

### **5-HTP**

- Mood support • Sleep aid • Appetite regulation

### **3.3'-Diindolylmethane**

- Hormone balance • Antioxidant • Detoxification

### **5-Methyl-7-Methoxy Isoflavone**

- Muscle support • Anti-inflammatory • Antioxidant

### **5-MTHF (5-Methyltetrahydrofolate)**

- Brain health • DNA synthesis • Heart health

### **6-Methyluracil**

- Recovery • Cell health • Energy

### **7-Methoxyflavone**

- Cardiovascular • Bone health • Anti-inflammatory

### **Acai**

- Antioxidant • Immunity • Heart health

### **Acerola Cherry**

- Vitamin C • Immunity • Skin health

### **Acesulfame Potassium**

- Sweetener • Low calorie • Tooth-friendly

### **Acetyl L-Carnitine HCL**

- Energy • Brain health • Metabolism

### **AHCC**

- Immunity • Liver health • Antioxidant

### **Adenine**

- DNA health • Energy • Cell support

### **Advanced Keto**

- Ketosis • Weight loss • Energy

### **African Mango**

- Weight loss • Appetite control • Metabolism

### **Agmatine Sulfate**

- Muscle pumps • Focus • Pain relief

### **Ajuga Turkestanica**

- Performance • Muscle growth • Adaptogen

### **Ajuga Turkesterone Extract**

- Performance • Muscle growth • Adaptogen

### **Alanyl Glutamine**

- Recovery • Hydration • Muscle support

### **Alfalfa**

- Detoxification • Digestion • Bone health

### **Aloe vera**

- Digestion • Skin health • Immunity

### **Alpha Lipoic Acid**

- Antioxidant • Energy • Blood sugar

### **Alpha-GPC**

- Memory • Focus • Cognitive support

### **Alpha-Hydroxy-Isocaproic Acid (HICA)**

- Muscle support • Recovery • Performance

### **Amaranth**

- Protein • Fiber • Antioxidant

### **American Ginseng**

- Adaptogen • Energy • Immunity

### **Amia Fruit**

- Antioxidant • Detox • Immunity

### **Amla**

- Vitamin C • Immunity • Hair health

### **Andrographis Paniculata**

- Immunity • Respiratory health • Liver support

### **Angelica**

- Digestion • Circulation • Relaxation

### **Angelica Root (Dong Quai)**

- Hormone balance • Blood health • Women's health

### **Antarctic Krill Oil**

- Omega-3 • Brain health • Heart health

### **Apple**

- Fiber • Antioxidant • Heart health

### **Apple Cider Vinegar**

- Digestion • Weight management • Blood sugar

### **Arctostaphylos Pungens (Uva Ursi)**

- Urinary health • Antioxidant • Inflammation

### **Artemisia**

- Digestion • Immunity • Inflammation

### **Artemisinin**

- Immunity • Antioxidant • Digestion

### **Artichoke**

- Digestion • Liver health • Antioxidant

### **Ascorbic Acid**

- Vitamin C • Immunity • Collagen

### **Ascorbic Acid (Ascorbyl Glucoside)**

- Vitamin C • Skin health • Antioxidant

### **Ashwagandha Extract**

- Adaptogen • Stress relief • Energy

### **Asian Ginseng**

- Energy • Adaptogen • Immunity

### **Asparagus**

- Antioxidant • Fiber • Folate

### **Astaxanthin**

- Antioxidant • Skin health • Eye health

### **Astragalus**

- Immunity • Adaptogen • Cardiovascular

### **Avocado Oil**

- Healthy fats • Skin health • Antioxidant

### **B-Nicotinamide Mononucleotide (NMN)**

- Energy • Cell health • Metabolism

### **Bacillus Coagulans**

- Probiotic • Digestion • Immunity

### **Bacillus Subtilis**

- Probiotic • Digestion • Immunity

### **Bacopa Monnieri**

- Memory • Focus • Stress relief

### **Baicalin**

- Antioxidant • Inflammation • Liver health

### **Bamboo Shoot Extract**

- Fiber • Antioxidant • Heart health

### **Bamboo Silica**

- Hair • Skin • Nails

### **Banaba**

- Blood sugar • Weight management • Antioxidant

### **Banana Extract**

- Energy • Digestion • Electrolytes

### **Barberry**

- Digestion • Immunity • Inflammation

### **Barberry PE**

- Antioxidant • Liver health • Inflammation

### **Barley Grass**

- Chlorophyll • Detox • Antioxidant

### **BCAA**

- Muscle support • Recovery • Endurance

### **BCAA 2:1:1**

- Muscle support • Recovery • Endurance

### **BCAA 4:1:1**

- Muscle support • Recovery • Endurance

### **Bee Pollen**

- Energy • Immunity • Antioxidant

### **Bee Propolis**

- Immunity • Antioxidant • Oral health

### **Beet Root (Beta Vulgaris)**

- Nitric oxide • Energy • Detox

### **Benfotiamine**

- Nerve health • Antioxidant • Metabolism

### **Berberine**

- Blood sugar • Heart health • Metabolism

### **Berberine HCL**

- Blood sugar • Heart health • Metabolism

### **Berberine Sulfate**

- Blood sugar • Heart health • Metabolism

### **Beta Alanine**

- Endurance • Performance • Muscle support

### **Beta Carotene**

- Antioxidant • Eye health • Immunity

### **Betaine**

- Heart health • Liver support • Digestion

### **Betaine Anhydrous**

- Heart health • Liver support • Digestion

### **BHB Calcium**

- Ketosis • Energy • Weight loss

### **BHB Complex**

- Ketosis • Energy • Weight loss

### **BHB Magnesium**

- Ketosis • Energy • Weight loss

### **BHB Potassium**

- Ketosis • Energy • Weight loss

### **BHB Sodium**

- Ketosis • Energy • Weight loss

### **Bilberry**

- Antioxidant • Eye health • Heart health

### **Bioflavonoids**

- Antioxidant • Immunity • Inflammation

### **Bioperine**

- Absorption • Metabolism • Antioxidant

### **Biotin**

- Hair • Skin • Nails

### **Bitter Melon**

- Blood sugar • Digestion • Weight management

### **Black Cohosh**

- Women's health • Hormone balance • Menopause

### **Black Cumin Seed Oil**

- Immunity • Antioxidant • Inflammation

### **Black Currant Oil**

- Skin health • Antioxidant • Immunity

### **Black Elderberry Extract**

- Immunity • Antioxidant • Respiratory health

### **Black Garlic Extract**

- Antioxidant • Heart health • Immunity

### **Black Ginger**

- Energy • Endurance • Metabolism

### **Black Ginseng**

- Energy • Adaptogen • Immunity

### **Black Pepper**

- Absorption • Antioxidant • Digestion

### **Black Sesame**

- Hair health • Antioxidant • Bone health

### **Black Walnut Hull**

- Antiparasitic • Digestion • Skin health

### **Blackberry**

- Antioxidant • Immunity • Brain health

### **Bladderwrack**

- Thyroid support • Weight management • Inflammation

### **Blue Vervain**

- Relaxation • Digestion • Liver health

### **Blueberry**

- Antioxidant • Brain health • Heart health

### **Boron**

- Bone health • Hormone balance • Cognitive support

### **Boswellia**

- Joint health • Inflammation • Digestion

### **Boswellia KBA**

- Joint health • Inflammation • Digestion

### **Broccoli**

- Antioxidant • Detox • Immunity

### **Bromelain**

- Digestion • Inflammation • Joint health

### **Bromelain 600 GDU**

- Digestion • Inflammation • Joint health

### **Burdock Root**

- Detox • Skin health • Digestion

### **Cactus**

- **Weight management** • **Hydration** • **Antioxidant**

### **Caffeine Anhydrous**

- Energy • Focus • Performance

### **Calcium**

- Bone health • Teeth health • Muscle function

### **Calcium Ascorbate**

- Antioxidant • Immunity • Bone health

### **Calcium Citrate**

- Bone health • Teeth health • Muscle function

### **Calcium D-Glucarate**

- Detox • Liver health • Hormone balance

### **Calcium HMB**

- Muscle support • Performance • Recovery

### **Calcium L-5-Methyltetrahydrofolate**

- Folate metabolism • Heart health • Pregnancy support

### **Calendula**

- Skin health • Antioxidant • Inflammation

### **Calendula FL 5:1**

- Skin health • Antioxidant • Inflammation

### **Calendula Flower**

- Skin health • Antioxidant • Inflammation

### **Capsicum**

- Metabolism • Digestion • Pain relief

### **Caralluma**

- Appetite control • Weight management • Energy

### **Caralluma Fimbriata**

- Appetite control • Weight management • Energy

### **Cardamom Seed Ground**

- Digestion • Antioxidant • Respiratory health

### **Cascara Sagra Bark**

- Digestion • Laxative • Detox

### **Catuaba**

- Libido • Nervous system • Stress relief

### **Cayenne Pepper (Capsicum Annuum)**

- Metabolism • Pain relief • Digestion

### **Celery Seed**

- Inflammation • Digestion • Joint health

### **Ceylon Cinnamon**

- Blood sugar • Antioxidant • Inflammation

### **Chamomile Flower (Chamolilla Recutita) 4.1 Extract**

- Relaxation • Digestion • Sleep support

### **Chia Seed**

- Omega-3 • Fiber • Antioxidant

### **Chicken Bone Broth Collagen (Type II)**

- Joint health • Skin health • Gut health

### **Chinese Bilberry**

- Antioxidant • Eye health • Heart health

### **Chinese Date**

- Energy • Immunity • Digestion

### **Chitin**

- Fiber • Weight management • Digestion

### **Chitosan**

- Weight management • Cholesterol • Detox

### **Chlorella**

- Detox • Immunity • Antioxidant

### **Chlorophyll**

- Detox • Blood health • Antioxidant

### **Choline (as Choline Citrate)**

- Cognitive function • Liver health • Cell health

### **Choline Bitartrate**

- Cognitive function • Liver health • Cell health

### **Chondroitin Sulfate**

- Joint health • Mobility • Inflammation

### **Chromium**

- Blood sugar • Metabolism • Weight management

### **Chrysanthemum**

- Antioxidant • Eye health • Immunity

### **Chrysin**

- Testosterone support • Antioxidant • Inflammation

### **Cinnamon Bark**

- Blood sugar • Antioxidant • Inflammation

### **Cinnamon Bark 4/1**

- Blood sugar • Antioxidant • Inflammation

### **Cinnamon Bark 6:1**

- Blood sugar • Antioxidant • Inflammation

### **Cinnamon Bark Volatile Oil**

- Blood sugar • Antioxidant • Inflammation

### **Cissus Quadrangularis**

- Joint health • Weight management • Inflammation

### **Citicoline**

- Cognitive function • Memory • Brain health

### **Citrulline**

- Nitric oxide • Performance • Recovery

### **Citrus Aurantium**

- Metabolism • Weight management • Energy

### **Citrus Bioflavonoids**

- Antioxidant • Immunity • Heart health

### **Citrus Lemon**

- Immunity • Detox • Digestion

### **CLA (Conjugated Linoleic Acid)**

- Weight management • Lean muscle • Metabolism

### **Cnidium Fruit**

- Libido • Antioxidant • Inflammation

### **Cnidium Monnieri Herb**

- Libido • Antioxidant • Inflammation

### **Coconut Oil**

- Energy • Brain health • Skin health

### **Coenzyme Q10 (CoQ10)**

- Energy • Heart health • Antioxidant

### **Coenzyme Q10 (Ubiquinol)**

- Energy • Heart health • Antioxidant

### **Coleus**

- Weight management • Inflammation • Heart health

### **Coleus Forskolin**

- Weight management • Inflammation • Heart health

### **Coleus Root**

- Weight management • Inflammation • Heart health

### **Collagen**

- Skin health • Joint health • Gut health

### **Collagen Peptide**

- Skin health • Joint health • Gut health

### **Copper**

- Antioxidant • Immunity • Bone health

### **Cordyceps**

- Energy • Immunity • Performance

### **Coriolus Versicolor**

- Immunity • Antioxidant • Digestion

### **Corn Silk**

- Urinary health • Detox • Inflammation

### **Corydalis**

- Pain relief • Relaxation • Inflammation

### **Cracked Chlorella**

- Detox • Immunity • Antioxidant

### **Cranberry**

- Urinary health • Antioxidant • Heart health

### **Creatine**

- Performance • Strength • Muscle growth

### **Cumin Seed**

- Digestion • Immunity • Antioxidant

### **Curcumin**

- Inflammation • Antioxidant • Brain health

### **Curry Leaves**

- Antioxidant • Blood sugar • Digestion

### **D-Aspartic Acid**

- Testosterone support • Performance • Fertility

### **D-Biotin**

- Hair health • Skin health • Nail health

### **D-Calcium Aspartate**

- Bone health • Muscle function • Nerve function

### **D-Calcium Pantothenate**

- Energy • Stress relief • Metabolism

### **D-Galactose**

- Energy • Brain health • Liver health

### **D-Glucosamine**

- Joint health • Cartilage support • Inflammation

### **D-Glucuronolactone**

- Detox • Energy • Cognitive function

### **D-Mannose**

- Urinary health • Digestive support • Immunity

### **D-Phenylalanine**

- Mood support • Pain relief • Cognitive function

### **D-ribose**

- Energy • Muscle recovery • Heart health

### **Dandelion Root**

- Detox • Liver health • Digestion

### **Deer Antler Velvet**

- Joint health • Muscle growth • Recovery

### **Dextrose**

- Energy • Performance • Recovery

### **DHA (Docosahexaenoic Acid)**

- Brain health • Vision support • Heart health

### **DHEA (Dehydroepiandrosterone)**

- Hormone balance • Energy • Mood support

### **Di-Creatine Malate**

- Performance • Muscle growth • Recovery

### **DIM (Diindolylmethane)**

- Hormone balance • Antioxidant • Immunity

### **Dimethylethanolamine (DMAE)**

- Cognitive function • Memory • Mood support

### **Dimethylglycine HCL**

- Energy • Immunity • Cognitive function

### **Divaricate Saposchnikovia**

- Immunity • Inflammation • Pain relief

### **DL-Alpha-Tocopheryl Acetate**

- Antioxidant • Skin health • Immunity

### **DL-Choline Bitartrate**

- Cognitive function • Liver health • Cell health

### **DL-Phenylalanine**

- Mood support • Pain relief • Cognitive function



### **DMAE (Dimethylaminoethanol) Bitartrate**

- Cognitive function • Memory • Mood support

### **Echinacea Purpurea Extract**

- Immunity • Antioxidant • Inflammation

### **EGCG (Epigallocatechin gallate)**

- Antioxidant • Weight management • Heart health

### **Eggshell Membrane Collagen (Type I, V & X)**

- Joint health • Skin health • Bone health

### **Elderberry**

- Immunity • Antioxidant • Inflammation

### **Eleuthero Root**

- Energy • Stress relief • Immunity

### **EPA (Eicosapentaenoic Acid)**

- Heart health • Inflammation • Brain health

### **Epimedium**

- Libido • Antioxidant • Inflammation

### **Erythritol**

- Natural sweetener • Low calorie • Dental health

### **European Bilberry**

- Vision support • Antioxidant • Blood sugar

### **Eurycoma Longifolia**

- Libido • Energy • Muscle growth

### **Eyebright**

- Eye health • Antioxidant • Inflammation

### **Fang Feng**

- Immunity • Inflammation • Pain relief

### **Fennel Seed**

- Digestion • Antioxidant • Respiratory support

### **Fenugreek**

- Blood sugar • Lactation support • Digestion

### **Fisetin**

- Antioxidant • Cognitive function • Inflammation

### **Fish Oil**

- Heart health • Brain health • Inflammation

### **Flaxseed**

- Omega-3 • Heart health • Digestion

### **Flaxseed Oil**

- Omega-3 • Heart health • Skin health

### **Fo-ti Root Powder**

- Longevity • Vitality • Hair health

### **Folate**

- DNA synthesis • Red blood cell production • Prenatal health

### **Folate (Vitamin B9)**

- DNA synthesis • Red blood cell production • Prenatal health

### **Folic Acid**

- DNA synthesis • Red blood cell production • Prenatal health

### **Forskolin**

- Weight management • Blood pressure • Respiratory support

### **Foti Root**

- Longevity • Vitality • Hair health

### **Fucoidan**

- Immunity • Antioxidant • Detox

### **Fursultiamine**

- Cognitive function • Energy • Nervous system

### **GABA**

- Relaxation • Stress relief • Sleep support

### **Gamma Aminobutyric Acid (GABA)**

- Relaxation • Stress relief • Sleep support

### **Gamma-linolenic acid (GLA)**

- Inflammation • Skin health • Hormone balance

### **Garcinia Cambogia**

- Weight management • Appetite control • Energy

### **Garcinia Cambogia Extract (HCA)**

- Weight management • Appetite control • Energy

### **Garlic**

- Immunity • Heart health • Antioxidant

### **Gelatinized Maca**

- Energy • Libido • Hormone balance

### **Genistein**

- Antioxidant • Bone health • Hormone balance

### **Gentian Root**

- Digestion • Liver health • Inflammation

### **Ginger**

- Digestion • Inflammation • Immunity

### **Ginkgo Biloba**

- Cognitive function • Circulation • Antioxidant

### **Ginseng**

- Energy • Immunity • Cognitive function

### **Glucosamine**

- Joint health • Cartilage support • Inflammation

### **Goji**

- Antioxidant • Immunity • Eye health

### **Gold Coin Grass Herb**

- Liver health • Detox • Kidney health

### **Golden Rod**

- Urinary health • Inflammation • Respiratory support

### **Gotu Kola**

- Cognitive function • Wound healing • Stress relief

### **Grains of Paradise**

- Metabolism • Digestion • Inflammation

### **Grape**

- Antioxidant • Heart health • Cognitive function

### **Grape Fruit Seed**

- Antioxidant • Immunity • Inflammation

### **Grape Seed Oil Extract**

- Antioxidant • Heart health • Skin health

### **Grape Skin**

- Antioxidant • Heart health • Anti-aging

### **Green Coffee Bean Extract**

- Weight management • Antioxidant • Blood sugar

### **Green Tea Extract**

- Antioxidant • Weight management • Heart health

### **Guarana Natural**

- Energy • Focus • Metabolism

### **Guggul Dry**

- Cholesterol support • Weight management • Detox

### **Guggulsterone**

- Cholesterol support • Weight management • Detox

### **Gymnema Sylvestre**

- Blood sugar • Weight management • Digestion

### **Gynostemma pentaphyllum**

- Longevity • Immunity • Stress relief

### **Hawthorn**

- Heart health • Blood pressure • Digestion

### **Heme Iron Polypeptide**

- Iron absorption • Energy • Red blood cell production

### **Henon Bamboo Shoot**

- Antioxidant • Digestion • Heart health

### **Hesperidin**

- Circulation • Inflammation • Immunity

### **Hibiscus Flower**

- Blood pressure • Antioxidant • Digestion

### **Holy Basil**

- Stress relief • Immunity • Blood sugar

### **Hordenine HCL**

- Energy • Focus • Metabolism

### **Horny Goat Weed**

- Libido • Circulation • Bone health

### **Horse Chestnut**

- Circulation • Vein health • Inflammation

### **Horsetail Extract**

- Hair health • Skin health • Bone health

### **Huperzia Serrata Extract (Aerial) (1% Huperzine A)**

- Cognitive function • Memory • Neuroprotection

### **Hyaluronic Acid**

- Skin hydration • Joint health • Eye health

### **Hydrolyzed Bovine Collagen Peptides (Type I & III)**

- Skin health • Joint health • Bone health

### **Hydrolyzed Fish Collagen Peptides (Type I)**

- Skin health • Joint health • Bone health

### **Hydroxy Isocaproic Acid**

- Muscle health • Recovery • Performance

### **Indole - 3 - Carbinol**

- Hormone balance • Antioxidant • Detox

### **Indovedic Picrorhiza RT**

- Liver health • Immunity • Digestion

### **Inositol (as Myo-inositol)**

- Mood support • Insulin sensitivity • PCOS support

### **Inositol hexanicotinate**

- Cholesterol support • Circulation • Nervous system

### **Instant L-Isoleucine**

- Muscle repair • Energy • Endurance

### **Instant Whey Protein Concentrate**

- Muscle growth • Recovery • Satiety

### **Inulin (Chicory Root Extract)**

- Prebiotic • Digestion • Blood sugar

### **Iodine (as Potassium Iodine)**

- Thyroid function • Metabolism • Immunity

### **Irish Sea Moss**

- Mineral rich • Immunity • Skin health

### **Iron**

- Red blood cell production • Energy • Oxygen transport

### **Joint Support Complex**

- Joint health • Inflammation • Mobility

### **Jujubes Seed**

- Sleep support • Stress relief • Digestion

### **Juniper Berry**

- Antioxidant • Digestion • Kidney health

### **Kale**

- Antioxidant • Detox • Heart health

### **Kava**

- Relaxation • Stress relief • Mood support

### **Kelp (0.1 to 0.5% iodine)**

- Thyroid function • Metabolism • Mineral rich

### **Keratin**

- Hair health • Skin health • Nail health

### **Krill Oil**

- Omega-3 • Heart health • Brain health

### **L-5-Methyltetrahydrofolate Calcium**

- DNA synthesis • Red blood cell production • Prenatal health

### **L-Alanine**

- Energy • Muscle health • Immunity

### **L-Alanyl-L-Glutamine**

- Muscle recovery • Hydration • Endurance

### **L-Alpha Glyceryl Phosphoryl Choline**

- Cognitive function • Memory • Neuroprotection

### **L-Arginine (as L-Arginine HCl)**

- Nitric oxide • Circulation • Immunity

### **L-Arginine Alpha Ketogluterate**

- Nitric oxide • Circulation • Muscle growth

### **L-Arginine HCL**

- Nitric oxide • Circulation • Immunity

### **L-Aspartic Acid**

- Cognitive function • Energy • Testosterone support

### **L-carnitine**

- Energy • Fat metabolism • Brain health

### **L-Carnitine Fumarate**

- Energy • Fat metabolism • Heart health

### **L-Carnitine L-Tartrate**

- Energy • Fat metabolism • Muscle recovery

### **L-Carnitine Orotate**

- Energy • Fat metabolism • Cognitive function

### **L-Carnosine**

- Antioxidant • Anti-aging • Muscle health

### **L-Citrulline**

- Nitric oxide • Circulation • Endurance

### **L-Cysteine**

- Detox • Antioxidant • Skin health

### **L-Cysteine HCL Monohydrate**

- Detox • Antioxidant • Skin health

### **L-Cysteine Hydrochloride Anhydrous**

- Detox • Antioxidant • Skin health

### **L-Cystine**

- Hair health • Skin health • Detox

### **L-Glutathione**

- Antioxidant • Detox • Immunity

### **L-Glutathione Reduced**

- Antioxidant • Detox • Immunity

### **L-Histidine**

- Histamine metabolism • Tissue repair • Immunity

### **L-Histidine HCL**

- Histamine metabolism • Tissue repair • Immunity

### **L-Isoleucine**

- Muscle repair • Energy • Endurance

### **L-Leucine**

- Muscle growth • Energy • Recovery

### **L-Lysine**

- Immunity • Collagen synthesis • Calcium absorption

### **L-Methionine**

- Detox • Antioxidant • Metabolism

### **L-Norvaline**

- Nitric oxide • Circulation • Endurance

### **L-Ornithine**

- Detox • Endurance • Immunity

### **L-Phenylalanine**

- Mood support • Focus • Pain relief

### **L-Proline**

- Collagen synthesis • Skin health • Joint health

### **L-Selenomethionine**

- Thyroid function • Antioxidant • Immunity

### **L-Serine**

- Cognitive function • Mood support • Protein synthesis

### **L-Theanine**

- Relaxation • Focus • Stress relief

### **L-Threonine**

- Protein synthesis • Immunity • Gut health

### **L-Tryptophan**

- Sleep support • Mood support • Appetite control

### **L-Tyrosine**

- Cognitive function • Stress support • Mood support

### **L-Valine**

- Muscle repair • Energy • Endurance

### **Lactoferrin**

- Immunity • Iron metabolism • Antimicrobial

### **Lavender Flower Extract**

- Relaxation • Sleep support • Stress relief

### **Lemon Balm Leaf Extract**

- Relaxation • Stress relief • Cognitive function

### **Lemon Extract**

- Antioxidant • Immunity • Skin health

### **Lemon Grass**

- Digestion • Inflammation • Antioxidant

### **Licorice Root**

- Digestion • Stress relief • Immunity

### **Lion's Mane**

- Cognitive function • Nerve health • Immunity

### **Lutein**

- Eye health • Antioxidant • Skin health

### **Lycopene**

- Antioxidant • Heart health • Prostate health

### **Maca**

- Energy • Libido • Hormone balance

### **Maca Root**

- Energy • Libido • Hormone balance

### **Magnesium**

- Relaxation • Bone health • Heart health

### **Magnesium Aspartate**

- Relaxation • Bone health • Energy

### **Magnesium Citrate**

- Relaxation • Bone health • Digestion

### **Magnesium Glycinate**

- Relaxation • Bioavailability • Bone health

### **Magnesium L-Threonate**

- Cognitive function • Relaxation • Bone health

### **Magnesium Oxide**

- Constipation relief • Bone health • Relaxation

### **Magnolia Bark**

- Stress relief • Sleep support • Antioxidant

### **Maitake Mushroom**

- Immunity • Blood sugar • Antioxidant

### **Maltodextrin**

- Energy • Glycogen replenishment • Weight gain

### **Manganese**

- Bone health • Antioxidant • Metabolism

### **Mangosteen**

- Antioxidant • Immunity • Inflammation

### **Marigold Flower**

- Eye health • Skin health • Antioxidant

### **Marshmallow Root**

- Digestion • Respiratory health • Skin health

### **Matcha Green Tea**

- Energy • Antioxidant • Metabolism

### **MCT**

- Energy • Ketone production • Weight management

### **Mecobalamin**

- Energy • Nerve health • Cognitive function

### **Melatonin**

- Sleep support • Antioxidant • Jet lag relief

### **Melissa Officinalis (Lemon Balm)**

- Relaxation • Stress relief • Cognitive function

### **Methyl Sulfonyl Methane (MSM)**

- Joint health • Inflammation • Skin health

### **Milk Thistle**

- Liver health • Detox • Antioxidant

### **Milk Thistle Seed**

- Liver health • Detox • Antioxidant

### **Molybdenum**

- Detox • Enzyme function • Metabolism

### **Monk**

- Natural sweetener • Low calorie • Blood sugar control

### **Moringa**

- Antioxidant • Nutrient-dense • Anti-inflammatory

### **Motherwort**

- Heart health • Stress relief • Menstrual support

### **MSM (Methylsulfonylmethane)**

- Joint health • Inflammation • Skin health

### **Mucuna Pruriens**

- Mood support • Libido • Cognitive function

### **Mulberry**

- Blood sugar control • Antioxidant • Heart health

### **Mullein Leaf Extract (Verbascum Thapsus)**

- Respiratory health • Anti-inflammatory • Sleep support

### **Multi-Function Supplements**

- Convenience • Health support • Nutrient-dense

### **Multifloral Manuka Honey**

- Immunity • Antimicrobial • Wound healing

### **Multivitamins**

- General health • Nutrient support • Convenience

### **Myrrh Gum**

- Oral health • Antioxidant • Skin health

### **N-acetyl cysteine (NAC)**

- Antioxidant • Detox • Respiratory health

### **N-Acetyl L-Carnitine HCL**

- Energy • Cognitive function • Fat metabolism

### **N-Acetyl L-Methionine**

- Detox • Liver health • Metabolism

### **N-Acetyl-L-Cysteine**

- Antioxidant • Detox • Respiratory health

### **N-Acetyl-L-Glutamine**

- Muscle recovery • Gut health • Immunity

### **N-Acetyl-L-Tyrosine**

- Cognitive function • Stress support • Mood support

### **N-Caffeoyldopamine**

- Fat metabolism • Antioxidant • Mood support

### **NADH (Nicotinamide adenine dinucleotide)**

- Energy • Cognitive function • Antioxidant

### **Naringenin**

- Antioxidant • Anti-inflammatory • Metabolism

### **Naringin**

- Antioxidant • Anti-inflammatory • Metabolism

### **Nattokinase**

- Blood clot prevention • Circulation support • Heart health

### **Nettle Extract**

- Allergy relief • Inflammation • Prostate health

### **Nettle Root Extract**

- Prostate health • Inflammation • Allergy relief

### **Niacin (Vitamin B3)**

- Energy • Heart health • Cognitive function

### **Niacinamide B3**

- Skin health • Energy • Cognitive function

### **Nicotinamide**

- Cellular repair • Anti-aging • Energy

### **Noni**

- Immunity • Antioxidant • Anti-inflammatory

### **Oat Grass**

- Nutrient-dense • Digestive health • Antioxidant

### **Oat Seed**

- Heart health • Blood sugar control • Digestive health

### **Oat Straw**

- Cognitive function • Relaxation • Nutrient-dense

### **Odorless Garlic**

- Heart health • Immunity • Antioxidant

### **Olive**

- Heart health • Antioxidant • Anti-inflammatory



### **Olive leaf**

- Immunity • Antioxidant • Heart health

### **Omega 3 6 9**

- Heart health • Brain health • Inflammation

### **Omega 3 Fish Oil**

- Heart health • Brain health • Inflammation

### **Oregano**

- Antioxidant • Immunity • Digestive health

### **Organic Agaricus Blazei (Agaricus Blasei) (fruiting body)**

- Immunity • Antioxidant • Anti-inflammatory

### **Organic Beet Root Juice Powder**

- Nitric oxide production • Heart health • Detoxification

### **Organic Black Fungus (Auricularia Polytricha) (fruiting body)**

- Immunity • Antioxidant • Heart health

### **Organic Black Maca**

- Energy • Libido • Hormone balance

### **Organic Ceylon Cinnamon (Cinnamomum Verum) (bark)**

- Blood sugar control • Antioxidant • Anti-inflammatory

### **Organic Chaga (Inonotus Obliquus) (fruiting body)**

- Immunity • Antioxidant • Anti-inflammatory

### **Organic Coconut Oil**

- Energy • Weight management • Skin health

### **Organic Cordyceps (Cordyceps Militaris) (fruiting body)**

- Energy • Immunity • Athletic performance

### **Organic Evening Primrose Seed Oil**

- Skin health • Hormone balance • Inflammation

### **Organic Flaxseed Oil**

- Heart health • Inflammation • Skin health

### **Organic Maitake (Grifola Frondosa) (fruiting body)**

- Immunity • Blood sugar control • Antioxidant

### **Organic Oyster Mushroom (Pleurotus Ostreatus)**

- Immunity • Antioxidant • Heart health

### **Organic Pomegranate Juice Powder**

- Antioxidant • Heart health • Anti-inflammatory

### **Organic Reishi (Ganoderma Lucidum) (fruiting body)**

- Immunity • Stress relief • Antioxidant

### **Organic Shiitake (Lentinula Edodes) (fruiting body)**

- Immunity • Heart health • Antioxidant

### **Organic Turkey Tail (Coriolus Versicolor) (fruiting body)**

- Immunity • Antioxidant • Digestive health

### **Orotic Acid Monohydrate**

- Energy production • Performance • Recovery

### **Orris Root**

- Aromatherapy • Skin health • Digestive support

### **PABA (Para-Aminobenzoic Acid)**

- Skin health • Hair health • Antioxidant

### **Panax Ginseng**

- Energy • Cognitive function • Immunity

### **Pantothenic Acid (as Calcium Pantothenate)**

- Energy • Hormone synthesis • Stress relief

### **Pantothenic acid (Vitamin B5)**

- Energy production • Hormone synthesis • Stress relief

### **Papain (Papaya Enzyme)**

- Digestion support • Inflammation • Wound healing

### **Papaya**

- Digestion support • Immunity • Antioxidant

### **Papaya Seed**

- Digestion support • Anti-parasitic • Liver health

### **Parsley**

- Diuretic • Detoxification • Antioxidant

### **Passion Flower Extract**

- Anxiety relief • Sleep support • Stress relief

### **Pea Protein**

- Plant-based protein • Muscle building • Allergen-friendly

### **Pelargonium Sidoides**

- Respiratory health • Immunity • Antiviral

### **Peppermint**

- Digestion support • Respiratory health • Headache relief

### **Perilla**

- Allergy relief • Anti-inflammatory • Asthma relief

### **Phellodendron Bark**

- Anti-inflammatory • Stress relief • Pain relief

### **Phosphatidyl Choline**

- Brain health • Liver health • Cell membrane support

### **Phosphatidyl Serine**

- Cognitive function • Stress relief • Memory support

### **Phyllanthus Urinaria**

- Liver health • Kidney health • Antiviral

### **Phytoceramides**

- Skin health • Hydration • Anti-aging

### **Phytosterol**

- Cholesterol support • Heart health • Immunity

### **Pine Bark**

- Antioxidant • Anti-inflammatory • Heart health

### **Piperine (Black Pepper)**

- Bioavailability enhancer • Digestion support • Antioxidant

### **Plant Sterol Esters**

- Cholesterol support • Heart health • Immune health

### **Plum**

- Antioxidant • Digestion support • Bone health

### **Policosanol**

- Cholesterol support • Heart health • Antioxidant

### **Polyphenol**

- Antioxidant • Anti-inflammatory • Heart health

### **Polysorbate 60**

- Emulsifier • Stabilizer • Food additive

### **Pomegranate**

- Antioxidant • Heart health • Anti-inflammatory

### **Pomegranate Seed**

- Antioxidant • Skin health • Anti-inflammatory

### **Potassium**

- Electrolyte balance • Heart health • Muscle function

### **Potassium Iodide**

- Thyroid support • Radiation protection • Iodine source

### **Pregnenolone**

- Hormone balance • Cognitive function • Stress relief

### **Probiotics**

- Gut health • Immunity • Digestion support

### **Psyllium**

- Fiber source • Digestion support • Heart health

### **Psyllium Husk**

- Fiber source • Digestion support • Cholesterol support

### **Pterostilbene**

- Antioxidant • Anti-inflammatory • Cognitive support

### **Puerariae lobata (Kudzu)**

- Alcohol cravings • Cardiovascular health • Menopause relief

### **Pumpkin Seed Extract**

- Prostate health • Heart health • Antioxidant

### **Pure Raspberry Ketone**

- Weight management • Metabolism support • Antioxidant

### **Pycnogenol (Pine bark)**

- Antioxidant • Anti-inflammatory • Heart health

### **Pygeum Bark**

- Prostate health • Anti-inflammatory • Urinary health

### **Pyridoxal-5-Phosphate Monohydrate**

- Active form of Vitamin B6 • Metabolism support • Hormone balance

### **Pyridoxine Hydrochloride (Vitamin B6)**

- Metabolism support • Immunity • Brain health

### **Pyrroloquinoline Quinone (PQQ) Disodium Salt**

- Antioxidant • Mitochondrial support • Cognitive function

### **Quercetin**

- Antioxidant • Anti-inflammatory • Allergy relief

### **Quinoa**

- Plant-based protein • Gluten-free • Rich in minerals

### **R-Alpha Lipoic Acid**

- Antioxidant • Blood sugar support • Cognitive function

### **Radix Notoginseng**

- Cardiovascular health • Anti-inflammatory • Pain relief

### **Radix Rehmanni**

- Blood tonification • Hormone balance • Kidney health

### **Raspberry**

- Antioxidant • Anti-inflammatory • Heart health

### **Red Beet Root**

- Detoxification • Blood pressure support • Energy boost

### **Red Clover**

- Menopause relief • Hormone balance • Skin health

### **Red Ginseng**

- Energy boost • Immunity • Cognitive function

### **Red Wine**

- Antioxidant • Heart health • Anti-aging (in moderation)

### **Red Yeast Rice**

- Cholesterol support • Heart health • Blood pressure support

### **Reishi Mushroom**

- Immunity • Stress relief • Liver health

### **Resveratrol**

- Antioxidant • Anti-inflammatory • Heart health

### **Rhodiola Rosea**

- Stress relief • Energy boost • Cognitive function

### **Rhubarb**

- Digestion support • Antioxidant • Anti-inflammatory

### **Riboflavin (Vitamin B2)**

- Energy production • Antioxidant • Eye health

### **Riboflavin Sodium Phosphate**

- Energy production • Antioxidant • Eye health

### **Rose Hip**

- Antioxidant • Immunity • Skin health

### **Rose Petal**

- Antioxidant • Mood support • Skin health

### **Rosemary**

- Antioxidant • Memory support • Anti-inflammatory

### **Royal Jelly**

- Immunity • Energy boost • Skin health

### **Rutin**

- Antioxidant • Blood vessel support • Anti-inflammatory

### **S-Adenosyl-L-methionine Disulfate Tosylate**

- Joint health • Liver health • Mood support

### **Safflower Seed**

- Heart health • Skin health • Immunity

### **Saffron Extract**

- Mood support • Appetite control • Antioxidant

### **Sage**

- Cognitive function • Antioxidant • Anti-inflammatory

### **Salicornia**

- Antioxidant • Skin health • Immunity

### **Salvia**

- Anti-inflammatory • Antioxidant • Cognitive function

### **Salvia Miltiorrhiza Root**

- Cardiovascular health • Liver health • Antioxidant

### **SAME (S-adenosylmethionine)**

- Joint health • Liver health • Mood support

### **Sarsaparilla Root**

- Detoxification • Hormone balance • Skin health

### **Satawari**

- Hormone balance • Reproductive health • Digestive support

### **Saw Palmetto**

- Prostate health • Hair loss prevention • Hormone balance

### **Schisandra**

- Stress relief • Liver health • Cognitive function

### **Schizandrol-A**

- Cognitive function • Stress relief • Liver health

### **Sea Buckthorn**

- Skin health • Immunity • Antioxidant

### **Selenium (as Sodium Selenite)**

- Antioxidant • Thyroid health • Immunity

### **Senna**

- Laxative • Digestion support • Detoxification

### **Sesame Seed**

- Heart health • Bone health • Antioxidant

### **Shatavari**

- Female reproductive health • Hormone balance • Stress relief

### **Shell-Broken Pine Pollen**

- Hormone balance • Energy boost • Antioxidant

### **Shiitake Mushroom**

- Immunity • Heart health • Antioxidant

### **Siberian Ginseng**

- Energy boost • Stress relief • Immunity

### **Silicon**

- Bone health • Connective tissue support • Skin health

### **Slippery Elm Bark**

- Digestive support • Respiratory health • Skin health

### **Smoketree**

- Antioxidant • Anti-inflammatory • Immunity

### **Sodium Ascorbate**

- Vitamin C supplement • Immunity • Antioxidant

### **Sodium Copper Chlorophyllin**

- Detoxification • Antioxidant • Deodorizing properties

### **Sodium D-Aspartate**

- Testosterone support • Cognitive function • Hormone balance

### **Sodium Hyaluronate**

- Joint health • Skin hydration • Eye health

### **Sophora Japonica**

- Antioxidant • Blood vessel support • Anti-inflammatory

### **Sorbitol**

- Sugar substitute • Laxative • Moisture retention in foods

### **Soy Germ**

- Plant-based protein • Antioxidant • Heart health

### **Soybean Isoflavone**

- Hormone balance • Menopause relief • Bone health

### **Spinach**

- Antioxidant • Eye health • Bone health

### **Spirulina**

- Detoxification • Antioxidant • Immunity

### **St. John's Wort**

- Mood support • Anti-inflammatory • Wound healing

### **Stevia**

- Natural sweetener • Calorie-free • Blood sugar support

### **Stevia Rebaudioside A**

- Natural sweetener • Calorie-free • Blood sugar support

### **Steviol Glycoside**

- Natural sweetener • Calorie-free • Blood sugar support

### **Stinging Nettle Root**

- Prostate health • Joint support • Anti-inflammatory

### **Strawberry**

- Antioxidant • Heart health • Blood sugar support

### **Sucralose**

- Artificial sweetener • Calorie-free • Sugar substitute

### **Sulbutiamine**

- Energy boost • Cognitive function • Mood support

### **Sunflower Lecithin**

- Brain health • Liver support • Antioxidant

### **Sunflower Seed Protein**

- Plant-based protein • Heart health • Antioxidant

### **Sweet Wormwood**

- Antiparasitic • Anti-inflammatory • Antioxidant

### **Synephrine HCL**

- Weight loss support • Energy boost • Appetite suppression

### **Taiwanese Chlorella**

- Detoxification • Immunity • Antioxidant

### **Tamarind Indica**

- Digestive support • Heart health • Antioxidant

### **Tart Cherry**

- Antioxidant • Sleep support • Anti-inflammatory

### **Taurine**

- Heart health • Electrolyte balance • Cognitive function

### **Tauroursodeoxycholic Acid**

- Liver health • Neuroprotection • Anti-inflammatory

### **Thiamin (Vitamin B1)**

- Energy production • Nervous system health • Heart health

### **Thiamine (Vitamin B1)**

- Energy production • Nervous system health • Heart health

### **Thiamine Disulfide**

- Energy production • Nervous system health • Heart health

### **Thiamine Hydrochloride B1**

- Energy production • Nervous system health • Heart health

### **Thiamine Mononitrate**

- Energy production • Nervous system health • Heart health

### **Thymoquinone**

- Antioxidant • Anti-inflammatory • Anticancer properties

### **Tomato**

- Antioxidant • Heart health • Skin health

### **Tongkat Ali Root**

- Testosterone support • Energy boost • Libido enhancement

### **Tribulus Terrestris**

- Testosterone support • Libido enhancement • Athletic performance

### **Triphala**

- Digestive support • Detoxification • Antioxidant

### **Turkey Tail Mushroom**

- Immunity • Antioxidant • Gut health

### **Turmeric Extract**

- Anti-inflammatory • Antioxidant • Joint health

### **Undaria Pinnatifida**

- Thyroid health • Antioxidant • Immunity

### **Ursolic Acid**

- Muscle growth support • Anti-inflammatory • Antioxidant

### **Uva Ursi**

- Urinary tract health • Anti-inflammatory • Antimicrobial

### **Valerian Root Extract**

- Sleep support • Anxiety relief • Stress relief

### **Vanadyl Sulfate**

- Blood sugar support • Athletic performance • Antioxidant

### **Vine Tea**

- Antioxidant • Anti-inflammatory • Blood sugar support

### **Vinpocetine**

- Cognitive function • Memory support • Brain health

### **Vitamin A**

- Vision health • Immunity • Skin health

### **Vitamin B12**

- Energy production • Nervous system health • Red blood cell formation

### **Vitamin B3**

- Energy production • Heart health • Skin health

### **Vitamin B6**

- Energy production • Nervous system health • Hormone regulation

### **Vitamin B9**

- Red blood cell formation • Nervous system health • Prenatal health

### **Vitamin C**

- Immunity • Antioxidant • Skin health

### **Vitamin D**

- Bone health • Immunity • Mood support

### **Vitamin D3**

- Bone health • Immunity • Mood support

### **Vitamin E**

- Antioxidant • Skin health • Heart health

### **Vitamin K**

- Bone health • Blood clotting • Heart health

### **Vitamin K2**

- Bone health • Heart health • Calcium regulation

### **Vitamin K2 (as MK7 Menaquinone)**

- Bone health • Heart health • Calcium regulation

### **Vitex Agnus-Castus (Chasteberry Extract)**

- Hormone balance • Menstrual health • Fertility support

### **Walnut**

- Heart health • Antioxidant • Brain health

### **Watercress**

- Antioxidant • Immunity • Detoxification

### **Weight Support**

- Weight management • Appetite control • Metabolism support

### **Wheat Grass**

- Detoxification • Antioxidant • Immunity

### **Whey Protein**

- Muscle growth • Recovery • Hunger control

### **White Kidney Bean**

- Carb blocking • Weight management • Blood sugar support

### **White Peony**

- Anti-inflammatory • Immunity • Antioxidant

### **White Tea**

- Antioxidant • Weight management • Heart health

### **White Willow Bark**

- Pain relief • Anti-inflammatory • Fever reducer

### **Wild Yam**

- Hormone balance • Menopause relief • Anti-inflammatory

### **Wolfberry**

- Antioxidant • Immunity • Eye health

### **Wormwood**

- Digestive support • Antiparasitic • Antioxidant

### **Xanthan Gum**

- Thickening agent • Stabilizer • Gluten-free baking

### **Xylitol**

- Sugar substitute • Dental health • Low-calorie sweetener

### **Yerba Mate**

- Energy boost • Mental focus • Weight management

### **Yohimbine**

- Weight loss support • Libido enhancement • Energy boost

### **Zeaxanthin**

- Eye health • Antioxidant • Vision protection

### **Zinc**

- Immunity • Wound healing • Hormone balance

### **Zinc Citrate**

- Immunity • Wound healing • Hormone balance

### **Zinc Picolinate**

- Immunity • Wound healing • Hormone balance

### **Ziziphus Jujube**

- Sleep support • Stress relief • Digestive health

### **ZMA (Zinc, Magnesium, Vitamin B6)**

- Sleep support • Muscle recovery • Hormone balance