



# Ideal Dispensary

Bone / Joint Support  
Advanced Nutrition Therapy

# Changing Lives With Nutrition

Standard Process focuses  
on achieving wholistic  
health through nutrition.

From our certified organic, regenerative  
farming practices to our Nutrition Innovation  
Center, we are committed to clinical science  
that advances health and changes lives.





## It Starts With Soil

On our 623-acre, certified organic farm, we use regenerative farming practices to cultivate nutrient-dense soil as nature intended.

## Whole Food-Based Ingredients

The whole food plant ingredients grown in our organic soil are rich in phytonutrients. More than 80% of all raw plant ingredients that go into our products come directly from our farm, traveling less than a mile to our manufacturing facility.

## Manufactured With Care

Our freshly picked crops are processed often within a day using state-of-the-art technologies to maintain the naturally occurring nutrients in our plant ingredients.

## Committed to Clinical Science

We are dedicated to being at the forefront of driving clinical studies that advance patient care through whole food-based nutrition.



**Foundational Health**

Health and Wellness

**Preventative Care**

Active Health Management

**Condition-Specific Management**

Specific System Support

**Advanced Nutrition Therapy**

Bundled Care Support Regimen  
for Specific Health Systems

# Ideal Dispensary

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Our portfolio of clinical nutrition products is designed to complement your health care practice with a wide range of whole food-based nutritional supplements and herbal products. The Ideal Dispensary provides wellness support that meets the specific needs of your patients and their healthy lifestyle goals. From foundational health to advanced nutrition therapies, our systems approach focuses on holistic health through whole food nutrition.

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Practitioner Focused. Patient Driven.

## Foundational Health

Health and Wellness

## Preventative Care

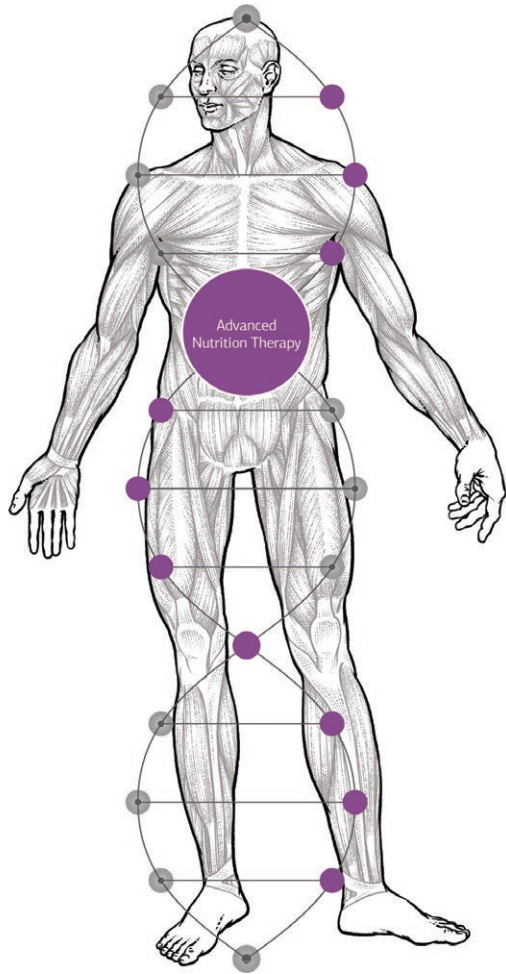
Active Health Management

## Condition-Specific Management

Specific System Support

## Advanced Nutrition Therapy

Bundled Care Support Regimen for Specific Health Systems



# Bone / Joint Support Products Include:

Whole food-based nutrition products to help address specific health issues requiring advanced nutrition insights.

## More and more consumers today have busy schedules and pressure-packed lifestyles.

Often, this can lead to less-than-ideal dietary choices and habits that often contribute to compromised health. For almost 60% of Americans, this increases the risk of chronic health issues. Many of these health issues have negative effects on the underlying key systems of the body that in turn often compromise our lifestyles and influence the trajectories of our health. When this happens, it is helpful to take a more detailed look at each system, using new and advanced insights from nutrition science to develop guidelines for effective nutrition therapies using whole food solutions.

Over the last 3 to 5 years, new publications from both epidemiological and intervention clinical studies have provided evidence that for the most important body systems, whole food nutrition can make an important difference. When each system is properly understood, it is then possible to develop a nutrition care regimen that can help stabilize the targeted system, improve its normal and healthy functionality and often improve a normal health trajectory. These important systems, including immune, inflammatory response, central nervous

system and digestive health, to name a few, have all been linked to and shown to be influenced by specific nutritional uses. This guide provides an overview to not only product selection but also general therapeutic support for patient care.


Nutrition can play an important role to help make sure that nutrient availability is optimized supporting key body functions. Recommended daily intake values supporting many key health issues, like bone health, are available and supported with whole food nutrition. The availability of balanced nutrition including calcium, vitamin D and K as co-factors all serve to support maintenance of healthy bone.<sup>1,2</sup> Healthy joints are important and support normal movement. Whole food nutrition options can provide the nutrient components that are also helpful in maintaining full functionality and movement.<sup>3</sup> This guide helps identify and select nutrition options supportive of bone and joint health and thus functional capacity and movement.

<sup>1</sup> Institute of Medicine Committee to Review Dietary Reference Intakes for Vitamin, D, and Calcium, *The National Academies Collection: Reports funded by National Institutes of Health, in Dietary Reference Intakes for Calcium and Vitamin D*, A.C. Ross, et al., Editors. 2011. National Academies Press (US) National Academy of Sciences. Washington (DC).

<sup>2</sup> (ODS), O.o.D.S., *Vitamin K Fact Sheet for Health Professionals*. September 26, 2018.

<sup>3</sup> Gabrovec, B., et al., *The role of nutrition in ageing: A narrative review from the perspective of the European joint action on frailty - ADVANTAGE JA*. Eur J Intern Med, 2018. **56**: p. 26-32.





The products that follow in this book offer a group of whole food-based nutritional and herbal solutions that can support bone and joint health and normal function for healthy movement and activity.

For the most current and complete information about the product and cautionary warnings, please go to [standardprocess.com](https://www.standardprocess.com).

## Catalyn®, Catalyn® Chewable, or Catalyn® GF

**Catalyn, Dr. Royal Lee's first product, contains vital nutrients from whole food and other sources.\***

- Supplies multiple vitamins for complete, complex nutritional supplementation
- Designed to bridge nutritional gaps in the diet
- Encourages healthy cell functioning
- Supports overall well-being
- Available in original formula, chewable and gluten-free\*

**Suggested use:** Three tablets per day, or as directed.





## Cataplex® D

**Cataplex D supports bone health, mineral absorption, the immune system, and cellular processes.\***

- Encourages healthy calcium absorption from the intestinal tract into the blood
- Supports healthy immune system response function
- Supports and maintains healthy bone density
- Provides vitamin D, which is needed by almost every cell in the body for development and transcription\*

**Suggested use:** Two tablets per day, or as directed.



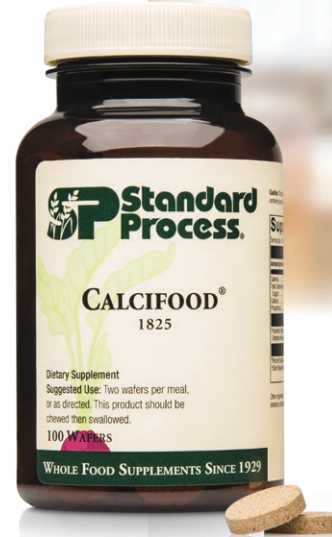
\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

## Calcifood®

### Calcifood supports calcium absorption.\*

- Helps the body build strong, healthy bones
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life\*

**Suggested use:** Two wafers per meal, or as directed.



**Special Instructions:** This product should be chewed then swallowed.

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## Cellular Vitality

**Cellular Vitality supports the body as a whole, with specific emphasis on cellular processes.\***

- Contains American ginseng, which acts as a body tonic for the byproducts of everyday stress
- Contains B vitamins, to fuel cells and participate in numerous body processes that contribute to normal function
- Provides nutrients that support antioxidant activity
- Includes the enzyme bromelain from pineapple stems and juice that, when taken between meals, modulates the body's natural inflammatory response function as it relates to periodic challenges like consumption of high-fat foods or strenuous activity
- Contains coenzyme Q<sub>10</sub>, an enzyme that is essential for creation of energy within the mitochondria of cells and that helps protect cells from free radicals
- Contains *Cordyceps sinensis*, a mushroom powder long prized in traditional Chinese medicine with a variety of bioactive compounds that contribute to fatigue management and the maintenance of healthy blood sugar levels already within normal range
- Contains ribonucleic acid (RNA), compounds that can be broken apart as cells to create energy or manufacture protein\*

**Suggested use:** Three capsules per day, or as directed.

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## Collagen C™

### Collagen C supports healthy connective tissue.\*

- Provides ingredients with antioxidant activity
- Supports and promotes normal immune system response function
- Provides whole food sources of vitamin C
- Good source of antioxidant vitamin C\*

**Suggested use:** One tablet per meal, or as directed.



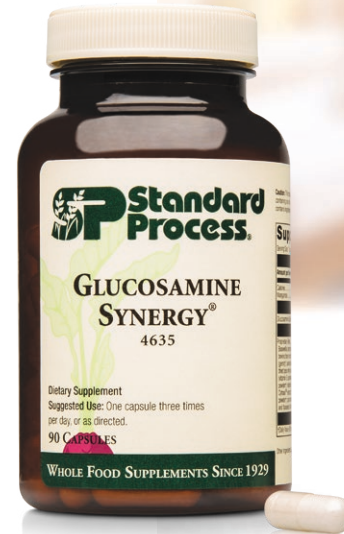
**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Contraindicated in known allergy to plants of the daisy family.

## Glucosamine Synergy®

**Glucosamine Synergy combines glucosamine, *Boswellia serrata*, and manganese to help maintain healthy joint function.**

- Maintains healthy connective tissue
- Supports the body's normal connective tissue repair process
- Supports joint health
- Contains glucosamine and boswellia for relieving discomfort in the affected areas after strenuous exercise\*

**Suggested use:** One capsule three times per day, or as directed.



**Caution:** This product contains ingredients derived from crab shells.

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## Ligaplex® I

**Ligaplex I contains nutrients that provide acute ligament and muscle support.\***

- Supports the body's normal connective tissue repair and synthesis processes
- Supports healthy joints and muscles
- Supports bone growth and the synthesis of cartilage
- Contains buckwheat, which supports the body's natural inflammatory response function as it relates to periodic challenges like strenuous exercise\*

**Suggested use:** Two capsules per meal, or as directed.





## Ligaplex® II

**Ligaplex II supports tissue and joints to maintain connective tissue health, especially for long-term support.\***

- Provides the foundation to feed the musculoskeletal system and facilitate freedom of movement
- Nutritional compounds for support of proper formation and maintenance of skeletal tissues
- Involved in maintenance of healthy fluid levels
- Contains bovine heart PMG™ extract\*

**Suggested use:** Two capsules per meal, or as directed.



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## Min-Chex®

**Min-Chex is a combination of minerals and synergistic factors designed to support the nervous system.\***

- Supports nervous system health
- Moderate calmative that helps maintain emotional balance
- Helps ease the effects of temporary stress\*

**Suggested use:** One capsule one half hour before each meal, or as directed.





## Min-Tran®

**Min-Tran is a vegetarian product that contains mineral complexes to support emotional balance.\***

- Supports a healthy nervous system
- Mild calmative that helps maintain emotional balance
- Helps ease the effects of temporary stress
- Supports the actions of neurotransmitters that regulate mood\*

**Suggested use:** Four tablets per meal, or as directed.



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## Neuroplex®

**Neuroplex combines synergistic ingredients to support the nervous and endocrine systems.\***

- Supports the nervous system
- Supports cognitive functioning
- Contains a broad spectrum of vitamins, minerals, and complementary tissues to support endocrine organ function\*

**Suggested use:** Two capsules per day, or as directed.



**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.



## OPC Synergy®

**OPC Synergy is a synergistic blend that supports antioxidant activity and cell functioning.\***

- Provides nutrients that support antioxidant activity
- Supports and maintains normal cell function
- Helps maintain normal cognitive function
- Traditionally used in support of eye health
- Supports the complex processes associated with aging
- Supports a healthy cardiovascular system
- Maintains capillary integrity\*

**Suggested use:** One capsule per day, or as directed.



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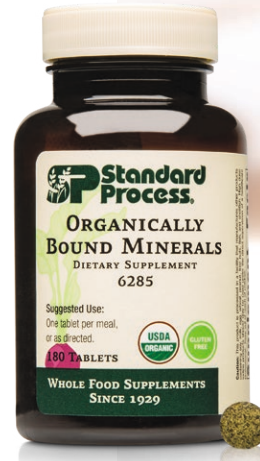


## Organically Bound Minerals

**Organically Bound Minerals contains iodine from alfalfa and kelp.\***

- Encourages healthy enzyme functioning
- Promotes healthy connective tissue
- Helps maintain proper cellular energy production
- Provides ingredients with antioxidant activity
- Includes whole food-sourced ingredients with complexity maintained through careful processing
- Supports nervous system health
- Contains iodine to assist with proper thyroid function\*

**Suggested use:** One tablet per meal, or as directed.



**Caution:** High dose iodine products should only be used under the direct supervision of a healthcare professional. Keep out of reach of children.



## Ostrophin PMG®

**Ostrophin PMG combines synergistic nutrients for natural bone health support.\***

- Provides a unique profile of minerals, nucleotides, and peptides along with unknown factors
- Supports healthy bone function\*

**Suggested use:** One tablet per meal, or as directed.



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## SP Complete®

**SP Complete offers essential whole food nutrition in a convenient powder.\***

- Provides amino acids
- Supports intestinal, muscular, and immune system health
- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports the body's normal toxin-elimination function
- Contains nondenatured whey proteins that have kept their nutritional integrity throughout the manufacturing process
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle\*

**Suggested use:** 2 rounded tablespoons (scoops) per shake. One to three shakes per day, or as directed.



**Special Instructions:** Store unopened container in a cool, dark place.





## Thymus PMG®

**Thymus PMG is designed to support healthy thymus function.\***

- Provides a unique profile of minerals, nucleotides, and peptides\*

**Suggested use:** One tablet per meal, or as directed.



\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



## Tuna Omega-3 Oil or Tuna Omega-3 Chewable

**Tuna Omega-3 oils help bridge the gap in dietary omega-3 intake and support the body's natural inflammatory response function as it relates to periodic challenges like consumption of high-fat meal or strenuous activity.\* Tuna Omega-3 oils contain a non-concentrated, natural profile of tuna oil that is rigorously tested to be below regulatory standards for contaminants and toxins.**

Along with supporting general health, they also:

- Support cognition
- Support skin and hair health
- Support emotional balance
- Contain DHA, which is important for proper fetal eye and brain development\*

**Suggested use:** Two softgels twice per day with meals, or as directed.

**Special Instructions:** Store product in a cool, dark place.



## MediHerb® Bone Complex

**Bone Complex contains Epimedium, Kudzu, Red Clover and Black Cohosh. This combination of herbs contains many compounds especially flavonoids and triterpene glycosides. Three herbs in this tablet contain standardized levels of key phytochemicals to ensure optimal strength and quality: 20 mg of icariin per tablet (from Epimedium), 28 mg/tablet of isoflavones from Kudzu (daidzein, daidzin, puerarin) and 8 mg/tablet of Red Clover isoflavones. These and other compounds within Bone Complex have been used traditionally to help mature women (age 40-60) to:**

- Support healthy bone tissue in conjunction with weight-bearing exercise and a healthy diet containing food sources of calcium and vitamin D
- Support and maintain healthy bone density
- Beneficially influence normal bone remodeling\*

**Suggested use:** One tablet three times daily, or as directed.

**Caution:** Contraindicated in pregnancy, lactation and in women with estrogen-dependent tumors such as breast cancer. Caution in patients with liver problems, who frequently use alcohol or take any medications.

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



## MediHerb® Saligesic

**Saligesic contains phenolic glycosides (including salicin), flavonoids and other phenolic compounds. Saligesic is standardized to contain 60 mg of salicin per tablet to ensure optimal strength and quality. Willow stem bark is used traditionally to:**

- Support musculoskeletal system health
- Help maintain and support healthy joints
- Ease the temporary mild joint and muscle discomfort associated with exercise
- Support and maintain normal body temperature already within a normal range
- Temporarily relieve mild, occasional exercise-related lower back discomfort
- Relieve temporary mild headaches caused by occasional stress\*

**Suggested use:** One tablet two to four times daily, or as directed.

**Caution:** Contraindicated in known allergy or sensitivity to salicylates. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.



## MediHerb® Turmeric Forte

**Turmeric Forte is a formulation of Turmeric rhizome and Fenugreek seed extracts to enhance absorption and improve bioavailability\*<sup>†</sup> of curcuminoids, the active constituents of Turmeric. Turmeric rhizome provides turmeric curcuminoids, including curcumin, demethoxycurcumin and bisdemethoxycurcumin. This product is standardized to total curcuminoids and to curcumin, to ensure optimal strength and quality.**

The herbs and their constituents:

- Support a healthy inflammation response
- Traditionally maintain and support healthy joints
- Provide antioxidant activity
- Support a healthy response to environmental stressors
- Support healthy liver function
- Traditionally support healthy digestion\*

**Suggested use:** One tablet one to two times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

<sup>†</sup> Contains dietary ingredient ( formulation of curcumin with fenugreek dietary fiber), found to have enhanced bioavailability of curcuminoids over unformulated curcumin.<sup>1</sup>

<sup>1</sup> Kumar D, Jacob D, Subhash PS et al. J Funct Foods 2016; 22, 578-587



# Appendix

Catalyn®

## Supplement Facts

Serving Size: 3 Tablets  
Servings per Container: 30 or 120

	Amount per Serving	%Daily Value
Total Carbohydrate	<1 g	<1%
Vitamin A	360 mcg RAE	40%
Vitamin C	4 mg	4%
Vitamin D	7.9 mcg	39%
Thiamin	0.2 mg	17%
Riboflavin	0.2 mg	15%
Vitamin B6	1 mg	59%

Proprietary Blend 766 mg †  
Defatted wheat (germ), calcium lactate, organic carrot (root), organic sweet potato, nutritional yeast, bovine adrenal, bovine liver, magnesium citrate, bovine spleen, ovine spleen, bovine kidney, organic dried pea (vine) juice, organic dried alfalfa (aerial parts) juice, oat flour, sunflower lecithin, organic shiitake mushroom powder, organic reishi mushroom powder, and rice (bran).

†Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

Other Ingredients: Honey, glycerine, arabic gum, ascorbic acid, starch, calcium stearate, cholecalciferol, pyridoxine hydrochloride, vitamin A palmitate, sucrose, thiamine hydrochloride, and riboflavin.

Cataplex® D

## Supplement Facts

Serving Size: 2 Tablets  
Serving Size: 90 or 180

	Amount per Serving	%Daily Value
Vitamin A	300 mcg RAE	36%
Vitamin D	40 mcg	200%
Calcium	40 mg	4%

Ingredients: Calcium lactate, milk powder, potassium citrate, glycine, cholecalciferol, sucrose, starch, calcium stearate, arabic gum, vitamin A palmitate, and ascorbic acid.

Calcifood®

## Supplement Facts

Serving Size: 2 Wafers  
Servings per Container: 50

	Amount per Serving	%Daily Value
Calories	10	36%
Total Carbohydrate	1 g	<1%*
Total Sugars	1 g	†
Calcium	190 mg	15%
Phosphorus	50 mg	4%

Proprietary Blend 830 mg †  
Ved bone, defatted wheat (germ), date (fruit), carrot (root), and rice (bran).

\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

Other Ingredients: Honey, dicalcium phosphate, cellulose, bovine bone, calcium stearate, and arabic gum.

Cellular Vitality

## Supplement Facts

Serving Size: 3 Capsules  
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	10	<1%*
Total Carbohydrate	1 g	<1%*
Thiamine	0.2 mg	15%
Riboflavin	0.3 mg	25%
Niacin	3 mg	20%
Vitamin B6	0.3 mg	20%
Folate (as 50 mcg folic acid)	20 mcg DFE	4%
Vitamin B12	0.5 mcg	20%
Biotin	10 mcg	35%
Pantothenic Acid	1 mg	20%

Coenzyme Q10 80 mg †  
Proprietary Blend 890 mg †  
Multi-fruit seed powder (ruby grape seed, blueberry seed, cranberry seed, red raspberry seed, black raspberry seed, and pomegranate seed), ribonucleic acid, organic mushroom powder (Cordyceps sinensis), American ginseng (root), and bromelain.

\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

Other Ingredients: Organic quinoa sprouts, cellulose, calcium stearate, and water.

## Collagen C™

### Supplement Facts

Serving Size: 1 Tablet Servings per Container: 90

Amount per Serving	%DV
Calories.....	2
Vitamin C.....	100 mg.....170%
Proprietary Blend.....	200 mg

Echinacea (root)†, rose hips†, veal bone†, defatted wheat (germ)†, bovine adrenal†, dried buckwheat (leaf) juice†, buckwheat (seed)†, acerola (berry)†, and mushroom†.

†Daily Value (DV) not established.

Other Ingredients: Ascorbic acid, honey, and calcium stearate.

## Glucosamine Synergy®

### Supplement Facts

Serving Size: 1 Capsule Servings per Container: 90

Amount per Serving	%Daily Value
Manganese.....	1 mg 40%
Glucosamine Sulfate (from shellfish).....	475 mg †
Proprietary Blend.....	91 mg †

Proprietary Blend (Rosella serrata, calcium lactate, nutritional yeast, carbanide, bovine bone, veal bone PMG™ extract, bovine liver, defatted wheat (germ), bovine heart PMG™ extract, magnesium citrate, oat flour, inositol, organic dried pea (vine) juice, Spanish moss (Tillandsia usneoides), ascorbic acid, carrot (root), ribonucleic acid, organic beet (root), organic sweet potato, bovine liver fat extract, D-alpha tocopherol (vitamin E sunflower), bovine adrenal Cytosol™ extract, bovine kidney, bovine spleen, ovine spleen, para-aminobenzoate, organic reishi mushroom powder, organic shiitake mushroom powder, vitamin A palmitate, rice (bran), sunflower lecithin powder, cholecalciferol, organic flaxseed oil extract, and cyanocobalamin.

†Daily Value not established.

Other Ingredients: Gelatin, calcium stearate, water, manganese glycerophosphate, starch, dicalcium phosphate, and sucrose.

## Ligaplex® I

### Supplement Facts

Serving Size: 2 Capsules Servings per Container: 75

Amount per Serving	%Daily Value
Cholesterol.....	<5 mg 2%
Vitamin A.....	70 mcg RAE 8%
Vitamin C.....	2 mg 2%
Vitamin E.....	1.1 mg 8%
Vitamin B12.....	5.8 mcg 240%
Phosphorus.....	20 mg 2%
Manganese.....	55 mg 2,390%
Proprietary Blend.....	770 mg †

Proprietary Blend (Bovine bone, calcium lactate, organic dried pea (vine) juice, oat flour, bovine liver, veal bone PMG™ extract, bovine kidney, organic beet (root), inositol, nutritional yeast, organic dried swiss chard (beet leaf) juice, organic dried buckwheat (seal) (seal) juice, organic buckwheat (seed), ribonucleic acid, carrot (root), organic sweet potato, bovine adrenal Cytosol™ extract, bovine spleen, ovine spleen, para-aminobenzoate, organic shiitake mushroom powder, organic reishi mushroom powder, sunflower lecithin powder, and carrot oil.

†Daily Value not established.

Other Ingredients: Manganese lactate, gelatin, water, calcium stearate, dicalcium phosphate, starch, D-alpha tocopherol (vitamin E sunflower), ascorbic acid, vitamin A palmitate, and cyanocobalamin.

## Ligaplex® II

### Supplement Facts

Serving Size: 2 Capsules Servings per Container: 75

Amount per Serving	%Daily Value
Vitamin A.....	180 mcg RAE 20%
Vitamin C.....	1 mg <2%
Vitamin D.....	0.6 mcg 2%
Vitamin E.....	0.7 mg 4%
Vitamin B12.....	2 mcg 80%
Calcium.....	20 mg <2%
Manganese.....	55 mg 1,500%
Proprietary Blend.....	650 mg †

Nutritional yeast, carbanide, bovine bone, veal bone PMG™ extract, bovine liver, defatted wheat (germ), bovine heart PMG™ extract, magnesium citrate, oat flour, inositol, organic dried pea (vine) juice, Spanish moss (Tillandsia usneoides), organic beet (root), carrot (root), organic sweet potato, ribonucleic acid, bovine liver fat extract, bovine adrenal Cytosol™ extract, bovine kidney, bovine spleen, ovine spleen, para-aminobenzoate, organic shiitake mushroom powder, organic reishi mushroom powder, rice (bran), sunflower lecithin powder, and organic flaxseed oil extract.

†Daily Value not established.

Other Ingredients: Manganese glycerophosphate, gelatin, calcium lactate, water, calcium stearate, ascorbic acid, starch, D-alpha tocopherol (vitamin E sunflower), dicalcium phosphate, vitamin A palmitate, cholecalciferol, sucrose, and cyanocobalamin.



## Min-Chex®

Supplement Facts	
Serving Size: 1 Capsule	Servings per Container: 90
Amount per Serving	%DV
Calories.....	3
Calcium.....	20 mg 2%
Niacin.....	25 mg 150%
Vitamin B6.....	5 mg 250%
Iodine.....	300 mcg 200%
Proprietary Blend.....	274 mg
Bovine orotic cytoside™ extract, magnesium citrate, manganese lactate, bovine liver†, porcine stomach, soy (bean)†, bovine spleen†, ovine spleen†, para-aminobenzoic acid, defatted wheat (germ)†, porcine brain†, and ascorbic acid.	
†Daily Value (DV) not established.	

Other Ingredients: Calcium lactate, kelp, gelatin, niacinamide, water, pyridoxine hydrochloride, and calcium stearate.

## Min-Tran®

Supplement Facts	
Serving Size: 4 Tablets	Servings per Container: 82 or 200
Amount per Serving	%DV
Calories.....	5
Total Carbohydrate.....	1 g <1%
Calcium.....	120 mg 10%
Iodine.....	200 mcg 135%
Magnesium.....	19 mg 4%
†Percent Daily Values (DV) are based on a 2,000 calorie diet.	

Ingredients: Calcium lactate, kelp, magnesium citrate, alfalfa (whole plant), water, and calcium stearate.

## Neuroplex®

Supplement Facts	
Serving Size: 2 Capsules	Servings per Container: 45
Amount per Serving	%Daily Value
Cholesterol.....	<5 mg <2%
Thiamine.....	0.9 mg 80%
Riboflavin.....	0.8 mg 70%
Niacin.....	40 mg 250%
Vitamin B6.....	8.0 mg 520%
Iron.....	8 mg 45%
Zinc.....	16 mg 150%
Copper.....	0.3 mg 35%
Proprietary Blend.....	655 mg †
Sparish moss (Mikania zenoboides), bovine orotic cytoside™ extract, porcine brain PMS™ extract, bovine spleen, ovine spleen, defatted wheat (germ), bovine hypothalamus, bovine anterior pituitary, bovine liver, calcium lactate, para-aminobenzoic acid, porcine brain, bovine pituitary PMS™ extract, and ascorbic acid.	
†Daily Value not established.	

Other Ingredients: Gelatin, zinc rice chelate, iron rice chelate, niacinamide, water, pyridoxine hydrochloride, copper rice chelate, calcium stearate, thiamine hydrochloride, and riboflavin.

## OPC Synergy®

Supplement Facts	
Serving Size: 1 Capsule	Servings per Container: 40
Amount per Serving	%DV
Calories.....	1.5
Proprietary Blend.....	410 mg
Dried buckwheat (leaf and juice)†, green tea (leaf) powder†, carrot (root)†, grape seed extract (Masquelier's® Original OPC included)†, red wine extract†, green tea (leaves) extract†, and bilberry (fruit) extract†.	
†Daily Value (DV) not established.	

Other Ingredients: Gelatin, water, maltodextrin, and calcium stearate.

MASQUELIER'S® OPC is a registered trademark of International Nutrition Company BV, Loosdrecht, the Netherlands.

## Organically Bound Minerals

<b>Supplement Facts</b>		
Serving Size: 1 Tablet		
Servings per Container: 180		
Amount per Serving		%Daily Value
Iodine	200 mcg	130%
Zinc	1 mg	2%
Proprietary Blend	340 mg	†
Organic herb and organic dried alfalfa (seeds/parts) juice.		
†Daily Value not established.		
Other Ingredients: Organic honey and organic rice hulls extract.		

## Ostrophin PMG®

<b>Supplement Facts</b>		
Serving Size: 1 Tablet		
Servings per Container: 90		
Amount per Serving		%Daily Value
Calcium	30 mg	2%
Manganese	4 mg	174%
Proprietary Blend	250 mg	†
Vedl bone PMG™ extract, bovine bone, organic carrot (root), and organic sweet potato.		
†Daily Value not established.		
Other Ingredients: Calcium lactate, honey, manganese lactate, and calcium stearate.		

This product features our exclusive Protomorphogen™ extract.

## SP Complete®

<b>Supplement Facts</b>		
Serving Size: 2 rounded tablespoons (approx. 25 g) or 1 packet		
Servings per Container: 30 or 10 packets		
Amount per Serving		%DV
Calories	30	
Calories from Fat	1 g	2%
Total Fat	10 mg	4%
Cholesterol	5 g	2%
Total Carbohydrate	2 g	6%
Dietary Fiber	10 g	20%
Protein	200 mg	20%
Iron	0.5 mg	2%
Proprietary Blend	25 g	
Whey (milk protein powder), flax meal powder, rice protein powder, calcium citrate, magnesium citrate, backbone (leaf), Brussels sprouts (whole plant), kale (whole plant), choline bitartrate, inositol, alfalfa (whole plant) juice powder, sunflower lecithin powder, grape seed extract (includes Mosqueter's® OPC-50), carrot root powder, and red wine extract.		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		
†Daily Value not established.		

## Thymus PMG®

<b>Supplement Facts</b>		
Serving Size: 1 Tablet		Servings per Container: 90
Amount per Serving		%DV
Calories	1	
Calcium	18 mg	2%
Sodium	22 mg	<1%
Proprietary Blend	215 mg	
Bovine thymus PMG™ extract† and magnesium citrate.		
†Daily Value (DV) not established.		
Other Ingredients: Calcium lactate, cellulose, and calcium stearate.		

## Tuna Omega-3 Oil

### Supplement Facts

Serving Size: 2 Softgels  
Servings per Container: 60

Amount per Serving	%Daily Value
Calories	10
Total Fat	1 g 1%
Cholesterol	5 mg 2%
Tuna Oil	1,330 mg †
DHA	300 mg †
EPA	60 mg †

\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

Other Ingredients: Gelatin, glycerine, water, and D-alpha tocopherol (vitamin E soy).

## Tuna Omega-3 Chewable

### Supplement Facts

Serving Size: 2 Softgels  
Servings per Container: 60

Amount per Serving	%Daily Value
Calories	10
Total Fat	1 g 1%
Cholesterol	5 mg 2%
Vitamin D	2.5 mcg 13%
Vitamin E	3.3 mg 22%
Tuna Oil	1,090 mg †
DHA	240 mg †
EPA	50 mg †

\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Gelatin, glycerine, water, D-alpha tocopherol (vitamin E sunflower and soy), natural flavor, and cholecalciferol.

## MediHerb® Bone Complex

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 40

Amount per Serving	%DV
Calcium	43 mg 4%
Epimedium herb top 12:1 extract from <i>Epimedium sagittatum</i> herb top 2.4 g Containing icaritin 20 mg	200 mg †
Red Clover herb flowering top 5:1 extract from <i>Trifolium pratense</i> herb flowering top 500 mg Containing isoflavones 8 mg	100 mg †
Kudzu root 16:1 extract from <i>Pueraria lobata</i> root 700 mg Containing puerarin isoflavones calculated as daidzin, puerarin, daidzein 28 mg	70 mg †
Black Cohosh root 5:1 extract from <i>Actaea racemosa</i> root 80 mg	16 mg †

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate trihydrate, sodium starch glycolate, maltodextrin, hypromellose and magnesium stearate.

## MediHerb® Saligesic

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 40

Amount per Serving	%DV
Calcium	32 mg 2%
Willow stem bark 20:1 extract from <i>Salix purpurea</i> stem bark 8.0 g Containing salicin 60 mg	400 mg †

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, maltodextrin, sodium starch glycolate, magnesium stearate, hypromellose and silicon dioxide.

## MediHerb® Turmeric Forte

### Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 60

Amount per Serving	%DV
Fenugreek seed 5.5:1 extract from <i>Trigonella foenugreek-graecum</i> seed† 31.5 mg	133 mg †
Turmeric rhizome 55:1 extract from <i>Curcuma longa</i> rhizome 6.44g Containing curcuminoids †101.3 mg Containing curcumin 82.5 mg	117 mg †

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, magnesium stearate, silicon dioxide, hypromellose and dibasic calcium phosphate dihydrate.

# NOTES

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## CHANGING LIVES

with wholistic nutrition from  
practitioner to patient

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