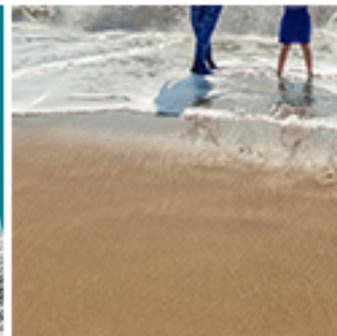
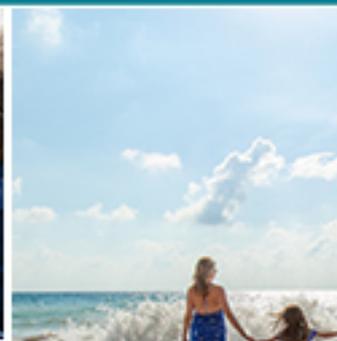


Quest for Health Featured Products



www.questvitamins.com
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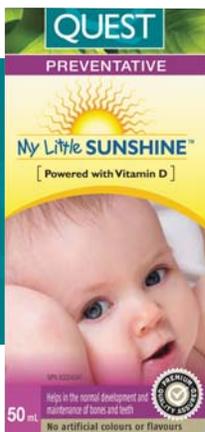
In 2006, Quest® used "Quest For Health" as its slogan and invested capital in building independent laboratories and manufactories with professional research and development teams in Toronto. Quest® was renowned for selling more than 200 natural health care products. During the year of 2009 to 2012, Quest® had been the top seller in Korea through the television shopping channels. In 2012, Quest® won "Spotlight award" from Canadian Health Food Association. Till 2015, Quest® had won CHFA Canadian Excellence Food award consecutively for 6 years.

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You can find Quest® products in over 2000 stores across the country.



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My Little Sunshine™

Quest My Little Sunshine™ is a convenient liquid supplement of vitamin D3 for all ages that helps in the normal development and maintenance of bones and teeth and the maintenance of overall good health.

PRODUCT CODE: 338127 (50 mL)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps in the normal development and maintenance of bones and teeth. A factor in the maintenance of good health.	Liquid	All age groups take 1 mL (1 dropperful) daily. Shake well before use.

RESEARCH:

The efficacy of vitamin D supplementation is borne out by scientific research. A study in 2006 followed 198 children to determine the effect of vitamin D supplementation by their mothers during pregnancy. The researchers found that children whose mothers took vitamin D had significantly larger bones and a higher bone-mineral content in their body than children whose mothers did not take the vitamin. In addition, several studies indicate that adequate vitamin D intake may offer protection against cancer of the breasts, prostate, colon, and ovaries.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if pregnant, breastfeeding, or taking medication.

OTHER CONSIDERATIONS:

Keep out of reach of children.



DID YOU KNOW...

Many researchers suggest that there is an epidemic of vitamin D deficiency among older adults in North America.

LABEL:

<p>QUEST PRÉVENTION</p> <p>Mon petit SOLEIL™ [Avec la puissance de la vitamine D]</p> <p>50 mL</p>	<p>NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ EST BRISÉ. Usage recommandé : Aide au développement et au maintien normaux des os et des dents. Un facteur dans le maintien d'une bonne santé. Dose recommandée (tous les groupes d'âge) : Bien agiter avant usage. Prendre 1 mL (25 mcg/1 000 UI) par jour.</p> <p>Ingrédients médicinaux : Chaque compte-gouttes de 1 mL contient : Vitamine D3 (cholecalciférol) ...25 mcg/1 000 UI</p> <p>Ingrédients non médicinaux : eau, glycérine, lécithine, benzoate de sodium, sorbate de potassium, acide citrique.</p> <p>Ce produit ne contient aucun gluten, crustacés, soya ou sulfites. NOTE : Utiliser dans les quatre mois après l'ouverture.</p> <p>RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTÉE DES ENFANTS.</p> <p><small>Manufactured by / Fabriqué par : Quest Nutraceuticals Inc. 795 Pharmacy Avenue Toronto, ON M1L 1K2</small></p>	<p>QUEST PREVENTATIVE</p> <p>My Little Sunshine™ [Powered with Vitamin D]</p> <p>50 mL</p>	<p>DO NOT USE IF SAFETY SEAL IS BROKEN. Recommended Use: Helps in the normal development and maintenance of bones and teeth. A factor in the maintenance of good health. Recommended Dose (all age groups): Shake well before use. Take 1 mL (25 mcg/1000 IU) daily.</p> <p>Medicinal Ingredients: Each 1 mL dropperful contains: Vitamin D3 (cholecalciferol) ...25 mcg/1000 IU</p> <p>Non-medicinal ingredients: Water, glycerin, lecithin, sodium benzoate, potassium sorbate, citric acid.</p> <p>This product does not contain corn, dairy, egg, gluten, shellfish, soy or sulfites. NOTE: Use within four months of opening.</p> <p>STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</p> <p><small>www.questvitamins.com 1-800-958-5566 U.S. Natural Stock #1316 QUEST</small></p> <p><small>A Proud Canadian Company Une compagnie canadienne fière de l'être.</small></p>
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Osteo-Logic™

Quest Osteo-Logic™ is a unique, high-quality formula designed to help reduce the risk of developing osteoporosis, particularly in women after menopause. Osteo-Logic™ contains minerals and vitamins essential to maintain bone health, as well as ipriflavone (Iprigen™), a safe alternative to high-dose estrogen therapy, to help maintain bone integrity.



PRODUCT CODE: 338429

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
To aid in the prevention and treatment of osteoporosis.	Tablets	Adults take 1 tablet up to 3 times daily with meals, or as directed by a health care practitioner.

RESEARCH:

Extensive research supports the supplementation of the minerals and vitamins in this formula for bone health and the prevention of osteoporosis. In addition, clinical trials show ipriflavone works even better than calcium and calcitonin and is as good as estrogen to increase bone density while slowing bone loss.

SIDE EFFECTS:

No side effects at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have a serious illness or are on any medications.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.



DID YOU KNOW...

Over 1.4 million Canadians have osteoporosis—1 in 4 women over age 50 and at least 1 in 8 men over age 50; however, the disease can strike at any age.

LABEL:

PRÉVENTION

Osteo-Logic™

MÉLANGE AVANCÉ
avec calcium, magnésium,
zinc, vitamines C et D

DIN 02243449

90 comprimés

Aide à prévenir l'ostéoporose
et la résorption osseuse

Sans colorants, arômes ou agents de conservation artificiels

QUALITÉ SUPÉRIEURE
DURETÉ ASSURÉE

Dose recommandée (adultes) : Prendre 3 comprimés par jour ou selon l'avis d'un praticien de soins de santé.

Ingédients médicinaux :
Chaque comprimé contient:
Calcium (citrate, carbonate) 300 mg
Magnésium (citrate, oxyde) 150 mg
Vitamine D3 (cholecalciférol) 100 Uj
Vitamine C (acide ascorbique) 25 mg
Zinc (citrate) 5 mg
Silicium (chélate de PVP*) 0,125 mg

* Protéine végétale hydrolysée

Ingédients non médicinaux : Iprigen® (ipriflavone), chlorhydrate de bétaïne, cellulose microcristalline, croscarmellose sodique, stéarate de magnésium, acide stéarique, cellulose, glycérine.

Note : Pour usage thérapeutique seulement. Ce produit ne contient aucun ingrédient laitier, œuf, gluten, crustacés, sulfites ou blé.

PREVENTATIVE

Osteo-Logic™

ADVANCED BLEND
with Calcium, Magnesium,
Zinc, Vitamins C and D

DIN 02243449

90 tablets

Helps prevent osteoporosis
and bone resorption

No artificial colours, flavours or preservatives

Iprigen® is a registered trademark of / est une marque déposée de Nutraceutical, Inc. DO NOT USE IF SEAL BROKEN OR CAP IS DAMAGED. NE PAS UTILISER SI LE SCÉLÉ EST DÉTACHÉ OU SI LE CAPSULON EST BRISÉ.

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USA CODE 00 BE 0 9571 21708 6

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Cranberry Extract

Quest Cranberry Extract is an exceptional natural remedy for the prevention of urinary tract infections (UTIs). UTIs are caused by bacteria, in particular, *Escherichia coli*, which stick to cells that line the bladder. Cranberry extract prevents the *E. coli* from adhering to the bladder lining.



PRODUCT CODE: 338445

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps prevent recurrent urinary tract infections.	Capsules	Adults take 1 capsule daily. Use for a minimum of four weeks to see a beneficial effect.

RESEARCH:

There are multiple studies of cranberry for the prevention of urinary tract infections (UTIs) in healthy women and nursing-home residents. While no single study demonstrates the ability of cranberry to prevent UTIs, the sum total of favourable evidence combined with laboratory research tends to support this use. Most studies have been done using cranberry juice; however, because of the high sugar and moderate calorie content of cranberry juice, many people prefer to take a cranberry extract instead of juice.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Cranberry extract should not be used as a substitute for antibiotic treatment of urinary tract infections; however, it can be used as an adjunct therapy.

OTHER CONSIDERATIONS:

Consult a health care practitioner if you are pregnant or breastfeeding. Keep out of reach of children.



DID YOU KNOW...

Cranberry (*Vaccinium macrocarpon*) has been used by countless women to prevent and treat urinary tract infections (UTIs) for nearly 100 years.

LABEL:

QUEST
PRÉVENTION
Canneberge
500 mg
NPN 80006337
Aide à prévenir les infections urinaires à répétition
60 capsules
Sans colorants, arômes ou agents de conservation artificiels

QUEST
PREVENTATIVE
Cranberry
500 mg
NPN 80006337
Helps prevent recurrent urinary tract infections
60 capsules
No artificial colours, flavours or preservatives

Usage recommandé : Aide à prévenir les infections urinaires à répétition.
Dose recommandée (adultes) : Prendre 1 capsule par jour. Utiliser pendant au moins quatre semaines pour un effet bénéfique.

Ingédients médicinaux : Chaque capsule contient : Concentré de jus déshydraté de canneberge (*Vaccinium macrocarpon*) 500 mg

Ingédients non médicinaux : cellulose microcristalline, stéarate de magnésium, dioxyde de silicium, gélatine.

Information sur les risques : Consulter un praticien de soins de santé avant d'en faire l'usage si vous prenez des anticoagulants ou si vous avez des antécédents de calculs rénaux. Consulter un praticien de soins de santé si les symptômes persistent.

De produit ne contient aucun maïs, ingrédients laitiers, œuf, gluten, crustacés, soja ou sulfites.

RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTÉE DES ENFANTS.

Recommended Use: Helps prevent recurrent urinary tract infections.
Recommended Dose (Adults): Take 1 capsule daily. Use for a minimum of four weeks to see a beneficial effect.

Medicinal Ingredients: Each capsule contains: Cranberry (*Vaccinium macrocarpon*) dried juice concentrate 500 mg

Non-medicinal ingredients: Microcrystalline cellulose, magnesium stearate, silicon dioxide, gelatin.

Risk Information: Consult a health care practitioner prior to use if you take blood thinners or have a history of kidney stones. If symptoms persist, consult a health care practitioner.

This product does not contain corn, dairy, egg, gluten, shellfish, soy, or sulfites.

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SÉAU DE SÉCURITÉ SOUS LE CAPSOTON EST BRISÉ.

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F.P.O. = 80%
LUPC CODE TD BE 036871210753
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Cal-Mag Chewable

Quest Cal-Mag Chewable is a high-quality supplement containing calcium and magnesium in a 2:1 ratio, plus vitamin D3. The spearmint flavour gives this product a refreshing taste and makes it ideal for those who want the benefits of a high-potency calcium and magnesium supplement, but have difficulty swallowing tablets. Calcium and magnesium are vital components of bone and tooth metabolism, and both participate in energy production, muscle contraction, nerve function, and the maintenance of the acid-alkali balance of body fluids. Vitamin D is essential for the absorption of calcium.



PRODUCT CODE: 338415

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps to maintain good health. Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorous. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps the body to metabolize carbohydrates, fats and proteins. Helps in tissue formation. Helps to maintain proper muscle function. Helps to prevent vitamin D deficiency in adolescents.	Chewable Tablets	Adults take 1 tablet up to 3 times daily, or as directed by a health care practitioner. Adolescents (ages 9 to 18): Take 2 tablets daily.

RESEARCH:

Calcium, magnesium, and vitamin D supplementation for bone health is supported by extensive scientific research. Countless studies conclude that a combination of calcium, magnesium, and vitamin D is required for bone health and the prevention of osteoporosis.

SIDE EFFECTS:

No known side effects at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have a serious illness or are on any medications.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.



DID YOU KNOW...

The average North American diet provides only one-half the calcium required for bone maintenance.

LABEL:



Triple Strength Glucosamine Sulfate

Quest Glucosamine Sulfate Complex is a high-quality, high-potency supplement that offers a natural, safe, and scientifically validated support for individuals who suffer from the effects of aging joints. This support can be used on its own or as a complement to conventional medical therapy.



PRODUCT CODE: 338260

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps to relieve osteoarthritic pain and to reduce joint pain. A factor in maintaining healthy cartilage and/or joint health. Helps to protect against the deterioration of cartilage.	Tablets	Adults take 1 tablet daily with a meal, or as directed by a health care practitioner. Use for a minimum of four weeks to see beneficial results.

RESEARCH:

Clinical research has confirmed the effectiveness of glucosamine sulfate (GLS) in humans. In one placebo-controlled study, participants using GLS had significant alleviation of symptoms with no adverse reactions. A comparative study with non-steroidal anti-inflammatory drugs (NSAIDs) found GLS to be as effective as NSAIDs in reducing pain. In addition, GLS was far better tolerated, with none of the side effects associated with the NSAIDs. In another double-blind placebo-controlled study, long-term use of GLS was found to reduce pain more effectively than ibuprofen.

SIDE EFFECTS:

Glucosamine sulfate may cause gastric discomfort in sensitive individuals. Those persons should consume this product during a meal, beginning with small doses and increasing to the recommended dosage gradually.

INTERACTIONS AND SAFETY CONSIDERATIONS:

As glucosamine is derived from chitin, the exo-skeleton of crabs and shrimp, those who are allergic to shellfish should be cautious.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.



DID YOU KNOW...

Osteoarthritis is the result of the breakdown of cartilage, and it can involve any joint in the body, but usually the hands and weight-bearing joints such as the hips, knees, feet, and spine.

LABEL:

QUEST
DÉVELOPPEMENT
Trois fois plus puissant*
Glucosamine
1500 mg
UN PAR JOUR
NPN 80000518
Aide à soulager les douleurs articulaires associées à l'arthrose
60 comprimés
Sans colorants, arômes ou agents de conservation artificiels

QUEST
DEVELOPMENT
Triple Strength*
Glucosamine
1500 mg
ONCE-A-DAY
NPN 80000518
Helps relieve joint pain associated with osteoarthritis
60 tablets
No artificial colours, flavours or preservatives

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE CLOSURE EST ENDOMMAGÉ. **UNIQUE TO BE** 1-877-426-2548
C.C. Natural Product Inc. (Canada) / C.C. Naturel (Québec) / C.C. Natural (USA)
A Proud Canadian Company / Une compagnie canadienne fière de l'être.
*Compared to Quest Triple Strength Glucosamine / Comparativement à Quest Triple Strength Glucosamine de Quest



Super Stress B + C 1000 mg

Quest Super Stress B + C 1,000 mg is a high-quality, high-potency B-complex supplement with added vitamin C, making this an excellent formula for helping the body deal with the effects of stress.



PRODUCT CODES:
338375 (60 tablets)
338300 (120 tablets)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps to maintain good health.	Tablets	Adults take 1 tablet daily, or as directed by health care practitioner.

RESEARCH:

The efficacy of supplementing with the B-complex vitamins and vitamin C for stress is supported by scientific research. Scientific evidence shows that the levels of B vitamins and vitamin C in our adrenal glands are depleted during times of stress, and that the adrenal glands require a constant supply of these vitamins to produce the stress-response hormones. Taking a B-complex supplement plus vitamin C supports the adrenal glands and helps us to deal with daily stress.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult your health care practitioner before using if you have a serious condition or are taking any medications.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.



DID YOU KNOW...

The body's response to stress includes the release of hormones that suppress the immune system; therefore, optimal nutrition is essential to maintain immune function during times of stress.

LABEL:

Usage recommandé : Aide à maintien d'une bonne santé.
Dose recommandée (adultes) : Prendre 1 comprimé par jour ou selon les directives d'un praticien de soins de santé.

Ingrédients médicinaux :
Vitamine C (acide ascorbique).....1 000 mg
Thiamine (mononitrate de thiamine).....50 mg
Riboflavine.....50 mg
Niacinamide.....50 mg
Acide panthothémique (d-pantothénate de calcium).....50 mg
Vitamine B6 (chlorhydrate de pyridoxine).....50 mg
Folate (acide folique).....1 000 mcg
Vitamine B12 (cyanocobalamine).....50 mcg
Biotine.....50 mcg
Bitartrate de choline.....50 mg
Inositol.....50 mg

Ingrédients non médicinaux :
croscarmellose sodique, silicate de magnésium, cellulose microcristalline, dioxyde de silicium, acide stéarique, cellulose, glycérine.
Ce produit ne contient aucun maïs, ingrédients laitiers, oeuf, gluten, crustacés, soja, sulfites, blé ou dérivés d'origine animale.
RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTÉE DES ENFANTS.

Recommended Use: Helps to maintain good health.
Recommended Dose (Adults): Take 1 tablet daily or as directed by a health care practitioner.

Medicinal Ingredients:
Thiamine (thiamine mononitrate).....50 mg
Riboflavin.....50 mg
Niacinamide.....50 mg
Pantothenic acid (calcium d-pantothenate).....50 mg
Vitamin B6 (pyridoxine HCl).....50 mg
Folate (folic acid).....1000 mcg
Vitamin B12 (cyanocobalamin).....50 mcg
Biotin.....50 mcg
Choline (bitartrate).....50 mg
Inositol.....50 mg

Non-medicinal Ingredients:
Croscarmellose sodium, magnesium stearate, microcrystalline cellulose, silicon dioxide, stearic acid, cellulose, glycerin.

This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, wheat or animal derivatives.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.



Coenzyme Q10 Ubiquinone

Quest Coenzyme Q10 Ubiquinone 50 mg is a high-quality supplement for the maintenance and support of cardiovascular health. In addition to its heart-protective properties, coenzyme Q10 (CoQ10) is a powerful antioxidant that helps maintain overall good health.



PRODUCT CODE: 338422

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps maintain and support cardiovascular health. An antioxidant for the maintenance of good health.	Tablets	Adults take 1 to 3 tablets daily.

RESEARCH:

Clinical studies spanning several decades report positive results from the use of coenzyme Q10 (CoQ10) as adjunctive therapy in the treatment of congestive heart failure. Several studies have also demonstrated a strong correlation between severity of heart disease and severity of CoQ10 deficiency. In addition, cholesterol-lowering drugs, such as statin medication, have been found to lower CoQ10 levels, and some health care practitioners recommend taking supplemental CoQ10 if cholesterol-lowering drugs are prescribed.

SIDE EFFECTS:

No side effects expected at recommended dosage, even with long-term use. Very high doses may cause mild gastrointestinal symptoms such as nausea and diarrhea.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you are taking blood pressure medication or blood thinners.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if pregnant or breastfeeding. Keep out of reach of children.



DID YOU KNOW...

Significant coenzyme Q10 deficiencies have been found in diseased gum tissue, and CoQ10's efficacy in reducing inflammation and periodontal pocket depth has been demonstrated in placebo-controlled trials.

LABEL:

Usage recommandé : Aide au maintien et au soutien de la santé cardiovasculaire. Antioxydant pour le maintien d'une bonne santé. **Dose recommandée (adultes) :** Prendre 1 à 3 comprimés par jour.

Ingredients médicinaux : Chaque comprimé contient : Coenzyme Q10 (ubiquinone) 50 mg

Ingredients non médicinaux : phosphate dicalcique, cellulose microcristalline, croscarmellose sodique, dioxyde de silicium, stéarate de magnésium, acide stéarique, cellulose, glycérine.

Informations sur les risques : Consulter un praticien de soins de santé si vous êtes enceinte ou allaitante, si vous prenez des médicaments pour la pression artérielle ou des anticoagulants. Ce produit ne contient aucun maïs, ingrédients laitiers, oeuf, gluten, lactose, crustacés, soja, amidon, sucre, sulfites, levure ou dérivés d'origine animale.

Précaution : RANGER DANS UN ENDOIT SEC ET FRAIS, TENIR HORS DE LA PORTÉE DES ENFANTS.

Recommended Use: Helps maintain and support cardiovascular health. An antioxidant for the maintenance of good health. **Recommended Dose (Adults):** Take 1 to 3 tablets daily.

Medicinal Ingredients: Each tablet contains: Coenzyme Q10 (ubiquinone) 50 mg

Non-medical ingredients: Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, silicon dioxide, magnesium stearate, stearic acid, cellulose, glycerin.

Risk Information: Consult a health care practitioner before use if pregnant, breastfeeding, taking blood pressure medication or blood thinners. **This product does not contain corn, dairy, egg, gluten, lactose, shellfish, soy, starch, sugar, sulfites, yeast or animal derivatives.**

Precaution: STORE IN A COOL, DRY PLACE, KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCAU DE SÉCURITÉ SOUS LE CAPOTON EST BRISÉ.

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F.P.O. - 80%
LIFE CODE TO BE: 0 8937 21558 4

338422 01-03



Maca

Quest Maca is a high-quality herbal supplement that has a long history of use in Peru for its energy-enhancing effects.

PRODUCT CODE: 338452



HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Traditionally used to promote a healthy libido.	Capsules	Adults take 1 capsule three times daily. For use beyond twelve weeks, consult a health care practitioner.

RESEARCH:

Maca root has been used traditionally by Native Peruvians since pre-Incan times for both nutritional and medicinal purposes. As a medicine, it was used to enhance fertility in humans and animals. In Peruvian herbal medicine today, maca root is reported to be used to stimulate the immune system; to treat anemia, menstrual disorders, menopausal symptoms, and sterility and other sexual disorders; and to enhance memory and energy.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you are taking any medications.

OTHER CONSIDERATIONS:

Consult a health care practitioner if you are pregnant or breastfeeding. Keep out of reach of children.



DID YOU KNOW...

Maca was domesticated by the Incas about 2,000 years ago, and it has been found in archaeological sites in Peru dating back to 1600 BC.

LABEL:

QUEST

ÉNERGIE

Maca Extract
125 mg

60 capsules

Utilisé traditionnellement pour favoriser une libido saine

Sans colorants, arômes ou agents de conservation artificiels

SUPÉRIEURE QUALITÉ ASSURÉE

QUEST

ENERGY

Maca Extract
125 mg

60 capsules

Traditionally used to promote a healthy libido

No artificial colours, flavours or preservatives

PREMIUM QUALITY ASSURED

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.

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F.P.O. - 80%

UPC CODE TO BE: 0-88371-2183-9

0 00000 00000 0

338452-01-04

Usage recommandé : Utilisé traditionnellement pour favoriser une libido saine. **Dose recommandée (adultes) :** Prendre 1 capsule, trois fois par jour. Pour un usage au-delà de douze semaines, consulter un praticien de soins de santé.

Recommended Use: Traditionally used to promote a healthy libido. **Recommended Dose (Adults):** Take 1 capsule three times daily. For use beyond twelve weeks, consult a health care practitioner.

Ingédients médicinaux : Chaque capsule contient : Extrait de racine de maca (*Lepidium meyenii*) à 4:1 (équivalent à 500 mg d'herbe fraîche), 125 mg. **Non-médicinal ingredients:** Microcrystalline cellulose, phosphate dicalcique, stéarate de magnésium, dioxyde de silicium, gélatine.

Medicinal Ingredients: Each capsule contains: Maca (*Lepidium meyenii*) root extract 4:1 (equivalent to 500 mg raw herb), 125 mg. **Non-medical ingredients:** Microcrystalline cellulose, dicalcium phosphate, magnesium stearate, silicon dioxide, gelatin.

Information sur les risques : Ne pas utiliser si vous êtes enceinte ou allaitante. **This product does not contain corn, dairy, egg, gluten, shellfish, soy or sulfites.**

RISK INFORMATION: Do not use if pregnant or breastfeeding. **This product does not contain corn, dairy, egg, gluten, shellfish, soy or sulfites.**

RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE PORTÉE DES ENFANTS. **STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**



L-Arginine

Quest L-Arginine is a superior amino acid supplement. Arginine is considered a “conditionally essential” amino acid because, although the body can normally manufacture it, during periods of stress or if a person is malnourished, arginine can be depleted and it must be obtained from food or supplements. Arginine plays a vital role in many processes in the body, including wound healing, immune support, cardiovascular support, hormone production, and enhancement of sexual function.



PRODUCT CODE: 338620

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps support healthy cardiovascular health.	Capsules	Adults take 4 capsules three times daily, for up to six months.

RESEARCH:

The efficacy of supplementing with L-arginine for many conditions has been demonstrated in numerous studies. In human clinical trials, L-arginine has had significant positive effects in hypercholesterolemic and hypertensive subjects. It has also been helpful in those with angina pectoris. In a recent long-term study, supplemental L-arginine, given for 6 months, resulted in significant improvement in coronary small-vessel endothelial function. In a double-blind, placebo-controlled study of 22 subjects with stable angina, supplemental L-arginine (1 gram twice daily) significantly improved exercise capacity. In another study, L-arginine supplementation resulted in a 70% reduction in angina attacks.

SIDE EFFECTS:

No side effects expected in dosages up to 3 grams per day. Mild side effects include gastrointestinal upset and nausea.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if you have a viral infection, kidney disease, stomach ulcers, gastritis, reflux, cancer, a strong family history of cancer, or personal past history of cancer. Do not use if you are taking ACE inhibitors, diuretics, transdermal nitroglycerine, anti-inflammatories, or painkillers.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.



DID YOU KNOW...

Soy protein and other plant proteins are richer in L-arginine than animal proteins, which are richer in lysine.

LABEL:



Ginkgo Biloba Extract

Quest Ginkgo Biloba Extract 60 mg plus citrus bioflavonoids is a high-quality herbal formula that helps enhance memory and cognitive function and support peripheral circulation.



PRODUCT CODE: 338450

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps enhance memory and cognitive function in an aging population. Helps support peripheral circulation.	Tablets	Adults take 1 tablet twice daily. For use beyond six weeks, consult a health care practitioner.

RESEARCH:

Ginkgo biloba is one of the most studied and commonly used herbs in North America and Europe. Hundreds of studies document its effectiveness for improving blood flow to the brain and limbs, and for protecting cells from free radical damage. A French study reported in the *Journal of Gerontology* in 2006 showed that long-term treatment with an extract of *Ginkgo biloba* could enable cognitive performance to be maintained for longer, and the researchers concluded that the development of Alzheimer's disease could be prevented or at least delayed.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not take if you are taking health products that affect blood coagulation (e.g., blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E), as this may increase the risk of spontaneous bleeding. Consult a health care practitioner before use if taking medications for diabetes, high blood pressure, or seizures.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.



DID YOU KNOW...

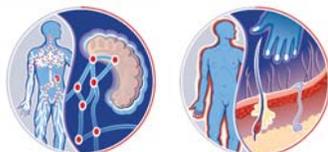
Often called a "living fossil," the beautiful ginkgo tree is the last survivor of its botanical family, and it is the oldest living species of tree known to humankind. Individual trees may live as long as 1,000 years.

LABEL:



Dry Formula Vitamin E 400 IU plus Selenium

Quest Dry Formula Vitamin E 400 IU is a high-quality vitamin E supplement that contains d-alpha-tocopherol and Selenium. Vitamin E protects the brain, nerves, muscles, heart, arteries, glands, reproductive system, and digestive organs from oxidative damage throughout life. Vitamin E also protects the lungs against damage from air pollution and cells from damage by toxic chemicals in food and water.



PRODUCT CODES: 338386

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Antioxydant	Capsules	Adults take 1 capsule daily, or as directed by health care practitioner.

RESEARCH:

The efficacy of Vitamin E as an antioxidant that protects against cardiovascular disease is supported by significant research findings. In a cohort of 87,000 nurses, all free from cardiovascular disease, there was a 34% reduction in coronary heart disease risk among those with the highest intake of vitamin E, after adjustment for variables such as age and smoking. Dietary intake alone did not show this significant reduction, but total intake (i.e. diet plus supplementation) did.

SIDE EFFECTS:

At recommended dosages, the risk of side effects is very low.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Very high doses of vitamin E may increase the risk of hemorrhage in susceptible individuals. May exacerbate hypertension and hypothyroidism if doses are increased too rapidly and if susceptible individuals use over 400 IU per day. Selenium toxicity is associated with hair loss, muscle discomfort, dermatitis, nausea, and fatigue. Do not use over 200 mcg per day of selenium.

OTHER CONSIDERATIONS:

A high intake of polyunsaturated fats in the diet should be accompanied by increased vitamin E intake to prevent their oxidation. Consult a health care practitioner prior to use if you have cancer, cardiovascular disease or diabetes. For adult use only.



DID YOU KNOW...

The dry form of vitamin E, succinate, is helpful for individuals who have a problem with fat malabsorption. Because vitamin E prolongs the useful life of the body's cells through its antioxidant activity, it can thus maintain the functioning of our organs, slowing down the aging process and preventing premature aging.

LABEL:

QUEST LONGÉVITÉ
Vitamine E sèche
400 UI plus sélénium
 NPN 00640816
 90 capsules
 Antioxydant pour le maintien d'une bonne santé
 Sans colorants, arômes ou agents de conservation artificiels

QUEST LONGEVITY
Dry Vitamin E
400 IU plus selenium
 NPN 00640816
 90 capsules
 An antioxidant for the maintenance of good health
 No artificial colours, flavours or preservatives

Usage recommandé : Antioxydant pour le maintien d'une bonne santé. Dose recommandée (adultes) : Prendre 1 capsule par jour.
Recommanded Use: An antioxidant for the maintenance of good health. Recommended Dose (Adults): Take 1 capsule daily.

Ingredients médicinaux : Chaque capsule contient : Vitamine E (succinate de d-alpha-tocophyle) ...268 mg AT/400 IU Sélénium (L-sélénométhionine)...50 mcg
Non-medical ingredients: silicate de magnésium, dioxyde de silicium, gélatine.
Information sur les risques : Pour adultes seulement. Consulter un praticien de soins de santé avant d'en faire l'usage si vous avez le cancer, une maladie cardiovasculaire ou le diabète.
 Ce produit ne contient aucun maïs, ingrédients laitiers, œuf, gluten, crustacés, sulfites ou Na.

Ingredients médicinaux : Chaque capsule contient : Vitamine E (d-alpha-tocopheryl succinate) ...268 mg AT/400 IU Sélénium (L-selenomethionine)...50 mcg
Non-medical ingredients: magnesium stearate, silicon dioxide, gelatin.
Risk Information: For adult use only. Consult a health care practitioner prior to use if you have cancer, cardiovascular disease, or diabetes.
 This product does not contain corn, dairy, egg, gluten, shellfish, sulfites or wheat.

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCAU DE SÉCURITÉ SOUS LE CAPSOTON EST BRISÉ.
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Flush-Free™ Niacin

Quest Flush-Free™ Niacin is a high-quality vitamin B3 supplement. Niacin (a form of vitamin B3) has long been prescribed for the treatment of cardiovascular conditions such as high cholesterol and triglyceride levels and poor circulation. Niacin also improves glucose, lipid, protein, and sterol metabolism. The flushing side effect of niacin that may occur at the dosages that may be required for therapeutic effect often prove troubling; however, by combining niacin with inositol (inositol hexaniacinate), this supplement confers the benefits of niacin without the unpleasant side effects.



PRODUCT CODES: 338100 (60 capsules)
338105 (120 capsules)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps normal growth and development. Helps the body to metabolize carbohydrates, fats, and proteins.	Capsules	Take 1 capsule daily with food.

RESEARCH:

The efficacy of niacin supplementation for the treatment of circulatory problems is well supported by scientific research. An overwhelming number of clinical studies have shown that niacin is effective in reducing both cholesterol and triglyceride levels. One study compared the efficacy of niacin with a widely prescribed drug that lowers cholesterol, and niacin was much more effective than the drug. It also significantly increased HDL (good) cholesterol. The authors of this study and others have concluded that because of these effects, especially when combined with niacin's low cost and low toxicity, niacin should be considered the treatment of choice in patients with elevated cholesterol levels.

SIDE EFFECTS:

No side effects expected at recommended dosage. Inositol can exert a blood-thinning effect with dosages greater than 2,000 mg per day. Discontinue use if you experience abdominal cramps, nausea, vomiting, lightheadedness, or ulcers.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have diabetes; low blood pressure; glaucoma; gout; peptic ulcers; liver, gallbladder, or kidney disease; or any bleeding disorders. Antibiotics, estrogen-containing medications (e.g., oral contraceptives), isoniazid, and anticonvulsants can diminish the absorption or therapeutic value of niacin.

OTHER CONSIDERATIONS:

Consult a health practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.



DID YOU KNOW...

Inositol hexaniacinate, the flush-free form of niacin, has been used therapeutically in Europe for over forty years with an excellent safety record.

LABEL:

QUEST
LONGÉVITÉ

Sans bouffées de chaleur^{MC} Niacine
500 mg

60 capsules

Aide le corps à métaboliser les glucides, les lipides et les protéines.

Sans colorants, arômes ou agents de conservation artificiels

QUEST
LONGEVITY

Flush-Free™ Niacin
500 mg

60 capsules

Helps the body metabolize carbohydrates, fats and proteins

No artificial colours, flavours or preservatives

Usage recommandé : Aide à la croissance et au développement normaux. Aide le corps à métaboliser les glucides, les lipides et les protéines.

Préparez 1 capsule par jour, avec de la nourriture.

Ingédients médicinaux : Chaque capsule contient : Niacine (nicotinate d'inositol)...500 mg Inositol (nicotinate d'inositol)...143 mg

Ingédients non médicinaux : cellulose microcristalline, stéarate de magnésium, gélatine.

Information sur les risques : Ne pas utiliser si vous êtes enceinte ou allaitante, si vous prenez des médicaments d'ordonnance ou si vous souffrez d'un trouble hémorragique. Ne pas dépasser la dose recommandée sauf sur l'avis d'un praticien de soins de santé.

Ce produit ne contient pas de noix, d'arachides, de soja ou de sésame.

RANGER DANS UN ENDOIT SEC ET FRAIS, TENIR HORS DE PORTÉE DES ENFANTS.

Recommended Use: Helps normal growth and development. Helps the body to metabolize carbohydrates, fats and proteins.

Take 1 capsule daily with food.

Medicinal Ingredients: Each capsule contains: Niacin (inositol nicotinate)...500 mg Inositol (inositol nicotinate)...143 mg

Non-medical Ingredients: Microcrystalline cellulose, magnesium stearate, gelatin.

Risk Information: Do not use if you are pregnant, breastfeeding, taking prescription medications or if you have a bleeding disorder. Do not exceed the recommended dose except on the advice of a health care practitioner.

This product does not contain corn, dairy, egg, gluten, shellfish, soy or sulfites.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCALOT DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.

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LPRC CODE 1016-168371-21716-1



L-Glutamine

Quest L-Glutamine is a superior amino acid supplement. This amino acid is one of the few compounds that can cross the blood-brain barrier and participate in brain chemistry. In the brain, L-glutamine is converted to glutamic acid, which serves as an energy source for the brain, a role that only it and glucose (blood sugar) can fulfill.



PRODUCT CODE: 338439

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps restore plasma glutamine levels depleted after periods of physical stress. Helps support digestive and immune system health after periods of physical stress. Helps to assist muscle cell repair after exercise.	Capsules	Adults take 5 capsules twice daily or as directed by a health care practitioner.

RESEARCH:

University of Paris researchers looked at the amino acid L-glutamine and reported their results in the journal Biomedicine and Pharmacotherapy. They found that L-glutamine seems to contribute to learning and memory by strengthening synapses (the connections between nerves) in the brain. Indeed, they said L-glutamine has a "high priority" in brain health, "clearly playing an important role." If deficiencies in this amino acid occur, difficulties in nerve transmission can result.

SIDE EFFECTS:

Rarely, constipation and bloating. High doses (21 grams daily) are generally well tolerated.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if you have a manic depressive condition or other disorder that induces manic behaviour. Do not use if you are hyperactive. Do not use if you have severe liver or kidney disease.

OTHER CONSIDERATIONS:

Do not use if you are pregnant or breastfeeding. Keep out of reach of children.



DID YOU KNOW...

Traumatic stress situations such as surgery, burns, sepsis, and cancer increase the physiological demand for glutamine.

LABEL:



Black Cohosh

Quest Black Cohosh is an exceptional herbal supplement that has been used for centuries by Native Americans for “women’s problems.” Black cohosh is helpful for menopausal symptoms, such as hot flashes, night sweats, and vaginal dryness, as well as menstrual irregularities and premenstrual syndrome (PMS).



PRODUCT CODE: 338444

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
For the relief of hot flashes and other menopausal symptoms.	Tablets	Adults take 2 tablets in the morning and 2 tablets in the evening, or as directed by a health care practitioner.

RESEARCH:

Clinical trials with black cohosh have reported a significant improvement in hot flashes and mood swings in menopausal women treated with black cohosh. In one study with 629 patients, researchers found that after 6 to 8 weeks of treatment, 80% of patients had beneficial effects. In over 49%, there was dramatic relief, with a reduction of hot flashes, sweating, headache, vertigo, palpitation, and tinnitus, while over 39% reported significant reductions of these symptoms, along with a lessening of nervousness, irritability, and depression.

SIDE EFFECTS:

Side effects are extremely uncommon at the recommended dosage. Sensitive individuals may experience headaches or stomach discomfort with high doses.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner if you are using any pharmaceutical or herbal medications for lowering blood pressure. Do not use for longer than 6 months without consulting your health care practitioner. Do not use if you have breast cancer.

OTHER CONSIDERATIONS:

Do not use if you are pregnant or breastfeeding. Keep out of reach of children.



DID YOU KNOW...

Black cohosh was widely prescribed by physicians in nineteenth century America, where it had a great reputation as an anti-inflammatory for arthritis and rheumatism, and played an important role for normalizing suppressed menses, painful or difficult menses, and to relieve pain after childbirth. It was also used for nervous disorders.

LABEL:

Usage recommandé: Remède phytothérapeutique utilisé pour aider à soulager les symptômes prémenstruels et ceux de la ménopause.
Dose recommandée (adultes): Prendre 2 comprimés dans la matinée et 2 comprimés dans la soirée. Peut être pris pendant un maximum de six mois.

Ingédients médicinaux:
 Chaque comprimé contient:
 Extrait de racine d'actée à grappes noires (Cimicifuga racemosa) 85:1 (racine à 240 mg) de grappe fraîche..... 40 mg
Ingédients non médicinaux: Cellulose microcristalline, stéarate de magnésium, dioxyde de titane, cellulose, glycérine.

Information sur les risques: Ne pas utiliser si vous êtes enceinte ou allaitante, ou si vous souffrez d'un état hormonalement lié ou d'endométriose, des fibromes utérins ou du cancer du sein, utérin, ovarien. À prendre sous la supervision d'un praticien de soins de santé si vous avez des antécédents de troubles du foie. Consultez un praticien de soins de santé en cas de symptômes persistants.
 Ce produit ne contient aucun ingrédient laitier, œuf, gluten, crustacés, soja, soya, blé ou dérivés d'origine animale.

Medicinal ingredients:
 Each tablet contains:
 Black cohosh (Cimicifuga racemosa) 85:1 root extract (equivalent to 240 mg per herb)..... 40 mg
Non-medical ingredients:
 Microcrystalline cellulose, magnesium stearate, titanium dioxide, cellulose, glycerin.

Risk Information: Do not use if pregnant or breastfeeding, or if you have a hormone sensitive condition such as endometriosis, uterine fibroids or cancer (breast, uterine, ovarian), if you have a history of liver problems. Use under the supervision of a health care practitioner. Consult a health care practitioner if symptoms persist. This product does not contain dairy, egg, gluten, shellfish, soy, sulfites, wheat or animal derivatives.

DANGER DANS UN ENVOI EN SEC ET FRIGES. STORE IN A COOL, DRY PLACE. TENIR HORS DE PORTÉE DES ENFANTS. KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER DE LE Sceau DE SÉCURITÉ SOUS LE CAPSULEON EST BRISÉ.

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338444-01-04

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 U.S. CODE TO BE: 0 86071 21882 2



Grape Seed Extract

Quest Grape Seed Extract is a high-quality, powerful antioxidant supplement that supports vascular health, particularly the tiny blood vessels called capillaries. Grape seed extract is helpful for capillary fragility, peripheral chronic venous insufficiency, and disorders of the small blood vessels of the retina.



PRODUCT CODE: 338458

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
An antioxidant for the maintenance of good health.	Tablets	Adults take 4 tablets daily with food in divided doses.

RESEARCH:

In a study of over 4,700 women with poor circulation of the legs (peripheral venous insufficiency), 4 out of 5 experienced improvement after taking 150 milligrams of grape seed extract twice a day for 3 months. Their legs felt lighter; did not burn, prickle, or tingle as much; and were less swollen and blue. They also had fewer leg cramps at night.

SIDE EFFECTS:

No known side effects at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

None known.

OTHER CONSIDERATIONS:

Consult a health care practitioner if you are pregnant or breastfeeding. Keep out of reach of children.



DID YOU KNOW...

The free radical scavenging effect of grape seed extract has demonstrated itself to be 20 times more potent than either vitamin C or vitamin E.

LABEL:

QUEST
MIEUX-ÊTRE
Pépins de raisin
Extrait

NPN 80003524

60 comprimés

Un antioxydant pour le maintien d'une bonne santé

Sans colorants, arômes ou agents de conservation artificiels

SUPÉRIEURE QUALITÉ ASSURÉE

Usage recommandé : Un antioxydant pour le maintien d'une bonne santé.
Dose recommandée (adultes) : Prendre 4 comprimés par jour avec de la nourriture, en doses réparties.

Ingédients médicinaux : Chaque comprimé contient : Extrait de pépins de raisin (*Vitis vinifera*) à 60:1 (équivalent à 2500 mg d'herbe fraîche, normalisé à 95 % de proanthocyanidines)...41,7 mg
Ingédients non médicinaux : phosphate de dicalcium, cellulose microcristalline, croscarmellose sodique, stéarate de magnésium, acide stéarique, cellulose, glycérine.

Information sur les risques : Ne pas utiliser si vous êtes enceinte ou allaitante. Ce produit ne contient aucun maïs, ingrédients laitiers, œuf, gluten, crustacés, soja, sulfites, blé, ou dérivés d'origine animale.

RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE PORTEE DES ENFANTS.

QUEST
WELLNESS
Grape Seed
Extract

NPN 80003524

60 tablets

An antioxidant for the maintenance of good health

No artificial colours, flavours or preservatives

PREMIUM QUALITY ASSURED

Recommended Use: An antioxidant for the maintenance of good health.
Recommended Dose (Adults): Take 4 tablets daily with food in divided doses.

Each tablet contains: Grape Seed (*Vitis vinifera*) extract 60:1 (equivalent to 2500 mg of raw herb, STD to 95% proanthocyanidins)...41.7 mg
Non-medicinal ingredients: Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, magnesium stearate, stearic acid, cellulose, glycerin.

Risk Information: Do not use if pregnant or breastfeeding. This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, wheat or animal derivatives.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SÉAL DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.

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UPC CODE TO BE: 0 58871 21787 6

338458.01-05



SAM-e

Quest SAM-e (S-adenosyl-L-methionine) is a high-quality nutritional supplement that supports emotional health through its role in the manufacture of neurotransmitters that control relaxation and happiness, joint care through its role in the building of cartilage, and liver function through its role in detoxification.



PRODUCT CODE: 338595

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Supports emotional health, joint care, and liver function.	Tablets	Adults take 2 to 8 tablets daily for emotional health. Adults take 1 tablet three times daily for joint care. Adults take 6 to 8 tablets daily for liver function. Must be taken for a minimum of two weeks.

RESEARCH:

Clinical studies show that supplementation of SAM-e for only 4 weeks significantly reduced pain and stiffness in arthritic joints and increased range of motion. SAM-e has also been clinically shown to decrease the number of muscle trigger points, decrease the pain in muscles, and improve sleep and mood in fibromyalgia patients.

SIDE EFFECTS:

Some sensitive individuals may experience occasional upset stomach; if this occurs, take with a meal. Do not take at night since the product may cause anxiety, restlessness, and insomnia.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Avoid use if you are pregnant, breastfeeding, or if you have a bi-polar disorder. Consult a health care practitioner before use if you are taking medication.

OTHER CONSIDERATIONS:

Keep out of reach of children.



DID YOU KNOW...

SAM-e has been shown to have positive effects on the liver, both in the treatment of diseases such as cirrhosis, and in daily functions such as detoxification, recycling hormones, and enzyme production.

LABEL:



Melatonin

Quest Melatonin is a high-quality supplement to help increase sleep time. Melatonin is a hormone that helps regulate our natural circadian rhythm (sleep-wake cycle). As we age, our natural production of melatonin decreases, leading to sleeping problems. Supplemental melatonin can help improve recovery from shift work or jet lag, and thus diminish fatigue.

PRODUCT CODE: 338610

HEALTH SOLUTIONS:



RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps increase total sleep time aspect of sleep quality in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work or jet lag. Helps relieve the daytime fatigue associated with jet lag. Helps reduce the time it takes to fall asleep in people with delayed sleep phase syndrome. Helps reset the body's sleep-wake cycle aspect of circadian rhythm.	Capsules	Adults take 1 capsule a day at bedtime only. For use beyond four weeks, consult a health care practitioner.

RESEARCH:

In a well-designed study that tested the effects of melatonin against placebo, 34 long-term users of benzodiazepine were encouraged to reduce their benzodiazepine dosage incrementally. The goal was complete discontinuance during weeks 5 and 6. The study proceeded double-blind through the 6 weeks of period 1, and then single-blind through the 6 weeks of period 2, during which all subjects received melatonin and efforts to discontinue benzodiazepine resumed. At the end of the study, 14 of 18 subjects who received melatonin in period 1 had completely discontinued benzodiazepine use; only 4 of 16 in the placebo group achieved this goal. An additional 6 subjects in the placebo group achieved complete discontinuance of benzodiazepine in period 2. Sleep quality scores were significantly higher for the melatonin group than for the placebo group. A 6-month post-study follow up showed that 19 of 24 subjects who discontinued benzodiazepine therapy continued to maintain good sleep quality. These subjects continued to use melatonin after the study ended, and they did not resume use of benzodiazepine.

SIDE EFFECTS:

May cause headache, transient depression, daytime fatigue, daytime drowsiness, reduced alertness, abdominal cramps, or irritability.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have cerebral palsy, diabetes, liver disease, seizure disorders, depression, or hypertension, or if you are taking blood pressure medications. Do not use if you are taking immunosuppressive drugs. Do not use if you are pregnant or breastfeeding. Do not drive or use machinery for 5 hours after taking melatonin.

OTHER CONSIDERATIONS:

Keep out of reach of children. Keep tightly closed in a cool, dry place.



DID YOU KNOW...

Melatonin may also have antioxidant properties.

LABEL:

QUEST

MIEUX-ÊTRE

Mélatonine
3 mg

90 capsules

Aide à augmenter la durée totale du sommeil

Sans colorants, arômes ou agents de conservation artificiels

NPN 80000737

QUALITÉ ASSURÉE

RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTÉE DES ENFANTS.

QUEST

WELLNESS

Melatonin
3 mg

90 capsules

Helps increase total sleep time

No artificial colours, flavours or preservatives

NPN 80000737

QUALITY ASSURED

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

338610 (01)

DO NOT USE IF SEAL BROKEN OR IF BOTTLE IS PUCKERED OR LEAKING. NE PAS UTILISER SI LE SCALOT EST DÉTACHÉ OU SI LE LIQUIDE EST ÉCARTÉ. SEE US AT EXHIBIT 1000.

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Usage recommandé : Aide à augmenter la durée totale du sommeil (aspect de la qualité du sommeil), chez les personnes qui souffrent d'un manque de sommeil ou d'une perturbation du sommeil, causée par le voyage par les fuseaux horaires ou le décalage horaire. Aide à atténuer le fatigue de jour associée au décalage horaire et aide à réduire le temps qu'il faut pour s'endormir chez les personnes affectées par le syndrome du retard de sommeil ou du rythme circadien.

Usage recommandé (Adults): Prendre 1 capsule par jour à l'heure du coucher seulement. Pour un usage de plus de quatre semaines, consultez un praticien de soins de santé.

Ingredients (médicaments) :
Chaque capsule contient :
Mélatonine synthétique..... 3 mg
Ingrédients non médicamenteux : stéarate de magnésium, cellulose microcristalline, oxyde de fer blanc, caféine.

Information sur les risques : Ne pas utiliser si vous êtes enceinte ou allaitante. Ne pas utiliser si vous prenez des immunosuppresseurs. Ne pas consommer en même temps du lait maternel ou de la machine à vapeur pendant cinq heures après avoir pris de la mélatonine. Consultez un praticien de soins de santé avant d'en faire l'usage si vous souffrez de problèmes hormonaux, de diabète, d'une maladie du foie ou des reins, de problèmes cardiaques, de troubles cardiaques, de migraines, de dépression et/ou d'hypertension ou si vous prenez des médicaments pour la pression artérielle ou des sédatifs et/ou hypnotiques.

De produits ne contenant aucun maïs, ingrédients lactiques, œufs, gluten, crustacés, soja ou sulfites.

Recommended Use: Help increase total sleep time aspect of sleep quality in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work or jet lag. Help relieve the daytime fatigue associated with jet lag. Help reduce the time it takes to fall asleep in people with delayed sleep phase syndrome. Help reset the body's sleep-wake cycle aspect of circadian rhythm.

Recommended Use (Adults): Take 1 capsule a day at bedtime only. For use beyond four weeks, consult a health care practitioner.

Medicinal Ingredients:
Each capsule contains:
Melatonin (synthetic)..... 3 mg
Non-medicinal ingredients: Magnesium stearate, microcrystalline cellulose, silicon dioxide, gelatin, iron oxide white.

Warnings: Do not use if pregnant or breast-feeding. Do not use if taking immunosuppressive drugs. Do not drive or use machinery for five hours after taking melatonin. Consult a health care practitioner prior to use if you have a hormonal disorder, diabetes, liver or kidney disease, central sleep, seizure disorders, migraine, depression or hypertension, or if taking blood pressure or sedative/hypnotic medications.

This product does not contain corn, dairy, egg, gluten, soybean, soy or sulfites.



Kid's Daily One™ Chewable

Quest Kid's Daily One™ Chewable is a high-quality, well-balanced, one-a-day multivitamin and mineral supplement designed specifically to meet the needs of children from 4 to 13 years. Formulated as a great-tasting chewable tablet, this supplement provides all the nutrients required to maintain children's overall good health.



PRODUCT CODES: 338280 (60 chewable tablets)
 338281 (120 chewable tablets)
 338066 (200 chewable tablets)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps maintain overall good health.	Chewable tablets	Children 4 to 8 years: Take 1 tablet daily with food. Children 9 to 13 years: Take 1 or 2 tablets daily with food. Take a few hours before or after taking medication.

RESEARCH:

According to the Canadian Community Health Survey of 2004, 7 out of 10 children aged 4 to 8 don't eat the recommended daily requirement of vegetables and fruits, and one-third of children aged 4 to 9 don't consume the daily requirement of milk products. Several studies support the efficacy of multivitamin and mineral supplementation for children. A study reported in the British Journal of Nutrition in 2008 showed that daily supplements of multivitamins and minerals may improve the brain function of children. In addition, as reported in the journal *Neuroscience & Biobehavioral Review* in 2001, a review of 13 studies investigating the influence of a multivitamin and mineral supplement on intelligence in children found that 10 of the studies reported a positive effect.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner if the child has a serious illness or is taking any medications.

OTHER CONSIDERATIONS:

Nutritional supplements should always be kept out of reach of children.



DID YOU KNOW...

Many studies indicate that most diets, even healthful ones, fall well below the Recommended Dietary Allowance for many nutrients.

LABEL:

QUEST

MULTIVITAMINES ET MINÉRAUX

Au quotidien pour enfantsTM à croquer

60 comprimés à croquer

Pour le maintien d'une bonne santé

Sans colorants, arômes ou agents de conservation artificiels

QUEST

MULTIVITAMINS & MINERALS

Kid's Daily OneTM Chewable

60 chewable tablets

For the maintenance of good health

No artificial colours, flavours or preservatives

Usage recommandé: Pour le maintien d'une bonne santé.
 Dose recommandée: Enfants de 4 à 8 ans: Prendre 1 comprimé par jour accompagné d'un repas.
 Enfants de 9 à 13 ans: Prendre 1 ou 2 comprimés par jour accompagné d'un repas.
 Prendre quelques heures avant ou après avoir pris un médicament.

Recommended Use: Help to maintain good health.
 Recommended Dose: Children 4 to 8 years: Take 1 tablet daily with food.
 Children 9 to 13 years: Take 1 or 2 tablets daily with food.
 Take a few hours before or after taking medication.

Ingrédients médicinaux: Chaque comprimé contient:
 Vitamine A (beta-carotène) 75 mcg (RAE500 IU)
 Vitamine A (palmitate) 604 mcg (RAE2000 IU)
 Thiamine (mononitrate de thiamine) 1 mg
 Riboflavine 1,5 mg
 Nicotinamide 5 mg
 Acide panthotémique (p-panthothenate de calcium) 5 mg
 Folate (folate acide) 50 mcg
 Vitamine B6 (pyridoxine hydrochloride) 1 mg
 Vitamine B12 (cyanocobalamine) 5 mcg
 Vitamine C (ascorbate de calcium) 75 mg
 Vitamine D3 (cholecalciferol) 5 mcg (200 IU)
 Vitamine E (acétate de D-alpha-tocophérol) 5 mg AT 7,5 IU
 Biotine 5 mcg
 Iode (iodure de potassium) 50 mcg
 Calcium (phosphate de calcium, tribasique) 65 mg
 Cuivre (gluconate de cuivre) 500 mcg
 Fer (tartrate ferrique) 2 mg
 Magnésium (oxyde) 25,5 mg
 Zinc (oxyde) 1 mg

Ingrédients non médicinaux: Cellulose, fructose, stéarate de magnésium, croscelle de calcium, acide citrique, sorbitol, diosméte, saveurs naturelles (orange, carmin pourpre, carmin, safran).

⚠️ Avertissement: Ce complément contient assez de fer pouvant causer des taches sur les dents.
 Ce produit ne contient pas d'ingrédients laitier, œuf, gluten, crustacés, soja ou soyaux.
 RANGER DANS UN CONTRETIÈRE SEC ET FRAIS.
 TENIR HORS DE PORTÉE DES ENFANTS.

Médicinal Ingredients: Each tablet contains:
 Vitamin A (beta-carotene) 75 mcg (RAE500 IU)
 Vitamin A (palmitate) 604 mcg (RAE2000 IU)
 Thiamine (mononitrate) 1 mg
 Riboflavin 1.5 mg
 Nicotinamide 5 mg
 Panthothenic acid (calcium D-pantothenate) 5 mg
 Folate (folic acid) 50 mcg
 Vitamin B6 (pyridoxine HCl) 1 mg
 Vitamin B12 (cyanocobalamin) 5 mcg
 Vitamin C (calcium ascorbate) 75 mg
 Vitamin D3 (cholecalciferol) 5 mcg (200 IU)
 Vitamin E (D-alpha-tocopherol acetate) 5 mg AT 7.5 IU
 Biotin (potassium iodide) 5 mcg
 Calcium (phosphate tribasic) 65 mg
 Copper (cupric oxide) 500 mcg
 Iron (ferric tartrate) 2 mg
 Magnesium (oxide) 25.5 mg
 Zinc (oxide) 1 mg

Non-medical ingredients: Cellulose, fructose, magnesium stearate, calcium croscelle, citric acid, natural flavours (orange, fruit punch, tangy-lemon), natural colours (orange, purple, carmine, carmine, saffron, iron oxide).

⚠️ Warning: This product does not contain dairy, egg, gluten, shellfish, soy or soya.

STORE IN A COOL, DRY PLACE.
 KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SEAL UNDER CAP IS BROKEN.
 NE PAS UTILISER SI LE Sceau de Sécurité SOUS LE CAPSULET EST BRISÉ.

www.ourlifenasnaturally.com
 1-877-929-2548

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Her Daily One™ for Teen Girls

Quest Her Daily One™ for Teen Girls is a high-quality, well-balanced, one-a-day multivitamin and mineral supplement designed specifically to meet the life-stage and gender needs of teen girls. Formulated as a capsule, this supplement is easily absorbed and easy to swallow, and it provides all the nutrients required for healthy skin, bones, and teeth and the maintenance of immune function and overall good health.



PRODUCT CODES: 338282 (90 capsules)
338062 (200 capsules)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps maintain healthy skin, bones, teeth, immune function, and overall good health.	Capsules	Adolescents 14 to 18 years: Take 1 capsule daily with your largest meal of the day. Take a few hours before or after taking medication. Avoid taking on an empty stomach.

RESEARCH:

The efficacy of multivitamin and mineral supplementation is supported by a comprehensive report issued by the Council for Responsible Nutrition. The report states that ongoing use of multivitamins and minerals demonstrated a quantifiable positive impact in areas ranging from strengthening the immune system of elderly patients to drastically reducing the risk of neural tube birth defects such as spina bifida.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

For people over 14 years of age only.

OTHER CONSIDERATIONS:

Keep out of reach of children.

LABEL:

MULTIVITAMINES ET MINÉRAUX

Pour adolescentes
Au quotidien pour elle™

NPN 80009656

90 capsules

Aide au bon maintien de la peau et des fonctions immunitaires

Sans colorants, arômes ou agents de conservation artificiels

Usage recommandé: Un facteur dans le maintien d'une bonne santé. Aide à maintenir une peau saine, Aide au développement et au maintien des os et des dents.

Dose recommandée (Adolescentes âgées de 14 à 18 ans): Prendre 1 capsule par jour avec le plus gros repas de la journée. Prendre quelques heures avant ou après avoir pris un médicament. Éviter de prendre à jeun.

Ingredients médicinaux:
Chaque capsule contient:
Biotine-carbonée..... 600 mcg/1000 UI
Vitamine A (palmitate)..... 604 mcg RAE/2000 UI
Thiamine (éthylhydrate de thiamine)..... 10 mg
Riboflavine..... 10 mg
Niacinamide..... 20 mg
Vitamine B5 (D-pantothénate de calcium)..... 10 mg
Vitamine B6 (pyridoxine HCl)..... 7,5 mg
Folate (acide folique)..... 600 mcg
Vitamine B12 (cyanocobalamine)..... 100 mcg
Vitamine C (acide ascorbique, ascorbate de calcium, ascorbate de magnésium)..... 125 mg
Vitamine D (chécalcérol)..... 20 mcg/800 UI
Vitamine E (succinate de D-α-tocophérol)..... 33,3 mg/600 UI
Biotine..... 450 mcg
Iode (iodure de potassium)..... 20 mcg
Calcium (ascorbate, carbonate)..... 220 mg
Cuivre (gluconate)..... 1360 mcg
Fer (carbonyle)..... 10 mg
Magnésium (ascorbate)..... 20 mg
Zinc (citrate)..... 15 mg

Ingredients non médicinaux: colorate de magnésium, dioxyde de silicium, gomme.

● Avertissement: Ce contenant contient assez de fer peuvent causer des taches brunes à un enfant.
Ce produit ne contient pas d'ingrédients laitier, oeuf, gluten, crustacés ou soya.
RANGER DANS UN ENDOIT SEC ET FRAIS.
TENIR HORS DE PORTÉE DES ENFANTS.

MULTIVITAMINS & MINERALS

For Teen Girls
Her Daily One™

NPN 80009656

90 capsules

Helps maintain healthy skin and immune function

No artificial colours, flavours or preservatives

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ SOUS LE CAPSULE EST BRISÉ.

www.ourlifennaturally.com
1-877-929-2648

CCNP
C.C. Natural Products Inc. Limited
1000 St. Lawrence St. West
Toronto, Ontario M5S 1A4

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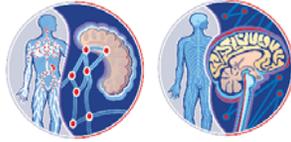
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Her Daily One™ for Women

Quest Her Daily One™ for Women is a high-quality, well-balanced, one-a-day multivitamin and mineral supplement designed specifically to meet the life-stage and gender needs of women. Formulated as a capsule, this supplement is easily absorbed and easy to swallow, and it provides all the nutrients required for healthy skin, a strong immune system, and overall good health.



PRODUCT CODES: 338053 (30 capsules)
 338283 (90 capsules)
 338060 (200 capsules)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps maintain healthy skin, immune function, and overall good health.	Capsules	(Adults): Take 1 capsule daily with your largest meal of the day. Take a few hours before or after taking medication.

RESEARCH:

The efficacy of multivitamin and mineral supplementation is supported by a comprehensive report issued by the Council for Responsible Nutrition. The report states that ongoing use of multivitamins and minerals demonstrated a quantifiable positive impact in areas ranging from strengthening the immune system of elderly patients to drastically reducing the risk of neural tube birth defects such as spina bifida. In addition, an article in the *Journal of the American Medical Association* in 2002 recommended that all adults take a multivitamin daily, stating that this was justified by the known and suspected benefits of supplemental folate and vitamins B12, B6, and D in preventing cardiovascular disease, cancer, and osteoporosis.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

For adult use only.

OTHER CONSIDERATIONS:

Keep out of reach of children.



DID YOU KNOW...

Many studies indicate that most diets, even healthful ones, fall well below the Recommended Dietary Allowance for many nutrients.

LABEL:

QUEST
 MULTIVITAMINES ET MINÉRAUX
 Pour femmes
 Au quotidien pour elle™
 90 capsules
 Aide au bon maintien de la peau et des fonctions immunitaires
 Sans colorants, arômes ou agents de conservation artificiels

QUEST
 MULTIVITAMINS & MINERALS
 For Women
 Her Daily One™
 90 capsules
 Helps maintain healthy skin and immune function
 No artificial colours, flavours or preservatives

QUEST
 MULTIVITAMINS & MINERALS
 For Women
 Her Daily One™
 90 capsules
 Helps maintain healthy skin and immune function
 No artificial colours, flavours or preservatives

INGREDIENTS:

Ingredients médicinaux: Chaque capsule contient:	Medicinal Ingredients: Each capsule contains:
Biotine..... 300 mcg (600 IU)	Biotin..... 300 mcg (600 IU)
Chlorure de calcium..... 750 mg (942/250 IU)	Calcium chloride..... 750 mg (942/250 IU)
Thiamine (hydrochlorure de thiamine)..... 5 mg	Thiamine (thiamine HCl)..... 5 mg
Riboflavine..... 5 mg	Riboflavin..... 5 mg
Niacinamide..... 10 mg	Niacinamide..... 10 mg
Acide panthotémique (d'acétylsalicylate de calcium)..... 10 mg	Pantothenic acid (calcium d-panthothenate)..... 10 mg
Folate (acide folique)..... 800 mcg	Folate (folic acid)..... 800 mcg
Vitamine B6 (pyridoxine de pyridoxine)..... 25 mg	Vitamin B6 (pyridoxine HCl)..... 25 mg
Vitamine B12 (cyanocobalamine)..... 100 mcg	Vitamin B12 (cyanocobalamin)..... 100 mcg
Vitamine C (acide ascorbique, ascorbate de calcium, ascorbate de magnésium)..... 75 mg	Vitamin C (ascorbic acid, calcium ascorbate, magnesium ascorbate)..... 75 mg
Vitamine D (calciférol)..... 20 mcg (800 IU)	Vitamin D (cholecalciferol)..... 20 mcg (800 IU)
Vitamine E (succinate de D-α-tocophérol)..... 25.5 mg (473 IU)	Vitamin E (D-α-tocopheryl succinate)..... 25.5 mg (473 IU)
Stérol..... 450 mcg	Statin..... 450 mcg
Borax (sels de potassium)..... 20 mcg	Borax (potassium borate)..... 20 mcg
Calcium (succinate, carbonate)..... 250 mg	Calcium (succinate, carbonate)..... 250 mg
Chromium (chlorure de PVP)..... 100 mcg	Chromium (PVP chloride)..... 100 mcg
Quercétine (chlorure)..... 2000 mcg	Quercetin (chloride)..... 2000 mcg
Fer (carbonate)..... 10 mg	Iron (carbonate)..... 10 mg
Magnésium (succinate, citrate)..... 40 mg	Magnesium (succinate, citrate)..... 40 mg
Magnésium (chlorure de PVP)..... 15 mg	Magnesium (PVP chloride)..... 15 mg
Sélénium (chlorure de PVP)..... 50 mcg	Selenium (PVP chloride)..... 50 mcg
Zinc (chlorure de PVP)..... 7.5 mg	Zinc (PVP chloride)..... 7.5 mg

Non-médicamentaux: Magnésium stéarate, silicium dioxyde, stéarate.

Non-medical Ingredients: Magnesium stearate, silicon dioxide, stearate.



Her Daily One™ for Mature Women 50+

Quest Her Daily One™ for Mature Women 50+ is a high-quality, well-balanced, one-a-day multivitamin and mineral supplement designed specifically to meet the life-stage and gender needs of women over 50. Formulated as a capsule, this supplement is easily absorbed and easy to swallow, and it provides all the nutrients required for healthy skin, bones, and teeth and the maintenance of good health.



PRODUCT CODES: 338284 (90 capsules)
338061 (200 capsules)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A factor in the maintenance of good health. Helps in the development and maintenance of bones, cartilage, teeth and gums.	Capsules	(Adults): Take 1 capsule daily with your largest meal of the day. Take a few hours before or after taking medication.

RESEARCH:

The efficacy of multivitamin and mineral supplementation is supported by a comprehensive report issued by the Council for Responsible Nutrition. The report states that ongoing use of multivitamins and minerals demonstrated a quantifiable positive impact in areas ranging from strengthening the immune system of elderly patients to drastically reducing the risk of neural tube birth defects such as spina bifida. In addition, an article published in the journal *Nutrition* in 2001 reported on a study that showed an improvement in every cognitive function except long-term memory in elderly subjects who were taking multivitamin and mineral supplements.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

For adult use only.

OTHER CONSIDERATIONS:

Keep out of reach of children.



DID YOU KNOW...

Many studies indicate that most diets, even healthful ones, fall well below the Recommended Dietary Allowance for many nutrients.

LABEL:

MULTIVITAMINES ET MINÉRAUX

Pour femmes matures 50+
Au quotidien pour elle

90 capsules

Aide au bon maintien de la peau, des os et des dents

Sans colorants, arômes ou agents de conservation artificiels

INGRÉDIENTS MÉDICINEUX: Chaque capsule contient:

- Bêta-carotène 603 mcg (100% RDA)
- Vitamine A (palmitate) 755 mcg (140% RDA)
- Thiamine (chlorhydrate de thiamine) 5 mg
- Riboflavine 5 mg
- Niacinamide 10 mg
- Acide pantothémique (pantothénate de calcium) 10 mg
- Folate (acide folique) 500 mcg
- Vitamine B6 (chlorhydrate de pyridoxine) 15 mg
- Vitamine B12 (cyanocobalamine) 100 mcg
- Vitamine C (acide ascorbique, ascorbate de calcium, ascorbate de magnésium) 75 mg
- Vitamine D (cholecalcérol) 22,5 mcg (45% RDA)
- Vitamine E (succinate de calcium, tocophérol) 50 mg (100% RDA)
- Biotine 50 mcg
- Acide panthotémique 150 mcg
- Calcium (succinate de calcium, carbonate de calcium) 225 mg
- Chromium (chlorure de PVP) 100 mcg
- Cuivre (glycérolate) 500 mcg
- Magnésium (succinate, oxyde) 100 mg
- Manganèse (chlorure de PVP) 2,5 mg
- Potassium (chlorure) 15 mg
- Sélénium (chlorure de PVP) 50 mcg
- Zinc (chlorure de PVP) 15 mg
- Protéine végétale hydrolysée

Ingrédients non médicamenteux: stéarate de magnésium, dioxyde de silicium, géluline.

Information sur les risques: Pour adultes seulement. Éviter de prendre 3 jours.

Le produit ne contient pas d'ingrédients blanchis, œuf, gluten, crustacés ou sautiles.

STORAGE: STORE IN ORIGINAL SEAL AND PLACE. TENIR HORS DE PORTÉE DES ENFANTS.

MULTIVITAMINS & MINERALS

For Mature Women 50+
Her Daily One™

90 capsules

Helps maintain healthy skin, bones and teeth

No artificial colours, flavours or preservatives

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCAPULÉ SE DÉTACHE. SOUS LE CAPSULON EST BRISÉ.

www.ourlifefaturally.com
1-877-928-2548

C.C. Natural Products Inc. Limited
1000 SHEPPARD AVENUE EAST, SUITE 100
SCARBOROUGH, ONTARIO M1S 1T7
CANADA

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His Daily One™ for Teen Boys

Quest His Daily One™ for Teen Boys is a high-quality, well-balanced, one-a-day multivitamin and mineral supplement designed specifically to meet the life-stage and gender needs of teen boys. Formulated as a capsule, this supplement is easily absorbed and easy to swallow, and it provides all the nutrients required for healthy skin, proper muscle function, and overall good health.



PRODUCT CODES: 338285 (90 capsules)
338063 (200 capsules)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps maintain proper muscle function, healthy skin, and overall good health.	Capsules	Adolescents 14 to 18 years take 1 capsule daily with a meal. Take a few hours before or after taking medication.

RESEARCH:

The efficacy of multivitamin and mineral supplementation is supported by a comprehensive report issued by the Council for Responsible Nutrition. The report states that ongoing use of multivitamins and minerals demonstrated a quantifiable positive impact in areas ranging from strengthening the immune system of elderly patients to drastically reducing the risk of neural tube birth defects such as spina bifida.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

For people over 14 years of age only.

OTHER CONSIDERATIONS:

Keep out of reach of children.

LABEL:

MULTIVITAMINES ET MINÉRAUX

Pour adolescents
Au quotidien pour lui™

90 capsules

Aide au maintien de la fonction musculaire et d'une peau saine

Sans colorants, arômes ou agents de conservation artificiels

INGRÉDIENTS MÉDICINEUX: Chaque capsule contient: Vitamine A (palmitate), Vitamine B1 (thiamine), Vitamine B2 (riboflavine), Vitamine B3 (niacinamide), Vitamine B5 (D-pantothénate de calcium), Vitamine B6 (cyanocobalamine), Vitamine B12 (cyanocobalamine), Vitamine C (acide ascorbique), Vitamine D (cholécalcérol), Vitamine E (succinate de D-alpha-tocophérol), Biotine, Iode (iodure de potassium), Calcium (ascorbate, carbonate), Cuivre (gluconate), Fer (fumarate ferrique), Magnésium (ascorbate, oxyde, citrate), Zinc (citrate), Ingrédients non médicinaux: stéarate de magnésium, dioxyde de silice, gomme.

⚠️ **Précaution:** Ce contenant contient assez de fer pouvant causer des torts sérieux à un enfant. Ce produit ne contient aucun ingrédient blanchi, œuf, gluten, crustacés, soya ou lait.

⚠️ **Attention:** Il y a assez de fer dans ce produit pour causer des torts sérieux à un enfant. Ce produit ne contient aucun ingrédient blanchi, œuf, gluten, crustacés, soya ou lait.

STORER IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

MULTIVITAMINS & MINERALS

For Teen Boys
His Daily One™

90 capsules

Helps to maintain muscle function and healthy skin

No artificial colours, flavours or preservatives

Medicinal Ingredients: Each capsule contains: Vitamin A (palmitate), Vitamin B1 (thiamine HCl), Vitamin B2 (riboflavin), Vitamin B3 (niacinamide), Vitamin B5 (D-pantothenic acid), Vitamin B6 (cyanocobalamin), Vitamin B12 (cyanocobalamin), Vitamin C (ascorbic acid), Vitamin D (cholecalciferol), Vitamin E (D-alpha-tocopherol succinate), Biotin, Iodine (potassium iodide), Calcium (ascorbate, carbonate), Copper (gluconate), Iron (ferrous fumarate), Magnesium (ascorbate, oxide, citrate), Zinc (citrate), Non-medicinal ingredients: Magnesium stearate, silicon dioxide, gelatin.

⚠️ **Warning:** There is enough iron in this package to seriously harm a child. This product does not contain dairy, egg, gluten, shellfish, soybeans or wheat.

STORER IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SÉAL DE SÉCURITÉ SOUS LE CAPOTON EST BRISÉ.

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1-877-928-2548

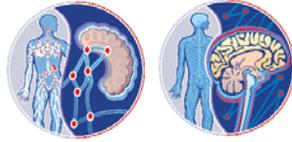
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His Daily One™ for Men

Quest His Daily One™ for Men is a high-quality, well-balanced, one-a-day multivitamin and mineral supplement designed specifically to meet the life-stage and gender needs of men. Formulated as a capsule, this supplement is easily absorbed and easy to swallow, and it provides all the nutrients required to maintain muscle and immune function and overall good health.



PRODUCT CODES: 338056 (30 capsules)
 338286 (90 capsules)
 338064 (200 capsules)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps maintain proper muscle function, immune function, and overall good health.	Capsules	Adults take 1 capsule daily with a meal. Take a few hours before or after taking medication.

RESEARCH:

The efficacy of multivitamin and mineral supplementation is supported by a comprehensive report issued by the Council for Responsible Nutrition. The report states that ongoing use of multivitamins and minerals demonstrated a quantifiable positive impact in areas ranging from strengthening the immune system of elderly patients to drastically reducing the risk of neural tube birth defects such as spina bifida. In addition, a recent study reported in May 2010 in *ScienceDaily* on the relationship between supplementation with vitamins/minerals and psychological functioning in healthy groups of non-elderly adult males found that a proprietary use of a multivitamin and mineral supplement improves mood and mental performance, while also reducing stress, mental tiredness, and fatigue.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

For adult use only.

OTHER CONSIDERATIONS:

Keep out of reach of children.



DID YOU KNOW...

Many studies indicate that most diets, even healthful ones, fall well below the Recommended Dietary Allowance for many nutrients.

LABEL:

QUEST
 MULTIVITAMINES ET MINÉRAUX
 Pour hommes
 Au quotidien pour lui™
 NPN 80009670
 90 capsules
 Aide au maintien des muscles et des fonctions immunitaires
 Sans colorants, arômes ou agents de conservation artificiels

QUEST
 MULTIVITAMINS & MINERALS
 For Men
 His Daily One™
 NPN 80009670
 90 capsules
 Helps maintain muscle and immune function
 No artificial colours, flavours or preservatives

Usage recommandé : Un facteur dans le maintien d'une bonne santé. Aide au maintien de la fonction musculaire et des fonctions immunitaires.
 Dose recommandée (adultes) : Prendre 1 capsule par jour, accompagnée d'un repas. Prendre quelques heures avant ou après avoir pris un médicament.

Recommended Use: A factor in the maintenance of good health. Help to maintain proper muscle function and immune function.
 Recommended Dose (Adults): Take 1 capsule daily with a meal. Take a few hours before or after taking medication.

INGRÉDIENTS MÉDICINEUX :
 Chaque capsule contient :
 Vitamine A (rétinol).....800 mcg/301 mcg 540/1005 IU
 Vitamine A (palmitate).....800 mcg 540/3000 IU
 Thiamine (vitamin B1).....10 mg
 Riboflavine.....10 mg
 Nicotinamide.....15 mg
 Acide panthotémique (5-pyridothiolate de calcium).....10 mg
 Folate (acide folique).....500 mcg
 Vitamine B6 (pyridoxine).....15 mg
 Vitamine B12 (cyanocobalamine).....100 mcg
 Vitamine C (acide ascorbique, ascorbate de calcium, ascorbate de magnésium).....100 mg
 Vitamine D (cholecalcérol).....7.5 mcg/300 IU
 Vitamine E (acétate de D-α-tocophérol).....15.3 mg 4750 IU
 Biotine.....50 mcg
 Inositol (acide inositolique).....250 mg
 Calcium (ascorbate, carbonate).....200 mg
 Citrate chélate de PMS.....150 mg
 Cuivre (gluconate).....2000 mcg
 Magnésium (ascorbate, citrate, citrate).....50 mg
 Magnésium chélate de PMS.....40 mg
 Sélénium chélate de PMS.....100 mcg
 Zinc chélate de PMS.....20 mg

INGRÉDIENTS NON MÉDICINEUX :
 * Polysaccharide végétal hydrolysé (maïs, riz)
 Ingrédients non médicamenteux : chlorure de magnésium, dioxyde de silicium, gélules.
 Informations sur les risques : Pour adultes seulement. Ce produit ne contient aucun ingrédient lactique, œuf, gluten, croûtes, sulfites ou HAs.
 RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTÉE DES ENFANTS.

Médicinal Ingredients:
 Each capsule contains:
 Retinol.....800 mcg/301 mcg 540/1005 IU
 Vitamin A (palmitate).....800 mcg 540/3000 IU
 Thiamine (Vitamin B1).....10 mg
 Riboflavin.....10 mg
 Nicotinamide.....15 mg
 Panthothenic Acid (calcium 5-pyridothiolate).....10 mg
 Folate (folic acid).....500 mcg
 Vitamin B6 (pyridoxine HCl).....15 mg
 Vitamin B12 (cyanocobalamin).....100 mcg
 Vitamin C (ascorbic acid, calcium ascorbate, magnesium ascorbate).....100 mg
 Vitamin D (cholecalciferol).....7.5 mcg/300 IU
 Vitamin E (D-α-tocopheryl succinate).....15.3 mg 4750 IU
 Biotin.....50 mcg
 Inositol (inositolic acid).....250 mg
 Calcium (ascorbate, carbonate).....200 mg
 Citrus PMS chelate.....150 mg
 Copper (gluconate).....2000 mcg
 Magnesium (ascorbate, citrate, citrate).....50 mg
 Magnesium PMS chelate.....40 mg
 Selenium PMS chelate.....100 mcg
 Zinc PMS chelate.....20 mg

*** High-Nutrient Vegetable Juice, Rice Protein**
 Non-medicinal ingredients: Magnesium stearate, silicon dioxide, gelatin.
 Risk Information: For adult use only. This product does not contain dairy, egg, gluten, shellfish, sulfites or HAs.

STORGE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SÉAL DE SÉCURITÉ SOUS LE CAPSULE EST BRISÉ.
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 NPN 80009670
 90 capsules
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His Daily One™ for Mature Men 50+

Quest His Daily One™ for Mature Men 50+ is a high-quality, well-balanced, one-a-day multivitamin and mineral supplement designed specifically to meet the life-stage and gender needs of men over 50. Formulated as a capsule, this supplement is easily absorbed and easy to swallow, and it provides all the nutrients required to maintain muscle function, immune function, eyesight, and overall good health.



PRODUCT CODES: 338287 (90 capsules)
338065 (200 capsules)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps maintain muscle function, immune function, eyesight, skin, bones, teeth, and overall good health.	Capsules	Adults take 1 capsule daily with a meal. Take a few hours before or after taking medication.

RESEARCH:

The efficacy of multivitamin and mineral supplementation is supported by a comprehensive report issued by the Council for Responsible Nutrition. The report states that ongoing use of multivitamins and minerals demonstrated a quantifiable positive impact in areas ranging from strengthening the immune system of elderly patients to drastically reducing the risk of neural tube birth defects such as spina bifida. In addition, an article published in the journal *Nutrition* in 2001 reported on a study that showed an improvement in every cognitive function except long-term memory in elderly subjects who were taking multivitamin and mineral supplements.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

For adult use only.

OTHER CONSIDERATIONS:

Keep out of reach of children.

LABEL:

MULTIVITAMINES ET MINÉRAUX

Pour hommes matures 50+
Au quotidien pour lui™

90 capsules

Aide au maintien de la fonction musculaire et de la vision

Sans colorants, arômes ou agents de conservation artificiels

QUALITÉ ASSURÉE

RANGER DANS UN ENROBÉ SEC ET FRAIS. TENIR HORS DE LA PORTÉE DES ENFANTS.

Usage recommandé : Un facteur dans le maintien d'une bonne santé. Aide à maintenir la fonction musculaire, la fonction immunitaire, la vision, la peau, les os et les dents.

Dose recommandée (adultes) : Prendre 1 capsule par jour, accompagnée d'un repas. Prendre quelques heures avant ou après avoir pris un médicament.

Ingédients médicinaux :

Bêta-carotène	602 mcg/301 mcg RAE (1205 IU)
Vitamine A (palmitate)	906 mcg 906/3000 IU
Thiamine (chlorhydrate de thiamine)	7,5 mg
Riboflavine	7,5 mg
Niacinamide	7,5 mg
Acide panthéique (D-pantothénate de calcium)	7,5 mg
Folate (acide folique)	500 mcg
Vitamine B6 (chlorhydrate de pyridoxine)	7,5 mg
Vitamine B12 (cyanocobalamine)	25 mcg
Vitamine C (acide ascorbique, ascorbate de calcium, ascorbate de magnésium)	100 mg
Vitamine D (cholecalcérol)	22,5 mcg/900 IU
Vitamine E (succinate de D-alpha-tocophéryle)	51 mg A7/75 IU
Biotine	50 mcg
Iode (iodure de potassium)	150 mcg
Calcium (ascorbate, carbonate)	200 mg
Chromium (chélate de PVP)	150 mcg
Cuivre (gluconate)	2000 mcg
Magnésium (ascorbate, oxyde, citrate)	75 mg
Manganèse (chélate de PVP)	2,5 mg
Polysérum (chlorure de potassium)	50 mg
Sélénium (chélate de PVP)	100 mcg
Zinc (chélate de PVP)	15 mg
* Protéine végétale hydrolysée	

Ingédients non médicinaux : sébacate de magnésium, dioxyde de silicium, stéarate.

Information sur les risques : Pour adultes seulement. Ce produit ne contient aucun ingrédient halal, œuf, gluten, crustacés, ou fèves ou soja.

MULTIVITAMINS & MINERALS

For Mature Men 50+
His Daily One™

90 capsules

Helps maintain muscle function and eyesight

No artificial colours, flavours or preservatives

QUALITY ASSURED

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ SOUS LE CAPSULON EST BRISÉ.

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0 5371 38287 4

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Daddy To Be-Preparation

The PreNu Daddy To Be-Preparation compound nutrient uses scientific formula to provide nutrition to support optimal male fertility. It maintains a healthy quantity and quality of male semen. Thus, it improves the conception rate and the overall health of the embryo. This product is rich in key trace elements that help the formation and maintenance of healthy sperms. The formula is balanced and developed scientifically. It helps to meet your daily nutritional needs and prepare you to have the optimal physical condition to generate new life.

PRODUCT CODES:
338806 (30 tablets)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A factor in the maintenance of good health. Helps to reduce the neural tube defects risk of sperm when taken daily prior to becoming pregnant(12 weeks ahead)	Tablets	Adults 19 years and older take 1 tablet daily with a meal. Take a few hours before or after taking medication.

DESCRIPTION:

Each easy-to-swallow tablet of Daddy To Be-Preparation contains 0.5 mg of vitamin A, 100 mg of vitamin C (calcium ascorbate), 800 IU of vitamin D3 (cholecalciferol), 15 IU of vitamin E (d-alpha-tocopheryl acetate), 10 mg of vitamin B1 (thiamine HCl), 5 mg of vitamin B2 (Riboflavin), 12 mg of niacinamide, 10 mg of pantothenic acid (d-calcium pantothenate), 5 mg of vitamin B6 (pyridoxine HCl), 75 mcg of vitamin B12 (cyanocobalamin), 50 mcg of biotin, 400 mcg of folic acid (folate), 75 mg of magnesium (oxide), 6 mg of iron (ferrous fumarate), 10 mg of zinc (oxide), 75 mcg of selenium (sodium selenite), 0.7 mg of copper (copper gluconate), 2 mg of manganese.

This product does not contain artificial colours, flavours or preservatives, or dairy, egg, gluten, shellfish or sulfites.

Recommended Daily Allowance: Dosage for each nutrient in this formula varies, depending on age.

Food Sources:

Vitamin A: Orange/red fruits and vegetables such as carrots, winter squash, sweet potatoes, beets, tomatoes, peaches, cantaloupe, and dark green leafy vegetables such as spinach and collards. **Vitamin C:** Fruits and vegetables, especially Brussels sprouts, collards, kale, parsley, tomatoes, sweet peppers, watercress, black currants, oranges, lemons, strawberries. **Vitamin D3:** Sunlight, fatty fish, eggs, fortified milk. **Vitamin E:** Vegetable oils, nuts, whole grains, wheat germ, eggs, butter, liver, dark green leafy vegetables. **Vitamin B1:** Organ meats, pork, legumes, whole grains, eggs, poultry, fish. **Vitamin B2:** Liver, dairy products, eggs, meat, poultry, fish, legumes, spinach. **Niacinamide (vitamin B3):** Organ meats, meat, poultry, fish, legumes, dairy products, eggs, whole grains. **Pantothenic acid (vitamin B5):** Organ meats, milk, fish, poultry, eggs, whole grains, legumes, broccoli, sweet potatoes, avocados, cauliflower. **Vitamin B6:** Nuts and seeds, legumes, wheat germ, whole grains, bananas, potatoes, salmon, herring, liver, meat, poultry, eggs. **Vitamin B12:** Liver, kidney, beef, herring, mackerel, eggs, fish, cheese. **Biotin:** Egg yolks, liver. **Folic Acid (folate):** Dark green leafy vegetables, liver, brewer's yeast, legumes, asparagus, broccoli, wheat germ, whole grains. **Copper:** Organ meats, shellfish, nuts and seeds, whole grains. **Iron:** Liver, beef, poultry, sardines, oysters, eggs, whole grains, dried fruit, legumes, potatoes, dark green leafy vegetables, prunes. **Magnesium:** Legumes, nuts and seeds, whole grains, dark green leafy vegetables, blackstrap molasses, wheat germ. **Manganese:** Nuts and seeds, whole grains, dried fruits, dark green leafy vegetables. **Selenium:** Whole grains and vegetables, depending on the selenium content of the soil. Liver, kidney, meats, seafood. **Zinc:** Oysters and other shellfish, fish, red meat, dark meat of poultry, whole grains, legumes, nuts and seeds.

Daddy To Be-Preparation

Causes of Deficiency:

Vitamin A: Lack of fruits and vegetables in the diet. **Vitamin C:** Poor diet. **Vitamin D3:** Inadequate sunshine exposure, poor diet. **Vitamin E:** Poor diet, Crohn's disease, celiac disease, cystic fibrosis. **Vitamin B1:** Poor diet, refined grains, high sugar intake, alcoholism. **Vitamin B2:** Some weight-loss diets, alcoholism, some oral contraceptives, antibiotics, stress. **Niacinamide (vitamin B3):** Poor diet. **Pantothenic acid (vitamin B5):** Deficiency has not been reported in humans because it is available in a wide variety of foods. **Vitamin B6:** Poor diet, some oral contraceptives, alcoholism, tobacco and air pollutants, stress. **Vitamin B12:** Strict vegetarian (vegan) diet, inadequate secretion of intrinsic factor. **Biotin:** Rare; prolonged consumption of raw egg whites. **Folic Acid (folate):** Diet deficient in vegetables; alcoholism, some drugs. **Copper:** Malabsorption syndromes, celiac disease, cystic fibrosis. **Iron:** Poor diet, diminished absorption or utilization, blood loss. **Magnesium:** Diet of refined foods, excess calcium intake, alcoholism, surgery, diuretics, liver and kidney disease, some oral contraceptives. **Manganese:** Diet of refined foods. **Selenium:** Poor diet, low selenium content of the soil, heavy metals, excess zinc, some chemotherapeutic drugs. **Zinc:** Poor diet, excess fibre, excess phytic acid from diet high in legumes and whole grains, Crohn's disease, malabsorption syndromes, alcoholism.

Symptoms of Deficiency:

Vitamin A: Oxidative damage such as premature aging, cataracts. **Vitamin C:** Bleeding gums, easy bruising, fragile bones, poor wound healing, susceptibility to infection, hysteria, depression. **Vitamin D3:** Rickets, osteomalacia, osteoporosis, joint pain. **Vitamin E:** Nerve damage, muscle weakness, poor coordination, haemolytic anemia, damage to the retina. **Vitamin B1:** Fatigue, depression, impaired mental function, pins-and-needles sensation and numbness of legs, constipation, beriberi. **Vitamin B2:** Cracking of lips and corners of mouth, inflamed tongue, sensitivity to light, loss of visual acuity, cataracts, anemia, seborrheic dermatitis, fatigue, poor appetite. **Niacinamide (vitamin B3):** Apprehension, irritability, depression. **Pantothenic acid (vitamin B5):** No deficiencies known; however, a laboratory-induced deficiency results in fatigue, cardiovascular and gastrointestinal problems, upper respiratory infections, depression, and numbness and tingling in the extremities. **Vitamin B6:** Depression, glucose intolerance, anemia, impaired nerve function, cracks in the corners of the mouth, eczema. **Vitamin B12:** Impaired nervous system function, impaired mental function, pernicious anemia. **Biotin:** Hair loss; red scaly rash around eyes, nose, mouth, and genital area; depression; lethargy; hallucinations; numbness and tingling in extremities. **Folic Acid (folate):** Anemia, irritability, weakness, insomnia, depression, poor growth, diarrhea, gingivitis, memory problems, loss of appetite, fatigue, shortness of breath, neural tube defect in infants. **Copper:** Anemia unresponsive to iron, osteoporosis. **Iron:** Anemia, learning disabilities, impaired immune function, decreased energy, fatigue. **Magnesium:** Fatigue, mental confusion, irritability, weakness, heart disturbances, problems in nerve conduction and muscle contraction, muscle cramps, loss of appetite, insomnia, predisposition to stress. **Manganese:** Disruption to normal growth and metabolism, skin rash, loss of hair colour, bone remodelling, reduced growth of hair and nails, reduced HDL cholesterol. **Selenium:** Increased risk of cancer, heart disease, low immune function. **Zinc:** Susceptibility to infection, slow wound healing, diminished appetite, impaired sense of taste and smell, impaired night vision.

Daddy To Be-Preparation (continued)

Complementary Nutrients:

Vitamin A: Preformed vitamin A, bioflavonoids, fats in the diet. **Vitamin C:** Bioflavonoids, vitamin E, selenium, beta-carotene. **Vitamin D3:** Calcium. **Vitamin E:** Selenium, vitamin E is necessary for the conversion of vitamin B12 to its most active form. **Vitamin B1:** Other B vitamins, magnesium. **Vitamin B2:** Other B vitamins, especially B1. **Niacinamide (vitamin B3):** Other B vitamins, tryptophan. **Pantothenic acid (vitamin B5):** Other B vitamins, carnitine, CoQ10. **Vitamin B6:** Other B vitamins, especially B2; magnesium; zinc. **Vitamin B12:** Folic acid, vitamin C, vitamin E. **Biotin:** A healthful diet. **Folic Acid (folate):** Vitamin B12, vitamin B6, SAM-e, choline. **Copper:** A healthful diet. **Iron:** Vitamin C. **Magnesium:** Calcium, phosphorus, vitamin B6. **Manganese:** A healthful diet. **Selenium:** Other antioxidant nutrients. **Zinc:** A healthful diet.

HOW IT WORKS:

The product is also supplemented with a relatively high content of natural VE, which helps to improve sperm motility and quality, reduce the risk of sperm damage caused by smoking, obesity, drinking or pollutants in the living environment, thus increasing the chances of conception. Relatively high content (100 mg) of natural antioxidant VC is added to the product, which helps protect sperm from active oxygen damage. Furthermore, an additional 400ug of folic acid is added to the product, which contributes to help the body produce healthy sperm and maintain its health. Zinc is closely related to sperm density, motility and count; while selenium has a great effect in the sperm production and maintenance of the stability of sperm structure. Thus, 10 mg of zinc supplemented with 75ug of selenium in the product helps increase sperm count and helps sperm mature.

Vitamin A: An antioxidant. **Vitamin C:** An antioxidant and immune-enhancing vitamin. **Vitamin D3:** Stimulates the absorption of calcium and has anticancer properties. **Vitamin E:** Protects the fatty tissues of the body. Protects against toxic substances. **Vitamin B1:** Protects against impaired mental function, required for proper energy production in the brain. **Vitamin B2:** Needed for tissue repair and for healthy eyes. Important for energy production. **Niacinamide (vitamin B3):** Functions in the body as a component in the coenzymes NAD and NADP. Plays an important role in energy production; fat, cholesterol, and carbohydrate metabolism; and the manufacture of many body compounds, including sex and adrenal hormones. **Pantothenic acid (vitamin B5):** Vital to the healthy functioning of the adrenal glands, which is why pantothenic acid has long been considered an "antistress" vitamin. **Vitamin B6:** Involved in the metabolism of amino acids and essential fatty acids, and is therefore required for the proper growth and maintenance of all body functions. **Vitamin B12:** Involved in the production of DNA, red blood cells, and the myelin sheath that surrounds nerve cells and speeds the conduction of signals along nerve cells. For proper absorption of B12, the stomach produces a digestive secretion called intrinsic factor. **Biotin:** A B vitamin that is involved in the biosynthesis of fatty acids and energy production. **Folic Acid (folate):** Vital to healthy cell division and replication, especially the lining of the gastrointestinal tract, the skin, and bone marrow, where blood cells are formed. Also involved as coenzymes for neurotransmitters, and important to the healthy functioning of the immune system.

Daddy To Be-Preparation (continued)



DID YOU KNOW...

Copper: Copper is required for normal infant development, red and white blood cell maturation, iron transport, bone strength, cholesterol metabolism, myocardial contractibility, glucose metabolism, brain development, and immune function. **Iron:** Transports oxygen from the lungs to the body's tissues and carbon dioxide from the tissues to the lungs. It also functions in several key enzymes in energy production and metabolism, including DNA synthesis. **Magnesium:** Besides its role in maintaining healthy bones, magnesium is also involved in maintaining a healthy nervous system. In addition, magnesium is required for muscle relaxation, energy production, protein formation, cellular replication, the regulation of sodium and potassium in the cells, and efficient heart function. **Manganese:** Required for many enzyme systems, normal bone growth and development, and normal reproduction. Also required for the proper functioning of the nerves and possibly the immune system. **Selenium:** Best known as an antioxidant and anticancer mineral. A component of the enzyme glutathione peroxidase, which protects cells against free radical damage. **Zinc:** Functions as a cofactor in over 20 enzymatic reactions. Plays a role in insulin activity, protein and DNA synthesis, taste and smell, wound healing, the maintenance of normal vitamin A levels, bone structure, and the immune system.

RESEARCH:

Research shows that zinc is closely related to sperm density, motility and count; while selenium has a great effect in the sperm production and maintenance of the stability of sperm structure.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have a liver disorder.

OTHER CONSIDERATIONS:

For adult use only. Keep out of reach of children.

LABEL:

QUEST

MULTIVITAMINES ET MINÉRAUX

PreNu Futur papa Préparation

Riche en vitamines C et E, plus zinc 10 mg et sélénium 75 mcg

NPN 80077747

30 comprimés

Aide à réduire les risques de malformations du tube neural

Sans colorants, arômes ou agents de conservation artificiels

QUEST

MULTIVITAMINS & MINERALS

PreNu Daddy to Be Preparation

Rich in vitamin C & E Plus Zinc 10 mg & Selenium 75 mcg

NPN 80077747

30 tablets

Helps reduce the risk of neural tube defects

No artificial colours, flavours or preservatives

INGREDIENTS:

Vitamine D3 (cholecalcérol) 10 mcg/ 800 IU
 Vitamine E (d-α-tocophérol) 25 mg AT15 IU
 Vitamine C (acide ascorbique) 100 mg
 Vitamine B1 (thiamine) 5 mg
 Vitamine B2 (riboflavine) 5 mg
 Vitamine B6 (pyridoxine) 5 mg
 Vitamine B12 (cobalamine) 5 mcg
 Acide folique (folate) 400 mcg
 Biotine 50 mcg
 Magnésium (oxyde) 75 mg
 Zinc (sulfate) 10 mg
 Sélénium (sulfate de sodium) 75 mcg
 Cuivre (gluconate de cuivre) 2 mg
 Manganèse 2 mg

INGREDIENTS:

Vitamine A (rétinol) 0.5mg
 Vitamine D3 (cholecalcérol) 10 mcg/ 800 IU
 Vitamine E (d-α-tocophérol) 25 mg AT15 IU
 Vitamine C (acide ascorbique) 100 mg
 Vitamine B1 (thiamine HCl) 5 mg
 Vitamine B2 (riboflavine) 5 mg
 Vitamine B6 (pyridoxine HCl) 5 mg
 Vitamine B12 (cobalamine) 5 mcg
 Acide folique (folate) 400 mcg
 Biotine 50 mcg
 Magnésium (oxyde) 75 mg
 Zinc (sulfate) 10 mg
 Sélénium (sulfate de sodium) 75 mcg
 Cuivre (gluconate de cuivre) 2 mg
 Manganèse 2 mg

Non-medical Ingredients:

Microcrystalline Cellulose, Dicalcium Phosphate, Silicon Dioxide, Magnesium Stearate, Hypromellose, Polydextrose, Talc, Medium Chain Triglycerides, Maltodextrin.

Caution and Warning: Keep out of reach of children. There is enough iron in this package to seriously harm a child. Reproductive health has been known to occur in which case discontinue use. This product does not contain dairy, gluten, soybeans, shellfish or sulfites.

STORAGE: STORE IN A COOL, DRY PLACE. PROTECTED FROM LIGHT.

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.

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0 5837 138806 7



Mommy To Be-Preparation

The PreNu Mommy To Be – Preparation compound nutrient uses scientific formula to provide nutrition to support optimal female fertility. It enhances the egg quality, improves the chance of conception and the overall health of the embryo. This product is rich in key trace elements that help to maintain normal ovulation and a good health level of the egg. The formula is balanced and developed scientifically. It helps to meet your daily nutritional needs and prepare you to have the optimal physical condition to generate new life.

PRODUCT CODES:
338801 (30 tablets)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A factor in the maintenance of good health. Helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant(12 weeks ahead)	Tablets	Adults 19 years and older take 1 tablet daily with a meal. Take a few hours before or after taking medication.

DESCRIPTION:

Each easy-to-swallow tablet of Mommy To Be-Preparation contains 800 IU of vitamin D3 (cholecalciferol), 90 mg of vitamin C (calcium ascorbate), 15 IU of vitamin E (d-alpha-tocopheryl acetate), 7.5 mg of vitamin B1 (thiamine HCl), 5 mg of vitamin B2 (Riboflavin), 12 mg of niacinamide, 7.5 mg of pantothenic acid (d-calcium pantothenate), 5 mg of vitamin B6 (pyridoxine HCl), 5 mcg of vitamin B12(cyanocobalamin), 50 mcg of biotin, 400 mcg of folic acid (folate), 100 mg of magnesium (oxide), 15 mg of iron (ferrous fumarate), 10 mg of zinc (oxide), 50 mcg of selenium (sodium selenite), 0.5 mg of copper (copper gluconate).

This product does not contain artificial colours, flavours or preservatives, or dairy, egg, gluten, shellfish or sulfites.

Recommended Daily Allowance: Dosage for each nutrient in this formula varies, depending on age.

Food Sources:

Vitamin C: Fruits and vegetables, especially Brussels sprouts, collards, kale, parsley, tomatoes, sweet peppers, watercress, black currants, oranges, lemons, strawberries. **Vitamin D3:** Sunlight, fatty fish, eggs, fortified milk. **Vitamin E:** Vegetable oils, nuts, whole grains, wheat germ, eggs, butter, liver, dark green leafy vegetables. **Vitamin B1:** Organ meats, pork, legumes, whole grains, eggs, poultry, fish. **Vitamin B2:** Liver, dairy products, eggs, meat, poultry, fish, legumes, spinach. **Niacinamide (vitamin B3):** Organ meats, meat, poultry, fish, legumes, dairy products, eggs, whole grains. **Pantothenic acid (vitamin B5):** Organ meats, milk, fish, poultry, eggs, whole grains, legumes, broccoli, sweet potatoes, avocados, cauliflower. **Vitamin B6:** Nuts and seeds, legumes, wheat germ, whole grains, bananas, potatoes, salmon, herring, liver, meat, poultry, eggs. **Vitamin B12:** Liver, kidney, beef, herring, mackerel, eggs, fish, cheese. **Biotin:** Egg yolks, liver. **Folic Acid (folate):** Dark green leafy vegetables, liver, brewer's yeast, legumes, asparagus, broccoli, wheat germ, whole grains. **Copper:** Organ meats, shellfish, nuts and seeds, whole grains. **Iron:** Liver, beef, poultry, sardines, oysters, eggs, whole grains, dried fruit, legumes, potatoes, dark green leafy vegetables, prunes. **Magnesium:** Legumes, nuts and seeds, whole grains, dark green leafy vegetables, blackstrap molasses, wheat germ. **Selenium:** Whole grains and vegetables, depending on the selenium content of the soil. Liver, kidney, meats, seafood. **Zinc:** Oysters and other shellfish, red meat, dark meat of poultry, whole grains, legumes, nuts and seeds.

Mommy To Be-Preparation

Causes of Deficiency:

Vitamin C: Poor diet. **Vitamin D3:** Inadequate sunshine exposure, poor diet. **Vitamin E:** Poor diet, Crohn's disease, celiac disease, cystic fibrosis. **Vitamin B1:** Poor diet, refined grains, high sugar intake, alcoholism. **Vitamin B2:** Some weight-loss diets, alcoholism, some oral contraceptives, antibiotics, stress. **Niacinamide (vitamin B3):** Poor diet. **Pantothenic acid (vitamin B5):** Deficiency has not been reported in humans because it is available in a wide variety of foods. **Vitamin B6:** Poor diet, some oral contraceptives, alcoholism, tobacco and air pollutants, stress. **Vitamin B12:** Strict vegetarian (vegan) diet, inadequate secretion of intrinsic factor. **Biotin:** Rare; prolonged consumption of raw egg whites. **Folic Acid (folate):** Diet deficient in vegetables; alcoholism, some drugs. **Copper:** Malabsorption syndromes, celiac disease, cystic fibrosis. **Iron:** Poor diet, diminished absorption or utilization, blood loss. **Magnesium:** Diet of refined foods, excess calcium intake, alcoholism, surgery, diuretics, liver and kidney disease, some oral contraceptives. **Selenium:** Poor diet, low selenium content of the soil, heavy metals, excess zinc, some chemotherapeutic drugs. **Zinc:** Poor diet, excess fiber, excess phytic acid from diet high in legumes and whole grains, Crohn's disease, malabsorption syndromes, alcoholism.

Symptoms of Deficiency:

Vitamin C: Bleeding gums, easy bruising, fragile bones, poor wound healing, susceptibility to infection, hysteria, depression. **Vitamin D3:** Rickets, osteomalacia, osteoporosis, joint pain. **Vitamin E:** Nerve damage, muscle weakness, poor coordination, haemolytic anemia, damage to the retina. **Vitamin B1:** Fatigue, depression, impaired mental function, pins-and-needles sensation and numbness of legs, constipation, beriberi. **Vitamin B2:** Cracking of lips and corners of mouth, inflamed tongue, sensitivity to light, loss of visual acuity, cataracts, anemia, seborrheic dermatitis, fatigue, poor appetite. **Niacinamide (vitamin B3):** Apprehension, irritability, depression. **Pantothenic acid (vitamin B5):** No deficiencies known; however, a laboratory-induced deficiency results in fatigue, cardiovascular and gastrointestinal problems, upper respiratory infections, depression, and numbness and tingling in the extremities. **Vitamin B6:** Depression, glucose intolerance, anemia, impaired nerve function, cracks in the corners of the mouth, eczema. **Vitamin B12:** Impaired nervous system function, impaired mental function, pernicious anemia. **Biotin:** Hair loss; red scaly rash around eyes, nose, mouth, and genital area; depression; lethargy; hallucinations; numbness and tingling in extremities. **Folic Acid (folate):** Anemia, irritability, weakness, insomnia, depression, poor growth, diarrhea, gingivitis, memory problems, loss of appetite, fatigue, shortness of breath, neural tube defect in infants. **Copper:** Anemia unresponsive to iron, osteoporosis. **Iron:** Anemia, learning disabilities, impaired immune function, decreased energy, fatigue. **Magnesium:** Fatigue, mental confusion, irritability, weakness, heart disturbances, problems in nerve conduction and muscle contraction, muscle cramps, loss of appetite, insomnia, predisposition to stress. **Selenium:** Increased risk of cancer, heart disease, low immune function. **Zinc:** Susceptibility to infection, slow wound healing, diminished appetite, impaired sense of taste and smell, impaired night vision.

Mommy To Be-Preparation (continued)

Complementary Nutrients:

Vitamin C: Bioflavonoids, vitamin E, selenium, beta-carotene. **Vitamin D3:** Calcium. **Vitamin E:** Selenium, vitamin E is necessary for the conversion of vitamin B12 to its most active form. **Vitamin B1:** Other B vitamins, magnesium. **Vitamin B2:** Other B vitamins, especially B1. Niacinamide (vitamin B3): Other B vitamins, tryptophan. **Pantothenic acid (vitamin B5):** Other B vitamins, carnitine, CoQ10. **Vitamin B6:** Other B vitamins, especially B2; magnesium; zinc. **Vitamin B12:** Folic acid, vitamin C, vitamin E. **Biotin:** A healthful diet. **Folic Acid (folate):** Vitamin B12, vitamin B6, SAM-e, choline. **Copper:** A healthful diet. **Iron:** Vitamin C. **Magnesium:** Calcium, phosphorus, vitamin B6. **Selenium:** Other antioxidant nutrients. **Zinc:** A healthful diet.

HOW IT WORKS:

This product contains 400ug of folic acid, which is in strict accordance with the required dose standards. It prepares women for pregnancy, promotes the normal growth of the fetus after pregnancy, prevents fetal neural tube defects and prevents pregnancy erythrocyte anemia. The relatively high levels of antioxidants (Vitamin C + vitamin E + selenium) improve the health of the egg and the chance of conception, reduce miscarriage, premature birth, preeclampsia and other related risks. The added 5mg of vitamin E helps increase follicle growth and progesterone function, which in turn improves fertility and prevents miscarriage. In addition to its antioxidant function, vitamin E also plays the role of whitening skin to alleviate the skin spots caused by hormonal imbalance during pregnancy. Adding the right amount of vitamin D (20ug) helps promote the absorption of calcium and phosphorus in the pregnancy preparation phase. It also helps in the prevention of postpartum osteoporosis and reduces risks of neonatal rickets and diabetes. Appropriate amount of iron (15mg) is also added to improve the complexion and the energy level of women in the pregnancy preparation phase. Moreover, it will meet the iron needs of the fetus at the early stage of pregnancy. The relatively high content of vitamin B12 (5ug) helps repair the uterus, ovary and the reproductive system and enhance their health level. Thus, it lays a solid foundation for pregnancy.

Vitamin C: An antioxidant and immune-enhancing vitamin. **Vitamin D3:** Stimulates the absorption of calcium and has anticancer properties. **Vitamin E:** Protects the fatty tissues of the body. Protects against toxic substances. **Vitamin B1:** Protects against impaired mental function, required for proper energy production in the brain. **Vitamin B2:** Needed for tissue repair and for healthy eyes. Important for energy production. **Niacinamide (vitamin B3):** Functions in the body as a component in the coenzymes NAD and NADP. Plays an important role in energy production; fat, cholesterol, and carbohydrate metabolism; and the manufacture of many body compounds, including sex and adrenal hormones. **Pantothenic acid (vitamin B5):** Vital to the healthy functioning of the adrenal glands, which is why pantothenic acid has long been considered an "antistress" vitamin. **Vitamin B6:** Involved in the metabolism of amino acids and essential fatty acids, and is therefore required for the proper growth and maintenance of all body functions. **Vitamin B12:** Involved in the production of DNA, red blood cells, and the myelin sheath that surrounds nerve cells and speeds the conduction of signals along nerve cells. For proper absorption of B12, the stomach produces a digestive secretion called intrinsic factor. **Biotin:** A B vitamin that is involved in the biosynthesis of fatty acids and energy production. **Folic Acid (folate):** Vital to healthy cell division and replication, especially the lining of the gastrointestinal tract, the skin, and bone marrow, where blood cells are formed. Also involved as coenzymes for neurotransmitters, and important to the healthy functioning of the immune system.



DID YOU KNOW...

Research shows that nutrients appear to be preferentially deposited in maternal tissue in marginally depleted women, whereas fetal needs take precedence in severely depleted women.



Mommy To Be 1st Trimester

PreNu Mommy To Be -1st Trimester compound nutrients at the early stage of pregnancy uses scientific formula to provide nutrition, support and maintenance for the good health of fetuses and females at the early stage of pregnancy. It also improves the immunity of the pregnant women and the embryo health level. This product is rich in important trace elements that help maintain the health level of the embryo. The formula is balanced and developed scientifically. It helps to meet your daily nutritional needs and optimize your physical condition for nurturing new life.

PRODUCT CODES:
338802 (30 tablets)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A factor in the maintenance of good health. Helps to reduce the risk of neural tube defects when taken daily during early stage of pregnancy(0-12 weeks).	Tablets	Adults 19 years and older take 1 tablet daily with a meal. Take a few hours before or after taking medication.

DESCRIPTION:

Each easy-to-swallow tablet of Mommy To Be-1st Trimester contains 200 IU of vitamin D3 (cholecalciferol), 50 mg of vitamin C (calcium ascorbate), 7.5 IU of vitamin E (d-alpha-tocopheryl acetate), 70 mcg of vitamin K1, 1 mg of vitamin B1 (thiamine HCl), 1 mg of vitamin B2 (Riboflavin), 10 mg of niacinamide, 5 mg of pantothenic acid (d-calcium pantothenate), 2 mg of vitamin B6 (pyridoxine HCl), 3 mcg of vitamin B12(cyanocobalamin), 25 mcg of biotin, 400 mcg of folic acid (folate), 200 mg of calcium (calcium carbonate), 90 mg of magnesium (oxide), 7.5 mg of iron (ferrous fumarate), 7.5 mg of zinc (oxide), 15 mcg of selenium (sodium selenite), 0.3 mg of copper (copper gluconate).

This product does not contain artificial colours, flavours or preservatives, or dairy, egg, gluten, shellfish or sulfites.

Recommended Daily Allowance: Dosage for each nutrient in this formula varies, depending on age.

Food Sources:

Vitamin C: Fruits and vegetables, especially Brussels sprouts, collards, kale, parsley, tomatoes, sweet peppers, watercress, black currants, oranges, lemons, strawberries. **Vitamin D3:** Sunlight, fatty fish, eggs, fortified milk. **Vitamin E:** Vegetable oils, nuts, whole grains, wheat germ, eggs, butter, liver, dark green leafy vegetables. **Vitamin K:** Beef liver, egg yolks, vegetables,soybean oil. **Vitamin B1:** Organ meats, pork, legumes, whole grains, eggs, poultry, fish. **Vitamin B2:** Liver, dairy products, eggs, meat, poultry, fish, legumes, spinach. **Niacinamide (vitamin B3):** Organ meats, meat, poultry, fish, legumes, dairy products, eggs, whole grains. **Pantothenic acid (vitamin B5):** Organ meats, milk, fish, poultry, eggs, whole grains, legumes, broccoli, sweet potatoes, avocados, cauliflower. **Vitamin B6:** Nuts and seeds, legumes, wheat germ, whole grains, bananas, potatoes, salmon, herring, liver, meat, poultry, eggs. **Vitamin B12:** Liver, kidney, beef, herring, mackerel, eggs, fish, cheese. **Biotin:** Egg yolks, liver. **Folic Acid (folate):** Dark green leafy vegetables, liver, brewer’s yeast, legumes, asparagus, broccoli, wheat germ, whole grains. **Calcium:** Dairy products, legumes, dark green leafy vegetables, wheat bran, sea vegetables, almonds, Brazil nuts, figs. **Copper:** Organ meats, shellfish, nuts and seeds, whole grains. **Iron:** Liver, beef, poultry, sardines, oysters, eggs, whole grains, dried fruit, legumes, potatoes, dark green leafy vegetables, prunes. **Magnesium:** Legumes, nuts and seeds, whole grains, dark green leafy vegetables, blackstrap molasses, wheat germ. **Selenium:** Whole grains and vegetables, depending on the selenium content of the soil. Liver, kidney, meats, seafood. **Zinc:** Oysters and other shellfish, fish, red meat, dark meat of poultry, whole grains, legumes, nuts and seeds.

Mommy To Be 1st Trimester

Causes of Deficiency:

Vitamin C: Poor diet. **Vitamin D3:** Inadequate sunshine exposure, poor diet. **Vitamin E:** Poor diet, Crohn's disease, celiac disease, cystic fibrosis. **Vitamin K:** Poor diet. **Vitamin B1:** Poor diet, refined grains, high sugar intake, alcoholism. **Vitamin B2:** Some weight-loss diets, alcoholism, some oral contraceptives, antibiotics, stress. **Niacinamide (vitamin B3):** Poor diet. **Pantothenic acid (vitamin B5):** Deficiency has not been reported in humans because it is available in a wide variety of foods. **Vitamin B6:** Poor diet, some oral contraceptives, alcoholism, tobacco and air pollutants, stress. **Vitamin B12:** Strict vegetarian (vegan) diet, inadequate secretion of intrinsic factor. **Biotin:** Rare; prolonged consumption of raw egg whites. **Folic Acid (folate):** Diet deficient in vegetables; alcoholism, some drugs. **Calcium:** Abnormal parathyroid function, vitamin D deficiency, magnesium deficiency, alcoholism, low-calcium diet, high sugar intake, excess protein relative to calcium intake, phosphates from carbonated beverages, excess caffeine, excess sodium. **Copper:** Malabsorption syndromes, celiac disease, cystic fibrosis. **Iron:** Poor diet, diminished absorption or utilization, blood loss. **Magnesium:** Diet of refined foods, excess calcium intake, alcoholism, surgery, diuretics, liver and kidney disease, some oral contraceptives. **Selenium:** Poor diet, low selenium content of the soil, heavy metals, excess zinc, some chemotherapeutic drugs. **Zinc:** Poor diet, excess fibre, excess phytic acid from diet high in legumes and whole grains, Crohn's disease, malabsorption syndromes, alcoholism.

Symptoms of Deficiency:

Vitamin C: Bleeding gums, easy bruising, fragile bones, poor wound healing, susceptibility to infection, hysteria, depression. **Vitamin D3:** Rickets, osteomalacia, osteoporosis, joint pain. **Vitamin E:** Nerve damage, muscle weakness, poor coordination, haemolytic anemia, damage to the retina. **Vitamin K:** Easily bleeding injury. **Vitamin B1:** Fatigue, depression, impaired mental function, pins-and-needles sensation and numbness of legs, constipation, beriberi. **Vitamin B2:** Cracking of lips and corners of mouth, inflamed tongue, sensitivity to light, loss of visual acuity, cataracts, anemia, seborrheic dermatitis, fatigue, poor appetite. **Niacinamide (vitamin B3):** Apprehension, irritability, depression. **Pantothenic acid (vitamin B5):** No deficiencies known; however, a laboratory-induced deficiency results in fatigue, cardiovascular and gastrointestinal problems, upper respiratory infections, depression, and numbness and tingling in the extremities. **Vitamin B6:** Depression, glucose intolerance, anemia, impaired nerve function, cracks in the corners of the mouth, eczema. **Vitamin B12:** Impaired nervous system function, impaired mental function, pernicious anemia. **Biotin:** Hair loss; red scaly rash around eyes, nose, mouth, and genital area; depression; lethargy; hallucinations; numbness and tingling in extremities. **Folic Acid (folate):** Anemia, irritability, weakness, insomnia, depression, poor growth, diarrhea, gingivitis, memory problems, loss of appetite, fatigue, shortness of breath, neural tube defect in infants. **Calcium:** Rickets, osteomalacia, osteoporosis, muscle spasms, leg cramps. **Copper:** Anemia unresponsive to iron, osteoporosis. **Iron:** Anemia, learning disabilities, impaired immune function, decreased energy, fatigue. **Magnesium:** Fatigue, mental confusion, irritability, weakness, heart disturbances, problems in nerve conduction and muscle contraction, muscle cramps, loss of appetite, insomnia, predisposition to stress. **Selenium:** Increased risk of cancer, heart disease, low immune function. **Zinc:** Susceptibility to infection, slow wound healing, diminished appetite, impaired sense of taste and smell, impaired night vision.

Mommy To Be 1st Trimester (continued)

Complementary Nutrients:

Vitamin C: Bioflavonoids, vitamin E, selenium, beta-carotene. **Vitamin D3:** Calcium. **Vitamin E:** Selenium, vitamin E is necessary for the conversion of vitamin B12 to its most active form. **Vitamin K:** A coagulation vitamin. **Vitamin B1:** Other B vitamins, magnesium. **Vitamin B2:** Other B vitamins, especially B1. **Niacinamide (vitamin B3):** Other B vitamins, tryptophan. **Pantothenic acid (vitamin B5):** Other B vitamins, carnitine, CoQ10. **Vitamin B6:** Other B vitamins, especially B2; magnesium; zinc. **Vitamin B12:** Folic acid, vitamin C, vitamin E. **Biotin:** A healthful diet. **Folic Acid (folate):** Vitamin B12, vitamin B6, SAM-e, choline. **Calcium:** Vitamin D, magnesium, potassium, vitamin K. **Copper:** A healthful diet. **Iron:** Vitamin C. **Magnesium:** Calcium, phosphorus, vitamin B6. **Selenium:** Other antioxidant nutrients. **Zinc:** A healthful diet.

HOW IT WORKS:

This product also contains 400ug of folic acid, which is in strict accordance with the required dose standards. It continues to help in promoting the normal growth of the fetus after pregnancy, to prevent fetal neural tube defects and to prevent pregnancy erythrocyte anemia. The appropriate amount of vitamin C and vitamin B6 in the product not only helps improve the immunity of women at the early stage of pregnancy, maintain the level of good health, but also helps reduce vomiting at this stage. Addition of a relatively high level of magnesium is not only important for the health of fetal muscles, but also contributes to the normal development of fetal bones. Appropriate amount of vitamin C is still added in this product because the level of vitamin C content will gradually decrease and supplemented vitamin C can prevent fetal congenital malformations. The amount of vitamin C added, however, is appropriately reduced in this product, compared to that in the PreNu Mommy To Be Preparation. This is because excessive intake of vitamin C can make the physiological environment of the pregnant women acidic, thus hostile to the development of germ cells. Furthermore, long-term excessive intake of vitamin C will cause the newborn scurvy. An appropriate amount of vitamin K is also added in the product. This is because vitamin K is very important for blood coagulation. Supplemented with appropriate amount of vitamin K during pregnancy can prevent neonatal hemorrhagic disease caused by insufficient intake of vitamin K in the diet.

Vitamin C: An antioxidant and immune-enhancing vitamin. **Vitamin D3:** Stimulates the absorption of calcium and has anticancer properties. **Vitamin E:** Protects the fatty tissues of the body. Protects against toxic substances. **Vitamin B1:** Protects against impaired mental function, required for proper energy production in the brain. **Vitamin B2:** Needed for tissue repair and for healthy eyes. Important for energy production. **Niacinamide (vitamin B3):** Functions in the body as a component in the coenzymes NAD and NADP. Plays an important role in energy production; fat, cholesterol, and carbohydrate metabolism; and the manufacture of many body compounds, including sex and adrenal hormones. **Pantothenic acid (vitamin B5):** Vital to the healthy functioning of the adrenal glands, which is why pantothenic acid has long been considered an "antistress" vitamin. **Vitamin B6:** Involved in the metabolism of amino acids and essential fatty acids, and is therefore required for the proper growth and maintenance of all body functions. **Vitamin B12:** Involved in the production of DNA, red blood cells, and the myelin sheath that surrounds nerve cells and speeds the conduction of signals along nerve cells. For proper absorption of B12, the stomach produces a digestive secretion called intrinsic factor. **Biotin:** A B vitamin that is involved in the biosynthesis of fatty acids and energy production. **Folic Acid (folate):** Vital to healthy cell division and replication, especially the lining of the gastrointestinal tract, the skin, and bone marrow, where blood cells are formed. Also involved as coenzymes for neurotransmitters, and important to the healthy functioning of the immune system.



DID YOU KNOW...

Research shows that nutrients appear to be preferentially deposited in maternal tissue in marginally depleted women, whereas fetal needs take precedence in severely depleted women.

Mommy To Be 1st Trimester (continued)

Calcium: Besides its role in the formation of bones and teeth, calcium is also involved in fat and protein digestion and the production of energy. It is involved in blood clotting and the transmission of nerve impulses, and it regulates the contraction and relaxation of muscles, including the heart. **Copper:** Copper is required for normal infant development, red and white blood cell maturation, iron transport, bone strength, cholesterol metabolism, myocardial contractibility, glucose metabolism, brain development, and immune function. **Iron:** Transports oxygen from the lungs to the body's tissues and carbon dioxide from the tissues to the lungs. It also functions in several key enzymes in energy production and metabolism, including DNA synthesis. **Magnesium:** Besides its role in maintaining healthy bones, magnesium is also involved in maintaining a healthy nervous system. In addition, magnesium is required for muscle relaxation, energy production, protein formation, cellular replication, the regulation of sodium and potassium in the cells, and efficient heart function. **Selenium:** Best known as an antioxidant and anticancer mineral. A component of the enzyme glutathione peroxidase, which protects cells against free radical damage. **Zinc:** Functions as a cofactor in over 20 enzymatic reactions. Plays a role in insulin activity, protein and DNA synthesis, taste and smell, wound healing, the maintenance of normal vitamin A levels, bone structure, and the immune system.

RESEARCH:

Recent studies have shown that the amount of magnesium taken during the first trimester of pregnancy is related to neonatal height, body weight and head circumference. Due to the findings from surveys over a large population, which show that the diversity and nutritional levels of the daily diet of women at the early stage of pregnancy were significantly increased, as well as the higher sensitivity of fetus during the early pregnancy, the principle of nutrient addition at this stage is appropriate and comprehensive.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have a liver disorder.

OTHER CONSIDERATIONS:

For adult use only. Keep out of reach of children.

LABEL:

QUEST
MULTIVITAMINES ET MINÉRAUX
PreNu
Future maman
1^{er} trimestre
Sans vitamine A et manganèse
Avec vitamine K1, 70 mcg
NPN 80076220
30 comprimés
Pour le maintien d'une bonne santé au début de la grossesse
Sans colorants, arômes ou agents de conservation artificiels

QUEST
MULTIVITAMINS & MINERALS
PreNu
Mommy to Be
1st trimester
Vitamin A & Manganese free
Plus Vitamin K1 70 mcg
NPN 80076220
30 tablets
To maintain good health during early stage of pregnancy
No artificial colours, flavours or preservatives

Usage recommandé: Un facteur dans le maintien d'une bonne santé. Aide à réduire les risques de malnutrition du fœtus néonatal lorsqu'il est pris quotidiennement dès le début de la grossesse (0 à 12 semaines).
Dose recommandée: Prendre de 19 et plus: Prendre 1 comprimé par jour avec un repas. Prendre quelques heures avant ou après la prise de médicaments.
Ingredients médicinaux:
Vitamine D3 (cholestérol)..... 5 mcg/200 IU
Vitamine E (acétate de D-α-tocophérol)..... 5 mg AT7.5 IU
Vitamine C (acétate de calcium)..... 50 mg
Vitamine K1..... 70 mcg
Vitamine B1 (thiamine HCl)..... 1 mg
Chlorure de riboflavine..... 1 mg
Vitamine B2 (riboflavine)..... 1 mg
Niacinamide..... 10 mg
Acide panthotémique (parthénolactate de calcium)..... 5 mg
Vitamine B6 (pyridoxine HCl)..... 2 mg
Vitamine B12 (cyanocobalamin)..... 3 mcg
Acide folique (folate)..... 400 mcg
Biotine..... 400 mcg
Calcium (carbonate de calcium)..... 200 mg
Magnésium (oxyde)..... 30 mg
Fer (sulfate ferreux)..... 7.5 mg
Zinc (oxyde)..... 7.5 mg
Sélénium (sulfate de sodium)..... 15 mcg
Cuivre (gluconate de cuivre)..... 0.3 mg
Ingredients non médicinaux: Cellulose microcristalline, gélatine, dioxyde de titane, silicate de magnésium, hypromellose, polyoxyde de butyle, polyéthylène glycol, trioléates à chaîne moyenne, méthocel K100.
Précautions et mises en garde: Tenir hors de portée des enfants. Ce contenu est destiné à un usage préventif.
Précautions d'usage: Éviter l'usage prolongé de ce produit sans l'avis d'un professionnel de la santé.
Précautions et mises en garde: Tenir hors de portée des enfants. Ce contenu est destiné à un usage préventif.
Précautions d'usage: Éviter l'usage prolongé de ce produit sans l'avis d'un professionnel de la santé.

Recommended Use: A factor in the maintenance of good health. Helps to reduce the risk of neonatal deficits when taken daily during early stage of pregnancy (0-12 weeks).
Recommended Dose: Adults 19 years and older: Take 1 tablet daily with a meal. Take a few hours before or after taking medication.
Medicinal Ingredients:
Vitamin D3 (cholesterol)..... 5 mcg/200 IU
Vitamin E (d-alpha-tocopherol Acetate)..... 5 mg AT7.5 IU
Vitamin C (calcium ascorbate)..... 50 mg
Vitamin K1..... 70 mcg
Vitamin B1 (thiamine HCl)..... 1 mg
Vitamin B2 (riboflavin)..... 1 mg
Niacinamide..... 10 mg
Panthenic Acid (d-calcium pantothenate)..... 5 mg
Vitamin B6 (pyridoxine HCl)..... 2 mg
Vitamin B12 (cyanocobalamin)..... 3 mcg
Folic Acid (folate)..... 400 mcg
Biotin..... 400 mcg
Calcium (calcium carbonate)..... 200 mg
Magnesium (oxide)..... 30 mg
Iron (ferrous fumarate)..... 7.5 mg
Zinc (oxide)..... 7.5 mg
Selenium (sodium selenite)..... 15 mcg
Copper (copper gluconate)..... 0.3 mg
Non-medicinal Ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Silicon Dioxide, Magnesium Stearate, Hypromellose, Polyoxethylene, Talc, Medium Chain Triglycerides, Maltodextrin.
Warnings: Consult a health care practitioner before use if you have a liver disorder.
Caution and Warning: Keep out of reach of children. This is a preventive use. This product does not contain dairy, eggs, gluten, shellfish or sulfites.
STORAGE: STORE IN A COOL, DRY PLACE, PROTECTED FROM LIGHT.

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.
www.questvitamins.com
1-877-265-2615
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Des compléments canadiens
Date de l'avis: 338802.01.V1

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Mommy To Be 2nd Trimester

PreNu Mommy To Be – 2nd Trimester compound nutrients at the middle stage of pregnancy uses scientific formula to provide nutrition, support and maintenance for the good health of fetuses and females at the middle stage of pregnancy. It also improves the immunity of the pregnant women and the embryo health level. This product is rich in important trace elements that help maintain the health level of the pregnant women and the embryos. The formula is developed scientifically. The ingredients are mixed with a balanced ratio. It supplements your daily diet, helps to meet your daily nutritional needs and optimize your physical condition for nurturing new life.

PRODUCT CODES:
338803 (30 tablets)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A factor in the maintenance of good health when taken daily during middle stage of pregnancy(13-24 weeks).	Tablets	Adults 19 years and older take 1 tablet daily with a meal. Take a few hours before or after taking medication.

DESCRIPTION:

Each easy-to-swallow tablet of Mommy To Be-2nd Trimester contains 200 IU of vitamin D3 (cholecalciferol), 70 mg of vitamin C (calcium ascorbate), 7.5 IU of vitamin E (d-alpha-tocopheryl acetate), 70 mcg of vitamin K1, 1 mg of vitamin B1 (thiamine HCl), 1 mg of vitamin B2 (Riboflavin), 10 mg of niacinamide, 5 mg of pantothenic acid (d-calcium pantothenate), 2 mg of vitamin B6 (pyridoxine HCl), 4 mcg of vitamin B12(cyanocobalamin), 25 mcg of biotin, 400 mcg of folic acid (folate), 300 mg of calcium (calcium carbonate), 75 mg of magnesium (oxide), 10 mg of iron (ferrous fumarate), 7.5 mg of zinc (oxide), 30 mcg of selenium (sodium selenite), 0.3 mg of copper (copper gluconate), 2.5 mg of manganese (manganese gluconate).

This product does not contain artificial colours, flavours or preservatives, or dairy, egg, gluten, shellfish or sulfites.

Recommended Daily Allowance: Dosage for each nutrient in this formula varies, depending on age.

Food Sources:

Vitamin C: Fruits and vegetables, especially Brussels sprouts, collards, kale, parsley, tomatoes, sweet peppers, watercress, black currants, oranges, lemons, strawberries. **Vitamin D3:** Sunlight, fatty fish, eggs, fortified milk. **Vitamin E:** Vegetable oils, nuts, whole grains, wheat germ, eggs, butter, liver, dark green leafy vegetables. **Vitamin K:** Beef liver, egg yolks, vegetables,soybean oil. **Vitamin B1:** Organ meats, pork, legumes, whole grains, eggs, poultry, fish. **Vitamin B2:** Liver, dairy products, eggs, meat, poultry, fish, legumes, spinach. **Niacinamide (vitamin B3):** Organ meats, meat, poultry, fish, legumes, dairy products, eggs, whole grains. **Pantothenic acid (vitamin B5):** Organ meats, milk, fish, poultry, eggs, whole grains, legumes, broccoli, sweet potatoes, avocados, cauliflower. **Vitamin B6:** Nuts and seeds, legumes, wheat germ, whole grains, bananas, potatoes, salmon, herring, liver, meat, poultry, eggs. **Vitamin B12:** Liver, kidney, beef, herring, mackerel, eggs, fish, cheese. **Biotin:** Egg yolks, liver. **Folic Acid (folate):** Dark green leafy vegetables, liver, brewer’s yeast, legumes, asparagus, broccoli, wheat germ, whole grains. **Calcium:** Dairy products, legumes, dark green leafy vegetables, wheat bran, sea vegetables, almonds, Brazil nuts, figs. **Copper:** Organ meats, shellfish, nuts and seeds, whole grains. **Iron:** Liver, beef, poultry, sardines, oysters, eggs, whole grains, dried fruit, legumes, potatoes, dark green leafy vegetables, prunes. **Magnesium:** Legumes, nuts and seeds, whole grains, dark green leafy vegetables, blackstrap molasses, wheat germ. **Selenium:** Whole grains and vegetables, depending on the selenium content of the soil. Liver, kidney, meats, seafood. **Zinc:** Oysters and other shellfish, fish, red meat, dark meat of poultry, whole grains, legumes, nuts and seeds. **Manganese:** Nuts and seeds, whole grains, dried fruits, dark green leafy vegetables.

Mommy To Be 2nd Trimester

Causes of Deficiency:

Vitamin C: Poor diet. **Vitamin D3:** Inadequate sunshine exposure, poor diet. **Vitamin E:** Poor diet, Crohn's disease, celiac disease, cystic fibrosis. **Vitamin K:** Poor diet. **Vitamin B1:** Poor diet, refined grains, high sugar intake, alcoholism. **Vitamin B2:** Some weight-loss diets, alcoholism, some oral contraceptives, antibiotics, stress. **Niacinamide (vitamin B3):** Poor diet. **Pantothenic acid (vitamin B5):** Deficiency has not been reported in humans because it is available in a wide variety of foods. **Vitamin B6:** Poor diet, some oral contraceptives, alcoholism, tobacco and air pollutants, stress. **Vitamin B12:** Strict vegetarian (vegan) diet, inadequate secretion of intrinsic factor. **Biotin:** Rare; prolonged consumption of raw egg whites. **Folic Acid (folate):** Diet deficient in vegetables; alcoholism, some drugs. **Calcium:** Abnormal parathyroid function, vitamin D deficiency, magnesium deficiency, alcoholism, low-calcium diet, high sugar intake, excess protein relative to calcium intake, phosphates from carbonated beverages, excess caffeine, excess sodium. **Copper:** Malabsorption syndromes, celiac disease, cystic fibrosis. **Iron:** Poor diet, diminished absorption or utilization, blood loss. **Magnesium:** Diet of refined foods, excess calcium intake, alcoholism, surgery, diuretics, liver and kidney disease, some oral contraceptives. **Selenium:** Poor diet, low selenium content of the soil, heavy metals, excess zinc, some chemotherapeutic drugs. **Zinc:** Poor diet, excess fibre, excess phytic acid from diet high in legumes and whole grains, Crohn's disease, malabsorption syndromes, alcoholism. **Manganese:** Diet of refined foods.

Symptoms of Deficiency:

Vitamin C: Bleeding gums, easy bruising, fragile bones, poor wound healing, susceptibility to infection, hysteria, depression. **Vitamin D3:** Rickets, osteomalacia, osteoporosis, joint pain. **Vitamin E:** Nerve damage, muscle weakness, poor coordination, haemolytic anemia, damage to the retina. **Vitamin K:** Easily bleeding injury. **Vitamin B1:** Fatigue, depression, impaired mental function, pins-and-needles sensation and numbness of legs, constipation, beriberi. **Vitamin B2:** Cracking of lips and corners of mouth, inflamed tongue, sensitivity to light, loss of visual acuity, cataracts, anemia, seborrheic dermatitis, fatigue, poor appetite. **Niacinamide (vitamin B3):** Apprehension, irritability, depression. **Pantothenic acid (vitamin B5):** No deficiencies known; however, a laboratory-induced deficiency results in fatigue, cardiovascular and gastrointestinal problems, upper respiratory infections, depression, and numbness and tingling in the extremities. **Vitamin B6:** Depression, glucose intolerance, anemia, impaired nerve function, cracks in the corners of the mouth, eczema. **Vitamin B12:** Impaired nervous system function, impaired mental function, pernicious anemia. **Biotin:** Hair loss; red scaly rash around eyes, nose, mouth, and genital area; depression; lethargy; hallucinations; numbness and tingling in extremities. **Folic Acid (folate):** Anemia, irritability, weakness, insomnia, depression, poor growth, diarrhea, gingivitis, memory problems, loss of appetite, fatigue, shortness of breath, neural tube defect in infants. **Calcium:** Rickets, osteomalacia, osteoporosis, muscle spasms, leg cramps. **Copper:** Anemia unresponsive to iron, osteoporosis. **Iron:** Anemia, learning disabilities, impaired immune function, decreased energy, fatigue. **Magnesium:** Fatigue, mental confusion, irritability, weakness, heart disturbances, problems in nerve conduction and muscle contraction, muscle cramps, loss of appetite, insomnia, predisposition to stress. **Selenium:** Increased risk of cancer, heart disease, low immune function. **Zinc:** Susceptibility to infection, slow wound healing, diminished appetite, impaired sense of taste and smell, impaired night vision. **Manganese:** Disruption to normal growth and metabolism, skin rash, loss of hair colour, bone remodelling, reduced growth of hair and nails, reduced HDL cholesterol.

Mommy To Be 2nd Trimester (continued)

Complementary Nutrients:

Vitamin C: Bioflavonoids, vitamin E, selenium, beta-carotene. **Vitamin D3:** Calcium. **Vitamin E:** Selenium, vitamin E is necessary for the conversion of vitamin B12 to its most active form. **Vitamin K:** A coagulation vitamin. **Vitamin B1:** Other B vitamins, magnesium. **Vitamin B2:** Other B vitamins, especially B1. **Niacinamide (vitamin B3):** Other B vitamins, tryptophan. **Pantothenic acid (vitamin B5):** Other B vitamins, carnitine, CoQ10. **Vitamin B6:** Other B vitamins, especially B2; magnesium; zinc. **Vitamin B12:** Folic acid, vitamin C, vitamin E. **Biotin:** A healthful diet. **Folic Acid (folate):** Vitamin B12, vitamin B6, SAM-e, choline. **Calcium:** Vitamin D, magnesium, potassium, vitamin K. **Copper:** A healthful diet. **Iron:** Vitamin C. **Magnesium:** Calcium, phosphorus, vitamin B6. **Selenium:** Other antioxidant nutrients. **Zinc:** A healthful diet. **Manganese:** A healthful diet.

HOW IT WORKS:

The middle stage of pregnancy is an important stage for the various organs of the fetus to grow and differentiate. Therefore, the requirements of the pregnant women for many nutrients, such as heme iron, riboflavin, folic acid, vitamin A increase significantly. Accordingly, relatively higher amounts of nutrients are added to this product, compared with those in the early pregnancy product. Pregnant women at the second trimester start to accelerate the absorption and storage of calcium in the body. The calcium content of the product for this stage has increased to meet the needs of pregnant women and fetuses on calcium. This not only lowers the risk of osteoporosis and osteomalacia in pregnant women at the late stage of pregnancy but also postpartum osteoporosis and osteomalacia. The appropriate increase in the addition of vitamin C facilitates the absorption of iron and helps prevent anemia in pregnant women, improve their immunity and relieve pregnancy discomforts. It also prevents neonatal birth defects and promotes fetal brain development. Adding appropriate amounts of vitamin B12 and vitamin K to this product is also important. At this stage, the nerves of the fetus begin to develop the protective myelin and myelin development depends on vitamin B12. Vitamin K is very important for blood coagulation. Supplementing vitamin K during pregnancy can prevent neonatal hemorrhagic disease caused by insufficient intake of vitamin K in the diet.

Vitamin C: An antioxidant and immune-enhancing vitamin. **Vitamin D3:** Stimulates the absorption of calcium and has anticancer properties. **Vitamin E:** Protects the fatty tissues of the body. Protects against toxic substances. **Vitamin B1:** Protects against impaired mental function, required for proper energy production in the brain. **Vitamin B2:** Needed for tissue repair and for healthy eyes. Important for energy production. **Niacinamide (vitamin B3):** Functions in the body as a component in the coenzymes NAD and NADP. Plays an important role in energy production; fat, cholesterol, and carbohydrate metabolism; and the manufacture of many body compounds, including sex and adrenal hormones. **Pantothenic acid (vitamin B5):** Vital to the healthy functioning of the adrenal glands, which is why pantothenic acid has long been considered an "antistress" vitamin. **Vitamin B6:** Involved in the metabolism of amino acids and essential fatty acids, and is therefore required for the proper growth and maintenance of all body functions. **Vitamin B12:** Involved in the production of DNA, red blood cells, and the myelin sheath that surrounds nerve cells and speeds the conduction of signals along nerve cells. For proper absorption of B12, the stomach produces a digestive secretion called intrinsic factor. **Biotin:** A B vitamin that is involved in the biosynthesis of fatty acids and energy production. **Folic Acid (folate):** Vital to healthy cell division and replication, especially the lining of the gastrointestinal tract, the skin, and bone marrow, where blood cells are formed. Also involved as coenzymes for neurotransmitters, and important to the healthy functioning of the immune system.



DID YOU KNOW...

Research shows that nutrients appear to be preferentially deposited in maternal tissue in marginally depleted women, whereas fetal needs take precedence in severely depleted women.

Mommy To Be 2nd Trimester (continued)

Calcium: Besides its role in the formation of bones and teeth, calcium is also involved in fat and protein digestion and the production of energy. It is involved in blood clotting and the transmission of nerve impulses, and it regulates the contraction and relaxation of muscles, including the heart. **Copper:** Copper is required for normal infant development, red and white blood cell maturation, iron transport, bone strength, cholesterol metabolism, myocardial contractibility, glucose metabolism, brain development, and immune function. **Iron:** Transports oxygen from the lungs to the body's tissues and carbon dioxide from the tissues to the lungs. It also functions in several key enzymes in energy production and metabolism, including DNA synthesis. **Magnesium:** Besides its role in maintaining healthy bones, magnesium is also involved in maintaining a healthy nervous system. In addition, magnesium is required for muscle relaxation, energy production, protein formation, cellular replication, the regulation of sodium and potassium in the cells, and efficient heart function. **Selenium:** Best known as an antioxidant and anticancer mineral. A component of the enzyme glutathione peroxidase, which protects cells against free radical damage. **Zinc:** Functions as a cofactor in over 20 enzymatic reactions. Plays a role in insulin activity, protein and DNA synthesis, taste and smell, wound healing, the maintenance of normal vitamin A levels, bone structure, and the immune system. **Manganese:** Required for many enzyme systems, normal bone growth and development, and normal reproduction. Also required for the proper functioning of the nerves and possibly the immune system.

RESEARCH:

The addition of zinc at this stage is particularly important. Zinc deficiency will affect the growth of fetal bones, heart, brain and other vital organs, resulting in fetal intrauterine growth retardation and decreasing fetal immunity. Due to increased blood volume in pregnancy, in order to provide sufficient iron for fetal growth, the blood circulation in the placenta and to compensate for blood loss during delivery and postpartum breast-feeding, pregnant women need to start increasing iron intake from the second trimester. Thus, the addition of iron has increased in this product compared with the product for the early pregnancy.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have a liver disorder.

OTHER CONSIDERATIONS:

For adult use only. Keep out of reach of children.

LABEL:

QUEST
MULTIVITAMINES ET MINÉRAUX
PreNu Future maman 2^e trimestre
 Sans vitamine A
 Avec manganèse, 2,5 mg
 NPN 80076459
 30 comprimés
 Pour le maintien d'une bonne santé au 2^e trimestre de la grossesse
 Sans colorants, arômes ou agents de conservation artificiels

QUEST
MULTIVITAMINS & MINERALS
PreNu Mommy to Be 2nd trimester
 Vitamin A free
 Plus Manganese 2.5 mg
 NPN 80076459
 30 tablets
 To maintain good health during middle stage of pregnancy
 No artificial colours, flavours or preservatives

Usage recommandé: Un facteur dans le maintien d'une bonne santé lorsqu'il est pris quotidiennement pendant le deuxième trimestre de la grossesse (13 à 24 semaines).
Dose recommandée (adultes de 19 ans et plus): Prendre 1 comprimé par jour avec un repas. Prendre toujours le même avant ou après la prise de médicaments.
Ingredients:
 Vitamine C3 (acétosalicylate)..... 5 mcg/ 200 IU
 Vitamine E (acétate de D-alpha-tocophérol)..... 5 mg/ AT77.5 IU
 Vitamine C1 (ascorbate de calcium)..... 70 mg
 Vitamine B1 (oxyhydrate de thiamine)..... 1 mg
 Vitamine B2 (riboflavine)..... 1 mg
 Nicotinamide..... 10 mg
 Acide parathyroïdique (parathyroïde de 4-calcium)..... 5 mg
 Vitamine B12 (cyanocobalamine)..... 2 mg
 Vitamine B9 (cyanocobalamine)..... 400 mcg
 Biotine..... 25 mcg
 Calcium (carbonate de calcium)..... 25 mg
 Magnésium oxyde..... 75 mg
 Fer (fumarsate ferreux)..... 7.5 mg
 Zinc oxyde..... 2.5 mg
 Sélénium (sulfate de sodium)..... 30 mcg
 Cuivre (sulfate de cuivre)..... 0.3 mg
 Gluconate de manganèse..... 2.5 mg
Ingredients non médicamenteux: Cellulose microcristalline, phosphate dibasique de silicium, stéarate de magnésium, hypromellose, polyéthylène glycol, triphosphate de chaux moyenne, maltodextrine.
Précautions et mises en garde: Consulter un praticien de soins de santé avant d'en faire l'usage si vous souffrez d'un trouble du foie.
Précautions et mises en garde: Tenir hors de portée des enfants. Ce contenu est destiné à être utilisé comme médicament et non comme aliment. En cas d'hypersensibilité, cesser l'utilisation. Ce produit est sans lactose, œuf, gluten, crustacés/noix/oléagineux ou sulfites.
RAVAGES DANS UN ENVELOPPE FRANS ET SEC. A L'INTÉRIEUR DE LA LIMBE.

Recommended Use: A factor in the maintenance of good health when taken daily during middle stage of pregnancy (13-24 weeks).
Recommended Dose (Adults 19 years and older): Take 1 tablet daily with a meal. Take a few hours before or after taking medication.
Medicinal Ingredients:
 Vitamin C3 (cholicasciferol)..... 5 mcg/ 200 IU
 Vitamin E (D-alpha-tocopherol acetate)..... 5 mg/ AT77.5 IU
 Vitamin C (calcium ascorbate)..... 70 mg
 Vitamin B1 (thiamine HCl)..... 1 mg
 Vitamin B2 (riboflavin)..... 1 mg
 Nicotinamide..... 10 mg
 Parathyroidic Acid (4-calcium parathyroidic)..... 5 mg
 Vitamin B12 (cyanocobalamin)..... 2 mg
 Vitamin B9 (cyanocobalamin)..... 400 mcg
 Folic Acid (folates)..... 400 mcg
 Biotin..... 25 mcg
 Calcium (calcium carbonate)..... 25 mg
 Magnesium (oxide)..... 75 mg
 Iron (ferrous fumarate)..... 7.5 mg
 Selenium (sodium selenite)..... 30 mcg
 Copper (cupric gluconate)..... 0.3 mg
 Manganese (manganese gluconate)..... 2.5 mg
Non-medicinal Ingredients: Microcrystalline Cellulose, Dibasic Silicon Phosphate, Silicon Dioxide, Magnesium Stearate, Hypromellose, Polyethylene Glycol, Medium Chain Triglycerides, Maltodextrin.
Risk Information: Consult a health care practitioner before use if you have a liver disorder.
Precautions and Warnings: Keep out of reach of children. This is enough iron in this package to nourish a baby child.
Known Allergic Reactions: Hypersensitivity has been known to occur in which case, discontinue use. This product does not contain dairy, egg, gluten, shellfish or sulfites.
DIETARY INFO, SEE LABEL. PROTECTED FROM LIGHT.

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.
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Mommy To Be 3rd Trimester

PreNu Mommy To Be - 3rd Trimester compound nutrients at the late stage of pregnancy uses scientific formula to provide nutrition, support and maintenance for the good health of fetuses and females at the late stage of pregnancy. It also improves the immunity of the pregnant women and the embryo health level. This product is rich in important trace elements that can help maintain the health level of women and the embryos. The formula is scientific and balanced. It supplements your daily diet, helps to meet your daily nutritional and health needs. In addition, it helps you adjust your physical condition and prepares you for the arrival of new life.

PRODUCT CODES:
338804 (30 tablets)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A factor in the maintenance of good health when taken daily during late stage of pregnancy(24+ weeks).	Tablets	Adults 19 years and older take 1 tablet daily with a meal. Take a few hours before or after taking medication.

DESCRIPTION:

Each easy-to-swallow tablet of Mommy To Be-3rd Trimester contains 200 IU of vitamin D3 (cholecalciferol), 80 mg of vitamin C (calcium ascorbate), 7.5 IU of vitamin E (d-alpha-tocopheryl acetate), 70 mcg of vitamin K1, 1 mg of vitamin B1 (thiamine HCl), 1 mg of vitamin B2 (Riboflavin), 10 mg of niacinamide, 5 mg of pantothenic acid (d-calcium pantothenate), 2 mg of vitamin B6 (pyridoxine HCl), 3 mcg of vitamin B12(cyanocobalamin), 30 mcg of biotin, 400 mcg of folic acid (folate), 500 mg of calcium (calcium carbonate), 15 mg of iron (ferrous fumarate), 7.5 mg of zinc (oxide), 50 mcg of selenium (sodium selenite), 0.3 mg of copper (copper gluconate), 2 mg of manganese (manganese gluconate).

This product does not contain artificial colours, flavours or preservatives, or dairy, egg, gluten, shellfish or sulfites.

Recommended Daily Allowance: Dosage for each nutrient in this formula varies, depending on age.

Food Sources:

Vitamin C: Fruits and vegetables, especially Brussels sprouts, collards, kale, parsley, tomatoes, sweet peppers, watercress, black currants, oranges, lemons, strawberries. **Vitamin D3:** Sunlight, fatty fish, eggs, fortified milk. **Vitamin E:** Vegetable oils, nuts, whole grains, wheat germ, eggs, butter, liver, dark green leafy vegetables. **Vitamin K:** Beef liver, egg yolks, vegetables,soybean oil. **Vitamin B1:** Organ meats, pork, legumes, whole grains, eggs, poultry, fish. **Vitamin B2:** Liver, dairy products, eggs, meat, poultry, fish, legumes, spinach. **Niacinamide (vitamin B3):** Organ meats, meat, poultry, fish, legumes, dairy products, eggs, whole grains. **Pantothenic acid (vitamin B5):** Organ meats, milk, fish, poultry, eggs, whole grains, legumes, broccoli, sweet potatoes, avocados, cauliflower. **Vitamin B6:** Nuts and seeds, legumes, wheat germ, whole grains, bananas, potatoes, salmon, herring, liver, meat, poultry, eggs. **Vitamin B12:** Liver, kidney, beef, herring, mackerel, eggs, fish, cheese. **Biotin:** Egg yolks, liver. **Folic Acid (folate):** Dark green leafy vegetables, liver, brewer’s yeast, legumes, asparagus, broccoli, wheat germ, whole grains. **Calcium:** Dairy products, legumes, dark green leafy vegetables, wheat bran, sea vegetables, almonds, Brazil nuts, figs. **Copper:** Organ meats, shellfish, nuts and seeds, whole grains. **Iron:** Liver, beef, poultry, sardines, oysters, eggs, whole grains, dried fruit, legumes, potatoes, dark green leafy vegetables, prunes. **Selenium:** Whole grains and vegetables, depending on the selenium content of the soil. Liver, kidney, meats, seafood. **Zinc:** Oysters and other shellfish, fish, red meat, dark meat of poultry, whole grains, legumes, nuts and seeds. **Manganese:** Nuts and seeds, whole grains, dried fruits, dark green leafy vegetables.

Mommy To Be 3rd Trimester

Causes of Deficiency:

Vitamin C: Poor diet. **Vitamin D3:** Inadequate sunshine exposure, poor diet. **Vitamin E:** Poor diet, Crohn's disease, celiac disease, cystic fibrosis. **Vitamin K:** Poor diet. **Vitamin B1:** Poor diet, refined grains, high sugar intake, alcoholism. **Vitamin B2:** Some weight-loss diets, alcoholism, some oral contraceptives, antibiotics, stress. **Niacinamide (vitamin B3):** Poor diet. **Pantothenic acid (vitamin B5):** Deficiency has not been reported in humans because it is available in a wide variety of foods. **Vitamin B6:** Poor diet, some oral contraceptives, alcoholism, tobacco and air pollutants, stress. **Vitamin B12:** Strict vegetarian (vegan) diet, inadequate secretion of intrinsic factor. **Biotin:** Rare; prolonged consumption of raw egg whites. **Folic Acid (folate):** Diet deficient in vegetables; alcoholism, some drugs. **Calcium:** Abnormal parathyroid function, vitamin D deficiency, magnesium deficiency, alcoholism, low-calcium diet, high sugar intake, excess protein relative to calcium intake, phosphates from carbonated beverages, excess caffeine, excess sodium. **Copper:** Malabsorption syndromes, celiac disease, cystic fibrosis. **Iron:** Poor diet, diminished absorption or utilization, blood loss. **Selenium:** Poor diet, low selenium content of the soil, heavy metals, excess zinc, some chemotherapeutic drugs. **Zinc:** Poor diet, excess fibre, excess phytic acid from diet high in legumes and whole grains, Crohn's disease, malabsorption syndromes, alcoholism. **Manganese:** Diet of refined foods.

Symptoms of Deficiency:

Vitamin C: Bleeding gums, easy bruising, fragile bones, poor wound healing, susceptibility to infection, hysteria, depression. **Vitamin D3:** Rickets, osteomalacia, osteoporosis, joint pain. **Vitamin E:** Nerve damage, muscle weakness, poor coordination, haemolytic anemia, damage to the retina. **Vitamin K:** Easily bleeding injury. **Vitamin B1:** Fatigue, depression, impaired mental function, pins-and-needles sensation and numbness of legs, constipation, beriberi. **Vitamin B2:** Cracking of lips and corners of mouth, inflamed tongue, sensitivity to light, loss of visual acuity, cataracts, anemia, seborrheic dermatitis, fatigue, poor appetite. **Niacinamide (vitamin B3):** Apprehension, irritability, depression. **Pantothenic acid (vitamin B5):** No deficiencies known; however, a laboratory-induced deficiency results in fatigue, cardiovascular and gastrointestinal problems, upper respiratory infections, depression, and numbness and tingling in the extremities. **Vitamin B6:** Depression, glucose intolerance, anemia, impaired nerve function, cracks in the corners of the mouth, eczema. **Vitamin B12:** Impaired nervous system function, impaired mental function, pernicious anemia. **Biotin:** Hair loss; red scaly rash around eyes, nose, mouth, and genital area; depression; lethargy; hallucinations; numbness and tingling in extremities. **Folic Acid (folate):** Anemia, irritability, weakness, insomnia, depression, poor growth, diarrhea, gingivitis, memory problems, loss of appetite, fatigue, shortness of breath, neural tube defect in infants. **Calcium:** Rickets, osteomalacia, osteoporosis, muscle spasms, leg cramps. **Copper:** Anemia unresponsive to iron, osteoporosis. **Iron:** Anemia, learning disabilities, impaired immune function, decreased energy, fatigue. **Selenium:** Increased risk of cancer, heart disease, low immune function. **Zinc:** Susceptibility to infection, slow wound healing, diminished appetite, impaired sense of taste and smell, impaired night vision. **Manganese:** Disruption to normal growth and metabolism, skin rash, loss of hair colour, bone remodelling, reduced growth of hair and nails, reduced HDL cholesterol.

Mommy To Be 3rd Trimester (continued)

Complementary Nutrients:

Vitamin C: Bioflavonoids, vitamin E, selenium, beta-carotene. **Vitamin D3:** Calcium. **Vitamin E:** Selenium, vitamin E is necessary for the conversion of vitamin B12 to its most active form. **Vitamin K:** A coagulation vitamin. **Vitamin B1:** Other B vitamins, magnesium. **Vitamin B2:** Other B vitamins, especially B1. **Niacinamide (vitamin B3):** Other B vitamins, tryptophan. **Pantothenic acid (vitamin B5):** Other B vitamins, carnitine, CoQ10. **Vitamin B6:** Other B vitamins, especially B2; magnesium; zinc. **Vitamin B12:** Folic acid, vitamin C, vitamin E. **Biotin:** A healthful diet. **Folic Acid (folate):** Vitamin B12, vitamin B6, SAM-e, choline. **Calcium:** Vitamin D, magnesium, potassium, vitamin K. **Copper:** A healthful diet. **Iron:** Vitamin C. **Selenium:** Other antioxidant nutrients. **Zinc:** A healthful diet. **Manganese:** A healthful diet.

HOW IT WORKS:

Due to increased blood volume in pregnancy, in order to provide sufficient iron for fetal growth, the blood circulation in the placenta and to compensate for blood loss during delivery and postpartum breast-feeding, pregnant women at this stage need even more iron than those in the second trimester. Thus, the addition of iron is further increased in this product compared with the products for the first and second trimester. The appropriate increase in the addition of vitamin C facilitates the absorption of iron, prevents anemia in pregnant women, improves their immunity and relieves pregnancy discomforts. It also prevents neonatal birth defects and promotes fetal brain development. Adding an appropriate amount of vitamin B1 helps avoid prolonged and difficult labor caused by the lack of uterine contractions. Adding appropriate amounts of vitamin B12 and vitamin K to this product is also important. At this stage, the nerves of the fetus begin to develop the protective myelin and myelin development depends on vitamin B12. Vitamin K is very important for blood coagulation. Supplementing vitamin K during late pregnancy can prevent neonatal hemorrhagic disease caused by insufficient intake of vitamin K in the diet. Adding an appropriate amount of manganese at this stage helps avoid fetal skeletal dysplasia, reduced synthesis of sex hormones, or even deformity caused by insufficient intake of manganese in the diet.

Vitamin C: An antioxidant and immune-enhancing vitamin. **Vitamin D3:** Stimulates the absorption of calcium and has anticancer properties. **Vitamin E:** Protects the fatty tissues of the body. Protects against toxic substances. **Vitamin B1:** Protects against impaired mental function, required for proper energy production in the brain. **Vitamin B2:** Needed for tissue repair and for healthy eyes. Important for energy production. **Niacinamide (vitamin B3):** Functions in the body as a component in the coenzymes NAD and NADP. Plays an important role in energy production; fat, cholesterol, and carbohydrate metabolism; and the manufacture of many body compounds, including sex and adrenal hormones. **Pantothenic acid (vitamin B5):** Vital to the healthy functioning of the adrenal glands, which is why pantothenic acid has long been considered an "antistress" vitamin. **Vitamin B6:** Involved in the metabolism of amino acids and essential fatty acids, and is therefore required for the proper growth and maintenance of all body functions. **Vitamin B12:** Involved in the production of DNA, red blood cells, and the myelin sheath that surrounds nerve cells and speeds the conduction of signals along nerve cells. For proper absorption of B12, the stomach produces a digestive secretion called intrinsic factor. **Biotin:** A B vitamin that is involved in the biosynthesis of fatty acids and energy production. **Folic Acid (folate):** Vital to healthy cell division and replication, especially the lining of the gastrointestinal tract, the skin, and bone marrow, where blood cells are formed. Also involved as coenzymes for neurotransmitters, and important to the healthy functioning of the immune system.



DID YOU KNOW...

Research shows that nutrients appear to be preferentially deposited in maternal tissue in marginally depleted women, whereas fetal needs take precedence in severely depleted women.

Mommy To Be 3rd Trimester (continued)

Calcium: Besides its role in the formation of bones and teeth, calcium is also involved in fat and protein digestion and the production of energy. It is involved in blood clotting and the transmission of nerve impulses, and it regulates the contraction and relaxation of muscles, including the heart. **Copper:** Copper is required for normal infant development, red and white blood cell maturation, iron transport, bone strength, cholesterol metabolism, myocardial contractibility, glucose metabolism, brain development, and immune function. **Iron:** Transports oxygen from the lungs to the body's tissues and carbon dioxide from the tissues to the lungs. It also functions in several key enzymes in energy production and metabolism, including DNA synthesis. **Selenium:** Best known as an antioxidant and anticancer mineral. A component of the enzyme glutathione peroxidase, which protects cells against free radical damage. **Zinc:** Functions as a cofactor in over 20 enzymatic reactions. Plays a role in insulin activity, protein and DNA synthesis, taste and smell, wound healing, the maintenance of normal vitamin A levels, bone structure, and the immune system. **Manganese:** Required for many enzyme systems, normal bone growth and development, and normal reproduction. Also required for the proper functioning of the nerves and possibly the immune system.

RESEARCH:

Pregnant women at this stage should accelerate the absorption of calcium and calcium storage in the body. Thus, the amount of calcium added at this stage has increased to meet the needs of pregnant women and fetuses on calcium. This not only lowers the risk of osteoporosis and osteomalacia in pregnant women at the late stage of pregnancy but also postpartum osteoporosis and osteomalacia. In addition, it lowers the risk of congenital rickets in fetuses. Since the daily diet can basically meet the needs for magnesium at this stage, and excessive intake of magnesium can easily affect the absorption of the important element of calcium, this stage does not add magnesium supplement.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have a liver disorder.

OTHER CONSIDERATIONS:

For adult use only. Keep out of reach of children.

LABEL:

QUEST
MULTIVITAMINES ET MINÉRAUX
PreNu Future maman 3^e trimestre
 Sans vitamine A
 Avec fer 15 mg et calcium 500 mg
 NPN 80076458
 30 comprimés
 Pour le maintien d'une bonne santé au 3^e trimestre de la grossesse
 Sans colorants, arômes ou agents de conservation artificiels

QUEST
MULTIVITAMINS & MINERALS
PreNu Mommy to Be 3rd trimester
 Vitamin A free
 Plus iron 15 mg & Calcium 500 mg
 NPN 80076458
 30 tablets
 To maintain good health during late stage of pregnancy
 No artificial colours, flavours or preservatives

Usage recommandé: Un facteur dans le maintien d'une bonne santé lors de la grossesse. Prendre 1 comprimé par jour avec ou après le repas. Prendre quelques heures avant ou après la prise de médicaments.

Recommanded Use: A factor in the maintenance of good health when taken daily during late stage of pregnancy (24+ weeks).

Ingredients:

Vitamine D3 (cholestérol).....	5 mcg/ 200 IU	Vitamine D3 (cholestérol).....	5 mcg/ 200 IU
Vitamine E (acétate de tocophérol).....	5 mg AT/7.5 IU	Vitamine E (acétate de tocophérol).....	5 mg AT/7.5 IU
Vitamine C (ascorbate de calcium).....	80 mg	Vitamine C (ascorbate de calcium).....	80 mg
Vitamine B1 (thiamine).....	1 mg	Vitamine B1 (thiamine).....	1 mg
Vitamine B2 (riboflavine).....	1 mg	Vitamine B2 (riboflavine).....	1 mg
Niacine (acide nicotinique).....	10 mg	Niacine (acide nicotinique).....	10 mg
Acide panthotémique (acide pantothénique).....	5 mg	Acide panthotémique (acide pantothénique).....	5 mg
Vitamine B6 (pyridoxine).....	2 mg	Vitamine B6 (pyridoxine).....	2 mg
Vitamine B12 (cyanocobalamine).....	3 mcg	Vitamine B12 (cyanocobalamine).....	3 mcg
Acide folique (folate).....	400 mcg	Acide folique (folate).....	400 mcg
Calcium (carbonate de calcium).....	500 mg	Calcium (carbonate de calcium).....	500 mg
Fer (hydroxyde ferreux).....	15 mg	Fer (hydroxyde ferreux).....	15 mg
Zinc (oxyde).....	7.5 mg	Zinc (oxyde).....	7.5 mg
Sélénium (sulfate de sodium).....	50 mcg	Sélénium (sulfate de sodium).....	50 mcg
Chlore (chlorure de sodium).....	0.3 mg	Chlore (chlorure de sodium).....	0.3 mg
Manganèse (sulfate de manganèse).....	2 mg	Manganèse (sulfate de manganèse).....	2 mg

Ingredients non médicamenteux: Cellulose microcristalline, stéarate de magnésium, hypromellose, polydextrane, triphosphates à chaîne moyenne, polydextrane.

Non-medicinal ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Silicon Dioxide, Magnesium Stearate, Hypromellose, Polydextran, Zinc, Medium Chain Triglycerides, Malto-Dextrin.

Caution and Warning: Consult a health care practitioner before use if you have a liver disorder. **Caution and Warning:** Keep out of reach of children. There is enough iron in this package to seriously harm a child. This product does not contain dairy, gluten, crustaceans/molluscs or shellfish. **Store in a cool, dry place, protected from light.**

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.
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LactaNu for New Mommy

LactaNu for New Mommy compound nutrients at the breast-feeding stage uses scientific formula to provide nutrition and support for the good health of females at the breast-feeding stage. This product is rich in important trace elements that contribute to the maintenance of women’s health and the balanced nutrition of the milk. The formula is scientific and balanced. It supplements your daily diet, helps to meet your daily nutritional and health needs. In addition, it helps you recover after birth and helps in nursing new life.

PRODUCT CODES:
338805 (30 tablets)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A factor in the maintenance of good health. Helps postpartum recovery when taken daily during lactation.	Tablets	Adults 19 years and older take 1 tablet daily with a meal. Take a few hours before or after taking medication.

DESCRIPTION:

Each easy-to-swallow tablet of LactaNu for New Mommy contains 400 IU of vitamin D3 (cholecalciferol), 70 mg of vitamin C (calcium ascorbate), 22.38 IU of vitamin E (d-alpha-tocopheryl acetate), 70 mcg of vitamin K1, 1.5 mg of vitamin B1 (thiamine HCl), 2 mg of vitamin B2 (Riboflavin), 12 mg of niacinamide, 7.5 mg of pantothenic acid (d-calcium pantothenate), 2.5 mg of vitamin B6 (pyridoxine HCl), 5 mcg of vitamin B12(cyanocobalamin), 20 mcg of biotin, 200 mcg of folic acid (folate), 500 mg of calcium (calcium carbonate), 150 mg of magnesium (oxide), 10 mg of iron (ferrous fumarate), 10 mg of zinc (oxide), 30 mcg of selenium (sodium selenite), 0.8 mg of copper (copper gluconate).

This product does not contain artificial colours, flavours or preservatives, or dairy, egg, gluten, shellfish or sulfites.

Recommended Daily Allowance: Dosage for each nutrient in this formula varies, depending on age.

Food Sources:

Vitamin C: Fruits and vegetables, especially Brussels sprouts, collards, kale, parsley, tomatoes, sweet peppers, watercress, black currants, oranges, lemons, strawberries. **Vitamin D3:** Sunlight, fatty fish, eggs, fortified milk. **Vitamin E:** Vegetable oils, nuts, whole grains, wheat germ, eggs, butter, liver, dark green leafy vegetables. **Vitamin K:** Beef liver, egg yolks, vegetables, soybean oil. **Vitamin B1:** Organ meats, pork, legumes, whole grains, eggs, poultry, fish. **Vitamin B2:** Liver, dairy products, eggs, meat, poultry, fish, legumes, spinach. **Niacinamide (vitamin B3):** Organ meats, meat, poultry, fish, legumes, dairy products, eggs, whole grains. **Pantothenic acid (vitamin B5):** Organ meats, milk, fish, poultry, eggs, whole grains, legumes, broccoli, sweet potatoes, avocados, cauliflower. **Vitamin B6:** Nuts and seeds, legumes, wheat germ, whole grains, bananas, potatoes, salmon, herring, liver, meat, poultry, eggs. **Vitamin B12:** Liver, kidney, beef, herring, mackerel, eggs, fish, cheese. **Biotin:** Egg yolks, liver. **Folic Acid (folate):** Dark green leafy vegetables, liver, brewer’s yeast, legumes, asparagus, broccoli, wheat germ, whole grains. **Calcium:** Dairy products, legumes, dark green leafy vegetables, wheat bran, sea vegetables, almonds, Brazil nuts, figs. **Copper:** Organ meats, shellfish, nuts and seeds, whole grains. **Iron:** Liver, beef, poultry, sardines, oysters, eggs, whole grains, dried fruit, legumes, potatoes, dark green leafy vegetables, prunes. **Selenium:** Whole grains and vegetables, depending on the selenium content of the soil. Liver, kidney, meats, seafood. **Zinc:** Oysters and other shellfish, fish, red meat, dark meat of poultry, whole grains, legumes, nuts and seeds. **Magnesium:** Legumes, nuts and seeds, whole grains, dark green leafy vegetables, blackstrap molasses, wheat germ.

LactaNu for New Mommy

Causes of Deficiency:

Vitamin C: Poor diet. **Vitamin D3:** Inadequate sunshine exposure, poor diet. **Vitamin E:** Poor diet, Crohn's disease, celiac disease, cystic fibrosis. **Vitamin K:** Poor diet. **Vitamin B1:** Poor diet, refined grains, high sugar intake, alcoholism. **Vitamin B2:** Some weight-loss diets, alcoholism, some oral contraceptives, antibiotics, stress. **Niacinamide (vitamin B3):** Poor diet. **Pantothenic acid (vitamin B5):** Deficiency has not been reported in humans because it is available in a wide variety of foods. **Vitamin B6:** Poor diet, some oral contraceptives, alcoholism, tobacco and air pollutants, stress. **Vitamin B12:** Strict vegetarian (vegan) diet, inadequate secretion of intrinsic factor. **Biotin:** Rare; prolonged consumption of raw egg whites. **Folic Acid (folate):** Diet deficient in vegetables; alcoholism, some drugs. **Calcium:** Abnormal parathyroid function, vitamin D deficiency, magnesium deficiency, alcoholism, low-calcium diet, high sugar intake, excess protein relative to calcium intake, phosphates from carbonated beverages, excess caffeine, excess sodium. **Copper:** Malabsorption syndromes, celiac disease, cystic fibrosis. **Iron:** Poor diet, diminished absorption or utilization, blood loss. **Selenium:** Poor diet, low selenium content of the soil, heavy metals, excess zinc, some chemotherapeutic drugs. **Zinc:** Poor diet, excess fibre, excess phytic acid from diet high in legumes and whole grains, Crohn's disease, malabsorption syndromes, alcoholism. **Magnesium:** Diet of refined foods, excess calcium intake, alcoholism, surgery, diuretics, liver and kidney disease, some oral contraceptives.

Symptoms of Deficiency:

Vitamin C: Bleeding gums, easy bruising, fragile bones, poor wound healing, susceptibility to infection, hysteria, depression. **Vitamin D3:** Rickets, osteomalacia, osteoporosis, joint pain. **Vitamin E:** Nerve damage, muscle weakness, poor coordination, haemolytic anemia, damage to the retina. **Vitamin K:** Easily bleeding injury. **Vitamin B1:** Fatigue, depression, impaired mental function, pins-and-needles sensation and numbness of legs, constipation, beriberi. **Vitamin B2:** Cracking of lips and corners of mouth, inflamed tongue, sensitivity to light, loss of visual acuity, cataracts, anemia, seborrheic dermatitis, fatigue, poor appetite. **Niacinamide (vitamin B3):** Apprehension, irritability, depression. **Pantothenic acid (vitamin B5):** No deficiencies known; however, a laboratory-induced deficiency results in fatigue, cardiovascular and gastrointestinal problems, upper respiratory infections, depression, and numbness and tingling in the extremities. **Vitamin B6:** Depression, glucose intolerance, anemia, impaired nerve function, cracks in the corners of the mouth, eczema. **Vitamin B12:** Impaired nervous system function, impaired mental function, pernicious anemia. **Biotin:** Hair loss; red scaly rash around eyes, nose, mouth, and genital area; depression; lethargy; hallucinations; numbness and tingling in extremities. **Folic Acid (folate):** Anemia, irritability, weakness, insomnia, depression, poor growth, diarrhea, gingivitis, memory problems, loss of appetite, fatigue, shortness of breath, neural tube defect in infants. **Calcium:** Rickets, osteomalacia, osteoporosis, muscle spasms, leg cramps. **Copper:** Anemia unresponsive to iron, osteoporosis. **Iron:** Anemia, learning disabilities, impaired immune function, decreased energy, fatigue. **Selenium:** Increased risk of cancer, heart disease, low immune function. **Zinc:** Susceptibility to infection, slow wound healing, diminished appetite, impaired sense of taste and smell, impaired night vision. **Magnesium:** Fatigue, mental confusion, irritability, weakness, heart disturbances, problems in nerve conduction and muscle contraction, muscle cramps, loss of appetite, insomnia, predisposition to stress.

LactaNu for New Mommy (continued)

Complementary Nutrients:

Vitamin C: Bioflavonoids, vitamin E, selenium, beta-carotene. **Vitamin D3:** Calcium. **Vitamin E:** Selenium, vitamin E is necessary for the conversion of vitamin B12 to its most active form. **Vitamin K:** A coagulation vitamin. **Vitamin B1:** Other B vitamins, magnesium. **Vitamin B2:** Other B vitamins, especially B1. **Niacinamide (vitamin B3):** Other B vitamins, tryptophan. **Pantothenic acid (vitamin B5):** Other B vitamins, carnitine, CoQ10. **Vitamin B6:** Other B vitamins, especially B2; magnesium; zinc. **Vitamin B12:** Folic acid, vitamin C, vitamin E. **Biotin:** A healthful diet. **Folic Acid (folate):** Vitamin B12, vitamin B6, SAM-e, choline. **Calcium:** Vitamin D, magnesium, potassium, vitamin K. **Copper:** A healthful diet. **Iron:** Vitamin C. **Selenium:** Other antioxidant nutrients. **Zinc:** A healthful diet. **Magnesium:** Calcium, phosphorus, vitamin B6.

HOW IT WORKS:

Increasing the amount of calcium helps maintain the calcium content constant in the nursing milk. Appropriately increasing the addition of iron helps make up for the loss of large quantity of blood during child birth and postpartum lochia discharge. It also helps meet the higher demand for iron during breast feeding. The amount of folic acid is reduced in the product. An amount of 200ug of folic acid can avoid the lack of folic acid in the nursing milk, which affects the brain development of the infant. Appropriately increasing the amounts of vitamin B1 and vitamin B12 promotes maternal body metabolism and helps restore healthy weight. Appropriately increasing the addition of vitamin D in the product helps promote the absorption of calcium and restore the physical condition of the mother as soon as possible. It also helps to meet the desired calcium content in the nursing milk. Increasing the amount of magnesium in the product helps maintain the appetite and recovery of the mother. It also improves the quality of the nursing milk. Lactation can easily lead to insufficient copper intake, which affects the quality of the milk. Increasing the amount of copper in the product helps avoid insufficient copper intake, which will cause diseases such as dysplasia, growth retardation and brain disorders, in infants and young children. Furthermore, it helps to promote the absorption and utilization of iron. Increasing the addition of vitamin C and vitamin E helps to speed up postpartum wound healing, improve postpartum skin condition. Increasing the addition of zinc helps to effectively alleviate postpartum prurigo.

Vitamin C: An antioxidant and immune-enhancing vitamin. **Vitamin D3:** Stimulates the absorption of calcium and has anticancer properties. **Vitamin E:** Protects the fatty tissues of the body. Protects against toxic substances. **Vitamin B1:** Protects against impaired mental function, required for proper energy production in the brain. **Vitamin B2:** Needed for tissue repair and for healthy eyes. Important for energy production. **Niacinamide (vitamin B3):** Functions in the body as a component in the coenzymes NAD and NADP. Plays an important role in energy production; fat, cholesterol, and carbohydrate metabolism; and the manufacture of many body compounds, including sex and adrenal hormones. **Pantothenic acid (vitamin B5):** Vital to the healthy functioning of the adrenal glands, which is why pantothenic acid has long been considered an "antistress" vitamin. **Vitamin B6:** Involved in the metabolism of amino acids and essential fatty acids, and is therefore required for the proper growth and maintenance of all body functions. **Vitamin B12:** Involved in the production of DNA, red blood cells, and the myelin sheath that surrounds nerve cells and speeds the conduction of signals along nerve cells. For proper absorption of B12, the stomach produces a digestive secretion called intrinsic factor. **Biotin:** A B vitamin that is involved in the biosynthesis of fatty acids and energy production. **Folic Acid (folate):** Vital to healthy cell division and replication, especially the lining of the gastrointestinal tract, the skin, and bone marrow, where blood cells are formed. Also involved as coenzymes for neurotransmitters, and important to the healthy functioning of the immune system.



DID YOU KNOW...

Research shows that nutrients appear to be preferentially deposited in maternal tissue in marginally depleted women, whereas fetal needs take precedence in severely depleted women.



Flax Seed Oil

Quest Flax Seed Oil is a high-quality, certified organic, balanced source of omega-3 and omega-6 essential fatty acids, which are needed for good health. The body does not make these essential healthy fats, and so they must be obtained from the diet or supplementation.



PRODUCT CODE: 338530

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A source of essential fatty acids for the maintenance of good health.	Softgels	Adults take 2 softgels one to three times per day.

RESEARCH:

Clinical studies suggest that flax seed oil may be helpful in reducing the risk of a variety of conditions, including heart disease. Evidence suggests that people who eat a diet rich in omega-3 fatty acids are less likely to suffer a fatal heart attack. Omega-3s may reduce heart disease risks through a variety of ways, including making platelets less "sticky," reducing inflammation, promoting blood vessel health, and reducing the risk of arrhythmia (irregular heart beat). Several human studies also suggest that diets rich in omega-3 fatty acids may lower blood pressure.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you are taking blood thinners.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.



DID YOU KNOW...

Flax is one of the world's oldest cultivated plants. It has been used as food and medicine for thousands of years, and flax fibre has served to make linen for clothing since ancient Egyptian times.

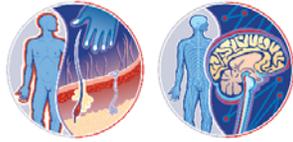
LABEL:

<p>OMÉGA</p> <p>Huile de graines de lin</p> <p>1 000 mg</p> <p>NPN 80000386</p> <p>90 gélules</p> <p>Source d'acides gras essentiels oméga-3</p> <p>Sans colorants, arômes ou agents de conservation artificiels</p>	<p>Usage recommandé : Une source d'acides gras essentiels pour le maintien d'une bonne santé.</p> <p>Dose recommandée (adultes) : Prendre 2 gélules, un à trois fois par jour.</p> <p>Ingrédients médicinaux : Huile de lin* (Linum usitatissimum)...1 000 mg</p> <p>Ingrédients non médicinaux : Vitamine E, caroube, cire d'abeille, gélatine, glycérine.</p> <p>Information sur les risques : Consulter un praticien de soins de santé avant d'en faire l'usage si vous prenez des anticoagulants.</p> <p>Ce produit ne contient aucun maïs, ingrédients laitiers, oeuf, gluten, lactose, crustacés, sucre, sulfites ou levure.</p> <p>* Certifiée biologique</p> <p>RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTEE DES ENFANTS.</p>	<p>OMEGA</p> <p>Flax Seed Oil</p> <p>1000 mg</p> <p>NPN 80000386</p> <p>90 softgels</p> <p>Source of omega-3 essential fatty acids</p> <p>No artificial colours, flavours or preservatives</p>
<p>Recommended Use: A source of essential fatty acids for the maintenance of good health.</p> <p>Recommended Dose (Adults): Take 2 softgels one to three times per day.</p> <p>Medicinal Ingredients: Each softgel contains: Flax (Linum usitatissimum) seed oil*.....1000 mg</p> <p>Non-medicinal Ingredients: Vitamin E, carob, beeswax, gelatin, glycerin.</p> <p>Risk Information: Consult a health care practitioner prior to use if you are taking blood thinners.</p> <p>This product does not contain corn, dairy, egg, gluten, lactose, shellfish, sugar, sulfites or yeast.</p> <p>* Certified organic</p> <p>STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</p>		<p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCÉAU DE SÉCURITÉ SOUS LE CAPSULET EST BRISÉ.</p> <p>www.questvitamins.com 1-877-909-2548</p> <p>CCND C.C. Natural Products Limited 100% NATURAL NON-GMO A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p>F.P.O. - 80% UPC CODE TO USE: 0 98712 14511</p> <p>0 00000 00000 0</p>



Total EFA 1200 mg

Quest Total EFA 1200 mg supplies your daily needs for essential fatty acids (EFAs) in an ideal ratio of omega-3, omega-6, and omega-9 from borage, fish, and flax seed oils. This high-quality EFA supplement supports overall health, the cardiovascular system, the immune system, and brain function and development.



PRODUCT CODE: 338525

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Maintains and promotes heart health. Helps support cognitive and brain function. A source of omega-3 fatty acids for the maintenance of good health.	Softgels	Adults take 2 softgels three times daily.

RESEARCH:

Countless studies confirm that omega-3, -6, and -9 fatty acids have a wide spectrum of beneficial effects on health. Population studies demonstrate that people who consume a diet rich in these fatty acids have significantly reduced risk of developing heart disease.

SIDE EFFECTS:

No side effects expected at recommended dosage. Higher doses have been associated with loose stools and diarrhea.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have uncontrolled hypertension, a bleeding disorder, are taking any anticoagulant medications (including aspirin), or if you have any other medical condition.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.



DID YOU KNOW...

In the body, essential fatty acids are primarily used to produce hormone-like substances that regulate a wide range of functions, including blood pressure, blood clotting, blood lipid levels, the immune response, and the inflammation response to injury and infection.

LABEL:

QUEST
OMÉGA
Total EFA^{MC}
1 200 mg

90 gélules

Source d'acides gras essentiels oméga-3-6-9
Sans colorants, arômes ou agents de conservation artificiels

90 gélules

Supérieure Qualité Assurée

RANGER DANS UN ENDROIT SEC ET FRAIS, TENIR HORS DE LA PORTÉE DES ENFANTS.

QUEST
OMEGA
Total EFATM
1200 mg

90 softgels

Source of omega 3, 6 and 9 essential fatty acids
No artificial colours, flavours or preservatives

90 softgels

Superior Premium Quality Assured

STORE IN A COOL, DRY PLACE, KEEP OUT OF REACH OF CHILDREN.

Usage recommandé : Maintient et favorise une bonne santé. Aide à soutenir la fonction cognitive et la fonction cérébrale. Une source d'acides gras oméga-3 pour le maintien d'une bonne santé.

Dose recommandée (adultes) : Prendre 2 gélules, trois fois par jour.

Ingédients médicinaux :
Chaque gélule contient :
Huile de graines de bourrache (Borago officinalis).....400 mg
Acide gamma-linolénique (ALA).....76 mg
Huile de poisson (anchois, sardine).....400 mg
Acide eicosapentaénoïque (EPA).....72 mg
Acide docosahexaénoïque (ADH).....48 mg
Huile de graines de lin (Linum usitatissimum).....400 mg
Acide alpha-linolénique (ALA).....212 mg
Ingédients non médicinaux : vitamine E, gélatine, glycérine.

Information sur les risques : Consulter un praticien de soins de santé avant d'en faire l'usage si vous prenez des anticoagulants.

Ce produit ne contient aucun maïs, ingrédients laitiers, œuf, gluten, lactose, crustacés, soja, amidon, sucre, sulfites ou levure.

Ce produit a été soumis à des essais de qualité et est conforme aux normes internationales sur le dosage d'arsenic, de cadmium, de plomb, de mercure, et de résidus de pesticides et de solvants.

Recommended Use: Maintains and promotes heart health. Helps support cognitive and brain function. A source of omega-3 fatty acids for the maintenance of good health.

Recommended Dose (Adults): Take 2 softgels three times daily.

Medicinal Ingredients:
Each softgel contains:
Borage (Borago officinalis) seed oil.....400 mg
Gamma linolenic acid (ALA).....76 mg
Fish oil (anchovy, sardine).....400 mg
Eicosapentaenoic acid (EPA).....72 mg
Docosahexaenoic acid (DHA).....48 mg
Flax (Linum usitatissimum) seed oil.....400 mg
Alpha linolenic acid (ALA).....212 mg
Non-medicinal ingredients: Vitamin E, gelatin, glycerin.

Risk Information: Consult a health care practitioner prior to use if you are taking blood thinners.

This product does not contain corn, dairy, egg, gluten, lactose, soy, starch, sugar, sulfites or yeast.

This product has been tested and meets international standards for levels of arsenic, cadmium, lead, mercury, pesticides and solvent residues.

DO NOT USE IF SEAL UNDER CAP IS BROKEN, NE PAS UTILISER SI LE SCAU DE SÉCURITÉ SOUS LE CAPOTON EST BRISÉ.

www.questvitamins.com
1-877-929-2548

CCNP C.C. Natural Products Tech Limited
1000 Lakeshore Blvd. East, Suite 1000
Scarborough, Ontario M1V 4Y2

A Proud Canadian Company
Une compagnie canadienne fière de l'être.

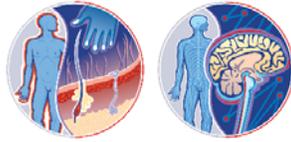
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Triple Fish Oil 1000 mg

Quest Triple Fish Oil 1000 mg is a high-quality blend of carefully selected concentrated fish oils that provide an excellent source of omega-3 fatty acids. These essential fatty acids, EPA and DHA, offer several cardiovascular benefits, including balancing cholesterol, decreasing triglycerides, and reducing blood pressure. EPA and DHA also prevent blood clotting and reduce inflammation, protecting against heart attacks and strokes. These essential fatty acids also have been shown to reduce joint swelling, decrease morning stiffness, and greatly reduce pain.



PRODUCT CODES: 338416 (60 softgels)
338494 (120 softgels)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps maintain healthy heart and brain function.	Softgels	Adults take 2 softgels daily or as directed by a health care practitioner.

RESEARCH:

The results of randomized controlled trials in individuals with documented coronary heart disease (CHD) suggest a beneficial effect of dietary and supplemental omega-3 fatty acids. In a large randomized controlled trial of supplemental omega-3 fatty acids, CHD patients who received supplements providing 850 mg/day of EPA plus DHA for 3.5 years had a risk of sudden death that was 45% lower than those who did not take supplements, and a risk of death from all causes that was 20% lower. Interestingly, it took only 3 months of supplementation to demonstrate a significant decrease in total mortality, and 4 months to demonstrate a significant decrease in sudden death.

SIDE EFFECTS:

No side effects expected at recommended dosage. High doses of fish oil may cause belching, flatulence, nausea, bloating, and diarrhea.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have uncontrolled hypertension, a bleeding disorder, are taking any anticoagulant medications (including aspirin), or if you have any other medical condition.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.



DID YOU KNOW...

It has been estimated that the ratio of omega-6 to omega-3 fatty acids in the diet of early humans was 1:1, but the ratio in the typical Western diet is now almost 10:1 because of increased use of vegetable oils rich in omega-6 fatty acids and declining fish consumption.

LABEL:

QUEST
OMÉGAS
Huile de Trois Poisson
1000 mg

60 gélules

Aide au maintien d'un cœur en santé et des fonctions cérébrales saines

Sans colorants, arômes ou agents de conservation artificiels

Usage recommandé : Aide au maintien d'un cœur en santé et des fonctions cérébrales saines.

Dose recommandée (adultes) : Prendre 2 gélules par jour.

Ingédients médicinaux :
Chaque gélule contient : Huile de poisson (anchois, saumon, sardine)..... 1000 mg

fournissant :
Acide eicosapentaénoïque (EPA) 18%
Acide docosahexaénoïque (DHA) 12%

Ingédients non médicinaux : vitamine E, gélatine, glycérine.

Ce produit ne contient pas de maïs, ingrédients laitiers, œuf, gluten, crustacés, soja ou sésames.

Ce produit a été soumis à des essais de qualité et est conforme aux normes internationales sur le dépistage d'arsenic, de cadmium, de plomb, de mercure, et de résidus de pesticides et de solvants.

RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE PORTEE DES ENFANTS.

QUEST
OMEGA
Triple Fish Oil
1000 mg

60 softgels

Helps maintain healthy heart and brain function

No artificial colours, flavours or preservatives

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCAU DE SECURITE SOUS LE CAPSULE EST BRISÉ.

www.ourlifeforally.com
1-877-429-2548

CCNLP
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1000 Lakeshore Blvd. East
Scarborough, Ontario M1V 4Y2
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Une compagnie canadienne
fière de l'être.

33841615

F.P.O. - 60%
LIFE CODE TO BE: 4837123072

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Evening Primrose Oil 1000 mg

Quest Evening Primrose Oil 1,000 mg is a superior, high-quality evening primrose oil (EPO) supplement that supplies 10% gamma-linolenic acid (GLA). Some individuals convert linoleic acid (LA) to GLA very slowly or not at all, yet GLA is needed to make prostaglandins that regulate cell activity in the body, maintaining the health of all tissues and organs. EPO may have anti-inflammatory and antithrombotic activities.



PRODUCT CODES: 338350 (120 softgels)
338695 (240 Capsules)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Source of essential fatty acids for the maintenance of good health.	Softgels	Adults take 2 softgels, one to three times daily.

RESEARCH:

Gamma-linolenic acid (GLA), supplied in the form of evening primrose oil, has been studied for many years for its possible effects in arthritis and other inflammatory processes. In a randomized double-blind placebo-controlled study of rheumatoid arthritis (RA) sufferers, those receiving 1.4 grams of GLA daily experienced significant relief. GLA reduced the number of tender joints 36% and the swollen joint count by 28%. Those on placebo experienced no significant improvement or declined in condition.

SIDE EFFECTS:

No side effects expected at recommended dosage. Supplementation over 4,000 mg daily over the long term may induce thrombocytopenia in some individuals.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if you are taking blood-thinning medication, have a history of seizure disorder, or are being treated with drugs that lower seizure threshold. Do not use before any surgical procedure. Large dosages should be accompanied by extra vitamin E.

OTHER CONSIDERATIONS:

Do not use if you are pregnant or breastfeeding. Keep out of reach of children.



DID YOU KNOW...

Evening primrose oil has been used since the 1930's to treat eczema.

LABEL:

QUEST
OMÉGAS
Huile d'onagre
1 000 mg
Pressée à froid

NPN 30005438

Source d'acides gras essentiels oméga-6

120 gélules

Sans colorants, arômes ou agents de conservation artificiels

QUALITÉ ASSURÉE

INGRÉDIENTS MÉDICINAUX :
Chaque gélule contient :
Huile de graine d'onagre (Oenothera biennis).....1 000 mg
fournissant :
Acide linoléique739 mg
Acide gamma-linoléique ..92 mg
Acide oléique70 mg
Ingrédients non médicinaux :
vitamine E, gélatine.

Ce produit ne contient aucun maïs, ingrédients laitiers, œuf, gluten, crustacés, sulfites ou blé.

Usage recommandé : Une source d'acides gras essentiels pour le maintien d'une bonne santé.
Dose recommandée (adultes) : Prendre 2 gélules, un à trois fois par jour.

INGRÉDIENTS MÉDICINAUX :
Chaque softgel contient:
Evening Primrose (Oenothera biennis) seed oil.....1000 mg
providing:
Linoleic acid739 mg
Gamma linolenic acid92 mg
Oleic acid70 mg
Non-medicinal Ingredients:
Vitamin E, gelatin.

This product does not contain corn, dairy, egg, gluten, shellfish, sulfites or wheat.

RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTEE DES ENFANTS.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

QUEST
OMEGA
Evening Primrose Oil
1000 mg
Cold-Pressed

NPN 30005438

Source of omega-6 essential fatty acids

120 softgels

No artificial colours, flavours or preservatives

QUALITY ASSURED

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCÉAU DE SÉCURITÉ SOUS LE CAPSOTON EST BRISÉ.

www.questvitamins.com 1-877-838-0348

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Une compagnie canadienne fière de l'être.

F.P.O. - 80%
LPS 30005438

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Quest for Nature's Harmony

C.C.Natural Products Tech Limited (referred to as CCNP Tech), registered in Great Vancouver, British Columbia, Canada. CCNP Tech proudly owns Canada famous natural health products brands, QUEST®, Nature's Harmony® and Vivitas®. It is a professional science based company, formulating, developing, producing and selling natural health products worldwide. Every member of CCNP Tech has a clearly mission which is 'QUEST FOR NATURE'S HARMONY'. We are committed and devoted ourself to keep our country, the earth and the planet natural and harmony. All CCNP Tech products are made in Canada and we are proud of Canada!

To deliver on our promise, our product design team is constantly developing new formulations and sourcing advanced raw materials that meet not only our stringent requirements, but those of Health Canada's Natural Health Products Directorate (NHPD). Most important, is providing the consumer with the information they need to feel comfortable and have trust in the CCNP Tech products they are taking. All product claims are fact-based and supported by scientific research. Our informative, bilingual labeling is clear, concise and includes full disclosure of formulas, helping the consumer choose the best product to meet their specific needs.

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