONE** is a natural precursor of all other steroidal hormones, particularly progesterone and DHEA. Pregnenolone levels decline as we age. May be the most potent brain nutrient available. Studies show it may improve inflammation response & mood, help normalize hormone levels, prevent excessive cortisol buildup, prevent fatigue, and enhance memory. Small amounts may promote sleep while large doses may be energizing.** Powder must be diluted to accurately measure small doses. ***750.5 20 grams powder \$11.50, *750.0 50mg 90 caps \$15.00.**
- *755.0 SOY EXTRACT "HIGH ISOFLAVONE"** SoyLife™ extracted with hexane-free solvents from non GMO soy germ, contains 40% protein, and 8-20 times the isoflavones and saponin of regular commercial soybean products. Soy isoflavones help support bone density; improved balance of HDL and LDL cholesterol; decrease postmenopausal symptoms in women; help with fat loss and more.** Each gram contains 21-25mg isoflavones (about 50% daidzein and 3.8-4.8mg genistein), and about 40mg saponin. Minimum dose of 2 grams per day provides about the 50mg isoflavones often recommended. 3-15g is sometimes recommended for fat loss & menopausal symptoms. Phytoestrogens lessen the effects of LH pulses, reducing hot flashes for menopausal women. Phytoestrogens buffer estrogen. When levels are low, phytoestrogens will act like mild estrogen; yet if estrogen is too high, they will block estrogen receptors. Toasted nut flavor. ***755.0 300 grams powder \$17.25.** See *513 Soy Protein.
- *759.0 THYROPLEX**, Dr. Jonathan Wright's formula of glandular extracts for men or women over 40 who have no overt endocrine disease. It contains the equivalent of 1/4 grain thyroid per daily dose.

Research shows it may improve cardiovascular function, mood & energy levels, libido, coping with stress, and mental clarity.** Please specify for men or women. ***759.0(M or W) 30 caps \$30.75.**

***749.3 TRIPLE HORMONE**, 25 mg DHEA, 25 mg Pregnenolone, & 2 mg Melatonin per tablet. A convenient conservative dose of the top three “superhormones” to be taken at bedtime. ***749.3 60 Vcaps \$14.00.**

Also see ***618 progesterone, *862 resveratrol, & *849 tribulus.**

Joint Support

***764.0 CELADRIN®**, clinically proven support for flexibility and pain management for joints and for muscular injuries, is natural proprietary esterified fatty acid complex that enhances and lubricates cell membranes throughout the body, promoting youthful cell fluidity and elasticity, including the fluids that cushions bones and joints.** We recommend using with glucosamine, Celadrin Lotion and/or other joint support products. Improving joint lubrication helps slow the cascade of inflammation assaulting the joints, allowing glucosamine to encourage joint cartilage production more efficiently than with glucosamine alone. Capsules made with soy and salmon oil. Dose is a 350mg Celadrin® gel cap 3x/day. ***764.0 180 gels \$24.00.** See also ***610 Celadrin Lotion**

***739.0 CHONDROITIN SULFATE, Bovine Source - USP Grade**, is a component of cartilage recommended in a recent best selling book. Supports healthy joint function,** is a natural companion to, and is best taken with, Glucosamine. Our > 95% powder is of the highest purity and meets the new USP specifications. ***739.0 50 grams powder (83 serving) \$5.75.**

***713 CM, Cetyl Myristoleate.** CM provides support to joint function by promoting lubrication to the joints, acting like an essential fatty-acid, only many times more effectively.** It does not need to be taken for long periods (usually only a month) or at high doses. Low-priced CM powder is 20%, and dissolves in oil, not water. Also available derived from vegetable oil in capsules. Support products include everything else in this section. ***713.1 100mg 180 gels \$34.50, *713.6 100 grams powder (166 serving) \$12.00.** See Omega 3, flax, or krill oils.

***767.0 COLLAGEN PROTEIN**, Hydrolyzed (predigested), over 90% protein, instant dispersible in water. Beef source collagen (gelatin) protein has been used for support of joint function for over 2000 years!** It is rich in arginine, glycine, proline, and hydroxyproline. Use up to 10g per day in water, shake or food. Sometimes taken at bedtime by athletes for improving stamina, and shortening recovery time. ***767.0 1lb (454 grams) powder \$18.50.**

***767.6 COLLAGEN, TYPE 2, hydrolyzed chicken- BioCell Collagen II™** contains 10% orally absorbable low molecular weight hyaluronic acid (HA), 20% depolymerized chondroitin sulfate, and type II collagen protein. This patented, well researched product promotes joint, bone & cardiovascular health, as well as skin health & healthy aging.** It is water soluble and is excellent for nourishing the skin via topical application as well as for oral use. Oral dose up to 2g/day with meals. Excellent with glucosamine & other products in this section. This product is not a substitute for tiny amounts of “undenatured “ collagen II used against autoimmune connective tissue problems. ***767.6 100 grams powder (50 days) \$27.50.** See ***771 hyaluronic acid.**

***752.0 D-FLAME, Cox-2 & 5-Lox Enzyme Inhibitor, NOW®** D-Flame is a revolutionary new herbal complex used to inhibit the effects of COX-2 and 5-LOX – two naturally occurring enzymes associated with a host of inflammatory conditions. Safe to use daily, this powerful composite may help curtail the aches, pains and stress that we face every day. In addition, this synergistic blend may be especially effective in supporting both vascular and general health by normalizing our body’s production of COX-2 and 5-LOX enzymes.** Contains extracts of: Holy Basil, curcumin, ginger, green tea, boswellin, bromelain, skullcap, resveratrol, & berberine. ***752.0 90 vcaps (45 serving) \$15.00.** Also see ***827.5 5-Loxin®**

***737.0 GLUCOSAMINE HCl.** Glucosamine is an amino sugar that is a key component of mucopolysaccharides (mps) which diminish as we age. It is utilized by the body to support healthy joint structures.** In our opinion, all forms of glucosamine seem to work well. Best dose for all glucosamine depends on body weight. ***737.0 1000mg 60 caps \$7.50.**

- *737.4 N-ACETYL GLUCOSAMINE (NAG)** support for the structural integrity of connective tissue, skin, and the mucosal lining of the digestive and urinary tracts, as well as joint function.** Sweet taste. ***737.4 100 grams powder (166 serving) \$9.00.**
- *737.6 GLUCOSAMINE COMPLEX** is our low-cost powder combo for joint health.** We mix Glucosamine Sulfate and N-Acetyl Glucosamine 2:1, add 10% herbal inflammation fighters boswellia & curcumin. A favorite around here. ***737.6 100 grams powder (112 serving) \$7.25.**
- *737.2 GLUCOSAMINE SULFATE** (potassium chloride salt, over 73% pure GS) is the most studied form of glucosamine. Use alone or with other products in this section. Salty taste. ***737.2 250 grams powder (250 serving) \$9.50, *737.1 750mg 180 caps \$13.50.**
- *737.8 GLUCOSAMINE & CHONDROITIN**, Extra Strength has 1500mg Glucosamine Sulfate Potassium (yielding 1100mg GS) and 1200mg chondroitin per 3 tabs. ***737.8 120 caps \$15.75.**
- *737.3 GLUCOSAMINE/CHONDROITIN/MSM** powder, 33% GS(KCl), 22% CS, 45% MSM, 66 doses. ***737.3 300 grams powder \$12.50.**
- *737.9 GLUCOSAMINE & MSM Vegetarian**, Glucosamine is an essential substrate for the formation of glycoaminoglycans (GAG's) and proteoglycans, which are the main components of cartilage tissue. GAG's and proteoglycans trap and hold water, forming a dense fluid cushion within the joint and thus, provide lubrication and shock absorption. MSM (Methylsulfonylmethane) is a natural source of organic sulfur, a mineral necessary for the production of proteoglycans.** NOW®'s unique and synergistic formula is suitable for vegetarians, because it contains only Glucosamine from a vegetarian source and not from shellfish. Each 2 capsule serving contains: Regenasure™ Glucosamine HCl (Vegetarian Source) 1.0 g (1,000 mg) and Lignisul® MSM (Methylsulfonylmethane) 1.0 g (1,000 mg). ***737.9 120 vcaps \$16.50.**
- *717.5 GLUCOSAMINE & MSM**, 1500mg (shellfish source) GS and 2000mg MSM/4 caps. ***717.5 180 caps \$14.50.**
- *771.0 HYALURONIC ACID**, Injuv™, antiaging “internal cosmetic” as seen on TV news. Support for skin & joint function.** Each cap contains 70mg cock's comb extract providing over 9% low molecular weight, orally active HLA. Dose: 4-5 caps per day for 2 weeks then 2 per day. ***771.0 120 gels \$33.60.** See *767.6 Collagen type II.
- *729.0 JOINT SUPPORT.** Three capsules provide: 1000mg glucosamine HCl, 300mg boswellia, 300mg sea cucumber, 150mg bromelain & much more. 1 cap 3 times per day. ***729.0 90 caps \$14.25.**
- *703.0 MICROLACTIN™** is a revolutionary patented concentrate of specific milk proteins consisting of unique antibodies and other bioactive molecules clinically shown to promote healthy joint function. It works by discouraging the emigration of neutrophils to sites of normal inflammation such as sore joints, breaking the cycle of inflammation and pain in these areas.** A loading dose of 2g 2x/day for the first 7-10 days and a dose of 1g 2x/day every day thereafter is considered optimal. It may be taken with or without food, by itself or with glucosamine, MSM, etc. It is widely used in veterinary products for horses and dogs. Must be used regularly to maintain effect. No side effects have been reported and it is 90% lactose-free, but MicroLactin should be avoided by those who have an allergy to cow's milk protein. ***703.0 150 grams \$13.00.**
- *717 MSM**, methyl sulfonyl methane, bioavailable sulfur in a dietary derivative of DMSO (with no odor). Promotes relief for allergies and normal inflammation as well as immune system support, and more.** Web search this one. Slightly bitter. ***717.9 1 lb powder (454 serving) \$8.50, *717.1 1000mg 180 caps \$12.50.** See *625 MSM lotion.

Essential Oils and Fats

- *732 CLA-Conjugated Linoleic Acid** is a natural fatty acid found in beef, lamb, and cheese, especially from grass-fed animals. A potent antioxidant, which supports immune function and an improved ratio of fat stores to lean body mass. CLA also supports response to allergies & joint inflammation and healthy blood glucose and insulin levels while improving energy expenditure.** Our >77% CLA safflower concentrate gels contain about 37% each of c9, t11 & t10, c12 isomers, shown to be most effective for fat control and immune stimulation. 3-4 grams per day is typical for fat loss. *809 guarana may add to CLA's fat loss effect. ***732.1 1000mg 100 caps \$11.50.**

- *700.5 COCONUT OIL, Virgin Organic-**, unrefined (coconut taste), naturally high in MCT and >50% immune stimulating Lauric Acid. Said to be “the healthiest oil on earth”, it is a stable saturated fat that promotes thermogenic fat-burning, thyroid health, healthy blood sugar & LDL-HDL cholesterol levels.** (Old negative studies used *hydrogenated* coconut oil!) Very slow to oxidize. May be stored tightly sealed at cool room temperature. To be used as a supplement or any way oils are used. Great for massage or other topical use. Solid below 78 degrees F. 12 oz sold elsewhere for over \$13. ***700.5 20oz \$10.75.** Also see *509 MCT oil.
- *724 FLAX OIL.** High lignan organic oil with Barlean’s special “BioElectron” light-&-heat-free process. Meets Dr. Budwig’s specifications. The best vegetarian source of essential omega 3 fatty acids. 6200mg omega 3, 1810mg omega 6, 2040mg omega 9, and 2660mg high-lignan flaxseed particulate per tablespoon. Oil or softgels kept from oxygen & light in black bottles. Always refrigerate flax oil. All our flax products are kept frozen, so are good well beyond the listed “freshest before” date. ***724.0 1000mg 250 caps \$19.50, *724.0 32 fl oz \$28.50.**
- *724.7 FLAX SEED, whole,** organic golden, high in omega 3 oil, fiber and lignans. Grind or blend a couple of tablespoons just before use. There is no significant nutritional difference between gold & brown flax seeds. ***724.7 1lb \$3.25.**
- *724.9 FLAX/BORAGE OIL** with 510mg GLA and 5200mg Omega 3 per tbs. Kept from oxygen & light in black bottles. Always refrigerate flax oil. Note: all our flax products are kept frozen so are good well beyond the listed “freshest before” date. ***724.9 12 fl oz \$21.50.**
- *724.2 FLAX LIGNANS, LinumLife™** is a flax hull concentrate that contains 10 times more lignans than flaxseed or any other flax product. Serving of 1 gram contains 50mg lignans, the normal amount recommended per day. Lignans are phytoestrogens that promote improved levels of stronger estrogens such as estradiol, and the ratio of testosterone to DHT. According to LinumLife.com, lignans are scientifically related to many beneficial effects on health such as: prostate health, hair loss, acne prevention, antioxidant protection, menopause, bone health, cholesterol & blood sugar support. LinumLife™ contains some fiber and omega 3 oil, and has a reasonable shelf-life if kept cool & tight. Slightly sweet taste. ***724.2 200 grams powder \$14.50.**
- *710.0 GLA, Borage Oil.** Promotes positive response to normal inflammation and encourages thermogenesis of brown-fat stimulator. Each capsule contains 240mg gamma linolenic acid (GLA), 370mg linoleic acid, 150mg oleic acid. ***710.0 60 gels \$11.25.**
- *742.0 KRILL OIL, NKO™** (Neptune Krill Oil). Krill are tiny shrimp-like creatures harvested from clean, nutrient-rich cold Antarctic water where they develop a high proportion of omega-3 fatty acids, much of which is linked to phospholipids. Clinical research shows NKO to be at least twice as biologically active as fish oil. Contains over 40% phospholipids (mostly PC), 38% EPA & DHA, and potent antioxidants (high ORAC results) like astaxanthin, which make NKO many times more stable than fish oil. A recent study showed NKO effective for 10 different measures of menstrual difficulties, while fish oil helped in only 3. Also promotes healthy inflammation response, blood lipid, and blood sugar levels.** General dose is 1-2 500mg capsules per day. ***742.0 60 gels \$26.75.**
- *705.5 OMEGA 3 Marine Lipids.** Essential fatty acids EPA and DHA are found preformed in fish oil. They promote healthy blood cholesterol and triglycerides, blood pressure, blood flow and response to inflammation. In addition it can increase VO2 max with regular use by trained athletes.** Found in mother’s milk but not in baby formula, DHA is necessary for development of the nervous system of infants. DHA is the primary structural fatty acid in the brain, and is essential for brain and visual function. Most American adults have low DHA and EPA. Some say fish oil is safer than flax oil for those with prostate problems. High vacuum molecularly distilled, processed, & tested to eliminate mercury (< 0.00001mg/g) & other contaminants to CRN standards. Two gel caps contain 360mg EPA & 240mg DHA. ***705.5 200 gels \$11.25.**

Alternative Sweeteners

- *707 ERYTHRITOL** is a 4 carbon sugar-alcohol that is about 70% as sweet as sucrose, but it looks and cooks like sucrose with no aftertaste and supplies only about 0.2 Calorie per gram! Essentially none! It has a pleasant cooling effect in the mouth and ranks a zero on the glycemic index. Cannot be used by harmful bacteria or yeast in the mouth or gut. Rated GRAS by the FDA. This is a top choice for low-carb

diets. Works well as a carrier for stevia. ***707.2 1 lb granular \$7.25.**

***770.0 MANNOSE, D-**, is a natural sugar that is only slightly metabolized. According to Dr. Jonathan Wright, in the bladder, D-Mannose can adhere to bacterial lectins, preventing them from sticking to the lining of the bladder. Bacteria can then be flushed away during urination, thereby precluding the formation of colonies within the urinary tract. Because insubstantial amounts of D-Mannose are used by the body, it does not interfere with blood sugar regulation.** D-mannose is much more effective than cranberry extract at 1/2 to 1 tsp every 4-6 hours (or more, more often). ***770.0 50 grams powder \$16.25.**

***709.5 STEVIA Extract**, pure, with >80% glucosylsteviosides and very little-to-no licorice-like aftertaste Sold as a dietary supplement for lo-carb diets. Used in South America for centuries, in Japan for decades, stevia again is allowed by the FDA. They say it cannot be sold as a “sweetener, food additive or herb”, only as a “dietary supplement.” OK, but in the interest of full disclosure be warned that this “dietary supplement” should be used very sparingly due to the strength of the sweet taste. Useful in cooking as heat does not affect it. ***709.5 1 oz. powder \$6.75.**

***707.5 XYLITOL.** USP/NF/FCC grade. Non-insulin producing 5-carbon sugar-alcohol looks and tastes like sucrose but a bit sweeter and “cooler” in the mouth. Found in many fruits & vegetables, it is produced from birch wood or corn cobs. Promotes tooth, gum, mouth and inner ear health by making a less favorable environment for the microscopic troublemakers in those areas.** Yeast can’t metabolize it. A 5% solution in saline is sold as a nasal spray. Use with green tea for a mouthwash you can drink. With only 2.4 Calories per gram (40% fewer than sugar) and a glycemic index of 7, it supports steady low-normal levels of blood sugar and insulin. Our best sweetener! ***707.5 1lb \$6.50, *707.3 2.5lb \$14.75.**

***707.7 XYLITOL GUM**, tasty, to use after or between meals. 800mg xylitol per piece. ***707.7 100 piece (specify peppermint, spearmint, or cinnamon) \$8.90.**

***707.8 XYLITOL, Activated Nasal Mist, NOW.** This saline activated formula containing erythritol, xylitol, sea salt, and essential oils cleanses nasal passages of dirt, dust, and irritating airborne particles. ***707.8 2 fl oz \$6.75.**

***707.6 XYLIIWHITE™ TOOTHPASTE GEL** by NOW Foods is 25% xylitol with Papain (whitening), Sodium Bicarbonate, and Tea Tree Oil. NO FLUORIDE! ***707.6 6.4 oz tube \$4.00.**

***707.1 XYLIIWHITE™ Mouthwash** by NOW Foods. Fluoride-free oral rinse with Deionized Water, Xylitol, Vegetable Glycerin, Peppermint Oil, Aloe Leaf, Eucalyptus Oil, Thyme Oil, Xanthan Gum, Tea Tree Oil, Natural Menthol Crystals, Spearmint Oil, Citric Acid and Wintergreen Oil. Directions: It is recommended that you first brush with Xyliwhite™ Whitening Toothpaste and then rinse mouth for at least 30 sec. with XyliWhite™ Mouthwash. ***707.1 16 fl oz \$6.50.**

Green Foods

***743.6 BLUE-GREEN ALGAE** from Klamath Lake Oregon. A very nutrient-dense food identical to the product being promoted by a popular MLM company. ***743.6 500mg 90 vcaps \$16.50.**

***743.9 CHLORELLA** is more than 50% protein, 1.6% chlorophyll, and rich in carotenoids, RNA-DNA, B12, and magnesium. Cell walls are mechanically crushed to ensure digestibility. Contains the highest concentrations of chlorophyll known (60 mg/serving). Often promoted as a “wonder food” that increases energy & mental focus. Mild taste. ***743.9 16 oz (152 serving) \$33.75.**

***723.0 CHLOROPLEX** from Life Extension. Research suggests that chlorophyll may help protect against carcinogens as well as be an effective internal deodorant.** Chloroplex also contains plant flavonoids and carotenoids for additional protection. See www.lef.org for in-depth details. Each capsule contains 20mg copper chlorophyllin (960mcg Cu), 200mg broccoli sprout extract (0.5% sulforaphane), 150mg parsley, 1000IU natural beta carotene, 1000IU alpha carotene, 100mg cabbage, 1mg lycopene, 2.2mg lutein, with 100mcg B12, 800mcg folic acid and 10mg zinc. Veggie protection in one capsule per day! ***723.0 100 caps \$21.00.**

***743.0 SPIRULINA** contains the highest protein and beta-carotene levels of all green superfoods and is also a rich source of GLA (Gamma Linolenic Acid), a popular fatty acid with numerous health benefits. In addition it is the highest known vegetable source of B-12 and provides optimum levels of vitamins, minerals, trace elements, cell salts, amino acids and enzymes. Very green with kind of “seaweed” taste.

***743.0 16 oz (91 serving) \$12.50.**

Other Special Products

- *763 AHCC®** -Active Hexose Correlate Compound. Increases Natural Killer Cell Activity. AHCC® (Active Hexose Correlated Compound) is a proprietary compound produced by cultivation and enzymatic modification of several species of mushroom mycelia, including shiitake, grown in rice bran extract. Considered a superfood supplement in Japan, AHCC has been researched extensively for its immune-enhancement properties. According to human and animal research, AHCC may significantly increase Natural Killer (NK) Cell activity. AHCC may also increase macrophage activity, enhance cytokine production and support the healthy functioning of the liver as well as act as an antioxidant.** Check www.AHCCresearch.com. Recommended dose: load with 3g per day for at least one week, followed by 1g per day. In 500mg caps or in powder. ***763.5 500mg 30 caps \$33.50, *763.0 2oz (56.8 g) pure powder \$75.00.**
- *781.0 AMINOCARE®A10** is a whole-body nutritional supplement developed by Stanislaw R. Burzynski M.D., Ph.D. to support the body's natural defenses, to aid in regulation of normal cell division, and to protect against toxic insults.** For over 30 years Dr. Burzynski has studied how various protein fragments can switch on the body's health & youth-promoting genes that may have ceased functioning in the past. His cancer clinic in Texas is world-renown. This mixture of peptides, a glutamine derivative, and vitamin B2 is being used personally by a number of antiaging medical professionals who report outstanding results. Usual dose is 2 tabs 2x/day. ***781.0 120 tabs \$105.00.**
- *775.0 ARABINO GALACTAN, (AG)**, is a FDA approved soluble fiber from Larch trees also found in some grains & vegetables, and is the primary immune-stimulating compound in the herbs echinacea and curcumin. AG supports the immune system by promoting healthy white blood cell count and natural killer cell activity. Larch is the only source of AG without attached proteins and is easily extracted with just water. AG enters the large intestine undigested where it is completely but very slowly fermented by beneficial bacteria, increasing them, particularly *Bifidobacterium*, while making a less favorable environment for pathogenic bacteria. Also noted is support of healthy LDL cholesterol and insulin levels.** Taking echinacea with AG is more effective than using echinacea alone. 1-3 grams per day in divided doses is recommended for general use. ***775.0 100 grams powder \$13.75.**
- *714 BETA -1, 3-D GLUCAN.** From cell walls of yeast, it promotes a very strong macrophage immune response in the body creating a positive effect against microscopic invaders; as well as being a powerful antioxidant.** Many studies are available. Until recently, it has been available only in 2-10mg capsules at a very high price. The raw material was over \$36,000 per kg wholesale in 1997. A new process makes 100mg and 500mg capsules available at an affordable price. ***714.0 100mg 60 caps \$13.75, *714.5 500mg 60 caps \$34.00.**
- *725.5 BETA-SITOSTEROL, Phytosterol Complex**, (aka plant sterols & sterolins) 43-56% **beta sitosterol** plus related campesterol & stigmasterol reduce fat absorption for a few hours, promotes healthy cholesterol and blood sugar levels, prostate health, immune and killer cell activity and reduces inflammatory response during intense exercise.** Similar material to that found in expensive "anticholesterol" margarine. Phytosterols inhibit 5-alpha reductase & aromatase which convert testosterone into DHT & estrogen. ***725.5 100 grams powder \$6.50.** For caplet form see *731.5 Better Prostate.
- *701 BHT** is a potent antioxidant used as an oil & food preservative. FDA approves of adding 1/4 tsp to 1 gallon of oil. Excellent for long storage of gasoline in motors, etc. Search the web for BHT's other uses. Crystalline powder. ***701.1 300 grams crystals \$10.50, *701.5 350mg 100 caps \$11.25.**
- *704 CAPSULES "00" & "000"** empty gel caps, "00" hold up to 600-900mg (about one fifth tsp.) of most vitamins & aminos. "000" hold about one-third more. ***704.0 750 "00" caps \$10.50, *704.1 200 "000" caps \$12.75.**
- *704.7-8 CAP-M-QUIK**, capsule filler handles 50 "00" capsules at a time. ***704.8 1 ea. \$10.40.**
- *704.9 CAPSULE TAMPER**, recommended for use with Cap-M-Quik "00". Pack 2-3 times more product in your capsules. ***704.9 1 ea. \$5.60.**
- *719.5 CHOLESTEROL SUPPORT.** 3 vcaps contain 10mg policosanol, 33mg tocotrienols, 220mg

- guggul extract, with guar gum, Pur-Gar® garlic, chromium, & vits C & E. ***719.5 90 vcaps \$16.50.** Also see *826 guggul, *212 tocotrienols, *776 policosanol, *205 ActivinTM grape seed & *306 ChromeMate[®].
- *760.0 EDTA Oral Chelation Formula** contains 400mg EDTA as calcium disodium EDTA, the form recommended by Dr. Gary Gordon, father of modern chelation therapy, 100mg Vit. C & 100mg MSM, & 50mg NAC per dose. Oral EDTA is over 5% absorbed. Take with *756 buffered arginine or *736 Yuck Away for increased effect. Sour taste. ***760.0 100 grams powder (153 serving) \$6.00.** See garlic, chlorella and lactoferrin for other chelating agents.
- *708.5 GEROVITAL-H3**, new premium Tierra-brand original Romanian antiaging formula, sold as a nutritional supplement. 100mg procaine/tab. ***708.5 60 tabs \$18.50.**
- *706.5 GRAPEFRUIT PECTIN**, pure beneficial fiber supports good intestinal health and cardiovascular function. 2 caps 1-3x/day. ***706.5 500mg 120 caps \$11.25.**
- *777.5 HYDROGENBOOSTTM** “The Fuel of Life.” Each caplet contains 500mg! (Previous formula was only 250mg) silica hydrides, a source of H⁻ ions which maybe some of the most powerful antioxidants and source of free electrons to help generate ATP and NADH thereby enhancing energy generation. After many years of being available only through expensive MLM, Dr. Patrick Flanagan has made an even more potent version of his hydride formula available to retailers. Many have reported improved health and energy. HydrogenBoostTM also helps endurance, lactic acid reduction and exercise recovery, and increases cellular hydration.** ***777.5 500mg 60 caps \$36.50.**
- *762.0 IP-6, CELL FORTE**, a revolution in immune system support! The patented 4:1 IP-6 to Inositol Cell Forte’s targeted deep immune support boosts the body’s natural defenses, enhances healthy cell growth and dramatically increases natural killer-cell activity.** Dose: 1-8 grams per day. Some are calling it “the discovery of the century”. ***762.0 500mg 120 caps \$21.00.**
- *762.5 IP-6**, Inositol Hexaphosphate (Ca, Mg phytate) low-cost powder. As above except we don’t sell powder pre-mixed with inositol due to patent restrictions. *104 Inositol is sold separately, and you are free to mix it if you wish. IP-6 is used by athletes as a source of phosphorous stacked with creatine. IP-6 also promotes healthy blood circulation by inhibiting blood clotting and supports of kidney health at 1-2g per day.** Made from plant sources, IP-6 is found naturally in all cells. ***762.5 120 grams powder \$7.45.**
- *772.5 LACTOFERRIN** powder is the best documented immune promoting and microscopic pest deterring substance found in whey and colostrum. Human milk may contain 15 times that of cow’s whey. It is an antioxidant that helps protect against the development & growth of certain types of cells and supports healthy bone density.** This material has approximately a 72% iron binding capacity. Typical dose is 300mg/day. ***772.5 20 grams powder \$22.00.**
- *726.0 LIVER GUARD.** 23 nutrients specially formulated to provide nutrients essential for healthy liver function, including silymarin, lipoic acid, NA cysteine, & CoQ-10. See our web site or www.sourcenaturals.com/products/?id=GP1197 for complete ingredient list. ***726.0 60 tabs \$16.70.**
- *726.5 LIVER SUPPORT FORMULA** contains 250 mg Picroliv[®] 4% kutkin plant extract from India, more potent than silymarin in protecting the liver against damage caused by chemicals & microorganisms and in promoting healthy liver function;** 500 mg Phosphatidyl Choline; 200 mg N-acetyl Cysteine & 200 mg TMG per dose, 1-3 times per day. Powder is bitter and is best put in capsules. ***726.5 100 grams (87 serving) \$10.50.**
- *712.0 MODIFIED CITRUS PECTIN.** PectaSol[®], Modified Citrus Pectin is made up of very short chains of molecules of the same molecular weight used in recent scientific studies. PectaSol[®] is a unique water-soluble fiber that has been shown to bind to the important galectin molecules on the surface of cells. It is postulated this adherence of the modified citrus pectin, specifically to the galectin-3 molecule, is responsible for its beneficial action.** Worth a web search for more information. Typical use is 5 grams or more. **NEW SIZE! *712.0 1 lb (454g) powder \$60.00.**
- *751.0 NAD.** Vitamin B-3 (niacin) is widely regarded as one of the most effective nutrients in elevating mood, overcoming moderate depression and fighting the effects of fatigue. NOW’s NAD complex is a highly effective and genuinely unique form of Vitamin B-3 that shares many of the same qualities as

NADH, a central player in energy production, at a fraction of the cost. In addition to its mood enhancing properties, NAD is being studied with regards to its positive effects on naturally increasing the brain's levels of dopamine, a neurotransmitter essential to brain health as we age.** Naturally boosts energy and performance for 3-5 hours when taken at least one hour before activities such as traveling, time zone changes/jet lag, long meetings, studying, workouts and athletic events. Check the web for research showing interdependent use. ***751.0 25mg 60 lozenge \$16.50.**

***776.1 POLICOSANOL** is a blend of long-chain alcohols (plant waxes) including 50% octacosanol that is derived from sugar cane. Non-clinical studies have shown that the fatty alcohol constituents in Policosanol possess considerable antioxidant activity, can protect serum lipids against free radical attack, and support healthy immune function. Policosanol can support cardiovascular health through these and other mechanisms.** Recommended dose varies from 10-20mg per day. Our policosanol comes diluted in *725 phytosterol complex. Use for about 3 months before retesting blood lipids. Elsewhere, a month's supply at 20mg/day may cost over \$18. ***776.1 30 grams powder (120 serving) \$6.50.** See *719.5 Cholesterol Support.

NEW! *721.9 PREVAGEN is a novel dietary supplement designed to fight aging. Containing the all natural calcium-binding protein first discovered in jellyfish, apoaquorin, Prevagen has been demonstrated to keep cells alive longer. Scientific studies show a reduction in cell death (including brain cell) of up to 55% when treated with Prevagen. Prevagen is the first supplement to address aging through the restoration of calcium-binding proteins. Calcium-binding proteins are found naturally throughout our body and are important in keeping cells healthy and alive. As we grow older these protective, age-fighting proteins begin to deplete. Actually increasing in effectiveness as age of subject increases, Prevagen helps to fight aging and to keep cells alive longer by protecting your body from a decline in valuable, age-fighting proteins.** ***721.9 10mg, 30 caps \$54.00.**

***731.0 PROS-PER** is a combination of the best herbal and amino acid preparations designed to offer comprehensive prostate support.** 200 grams is about 150 doses, each containing 200mg saw palmetto 45%, 200mg phytosterol (beta sitosterol 43-56%), 150mg nettle root extract, 200mg glycine, 21mg alanine, 460mg glutamic acid, & 10mg zinc from L-OptiZinc[®]. Usually taken 2x/day. Somewhat bitter. ***731.0 200 grams powder \$16.00.** Add *100.8 Lycopene to increase long-term protection.

***731.5 BETTER PROSTATE.** Recent European studies have shown the plant extract Beta Sitosterol to be at least as effective for promoting prostate health as saw palmetto alone or combined with pygeum.** Formula identical to that on radio and TV contains 300mg beta sitosterol. ***731.5 60 tabs (1 per day) \$12.00.** See *725 phytosterol complex.

***731.9 PROSTATE SUPPORT,** With a staggering percentage of the male population suffering from some form of prostate related ailment (with many believing their discomfort is an unavoidable result of aging), promoting healthy prostate function is essential for all men over 35. NOW Prostate Support contains standardized saw palmetto extract (clinically proven to inhibit benign prostate enlargement) along with a balanced base of herbs and nutrients that works collaboratively to offer an unparalleled level of prostate protection.** 2 softgels have 160mg SP, 10mg of 13% pygeum, & 250mg nettle, with 30mg zinc, pumpkin seed oil and 3mg lycopene. ***731.9 90 gels \$19.50.**

***704.5 SCALE,** plastic mechanical balance with 7 gram capacity and accuracy to 25mg. For measuring smaller individual doses of powders. ***704.5 1 ea. \$9.50.**

***704.6 SCALE, Digital Pocket,** battery-operated with 55g capacity and accuracy to 10mg. Useful for measuring smaller individual doses of powders as well as larger amounts; ideal for those mixing batches of their own formulas. ***704.6 1 ea. \$29.50.**

***745.0 SILVER BIOTICS** has patented new technology shown by 3rd party studies to be over 200% more effective than other silvers at killing bacteria, yeast, and protozoans.** At only 10 PPM, Silver Biotics is the first and only colloidal silver certified by the EPA as safe for everyday use as a supplement, with no skin tinting, etc. Tests at independent labs show it to be 96% bioavailable, compared to an average of 15% for other colloidal silvers. It does not harm friendly intestinal flora, may be stored in the light at room temperature, and tests show 6 year old product still is potent. May be used topically, as a spray, and many use a teaspoon orally twice a day (more when fighting off a problem). ***745.0 8 fl oz \$19.80.**

***740.1 SWEDISH FLOWER POLLEN,** Standardized Extract, promotes healthy urine flow and helps

maintain normal prostate cell function. It contains both lipid and water soluble fractions, and is standardized to contain a minimum of 1.4% alpha-amino acids and 0.08% phytosterols. It is the same proprietary blend used clinically throughout Asia and Europe. It is often used in products for male sexual function and intensity. May also help reduce fatigue and promote immune function.** It can be used alone or in combination with other products. Typical use is 2-3 tabs per day. ***740.1 126mg 90 tabs \$13.25.**

***719.1 SYTRINOL™** is a patented proprietary formula consisting of polymethoxylated flavones (PMF's) from citrus, palm tocotrienols and other proprietary constituents. Studies have shown that Sytrinol® helps maintain healthy cholesterol and triglyceride levels. Additionally, Sytrinol is a powerful antioxidant, promotes a healthy response to inflammation and may be used synergistically with substances like phytosterols (beta sitosterol, etc.) which act to block absorption of dietary cholesterol. Does not block CoQ10 like both natural and pharmaceutical statins. Dose is 150mg taken 2x/day, with or without food. ***719.1 150mg 90 gels \$18.50.**

***746.0 THYMIC PROTEIN A**, Pro Boost, is a complete active thymic protein that supports the immune system by stimulating T-4 helper white blood cells to locate invaders and send out T-8 killer cells to destroy them. Totally unlike any thymus "extract", this may be the most active natural immune supporter ever discovered!** Thymic functioning decreases with age, thus allowing increasing rate of "age-related" issues. Pro Boost is designed to replace missing thymus protein. The standard dose is one to three 4mcg sublingual packets (12 trillion active molecules each!) per day. For maintenance, Dr. Whitaker recommends a dose of one packet per day or every other day. Also used as part of an antiaging protocol. ***746.0 30 packets \$48.00.**

***730.5 VELVET ANTLER**, superior grade whole **velvet** antler, including tips, from Wisconsin elk; noted support for joint health, immune function and response to inflammation as well as healthy sexual function and energy, strength & endurance for athletes.** Usual dose 400mg 1-2x/day. ***730.5 30 grams powder (75 serving) \$28.30.**

NEW! *718.1 YEAST, NUTRITIONAL. Pleasant tasting Nutritional Yeast Flakes are produced from a specially selected strain of *Saccharomyces cerevisiae*. This yeast is grown on enriched purified cane and beet molasses under carefully controlled conditions. Rich in RNA, glucose tolerance factor (GTF), protein & B vitamins. ***718.1 1lb \$9.00.**

NEW! *728 YTE® YOUNG TISSUE EXTRACT is a novel patented protein extract from fertilized chicken eggs harvested at a critical stage of incubation. Avian eggs contain all of the nutrients required to grow a developing embryo, including vitamins, minerals and proteins, as well as important defense factors, growth factors, hormones and other biologically active components. Fertilization causes changes to occur within the egg, including production of new proteins and other factors. Chromatographical analysis reveals a marked increase in high molecular weight molecules in fertilized eggs that are incubated to the peak date at which YTE® is harvested when compared to eggs that are harvested even three days earlier. YTE® contains a combination of beneficial amino acids and glycoproteins. Clinical studies suggest that this unique extract may have the ability to promote healthfulness and youthfulness.* Studies have shown that the product enhances energy, vitality and stamina.** ***728.0 60 caps, 420mg \$29.90.**

***736.5 YUCK! AWAY.** This is to be added to unsweetened products containing arginine base or to some bitter herbs. Arginine base is bitter and about one in five people find it tastes really bad. Many products compensate by using a lot of fructose. YUCK! AWAY neutralizes alkalinity that causes arginine's bitter taste with cofactor ascorbic acid (vitamin C) with malic and citric acids (all good for you!) and also contains cofactor alpha GPCholine as well as low glycemic xylitol/stevia & lime juice powder for flavor. Use about the same amount as arginine content or to taste. It was not created to be a gourmet drink, but to improve arginine performance and stop the bad taste. A similar formula is being sold as an oral chelating agent to help rid the body of aluminum, mercury, lead, etc. Very sour taste by itself. ***736.5 300 grams \$11.50.**

Beyond A Century Product Updates & Specials

Winter 2008

Integra-Lean™ Irvingia, from Life Extension, 60 vegetarian capsules , Code 790.5, \$42.00.

Scientists have identified specific biological mechanisms that cause aging people to gain weight... no matter how little they eat. The problem was that there was no way to circumvent the underlying factors that cause excess body fat... until now! As you are about to learn, gaining control over your body's command signals is critical to maintaining a healthy weight. Leptin is a hormone that tells our brain that we have consumed enough calories and can stop eating. Leptin also induces a process whereby fat stored in cells is broken down. As we age, our cells (including the appetite control center in our brains) become "leptin resistant." This means that leptin is unable to effectively regulate body weight.

Mucuna pruriens, 40% L-Dopa. 75 grams powder, Code 867.0, \$14.75. Supplement and Dosing Facts: Each bottle contains 200, 375mg servings of mucuna pruriens 40% yielding 150mg Levodopa per serving. As a dietary supplement, use 375mg (one dose) on empty stomach, before bed or exercise or as otherwise directed by your health professional. **Do not exceed 500mg L-Dopa daily**

PEA (Beta Phenylethylamine), Crystalline powder. Code 040.0, 100 grams \$12.50. Best known as the "love chemical" naturally occurring in chocolate, mimics the brain chemistry of someone in love, thus PEA's reputation for pleasurable feelings, aphrodisiac effects & mood enhancement. Also has potential for improved focus, concentration, mental alertness, memory & cognition due to increase in acetylcholine release. PEA is also marketed as an appetite suppressant and thermogenic central nervous system stimulant that doesn't cause nervousness or jitters. PEA is broken down by MAO so to increase duration of effects, PEA is commonly used with MAO-b inhibiting products such as Yohimbe or Kava Kava. (both considered "love chemicals" in their own right.) Consult your health professional before use if using prescription MAO blockers. Can also be used with high-theobromine Cocoa extract or with Theanine to enhance mood and focus. ** Dosages range from 50mg to 500mg however typical use is 250mg as desired. See *812.0 Yohimbe, 815.0 Kava Kava, 880.5 Cocoa Extract, *032 Theanine.

Blanco Salvia White Chia Seeds - 1 lb. Rich in Omega-3 and Fiber. Chia seeds are one of the best known sources of essential fatty acids, with nearly two-thirds being comprised of Omega-3 as ALA. They are also an excellent source of Omega-6, vitamins, minerals, antioxidants, dietary fiber, and protein. These seeds can be eaten on their own or added to salads, cereals, yogurts, etc. to boost nutritional content. 1 pound, Code 705.1, \$10.75

L-CARNITINE Fumarate. Code 013.1 75 grams powder \$8.50. Carnitine is a vitamin-like combination of amino acids involved in fat metabolism. Carnitine may be helpful in increasing athletic endurance, the use of fat as an energy source, supporting healthy circulation and the promotion of normal energy production within the heart. It has free radical fighting properties and enhances recovery from exercise. With CoQ-10 it may help protect mitochondrial DNA. ** The fumarate form is less hygroscopic than the HCL form we previously carried. 75 grams powder, minimum 55% carnitine. 85, 500mg doses of carnitine per bottle. (Replaces 013.0 Carnitine Hcl.)

Soy Isoflavone Extract 40% Capsules. 250mg yielding 100mg total isoflavones per capsules. 120 caps. Code 755.5. \$13.50

Guarana Extract (22% Caffeine) Capsules. 450mg per capsules, 250 capsules. Code 809.1 NOW IN CAPSULE FORM! \$12.50

Quercetin Capsules, 500mg each, 120 capsules per bottle. Code 839.1 NOW IN CAPSULE FORM! \$12.00

Vitamin D-3 5,000 IU - 120 Softgels, Highest Potency, Structural Support, Helps Maintain Strong Bones, Supports Dental Health*. NOW® Vitamin D softgels supply this key vitamin in a highly-absorbable liquid softgel form. Vitamin D is normally obtained from the diet or produced by the skin from the ultra-violet energy of the sun. However, it is not abundant in food. As more people avoid sun exposure, Vitamin D supplementation becomes even more necessary to ensure that your body receives an adequate supply. Code 109.9, SRP: \$13.00; Our price: \$10.50!

Cococin™ Powder, 50 grams powder, Code 700.1, \$17.50. Cococin™ is a patented, freeze-dried powder form of green coconut water. This process extracts the liquid endosperm of coconut at optimal maturity when high levels of RNA and growth factors, including shikimic acid, quinic acid, and indole-3-acetic acid, essential vitamins, amino acids, and minerals critical for amino acid transport and respiratory metabolism of living plant and animal cells are present. Long considered a refreshing beverage and natural sports drink in its native tropical habitat, green coconut water has been valued for its regenerative benefits, and even has been used as a growth medium for tissue culture. It may be used to support the revitalization of human tissues such as hair follicles, skin and nails and has GRAS certification for use in food, beverages, supplements and cosmetics. Cococin™ blends easily with dry ingredients and dissolves in water. It may be used orally for enhancing food and beverage at about 50-300mg per dose or for reconstituting into coconut water at 1 gram in 60ml (2 fluid oz.) water. For cosmetic use, add to your favorite skin or hair cream or lotion at 1% to 5% of the formulation to promote moisturization, healthy cell growth, and support blood circulation. An 8 week study using 200mg 1% Cococin™ cream per night compared to the cream base as a placebo significantly improved skin elasticity and tone while decreasing skin roughness. Light coconut odor. Typical dose: 50-300mg to enhance food or beverage. Mix 1 gram with 2 ounces of water to make reconstituted coconut water. Mix 1-5% in any skin cream to enhance moisturization. Goes well with protein shakes. Light coconut taste. Highly hygroscopic -- store cool and dry. (Compare to similar product selling 15 grams for \$20.50!)

Niacin 500 mg - 250 Tabs, Code 103.5, \$10.50. NOW Foods, Nutritional Health, Sustained Release, Vegetarian Formula