

It's What's Inside That Counts

**#1 MOST
RECOMMENDED**

professional supplement
brand by healthcare
professionals¹



HIGH-QUALITY NUTRITIONAL SUPPLEMENTS YOU CAN TRUST

1. Among U.S. healthcare professionals surveyed who recommend specific professional supplement brands, Nutrition Business Journal® Practitioner Survey 2016, 2020, 2023.

pure
encapsulations[®]

WHY PURE ENCAPSULATIONS®

Our comprehensive line of supplements is **FREE FROM:**



Wheat, Soy*,
Dairy*, Eggs



Tree Nuts, Peanuts
& Sesame



Gluten



Artificial Colors,
Flavors &
Sweeteners



Coatings
& Shellacs



GMOs†



Unnecessary
Binders, Fillers
& Preservatives



Magnesium
Stearate



Trans Fat &
Hydrogenated Oils

GOODNESS ENCAPSULATED

At Pure Encapsulations®, we're dedicated to providing nutritional supplements you can trust. That's why our products are formulated using high-quality, pure ingredients **FREE FROM** unnecessary additives and many common allergens.

Everything you need and nothing you don't — that's goodness encapsulated.

THE PURE DIFFERENCE

We take high standards seriously, which is why we're the **#1 most recommended professional supplement brand by healthcare professionals.**¹ What makes us different is the promise of goodness that goes into each of our supplements. We source ingredients from trusted suppliers so you can feel confident knowing only the best of the best ever make it into your hands. All products undergo stringent laboratory testing to ensure purity and potency.

1. Among U.S. healthcare professionals surveyed who recommend specific professional supplement brands, Nutrition Business Journal® Practitioner Survey 2016, 2020, 2023

†Visit PureEncapsulationsPro.com for more information on our GMO policy.

*Except where labeled.

COMMITTED TO SCIENCE

Pure Encapsulations has a long-standing commitment to scientific innovation, and the proof is in our products. By supporting key research initiatives, partnering with leading academic research institutions and providing study products and technical expertise, we are making significant contributions to the advancement of nutritional science worldwide.

WHAT YOU SEE IS WHAT YOU GET

We believe in transparency throughout our entire process, from our capsules to our labels. Every ingredient we put into our products, even if it's just a trace amount, is listed on the label. If there's an ingredient sourced from a possible allergen — we call that out too. We also list minerals by their true elemental weight and standardizations of herbal extracts.



GOOD FROM START TO FINISH

QUALITY PROMISE

To ensure only pure goodness ends up in our bottles, our products must meet the most stringent testing standards to confirm their quality.

- We verify the purity and potency of our raw materials and final products through extensive testing done by cGMP compliant laboratories.
- All of our raw materials are tested for identity, potency, microbial contaminants, heavy metals (including mercury, arsenic, cadmium and lead), 32 solvent residues and allergens, depending on risk.
- Herbal ingredients are tested for 70 different pesticide compounds.
- Essential fatty acids and fish/krill oils are tested for dioxins, furans, PCBs and other agents.
- We utilize a comprehensive Allergen SOP (Standard Operating Procedure) that prevents ingredient cross-contamination by flagging allergen-containing ingredients.



GMP CERTIFIED
NSF/ANSI 455.2
Dietary Supplements

Pure Encapsulations is NSF-GMP registered in the U.S., GMP certified in Canada and exceeds the standards of the United States Pharmacopeia (USP) for supplement manufacturing.

PURE VALUES

STRONG CONNECTIONS

Our strength lies in our partnerships with leaders in the most important nutritional health areas: mental health, weight management, immune support, gastrointestinal health and more. We work with an extensive and experienced Scientific Advisory Board who not only help us formulate products, but also create educational tools that help support your optimal health and wellness.*

Learn more about our [Scientific Advisory Board](https://PureEncapsulationsPro.com/meet-our-experts) at PureEncapsulationsPro.com/meet-our-experts

PURE GIVING

We proudly pursue our sustainability initiatives and support non-profit organizations dedicated to promoting global wellness, improving the health of those most in need and enriching lives around the world.



**Sustainable
Goodness.**



At Pure Encapsulations, our commitment began with a pure purpose, to improve the wellness of others. Today, this heartfelt commitment extends to the planet. We're striving for recyclable packaging by 2025 and for 100% net zero greenhouse gas (also known as GHGs) emissions by 2050.



LEARN MORE

O.N.E.™ Multivitamin

With Metafolin® L-5-MTHF

COMPLETE MULTIVITAMIN WITH ADDED SUPPORT FOR
HEALTHY BRAIN, HEART, AND NERVE FUNCTION[†]

Indications:

- Men and women age 18 and over

Vitamin Distinctions:

- Provides vitamins A, B, C, D and E in highly bioavailable forms
- Includes Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

Special Features:

- Convenient one-capsule-per-day dosing
- Antioxidant complex includes alpha lipoic acid and a blend of CoQ₁₀ and sustained-release, water-soluble, MicroActive® Q₁₀
- Choline and inositol for healthy cognitive function[†]
- Supports cellular health with 500 mcg lycopene and 50 mcg (2,000 IU) vitamin D[†]
- Helps maintain macular and retinal health with 3 mg lutein and 500 mcg zeaxanthin[†]

1 capsule daily, with a meal.

Each (size 00) vegetarian capsule contains:

Vitamin A (as vitamin A acetate and 73% beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	180 mg
Vitamin D (as cholecalciferol) (D ₃)	50 mcg (2,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	20 mg
Thiamin (as thiamin HCl) (B ₁)	3 mg
Riboflavin (as vitamin B ₂ and 43% riboflavin 5' phosphate (activated B ₂))	3 mg
Niacin (as niacinamide)	20 mg
Vitamin B ₆ (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B ₆))	4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	500 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	10 mg

Choline (as choline bitartrate)	25 mg
Iodine (as potassium iodide)	150 mcg
Zinc (as zinc citrate)	25 mg
Selenium (as selenomethionine)	70 mcg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as TRAACS™ molybdenum glycinate chelate)	75 mcg
Boron (as boron glycinate)	1 mg
Inositol	25 mg
CoenzymeQ ₁₀ (as CoQ ₁₀ and as 18% from MicroActive® CoQ ₁₀ -cyclodextrin complex)	50 mg
Alpha lipoic acid	50 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Lycopene	500 mcg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, potato starch	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

TRAACS™ is a registered trademark of Albion Laboratories, Inc.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

MicroActive® is a registered trademark of BioActives, LLC.

Multivitamins, Vitamins & Minerals



O.N.E.™ Multivitamin	Quantity
	30
	60
	120



O.N.E.™ Multivitamin Comparison

	LEADING BRAND	O.N.E.™ MULTIVITAMIN
Preservatives	Sodium benzoate, sorbic acid, BHT	None
Colors	Artificial red, yellow & blue aluminum lake	None
Sweeteners	Sucrose	None
Hydrogenated Oils	Yes (palm oil)	None
Animal Products	Yes (gelatin)	Vegetarian
Allergens	None	None
Excipients	Acacia gum, calcium stearate, crospovidone, hypromellose, polyethylene glycol, polyvinyl alcohol, talc, titanium dioxide	Vegetarian capsule, hypoallergenic plant fiber, ascorbyl palmitate, potato starch
Vitamins	Generally 100% DV; does not contain activated vitamins	Range from 100-250%+ DV; includes activated B vitamins: Metafolin®, methylcobalamin, riboflavin 5' phosphate, pyridoxal 5' phosphate
Minerals	Carbonate, phosphate, chloride, oxide, sulfate & sodium forms	Chelated; amino acids/ Krebs cycle intermediates

To learn more about **O.N.E.™ Multivitamin** visit PureEncapsulationsPro.com/One-Multi

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Ascorbic Acid capsules

VITAMIN C SUPPORTS A WIDE RANGE OF PHYSIOLOGICAL FUNCTIONS, INCLUDING IMMUNE FUNCTION, ANTIOXIDANT DEFENSE AND VASCULAR INTEGRITY[†]

Vitamin C, one of the most well-known sources of dietary antioxidants, offers a wide range of support for the human body. It is an antioxidant and free radical scavenger. It supports the body's defense system by promoting white blood cell function and activity, interferon levels, antibody responses and secretion of thymic hormones. It is essential for the formation and maintenance of intercellular ground substance and collagen. Vitamin C aids in the absorption of iron and the metabolism of folate. It maintains healthy mast cell function and supports lymphocyte formation. Vitamin C is also required for the synthesis of carnitine and steroids.[†]

1 capsule, 1-4 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Vitamin C (as ascorbic acid)	1,000 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Immune Support



Ascorbic Acid capsules	Quantity
	90
	250

B₁₂ liquid

SUPPORTS RED BLOOD CELL FUNCTION, ENERGY METABOLISM AND NEUROLOGICAL HEALTH[†]

Our B₁₂, in a great-tasting convenient liquid formula, offers the active form of this vitamin that supports neurological function and nerve cell health. What's more, this B₁₂ also promotes overall emotional well-being and helps support immune system health.[†]

- Supports nerve health & cognitive function[†]
- Promotes overall emotional well-being[†]
- Convenient, great-tasting liquid formula
- Contributes to maintaining a healthy immune system[†]

1 dropper, 1-3 times daily, with meals, or as directed by a health professional. Shake well before use.

Serving size: 1 ml (0.03 fl oz) (one full dropper)
Servings per container: 30

1 ml (0.03 fl oz) (one full dropper) contains:

Vitamin B ₁₂	1,000 mcg
Other ingredients: purified water, natural glycerin, citric acid, potassium sorbate, stevia leaf extract	

Multivitamins, Vitamins & Minerals



B ₁₂ liquid	Quantity
	30 ml (1 fl oz)



B-Complex Plus

With Metafolin® L-5-MTHF

BROAD-SPECTRUM B VITAMIN SUPPORT FOR MULTIPLE LEVELS OF HEALTH†

B vitamins play important roles in the body, helping out with energy metabolism, brain health, nerve health and more. The balanced combination of B vitamins — and we're talking B₁, B₂, B₃, B₅, B₆, B₁₂, biotin and folate — play a role in converting carbs into energy and helping our bodies metabolize fats and protein.†

- Assists cellular, cardiovascular and neurological health†
- Supports healthy cognitive function as well as memory, mood, cellular energy production and emotional well-being†
- Supports nervous system function†
- Maintains integrity of tissues†

1 capsule, 1-2 times daily, with meals.

Each (size 1) vegetarian capsule contains:

Thiamin (as thiamin HCl) (B ₁)	100 mg
Riboflavin (as vitamin B ₂ and 60% riboflavin 5' phosphate (activated B ₂))	12.7 mg
Niacin (as niacinamide and 8% inositol hexaniacinate (no-flush niacin))	108 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	16.7 mg
Folate (as Metafolin®, L-5-MTHF) 667 mcg DFE (400 mcg L-5-MTHF)	
Vitamin B ₁₂ (as methylcobalamin)	400 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Multivitamins, Vitamins & Minerals



B-Complex Plus	Quantity
	60
	120

Vitamin D₃ 125 mcg (5,000 IU)

SUPPORT FOR BONE, BREAST, PROSTATE, CARDIOVASCULAR, COLON AND IMMUNE HEALTH†

Vitamin D can be found in fortified foods and supplements. It plays an important role in supporting colon health, too, by promoting healthy cellular function. What's more, Vitamin D helps with immune cell activation.†

- Supports healthy bone composition†
- Promotes cellular support for breast and prostate tissue†
- Supports colon health by promoting healthy cellular function†
- Promotes cardiovascular and immune health†

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D ₃)	125 mcg (5,000 IU)
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored.

Multivitamins, Vitamins & Minerals



Vitamin D ₃ 125 mcg (5,000 IU)	Quantity
	60
	120
	250



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Hair/Skin/Nails Ultra

With Metafolin® L-5-MTHF

SUPPORTS SKIN ELASTICITY AND HYDRATION, HEALTHY HAIR, AND NAIL STRENGTH AND THICKNESS†

Vitamin C, zinc, copper, manganese and silica are integral collagen and keratin cofactors, promoting skin elasticity. Optimal levels of these nutrients, as well as folate, have been associated with healthy hair, skin and nails. Vitamin C supports skin resiliency and helps counter the effects of oxidative stress along with sustained-release CoQ10 complex. Niacinamide and zinc promote immune function in the skin. The proanthocyanidins in grape seed extract help to stabilize collagen and elastin by moderating the proteolytic enzymes collagenase and elastase. Clinical studies indicate that biotin may help reinforce the keratin structure of the nails, promoting strength and thickness. PABA supports the appearance of healthy hair through its effects on melanin metabolism. BioCell Collagen® is a patented, hydrolyzed and denatured low molecular weight collagen, providing a naturally occurring matrix of hyaluronic acid (HA), chondroitin sulfate and amino acids including lysine, proline and hydroxyproline. These structural components support the elasticity and firmness of skin. Furthermore, HA attracts water, promoting hydration and moisture retention within the dermal matrix. Case reports have revealed that BioCell Collagen® helped moderate the appearance of wrinkles and blemishes in the skin.†



2 capsules daily, with a meal.

Two (size 00) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	250 mg
Niacin (as niacinamide)	20 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Biotin	6,000 mcg
Zinc (as zinc citrate)	30 mg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	2 mg
Silica (from bamboo)	30 mg
PABA (para-aminobenzoic acid)	150 mg
BioCell Collagen® hydrolyzed collagen complex (chicken sternal cartilage)	500 mg
Providing (typical):	
Hydrolyzed collagen 60%	300 mg
Chondroitin sulfate 20%	100 mg
Hyaluronic acid 10%	50 mg
Grape (Vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	140 mg
CoQ10 (as CoQ10 and as 33% from MicroActive® CoQ10-cyclodextrin complex)	60 mg
Other ingredients: vegetarian capsule (cellulose, water), potato starch, ascorbyl palmitate	

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BioCell Collagen® is a registered trademark of BioCell Technology LLC, Irvine, California USA (Protected by US and International Patents).

MicroActive® is a registered trademark of BioActives, LLC.

Biotin may interfere with certain blood tests. Wait at least 8 hours between biotin consumption and blood testing. Inform your health professional about all biotin-containing supplements you are taking. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals



Hair/Skin/Nails Ultra	Quantity
	60

Hair/Skin/Nails Ultra Comparison

	LEADING BRAND (CAPLETS)	HAIR/SKIN/NAILS ULTRA
Calories	None	None
Carbohydrates	None	None
Hydrogenated Oils	None	None
Serving Size	3 Caplets (Coated Tablets)	2 Capsules
Ingredient Distinctions & Potencies	Offers multivitamin support with standard forms and dosage levels	Offers targeted selection of nutrients, collagen and antioxidants at higher dosage levels
Collagen	50 mg Hydrolyzed Gelatin	500 mg BioCell Collagen® hydrolyzed collagen complex
Biotin	3,000 mcg	6,000 mcg
Vitamins	Standard B vitamin complex w/ cyanocobalamin and folic acid	Key targeted B vitamins niacinamide and folate (as Metafolin®, L-5-MTHF)
	DL-alpha tocopheryl acetate	
	60 mg Ascorbic Acid	
Minerals	Standard minerals in gluconate and oxide forms, including 7.5 mg zinc	Key targeted minerals in bioavailable citrate and glycinate forms, including 30 mg zinc, 1 mg copper and 2 mg manganese
	3 mg horsetail powder for silica	30 mg silica (from bamboo)
Excipients	Vegetable cellulose, gelatin, mannitol, natural palm leaf glaze, silica, vegetable magnesium stearate	Vegetarian capsule (cellulose, water), potato starch, ascorbyl palmitate

To learn more about Hair/Skin/Nails Ultra visit PureEncapsulationsPro.com/HSN

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Magnesium (glycinate)

HIGHLY BIOAVAILABLE MAGNESIUM CHELATE FOR SENSITIVE INDIVIDUALS

Magnesium (glycinate) is less likely to cause loose stools than other forms of magnesium.[†]

1-4 capsules daily. Consume with food.

Each (size 00) vegetarian capsule contains:

Magnesium (as magnesium glycinate)	120 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Multivitamins, Vitamins & Minerals



Magnesium (glycinate)	Quantity
	90
	180
	360

Melatonin 3 mg

DESIGNED TO HELP THE BODY'S NATURAL SLEEP CYCLE[†]

Melatonin is a hormone produced by the pineal gland, which regulates the body's sleep/wake cycle. Melatonin's primary role is regulation of the body's circadian rhythm, endocrine secretions and sleep patterns. Studies indicate that it facilitates the onset of sleep, as well as sleep efficiency.[†]

- Promotes the body's natural sleep cycle[†]
- Helps augment the natural functioning of the pineal gland which secretes melatonin, that plays a role in the body's internal clock[†]
- Designed to assist in the duration of sleep[†]

1 capsule daily, 1/2 to 1 hour before bedtime.

Each (size 3) vegetarian capsule contains:

Melatonin	3 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. This product may be contraindicated for individuals taking corticosteroids.

Sleep



Melatonin 3 mg	Quantity
	60
	180



Probiotic G.I.

Shelf-Stable; Allergen-Free

PROBIOTIC BLEND TO SUPPORT DIGESTIVE FUNCTION, CELL HEALTH AND IMMUNE FUNCTION IN THE GI TRACT[‡]

Probiotic supplements are a good way to add good bacteria to your body to keep your microbiome healthy. This probiotic blend supports healthy barrier function, cell health and immune function in the GI tract.[‡]

- Promotes GI health[‡]
- Helps maintain healthy cellular activity in the GI tract[‡]
- Supports healthy barrier function, cell health and immune function in the GI tract[‡]
- Provides 10 billion colony forming units (CFU) per capsule of the beneficial bacterial strains *Lactobacillus acidophilus*, *Lactobacillus salivarius*, *Lactobacillus casei*, *Bifidobacterium bifidum*, *Bifidobacterium lactis* and *Streptococcus thermophilus*

1 capsule, 1-2 times daily, with or between meals.

Each (size 0) vegetarian capsule contains:

Probiotic blend
10 billion CFU
Providing:
Bifidobacterium lactis (BI-04)
Lactobacillus acidophilus (La-14)
Lactobacillus salivarius (Ls-33)
Lactobacillus casei (Lc-11)
Streptococcus thermophilus (St-21)
Bifidobacterium bifidum (Bb-06)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Refrigeration may prolong product viability.

Probiotics & Prebiotics



Probiotic G.I.	Quantity
	60

Zinc 30

HIGHLY ABSORBABLE ZINC FOR IMMUNE HEALTH SUPPORT[‡]

Zinc has many roles in the body, starting with its important role in our body's defense system. It also plays a role in the absorption and actions of essential B vitamins and helps to form collagen and develop healthy tissue.[‡]

- Supports immune system function[‡]
- Promotes reproductive health & normal fetal development[‡]
- Enhances digestion and metabolism of important vitamins, minerals, carbohydrates and other essential nutrients[‡]

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Zinc (as zinc picolinate) 30 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Immune Support



Zinc 30	Quantity
	60
	180



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Our new, complimentary platform, PureInsight™, puts powerful tools to personalize your health recommendations right at your fingertips. Through understanding the association between different types of patient data like symptoms, DNA, and blood, PureInsight can help your healthcare provider create a deeper, personalized plan of care unique to your needs.

FEATURES AND BENEFITS



Our new Multi-Symptom Questionnaire (MSQ) helps refine the lifestyle and supplement recommendations provided by your healthcare provider



Customized health reports rooted in science offer actionable recommendations to help maintain a healthy lifestyle



Educational resources to guide you on your wellness journey



Easy access to your healthcare provider's supplement recommendations available from Pure Encapsulations via our virtual dispensary



Learn more at pureinsight.pureencapsulationspro.com

The PureInsight™ service is a general wellness tool intended to help maintain or encourage a healthy lifestyle. It is not medical advice and is not intended to diagnose, treat, cure, or prevent any disease or condition.

PURE PATIENT DIRECT

Our **virtual dispensary** gives you direct access to the Pure Encapsulations supplements your healthcare practitioner has recommended for you.

What are the benefits for you?



Pure Patient Direct is a **FREE SERVICE** available to you.



Easy 24/7 online ordering with fast and **2-Day FREE shipping** direct to your door.



View your order history, track order status and **refill orders quickly and easily** anytime.



Access our entire **catalog** of products.



Scan this QR code to login or to register and order your supplements today!

Or visit:

patientdirect.
pureencapsulationspro.com



How do I join and order?

1

As a Pure Encapsulations account holder, your healthcare practitioner will **send you an email** that includes **their unique code** and instructions to **set up your account**.

2

It only **takes a minute to activate your account**. Follow the instructions in the email to **complete your account activation**.

3

Your account is **now active** and you can **start shopping!**



Talk to your healthcare professional to get started today!
PureEncapsulationsPro.com



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Pure Encapsulations is a registered trademark.



Certified Gluten-Free by the Gluten-Free Certification Organization, www.gluten.org

1. Among U.S. healthcare professionals surveyed who recommend specific professional supplement brands, Nutrition Business Journal® Practitioner Survey 2016, 2020, 2023.

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pure
encapsulations®