

Human & Pet Products Catalogue

OMEGA ALPHA®

Effective Supplements Through Science

Trusted Since 1992



See the Omega Alpha® Difference



**Omega Alpha® Guarantee • NON-GMO • Laboratory Tested
• Proudly Canadian • GMP • OASIS Product Training**

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v03/23



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All About Omega Alpha®

We Strive for Scientific Quality & Efficacy

Manufacturing Practices

Product Formulation

All Omega Alpha® products are created by our scientific team, headed by CEO, Dr. Gordon Chang, PhD., and consists of medical and naturopathic doctors, certified nutritionists, veterinarians and research scientists. Formulations are created in our 40,000 square foot facility located in Toronto, Ontario, Canada. Our cutting-edge plant houses our testing and QA laboratories, our formulation clean rooms, manufacturing factory, and also our entire sales and administration workforce. Omega Alpha® uses only the highest quality ingredients to manufacture the most efficacious yet price-friendly nutraceuticals.

Per regulations governed by a division of Health Canada, (the NNHPD or Natural & Non-prescription Health Products Directorate), we submit all information relating to the manufacture and sale of our products to the NNHPD for their evaluation and review to obtain approval for sale and an NPN (Natural Product Number), similar to the DIN (Drug Identification Number) required by pharmaceutical drugs.

Health Canada continually evaluates all natural products manufactured and sold in Canada and Omega Alpha has fully complied with requirements to ensure the safety and efficacy of all product formulations.

Best Quality Ingredients

Omega Alpha® uses only ingredients where scientific research has proven the ingredient to be reliable and effective for its stated purpose. Dosages are per available through scientific research and through the Natural and Non-Prescription Health Products Directorate (NNHPD)/Health Canada recommendations for dosage.

We source ingredients worldwide, and whether an herb comes from Asia, the United Kingdom, Europe, Canada or the USA, all our raw herbal ingredients are received in whole (not powdered) dried form so that we can visually verify the herb. We source from a variety of suppliers where we have established long-standing business relationships providing us with raw ingredients that are free of contaminants. As all our products are made from natural ingredients there may be batch differences in colour and taste. All capsule products are veggie cap™ (hypromellose, sourced from rice). Our liquid products contain a proprietary buffered benzoic acid with the exception of our mushroom extracts. Benzoic acid is used to inhibit bacterial and fungal growth in food and medical products. Benzoic acid is naturally occurring in fruits (e.g. blueberries), and has been extensively tested for safety and efficacy. Omega Alpha® Pharmaceuticals has designed and patented a new process of buffering the quantity of benzoic acid in its liquid products so that it is always present to protect the product from bacteria and fungus that can lead to product spoilage.

Product Testing

In our own on-site laboratories, we test all ingredients and formulations before, during and after manufacturing and batch testing to ensure that there are no heavy metals, contaminants or other toxins. We also utilize third party laboratories to verify the efficacy, safety, consistency and purity of our products.

Product Labeling

Omega Alpha® endeavours to put as much helpful information as possible on our labels and in our marketing materials for the benefit of our consumers, and to comply with current legislation. Due to space limitations on the label, more product information may be available at our web site at www.OmegaAlpha.com on each product.

Packaging Materials

Omega Alpha® sources best quality packaging materials with the environment in mind. Our plastic bottles are 100% recyclable in most communities as we use only PETE #1 and HDPE (high density polyethylene) bottles. The durability of our HDPE packaging materials are tested for normal use and storage, as well as microbial permeability. We use glass where feasible and caps/lids are recycled/recyclable materials. We recommend consumers reuse and recycle materials where possible as together, we can all succeed in reducing waste and our “carbon footprint” and preserve our natural resources.

All products are manufactured on-site and our bottles are sealed both inside the cap and with a tamper evident seal for security, and to ensure the freshness of our finished products upon delivery and use.

Product labels and marketing materials are created using vegetable-based inks, recycled or recyclable paper, and other material resources whenever possible.



Polyethylene terephthalate
Polyester fibres, soft drink bottles, tote bags, furniture, carpet, paneling and (occasionally) new containers



High-density polyethylene
Bottles, grocery bags, milk jugs, recycling bins, base cups, playground equipments

Omega Alpha® Guarantee • Effective Supplements Through Science
• Trusted Since 1992 ✓ Laboratory Tested ✓ GMP

The Omega Alpha® Advantage

Product Formulation

Omega Alpha® manufactures supplements based on proven scientific research and testing. Currently we manufacture over 200 natural health products through five divisions: Consumer Human Health & Pet Health products (all included in this catalogue), Equine Health Products and Professional Health Products through our Alpha Science Laboratories™ (human health) and AlphaVet Science™ (animal health) brands.

We also manufacture hundreds of health products for clients through our custom manufacturing division. All products have been clinically evaluated by herbalists, pharmacists, veterinarians, medical doctors, and naturopathic doctors via product and patient testing where/when appropriate.

Our Mission

- To help improve the health of consumers by providing safe, effective and all natural remedies of the highest purity and quality.
- To advance natural health research and manufacturing standards beyond the minimum of (GMP) pharmaceutical and scientific guidelines.
- To conduct all business affairs, whether that is with consumers, retailers, suppliers, or our competitors, with the utmost of ethical standards.

Disclaimer

Omega Alpha® Pharmaceuticals has designed this company profile to provide information in regards to the subject matter covered. It is distributed with the understanding that Omega Alpha® Pharmaceuticals is not liable for the misconception or misuse of information provided. The purpose of this profile is to educate and Omega Alpha® Pharmaceuticals shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained in this profile. The herbal and health information provided in this profile is intended as historical and traditional information only. The historical uses are not intended to diagnose, treat, cure, or prevent any diseases. Nothing listed within this profile should be considered as medical advice for dealing with a given health problem. The information presented herein is in no way intended as a substitute for medical counseling.

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Omega Alpha® Guarantee. Trusted Since 1992. Effective Supplements Through Science



DAIRY FREE



GLUTEN &
WHEAT FREE



EGG FREE



SOY FREE



NO SUGAR
ADDED



VEGAN



VEGETARIAN

✓NON-GMO ✓Laboratory Tested ✓GMP



Omega Alpha's Education Division OASIS – Your Wellspring of Natural Health Knowledge

Did you know Omega Alpha® provides 30-minute product training sessions on all of our products via ZOOM classrooms FREE OF CHARGE to all retailers and their staff?

Our Education Division OASIS

Our education division is called OASIS, an acronym for Omega Alpha® Scientific Institute of Supplements, and was created in 2008 to educate retailers and consumers about our products and how to use them properly. OASIS provides:

- product training free of charge to retail staff and management
- continuing education for natural health professionals
- education for the health-minded consumer
- supplement protocol classes for natural health products consumed by people, pets and horses (separate product lines)

Education is conducted via webinars by our specially trained education consultants, a national group of professionals with various health designations: ND, RNCP, MD, Ph.D., and other licensed professionals for each province. Seminars include themed health lectures on the facts, science and practices of alternative health and are excellent educational support for natural health store staff and their customers who would like to attend health seminars but are homebound.

OASIS supports the educational needs of its five (5) primary divisions: professional practitioner supplements for people or pets, retail consumer line for human and pet health and our equine health supplement division.

AVAILABLE SOON!! ACCREDITATION FOR EDUCATION BY OUR PROFESSIONALS.

Omega Alpha® is firmly committed to helping you and your employees learn more about our products in various ways. You can still take advantage of our FREE WEB CLASSROOMS held every Thursday of most months.

We offer our product training at 9:00 am ET for Human Health themed webinars, 3:00 pm ET for Pet and 7:00 pm ET for Equine. **Each participant will receive a free featured product monthly.**

Registration is EASY! Call our head office toll-free at 1-800-651-3172 (416-297-6900 if local to Toronto) and ask for our OASIS Education Director, Joanne Carr (or email at jcarr@OmegaAlpha.ca) to reserve your space or to get the classroom web address and registration codes.

NEW! FREE WEBINARS FOR YOUR CUSTOMERS!

Take advantage of our WEB CLASSROOMS held the first Tuesday of most months. We offer Human health themed classrooms at 9:00 am ET, Pet classrooms at 3:00 pm ET and Equine classrooms at 7:00 pm ET.

Registration is EASY! Follow us on our social media for each webinar registration to reserve your space or to get the classroom web address and registration link.

All webinars run for 30 minutes with a Q&A session afterwards.

ASK TO BE ADDED TO OUR LIST OF PEOPLE INTERESTED IN HEALTH EDUCATION ACCREDITATION CONDUCTED BY OUR PROFESSIONALS

OASIS offers a variety of support material for each of Omega Alpha's five divisions. This includes: individual product flyer sheets, catalogues, OASIS health-themed flyers (education training) and health-themed booklets (which you can find down below).



**OAB001 -
Mushroom Booklet**



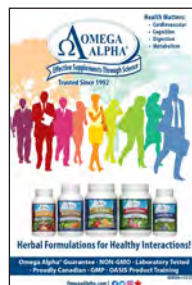
**OAB002 -
Detox Booklet**



**OAB003 - Digestive
Health Booklet**



**OAB005 -
Bone & Joint Booklet**



**OAB006 - Health
Matters Booklet**



**PETB001 -
Pet Catalogue**



**EQB001 -
Equine Catalogue**

Ordering Information & Policies

Effective since January 1, 2010

1. Credit Policy

- New customers must fill out a credit application form if credit is desired, otherwise all orders are C.O.D. We reserve the right to issue or restrict credit terms at our discretion.
- Omega Alpha® will perform a credit check and set a credit limit for each customer.

2. Price & Discount Structure

- Prices and discounts are determined by Omega Alpha® according to market conditions and availability of raw ingredients. All customers will receive our list pricing current at time of order. Any discounts will be applied according to the Volume Discount Program or to any Special Promotion in effect at time of placing order. No discounts will be applied after the expiry date of any Special Promotion.
- The company reserves the right to issue or rescind any price or discount at any time. Although we reserve the right to change prices without notice at any time, customers in good standing will receive at least 30 days' notice of any change in pricing structure.

3. Payment Terms

- Unless previous credit arrangements have been determined, all orders are C.O.D. Credit terms for eligible customers are Net 30 Days.
- Payments may be made by cash, cheque, and money order, VISA or MasterCard.
- Any cheques returned NSF (Non-Sufficient Funds) will have an NSF charge of \$25. added to the account for each instance.
- Overdue accounts (any amounts past 30 days) may be subject to late payment charges of 24% annually (calculated at 2% monthly) on unpaid balances.
- Accounts which are overdue 90 days, or who issue 2 or more NSF cheques will have all credit privileges rescinded and will become C.O.D. accounts. At our discretion, credit may again be offered once all overdue balances are paid. Accounts past 90 days may also be turned over to our collection agency.

4. Ordering, Shipping and Handling

- All orders will be shipped F.O.B. our location. Orders over \$200 (before applicable taxes) will be shipped for free via ground (CanPar or Canada Post). Orders under \$200 will be subject to a minimum \$15 shipping charge.
- A customer may request their own carrier, or shipment via air express, but will pay all shipping charges regardless of the amount or dollar value of the order.
- Any damages in shipment must be reported within 5 days of receipt for exchange or credit.

5. Returns and Refunds

- Returns and refunds are at the discretion of the Sales and Accounting Departments.
- No cash refund will be issued but Omega Alpha® will exchange any returned item(s) for products of a comparable value, or issue a credit memo.
- Expired products may not be returned for refund.

For Retailers to place an order:

- **Order desk 416-297-6900 or toll-free 1-800-651-3172**
- **Email us orders@omegaalpha.ca**
- **Product questions info@omegaalpha.ca**
- **Free shipping on orders over \$200.**
- **Head office hours: Monday to Friday, 9 a.m. - 5 p.m. EST**

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AntiFlamX™

Improves Mobility

500 mL/bottle – UPC 826913125452

NPN 80033688

RECOMMENDED USE: Product preparation manufactured based on Traditional Chinese Medicine (TCM) theory.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

<i>Notopterygium incisum</i> (Notopterygium Root)	750 mg
<i>Rehmannia glutinosa</i> (Rehmannia Root)	375 mg
<i>Gentiana macrophylla</i> (Gentian Root)	225 mg
<i>Angelica pubescens</i> (Angelica Root)	150 mg
<i>Acanthopanax gracillistylus</i> (Acanthopanax Bark)	150 mg
<i>Piper kadsura</i> (Kadsura Pepper Stem)	75 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Guar gum, Methylsulfonylmethane (MSM), Potassium sorbate, Benzoic acid (buffered), Stevia, Natural cherry flavour.

RECOMMENDED DOSE: Adults: Take 1-2 tablespoon(s) (15mL-30mL) two times per day. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you are taking anticoagulant, antiplatelet or barbiturates drugs or have yin and/or blood deficiencies, internal wind or loose stools due to spleen deficiency. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS

- ✓ Supports healthy joints and flexibility
- ✓ Improves performance and daily activity restricted by impaired mobility
- ✓ MSM helps to ease joint aches associated with osteoarthritic conditions
- ✓ For the maintenance of good joint/tendon health
- ✓ Herbs contain antioxidant properties
- ✓ Provides the muscles relief from stiffness and soreness
- ✓ Based on Traditional Chinese Medicine (TCM) theory
- ✓ Comes in a natural cherry flavour

Natural Anti-inflammatories

For thousands of years and in traditional healing methods, the approach taken was to create a balance in the body by reducing inflammation through the integration of nutrition, low-impact exercise and herbal preparations. There are many eastern and western herbs that are used to rid the body of inflammatory conditions. Herbs like *notopterygium* root, *rehmannia* root, *gentian* root, *Angelica* root, *kadsura* pepper stem, and *acanthopanax* bark, all have anti-inflammatory properties.

By taking the traditional approach and combining these herbs with Methylsulfonylmethane (MSM), which is known for its support in the relief of pain associated with osteoarthritis, it is a unique approach to managing inflammatory conditions. Additionally, this combination can help reduce inflammation (acute) and help with mobility issues. Here are some of the herbs and their properties.

Notopterygium root maintains joint health, supports the immune system and provides antioxidants. It also aids in relieving aches in rheumatic conditions, and is used for the relief of backache and shoulder pain. *Notopterygium* has analgesic, antifungal, anti-inflammatory, anti-microbial, antioxidant, and anti-spasmodic properties.

Rehmannia root is an adaptogen which can increase the resistance to physical, environmental, emotional or biological stressors at the same time to restore normal physiological function to the body. It is also an adrenal restorative, thus assisting in improving the health of the adrenal glands. *Rehmannia* root contains adaptogenic, antiseptic, antibacterial, antifungal, anti-inflammatory, and tonic properties.

Gentian root is a bitter tonic that exhibits anti-inflammatory actions and helps to prevent the growth of microbes. *Gentian* root is beneficial for joint pain, and helps to maintain blood health, supports liver functions, stimulates appetite, supports digestive health and promotes bile flow. *Gentian* root has analgesic, digestive, stimulant and carminative properties.

Angelica root is beneficial for painful joints, and it strengthens tendons. *Angelica* root exerts beneficial effects on various types of inflammatory conditions. It has analgesic, anti-inflammatory, anti-spasmodic, hepatic, laxative and sedative properties.

Acanthopanax bark is traditionally used to strengthen the bones, tendons, sinew and helps with conditions such as rheumatic aches and arthritis in the limbs, weakness and stiffness in the knees and lower back. It has immunomodulating actions.

Kadsura pepper stem exerts beneficial effects on various inflammatory conditions, and supports joint functions. It has analgesic and anti-inflammatory properties.



Anti-Ox Beauty™

Multi Organ Protection

60 vegcaps®/bottle – UPC 826913130753

NPN 80031616

RECOMMENDED USE: Provides antioxidants for the maintenance of good health.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

<i>Camilla sinensis</i> (Green Tea Extract) (95% Polyphenols)	50 mg
<i>Citrus aurantium</i> (Hesperidin)	25 mg
<i>Curcuma longa</i> (Turmeric Extract) (95% Curcumin)	15 mg
R-alpha-Lipoic Acid	50 mg
<i>Lycopersicon esculentum</i> (Tomato Extract) (5% Lycopene)	10 mg
Pine Bark Extract (95% Proanthocyanidins)	50 mg
<i>Sophora japonica</i> (Quercetin)	50 mg
<i>Tagetes erecta</i> (Lutein)	10 mg
<i>Vaccinium myrtillus</i> (Bilberry Extract)	25 mg
<i>Vitis vinifera</i> (Grape Seed Extract) (95% Proanthocyanidins)	100 mg
<i>Vitis vinifera</i> (Red Wine Extract) (50% Polyphenols)	50 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 1 capsule twice per day with food.

CAUTIONS: Do not use if you are pregnant, breastfeeding, allergic to plants of the Asteraceae/Composita/Daisy family or have a bile duct obstruction. Consult a health care practitioner prior to use if you have a liver disorder or develop symptoms of liver trouble, gallstones, iron deficiency, stomach ulcers, excess stomach acid, diabetes, hypertension/hypotension; are/if taking hyperglycemic, antihypertensive, antiplatelet, or blood thinner medications. Do not use if security seal is broken.

STORAGE: Store protected from light and moisture.

ALLERGENS: Contains no dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Counteracts oxidative stress
- ✓ Protects tissue and organs from free radicals
- ✓ Protects macular tissue
- ✓ Protects the testes, ovaries and prostate
- ✓ Provides antioxidants for optimal health
- ✓ Protects the skin

Anti-Ox Beauty™ is a unique formulation containing 11 well-known antioxidants, thus protecting tissue and organs from free radical damage. The antioxidants in Anti-Ox Beauty™ protects most major organs including the liver, macula, ovaries, testes, prostate, skin, blood and cardiovascular system as they are sequestered in these systems.



Green tea extract increases alertness and helps in weight management; helps reduce elevated blood lipid levels and supports cardiovascular health; prevents the growth of microbes; a source of antioxidants for the maintenance of good health; has anti-inflammatory, antioxidant, antiseptic, cardiostonic and immunostimulant properties.

Hesperidin helps in weight management, increases body heat; protects cells against oxidative stress; has anti-gastric, anti-inflammatory, antioxidant, cardioprotective, digestive, immunostimulant, stomachic and tonic properties.

Turmeric extract aids in digestion, protects the liver, helps relieve flatulence; helps increase bile excretion by the liver and contraction of the gallbladder; provides antioxidants for the maintenance of good health; relieves pain and inflammation, assists in healing minor wounds, cuts, burns and minor skin irritations; has anti-inflammatory and hepatic properties.

R-alpha-Lipoic acid is a co-factor of mitochondrial enzymes and a potent antioxidant; helps to promote healthy glucose metabolism; boosts the endogenous antioxidant systems (vitamin C & E availability); a fat and water soluble antioxidant responsible for turning the glucose in our blood into energy for our cells; it helps with cell health maintenance, anti-aging and also nerve functions; used to protect liver cells from oxidative damage; protects tissue and organs from free radicals; helps to control blood sugar levels; has antioxidant and anti-inflammatory properties.

Tomato extract maintains and supports prostate health; provides antioxidants for the maintenance of health, supports the liver functions; supports cardiovascular health; has allergenic, analgesic, antioxidant, antibacterial, depurative, diuretic, and digestive actions.

Pine bark extract helps maintain a healthy immune system; provides antioxidants for the maintenance of health, skin and vision; strengthens blood vessels and supports cardiovascular health; used for a number of inflammatory conditions and may also help with circulation problems, allergies, asthma, ringing in the ears; helps to counteract oxidative stress; has antioxidant properties; and helps support, strengthen and maintain the blood vessels.

Quercetin – quercetin dihydrate is derived from a flower bud called *sophora japonica*; an antioxidant; one of the most biologically active flavonoids to support optimal health; a bioflavonoid that is a natural anti-histamine and anti-inflammatory; used for seasonal allergies and is recommended for general well-being; offers protection against oxidative stress; has analgesic, antibacterial and antiseptic properties.

Lutein provides antioxidants for the maintenance of good health and eye health; helps to maintain eyesight in conditions such as cataracts and age-related macular degeneration; reduces the risk of developing cataracts; helps to improve macular pigment optical density; has analgesic, antibacterial, carminative, diuretic and stimulant properties.

Bilberry extract helps relieve diarrhea; helps relieve symptoms of swelling, heaviness and tingling of the legs due to poor circulation; helps slow the progression of disorders of the eye in conditions such as diabetes, high blood pressure and macular degeneration; provides antioxidant support; used to fight eye fatigue, reduce night blindness and may increase sharpness of vision; supports eye health; provides support for night vision by nourishing the visual purple component of the retina; may also enhance capillary strength; helps normalize capillary permeability; has anti-inflammatory, antioxidant, antiseptic, circulostimulant, diuretic and immunostimulant properties.

Grape seed extract is beneficial for a number of cardiovascular conditions; helps with poor circulation; reduces swelling and helps with eye diseases related to diabetes; contains antioxidants to help maintain good health; has anti-inflammatory, antioxidant, antibacterial, antiseptic, cardioprotective and immunostimulant actions.

Red wine extract helps relieve symptoms of swelling, heaviness and tingling of the legs due to poor circulation; a source of antioxidants for the maintenance of good health; supports cardiovascular health; has anti-inflammatory, antioxidant, antibacterial, antiseptic, cardioprotective and immunostimulant properties.



Collagen Beauty™

Hydration Protection Inside Out

60 vegcaps®/bottle – UPC 826913130807

NPN 80080560

RECOMMENDED USE: Maintains healthy hair, skin, nails and bones. Helps in collagen and connective tissue formations. Source of antioxidants that helps protect against oxidative stress.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

Hyaluronic acid (Sodium hyaluronate)	37.5 mg
Hydrolyzed Collagen (Marine collagen)	200 mg
(2S)-2,6-Diaminohexanoic acid (L-Lysine)	75 mg
S-2-Amino-4-(methylthio) butanoic acid (L-Methionine)	15 mg
<i>Lepidium meyenii</i> (Maca Root)	25 mg
<i>Vitex agnus-castus</i> (Chastetree Fruit)	25 mg
<i>Vitis vinifera</i> (Grape Seed Extract) [95% Proanthocyanidins]	12.5 mg
Vitamin B1 (Thiamine mononitrate)	5 mg
Vitamin B3 (Niacinamide)	5 mg
Vitamin B7 (Biotin)	125 mcg
Vitamin C (L-Ascorbic acid)	50 mg
Vitamin E (d-alpha Tocopheryl acetate)	45.5 mg AT (67.9 I.U.)
Chromium* (Chromium polynicotinate)	99 mcg
Selenium* (L-Selenomethionine)	50 mcg
Silicon* (Sodium metasilicate)	10 mg
Zinc* (Zinc citrate)	5 mg

*All minerals are in elemental forms.

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 2 capsules once per day with food or as directed by your health care practitioner. Take a few hours before or after taking other medications.

CAUTIONS: Do not use if you are pregnant, breastfeeding. Consult a health care practitioner prior to use if you are taking hormone-containing medications (progesterone preparations, oral contraceptives, hormone replacement therapy) or following a low protein diet. May cause mild gastrointestinal disturbances. Do not use if security seal is broken.

STORAGE: Store away from children and protected from light/moisture.

ALLERGENS: Contains no preservatives, dairy, yeast, wheat or gluten.

FEATURES & BENEFITS:

- ✓ Encourages healthy hair and nail growth
- ✓ Improves skin tone and elasticity
- ✓ Increases skin hydration
- ✓ Reduces the appearance of wrinkles
- ✓ Reduces oxidative damage to skin
- ✓ Contains rejuvenating herbs for hormone health
- ✓ Improves natural collagen reproduction

Collagen Beauty™ is developed to naturally support collagen and connective tissue formation. It contains sources of antioxidants that help protect against oxidative stress (damage to the skin and wrinkles). Collagen Beauty™ is non-GMO, hormone and antibiotic-free, and gluten-free, and contains no additives, preservatives or sulfites.



Hyaluronic acid is a glycosaminoglycan, a chain of disaccharides (sugars) present in all connective tissues that is responsible for retaining moisture. Hyaluronic acid helps in connective tissue formation and in the development and maintenance of cartilage. **For more information, see page 38.**

Hydrolyzed collagen (marine collagen) is a source of essential amino acids (histidine, isoleucine, leucine, lysine, phenylalanine, threonine, valine) for the maintenance of good health (and involved in protein synthesis). It is also a source of non-essential amino acids (alanine, arginine, aspartic acid, glutamic acid, glycine, proline, serine, tyrosine) involved in protein synthesis. Hydrolyzed collagen is a source of the essential amino acid lysine to help in collagen formation.

L-Lysine is important for proper growth, and it plays an essential role in the production of Carnitine, a nutrient responsible for converting fatty acids into energy and helping to lower cholesterol. Lysine aids in the absorption of calcium, plays an important role in the formation of collagen, (benefits bones, connective tissues including skin, tendon, and cartilage) and the formation of antibodies, hormones and connective tissues.

L-Methionine is best known for its ability to supply sulfur and other compounds required for the metabolism and growth. Sulfur is a key element and vital to the utilization of a number of antioxidant nutrients and prevents problems with the skin and nails. It lowers cholesterol and reduces fat in the liver while increasing lecithin production. It also assists in the breakdown of fats which prevents the buildup of fat in the liver and the arteries that might obstruct blood flow to the kidneys, brain and heart.

Maca root improves energy levels, supports the immune system and enhances female fertility. Maca root has the following properties: antiseptic, aphrodisiac, emmenagogue, spermatogenic, and is known as a tonic for the maintenance of good health. **For more information, see page 85.**

Chastetree fruit is a popular botanical predominantly used for a range of reproductive conditions. This herb also has analgesic, anti-inflammatory, antiseptic, dopaminergic, and sedative properties.

Grape seed extract is beneficial for a number of cardiovascular conditions; helps with poor circulation and can help with high cholesterol levels; reduces swelling and helps with eye diseases related to diabetes; contains antioxidants to help maintain good health; has anti-inflammatory, antioxidant, antibacterial, antiseptic, cardioprotective and immunostimulant actions.

Vitamin B1 helps the body to metabolize carbohydrates, proteins and fats and helps normal growth. Vitamin B1 helps boost the immune system and strengthens the body under stressful conditions.

Vitamin B3 helps the body to metabolize carbohydrates, proteins and fats and assists in normal growth and development. Vitamin B3 is required for basic bodily functions such as turning food into usable energy and creating red blood cells.

Vitamin B7 supports the manufacture and utilization of fats and amino acids. It is needed for metabolism and body energy systems. It also plays a beneficial role in cell growth and replication. Biotin helps the body to metabolize carbohydrates, fats and proteins.

Vitamin C helps the body to metabolize fats and proteins, and helps in the development and maintenance of bones, cartilage, teeth and gums. Vitamin C also helps in connective tissue formation and in wound healing.

Vitamin E is a source of antioxidants that protects the fat in body tissues from oxidation. It helps to fight against the oxidative effect caused by free radicals and helps to prevent vitamin E deficiency.

Chromium is an essential trace mineral that helps the hormone insulin to function at its full potential. It helps to prevent chromium deficiency and helps to maintain the body's ability to metabolize nutrients.

Selenium provides the body with antioxidant support and helps protect it against oxidative stress by fighting and protecting the cells against free radicals.

Silicon is a trace mineral that is involved in many enzymatic pathways and metabolic reactions. It also promotes firmness and strength in the tissues, and helps to maintain healthy hair, nails and/or skin.

Zinc helps in connective tissue formation and maintains healthy skin and immune functions. Zinc also helps the body to metabolize carbohydrates, proteins and fats.

For more information on vitamins B1, B3, B7, C & E, chromium, selenium, silicon and zinc, please see pages 16 and 17.



Cal-Mag Plus™ Liquid

Calcium, Magnesium, Vitamin D3 + Trace Minerals

500 mL/bottle – UPC 826913125155

NPN 80065052

RECOMMENDED USE: Multi-mineral/vitamin supplement. Helps in the development and maintenance of bones and teeth. A factor in the maintenance of good health.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

Calcium* (Calcium citrate)	200 mg
Magnesium* (Magnesium citrate)	100 mg
Vitamin D3 (Cholecalciferol)	500 IU (12.5 mcg)
Silicon* (Sodium metasilicate, Silicon dioxide)	5 mg
Zinc* (Zinc citrate)	5 mg
Manganese* (Manganese sulphate)	1 mg
Copper* (Copper gluconate)	500 mcg
Boron* (Sodium borate)	150 mcg
Chromium* (Chromium polynicotinate)	200 mcg
Selenium* (L-Selenomethionine)	50 mcg
Vanadium* (Vanadyl sulphate)	50 mcg

*All minerals are in elemental forms

NON-MEDICINAL INGREDIENTS: Purified water, Benzoic acid (buffered), Citric acid, Guar gum, Natural orange flavour, Potassium sorbate, Stevia, Sunflower lecithin, Vegetable glycerine.

RECOMMENDED DOSE:

Adults: Take 1 tablespoon (15 mL) twice daily with food or as directed by your health care practitioner. Take a few hours before or after taking other medications. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have a kidney disorder and/or diabetes. Do not use if security seal is broken.

STORAGE: Store away from children. Do not refrigerate. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Cal-Mag Plus™ Capsules

Calcium, Magnesium, Vitamin D3 + Trace Minerals

120 vegcaps® – UPC 826913126152

240 vegcaps® – UPC 826913123700

NPN 80016421

RECOMMENDED USE: Multi-mineral/Vitamin supplement. Helps in the development and maintenance of bones and teeth. A factor in the maintenance of good health.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

Calcium* (Calcium citrate)	125 mg
Magnesium* (Magnesium citrate)	62.5 mg
Vitamin D3 (Cholecalciferol)	120 IU (3 mcg)
Vitamin C (Ascorbic acid)	62.5 mg
Silicon* (Sodium metasilicate)	2.5 mg
Zinc* (Zinc citrate)	2.5 mg
Manganese* (Manganese sulphate)	1 mg
Copper* (Copper gluconate)	250 mcg
Boron* (Sodium borate)	50 mcg
Selenium* (L-Selenomethionine)	12.5 mcg

*All minerals are in elemental forms

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 4 capsules twice daily. Take with food. Take a few hours before or after taking other medications.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant, breastfeeding or have a liver disorder. Some people may experience diarrhea. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Contains calcium, magnesium, and the other minerals (zinc, copper, boron, selenium, silicon and manganese) in one complete formula
- ✓ Ionized mineral forms for optimal absorption
- ✓ Helps to reduce fatigue and helps support normal sleep
- ✓ Has no toxicity or heavy metals
- ✓ All the minerals in Cal-Mag Plus™ are essential for proper metabolic enzyme function and are essential co-factors for bone mineralization



The principal action of the Cal-Mag Plus™ liquid and Cal-Mag Plus™ capsule formulas are to supply essential minerals for the body with emphasis on calcium and magnesium plus their co-factor vitamins and minerals. Vitamin D3 and nutrients: zinc, manganese, copper, boron, chromium, selenium, vanadium and vitamin C support this action. The two formulations are in elemental values in order to maximize its absorption and utilization for the body's requirements. The body does not produce minerals and requires these from diet or supplementation from the easiest absorbable form. Minerals are needed for the maintenance and support of the musculoskeletal and nervous systems. The skeletal and connective tissues require adequate amounts of absorbable calcium, magnesium and trace minerals for proper nerve conduction and for energy production.

Cal-Mag Plus™ liquid and Cal-Mag Plus™ capsules are indicated for the formation of strong teeth, bones, growth development, nervousness, insomnia and osteoporosis. Take a look at the vitamins, trace minerals and their respective amounts present in these formulations.

Calcium is known for its role in building strong bones, and for keeping our hair, nails and teeth healthy. Calcium is required to help maintain healthy calcium metabolism for a number of functions. It is required for digestion, blood clotting, squeezing and relaxing muscles, releasing hormones, and proper nerve function. Calcium helps maintain a regular heartbeat. Calcium is a mineral that must be consumed through diet; it cannot be made inside the body. Over 98% of total body calcium is stored in the bones which works as a mineral bank where calcium is deposited and withdrawn on a daily basis. Calcium is an interdependent mineral that works synergistically with co-factors to deliver its benefits. Calcium and magnesium are primarily responsible for maintaining a healthy bone mineral balance, as well as Vitamin D which is an essential factor in the absorption of calcium and magnesium.

Magnesium helps the body to metabolize carbohydrates, fats and proteins. It also helps in the development and maintenance of bones and teeth, helps in tissue formation, and helps to maintain proper muscle function.

Vitamin D3 functions as a necessary co-factor in calcium absorption and utilization. Vitamin D helps in the development and maintenance of bones and teeth, is a factor in the maintenance of good health and helps in the absorption and use of calcium, phosphorus and trace mineral functions. Vitamin D, being one of the most researched vitamins, has shown to regulate the body's ability to fight against infections and chronic inflammation.

Vitamin C helps the body to metabolize fats and proteins, helps in the development and maintenance of bones, cartilage, teeth and gums, helps in connective tissue formation, helps in wound healing, and it is an antioxidant for the maintenance of good health. This is in just one of the styles make a note of which, same with anything else.

Silicon is a trace mineral that is involved in many enzymatic pathways and metabolic reactions. Silicon works to enhance the re-mineralization of the bone tissue which helps to ensure that calcium and other minerals are deposited onto the bone. It also promotes firmness and strength in the tissues, and helps to maintain healthy hair, nails and/or skin.

Zinc helps in connective tissue formation. It helps to maintain healthy skin, helps the body to metabolize carbohydrates, proteins and fats, and helps to maintain immune functions.

Manganese plays a factor in the maintenance of good health and in normal growth and development. It is a nutrient used in metabolic and biological functions, supports the nervous system functions and normal bone development.

Copper is a mineral that the body stores mostly in the bones and muscles. It helps to produce and repair connective tissue and helps to form red blood cells. The liver regulates the amount of copper that is in the blood. Copper is also used for improving wound healing and treating arthritis and brittle bones (osteoporosis).

Chromium is an essential trace mineral that helps the hormone insulin to function at its full potential. It provides support for healthy glucose metabolism; helps to maintain normal blood glucose level; helps to prevent chromium deficiency; helps to maintain the body's ability to metabolize nutrients; and it may also help to lower cholesterol levels and burns body fat.

Boron is one of the micronutrients required for optimal health and is involved in maintaining good bone mineralization. Boron is essential for proper assimilation of calcium into the bone matrix, or in simpler terms, makes sure that calcium stays bound to the structure of the bone. Calcium is what gives bone its strength; therefore if you are deficient in boron, over time, calcium will begin to leach out of the bone and be lost through urination. The result is weakening of the bones, commonly known as osteoporosis.

Selenium is an antioxidant for the maintenance of good health. It helps protect against oxidative stress, and helps to fight and protect cells against free radicals, and helps to maintain normal function of the thyroid gland.

Vanadium is required for building healthy bones, cartilage and teeth.

Common Myths about Bone & Joint Health

Myth #1: Joint pain naturally happens as we age.

Joint pain is something that just happens to everyone as they get older, this isn't true. Many healthy people around the world age well without experiencing degeneration of their joints. Those with chronic inflammation, low antioxidant status, excess acidity and toxic overload, are more prone to aging joint woes – but you can do something about these factors through supplemental prevention.

Myth #2: Foods we eat don't affect joint pain.

Even arthritis specialists recognize the existence of "reactive arthritis." This is joint pain caused by reactions from eating wheat or other gluten products as well as from beef, dairy, soy or other foods.

Myth #3: Excess weight is a major cause of joint pain.

Fact: Our joints are designed to support body weight. It's only when they become inflamed and unable to adequately repair themselves do we end up with joint pain.

Myth #4: Joints get damaged as we use them and exercise can aggravate this damage.

Fact: Commonly known as joint "wear and tear" which is really "cumulative repair deficit" - when we don't support our body enough to repair the natural damage caused by using them. There is a benefit from exercise through increased circulation and delivery of nutrients to the joint tissues to promote tissue health and renewal. Especially when a nutritional joint formulation is used.

Myth #5: The drugs and medications used to ease joint pain are safe to use without side effects.

Fact: Anti-inflammatory painkillers (NAIDS) aren't without their side effects. High dosage and long-term use of these medications can lead to damage to various organs including the heart, stomach and kidneys, and it can also increase the risk of stroke. The stronger steroid medications have system-wide negative effects, not the least of which is osteoporosis.

Myth #6: Take it easy if your arthritis acts up.

Fact: Regular, sensible exercise may actually help your arthritis, although arthritic joints sometimes need a short period of rest followed by a gradual return to activity. It's important to maintain your strength and range of motion in your joints. MSM and natural herbal anti-inflammatories can help this process.

Myth #7: All joint pain is arthritis.

Fact: Other conditions such as tendonitis, bursitis or other soft-tissue injuries also cause joint pain. Evaluation by a health practitioner will lead to the right diagnosis and treatment.

Myth #8: Rain and damp weather worsen arthritis.

Fact: Although many believe that a twinge in the knee or knuckle can predict rain, there is no scientific evidence that dampness or humidity intensifies arthritis symptoms.

Colloidal Silica

For Beautiful Hair, Skin & Nails

500 mL /bottle – UPC 826913130258

NPN 80050798

RECOMMENDED USE: Helps to strengthen nails and hair.

MEDICINAL INGREDIENT PER 1 TABLESPOON (15 mL):

Silicon (Colloidal silicon dioxide / Silica) 196 mg*

*Mineral in elemental form

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered), Stevia, Peppermint flavour.

RECOMMENDED DOSE: Adults: Take 1 tablespoon (15 mL) once per day. Can be mixed with juice or water. Shake vigorously before using.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Do not use if security seal is broken.

STORAGE: Do not refrigerate. Store away from children. Store protected from light and moisture. Consume within three (3) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Silica is often used in anti-aging formulations to promote strength in the hair, skin, and nails. It helps maintain the elasticity of the skin so it may be an anti-aging nutrient. Silicon helps to increase calcium absorption into bone, and is important for bone flexibility and for collagen formation. Collagen contains silicon, helping to hold the body tissues together. This mineral is also present with the chondroitin sulphate of cartilage, and it works with calcium and trace minerals to help restore and support bone and joint structures.

Collagen is part of our connective tissue and is sometimes referred to as the “glue” that holds the body together. As we age, the naturally occurring collagen begins to degrade leading to the one thing humans try desperately to avoid – wrinkles and aging. Because of this, collagen has always been an essential ingredient in most anti-aging products.

FEATURES & BENEFITS

- ✓ Assisting calcium for the growth and maintenance of joints and bones
- ✓ Prevents the skin from becoming flabby and restores its natural glow
- ✓ Maintains healthy tissues which deteriorate during aging
- ✓ Encourages the growth of thick and healthy hair
- ✓ Increases collagen
- ✓ Increases luster and shine of hair
- ✓ Influences the absorption of minerals in the body
- ✓ Builds strong teeth
- ✓ Prevents aluminum toxicity
- ✓ Prevents bone loss and brittleness of nails



What Supplements Women Look for and Why.



A multi-nutrient complex: SinewPlex™, Protein Multi-Plex™

- Anti-aging, boosts collagen, counteracts oxidative damage (wrinkles), hormone health



EFA, Flax seed oils, High-Potency Fish oils

- Hormone health, skin elasticity, hydration, reduces inflammation



Herbal support: Dong Quai Elixir™, Nocturna™, EnduraStrength™, Liver Flush™, Vita Sex™

- Hormone health, sleep better, reduces stress, organ health and feel better!



Minerals: Cal-Mag Plus™, Magnesium Bisglycinate

- Bone and Joint health, relaxes body's aches, reduces stress, sleep better



Daily Multi-VitMin™ Men

Vitality, Energy Booster, Stress Management

60 vegcaps® – UPC 826913112568

NPN 80106371

RECOMMENDED USES: Multi-mineral and multi-vitamin supplement. Supports good health and energy production. Helps to provide support for eyesight, skin, membranes, and immune function. Helps to maintain proper muscle function, healthy bones, hair, nail and/or skin.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

VITAMINS

Vit. A palmitate.....227 mcg RAE** (750 IU)	Vitamin B7 (Biotin)50 mcg
beta-Carotene 1500 mcg (2500 IU)	Vitamin B9 (Folic acid)200 mcg
Vit. B1 (Thiamine mononitrate) 12.5 mg	Vitamin B12
Vitamin B2 (Riboflavin) 4 mg	(Cyanocobalamin).....50 mcg
Vitamin B3 (Niacinamide) 12.5 mg	Vitamin C (L-Ascorbic acid)..... 50 mg
Vitamin B5	Vitamin D3
(D-Pantothenic acid)..... 5 mg	(Cholecalciferol)6.25 mcg (250 IU)
Vitamin B6	Vitamin E (d-alpha Tocopheryl
(Pyridoxine hydrochloride) 5 mg	acetate) 33.5 mg AT*** (50 IU)
**Vitamin A RAE (Retinol Activity Equivalents)	
***Vitamin E AT (alpha-Tocopherol)	

MINERALS (in elemental quantities)

Calcium (Calcium citrate)..... 10 mg

Chromium
(Chromium (III) nicotinate) 100 mcg
Copper (Copper (II) gluconate) 100 mcg
Magnesium (Magnesium citrate)..... 10 mg
Manganese
(Manganese (II) sulfate)500 mcg
Selenium (Sodium selenite).....25 mcg
Vanadium (Vanadyl sulfate).....2.5 mcg
Zinc (Zinc citrate) 2.5 mg

ACCESSORY NUTRIENTS

Choline (Choline bitartrate).....25 mg
Inositol (Myo-inositol)25 mg
Lecithin (Sunflower seed)25 mg

HERBAL PHYTONUTRIENTS

<i>Ascophyllum nodosum</i>
(Kelp Whole Plant).....12.5 mg
<i>Panax quinquefolius</i>
(Ginseng Root).....25 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Microcrystalline cellulose.

RECOMMENDED DOSE: Adult Male — Take 1 capsule, twice per day with food or as directed by your health care practitioner. Take with food to minimize gastric disturbance and a few hours before or after taking other medications or natural health products.

CAUTIONS: Consult a health care practitioner prior to use if you are taking antidepressant medication, blood thinners or digoxin. Do not use if security seal is broken.

STORAGE: Store away from children and protected from light/moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Daily Multi-VitMin™ Men 50+

Vitality, Sexual Health & Cognitive Support

60 vegcaps® – UPC 826913112513

NPN 80104491

RECOMMENDED USES: Multi-mineral and multi-vitamin supplement. Supports good health and energy production. Used in Herbal Medicine to help relieve the urological symptoms (e.g. weak urine flow, incomplete voiding, frequent daytime/night time urination) associated with mild to moderate benign prostatic hyperplasia (BPH). Helps to provide support for eyesight, skin, membranes and immune function. Helps to maintain proper muscle function, healthy bones, hair, nail and/or skin.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

VITAMINS

Vit. A palmitate.....227 mcg RAE** (750 IU)	Vitamin B7 (Biotin)50 mcg
beta-Carotene 1500 mcg (2500 IU)	Vitamin B9 (Folic acid)200 mcg
Vit. B1 (Thiamine mononitrate) 12.5 mg	Vitamin B12
Vitamin B2 (Riboflavin) 4 mg	(Cyanocobalamin).....50 mcg
Vitamin B3 (Niacinamide) 12.5 mg	Vitamin C (L-Ascorbic acid)..... 50 mg
Vitamin B5	Vitamin D3
(D-Pantothenic acid)..... 5 mg	(Cholecalciferol) 12.5 mcg (250 IU)
Vitamin B6	Vitamin E (d-alpha Tocopheryl
(Pyridoxine hydrochloride) 5 mg	acetate) 33.5 mg AT*** (50 IU)
**Vitamin A RAE (Retinol Activity Equivalents)	
***Vitamin E AT (alpha-Tocopherol)	

Higher amount of Vitamin D3 for bone health.

MINERALS (in elemental quantities)

Boron (Sodium borate)..... 125 mcg

Calcium (Calcium citrate)..... 35 mg

Chromium
(Chromium (III) nicotinate) 100 mcg
Copper (Copper (II) gluconate) 100 mcg
Magnesium (Magnesium citrate)..... 10 mg
Manganese (Manganese (II) sulfate).....500 mcg

Molybdenum

[Sodium molybdate (IV)] ... 50 mcg

Selenium (Sodium selenite)25 mcg
Silicon (Sodium metasilicate) 1 mg
Vanadium (Vanadyl sulfate)2.5 mcg
Zinc (Zinc citrate) 2.5 mg

Boron, Molybdenum and Silicon are included for bone health.

Higher amount of Calcium for bone health.

ACCESSORY NUTRIENTS

Choline (Choline bitartrate)..... 25 mg
Inositol (Myo-inositol) 25 mg
Lecithin (Sunflower seed) 25 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Microcrystalline cellulose.

RECOMMENDED DOSE: Adult Male — Take 1 capsule, twice per day with food or as directed by your health care practitioner. Take with food to minimize gastric disturbance and a few hours before or after taking other medications or natural health products.

CAUTIONS: Do not use this product if you are taking health products that affect blood coagulation as this may increase the risk of spontaneous bleeding. Consult a health care practitioner prior to use to exclude the diagnosis of prostate cancer; if you are taking prescription medications for diabetes, high blood pressure, seizures, antidepressant, blood thinners, digoxin; if you have diabetes or suffer from a hormone-sensitive condition. If symptoms persist or worsen, or if new symptoms develop, discontinue use and consult a health care practitioner. Do not use security seal is broken.

DURATION OF USE: For prolonged use, consult a health care practitioner.

STORAGE: Store away from children and protected from light/moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.



Daily Multi-VitMin™ Men



Daily Multi-VitMin™ Men 50+



Daily Multi-VitMin™ Women

Vibrant Skin, Energy Booster & Stress Management

60 vegcaps® – UPC 826913112551

NPN 80106370

RECOMMENDED USES: Multi-mineral and multi-vitamin supplement. Supports good health and energy production. Helps to prevent iron deficiency anemia, form red blood cells and helps in their proper function. Provides support for healthy glucose metabolism. Helps to provide support for eyesight, skin, membranes and immune function. Helps to maintain proper muscle function, healthy bones, hair, nail and/or skin.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

VITAMINS

Vit. A palmitate.....227 mcg RAE** (750 IU)	Vitamin B7 (Biotin)50 mcg
beta-Carotene 1500 mcg (2500 IU)	Vitamin B9 (Folic acid)200 mcg
Vit. B1 (Thiamine mononitrate) 12.5 mg	Vitamin B12 (Cyanocobalamin).....50 mcg
Vitamin B2 (Riboflavin) 4 mg	Vitamin C (L-Ascorbic acid)..... 50 mg
Vitamin B3 (Niacinamide) 12.5 mg	Vitamin D3 (Cholecalciferol)6.25 mcg (250 IU)
Vitamin B5 (D-Pantothenic acid)..... 5 mg	Vitamin E (d-alpha Tocopheryl acetate) 33.5 mg AT*** (50 IU)
Vitamin B6 (Pyridoxine hydrochloride) 5 mg	
**Vitamin A RAE (Retinol Activity Equivalents)	
***Vitamin E AT (alpha-Tocopherol)	

MINERALS (in elemental quantities)

Calcium (Calcium citrate) 10 mg
Chromium (Chromium (III) nicotinate) 100 mcg
Copper (Copper (II) gluconate) 100 mcg
Iron (Iron (II) sulphate).....5mg
Magnesium (Magnesium citrate).....10 mg
Manganese (Manganese (II) sulfate) 500 mcg
Selenium (Sodium selenite).....25 mcg
Vanadium (Vanadyl sulfate).....2.5 mcg
Zinc (Zinc citrate) 2.5 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Microcrystalline cellulose.

RECOMMENDED DOSE: Adult female – Take 1 capsule, twice per day with food or as directed by your health care practitioner. Take with food to minimize gastric disturbance and a few hours before or after taking other medications or natural health products.

CAUTIONS: Keep out of reach of children. There is enough iron in this package to seriously harm a child. Consult a health care practitioner prior to use if you are pregnant, breastfeeding or taking blood thinners. Stop use if hypersensitivity occurs, diarrhea, abdominal pain, heartburn, nausea or vomiting occur. Some people may experience constipation, diarrhea, and/or vomiting. Do not use if security seal is broken.

STORAGE: Store away from children and protected from light/moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Daily Multi-VitMin™ Women 50+

Youthful Skin, Extra Energy & Hormonal Vitality

60 vegcaps® – UPC 826913130906

NPN 80105302

RECOMMENDED USES: Multi-mineral and multi-vitamin supplement. Supports good health and energy production. Used in Herbal Medicine to help relieve symptoms associated with menopause, such as hot flashes. Helps to provide support for eyesight, skin, membranes, and immune function. Helps to maintain proper muscle function, healthy bones, hair, nail and/or skin.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

VITAMINS

Vit. A palmitate.....227 mcg RAE** (750 IU)	Vitamin B7 (Biotin)50 mcg
beta-Carotene 1500 mcg (2500 IU)	Vitamin B9 (Folic acid)200 mcg
Vit. B1 (Thiamine mononitrate) 12.5 mg	Vitamin B12 (Cyanocobalamin) ...50 mcg
Vitamin B2 (Riboflavin) 4 mg	Vitamin C (L-Ascorbic acid)..... 50 mg
Vitamin B3 (Niacinamide) 12.5 mg	Vitamin D3 (Cholecalciferol) 12.5 mcg (500 IU)
Vitamin B5 (D-Pantothenic acid).... 5 mg	Vitamin E (d-alpha Tocopheryl acetate) 33.5 mg AT*** (50 IU)
Vitamin B6 (Pyridoxine hydrochloride) 5 mg	
**Vitamin A RAE (Retinol Activity Equivalents)	
***Vitamin E AT (alpha-Tocopherol)	

Higher amount of Vitamin D3 for bone health.

MINERALS (in elemental quantities)

Boron (Sodium borate)..... 125 mcg
Calcium (Calcium citrate) 10 mg
Chromium (Chromium (III) nicotinate) 100 mcg
Copper (Copper (II) gluconate) 100 mcg
Magnesium (Magnesium citrate) 10 mg
Manganese (Manganese (II) sulfate) 500 mcg
Molybdenum [Sodium molybdate (IV)] 50 mcg
Selenium (Sodium selenite) 25 mcg
Silicon (Sodium metasilicate)... 1 mg
Vanadium (Vanadyl sulfate) 2.5 mcg
Zinc (Zinc citrate) 2.5 mg
Includes boron, molybdenum and silicon for bone health.

ACCESSORY NUTRIENTS

Choline (Choline bitartrate).....25 mg
Hyaluronic acid (Streptococcus equi) 5 mg
Hydrolyzed Collagen (Marine Collagen) 35 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Microcrystalline cellulose.

RECOMMENDED DOSE: Adult female – Take 1 capsule, twice per day with food or as directed by your health care practitioner. Take a few hours before or after taking other medications or natural health products.

CAUTIONS: Do not use this product if you are taking health products that affect blood coagulation as this may increase the risk of spontaneous bleeding; have diarrhea or hemorrhagic diseases. Stop use and consult a healthy care practitioner if you experience breast pain, discomfort and/or tenderness.

DURATION OF USE: Use for at least 3 months to see beneficial effects.

STORAGE: Store away from children and protected from light/moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.



VITAMINS

Vitamin A is a fat-soluble vitamin that is naturally present in many foods. Vitamin A is important for normal vision, the immune system, and reproduction. Vitamin A also helps the heart, lungs, kidneys, and other organs work properly.

Beta-carotene is a source of vitamin A which helps maintain eyesight, skin membranes, immune functions, and helps in the development and maintenance of bones and teeth.

Vitamin B1 enhances energy production, specifically for the brain. Thiamin is intricately involved with other B vitamins in energy metabolism. Magnesium is required in the conversion of thiamin to its active form. Vitamin B1 helps the body to metabolize carbohydrates, proteins and fats and helps normal growth. Vitamin B1 helps boost the immune system and strengthens the body under stressful conditions.

Vitamin B2 is crucial in the production of energy and is involved in regenerating glutathione (potent antioxidant). It helps the body to metabolize carbohydrates, proteins and fats, as well as helps in tissue formation.

Vitamin B3 helps the body to metabolize carbohydrates, proteins and fats, and assists in normal growth and development. Niacin is a component involved in over 50 different chemical reactions in the body. It plays an important role in energy production, fat and carbohydrate metabolism and the manufacture of sex and adrenal hormones. Vitamin B3 or niacin, has been shown to lower “bad” cholesterol levels (LDL), and boost “good” cholesterol levels (HDL). Vitamin B3 is required for basic bodily functions such as turning food into usable energy and creating red blood cells.

Vitamin B5 plays a role in the production of adrenal hormones and red blood cells. Vitamin B5 also helps the body to metabolize carbohydrates, fats and proteins, as well as tissue formation.

Vitamin B6 helps the body to metabolize carbohydrates, proteins and fats, and it helps in tissue formation. Vitamin B6 helps the body make certain hormones, as well as chemicals in the brain called neurotransmitters. It also helps boost immune system functioning. Vitamin B6 is involved in the formation of protein structures, structural compounds and chemical transmitters. B6 is critical in maintaining hormone balance and immune functions. This vitamin is involved in more than 60 different enzyme processes and in cell multiplication.

Vitamin B7 (Biotin) supports the manufacture and utilization of fats and amino acids. It is needed for metabolism and body energy systems. It also plays a beneficial role in cell growth and replication. Vitamin B7 helps the body to metabolize carbohydrates, fats and proteins.

Vitamin B9 helps the body to metabolize proteins and form red blood cells. It is also needed for the proper development of the human body. It is involved in producing the genetic material called DNA and is also involved in numerous other bodily functions.

Vitamin B12 helps the body to metabolize carbohydrates, proteins and fats and it also helps to form red blood cells. Folic acid and vitamin B12 both work together as methyl donors to facilitate the manufacture of DNA and brain neurotransmitters. Vitamin B12 also works with B6 to reduce homocysteine levels.

Vitamin C helps the body to metabolize fats and proteins, and helps in the development and maintenance of bones, cartilage, teeth and gums. Vitamin C also helps in connective tissue formation, helps in wound healing, and is an antioxidant for the maintenance of good health.

Vitamin D3 functions as a necessary co-factor in calcium absorption and utilization. Vitamin D helps in the development and maintenance of bones and teeth, is a factor in the maintenance of good health and helps in the absorption and use of calcium, phosphorus and trace mineral functions. Vitamin D, being one of the most researched vitamins, has shown to regulate the body's ability to fight against infections and chronic inflammation. It has also been noted to produce over 200 anti-microbial peptides, the most important of which is cathelicidin, a naturally occurring, broad-spectrum antibiotic.

Vitamin E is a source of antioxidants for the maintenance of good health. Vitamin E protects the fat in body tissues from oxidation, helps to fight against the oxidative effect caused by free radicals, and helps to prevent vitamin E deficiency.

MINERALS

Boron is one of the micronutrients required for optimal health and is involved in maintaining good bone mineralization. Boron is essential for proper assimilation of calcium into the bone matrix, or in simpler terms, makes sure that calcium stays bound to the structure of the bone. Calcium is what gives bone its strength; therefore, if you are deficient in boron, over time, calcium will begin to leach out of the bone and be lost through urination. The result is weakening of the bones, commonly known as osteoporosis.

Calcium is known for its role in building strong bones, and keeping nails and teeth healthy. Calcium is required to help maintain healthy calcium metabolism for a number of functions. It is required for digestion, blood clotting, squeezing and relaxing muscles, releasing hormones, and proper nerve function. Calcium helps maintain a regular heartbeat. Calcium is a mineral that must be consumed through diet; it cannot be made inside the body. Over 98% of total body calcium is stored in your bones which works as a mineral bank where calcium is deposited and withdrawn on a daily basis. Calcium is an interdependent mineral that works synergistically with co-factors to deliver its benefits. Calcium and magnesium are primarily responsible for maintaining a healthy bone mineral balance, as well as Vitamin D which is an essential factor in the absorption of calcium and magnesium.

Chromium is an essential trace mineral that helps the hormone insulin to function at its full potential. It provides support for healthy glucose metabolism; helps to maintain normal blood glucose level; helps to prevent chromium deficiency; helps to maintain the body's ability to metabolize nutrients; and it may also help to lower cholesterol levels and burns body fat.

Copper is a mineral that the body stores mostly in the bones and muscles. It helps to produce and repair connective tissue and helps to form red blood cells. The liver regulates the amount of copper that is in the blood. Copper is also used for improving wound healing and treating arthritis and brittle bones (osteoporosis).

Iron is a mineral that the body needs for growth and development. The body uses iron to make hemoglobin, a protein in red blood cells that carries oxygen from the lungs to all parts of the body, and myoglobin, a protein that provides oxygen to muscles.

Magnesium helps the body to metabolize carbohydrates, proteins, fats, and helps in the development and maintenance of bones and teeth. It also helps in tissue formation and helps to maintain proper muscle function. Magnesium citrate helps to maintain healthy serum magnesium levels, and it offers the body access to an increased amount of magnesium, while at the same time it helps to regulate healthy bowel cycles.

Manganese is a factor in the maintenance of good health and it helps the body to metabolize carbohydrates, proteins, fats. Manganese sulphate also helps in the development and maintenance of bones and teeth, and helps in tissue formation and maintains proper muscle function.

Molybdenum helps to prevent molybdenum deficiency, and helps to maintain the body's ability to metabolize nutrients.

Selenium is an antioxidant for the maintenance of good health. It helps protect against oxidative stress, helps to fight and protect cells against free radicals, and helps to maintain normal function of the thyroid gland.

Silicon is a trace mineral that is involved in many enzymatic pathways and metabolic reactions. Silicon works to enhance the re-mineralization of the bone tissue which helps to ensure that calcium and other minerals are deposited onto the bone. It also promotes firmness and strength in the tissues, and helps to maintain healthy hair, nails and/or skin.

Vanadium is required for building healthy bones, cartilage and teeth.

Zinc helps in connective tissue formation, helps to maintain healthy skin, helps the body to metabolize carbohydrates, proteins and fats, and helps to maintain immune functions.

ACCESSORY NUTRIENTS

Choline helps to support liver functions and is a factor in the maintenance of good health. It is involved in fat metabolism and in the transport of fats from the liver.

Hyaluronic acid is a glycosaminoglycan, a chain of disaccharides (sugars) in all connective tissues that is responsible for retaining moisture. Hyaluronic acid is synthesized naturally in a healthy body but as we age, levels of hyaluronic acid fall and as a result, you may have aching joints and sagging skin. Hyaluronic acid helps in connective tissue formation and in the development and maintenance of cartilage. In an inflammatory situation or in a disease state, it may help to supplement the body with a liquid oral hyaluronic acid to support the synovial membranes of the joints. Hyaluronic acid increases the viscosity of the synovial fluid, and it also serves to reduce the wear-and-tear stress on the articular cartilage and related joint structures.

Hydrolyzed collagen (marine collagen) is a source of essential amino acids (histidine, isoleucine, leucine, lysine, phenylalanine, threonine, valine) for the maintenance of good health (and involved in protein synthesis). It is also a source of non-essential amino acids (alanine, arginine, aspartic acid, glutamic acid, glycine, proline, serine, tyrosine) involved in protein synthesis. Hydrolyzed collagen is a source of the essential amino acid lysine to help in collagen formation.

Inositol has lipotropic properties meaning that it promotes the export of fat from the liver. Inositol is a factor in the maintenance of good health and it helps in normal growth and development and supports biological functions. Inositol is a source of vitamins/minerals and is a factor in the maintenance of good health.

Lecithin helps support liver function. Every living cell in the body requires essential fatty acids. They cannot be produced or synthesized internally, so their availability is completely dependent on the foods and supplements that are consumed. EFAs play a role in everything from carbohydrate metabolism to proper immune system function, to brain and cardiovascular health as well as energy production.

HERBAL PHYTONUTRIENTS

Kelp provides iodine and other trace minerals, and it is in a highly bioavailable form that also contains phytonutrients and trace elements that are important micronutrients for metabolic functions. Kelp aids in weight management and supports normal bowel functions. It helps prevent iodine deficiency as it is a rich

source of iodine required in the formation of thyroxine (T4), which is essential in regulating metabolism. Kelp also provides antioxidants that help fight against the oxidative damage caused by free radicals and possesses alterative, diuretic and anti-obesity actions.

Dong Quai Root balances the tone of the uterus, increases red blood cells, boosts vitality in women, and exerts beneficial effects on various types of inflammatory conditions. This traditional Chinese herb is used most often to support women's reproductive issues and relieve menstrual disorders such as cramps, irregular menstrual cycles, premenstrual syndrome, and menopausal symptoms. Dong Quai root is known for its tonic, hematopoietic, spasmolytic, analgesic and anti-inflammatory properties.

Maca Root is used to support the emotional aspects of sexual health. It has been traditionally used for chronic fatigue, as well as for menopausal symptoms and menstrual problems in women. Maca helps to increase sexual stamina as well as sexual interest. This herb also improves energy levels, supports the immune system and enhances female fertility. Maca root has the following properties: antiseptic, aphrodisiac, emmenagogue, and is known as a tonic for the maintenance of good health.

Chastetree Fruit is a popular herbal treatment predominantly used for a range of reproductive conditions. This herb also has analgesic, anti-inflammatory, antiseptic, dopaminergic, and sedative properties.

Ginkgo Biloba has been used to support brain function by enhancing oxygenation to the brain for enhanced energy and increases blood flow to the peripheral tissues. It helps to improve mental functioning. Ginkgo biloba is known to support the peripheral tissues and cognitive health functions by increasing cerebral, peripheral circulation and tissue oxygenation. It is an adaptogenic herb that naturally increases the body's ability to cope with mild anxiety. It has antioxidant, anti-allergic, anti-inflammatory, antiseptic, anti-spasmodic, and stimulant properties.

Dodder seed invigorates the reproductive system, supports prostate health, and maintains kidney and liver health. It also provides antioxidants for the maintenance of good health. Dodder possesses diuretic, hepatotonic and tonic properties.

Horny Goat Weed has been used in Traditional Chinese Medicine (TCM) to tonify the kidneys and strengthen the yang. This herb is beneficial for symptoms of kidney-yang deficiency, such as frequent urination and painful, cold lower back and knees. The Chinese named this herb Horny Goat Weed because it was observed that when goats ate this wild herb, they displayed an increase in their normal sexual behaviour. Research in China has demonstrated that taking this herb can lower cortisol levels (thus a stress-lowering benefit).

Ginseng has been used in traditional cultures to decrease the effects of mental stress while simultaneously invigorating the body. This herb is beneficial during times of mental or emotional fatigue and/or distress. It is known to help digestion in cases of nervousness and/or stress; helps maintain a healthy immune system; helps the body to cope with both physical/mental stress; is a mild sedative which helps relieve nervousness; used in supportive therapy for the promotion of healthy glucose levels; and has adaptogenic, tonic, immunostimulant, nervine and hepatic properties.

Saw palmetto helps relieve urological symptoms such as weak urine flow, incomplete voiding, frequent daytime and night time urination associated with mild to moderate benign prostatic hyperplasia (BPH). Saw palmetto possesses anti-inflammatory, antioxidant, immuno-stimulant, diuretic, nervine, sedative, urinary antiseptic and stimulant properties.

D-Glucosamine Sulphate

Effective Joint, Pain and Osteoarthritis relief

90 vegcaps®/bottle – UPC 826913120150

NPN 80000179

RECOMMENDED USE: Helps relieve osteoarthritic symptoms and is effective in reducing joint pain. A factor in the building of healthy cartilage.

MEDICINAL INGREDIENT PER 1 CAPSULE:

D-Glucosamine sulphate (Shellfish Exoskeletons) 500 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 1 capsule three times per day with food.

DURATION OF USE: Use for a minimum of 2 months to see beneficial effects.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Hypersensitivity/allergy has been known to occur, in which case discontinue use. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no sodium chloride, preservatives, corn, dairy, gluten, soy, wheat or yeast.

D-Glucosamine sulphate helps to relieve pain associated with osteoarthritis and osteoarthritis of the knee. It helps to protect against the deterioration of cartilage as it promotes cartilage synthesis. It is a factor in maintaining healthy cartilage and/or joint health. D-glucosamine sulphate is the purest form of glucosamine that is recognized by the body and is best manufactured through enzymatic processes. D-glucosamine sulphate provides the D-isomer form of glucosamine which is 100% utilized/integrated into the body's tissues (tendons, ligaments and sinew). The D-isomer is the best bioactive form that is recognized and utilized by the body's tissues. The L-glucosamine version is merely broken down and excreted. When choosing any glucosamine product, ensure that it contains D-glucosamine for maximum benefit. It helps to relieve osteoarthritic symptoms, is effective in reducing joint pain, and is also a factor of healthy cartilage. It has anti-arthritic, anti-inflammatory and anti-microbial properties.

FEATURES & BENEFITS

- ✓ Helps relieve osteoarthritic symptoms
- ✓ Effective in reducing joint pain
- ✓ Factor in the building of healthy cartilage
- ✓ 100% sodium free



D-Glucosamine Sulphate & Chondroitin Sulphate

Supports Joint Structures & Helps with Pain Associated with Osteoarthritis

120 vegcaps®/bottle – UPC 826913121355

NPN 80001415

RECOMMENDED USE: Helps relieve symptoms of bone and joint pain and/or pain due to osteoarthritis. A factor in the building of healthy cartilage and helps in the formation of connective tissues.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

D-Glucosamine sulphate (Shellfish Exoskeletons) 500 mg

Chondroitin sulphate (Bovine Trachea) 400 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Magnesium stearate.

RECOMMENDED DOSE: Adults: Take 1 capsule three times per day with food.

DURATION OF USE: Use for a minimum of 2 months to see beneficial effects.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have asthma or if you experience gastrointestinal pain or bowel movement disturbances. Hypersensitivity/allergy has been known to occur, in which case discontinue use. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no sodium chloride, corn, dairy, gluten, soy, wheat or yeast.

D-Glucosamine sulphate helps to relieve pain associated with osteoarthritis and osteoarthritis of the knee. It helps to protect against the deterioration of cartilage as it promotes cartilage synthesis. It is a factor in maintaining healthy cartilage and/or joint health. It has anti-arthritic, anti-inflammatory and anti-microbial properties.

Chondroitin sulphate helps to relieve the pain associated with osteoarthritis of the knee and joints, and also helps to inhibit enzymes that are destructive to the joints. Chondroitin is also a major constituent of cartilage. It draws fluid into the tissue, thus promoting water retention to give the cartilage more elasticity as well as slowing the break-down by protecting it from destructive enzymes. Chondroitin is a more complex molecule than glucosamine, however it is still effective in the repair of cartilaginous tissue.

FEATURES & BENEFITS

- ✓ A factor in the building of healthy cartilage
- ✓ Helps in the formation of connective tissues
- ✓ Helps relieve symptoms of bone and joint pain and/or pain due to osteoarthritis



Dong Quai Elixir™

Women's Hormonal Formula

500 mL/bottle – UPC 826913115002

NPN 80058921

RECOMMENDED USE: Dong Quai Elixir™ is a combination of Traditional Chinese Medicine ingredients.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

<i>Angelica sinensis</i> (Chinese Angelica Root) (Dong Quai).....	225 mg
<i>Rehmannia glutinosa</i> (Rehmannia Root)	135 mg
<i>Paeonia lactiflora</i> (White Peony Root)	112.5 mg
<i>Ligusticum sinense</i> (Szechwan Lovage Rhizome)	90 mg

NON-MEDICINAL INGREDIENTS: Purified water, Benzoic acid (buffered), Natural apple concentrate, Potassium sorbate.

RECOMMENDED DOSE: Adults (Premenopausal & Menopausal Women): Take 1 tablespoon (15 mL) once per day or take 8 tablespoons [120 mL (approx. half a cup)] once per week or as directed by your health care practitioner. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: For prolonged use, consult a health care practitioner.

CAUTIONS: Do not use if you are pregnant, breastfeeding or taking anticoagulant medications (may increase chances of severe bleeding). If you are taking prescription medications, consult a health care practitioner prior to use. If symptoms persist/worsen or if new symptoms develop, discontinue use and consult a health care practitioner. Do not use if security seal is broken.

STORAGE: Store away from children. Refrigerate after opening. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS

- ✓ A NON-GMO, concentrated TCM extract blend
- ✓ Women's hormone balancer
- ✓ Relief from hormone surges and irregular menses
- ✓ Helps reduce symptoms of menstrual issues
- ✓ Contains phytonutrients and trace elements
- ✓ Naturally sweetened with apple concentrate

Dong Quai Elixir™ is a formulation based on Traditional Chinese Medicine (TCM). These types of herbal formulation have been used for generations to support women's health issues. Elixirs may help to regulate irregular and uncomfortable menstrual periods in younger and mature women. As women age, the monthly blood cycle production may be low due to mineral and vitamin deficiencies or high emotional stressors. Herbs, through their trace elements and phytonutrients, are used to help stimulate blood production thus giving a boost in vitality or energy. The traditional, wise woman would have used herbs like Dong Quai root, White Peony root, Rehmannia root, and Lovage root, which are all included in this female, hormone-balancing formula.

Dong Quai root balances the tone of the uterus, increases red blood cells, boosts vitality in women, and exerts beneficial effects on various types of inflammatory conditions. This traditional Chinese herb is used most often to support women's reproductive issues and relieve menstrual disorders such as cramps, irregular menstrual cycles, premenstrual syndrome, and menopausal symptoms. Dong Quai root is known for its tonic, hematopoietic, spasmolytic, analgesic and anti-inflammatory properties.

White Peony root contains analgesic, antiseptic, emmenagogue, anti-inflammatory, anti-bacterial, anti-fungal, and blood tonic properties. This herb also exudes protective effects on endothelial cells and their functions, maintains healthy blood glucose levels, protects the liver and reduces blood lipid levels in adults, supports and maintains cardiovascular health, provides antioxidants for the maintenance of health, and is used for improving blood circulation.

Rehmannia root has adaptogenic, antiseptic, anti-bacterial, anti-fungal, anti-inflammatory, and tonic properties. In traditional Chinese medicine, Rehmannia root has been used to treat dizziness and palpitations due to anaemia and blood deficiency. This herb has also been used to help manage dysmenorrhea, muscle cramps, and spasms. It exerts beneficial effects on various inflammatory conditions, helps the body to better cope with both physical and mental stress, and promotes the flow of urine, maintains healthy bowel movements and supports digestion, helps with excessive menstrual bleeding, reduces blood lipid levels in adults and supports cardiovascular health. It also supports healthy blood glucose levels and women's health.

Lovage root is traditionally known for its analgesic properties and its main indications and uses are for irregular menstruation, amenorrhea and dysmenorrhea. This herb also improves the function of the liver, supports blood circulation, and is beneficial in menstrual disorders and hematological disorders. It also supports healthy immune system function.



Echinacea

Cold and Flu

50 mL/bottle – UPC 826913114104

120 mL/bottle - UPC 826913125902

NPN 80000488

RECOMMENDED USE: Traditionally used to fight off colds, flus and infections, especially of the respiratory tract.

MEDICINAL INGREDIENT PER ¼ TEASPOON (1 mL):

Echinacea purpurea Extract 1:1 (Purple Coneflower Leaf & Root) 1000 mg

NON-MEDICINAL INGREDIENTS: Purified water and 15% Ethanol.

RECOMMENDED DOSE: Adults: Take ¼ teaspoon (1 mL) three times per day. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: Consult a health care practitioner for use beyond 8 weeks.

CAUTIONS: Consult a health care practitioner prior to use if you are taking immuno-suppressants or have a progressive systemic disease such as tuberculosis, leukosis, collagenosis or multiple sclerosis. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS

- ✓ Traditionally used to fight colds, the flu and infections of the respiratory tract
- ✓ Our Echinacea formulation is an extract of 1:1 using the herb's leaf and roots, 1 mL (¼ tsp.) = 1000 mg

Echinacea is commonly used for colds or flu-like symptoms and relieves symptoms of upper respiratory tract infections. It supports the immune system directly due to a number of active chemicals like polysaccharides, alkylamides, flavonoids and polyacetylenes. For example, arabinogalactan is a very powerful immuno-modulating polysaccharide and is effective in activating macrophages, interleukin and interferon with an increase in natural killer T cell activity. It can help the immune system to attack and kill microbial actions, thus echinacea is effective in stimulating the immune pathways. Echinacea helps to relieve symptoms of upper respiratory tract infections and supports the immune system. It has analgesic, anti-inflammatory, anti-microbial, antiseptic, diaphoretic, immunomodulatory, stimulant and tonic properties. See page 21 for more information on the herb, echinacea.



Echinacea Kids

Cold and Flu

Cherry: 120 mL/bottle - UPC 826913126008

Strawberry: 120 mL/bottle - UPC 826913126053

NPN 80026663

RECOMMENDED USE: Used as a supportive therapy in the treatment of upper respiratory tract infections (e.g. common colds) and helps to relieve the symptoms and shorten the duration of upper respiratory tract infections.

MEDICINAL INGREDIENT PER ¼ TEASPOON (1 mL):

Echinacea purpurea Extract 1:5 (Purple Coneflower Leaf & Root) 1000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Vegetable glycerine, Citric acid, Potassium sorbate, Benzoic acid (buffered), Natural cherry/strawberry concentrate.

RECOMMENDED DOSE: Children (5-9 years old): Take ½ teaspoon (2.5 mL) two to three times per day. Adolescents (10-14 years old): Take ½ to 1 teaspoon (5 mL) three times per day. Take at the first sign of infection. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: Consult a health care practitioner for use beyond 8 weeks.

CAUTIONS: Consult a health care practitioner prior to use if you are taking immuno-suppressants or have a progressive systemic disease such as tuberculosis, leukosis, collagenosis or multiple sclerosis. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS

- ✓ Traditionally used to fight colds, the flu and infections of the respiratory tract
- ✓ Our Echinacea Kids formulation is an extract of 1:5 using the herb top, 1 mL (¼ tsp.) = 1000 mg
- ✓ Echinacea Kids is alcohol-free and comes in natural strawberry and cherry flavours



Echinacea & Goldenseal

Cold and Flu

50 mL/bottle - UPC 826913112803

120 mL/bottle - UPC 826913126107

NPN 80017713

RECOMMENDED USE: Used as a supportive therapy in the treatment of upper respiratory tract infections (e.g. common colds) and helps to relieve the symptoms and shorten the duration of upper respiratory tract infections.

MEDICINAL INGREDIENTS PER 1 mL:

Echinacea purpurea Extract 1:1 (Purple Coneflower Leaf & Root) 1000 mg

Hydrastis canadensis Extract 1:5 (Goldenseal Rhizome)..... 200 mg

NON-MEDICINAL INGREDIENTS: Purified water and 20% Ethanol.

RECOMMENDED DOSE: Adults: Take ¼ teaspoon (1 mL) three times per day. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: May be used up to 10-21 days.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have rheumatoid arthritis, auto-immune disorders, progressive systemic disease, blood pressure, kidney disorder; taking any other medication such as immunosuppressants, sedative drugs and/or barbiturates. Consumption with medications and/or natural health products with sedative properties is not recommended. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS

- ✓ Traditionally used to fight colds, the flu and infections of the upper respiratory tract
- ✓ ¼ tsp. (1 mL) contains: Echinacea (*Echinacea purpurea*) Extract 1:1 = 1000 mg; Goldenseal (*Hydrastis canadensis*) Extract 1:5 = 200 mg

Goldenseal rhizome helps to alleviate symptoms from conditions of the digestive tract such as gastritis; it helps relieve indigestion and is a bitter tonic to increase appetite; helps prevent the growth of microbes; is used as a mild laxative; and relieves irritation of the mucous membranes of the respiratory tract, digestive tract and urinary tract. It has analgesic, anti-inflammatory, antitussive, digestive, diuretic, immunostimulant, stomachic and tonic properties.



Echinacea extract, from the purple cone flower, a very common plant in North America, is touted as a favorite botanical remedy among herbalists. The medicinal part of the plant is the leaf and root. Echinacea is beautiful and grows in many gardens but it's well-known for boosting the immune system in treating colds and flu and fighting infections. It has also been used to speed wound healing and reduce inflammation.

Echinacea has a long and intriguing history of use. For hundreds of years, the Plains Indians used it as an antiseptic, an analgesic, and to treat poisonous insect and snakebites, toothaches, sore throat, wounds and communicable diseases such as mumps, smallpox, and measles. It was also used by the Cheyenne, Choctaw, Comanche, Dakota, Meskawaki Fox, Pawnee, Sioux, and Omaha tribes (Wendy Pearson, Medicinal Herbs and Nutraceuticals Research, Guelph, Ontario, Canada).

Echinacea is most effective when taken intensively for short periods of time to support immune health. Herbalists do combine echinacea with other immune extracts like astragalus, goldenseal, reishi, and Eleuthero Root for long term herbal health protocols.



EnduraStrength™

Stress, Stamina and Mental Fatigue

500 mL/bottle – UPC 826913125056

NPN 80046770

RECOMMENDED USE: Used in herbalism as an adaptogen to help temporarily relieve symptoms of stress (such as mental fatigue and sensation of weakness) and improve mental and/or physical performance after periods of mental and/or physical exertion.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

<i>Panax quinquefolius</i> (North American Ginseng Root)	525 mg
<i>Eleutherococcus senticosus</i> (Eleuthero/Siberian Ginseng Root)	460 mg
<i>Astragalus membranaceus</i> (Astragalus Root)	225 mg
<i>Codonopsis pilosula</i> (Bellflower Root)	375 mg
<i>Withania somnifera</i> (Ashwagandha Root)	150 mg

NON-MEDICINAL INGREDIENTS: Purified water, Benzoic acid (buffered), Citric acid, Natural apple concentrate, Potassium sorbate, Stevia.

RECOMMENDED DOSE: Adults: Loading Dose: Take 2 tablespoons (30 mL), once per day for one week or one hour before activity.

Maintenance Dose: Take 1 tablespoon (15 mL), once per day as required. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: Consult a health care practitioner for use beyond one month.

CAUTIONS: Do not use if you are pregnant, breastfeeding or have high blood pressure. Consult a health care practitioner prior to use if you have an auto-immune disorder, acute infection, diabetes, taking blood thinners or digoxin. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS

- ✓ Supports stamina, strength and physical performance
- ✓ Supports mental focus and reduces the feeling of fatigue
- ✓ Contains five adaptogenic herbs that reduce stress
- ✓ Helpful in reducing adrenal fatigue
- ✓ A NON-GMO herbal extract blend
- ✓ A concentrated liquid extract with apple flavour
- ✓ A source of phytonutrients and trace elements
- ✓ Supports immune health by fending off stress



EnduraStrength™ is a concentrated, herbal liquid extract formulation and is used to support the stress conditions in the body. It helps to support adrenal gland functions through the properties of the herbs present in the formula. The herbs in this formulation can help to further support the body from the negative effects associated with chronic stress, and helps to maintain physical and mental well-being. EnduraStrength™ is used during various types of stress factors. It may be used before and after athletic events, work-outs and strenuous exercise to restore energy and for a faster recovery. It can help to bring a sense of calm, concentration and mental focus to support athletic training or reduce effects of stressful events.

North American ginseng root has been used in traditional cultures to decrease the effects of mental stress while simultaneously invigorating the body. This herb is beneficial during times of mental or emotional fatigue and/or distress. It is known to help digestion in cases of nervousness and/or stress; helps maintain a healthy immune system; helps the body to cope with both physical/mental stress; is a mild sedative which helps relieve nervousness; used in supportive therapy for the promotion of healthy glucose levels; and has adaptogenic, tonic, immunostimulant, nervine and hepatic properties.

Eleuthero/Siberian ginseng root is a well-known adaptogenic herb that aids in the reduction of stress and the increase of mental alertness. Known to naturally increase athletic stamina and endurance, Siberian ginseng works synergistically with *codonopsis pilosula* (bellflower) to increase athletic performance. It is known as a tonic that helps relieve general debility and/or to aid during convalescence; helps to improve mental/or physical performance after periods of mental and/or physical exertion; and has adaptogenic, anti-inflammatory, antioxidant, anti-spasmodic, immunogenic and nervine properties.

Ashwagandha root is an Ayurvedic herb. It is known traditionally as the best herb for rejuvenation of the muscular system and is often prescribed (India) for conditions of weakness and tissue deficiency. As a nervine tonic, ashwagandha possesses the ability to strengthen and feed the tissues directly, reducing the harmful effects that stress can have, fighting fatigue and stimulating nerve communication. It is known to: help relieve general debility, especially during convalescence or old age; helps the body to better cope with both physical and mental stress; is a rejuvenative tonic that enhances memory and supports healthy sleep; and has adaptogenic, analgesic, antibiotic, anti-stress, cardioprotective, and diuretic properties.

Bellflower root exerts beneficial effects on various inflammatory conditions; helps maintain the immune system, protects cardiovascular health; helps the body to better cope with both physical and mental stress; improves cognitive functions; maintains healthy blood sugar levels; protects the liver; and has adaptogenic, antioxidant, digestive, diuretic, immunostimulant, nervine and tonic properties.

Astragalus root is known in Western herbalism to tonify the immune system and it creates a sense of calm within an individual. This root is also used to combat the negative effects associated with stress and brings balance back into an individual. Astragalus promotes alertness all the while stimulating energy and is known to: exert beneficial effects on various types of inflammatory conditions; helps maintain a healthy immune system; helps the body to better cope with both physical and mental stress; boosts energy levels; improves cardiovascular functions; maintains healthy blood sugar levels; promotes recovery from anemia; protects cells against damage caused by free radicals; protects the body from various stresses; protects the liver; and has adaptogenic, antioxidant, digestive, diuretic, immunostimulant, nervine and tonic properties.



Energin®

Concentrated Ginseng Extract

500 mL/bottle – UPC 826913111882

NPN 80022917

RECOMMENDED USE: Traditionally used in herbalism to help relieve nervous dyspepsia (help digestion in cases of nervousness and/or stress); maintain a healthy immune system; and as supportive therapy for the promotion of healthy glucose levels.

MEDICINAL INGREDIENT PER 1 TABLESPOON (15 mL):

Panax quinquefolius (North American Ginseng Root) 1500 mg

NON-MEDICINAL INGREDIENTS: Purified water, Benzoic acid (buffered), Citric acid, Natural apple concentrate, Potassium sorbate.

RECOMMENDED DOSE: Adults: Take 2-3 tablespoons (30-45 mL), 1-2 times per day. May be taken with or without food. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have diabetes and/or taking blood thinners or digoxin. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS

- ✓ Concentrated ginseng extract, 1 tbsp = 1500 mg
- ✓ Promotes better physical energy
- ✓ Improves physical recovery, stamina and endurance
- ✓ A tonic that provides relief for physical/emotional stress
- ✓ A NON-GMO ginseng extract with a natural apple flavour
- ✓ Has adaptogenic properties to fight off fatigue
- ✓ Helps digestion where stressful nervousness is generated
- ✓ Promotes a healthy immune system

Energin® is a concentrated, pleasant tasting extract of the North American ginseng root. It is a regulating root extract that helps to balance the body by boosting the immune system, improving stamina and endurance, and by reducing stress. North American ginseng is known to affect almost every aspect of the body. It restores energy and produces a sensation of health and well-being. See page 22 for more information on this herb.

Energin® is prepared for maximum potency by using the roots of four year old plants. This liquid extract acts as a tonic to help digestion and to increase the efficiency of mental and physical work. It also invigorates the body, fights the effects of stress and is the most energy giving herb known. It provides a healthier "energy" boost than caffeine or caffeine-based energy drinks.



Apple Flavour



Meet our Local Ginseng Farmer Mario Slegers



The Health Benefits of North American ginseng:

- ✓ Enhances the immune system
- ✓ Stress reduction
- ✓ For cognitive health
- ✓ An increase in energy



Slegers' Farm

Mario Slegers and his daughter Rachel (the second generation continuing the farm) made growing the highest quality North American ginseng their life's work for over 25 years. Our farms, located near Strathroy, Ontario have become a vertically integrated, modernized operation. All aspects of the ginseng life cycle, from seed germination to growing and processing have been dedicated to producing the highest quality ginseng possible. This is our guarantee!

Check out the Omega Alpha® products that contain North American Ginseng from the Slegers' Farm:



Essential Fatty Acids

Omega-3-6-9 Formula

90 softgels/bottle – UPC 826913122703

NPN 80028374

RECOMMENDED USE: Source of essential fatty acids for the maintenance of good health. Helps to support cognitive health and/or brain function.

MEDICINAL INGREDIENTS PER 1 SOFTGEL CAPSULE:

Fish Oil (Anchovy, Mackerel, Sardine)	400 mg
<i>Borago officinalis</i> (Borage Seed Oil)	400 mg
<i>Linum usitatissimum</i> (Flax Seed Oil)	400 mg

*Yielding

EPA (Eicosapentaenoic Acid)	120 mg
DHA (Docosahexaenoic Acid)	80 mg
ALA (Alpha-Linolenic Acid)	212 mg
GLA (Gamma-Linolenic Acid)	76 mg
LA (Linoleic Acid)	208.3 mg
OA (Oleic Acid)	165 mg

Provides 2548 total mg of EFA per daily dose (3 softgel capsules). Including: Omega-3: 1236 mg of EPA, DHA and ALA and Omega-6: 1348 mg of LA and GLA.

NON-MEDICINAL INGREDIENTS: Vitamin E (Mixed Tocopherols concentrate), Gelatin.

RECOMMENDED DOSE: Adults: Take three (3) softgel capsules per day.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding or taking blood thinners. Do not use if security seal is broken.

STORAGE: Refrigerate after opening.

ALLERGENS: Contains no corn, dairy, gluten, wheat or yeast.

FEATURES & BENEFITS

- ✓ Source of essential fatty acids for the maintenance of good health
- ✓ Supports cognitive health
- ✓ Supports cardiovascular health
- ✓ Maintains healthy brain function
- ✓ Supports immune system function
- ✓ Features Vitamin E (mixed tocopherols)

This EFA formula provides an effective balance of essential fatty acids with the emphasis on Omega-3 oils and its pathways. Essential fatty acids function as components of nerve cells, cell membranes and hormone-like substances called prostaglandins. Deep-sea fish oils are high in EPA and DHA and further contribute to the benefits of the Omega-3 oils. Borage seed oil is rich in gamma-linolenic acid (GLA), an omega-6 fatty acid, generally converted to 1 series prostaglandins. Prostaglandins of the 1 series, like the 3 series, are also responsible for the beneficial effects mentioned. Borage seed oil also contains oleic acid, an omega-9 fatty acid that promotes the anti-inflammatory pathways for GLA. Flax seed oil provides omega-3 oils (alpha-linolenic acid) and is an excellent primary source of alpha-linolenic acid (ALA).

Flax Seed Oil

Excellent Source of EFAs

500 mL/bottle – UPC 826913121959

NPN 80001195

RECOMMENDED USE: Source of essential fatty acids for the maintenance of good health. Helps to support cognitive health and/or brain function.

MEDICINAL INGREDIENT PER 1 TABLESPOON (15 mL):

<i>Linum usitatissimum</i> (Flax Seed Oil)	15 mL
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NON-MEDICINAL INGREDIENT: Vitamin E (Mixed Tocopherols concentrate).

RECOMMENDED DOSE: Adults: Take 1 - 2 tablespoon(s) per day. Shake well before use. Consume within ten (10) weeks of opening.

DURATION OF USE: May be used up to 3 months.

CAUTIONS: Consult a health care practitioner prior to use if you have clotting disorders, are taking blood thinners or oral medication or if symptoms persist. Do not use if you are pregnant or breastfeeding or have acute abdominal pain and/or intestinal obstruction.

STORAGE: Refrigerate after opening. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, wheat or yeast.

FEATURES & BENEFITS

- ✓ Source of Omega-3 fatty acids
- ✓ Supports cognitive health and/or brain functions
- ✓ For the maintenance of good health
- ✓ Supports skin and hair
- ✓ Supports digestive health
- ✓ Helps with irregular menses
- ✓ Features vitamin E (mixed tocopherols)

Flax Seed Oil provides omega-3 oils and is an excellent, primary source of alpha-linolenic acid, an omega-3 oil, which is a precursor to eicosapentaenoic acid (EPA) that leads to prostaglandin 3 series formation. Prostaglandins of the 3 series are the primary end products of omega-3 oil supplementation. Omega-3 oils are well-known for their anti-inflammatory effects to lessen the symptoms of migraine headaches, premenstrual syndrome, endometriosis, rheumatoid arthritis, multiple sclerosis, lupus, scleroderma and other autoimmune disorders. It also helps regulate and strengthen the immune system, soothes irritable bowel disorders and lowers levels of cholesterol and triglycerides, and has been shown to increase the body's response to insulin. Omega Alpha's Flax Seed Oil is 100% unrefined, cold pressed with vitamin E added and is available in a glass bottle.



E-Z Flo™

Prostate Formula

90 vegcaps®/bottle – UPC 826913120754

NPN 80051672

RECOMMENDED USE: Helps reduce symptoms of benign prostate hyperplasia (BPH).

MEDICINAL INGREDIENTS PER 1 CAPSULE:

Serenoa repens (Saw Palmetto Liposterolic Extract)

(Standardized 85% Fatty acids)..... 110 mg

Coix lacryma-jobi (Adlay Seed) 110 mg

Polyporus umbellatus (Zhuling Sclerotium) 90 mg

Urtica dioica (Stinging Nettle Root) 85 mg

Prunus africana (Pygeum Stem Bark Extract)

(Standardized 15% Phytosterols) 80 mg

Cuscuta chinensis (Dodder Seed) 50 mg

Medicago sativa (Alfalfa Leaf) 45 mg

Cellulase 20 mg (3500 *FCC CU)

*Food Chemicals Codex Cellulase Units

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adult males: Take 1 capsule per day with food.

DURATION OF USE: For use beyond 4 weeks, consult a health care practitioner.

CAUTIONS: Consult a health care practitioner prior to use to exclude a diagnosis of prostate cancer, are taking blood thinners or if you have a genitourinary system disorder. Do not use if you have a history of systemic lupus erythematosus, heart disease, high or low blood pressure, kidney or liver disorder, diabetes or edema (swelling of hands, face and feet) or are taking products containing diuretics. Stop use and seek medical attention immediately if you experience dizziness, confusion, muscle weakness or pain, abnormal heart beat and/or difficulty breathing. If symptoms persist or worsen, consult a health care practitioner. Hypersensitivity/allergy has been known to occur, in which case discontinue use. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS

- ✓ Supports bladder, kidney and prostate health
- ✓ Supports overall urinary health
- ✓ Improves urine flow
- ✓ Decreases urination frequency at night

E-Z Flo™ is used for prostate health and is indicated for BPH (Benign Prostatic Hyperplasia - enlarged prostate). It is used to promote the health of the genitourinary system. It may help to reduce symptoms of BPH leading to a reduction in the number of times that a gentleman may need to use the bathroom at night, thus helping with sleep, stress and irritation.

E-Z Flo™ contains herbal botanicals that contain antioxidants and nutrients that support the kidneys and urinary pathways. Botanicals like saw palmetto (liposterolic extract) and dodder seed (*cuscuta chinensis*), have been used to help prevent the conversion of testosterone to dihydrotestosterone (DHT). Elevated levels of DHT contribute to enlarged prostate and hair loss, among other conditions. These herbs naturally block DHT synthesis. The other herbs are used as nutritive tonics that contain antioxidants: African pygeum bark extract, stinging nettle, adlay seed (*coix lacryma-jobi*), zhuling sclerotium (*polyporus umbellatus*) and alfalfa leaf. All these herbs contain trace elements that help to reduce inflammation.

Saw palmetto helps relieve urological symptoms such as weak urine flow, incomplete voiding, frequent daytime and night time urination associated with mild to moderate benign prostatic hyperplasia (BPH). Saw palmetto possesses anti-inflammatory, antioxidant, immuno-stimulant, diuretic, nerve, sedative, urinary antiseptic and stimulant properties.

Adlay seed prevents the growth of microbes, and protects cells against damage caused by free radicals. Adlay seed has antioxidant properties.

Zhuling sclerotium exerts beneficial effects on various inflammatory conditions. It helps maintain a healthy immune system, promotes urine flow and kidney health and protects the liver. Zhuling possesses anti-inflammatory and diuretic properties.

Stinging nettle helps reduce difficulty in urination associated with the early stages of prostate enlargement. Stinging nettle is a nutritive tonic and possesses anti-inflammatory, depurative, diuretic, histaminic and tonic properties.

Pygeum bark promotes the flow of urine and supports prostate health. It also promotes the health of the genitourinary system. Pygeum possesses anti-inflammatory, anti-arthritis and antiprostaglandin properties.

Dodder seed invigorates the reproductive system, supports prostate health, and maintains kidney and liver health. It also provides antioxidants for the maintenance of good health. Dodder possesses diuretic, hepatotonic and tonic properties.

Alfalfa leaf is a nutritive tonic that provides antioxidants for the maintenance of health. It reduces blood lipid levels in adults and supports the digestive system. Alfalfa contains anti-inflammatory, depurative, diuretic, stimulant, stomachic and tonic properties.



Ginkgo Biloba

Memory and Circulation Support

60 vegcaps®/bottle - UPC 826913112506

180 vegcaps®/bottle - UPC 826913120853

NPN 80022807

RECOMMENDED USE: Helps enhance cognitive, memory function and support peripheral circulation.

MEDICINAL INGREDIENT PER 1 CAPSULE:

Ginkgo biloba Leaf Extract *50:1

(Standardized 24% Flavonoid glycosides, 6% Terpene lactones)60 mg

*Equivalent to 3000 mg of dried *Ginkgo biloba* leaf

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), *Oryza sativa* (Rice) Powder.

RECOMMENDED DOSE: Adults: Take 1 capsule, two to three times per day. May be taken with or without food.

DURATION OF USE: Consult a health care practitioner for use beyond 6 weeks.

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

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS

- ✓ Increases cognitive and memory function
- ✓ Supports peripheral circulation
- ✓ An adaptogenic herb for stress and anxiety
- ✓ Has antioxidant properties (from flavonoids & terpenoids)
- ✓ Exerts protective effects against oxidative stress
- ✓ Contains 24% flavonoid glycosides and 6% terpene lactones

Ginkgo Biloba

Memory and Circulation Support

120 mL/bottle – UPC 826913120259

NPN 80043652

RECOMMENDED USE: Helps enhance cognitive, memory function and support peripheral circulation.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Ginkgo biloba Leaf Extract

(Standardized 24% Flavonoid glycosides, 6% Terpene lactones)5000 mg

NON-MEDICINAL INGREDIENTS: Purified water, 20% Ethanol.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL) once per day. May be taken with or without food. Can be mixed with juice or water.

DURATION OF USE: Consult a health care practitioner for use beyond 8 weeks.

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

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

Ginkgo biloba has long been used by master herbalists to support brain function by enhancing oxygenation to the brain for enhanced energy and increases blood flow to the peripheral tissues. An increase in blood flow means that the brain is being supplied with a greater amount of oxygen and glucose, thus resulting in an increase in attention span and an improvement of short term memory and absent-mindedness. *Ginkgo biloba* leaf helps to improve mental functioning and is known to support the peripheral tissues and cognitive health functions by increasing cerebral, peripheral circulation and tissue oxygenation.

Extracts from the leaves of the ginkgo biloba tree contain 24% flavonoid glycosides and 6% terpene lactones. It has 16 phytochemicals, amino acids, calcium, iron, magnesium, phosphorus, potassium, zinc and vitamins A, B1, B2, B3, B5 and C. *Ginkgo biloba* is an adaptogenic herb that naturally increases the body's ability to cope with mild anxiety. It has antioxidant, anti-allergic, anti-inflammatory, antiseptic, anti-spasmodic, and stimulant properties.



60 vegcaps®



180 vegcaps®



120 mL

GinkgoGin®

Ginkgo Biloba and Ginseng Herbal Extract

120 mL/bottle – UPC 826913111875

NPN 80044766

RECOMMENDED USE: Helps enhance cognitive, memory function and support peripheral circulation. North American Ginseng is traditionally used in Herbal Medicine to help relieve nervousness (as mild sedative).

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Ginkgo biloba Leaf Extract

(Standardized 24% Flavonoid glycosides, 6% Terpene lactones)..... 4000 mg

Panax quinquefolius (North American Ginseng Root) 500 mg

NON-MEDICINAL INGREDIENTS: Purified water, 25% Ethanol.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL) once per day. May be taken with or without food. Can be mixed with juice or water.

DURATION OF USE: Consult a health care practitioner for use beyond 8 months.

CAUTIONS: Do not use if you are pregnant or breastfeeding or taking health products that affect blood coagulation (e.g. blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) as this may increase the risk of spontaneous bleeding. Consult a health care practitioner prior to use if you have diabetes; taking medications for diabetes, high blood pressure, seizure, blood thinners or digoxin.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS

- ✓ Helps enhance cognitive, memory function
- ✓ North American Ginseng is traditionally used to relieve nervousness
- ✓ Improves energy and cognitive function
- ✓ Supports peripheral circulation
- ✓ Helps the body to manage physical energy
- ✓ Contains adaptogenic herbs for stress and anxiety
- ✓ Has antioxidant properties (from flavonoids and terpenoids)
- ✓ A tonic that provides relief for emotional/mental stress



Omega Alpha's GinkgoGin® formulation features two well-known herbs. 1 tsp. (5ml) provides 4000 mg of Ginkgo biloba leaf extract and 500 mg of North American Ginseng root.

Ginkgo biloba has long been used by master herbalists to help improve cognitive problems, memory function and support peripheral circulation. Extracts from the leaves of the Ginkgo biloba tree contain 24% flavonoid glycosides and 6% terpene lactones. It has 16 phytochemicals, amino acids, calcium, iron, magnesium, phosphorus, potassium, zinc and vitamins A, B1, B2, B3, B5 and C. It is licensed in Germany and is used in the care for cerebral dysfunction with symptoms such as difficulties with memory, dizziness and ringing in the ears. It has been used for problems such as poor circulation, and the extracts of this herb have been shown to increase blood flow to the brain.

An increase in blood flow means that the brain is being supplied with a greater amount of oxygen and glucose which results in:

- an increase in attention span
- improvement of short term memory and absent-mindedness

According to the University of Maryland, scientists have found more than 40 components in ginkgo biloba, but only two are believed to act as medicinal: flavonoids and terpenoids. Flavonoids are plant-based antioxidants. Laboratory and animal studies show that flavonoids protect the nerves, heart muscle, blood vessels, and retina from damage. Terpenoids (such as ginkgolides) improve blood flow by dilating blood vessels and reducing the stickiness of platelets.

Ginkgo biloba is as an adaptogen herb that naturally raises the body's ability to cope with mild anxiety and possibly seasonal depression. As it is used to increase blood flow to the peripheral tissues it may help erectile dysfunction that may be caused by blockage of the arteries to the penis. It has antioxidant, anti-allergic, anti-inflammatory, antiseptic, anti-spasmodic, and stimulant properties.

Ginkgo biloba standardized extract has been used for a range of conditions including memory and concentration problems, confusion, depression, anxiety, dizziness, and headache. The mechanisms of action are thought to reflect the action of several components of the extract and include increasing blood supply by dilating blood vessels, reducing blood viscosity, modification of neurotransmitter systems, and reducing the density of oxygen free radicals.

North American ginseng root is a regulating root extract that helps to balance the body by boosting the immune system, improving stamina and endurance, and by reducing symptoms associated with stress. North American ginseng is known to affect almost every aspect of the body. It restores energy and produces a sensation of health and well-being. This herb possesses adaptogenic, aphrodisiac, carminative, diaphoretic, diuretic, expectorant, stimulant, and tonic properties. North American Ginseng root has been used to relieve nervous dyspepsia, maintain a healthy immune system, and promote healthy glucose levels. It has adaptogenic effects which help the body fight fatigue and stress.

Omega Alpha® gets its North American ginseng from Slegers' Farm (a local ginseng farmer). See page 23, for more information on our local supplier and their story.



GlucosaJoint®

Effective for Joint Pain and Cartilage Maintenance

500 mL/bottle – UPC 826913124257

NPN 80024063

RECOMMENDED USE: Effective in reducing joint pain associated with osteoarthritis. Helps to maintain healthy cartilage and joint health.

MEDICINAL INGREDIENTS PER 1 TEASPOON (5 mL) :

D-Glucosamine hydrochloride (Shellfish exoskeletons)	500 mg
Methylsulfonylmethane (MSM)	500 mg
Chondroitin sulphate (Bovine Cartilage)	400 mg
<i>Boswellia serrata</i> Extract (Frankincense Resin)	150 mg
<i>Curcuma longa</i> Extract (Turmeric Rhizome)	150 mg
Manganese (Manganese sulphate)	1.67 mg

NON-MEDICINAL INGREDIENTS: Silicon (Sodium metasilicate), Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered), Stevia, Natural apple concentrate.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL) three times per day with food. Shake well before use. Avoid taking at bedtime.

DURATION OF USE: Use for a minimum of 1 month to see beneficial effects.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms worsen. Some people may experience mild gastrointestinal bloating, constipation or indigestion. Consult a health care practitioner prior to use if you have a liver disorder, gallstones or a bile duct obstruction, stomach ulcers or excess stomach acid. Do not use if security seal is broken.

STORAGE: Store away from children. Do not refrigerate. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS

- ✓ Improves mobility
- ✓ Helps to protect against the deterioration of cartilage
- ✓ Helps to maintain knee and joint health
- ✓ Contains two anti-inflammatory herbs
- ✓ Effective in reducing joint pain associated with osteoarthritis
- ✓ Improves performance and daily activity restricted by impaired mobility and pain
- ✓ Comes in a natural apple flavour

GlucosaPlex®

Promotes Healthy Joints

90 vegcaps®/bottle – UPC 826913120051

NPN 80035102

RECOMMENDED USE: For the maintenance of good joint health.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

D-Glucosamine sulphate (Shellfish exoskeletons)	500 mg
<i>Curcuma longa</i> (Turmeric Extract) (95% Curcumin)	100 mg
<i>Zingiber officinale</i> (Ginger Root)	100 mg
Methylsulfonylmethane (MSM)	90 mg
<i>Uncaria guianensis</i> (Cat's Claw Bark)	33.3 mg
Cellulase.....	10 mg (500 *FCC CU)

*Food Chemicals Codex Cellulase Units

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 1 capsule three times per day with food.

DURATION OF USE: Use for a minimum of 1 month to see beneficial effects.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you are taking anti-inflammatory, enzyme products, blood thinners, anticoagulants, antihypertensive or antiplatelet medications; have gallstones, bile duct obstruction, diabetes, stomach ulcers, excess stomach acid or suffer from immune system disorders. Some people may experience mild gastrointestinal bloating, constipation or indigestion. Hypersensitivity/allergy has been known to occur, in which case discontinue use. Do not use if security seal is broken.

STORAGE: Store in airtight container, protected from light. Store away from children.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS

- ✓ Contains three anti-inflammatory herbs
- ✓ D-Glucosamine and MSM for pain
- ✓ Contains phytonutrients and trace minerals
- ✓ Improves performance and daily activity restricted by impaired mobility
- ✓ Helps to protect against the deterioration of cartilage
- ✓ Vegetarian capsules (90 vegcaps®) for ease of traveling



8 26913 12005 1
GlucosaPlex® 90 vegcaps



8 26913 12425 7
GlucosaJoint® 500 mL

GlucosaJoint® contains natural compounds and traditional anti-inflammatory herbs that exert beneficial effects on various types of inflammatory conditions. This formula helps reduce the acute and chronic pain and inflammation associated with osteoarthritis while stimulating the formation of cartilage for effective joint repair. When reviewing the ingredients for this kind of joint formulation, there are many indications for each ingredient such as arthritis, bone, joint, inflammation, pain and musculoskeletal health conditions.

GlucosaPlex® helps reduce the chronic joint pain and inflammation while stimulating the formation of cartilage for effective joint repair. When we review the ingredients for this kind of joint formulation there are many indications for each ingredient, such as arthritis, joint inflammation, pain and musculoskeletal health conditions.

D-Glucosamine sulphate helps to relieve pain associated with osteoarthritis and osteoarthritis of the knee. It helps to protect against the deterioration of cartilage as it promotes cartilage synthesis. It is a factor in maintaining healthy cartilage and/or joint health. It has anti-arthritis, anti-inflammatory and anti-microbial properties. For more information, please see page 11. **D-Glucosamine sulphate is present in GlucosaJoint® and GlucosaPlex®.**

D-Chondroitin sulphate helps to relieve the pain associated with osteoarthritis of the knee and joints, and also helps to inhibit enzymes that are destructive to the joints. Chondroitin is also a major constituent of cartilage. It draws fluid into the tissue, thus promoting water retention to give the cartilage more elasticity as well as slowing the break-down by protecting it from destructive enzymes. D-Chondroitin is a more complex molecule than glucosamine, however it is still effective in the repair of cartilaginous tissue. **D-Chondroitin sulphate is present in GlucosaJoint® and GlucosaPlex®.**

Methylsulfonylmethane (MSM) is an organic sulfur-containing mineral that is used to improve immune function, reduce inflammation and help restore healthy body tissue. The reason so many benefits are attributed to this supplement is because MSM provides biologically active sulfur, which is the fourth most plentiful mineral in the body, and it is needed for many different critical bodily functions. MSM is also used for pain associated with osteoarthritis, degenerative joint problems and helps form connective tissue and repairs joints, tendons and ligaments. MSM has been well researched and shows that it can decrease joint inflammation, improves flexibility and restores collagen production. MSM is a mineral required in the formation of the extra cellular matrix that is an integral part of cartilage formation and restoration. Sulfur is crucial to the action of L-Glutathione an important antioxidant and a very potent free radical scavenger of oxidative damage. Sulfur supports the formation of the extra cellular matrix that is an integral part of cartilage formation and restoration. **MSM is present in GlucosaJoint® and GlucosaPlex®.**

Turmeric Rhizome has anti-inflammatory properties that help to reduce the aggravation that occurs with arthritis as it reduces inflammation. It also supports the liver functions and aids the digestive process by increasing bile (supporting the natural elimination processes). It provides antioxidants for the maintenance of good health, relieves pain and inflammation, and assists in healing minor wounds, cuts, burns and minor skin irritations. It has anti-inflammatory and hepatic properties. **Turmeric is present in GlucosaJoint® and GlucosaPlex®.**

Frankincense Resin exerts beneficial effects on allergic respiratory ailments, and exerts beneficial effects on various types of inflammatory conditions. Boswellia serrata comes from a tree from India and the gummy resin is used. Boswellia blocks the synthesis of pro-inflammatory 5-lipoxygenase products, including 5-hydroxyeicosatetraenoic acid (5-HETE) and leukotriene B4 (LTB4). It is known that non-steroidal, anti-inflammatory drugs can cause a disruption of glycosaminoglycan synthesis which can accelerate the articular damage in arthritic conditions.

Manganese is an essential trace mineral and is primarily known as an enzyme activator. Manganese is involved in activating the enzymes responsible for the

production of mucopolysaccharides and glycoproteins which form the organic matrix of bone and cartilage. Manganese is also a part of Mn-superoxide dismutase, which is involved with limiting the buildup of highly reactive oxide molecules in cells. It is a nutrient used in metabolic and biological functions, supports the nervous system functions and normal bone development.

Ginger root is a perennial plant and is harvested for its root (rhizome). The major compounds in ginger, from studies done on the rhizome extracts, have yielded active gingerols which can then be converted to shogaols, zingerone, and paradol. The compound gingerol appears to be responsible for its characteristic taste. Zingerone and shogaols are found in small amounts in fresh ginger and in larger amounts in dried or extracted products. Ginger has also been used for osteoarthritis. It inhibits thromboxane synthetase and is a prostacyclin agonist. Prostaglandins induce vasodilation and increase tissue permeability which, in turn, promote the influx of fluids and leukocytes. Ultimately, the classic symptoms of inflammation results in swelling, redness, warmth, and pain. It is believed that at least one of the mechanisms by which ginger produces its anti-inflammatory effects is through the inhibition of prostaglandin and leukotriene biosynthesis. Through this dual inhibition of eicosanoid biosynthesis, ginger decreases capillary permeability, thus reducing swelling and the influx of inflammatory mediators. Ginger root possesses the following properties: antiemetic (vomiting), anti-inflammatory, analgesic (pain relieve), and cardiogenic properties (heart tonic). Ginger is a cholagogic agent that promotes the flow of bile into the intestine, especially through contraction of the gallbladder, supporting elimination pathways and digestion.

Cat's claw contains nine phytochemicals used for its antioxidant and anti-inflammatory action for arthritis and gout, and is also used for gastritis, asthma and to stimulate the immune system. The stem and root of cat's claw are harvested in Brazil and Peru, where it is known as uña de gato. This woody vine clings to the tallest trees by its thorns or "claws". The bark is traditionally used for inflammatory arthritis and intestinal complaints such as stomach ulcers. The active properties include: anti-inflammatory, analgesic (pain relieving), anti-rheumatic (deduces inflammation, swelling and pain) and immune stimulant (works slowly over a long period of time to help our bodies naturally fight off infections, colds and other viral invaders). The inner bark root, stems and thorns contain the alkaloids and catechins (antioxidants), quinovic acids, glycosides and nicotinic acid.

Cellulase is an enzyme that digests the cellulose cell wall, thus increasing the quantity of phytonutrients released.

The Importance of Glucosamine and Other nutrients

One of the key ingredients necessary for cartilage repair is glucosamine. Normally, in healthy individuals, the body can produce sufficient glucosamine to provide for joint repair. Under arthritic conditions, the body's need for glucosamine increases. If the body cannot provide enough glucosamine to meet this increased need then the joint repair process suffers and you end up with a damaged joint. There is no simple dietary source of glucosamine. The most common sources of glucosamine are in the shells and cartilage of crustaceans such as crab, lobster and shrimp. The major problem with these sources to provide glucosamine is that they are not easily digested. The other alternative is to obtain glucosamine as a dietary supplement. However, not all forms of glucosamine are the same. In the human body, all glucosamine exists in the D-isomer form. This form of glucosamine offers a double benefit in the management of osteoarthritis cases. As, in the manufacturing process both forms of glucosamine (L and D forms) are produced through the chemical reduction process. However, the body absorbs, recognizes and utilizes the D form optimally and the L form is excreted. To manufacture and produce just the D-glucosamine form, an enzymatic process is used. This is the form the body can absorb more readily. This is the reason that all of Omega Alpha's glucosamine products contain only the D version. When choosing any glucosamine product, ensure that it contains primarily D-glucosamine for maximum benefit.

Glucolizer™

Glucose Balancer

90 vegcaps®/bottle – UPC 826913123854

NPN 80042474

Formally
known as
GlucoWise™

RECOMMENDED USE: Helps promote healthy glucose metabolism.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

R-alpha-Lipoic acid	200 mg
<i>Gymnema sylvestre</i> (Gymnema Leaf Extract) (Standardized 25% Gymnemic acids).....	133 mg
<i>Momordica charantia</i> (Bitter Melon).....	133 mg
<i>Lagerstroemia speciosa</i> (Banaba Leaf Extract) (Standardized 1% Corosolic acid)	16 mg
Chromium* (Chromium Polynicotinate).....	50 mcg
Vanadium* (Vanadyl Sulphate).....	16 mcg

*All minerals are in elemental forms

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Colloidal Silicon dioxide, Magnesium stearate.

RECOMMENDED DOSE: Adults: Take 1 capsule three times per day with food. Take 2 hours before or after taking other medications.

DURATION OF USE: Consult a health care practitioner for use beyond 2 months.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have a kidney disorder, diabetes, and/or intestinal disorders, or symptoms such as abdominal pain, nausea, vomiting or fever. Discontinue use and consult a health care practitioner if you experience symptoms of hypoglycemia including feelings of anxiety, dizziness, tremors, sweating, nausea or headache. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Promotes healthy glucose metabolism
- ✓ Facilitates glucose usage
- ✓ Maintains healthy glucose levels
- ✓ R-Alpha lipoic acid is an antioxidant
- ✓ Insulin maximizer
- ✓ Contains phytonutrients and trace minerals

THE GLUCOSE LEVEL



Hypoglycemia
(low blood sugar)



Normal
level



Hyperglycemia
(high blood sugar)



8 26913 12385 4



Glucolizer™ is designed to stabilize blood sugar levels with each ingredient carefully chosen for its efficacy. Glucolizer™ is a glucose balancing formula and its primary action is to heighten insulin receptor sensitivity and mimic insulin effects. This formulation contains herbs like gymnema leaf extract, banaba leaf and bitter melon which help to support weight loss and help to suppress the sensation for sweets.

Trace elements, minerals, and herbal supplementation have been found to support weight management and healthy glucose metabolism. Herbs like Gymnema leaf extract, Banaba leaf extract and bitter melon, support weight loss and help to suppress the sensation for sweets. Minerals like chromium and vanadium have shown to help normalize blood glucose levels. R-Alpha lipoic acid is an antioxidant with many functions, but it's one of the most effective free radical scavengers, and the only one known to easily work to support the brain and lipid cell levels. It also has the ability to regenerate other antioxidants such as vitamins C, E, and glutathione. Glutathione is another very important antioxidant. R-Alpha lipoic acid enhances insulin sensitivity and has been used to reduce inflammation, and support liver functions.

R-Alpha Lipoic Acid is a potent antioxidant; helps to promote healthy glucose metabolism; boosts the endogenous antioxidant systems (vitamin C & E availability). It is a fat and water soluble antioxidant responsible for turning the glucose in our blood into energy for our cells. Numerous studies have been done proving its effectiveness on neurodegenerative conditions, cell health maintenance, anti-aging and also nerve functions. It has been used to safeguard liver cells against oxidative damage, as well as tissue and organs from free radicals. R-Alpha Lipoic Acid helps to control blood sugar levels; has antioxidant and anti-inflammatory properties.

Gymnema sylvestre is a herb commonly used in India to reduce the desire to eat sugary foods. This herb maintains healthy blood glucose levels; maintains healthy cholesterol and triglyceride levels; supports weight management and suppresses the sensation or need for sweets.

Bitter melon, also known as *momordica charantia*, is a gourd-like fruit that grows in South America, Asia and Africa. It has been used by practitioners of folk medicine in those areas to control the symptoms of diabetes for centuries, and has been shown in research to have a sugar-lowering impact. Bitter melon also maintains healthy blood glucose levels, as well as healthy bowel movements.

Banaba leaf is a medicinal plant that grows in India, Southeast Asia and the Philippines. Banaba leaf extract contains a compound known as corosolic acid that acts by stimulating glucose transport into cells and regulates levels of blood sugar and insulin in the blood. By keeping blood sugar and insulin levels in check, banaba may also be an effective supplement for promoting weight loss in certain individuals.

Chromium is an essential trace mineral that helps the hormone insulin to function at its full potential. It provides support for healthy glucose metabolism; helps to maintain normal blood glucose level; helps to prevent chromium deficiency; helps to maintain the body's ability to metabolize nutrients; and it may also help to lower cholesterol levels and burns body fat.

Vanadium is another mineral that has been shown to help normalize blood glucose levels, possibly through an insulin-like effect on cells. Food sources of vanadium include seafood, mushrooms and culinary herbs such as black pepper, dill and parsley.

Diabetes – A Disease with Three Faces

by Dr. Janet McKenzie, BSN, MBA, ND.

Diabetes mellitus, often referred to simply as diabetes, is a metabolic disease with a potentially massive impact on a person's health, longevity and quality of life. There are multiple forms of diabetes, each representing a failure of the body's mechanisms to metabolize carbohydrates and regulate blood sugar. The terms used to describe these different forms have varied over time: insulin-dependent diabetes, non-insulin-dependent, juvenile diabetes, early onset, late onset, Types 1, 2 and sometimes 3. It becomes...confusing.

Let's try to clear up some of the confusion by describing the main types of diabetes as well as highlighting some effective natural therapies.

Classes of Diabetes

The most prevalent forms of diabetes are commonly referred to as Type 1, Type 2 and gestational diabetes. In Type 1, the cells of the pancreas that secrete insulin die. Insulin is the hormone that regulates blood sugar, or glucose, by influencing the capacity of cells to use it as fuel for their activities. Sometimes the insulin-secreting pancreatic cells die because of actions of the immune system ("immune-mediated Type 1 diabetes"). At other times, there is no apparent cause of cell death ("idiopathic Type 1 diabetes")¹.

Type 1 diabetes can occur in people of any age but is the most common form affecting children, which is why in the past it was referred to as juvenile or early onset diabetes. Insulin-dependent diabetes is another term that has been used to refer to Type 1 diabetes.

In Type 2 diabetes, the body tissues become increasingly resistant to the effects of insulin. Insulin secretion may be impacted in a variety of ways: it may initially increase, it may decrease or it may remain relatively unchanged. Type 2 diabetes tends to develop in people who are middle-aged or older, and may be caused or worsened by poor dietary and lifestyle habits. This form of diabetes has also been referred to as non-insulin-dependent or late onset diabetes.

Gestational diabetes occurs in as many as 7% of pregnancies and resembles Type 2 diabetes in that it involves some combination of reduced insulin production and altered insulin sensitivity². Gestational diabetes is sometimes referred to as Type 3 diabetes, as is another condition, latent autoimmune diabetes of adults (LADA). LADA is a condition in which Type 1 diabetes develops in an adult. It may be misdiagnosed as Type 2 diabetes if the diagnosis is based on the person's age rather than on the nature of the metabolic failure (loss of insulin-secreting cells versus loss of tissue receptors for insulin)³.

Prediabetes is a condition in which sensitivity to insulin is declining. It is characterized by blood sugar levels that are at or just above the high end of the normal range and is thought to precede the development of Type 2 diabetes.

Natural Treatment for Diabetes

The objectives of treatment for all forms of diabetes are the same: to improve the uptake of glucose at a cellular level and to maintain blood glucose levels within a tight spectrum. Vitamin, mineral and botanical supplementation can be effective in achieving these objectives.

Type 2 diabetes is considered to be preventable because an appropriate diet and exercise regimen can forestall the development of the disease. But irrespective of the "face" diabetes is presenting, diet, lifestyle factors and targeted supplementation can make significant improvements in the signs and symptoms of the condition. If you think you might be at risk for diabetes, consider discussing your situation with a naturopathic doctor – a natural treatment just might make all the difference.

Dr. Janet McKenzie is a graduate of the University of British Columbia School of Nursing, Queen's School of Business and the Canadian School of Naturopathic Medicine. She has a practice in Etobicoke (Summit Natural Health Care) and was a teacher at the Canadian School of Natural Nutrition.

Goji Juice

Made from 100% Pure Goji Fruit

1 L/bottle – UPC 826913124806

NPN 80031883

RECOMMENDED USE: A traditional Chinese herb that tonifies the liver and kidneys, nourishes the vital essence, and improve eyesight.

MEDICINAL INGREDIENT PER 1 TABLESPOON (15 mL):

Lycium barbarum (Goji Fruit) 3 g

NON-MEDICINAL INGREDIENTS: Purified water, Vitamin C, Citric acid, Potassium sorbate, Benzoic acid (buffered).

RECOMMENDED DOSE: Adults: Take 2 tablespoons (30 mL) once per day. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Do not use if you are pregnant, breastfeeding or allergic to plants of the Solanacea family. Consult a health care practitioner prior to use if you are taking anticoagulant drugs such as Warfarin or suffering from Spleen or Stomach deficiency with dampness leading to diarrhea. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Contains antioxidants and nutrients (iron, zinc, vitamins C and A)
- ✓ Promotes healthy skin
- ✓ Supports healthy vision
- ✓ Increases energy
- ✓ Supports positive moods
- ✓ Supports the natural detoxification processes

Our Goji juice is made from goji fruit (*Lycium barbarum*). Goji juice comes from the goji berry, which has the longest history of use in comparison to other nutritional products. Goji berries have been used for as long as 4000 years. The ancient healers referred to goji as a super tonic and is considered a 'superfood' or 'super fruit' by health food enthusiasts. The goji berry is a small red berry from Eastern Asia. Goji berry use dates back to the legendary first emperor of China, Shen Nung. It has been included in one of the oldest known medical texts as a life-enhancing food. It still occupies an important role as a traditional Chinese herb due to its extensive nutrient list. It contains 19 amino acids (building blocks of protein) including eight that are essential for life; 21 trace minerals and antioxidants like carotenoids, beta-carotene and zeaxanthin; and vitamin C, B-complex vitamins and vitamin E which are all used and necessary for converting food into energy and protecting the body.



Healthy Colon Plus®

6 Soluble Fibres, 4 Probiotics & Prebiotic, 2 GI Herbal Support, Bioflavonoid & Detoxification Support

180 vegcaps®/bottle – UPC 826913121263

NPN 80034794

340 g/bottle – UPC 826913121904

NPN 80034680

RECOMMENDED USE: Source of fibre for the maintenance of good health by acting as a bulk forming laxative. Provides gentle relief of constipation and/or irregularity. A source of probiotics that temporarily modify gut flora.

MEDICINAL INGREDIENTS PER 1 TEASPOON (6 g) [PER 1 CAPSULE]:

<i>Plantago ovata</i> (Psyllium Husk & Seed)	2500 mg [250 mg]
<i>Pyrus malus</i> (Apple Fibre)	1320 mg [132 mg]
<i>Amorphophallus konjac</i> (Glucomannan Tuber)	1000 mg [100 mg]
<i>Linum usitatissimum</i> (Flax Seed)	840 mg [84 mg]
<i>Cichorium intybus</i> (Inulin Root / Fructooligosaccharides)	600 mg [60 mg]
<i>Cyamopsis tetragonoloba</i> (Guar Gum)	600 mg [60 mg]
<i>Althaea officinalis</i> (Marshmallow Root)	456 mg [45.6 mg]
Hesperidin	150 mg [15 mg]
<i>Ulmus rubra</i> (Slippery Elm Stem Inner Bark)	144 mg [14.4 mg]
<i>Bifidobacterium bifidum</i> (Whole Cell-HA-132)	150 Million CFU* [15 Million CFU*]
<i>Lactobacillus acidophilus</i> (Whole Cell-HA-122)	150 Million CFU* [15 Million CFU*]
<i>Lactobacillus casei</i> (Whole Cell-HA-108)	150 Million CFU* [15 Million CFU*]
<i>Lactobacillus plantarum</i> (Whole Cell-HA-119)	150 Million CFU* [15 Million CFU*]

*Colony Forming Units

NON-MEDICINAL INGREDIENTS: [Hypromellose (vegetarian capsule shell)], Sunflower lecithin, Stevia.

RECOMMENDED DOSE:

CAPSULES:

Adults: Take 5 capsules twice per day with food and at least 2-3 hours before or after taking antibiotics or other medications. Avoid taking immediately before bedtime. Maintain adequate fluid intake. Taking Healthy Colon Plus® with insufficient liquid may result in choking and/or esophageal blockage/obstruction of the throat, esophagus or intestine. Effects observed 12-14 hours after first dose, and may take 2-3 days.

POWDER:

Adults: Mix 1 teaspoon (6 g) with at least 315 mL of water or juice one to two times per day with food and at least 2-3 hours before or after taking antibiotics or other medications. Stir briskly and drink immediately. Avoid taking immediately before bedtime. Maintain adequate fluid intake. Taking Healthy Colon Plus® with insufficient liquid may result in choking and/or esophageal blockage/obstruction of the throat, esophagus or intestine. Effects observed 12-14 hours after first dose, and may take 2-3 days.

STORAGE: Do not refrigerate. Store away from children and protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

CAUTIONS: Do not use if you are pregnant, breastfeeding; have difficulty in swallowing, diabetes, immune-compromised condition; experiencing a sudden change in bowel habits that has persisted for more than 2 weeks; undiagnosed rectal bleeding, or failure to defecate following the use of another laxative product. If you experience chest pain, vomiting, difficulty swallowing or breathing after taking the product, seek immediate medical attention. If symptoms of allergy or diarrhea occur, worsen, or persist beyond 3 days or if laxative effect does not occur within 7 days, discontinue use and consult a health care practitioner. Consult a health care practitioner prior to use if you are taking any prescription medication or any medication which inhibits peristaltic movement (e.g. opioids, loperamide), or have symptoms such as abdominal pain, nausea, vomiting or fever. May cause temporary gas/flatulence, bloating, loose stools, diarrhea, and abdominal discomfort. This product may have come into contact with milk and/or soy. Do not use this product if you have a milk and/or soy allergy.

FEATURES & BENEFITS:

- ✓ Contains a combination of 6 soluble fibres, 4 probiotics, 2 GI herbal supports
- ✓ Includes bioflavonoids and detoxification support, and antioxidants
- ✓ Helps to prevent constipation
- ✓ Acts as a bulk forming laxative
- ✓ Source of probiotics that modify gut flora
- ✓ Stimulates colonic microbial growth
- ✓ Produces short-chain fatty acids
- ✓ Lowers the risk of hemorrhoids
- ✓ Gluten free, sugar free and vegan
- ✓ Increasing fibre intake can help prevent toxin absorption
- ✓ Provides gentle relief of constipation and/or irregularity
- ✓ Soluble fibre in this product increases the viability of the probiotics by protecting them from the acids in the stomach
- ✓ Provides some relief from Irritable Bowel Syndrome (IBS)
- ✓ Each 100 grams of Healthy Colon Plus® contains 56.7 grams of dietary fibre



Healthy Colon Plus® is a source of fibre for the maintenance of good health by acting as a bulk forming laxative. It provides gentle relief of constipation and/or irregularity, and is a source of probiotics that temporarily modifies gut flora. Healing herbs like slippery elm and marshmallow root are herbs that are traditionally used as mucilaginous herbs for diarrhea, constipation, IBS and to provide prevention against ulcers, colitis, diverticulitis, GI inflammation and acidity. Moderation is key and healthy food choices with a healthy beverage is a good idea. Trace elements, minerals, and herbal supplementation have been found to support weight management and healthy glucose metabolism.

L. Acidophilus, L. Casei, L. Plantarum, and B. Bifidum, are all sources of probiotics that help support intestinal/gastrointestinal health. These probiotics are grown on cultured mediums, are non-animal sourced and are compatible with a vegan diet. They also promote a favourable gut flora.

Psyllium Husk and Seed is a bulk forming laxative that promotes bowel movements by increasing bulk volume and water content. It also promotes intestinal health, reduces blood lipid levels in adults and supports healthy blood glucose levels. Psyllium has anti-diabetic, hypocholesterolemic properties and is indicated for constipation, diarrhea, hypercholesterolemia, irritable bowel syndrome (IBS), and type 2 diabetes.

Apple Fibre promotes healthy intestinal flora, bowel movements and maintains a healthy colon. It also provides antioxidants for the maintenance of health, reduces blood lipid levels in adults and supports cardiovascular health. It is also used as a bulk forming laxative.

Glucmannan Tuber aids in weight loss and decreases appetite. It exerts beneficial effects on various types of inflammatory conditions, lowers blood sugar and lowers cholesterol. It also relieves constipation.

Flax Seed is a source of essential fatty acids for the maintenance of good health. It reduces blood lipid levels in adults, supports healthy bowel movements by increasing bulk volume and water content, and promotes healthy intestinal flora. Flax seed has anti-diabetic and hypercholesterolemic actions and have been indicated for constipation, obesity and type 2 diabetes.

Inulin Root/Fructooligosaccharides is a prebiotic that supports bowel functions, supports intestinal flora, helps in weight management. It also maintains healthy liver function and promotes urination, and is a source of FOS (Fructooligosaccharides). Inulin has antioxidant, antihyperglycemic and hepatoprotective properties.

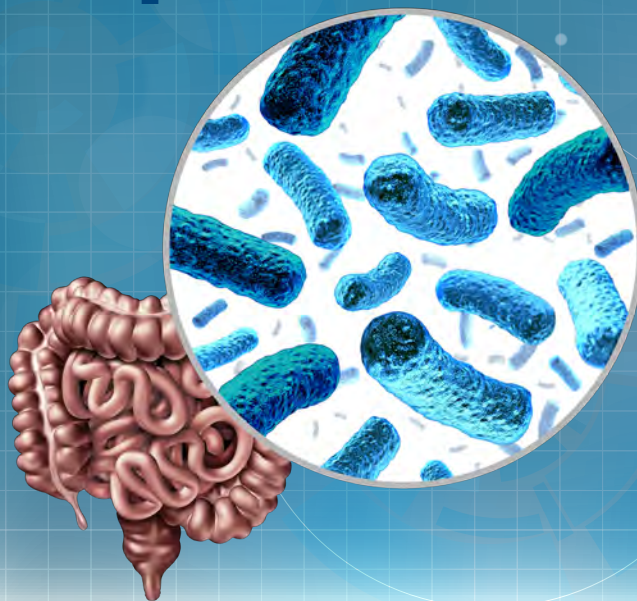
Guar Gum aids in weight management and is beneficial for the management of diabetes. It supports normal cholesterol levels, and is a source of soluble fibre. It also supports healthy intestinal flora and healthy bowel movements. Guar gum has anti-diabetic properties and is also an appetite suppressant.

Marshmallow Root relieves the irritation of the oral and pharyngeal mucosa and associated dry cough. It relieves mild inflammation of the gastrointestinal mucosa (e.g. gastritis, peptic and duodenal ulceration, enteritis). Marshmallow root has anti-inflammatory and immunostimulant properties.

Hesperidin that helps in weight management, increases body heat, and it protects cells against damage caused by free radicals. Studies have shown that hesperidin reduces oxidative stress and is inflammatory. In traditional Chinese medicine, hesperidin is used for dyspepsia, constipation, and diarrhea.

Slippery Elm Stem Inner Bark is beneficial in gastroenteritis. It promotes healthy stomach and intestinal lining, soothes and supports the gastrointestinal tract, and soothes respiratory irritation. Slippery elm bark has anti-inflammatory and protectant properties. It is indicated for colitis, irritable bowel syndrome (IBS), and gastritis.

The Importance of Probiotics



A better alternative would be to change the types of bacteria that inhabit the gut as well as increase your intake of soluble fibres. Changing the balance of the intestinal microflora can then be easily achieved by consuming a mixture of different species of probiotics (friendly bacteria). Increasing the intake of soluble fibre serves two purposes: 1. It binds to toxins and prevents their absorption by the body. However, different fibres bind to different toxins with different efficiencies. Therefore it is important that you consume a large range of soluble fibres. 2. It causes a decrease in the amount of time that body waste stays in the large intestine. The net result is a decrease in the total quantity of toxins absorbed into the body.

Omega Alpha® has created a fibre product – Healthy Colon Plus® – which can be taken on a daily basis, and it addresses all of these concerns. It has a variety of soluble fibres; it contains probiotics to help restore the delicate intestinal balance; and the herbs included help stimulate the bowels to gently move material through the colon, and it also contains antioxidants to help fight free radicals. Omega Alpha® manufactures herbal formulas to cleanse the kidneys, liver, lungs and colon for a complete body detox program. It is recommended that healthy individuals do a total organ cleanse every 6 months (usually in spring and fall). If an individual is exposed to a larger toxin load because of medicines, smoking, alcohol and drug use, or a toxic environment (work outdoors or other exposure to pollution), we recommend an organ cleanse to be done on a more frequent basis (every 4-6 months).

The road to health, is paved with good intestines!



HerbaCough™

Expectorant and Cough Suppressant Formula

120 mL/bottle — UPC 826913112308

250 mL/bottle — UPC 826913127050

NPN 80077967

RECOMMENDED USE: A combination of traditional Chinese herbs. Ginger is traditionally used as an expectorant and antitussive to help relieve bronchitis, as well as coughs and colds.

MEDICINAL INGREDIENTS PER 1 TEASPOON (5 mL):

<i>Eriobotrya japonica</i> (Loquat Leaf)	125 mg
<i>Zingiber officinale</i> (Ginger Root)	100 mg
<i>Polygala tenuifolia</i> (Thinleaf Milkwort Root)	25 mg
<i>Momordica grosvenorii</i> (Monk Fruit)	21 mg
<i>Fritillaria thunbergii</i> (Thunberg Fritillary Bulb)	20 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered), Vegetable glycerine, Menthol, Natural cherry flavour.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL) 3-6 times per day. May be taken with or without food. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: For prolonged use, consult a health care practitioner.

CAUTIONS: Do not use if you are pregnant or breastfeeding. If symptoms persist or worsen, or if new symptoms develop, discontinue use and consult a health care practitioner. Consult a health care practitioner prior to use if you have serious or major conditions, any type of acute infection (deficiency or excess) or are taking prescription medications. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within (6) months after opening.

FEATURES & BENEFITS:

- ✓ Natural cough suppressant
- ✓ Effective for cold and flu cough
- ✓ 5-herb formula and alcohol free
- ✓ Gentle relief for throat irritations
- ✓ Soothing relief for smoker's cough
- ✓ An expectorant for phlegm
- ✓ Calming for coughs and colds
- ✓ Comes in a natural cherry-menthol flavour

HerbaCough™ is a fast acting, easy-to-use, concentrated liquid herbal extract formulated for respiratory relief. A combination of Traditional Chinese Medicine ingredients that work synergistically to produce maximum benefit.



Loquat Leaf helps dissolve thick mucus and relieves coughs. It also maintains blood glucose levels, provides antioxidants for the maintenance of good health and maintains liver health. Loquat leaf possesses anti-microbial, antitussive, expectorant, sedative and anti-allergic properties.

Ginger Root is traditionally used in herbal medicine as an expectorant and an antitussive to help relieve bronchitis, coughs and colds, and also help to expel phlegm.

Thinleaf Milkwort Root is a calming agent that reduces nervousness, distress and irritation. It expels phlegm and relieves congestion, improves appetite and promotes digestion, and it also improves memory. Thinleaf milkwort root has expectorant and anti-hyperglycemic properties.

Monk Fruit helps to maintain healthy blood glucose levels and healthy bowel movements. It is known in Chinese herbalism to relieve allergies, coughs and phlegm conditions. Monk fruit possesses anti-histaminic, antioxidative, and anti-hyperglycemic properties.

Thunberg Fritillary Bulb is a traditional Chinese herb that is commonly used as an antitussive and expectorant. It expels mucus and helps relieve coughs. It also helps reduce inflammation of the respiratory tract and supports healthy lung functions. It relieves respiratory congestion and maintains respiratory health. Thunberg fritillary bulb has anti-inflammatory, antitussive, diuretic and expectorant properties.



Natural Herbal Remedies



High Potency Fish Oil™

Omega-3 Fish Oil Concentrate

90 softgels/bottle – UPC 826913124103

NPN 80022940

RECOMMENDED USE: Helps support cardiovascular and cognitive health (brain function), the development of the brain, eyes and nerves in children up to 12 years of age, and reduce serum triglycerides/triacylglycerols. Source of omega-3 fatty acids (EPA and DHA) for the maintenance of good health.

MEDICINAL INGREDIENTS PER 1 SOFTGEL:

Fish Oil (Anchovy, Mackerel, Sardine) 1000 mg
Vitamin E (d-alpha Tocopherol) 6.84 mg (10.2 IU)

Omega-3 Essential Fatty Acids:

Eicosapentaenoic acid (EPA) - 400 mg
Docosahexaenoic acid (DHA) - 200 mg

NON-MEDICINAL INGREDIENTS: Gelatin, Vegetable glycerin, Purified water.

RECOMMENDED DOSE: Children (1-8 years old): Take one (1) capsule twice per day. Adolescents (9-18 years old) and Adults: Take one (1) capsule two to three (2-3) times per day.

Suggestion: Because fish oils often “repeat” after taking them (one can taste them again when belching), it is a good idea to take fish oils just before going to bed at night.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Do not use if security seal is broken.

STORAGE: Refrigerate after opening.

ALLERGENS: Contains no corn, dairy, gluten, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Helps support cardiovascular health
- ✓ Supports cognitive health and/or brain function
- ✓ Supports gland and hormone functions
- ✓ Supports the development of the brain, eyes and nerves in children up to 12 years of age
- ✓ Source of omega-3 fatty acids (EPA and DHA) for the maintenance of good health
- ✓ Effectively supports the whole body's health, making the skin softer
- ✓ Reduces serum triglycerides/triacylglycerols

High Potency Fish Oil™ effectively supports the health of the whole body. It helps to support the cardiovascular and nervous systems, brain wellness, and the eyes. It fuels the glands and helps to reduce stress. It is a source of omega-3 fatty acids that have twice the amount of EPA and DHA than regular fish oil. It is also used for the maintenance of good health.

Deep-sea fish oil is derived from anchovy, mackerel and sardine, and they are known as a source of the unsaturated omega-3 fatty acids, EPA and DHA. Both EPA and DHA are primarily used in the production of anti-inflammatory leukotrienes and resolvins. Resolvins are a new class of anti-inflammatory compounds (which have been around for 10 years), and they are formed primarily from EPA and DHA. In addition, EPA, DHA, and other polyunsaturated fatty acids work their magic by being incorporated into the cell membrane. The incorporation of these unsaturated fats makes the cell membrane more resistant to damage which leads to more beautiful skin (less damage because of eczema).

There are a number of conditions that benefit from the supplementation of high potency fish oils, such as immune disorders, neural imbalances, joint problems, inflammation, kidney and liver dysfunction, and cardiovascular conditions. Each 1000 mg softgel capsule contains 400 mg EPA and 200 mg DHA (eicosapentaenoic acid and docosahexaenoic acid) and vitamin E (d-alpha Tocopherol 10.2 IU).

All oils are processed according to pharmaceutical GMP standards and analyzed for pesticide and herbicide residues and heavy metals. They are hexane-free and expeller cold pressed.



High Potency Omega-3 Oil

Highest Natural Source of DPA, Enhances EFA Function & 10x More Effective than EPA

100 softgels/bottle – UPC 826913127586

NPN 80057445

RECOMMENDED USE: Source of omega-3 fatty acids for the maintenance of good health.

MEDICINAL INGREDIENTS PER 1 SOFTGEL:

Seal Oil (*Pagophilus groenlandicus*)500 mg
Eicosapentaenoic acid (EPA) – 30 mg
Docosahexaenoic acid (DHA) – 30 mg
Docosapentaenoic acid (DPA) – 15 mg

NON-MEDICINAL INGREDIENT: Gelatin.

RECOMMENDED DOSE:

Adults: Take 2 softgels twice per day.

Adolescents (9-17 years old): Take 1 softgel three times per day.

Children (1-8 years old): Take 1 softgel twice per day. May be taken with or without food.

CAUTIONS: Do not use if security seal is broken.

STORAGE: Store in airtight container, protected from light.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A source of essential fatty acids
- ✓ The highest natural source of DPA
- ✓ Provides EPA, DHA, and DPA in the same ratio as found naturally in our bodies in a form easily absorbed into our bloodstream to be directly utilized by our bodies
- ✓ Seal oil is found to contain minimal toxins or chemicals, so there is less risk of absorbing heavy metals such as mercury, lead, arsenic and cadmium
- ✓ Enhances EFA functions, and is 10x more effective than EPA
- ✓ For cardiovascular and cognitive/cerebral health
- ✓ Provides balance to the body in a 1:1 ratio of omega-6 to omega-3
- ✓ Complete mammalian omega-3 optimally absorbed
- ✓ 100% Canadian, non-farmed, sustainable and humanely sourced

High Potency Omega-3 Oil provides the complete omega-3 fatty acids – EPA, DHA, and DPA in nature's perfect balance.

Seal oil is a source of omega-3 fatty acids for the maintenance of good health. It is also a source of EPA, DHA and DPA for the maintenance of good health.

Docosahexaenoic acid (DHA) is generally associated with neurological and ocular health benefits and benefits to the nervous system. Many experts recommend an increased intake of DHA for expectant and nursing mothers, as well as infants because of their obvious benefits. DHA is recognized as a physiologically essential nutrient in the brain and retina, and is therefore needed for neuronal functioning and visual acuteness. Health Canada has recognized the benefits of DHA, which has led to the addition of regulated, restricted amounts of DHA in various foods such as eggs, milk, cheese, bread, etc.

Eicosapentaenoic acid (EPA) has many health benefits for the heart and cardiovascular system. An increased intake of EPA is generally associated with a lower risk of primary and secondary heart attack rates, death from cardiovascular disease and all-cause mortality. Studies have shown that higher EPA levels in blood serum phospholipids resulted in a 70% lower risk of fatal ischemic heart disease. This means more EPA is beneficial in people with documented coronary heart diseases, especially those with risk factors for sudden cardiac death.

Docosapentaenoic acid (DPA) is found only in marine sources of long-chain omega-3 fatty acids. DPA is often overlooked as a significant component of long-chain omega-3 fatty acids. This is primarily because most omega-3 studies are conducted using fish or fish oil that contain only small amounts of DPA. Relatively few studies have been done using seal oil with its much higher content of DPA. DPA works with EPA and DHA to provide health benefits to the heart and to mothers and children. DPA from seal oil has shown it has better antiplatelet action than EPA and DHA for reducing the risk of blood clots. DPA positively impacts loss of spatial learning and long-term potentiation. Basically, seal oil will help with our memory and also our cognitive skills. Science has shown that it takes just one-tenth as much DPA to do the same work as EPA in promoting healthy blood vessels that reduce inflammation. DPA helps with nerve cell damage.



Horny Goat Weed

Promotes Vitality & Physical Performance

120 mL/bottle – UPC 826913122253

NPN 80031305

RECOMMENDED USE: Used in Traditional Chinese Medicine (TCM) to tonify the kidneys and strengthen the yang; for symptoms of kidney-yang deficiency, such as frequent urination and painful, cold lower back and knees.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Epimedium brevicornu (Horny Goat Weed Leaf) 5 g

NON-MEDICINAL INGREDIENTS: Purified water, 25% Ethanol.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL) per day. May be taken with or without food. Shake well before use.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Contraindicated in individuals with fire from yin deficiency. Discontinue use if you develop symptoms of dizziness, vomiting, nausea, nosebleed, dry mouth, and abdominal distention. Do not use if security seal is broken.

STORAGE: Refrigeration not necessary. Store protected from light. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ For both men and women
- ✓ Promotes vitality and physical performance
- ✓ Stimulates the sensory perception, thus increasing sexual desire

Horny goat weed has been used in Traditional Chinese Medicine (TCM) to tonify the kidneys and strengthen the yang. This herb is beneficial for symptoms of kidney-yang deficiency, such as frequent urination and painful, cold lower back and knees.

The Chinese named this herb Horny Goat Weed because it was observed that when goats ate this wild herb, they displayed an increase in their normal sexual behaviour. Research in China has demonstrated that taking this herb can lower cortisol levels (thus a stress-lowering benefit). Horny Goat Weed is effective for men and women.

Aphrodisiac Herbal Support for Men and Women

by Dr. Gordon Chang, PhD.

Sexual dysfunction occurs in both men and women. In women, symptoms of sexual dysfunction include lack of sexual desire, insufficient lubrication and painful intercourse. The inability of certain women to achieve an orgasm is considered by many sex therapists and the medical profession to be normal. The lack of sexual desire in women can be related to stress (emotional, mental and physical), illness, changes in hormonal levels and medical drug prescriptions. In men, symptoms of sexual dysfunction include the inability to get or maintain an erection, lack of sexual desire and premature ejaculation. Sexual dysfunction in men can result from disease or illness, clogged arteries, stress (mental, physical and emotional), prescription medications, nerve damage resulting from surgery and other injuries.

In cases in both men and women where the lack of sexual desire can be traced to physical stress caused by overwork, simply taking a vacation from work will usually resolve the problem. Herbs such as Panax ginseng, Siberian ginseng and Ashwagandha are known to be adaptogenic, which means that these herbs tend to counter the effects of stress on the body. Panax ginseng, in many animal studies, has been shown to increase the growth of the testes, increase sperm production, and increase sexual activity. The ability of these herbs to fight the effects associated with stress means that the stressed individual will be more relaxed, energetic and thus be more interested in sexual activity.

When the lack of sexual desire results from mental stress, using an herb with calming effects can also lead to an increase in desire. Herbs in this class include valerian, hops and kava. Sometimes, a glass of wine is sufficient to produce a relaxing effect and thus increase sexual desire. Lack of sexual desire caused by stress (physical and mental) can also be improved by regular exercise. The body's ability to withstand the effects associated with stress increases with regular exercise. They also become more physically fit, their mental outlook improves, and the muscles become more toned resulting in an improvement in the overall general appearance. Many studies have shown that the interest in sexual activity increases with overall fitness.

In some instances, a lack of sexual desire in both women and men, as well as the inability to get an erection can be related to a low concentration of the hormone testosterone. There are a number of medicinal herbs that increase testosterone levels, such as *tribulus terrestris* (puncture vine) and *epimedium sagittatum* (horny goat weed). Studies have shown that *tribulus terrestris* uncouples testosterone from its bound form to its free form, thus increasing the amount of free circulating testosterone which is responsible for the sexual effects of testosterone. In addition, herbs such as Dong Quai ginseng (Panax and Siberian) are also known to affect the female hormonal levels to produce an increase in sexual desire. In men, where the inability to get an erection is related to arterial disease, several herbs including ginkgo biloba have been shown to increase blood flow to the penis by dilating the blood vessels.

Every culture has used different substances, usually medicinal herbs, which have been reputed to have aphrodisiac properties. These substances usually can lead to an increase in sexual desire but their effectiveness seems to vary between individuals. While there have been no clinical studies on these herbs as to their effectiveness, there is a great number of stories which attest to the effectiveness of these herbs. In conclusion, the causes of sexual dysfunction are very complex and varied. While there are some herbal treatments, not everyone will benefit from the same herbal treatment, and success is a matter of trial.

Dr. Gordon Chang, PhD.

Dr. Gordon Chang holds a PhD in Physiology and Biomedical engineering from the University of Toronto. He also has 2 years of post-doctoral experience in biochemistry. He is the President and Chief Scientific Officer at Omega Alpha Pharmaceuticals Inc.



Hyaluronic Acid

Cellular Hydration for the Skin, Joints and Eyes

250 mL/bottle – UPC 826913126206

NPN 80034358

RECOMMENDED USE: Helps in connective tissue formation and the development and maintenance of cartilage.

MEDICINAL INGREDIENTS PER 1 TEASPOON (5 mL):

Hyaluronic acid 30 mg
Vitamin C (L-Ascorbic acid) 15 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered), Stevia, Natural licorice flavour.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL) twice per day. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: Consult a health care practitioner for use beyond 8 weeks.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Maintains moisture at cell level
- ✓ Rejuvenates the skin
- ✓ Supports connective tissues
- ✓ Increases the fluid levels in the tissues
- ✓ Decreases levels of prostaglandins
- ✓ Reduces swelling within the joints
- ✓ Not sourced from animals
- ✓ Improves the viscosity of the synovial fluid (lubricating, which helps joint mobility)

Hyaluronic acid is a glycosaminoglycan, a chain of disaccharides (sugars) present in all connective tissues that is responsible for retaining moisture. Hyaluronic acid is synthesized naturally in a healthy body but as we age, levels of hyaluronic acid fall and as a result, you may have aching joints and sagging skin. Hyaluronic acid helps in connective tissue formation and in the development and maintenance of cartilage. In an inflammatory situation or in a disease state, it may help to supplement the body with a liquid oral hyaluronic acid to support the synovial membranes of the joints. Hyaluronic acid increases the viscosity of the synovial fluid, and it also serves to reduce the wear-and-tear stress on the articular cartilage and related joint structures.

Omega Alpha® uses a short chain for quicker absorption in the body. Hyaluronic acid, as a long chain, needs to be repackaged into smaller chains which would then be utilized in the body.



Rejuvenate the Skin & Joints with Hyaluronic Acid

by Dr. Janet McKenzie, BSN, MBA, ND

Hyaluronic acid (HA or hyaluronate) is actually a molecule with some important bodily responsibilities. It comprises significant portions of connective tissues and fluids, such as the synovial fluid in knee joints and vitreous fluid in the eyes. It is a major component of the skin and plays key roles in wound healing. It is also involved in the development and maintenance of tissues in the nervous system.

HA is not limited to making aging skin appear more youthful. It is also used to treat osteoarthritis, eye surgeries and can be used in treatments for cataracts, glaucoma and retinal detachment as well as to promote the healing of wounds and skin conditions such as eczema and “burns” from cancer treatments.

Current research is being done on other forms such as gels (oral and topical) and tablets (oral). This is important because HA is a very large molecule – usually too large to pass from the digestive tract to the blood stream in its natural form. The existence of these benefits suggest that digestive processes do not mitigate the effectiveness of orally administered HA to such a degree that an oral route of administration now becomes practical. Certainly this may be preferable to having it injected via needles.

Beautiful Skin

About half of the hyaluronic acid found in the body is located in the skin, where it helps to maintain the hydration of the skin and supports its collagen-containing connective tissues. HA “fillers”, such as injectable solutions containing HA, have been used to restore declining skin stores and reverse skin wrinkling since 2003 but topical creams are now being used as well to aid the healing of conditions such as eczema.

The hyaluronic acid that occurs naturally in our bodies lasts for just a few days unless it is linked to or modified by other molecules¹. The rate of degradation tends to increase as we age, eventually resulting in a kind of drying-out of our bodies that manifests as wrinkly skin, among other common concerns. Topical applications have been shown to reverse this process and have been used to successfully treat a variety of dermatological conditions².

Supple Joints

Hyaluronic acid has been researched extensively for its use as an osteoarthritis treatment in both animals (especially race horses) and humans. Hyaluronic acid preparations have been shown to decrease pain and increase function in patients with osteoarthritis of the knee. Mechanisms of therapeutic effect include restoration of more normal synovial fluid levels with improved viscoelasticity, effects on cartilage biosynthesis and degradation, anti-inflammatory effects, and direct analgesic effects³. Post-op pain control after knee surgery has been found to be similar with HA to the anaesthetic bupivacaine when injected⁴.

While the scientific evidence for the efficacy of oral HA supplements is still developing, there is enough information available to suggest that hyaluronic acid supplementation may be useful, with the understanding that the oral route of administration will not be as quick as the injectable route in yielding results.

References available upon request.

Dr. Janet McKenzie is a graduate of the University of British Columbia School of Nursing, Queen's School of Business and the Canadian School of Naturopathic Medicine. She has a practice in Etobicoke (Summit Natural Health Care) and was a teacher at the Canadian School of Natural Nutrition.



I-B Eaze®

Irritable Bowel Formula

90 vegcaps®/bottle – UPC 826913120471

NPN 80037934

RECOMMENDED USE: Used in herbalism to help relieve digestive disturbances/dyspepsia. Ginger is traditionally used to help relieve digestive upset/disturbances including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia and flatulent colic (carminative).

MEDICINAL INGREDIENTS PER 1 CAPSULE:

<i>Zingiber officinale</i> (Ginger Rhizome)	170 mg
<i>Althaea officinalis</i> (Marshmallow Root)	80 mg
Hesperidin.....	80 mg
<i>Ulmus rubra</i> (Slippery Elm Bark).....	80 mg
<i>Camellia sinensis</i> (Green Tea Extract Leaf) (45% Epigallocatechin 3-gallate)	40 mg
L-Glutamine	25 mg
alpha-Amylase	720 FCC DU ¹
Lipase.....	20 FIP LU ²
Maltase	11.2 FCC DP ³
Cellulase.....	10 FCC CU ⁴

ENZYMATIC UNITS:

FCC (Food Chemicals Codex)

¹FCC DU (alpha-Amylase Dextrinizing Units)

²FIP LU (Federation Internationale Pharmaceutique, Lipase Units)

³FCC DP (Degrees of Diastatic Power)

⁴FCC CU (Cellulase Units)

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell)

Acid resistant capsules, Cellulose, Magnesium stearate, Apple Fibre.

RECOMMENDED DOSE: Adults: Take 1 capsule three times per day with food.

DURATION OF USE: For prolonged use, consult a health care practitioner.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant, breastfeeding or following a low protein diet; have diabetes, iron deficiency, or are taking any prescription medications. As per Health Canada's regulations for the use of green tea extract-containing products, if you have a liver disorder, consult a healthcare practitioner prior to use. Stop use if you develop symptoms of liver trouble such as yellowing of the skin/eyes (jaundice), stomach pain, dark urine, sweating, nausea, unusual tiredness and/or loss of appetite and consult a health care practitioner. Rare, unpredictable cases of liver injury associated with green tea extract-containing products have been reported (in Canada and internationally). Hypersensitivity/allergy has been known to occur, in which case discontinue use. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Improves appetite and digestion
- ✓ Reduces abdominal pain, prevents nausea and vomiting
- ✓ Promotes gastrointestinal mucosal growth
- ✓ Used in herbalism to help digestive disturbances/ dyspepsia
- ✓ Used for relieving many of the symptoms of irritable bowel syndrome (IBS)
- ✓ Ginger is used in herbalism to help relieve digestive upset/ disturbances including a lack of appetite, nausea, digestive spasms, indigestion, dyspepsia and flatulent colic

I-B Eaze® is an herbal formula that helps to relieve digestive disturbance including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia and flatulent colic with additional support of digestive enzymes and L-glutamine to maintain gastrointestinal health. I-B Eaze® may aid in gastrointestinal conditions such as irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD) which are associated with leaky gut syndrome.

Ginger rhizome exerts beneficial effects on various inflammatory conditions; helps relieve digestive upset/disturbances including lack of appetite, nausea, digestive spasms, indigestion and flatulence; helps prevent nausea and vomiting associated with motion sickness, and/or seasickness; helps relieve bronchitis, coughs, colds and expels phlegm. For more information on this herb, see page 23.

Marshmallow root helps loosen bronchial secretions and eliminate mucus, and soothes stomach irritation. It helps to prevent the growth of some microbes, reduces inflammation, supports the immune system, and regenerates cells. This herb has anti-inflammatory, and nutritive properties.

Hesperidin helps in weight management, increases body heat; protects cells against damage caused by free radicals; has anti-gastric, anti-inflammatory, antioxidant, cardioprotective, digestive, immunostimulant, stomachic and tonic properties.

Slippery elm bark is a demulcent which is an agent that forms a soothing film over mucous membranes, thus protecting irritated or inflamed tissue. Traditionally, it has been used to soothe irritation or ulceration of the stomach and intestines. It is also beneficial in gastroenteritis. It promotes healthy stomach and intestinal lining, soothes and supports the gastrointestinal tract, and soothes respiratory irritation. Slippery elm has anti-inflammatory, antiseptic, and nutritive actions.

Green tea increases alertness and helps in weight management; helps reduce elevated blood lipid levels and supports cardiovascular health; prevents the growth of microbes; a source of antioxidants for the maintenance of good health; has anti-inflammatory, antioxidant, antiseptic, cardioprotective and immunostimulant properties.

L-glutamine helps restore plasma glutamine levels depleted after periods of physical stress; helps support immune system health and digestive system health after periods of physical stress; helps to assist in muscle cell repair after exercise.

Food enzymes break down the different nutrients in the food, such as vitamins, minerals, carbohydrates, fats and proteins, and make them easier for the body to absorb. While all digestive enzymes are important for bodily functions, the three most important are protease, amylase and lipase. **Lipase** works to help the body digest fats. **Amylase** is responsible for digesting carbohydrates, and protease works to digest proteins.

Maltase breaks down disaccharide maltose to the simple sugar glucose (which supports the body energy ATP) and is produced by the cells that line the small intestine. It is secreted by the surface cells of the villi, which are thin projections on the mucosa.

Cellulase breaks down the cellulose molecule into monosaccharides (simple sugars from plant foods) such as beta-glucose, or shorter polysaccharides and oligosaccharides. The cell walls of plants are made up of cellulose. The role of cellulase in I-B Eaze® is to digest the cellulose cell wall thus increasing the quantity of phytonutrients released.



ImmuBoost®

Immune Enhancer

120 mL/bottle – UPC 826913120204

250 mL/bottle – UPC 826913120228

NPN 80043118

RECOMMENDED USE: Used in herbalism to support the immune system.

MEDICINAL INGREDIENTS PER 1 TEASPOON (5 mL):

<i>Astragalus membranaceus</i> (Astragalus Root).....	1000 mg
<i>Echinacea purpurea</i> (Echinacea Herb Top).....	1000 mg
<i>Eleutherococcus senticosus</i> (Siberian Ginseng Root).....	500 mg
<i>Ganoderma lucidum</i> (Reishi Mushroom Fruiting Body)	1500 mg
<i>Uncaria tomentosa</i> (Cat's Claw Stem bark).....	1000 mg
<i>Withania somnifera</i> (Ashwagandha Root).....	1000 mg

NON-MEDICINAL INGREDIENTS: Purified water, 20% Ethanol.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL), twice per day with food. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: Consult a health care practitioner for use beyond 1 month.

CAUTIONS: Do not use if you are pregnant, breastfeeding or allergic to plants of the Asteraceae/Compositae/Daisy family. Consult a health care practitioner prior to use if you have any type of acute infection, high blood pressure, progressive systemic disease (e.g. tuberculosis, leukosis, etc.); are taking immunosuppressants, anticoagulants or antihypertensive medication; suffer from an immune system disorder (e.g. Crohn's disease, multiple sclerosis, rheumatoid arthritis, etc.). Discontinue use if you experience digestive upset or diarrhea. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Reduces colds and the flu naturally
- ✓ Supports the immune pathways
- ✓ Herbs have adaptogenic properties
- ✓ A rejuvenating tonic for physical stress
- ✓ Contains herbs with antioxidant properties



ImmuBoost® contains six botanicals that are used to support the immune system and its functions by activating a number of pathways with a synergistic combination of ingredients. These herbs have a variety of properties such as antioxidant, immune stimulant and anti-inflammatory actions that help to support and stimulate a healthy immune system. ImmuBoost® also contains adaptogenic herbs that help to increase the body's ability to resist and endure stress associated with various factors.

Herbs that Help Enhance the Immune System

Aloe Vera is a source of antioxidants and helps support the immune system. This herb exerts beneficial effects on various types of inflammatory conditions, helps maintain healthy blood sugar levels, and promotes bowel movement. It also regenerates cells and speeds up the healing process, while soothing the skin.

Ashwagandha is traditionally used as a rejuvenating tonic to help relieve general weakness, especially during recovery times. It can help reduce cortisol levels which reduces stress and anxiety. Thus, it can help with our bodies to cope better both physically and mentally with stress. It has a strong adaptogenic action that works synergistically to enhance the restorative effects of astragalus and eleuthero root (Siberian ginseng). Ashwagandha root helps relieve general debility as it is a rejuvenate tonic. It has adaptogenic, analgesic, antibiotic, anti-stress, cardio-protective, and diuretic properties.

Astragalus is known to stimulate the immune system through its antioxidant actions toward inflammatory conditions. Antioxidants help to protect the cells against damage caused by free radical damage. It is used for prevention and supports the body from various stressors. It is a rejuvenating tonic to the liver and helps maintain a healthy immune system. This may help the body to cope better both physically and mentally. Astragalus root helps maintain a healthy immune system, helps the body to better cope with both physical and mental stress, boosts energy levels, and promotes recovery from anemia. It has adaptogenic, antioxidant, digestive, diuretic, nervine, immunostimulant and tonic properties.

Cat's claw stem bark exerts beneficial effects on various inflammatory conditions; prevents growth of microbes and supports the gastrointestinal tract; provides antioxidants for the maintenance of health and supports the immune system. It has anti-inflammatory, antioxidant, anti-bacterial, anti-viral and immunostimulant properties.

Eleuthero root/Siberian ginseng has been traditionally used to reduce colds, flu-like symptoms, and to increase normal energy levels and general vitality. It is one of the best adaptogenic herbs to help the body cope better with either mental or physical stress. It can increase the body's abilities to resist and endure physical, normal body chemical responses (cortisol) and psychological stress. Thus, it can enhance stamina, increase resistance to infections and accelerate recovery. Siberian ginseng is a tonic to help relieve general debility and/or to aid during convalescence. This herb helps to improve mental/or physical performance after periods of mental and/or physical exertion, and has adaptogenic, anti-viral, cardio-protective, diuretic properties, and is an immune stimulant.

Reishi mushroom fruiting body has traditionally been used to dispel phlegm, stops coughs and arrests wheezing by supporting the immune pathways through its anti-inflammatory actions. It is used as a liver tonic and may promote appetite. Its nutrients and trace elements provide antioxidants to maintain better health. Reishi mushroom enhances the T-lymphocyte activity thus boosting the immune system. It has adaptogenic, anti-allergic, anti inflammatory, anti-microbial, antioxidant and immunostimulant actions.

Immunol™

Immune Support

60 vegcaps®/bottle – UPC 826913122659

NPN 80043719

RECOMMENDED USE: Used in herbalism to maintain a healthy immune system.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

<i>Astragalus membranaceus</i> (Astragalus Root).....	500 mg
Aloe vera (Aloe Leaf Gel)	150 mg
<i>Ganoderma lucidum</i> (Reishi Mushroom Fruiting Body).....	100 mg
<i>Withania somnifera</i> (Ashwagandha Root)	100 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell),
Oryza sativa (Rice) Powder.

RECOMMENDED DOSE: Adults: Take 2 capsules twice per day with food.

DURATION OF USE: Use for a minimum of 4 weeks to see beneficial effects.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you suffer from an immune system disorder (e.g. Crohn's disease, multiple sclerosis, rheumatoid arthritis, etc.) or if you are taking immunosuppressants. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. For use beyond 3 months: dizziness, irritated skin, nausea and diarrhea have been known to occur; in which case, discontinue use.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Reduces colds and the flu naturally
- ✓ Supports the immune pathways
- ✓ Herbs have adaptogenic properties
- ✓ Promotes a healthy bowel (Aloe leaf gel)
- ✓ A source of antioxidants

The four botanicals in **Immunol™** work synergistically to support the immune system and its functions, as well as enhance the body's natural defense system. They also provide sources of antioxidants that help protect cells against free radical damage. The herbs possess various properties such as adaptogenic, immunostimulant and antioxidant effects, thus helping to maintain a strong immune system for a healthy body.

For detailed information on the botanicals and their properties, used in Immunol™, see page 40.

Inositol Hexaniacinate (Vitamin B3)

Non-Flush Niacin

60 vegcaps®/bottle – UPC 826913127609

NPN 80061910

RECOMMENDED USE: Helps the body to metabolize fats, carbohydrates, and proteins.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

Inositol hexanicotinate [myo-Inositol, hexa-3-pyridinecarboxylate].....	500 mg
Inositol.....	97.5 mg
Nicotinic acid.....	402.5 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell),
Brown Rice Flour.

RECOMMENDED DOSE: Adults: Take 1 capsule once per day with food or as directed by your health care practitioner.

CAUTIONS: Do not use if you are pregnant, breastfeeding, or have a history of liver disease. If you are taking blood thinners/anticoagulants, consult a health care practitioner prior to use. If you develop symptoms of liver trouble (such as abdominal pain, dark urine, or jaundice), discontinue use and consult a health care practitioner. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A factor in the maintenance of good health
- ✓ Helps the body to metabolize carbohydrates, fats and proteins
- ✓ No niacin "flush"
- ✓ Supports nerve health
- ✓ Energy production
- ✓ Supports digestion
- ✓ Supports brain and liver health
- ✓ Involved in mood regulation

Inositol hexaniacinate (also known as inositol hexanicotinate) is a newer form of vitamin B3 (niacin), which does not cause flushing (niacin flushing). It is involved in the transportation of fats through the body and helps to supply energy to the cells. It also increases serotonin activity which can help to improve mood and reduce signs of stress and sleep disorders. Niacin ensures the efficient functioning of over 50 enzymes, as well as the synthesizing of fats from carbohydrates.

Inositol hexaniacinate is a special form of niacin, allowing users to experience the benefits of this vitamin without having to endure the niacin flush. This natural compound combines niacin with the vitamin inositol, which is one of nine isomeric alcohols commonly found in both animal and plant tissues. The supplement has a 70% bioavailability and is absorbed from the stomach's digestive tract, where it gets hydrolyzed into free nicotinic acid and inositol. The result is a slower release of niacin into the bloodstream which can greatly reduce the skin flushing side effect.



Kava Kava

Calmative and Sleep Aid

120 mL/bottle – UPC 826913120563

NPN 80084461

RECOMMENDED USE: Used in herbalism to help promote relaxation and is used as a calmative/sedative to help relieve nervousness/restlessness.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Piper methysticum (Kava Rhizome) 2500 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered).

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL) once per day or as directed by your health care practitioner. May be taken with or without food. Shake well before use.

DURATION OF USE: Consult a health care practitioner for use beyond 3 months.

CAUTIONS: Do not use if you are pregnant, breastfeeding, or have liver and kidney disorders. If you are taking any medication, consult a health care practitioner prior to use. Consult a health care practitioner if symptoms persist or worsen. Hypersensitivity/allergy has been known to occur; in which case, discontinue use. Discontinue use and consult a health care practitioner if you develop symptoms of liver problems (e. unexplained fatigue, abdominal pain, fever, vomiting, dark urine, yellow eyes or skin). Excessive use, or use with products that cause drowsiness, may impair your ability to operate vehicles or heavy machinery. Consumption with alcohol is not recommended. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Consume within three (3) months after opening. Store away from children.

ALLERGENS: Contains no preservatives, dairy, yeast, wheat, gluten, soy, glycerine, or alcohol.

FEATURES & BENEFITS:

- ✓ Used in herbal medicine as a mild sedative or calmative
- ✓ May improve mood and helps reduce the feelings of stress
- ✓ Helps reduce disrupted sleep patterns
- ✓ Kava is known for its anxiolytic (anti-panic or anti-anxiety) properties
- ✓ 1:1 water extracted method for usual dose of 5 ml which equals 2500 mg

Kava kava is an extract from the plant *Piper methysticum*. Kava kava has been used for thousands of years in Pacific island chains, during social gatherings, and for medicinal purposes. Kava kava can help offset a number of problems, most notably stress, anxiety, and disrupted sleep patterns. However, kava's anxiolytic (anti-panic or anti-anxiety agent) and calming properties can offset many other stress and anxiety related issues. Kava kava also helps with insomnia because of its calming effects; lessens menopause-related symptoms such as anxiety, moodiness and hot flashes; can be used as a topical anesthetic for minor wounds and helps to relieve pain from toothaches and sore throats.



Kidney Flush®

Herbal Diuretic & Kidney Support

500 mL/bottle – UPC 826913121805

NPN 80023986

RECOMMENDED USE: Used in herbalism as a diuretic for the maintenance of kidney health.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

Taraxacum officinale (Dandelion Root) 12 g
Arctostaphylos uva-ursi (Uva ursi Leaf) 0.30 g
Cornus officinalis (Asiatic Cornelian Cherry Fruit) 0.27 g
Lysimachia christinae (Christina Loosestrife Herb) 0.23 g
Polyporus umbellatus (Zhuling Sclerotium) 0.23 g
Zea mays (Corn Silk) 0.23 g
Equisetum arvense (Horsetail Stem) 0.15 g
Schisandra chinensis (Chinese Magnolia Vine Fruit) 0.15 g

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered).

RECOMMENDED DOSE: Adults: Take 1-2 tablespoon(s) once per day. May be taken with or without food. Shake well before use.

DURATION OF USE: For occasional use. Not to be consumed on a continuous basis for longer than one (1) month.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have kidney disease or if symptoms persist or worsen.

CONTRAINDICATIONS: Do not use if you are allergic to plants of the Poaceae and/or Asteraceae/Compositae family. Do not use if you have liver or gall bladder disorders, and/or bowel obstruction. Discontinue use if you develop symptoms of liver trouble. Consult a health care practitioner prior to use if you have high blood pressure or cardiovascular disease.

STORAGE: Refrigerate after opening. Consume within six (6) months after opening.

ALLERGENS: Contains no alcohol, glycerine, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Provides antioxidants for kidney tissues
- ✓ Help excrete waste metabolites and toxins
- ✓ May reduce symptoms of urinary tract problems
- ✓ Used in herbal medicine as a diuretic
- ✓ Has 8 traditional Chinese and western herbs
- ✓ Maintains and promotes healthy kidney functions
- ✓ Aids excretion of urine, thus reducing excess salts
- ✓ Decreases oxidative stress from free radical damage



Kidney Plus™

Kidney and Urinary Tract Health

90 vegcaps®/bottle – UPC 826913121850

NPN 80038503

RECOMMENDED USE: Traditionally used in herbalism to help as an alternative to help remove accumulated waste products via the kidneys, skin and mucous membranes and to treat uncomplicated infections of the lower urinary tract.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

<i>Arctium lappa</i> (Burdock Root)	200 mg
<i>Arctostaphylos uva-ursi</i> (Uva Ursi Leaf) (Standardized 40% Arbutin)	200 mg
<i>Taraxacum officinale</i> (Dandelion Root)	60 mg
<i>Alisma plantago-aquatica</i> (Water Plantain Rhizome)	55 mg
<i>Poria cocos</i> (Fu Ling Sclerotium)	55 mg
<i>Smilax officinalis</i> (Sarsaparilla Root)	55 mg
<i>Urtica dioica</i> (Stinging Nettle Root)	55 mg
Cellulase.....	20 mg (10 *FCC CU)

*Food Chemicals Codex Cellulase Units

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Take 2 capsules three times per day with food.

DURATION OF USE: For occasional use only. For prolonged use, consult a health care practitioner.

CAUTIONS: Do not use if you are pregnant or breastfeeding; have heart disease, diabetes, high/low blood pressure, kidney, liver or gallbladder disorders, bowel obstruction, edema (swelling of hands, face and feet) or taking products containing diuretics. Discontinue use if you develop symptoms of liver trouble or hypersensitivity/allergy. Stop use and seek medical attention immediately if you experience dizziness, confusion, muscle weakness or pain, abnormal heart beat and/or difficulty breathing. Consult a health care practitioner prior to use if you are taking anti-inflammatory or other enzyme products. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Used in herbalism as a diuretic for the maintenance of kidney health
- ✓ Beneficial for infections of the lower urinary tract
- ✓ Contains antioxidants and nutrients that support kidney health
- ✓ Helps remove accumulated waste products via the kidneys, skin and mucous membranes

Kidney Flush® & Kidney Plus™ contain the following herbs:

Dandelion Root helps stimulate appetite, increases bile flow and helps with digestive disturbances; it increases the amount of urine to achieve flushing of the urinary tract as an aid to urinary complaints; promotes the flow of urine; is a mild laxative; has anti-inflammatory, antioxidant, diuretic, hepatic and tonic properties.

Dandelion is present in Kidney Flush® and Kidney Plus®.

Uva Ursi Leaf exerts antiseptic effects on the urinary mucous membrane, fights bladder infection, neutralizes acidity in urine, promotes urine flow; helps to prevent the growth of microbes, soothes and strengthens irritated and inflamed tissues; reduces discomfort caused by kidney stones, strengthens and tones the urinary tract; contains anti-inflammatory, anti-bacterial, antitussive, diuretic, depurative and bitter properties. **Uva ursi is in both Kidney Flush® and Kidney Plus®.**

Asiatic Cornelian Cherry Fruit supports the liver functions, helps to reduce blood sugar levels and increases vitality in sperm health. It possesses anti-bacterial, diuretic and tonic properties. **This is in Kidney Flush®.**

Christina Loosestrife Herb promotes urine flow; provides antioxidants for the maintenance of health; supports kidney health; has anti-inflammatory, antioxidant, and diuretic actions. **This herb is present in Kidney Flush®.**

Zhuling Sclerotium is a traditional Chinese herb that has long been used as a diuretic; has been traditionally used for a wide range of issues related to edema, urinary dysfunction and retention; enhances the capabilities of the immune system; helps to promote urine flow; supports the kidney and liver functions; and possesses anti-inflammatory and diuretic properties. **This is in Kidney Flush®.**

Corn Silk has bioactive constituents such as flavonoids and terpenoids, and has antioxidants which are beneficial in urinary issues and helps promote urination; used for anti-fatigue and is an effective diuretic agent; and has antilithic, demulcent, diuretic and stimulant properties. **Corn silk is present in Kidney Flush®.**

Horsetail Stem maintains healthy joints, healthy skin, hair and nails, and urinary tract health through its phytonutrient properties, promotes urine flow and supports bone health; and has anti-inflammatory, diuretic, and hemostatic actions. **Horsetail is present in Kidney Flush®.**

Chinese Magnolia Vine Fruit has antioxidants for a healthy immune system; helps the body to better cope with both physical and mental stressors, is used to support liver functions and supports the health of kidneys; and has adaptogenic, astringent, cardiogenic, expectorant, hepatic, nervine and renal tonic actions. **This is in Kidney Flush®.**

Burdock Root is traditionally used in herbalism as a diuretic; is an alternative that helps remove accumulated waste products via the kidneys, skin and mucous membranes; burdock also helps alleviate the pain associated with rheumatism; and has anti-bacterial, digestive and detoxifying properties. **This is in Kidney Plus®.**

Water Plantain Rhizome helps maintain cardiovascular health through its phytonutrient properties and helps reduce elevated blood lipid levels; promotes urine flow; and has diuretic, hemostatic, hepatoprotective, stomachic and tonic properties. **This herb is present in Kidney Plus®.**

Fu Ling Sclerotium has been used in herbalism to support the immune system; used in traditional Chinese medicine (TCM) to promote urination and leach out dampness (for urinary difficulty and cases of scanty urine due to damp-heat), and to strengthen the spleen; it has immunomodulating properties. **This is in Kidney Plus®.**

Sarsaparilla Root helps to prevent the growth of microbes; promotes sweating; provides antioxidants for the maintenance of health; stimulates digestion, promotes urine flow and protects the liver; and it has anti-inflammatory, anti-bacterial, antiseptic, bitter, depurative, digestive, diuretic, expectorant and hepatoprotective properties. **This is present in Kidney Plus®.**

Stinging Nettle has antioxidants and phytonutrients that help to reduce inflammation. It has anti-inflammatory properties and helps reduce rheumatic complaints and seasonal allergy symptoms. It promotes urination and is a nutritive tonic for the kidney and liver. It helps reduce difficulty in urination. Stinging nettle has alterative, diuretic and nutritive properties. **This is in Kidney Plus®.**

Cellulase is a digestive enzyme used to increase the amount of phytonutrients extracted from plant material. It helps to insure a higher trace element content for metabolic functions. **Cellulase is present in Kidney Plus®.**



LessTerol®

Lowers Cholesterol

60 vegcaps®/bottle — UPC 826913122758

NPN 80044593

RECOMMENDED USE: Helps lower LDL and total blood cholesterol and maintains healthy cholesterol levels.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

<i>Olea europaea</i> (Free Plant Sterols from olive leaf)	370 mg
Inositol Hexanicotinate	250 mg
<i>Monascus purpureus-fermented Oryza sativa</i> (Red Yeast Rice)	100 mg
<i>Saccharum officinarum</i> (Policosanol).....	5 mg
Folate (Folic acid)	100 mcg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), *Oryza sativa* (Rice) Powder.

RECOMMENDED DOSE: Adults: Take 1 capsule in the morning and 1 capsule in the evening with food.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you are taking Hydroxymethylglutaryl (HMG) CoA reductase ("statins") lipid lowering/cyclosporine medications, anti-coagulants or anti-platelet drugs; suffer from liver/kidney disease or have received an organ transplant. Discontinue use of the product and consult a health care practitioner if you experience muscle pain, tenderness and/or weakness. Consult a health care practitioner if you are unsure whether or not you are taking enough Vitamin B12 since Folic acid supplements can mask a Vitamin B12 deficiency. Red yeast rice may cause allergic reactions in some individuals. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Helps lower LDL and total blood cholesterol
- ✓ Maintains healthy cholesterol levels
- ✓ Contains plant sterols, red yeast rice and policosanol
- ✓ Helps the body to metabolize fats
- ✓ Helps in energy metabolism and tissue formation
- ✓ Decreases lipid peroxidation and endothelial damage

Cholesterol is usually transported around the body in the blood bound to different proteins. Depending on the type of protein, it is called HDL (High-Density Lipoprotein) or LDL (Low-Density Lipoprotein). High LDL, in conjunction with a low HDL, has been associated with atherosclerotic plaque formation and hence has been linked to heart disease. Atherosclerotic plaque formation on the arterial walls causes hardening and narrowing of the arteries which can lead to heart attack and stroke. There are several naturally occurring substances that have been shown to significantly decrease blood cholesterol.

The primary action of LessTerol® is to safely and naturally reduce and control cholesterol levels. LessTerol® helps to maintain healthy cholesterol levels by lowering low-density lipoprotein cholesterol (LDL-C) and total blood cholesterol (TC). Cardiovascular disease is the most common cause of mortality in developed countries and total cholesterol level is significantly related to the risk of coronary heart disease. Therapies aimed at reducing serum LDL-C are considered to be an essential element of any attempt to prevent coronary heart disease. Statins are extensively used to treat dyslipidemia, but because of their low tolerability profile, they are discontinued in a significant proportion of patients.

As a result more natural approaches are being supported by the naturopathic practitioners. LessTerol® is one of these natural formulation. The ingredients in LessTerol® are natural olive leaf plant sterols, inositol hexanicotinate, red yeast rice, policosanol and folic acid. Ingredient properties of this type of formulation are:

Plant sterols are a source of antioxidants that help fight/protect (cells) against/reduce (the oxidative effects of/the oxidative damage caused by/cell damage caused by) free radicals. It has been used in herbal medicine as a diuretic and has anti-bacterial, antioxidant, anti- spasmodic, hypocholesterolemic, hypotensive, and tonic properties.

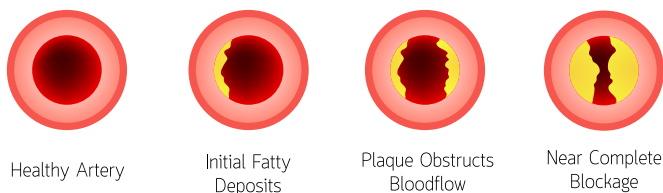
Inositol hexanicotinate is a form of vitamin B3 and is a factor in the maintenance of good health. It helps in normal growth and development, and supports biological functions. It is chemically similar to niacin (vitamin B3) which has long been known to be as effective as many prescribed drugs used in the treatment of high cholesterol levels. However, one of the side effects of niacin is the well-known effect of skin flushing (redness). Fortunately, inositol hexanicotinate provides the cholesterol lowering benefits of niacin without the risk of liver damage or flushing. Inositol hexanicotinate inhibits cholesterol synthesis in the liver, and reduces LDL-C, total cholesterol and triglycerides.

Red yeast rice lowers cholesterol levels, improves blood circulation and digestion. It also helps to maintain spleen and stomach health, and has inhibitory and bacteriostatic activities. Red yeast rice also possesses antioxidant, hypolipidemic, HDL-C increasing properties.

Policosanol (from *Saccharum officinarum*) has been shown in clinical studies to reduce LDL, blood lipid levels and increase HDL (good cholesterol) and has no significant side effects. Policosanol decreases platelet aggregation, decreases smooth muscle proliferation, improves symptoms of cardiovascular disease, and reduces LDL oxidation. Policosanol has antibiotic activity.

Folate helps the body to metabolize proteins, and helps to form red blood cells. It also lowers homocysteine levels. Folate is also needed for the proper development of the human body. It is involved in producing the genetic material called DNA and is also involved in numerous other bodily functions.

CORONARY ARTERY DISEASE



The Effects of LessTerol[®] on Hypercholesterolemia

by Dr. Gordon Chang, PhD.

ABSTRACT: The effects of a specially-formulated product, LessTerol[®], on patients with high blood cholesterol were examined. All of the twenty patients involved in this study were volunteers with cholesterol levels considered to be high range (>5.2 mmol/L). The duration of the study was 12 weeks. Prior to the commencement of the study, fasting blood samples were drawn and their total cholesterol, low density lipoprotein (LDL) cholesterol, high density lipoprotein (HDL) cholesterol, liver enzymes (AST and Alkaline phosphatase) were measured. Fasting blood samples were drawn after 6 weeks and 12 weeks into the study and the above blood parameters were measured. On average after 6 weeks of ingesting LessTerol[®], the total blood cholesterol decreased by 10% and after 12 weeks the total blood cholesterol levels decreased by 30.5%. Of the 20 patients enrolled in this study, 16 patients showed a normal blood cholesterol level after 12 weeks. All patients showed a significant decrease in their blood cholesterol levels. There was no significant change in the liver enzyme levels after 12 weeks indicating that LessTerol[®] did not adversely affect the liver.

INTRODUCTION: High cholesterol levels are considered to be a major indicator for cardiovascular disease. Clinically, cholesterol levels are considered to be high if the total cholesterol level is greater than 5.2mmol/L. Most individuals usually obtain approximately 10% of their daily cholesterol requirements from their diet. The liver manufactures the other 90% of daily cholesterol requirements. Many patients with high cholesterol levels try to control their cholesterol levels by limiting their dietary intake of cholesterol. This strategy normally works if the individual has a borderline case of high cholesterol and also has a high intake of dietary cholesterol. In many individuals, limiting dietary intake of cholesterol from cholesterol-rich foods has minimal or no effect on their high cholesterol levels. For these individuals inhibition of cholesterol synthesis by the liver seems to be the most effective way of controlling blood cholesterol levels. Currently, statins are the most widely used class of drugs to control blood cholesterol levels. In many cases, statin drugs have been associated with many side effects such as muscle weakness and liver damage. There is currently a great interest in any product that can control blood cholesterol levels without any of the side effects of statin drugs. We believe that LessTerol[®] is such a product.

MATERIALS and METHODS: Twenty patients were enrolled in this study. The volunteer group were composed of 11 women and 9 men whose ages ranged from 35 to 50 years with an average age of 42 years. All volunteers were under the care of their family physicians. This study was performed using a multi-center approach where 5 doctors chose 4 patients from their practice to participate in this study. All blood biochemical assays were done by local laboratories commonly used by the referring physician. The only criterion used in choosing these volunteers was that they had a blood cholesterol level greater than 5.2 mmol/L. All patients recruited were volunteers. Fasting blood samples (no food or drink except water for 12 hours prior to taking the blood sample), were taken from volunteers prior to commencement of the study, 6 weeks into the study and 12 weeks into the study. The study was stopped after 12 weeks. The following was measured from all blood samples: total cholesterol, low density lipoprotein (LDL) cholesterol, high density lipoprotein (HDL) cholesterol, liver enzymes, alkaline phosphatase, and AST. Patients were asked to take 1 capsule 2 times daily. There were no dietary restrictions placed on any of the patients.

RESULTS: The results of the study are listed in tabular form in Table 1.

Prior to commencement of the study, volunteers had (1) Total cholesterol levels ranged from 6 mmol/L to 8.2 mmol/L, the average being 7.2 mmol/L. (2) LDL cholesterol (Low density lipoprotein) ranging from 3.9 mmol/L to 5.1 mmol/L, the average being 4.5 mmol/L. (3) HDL cholesterol (High density Lipoprotein) ranging from 1.53 mmol/L to a low of 0.4mmol/L, the average being 0.7 mmol/L. (4) Liver enzymes levels AST ranged from 20-35 U/L average being 26U/L; Alkaline Phosphatase ranged from 45-78 U/L, the average being 64 U/L.

After 6 weeks, there was a 10 % average decrease in the total blood cholesterol from 7.2 mmol/L to 6.5 mmol/L with the range of 5.3 mmol/L to 7.5 mmol/L. This change was significant ($P<0.01$) using a paired Student t-test, a method of testing hypotheses about the mean of a small sample drawn from a normally distributed population when the population standard deviation is unknown. The average LDL decreased from 4.5 mmol/L to 4.1 mmol/L ($P<0.01$ paired Student t-test) with a range of 3.3 to 4.8 mmol/L. The average HDL increased from 0.7 mmol/L to 0.78 mmol/L with a range of 1.56 mmol/L to 0.48 mmol/L. The change in the HDL levels were not significant using a paired Student T-test. The average AST liver enzyme levels decreased from 26 U/L to 24U/L and the average Alkaline Phosphatase levels increased from 64U/L to 66 U/L. The changes in the alkaline phosphatase and the AST levels were not significant using a paired Student t- test.

After 12 weeks, the total blood cholesterol levels decreased from an original average of 7.2 mmol/L to an average of 5.01 mmol/L with a range of 4.52 to 5.64 mmol/L. Of the 20 volunteers, 16 had blood cholesterol levels in the normal range (<5.2 mmol/L). Four of the volunteers had total blood cholesterol levels which were considered to be higher than normal (average 5.5) with a range of 5.35 to 5.64 mmol/L. However, all volunteers had a significant drop in their total blood cholesterol. LDL levels decreased significantly ($P<0.01$ paired Student t-test) from an average pretreatment level of 4.5 mmol/L to 3.2 mmol/L with a range of 2.5 to 4.2 mmol/L. Of the 20 volunteers 13 had LDL levels in the normal range (between 2.0 and 3.4 mmol/L), 2 individuals had LDL levels below normal (1.73 mmol/L and 1.81mmol/L). Five of the volunteers had an average LDL level of 3.9 mmol/L with a range of (3.6-4.3 mmol/L).

TABLE 1: Blood Cholesterol Levels

	PRIOR	6 WEEKS	12 WEEKS
Total Blood Cholesterol	7.2 mmol/L	6.5 mmol/L*	5.01 mmol/L*
LDL Cholesterol	4.5 mmol/L	4.1 mmol/L*	3.2 mmol/L*
HDL Cholesterol	0.7 mmol/L	0.78 mmol/L	1.2 mmol/L*
AST	26 U/L	24 U/L	28 U/L
Alkaline Phosphatase	64 U/L	66 U/L	61 U/L

* indicates $P<0.01$ paired Student T-test

CONCLUSIONS and DISCUSSION: After 12 weeks of taking LessTerol[®], all patients show a significant decrease in total blood cholesterol and LDL cholesterol. The average decrease in the total blood cholesterol was 30.5%. The average decrease in the LDL levels was 29%. All patients also showed a significant increase in HDL cholesterol (71%). All of the 20 patients enrolled in the study were able to complete the study. Of the 20 patients enrolled in the study, 16 of the patients had a total blood cholesterol in the normal range (less than 5.2 mmol/L). Four of the patients had a total cholesterol level greater than 5.2 mmol/L but their total cholesterol levels were significantly less when compared to their total cholesterol levels prior to commencement of the study. Upon questioning of these 4 patients, they indicated that in their opinion they did not abstain from cholesterol-rich foods. We did not pursue this line of questioning in any great detail because their daily diet was not recorded.

There were no signs of liver damage as indicated by the insignificant changes in the liver enzyme levels. Inositol Hexaniacinate is a non-flushing form of Vitamin B3. High doses (>2g per day) of Vitamin B3 have been associated with liver damage. In this study the daily dose of Vitamin B3 was 500 mg, which is considerably less than the 2 grams per day associated with liver damage. Based on our study, we are confident that LessTerol[®] will not produce any liver damage. In conclusion, LessTerol[®] is a safe and viable alternative to the statin class of cholesterol-lowering drugs.

Liver Flush®

Liver Restoration Complex

500 mL/bottle – UPC826913121706

NPN 80039596

RECOMMENDED USE: Milk Thistle is used in herbalism to help support liver function.

MEDICINAL INGREDIENTS PER 2 TABLESPOONS (30 mL):

<i>Silybum marianum</i> (Milk Thistle Seed)	3100 mg
<i>Arctium lappa</i> (Burdock Root)	2160 mg
<i>Artemisia capillaris</i> (Yin-chen Wormwood Shoot)	2160 mg
<i>Gardenia jasminoides</i> (Cape Jasmine Fruit)	2160 mg
<i>Lycium barbarum</i> (Goji Fruit)	2160 mg
<i>Taraxacum officinale</i> (Dandelion Root)	2160 mg
<i>Polygonum multiflorum</i> (Fleeceflower Root)	1680 mg
<i>Curcuma longa</i> (Turmeric Rhizome)	1140 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered).

RECOMMENDED DOSE: Adults: Take 2 tablespoons (30 mL) once per day. May be taken with or without food. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: Use for a minimum of 3 weeks to see beneficial effects.

CAUTIONS: Do not use if you are pregnant, breastfeeding; taking warfarin or other anticoagulants; have liver/gall bladder disorders, and/or bowel obstruction; allergic to *Lycium barbarum* berries, their constituents or to members of the Solanaceae family. Discontinue use and consult a health care practitioner if hypersensitivity/allergy occurs; yellowing of the skin or whites of the eyes, dark urine, nausea, vomiting, unusual tiredness, weakness, stomach or abdominal pain, and/or loss of appetite occurs as these may be symptoms of liver disease. Consult a health care practitioner prior to use if you have high blood pressure, diabetes, gallstones/bile duct obstruction, stomach ulcers or excess stomach acid. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Supports normal liver functions and the overall health of the liver
- ✓ Contains sources of antioxidants that are important for liver functions
- ✓ Increases bile excretion which supports digestion
- ✓ Reduces high liver enzymes (caused by NSAIDs)
- ✓ Helps flush out waste metabolites
- ✓ Supports normal liver detoxification pathways
- ✓ Increases liver metabolism to break down toxins



Liver Flush® & Liver Plus™ contain the following herbs:

Milk Thistle is an herb that has antioxidant and anti-inflammatory properties, and is commonly used to support the detoxification processes in the body, especially the liver; milk thistle benefits are thought to include being able to promote healthy digestive function by promoting enzyme creation, increasing bile production, decreasing inflammation and soothing the mucous membranes (demulcent) throughout the body and prevents and repairs damage to the liver, protects the liver and supports liver functions; relieves digestive disturbances; and has antioxidant and hepatoprotective properties. **This herb is in both Liver Flush® and Liver Plus®.**

Burdock Root is traditionally used in herbalism as a diuretic; is an alternative that helps remove accumulated waste products via the kidneys, skin and mucous membranes; it also helps alleviate the pain associated with rheumatism; and has anti-bacterial, digestive and detoxifying properties. **Burdock is present in Liver Flush®.**

Yin-Chen Wormwood Shoot has been reported to have antioxidant, anti-steatotic, anti-inflammatory, choleric, anti-bacterial, anti-viral and anti-fungal properties; and is used to support the detoxification processes of the liver, supports liver functions, reduces weight, provides antioxidants to the liver and supports the immune system. **Yin-Chen is present in Liver Flush®.**

Cape Jasmine Fruit is used to help balance mood, maintain urinary tract health, promote sleep and provide a calming effect. Cape jasmine possesses antioxidant, adaptogenic and anti-inflammatory properties and is used in traditional Chinese herbalism to help with urinary tract infection, to relieve swelling and bruises and to alleviate pain associated with sprains and abscesses through its phytonutrients, trace elements and minerals. **Cape Jasmine is present in Liver Flush®.**

Goji Fruit provides antioxidants for the maintenance of good health; improves vision and supports cardiovascular health; and supports the immune system; and it has analgesic, antioxidant, anti-bacterial, diuretic, hepatoprotective and immunostimulant properties. **Goji is present in Liver Flush®.**

Dandelion Root helps stimulate appetite, increases bile flow and helps with digestive disturbances; it increases the amount of urine to achieve flushing of the urinary tract as an aid to urinary complaints, promotes the flow of urine; is a mild laxative; and exhibits anti-inflammatory, antioxidant, diuretic, hepatic and tonic properties. **Dandelion is in both Liver Flush and Liver Plus®.**

Fleeceflower Root supports the immune system; helps the body to better cope with both physical and mental stress; provides antioxidants for the maintenance of health, supports liver functions; reduces blood lipid levels in adults and supports cardiovascular health; and has sedative, anti-bacterial, anti-inflammatory, antioxidant, depurative, and immune enhancing properties. **This herb is in Liver Flush®.**

Turmeric Rhizome is known for its anti-inflammatory properties; helps to protect the liver and aids in digestion for relieving flatulence; turmeric also helps increase bile excretion by the liver; provides antioxidants, relieves pain and inflammation, and assists in healing minor wounds, cuts, burns and minor skin irritations; has anti-inflammatory and hepatic properties. **Turmeric is in Liver Flush®.**

Schisandra Fruit has antioxidants for a healthy immune system; helps the body to better cope with both physical and mental stressors, is used to protect the liver and supports the health of kidneys; and has adaptogenic, astringent, cardiotonic, expectorant, hepatic, nervine and renal tonic actions. **Schisandra is in Liver Plus®.**

Blessed Thistle Herb is traditionally used in herbalism as a digestive tonic and bitters to increase appetite and aid digestion; helps relieve dyspepsia; an expectorant to help relieve cold symptoms; and has analgesic, anti-bacterial, anti-inflammatory, antiseptic, bitter, carminative, depurative and diuretic properties. **Blessed thistle is present in Liver Plus®.**

Cellulase is a digestive enzyme used to increase the amount of phytonutrients extracted from plant material. It helps to insure a higher trace element content for metabolic functions. **This is in Liver Plus®.**



Liver Plus®

Liver Restoration Complex

90 vegcaps®/bottle - UPC 826913121751

NPN 80033290

RECOMMENDED USE: Used in Herbal Medicine to help support liver function.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

Silybum marianum (Milk Thistle Seed Extract)

(Standardized 80% Silymarin)200 mg

Schisandra chinensis (Schisandra Fruit)100 mg

Taraxacum officinale (Dandelion Root)100 mg

Cnicus benedictus (Blessed Thistle Herb).....60 mg

Cellulase.....20 mg (10 FCC CU*)

* Food Chemicals Codex Cellulase Units

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 1 capsule three times per day with food.

CAUTIONS: Do not use if you are pregnant, breastfeeding, allergic to plants of the Asteraceae/Compositae family or have liver/gall bladder disorders, and/or bowel obstruction. Consult a health care practitioner prior to use if you have diabetes or are taking anti-inflammatory or other enzyme products. Consult a health care practitioner if symptoms persist or worsen. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Provides more antioxidant support to the liver when compared to the cleanse products
- ✓ Supports the liver's natural detoxification process
- ✓ Supports normal liver functions and liver detoxification pathways
- ✓ Increases liver metabolism to break down toxins
- ✓ Helps flush out waste metabolites

An herbal combination can provide antioxidants to the liver, help the cells of the liver regenerate, and most importantly it increases blood flow to the liver to help flush away the buildup of stagnant material in the liver and thereby cleanse the liver of unwanted debris. A periodic cleanse of the liver will greatly improve the liver's health.

Liver Plus® is an herbal restoration complex containing four botanicals that have a number of properties and actions that help to protect the liver, support liver functions, flush out waste metabolites, thus supporting overall health and energy levels in the body.

Detoxification the Healthy Way

by Dr. Gordon Chang, PhD

Our 21st century lifestyle leaves us vulnerable to many environmental toxins on a daily basis. The sources of these toxins include chemicals we're exposed to at home, at work, or contained in foods, pharmaceuticals, cosmetics, and many synthetic materials such as in fabrics, new carpeting, and new vehicles. Toxins enter the human body via a number of convenient pathways; through the lungs when we breathe, through the skin by contact, or through the GI tract from the food and drinks we consume. Toxins must be metabolically processed by the major organs of detoxification; the liver, the lungs and the kidneys so that they can be excreted from the body with other waste material.

How Does A Cleanse or Detoxification Work?

A detoxification or cleansing of the body organs is an attempt to increase the efficiency of the organs as well as rid the body of toxin buildup. When the organs of elimination are overloaded by toxins, they begin to store these pollutants in the cells of the body. Toxins can interfere with the normal biochemical pathways necessary for healthy body functions. Fortunately we can get the onslaught of toxin overload with an herbal cleanse or detoxification.

The liver, the lungs and kidneys are the sites in the body where many toxins are biochemically altered into a form which can then be eliminated from the body through the colon, lungs and kidneys. For example, when toxins are metabolized by the liver, the biochemically converted toxins are secreted back into the blood for eventual elimination by the lungs or kidneys, or into the bile for elimination through the colon. A gentle stimulation of the organs of elimination will help in the metabolism and release of stored toxins.

Liver Cleanse

The liver is the organ in the body that is responsible for the detoxification of many biochemical compounds which can then be excreted by the body via the stool and urine. The liver is also responsible for the synthesis of many different types of proteins needed for use in the body. During these processes of synthesis and detoxification the liver generates a large quantity of free radicals (oxidants) which can damage and even destroy the cells of the liver. In addition many of the body's toxins may be stored in the liver until they are broken down and metabolized.

Many individuals use medications which are toxic to the liver and we all live in a society where many people smoke, consume large quantities of alcohol, use recreational drugs, or eat high trans-fat foods -- all of which stress the liver and inhibit normal functioning. In order to help the liver, one can periodically flush the liver clean with highly effective herbal formulations. These herbs work synergistically to provide antioxidants to the liver, help the cells of the liver regenerate, and most importantly, increase blood flow to the liver to help flush away the buildup of stagnant material in the liver and thereby cleanse the liver of unwanted metabolites.

We may have to live with pollutants in our environment but we can protect ourselves by helping the body rid itself of trapped particulates and chemical toxins. For optimal results one should consider a cleanse of the individual organs of detoxification: the liver, lungs, kidneys and colon, approximately every six months. If a person is exposed to a larger toxin load because of medicines, smoking, alcohol and drug use, or a toxic environment (outdoor work or other exposure to pollution) an organ cleanse should be done on a more frequent basis.

Dr. Gordon Chang holds a PhD in Physiology and Biomedical engineering from the University of Toronto. He also has 2 years post-doctoral experience in biochemistry. He is the President and Chief Scientific Officer at Omega Alpha Pharmaceuticals Inc.



Lung Flush®

Supports Healthy Lung Functions

500 mL/bottle – UPC 826913121652

NPN 80041649

RECOMMENDED USE: Lung Flush® is manufactured based on Traditional Chinese Medicine (TCM) theory.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

<i>Scutellaria baicalensis</i> (Baikal Skullcap Root).....	1920 mg
<i>Momordica grosvenorii</i> (Grosvenor Momordica Fruit).....	1920 mg
<i>Chrysanthemum x morifolium</i> (Chrysanthemum Flower).....	1800 mg
<i>Lonicera japonica</i> (Japanese Honeysuckle Flower).....	1800 mg
<i>Morus alba</i> (Mulberry Leaf).....	1080 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered), *Rosmarinus officinalis* (Rosemary Leaf).

RECOMMENDED DOSE: Adults: Take 1 tablespoon (15 mL) once per day. May be taken with or without food. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Do not use if you are pregnant, breastfeeding or allergic to plants of the Asteraceae/Compositae, and Labiatae family. Consult a health care practitioner prior to use or if symptoms persist or worsen. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no alcohol, glycerine, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ 6 botanical herbs to support pulmonary function
- ✓ Provides gentle and effective support for the lungs
- ✓ Supports the natural detoxification process for the lungs
- ✓ Helps to suppress coughing
- ✓ Contains sources of antioxidants for normal lung function
- ✓ Supports the overall health of the lungs



The lungs are organs that connect directly with the outside world. They process the pollution that comes from the environment on a first-hand basis. The lungs are well supplied with blood and form a barrier that allows the body to absorb oxygen from the air and also to excrete carbon dioxide to the atmosphere. The lungs are also a very metabolically active site for detoxification of some toxins. Because the lungs are in contact with our polluted atmosphere, they can absorb many airborne pollutants. Some of these pollutants are particulate (solid) in nature and can become trapped within the lung tissue, and some pollutants are chemical (fluid) in nature and gain access to the body by dissolving directly through the lung membranes into the blood.

These chemical pollutants can themselves act as oxidants, which damage the lung tissue or cause the lung tissue to be damaged when the body attempts to get rid of the pollutants.

Omega Alpha® has developed a special herbal formula, Lung Flush®, which is made up of a combination of herbs used in Western herbalism and Traditional Chinese herbalism. This formulation helps to loosen and expel trapped metabolites and provides antioxidants which specifically protect the lung tissue from damage.

Baikal skullcap root exerts beneficial effects on various inflammatory conditions, prevents the growth of microbes and supports the liver functions. It also reduces blood lipid levels in the body and supports cardiovascular health. Baikal skullcap root possesses anti-inflammatory, antioxidant, anti-bacterial, expectorant, and anti-allergic properties.

Monk Fruit has antioxidants and anti-inflammatory properties; helps to maintain healthy blood glucose levels, as well as healthy bowel functions; and is known in Chinese herbalism to relieve allergies, coughs and phlegm conditions. Monk fruit is a traditional Chinese herb that is used as an expectorant and antitussive for lung congestion, coughs and other respiratory issues; it possesses anti-histaminic, anti-oxidative, anti-carcinogenic and anti- hyperglycemic properties.

Chrysanthemum Flower helps facilitate digestion, helps in detoxification; helps slow the progression of vision loss; helps to prevent the growth of microbes; protects cardiovascular health through its phytonutrient properties; protects cells against damage caused by free radicals; soothes respiratory mucous membranes; and has alterative, anti-bacterial, anti-inflammatory, antioxidant, anti-viral, carminative, and tonic actions.

Japanese Honeysuckle Flower exerts beneficial effects on various inflammatory conditions through antioxidants, helps upper respiratory tract health through its phytonutrient properties, helps to prevent the growth of harmful microbes, and supports gastrointestinal tract health and cardiovascular health. It is known as an anti-inflammatory herb in traditional Chinese herbalism and is used for upper respiratory tract infections; and possesses anti-microbial and anti-inflammatory actions.

Mulberry Leaf exerts beneficial effects on various inflammatory conditions, provides antioxidants for the maintenance of good health, reduces blood lipid levels in the body, and supports and maintains cardiovascular health. Mulberry also possesses anti-bacterial, diuretic, analgesic, antitussive, sedative and anti-inflammatory actions.

Rosemary has antioxidants that help to reduce inflammatory conditions and oxidative stress; helps relieve flatulence, helps to relax muscles and improves mood; provides antioxidants for the maintenance of good health and supports the cardiovascular system; and has anti-inflammatory, antiseptic, astringent, and nervine actions.

Maculex™

Vision Care Formula to Slow the Progression of Retinopathy & Macular Degeneration

120 mL/bottle – UPC 826913121058

NPN 80040025

RECOMMENDED USE: Used in herbalism to help slow the progression of disorders of the eye, such as diabetic and hypertensive retinopathy, and macular degeneration.

MEDICINAL INGREDIENTS PER 1 TEASPOON (5 mL):

Vaccinium myrtillus Extract 1:2:1

(Bilberry Fruit) (Standardized 36% Anthocyanosides) 6000 mg

Euphrasia officinalis Extract 1:2.9 (Eyebright Herb) 1700 mg

Lycium barbarum Extract 1:5.9 (Goji Fruit) 850 mg

NON-MEDICINAL INGREDIENTS: Purified water, 20% Ethanol, Potassium sorbate, Benzoic acid (buffered).

RECOMMENDED DOSE: Adults: Take 2 teaspoons (10 mL) once per day on an empty stomach. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms worsen. Do not use if security seal is broken

STORAGE: Store protected from light and moisture. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ An herbal extract for vision care
- ✓ Provides antioxidants and phytonutrients; zeaxanthin
- ✓ Beneficial for eye health, macular protection
- ✓ A synergistic blend based on herbal medicine

Maculex™ is a wonderful, easy-to-use, concentrated liquid herbal extract formulated for vision care. It contains bilberry fruit 6000 mg (standardized 36% anthocyanosides), eyebright herb 1700 mg and nutritiously packed concentrated Goji berries 850 mg (in dose per 5ml/teaspoon).

Maculex™ blends three traditional herbs that work synergistically to produce maximum benefit for the eyes. This formula is used to help slow the progression of disorders of the eyes such as diabetic and hypertensive retinopathy, and macular degeneration.

Bilberry fruit extract provides antioxidants and has been used to fight eye fatigue, reduce night blindness, slow down macular degeneration and cataract formation, and may also increase sharpness of vision. The bilberry fruit and plant has historical uses since the 16th century which is based on both the dried berries and leaves of this shrub. Modern interest stems in part from the fruit's use by British pilots in World War II when pilots noticed night vision improvement after eating bilberry jam prior to night bombing raids. In the six-plus decades since, scientists have discovered that the bioflavonoids in bilberries are potent antioxidants. In Europe, where bilberry cultivation originated, bilberry extracts are a normal part of nutritional health care for the eyes. Bilberries have a higher concentration of an antioxidant called anthocyanin than other blue/purple berries. The fact that these berries had an impact on visual purple resulting in night vision acuity in pilots led to interest in more common vision problems such as macular degeneration and the effects of anthocyanins on eye conditions. Bilberries provide support for night vision by nourishing the visual purple component of the retina. Bilberries may also enhance capillary strength and help to normalize capillary permeability.

Eyebright herb extract provides antioxidants and phytonutrients that has traditionally been used to ease mucous inflammation, as well as to generally support weak eyesight. Eyebright is an herb rich in flavonoids and has protective antioxidant properties that help reduce your body's exposure to harmful free radicals. Eyebright's anti-inflammatory capabilities help relieve congestion, as well as cold and allergy-related concerns. The herb exhibits numerous biological activities including anti-inflammatory, antioxidant, anti-microbial, anti-fungal and anti-viral properties.

Goji fruit extract provides antioxidants, trace elements and has been used to improve vision. Goji fruit contains zeaxanthin, an antioxidant carotenoid that is believed to help protect the macular tissue. The goji berry is a small, red berry from Eastern Asia. Goji has a nick name and is often referred to as the "happy berry". Its scientific name is "*Lycium Barbarum*". Goji berry use dates back to the legendary first emperor of China, Shen Nung. It has been included in one of the oldest known medical texts as a life-enhancing food. Goji fruit concentrate has 19 amino acids (building blocks of protein) including eight that are essential for life, and 21 trace minerals and antioxidants like carotenoids, beta-carotene and zeaxanthin. It also contains vitamin C, B-complex vitamins and vitamin E which are all used and are necessary for converting food into energy and protecting the body.

Degenerative Eyesight & Antioxidants

Our normal ability to produce antioxidants in the body declines with age and is often how our eyesight begins to show decline. This is one of the first signs of the natural aging process. It is also the reason that antioxidants are often touted as "anti-aging" compounds in alternative health practices and are recommended for eye health. Anti-age researchers have been centering on how the accumulation of oxidative damage may be responsible for progressive eye disorders like muscular degeneration, retinal degeneration and cataracts.

Antioxidants provide electrons to stabilize harmful free radicals and ensure that all electrons have a corresponding electron paired with it. Antioxidants counteract free radicals because they donate an electron to free radicals to "calm" them down and are used up in the process. Antioxidants help to slow down the effects of free radical damage and help to protect us from early signs of aging (early face skin wrinkles) or degenerative eye conditions.

A diet that includes extra antioxidants from healthy food choices and supplements may help us age much more gracefully and protect our eyesight longer. The best way to reduce free radical damage is a diet rich in a variety of colourful vegetables, fruits, herbs, vitamins and minerals. There are many eye supplement formulations in the market place, and all of them are based on the antioxidant theme to combat free radical damage.



Magnesium Bisglycinate

Amino Acid Chelated Magnesium

120 vegcaps® /bottle – UPC 826913130357

NPN 80034596

RECOMMENDED USE: Helps in the development and maintenance of bones and teeth; maintains proper muscle function, tissue formation; and in the body to metabolize carbohydrates, proteins, and fats.

MEDICINAL INGREDIENT PER 1 CAPSULE:

Magnesium (Magnesium bisglycinate-
Amino Acid Chelated Magnesium)..... 100 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell) and Magnesium stearate.

RECOMMENDED DOSE: Adults: Take 2 capsules twice daily or as directed by your health care practitioner.

CAUTIONS: Some people may experience diarrhea. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

MAGNESIUM BISGLYCINATE BENEFITS:

- ✓ Magnesium bisglycinate helps to eliminate gastrointestinal side effects
- ✓ This form of magnesium is highly absorbable
- ✓ Gentle on the bowels for no intestinal upset

MAGNESIUM (8 FORMS) BENEFITS:

- ✓ Helps to maintain healthy bone density
- ✓ Activates the B vitamins at cell level
- ✓ Helps to relax the body
- ✓ Helps to metabolize carbohydrates, proteins and fats
- ✓ Calming effects to reduce stress
- ✓ Required for protein and fatty acid formation
- ✓ Critical for energy metabolism and muscle function
- ✓ Supports muscle strength and nerve transmission
- ✓ Magnesium is an essential mineral for the body
- ✓ Creates over 300 enzymatic reactions in the body
- ✓ Required for protein and fatty acid formation, as well as the formation of healthy bones and teeth

Magnesium Liquid

For Better & Faster Absorption | NPN 80035279

500 mL/bottle – UPC 826913130302

RECOMMENDED USE:

Helps in the development and maintenance of bones and teeth; maintains proper muscle function; tissue formation; and in the body to metabolize carbohydrates, proteins, and fats.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

Magnesium (Magnesium bisglycinate, Magnesium chloride, Magnesium citrate, Magnesium sulphate, Magnesium ascorbate, Magnesium gluconate, Magnesium aspartate, Magnesium oxide)250 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered), Malic acid, Stevia, Natural strawberry flavour.

RECOMMENDED DOSE: Adults: Take 1 tablespoon (15 mL) 1-2 time(s) per day. Can be mixed with juice or water. Shake vigorously before using.

CAUTIONS: Some people may experience diarrhea. Do not use if security seal is broken.

STORAGE: Store away from children. Do not refrigerate. Store protected from light and moisture. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Magnesium Powder

Bone Health & Muscle Recovery | NPN 80104405

Orange: 250 g/ bottle – UPC 826913112476

RECOMMENDED USE: A factor in the maintenance of good health. Helps in the tissue formation; development and maintenance of bones/teeth. Maintains normal electrolyte balance; proper muscle function (including the heart muscle), and the body's ability to metabolize nutrients.

MEDICINAL INGREDIENTS PER PER 1 SCOOP:

Magnesium (Magnesium bisglycinate, Magnesium chloride, Magnesium citrate, Magnesium sulphate, Magnesium ascorbate, Magnesium gluconate, Magnesium aspartate, Magnesium oxide)250 mg

NON-MEDICINAL INGREDIENTS: Citric acid, Inulin, Riboflavin, Silica, Stevia, Orange flavour.

RECOMMENDED DOSE: Take 1 scoop once or twice per day with food or as directed by your health care practitioner. Mix well in 1 cup (250 mL) with liquid (water, juice, milk, etc.) or smoothies. Stir briskly and drink immediately.

CAUTIONS: Some people may experience diarrhea. Do not use if security seal is broken.

STORAGE: Store away from children. Do not refrigerate. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

MAGNESIUM POWDER BENEFITS:

- ✓ 8 forms of magnesium for optimal absorption
- ✓ Maintains electrolyte balance
- ✓ Helps the body to metabolize nutrients

MAGNESIUM LIQUID BENEFITS:

- ✓ 8 forms of magnesium for better and faster absorption

MAGNESIUM BISGLYCINATE
is a highly absorbable
form of magnesium that is
gentle on the bowels.



Magnesium Bisglycinate



Magnesium Liquid



Magnesium Powder



Magnesium is an essential mineral for the body and creates over 300 enzymatic reactions in the body. This mineral plays a key role in over 800 different chemical reactions in the body and is involved in everything from DNA synthesis, energy production and metabolism, to muscle strength, nerve function, heart rate regulation, bone density, tissue formation, and it also helps to metabolize carbohydrates, proteins and fats.

One of the supplements commonly used for magnesium deficiency is **magnesium bisglycinate**, which is magnesium bound to glycine. Glycine is well known as a calming amino acid, and is double bonded to combine with magnesium in a magnesium bisglycinate. This combination is easily absorbed unlike some forms of magnesium. Due to the calming and relaxing effect of both glycine and magnesium, this combination has been used for minor pain and muscle tension, as well as to help improve sleep quality.

Magnesium deficiency can cause other mineral deficiencies, as all minerals work together at keeping the body functioning optimally. You can get some magnesium from your daily diet by including a variety of green leafy vegetables, beans and lentils, and seeds and nuts. If you can't get enough magnesium from diet alone, supplementation with magnesium bisglycinate is a gentle and efficient way of introducing additional magnesium into your body.

Magnesium chloride: Many researchers advocate magnesium chloride as the most effective form of dietary supplementation, in part due to the vital role that chloride has in the production of hydrochloric acid in the stomach. Some people simply do not produce enough hydrochloric acid (HCl), which can result in a number of health issues related to metabolism and nutrient absorption. These deficiencies can be due to various disorders that affect the stomach, or simply due to individual differences or reasons unknown. As we age, the production of HCl in the stomach declines, often dramatically, and is nearly always left undiagnosed. Magnesium chloride's use as a magnesium supplement has the added benefit of helping to reduce many potential problems that could arise from steadily declining secretions of gastric acid in the stomach.

Magnesium citrate: is a good form of magnesium if you are simply looking to help maintain healthy serum magnesium levels. It offers your body access to an increased amount of magnesium, while at the same time helps to regulate healthy bowel cycles.

Magnesium sulphate: reduces pain and muscle cramps; helps muscles and nerves function properly; helps prevent hardening of the arteries and blood clots; makes insulin more effective; relieves constipation.

Magnesium gluconate: is used as an antacid; it reacts with stomach acid to increase gastric pH for relief of indigestion and heartburn. Magnesium gluconate may be used as an electrolyte replacement and laxative. In large doses, magnesium gluconate taken as an antacid or laxative can lead to elevated levels of magnesium. It may help regulate normal blood pressure, and helps to manage hypertension and cardiovascular disorders.

Magnesium ascorbate: is a buffered form of Vitamin C that is gentle on the stomach. It is also well-known for its vital role in the immune system. Vitamin C is necessary for the production of collagen (a structural protein in connective tissue) and is therefore important for skin, bone, and joint health. Vitamin C is also needed for amino acid metabolism and the utilization of many nutrients, such as folic acid and iron. It is also a highly effective antioxidant that can protect the body's cells and molecules from damage by free radicals generated during normal metabolism.

Magnesium aspartate: Aspartic acid salts are believed to be mineral transporters to metabolizing cells, aiding in the metabolic process by replenishing vital electrolytes, thereby contributing to efficient energy production.

Magnesium oxide: this magnesium form is commonly referred to as milk of magnesia, and has been a common home remedy to centuries. Milk of magnesia is a white liquid form of magnesium that has a very chalky consistency. This can be taken as an oral solution for reducing heart burn, indigestion, and stomach aches.

Maritime Pine Bark Extract

Source of Antioxidants

60 vegcaps®/bottle – UPC 826913120501

NPN 80052447

RECOMMENDED USE: Source of antioxidants.

MEDICINAL INGREDIENT PER 1 CAPSULE:

Pinus pinaster (Maritime Pine Bark Extract)

(95% Proanthocyanidins)50 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Brown Rice Flour.

RECOMMENDED DOSE: Adults: Take 1-2 capsules twice per day with or without food.

DURATION OF USE: Consult a health care practitioner for use beyond three (3) months.

CAUTIONS: Do not use if pregnant or breastfeeding. Consult a health care practitioner prior to use if you are taking medications for blood pressure, diabetes, or high cholesterol. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Counteracts oxidative stress
- ✓ Strengthens the blood vessels
- ✓ A potent free-radical scavenger
- ✓ Contains 95% proanthocyanidins
- ✓ Contains a source of antioxidants
- ✓ Helps maintain a healthy immune system

Maritime Pine Bark extracts have been shown to increase the vitamin C levels in the cells, protect the cells from damage caused by free radicals and other oxidants, and strengthen the walls of blood vessels (capillaries). These extracts also help prevent the destruction of collagen which is important for the maintenance of tendons, ligaments and skin elasticity; and it is used for a number of inflammatory conditions, and may also help with circulation problems, allergies, asthma, ringing in the ears, high blood pressure, muscle soreness and pain.

Omega Alpha's Maritime Pine Bark extract contains 95% proanthocyanidins which are very powerful antioxidants, approximately 50 times more potent than Vitamin C or E.

The most notable effects of the proanthocyanidins found in Maritime Pine Bark extracts are its antioxidant abilities. Oxidants such as free radicals have been linked to many chronic degenerative diseases such as arthritis and heart disease. Free radicals have also been linked to damage caused by heart attacks and strokes.



Milk Thistle

Concentrated Extract

500 mL/bottle - UPC 826913122055

NPN 80024263

RECOMMENDED USE: Used in herbalism to help relieve digestive disturbances/dyspepsia.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Silybum marianum Extract 1:2 (Milk Thistle Seed) 2500 mg

NON-MEDICINAL INGREDIENTS: Purified water, Natural apple concentrate, Potassium sorbate, Benzoic acid (buffered).

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL), two to three times per day with food. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant. Hypersensitivity, such as an allergy, has been known to occur; in which case, discontinue use. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Promotes natural digestive function
- ✓ Supports natural detoxification pathways
- ✓ Supports healthy liver cell regeneration
- ✓ A source of potent antioxidants
- ✓ Reduces free radical damage
- ✓ Stimulates gastric enzyme production
- ✓ Increases bile excretion, supporting digestion
- ✓ Reduces waste metabolites
- ✓ Concentrated liquid: contains milk thistle extract 1:2 of 2,500 mg per 1 teaspoon (5 mL)
- ✓ Capsules: contains milk thistle extract 10:1 (standardized 80% silymarin) of 250 mg per 1 capsule

Milk Thistle

High Potency Extract

60 vegcaps®/bottle – UPC 826913122321

NPN 80024366

RECOMMENDED USE: Traditionally used in herbalism as a liver protectant. Used in Herbal Medicine to help support liver function and relieve digestive disturbances/dyspepsia.

MEDICINAL INGREDIENT PER 1 CAPSULE:

Silybum marianum Extract 10:1 (Milk Thistle Seed)
(Standardized 80% Silymarin) 250 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), *Oryza sativa* (Rice) Powder.

RECOMMENDED DOSE: Adults: Take 1 capsule, two to three times per day with food.

RECOMMENDED DURATION OF USE: Use for a minimum of 3 weeks to see beneficial effects (For liver protectant and liver function support).

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant. Hypersensitivity, such as an allergy, has been known to occur; in which case, discontinue use. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Milk thistle seed is a plant that is red to purple in colour, with shiny pale green leaves and white veins, and grows mainly in Mediterranean countries, but is now found throughout the world. Different parts of the milk thistle plant are used to help various health conditions. The most common part of the plant, the milk thistle seed, has been widely researched and proven to contain many beneficial actions such anti-cholesterol, anti-allergy, anti-inflammatory, anti-tumor activity and hepatic properties. It is popularly used as supportive management for acute or chronic hepatitis and cirrhosis induced by drugs or toxins (human studies).

Milk thistle seed contains several active constituents; the most important one is a bioflavonoid called silymarin. The silymarin complex is made up of a mixture of flavonolignans consisting of silibinin, isosilibinin, silidianin, and silicristin. Silibinin is the most active and is mostly responsible for the benefits of silymarin. This active ingredient contains antioxidant properties and the ability to reduce free radical production thus reducing inflammation.

A gentle and natural cleanse with milk thistle is easy on the body and stimulates the organs to help eliminate excess toxins, while improving the efficiency of the organ previously compromised by toxin accretion. Detoxification cleanses have the ability to support optimal health by improving the functions of the liver, assisting digestive processes, boosting metabolism, immunity and energy levels. Silymarin boosts antioxidant activity by helping cells produce glutathione (a potent antioxidant in the body), which helps fight oxidative stress or damage in the body. Milk thistle has been measured to be ten times more powerful of an antioxidant than vitamin E. This fact allows the herb to protect the liver from a wide variety of poisons, thus, accelerating liver cell regeneration by increasing RNA synthesis, strengthening cell walls to prevent blood toxins from passing into the cells, stimulating the enzymes that make the toxins less harmful to the body and blocking free radicals from attacking cells. Milk thistle has many benefits, however, it has been used for its hepatic support through its antioxidant action and for its anti-allergy and anti-inflammatory properties.



MSM (Methylsulfonylmethane)

Effective for the Relief of Osteoarthritis Pain

180 vegcaps® – UPC 826913122352

NPN 80073108

RECOMMENDED USE: Helps to relieve osteoarthritic pain.

MEDICINAL INGREDIENT PER 1 CAPSULE:

Methylsulfonylmethane (MSM) 1000 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 1-2 capsules, two to three times per day with food. Avoid taking at bedtime.

DURATION OF USE: Use for a minimum of 4 weeks to see beneficial effects.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Mild gastrointestinal bloating, constipation or indigestion may occur. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Maintains joint health
- ✓ Improves performance and daily activity restricted by impaired mobility and pain
- ✓ Helps relieve the pain associated with osteoarthritis of the knee and joint

Methylsulfonylmethane (MSM) is an organic sulfur-containing mineral that is used to improve immune function, reduce inflammation and help restore healthy body tissue. The reason so many benefits are attributed to this supplement is because MSM provides biologically active sulfur, which is the fourth most plentiful mineral in the body, and it is needed for many different critical bodily functions. MSM is also used for pain associated with osteoarthritis, degenerative joint problems and helps form connective tissue and repairs joints, tendons and ligaments. MSM has been well researched and shows that it can decrease joint inflammation, improves flexibility and restores collagen production. MSM is a mineral required in the formation of the extra cellular matrix that is an integral part of cartilage formation and restoration. Sulfur is crucial to the action of L-Glutathione an important antioxidant and a very potent free radical scavenger of oxidative damage. Sulfur supports the formation of the extra cellular matrix that is an integral part of cartilage formation and restoration.



MSM & D-Glucosamine Sulphate

Protection against Cartilage Deterioration & Pain Associated with Osteoarthritis

90 vegcaps®/bottle – UPC 826913121409

NPN 80001416

RECOMMENDED USE: Helps relieve osteoarthritic pain and protects against the deterioration of cartilage from chronic joint diseases. A factor in the building of healthy cartilage.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

D-Glucosamine sulphate (Shellfish Exoskeletons) 500 mg

Methylsulfonylmethane (MSM) 500 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 1 capsule three times per day with food.

DURATION OF USE: Use for a minimum of 2 months to see beneficial effects.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Some people may experience mild gastrointestinal bloating, constipation or indigestion. Hypersensitivity/allergy has been known to occur, in which case discontinue use. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no sodium chloride, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Helps relieve osteoarthritic pain
- ✓ Protects against the deterioration of cartilage from chronic joint disease
- ✓ Factor in the building of healthy cartilage

D-Glucosamine sulphate helps to relieve pain associated with osteoarthritis and osteoarthritis of the knee. It helps to protect against the deterioration of cartilage as it promotes cartilage synthesis. It is a factor in maintaining healthy cartilage and/or joint health. D-glucosamine sulphate is the purest form of glucosamine that is recognized by the body and is best manufactured through enzymatic processes. D-glucosamine sulphate provides the D-isomer form of glucosamine which is 100% utilized/integrated into the body's tissues (tendons, ligaments and sinew). The D-isomer is the best bioactive form that is recognized and utilized by the body's tissues. The L-glucosamine version is merely broken down and excreted. When choosing any glucosamine product, ensure that it contains D-glucosamine for maximum benefit. It helps to relieve osteoarthritic symptoms, is effective in reducing joint pain, and is also a factor of healthy cartilage. It has anti-arthritis, anti-inflammatory and anti-microbial properties.



Multi-Zyme®

Supports Healthy Digestion

90 vegcaps®/bottle – UPC 826913114036

180 vegcaps®/bottle – UPC 826913114043

NPN 80039826

RECOMMENDED USE: Supports digestion.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

alpha-Amylase (4-alpha-D-Glucan glucanohydrolase)140 mg (3080 FCC DU¹)
Lipase (Triacylglycerol lipase)..... 80 mg (96 FCC LU²)
Protease70 mg (1260 FCC HUT³)
Maltase (Malt diastase)..... 60 mg (270 FCC DP⁴)
Invertase/Sucrase (beta-Fructofuranosidase) 30 mg (129 FCC INVU⁵)
Lactase (beta-D-galactoside galactohydrolase) 30 mg (117 FCC ALU⁶)
Cellulase (4-(1,3;1,4)-beta-D-Glucan 4-glucanohydrolase) ...20 mg (70 FCC CU⁷)
Enzymatic Units

FCC (Food Chemicals Codex)

¹FCC DU (alpha-Amylase Dextrinizing Units)

²FIP LU (Federation Internationale Pharmaceutique, Lipase Units)

³FCC HUT (Hemoglobin Unit on a Tyrosine Basis)

⁴FCC DP (Degrees of Diastatic Power)

⁵FCC INVU (Invertase Units)

⁶FCC ALU (Acid Lactase Units)

⁷FCC CU (Cellulase Units)

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell)

Acid resistant capsules, *Oryza sativa* (Rice) Powder, Magnesium Stearate.

RECOMMENDED DOSE: Adults: Take 1-2 capsules, one to three times per day with food.

DURATION OF USE: For prolonged use, consult a health care practitioner.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant, breastfeeding, having surgery, have gastrointestinal lesions/ulcers, galactosemia, diabetes, taking anticoagulant agents, anti-inflammatory or other enzyme products. Headaches, heartburn, bloating and hypersensitivity (e.g. allergy) have been known to occur; in which case discontinue use. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Supports the digestion of proteins, sugar, fat, carbohydrates and milk
- ✓ Helps to curb heartburn
- ✓ Improves the absorption of nutrients
- ✓ Optimized to be effective at body temperature
- ✓ Optimized to be effective at the alkaline pH of the small intestine
- ✓ Increases the absorption of phytonutrients (e.g. antioxidant compounds) from fruits and vegetables
- ✓ Reduces abdominal bloating
- ✓ Compatible with a vegan lifestyle
- ✓ Gluten-free, lactose-free

Multi-Zyme® contains microbe-derived digestive enzymes to support the digestion of proteins, carbohydrates, sugar, milk and fats and also to increase nutrient release from plant material. This is beneficial for individuals with inadequate digestive enzyme production. Insufficient enzyme activities may be associated with abdominal pain, bloating, flatus, dyspepsia, malabsorption, and diarrhea. Multi-Zyme® does not contain any animal derived ingredients.

Food enzymes are not produced by the body, but come from raw foods like vegetables, fruits, meats and supplements. These enzymes break down the different nutrients in the food, such as vitamins, minerals, carbohydrates, fats and proteins, and make them easier for the body to absorb. While all digestive enzymes are important for bodily functions, the three most important are **protease, amylase and lipase**. Lipase works to help the body digest fats. Amylase is responsible for digesting carbohydrates, and protease works to digest proteins. The Multi-Zyme® formulation contains not just these three but it also contains four other important enzymes.

Maltase breaks down disaccharide maltose to the simple sugar glucose (which supports the body energy ATP) and is produced by the cells that line the small intestine. It is secreted by the surface cells of the villi, which are thin projections on the mucosa. Undigested sugars create bloating. **Invertase** breaks down sucrose into smaller sugars (glucose and fructose which support ATP). **Lactase** is an enzyme in the small intestine that breaks down lactose (typically from dairy products) into simpler sugar forms called glucose and galactose. These simple sugars are then easily absorbed into the bloodstream and turned into energy — fuel for our bodies. People with lactose intolerance do not produce enough of the lactase enzyme to break down lactose. Instead, undigested lactose sits in the gut and gets broken down by bacteria, causing gas, bloating, stomach cramps, and diarrhea. **Cellulase** breaks down the cellulose molecule into monosaccharides (simple sugars from plant foods) such as beta-glucose, or shorter polysaccharides and oligosaccharides. The cell walls of plants are made up of cellulose. The role of cellulase in Multi-Zyme® is to digest the cellulose cell wall thus increasing the quantity of phytonutrients released. Thus, cellulase helps to increase the availability of a plant-sourced food's nutritional properties, e.g. antioxidants, in fruits and vegetables.

Contrary to popular belief, the bulk of the digestive process occurs in the small intestine and not in the stomach. In order for an enzyme to be effective, it must have activity at body temperature (37°C) and must also be active at the alkaline pH found in the small intestine.

The enzymes found in Omega Alpha's Multi-Zyme® were chosen because they were tested and has shown to be active at body temperature and at the pH found in the small intestine. All enzymes are made up of protein and because of this fact, external digestive enzymes must survive the acid environment of the stomach in order to be effective. Again, Omega Alpha® has tested their enzymes and only uses enzymes that survived the acid environment of the stomach.



Enzymes for Better Digestion

by Dr. Gordon Chang, PhD

Let's be realistic: How many adults today eat properly and regularly on a daily basis? If your kids are still at home or you're caring for your parents, you may end up sacrificing healthy eating to meet the needs of others. If you are single, it doesn't mean you have any more time available. You might be skipping meals or snacking when you can, and you may eat too much to compensate. If you are an older adult – retired or not – regular healthy meals may be a challenge. To improve diet and digestion, consider supplementing with digestive enzymes to help improve proper metabolism and absorption of nutrients.

What are Digestive Enzymes?

Digestive enzymes are protein molecules normally produced in the gut by our bodies. These enzymes are responsible for the breakdown of complex foods, namely proteins, carbohydrates, fats and complex sugars, into their component parts, which can then be absorbed and utilized by our bodies. Proteins (e.g. meat) are broken down into simple amino acids. These amino acids can then be absorbed by our body and used in the production of very specific and complex proteins which are required by our bodies to function properly. Carbohydrates (e.g. pasta) are broken down into simple sugars (e.g. glucose) which are used to provide energy for the brain and muscles. Fats are also broken down into simple fatty acids that are used as building blocks for cell walls and for energy.

Who Needs Help Digesting?

Our bodies produce these digestive enzymes naturally but as we grow older we produce less and less of these enzymes. It is a little-known fact that men generally produce less natural enzymes than women. If one has food intolerances or allergies, a lack of digestive enzymes can lead to more serious health issues. With a decreased ability to produce the quantity of digestive enzymes necessary to break down food, undigested food can be passed into the large intestine. The bacteria that normally live in the large intestine will eat this undigested food and cause gas, bloating, flatulence and intestinal pain. Supplementation with digestive enzymes will minimize the amount of undigested food reaching the large intestine, resulting in a reduction in the amount of gas and toxins produced by the bacteria.

What Kind of Enzymes?

The kind of enzymes required can depend on one's specific health needs. Generally, a multi-enzyme formula that is capable of helping one digest a wide range of foods (proteins, starches, complex sugars/sucrose, fat, milk and cellulose) would be best. A multi-enzyme formula eliminates the need to purchase a variety of enzymes, sold separately. Look for enzymes that have a higher potency and that are active over a very wide PH range (from an acid PH found in the stomach to an alkaline PH found in the small intestine). More importantly, the enzymes should have their maximum activity in and around the normal human body temperature (37°C). If after eating you notice an increase in bloating, belching, flatulence or other digestive disturbances, consider taking natural digestive enzymes with your meals to improve proper nutrient absorption – and your social life!

Dr. Gordon Chang, PhD.

Dr. Gordon Chang holds a PhD in Physiology and Biomedical engineering from the University of Toronto. He also has 2 years of post-doctoral experience in biochemistry. He is the President and Chief Scientific Officer at Omega Alpha Pharmaceuticals Inc.

Chaga Mushroom Extract

Immunomodulating

250 mL/bottle – UPC 826913130951

NPN 80113955

RECOMMENDED USE: Source of fungal polysaccharides with immunomodulating properties.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Inonotus obliquus (Chaga, Fruiting body) 1000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate.

RECOMMENDED DOSE: Adults – Take 1 teaspoon (5 mL), three times per day. May be taken with or without food. For palatability, required dosage may be taken with a small quantity of honey. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within three (3) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A source of fungal polysaccharides with immunomodulating properties
- ✓ A concentrated mushroom extract, dose per day = 3000 mg
- ✓ Liquids are easier for the body to utilize and absorb
- ✓ Non denatured active ingredients
- ✓ No alcohol, NON-GMO, organic and has natural mushroom flavours

Chaga mushroom is a woody invasive fungus. It grows on living trunks of mature birch trees and is mainly found in the hardwood forests of the Northern hemisphere, and thrives in colder climates. It has high nutritional and medicinal value. Chaga mushroom is black due to an extremely high concentration of melanin. It resembles a dark clump of charcoal and is distinguished from other growths by its orange tissue.

Chaga Mushroom has a wide range of health benefits and is popularly called the "king of medicinal mushrooms." The word 'Chaga' is a Latinization of the Russian word 'чара.' The Latin name *Inonotus obliquus* comes from 'ino' meaning 'fibrous'; 'ot' meaning 'ear'; and 'obliquus' meaning 'slanting' (*Inonotus obliquus* = fibrous sloping ear).

The fruiting body contains the majority of the therapeutic compounds found in mushrooms. The bioactive compounds present in Chaga mushroom are:

- Polysaccharides: β -glucan, a polymer of β -D glucose
- Polyphenols
- Steroids
- Melanin
- Triterpenoids



Cordyceps Mushroom Extract

Antioxidants Support Immunomodulating

250 mL/bottle – UPC 826913131002

NPN 80113959

RECOMMENDED USE: Source of antioxidants and fungal polysaccharides with immunomodulating properties.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Ophiocordyceps sinensis (Cordyceps, Stroma)..... 1000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate.

RECOMMENDED DOSE: Adults – Take 1 teaspoon (5 mL), three times per day. May be taken with or without food. For palatability, required dosage may be taken with a small quantity of honey. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms persist or worsen. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within three (3) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A source of fungal polysaccharides with immunomodulating properties
- ✓ A concentrated mushroom extract, dose per day = 3000 mg
- ✓ Liquids are easier for the body to utilize and absorb
- ✓ Non denatured active ingredients
- ✓ No alcohol, NON-GMO, organic and has natural mushroom flavours

Cordyceps, also known as Chinese caterpillar fungus, is a terrestrial fungus parasitizing larvae of ghost moths and produces a fruiting body. It is one of the most valued medicinal fungi in China, used for its tonic effects in strengthening the body and restoring energy. The fungus is endemic to the Tibetan Plateau and its surroundings including Tibet, Qinghai, Sichuan, Yunnan provinces in China, and the Himalayas such as Bhutan, India, and Nepal.

The name Cordyceps comes from the Greek word 'kordyle' meaning 'club' and Latin word 'ceps' meaning 'head'. The four major industrial species of cordyceps include *Cordyceps sinensis*, *Cordyceps militaris*, *Cordyceps cicadae*, and *Cordyceps sobolifera*.

The fruiting body contains the majority of the therapeutic compounds found in mushrooms. The bioactive compounds present in Cordyceps mushroom are:

- Polysaccharides
- Proteins
- Mannitol
- Peptides
- Sterols (Ergosterol)

Coriolus (Turkey Tail) Mushroom Extract

Immunomodulating

250 mL/bottle – UPC 826913131354

NPN 80114268

RECOMMENDED USE: Source of fungal polysaccharides with immunomodulating properties.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Trametes versicolor (Turkey Tail, Fruiting body)..... 1000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate.

RECOMMENDED DOSE: Adults – Take 1 teaspoon (5 mL), three times per day. May be taken with or without food. For palatability, required dosage may be taken with a small quantity of honey. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms persist or worsen. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within three (3) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A source of fungal polysaccharides with immunomodulating properties
- ✓ A concentrated mushroom extract, dose per day = 3000 mg
- ✓ Liquids are easier for the body to utilize and absorb
- ✓ Non denatured active ingredients
- ✓ No alcohol, NON-GMO, organic and has natural mushroom flavours

Coriolus (Turkey tail) mushroom is a woody bracket, polypore fungus that grows on dead logs worldwide. It is a crucial part of forest ecology as it recycles dead and dying trees. The Compendium of Materia Medica written by Li Shi Zhen during the Ming Dynasty in China described turkey tail mushroom as a medicine that rejuvenates and extends life with chronic use.

Turkey tail mushroom is one of the most potent and best studied medicinal mushrooms. More research has been done on turkey tail mushrooms than other medicinal mushrooms, including Shiitake or Reishi. The scientific name *Trametes* means 'one who is thin'; *versicolor* means 'of various colors' about the strongly zonate cap. The name turkey tail refers to its concentric rings of brown and tan, which resemble the tail feathers of a turkey.

The fruiting body contains the majority of the therapeutic compounds found in mushrooms. The bioactive compounds present in Turkey tail mushroom are:

- Polysaccharides
- Phenolic compounds
- Free amino acids
- Sterols
- Vitamins
- Fatty acids



Lion's Mane Mushroom Extract

Immunomodulating

250 mL/bottle – UPC 826913131057

NPN 80113931

RECOMMENDED USE: Source of fungal polysaccharides with immunomodulating properties. Provides antioxidants that help protect cell damage caused by free radicals.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Hericium erinaceus (Lion's Mane, fruiting body) 1000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate.

RECOMMENDED DOSE: Adults – Take 1 teaspoon (5 mL), three times per day. May be taken with or without food. For palatability, required dosage may be taken with a small quantity of honey. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within three (3) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A source of fungal polysaccharides with immunomodulating properties
- ✓ Provides antioxidants that help protect cell damage caused by free radicals
- ✓ A concentrated mushroom extract, dose per day = 3000 mg
- ✓ Liquids are easier for the body to utilize and absorb
- ✓ Non denatured active ingredients
- ✓ No alcohol, NON-GMO, organic and has natural mushroom flavours

Lion's mane is an edible mushroom and source of physiologically beneficial medicine. It has a long history of use in Traditional Chinese Medicine (TCM), especially for digestive diseases. Lion's mane mushroom is rich in beta-glucan polysaccharides which are responsible for its medicinal property.

Lion's mane mushroom is considered a saprotroph or weak parasite. It occurs on dead wood and sometimes on knotholes or cracks of living hardwoods. The mature fruiting body is fleshy, semi-spherical, and whitish. The colour gradually becomes yellowish to brownish in age. The species name 'erinaceus' literally means 'hedgehog' in Latin.

The fruiting body contains the majority of the therapeutic compounds found in mushrooms. The bioactive compounds present in Lion's mane mushroom are:

- Polysaccharides
- Secondary metabolites such as erinacines, hericerins, hericenones, resorcinols
- Sterols
- Mono- and diterpenes

Maitake Mushroom Extract

Immune Support

250 mL/bottle – UPC 826913131101

NPN 80113926

RECOMMENDED USE: Source of fungal polysaccharides with immunomodulating properties. Used in Herbal Medicine to support the immune system.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Grifola frondosa (Maitake, Fruiting body) 1000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate.

RECOMMENDED DOSE: Adults – Take 1 teaspoon (5 mL), three times per day. May be taken with or without food. For palatability, required dosage may be taken with a small quantity of honey. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consult a health care practitioner prior to use if you have diabetes. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within three (3) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A source of fungal polysaccharides with immunomodulating properties
- ✓ Used in Herbal Medicine to support the immune system
- ✓ A concentrated mushroom extract, dose per day = 3000 mg
- ✓ Liquids are easier for the body to utilize and absorb
- ✓ Non denatured active ingredients
- ✓ No alcohol, NON-GMO, organic and has natural mushroom flavours

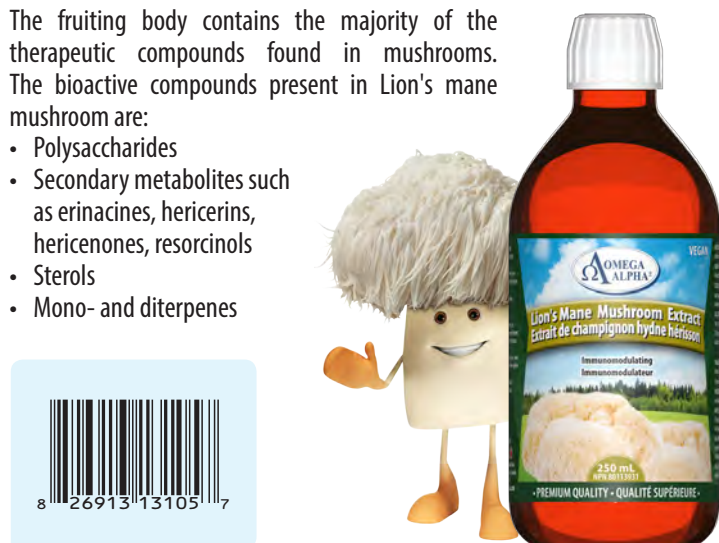
Maitake is a polypore mushroom that grows at the base of trees, particularly oaks. It is an edible fungus with a large fruiting body characterized by overlapping caps. It is native to China, Europe, Japan, and North America. *Grifola frondosa* is edible and is regarded as a healthy food because it is a good source of protein, carbohydrates, dietary fiber, vitamin D2 (ergocalciferol), and minerals such as potassium, calcium, magnesium, and phosphorus. It has low-fat content and caloric value.

The term 'Grifola' comes from the Greek word 'griphos', meaning network of intertwined reeds (an aspect of the hymenium of the mushroom). Some scholars believe that its name derives from the 'Griffon', a Greek mythological animal with the head and wings of an eagle and the hind legs and tail of a lion. The term 'frondosus' comes from the Latin word meaning leafy (full of leaves) because of the leaf-like caps of the fruiting body.

In Japan, its edible fruiting body is known as 'maitake', and in Japanese, 'mai' means dance and 'take' means mushroom. *Grifola frondosa* is known as 'hui shu hua' (grey tree flower) in Chinese, possibly due to its appearance.

The fruiting body contains the majority of the therapeutic compounds found in mushrooms. The bioactive compounds present in Maitake mushroom are:

- Polysaccharides: β -glucans & heteroglycans
- Proteins & glycoproteins
- Sterols
- Phenolic compounds



Reishi Mushroom Extract

Immune and Stress Support

250 mL/bottle – UPC 826913131156

NPN 80113923

RECOMMENDED USE: Used in Herbal Medicine to support the immune system. Used in Herbal Medicine as an adaptogen to help increase energy and resistance to stress (in case of mental and physical fatigue related to stress). Used in Traditional Chinese Medicine (TCM) to strengthen the body and tonify qi.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Ganoderma lucidum (Reishi, fruiting body)..... 1000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate.

RECOMMENDED DOSE: Adults – Take 1 teaspoon (5 mL), three times per day with food to avoid digestive upset. For palatability, required dosage may be taken with a small quantity of honey. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consult a health care practitioner if symptoms persist or worsen. Stop use if hypersensitivity/allergy occurs. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within three (3) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A source of antioxidants and fungal polysaccharides with immunomodulating properties
- ✓ Used in Herbal Medicine to support the immune system
- ✓ Used in Herbal Medicine as an adaptogen to help increase energy and resistance to stress (in case of mental and physical fatigue related stress)
- ✓ Used in Traditional Chinese Medicine (TCM) to strengthen the body and tonify qi
- ✓ A concentrated mushroom extract, dose per day = 3000 mg
- ✓ Liquids are easier for the body to utilize and absorb
- ✓ Non denatured active ingredients
- ✓ No alcohol, NON-GMO, organic and has natural mushroom flavours

Reishi is a basidiomycete white rot fungus. It is a large, dark mushroom with a glossy exterior and a woody texture. Reishi is a medicinal mushroom of importance in the traditional medical systems of China, Japan, Korea, and other Asian countries for its health-promoting effects such as increased energy, a modulated immune system, and promoting health and longevity. *Ganoderma lucidum* is known as the “Mushroom of Immortality”.

The genus name *Ganoderma* comes from the Greek words ‘ganos’ meaning ‘shiny’ or ‘bright’ and ‘derma’ translates to ‘skin’. The Latin word ‘lucidus’ means ‘shiny’ or ‘brilliant’ and refers to the varnished appearance of the surface of the mushroom. Compared with many other members of this genus, *Ganoderma lucidum* is particularly bright and shiny. The Chinese name ‘Lingzhi’ means ‘tree of life’ and the Japanese name ‘reishi’ means ‘divine’ or ‘spiritual’.

The fruiting body contains the majority of the therapeutic compounds found in mushrooms. The bioactive compounds present in Reishi mushroom are:

- Polysaccharides
- Proteins
- Peptidoglycans
- Fatty acids
- Steroids, phenols, terpenoids, nucleotides & their derivatives
- Chitin



Shiitake Mushroom Extract

Immune Support

250 mL/bottle – UPC 826913131200

NPN 80113957

RECOMMENDED USE: Source of fungal polysaccharides with immunomodulating properties. Used in Herbal Medicine to support the immune system. Provides antioxidants that help protect cell damage caused by free radicals.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Lentinula edodes (Shiitake, Fruiting body)..... 1000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate.

RECOMMENDED DOSE: Adults – Take 2 teaspoons (10 mL) three times per day. May be taken with or without food. For palatability, required dosage may be taken with a small quantity of honey. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consult a health care practitioner prior to use if you are taking blood thinners (anti-coagulants). Stop use if hypersensitivity/allergy occurs. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within three (3) months after opening.

ALLERGENS: Contains no alcohol, glycerin, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A source of fungal polysaccharides with immunomodulating properties
- ✓ Used in Herbal Medicine to support the immune system
- ✓ Provides antioxidants that help protect cell damage caused by free radicals
- ✓ A concentrated mushroom extract, dose per day = 6000 mg
- ✓ Liquids are easier for the body to utilize and absorb
- ✓ Non denatured active ingredients
- ✓ No alcohol, NON-GMO, organic and has natural mushroom flavours

Shiitake is one of the largest cultivated mushrooms worldwide due to its importance in food and therapeutic applications. It was the first macro-fungus to attain the focus in modern biotechnology. Shiitake mushroom is used medicinally for diseases involving depressed immune function. The cultivation of Shiitake mushrooms has been in practice for a thousand years, with its cultivation originating in China during the Sung Dynasty (960–1127). Shiitake mushroom occurs naturally in China, Japan, Korea, Vietnam, Thailand, Burma, North Borneo, the Philippines, Taiwan, and Papua New Guinea.

The specific epithet ‘edodes’ is the Latin word for ‘edible’. The Japanese name shiitake is composed of ‘shii’ for the tree *Castanopsis cuspidata* that provides the dead logs on which it is typically cultivated, and ‘take’ means mushroom.

The fruiting body contains the majority of the therapeutic compounds found in mushrooms. The bioactive compounds present in Shiitake mushroom are:

- Polysaccharides: β -D-glucan, heteroglycan, xylomannan, lentinan, & eritadenine
- Free sugars (Arabinose, arabitol, mannose, mannitol, trehalose & glycerol)
- Vitamins and dietary fibre



The Biological Activities of the Bioactive Compounds in Mushrooms

Polysaccharides: Has immunomodulatory, antiviral, antioxidant, antimicrobial, hepatoprotective and anti-inflammatory properties.

β-glucan: Comprises a group of polysaccharides that can be found in plants, bacteria, algae and mushrooms. β-glucans provide immunomodulatory, antibacterial, antiviral, antimicrobial, antioxidant, as well as hepatoprotective properties.

Polyphenols: These are secondary metabolites of plants and can be further categorized into flavonoids, phenolic acids, stilbenes and lignans. Polyphenols have antioxidant, antimicrobial and anti-inflammatory properties.

Steroids: These compounds contain antioxidant, anti-inflammatory, hepatoprotective and anti-fungal properties.

Melanin: Has antioxidant, anti-inflammatory, immunomodulatory, hepatic, as well as antimicrobial properties.

Triterpenoids: Has antimicrobial, analgesic, hepatoprotective, anti-inflammatory, and immunomodulatory properties.

Proteins: Many mushrooms are excellent sources of protein and these proteins have biological activities such as antiviral, antimicrobial, antioxidant and immunomodulatory properties.

Mannitol: Most widely recognized polyol in fungi, where it is found in spores, fruiting bodies and mycelia. Mannitol has antioxidant and anti-inflammatory properties.

Peptides: Obtained from edible mushrooms, peptides possesses antihypertensive, antioxidant, antifungal, antimicrobial and antiviral properties.

Sterols: Occurs in all major groups of organisms, from fungi to humans, as secondary metabolites. Sterols have antioxidant, antimicrobial and antiviral activities.

Ergosterols: Has antioxidant, anti-aging and anti-inflammatory properties.

Phenolic compounds: Studies have found that phenolic compounds exhibit antioxidant, antibacterial, antiproliferative, anti-inflammatory and antimicrobial activities.

***Hericium erinaceus* (known as Lion's Mane mushroom)** has bioactive polysaccharides such as **erinacines, hericerins, hericenones and resorcinols**. The bioactive compounds in Lion's Mane have antioxidant, anti-inflammatory, immunomodulatory, antimicrobial, neuroprotective and neurogenerative properties.

Monoterpenes: The largest class of plant secondary metabolites that have antimicrobial, anti-inflammatory, antioxidant and analgesic properties.

Diterpenes: Exhibits anti-inflammatory, antimicrobial and antiviral properties.

Heteroglycans: Has immunomodulating activities, as well as antioxidant properties.

Glycoproteins: Contain antiproliferative, antiviral and immunostimulating properties.

Free amino acids and fatty acids can be found as bioactive components of Turkey Tail mushroom which may attribute to the mushroom's antioxidant activity.

Chitin: Can be found from the exoskeletons of crustaceans, insects and the cell walls of fungi. It has antioxidant, anti-inflammatory, antimicrobial, as well as immunostimulating properties.

Terpenoids: Has anti-inflammatory, antimicrobial, antiviral, antiparasitic, and antioxidant properties.

Nucleotide: A bioactive compound found in Reishi mushroom with analgesic properties.

***Lentinula edodes* (known as Shiitake mushroom)** contains bioactive polysaccharides such as **lentinan, xylomannan, eritadenine, as well as free sugars like arabinose, arabitol, mannose, trehalose; glycerol; vitamins and dietary fibre**. These bioactive components have antioxidant, antifungal and antimicrobial properties.

Vitamins: Provides antioxidant, antiviral, antifungal, antibacterial, antiparasitic and immunomodulating properties.

N-Acetyl-L-Carnitine

Optimizes Cognitive Functions and Fatty Acid Metabolism

90 vegcaps®/bottle – UPC 826913127654

NPN 80062149

RECOMMENDED USE: Supports cognitive health and/or brain function.

MEDICINAL INGREDIENT PER 1 CAPSULE:

Acetyl-L-Carnitine

[(2R)-2-(Acetyloxy)-3-carboxy-N,N,N-trimethyl-1 propanaminium inner salt].
500 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Microcrystalline cellulose.

RECOMMENDED DOSE: Adults: Take 2 capsules twice per day with food or as directed by your health care practitioner.

CAUTIONS: If you are pregnant, breastfeeding, have kidney/liver disease and/or a seizure disorder, consult a health care practitioner prior to use. May cause digestive problems. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ An amino acid for cognitive health
- ✓ Helps support cognitive health and/or brain function
- ✓ Helps to reduce fatigue
- ✓ Maintains cognitive function during aging
- ✓ Helps to strengthen neurons and repair receptors in the brain

N-Acetyl-L-Carnitine aids in the muscle recovery process by reducing muscle tissue damage associated with a resistance training regimen; helps support muscle tissue repair in individuals involved in resistance training; helps improve physical performance when used in conjunction with a training regimen; helps delay fatigue during physical activity; helps support fat metabolism and fat oxidation.

Supplementation of N-Acetyl-L-carnitine is known to provide cognitive support in neurological dysfunction and may help relieve pain associated with some neuropathy conditions. N-acetyl-L-Carnitine is able to cross the blood-brain barriers and helps to reduce fatigue, support cognitive function in the elderly, maintain cognitive function during aging and even relieve pain associated with diabetic neuropathy. N-acetyl-L-Carnitine helps to maintain cellular membrane stability as it is also an antioxidant, scavenging harmful free radicals. As a powerful antioxidant, it helps to remove toxins or waste metabolites, strengthens neurons and repairs receptors for brain functions. This can improve communication between neurons which can lead to enhanced mental function, improved focus and attention span, and better memory.



Nocturna™

Restful Sleep Formula

120 mL/bottle – UPC 826913130210

500 mL/bottle – UPC 826913130203

NPN 80045618

RECOMMENDED USE: Hops, Passionflower and Valerian are traditionally used in herbalism as sleep aids.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

<i>Albizia julibrissin</i> (Silktree Flower)	300 mg
<i>Biota orientalis</i> (Arborvitae Seed)	200 mg
<i>Humulus lupulus</i> (Hops Strobile)	200 mg
<i>Passiflora incarnata</i> (Passionflower Herb Top)	300 mg
<i>Polygonum multiflorum</i> (Fleeceflower Stem)	150 mg
<i>Valeriana officinalis</i> (Valerian Root)	100 mg
<i>Ziziphus jujuba</i> (Jujube Fruit)	400 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered), Stevia, Natural cherry flavour and peppermint flavour.

RECOMMENDED DOSE: Adults: Take 2 tablespoons (30 mL) once per day, 30 minutes before bedtime. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: For prolonged use, consult a health care practitioner.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have depression, diarrhea, liver disorders or are taking prescription medications. Discontinue use and consult a health care practitioner if yellowing of the skin or whites of the eyes, dark urine, nausea, vomiting, unusual tiredness, weakness, stomach or abdominal pain, and /or loss of appetite occur as these may be symptoms of liver disease. Consumption with alcohol, other medications and/or natural health products with sedative properties is not recommended. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. Exercise caution if operating heavy machinery, driving a motor vehicle or performing activities requiring mental alertness within two hours of consumption. Consult a health care practitioner if sleeplessness persists continuously for more than 3 weeks (chronic insomnia). Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within three (3) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A NON-GMO herbal sleep aid solution
- ✓ Helps relieve nervousness
- ✓ Reduces the feelings of fatigue
- ✓ No side effects, like grogginess the next morning
- ✓ May reduce tension and irritability
- ✓ Used for a restful night's sleep
- ✓ May act as a mild sedative



Nocturna™ is a formula that contains seven botanicals that can help with nervousness, fatigue and sleep issues. An overabundance of stressors can build up creating anxiety, restlessness, or nervous reactions that may lead to insomnia and thus affect sleeping patterns. The benefits of herbal blends, like Nocturna™, are that there are no signs of grogginess or side effects the next morning.

Silktree flower has anxiolytic properties (inhibits anxiety), meaning that it is helpful with anxiety disorders by supporting the serotonin pathways. It is used traditionally as a tonic to replenish the liver, quiet the mind, and strengthen tissues. In traditional Chinese medicine (TCM), it is used to nourish the heart and calm the spirit. It is used to help balance mood, reduces worry and has a calming effect. This herb is used to help promote sleep when it is needed. It is a source of antioxidants reducing oxidative stress. It has analgesic, carminative, digestive, diuretic, sedative, stimulant and tonic properties.

Arborvitae seed is a traditional Chinese herb based on the theory of traditional Chinese medicine. It is said to nourish the heart (trace minerals sources) and has a calming effect. In TCM, this herb is used for insomnia, poor memory, and palpitations with anxiety due to heart blood deficiency. The actions listed are allergenic, calmative, diuretic, stomachic, sedative and tonic properties.

Hops strobile are female flowers (also called seed cones or strobile). Hops have been used traditionally by many cultures in a way similar to the herb valerian. It helps to reduce conditions of anxiety, restlessness, and insomnia. The relaxing effect of hops may be due, in part, to the specific chemical component dimethylvinyl carbinol. Hops has a bitter taste and the bitterness helps to act as a tonic to aid digestion and increase appetite. It is known to help relieve nervousness and support normal sleep. It has analgesic, anti-bacterial, anti-spasmodic, digestive, diuretic, sedative, nervine and tonic properties.

Passionflower herb has traditionally been used to help with tenseness, restlessness and irritability with difficulty in falling asleep. The plant has been used in herbalism for nervousness, anxiety and insomnia. It helps with relaxation during periods of anxiety, and supports and calms the nervous system. This herb is also used to help calm a nervous gastrointestinal tract. It has analgesic, anti-bacterial, anti-spasmodic, anti-inflammatory, cardiogenic, digestive and sedative actions.

Fleece flower stem is an herb that is beneficial for sleeping issues such as insomnia, difficulty falling asleep or staying asleep. Fleece flower stem exerts beneficial effects on various inflammatory conditions supporting the immune system. It helps the body to better cope with both physical and mental stress as it provides antioxidants for oxidative stress. Fleece flower stem protects the liver and help to reduces blood lipid levels, supporting cardiovascular health. It has the following actions; anti-bacterial, anti-inflammatory, antioxidant, depurative, hepato-protective, detoxifying, immune-enhancing properties.

Valerian root helps with nervousness (relaxing muscles) and promotes natural sleep habits. It acts like a mild sedative helping to stabilize mood and promote healthy sleep. Traditionally, valerian has been used as a sedative; improves circulation and reduces mucus from colds. It is also good for anxiety, fatigue, high blood pressure, insomnia, irritable bowel syndrome, menstrual and muscle cramps, nervousness, pain, spasms and stress. Clinical studies have shown that valerian shortens the time it takes to fall asleep and improves the quality of sleep. Valerian has an anxiolytic effect (inhibits anxiety). These effects are suspected to be mediated through the GABA receptors (a class of receptors that respond to neurotransmitter pathways). Other actions are; analgesic, anti-spasmodic, calmative, carminative, digestive, diuretic, nervine, sedative and stimulant actions.

The fruit or seeds of **Jujube fruit** have a sedative effect which helps to stabilize mood, relieve nervousness and promote sleep. It is a source of antioxidants for oxidative stress and supports the immune system. In TCM, it is used to promote healthy bowel movements and protects the liver, and reduces listlessness as it has a calming effect. It has these actions; analgesic, diuretic, expectorant, laxative, nervine, relaxant and sedative properties.

Noni Juice

Morinda Citrifolia

Apple: 1000 mL/bottle – UPC 826913130005

Unsweetened: 1000 mL/bottle – UPC 826913130012

NPN 80049690

RECOMMENDED USE: Source of antioxidants.

MEDICINAL INGREDIENT PER 1 TABLESPOON (15 mL):

Morinda citrifolia (Noni Fruit) 3400 mg

NON-MEDICINAL INGREDIENTS: Purified water, Guar gum, Citric acid, Potassium sorbate, Benzoic acid (buffered), Natural apple concentrate.

RECOMMENDED DOSE: Adults: Take 2 tablespoons (30 mL) once per day on an empty stomach. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or gluten.

FEATURES & BENEFITS:

- ✓ The Noni fruit is wild harvested and organic
- ✓ Source of antioxidants and other nutrients
- ✓ Maintains good health during allergy season
- ✓ May increase energy
- ✓ Supports the natural detoxification processes
- ✓ Comes in two styles: sweetened with apple concentrate and unsweetened

In traditional use, Noni has been used for medicinal purposes, food and in many other ways. Every part of the tree is used in some form or another. Some of the more widely known traditional uses and medicinal uses of the different parts of noni include: healing wounds, helping with infections, diabetes, fevers, and skin problems. Over 40 different medicinal remedies have been used traditionally by different cultures. Within certain South Pacific islands, many stories have been passed down about the history of Noni, and its traditional and medicinal uses. Over the past decade, Noni juice has gained popularity as an alternative medicine. Modern day scientific and medical communities have continued to study its healthful properties that have been long known and appreciated by the ancient healers.

The Benefits of Phytonutrients

by Andrea Kuznick, CNP

Phytonutrients are natural compounds which in nature help protect plant life from germs, fungi, bugs, and other threats. Fruits, vegetables, whole grains, nuts, seeds, herbs and roots contain phytonutrients. However, phytonutrients aren't necessary for keeping human beings alive, unlike the need for water, vitamins and minerals (from whole foods) which are essential for life. But when you eat or drink extra phytonutrients through supplements or concentrated preparations, these may help prevent disease conditions and keep your body's systems working more effectively.

There are more than 25,000 phytonutrients found in the plant kingdom that science knows of. Some of the components, structures, actions or properties, we have an awareness of how these help the body. In the last few decades, research has shown some of these and their potential health benefits. Have a look at a few phytonutrients; carotenoids, flavonoids, resveratrol, glucosinolates, phytoestrogens.

There are more than 600 carotenoids which provide phytonutrients through the wonderful colour array of fruits and vegetables. Carotenoids act as antioxidants in your body; they tackle harmful free radicals that damage tissues throughout your body. These types of carotenoids may have health benefits: alpha-carotene, beta-carotene, and beta-cryptoxanthin, lycopene, lutein and zeaxanthin to name a few. These help to support the immune system, helps slow the progression of age-related eye health issues like cataracts and macular degeneration, and also helps with prostate issues. The antioxidant properties help to reduce inflammation which gives the body a better opportunity to heal.

Flavonoids are found in a variety of plants and the types of flavonoids include: catechins, hesperidin and quercetin. Catechins are found in green tea and may help prevent certain types of cancer. Hesperidin is found in citrus fruits and this flavonoid works as an antioxidant to help reduce inflammation in the body which further helps to prevent chronic disease. Quercetin is found in citrus fruits, onions and is from a flower bud from the pagoda tree. It is a well-studied type of flavanol and it helps to reduce allergies, thus supporting respiratory health. It might also help reduce the risk of asthma, certain types of cancer, and coronary heart disease.

Resveratrol is found in red grapes and acts as an antioxidant and an anti-inflammatory. Some research suggests that resveratrol might play a role in reducing the risk of heart disease and certain cancers. It may also help extend life, animal studies have shown. However, more human studies are needed to establish a clear relationship.

Glucosinolates are found in cruciferous vegetables like cabbage, kale and broccoli. Glucosinolates give these vegetables their sharp odour and flavour. The glucosinolates turn into other natural compounds during the cooking process and while you digest these foods. Traditional healers claim these may help hold in check the development and growth of different types of cancer.

Phytoestrogens, because of their unique structure, they exert estrogen-like effects. They can displace the effects of an imbalance of unhealthy estrogen levels which can help to lower the risk of endometrial cancers, or the risk of bone loss in mature women. Soy foods contain isoflavones which is a type of phytoestrogen. Our body converts another type of phytonutrients called lignans into natural compounds with estrogen-like effects. Flax and sesame seeds are sources of lignans, however, research supporting a role for lignans in preventing endometrial cancer or osteoporosis is still limited.

These are just a few phytonutrient categories, however, traditional observations through the properties of some botanicals have been written about for centuries through many cultures.

Andrea Kuznick, CNP.

Andrea Kuznick is a holistic nutritionist CNP, iridologist HI, energy medicine practitioner (EMP), a Reiki master and practices many other Eastern and universal philosophies. She has also been an alternative holistic practitioner and educator for over 15 years. She is the director of Marketing and Education for Omega Alpha's human and pet divisions.



Para-Rid®

Parasites Cleanse

100 vegcaps®/bottle – UPC 826913120105

NPN 80044571

RECOMMENDED USE: Black Walnut is traditionally used in Herbal Medicine to expel intestinal parasites.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

<i>Cucurbita moschata</i> (Butternut Squash Seed)	400 mg
<i>Laccoccephalum mylittae</i> (Native Bread)	200 mg
<i>Torreya grandis</i> (Grand Torreya Seed).....	200 mg
<i>Areca catechu</i> (Areca Seed)	100 mg
<i>Allium sativum</i> (Garlic Bulb)	80 mg
<i>Juglans nigra</i> (Black Walnut Fruit Hull).....	50 mg
<i>Mentha x piperita</i> (Peppermint Leaf).....	40 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 4 capsules in the morning and 4 capsules in the evening on an empty stomach (1 hour before or 2 hours after a meal). Should not be taken within two (2) hours of another medicine because the desired effect of the other medicine may be reduced.

DURATION OF USE: For temporary use only. Consult a health care practitioner for use beyond 7 days.

Para-Rid® has a specific protocol: follow the recommended dose for 6 days, take a 7-day break, and continue for an additional 6 days as required.

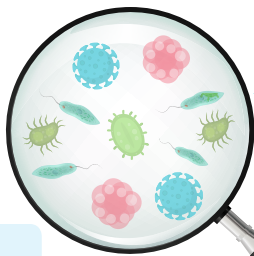
CAUTIONS: Do not use if you are pregnant, breastfeeding or in the presence of abdominal pain, nausea, fever or vomiting. Consult a health care practitioner prior to use if you have diabetes, anemia, gallstones; are taking blood thinners or protease inhibitors. Hypersensitivity (e.g. allergy) has been known to occur; in which case discontinue use.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A gentle formula that helps expel intestinal parasites
- ✓ An intestinal cleanse that helps to detoxify the body's organs and improve normal body functions
- ✓ Helps relieve digestive disturbances such as gas, bloating, diarrhea and constipation



The colon is home to a variety of intestinal bacteria and very often, small colonies of parasites. Parasites such as intestinal worms (pinworms, tapeworms), amoeba, etc., can invade our body from many sources. These sources include raw, uncooked foods such as vegetables, fruits, or sushi. They can also be introduced into our bodies from pets, flies and other common insect pests. Parasites and intestinal bacteria produce toxins as their waste products, which can then be absorbed into the body.

Under normal circumstances, a healthy individual can tolerate the toxins produced by bacteria and a few parasites. However, if the body's toxin elimination systems are overloaded and there are a large number of parasites, this extra toxin load can lead the individual's health into a downward spiral resulting in many chronic diseases. To minimize the amount of toxins absorbed from intestinal sources, it is also important that individuals do a periodic parasite cleanse.

After a parasite cleanse, the colon should also be cleansed on a fairly frequent basis in order to further clean out toxins and any fecal matter fully. The frequency of colon cleansing depends on the diet of the individual. If one's diet is high in fibre and stools are fairly large, one could do a colon cleanse every six months. If one's diet is low in fibre and stools are small, then a colon cleanse every three to four months is sufficient.

Butternut squash seed is a source of dietary fibre that expels intestinal worms, protects cells against damage caused by free radicals. It is also a source of mono-unsaturated fatty acids that support cardiovascular health and prostate health. Butternut squash has anti-inflammatory properties. Butternut squash seed is effective against tapeworms and roundworms. It kills young schistosomes and is very effective in the elimination of schistosomiasis and other intestinal parasites.

Sclerotium or native bread is a nutritive tonic that expels intestinal worms and supports the digestive system. Sclerotium is used to eliminate tapeworms, hookworms and roundworms. The active ingredient is thought to be an unknown type of protease. Clinical studies have noted the presence of eggs and tapeworms in the stool after 4-6 days of use (showing elimination success).

Grand torrey seed promotes bowel movements and supports digestion and intestinal health. This herb has anthelmintic and carminative actions. Grand torrey seed acts as a mild laxative to expel parasites (tapeworms) and toxins from the gut.

Areca catechu seed aids in digestion and stimulates intestinal contraction and movement. Areca has antioxidant, digestive and anti-microbial actions. Areca is effective against tapeworms, pinworms, hookworms, fasciolopsis, blood flukes and acts as a mild laxative to expel parasites from the gut.

Garlic bulb helps maintain cardiovascular health and helps relieve the symptoms associated with upper respiratory tract infections. It protects the liver and supports the immune system. Garlic bulb has anti-inflammatory, antiseptic and anti-viral properties. Garlic bulb is effective against hookworms, pinworms, ringworms and amoebae and is traditionally used in combination with areca catechu seed and sclerotium for hookworms and pinworms.

Black walnut (green hull) improves digestive function and supports normal bowel functions. It also maintains cardiovascular health and normal blood sugar levels. Black walnut has anti-viral and antiseptic actions. Black walnut is used to eliminate tapeworms, ringworms and pinworms.

Peppermint leaf aids in digestion and helps relieve flatulence and maintains digestive health. Peppermint has antiseptic, analgesic and sedative actions. Peppermint promotes segmental motility and prevents intestinal attachment.



Protein EnzyPro™

Enzyme Optimized Protein Powder

Chocolate: 800 g/bottle - UPC 826913124608

Vanilla: 800 g/bottle - UPC 826913130500

NPN 80083398

RECOMMENDED USE: Source of protein for the maintenance of good health. Assists in the building of lean muscle [tissue/mass] when combined with regular [weight/resistance] training and a healthy balanced diet.

MEDICINAL INGREDIENTS PER 1 SCOOP (25 g):

Milk Protein Isolate (90% isolate)	11 g
Whey Protein Isolate (90% isolate)	11 g
Protease (Enzyme)	50 mg (3750 FCC HUT)

NUTRITION FACTS PER SERVING (25 g):

CHOCOLATE:

Protein	21 g
Fat	1 g
Carbohydrates	0 g
Energy	90 calories/376 kJ

VANILLA:

Protein	20 g
Fat	0 g
Carbohydrates	0 g
Energy	80 calories/335 kJ

AMINO ACIDS PER SERVING (25 g):

L-Alanine	3.5816 g	*L-Methionine	2.002 g
L-Arginine	2.4244 g	*L-Phenylalanine	3.3352 g
L-Aspartic Acid	7.8408 g	L-Proline	6.6572 g
L-Cysteine	1.3332 g	L-Serine	4.3956 g
L-Glutamic Acid	16.5308 g	*L-Threonine	4.818 g
L-Glycine	1.4916 g	*L-Tryptophan	1.4652 g
L-Histidine	1.8348 g	L-Tyrosine	3.4188 g
*L-Isoleucine (BCAA)	5.0424 g	*L-Valine (BCAA)	4.9896 g
*L-Leucine (BCAA)	8.6108 g	*Essential amino acids	
*L-Lysine	7.656 g		

NON-MEDICINAL INGREDIENTS: Sunflower lecithin, Xanthan gum, Stevia, Natural chocolate flavour/[Natural French Vanilla flavour], Cocoa powder.

RECOMMENDED DOSE: Adults: Take 1-2 scoops (25-50 g) once or twice per day. Mix EnzyPro™ well in 1 cup (250 mL) with liquid (water, juice, milk, etc.) or smoothies.

DURATION OF USE: For prolonged use, consult a health care practitioner.

STORAGE: Store away from children and protected from light/moisture.

ALLERGENS: Contains no preservatives, corn, gluten, wheat or yeast.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant, breastfeeding, have diabetes, liver disorders, kidney disorders, gastrointestinal lesions/ulcers, taking anticoagulant/anti-inflammatory agents or are having surgery. This product may cause mild gastrointestinal disturbances, discontinue use or consult a health care practitioner if symptoms persist or worsen. This product may have come into contact with soy and milk allergens. Do not use this product if you have soy/soybeans and/or milk allergy. Hypersensitivity/allergy has been known to occur, in which case discontinue use. Ensure to drink enough fluid before, during and after exercise. Do not use if security seal is broken.

FEATURES & BENEFITS:

- ✓ Contains ONLY lactose-free, and fat-free proteins, perfect for lactose intolerant people and body builders at all stages of growth
- ✓ Added enzymes provide an increased breakdown and metabolism of the proteins, resulting in better absorption and muscle growth
- ✓ Contains essential amino acids and non-essential amino acids
- ✓ Improves energy
- ✓ Reduces cravings and helps to burn fat

Protein EnzyPro™ is a protein powder that contains a variety of essential and non-essential amino acids which are great sources of protein to help the body grow, break down food, repair body tissue, store and transport nutrients, and perform bodily functions. In addition to non-essential amino acids that are produced by the body, these protein formulations are comprised of all nine essential amino acids which the body cannot synthesize on its own, but can be attained through the food we eat on a regular basis.

Protein EnzyPro™ also contains milk protein isolate, whey protein isolate and the digestive enzyme, **protease**, which is added for best protein absorption. Whey protein and milk protein isolates contain all essential amino acids which are the building blocks for recovery and optimal health at any age. They are the major building blocks of the human body and they help to build and maintain tissue and muscle strength.

Milk protein isolate is a source of protein for the maintenance of good health and it helps build and repair body tissues. It is also a source of amino acids involved in muscle protein synthesis, and assists in the building of lean muscle [tissue/mass] when combined with regular [weight/resistance] training and a healthy balanced diet.

Whey protein isolate is a source of all essential amino acids (and those that are involved in muscle protein synthesis), branched chain amino acids, minerals and potassium for the maintenance of good health. Whey is also a source of protein for the maintenance of good health that helps build and repair body tissues and helps to build antibodies.

See page 68 for information on all the amino acids present in Omega Alpha's protein powders.

Ask for our Protein Recipe Cards that feature delicious ways to use our protein powders!



Protein Multi-Plex™ ADULT

Complete Protein & Multi-vitamin/Mineral Complex

Chocolate: 850 g/bottle - UPC 826913127227

Vanilla: 850 g/bottle - UPC 826913127203

NPN 80087131

RECOMMENDED USE: Source of protein, vitamins and minerals for the maintenance of good health. Helps digest proteins.

MEDICINAL INGREDIENTS PER 1 SCOOP (25 g):

Milk Protein Isolate (90% isolate)	10 g	Vitamin E	46 mg (69 IU)
Whey Protein Isolate (90% isolate) ..	10 g	Boron (Sodium borate)*	347 mcg
Protease (Enzyme)	3750 FCC HUT	Calcium lactate*	100 mg
Acetyl-L-Carnitine	100 mg	Chromium (Chromium polynicotinate)* ..	89 mcg
R-alpha-Lipoic acid	50 mg	Copper (Cupric gluconate)* ...	200 mcg
Vit. B1 (Thiamine mononitrate) ...	2.5 mg	Magnesium citrate*	20 mg
Vit. B2 (Riboflavin)	2.5 mg	Manganese sulphate	900 mcg
Vit. B3 (Niacinamide)	10 mg	Molybdenum (Sodium molybdate)*	10 mcg
Vit. B5 (D-Pantothenic acid)	10 mg	Selenium (L-Selenomethionine)*	10 mcg
Vit. B6 (Pyridoxal 5-phosphate) ..	5 mg	Silicon (Sodium metasilicate)* ..	2 mg
Vit. B9 (L-Methylfolate)	100 mcg	Vanadium (Vanadyl sulphate)*	10 mcg
Vit. B12 (Cyanocobalamin)	500 mcg	Zinc (Zinc citrate)*	2 mg
Biotin	25 mcg	*All minerals are in elemental forms	
Choline (Choline bitartrate)	10 mg		
Inositol (Myo-inositol)	20 mg		
beta-Carotene	1563 mcg (2605 IU)		
Vitamin C (L-Ascorbic acid)	100 mg		
Vitamin D3	5 mcg (200 IU)		

AMINO ACIDS PER SERVING (25 g):

L-Alanine	3.256 g	*L-Phenylalanine	3.032 g
L-Arginine	2.204 g	L-Proline	6.052 g
L-Aspartic Acid	7.128 g	L-Serine	3.996 g
L-Cysteine	1.212 g	*L-Threonine	4.38 g
L-Glutamic Acid	15.028 g	*L-Tryptophan	1.332 g
L-Glycine	1.356 g	L-Tyrosine	3.108 g
L-Histidine	1.668 g	*L-Valine (BCAA)	4.536 g
*L-Isoleucine (BCAA)	4.584 g	*Essential amino acids	
*L-Leucine (BCAA)	7.828 g		
*L-Lysine	6.96 g		
*L-Methionine	1.82 g		

NUTRITION FACTS PER SERVING (25 g):

CHOCOLATE:

Protein	18 g
Fat	1 g
Carbohydrates	2 g
Energy	85 calories/355 kJ

VANILLA:

Protein	18 g
Fat	0 g
Carbohydrates	1 g
Energy	76 calories/318 kJ

NON-MEDICINAL INGREDIENTS: Sunflower lecithin, Xanthan gum, Stevia, Cocoa powder, Natural chocolate flavour/[Natural vanilla flavour].

RECOMMENDED DOSE: Adults: Take 1 scoop (25 g) per day. Mix Protein Multi-Plex™ well in 1 cup (250 mL) with liquid (water, juice, milk, etc.) or smoothies. Take a few hours before or after taking medications.

DURATION OF USE: For prolonged use, consult a health care practitioner.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant, breastfeeding, have diabetes, liver disorders, kidney disorders, gastrointestinal lesions/ulcers, taking anticoagulant/anti-inflammatory agents or are having surgery. This product may cause mild gastrointestinal disturbances, discontinue use or consult a health care practitioner if symptoms persist or worsen. This product may have come into contact with soy and milk allergens. Do not use this product if you have soy/soybeans and/or milk allergy. Hypersensitivity/allergy has been known to occur, in which case discontinue use. Do not use if security seal is broken.

STORAGE: Store away from children and protected from light/moisture.

ALLERGENS: Contains no preservatives, corn, gluten, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Contains essential amino acids and non-essential amino acids
- ✓ Lactose free, fat free & gluten free
- ✓ No sugar added, sweetened with stevia
- ✓ Enzymes added for better absorption
- ✓ Increases strength & builds muscles
- ✓ Helps maintain blood sugar levels
- ✓ Reduces cravings and helps to burn fat
- ✓ Boosts the immune system and the recovery time during convalescence
- ✓ Contains a full complement of vitamins and minerals

Protein Multi-Plex™ is comprised of both essential and non-essential amino acids (see page 68), whey and milk protein isolates, and also includes a full complement of vitamins and minerals that are needed to help maintain optimal health.

All these ingredients synergistically help to provide the body with what it needs to build muscle, strength and to recover quickly after a workout or during convalescence, or from a very active life style.

In addition to our Protein Recipe Cards, ask for our Recipe Booklet as well which feature even more delicious treats!



OAB004 - Recipes Booklet

There are so many benefits to whey protein isolates and milk protein isolates. Whey protein and milk protein isolates contain all essential amino acids which are the building blocks for recovery and optimal health at any age. **For more information on whey protein and milk protein isolates, see page 63.**

Protease is used as a digestive aid and a digestive enzyme that helps to digest proteins.

Acetyl-L-Carnitine aids in the muscle recovery process by reducing muscle tissue damage associated with a resistance training regimen. It helps support muscle tissue repair in individuals involved in resistance training and helps improve physical performance when used in conjunction with a training regimen. It also helps delay fatigue during physical activity and helps support fat metabolism and fat oxidation.

R-alpha-Lipoic acid is a co-factor of mitochondrial enzymes and a potent antioxidant. It helps promote healthy glucose metabolism and boosts the endogenous antioxidant systems (vitamin C & E availability). R-alpha-lipoic acid is a fat and water soluble antioxidant responsible for turning the glucose in our blood into energy for our cells. It is used to protect liver cells from oxidative damage; protects tissue and organs from free radicals; helps to control blood sugar levels; and has antioxidant and anti-inflammatory properties.

Vitamin B1 enhances energy production, specifically for the brain. Thiamin is intricately involved with other B vitamins in energy metabolism. Vitamin B1 helps the body to metabolize carbohydrates, proteins and fats and helps normal growth. Vitamin B1 helps boost the immune system and strengthens the body under stressful conditions.

Vitamin B2 is crucial in the production of energy and is involved in regenerating glutathione (potent antioxidant). It helps the body to metabolize carbohydrates, proteins and fats, as well as helps in tissue formation.

Vitamin B5 plays a role in the production of adrenal hormones and red blood cells. Vitamin B5 also helps the body to metabolize carbohydrates, fats and proteins, as well as tissue formation.

Vitamin B6 helps the body to metabolize carbohydrates, proteins and fats, and it helps in tissue formation. Vitamin B6 helps the body make certain hormones, as well as chemicals in the brain called neurotransmitters. It also helps boost immune system functioning. Vitamin B6 is involved in the formation of protein structures, structural compounds and chemical transmitters. B6 is critical in maintaining hormone balance and immune functions. This vitamin is involved in more than 60 different enzyme processes and in cell multiplication.

Vitamin B3 helps the body to metabolize carbohydrates, proteins and fats, and assists in normal growth and development. Niacin is a component involved in over 50 different chemical reactions in the body. It plays an important role in energy production, fat and carbohydrate metabolism and the manufacture of sex and adrenal hormones. Vitamin B3 or niacin, has been shown to lower "bad" cholesterol levels (LDL), and boost "good" cholesterol levels (HDL). Vitamin B3 is required for basic bodily functions such as turning food into usable energy and creating red blood cells.

Vitamin B7 (Biotin) supports the manufacture and utilization of fats and amino acids. It is needed for metabolism and body energy systems. It also plays a beneficial role in cell growth and replication. Vitamin B7 helps the body to metabolize carbohydrates, fats and proteins.

Vitamin B9 helps the body to metabolize proteins and form red blood cells. It is also needed for the proper development of the human body. It is involved in producing the genetic material called DNA and is also involved in numerous other bodily functions.

Vitamin B12 helps the body to metabolize carbohydrates, proteins and fats and it also helps to form red blood cells. Folic acid and Vitamin B12 both work together as methyl donors to facilitate the manufacture of DNA and brain neurotransmitters. Vitamin B12 also works with B6 to reduce homocysteine levels.

Choline helps to support liver functions and is a factor in the maintenance of good health. It is involved in fat metabolism and in the transport of fats from the liver.

Inositol has lipotropic properties meaning that it promotes the export of fat from the liver. Inositol helps in normal growth and development, supports biological functions and is a source of vitamins and minerals.

Beta-carotene is a source of vitamin A which helps maintain eyesight, skin membranes, immune functions, and helps in the development and maintenance of bones and teeth.

Vitamin C helps the body to metabolize fats and proteins, and helps in the development and maintenance of bones, cartilage, teeth and gums. Vitamin C also helps in connective tissue formation, helps in wound healing, and is an antioxidant for the maintenance of good health.

Vitamin D3 functions as a necessary co-factor in calcium absorption and utilization. Vitamin D helps in the development and maintenance of bones and teeth, is a factor in the maintenance of good health and helps in the absorption and use of calcium, phosphorus and trace mineral functions.

Vitamin E is a source of antioxidants for the maintenance of good health. Vitamin E protects the fat in body tissues from oxidation, helps to fight against the oxidative effect caused by free radicals, and helps to prevent vitamin E deficiency.

Boron is one of the micronutrients required for optimal health and is involved in maintaining good bone mineralization. Boron is essential for proper assimilation of calcium into the bone matrix, or in simpler terms, makes sure that calcium stays bound to the structure of the bone.

Calcium is known for its role in building strong bones, and keeping nails, teeth, and skin healthy. Calcium is required to help maintain healthy calcium metabolism for a number of functions. It is required for digestion, blood clotting, squeezing and relaxing muscles, releasing hormones, and proper nerve function. Calcium helps maintain a regular heartbeat. Calcium is a mineral that must be consumed through diet; it cannot be made inside the body.

Chromium is an essential trace mineral that helps the hormone insulin to function at its full potential. It provides support for healthy glucose metabolism; helps to maintain normal blood glucose level; helps to prevent chromium deficiency; helps to maintain the body's ability to metabolize nutrients; and it may also help to lower cholesterol levels and burns body fat.

Copper is a mineral that the body stores mostly in the bones and muscles. It helps to produce and repair connective tissue and helps to form red blood cells. The liver regulates the amount of copper that is in the blood. It is also used for improving wound healing and in the management arthritis and brittle bones (osteoporosis).

Magnesium helps the body to metabolize carbohydrates, proteins, fats, and helps in the development and maintenance of bones and teeth. It also helps in tissue formation and helps to maintain proper muscle function. Magnesium citrate helps to maintain healthy serum magnesium levels, and it offers the body access to an increased amount of magnesium, while at the same time it helps to regulate healthy bowel cycles.

Manganese helps the body to metabolize carbohydrates, proteins, fats. Manganese sulphate also helps in the development and maintenance of bones and teeth, and helps in tissue formation and maintains proper muscle function.

Molybdenum helps to prevent molybdenum deficiency, and helps to maintain the body's ability to metabolize nutrients.

Selenium is an antioxidant for the maintenance of good health. It helps protect against oxidative stress, helps to fight and protect cells against free radicals, and helps to maintain normal function of the thyroid gland.

Silicon is a trace mineral that is involved in many enzymatic pathways and metabolic reactions. Silicon works to enhance the re-mineralization of the bone tissue which helps to ensure that calcium and other minerals are deposited onto the bone. It also promotes firmness and strength in the tissues, and helps to maintain healthy hair, nails and/or skin.

Vanadium is required for building healthy bones, cartilage and teeth.

Zinc helps in connective tissue formation, helps to maintain healthy skin, helps the body to metabolize carbohydrates, proteins and fats, and helps to maintain immune functions.

Protein Multi-Plex™ KIDS

Complete Milk Protein and Multi-Vitamin Complex

Chocolate: 400 g/bottle – UPC 826913127142

Vanilla: 400 g/bottle – UPC 826913127104

NPN 80088166

RECOMMENDED USE: Source of vitamins, factors in the maintenance of good health. Helps to build strong bones and teeth.

MEDICINAL INGREDIENTS PER 1 SCOOP (25 g):

Whey Protein Isolate (90% Isolate).....5 g	Biotin25 mcg
Milk Protein Isolate (90% Isolate)15 g	Choline (Choline bitartrate).....27 mg
Vit. B1 (Thiamine mononitrate) 2.5 mg	Inositol (Myo-inositol)20 mg
Vit. B2 (Riboflavin)2.5 mg	beta-Carotene437.5 mcg (729 IU)
Vit. B3 (Niacinamide)3 mg	Vit. C (L-Ascorbic acid).....100 mg
Vit. B5 (D-Pantothenic acid)10 mg	Vit. D3
Vit. B6 (Pyridoxal hydrochloride) 3 mg	(Cholecalciferol)....12.5 mcg (500 IU)
Vit. B9 (Folic acid) (Folate).....200 mcg	Vit. E (d-alpha Tocopheryl
Vit. B12 (Cyanocobalamin)250 mcg	acetate)16.75 mg AT (25 IU)

NUTRITION FACTS PER SERVING (25 g):

CHOCOLATE:

Protein18 g
Fat.....0 g
Carbohydrates1 g
Energy76 calories/318 kJ

VANILLA:

Protein18 g
Fat.....0 g
Carbohydrates0 g
Energy72 calories/301 kJ

AMINO ACIDS PER SERVING (25 g):

L-Alanine731 mg	*L-Methionine.....47.25 mg
L-Arginine.....616.5 mg	*L-Phenylalanine857 mg
L-Aspartic Acid.....1643 mg	L-Proline1689.5 mg
L-Cysteine214.5 mg	L-Serine1058.5 mg
L-Glutamic Acid3975.5 mg	*L-Threonine97.25 mg
L-Glycine.....348.5 mg	*L-Tryptophan299.5 mg
L-Histidine475.5 mg	L-Tyrosine.....885.5 mg
*L-Isoleucine (BCAA)1079 mg	*L-Valine (BCAA)1181 mg
*L-Leucine (BCAA)1945.5 mg	*Essential amino acids
*L-Lysine166 mg	

NON-MEDICINAL INGREDIENTS: Milk Protein, Whey Protein, Sunflower lecithin, Natural vanilla flavour/Natural chocolate flavour, Cocoa Powder, Xanthan gum and sweetened with Stevia.

RECOMMENDED DOSE: Children (1-9 years): Take 1 scoop once per day. Adolescents (9-18 years): Take 2 scoops once per day. Mix Protein Multi-Plex™ well in 1 cup (250 mL) with liquid (water, juice, milk, etc.) or smoothies.

CAUTIONS: This product may have come into contact with soy and milk allergens. Do not use this product if you have soy/soybeans and/or milk allergy. Do not use if security seal is broken.

STORAGE: Store away from children and protected from light/moisture.

ALLERGENS: Contains no preservatives, corn, gluten, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Increases strength and builds muscles
- ✓ Contains essential and non-essential amino acids
- ✓ Milk protein is important for bone and teeth development
- ✓ Milk proteins enhance natural athletic strength and stamina
- ✓ Milk proteins also help the body with growth and repair during development

Protein Multi-Plex™ Kids is a complete milk protein and multi-vitamin complex containing essential and non-essential amino acids, which are a great source of protein to help young bodies grow and develop. It contains a full complement of vitamins and minerals that are used to help maintain optimal health. The complex formulation is lactose free, 99% fat free, and gluten free. No sugar is added and it is sweetened with stevia.

See page 55 for information on the ingredients present in this kids protein formulation.

See page 58 for information on the amino acids found in all of Omega Alpha's protein powders.

Protein & Vitamins for Healthy Kids

by Janet McKenzie, BSN, MBA, ND.

All parents know that kids have specific nutritional needs. And nutritional adequacy is a concern for all children, regardless of level of activity. Behavioural or disease conditions, convalescence, vegetarianism, and "picky or finicky" eaters, can limit nutrient intakes. Children who consistently do not eat enough, or who do not eat the right types of food may be at risk for a number of health, developmental, and social concerns. However, the needs of highly active kids, especially those with dietary limitations, can be even more exacting¹, in part because the nutritional needs of children change as they grow. Practices that are common for the nutritional support of adult athletes, such as increased protein and carbohydrate loading, are controversial for child athletes².

One concern in paediatric sports nutrition is the provision of adequate calories from the macronutrients: carbohydrates, fats and proteins. Children appear to preferentially use free fatty acids and carbohydrates more than proteins (to a greater extent than adults do) as their sources of energy. Fats are needed for vitamin absorption as well as energy and should comprise about 30% of the child's caloric intake, with most of that quantity coming from vegetable sources³.

Protein is needed for growth, development and post-exercise recovery. However, it's not entirely clear what exact protein requirements for children should be, with varied research giving a range from 0.8–2 g per kg of body weight per day. Low fat milk is a good source of protein for active children, according to the Committee on Nutrition and the Council on Sports Medicine and Fitness⁴. Milk proteins fall into two groups, casein and whey. Both types of protein are complete, which means they provide all of the amino acids that are essential for human health. Since casein comprises 20 to 45 percent of the protein in human milk, it's a protein to which kids are well adapted⁵.

Parents of highly active and athletic children need to help their kids navigate this nutritional minefield using common sense and professional advice. Encourage your child to consume a balanced diet of whole foods and consult your MD or ND for advice on what role supplementation should have in your child's dietary regimen.

References available upon request.

Dr. Janet McKenzie is a graduate of the University of British Columbia School of Nursing, Queen's School of Business and the Canadian School of Naturopathic Medicine. She has a practice in Etobicoke (Summit Natural Health Care) and was a teacher at the Canadian School of Natural Nutrition.



Protein Vgan5+™

Vegan Protein Blend

Chocolate: 800 g/bottle - UPC 826913130708

Vanilla: 800 g/bottle - UPC 826913130715

NPN 80080663

RECOMMENDED USE: Source of protein for the maintenance of good health. Assists in the building of lean muscle [tissue/mass] when combined with regular [weight/resistance] training and a healthy balanced diet.

INGREDIENTS PER 1 SCOOP (30 g):

Organic Rice Protein, Organic Pea Protein, Hemp Protein, Quinoa, Spirulina.

Phytonutrients:

Moringa oleifera	480 mg
Sprouted Wheat Grass	480 mg

NUTRITION FACTS PER SERVING (30 g):

CHOCOLATE:

Protein	17.5 g
Fat	2 g
Carbohydrates	2 g
Energy	96 calories/402 kJ

VANILLA:

Protein	17.5 g
Fat	3 g
Carbohydrates	2 g
Energy	101 calories/423 kJ

AMINO ACIDS PER SERVING (30 g):

L-Alanine.....	618 mg	*L-Lysine.....	828 mg
L-Arginine	1244 mg	*L-Methionine	675 mg
L-Asparagine.....	325 mg	*L-Phenylalanine	680 mg
L-Aspartic Acid	1005 mg	L-Proline	1125 mg
L-Cysteine	250 mg	L-Serine.....	718 mg
L-Glutamic Acid.....	2475 mg	*L-Threonine.....	614 mg
L-Glutamine	825 mg	*L-Tryptophan.....	425 mg
L-Glycine	523 mg	L-Tyrosine.....	527 mg
L-Histidine.....	357 mg	*L-Valine (BCAA)	752 mg
*L-Isoleucine (BCAA)	699 mg	* Essential amino acids	
*L-Leucine (BCAA).....	1291 mg		

NON-MEDICINAL INGREDIENTS: Xanthan gum, Stevia, Cocoa, Chocolate Flavour, [Coconut, Vanilla Flavour].

RECOMMENDED DOSE: Adults: Take 1 scoop (30 g) once per day. Mix Vgan5+™ well in 1 cup (350 mL) with liquid (water or juice) or with smoothies.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Ensure to drink enough fluid before, during, and after exercise. Do not use if security seal is broken.

STORAGE: Store away from children and protected from light/moisture.

ALLERGENS: Contains no preservatives, corn, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Increases strength & builds muscles
- ✓ Reduces cravings and helps to burn fat
- ✓ Improves energy
- ✓ Helps the immune system
- ✓ Boosts the antioxidant action of glutathione
- ✓ Has essential & non-essential amino acids
- ✓ Phytonutrients
- ✓ Dairy and lactose free
- ✓ Gluten free and soya free
- ✓ Sugar free, sweetened with stevia



There are so many benefits to taking a well-balanced vegan protein supplement. It can provide the body with what it needs to build muscles, strength and to recover quickly after a workout or from a very busy lifestyle.

Protein powders are a convenient way to get some of the best-quality vegetable proteins together in a highly absorbable format. Vegetable protein powders are available from a variety of sources including hemp, rice, pea, quinoa, and spirulina.

Along with a healthy diet, vegetable proteins are of paramount importance for providing antioxidants to help defend against cellular damage and provide ongoing support of the immune system.

Vgan5+™ is an Omega Alpha® proprietary plant protein blend of organic rice protein, organic pea protein, hemp protein, quinoa protein and spirulina (the big five in Vgan5+™). It also contains phytonutrients that contain plant proteins from moringa oleifera and sprouted wheat grass. Vgan5+™ offers a unique plant protein blend and has a complete amino acid profile.

Organic rice protein has eight of the essential amino acids. It is also a good source of other essential nutrients – thiamin, riboflavin, niacin, phosphorus, iron, and potassium.

Organic pea protein contains nine of the essential amino acids and most of branched-chain amino acids (BCAAs) that are needed to build the non-essential amino acids, and are necessary for the synergy operations in the body.

Hemp protein has 20 amino acids, including the nine essential amino acids that the body is unable to produce on its own and must obtain from dietary sources.

Quinoa protein contains the following amino acids: isoleucine, leucine, lysine, phenylalanine, tyrosine, cysteine, methionine, threonine, histidine, tryptophan and valine. Quinoa also provides the body with copper, fibre, iron, magnesium, manganese, phosphorus, potassium and zinc.

Spirulina is considered a perfect protein, which means it contains all of the essential amino acids. In addition, it has a host of vitamins like vitamins B, C, D and E, plus trace minerals.

Moringa oleifera — According to Dr. Howard Fisher's book from 2011 called "Moringa Oleifera: Magic, Myth or Miracle", the phytonutrient from moringa oleifera contains 20 amino acids. Another complete protein source with some vitamins and trace minerals. Moringa contains over 90 nutrients and 46 antioxidants, together with all of the essential amino acids; helps enhance physical capacity or performance (in cases of physical stress or exhaustion); an antioxidant for the maintenance of good health; strengthens the immune system; cleans the body from toxins and heavy metals; helps to regulate cholesterol and blood glucose levels.

Sprouted wheat grass contains an abundance of trace minerals, vitamins, protein and chlorophyll. It contains all the essential amino acids which are necessary for optimal health, making sprouted wheat grass one of the best whole foods choice.



Amino Acids

All of Omega Alpha's protein formulations (Protein EnzyPro™, Protein Multi-Plex™ for Adults and Kids, and Protein Vgan 5+™) contain a variety of essential and non-essential amino acids which are a great source of protein to help the body grow, break down food, repair body tissue, store and transport nutrients, and perform bodily functions.

In addition to non-essential amino acids that are produced by the body, these protein formulations are comprised of all nine essential amino acids which the body cannot synthesize on its own, but can be attained through the food we eat on a regular basis.

L-Alanine is important when it comes to providing energy for your muscle tissue, brain, and central nervous system. This common amino acid is manufactured from other metabolites in the liver and plays a key role in the breakdown of glucose for energy and stabilizes glucose levels during exercise. Alanine is used in the production of neurotransmitters, antibodies and stimulates lymphocyte production.

L-Arginine plays an important role in cell division, the healing of wounds, removing ammonia from the body, immune function, and the release of hormones. It has been shown in studies to cause the release of the growth hormones considered necessary for muscle growth and tissue repair, decreasing healing time. Arginine is a precursor for the production of nitric oxide and is related to treating erectile dysfunction and providing cardiovascular benefits (lowering blood pressure) as it relaxes smooth muscle, acts as a vasodilator and increases blood flow.

L-Aspartic Acid acts as a neurotransmitter and is involved in hormone production and nervous system function.

L-Asparagine is formed from aspartic acid and is needed to maintain balance in the central nervous system.

L-Cysteine acts as an antioxidant and protects against radiation and pollution. Like all antioxidants, it will slow the aging process, deactivate free radicals, and neutralize toxins. Cysteine is involved in the formation of one of the most potent detoxifiers in the body, glutathione in the lungs, liver, kidneys, and bone marrow. In certain cases such as premature infants, the elderly, or those with metabolic disease or a malabsorption syndrome it may be considered to be essential and must be supplied from dietary sources.

L-Glutamic Acid is an excitatory neurotransmitter in the brain and spinal cord, and is the precursor of GABA. This amino acid is important in the metabolism of sugars and fats, and aids in the transportation of potassium across the blood-brain barrier. The conversion of glutamic acid into glutamine helps to clear potentially toxic ammonia, thus detoxifying the brain.

L-Glutamine is one of the non-essential amino acids in humans. Our body uses glutamine to create proteins, an amino sugar, and to support the production of the super-antioxidant glutathione. The body also uses glutamine to increase water retention in muscle cells, help signaling cell growth and to start intensifying production of protein and glycogen. It also helps to decrease cravings for alcohol and sugar which aids in alcoholism and weight management.

L-Glycine can be formed from choline in the liver or kidneys. It can also be formed from the amino acids, threonine and serine. Glycine helps spare glucose for energy by improving glycogen storage which is important to brain metabolism where it has a calming effect. This amino acid is needed for the synthesis of hemoglobin molecules, collagen, and glutathione. Glycine can also be converted to creatine which is utilized in the construction of DNA and RNA.

L-Histidine is used to form histamine, a neurological compound released during allergic responses. It is used for growth and for the repair of tissue, as well as the preservation of the myelin sheaths that protect nerve cells. Histidine is required for the fabrication of both red and white blood cells, helps to protect the body from damage caused by radiation, and also aids in heavy metal detoxification. Histidine is an essential amino acid in infants and may be essential for some adults.

***L-Isoleucine (BCAA)** is one of three branched amino acids and is metabolized in the muscle tissues. It builds proteins and enzymes, stimulates the brain, promotes muscle recovery after physical exercise, regulates blood sugar levels and is used to make the vital iron carrying hemoglobin.

***L-Leucine (BCAA)** is used in the liver, but primarily in the muscle and fat. It is used in the biosynthesis of sterols in the body and has the ability to stimulate muscle growth and inhibit muscular degradation. It also helps to stabilize and lower blood sugar levels.

***L-Lysine** is important for proper growth, and it plays an essential role in the production of Carnitine, a nutrient responsible for converting fatty acids into energy and helping to lower cholesterol. Lysine aids in the absorption of calcium, plays an important role in the formation of collagen, (benefits bones, connective tissues including skin, tendon, and cartilage) and the formation of antibodies, hormones and connective tissues. It also helps in the absorption of calcium in the intestinal tract, and studies have shown positive effects of Lysine in the prevention and treatment of herpes outbreaks.

***L-Methionine** is best known for its ability to supply sulfur and other compounds required for the metabolism and growth. Sulfur is a key element and vital to the utilization of a number of antioxidant nutrients and prevents problems with the skin and nails. It lowers cholesterol and reduces fat in the liver while increasing lecithin production. It also assists in the breakdown of fats which prevents the buildup of fat in the liver and the arteries that might obstruct blood flow to the kidneys, brain and heart.

***L-Phenylalanine**, the body changes this into tyrosine, another amino acid that is needed to make proteins, and neurotransmitters including L-dopamine, epinephrine, and norepinephrine, and thyroid hormones. Norepinephrine can affect mood, and different forms of phenylalanine have been proposed to treat depression.

L-Proline aids in the production of collagen and therefore affects joints, cartilage, tendons, the heart and skin.

L-Serine is needed for the proper metabolism of fats and fatty acids, the growth of muscle, and the maintenance of a healthy immune system. Serine has also been included as a natural skin moisturizing agent in cosmetics and in skin care preparations.

***L-Threonine** helps the liver reduce fat, maintains protein balance and supports cardiovascular, liver, central nervous system and immune system function by being involved in the production of antibodies. It is involved in the production of collagen, elastin, connective and muscle tissue, especially the heart, where it is found in a higher concentration and may decrease wound healing and recovery time from injury. Studies have indicated that threonine may be beneficial in the treatment of Amyotrophic Lateral Sclerosis (ALS) and Multiple Sclerosis (MS).

***L-Tryptophan** assists normal growth in infants and for nitrogen balance in adults. The body uses tryptophan to help make the B vitamin, niacin, and the neurotransmitter, serotonin. Serotonin regulates mood, appetite and sleep, and decreased levels of this neurotransmitter is linked to depression. Tryptophan supports your immune system, alleviates insomnia, reduces anxiety, depression and relieves symptoms of migraine headaches.

L-Tyrosine is a precursor of norepinephrine and dopamine, which regulates mood. Tyrosine acts as a mood elevator that may be useful for controlling anxiety or depression. Tyrosine is known as the "antidepressant" amino acid. It also suppresses appetite.

***L-Valine (BCAA)** is a branched-chain amino acid found in high concentration in muscle tissue and it is helpful in treating addictions. A deficiency may affect the myelin covering of nerves. Aside from being a component of many proteins, very little is known about the independent function of Valine.

*Essential amino acids

BCAA – Branch Chain Amino Acid

Psyllium

Husk & Seeds

100 vegcaps®/bottle – UPC 826913120600

NPN 80027162

RECOMMENDED USE: Used in herbalism to provide a gentle relief of constipation and/or irregularity and is used as a bulk-forming laxative.

MEDICINAL INGREDIENT PER 1 CAPSULE:

Plantago ovata (Psyllium) (Husk & Seed) 500 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 3 to 6 capsules per day. Maintain adequate fluid intake. Take 2 hours before or after taking other medications.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have symptoms such as abdominal pain, nausea, vomiting, fever; are taking medications which inhibit peristaltic movement or if laxative effect does not occur within seven days. Consult a health care practitioner immediately if you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product.

CONTRAINDICATIONS: Do not use if you have difficulty swallowing, diabetes mellitus in which blood sugar is difficult to regulate or if you are experiencing a sudden change in bowel habits that has persisted for more than 2 weeks; undiagnosed rectal bleeding, or failure to defecate following the use of another laxative product.

KNOWN ADVERSE REACTIONS: May cause temporary gas and/or bloating. Hyper-sensitivity, such as an allergy, has been known to occur following inhaled and/or ingested Psyllium; in which case, discontinue use.

STORAGE: Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Acts as a bulk forming laxative
- ✓ Promotes intestinal health
- ✓ Provides a gentle relief of constipation and/or irregularity

Psyllium promotes bowel movements by increasing bulk volume and water content. This bulking action can play an important role in maintaining gastrointestinal health and regularity. Psyllium reduces blood lipid levels in adults and supports healthy blood glucose levels.



Puncture Vine

High Potency Extract

120 mL/bottle – UPC 826913122208

NPN 80040096

Concentrated
Tribulus Terrestris
Extract!

RECOMMENDED USE: Traditionally used in Ayurveda as an aphrodisiac (Vrsya) for men, diuretic (Mutrala), and for relief of difficult/painful urination.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Tribulus terrestris Extract 1:2 (Puncture Vine Fruit) 5000 mg

NON-MEDICINAL INGREDIENTS: Purified Water, 25% Ethanol.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL), four times per day with food. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: For occasional use only (Mutrala/diuretic).

CAUTIONS: If you are pregnant, consult a health care practitioner prior to use. Diuretic effect and/or hypersensitivity/allergy have been known to occur. If this is the case, discontinue use and consult a health care practitioner. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Maintains kidney health
- ✓ Acts as a diuretic
- ✓ Promotes the health of the genitourinary system
- ✓ Supports building muscle mass
- ✓ Supports prostate health
- ✓ Supports the emotional aspects of sexual health

Puncture Vine fruit increases the production of luteinizing hormone in both sexes. It is traditionally used in Ayurvedic herbal medicine as an aphrodisiac. Tribulus helps to support testosterone production and increases free circulating testosterone in the body (male and female), thereby improving athletic performance. Another common "side effect" is the ability of tribulus to enhance sexual performance.

This herb does not create negative side effects for women (e.g. facial hair) as only what the body can absorb naturally is utilized. This herb has been used in herbal medicine as an aphrodisiac but its primary use is as an aid for athletic performance.



Quercetin

Flavonoid/Antioxidant

90 vegcaps®/bottle – UPC 826913124301

NPN 80036768

RECOMMENDED USE: An antioxidant supplement for the maintenance of good health.

MEDICINAL INGREDIENT PER 1 CAPSULE:

Quercetin dihydrate (*Sophora japonica*) 500 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell) and Magnesium stearate.

RECOMMENDED DOSE: Adults: Take 1 capsule twice per day with food.

DURATION OF USE: Consult a health care practitioner for use beyond 4 weeks.

CAUTIONS: If you are pregnant or breastfeeding, consult a health care practitioner prior to use. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ A bioflavonoid which is an antioxidant
- ✓ Derived from a flower bud
- ✓ Antioxidants reduce inflammation
- ✓ Used for seasonal allergies
- ✓ Recommended for general well-being
- ✓ Offers protection against oxidative stress

Quercetin is a bioflavonoid and is commonly found in fruits and vegetables, especially in onions, citrus, and apples. Other sources include dark berries, grapes, olive oil, green tea and red wine which have notable amounts of quercetin. Quercetin dihydrate is derived from a flower bud called *Sophora japonica* and is one of the most biologically active flavonoids to support optimal health.

It is an antioxidant that is also a natural anti-histamine, and anti-inflammatory. It may expel phlegm and arrest coughing; is used for seasonal allergies and is recommended for general well-being. Quercetin has been used to support normal respiratory health as it offers support against oxidative stress. It has also been used in herbalism as a capillary/blood vessel protectant and exhibits analgesic, anti-bacterial, anti-viral and antiseptic properties.

R-Alpha Lipoic Acid

Premium Lipoic Acid

60 vegcaps®/bottle – UPC 826913130401

NPN 80051796

RECOMMENDED USE: Provides antioxidants for the maintenance of good health. Helps to promote healthy glucose metabolism.

MEDICINAL INGREDIENT PER 1 CAPSULE:

R-Alpha Lipoic Acid.....250 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Cellulose.

RECOMMENDED DOSE: Adult: Take 1 capsule, 2 times per day on an empty stomach (1 hour before or 2 hours after a meal).

DURATION OF USE: Consult a health care practitioner for use beyond 3 months.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have diabetes. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Helps protect liver cells
- ✓ Counteracts oxidative stress
- ✓ An antioxidant for good health
- ✓ A fat and water soluble antioxidant
- ✓ Protects tissue and organs from free radicals
- ✓ Helps to control blood sugar levels

R-alpha-Lipoic acid is a co-factor of mitochondrial enzymes and a potent antioxidant. It can boost the endogenous antioxidant systems (vitamin C and E availability). It is a fat and water soluble antioxidant which is responsible for turning the glucose in our blood into energy for our cells. Numerous studies have been done proving its effectiveness on neurodegenerative conditions, cell health maintenance, anti-aging and also nerve functions.

R-Alpha Lipoic acid quenches a number of reactive oxygen species and free radicals. Lipoic acid has both water-soluble and membrane-soluble characteristics, enabling it to reduce oxidized antioxidants at the interface. It can directly and indirectly recycle glutathione, ascorbate, coenzyme Q10 and vitamin E. Evidence shows that R-alpha-lipoic acid has indications with regards to the nervous system, immune system and liver tissue. The R+Form has higher response than the regular S form of lipoic acid.



Antioxidants



Neuroprotection



Better eye health



Supports heart health



Supports the Liver



Supports insulin sensitivity



Resprit™

Respiratory Health Formula

120 mL/bottle – UPC 826913126909

500 mL/bottle – UPC 826913125704

NPN 80041644

RECOMMENDED USE: Resprit™ is manufactured based on Traditional Chinese Medicine (TCM) theory.

MEDICINAL INGREDIENTS PER 1 TABLESPOON (15 mL):

<i>Mentha canadensis</i> (Peppermint Leaf)	204 mg
<i>Polygala tenuifolia</i> (Thinleaf Milkwort Root)	136.5 mg
<i>Chrysanthemum x morifolium</i> (Chrysanthemum Flower).....	118.5 mg
<i>Lonicera japonica</i> (Japanese Honeysuckle Flower)	118.5 mg
<i>Scutellaria baicalensis</i> (Baikal Skullcap Root).....	67.5 mg
<i>Momordica grosvenorii</i> (Grosvenor Momordica Fruit).....	67.5 mg
<i>Fritillaria thunbergii</i> (Thunberg Fritillary Bulb)	51 mg
<i>Morus alba</i> (Mulberry Leaf).....	34.5 mg

NON-MEDICINAL INGREDIENTS: Purified water, Ethanol, Citric acid, Guar gum, Potassium sorbate, Benzoic acid (buffered), *Urtica dioica* (Stinging Nettle Leaf), *Rosmarinus officinalis* (Rosemary Leaf), *Eucalyptus globulus* (Eucalyptus Leaf), Stevia, Vegetable glycerine, Menthol, Natural cherry flavour.

RECOMMENDED DOSE: Adults: Take 1 tablespoon (15 mL) one to two times per day. May be taken with or without food. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Do not use if you are pregnant, breastfeeding or allergic to plants of the Asteraceae/Compositae, and Labiatae family; have diabetes, hypertension, liver disorders, severe kidney insufficiency and/or hypokalemia. For prolonged use and if symptoms persist or worsen, consult a health care practitioner.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Rapid onset of action (menthol)
- ✓ Helps to suppress coughing
- ✓ Promotes expectoration
- ✓ Aids detoxification pathways for the lungs
- ✓ Provides antioxidants for normal lung functions
- ✓ Herbs have anti-inflammatory actions
- ✓ Provides support for the respiratory system
- ✓ Reduces shortness of breath (activity induced)
- ✓ Helps to clear mucus and improve overall respiration



Resprit™ contains 13 botanicals based on traditional herbal formulations. These herbs are used to strengthen and support the respiratory system's natural healing processes. The 13 botanicals are a source of antioxidants and trace elements that help to reduce inflammation, which in turn reduces mucus or phlegm. Resprit™ comes in a natural cherry menthol flavour.

Peppermint leaf aids in digestion, helps relieve flatulence, helps relieve nausea and vomiting, and maintains digestive system health. Peppermint possesses antiseptic, analgesic, sedative, anti-spasmodic properties and is indicated for asthma, bronchitis, coughs, nasal congestion and nausea.

Thinleaf Milkwort root is a calming agent that reduces nervousness, distress and irritation. It expels phlegm and relieves congestion, improves appetite, promotes digestion, and improves memory. Thinleaf Milkwort has expectorant and anti-hyperglycemic properties.

Chrysanthemum flower facilitates digestion, helps in detoxification, helps slow the progression of vision loss, prevents the growth of microbes, protects cardiovascular health, protects cells against damage caused by free radicals, and soothes respiratory mucous membranes. This herb has alterative, anti-bacterial, anti-inflammatory, antioxidant, anti-viral, carminative and tonic properties.

Japanese Honeysuckle flower exerts beneficial effects on various inflammatory conditions through antioxidants, maintains upper respiratory tract health, prevents the growth of harmful microbes, and supports gastrointestinal tract health and cardiovascular health. Japanese Honeysuckle possesses anti-microbial and anti-inflammatory actions.

Baikal Skullcap root exerts beneficial effects on various inflammatory conditions, prevents the growth of microbes and protects the liver. It also reduces blood lipid levels in adults and supports cardiovascular health. Baikal Skullcap root possesses anti-inflammatory, antioxidant, anti-bacterial, expectorant, and anti-allergic properties.

Monk fruit maintains healthy blood glucose levels, as well as healthy bowel movements. It also relieves coughs and possesses anti-histaminic, antioxidant, and anti-hyperglycemic properties.

Thunberg Fritillary bulb expels mucus and helps relieve coughs, helps reduce inflammation of the respiratory tract and supports healthy lung function. It also relieves respiratory congestion and maintains respiratory health. This herb also contains anti-inflammatory, antitussive, diuretic and expectorant properties.

Mulberry leaf exerts beneficial effects on various inflammatory conditions, provides antioxidants for the maintenance of good health, reduces blood lipid levels in adults and supports and maintains cardiovascular health. Mulberry also possesses anti-bacterial, diuretic, analgesic, and anti-inflammatory actions.

Stinging nettle helps reduce difficulty in urination associated with the early stages of prostate enlargement. It also helps relieve rheumatic complaints and seasonal allergy symptoms, promotes urination and is a nutritive tonic. Stinging nettle has alterative, diuretic and nutritive properties.

Rosemary leaf helps relieve flatulence, stomach aches, headaches, relaxes muscles and improves mood. It provides antioxidants for the maintenance of good health and supports the cardiovascular system. Rosemary has anti-inflammatory, antiseptic, nervine, and diaphoretic actions.

Eucalyptus leaf maintains the respiratory system, helps to expel mucus, relieves cold symptoms, prevents the growth of microbes, exerts beneficial effects on various inflammatory conditions, relieves congestion and makes breathing easier. Eucalyptus possesses anti-inflammatory, antiseptic, anti-spasmodic, and expectorant properties.

Menthol helps to temporarily relieve mild nasal congestion and cough associated with the common cold.

SinewPlex™

A Complex Formula for Bone, Tissue, Skin, and Joint Maintenance

250 g/bottle – UPC 826913125803

500 g/bottle – UPC 826913125759

NPN 80027398

RECOMMENDED USE: Vitamin/mineral supplement. A factor in the maintenance of good health. Vitamin C, B2, B5, B6, and Magnesium help in tissue formation. Magnesium helps to maintain proper muscle function. Calcium, Magnesium, and beta-Carotene (Provitamin A) help in the development and maintenance of bones and teeth. Vitamin C, E and Selenium are sources of antioxidants for the maintenance of good health.

MEDICINAL INGREDIENTS PER 1 SCOOP (15 g):

Vitamin B1 (Thiamine mononitrate)	50 mg
Vitamin B2 (Riboflavin)	30 mg
Vitamin B3 (Niacinamide)	250 mg
Vitamin B5 (D-Pantothenic acid)	138 mg
Vitamin B6 (Pyridoxal 5-phosphate)	50 mg
Vitamin B9 (L-Methylfolate)	500 mcg
Vitamin B12 (Cyanocobalamin)	500 mcg
Biotin	250 mcg
Choline (Choline bitartrate)	100 mg
Inositol (Myo-inositol)	100 mg
beta-Carotene	3000 mcg (5000 IU)
Vitamin C	850 mg
Vitamin D3 (Cholecalciferol)	12.5 mcg (500 IU)
Vitamin E (d-alpha Tocopheryl acetate)	67 mcg (100 IU)
Boron* (Sodium borate)	345 mcg
Calcium* (Calcium lactate)	500 mg
Chromium* (Chromium polynicotinate)	100 mcg
Copper* (Copper gluconate)	1000 mcg
Magnesium* (Magnesium citrate)	150 mg
Manganese* (Manganese sulphate)	2 mg
Molybdenum* (Sodium molybdate)	100 mcg
Selenium* (L-Selenomethionine)	50 mcg
Silicon* (Sodium metasilicate)	10 mg
Vanadium* (Vanadyl sulphate)	25 mcg
Zinc* (Zinc citrate)	10 mg

*All minerals are in elemental forms

NON-MEDICINAL INGREDIENTS: D-Glucosamine hydrochloride (750 mg per scoop), Hydrolyzed collagen (6000 mg per scoop), Whey protein (1500 mg per scoop), Stevia, Natural orange flavour.

RECOMMENDED DOSE: Adults: Take 1 scoop (15 g) once or twice per day with food and a few hours before or after taking other medications. Can be mixed with juice, tepid water or your favourite blender smoothie.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant or breastfeeding.

STORAGE: Store away from children. Store protected from light and moisture. Do not use if security seal is broken.

ALLERGENS: Contains no corn, gluten, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Counteracts oxidative stress
- ✓ Builds energy for stamina
- ✓ Supports healthy longevity
- ✓ Helps fight the effects of stress (supports glands and hormones)
- ✓ For the maintenance of bones, muscles, skin and vital tissues
- ✓ Provides antioxidants, reducing inflammation
- ✓ Contains highly absorbable elemental forms of vitamins and minerals

SinewPlex™ is a multi-ingredient formula containing pre-formed, bioavailable, hydrolyzed collagen in a powdered form with elemental forms of vitamins, minerals and cofactors, which are required for fast repair of any connective tissue damage. These help to encourage repair for bones, joints, sinew, and muscle functions. This complex includes whey protein, antioxidants, beta-carotene, bioflavonoids, and a broad spectrum of B vitamins and many essential minerals.

A complex like this is beneficial for the maintenance of the skin, bones, tissues, joints, organs, and gland functions. SinewPlex™ not only provides connective tissue factors but, it also provides a highly bioavailable multi-vitamin and mineral complex to ensure that the body is getting the appropriate nutrient load that is required for healing.

Vitamin B1 enhances energy production, specifically for the brain. Thiamin is intricately involved with other B vitamins in energy metabolism. Magnesium is required in the conversion of thiamin to its active form. Vitamin B1 helps the body to metabolize carbohydrates, proteins and fats and helps normal growth. Vitamin B1 helps boost the immune system and strengthens the body under stressful conditions.

Vitamin B2 is crucial in the production of energy and is involved in regenerating glutathione (potent antioxidant). It helps the body to metabolize carbohydrates, proteins and fats, as well as helps in tissue formation.

Vitamin B3 helps the body to metabolize carbohydrates, proteins and fats, and assists in normal growth and development. Niacin is a component involved in over 50 different chemical reactions in the body. It plays an important role in energy production, fat and carbohydrate metabolism and the manufacture of sex and adrenal hormones. Vitamin B3 or niacin, has been shown to lower "bad" cholesterol levels (LDL), and boost "good" cholesterol levels (HDL). Vitamin B3 is required for basic bodily functions such as turning food into usable energy and creating red blood cells.

Vitamin B5 plays a role in the production of adrenal hormones and red blood cells. Vitamin B5 also helps the body to metabolize carbohydrates, fats and proteins, as well as tissue formation.

Vitamin B6 helps the body to metabolize carbohydrates, proteins and fats, and it helps in tissue formation. Vitamin B6 helps the body make certain hormones, as well as chemicals in the brain called neurotransmitters. It also helps boost immune system functioning. Vitamin B6 is involved in the formation of protein structures, structural compounds and chemical transmitters. B6 is critical in maintaining hormone balance and immune functions. This vitamin is involved in more than 60 different enzyme processes and in cell multiplication.

Vitamin B9 helps the body to metabolize proteins and form red blood cells. It is also needed for the proper development of the human body. It is involved in producing the genetic material called DNA and is also involved in numerous other bodily functions.



Vitamin B12 helps the body to metabolize carbohydrates, proteins and fats and it also helps to form red blood cells. Folic acid and vitamin B12 both work together as methyl donors to facilitate the manufacture of DNA and brain neurotransmitters. Vitamin B12 also works with B6 to reduce homocysteine levels.

Biotin supports the manufacture and utilization of fats and amino acids. It is needed for metabolism and body energy systems. It also plays a beneficial role in cell growth and replication. Vitamin B7 helps the body to metabolize carbohydrates, fats and proteins.

Choline helps to support liver functions and is a factor in the maintenance of good health. It is involved in fat metabolism and in the transport of fats from the liver.

Inositol has lipotropic properties meaning that it promotes the export of fat from the liver. Inositol is a factor in the maintenance of good health and it helps in normal growth and development and supports biological functions. Inositol is a source of vitamins/minerals and is a factor in the maintenance of good health.

Beta-carotene is a source of vitamin A which helps maintain eyesight, skin membranes, immune functions, and helps in the development and maintenance of bones and teeth.

Vitamin C helps the body to metabolize fats and proteins, and helps in the development and maintenance of bones, cartilage, teeth and gums. Vitamin C also helps in connective tissue formation, helps in wound healing, and is an antioxidant for the maintenance of good health.

Vitamin D3 functions as a necessary co-factor in calcium absorption and utilization. Vitamin D helps in the development and maintenance of bones and teeth, is a factor in the maintenance of good health and helps in the absorption and use of calcium, phosphorus and trace mineral functions. Vitamin D, being one of the most researched vitamins, has shown to regulate the body's ability to fight against infections and chronic inflammation. It has also been noted to produce over 200 anti-microbial peptides, the most important of which is cathelicidin, a naturally occurring, broad-spectrum antibiotic.

Vitamin E is a source of antioxidants for the maintenance of good health. Vitamin E protects the fat in body tissues from oxidation, helps to fight against the oxidative effect caused by free radicals, and helps to prevent vitamin E deficiency.

Boron is one of the micronutrients required for optimal health and is involved in maintaining good bone mineralization. Boron is essential for proper assimilation of calcium into the bone matrix, or in simpler terms, makes sure that calcium stays bound to the structure of the bone. Calcium is what gives bone its strength; therefore if you become deficient in boron, over time, calcium will begin to leach out of the bone and be lost through urination. The result is weakening of the bones, commonly known as osteoporosis.

Calcium is known for its role in building strong bones, and keeping nails and teeth healthy. Calcium is required to help maintain healthy calcium metabolism for a number of functions. It is required for digestion, blood clotting, squeezing and relaxing muscles, releasing hormones, and proper nerve function. Calcium helps maintain a regular heartbeat. Calcium is a mineral that must be consumed through diet; it cannot be made inside the body. Over 98% of total body calcium is stored in your bones which works as a mineral bank where calcium is deposited and withdrawn on a daily basis. Calcium is an interdependent mineral that works synergistically with co-factors to deliver its benefits. Calcium and magnesium are primarily responsible for maintaining a healthy bone mineral balance, as well as Vitamin D which is an essential factor in the absorption of calcium and magnesium.

Chromium is an essential trace mineral that helps the hormone insulin to function at its full potential. It provides support for healthy glucose metabolism; helps to maintain normal blood glucose level; helps to prevent chromium deficiency; helps to maintain the body's ability to metabolize nutrients; and it may also help to lower cholesterol levels and burns body fat.

Copper is a mineral that the body stores mostly in the bones and muscles. It helps to produce and repair connective tissue and helps to form red blood cells. The liver regulates the amount of copper that is in the blood. Copper is also used for improving wound healing and treating arthritis and brittle bones (osteoporosis).

Magnesium helps the body to metabolize carbohydrates, proteins, fats, and helps in the development and maintenance of bones and teeth. It also helps in tissue formation and helps to maintain proper muscle function. Magnesium citrate helps to maintain healthy serum magnesium levels, and it offers the body access to an increased amount of magnesium, while at the same time it helps to regulate healthy bowel cycles.

Manganese is a factor in the maintenance of good health and it helps the body to metabolize carbohydrates, proteins, fats. Manganese sulphate also helps in the development and maintenance of bones and teeth, and helps in tissue formation and maintains proper muscle function.

Molybdenum helps to prevent molybdenum deficiency, and helps to maintain the body's ability to metabolize nutrients.

Selenium is an antioxidant for the maintenance of good health. It helps protect against oxidative stress, helps to fight and protect cells against free radicals, and helps to maintain normal function of the thyroid gland.

Silicon is a trace mineral that is involved in many enzymatic pathways and metabolic reactions. Silicon works to enhance the re-mineralization of the bone tissue which helps to ensure that calcium and other minerals are deposited onto the bone. It also promotes firmness and strength in the tissues, and helps to maintain healthy hair, nails and/or skin.

Vanadium is required for building healthy bones, cartilage and teeth.

Zinc helps in connective tissue formation, helps to maintain healthy skin, helps the body to metabolize carbohydrates, proteins and fats, and helps to maintain immune functions.

Hydrolyzed Collagen has 6 g (6000 mg) in one dose, two doses would be 12 g (12000 mg). It is a source of the essential amino acids: histidine, isoleucine, leucine, lysine (helps in collagen formation), methionine, phenylalanine, threonine, and valine; and is a source of the non-essential amino acids: alanine, arginine, aspartic acid, glutamic acid, glycine, proline, serine, tyrosine for the maintenance of good health and is involved in protein synthesis. Hydrolyzed collagen also helps to reduce joint pain associated with osteoarthritis.

Whey Protein has 1.5 g (1500 mg) in one dose, two doses would be 3 g (3000 mg). Whey protein is a source of all essential amino acids (and those that are involved in muscle protein synthesis), branched chain amino acids, minerals and potassium for the maintenance of good health. Whey is also a source of protein for the maintenance of good health that helps build and repair body tissues and helps to build antibodies.

D-Glucosamine Sulphate has 750 mg in one dose, two doses would be 1500 mg. It is the purest form of glucosamine produced through enzymatic action and is the highest recognized form, a D-isomer, for absorption into the body's tissues. The best bioactive form is D-glucosamine sulphate and it is sodium free. For more information on D-glucosamine sulphate, see page 11.

St. John's Wort

For Sleep & Nervous Disorders

120 mL/bottle - UPC 826913112902

NPN 80005614

RECOMMENDED USE: Helps to treat symptoms of sleep disorders. Traditionally used as a sedative for the relief of restlessness or nervousness.

MEDICINAL INGREDIENT PER ¼ TEASPOON (1 mL):

Hypericum perforatum Extract 1:1 (St. John's Wort Flowers) 1000 mg

NON-MEDICINAL INGREDIENTS: Purified water and 25% Ethanol.

RECOMMENDED DOSE: Adults: Take ½ teaspoon (2 mL) three times per day. Can be mixed with juice or water. Shake well before use.

DURATION OF USE: May be used up to 6 weeks.

CAUTIONS: Do not use if you are pregnant or breastfeeding. Avoid prolonged exposure of sunlight, ultraviolet light (UV) or UV therapy. Consult a health care practitioner if you experience sleep disturbances or are taking contraceptives, HIV-1 protease inhibitors, non-nucleoside reverse transcriptase inhibitors, immunosuppressants, anticoagulants, digoxin, theophylline, serotonergic antidepressants, migraine therapies, selective serotonin reuptake inhibitors and/or anti-epilepsy medications. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) weeks after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Used in herbalism to relieve restlessness
- ✓ May improve mood and helps relieve nervousness
- ✓ Helps reduce symptoms of sleep disorders
- ✓ Traditionally used as a sedative and may produce significant improvements in symptoms of apathy and insomnia

St. John's Wort has become extremely popular in recent years as an herbal remedy for a wide range of conditions. Unlike many other herbal aids, many of the health benefits have been verified by the scientific community, and the herbal extracts are commonly approved by practitioners. The chemical constituents of St. John's Wort include bioflavonoids and a range of antioxidants that can have a significant impact on the hormonal, physical, and chemical behaviours of the body. St. John's Wort possesses sedative, nervine, anti-inflammatory, analgesic, anti-bacterial and anti-viral properties.



Stinging Nettle

Herbal Extract for Allergies

120 mL/bottle - UPC 826913121003

NPN 80022820

RECOMMENDED USE: Used in herbalism as a nutritive tonic, diuretic, and in supportive therapy to help relieve rheumatic complaints, and is also used to help relieve seasonal allergy symptoms.

MEDICINAL INGREDIENT PER 1 TEASPOON (5 mL):

Urtica dioica Extract 1:1 (Stinging Nettle Herb Top) 5 g

NON-MEDICINAL INGREDIENTS: Purified water and 25% Ethanol.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL) one to two times per day. Can be mixed with juice or water. Shake well before use.

RECOMMENDED DURATION OF USE: For occasional use only (diuretic).

CAUTIONS: Consult a health care practitioner if symptoms persist or worsen. Do not use if you are pregnant or breastfeeding. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or gluten.

FEATURES & BENEFITS:

- ✓ Used in traditional herbalism as a nutritive tonic and diuretic
- ✓ Used in supportive therapy to help relieve rheumatic complaints
- ✓ Helps relieve seasonal allergy symptoms
- ✓ An antioxidant supplement for the maintenance of good health
- ✓ Has a mild diuretic action and acts as an alkalizing herb

Stinging nettle helps reduce difficulty in urination associated with the early stages of prostate enlargement. It also helps relieve rheumatic complaints and seasonal allergy symptoms, promotes urination and is a nutritive tonic.

Stinging nettle has been traditionally used as an analgesic, a gastrointestinal aid and as an anti-diarrheal. This botanical has been indicated for allergies and urinary tract disorders. Stinging nettle has alterative, astringent, antiseptic, diuretic and nutritive properties.



Super Anti-Ox®

Multi Organ Protection

30 vegcaps®/bottle – UPC 826913123816

60 vegcaps®/bottle – UPC 826913123809

NPN 80031616

RECOMMENDED USE: Provides antioxidants for the maintenance of good health.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

<i>Camellia sinensis</i> (Green Tea Extract) (95% Polyphenols)	50 mg
Hesperidin.....	25 mg
<i>Curcuma longa</i> (Turmeric Extract) (95% Curcumin)	15 mg
DL-alpha-Lipoic acid	50 mg
<i>Lycopersicon esculentum</i> (Tomato Extract) (5% Lycopene)	10 mg
Pine Bark Extract (95% Proanthocyanidins)	50 mg
<i>Sophora japonica</i> (Quercetin)	50 mg
<i>Tagetes erecta</i> (Lutein)	10 mg
<i>Vaccinium myrtillus</i> (Bilberry Extract)	25 mg
<i>Vitis vinifera</i> (Grape Seed Extract) (95% Proanthocyanidins)	100 mg
<i>Vitis vinifera</i> (Red Wine Extract) (50% Polyphenols)	50 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: Take 1 capsule twice per day with food.

CAUTIONS: Do not use if you are pregnant, breastfeeding, allergic to plants of the Asteraceae/Compositae/Daisy family or have a bile duct obstruction. Consult a health care practitioner prior to use if you have gallstones, iron deficiency, stomach ulcers, excess stomach acid, diabetes, hypertension/hypotension; taking hypoglycemic, antihypertensive, antiplatelet, or blood thinner medications. As per Health Canada's regulations for the use of green tea extract-containing products, if you have a liver disorder, consult a healthcare practitioner prior to use. Stop use if you develop symptoms of liver trouble such as yellowing of the skin/eyes (jaundice), stomach pain, dark urine, sweating, nausea, unusual tiredness and/or loss of appetite and consult a health care practitioner. Rare, unpredictable cases of liver injury associated with green tea extract-containing products have been reported (in Canada and internationally).

STORAGE: Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Contains 11 types of antioxidants
- ✓ Provides antioxidants for optimal health
- ✓ Counteracts oxidative stress
- ✓ Supports cardiovascular pathways
- ✓ An effective anti-inflammatory for organ systems as all antioxidants are anti-inflammatory
- ✓ Protects tissue and organs from free radicals
- ✓ Protects macular tissue, the testes, ovaries and prostate
- ✓ Supports immune and joint health
- ✓ Protects the skin
- ✓ Improves insulin sensitivity and glucose tolerance

Super Anti-Ox® contains 11 different antioxidants sequestered in and thus protects the body's main organ systems. It is effective against all free radicals (oxygen derived, nitrogen derived, single element e.g. Cl₂). The antioxidants in Super Anti-Ox® protects most major organs including the liver, macula, ovaries, testes, prostate, skin, blood and cardiovascular system.

Green tea extract increases alertness and helps in weight management; helps reduce elevated blood lipid levels and supports cardiovascular health; prevents the growth of microbes; a source of antioxidants for the maintenance of good health; has anti-inflammatory, antioxidant, antiseptic, and immunostimulant properties.

Hesperidin helps in weight management; protects cells against damage caused by free radicals; has anti-gastric, anti-inflammatory, antioxidant, cardioprotective, digestive, immunostimulant, stomachic and tonic properties.

Turmeric extract aids in digestion, protects the liver, helps relieve flatulence; helps increase bile excretion by the liver and contraction of the gallbladder; provides antioxidants for the maintenance of good health; relieves pain and inflammation, assists in healing minor wounds, cuts, burns and minor skin irritations; has anti-inflammatory and hepatic properties.

R-alpha-Lipoic acid is a co-factor of mitochondrial enzymes and a potent antioxidant; helps to promote healthy glucose metabolism; boosts the endogenous antioxidant systems (vitamin C & E availability); a fat and water soluble antioxidant responsible for turning the glucose in our blood into energy for our cells; used to protect liver cells from oxidative damage; protects tissue and organs from free radicals; has antioxidant and anti-inflammatory properties.

Tomato extract maintains and supports prostate health; provides antioxidants for the maintenance of health, protects the liver; reduces blood lipid levels in adults and supports cardiovascular health; has allergenic, analgesic, antioxidant, anti-bacterial, depurative, diuretic, and digestive actions.

Pine bark extract exerts beneficial effects on various inflammatory conditions; helps maintain a healthy immune system; provides antioxidants for the maintenance of health, skin and vision; strengthens blood vessels and supports cardiovascular health; helps to counteract oxidative stress; an antioxidant with anti-inflammatory properties; helps support, strengthen and maintain the blood vessels; used to support healthy skin and vision, as well as immune and cardiovascular health.

Quercetin — quercetin dihydrate is derived from a flower bud called *sophora japonica*; an antioxidant; one of the most biologically active flavonoids to support optimal health; a bioflavonoid that is a natural anti-histamine and anti-inflammatory; may expel phlegm and arrest coughing; used for seasonal allergies and is recommended for general well-being; used to support normal respiratory health; used in herbalism as a capillary/blood vessel protectant; has analgesic, anti-bacterial and antiseptic properties.

Lutein provides antioxidants for the maintenance of good eye health; helps to maintain eyesight in conditions such as cataracts and age-related macular degeneration; reduces the risk of developing cataracts; helps to improve macular pigment optical density; has analgesic, anti-bacterial, carminative, diuretic and stimulant properties.

Bilberry extract helps relieve symptoms of swelling, heaviness and tingling of the legs due to poor circulation; helps slow the progression of disorders of the eye; provides antioxidant support; used to fight eye fatigue, reduces night blindness and may increase sharpness of vision; supports eye health; provides support for night vision by nourishing the visual purple component of the retina; may also enhance capillary strength; helps normalize capillary permeability; has anti-inflammatory, antioxidant, antiseptic, circulostimulant, diuretic and immunostimulant properties.

Grape seed extract is beneficial for a number of cardiovascular conditions; helps with poor circulation and can help with high cholesterol levels; reduces swelling and helps with eye diseases related to diabetes; contains antioxidants to help maintain good health; has anti-inflammatory, antioxidant, anti-bacterial, antiseptic, cardioprotective and immunostimulant actions.

Red wine extract helps relieve symptoms of swelling, heaviness and tingling of the legs due to poor circulation; provides antioxidant support; supports cardiovascular health; has anti-inflammatory, antioxidant, anti-bacterial, antiseptic, cardioprotective and immunostimulant properties.



Tetda Gel™

TCM Natural Pain Relieving Rub

120 mL gel/bottle – UPC 826913101050

NPN 80071644

RECOMMENDED USE: Combination of 17 traditional Chinese herbs. Temporarily relieves aches/pains of muscles and joints associated with simple backaches, lumbago, arthritis, and strains/sprains (involving muscles, tendons and/or ligaments).

MEDICINAL INGREDIENTS:

L-Menthol	1.3%
<i>Acanthopanax gracilistylus</i> (Acanthopanax Bark)	0.86%
<i>Angelica pubescens</i> (Angelica Root)	0.57%
<i>Aquilaria sinensis</i> (Chinese Eaglewood Wood Stem Sapwood)	0.14%
<i>Atractylodes macrocephala</i> (Atractylodes Rhizome) [Bai Zhu]	0.14%
<i>Boswellia sacra</i> (Frankincense Stem Bark Resin)	0.14%
<i>Carthamus tinctorius</i> (Safflower Flower)	0.29%
Hesperidin	0.29%
<i>Curcuma longa</i> (Turmeric Rhizome)	0.29%
<i>Cyperus rotundus</i> (Nutgrass Galingale Rhizome)	0.14%
<i>Daemonorops draco</i> (Dragon's Blood Fruit Resin)	0.14%
<i>Eucommia ulmoides</i> (Eucommia Stem bark)	0.14%
<i>Panax notoginseng</i> (Sanchi Root)	0.57%
<i>Prunus persica</i> (Peach Seed)	0.29%
<i>Rehmannia glutinosa</i> (Rehmannia Tuber)	0.29%
<i>Sparganium eurycarpum</i> (Common Burreed Rhizome)	0.14%

NON-MEDICINAL INGREDIENTS: Purified water, Isopropyl alcohol, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Triethanolamine, *Aloe barbadensis* Leaf Powder, *Mentha piperita* (Peppermint) Essential Oil.

DIRECTIONS: Adults: Apply thinly and evenly to affected area up to 3-4 times per day. Rub and/or massage into skin until solution vanishes. Avoid contact with the eyes and mucous membranes. Do not apply to wounds or damaged skin, with external heat, such as an electric heating pad, as this may result in excessive skin irritation or skin burn. Do not tightly bandage. For external use only.

DURATION OF USE: Consult a health care practitioner for use beyond 7 days.

CAUTIONS: Do not use if you are pregnant or breastfeeding. If overdose or accidental ingestion occurs, call a Poison Control Center immediately. If you are taking prescription medications, consult a health care practitioner prior to use.

If symptoms persist and/or worsen after 7 days or re-occur within a few days, discontinue use and consult a health care practitioner. Hypersensitivity, rashes and/or burning discomfort have been known to occur; in which case, discontinue use. Do not use if security seal is broken.

STORAGE: Store away from children and protected from light/moisture.

FEATURES & BENEFITS:

- ✓ Topical gel, for topical use only
- ✓ For muscles, tendons and ligaments
- ✓ Contains 17 extracts of Traditional Chinese medicinal herbs in a base of isopropyl alcohol and water

Tetda Gel™ is a combination of ingredients featuring 17 Traditional Chinese Medicinal herbs in a convenient topical gel. It can be used for muscle strains, bruises and joint injuries. The herbs used in the formulation of Tetda Gel™ have been prescribed by Traditional Chinese Medicine (TCM) practitioners for generations.

These herbs possess many medicinal properties which have yet to be discovered by Western Medicine; modern medical research has only begun to interpret some of the medicinal properties of TCM herbs.

Tetda Gel™ is applied to unbroken skin injury, and the gel is smeared on and allowed to dry. There, it begins to work directly on the injury to promote healing.

Apply liberally to affected area 2 or 3 times daily, or as necessary. It is used for muscle sprains, bumps, bruises, and other topical injuries. It may help speed the healing of bruises and contusions.

Menthol temporarily relieves aches and pains of muscles and joints. Menthol also provides a soothing vapour to help temporarily relieve mild nasal congestion and cough associated with the common cold.

Acanthopanax bark is traditionally used to strengthen the bones, tendons, sinew and helps with conditions such as rheumatic aches and arthritis in the limbs, and weakness and stiffness in the knees and lower back. It has anti-inflammatory and immunomodulatory properties, and provides trace elements and minerals.

Angelica root is a traditional Chinese herb that is beneficial for painful joints, and it strengthens tendons. It exerts beneficial effects on various types of inflammation in the body. It has analgesic, anti-inflammatory, anti-spasmodic, and sedative properties.

Chinese agarwood has been a part of Ayurvedic and Traditional Chinese Medicine (TCM) for centuries. Agarwood has been commonly used for joint pain and inflammatory-related issues. It also elevates mood, exerts beneficial effects on various types of inflammatory conditions, and helps loosen bronchial secretion. Chinese agarwood has anti-inflammatory, antioxidant and anti-microbial properties.

Atractylodes rhizome is used in traditional Chinese herbalism for abdominal pain due to its anti-inflammatory properties. Research shows that this herb relieves involuntary muscle spasms and exhibits antioxidant activity. It also has diuretic, hepatoprotective, immunostimulant, sedative, stomachic and tonic properties.

Frankincense stem bark resin has been traditionally used as an astringent and diuretic that has been used to relieve nervous problems. For topical use, it has been traditionally used in TCM to promote healing of carbuncles, sores and injuries, help reduce swelling and is used to promote tissue regeneration. Frankincense possesses analgesic, astringent, carminative, expectorant, sedative, and antiseptic properties.

Safflower flower has been used in the Middle East, India and Africa for its purgative and antidote effects, as well as in medicated oil, to promote sweating and for fevers. Safflower has been traditionally used in herbalism for helping with bronchitis, boils, hemorrhoids, and respiratory tract infections. Safflower has been described in pharmacopoeias to be used in the treatment of wounds or sores with pain and swelling, as well as for increasing blood flow thus improves circulation and oxygenation of tissues. This herb possesses analgesic, anti-inflammatory, diuretic, anti-bacterial, laxative and sedative properties.



Bitter orange is a citrus plant native to tropical Asia but is also found in all tropical and subtropical countries. Citrus aurantium is used in herbalism as a stimulant and appetite suppressant, thus helping in weight management. Citrus aurantium has been used in Traditional Chinese Medicine (TCM) to help with nausea, indigestion, and constipation. It increases body heat, protects cells against damage caused by free radicals and has anti-gastric, anti-inflammatory, antioxidant, cardioprotective, digestive, immunostimulant, stomachic and tonic properties.

Turmeric Rhizome has anti-inflammatory properties that help to reduce the aggravation that occurs with arthritis as it reduces inflammation. It also supports the liver functions and aids the digestive process by increasing bile (supporting the natural elimination processes). It provides antioxidants for the maintenance of good health, relieves pain and inflammation, and assists in healing minor wounds, cuts, burns and minor skin irritations. It has anti-inflammatory and hepatic properties.

Nutgrass galingale rhizome aids in digestion and aids in weight management. It exerts beneficial effects on various inflammatory conditions and helps with wound healing and skin ailments. Nutgrass has antioxidant, anti-inflammatory and anti-microbial actions.

Dragon's blood fruit resin aids in digestive disorders, helps to control bleeding and pain. It also improves blood circulation and helps in wound healing. Dragon's blood possesses expectorant, sedative, tonic and astringent properties.

Eucommia stem bark exerts beneficial effects on various inflammatory conditions. Eucommia maintains bone health and cardiovascular health, supports liver health, provides antioxidants and protects mucus membranes of the gastrointestinal tract. Eucommia has analgesic, anti-bacterial, antioxidant, and anti-inflammatory properties.

Pseudoginseng root is used in herbalism as supportive therapy for the promotion of healthy glucose levels. It is a traditional Chinese herb that reinforces qi, benefits the spleen and lung, relieves symptoms of thirst due to impairment of body fluids and internal heat. Pseudoginseng also helps support cognitive function and/or reduce mental fatigue, and helps enhance physical capacity/performance. This herb contains adaptogenic, analgesic, anti-inflammatory and antioxidant properties.

Peach maintains healthy digestive and urinary function. It provides antioxidants for the maintenance of health and supports cardiovascular health and vision. This herb possesses antioxidant and anti-inflammatory properties.

Rehmannia root is an adaptogenic herb that can increase the resistance to physical, environmental, emotional or biological stressors at the same time to restore normal physiological function in the body. This herb is also an adrenal restorative, thus assisting in improving the health of the adrenal glands. Rehmannia exerts beneficial effects on various inflammatory conditions; helps the body to better cope with both physical and mental stress promotes the flow of urine; and supports digestion. Rehmannia has adaptogenic, antiseptic, anti-bacterial, anti-fungal, anti-inflammatory and tonic properties.

Bur reed helps to break up blood clots. Bur reed possesses antioxidant, anti-inflammatory and anti-microbial properties.

Aloe vera exerts beneficial effects on the various types of inflammatory conditions; promotes bowel movements; regenerates cells, is a source of antioxidants, supports the immune system; speeds up the healing process and soothes the skin; and has anti-inflammatory, anti-bacterial, anti-fungal, anti-viral, antioxidant, and antiseptic properties.

Peppermint aids in digestion, helps relieve flatulence, helps relieve nausea and vomiting, and maintains digestive system health. Peppermint possesses antiseptic, analgesic, sedative, anti-spasmodic properties and is indicated for asthma, bronchitis, coughs, nasal congestion and nausea.

Tribulus Terrestris

Supports Hormones

120 vegcaps®/bottle-UPC 826913120808

NPN 80037155

Liquid
Concentrated
Extract
on pg. 69!

RECOMMENDED USE: Traditionally used in Ayurveda as an aphrodisiac (Vrsya) for men, diuretic (Mutrala), and for relief of difficult/painful urination (Mutrakrcchra).

MEDICINAL INGREDIENT PER 1 CAPSULE:

Tribulus terrestris (Puncture Vine Fruit) (45% Saponins) 625 mg

NON-MEDICINAL INGREDIENT: Hypromellose (vegetarian capsule shell).

DURATION OF USE: For occasional use only as a diuretic (Mutrala).

RECOMMENDED DOSE: Adults: Take 2 capsules three times per day with food.

CAUTIONS: If you are pregnant, consult a health care practitioner prior to use. Diuretic effect and/or hypersensitivity/allergy have been known to occur. If this is the case, discontinue use and consult a health care practitioner. Do not use if security seal is broken.

STORAGE: Store away from children. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Maintains kidney health
- ✓ Acts as a diuretic
- ✓ Supports the emotional aspects of sexual health
- ✓ Promotes the health of the genitourinary system
- ✓ Supports building muscle mass
- ✓ Supports prostate health

Traditionally used in Ayurvedic herbal medicine as an aphrodisiac for men, **Tribulus terrestris** may provide relief for difficult/painful urination. It also increases the production of luteinizing hormone. In males, luteinizing hormone leads to an increase in testosterone production. *Tribulus terrestris* has also been found to increase the level of free circulating testosterone by approximately 40%. In studies, *Tribulus terrestris* has been observed to increase sperm count and also sperm motility in males with low sperm count or non-viable sperm. In females, luteinizing hormone causes maturation of the ova and also controls the production of androgenic hormones (e.g. testosterone). Studies have shown that women with low testosterone levels have a low libido. When testosterone levels in these women were increased artificially by ingesting testosterone, an increase in libido was observed. *Tribulus terrestris* has analgesic, anti-inflammatory, antiseptic, aphrodisiac, rejuvenative and tonic properties.



Ultra Probiotic Plus™

Complete Probiotic Formula

60 vegcaps®/bottle – UPC 826913125605

NPN 80026706

RECOMMENDED USE: Probiotics contribute to a natural healthy gut flora.

INGREDIENTS PER 1 CAPSULE:

<i>Lactobacillus acidophilus</i>	1.25 billion organisms
<i>Lactobacillus casei</i>	1.25 billion organisms
<i>Lactobacillus plantarum</i>	1.25 billion organisms
<i>Lactobacillus rhamnosus</i>	1.25 billion organisms
<i>Bifidobacterium bifidum</i>	1.25 billion organisms
<i>Bifidobacterium breve</i>	1.25 billion organisms
<i>Bifidobacterium longum</i> subsp. <i>infantis</i>	1.25 billion organisms
<i>Bifidobacterium longum</i> subsp. <i>longum</i>	1.25 billion organisms

NON-MEDICINAL INGREDIENTS: *Cichorium intybus* (Inulin), Guar gum, *Linum usitatissimum* (Flax seed mucilage), Apple fibre, Hypromellose (vegetarian capsule shell).

RECOMMENDED DOSE: Adults: 1 – 2 capsules once daily.

CAUTIONS: Discontinue use and consult a health care practitioner if symptoms of digestive upset (e.g. diarrhea) occur, worsen, or persist beyond three days. This product may have come into contact with soy and milk allergens. Do not use this product if you have soy/soybeans and/or milk allergies. Do not use if security seal is broken.

CONTRAINDICATIONS: Do not use if you are experiencing nausea, fever, vomiting, bloody diarrhea or severe abdominal pain. Do not use if you have an immune-compromised condition (e.g. AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).

STORAGE: Do not refrigerate. Store protected from light and moisture.

ALLERGENS: Contains no preservatives, corn, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Improves the microbial balance of the gut
- ✓ May reduce symptoms associated with irritable bowel syndrome (IBS)
- ✓ Provides both soluble (fruit pectin) and insoluble fibre (flax). No psyllium!
- ✓ Helps to manage and reduce the risk of acute diarrhea
- ✓ Enhances the bioavailability and uptake of minerals
- ✓ Has fructooligosaccharides (FOS) to feed the gut flora
- ✓ Probiotics and prebiotics provide a synergistic effect which is important for gut health

Ultra Probiotic Plus™ features 8 probiotics to help establish and maintain healthy intestinal flora and promote optimum intestinal health. Probiotics are live microorganisms, usually a type of bacteria, that is similar to beneficial bacteria found in our digestive systems.

Probiotics appear to play a role in modulating immune system activities and thereby have an impact on infections, allergies, and chronic conditions like asthma, inflammatory bowel disease, and others. Probiotics are also activated and are protected through a unique delivery mechanism ensuring their delivery to the large intestine.

Ultra Probiotic Plus™ also has both soluble and insoluble fibre in the form of fruit pectin and flax seed. Soluble fibre dissolves in water and has a gel-like consistency. It influences the water balance in the digestive system and has an impact on weight management, as well as levels of hormones, cholesterol and blood sugar. Pectin is a source of soluble fibre and is found in fruits such as apples. Insoluble fibre, on the other hand, does not dissolve in water and increases the bulkiness of feces. This increased bulk helps to move this material along and out of the GI tract.

Ultra Probiotic Plus™ contains 10 billion live cells at the time of manufacture. There is no need to refrigerate as it is freeze dried and is activated upon moisture, and is great for travelers.

These strains of bacteria: *Lactobacillus acidophilus*, *Lactobacillus casei*, *Lactobacillus plantarum*, *Bifidobacterium bifidum*, *Bifidobacterium breve*, *Lactobacillus rhamnosus*, *Bifidobacterium longum* (*infantis*), *Bifidobacterium longum* (*longum*) are all sources of probiotics used to prevent and treat bowel conditions, to restore “good bacteria” in the gut, and to boost the immune system. These help support intestinal/ gastrointestinal health, promote a favourable gut flora, help to manage acute diarrhea and they help to manage and/or reduce the risk of antibiotic-associated diarrhea.

Inulin is a prebiotic (fructooligosaccharides) that is a source of fibre for the maintenance of good health that helps support and maintain a healthy digestive system. It helps stimulate the growth of healthy bacteria in the intestine/gut, and helps provide gentle relief of constipation and/or irregularity. Inulin has antioxidant, antihyperglycemic and hepatoprotective properties

Flax seed provides essential fatty acids for the maintenance of good health, supports healthy bowel movements by increasing bulk volume and water content, and promotes healthy intestinal flora. Essential fatty acids (EFAs) cannot be produced or synthesized internally, so availability is completely dependent on the foods and supplements that is consumed. EFAs function as components of nerve cells, cell membranes and hormone-like substances called prostaglandins. EFAs also increases the absorption of vitamins and minerals; it nourishes the skin and nails and ensures normal growth and development. Flax seed possesses analgesic, anti-inflammatory, and antiseptic properties.

Apple fibre promotes healthy intestinal flora, bowel movements and maintains a healthy colon. It also provides antioxidants for the maintenance of health, reduces blood lipid levels in adults and supports cardiovascular health. It is also used as a bulk forming laxative.



A Unique Delivery System for Probiotics

by Dr. Gordon Chang, PhD

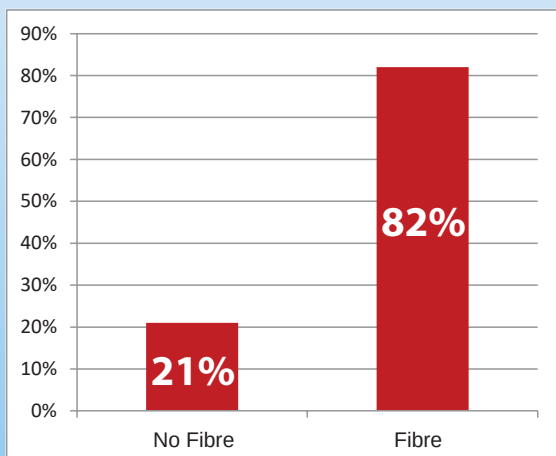
The case study "A Unique Delivery System for Probiotics" which was conducted by Dr. Gordon Chang, PhD., demonstrates that Omega Alpha's unique delivery system supports the survival rate for the Ultra Probiotic blend. Take a look at the process and results below.

Aim: To compare survival rates of Ultra Probiotics in a fibre base versus a non-fibre base after passage through the stomach.

Method: Ultra Probiotic blend (8 strains: 10 billion CFU total per capsule) was divided into two groups. One group was mixed with our Ultra Probiotic fibre blend (UPF) and the other group was mixed with carboxymethyl cellulose (a common filler found in many other brands, that is added to probiotics in a capsule) (UPC). Both groups were then added to a hydrochloric acid (HCl) solution adjusted to pH 2.5, similar to conditions found in the stomach, and incubated in a water bath at 37°C for 30 minutes. Then the acid solution was neutralized with sodium bicarbonate to a pH of 7.5, similar to conditions found in the ileum of the small intestine. Equal amounts from each of the two groups (UPF and UPC) were grown under standardized conditions and assessed for survival.

Results: As can be seen in the figure on the right, there was a 21% survival when no fibre was used and there was an 82% survival when the probiotics was mixed with the fibre blend. The fibre blend used as a carrier is a unique delivery system.

Conclusion: Use of fibre as a carrier increases the survival rate of probiotics.



1. No fibre - the percentage survival rate without soluble fibre base
2. Fibre - the percentage survival rate with a soluble fibre base

Valerian

Natural Sleep Aid

120 mL/bottle – UPC 826913120952

NPN 80022900

RECOMMENDED USE: Helps relieve nervousness and promotes sleep.

MEDICINAL INGREDIENT PER ½ TEASPOON (2.5 mL):

Valeriana officinalis Extract 1:1 (Valerian Root)2.5 g

NON-MEDICINAL INGREDIENTS: Purified water and 20% Ethanol.

RECOMMENDED DOSE: Adults: Take a ½ teaspoon (2.5 mL) 1-3 times per day. As a sleep aid: Take a single dose 30-60 minutes before bedtime. Take an earlier dose during the evening if necessary. Can be mixed with juice or water. Shake well before use.

CAUTIONS: Consumption with alcohol, other medications or natural health products with sedative properties is not recommended. Sleep aid: Consult a health care practitioner if sleeplessness persists continuously for more than 3 weeks (chronic insomnia). Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving motor vehicles or performing activities requiring mental alertness within 2 hours of consumption. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Helps relieve nervousness
- ✓ Promotes sleep and the time it takes to fall asleep
- ✓ Supports the quality of sleep
- ✓ Natural sedative (nervine and sedative properties)
- ✓ May improve circulation
- ✓ Beneficial for fatigue and insomnia

Since ancient times, **valerian** has been used as a medicinal herb. The part of the plant used is the rhizome ("root"), which is generally harvested near the end of September when the essential oil content is highest. The fresh root does not smell bad. Its distinctive aroma develops as the root dries. Valerian possesses calmative, nervine, sedative, analgesic, antiseptic and anti-bacterial properties.

Valerian helps with nervousness (relaxing muscles) and promotes natural sleep habits. It acts like a mild sedative helping to stabilize mood and promote healthy sleep. Traditionally, valerian has been used as a sedative; improves circulation and reduces mucus from colds. It is also good for anxiety, fatigue, high blood pressure, insomnia, irritable bowel syndrome, menstrual and muscle cramps, nervousness, pain, spasms and stress. Clinical studies have shown that valerian shortens the time it takes to fall asleep and improves the quality of sleep. Valerian has an anxiolytic effect (inhibits anxiety). These effects are suspected to be mediated through the GABA receptors (a class of receptors that respond to neurotransmitter pathways).



Veggie Fruit Plus™

Nutritional Greens Concentrate

120 veg caps/bottle – UPC 826913125308

NPN 80058431

200 g/bottle – UPC 826913123786

360 g/bottle – UPC 826913123755

NPN 80058058

RECOMMENDED USE: Source of antioxidants for the maintenance of good health.

MEDICINAL INGREDIENTS PER 1 TEASPOON (6g) & [PER 1 CAPSULE (600 mg)]:

Aloe Vera (Aloe Leaf)	46.2 mg [4.62 mg]
Camellia sinensis (Green Tea Extract)(45% Epigallocatechin-3-gallate)...	46.2 mg [4.62 mg]
Hesperidin.....	96 mg [9.6 mg]
Curcuma Longa (Turmeric Rhizome)	18.6 mg [1.86 mg]
Daucus carota subsp. sativus (Carrot Root)	276 mg [27.6 mg]
Eleutherococcus senticosus (Eleuthero Root)	276 mg [111.6 mg]
Linum usitatissimum (Flax Seed)	234 mg [23.4 mg]
Medicago sativa (Alfalfa Leaf)	186 mg [18.6 mg]
Silybum marianum (Milk Thistle Seed)	72 mg [7.2 mg]
Styphnolobium japonicum (Quercetin dihydrate).....	46.2 mg [4.62 mg]
Vitis vinifera (Grape Seed Extract) (85% Proanthocyanidins).....	18.6 mg [1.86 mg]
Withania somnifera (Ashwagandha Root)	186 mg [18.6 mg]
Chlorella regularis (Broken Cell)	46.2 mg [4.62 mg]
Laminaria digitata (Kelp).....	276 mg [27.6 mg]
Spirulina maxima (Spirulina)	276 mg [27.6 mg]
Bifidobacterium bifidum.....	625 Million CFU [625 Million CFU]
Bifidobacterium breve	625 Million CFU [625 Million CFU]
Bifidobacterium longum subsp. infantis	625 Million CFU [625 Million CFU]
Lactobacillus acidophilus	625 Million CFU [625 Million CFU]
Lactobacillus casei	625 Million CFU [625 Million CFU]
Lactobacillus plantarum	625 Million CFU
Lactobacillus rhamnosus	625 Million CFU
alpha-Amylase.....	335 FCC DU [33.48 FCC DU]
Cellulase.....	26 FCC CU [2.31 FCC DU]
Protease	630 FCC HUT [67.5 FCC HUT]

CFU - Colony forming units

Enzymatic Units I FCC (Food chemicals Codex)

FCC CU (Cellulase Units)

FCC DU (alpha-Amylase Dextrinizing Units)

FCC HUT (Hemoglobin Unit on a Tyrosine Basis)

NON-MEDICINAL INGREDIENTS: Acai fruit, Amalaki fruit, Apple pectin, Sprouted barley grass, Beet root, Blueberry fruit, Elderberry fruit, Guar gum, Sunflower lecithin, Goji fruit, Hawthorn fruit, Papaya fruit, Parsley leaf, Peppermint leaf, Rice bran, Schisandra fruit, Spinach leaf, Tomato, Sprouted wheat grass, Stevia, [Hyromellose (vegetarian capsule shell)].

RECOMMENDED DOSE:

CAPSULES: Adults: Take 3 capsules, three times per day or as directed by your health care practitioner.

POWDER: Adults: Add 1 teaspoon (6 g) to 250 mL of water or juice, once per day or as directed by your health care practitioner. Stir briskly and drink immediately. Maintain adequate fluid intake. Avoid taking immediately before bedtime.

DURATION OF USE: Consult a health care practitioner for use beyond 1 month.

CAUTIONS: Do not use if you are pregnant or breastfeeding; have high blood pressure, immune-compromised condition (eg. AIDS, lymphoma, systemic lupus erythematosus, long term corticosteroid treatment), abnormal constrictions of the gastrointestinal tract, atonic bowel, appendicitis, inflammatory colon disease, abdominal pain of unknown origin, undiagnosed rectal bleeding, severe dehydration with depleted water or electrolytes, hemorrhoids or diarrhea. If symptoms of digestive upset (eg. diarrhea) occur, worsen, or persist beyond 3 days, discontinue use and consult a health care practitioner. Reduce dose or discontinue use if you experience abdominal pain, cramps, spasms and/or diarrhea. Hypersensitivity, such as allergies, has been known to occur in rare cases; in which case, discontinue use. Consult a health care practitioner prior to use if you are having surgery, have acute infection, thyroid condition, gastrointestinal lesions/ulcers, excess stomach acid, nausea, fever, vomiting, bloody diarrhea, severe abdominal pain or iron deficiency. As per Health Canada's regulations for the use of green tea extract-containing products, if you have a liver disorder, consult a health care practitioner prior to use. Stop use if you develop symptoms of liver trouble such as yellowing of the skin/eyes (jaundice), stomach pain, dark urine, sweating, nausea, unusual tiredness and/or loss of appetite and consult a health care practitioner. Rare, unpredictable cases of liver injury associated with green tea extract-containing products have been reported (in Canada and internationally). Consult a health care practitioner prior to use if you are taking birth control medication/undergoing hormone replacement therapy, antiplatelet medication, blood thinners, anticoagulant/anti-inflammatory agents, other enzymes products, thiazide diuretics, corticosteroids, licorice root, or other medications/health products that may aggravate electrolyte imbalance. Consumption with alcohol, other drugs, or natural health products with sedative properties is not recommended. This product may have come into contact with milk and/or soy. Do not use this product if you have a milk and/or soy allergy. Do not use if security seal is broken.

FEATURES & BENEFITS:

- ✓ A concentrated food formula
- ✓ Superfoods
- ✓ Sea greens
- ✓ Antioxidants
- ✓ Phytonutrients
- ✓ Probiotic & prebiotic
- ✓ Detoxification support
- ✓ Enzymes
- ✓ No sugar added
- ✓ 14 calories per 6 grams serving

Veggie Fruit Plus™ is extremely rich in bioavailable vitamins, minerals, amino acids, essential fatty acids, polysaccharides and a vast spectrum of antioxidants, which combine to work as powerful detoxifiers. The superfoods in this concentrate powder provide an incredible influx of nutrients that enrich every cell of your body!

The antioxidants are known to reduce inflammation, therefore the benefits from acai fruit, amalaki fruit, blueberries, elderberries, goji berries, and schisandra fruit support multiple health benefits. This formulation has seven probiotic strains, prebiotics, and digestive enzymes to enhance absorptions of phytonutrients, trace, minerals and protect the immune system's natural defenses. All greens are important for a healthy diet, but there are clear winners that have been nourishing humans since ancient times: spirulina, chlorella and kelp.



120 vegcaps®



200 g



360 g

Aloe vera is typically used in natural remedies for humans and found in traditional medicine (India) for constipation, digestion and minor skin infections. In Traditional Chinese medicine, it's often used for fungal diseases and in the Western world, it has found widespread use in the cosmetic, pharmaceutical and natural health food industries. Aloe vera's active components include: vitamins, minerals, saccharides, amino acids, anthraquinones, enzymes, lignin, saponins and salicylic acids. Aloe vera possesses anti-inflammatory, anti-bacterial, anti-fungal, anti-viral, antioxidant and antiseptic properties.

Green tea extract increases alertness and helps in weight management; helps reduce elevated blood lipid levels and supports cardiovascular health; prevents the growth of microbes; provides antioxidant support; and has anti-inflammatory, antioxidant, antiseptic, cardioprotective and immunostimulant properties.

Hesperidin helps in weight management; provides antioxidant support; and has anti-gastric, anti-inflammatory, antioxidant, cardioprotective, digestive, immunostimulant, stomachic and tonic properties.

Turmeric extract aids in digestion, protects the liver, helps relieve flatulence; helps increase bile excretion by the liver and contraction of the gallbladder; provides antioxidant support; relieves pain and inflammation, assists in healing minor wounds, cuts, burns and minor skin irritations; has anti-inflammatory and hepatic properties.

Carrot root is provitamin A for the maintenance of good health and it helps to prevent vitamin A deficiency and helps in the development and maintenance of bones and teeth. Carrot root helps to maintain eyesight, skin membranes and immune function and has antioxidant, antiseptic, carminative, depurative, hepatoprotective and stimulant properties.

Siberian ginseng is a well-known adaptogenic herb that aids in the reduction of stress and the increase of mental alertness. It is known as a tonic that helps relieve general debility and/or to aid during convalescence; helps to improve mental/or physical performance after periods of mental and/or physical exertion; and has adaptogenic, anti-inflammatory, antioxidant, anti-spasmodic, immunogenic and nerve properties.

Flax seed provides essential fatty acids; supports healthy bowel movements by increasing bulk volume and water content; promotes healthy intestinal flora; and contains analgesic, anti-inflammatory, antiseptic, and antitussive properties.

Alfalfa leaf is a nutritive tonic that provides antioxidant support. It reduces blood lipid levels in adults and supports the digestive system. Alfalfa contains anti-inflammatory, depurative, diuretic, stimulant, stomachic and tonic properties.

Milk thistle is an herb that has antioxidant and anti-inflammatory properties, and is commonly used to support the detoxification processes in the body, especially the liver. Milk thistle has antioxidant and hepatoprotective properties. For more information on this herb, see page 46.

Quercetin is an antioxidant and bioflavonoid that is a natural anti-histamine, and anti-inflammatory; and it has analgesic, anti-bacterial and antiseptic properties. For more information on this herb, see page 60.

Grape seed extract is beneficial for a number of cardiovascular conditions; helps with poor circulation and can help with high cholesterol levels; reduces swelling and helps with eye diseases related to diabetes; contains antioxidants to help maintain good health; has anti-inflammatory, antioxidant, anti-bacterial, antiseptic, cardioprotective and immunostimulant actions.

Ashwagandha root is an Ayurvedic herb, that is known to: help relieve general debility, especially during convalescence or old age; helps the body to better cope with both physical and mental stress; is a rejuvenative tonic that enhances memory and supports healthy sleep; and has adaptogenic, analgesic, antibiotic, antistress, cardioprotective, and diuretic properties.

Broken cell is a single-celled algae and is rich with phytonutrients, including antioxidants, amino acids, chlorophyll, betacarotene, potassium, phosphorous, biotin, magnesium and the B-complex vitamins (superfood). Because of its rich source of nutrients, it is often used for inflammatory-related conditions, as well as its detoxifying and renewing benefits; it supports the immune functions, wound healing and aids the natural detoxification processes. It also supports cardiovascular health and is considered an "eye health" nutrient, courtesy of its plentiful amounts of betacarotene and lutein.

Kelp provides iodine and other trace minerals, and it is in a highly bioavailable form that also contains phytonutrients and trace elements that are important micronutrients for metabolic functions. Kelp also aids in weight management and supports normal bowel function. It helps prevent iodine deficiency, supports healthy cardiovascular function, and contains alterative, diuretic, anti-obesity, and hypotensive actions.

Spirulina boosts energy and cellular health, supports weight management; a rich source of proteins, promotes joint health, reduces blood sugar levels; a source of antioxidants to maintain health, and is also a source of essential fatty acids.

These strains of bacteria: *Lactobacillus acidophilus*, *Lactobacillus casei*, *Lactobacillus plantarum*, *Bifidobacterium bifidum*, *Lactobacillus brevis*, *Lactobacillus rhamnosus*, *Bifidobacterium longum* (Longum) are all sources of probiotics used to prevent and treat bowel diseases, restore "good bacteria" in the gut, and boost the immune system. For more information, see page 68.

Amylase and protease are digestive enzymes and digestive aids that help the body digest carbohydrates and proteins, respectively.

Cellulase is a digestive enzyme used to increase the amount of phytonutrients extracted from the plant material. It helps to insure a higher trace element content for metabolic functions.

Acai fruit provides a source of antioxidants for the maintenance of good health.

Amalaki fruit is a source of vitamin C, minerals, amino acids and antioxidants.

Apple promotes healthy intestinal flora, bowel movements and maintains a healthy colon; provides antioxidant support; and supports cardiovascular health.

Barley grass is a source of soluble fibre and helps increase bile waste; maintains healthy cholesterol levels; provides antioxidants; stimulates peripheral blood circulation; increases energy and stamina; supports blood glucose levels; supports gastrointestinal functions and supports healthy intestinal flora.

Beet root is beneficial for cardiovascular health; supports liver functions; improves bowel movements; and promotes endurance and stamina.

Blueberry fruit provides antioxidant support for the body's overall health.

Elderberry fruit is traditionally used in herbalism to promote sweating, to help relieve fever and symptoms of colds and flus, to help relieve joint discomfort; used as a diuretic and as an alterative to help remove accumulated waste products via the kidneys, skin and mucous membranes; provides antioxidants.

Goji fruit aids in weight management and provides antioxidant support; improves vision and supports cardiovascular health and the immune system.

Hawthorn fruit is (traditionally) used in herbalism to help maintain and/or support cardiovascular health in adults.

Papaya fruit aids in digestion, maintains energy and vitality; promotes bowel movements and gastrointestinal health; supports cardiovascular health and the immune system.

Parsley maintains a healthy immune system, provides antioxidant support; promotes urine flow; and supports cardiovascular health.

Peppermint leaf aids in digestion, helps relieve flatulence; helps relieve nausea and vomiting; and maintains digestive system health.

Rice bran is a source of insoluble fibre and B vitamins.

Schisandra fruit helps maintain a healthy immune system; has antioxidants adaptogenic properties; and supports liver functions and the health of kidneys.

Spinach aids in digestion, maintains healthy intestinal flora and promotes bowel movements; has anti-inflammatory properties; maintains healthy blood sugar levels and supports bone health; provides antioxidant support and supports the immune and cardiovascular systems.

Tomato maintains and supports prostate health; provides antioxidants, supports liver functions; and supports cardiovascular health.

Sprouted wheatgrass contains trace minerals, vitamins, protein and chlorophyll. It contains all the essential amino acids which are necessary for optimal health, making sprouted wheat grass one of the best whole foods choice.

Vitamin B-Complex

Stress Relief & Energy

60 vegcaps®/bottle - UPC 826913123502

NPN 80027160

RECOMMENDED USE: Multi-vitamin supplement. A factor in the maintenance of good health. Helps the body to metabolize carbohydrates, fats and proteins. Folate and Vitamin B12 help to form red blood cells.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

Vitamin B1 (Thiamine mononitrate)	50 mg
Vitamin B2 (Riboflavin)	30 mg
Vitamin B3 (Niacinamide)	125 mg
Vitamin B5 (D-Pantothenic acid)	115 mg
Vitamin B6 (Pyridoxine hydrochloride)	50 mg
Vitamin B9 (Folic acid) (Folate)	500 mcg
Vitamin B12 (Cyanocobalamin)	250 mcg
Biotin	250 mcg
Choline (Choline bitartrate)	100 mg
Inositol (Myo-inositol)	100 mg

NON-MEDICINAL INGREDIENTS: Hypromellose (vegetarian capsule shell), Magnesium stearate.

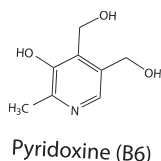
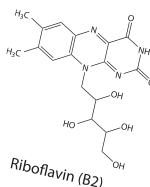
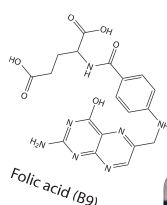
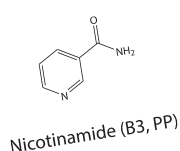
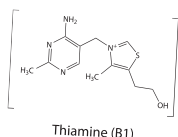
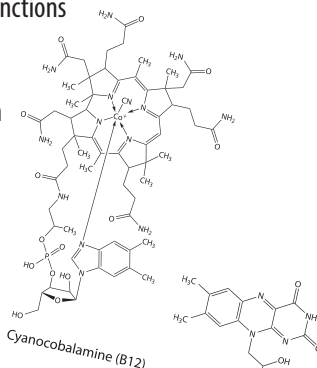
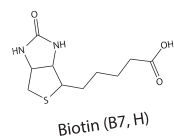
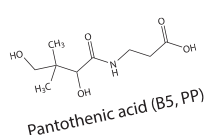
RECOMMENDED DOSE: Adults: Take 1 capsule once or twice per day with food.

CAUTION: Consult a health care practitioner prior to use if you are pregnant or breastfeeding.

STORAGE: Store protected from light and moisture.

FEATURES & BENEFITS:

- ✓ Contains 10 B vitamins
- ✓ Helps the body to metabolize carbohydrates, fats and proteins
- ✓ Supports nerve functions and metabolic functions
- ✓ Supports energy production
- ✓ Effective for stress and may improve mood
- ✓ A factor in the maintenance of good health
- ✓ Folate and B12 help to form red blood cells



Omega Alpha® Vitamin B-Complex — The primary action of this vitamin B complex is having an optimal amount of each B vitamin to exert a synergistic effect to benefit the human body in a vast number of ways including enhanced energy, reduction in cholesterol and fatty acids, support for antioxidant activity and the detoxification pathways, and regulation of cellular activity. The B vitamin family helps the body convert food into glucose which provides energy to fuel the body. Taken under the supervision of a practitioner, supplementation of B vitamins can support complications associated with anemia and fatigue. As we age, or are under a great deal of stress, we become deficient and we either do not absorb nutrients well or don't create B vitamins in our body for multiple functions. B vitamins are required for basic bodily functions such as turning food into usable energy and creating blood cells.

Vitamin B1 enhances energy production, specifically for the brain. Thiamin is intricately involved with other B vitamins in energy metabolism. Magnesium is required in the conversion of thiamin to its active form. Vitamin B1 helps the body to metabolize carbohydrates, proteins and fats and helps normal growth. Vitamin B1 helps boost the immune system and strengthens the body under stressful conditions.

Vitamin B2 is crucial in the production of energy and is involved in regenerating glutathione (potent antioxidant). It is often used for the prevention of migraine headaches. It also helps the body to metabolize carbohydrates, proteins and fats, as well as helps in tissue formation.

Vitamin B3 regulates blood sugar levels and lowers cholesterol. Niacin is a component involved in over 50 different chemical reactions in the body. It plays an important role in energy production, fat and carbohydrate metabolism and the manufacture of sex and adrenal hormones. Vitamin B3 helps the body to metabolize carbohydrates, proteins and fats and assists in normal growth and development. Vitamin B3 or niacin, has been shown to lower "bad" cholesterol levels (LDL), and boost "good" cholesterol levels (HDL). Vitamin B3 is required for basic bodily functions such as turning food into usable energy and creating red blood cells.

Vitamin B5 plays a role in the production of adrenal hormones and red blood cells. The active form, pantothenic acid, has been shown to significantly lower cholesterol and triglyceride levels. Vitamin B5 also helps the body to metabolize carbohydrates, fats and proteins, as well as tissue formation.

Vitamin B6 helps the body to metabolize carbohydrates, proteins and fats and it helps in tissue formation. Vitamin B6 helps the body make certain hormones, as well as chemicals in the brain called neurotransmitters. It also helps boost immune system functioning. Vitamin B6 is involved in the formation of protein structures, structural compounds and chemical transmitters. B6 is critical in maintaining hormone balance and immune functions. This vitamin is involved in more than 60 different enzyme processes and in cell multiplication.

Vitamin B9 helps the body to metabolize proteins and form red blood cells. Folic acid is also needed for the proper development of the human body. It is involved in producing the genetic material called DNA and is also involved in numerous other bodily functions.

Vitamin B12 helps the body to metabolize carbohydrates, proteins and fats and it also helps to form red blood cells. Folic acid and Vitamin B12 both work together as methyl donors to facilitate the manufacture of DNA and brain neurotransmitters. Vitamin B12 also works with B6 to reduce homocysteine levels.

Biotin supports the manufacture and utilization of fats and amino acids. It is needed for the metabolism and body energy systems. It also plays a beneficial role in cell growth and replication. Biotin helps the body to metabolize carbohydrates, fats and proteins.

Choline helps to support liver functions and is a factor in the maintenance of good health. It is involved in fat metabolism and in the transport of fats from the liver. It contains a cholesterol-lowering enzyme.

Inositol has lipotropic properties meaning that it promotes the export of fat from the liver. Inositol is a factor in the maintenance of good health and it helps in normal growth and development and supports biological functions.



Vitamin D3 (Emulsified) Concentrated Drops for Adults

1000 IU / Per Drop

50 mL/bottle (FAMILY SIZE) - UPC 826913125858

NPN 80016192

RECOMMENDED USE: Helps in the normal development and maintenance of bones and teeth. A factor in the maintenance of good health.

MEDICINAL INGREDIENT PER 1 DROP:

Vitamin D3 (Cholecalciferol) 25 mcg (1000 IU)

NON-MEDICINAL INGREDIENTS: Purified water, Sunflower lecithin, Vegetable glycerine, Citric acid, Potassium sorbate, Benzoic acid (buffered), Polysorbate 20, Natural orange flavour.

RECOMMENDED DOSE: Adults: Take 1 drop (1000 IU) per day. Can be mixed with juice or water. Shake well before use.

CAUTION: Do not use if security seal is broken.

STORAGE: Store protected from light and moisture. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

Vitamin D3 has been cited as helpful for use in:

- ✓ Regulating the absorption of calcium/phosphorus
- ✓ Helping to support the immune system
- ✓ Helping in the development and maintenance of bones and teeth
- ✓ Helping with seasonal affective disorder
- ✓ Being a necessary co-factor in calcium absorption and utilization

The primary action of vitamin D is as a necessary co-factor in calcium absorption and utilization. It is especially important in the winter months to increase Vitamin D levels due to the lack of exposure to the sun. Vitamin D helps in the normal development and maintenance of bones and teeth. It is also a factor in the maintenance of good health. Vitamin D helps in the absorption and the use of calcium, phosphorus and trace mineral functions.

Vitamin D is one of the most researched vitamins that shows that vitamin D has far-reaching benefits for your physical and mental health. One example is how vitamin D up-regulates your ability to fight infections and chronic inflammation. It also has been noted to produce over 200 anti-microbial peptides, the most important of which is cathelicidin, a naturally-occurring broad-spectrum antibiotic. This is one of the explanations for why vitamin D3 is so effective against colds.



Vitamin D3 Concentrated Drops for Kids

500 IU / Per Drop

30 mL/bottle – UPC 826913127005

NPN 80024373

RECOMMENDED USE: Helps in the normal development and maintenance of bones and teeth. A factor in the maintenance of good health.

MEDICINAL INGREDIENT PER 1 DROP:

Vitamin D3 (Cholecalciferol) 12.5 mcg (500 IU)

NON-MEDICINAL INGREDIENTS: Purified water, Sunflower lecithin, Vegetable glycerine, Citric acid, Potassium sorbate, Benzoic acid (buffered), Polysorbate 20, Natural cherry flavour.

RECOMMENDED DOSE: Children and Adolescents (0-13 years old): Take 1 drop (500 IU) once per day. Can be mixed with juice or water. Shake well before use.

CAUTION: Do not use if security seal is broken.

STORAGE: Store protected from light and moisture. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

Vitamin D3 has been cited as helpful for use in:

- ✓ Regulating the absorption of calcium/phosphorus
- ✓ Helping to support the immune system
- ✓ Helping in the development and maintenance of bones and teeth
- ✓ Helping with seasonal affective disorder
- ✓ Being a necessary co-factor in calcium absorption and utilization
- ✓ Vitamin D3 Concentrated Drops for Kids is alcohol-free and comes in a natural cherry flavour



Vitamin D3

Adult Regular

1000 IU / Per 1 mL

50 mL/bottle (Orange Flavoured) – UPC 826913124714

120 mL/bottle (Unflavoured) – UPC 826913124707

NPN 80004541

RECOMMENDED USE: Helps in the normal development and maintenance of bones and teeth. A factor in the maintenance of good health.

MEDICINAL INGREDIENT PER 1 mL:

Vitamin D3 (Cholecalciferol)25 mcg (1000 IU)

NON-MEDICINAL INGREDIENTS: Purified water, Sunflower lecithin, Vegetable glycerine, Citric acid, Potassium sorbate, Benzoic acid (buffered), [Natural orange flavour].

RECOMMENDED DOSE: Adults: Take 1 mL (1000 IU) per day. Can be mixed with juice or water. Shake well before use.

CAUTION: Do not use if security seal is broken.

STORAGE: Store protected from light and moisture. Store away from children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

Vitamin D3 has been cited as helpful for use in:

- ✓ Regulating the absorption of calcium/phosphorus
- ✓ Helping to support the immune system
- ✓ Helping in the development and maintenance of bones and teeth
- ✓ Helping with seasonal affective disorder
- ✓ Being a necessary co-factor in calcium absorption and utilization
- ✓ Vitamin D3 emulsified is available in a natural orange flavour

Vitamin D3 functions as a necessary co-factor in calcium absorption and utilization. Vitamin D helps in the development and maintenance of bones and teeth, is a factor in the maintenance of good health and helps in the absorption and use of calcium, phosphorus and trace mineral functions. Vitamin D, being one of the most researched vitamins, has shown to regulate the body's ability to fight against infections and chronic inflammation. **For more information on vitamin D3, see page 83.**

Vitamin D3 & K2

15 mL/bottle (Orange) – UPC 826913124714

15 mL/bottle (Peppermint) – UPC 826913127821

NPN 80093038

RECOMMENDED USE: A factor in the maintenance of good health. Helps in the development and maintenance of bones and teeth.

MEDICINAL INGREDIENTS PER 3 SPRAYS (0.38 mL through pump action):

Vitamin D3 (Cholecalciferol) 25 mcg (1000 IU)
Vitamin K2 (Menaquinones) 120 mcg

NON-MEDICINAL INGREDIENTS: Medium chain Triglycerides (100% Pure MCT oil), Glycerin, Orange/Peppermint flavour.

RECOMMENDED DOSE: Adults: Take 3 sprays (0.38 mL through pump action), once per day with food.

CAUTIONS: Consult a health care practitioner prior to use if you are pregnant, breastfeeding or taking blood thinners. Do not use if security seal is broken.

STORAGE: Store away from children and protected from light/moisture.

ALLERGENS: Contains no preservatives, dairy, yeast, corn, soy, wheat or gluten.

FEATURES & BENEFITS:

Vitamins D3 and K2 supports:

- ✓ Immune system function
- ✓ Bone growth and density
- ✓ Bones and teeth

Omega Alpha® Liquid spray Vitamin D3 & K2 provides a daily dose of vitamin D3 and K2 in an easy-to-use liquid spray pump action. It comes in a natural orange or peppermint flavour in MCT oil as the carrier for the two vitamins. The combination of these two vitamins provides support for key metabolic body functions. Vitamin K2 works synergistically with vitamin D3 in the body, making sure calcium is utilized correctly to help maintain strong, healthy bones. Vitamin D3 maintains healthy levels of calcium in the blood and increases calcium absorption from the digestive tract; vitamin K2 works in concert with vitamin D3 to keep calcium in bones and out of soft tissues like the heart, joints, and kidneys.

Vitamin D3 (cholecalciferol) is produced in the skin under the effects of ultraviolet radiation (sunlight) - this is the active form that our body utilizes in order to carry out many important metabolic processes. Vitamin K is a fat-soluble vitamin necessary for the production of proteins required for bone metabolism. It also helps transport calcium throughout the body and works in synergy with vitamin D to maintain optimal bone density.



Vita Sex™

Sexual Health Support

120 mL/bottle – UPC 826913122154

250 mL/bottle – UPC 826913122161

NPN 80031874

RECOMMENDED USE: Helps support emotional aspects of sexual health.

MEDICINAL INGREDIENTS PER 3.5 mL:

<i>Lepidium meyenii</i> (Maca Root).....	1000 mg
<i>Ginkgo biloba</i> (Ginkgo Leaf)	600 mg
<i>Tribulus terrestris</i> (Puncture Vine Fruit).....	600 mg
<i>Turnera diffusa</i> (Damiana Leaf)	600 mg
<i>Eleutherococcus senticosus</i> (Siberian Ginseng Root).....	400 mg
<i>Withania somnifera</i> (Ashwagandha Root)	300 mg

NON-MEDICINAL INGREDIENTS: Purified water, 15% Ethanol.

RECOMMENDED DOSE: Adults: Take 1 teaspoon (5 mL) twice per day. Shake well before use.

DURATION OF USE: Consult a health care practitioner for use beyond one month.

CAUTIONS: Do not use if you are pregnant, breastfeeding, have breast, prostate, other hormonally sensitive problems or are taking health products that affect blood coagulation. Consult a health care practitioner prior to use if you have any type of acute infection, benign prostate hyperplasia/prostate cancer or high blood pressure; are taking anticoagulants and antiplatelets, blood thinners, antidepressants, diabetes or hypertension medications; suffer from anxiety or depression. Discontinue use and consult a health care practitioner if you experience breast pain, dizziness, vomiting, dry mouth, thirst, nosebleed, insomnia, slight drowsiness, or changes in heart rhythm. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Some people may experience an allergic skin reaction.

STORAGE: Refrigerate after opening. Store away from children. Store protected from light. Consume within six (6) months after opening.

ALLERGENS: Contains no dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Helps support emotional aspects of sexual health
- ✓ Supports testosterone production
- ✓ Supports blood flow to the peripheral tissues
- ✓ Phytonutrients provide a boost in energy
- ✓ Fights the effects associated with stress
- ✓ Beneficial for both men and women
- ✓ An extract blend containing six herbs
- ✓ A concentrated formulation
- ✓ Trace nutrients support circulation



Vita Sex™ is a combination of botanicals that have been traditionally used to support the emotional aspects of sexual health. It is a liquid formulation (alcohol/water extract) using the following herbs: maca root, ginkgo biloba leaf, tribulus terrestris, damiana leaf, Siberian ginseng root and ashwagandha root.

Maca root extract is used to support the emotional aspects of sexual health. It has been traditionally used for chronic fatigue, impotency in men, as well as for menopausal symptoms and menstrual problems in women. Maca helps to increase sexual stamina in both sexes as well as sexual interest. This herb also improves energy levels, supports the immune system and enhances female fertility. Maca root has the following properties: antiseptic, aphrodisiac, emmenagogue, spermatogenic, and is known as a tonic for the maintenance of good health.

Ginkgo biloba leaf has been used to support brain function by enhancing oxygenation to the brain for enhanced energy and increases blood flow to the peripheral tissues. Ginkgo biloba leaf helps to improve mental functioning, it also has other benefits like increasing blood flow to the peripheral tissues, thus helping erectile dysfunction that may be caused by a blockage of the arteries. Ginkgo biloba is known to support the peripheral tissues and cognitive health functions by increasing cerebral, peripheral circulation and tissue oxygenation. Ginkgo biloba is an adaptogenic herb that naturally increases the body's ability to cope with mild anxiety. It has antioxidant, anti-allergic, anti-inflammatory, antiseptic, anti-spasmodic, and stimulant properties. **For more information, see page 26.**

Tribulus terrestris (Puncture Vine) increases the production of luteinizing hormone. Luteinizing hormone causes maturation of the ova and leads to an increase in testosterone production. Tribulus has also been found to increase the level of free circulating testosterone. It is traditionally used in Ayurvedic herbalism as an aphrodisiac. Tribulus terrestris also possesses alterative, analgesic, anthelmintic, anti-fungal, anti-inflammatory, antiseptic, aphrodisiac, nervine, rejuvenative, and tonic properties. **For more information, see pages 69 and 77.**

Damiana leaf has been used in Mexico for increasing libido in both men and women. It has been traditionally used to balance hormones and increase the vital energies in the body. It stimulates muscular contractions of the intestinal tract supporting delivery of oxygen to the genitals or gonad area. It has also been used as an energy tonic and aphrodisiac. Damiana also contains anti-aging, aphrodisiac, diuretic, emmenagogue, energizing, expectorant, stimulant, and tonic properties.

Siberian ginseng has been used as an adaptogen and immune stimulant. It is also known for its ability to fight off the negative effects associated with stress and for enhancing libido. Siberian ginseng root has adaptogenic, anti-aging, anti-viral, cardioprotective, diuretic, and circulostimulant properties. It also restores energy and produces a sensation of well-being. Siberian ginseng root is a regulating root extract that helps to balance the body by boosting the immune system, improving stamina and endurance, and by reducing symptoms associated with stress. It is known to affect almost every aspect of the body.

Ashwagandha root is an Ayurvedic herb with strong adaptogenic properties. It works synergistically to enhance the restorative effects of ginseng. Ashwagandha helps to rejuvenate energy levels and support the nervous system. Ashwagandha root is used as a tonic for the immune system and has antioxidant properties and anti-inflammatory actions. It also has alterative, adaptogenic, analgesic, antiseptic, anti-spasmodic, aphrodisiac, hepatoprotective, and immunostimulant properties. This herb from India is also known for its ability to enhance the emotional aspects of sex by stimulating dopamine and serotonin in the brain (coping effectively with stress).

See the Omega Alpha Difference



VOLUME
SIZES!



EnduraStress™

Endurance and Coping Formula

120 mL/bottle – UPC 826913400511

500 mL/bottle – UPC 826913400504

1 L/bottle – UPC 826913400702

NN.G2S7

RECOMMENDED USE: Helps to restore energy and has a faster coping rate when used before or after athletic events, work-outs and strenuous exercise. It also helps to bring a sense of calm, concentration and mental focus to support athletic training, or to support a multi-pet household.

INGREDIENTS PER 1 TEASPOON (5 mL):

<i>Eleutherococcus senticosus</i> (Siberian Ginseng Root).....	100 mg
<i>Astragalus membranaceus</i> (Astragalus Root).....	100 mg
<i>Withania somnifera</i> (Ashwagandha Root).....	100 mg
<i>Panax quinquefolius</i> (North American Ginseng Root).....	75 mg
<i>Codonopsis pilosula</i> (Bellflower Root).....	75 mg

ADDITIONAL INGREDIENTS: Purified water, Benzoic acid (buffered), Citric acid, Potassium sorbate.

DIRECTIONS BY ANIMAL'S BODY WEIGHT:

1-10 lbs 0.5-4.5 kg.....	½ teaspoon (2.5 mL) per day
11-20 lbs 5-9.1 kg.....	1 teaspoon (5 mL) per day
21-50 lbs 9.5-22.7 kg.....	1½ teaspoons (7.5 mL) per day
51-100 lbs 23.1-45.4 kg.....	2 teaspoons (10 mL) per day
>100 lbs 45.4 kg.....	1 tablespoon (15 mL) per day

Syringe directly into the mouth for best results. Can be added to animal's food. For performance dogs, administer dose pre and post event. Shake well before use. For use in cats and dogs only.

STORAGE: Refrigerate after opening. Consume within six (6) months after opening.

CAUTIONS: Never exceed recommended dosage unless in consultation with a licensed veterinarian or animal health professional. Keep opening of bottle away from animal's mouth; do not have animal lick from bottle opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Contains plant sourced phytonutrients and trace nutrients
- ✓ Has adaptogenic sources for the maintenance of good health
- ✓ Helps to reduce mental and physical fatigue
- ✓ Supports stamina, strength, and mental focus
- ✓ Promotes athletic performance and endurance



The five botanical herbs used in **EnduraStress™** are traditionally used to fight the effects of stress, fatigue and stimulate energy function in a healthy way. The plant-sourced nutrients provide trace nutrients and phytochemicals that are used to fend off the harmful effects of stress and support the immune system. Collectively, this formulations contains herbs that have adaptogenic, anti-fatigue, anti-stress, and immunomodulatory actions and properties, and supports stamina in the body. For athletic and performance dogs, to ensure their personal best or to have that winning edge, they need stamina.

For dog sports, this adaptogenic formulation can be used before training (15-20 minutes before hand). It can also be used post event for recovery. For multiple dogs or cats in one household (or rescue shelters), add a dose to their daily meals. Dose is by body weight and can be added to food, but never water.

North American ginseng has been traditionally used to decrease the effects of mental stress while simultaneously invigorating the body. This herb is beneficial during times of mental or emotional fatigue and/or distress. It is known to help digestion in cases of nervousness and/or stress; helps maintain a healthy immune system; helps the body to cope with both physical/ mental stress; is a mild sedative which helps relieve nervousness; used in supportive therapy for the promotion of healthy glucose levels; and has adaptogenic, tonic, immunostimulant, nervine and hepatic properties.

Eleuthero root/Siberian ginseng is a well-known adaptogenic herb that aids in the reduction of stress and the increase of mental alertness. Known to naturally increase athletic stamina and endurance, Siberian ginseng works synergistically with *Codonopsis pilosula* (Bellflower) to increase athletic performance. It is known as a tonic that helps relieve general debility and/or to aid during convalescence; helps to improve mental/or physical performance after periods of mental and/or physical exertion; and has adaptogenic, anti-inflammatory, antioxidant, anti-spasmodic, immunogenic and nervine properties.

Ashwagandha is often called Indian ginseng has been traditionally used to aid in situations of anxiety and other psychological stressors. It is known (TCM) to help relieve general debility, especially during convalescence or old age. It is known traditionally as the best herb for rejuvenation of the muscular system. As a nervine tonic, ashwagandha possesses the ability to strengthen and feed the tissues directly, reducing the harmful effects that stress can have, fighting fatigue and stimulating nerve communication. This herb has adaptogenic, analgesic, antibiotic, anti-stress, cardioprotective, and diuretic properties.

Astragalus root is used to combat the negative effects associated with stress and brings balance back into an individual. Astragalus promotes alertness all the while stimulating energy and is known to: exert beneficial effects on various types of inflammatory conditions; helps maintain a healthy immune system; helps the body to better cope with both physical and mental stress; boosts energy levels; protects cells against damage caused by free radicals; protects the body from various stresses; supports liver functions; and has adaptogenic, antioxidant, digestive, diuretic, immunostimulant, nervine and tonic properties.

Bellflower root is one of the adaptogenic herbs which helps to strengthen and defend against high levels of stress, anxiety, and fatigue. It exerts beneficial effects on various inflammatory conditions thus supporting the immune system. It is known (TCM) to help the body to better cope with both physical and mental stress, improves cognitive function and supports the liver functions. Bellflower has adaptogenic, antioxidant, digestive, diuretic, immunostimulant, nervine and tonic properties.

E-Z Mobility™

Supports Healthy Joints and Flexibility

120 mL/bottle – UPC 826913401709

500 mL/bottle – UPC 826913401600

1 L/bottle – UPC 826913401754

NN.K1D7

RECOMMENDED USE: Supports healthy joints and flexibility. Provides support for healthy muscles.

INGREDIENTS PER 1 TEASPOON (5 mL):

Methylsulfonylmethane (MSM)	250 mg
<i>Notopterygium incisum</i> (Notopterygium Root)	250 mg
<i>Ledebouriella divaricata</i> (Siler Root)	175 mg
<i>Rehmannia glutinosa</i> (Rehmannia Root)	125 mg
<i>Gentiana macrophylla</i> (Gentian Root)	75 mg
<i>Angelica pubescens</i> (Angelica Root)	50 mg
<i>Curcuma longa</i> (Turmeric Rhizome)	50 mg
<i>Acanthopanax gracilistylus</i> (Acanthopanax Bark)	50 mg

ADDITIONAL INGREDIENTS: Purified water, Benzoic acid (buffered), Citric acid, Potassium sorbate.

DIRECTIONS BY ANIMAL'S BODY WEIGHT:

1-10 lbs 0.5-4.5 kg	½ teaspoon (2.5 mL) per day
11-20 lbs 5-9.1 kg	1 teaspoon (5 mL) per day
21-50 lbs 9.5-22.7 kg	1½ teaspoons (7.5 mL) per day
51-100 lbs 23.1-45.4 kg	2 teaspoons (10 mL) per day
>100 lbs 45.4 kg	1 tablespoon (15 mL) per day

Syringe directly into the mouth for best results. Can be added to animal's food. For use in cats and dogs only.

CAUTIONS: Not for use in young, pregnant and lactating animals. Not for use in animals with diarrhea or stomach ulcers. Use with caution in animals with loose stools. Consult a veterinarian if administered with other medications. Not to be used in high doses with anticoagulant drugs. Do not exceed recommended dose. Not for long term use. May cause drowsiness or sedation. Do not use if security seal is broken.

STORAGE: Shake well before use. Refrigerate after opening. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ For the maintenance of good joint/tendon health
- ✓ Provides the muscles relief from stiffness and soreness
- ✓ Helps the body to cope with physical and mental strain
- ✓ Provides trace elements and phytonutrients
- ✓ Antioxidants from herbs help to reduce inflammation
- ✓ Helps ease aches and discomfort associated with daily activity
- ✓ MSM helps to ease joint aches associated with osteoarthritis conditions
- ✓ Supports healthy joints and flexibility
- ✓ Maintains healthy joints and muscles

E-Z Mobility™ contains seven botanicals that contain antioxidant and anti-inflammatory properties, together with methylsulfonylmethane (MSM), known for its support in the relief of pain associated with osteoarthritic conditions. This is a unique formulation and is a great choice for your pet's mobility.

Methylsulfonylmethane (MSM) helps to relieve joint pain associated with osteoarthritis and osteoarthritis of the knee. MSM is an organic sulfur-containing mineral that is used to improve immune function, reduce inflammation and it helps restore healthy body tissue. MSM provides biologically active sulfur, which is the fourth most plentiful mineral in the body, and it is needed for many different critical bodily functions. **For more information, see page 53.**

Notopterygium root helps to maintain joint health, supports the immune system and provides antioxidants. It also aids in relieving aches in rheumatic conditions and is used for the relief of hip, elbow and shoulder pain. Notopterygium has analgesic, anti-fungal, anti-inflammatory, anti-microbial, antioxidant, and anti-spasmodic properties.

Siler root relieves body aches and supports joint health. It is also useful for rheumatic aches, especially when the ache seems to move from place to place. Siler root in traditional Chinese medicine is the herb of choice for body aches and pain. It exhibits anti-proliferative, antioxidant and anti-inflammatory activities, analgesic, anti-rheumatic, anti-microbial, carminative, and anti-spasmodic properties.

Rehmannia root is an adaptogen which can increase the resistance to physical, environmental, emotional or biological stressors at the same time to restore normal physiological function to the body. It is also an adrenal restorative, thus assisting in improving the health of the adrenal glands. Rehmannia root contains adaptogenic, antiseptic, anti-bacterial, anti-fungal, anti-inflammatory, and tonic properties.

Gentian root exhibits potent anti-inflammatory action by suppressing the production of pro-inflammatory cytokines. Gentian root is beneficial for joint pain, a bitter tonic, and helps to maintain blood health, protects the liver, and promotes bile flow. It also has analgesic, digestive, stimulant and carminative properties.

Pubescent Angelica root is beneficial for painful joints and it strengthens tendons. Pubescent Angelica root provides antioxidant support and has analgesic, anti-inflammatory, anti-spasmodic, hepatic, laxative and sedative properties.

Turmeric rhizome has anti-inflammatory properties that help to reduce the aggravation that occurs with arthritis as it reduces inflammation. It also supports the liver functions and aid the digestive process by increasing bile (supporting the natural elimination processes). Turmeric provides antioxidants and helps to relieve pain and inflammation, and assists in healing minor wounds, cuts, burns and minor skin irritations. It also possesses anti-inflammatory and hepatic properties.

Acanthopanax bark is traditionally used to strengthen the bones, tendons, sinew and helps with conditions such as rheumatic aches and arthritis in the limbs, and weakness and stiffness in the knees and lower back. It has anti-inflammatory properties and provide trace elements and minerals, and has immunomodulatory properties.



E-Z Rest™

Promotes and Enhances Relaxed Behaviour

120 mL/bottle – UPC 826913400016

500 mL/bottle – UPC 826913400009

1 L/bottle – UPC 826913400801

NN.B3VY

RECOMMENDED USE: Promotes and enhances relaxed behaviour.

INGREDIENTS PER 1 TEASPOON (5 mL):

<i>Albizia julibrissin</i> (Silktree Flower)	50 mg
<i>Biota orientalis</i> (Arborvitae Seed)	350 mg
<i>Ziziphus jujuba</i> (Jujube Fruit)	50 mg

ADDITIONAL INGREDIENTS: Purified water, Benzoic acid (buffered), Citric acid, Potassium sorbate.

DIRECTIONS BY ANIMAL'S BODY WEIGHT:

1-10 lbs 0.5-4.5 kg.	½ teaspoon (2.5 mL) per day
11-20 lbs 5-9.1 kg.	1 teaspoon (5 mL) per day
21-50 lbs 9.5-22.7 kg.	1½ teaspoons (7.5 mL) per day
51-100 lbs 23.1-45.4 kg.	2 teaspoons (10 mL) per day
>100 lbs 45.4 kg.	1 tablespoon (15 mL) per day

Syringe directly into the mouth for best results. Can be added to animal's food. For use in cats and dogs only.

CAUTIONS: Not for use in young, pregnant, and lactating animals. Do not combine with prescription medication or exceed recommended dose. Do not use if security seal is broken.

STORAGE: Shake well before use. Refrigerate after opening. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Acts as a mild sedative
- ✓ Supports balanced behaviour
- ✓ Promotes relaxation
- ✓ Maintains calmness
- ✓ Calming effect in stressful situations
- ✓ Can reduce tension and improve mood



E-Z Rest™ is a natural calmer for pets who may have thunderstorm fright, separation anxiety or have anxious behavioral problems. Pets suffer from the same stressors that cause human anxiety. Moving to a new home, the loss of a loved one, an introduction of a new pet or family member can all trigger a flight or fight response. This can be seen as stress or anxiety felt by a cat or dog and may result in destructive behaviours, loss of sleep (for the human owner) or appetite issues. Yowling or barking at all hours, especially due to separation anxiety or fear of being alone, can also be solved with a little training, herbal support and patience. It may also reduce the actions and behaviour of some excited breeds which makes for better training opportunities, new experiences or new places.

With regular use, this formulation helps to reduce fear and anxiety associated with noise phobias, storm phobias, the fear of separation from owner, fear of unfamiliar people and places, fear of other animals, veterinary clinic visits, boarding kennels and car rides. The types of herbs present in E-Z Rest™ have mild sedative actions which support the central nervous system in dogs and cats with a history of exhibiting anxiousness, nervousness, hyperactivity, discontent or are responding to environmentally-induced stress.

The botanical extracts in E-Z Rest™ are referred to as nervines and they have sedative actions that act on the central nervous system which in turn help to calm your pet. E-Z Rest™ has been specifically formulated with these particular pet anxieties in mind. Suitable for both cats and dogs, E-Z Rest™ is an easy-to-use, and better absorbed liquid formulation.

Silktree flower balances mood, reduces worry, and has a calming effect and promotes sleep; it exerts beneficial effects on various types of inflammatory conditions; a source of antioxidants to maintain health and to reduce oxidative stress; has anxiolytic properties (inhibits anxiety), meaning that it is helpful with anxiety disorders by supporting the serotonin pathways; is used traditionally as a tonic to replenish the liver, quiet the mind, and strengthen tissues; in traditional Chinese medicine (TCM), it is used to nourish the heart and calm the spirit; has analgesic, carminative, digestive, diuretic, nervine, sedative, stimulant and tonic properties.

Arborvitae seed is a traditional Chinese herb based on the theory of traditional Chinese medicine; is said to nourish the heart (trace mineral sources) and has a calming effect over conditions like irritability; in TCM, this herb is used for insomnia, poor memory, and palpitations with anxiety due to heart blood deficiency; has allergenic, calmative, diuretic, nervine, stomachic, sedative and tonic properties.

Jujube fruit – the fruit and seeds have a sedative effect which helps to stabilize mood, relieve nervousness and promote sleep; is a source of antioxidants for oxidative stress and supports the immune system; in TCM, it is used to promote healthy bowel movements and protects the liver, and reduces listlessness as it has a calming effect; has analgesic, diuretic, expectorant, laxative, nervine, relaxant and sedative properties.



GlucosaPet™

Promotes Healthy Cartilage and Joint Functions

120 mL/bottle – UPC 826913400160 1 L/bottle – UPC 826913400900

500 mL/bottle – UPC 826913400153 4 L/bottle – UPC 826913400955

NN.B0K6

RECOMMENDED USE: Promotes healthy cartilage and joint functions.

INGREDIENTS PER 1 TEASPOON (5 mL):

D-Glucosamine Sulphate (Shellfish exoskeletons)	500mg
Methylsulfonylmethane (MSM)	500 mg
Chondroitin Sulphate (Bovine Cartilage)	150 mg
<i>Harpagophytum procumbens</i> (Devil's Claw Root)	20 mg
<i>Boswellia serrata</i> (Frankincense Resin)	10 mg
<i>Ledebouriella divaricata</i> (Siler Root)	10 mg

ADDITIONAL INGREDIENTS: Purified water, Benzoic acid (buffered), Citric acid, Potassium sorbate.

DIRECTIONS BY ANIMAL'S BODY WEIGHT:

1-10 lbs 0.5-4.5 kg	½ teaspoon (2.5 mL) per day
11-20 lbs 5-9.1 kg	1 teaspoon (5 mL) per day
21-50 lbs 9.5-22.7 kg	1½ teaspoons (7.5 mL) per day
51-100 lbs 23.1-45.4 kg	2 teaspoons (10 mL) per day
>100 lbs 45.4 kg	1 tablespoon (15 mL) per day

Syringe directly into the mouth for best results. Can be added to animal's food. For use in cats and dogs only.

CAUTIONS: Not for use in young, pregnant, and lactating animals. Do not use in animals with diabetes, gastrointestinal disease or liver disease, unless directed by a veterinarian. Not for use with other medications given simultaneously (may delay absorption). Do not exceed recommended dose. Do not use if security seal is broken.

STORAGE: Shake well before use. Do not refrigerate. Consume within three (3) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Improves mobility
- ✓ Promotes cartilage and joint functions
- ✓ Helps to protect against the deterioration of cartilage
- ✓ Helps to maintain knee and joint health
- ✓ Improves performance and daily activity restricted by impaired mobility and pain



GlucosaPet™ contains natural and traditional anti-inflammatories like devil's claw root and siler root, that exert beneficial effects on various types of inflammatory conditions. *Boswellia serrata* is an Ayurvedic botanical from India, long used to relieve joint inflammation. All are excellent choices to encourage recovery for your pets. D-Glucosamine sulphate is used to help relieve osteoarthritic symptoms, is effective in reducing joint pain and is a factor of healthy cartilage. Suitable for both cats and dogs, each serving of GlucosaPet™ gives them the recommended daily dose of essential minerals and nutrients for healthy bones, joints and ligaments.

D-Glucosamine sulphate helps to relieve pain associated with osteoarthritis and osteoarthritis of the knee. It helps to protect against the deterioration of cartilage as it promotes cartilage synthesis. It is a factor in maintaining healthy cartilage and/or joint health. Glucosamine stimulates the production of glycosaminoglycans and proteoglycans. These are essential building blocks of cartilage. Under arthritic conditions, the body's need for glucosamine increases. If the body cannot provide enough glucosamine to meet this increased need, then the joint repair process suffers and the result can be joint and tissue damage. D-glucosamine sulphate is the purest form of glucosamine that is recognized by the body and is best manufactured through enzymatic processes. D-glucosamine sulphate provides the D-isomer form of glucosamine which is 100% utilized/integrated into the body's tissues (tendons, ligaments and sinew).

Methylsulfonylmethane is an organic sulfur-containing mineral that is used to improve immune function, reduce inflammation and to help restore healthy body tissue. MSM is also used for pain associated with osteoarthritis, degenerative joint problems and helps form connective tissue and repairs joints, tendons and ligaments. MSM has been well researched and shows that it can decrease joint inflammation, improves flexibility and restores collagen production. MSM is a mineral required in the formation of the extra cellular matrix that is an integral part of cartilage formation and restoration.

D-Chondroitin sulphate helps to relieve the pain associated with osteoarthritis of the knee and joints, and also helps to inhibit enzymes that are destructive to the joints. Chondroitin is also a major constituent of cartilage. It draws fluid into the tissue, thus promoting water retention to give the cartilage more elasticity, as well as slowing the break-down by protecting it from destructive enzymes. D-chondroitin is a more complex molecule than glucosamine, however, it is still effective in the repair of cartilaginous tissue.

Devil's claw root contains bioflavonoids and phytosterols, which are plant-based antioxidants with antispasmodic properties. Because of its anti-inflammatory properties, it helps to relieve joint pain associated with osteoarthritis. It also helps to stimulate the appetite as the root is used as a bitter tonic to support the digestive system. It has analgesic, anti-inflammatory, anti-rheumatic and sedative properties.

Frankincense resin exerts beneficial effects on allergic respiratory ailments, and exerts beneficial effects on various types of inflammatory conditions. *Boswellia serrata* comes from a tree from India and the gummy resin is used. *Boswellia* blocks the synthesis of pro-inflammatory 5-lipoxygenase products, including 5-hydroxyeicosatetraenoic acid (5-HETE) and leukotriene B4 (LTB4).

Siler root relieves body aches and supports joint health. It is also useful for rheumatic aches, especially when the ache seems to move from place to place. Siler root in traditional Chinese herbalism is the herb of choice for body aches and pain. It exhibits anti-proliferative, antioxidant and anti-inflammatory activities. It also has analgesic, anti-rheumatic, anti-microbial, carminative, and anti-spasmodic properties.

HealthyPet™

Immune Boosting Formula

120 mL/bottle – UPC 826913400115 1 L/bottle – UPC 826913401006

500 mL/bottle – UPC 826913400108

NN.NOF7

RECOMMENDED USE: Supports the immune system.

INGREDIENTS PER 1 TEASPOON (5 mL):

<i>Ganoderma lucidum</i> (Reishi Mushroom)	250 mg
<i>Astragalus membranaceus</i> (Astragalus Root)	200 mg
<i>Echinacea angustifolia</i> (Echinacea)	200 mg
<i>Withania somnifera</i> (Ashwagandha Root)	100 mg
<i>Eleutherococcus senticosus</i> (Siberian Ginseng Root)	100 mg

ADDITIONAL INGREDIENTS: Purified water, Benzoic acid (buffered), Citric acid, Potassium sorbate.

DIRECTIONS BY ANIMAL'S BODY WEIGHT:

1-10 lbs 0.5-4.5 kg.	½ teaspoon (2.5 mL) per day
11-20 lbs 5-9.1 kg.	1 teaspoon (5 mL) per day
21-50 lbs 9.5-22.7 kg	1½ teaspoons (7.5 mL) per day
51-100 lbs 23.1-45.4 kg	2 teaspoons (10 mL) per day
> 100 lbs 45.4 kg	1 tablespoon (15 mL) per day

Syringe directly into the mouth for best results. Can be added to animal's food. For use in cats and dogs only.

CAUTIONS: Not for use in young, pregnant or lactating animals. Do not use in animals with bleeding disorders, cardiovascular disease, diabetes, auto-immune disease, thyroid disease or receiving other drugs unless directed by a veterinarian. Do not use if security seal is broken.

STORAGE: Shake well before use. Refrigerate after opening. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Herbs provide antioxidants for the maintenance of good health
- ✓ Helps the body to better cope with physical and mental exertion
- ✓ Supports the immune system and biochemical interactions
- ✓ A rejuvenative tonic that supports the immune system
- ✓ Protects cells against free radical oxidative stress
- ✓ Helps relieve general debility, especially during convalescence or old age
- ✓ Has plant-sourced phytonutrients and trace nutrients

HealthyPet™ is specially formulated with biological response modifying herbs containing antioxidant properties which help to maintain normal immune system function, and to reduce the negative effects associated with stress. The following herbs are contained in HealthyPet™; Reishi mushroom, Astragalus, Echinacea, Ashwagandha and Siberian ginseng.

Reishi mushroom has traditionally been used to dispel phlegm, stops coughs and arrests wheezing by supporting the immune pathways through its anti-inflammatory actions. It has also been used as a liver tonic and may promote appetite. Its nutrients and trace elements provide antioxidants to maintain better health. Reishi mushroom enhances the T-lymphocyte activity, thus boosting the immune system. It has adaptogenic, anti-allergic, anti-inflammatory, anti-microbial, antioxidant and immune stimulant actions.

Astragalus is known to stimulate the immune system through its antioxidant actions toward inflammatory conditions. It is a rejuvenating tonic to the liver and helps maintain a healthy immune system. This may help the body to cope better both physically and mentally. Astragalus root helps maintain a healthy immune system, helps the body to better cope with both physical and mental stress, boosts energy levels, and promotes recovery from anemia. It has adaptogenic, antioxidant, digestive, diuretic, nerve, immunostimulant and tonic properties.

Echinacea is commonly used for colds or flu-like symptoms and relieves symptoms of upper respiratory tract infections. It boosts the immune system directly due to a number of active chemicals like polysaccharides, alkylamides, flavonoids and polyacetylenes. It can boost the immune system to attack and kill microbial actions, thus echinacea is effective in stimulating the immune pathways. Echinacea helps to relieve symptoms of upper respiratory tract infections; it supports the immune system; and maintains healthy skin. It has analgesic, anti-inflammatory, anti-microbial, antiseptic, diaphoretic, immunomodulating, stimulant and tonic properties.

Ashwagandha is traditionally used as a rejuvenating tonic to help relieve general weakness, especially during recovery times. It can help reduce cortisol levels which reduces stress and anxiety. Therefore, it can help the cat and dog's body to cope better both physically and mentally with stress. It has a strong adaptogenic action that works synergistically to enhance the restorative effects of astragalus and eleuthero root (Siberian ginseng). Ashwagandha root helps relieve general debility as it is a rejuvenate tonic and has adaptogenic, analgesic, antibiotic, anti-stress, cardio-protective, and diuretic properties.

Eleuthero root/Siberian ginseng has been traditionally used to fight colds, flu-like symptoms, and to increase normal energy levels and general vitality. It is one of the best adaptogenic herbs to help the body cope better with either mental or physical stress. It can increase the body's abilities to resist and endure physical, normal body chemical responses (cortisol) and psychological stress. Thus, it can enhance stamina and accelerate recovery. Siberian ginseng is a tonic to help relieve general debility and/or to aid during convalescence. This herb has adaptogenic, anti-viral, cardio-protective, diuretic properties and is an immune stimulant.



Hyaluronic Acid for Cats and Dogs

Joint Lubricant

120 mL/bottle — UPC 826913402300 1 L/bottle — UPC 826913400627

250 mL/bottle — UPC 826913400641 4 L/bottle — UPC 826913400634

500 mL/bottle — UPC 826913400610

NN.P6K3

RECOMMENDED USE: Supports healthy joints and flexibility. Provides support for healthy muscles.

INGREDIENT PER 1 TEASPOON (5 mL):

Hyaluronic Acid 30 mg

Glycyrrhiza glabra (Licorice Root) 63 mg

ADDITIONAL INGREDIENTS: Purified water, Benzoic acid (buffered), Citric acid, Potassium sorbate.

DIRECTIONS BY ANIMAL'S BODY WEIGHT:

1 – 10 lbs | 0.5–4.5 kg ¼ teaspoon (1.25 mL) daily

11–20 lbs | 5–9.1 kg ½ teaspoon (2.5 mL) daily

21–40 lbs | 9.5–18.2 kg 1 teaspoon (5 mL) daily

41–75 lbs | 18.6–34 kg 1½ teaspoons (7.5 mL) daily

76–100 lbs | 34.5–45.4 kg 2 teaspoons (10 mL) daily

> 100 lbs | 45.4 kg 2½ teaspoons (12.5 mL) daily

CAUTIONS: Not for use in young, pregnant, and lactating animals. Do not use in animals with heart/kidney disease or receiving other drugs, unless directed by a veterinarian. Do not exceed recommended dose. Do not use if security seal is broken.

STORAGE: Shake well before use. Do not refrigerate. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Maintains healthy gums
- ✓ Accelerates wound healing
- ✓ Improves muscular strength
- ✓ Maintains healthy joint mobility and joint flexibility
- ✓ Maintains healthy joint and cartilage functions
- ✓ Improves viscosity of the synovial (lubricating) fluid
- ✓ Decreases levels of prostaglandins
- ✓ Maintains vibrant skin health
- ✓ Maintains moisture at cell level
- ✓ Assists in the anti-aging process
- ✓ Maintains health of the eyes
- ✓ Reduces pain and swelling within the joint
- ✓ Increases the fluid levels in the tissues

Hyaluronic acid is a glycosaminoglycan, typically a very long chain, present as a component of all connective tissue. Hyaluronic acid is synthesized naturally in a healthy body and as your pets age, the levels of hyaluronic acid decrease and as a result, your older pet may have aching and stiff joints. Hyaluronic acid helps in connective tissue formation and in the development and maintenance of cartilage. In an inflammatory situation or a disease state, it may help to supplement with a liquid oral hyaluronic acid to support the synovial membranes of the joints. Hyaluronic acid increases the viscosity of the synovial fluid and serves to reduce the wear-and-tear stress on the articular cartilage and related joint structures.

Hyaluronic acid is a gel-like water holding molecule that is the space filler and cushioning agent in all mammals, and it is an important component of joint fluid. It is distributed widely throughout connective, epithelial, neural tissues and intracellular fluids. It is found naturally in the synovial joints, and it owns a key role in musculoskeletal structure as a cushioning and lubricating agent between joint surfaces. It helps to lubricate the joints and has a protective action for the cartilage, as well as anti-inflammatory actions. Hyaluronic acid is a great choice for senior dogs and cats.

Omega Alpha® uses a short chain for higher absorption in the body. It is also used for joint function and muscle strength, and it is specially formulated with a unique delivery system to ensure higher bioavailability. Hyaluronic acid, as a long chain, needs to be repackaged into smaller chains which would then be utilized in the body.

Licorice expels phlegm and mucus from the respiratory tract, relieves coughs and soothes mucous membranes. It helps relieve inflammatory conditions of the gastrointestinal tract and has alterative, anti-inflammatory, antioxidant, anti-spasmodic, anti-viral, diuretic, expectorant, hepatoprotective, and immunostimulant properties.



HerbaCoat™

After Bath Coat Conditioner for Dogs

120 mL/bottle – UPC 826913401808

1 L/bottle – UPC 826913402058

INGREDIENTS: Purified water, Aloe vera, Citronella oil, Lavender oil, Neem oil, Sunflower oil, Surfactant, Vegetable glycerine.

DIRECTIONS: Apply liberally to body; avoid the mouth and eyes.

CAUTIONS: Shake well before use. HerbaCoat™ is for external use only. Recommended for dogs only and is not suitable for cats due to their self-grooming behaviour.

FEATURES & BENEFITS:

- ✓ An all-natural afterbath coat conditioner
- ✓ Creates a healthy and shiny coat
- ✓ Maintains healthy skin for any minor skin irritations
- ✓ Water-based formula
- ✓ Leaves no oily residue
- ✓ Easily removes excess dirt and dust
- ✓ Has a robust herbal oil scent
- ✓ Contains a blend of neem, citronella and lavender oil
- ✓ Recommended for dogs only
- ✓ Not suitable for cats due to their self-grooming behaviour

HerbaCoat™ offers a natural, topical alternative solution leaving your dog's coat shiny and manageable. It has a natural herbal scent containing a soothing blend of three well-known herbal oils and aloe vera. The oils in HerbaCoat™ have traditionally been used for these properties: neem oil has anti-bacterial and antiseptic properties and can help soothe itching and discomfort; citronella oil is known to help soften the skin, coat, and is helpful for minor skin irritations; lavender oil helps to relieve minor skin irritations and is beneficial for itchy or dry skin; and aloe vera is known to effectively soothe itching from minor skin irritations. Apply liberally to your dog's body, avoiding the mouth and eyes. HerbaCoat™ is recommended for dogs only and is not suitable for cats due to their self-grooming behaviour.



Aloe Vera is used as a topical agent in HerbaCoat™ and this botanical is typically used in natural remedies for humans and found in traditional medicine (India) for constipation, digestion and minor skin infections. In Traditional Chinese medicine, it's often used in the treatment of fungal diseases, and in the Western world, it has found widespread use in the cosmetic, pharmaceutical and natural health food industries. Aloe vera's active components have been identified in the plant includes: vitamins, minerals, saccharides, amino acids, anthraquinones, enzymes, lignin, saponins and salicylic acids. Aloe vera can be used safely as an anti-fungal and anti-microbial agent. Aloe vera helps to stop the itching associated with dry, irritated skin as it helps to moisturize and protect the skin. Aloe vera is an effective way to keep the skin free of bacteria and uncomfortable skin reactions. Aloe vera possesses anti-inflammatory, anti-bacterial, anti-fungal, anti-viral, antioxidant and antiseptic properties.

Citronella oil is used as a topical agent in HerbaCoat™. It helps relieve joint/muscle aches associated with sprains, strains, rheumatoid arthritis. It can be used as a carminative/antispasmodic for relief of digestive discomfort. Citronella has anti-rheumatic, carminative and antispasmodic properties.

Sunflower oil is used as a topical agent and surfactant in HerbaCoat™. Sunflower oil is linoleic acid produced by expressing the oils from sunflower seeds and is typically used internally in the body. It is low in saturated fat, which makes it a better choice than oils and fats that are high in saturated fat. Sunflower oil helps with blood clotting and immune system response, and has anti-inflammatory, expectorant and stimulant properties.

Neem oil is loaded with nutrients and is high in important fatty acids and vitamin E, and can quickly penetrate outer layers of skin. It's extremely effective in healing dry and damaged skin. It is used in holistic health care products because it contains high levels of antioxidants that help protect the skin from environmental damage. Neem also helps fight free radical damage in the skin because it contains a phytonutrient called carotenoids, which provide high antioxidant action. As a result, neem oil and neem extracts are widely used in cosmetics such as soap, hair products, cosmetics, hand creams and pet shampoos. The fatty acids and vitamin E found in neem oil are easily absorbed into the skin without leaving the skin greasy. Once absorbed, these powerful properties work to rejuvenate the skin's cells and restore elasticity. Benefit-rich vitamin E acts as a free radical scavenger by hindering the oxidizing processes in the skin. It promotes soft and supple skin, helps in reducing old scars and promotes healing. The neem plant is known for the following properties: alterative, analgesic, anti-bacterial, anti-inflammatory and antiseptic.

Lavender oil is used as a topical agent in HerbaCoat™. It is used as a nervine/calming and helps relieve joint/muscle aches associated with sprains or strains. It is used as a carminative/antispasmodic for relief of digestive discomfort. Lavender also helps to relieve colds/coughs and has sedative, spasmolytic and anti-microbial properties.

**I would like my
after bath spray please!**



Supporting the Natural Detoxification Processes

Age / Senior

Weight

Skin
Allergies

Energy

- ✓ Promotes healthy organ functions
- ✓ Supports liver, lung & kidney systems
- ✓ Contains antioxidants (reducing inflammation)
- ✓ Supports stress & energy levels
- ✓ Aids natural detoxification processes
- ✓ Contains herbal nutrients from Traditional Chinese Medicine (TCM)



Trusted Since 1992

OmegaAlpha.com |  Proudly Canadian |   

KidneyTone™

Kidney Detoxification Formula

120 mL/bottle – UPC 826913400214

500 mL/bottle – UPC 826913400207

INGREDIENTS PER 1 TEASPOON (5 mL):

<i>Crataeva nurvala</i> (Three Leaved Caper)	100 mg
<i>Lysimachia christinae</i> (Christina Loosestrife Herb)	100 mg
<i>Schizandra chinensis</i> (Chinese Magnolia Vine Fruit)	100 mg
<i>Arctostaphylos uva-ursi</i> (Uva ursi Leaf)	100 mg
<i>Zea mays</i> (Corn Silk)	75 mg
<i>Equisetum arvense</i> (Horsetail)	50 mg

ADDITIONAL INGREDIENTS: Purified water, Benzoic acid (buffered), Citric acid, Potassium sorbate.

DIRECTIONS BY ANIMAL'S BODY WEIGHT:

1-10 lbs 0.5-4.5 kg	½ teaspoon (2.5 mL) daily
11-20 lbs 5-9.1 kg	1 teaspoon (5 mL) daily
21-50 lbs 9.5-22.7 kg	1½ teaspoons (7.5 mL) daily
51-100 lbs 23.1-45.4 kg	2 teaspoons (10 mL) daily
>100 lbs 45.4 kg	1 tablespoon (15 mL) daily

Syringe directly into the mouth for best results. Can be added to animal's food. For use in cats and dogs only.

CAUTIONS: Safe use in pregnant animals or animals intended for breeding has not been proven. If animal's condition worsens or does not improve, stop product administration and consult your veterinarian. Do not use if security seal is broken.

STORAGE: Shake well before use. Refrigerate after opening. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS

- ✓ Maintains and promotes healthy kidney functions
- ✓ Helps the body to excrete more urine naturally
- ✓ May improve symptoms of urinary tract problems
- ✓ Provides a rich source of antioxidants that are important for normal kidney functions
- ✓ Increases excretion of metabolites/toxins from the body



The kidneys are just as important to the health of your animal companion as they are for humans. Pets can be exposed to the same environmental and biological toxins as humans, and they may benefit from a gentle cleanse of the kidneys. The kidneys are sophisticated reprocessing machines that filter waste products, excess salt, and water out of the blood and pass these out of the body as urine. The kidneys also make hormones that control blood pressure, as well as maintain bone metabolism and the production of red blood cells. Traditional Chinese Medicine (TCM) use herbs that are known to support the kidneys: Uva Ursi, Schisandra fruit, Three-Leaved Caper, Corn Silk, Horsetail and Christina Loosestrife herb. These herbs are in our formulation.

In the same way that most humans will benefit from organ detoxification at least twice a year, your cat or dog may benefit from detoxifying the kidneys. **KidneyTone™** is an easy-to-use, and better absorbed liquid formulation that is suitable for both cats and dogs.

Three Leaved Caper helps increase urine flow, supports prostate health; promotes kidney and urinary tract health; has anti-inflammatory, bladder tonic, carminative, and diuretic properties.

Christina Loosestrife herb exerts beneficial effects on various inflammatory conditions; promotes urine flow; provides antioxidants for the maintenance of health; supports kidney health; the major constituents of Christina loosestrife herb, quercetin, quercetin 3-O-β-D-glucopyranoside, and kaempferol 3-O-β-D-glucopyranoside, have shown free radical scavenging activity; exhibits anti-inflammatory, antioxidant, and diuretic actions.

Chinese Magnolia Vine fruit has been described in pharmacopoeias and well established studies as a general tonic for fatigue associated with illness and for urinary tract disorders; has antioxidants for a healthy immune system; helps the body to better cope with both physical and mental stressors, is used to support the liver functions and supports the health of kidneys; and has adaptogenic, astringent, cardiogenic, expectorant, hepatic, nerve and renal tonic actions.

Uva Ursi leaf exerts antiseptic effects on the urinary mucous membrane, fights bladder infections, neutralizes acidity in urine, promotes urine flow; prevents the growth of microbes, soothes and strengthens irritated and inflamed tissues; reduces aches caused by kidney stones, strengthens and tones the urinary tract; contains diuretic, genitourinary, antiseptic, nephroprotective, and tonic properties.

Corn silk is beneficial in urinary ailments and helps promote urination; exerts beneficial effects on various inflammatory conditions; helps reduce difficulty in urination associated with the early stages of prostate enlargement; supports weight management; has diuretic and stimulant properties.

Horsetail maintains healthy joints and supports bone health; maintains healthy skin, hair and nails; maintains urinary tract health through its phytonutrient properties and promotes urine flow; has anti-inflammatory, diuretic, and hemostatic actions.



LiverTone™

Liver Detoxification Formula

120 mL/bottle — UPC 826913400269 1 L/bottle — UPC 826913400306

500 mL/bottle — UPC 826913400252

NN.K7E1

RECOMMENDED USE: Supports normal liver functions.

INGREDIENTS PER 1 TEASPOON (5 mL):

<i>Artemisia capillaris</i> (Yin-Chen Wormwood Shoot)	150 mg
<i>Bupleurum chinense</i> (Chinese Thorowax).....	150 mg
<i>Gardenia jasminoidis</i> (Cape Jasmine).....	150 mg
<i>Silybum marianum</i> (Milk Thistle Seed)	150 mg
<i>Arctium lappa</i> (Burdock Root)	100 mg
<i>Curcuma longa</i> (Turmeric Rhizome).....	57 mg

ADDITIONAL INGREDIENTS: Purified water, Benzoic acid (buffered), Citric acid, Dandelion, Potassium sorbate.

DIRECTIONS BY ANIMAL'S BODY WEIGHT:

1-10 lbs 0.5-4.5 kg	½ teaspoon (2.5 mL) daily
11-20 lbs 5-9.1 kg	1 teaspoon (5 mL) daily
21-50 lbs 9.5-22.7 kg	1½ teaspoons (7.5 mL) daily
51-100 lbs 23.1-45.4 kg	2 teaspoons (10 mL) daily
>100 lbs 45.4 kg	1 tablespoon (15 mL) daily

Syringe directly into the mouth for best results. Can be added to animal's food.

For use in cats and dogs only.

CAUTIONS: Not for use in young, pregnant and lactating animals. Do not use in animals with bleeding disorders, gastrointestinal ulceration or receiving other drugs, unless directed by a veterinarian. Do not exceed recommended dose. Do not use if security seal is broken. Not for long-term use, unless directed by a veterinarian.

STORAGE: Shake well before use. Refrigerate after opening. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS

- ✓ Provides antioxidants to liver tissue while removing toxins
- ✓ Helps to remove waste metabolites and cleanses the liver, supporting many liver functions
- ✓ Improves energy levels in dogs and cats
- ✓ Aids reduction of waste metabolites
- ✓ Maintains healthy liver functions
- ✓ Helps with fatty liver
- ✓ Bitter herbs increase bile excretion
- ✓ Antioxidants are anti-inflammatory



The liver is the primary organ of detoxification in both humans and animals. Cats and dogs can be exposed to the same environmental and biological toxins as humans do. Toxins must be metabolically processed by the major organs of detoxification; the liver, the lungs and the kidneys so that they can be excreted from the body with other waste material. The liver helps remove toxicity and harmful substances from the blood, aids in hormone production and detoxifies the body. As a major organ, the liver is responsible for the detoxification of many biochemical compounds which can then be excreted by the body in the stool and in the urine.

Your pets may benefit from a gentle cleanse of the liver. An herbal combination can provide antioxidants to the liver, help the cells of the liver regenerate and most importantly, it increases blood flow to the liver which helps flush away the buildup of stagnant material and thereby cleansing the liver of unwanted debris. A periodic cleanse of the liver will greatly improve the liver's natural functions. LiverTone™ is an herbal complex containing six botanicals that have a number of properties and actions that support the liver and the overall health of your pet.

Yin-Chen Wormwood shoot has been recognized as an herb with therapeutic efficacy in liver issues. Yin-Chen has been reported to have antioxidant, anti-steatotic, anti-inflammatory, choleretic, anti-bacterial, anti-viral and anti-fungal properties. It is used to detoxify the liver, supports liver and gallbladder functions, reduces weight, provides antioxidants to the liver and supports the immune system.

Chinese Thorowax is a Chinese tonic herb for the liver and circulatory system. It exerts beneficial effects on various inflammatory conditions; helps the body to better cope with both physical and mental stress; and supports liver functions. This herb possesses adaptogenic, analgesic, anti-bacterial, anti-inflammatory, diuretic and hepatoprotective properties.

Cape Jasmine is used to help balance mood, maintain urinary tract health, promote sleep and provide a calming effect; studies have found that gardenia contains at least 20 active compounds, including a number of powerful antioxidants. This herb possesses antioxidant, adaptogenic and anti-inflammatory properties.

Milk Thistle seed is an herb that has antioxidant and anti-inflammatory properties, and is commonly used to support the detoxification processes in the body, especially the liver. Milk thistle benefits are thought to include being able to promote healthy digestive function by promoting enzyme creation, increasing bile production, decreasing inflammation and soothing the mucous membranes (demulcent) throughout the body and prevents and repairs damage to the liver, protects the liver and supports liver functions; relieves digestive disturbances; and has antioxidant and hepatoprotective properties.

Burdock root is traditionally used in herbalism as a diuretic and is an alternative to help remove accumulated waste products via the kidneys, skin and mucous membranes. It helps alleviate the pain associated with rheumatism and exhibits anti-bacterial, anti-fungal, carminative, and diuretic actions.

Turmeric Rhizome is known for its anti-inflammatory properties; helps to protect the liver and aids in digestion for relieving flatulence; turmeric also helps increase bile excretion by the liver; provides antioxidants, relieves pain and inflammation, and assists in healing minor wounds, cuts, burns and minor skin irritations; has anti-inflammatory and hepatic properties

LungTone™

Respiratory Formula

120 mL/bottle – UPC 826913401624

500 mL/bottle – UPC 826913401556

1 L/bottle – UPC 826913402553

NNJ0F2

RECOMMENDED USE: Supports normal lung functions.

INGREDIENTS PER 1 TEASPOON (5 mL):

Lonicera japonica (Japanese Honeysuckle Flower)	171 mg
Chrysanthemum x morifolium (Chrysanthemum Flower).....	171 mg
Polygala tenuifolia (Thinleaf Milkwort Root)	68 mg
Momordica grosvenorii (Grosvenor Momordica Fruit)	37 mg
Morus alba (Mulberry Leaf).....	34 mg

ADDITIONAL INGREDIENTS: Purified water, Benzoic acid (buffered), Citric acid, Potassium sorbate, Rosemary.

DIRECTIONS BY ANIMAL'S BODY WEIGHT:

1-10 lbs 0.5-4.5 kg	½ teaspoon (2.5 mL) daily
11-20 lbs 5-9.1 kg	1 teaspoon (5 mL) daily
21-50 lbs 9.5-22.7 kg	1½ teaspoons (7.5 mL) daily
51-100 lbs 23.1-45.4 kg	2 teaspoons (10 mL) daily
>100 lbs 45.4 kg	1 tablespoon (15 mL) daily

Syringe directly into mouth for best results. Can be added to animal's food. For use in cats and dogs only.

CAUTIONS: Not for use in young, pregnant and lactating animals. Do not use in animals with diabetes, gastrointestinal disorders or receiving other drugs, unless directed by a veterinarian. Not for use in animals allergic to ragweed or other plants of the Asteraceae/Compositae family. Not for long term use, unless directed by a veterinarian. Do not use if security seal is broken.

STORAGE: Shake well before use. Refrigerate after opening. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

FEATURES & BENEFITS

- ✓ Helps to suppress coughs
- ✓ Helps in easy breathing
- ✓ Acts as an expectorant by cleansing the lungs and reducing toxins
- ✓ Provides antioxidants to lung tissue while reducing mucus and toxins
- ✓ Increases blood flow to the lungs



The respiratory and circulatory systems are a powerful team where the heart and the lungs work together. They ensure that the body is served with sufficient amounts of oxygen-rich blood, as well as providing the return and removal of waste products from the system.

LungTone™ is a botanical formulation based on Traditional Chinese Medicine (TCM) to augment pulmonary function through the clearance of bacterial and environmental contaminants. It has been formulated to improve respiratory health in normal respiratory pathways for dogs and cats. May be used as prevention (along with HealthyPet™) for multi-pet households.

Japanese honeysuckle flower exerts beneficial effects on various inflammatory conditions through antioxidants, helps upper respiratory tract health through its phytonutrient properties, helps to prevent the growth of harmful microbes, and supports gastrointestinal tract health and cardiovascular health. It is known as an anti-inflammatory herb in traditional Chinese herbalism and is used for upper respiratory tract infections; and possesses anti-microbial and anti-inflammatory actions.

Chrysanthemum flower helps facilitate digestion, helps in detoxification, helps slow the progression of vision loss and helps to prevent the growth of microbes. This botanical supports cardiovascular health through its phytonutrient properties, protects cells against damage caused by free radicals, soothes respiratory mucous membranes; and has alterative, anti-bacterial, anti-inflammatory, antioxidant, anti-viral, carminative, and tonic actions.

Thinleaf milkwort root is a calming botanical that reduces nervousness, distress and irritation. It expels phlegm and relieves congestion, improves appetite, promotes digestion and has expectorant and anti-hyperglycemic properties.

Monk fruit has antioxidants and has anti-inflammatory properties. It helps to maintain healthy blood glucose levels, as well as healthy bowel functions and is known in Chinese herbalism to relieve allergies, coughs and phlegm conditions. Monk fruit is a traditional Chinese herb that is used as an expectorant and antitussive for lung congestion, coughs and other respiratory ailments; and it possesses anti-histaminic, anti-oxidative, anti-carcinogenic and anti-hyperglycemic properties.

Mulberry leaf exerts beneficial effects on various inflammatory conditions, provides antioxidants for the maintenance of good health, and supports and maintains cardiovascular health. Mulberry also possesses anti-bacterial, diuretic, analgesic, antitussive, sedative and anti-inflammatory actions.

Rosemary has antioxidants that help to reduce inflammatory conditions and oxidative stress. Rosemary helps relieve flatulence, helps to relax muscles and improves mood. It also provides antioxidants for the maintenance of good health and supports the cardiovascular system; and has anti-inflammatory, antiseptic, astringent, and nerve actions.



Nutrify™

Pet Food Fortifier

150 g/bottle — UPC 826913402201

300 g/bottle — UPC 826913401952

500 g/bottle — UPC 826913402607

INGREDIENTS PER 1 SCOOP (5 g):

Beta-Carotene.....	2500 I.U.	Molybdenum	
Biotin.....	25 mcg	(Sodium Molybdate).....	10 mcg
Boron (Sodium Borate)	500 mcg	Niacinamide (Vitamin B3).....	15 mg
Calcium (Calcium Citrate)	50 mg	Pyridoxine HCl (Vitamin B6).....	1.0 mg
Calcium Pantothenate.....	5 mg	Riboflavin (Vitamin B2).....	1.7 mg
Choline Bitartrate.....	35 mg	R-Alpha Lipoic acid.....	10 mg
Chromium		Selenium	
(Chromium Polynicotinate)....	10 mcg	(L-Selenomethionine)	15 mcg
Copper (Copper Gluconate)	500 mcg	Silicon (Silicon Metasilicate).....	2 mg
D-Glucosamine Sulphate.....	500 mg	Thiamin hydrochloride	
Folic Acid.....	100 mcg	(Vitamin B1).....	1.5 mg
Inositol.....	35 mg	Vitamin B12	2.5 mcg
L-Taurine	100 mg	Vitamin C	50 mg
Magnesium		Vitamin D3	200 IU
(Magnesium Citrate).....	30 mg	Vitamin E	50 IU
Manganese		Zinc (Zinc Citrate)	5 mg
(Manganese Sulphate)	2 mg		

In a proprietary base of: Kelp, Spinach, Parsley, Sprouted wheat grass, Sprouted barley grass, Flax seed, Spirulina, Protease, Amylase, Lipase.

SUGGESTED AMOUNTS FOR DOGS AND CATS: Add 1 level (5 g) scoop per 500 g wet or moist food and mix thoroughly into pet's meal. Add ½ scoop to every 250 g of food. Add ¼ scoop to every 100 g of food. Add ⅛ scoop to every 50 g of food. Can be added to pet's wet food, 1 to 2 times per day.

CAUTIONS: Safe use in pregnant animals or animals intended for breeding has not been proven. If animal's condition worsens or does not improve, stop product administration and consult your veterinarian. Never exceed recommended dosage unless in consultation with a licensed veterinarian or animal health professional. For animal use only. Do not use if security seal is broken.

STORAGE: Do not refrigerate. Store protected from light and moisture. Use within (3) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, wheat or yeast.



FEATURES & BENEFITS:

- ✓ Contains a complete spectrum of vitamins, minerals, antioxidants, essential fats, green food concentrates, sea vegetables, enzymes, and other trace nutrients to benefit your pet at all life stages
- ✓ Highly bioavailable elemental form of nutrients (better absorbed)
- ✓ Nourishes the skin and fur for a healthy and beautiful coat
- ✓ Supports and maintains the healthy development of bones, joints, ligaments and tendons
- ✓ Provides nutritional balance to any pet food diet; raw, cooked, canned, or wet food
- ✓ Provides a convenient, easy-to-use and nutritious way to augment your pet's diet

Beta carotene is a source of vitamin A to help maintain eyesight, skin membranes, and immune function. It also helps in the development and maintenance of bones and teeth.

Vitamin B7 (Biotin) supports the manufacture and utilization of fats and amino acids. It is needed for metabolism and body energy systems. It also plays a beneficial role in cell growth and replication. Biotin helps the body to metabolize carbohydrates, fats and proteins.

Boron is one of the micronutrients required for optimal health and is involved in maintaining good bone mineralization.

Calcium is known for its role in building strong bones, and keeping the dog's or cat's nails, teeth, and coat healthy. Calcium is required to help maintain healthy calcium metabolism for a number of functions. It is required for digestion, blood clotting, squeezing and relaxing muscles, releasing hormones, and proper nerve function.

Vitamin B5 (Pantothenate) plays a role in the production of adrenal hormones and red blood cells. Vitamin B5 also helps the body to metabolize carbohydrates, fats and proteins, as well as tissue formation.

Choline helps to support liver functions and is a factor in the maintenance of good health. It is involved in fat metabolism and in the transport of fats from the liver.

Chromium is an essential trace mineral that helps the hormone insulin to function at its full potential. It helps to prevent chromium deficiency, helps to maintain the body's ability to metabolize nutrients.

Copper is a mineral that the body stores mostly in the bones and muscles. It helps to produce and repair connective tissue and helps to form red blood cells. The liver regulates the amount of copper that is in the blood. Copper is also used for improving wound healing and treating arthritis and brittle bones (osteoporosis).

D-Glucosamine sulphate helps to relieve pain associated with osteoarthritis and osteoarthritis of the knee. It helps to protect against the deterioration of cartilage as it promotes cartilage synthesis. It is a factor in maintaining healthy cartilage and/or joint health. D-glucosamine sulphate is the purest form of glucosamine that is recognized by the body and is best manufactured through enzymatic processes. D-glucosamine sulphate provides the D-isomer form of glucosamine which is 100% utilized/integrated into the body's tissues (tendons, ligaments and sinew).

Vitamin B9 (Folic acid) helps the body to metabolize proteins and form red blood cells. It is also needed for the proper development of the human body.

Inositol has lipotropic properties meaning that it promotes the export of fat from the liver. Inositol helps in normal growth and development, supports biological functions and is a source of vitamins and minerals.

L-Taurine is an essential amino acid that is critical for normal heart muscle function and vision. It is also needed to form the bile salts that aid in digestion. Unlike other amino acids, taurine is found as a free amino acid in body tissues such as the heart and eyes, and is not incorporated into proteins.

Magnesium helps the body to metabolize carbohydrates, proteins and fats. It helps in the development and maintenance of bones and teeth, in tissue formation and it also helps to maintain proper muscle function.

Manganese is an essential trace mineral and is a nutrient used in metabolic and biological functions, supports the nervous system functions and normal bone development.

Molybdenum helps to prevent molybdenum deficiency and helps to maintain the body's ability to metabolize nutrients.

Vitamin B3 helps the body to metabolize carbohydrates, proteins and fats and assists in normal growth and development. It is a component involved in over 50 different chemical reactions in the body. It plays an important role in energy production, fat and carbohydrate metabolism and the manufacture of sex and adrenal hormones. Vitamin B3 is required for basic bodily functions such as turning food into usable energy and creating red blood cells.

Vitamin B6 helps the body to metabolize carbohydrates, proteins and fats, and it helps in tissue formation. Vitamin B6 helps the body make certain hormones, as well as chemicals in the brain called neurotransmitters. It also helps boost immune system functioning. Vitamin B6 is involved in the formation of protein structures, structural compounds and chemical transmitters. B6 is critical in maintaining hormone balance and immune functions. This vitamin is involved in more than 60 different enzyme processes and in cell multiplication.

Vitamin B2 is crucial in the production of energy and is involved in regenerating glutathione (potent antioxidant). It helps the body to metabolize carbohydrates, proteins and fats, as well as helps in tissue formation.

R-alpha Lipoic acid is a cofactor of mitochondrial enzymes and a potent natural antioxidant. It boosts the endogenous antioxidant systems. **For more information, see page 70.**

Selenium provides the body with antioxidant support and helps protect it against oxidative stress by fighting and protecting the cells against free radicals. Selenium also plays a key role in forming the antioxidant enzyme glutathione peroxidase which helps protect the body from free radical damage.

Silicon is a trace mineral that is involved in many enzymatic pathways and metabolic reactions. Silicon works to enhance the re-mineralization of the bone tissue which helps to ensure that calcium and other minerals are deposited onto the bone. It also promotes firmness and strength in the tissues, and helps to maintain healthy hair, nails and/or skin.

Vitamin B1 enhances energy production, specifically for the brain. Thiamin is intricately involved with other B vitamins in energy metabolism. Magnesium is required in the conversion of thiamin to its active form. Vitamin B1 helps the body to metabolize carbohydrates, proteins and fats and helps normal growth. Vitamin B1 helps boost the immune system and strengthens the body under stressful conditions.

Vitamin B12 helps the body to metabolize carbohydrates, proteins and fats and it also helps to form red blood cells. Folic acid and Vitamin B12 both work together as methyl donors to facilitate the manufacture of DNA and brain neurotransmitters. Vitamin B12 also works with B6 to reduce homocysteine levels.

Vitamin C helps the body to metabolize fats and proteins, and helps in the development and maintenance of bones, cartilage, teeth and gums. Vitamin C also helps in connective tissue formation and in wound healing.

Vitamin D3 functions as a necessary co-factor in calcium absorption and utilization. Vitamin D helps in the development and maintenance of bones and teeth, is a factor in the maintenance of good health and helps in the absorption and use of calcium, phosphorus and trace mineral functions.

Vitamin E is a source of antioxidants that protects the fat in body tissues from oxidation. It helps to fight against the oxidative effect caused by free radicals and helps to fight against the oxidative effect caused by free radicals and helps to prevent vitamin E deficiency.

Zinc helps in connective tissue formation and maintains healthy skin and immune functions. Zinc also helps the body to metabolize carbohydrates, proteins and fats.

Kelp aids in weight management and supports normal bowel function. It also helps supports healthy cardiovascular function.

Spinach aids in digestion, maintains healthy intestinal flora and promotes bowel movements. It also supports bone health, provides antioxidants for the maintenance of health and supports the immune system and the cardiovascular system.

Parsley exerts beneficial effects on various inflammatory conditions, helps support the immune system, provides antioxidant support, promotes urine flow and supports cardiovascular health.

Sprouted wheatgrass is a source of antioxidants that help fight and protect cells against the oxidative damages caused by free radicals. Chlorophyll in wheat grass stimulates red blood cell function and has the ability to break down carbon dioxide which allows more oxygen to be absorbed into the bloodstream.

Barley grass is a source of soluble fibre, supports respiratory health, provides antioxidant support, stimulates peripheral blood circulation, increases energy and stamina, supports gastrointestinal function and supports healthy intestinal flora.

Flax seed provides essential fatty acids for the maintenance of good health. It supports healthy bowel movements by increasing bulk volume and water content, and promotes healthy intestinal flora.

Spirulina boosts energy and cellular health and supports weight management. It is a rich source of proteins, essential fatty acids and antioxidants, and it promotes joint health.

Protease, amylase and lipase are all digestive enzymes to help in the digestion of proteins, carbohydrates and fats, respectively.



OptiPet Multi™

Multi-Vitamin/Mineral Supplement

120 mL/bottle – UPC 826913400566 1 L/bottle – UPC 826913401204

500 mL/bottle – UPC 826913400559

NN.SY2W6

RECOMMENDED USE: Multi-vitamin/mineral supplement. A factor in the maintenance of optimal health.

INGREDIENTS PER 1 TEASPOON (5 mL):

Vitamin B1 (Thiamine mononitrate)	1.5 mg	Vitamin D3 (Cholecalciferol) ..	0.0002 mL (200 IU)
Vitamin B2 (Riboflavin)	1.7 mg	Vitamin E (dl-alpha Tocopheryl acetate) ...	100 mg (50 IU)
Vitamin B3 (Niacinamide)	15 mg	Boron* (Sodium borate)	500 mcg
Vitamin B5 (D-Pantothenic acid)	5 mg	Calcium* (Calcium citrate)	50 mg
Vitamin B6 (Pyridoxine hydrochloride)	1 mg	Chromium* (Chromium polynicotinate)....	10 mcg
Vitamin B7 (Biotin)	25 mcg	Magnesium* (Magnesium citrate)	30 mg
Vitamin B9 (Folic acid)	100 mcg	Manganese* (Manganese sulphate)	2 mg
Vitamin B12 (Cyanocobalamin)	250 mcg	Selenium* (Selenomethionine)	15 mcg
Choline (Choline bitartrate)	35 mg	Silicon* (Sodium metasilicate)	5 mg
Inositol (Myo-inositol)	35 mg	Zinc* (Zinc citrate)	5 mg
beta-Carotene	7.8 mg (2500 IU)		
Vitamin C (L-Ascorbic acid)	50 mg		

*All minerals are in elemental forms

ADDITIONAL INGREDIENTS: Purified water, Benzoic acid (buffered), Citric acid, Guar gum, Natural apple concentrate, Potassium sorbate, Silicon dioxide, Stevia, Vegetable glycerine.

DIRECTIONS BY ANIMAL'S BODY WEIGHT:

1-10 lbs 0.5-4.5 kg	¼ teaspoon (1.25 mL) per day
11-20 lbs 5-9.1 kg	½ teaspoon (2.5 mL) per day
21-50 lbs 9.5-22.7 kg	1 teaspoon (5 mL) per day
51-100 lbs 23.1-45.4 kg	1½ teaspoons (7.5 mL) per day
> 100 lbs 45.4 kg	2 teaspoons (10 mL) per day

Can be added to animal's food. For dogs and cats only.

CAUTIONS: Not for use in pregnant or lactating animals. Do not exceed recommended dose. Do not use if security seal is broken.

STORAGE: Shake well before use. Refrigerate after opening. Consume within three (3) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, wheat or yeast.

FEATURES & BENEFITS

- ✓ Supports metabolism
- ✓ Increases energy
- ✓ Maintains good health
- ✓ Improves physical and mental conditions
- ✓ Protects the body from free radical damage throughout each stage of life
- ✓ Supports the functions of the organ systems
- ✓ Prevents nutritional deficiencies
- ✓ Maintains a healthy skin and coat
- ✓ Nutritional supplement of macro and micro-minerals, fat-soluble vitamins, water soluble vitamins, and antioxidants essential for diverse biochemical functions

OptiPet Multi™ is a nutritional supplement of macro-minerals, micro-minerals, fat-soluble vitamins, water-soluble vitamins and antioxidants, essential for diverse biochemical functions. The class of vitamins and minerals, sometimes referred to as micronutrients, are required by the body as essential energy elements. They are important to keep the body healthy and they provide the body with a balanced, healthy state. OptiPet Multi™ is easy to use, just add the liquid dose (amount by body weight) to your pet's meals. It may be used to help maintain good health throughout each stage of life for your cats and dogs.

Vitamin B1 plays a central role in the generation of energy from carbohydrates. Vitamin B1 enhances energy productions, specifically for the brain. It is intricately involved with other B vitamins in energy metabolism. Vitamin B1 helps the body to metabolize carbohydrates, proteins and fats, and helps normal growth. It also helps boost the immune system and strengthens the body under stressful conditions.

Vitamin B2 is involved in the energy production and breaking down fatty acids. Vitamin B2 is crucial in the production of energy and is involved in regenerating glutathione (potent antioxidant). It helps the body to metabolize carbohydrates, proteins and fats, as well as helps in tissue formation.

Vitamin B3 plays an important role in the metabolism of glucose and fat. Vitamin B3 helps the body to metabolize carbohydrates, proteins and fats and assists in normal growth and development. Niacin is a component involved in over 50 different chemical reactions in the body. It plays an important role in energy production, fat and carbohydrate metabolism and the manufacture of sex and adrenal hormones. Vitamin B3 is required for basic bodily functions such as turning food into usable energy and creating red blood cells.

Vitamin B5 is involved in energy production from fat, carbohydrates and proteins. Vitamin B5 plays a role in the production of adrenal hormones and red blood cells. It also helps the body to metabolize carbohydrates, fats and proteins, as well as tissue formation.

Vitamin B6 plays a vital role in the function of important enzymes in the body. Vitamin B6 helps the body to metabolize carbohydrates, proteins and fats, and it helps in tissue formation. Vitamin B6 helps the body make certain hormones, as well as chemicals in the brain called neurotransmitters. It also helps boost immune system functioning. Vitamin B6 is involved in the formation of protein structures, structural compounds and chemical transmitters. B6 is critical in maintaining hormone balance and immune functions. This vitamin is involved in more than 60 different enzyme processes and in cell multiplication.

Vitamin B7 helps in the metabolism of lipids, proteins and carbohydrates. Vitamin B7 supports the manufacture and utilization of fats and amino acids. It is needed for metabolism and body energy systems. It also plays a beneficial role in cell growth and replication. B7 helps the body to metabolize carbohydrates, fats and proteins.



Vitamin B9 helps in the metabolism of amino acids and production of red blood cells. Vitamin B9 helps the body to metabolize proteins and form red blood cells. It is also needed for the proper development of the human body. It is involved in producing the genetic material called DNA and is also involved in numerous other bodily functions.

Vitamin B12 essential in the production of blood cells and nerve sheaths. Vitamin B12 helps the body to metabolize carbohydrates, proteins and fats and helps to form red blood cells. Folic acid and Vitamin B12 both work together as methyl donors to facilitate the manufacture of DNA and brain neurotransmitters. Vitamin B12 also works with B6 to reduce homocysteine levels.

Choline plays an important role in the nervous system. Choline helps support liver functions and is a factor in the maintenance of good health. It is involved in fat metabolism and in the transport of fats from the liver.

Inositol lowers cholesterol levels and improves mood. Inositol has lipotropic properties meaning that it promotes the export of fat from the liver. Inositol is a factor in the maintenance of good health and it helps in normal growth and development and supports biological functions.

beta-Carotene stimulates and restores immune responses. Beta-carotene is a source of vitamin A to help maintain eyesight, skin membranes, and immune functions. It also helps in the development and maintenance of bones and teeth.

Vitamin C helps the body to metabolize fats and proteins, and helps in the development and maintenance of bones, cartilage, teeth and gums. Vitamin C also helps in connective tissue formation and in wound healing.

Vitamin D3 dogs and cats have limited ability to synthesize vitamin D from sunlight. Vitamin D3 functions as a necessary co-factor in calcium absorption and utilization. Vitamin D helps in the development and maintenance of bones and teeth, is a factor in the maintenance of good health and helps in the absorption and use of calcium, phosphorus and trace mineral functions.

Vitamin E an antioxidant that maintains the stability of cell membranes. Vitamin E is a source of antioxidants that protects the fat in body tissues from oxidation. It helps to fight against the oxidative effect caused by free radicals and helps to prevent vitamin E deficiency.

Boron influences the composition, structure and strength of bones. Boron is one of the micronutrients required for optimal health and it is involved in maintaining good bone mineralization. It is essential for proper assimilation of calcium into the bone matrix, or in simpler terms, makes sure that calcium stays bound to the structure of the bone.

Calcium is a major structural element in bones and teeth. Calcium is known for its role in building strong bones, and keeping the dog's or cat's nails, teeth, and coat healthy. Calcium is required to help maintain healthy calcium metabolism for a number of functions. It is required for digestion, blood clotting, squeezing and relaxing muscles, releasing hormones, and proper nerve function. Calcium helps maintain a regular heartbeat. Calcium is a mineral that must be consumed through diet; it cannot be made inside the body. Over 98% of total body calcium is stored in your pet's bones which works as a mineral bank where calcium is deposited and withdrawn on a daily basis. Calcium is an interdependent mineral that works synergistically with co-factors to deliver its benefits. Calcium and magnesium are primarily responsible for maintaining a healthy bone mineral balance, as well as vitamin D which is an essential factor in the absorption of calcium and magnesium.

Chromium involved in carbohydrate and fat metabolism. Chromium is an essential trace mineral that helps the hormone insulin to function at its full potential. It provides support for healthy glucose metabolism; helps to maintain normal blood glucose level; helps to prevent chromium deficiency; helps to maintain the body's ability to metabolize nutrients.

Magnesium is involved in more than 300 essential metabolic reactions in the body. Magnesium helps the body to metabolize carbohydrates, proteins and fats. It helps in the development and maintenance of bones and teeth, in tissue formation and it also helps to maintain proper muscle function.

Manganese is involved with the formation of cartilage and bone. Manganese is an essential trace mineral and is primarily known as an enzyme activator. Manganese is involved in activating the enzymes responsible for the production of mucopolysaccharides and glycoproteins which form the organic matrix of bone and cartilage. Manganese is also a part of Mn-superoxide dismutase, which is involved with limiting the buildup of highly reactive oxide molecules in cells. It is a nutrient used in metabolic and biological functions, supports the nervous system functions and normal bone development.

Selenium is an essential element in body antioxidation system. Selenium provides the body with antioxidant support and helps protect it against oxidative stress. Selenium also helps to maintain normal function of the thyroid gland and also plays a key role in forming the antioxidant enzyme glutathione peroxidase which helps protect the body from free radical damage.

Silicon plays a role in the calcification and maturation of bone. Silicon is a trace mineral that is involved in many enzymatic pathways and metabolic reactions. Silicon works to enhance the re-mineralization of the bone tissue which helps to ensure that calcium and other minerals are deposited onto the bone. It also promotes firmness and strength in the tissues, and helps to maintain healthy hair, nails and/or skin.

Zinc is involved in growth and development, immune system, and reproduction. Zinc helps in connective tissue formation and maintains healthy skin and immune functions. It also helps the body to metabolize carbohydrates, proteins and fats.



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Pet Vitality™

Senior Pet Formula

120 mL/bottle - UPC 826913402256

500 mL/bottle - UPC 826913402102

MEDICINAL INGREDIENTS PER 1 TEASPOON (5 mL):

<i>Artemisia capillaris</i> (Yin-Chen Wormwood Shoot) ...	25 mg	<i>Gardenia jasminoidis</i> (Cape Jasmine)	25 mg
<i>Withania somnifera</i> (Ashwagandha Root)	10 mg	<i>Hypericum japonicum</i> (St. John's Wort)	25 mg
<i>Astragalus membranaceus</i> (Astragalus Root)	15 mg	<i>Ledebouriella divaricate</i> (Siler Root)	20 mg
<i>Boswellia serrata</i> (Frankincense Resin)	15 mg	<i>Lysimachia christinae</i> (Christina Loosestrife Herb)	25 mg
<i>Bupleurum chinensis</i> (Chinese Thorowax)	10 mg	<i>Silybum marianum</i> (Milk Thistle Seed)	30 mg
<i>Arctium lappa</i> (Burdock Root)	20 mg	<i>Panax quinquefolium</i> (North American Ginseng)	4 mg
<i>Codonopsis pilosule</i> (Bellflower)	3 mg	<i>Ganoderma lucidum</i> (Reishi Mushroom)	5 mg
<i>Curcuma longa</i> (Turmeric Rhizome)	30 mg	<i>Eleutherococcus senticosus</i> (Eleuthero Root)	15 mg
<i>Curcuma zedoria</i> (Zedoary)	25 mg		
<i>Harpagophytum procumbens</i> (Devil's Claw)	20 mg		

VITAMINS & MINERALS

D-Glucosamine Sulphate	100 mg	Selenium (L-Selenomethionine)	15 mcg
Methylsulphonylmethane (MSM)	400 mg	L-Taurine	100 mcg
Chondroitin Sulphate	25 mg	Silicon (Sodium Metasilicate)	5 mg
Beta-Carotene	2500 IU	Vitamin B1 (Thiamin Hydrochloride)	5 mg
Biotin	25 mcg	Vitamin B2 (Riboflavin)	3 mg
Boron (Sodium Borate)	0.5 mg	Vitamin B3 (Niacinamide)	15 mg
Calcium (Calcium Citrate)	20 mg	Vitamin B5 (Calcium Pantothenate)	15 mg
Choline Bitartrate	35 mg	Vitamin B6 (Pyridoxine HCl)	2 mg
Chromium (Chromium Polynicotinate)	10 mcg	Vitamin B12	2.5 mcg
Copper (Copper Gluconate)	0.5 mg	Vitamin C	50 mg
Folic Acid	0.1 mg	Vitamin D3	200 IU
Inositol	35 mg	Vitamin E	10 IU
Magnesium (Magnesium Chloride)	10 mg	Zinc (Zinc Citrate)	5 mg
Manganese (Manganese Sulphate)	2 mg		

ADDITIONAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, Benzoic acid (buffered), Xanthan gum, Stevia.

DIRECTIONS BY ANIMAL'S BODY WEIGHT:

1–10 lbs 0.5–4.5 kg	½ teaspoon (2.5 mL) daily
11–20 lbs 5–9.1 kg	1 teaspoon (5 mL) daily
21–50 lbs 9.5–22.7 kg	1½ teaspoons (7.5 mL) daily
51–100 lbs 23.1–45.4 kg	2 teaspoons (10 mL) daily
>100 lbs 45.4 kg	1 tablespoon (15 mL) daily

Syringe directly into the mouth for best results. Can be added to animal's food. For use in cats and dogs only.

CAUTIONS: Safe use in pregnant animals or animals intended for breeding has not been proven. If animal's condition worsens or does not improve, stop product administration and consult your veterinarian. Do not use if security seal is broken.

STORAGE: Shake well before use. Do not refrigerate. Consume within six (3) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, wheat or yeast.

FEATURES & BENEFITS

- ✓ Supports normal joint functions (mobility issues)
- ✓ Addresses the symptoms associated with aging such as impaired mobility/ activity & decreased energy
- ✓ Contains herbal nutrients
- ✓ May improve a senior pet's comfort & quality of life
- ✓ May be used for recovering & abused dogs (calming)
- ✓ A tonic to maintain & promote health functions
- ✓ Supports the immune, liver & kidney systems
- ✓ Contains antioxidants
- ✓ Reduces stress & supports energy levels
- ✓ Aids natural detoxification processes
- ✓ Supplies RDA of vitamins & minerals

Pet Vitality™ is a combination of some of our best health formulations for recovery, energy levels, minor mobility issues, immune health, and joint health for your cats and dogs. This is not a just a senior's tonic formulation as Omega Alpha® recognized that pets are living longer and have special needs too.

Yin-Chen Wormwood shoot detoxifies and supports the liver, reduces weight and is a source of antioxidants that helps to maintain health and support the immune system. Yin-chen has hepatic, anti-viral, anti-bacterial, anti-fungal, anti-inflammatory, and diuretic properties.

Ashwagandha root helps relieve general debility, especially during convalescence or old age; helps the body to better cope with both physical and mental stress; and is a rejuvenative tonic that supports healthy sleep. Ashwagandha has strong adaptogenic actions that works synergistically to enhance the restorative effects of astragalus and eleuthero root; and has adaptogenic, analgesic, antibiotic, antioxidant, cardioprotective, and diuretic properties.

Astragalus root exerts beneficial effects on various types of inflammatory conditions, helps maintain a healthy immune system, helps the body to better cope with both physical and mental stress, and boosts energy levels. It also improves cardiovascular functions, protects the body from various stressors, and supports liver functions. Astragalus has adaptogenic, antioxidant, digestive, diuretic, immuno-stimulant, nervine and tonic properties.

Frankincense resin comes from a tree indigenous to India and the gummy resin is used. Frankincense exerts beneficial effects on allergic respiratory ailments and on various types of inflammatory conditions. It promotes bowel health and has anti-arthritis, anti-microbial and anti-inflammatory properties.

Chinese thorowax is a Chinese herb for the liver and circulatory systems. It exerts beneficial effects on various inflammatory conditions, helps the body to better cope with both physical and mental stress, and promotes bile flow and liver health. Chinese thorowax possesses adaptogenic, analgesic, anti-bacterial, anti-inflammatory, diuretic and hepatoprotective properties.



Bellflower is an adaptogenic herb that helps strengthen and defend against high levels of stress, anxiety, and fatigue. This herb helps maintain the immune system, helps the body to better cope with both physical and mental stress, improves cognitive functions, and supports the liver functions. Bellflower has adaptogenic, anti-inflammatory, digestive, and tonic properties.

Turmeric rhizome aids in the digestive process by increasing bile (supporting the natural elimination processes), supports liver functions, helps relieve flatulence, and helps increase bile excretion by the liver and contraction of the gallbladder. Turmeric has hepatic, anti-inflammatory and antioxidant properties.

Zedoary exerts beneficial effects on various inflammatory conditions, protects the liver; improves digestive function, increases appetite, reduces the symptoms of stomach ulcers; has anti-inflammatory, anti-spasmodic, carminative, diuretic, expectorant, stimulant, and stomachic properties.

Devil's claw contains bioflavonoids and phytosterols, which are plant-based antioxidants with anti-spasmodic properties. Because of its anti-inflammatory properties, it helps to alleviate joint pain associated with osteoarthritis. It has analgesic, anti-inflammatory, anti-rheumatic and sedative properties.

Cape Jasmine balances mood, maintains urinary tract health, promotes sleep and provides a calming effect. It has anti-allergic, anti-bacterial, anti-fungal, anti-inflammatory, antioxidant, hemostatic, hepatoprotective and sedative properties.

St. John's Wort helps relieve restlessness and/or nervousness; prevents the growth of microbes; has analgesic, anti-bacterial, anti-inflammatory, antiseptic, anti-spasmodic, anti-viral, digestive, and diuretic properties.

Siler root exerts beneficial effects on various inflammatory conditions, alleviates headaches, body aches and supports joint health. It exhibits anti-proliferative, antioxidant, anti-inflammatory activities; and has analgesic, anti-rheumatic, anti-microbial, carminative, and anti-spasmodic properties.

Christina Loosestrife herb exerts beneficial effects on various inflammatory conditions, promotes urine flow, provides antioxidants for the maintenance of health, supports kidney health. Christina Loosestrife exhibits anti-inflammatory, antioxidant, and diuretic actions.

Milk Thistle seed is an herb that has antioxidant and anti-inflammatory properties, and is commonly used to support the detoxification processes in the body, especially the liver. Milk thistle repairs damage to the liver, protects the liver and supports liver functions; relieves digestive disturbances; and has antioxidant and hepatoprotective properties.

North American ginseng has been used in traditional cultures for mental or emotional fatigue and/or distress. It is known to help maintain a healthy immune system; is a mild sedative which helps relieve nervousness and has adaptogenic, tonic, immunostimulant, nervine and hepatic properties.

Reishi mushroom is known as a liver tonic and may promote appetite. The nutrients and trace minerals in reishi mushroom provide antioxidants; enhances the immune system; supports the immune system; and has adaptogenic, anti-allergic, anti-inflammatory, anti-microbial, antioxidant and immunostimulant actions.

Eleuthero/Siberian ginseng is a well-known adaptogenic herb that aids in the reduction of stress and the increase of mental alertness. It is known as a tonic that helps relieve general debility and/or to aid during convalescence; helps to improve mental/or physical performance after periods of mental and/or physical exertion; and has adaptogenic, anti-inflammatory, antioxidant, anti-spasmodic, immunogenic and nervine properties.

D-Glucosamine sulphate helps to relieve pain associated with osteoarthritis and osteoarthritis of the knee. It helps to protect against the deterioration of cartilage as it promotes cartilage synthesis. It is a factor in maintaining healthy cartilage and/or joint health. **For more information, see page 11.**

Methylsulfonylmethane (MSM) is an organic sulfur-containing mineral that is used to improve immune function, reduce inflammation and to help restore healthy body tissue. **For more information, see page 47.**

D-Chondroitin sulphate helps to relieve the pain associated with osteoarthritis of the knee and joints, and also helps to inhibit enzymes that are destructive to the joints. **For more information, see page 12.**

beta-Carotene is a source of vitamin A to help maintain eyesight, skin membranes, and immune functions. It helps in the development and maintenance of bones and teeth.

Biotin supports the manufacture and utilization of fats and amino acids. It is needed for metabolism and body energy systems. It also plays a beneficial role in cell growth and replication.

Boron is one of the micronutrients required for optimal health and is involved in maintaining good bone mineralization. Boron is essential for making sure that calcium stays bound to the structure of the bone.

Calcium is known for its role in building strong bones, and keeping the dog or cat's nails, teeth, and coat healthy. Calcium is required to help maintain healthy calcium metabolism for a number of functions.

Choline helps to support liver functions and is involved in fat metabolism and in the transport of fats from the liver.

Chromium is an essential trace mineral that helps the hormone insulin to function at its full potential. It provides support for healthy glucose metabolism; prevent chromium deficiency; helps to maintain the body's ability to metabolize nutrients.

Copper is a mineral that the body stores mostly in the bones and muscles. It helps to produce and repair connective tissue and helps to form red blood cells.

Folic Acid helps the body to metabolize proteins and form red blood cells. It is involved in producing the genetic material called DNA and is also involved in numerous other bodily functions.

Inositol has lipotropic properties (it promotes the export of fat from the liver). Inositol helps in normal growth and development and supports biological functions.

L-Taurine is an essential amino acid that is critical for normal heart muscle function and vision. Taurine is found as a free amino acid in body tissues such as the heart and eyes, and is not incorporated into proteins.

Silicon is a trace mineral that is involved in many enzymatic pathways and metabolic reactions. It promotes firmness and strength in the tissues, and helps to maintain healthy hair/coat, nails and/or skin.

Magnesium helps the body to metabolize carbohydrates, proteins and fats. It helps in the development and maintenance of bones and teeth, in tissue formation and it also helps to maintain proper muscle function.

Manganese is an essential trace mineral and is primarily known as an enzyme activator. It is a nutrient used in metabolic and biological functions, supports the nervous system functions and normal bone development.

Selenium provides the body with antioxidant support. Selenium also plays a key role in forming the antioxidant enzyme glutathione peroxidase which helps protect the body from free radical damage.

Vitamin B1 enhances energy production, specifically for the brain. Vitamin B1 helps boost the immune system and strengthens the body under stressful conditions.

Vitamin B2 is crucial in the production of energy and is involved in regenerating glutathione (potent antioxidant).

Vitamin B5 plays a role in the production of adrenal hormones and red blood cells.

Vitamin B6 helps the body make certain hormones, as well as chemicals in the brain called neurotransmitters.

Vitamin B3 plays an important role in energy production, in fat, protein and carbohydrate metabolism and in the manufacture of sex and adrenal hormones.

Vitamin B12 helps the body to metabolize carbohydrates, fats and proteins, and helps to form red blood cells.

Vitamin C helps in the development and maintenance of bones, cartilage, teeth and gums, helps in connective tissue formation, and helps in wound healing. It is an antioxidant.

Vitamin D3 helps in the development and maintenance of bones and teeth, and helps in the absorption and use of calcium and phosphorus.

Vitamin E is a source of antioxidants for the maintenance of good health, protects the fat in body tissues from oxidation, helps to fight against the oxidative effect caused by free radicals, and helps to prevent vitamin E deficiency.

Zinc helps in connective tissue formation, helps the body to metabolize carbohydrates, fats and proteins, helps to maintain immune functions.

Probiotic 8 Plus™

Promotes a Healthy Digestive Tract

150 g/bottle – UPC 826913400405 1 Kg/bottle – UPC 826913400658

310 g/bottle – UPC 826913401501 2 Kg/bottle – UPC 826913402706

500 g/bottle – UPC 826913400603

NN.H127

RECOMMENDED USE: Helps promote a healthy digestive tract and gut flora.

MEDICINAL INGREDIENTS PER 1 SCOOP (5 g):

<i>Lactobacillus acidophilus</i>	300 Million CFU*
<i>Lactobacillus brevis</i>	300 Million CFU*
<i>Lactobacillus casei</i>	300 Million CFU*
<i>Lactobacillus plantarum</i>	300 Million CFU*
<i>Lactobacillus rhamnosus</i>	300 Million CFU*
<i>Bifidobacterium animalis</i> subsp. <i>Lactis</i>	300 Million CFU*
<i>Bifidobacterium bifidum</i>	300 Million CFU*
<i>Bifidobacterium longum</i> subsp. <i>Longum</i>	300 Million CFU*
<i>Saccharomyces boulardii</i>	500 Million CFU*
<i>Linus usitatissimum</i> (Flax Seed)	1406 mg
<i>Ascophyllum nodosum</i> (Kelp Whole Plant)	700 mg
<i>Althea officinalis</i> (Marshmallow Root).....	280 mg
<i>Ulmus rubra</i> (Slippery Elm Bark).....	80 mg
Inulin {Fructooligosaccharides (FOS)}	500 mg
Cellulase (4-(1,3;1,4)-beta-D-Glucan 4-glucanohydrolase)	4 mg
alpha-Amylase (4-alpha-D-Glucan glucanohydrolase)	2 mg
Invertase (beta-Fructofuranosidase)	2 mg
Lactase (beta-D-galactoside galactohydrolase)	2 mg
Lipase (Triacylglycerol lipase).....	2 mg
Protease	2 mg

*CFU: Colony Forming Units

ADDITIONAL INGREDIENTS: Citrus bioflavonoids, Guar gum, Spirulina.

DIRECTIONS BY ANIMAL'S BODY WEIGHT:

1-9 lbs | 0.45-4.1 kg Administer orally ¼ to ½ scoop (0.6-2.5 g) per day

10-50 lbs | 4.5-22.7 kg Administer orally ½ to 1 scoops (2-5 g) per day

51-100 lbs | 23.1-45.4 kg Administer orally 2 to 4 scoops (10-20 g) per day

Mix dose into ¼ of pet's usual food serving; follow with the rest of food serving to ensure pet will ingest full dose. For use in cats & dogs only.

CAUTIONS: Not for use in pregnant, lactating, hyperthyroid, diabetic, or immuno-suppressed animals. Not for use with other medication given simultaneously (may delay absorption). Do not exceed recommended dose. Not for long term use. Do not use if security seal is broken.

STORAGE: Do not refrigerate. Store protected from light and moisture. Consume within three (3) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, or wheat.

FEATURES & BENEFITS

- ✓ Multi-strained probiotic blend
- ✓ Synergistic formulation
- ✓ Contains essential trace minerals and enzymes which aid digestion
- ✓ Enhances absorption of nutrients
- ✓ Promotes a healthy gastrointestinal tract
- ✓ Has phytonutrients and micronutrients
- ✓ Unique probiotic system
- ✓ Soothes the gastrointestinal tract
- ✓ Helps to digest all groups of food
- ✓ Enhances the absorption of nutrients
- ✓ Promotes healthy bowel movements
- ✓ Prebiotics support healthy gut flora

Probiotic 8 Plus™ is a synergistic, multi-strained probiotic blend that promotes a healthy gastrointestinal tract. It has prebiotics, phytonutrients and micronutrients that support healthy gut flora by using a unique delivery system. It also contains enzymes which aid digestion, essential trace minerals and has sources of B vitamins. The herbs used in this formulation help support the colon and may help with loose stools or diarrhea. A weak immune system, poor food choices or even pica disorders in dogs and cats can lead to hyperpermeability which can cause inflammation in the gut, and can lead to an increase of allergy symptoms. Protect immune health through the digestive pathways and reduce allergies.

These strains of bacteria: *lactobacillus acidophilus*, *lactobacillus brevis*, *lactobacillus casei*, *lactobacillus plantarum*, *lactobacillus rhamnosus*, *bifidobacterium animalis* (Lactis), *bifidobacterium bifidum*, and *bifidobacterium longum* (Longum) are all sources of probiotics used to prevent and treat bowel diseases, restores "good bacteria" in the gut, and boosts the immune system. These help support intestinal/gastrointestinal health, promotes a favourable gut flora, helps to manage acute infectious diarrhea and they help to manage and/or reduce the risk of antibiotic-associated diarrhea.

Saccharomyces boulardii is a source of probiotics and B vitamins. It helps support intestinal/gastrointestinal health, promotes a favourable gut flora, and helps to reduce the risk of antibiotic-associated diarrhea.

Flax seed provides essential fatty acids for the maintenance of good health, supports healthy bowel movements by increasing bulk volume and water content, and promotes healthy intestinal flora. Essential fatty acids (EFAs) cannot be produced or synthesized internally, so availability is completely dependent on the foods and supplements that is consumed. EFAs function as components of nerve cells, cell membranes and hormone-like substances called prostaglandins. EFAs also increases the absorption of vitamins and minerals; it nourishes the skin/fur and nails and ensures normal growth and development. Flax seed has analgesic, anti-inflammatory, and antiseptic properties.



Kelp provides iodine and other trace minerals, and it is in a highly bioavailable form that also contains phytonutrients and trace elements that are important micronutrients for metabolic functions. Kelp aids in weight management and supports normal bowel functions. It helps prevent iodine deficiency as it is a rich source of iodine required in the formation of thyroxine (T4), which is essential in regulating metabolism. Kelp also provides antioxidants that help fight against the oxidative damage caused by free radicals and possesses alternative, diuretic and anti-obesity actions.

Marshmallow root helps loosen bronchial secretions and eliminate mucus, and soothes stomach irritation. It helps to prevent the growth of some microbes, reduces inflammation, supports the immune system, and regenerates cells. Traditionally, marshmallow root is used in gastritis, peptic ulcers, enteritis and colitis. The mucilage can stimulate phagocytosis and other immune system activities, increase anti-inflammatory activity and have hypoglycemic activity. This herb has anti-inflammatory, and nutritive properties.

Slippery elm bark is a demulcent which is an agent that forms a soothing film over mucous membranes, thus protecting irritated or inflamed tissue. Traditionally, it has been used to soothe irritation or ulceration of the stomach and intestines. It is also beneficial in gastroenteritis. It promotes healthy stomach and intestinal lining, soothes and supports the gastrointestinal tract, and soothes respiratory irritation. Slippery elm has anti-inflammatory, antiseptic, and nutritive actions.

Inulin is a prebiotic (fructooligosaccharides) that is a source of fibre for the maintenance of good health that helps support and maintain a healthy digestive system. It helps stimulate the growth of healthy bacteria in the intestine/gut, and helps provide gentle relief of constipation and/or irregularity.

Citrus bioflavonoids is a source of antioxidants and encompasses a diverse set of structures including rutin, hesperidin and quercetin. Several key studies have shown that the anti-inflammatory properties of citrus bioflavonoids are due to their inhibition of the synthesis and biological activities of different pro-inflammatory mediators. The antioxidant and anti-inflammatory properties of citrus bioflavonoids can play a key role in their activity against several degenerative issues.

Spirulina platensis is a microscopic single-celled alga and a complete protein source as it has the highest concentration of protein by weight of any food. Considered by many to be THE super food of super foods, spirulina is vitamin- and mineral-dense, and is rich in enzymes and antioxidants such as superoxide dismutase. It helps to boost normal energy levels in the body and it supports liver metabolism (detoxification). It supports cellular health as it contains an array of nutrients and is considered a perfect protein, which means it contains all of the essential and non-essential amino acids as well (20 amino acids). It is one of the best sources of chlorophyll on the planet and is rich in bioavailable vitamins, minerals, amino acids, essential fatty acids and chlorophyll. It supports joint health by reducing inflammation through its antioxidant properties. Spirulina is also considered to be a blood-building nutrient, primarily due to its polypeptide content (called phycocyanin). Additionally, spirulina is believed to help maintain digestive system health by serving as a food/fuel source for beneficial intestinal flora.

Cellulase is a digestive enzyme used to increase the amount of phytonutrients extracted from the plant material. It helps to insure a higher trace element content for metabolic functions. Cellulase breaks down the cellulose molecule into monosaccharides (simple sugars from plant foods) such as beta-glucose, or shorter polysaccharides and oligosaccharides. The cell walls of plants are made up of cellulose. The role of cellulase in Probiotic 8 Plus™ is to digest the cellulose cell wall, thus increasing the quantity of phytonutrients released.

Food enzymes are not produced by the body, but come from raw foods like vegetables, fruits, meats and supplements. These enzymes break down the different nutrients in the food, such as vitamins, minerals, carbohydrates, fats and proteins, and make them easier for the body to absorb. While all digestive enzymes are important for bodily functions, the three most important are protease, amylase and lipase. **Lipase** works to help the body digest fats. **Amylase** is responsible for digesting carbohydrates, and **protease** works to digest proteins.

Invertase is a digestive enzyme used for the maintenance of good digestive health. Invertase breaks down sucrose into smaller sugars (glucose and fructose which support ATP).

Lactase is an enzyme in the small intestine that breaks down lactose (typically from dairy products) into simpler sugar forms called glucose and galactose. These simple sugars are then easily absorbed into the bloodstream and turned into energy. It helps prevent symptoms of lactose intolerance (including gas, bloating, cramping and diarrhea).

Common allergy symptoms are solved through the health care of the digestive and immune systems!

ALLERGEN CAUSES: ENVIRONMENTAL CHEMICALS, PESTICIDES, DUST, MOLDS AND FUNGUS. FOOD ALLERGIES LIKE: CORN, SOY, WHEAT, AND SOME GRAINS. PETS CAN ALSO HAVE ALLERGIC REACTIONS TO MEDICATION.

FACE

SYMPTOMS: RED, HAIR LOSS AROUND EARS OR MUZZLE, SWOLLEN

BEHAVIOUR: LOTS OF SCRATCHING, RUBBING FACE WITH PAWS, SNEEZING

PAWS

SYMPTOMS: DISCOLORATION, INFLAMED, HOT SPOTS, DRY SKIN, RED OR BROWN BETWEEN TOES

BEHAVIOUR: CHEWING AND LICKING

EARS

SYMPTOMS: BAD ODOR, WAXY DISCHARGE, YEAST INFECTIONS

BEHAVIOUR: SCRATCHING, RUBBING, SHAKING HEAD

SKIN

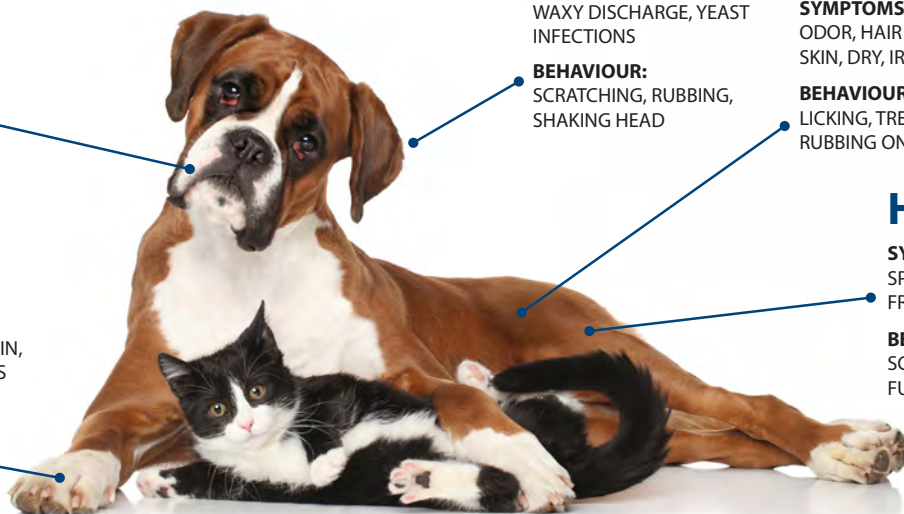
SYMPTOMS: REDNESS, BAD ODOR, HAIR LOSS, SCALY SKIN, DRY, IRRITATED

BEHAVIOUR: SCRATCHING, LICKING, TREMBLING, RUBBING ON OBJECTS.

HAIR/COAT

SYMPTOMS: REDNESS, BARE SPOTS, BAD ODOR, DISCOLORED FROM LICKING OR SORES

BEHAVIOUR: LICKING BODY, SCRATCHING, RUBBING ON FURNITURE



SinewPet™

A Complete Joint Care & Health Complex

250 mL/bottle - UPC 826913402355

500 mL/bottle - UPC 826913402409

INGREDIENTS PER 1 SCOOP (5 g):

VITAMINS & MINERALS*

beta-Carotene..... 600 mcg (1000 IU)	Inositol (Myo-inositol) 10 mg
Vitamin B1	Rutin..... 10 mg
(Thiamine hydrochloride)..... 2 mg	*Boron (Sodium borate).....250 mcg
Vitamin B2 (Riboflavin)..... 2 mg	*Calcium (Calcium citrate) 50 mg
Vitamin B3 (Niacinamide) 20 mg	*Chromium
Vitamin B5 (D-Pantothenic acid).... 5 mg	(Chromium polynicotinate) ... 100 mcg
Vitamin B6	*Copper
(Pyridoxine hydrochloride) 2 mg	(Cupric gluconate) 1000 mcg
Vitamin B7 (Biotin)200 mcg	*Magnesium
Vitamin B9 (L-Methylfolate).... 300 mcg	(Magnesium citrate) 50 mg
Vitamin B12	*Manganese
(Cyanocobalamin)..... 100 mcg	(Manganese sulfate)..... 2 mg
Vitamin C (L-Ascorbic acid)..... 100 mg	*Molybdenum
Vitamin D3	(Sodium molybdate)..... 100 mcg
(Cholecalciferol).... 12.5 mcg (500 IU)	*Selenium
Vitamin E (d-alpha Tocopheryl	(L-Selenomethionine) 10 mcg
acetate) 16.8 mg AT (25 IU)	*Silicon (Sodium metasilicate).... 1 mg
Vitamin K2 (Menaquinones) 10 mcg	*Zinc (Zinc citrate) 1 mg
Choline (Choline bitartrate)..... 10 mg	*Minerals are in elemental quantities.

PHYTONUTRIENTS & ACCESSORY NUTRIENTS

<i>Boswellia serrata</i>	Chondroitin sulphate 500 mg
(Frankincense Resin)..... 25 mg	D-Glucosamine sulphate 1000 mg
<i>Curcuma longa</i>	Hyaluronic acid..... 50 mg
(Turmeric Rhizome) 15 mg	Hydrolyzed collagen..... 1000 mg
<i>Harpagophytum procumbens</i>	L-Glutamine 50 mg
(Devil's Claw Root) 20 mg	Methylsulfonylmethane
<i>Chlorella vulgaris</i>	(MSM) 400 mg
(Chlorella Broken Cell) 100 mg	

ENZYMES**:

alpha-Amylase..... 15 mg (330 FCC DU)
Cellulase..... 10 mg (35 FCC CU)
Lipase..... 35 mg (42 FCC LU)
Protease 40 mg (720 FCC HUT)

**Enzymatic Units

FCC (Food Chemicals Codex)	FCC HUT (Hemoglobin Unit on a
FCC CU (Cellulase Units)	Tyrosine Basis)
FCC DU (alpha-Amylase Dextrinizing	FCC LU (Lipase Units)
Units)	

ADDITIONAL INGREDIENTS: Apple fibre, Citrus bioflavonoids, Spirulina.

DIRECTIONS BY ANIMAL'S BODY WEIGHT:

1-10 lbs 0.5-4.5 kg	¼ scoop (1.25 g) per day
11-20 lbs 5-9.1 kg	½ scoop (2.5 g) per day
21-50 lbs 9.5-22.7 kg	1 scoop (5 g) per day
51-75 lbs 23.1-34 kg	1¼ scoop (6.25 g) per day
76-100 lbs 34.5-45.4 kg	1½ scoop (7.5 g) per day
>100 lbs 45.4 kg	2 scoops (10 g) per day

Mix dose into ¼ of pet's usual food serving; follow with the rest of food serving to ensure pet will ingest full dose. Add 1 scoop of water and mix thoroughly into pet's food. Shake well before use. For use in cats and dogs only.

CAUTIONS: Do not use in pregnant or lactating animals. Do not use in animals with diabetes, gastrointestinal disease/ulceration, receiving other drugs or certain dog breeds predisposed to copper toxicity, unless directed by a veterinarian. Do not exceed recommended dose. Not for long term use unless directed by a veterinarian. Do not use if security seal is broken.

STORAGE: Do not refrigerate. Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, wheat or yeast.

FEATURES & BENEFITS:

- ✓ Joint Complex: Chondroitin sulphate, MSM, and D-Glucosamine sulphate
- ✓ Connective tissue support from Hyaluronic Acid and Hydrolyzed Collagen
- ✓ A recovery and structural development formulation
- ✓ 10 minerals for building stronger bones
- ✓ Supports immune health through 15 vitamins
- ✓ Reduces stress effects through a B vitamin complex
- ✓ Supports healthy energy and stamina levels
- ✓ Contains 8 phytonutrients and trace minerals
- ✓ For healthy skin, hair, fur and pet's coat
- ✓ 6 antioxidants that reduce inflammation
- ✓ 4 enzymes for better digestion and absorption

SinewPet™ is the most complete joint care complex developed. It has been formulated to support and maintain the healthy development of bones, muscles, joints, ligaments and tendons. It has five of the best known joint care supplement ingredients: D-chondroitin sulphate, D-glucosamine sulphate, MSM, hyaluronic acid and hydrolyzed collagen. SinewPet™ has antioxidants, vitamins, minerals, phytonutrients and trace minerals to nourish the skin, hair and fur for a healthy and beautiful coat. SinewPet™ also contains four enzymes to aid the digestion and absorption of nutrients, thus supporting the digestive system.

SinewPet™ is a powder that can be added or mixed in to your dog's or cat's moist meal. SinewPet™ can also be mixed in with water (1/8 cup) and syringe directly into your pet's mouth.

beta-Carotene is a source of vitamin A to help maintain eyesight, skin membranes, and immune functions. It helps in the development and maintenance of bones and teeth.

Vitamin B1 enhances energy production, specifically for the brain. Vitamin B1 helps boost the immune system and strengthens the body under stressful conditions.

Vitamin B2 is crucial in the production of energy and is involved in regenerating glutathione (potent antioxidant).

Vitamin B3 plays an important role in energy production, in fat, protein and carbohydrate metabolism and in the manufacture of sex and adrenal hormones.

Vitamin B5 plays a role in the production of adrenal hormones and red blood cells.

Vitamin B6 helps the body make certain hormones, as well as chemicals in the brain called neurotransmitters.

Vitamin B7 supports the manufacture and utilization of fats and amino acids. It is needed for metabolism and body energy systems. It also plays a beneficial role in cell growth and replication.

Vitamin B9 helps in the metabolism of amino acids and production of red blood cells. It is involved in producing the genetic material called DNA.



Vitamin B12 helps the body to metabolize carbohydrates, proteins and fats and it also helps to form red blood cells. Vitamin B12 also works with B6 to reduce homocysteine levels.

Vitamin D3 functions as a necessary co-factor in calcium absorption and utilization. Vitamin D helps in the development and maintenance of bones and teeth, is a factor in the maintenance of good health and helps in the absorption and use of calcium, phosphorus and trace mineral functions.

Vitamin C helps the body to metabolize fats and proteins, and helps in the development and maintenance of bones, cartilage, teeth and gums. Vitamin C also helps in connective tissue formation and in wound healing.

Vitamin E is a source of antioxidants that protects the fat in body tissues from oxidation. It helps to fight against the oxidative effect caused by free radicals and helps to prevent vitamin E deficiency.

Vitamin K2 is a source of vitamins that helps in normal growth and development and supports biological functions. Vitamin K2 contributes to the maintenance of bones and it helps to prevent vitamin K2 deficiency.

Choline helps to support liver functions and is a factor in the maintenance of good health. It is involved in fat metabolism and in the transport of fats from the liver.

Inositol has lipotropic properties meaning that it promotes the export of fat from the liver. Inositol is a factor in the maintenance of good health and it helps in normal growth and development and supports biological functions.

Rutin provides antioxidant support and is used in herbalism as a capillary/ blood vessel protectant.

Boron is one of the micronutrients required for optimal health and is involved in maintaining good bone mineralization. Boron is essential for making sure that calcium stays bound to the structure of the bone.

Calcium is known for its role in building strong bones, and keeping the dog or cat's nails, teeth, and coat healthy. Calcium is required to help maintain healthy calcium metabolism for a number of functions.

Chromium is an essential trace mineral that helps the hormone insulin to function at its full potential. It provides support for healthy glucose metabolism; prevent chromium deficiency; helps to maintain the body's ability to metabolize nutrients.

Copper is a mineral that the body stores mostly in the bones and muscles. It helps to produce and repair connective tissue and helps to form red blood cells.

Magnesium helps the body to metabolize carbohydrates, proteins and fats. It helps in the development and maintenance of bones and teeth, in tissue formation and it also helps to maintain proper muscle function.

Manganese is an essential trace mineral and is primarily known as an enzyme activator. It is a nutrient used in metabolic and biological functions, supports the nervous system functions and normal bone development.

Molybdenum helps to prevent molybdenum deficiency and helps to maintain the body's ability to metabolize nutrients.

Silicon is a trace mineral that is involved in many enzymatic pathways and metabolic reactions. It promotes firmness and strength in the tissues, and helps to maintain healthy hair/coat, nails and/or skin.

Selenium provides the body with antioxidant support. Selenium also plays a key role in forming the antioxidant enzyme glutathione peroxidase which helps protect the body from free radical damage.

Zinc helps in connective tissue formation, helps the body to metabolize carbohydrates, fats and proteins, helps to maintain immune functions.

Frankincense resin comes from a tree indigenous to India and the gummy resin is used. Frankincense exerts beneficial effects on allergic respiratory ailments and on various types of inflammatory conditions. It promotes bowel health and has anti-arthritis, anti-microbial and anti-inflammatory properties.

Turmeric rhizome aids in the digestive process by increasing bile (supporting the natural elimination processes), supports liver functions, helps relieve flatulence, and helps increase bile excretion by the liver and contraction of the gallbladder. Turmeric has hepatic, anti-inflammatory and antioxidant properties.

Devil's claw contains bioflavonoids and phytosterols, which are plant-based antioxidants with anti-spasmodic properties. Because of its anti-inflammatory properties, it helps to alleviate joint pain associated with osteoarthritis. It has analgesic, anti-inflammatory, anti-rheumatic and sedative properties.

Chlorella is single-celled algae and is considered a superfood as it is rich with phytonutrients, including antioxidants, amino acids, chlorophyll, beta-carotene, potassium, phosphorus, biotin, magnesium and the B-complex vitamins. Chlorella's rich, green colour comes from a high concentration of chlorophyll. It has an impressive mix of vitamins, minerals, antioxidants, and phytonutrients and is often used for inflammatory-related conditions, as well as its detoxifying and renewing benefits. Because of its rich source of nutrients, it is used to support the immune functions, wound healing and aids the natural detoxification processes. It also supports cardiovascular health and is considered an "eye health" nutrient, courtesy of its plentiful amounts of beta-carotene and lutein.

Chondroitin sulphate helps to relieve the pain associated with osteoarthritis of the knee and joints, and also helps to inhibit enzymes that are destructive to the joints. **For more information, see page 18.**

Hydrolyzed collagen is a source of the essential amino acids: histidine, isoleucine, leucine, lysine (helps in collagen formation), methionine, phenylalanine, threonine, and valine; and is a source of the non-essential amino acids: alanine, arginine, aspartic acid, glutamic acid, glycine, proline, serine, tyrosine for the maintenance of good health and is involved in protein synthesis. Hydrolyzed collagen also helps to reduce joint pain associated with osteoarthritis.

D-Glucosamine sulphate helps to relieve pain associated with osteoarthritis and osteoarthritis of the knee. It helps to protect against the deterioration of cartilage as it promotes cartilage synthesis. It is a factor in maintaining healthy cartilage and/or joint health. **For more information, see page 18.**

Hyaluronic acid helps in connective tissue formation and in the development and maintenance of cartilage. It helps to lubricate the joints and has a protective action for the cartilage, as well as anti-inflammatory actions. **For more information, see page 92.**

L-Glutamine is a non-essential amino acid. The body uses glutamine to create proteins, and amino sugars, and to support the production of the super-antioxidant glutathione. The body also uses glutamine to increase water retention in muscle cells, help signaling cell growth and to start intensifying production of protein and glycogen.

Methylsulfonylmethane (MSM) is an organic sulfur-containing mineral that is used to improve immune function, reduce inflammation and to help restore healthy body tissue. **For more information, see page 53.**

alpha-Amylase is a digestive enzyme and digestive aid that helps decrease bloating after high caloric, high fat meals. Amylase is responsible for digesting carbohydrates.

Cellulase is an enzyme that breaks down the cellulose molecule into monosaccharides (simple sugars from plant foods) such as beta-glucose, or shorter polysaccharides and oligosaccharides. The cell walls of plants are made up of cellulose. The role of cellulase in SinewPet™ is to digest the cellulose cell wall thus increasing the quantity of phytonutrients released.

Lipase is a digestive enzyme and digestive aid that helps decrease bloating after high caloric, high fat meals. Lipase works to help the body digest fats.

Protease is used as a digestive aid and as a digestive enzyme. It helps to digest proteins.

Spirulina is rich in enzymes and antioxidants such as superoxide dismutase. It helps to boost normal energy levels in the body and it supports liver metabolism (detoxification). It supports cellular health as it contains an array of nutrients and is considered a perfect protein, which means it contains all of the essential and non-essential amino acids as well (20 amino acids). **For more information, see page 107.**

Apple fibre promotes healthy intestinal flora, bowel movements and maintains a healthy colon. It provides antioxidants for the maintenance of health, supports cardiovascular health and is used as a bulk forming laxative.

Shiny Coat™

Omega 3-6-9 Formula for Healthy Skin and Coat

500 mL/bottle — UPC 826913400450

1 L/bottle — UPC 826913401402

NN.K3N1

RECOMMENDED USE: Source of essential fatty acids (Omega 3-6-9) to support a healthy pelage.

INGREDIENTS PER 1 TEASPOON (5mL):

Proprietary Blend of Omega 3-6-9 Essential Fatty Acids

Flax Seed Oil (<i>Linus usitatissimum</i>)	2.4 mL
Sunflower Oil (<i>Helianthus annuus</i>)	1.5 mL
Fish Oil (Anchovy, Mackerel, Sardine)	0.8 mL
Borage Oil (<i>Borago officinalis</i>)	0.003 mL
Omega 3	1500 mg
ALA (alpha-Linolenic acid)	1000 mg
EPA (Eicosapentaenoic acid)	300 mg
DHA (Docosahexaenoic acid)	200 mg
Omega 6	1250 mg
Omega 9	850 mg

ADDITIONAL INGREDIENT: Vitamin E (Mixed tocopherols).

ADDITIONAL INSTRUCTIONS: Never exceed recommended dosage unless in consultation with veterinarian or animal health professional. Keep opening of bottle away from animal's mouth; do not have animal lick from bottle opening.

DIRECTIONS BY ANIMAL'S BODY WEIGHT:

1-10 lbs 0.5-4.5 kg	1/4 teaspoon (1.25 mL) per day
11-20 lbs 5-9.1 kg	1/2 teaspoon (2.5 mL) per day
21-50 lbs 9.5-22.7 kg	1 teaspoon (5 mL) per day
51-75 lbs 23.1-34 kg	1 1/2 teaspoons (7.5 mL) per day
76-100 lbs 34.5-45.4 kg	2 teaspoons (10 mL) per day
> 100 lbs 45.4 kg	1 tablespoon (15 mL) per day

Give 1-2 times per day. Mix recommended dose with food. Shake well before use. For use in cats and dogs only.

CAUTIONS: Not for use in young, pregnant and lactating animals. Do not use in animals with bleeding disorders, unless directed by a veterinarian. Do not use if security seal is broken.

Essential fatty acids are indicated for maintaining normal pet health and for skin and coat conditions.

STORAGE: Refrigerate after opening. Consume within six (6) months after opening. Do not use if security seal is broken.

ALLERGENS: Contains no corn, dairy, gluten, wheat or yeast.

FEATURES & BENEFITS

- ✓ Source of essential fatty acids for the maintenance of good health (skin, fur & joints)
- ✓ Anchovy, Mackerel & Sardine (small fish oils)
- ✓ Borage & Flax seed oils
- ✓ Mixed tocopherols (vitamine E, d-alpha and gamma tocopherol)

EFA's are required for the proper structure and function of every cell in the body, and they are important for optimal health. EFA's increase the absorption of vitamins and minerals, they nourish the skin, hair/fur and nails, promote proper nerve functioning, and help produce hormones. EFA's ensure normal growth, development and help in the prevention of some diseases. Our blend of EFA's contains only the best quality oils, free of pesticide/herbicide residues and other toxins or contaminants.

Whether your pet is a show animal or a much-loved member of the family, **Shiny Coat™** will help maintain your pets' healthy skin and coat while providing them the nutrients that they need.

Flax seed provides essential fatty acids for the maintenance of good health, supports healthy bowel movements by increasing bulk volume and water content, and promotes healthy intestinal flora. **For more information on flax seed, see page 106.**

Sunflower oil is linoleic acid produced by expressing the oils from sunflower seeds and is typically used internally in the body. It is low in saturated fat, which makes it a better choice than oils and fats that are high in saturated fat. Sunflower oil helps with blood clotting and immune system response, and has anti-inflammatory, expectorant and stimulant properties.

Fish oil — the deep-sea fish oil is derived from anchovies, mackerels and sardines, all of which are known for their high EPA content. Deep-sea fish oil is a primary source of eicosapentaenoic acid (EPA) that contributes to prostaglandin 3 series formation. Prostaglandins of the 3 series are the primary end products of omega-3 oil supplementation and are effective for: nerve cells, cell membranes and hormone-like substances called prostaglandins.

Borage seed oil is rich in gamma-linolenic acid (GLA), an omega-6 fatty acid, generally converted to 1 series prostaglandins. Prostaglandins of the 1 series, like the 3 series, are also responsible for the beneficial effects mentioned. Borage seed oil also contains oleic acid, an omega-9 fatty acid that promotes the anti-inflammatory pathways for GLA.

EPA (Eicosapentaenoic Acid) is a source of EPA for the maintenance of good health. EPA helps to lower triglycerides and is important for brain and eye development. Some sources of EPA include fatty fish like mackerel, sardines and salmon, as well as vegetable sources like kelp and seaweed.

DHA (Docosahexaenoic Acid) is a source of DHA for the maintenance of good health; helps support/maintain eye health/function; helps support/maintain visual health/function; helps support/maintain normal brain function. DHA can be found in fatty fish like mackerel, sardines and salmon, as well as vegetable sources like kelp and seaweed.

ALA (Alpha Linolenic Acid) is a source of ALA for the maintenance of good health; a source of omega-3 fatty acids for the maintenance of good health; a source of an essential fatty acid. ALA can be found in plant foods like nuts, seeds and oils.

Omega-6 reduces the risk of heart issues; lowers total cholesterol levels; lowers LDL cholesterol levels; raises HDL cholesterol levels.

Omega-9 helps lower LDL; reduces the risk of heart issues; helps develop and maintain cells; high in vitamin E, necessary for healthy vision, a healthy immune system and other benefits.

Vitamin E an antioxidant that maintains the stability of cell membranes. Vitamin E is a source of antioxidants that protects the fat in body tissues from oxidation. It helps to fight against the oxidative effect caused by free radicals and helps to prevent vitamin E deficiency.



Wild Salmon Oil Blend

Natural Omega-3

500 mL/bottle – UPC 826913402157

1 L/bottle – UPC 826913402652

NN.F6S2

RECOMMENDED USES: Source of essential fatty acids (Omega-3) to support brain, heart, immune, muscle, joint, kidney and liver health. Improves skin and coat health. Contributes to blood pressure regulation and balances triglycerides. Promotes a healthy weight and metabolism.

INGREDIENTS PER TEASPOON (5 mL):

Blend of Omega 3 Essential Fatty Acids:

Fish Oil	5 mL
Salmon (60%)	
Anchovy, Mackerel, Sardine (40%)	
Omega 3	1375 mg
EPA (Eicosapentaenoic acid)	825 mg
DHA (Docosahexaenoic acid)	550 mg

ADDITIONAL INGREDIENT: Vitamin E (Mixed tocopherols).

DIRECTIONS BY ANIMAL'S BODY WEIGHT:

1-10 lbs 0.5-4.5 kg	¼ teaspoon (1.25 mL) per day
11-20 lbs 5-9.1 kg	½ teaspoon (2.5 mL) per day
21-50 lbs 9.5-22.7 kg	1 teaspoon (5 mL) per day
51-75 lbs 23.1-34 kg	1½ teaspoons (7.5 mL) per day
76-100 lbs 34.5-45.4 kg	2 teaspoons (10 mL) per day
>100 lbs 45.4 kg	1 tablespoon (15 mL) per day

Give 1-2 times daily, added to meals for best results. Shake well before use. For use in cats and dogs only.

CAUTIONS: Consult a veterinarian prior administering to pregnant or lactating animals. Do not use in animals with bleeding disorders, unless directed by a veterinarian. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Consume within six (6) months after opening. Do not use if security seal is broken. Keep bottle cap tightly closed when not in use.

ALLERGENS: Contains no corn, dairy, gluten, wheat or yeast.

FEATURES & BENEFITS

- ✓ 60% salmon and 40% anchovy, mackerel and sardine
- ✓ Improves skin and coat health
- ✓ Promotes healthy weight and metabolism
- ✓ Supports liver, kidney and cardiovascular health
- ✓ Provides immune support
- ✓ Helps improve cognitive health in puppies and kittens, and adult pets, including senior cats and dogs

Wild Salmon Oil Blend – the oil is purified by molecular distillation and this high-tech process removes most of the harmful toxins. It is also formulated with mixed tocopherols (vitamin E) containing both d-alpha tocopherol and gamma tocopherol. It is important to have both forms of vitamin E as d-alpha tocopherol scavenges reactive oxygen species and gamma tocopherol provides protections against reactive nitrogen species which d-alpha tocopherol cannot do.

EFA's are required for the proper structure and function of every cell in the body, and they are important for optimal health. EFA's increase the absorption of vitamins and minerals, they nourish the skin, hair/fur and nails, promote proper nerve functioning, and help produce hormones. EFA's ensure normal growth, development and help in the prevention of some diseases. Omega Alpha's blend of EFA's contains only the best quality oils, free of pesticide/herbicide residues, heavy metals, and other toxins or contaminants.

Fish oil – the deep-sea fish oil is derived from anchovies, mackerels and sardines, all of which are known for their high EPA content. Deep-sea fish oil is a primary source of eicosapentaenoic acid (EPA) that contributes to prostaglandin 3 series formation. Prostaglandins of the 3 series are the primary end products of omega-3 oil supplementation and are effective for: nerve cells, cell membranes and hormone-like substances called prostaglandins.

60% Alaskan Salmon: salmon oil is very high in both EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), which are omega-3 fatty acids.

40% Atlantic mackerel, European sardine and Peruvian anchovy: these small fish do not live for very long so they do not get a chance to accumulate toxins such as mercury, polychlorinated biphenyls, arsenic or other environmental contaminants that normally accumulate over a fish's life span.

EPA (Eicosapentaenoic Acid) is a source of EPA for the maintenance of good health. EPA helps to lower triglycerides and is important for brain and eye development. Some sources of EPA include fatty fish like mackerel, sardines and salmon, as well as vegetable sources like kelp and seaweed.

DHA (Docosahexaenoic Acid) is a source of DHA for the maintenance of good health; helps support/maintain eye health/function; helps support/maintain visual health/function; helps support/maintain normal brain function. DHA can be found in fatty fish like mackerel, sardines and salmon, as well as vegetable sources like kelp and seaweed.

- ✓ Oils are molecularly distilled
- ✓ Human-grade EFA oils
- ✓ No toxins, pesticides or heavy metals



mega-3

Omega Alpha® Guarantee, Product Chart



HUMAN HEALTH PRODUCTS	ITEM#	HC	Dairy Free	Gluten & Wheat Free	Egg Free	Soy Free	No Sugar Added	Vegan	Vegetarian
AntiFlamX™ (Cherry) (500 mL)	125452	NPN	✓	✓	✓	✓	✓	✓	✓
Anti-Ox Beauty™	130753	NPN	✓	✓	✓	✓	✓	✓	✓
Collagen Beauty™	130807	NPN	✓	✓	✓	x	✓	✓	✓
Cal-Mag Plus™ Liquid (Orange)	125155	NPN	✓	✓	✓	✓	✓	x	✓
Cal-Mag Plus™ Capsules	126152	NPN	✓	✓	✓	✓	✓	x	✓
Colloidal Silica	130258	NPN	✓	✓	✓	✓	✓	✓	✓
Daily Multi-VitMin™ (Men)	112568	NPN	✓	✓	✓	✓	✓	✓	✓
Daily Multi-VitMin™ (Men 50+)	112513	NPN	✓	✓	✓	✓	✓	✓	✓
Daily Multi-VitMin™ (Women)	112551	NPN	✓	✓	✓	✓	✓	✓	✓
Daily Multi-VitMin™ (Women 50+)	130906	NPN	✓	✓	✓	✓	✓	✓	✓
D-Glucosamine Sulphate	120150	NPN	✓	✓	✓	✓	✓	x	x
D-Glucosamine & Chondroitin Sulphate	121355	NPN	✓	✓	✓	✓	✓	x	x
Dong Quai Elixir™	115002	NPN	✓	✓	✓	✓	✓	✓	✓
Echinacea (Adult)	114104	NPN	✓	✓	✓	✓	✓	✓	✓
Echinacea Kids(Cherry)	126008	NPN	✓	✓	✓	✓	✓	✓	✓
Echinacea Kids (Strawberry)	126053	NPN	✓	✓	✓	✓	✓	✓	✓
Echinacea & Goldenseal	112803	NPN	✓	✓	✓	✓	✓	✓	✓
EnduraStrength™ (500 mL)	125056	NPN	✓	✓	✓	✓	✓	✓	✓
Energin® (Apple)	111882	NPN	✓	✓	✓	✓	✓	✓	✓
Essential Fatty Acids (Omega 3-6-9)	122703	NPN	✓	✓	✓	x	✓	x	x
E-Z Flo™	120754	NPN	✓	✓	✓	✓	✓	✓	✓
Flax Seed Oil	121959	NPN	✓	✓	✓	x	✓	✓	✓
Ginkgo Biloba (Liquid)	120259	NPN	✓	✓	✓	✓	✓	✓	✓
Ginkgo Biloba (Vegcaps)	112506	NPN	✓	✓	✓	✓	✓	✓	✓
GinkgoGin®	111875	NPN	✓	✓	✓	✓	✓	✓	✓
GlucosaJoint® (Apple)	124257	NPN	✓	✓	✓	✓	✓	x	x
GlucosaPlex®	120051	NPN	✓	✓	✓	✓	✓	x	x
Glucolizer™	123854	NPN	✓	✓	✓	✓	✓	✓	✓
Goji Juice 100% Pure	124806	NPN	✓	✓	✓	✓	✓	✓	✓

Omega Alpha® Guarantee, Product Chart



HUMAN HEALTH PRODUCTS	ITEM#	HC	Dairy Free	Gluten & Wheat Free	Egg Free	Soy Free	No Sugar Added	Vegan	Vegetarian
Healthy Colon Plus® (340 g)	121904	NPN	*c	✓	✓	*c	✓	✓	✓
Healthy Colon Plus® (180 vegcaps®)	121263	NPN	*c	✓	✓	*c	✓	✓	✓
HerbaCough™ (120 mL)	112308	NPN	✓	✓	✓	✓	✓	✓	✓
HerbaCough™ (250 mL)	127050	NPN	✓	✓	✓	✓	✓	✓	✓
High Potency Fish Oil Concentrate™	124103	NPN	✓	✓	✓	x	✓	x	x
High Potency Omega-3 Oil	127586	NPN	✓	✓	✓	x	✓	x	x
Horny Goat Weed	122253	NPN	✓	✓	✓	✓	✓	✓	✓
Hyaluronic Acid	126206	NPN	✓	✓	✓	✓	✓	✓	✓
I-B Eaze®	120471	NPN	*c	✓	✓	*c	✓	✓	✓
ImmuBoost® (120 mL)	120204	NPN	✓	✓	✓	✓	✓	✓	✓
ImmuBoost® (250 mL)	120228	NPN	✓	✓	✓	✓	✓	✓	✓
Immunol™	122659	NPN	✓	✓	✓	✓	✓	✓	✓
Inositol Hexaniacinate (Vit. B3)	127609	NPN	✓	✓	✓	✓	✓	✓	✓
Kava Kava	120563	NPN	✓	✓	✓	✓	✓	✓	✓
Kidney Flush®	121805	NPN	✓	✓	✓	✓	✓	✓	✓
Kidney Plus™	121850	NPN	✓	✓	✓	✓	✓	✓	✓
LessTerol®	122758	NPN	✓	✓	✓	✓	✓	✓	✓
Liver Flush®	121706	NPN	✓	✓	✓	✓	✓	✓	✓
Liver Plus™	121751	NPN	✓	✓	✓	✓	✓	✓	✓
Lung Flush®	121652	NPN	✓	✓	✓	✓	✓	✓	✓
Maculex™	121058	NPN	✓	✓	✓	✓	✓	✓	✓
Magnesium Bisglycinate	130357	NPN	✓	✓	✓	✓	✓	✓	✓
Magnesium Liquid	130302	NPN	✓	✓	✓	✓	✓	✓	✓
Magnesium Powder	112476	NPN	✓	✓	✓	✓	✓	✓	✓
Maritime Pine Bark Extract	120501	NPN	✓	✓	✓	✓	✓	✓	✓
Milk Thistle (Liquid)	122055	NPN	✓	✓	✓	✓	✓	✓	✓
Milk Thistle (Vegcaps®)	122321	NPN	✓	✓	✓	✓	✓	✓	✓
MSM (Methylsulfonylmethane) (Vegcaps)	122352	NPN	✓	✓	✓	✓	✓	✓	✓

*c - These products do not contain dairy or soy, however, they may have been in contact with soy or milk allergens.

Omega Alpha® Guarantee, Product Chart



HUMAN HEALTH PRODUCTS	ITEM#	HC	Dairy Free	Gluten & Wheat Free	Egg Free	Soy Free	No Sugar Added	Vegan	Vegetarian
MSM & D-Glucosamine Sulphate	121409	NPN	✓	✓	✓	✓	✓	x	x
Multi-Zyme® (90 vegcaps®)	114036	NPN	✓	✓	✓	✓	✓	✓	✓
Multi-Zyme® (180 vegcaps®)	114043	NPN	✓	✓	✓	✓	✓	✓	✓
Chaga Mushroom Extract	130951	NPN	✓	✓	✓	✓	✓	✓	✓
Cordyceps Mushroom Extract	131002	NPN	✓	✓	✓	✓	✓	✓	✓
Coriolus (Turkey Tail) Mushroom Extract	131354	NPN	✓	✓	✓	✓	✓	✓	✓
Lion's Mane Mushroom Extract	131057	NPN	✓	✓	✓	✓	✓	✓	✓
Maitake Mushroom Extract	131101	NPN	✓	✓	✓	✓	✓	✓	✓
Reishi Mushroom Extract	131156	NPN	✓	✓	✓	✓	✓	✓	✓
Shiitake Mushroom Extract	131200	NPN	✓	✓	✓	✓	✓	✓	✓
N-Acetyl-L-Carnitine	127654	NPN	✓	✓	✓	✓	✓	✓	✓
Nocturna™ (120 mL)	130210	NPN	✓	✓	✓	✓	✓	✓	✓
Nocturna™ (500 mL)	130203	NPN	✓	✓	✓	✓	✓	✓	✓
Noni Juice (Apple Flavour)	130005	NPN	✓	✓	✓	✓	✓	✓	✓
Noni Juice (Unsweetened)	130012	NPN	✓	✓	✓	✓	✓	✓	✓
Para-Rid®	120105	NPN	✓	✓	✓	✓	✓	✓	✓
Protein EnzyPro™ (Chocolate)	124608	NPN	x	✓	✓	✓	✓	x	✓
Protein EnzyPro™ (Vanilla)	130500	NPN	x	✓	✓	✓	✓	x	✓
Protein Multi-Plex™ Adult (Chocolate)	127227	NPN	x	✓	✓	x	✓	x	✓
Protein Multi-Plex™ Adult (Vanilla)	127203	NPN	x	✓	✓	x	✓	x	✓
Protein Multi-Plex™ Kids (Chocolate)	127142	NPN	x	✓	✓	x	✓	x	✓
Protein Multi-Plex™ Kids (Vanilla)	127104	NPN	x	✓	✓	x	✓	x	✓
Protein Vgan5+™ (Chocolate)	130708	NPN	✓	✓	✓	✓	✓	✓	✓
Protein Vgan5+™ (Vanilla)	130715	NPN	✓	✓	✓	✓	✓	✓	✓
Psyllium (Seed and Husk)	120600	NPN	✓	✓	✓	✓	✓	✓	✓
Puncture Vine	122208	NPN	✓	✓	✓	✓	✓	✓	✓
Quercetin (Quercetin dihydrate)	124301	NPN	✓	✓	✓	✓	✓	✓	✓
R-Alpha Lipoic Acid	130401	NPN	✓	✓	✓	✓	✓	✓	✓

Omega Alpha® Guarantee, Product Chart



HUMAN HEALTH PRODUCTS	ITEM#	HC	Dairy Free	Gluten & Wheat Free	Egg Free	Soy Free	No Sugar Added	Vegan	Vegetarian
Resprit™ (120 mL - Cherry Menthol)	126909	NPN	✓	✓	✓	✓	✓	✓	✓
Resprit™ (500 mL - Cherry Menthol)	125704	NPN	✓	✓	✓	✓	✓	✓	✓
SinewPlex™ (250 g - Orange)	125803	NPN	x	✓	✓	x	✓	x	x
SinewPlex™ (500 g - Orange)	125759	NPN	x	✓	✓	x	✓	x	x
St. John's Wort	112902	NPN	✓	✓	✓	✓	✓	✓	✓
Stinging Nettle	121003	NPN	✓	✓	✓	✓	✓	✓	✓
Super Anti-Ox® (30 vegcaps®)	123816	NPN	✓	✓	✓	✓	✓	✓	✓
Super Anti-Ox® (60 vegcaps®)	123809	NPN	✓	✓	✓	✓	✓	✓	✓
Tetda Gel™ (Topical Use Only)	101050	NPN	✓	✓	✓	✓	✓	✓	✓
Tribulus Terrestris	120808	NPN	✓	✓	✓	✓	✓	✓	✓
Ultra Probiotic Plus™	125605	NPN	*c	✓	✓	*c	✓	✓	✓
Valerian	120952	NPN	✓	✓	✓	✓	✓	✓	✓
Veggie Fruit Plus™ (360 g)	123755	NPN	*c	✓	✓	*c	✓	✓	✓
Veggie Fruit Plus™ (120 vegcaps®)	125308	NPN	*c	✓	✓	*c	✓	✓	✓
Vitamin B-Complex	123502	NPN	✓	✓	✓	✓	✓	✓	✓
Vitamin D3 500 IU (Concentrated Kids' Drops) (Cherry)	127005	NPN	✓	✓	✓	✓	✓	x	✓
Vitamin D3 1000 IU (Concentrated Drops) (Orange)	125858	NPN	✓	✓	✓	✓	✓	x	✓
Vitamin D3 1000 IU (Orange)	124714	NPN	✓	✓	✓	✓	✓	x	✓
Vitamin D3 1000 IU (Unflavoured)	124707	NPN	✓	✓	✓	✓	✓	x	✓
Vitamin D3 & K2 (15 mL) (Orange – Spray)	127814	NPN	✓	✓	✓	✓	✓	x	✓
Vitamin D3 & K2 (15 mL) (Peppermint – Spray)	127821	NPN	✓	✓	✓	✓	✓	x	✓
Vita Sex™ (120 mL)	122154	NPN	✓	✓	✓	✓	✓	✓	✓
Vita Sex™ (250 mL)	122161	NPN	✓	✓	✓	✓	✓	✓	✓

*c - These products do not contain dairy or soy, however, they may have been in contact with soy or milk allergens.

Omega Alpha® Guarantee, Product Chart



PET HEALTH PRODUCTS * Veterinary Health Product	ITEM#	Dairy Free	Gluten & Wheat Free	Egg Free	Soy Free	No Sugar Added	Vegan	Vegetarian
EnduraStress™ (NN.G2S7)	400511	✓	✓	✓	✓	✓	✓	✓
*E-Z Mobility™ (NN.K1D7)	401709	✓	✓	✓	✓	✓	✓	✓
*E-Z Rest™ (NN.B3VY)	400016	✓	✓	✓	✓	✓	✓	✓
*GlucosaPet™ (NN.B0K6)	400160	✓	✓	✓	✓	✓	x	x
*Hyaluronic Acid for Cats & Dogs (NN.P6K3)	400641	✓	✓	✓	✓	✓	✓	✓
*HealthyPet™ (NN.N0F7)	400115	✓	✓	✓	✓	✓	✓	✓
HerbaCoat™	401808	✓	✓	✓	✓	✓	✓	✓
KidneyTone™	400214	✓	✓	✓	✓	✓	✓	✓
*LiverTone™ (NN.K7E1)	400269	✓	✓	✓	✓	✓	✓	✓
*LungTone™ (NN.J0F2)	401624	✓	✓	✓	✓	✓	✓	✓
Nutrify™	401952	✓	✓	✓	x	✓	x	x
*OptiPet Multi™ (NN.SY2W6)	400566	✓	✓	✓	x	✓	x	✓
Pet Vitality™	402102	✓	✓	✓	x	✓	x	x
*Probiotic 8 Plus™ (NN.H1Z7)	400405	✓	✓	✓	✓	✓	✓	✓
*SinewPet™ (NN.B4T1)	402409	✓	✓	✓	x	✓	x	✓
*Shiny Coat™ (NN.K3N1)	400450	✓	✓	✓	x	✓	x	x
*Wild Salmon Oil Blend (NN.F6S2)	402157	✓	✓	✓	x	✓	x	x

See the Omega Alpha® Difference!



We have loads of free marketing materials for you!



Omega Alpha® Retailer's Pass

Scan the QR code and go to Omega Alpha's google drive online folder, a marketing and education support library for Omega Alpha's retailers!

This is where our retailers can find the digital marketing and education information for our products!

<http://bit.ly/oaretailers>

The file areas include several folders called: OA Human, OA Equine, OA Pet, OASIS Material and OA French Material. Each area holds:

- Posters
- Product flyers (Individual sheets)
- Facebook ads (in low-res & high-res files; separate files)
- Catalogues
- Booklets (Health themed)
- Tonic Radio recordings with Dr.Chang (15 min health talks)
- Testimonial videos
- Demo videos
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Omega Alpha® Quality Assurance

High Performance Liquid Chromatography Fingerprinting Technology For Western Botanicals and Traditional Chinese Medicine Herbs

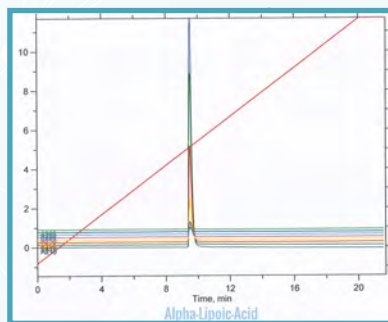
Omega Alpha® uses technology called high-performance liquid chromatography (HPLC) which is increasingly used in the field of fingerprinting medicinal herbs. Advantages such as high speed, high resolution, high sensitivity, stability, accuracy, and automation make it one of the leading techniques used for quality control and for the standardization of botanicals.

HPLC is intended for work in the stationary, mobile or field laboratories which have been carrying out analyses for various areas of the science, pharmaceuticals and natural health foods industry. It is used for:

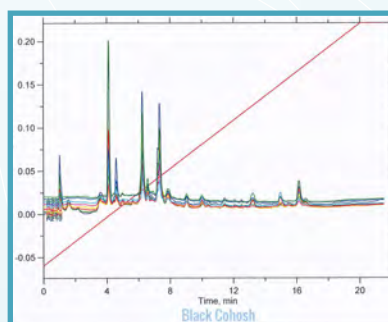
- **Quality assurance and safety of food**, alcoholic and soft drinks, drinking and mineral water, means of household chemical goods, perfumery.
- **Medicine**: the analysis of medical products and ready forms. Definition of amino acids, purines and pyrimidins, steroid hormones, lipids and so forth, in biological liquids for diagnostics of diseases; definitions of speed of deducing medical products from an organism with the purpose of their individual dosage for carrying out intensive therapy.
- **Wildlife conservation**: definition of harmful substances in drains, in air emissions, in firm waste products of industrial enterprises and in living organisms. Monitoring of polycyclic and other aromatic hydrocarbons, phenols, pesticides, organic dyes, heavy ions, alkaline and alkali-earth metals.
- **Criminalistics**: definition of narcotic, strong, poisonous, explosives; comparison of dyes, the ink, the crude narcotic substances, etc.
- **Chemical, Pharmaceutical & Food-Processing Industry**: the control for processes of organic synthesis, of oil and coal refining; of biochemical and microbiological manufactures; the analysis of raw material, semi products and end production of chemical, pharmaceutical and the food-processing industry.
- **Agriculture**: the analysis of soil quality for definition of necessary quantities of fertilizers, the analysis of pesticides and herbicides in ground, water and in production. Definition of nutritional value of forages.

Omega Alpha® has used HPLC as part of its standardization technique for medicinal analysis. The fingerprinting means that the standardization of ingredients for our formulations must be a carbon copy of reference standards already reported in official compendium. These are available through scientific research and through the Natural and Non-Prescription Health Products Directorate (NNHPD)/Health Canada recommendations for dosage.

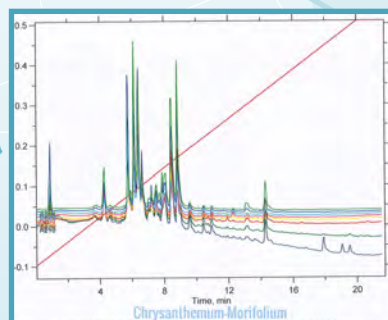
The fixed phytochemical content, seen in the HPLC graphs (Graph #1 - Alpha-Lipoic Acid; Graph #2 - Black Cohosh; Graph #3 - Chrysanthemum Morifolium) down below, are standardized extracts of particular plants. At our on-site laboratories, we test all ingredients and formulations before, during and after manufacturing and batch testing to ensure that there are no heavy metals, contaminants or other toxins. We also utilize third party laboratories to verify the efficacy, safety, consistency and purity of our products. Omega Alpha® uses only ingredients where scientific research has proven the ingredient to be reliable and effective for its stated purpose.



**Graph #1 -
Alpha-Lipoic Acid**



**Graph #2 -
Black Cohosh**



**Graph #3 -
Chrysanthemum
Morifolium**





Natural Health Products for Horses

- ✓ Nutraceuticals, Vitamins and Minerals
- ✓ Superior Quality Ingredients
- ✓ Advanced Product Formulations
- ✓ Proven Scientific Research and Testing



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our equine
product line!



Glossary of Therapeutic Actions from Herbs

Absorbent: An herb or substance that promotes absorption, soaks up liquid, or acts as a sponge.

Acidic: An herb or substance that reacts with an alkaloid to produce a salt.

Adaptogen: The term adaptogen is used by herbalists to refer to a natural herb product that is proposed to increase the body's resistance to stress, trauma, anxiety and fatigue. In 1968, Israel I. Brekhman, PhD, and I. V. Dardymov formally gave adaptogens a functional definition, as follows:

1. An adaptogen is non-toxic to the recipient.
2. An adaptogen produces a non-specific response in the body – an increase in the power of resistance against multiple stressors including physical, chemical, or biological agents.
3. An adaptogen has a normalizing influence on physiology, irrespective of the direction of change from physiological norms caused by the stressor.

Alterative: Herbs that alter or change a long-standing condition by aiding the elimination of metabolic toxins. Gradually facilitates a beneficial change in the body. Also known as “blood cleansers” in the past, these herbs improve lymphatic circulation, boost immunity, and help clear chronic conditions of the skin. In addition they reduce fevers, detoxify the liver, kill parasites and worms, and help in the treatment of infectious, contagious diseases and epidemics. Flu, acne, herpes, and venereal diseases also respond to this type of herb.

Analgesic or anodynes: These herbs reduce or eliminate pain (e.g., digestive, circulatory, respiratory, nervous system, nerve, muscle, tooth pain, nervous digestion, and headaches). Some herbs are strong pain relievers, often working best against pains of specific causes.

Anthelmintic: An agent that destroys and expels worms from the intestines. Same as vermifuge.

Antibiotic: Inhibits the growth of bacteria or kills the bacteria.

Anticoagulant: Help the body prevent clotting of the blood.

Anti-diarrheal: Helps stop diarrhea.

Anti-fungal: Inhibits growth or multiplication of, or destroys, fungi.

Anti-inflammatory: Reduces inflammation.

Anti-microbial: Helps destroy or resist pathogenic micro-organisms.

Anti-rheumatic: Eases inflammation and pain in joints and muscles.

Antiseptic: Prevents decay or putrefaction. A substance that inhibits the growth and development of microorganisms without necessarily destroying them.

Anti-spasmodic: Relieves or prevents involuntary muscle spasm or cramps (also see nervines) by strengthening nerves and the nervous system.

Antitussive: Prevents or relieves a cough.

Aphrodisiac: Restores or increases sexual power and desire. Two types: 1. Tonics: Develop tissue substance; 2. Stimulants: increase the functioning of the reproductive organs.

Aromatherapy: This approach uses essential oils extracted from medicinal plants to treat various health conditions. The oils are generally diluted, then used topically, internally, or to stimulate olfactory senses.

Aromatic: Herb with a pleasant, fragrant scent and a pungent taste.

Astringent: Causes a local contraction of the skin, blood vessels, and other tissues, thereby arresting the discharge of blood, mucus, etc. Usually used locally as a topical application.

Ayurvedic Medicine: Literally meaning the “science of life.” A 5,000-year-old system of medicine originating in India that combines natural therapies with a highly personalized, holistic approach to the treatment of disease.

Bitter: A solution of bitter, sometimes aromatic, plant products used as a mild tonic. These herbs reduce toxins in the blood and may also help in weight reduction. Herbalists prescribe bitters to destroy infection, reduce fevers and they are also useful for very thirsty patients. They can help to reduce sweating, inflammation, and infection.

Blood Purifier: Agents that clean and remove impurities from the blood, similar to depurative.

Bulbus: The bulb or an underground bud (specialized stem structure) of a plant, from which both a shoot and roots may extend.

Calmative: Herbs that are soothing, sedating, see also nervines.

Cardiac: An herb or substance that stimulates, tones, or restores the heart. (Syn: cardiac tonic, cardiant, cordial)

Cardiac Stimulant: Herbs that promote circulation when there is a weak heart.

Cardiac Tonic: An herb, substance, or combined formula that strengthens and stimulates the heart metabolism. (Syn: cardiac, cardiant, cardiotonic, cordial)

Carminative: Herb that helps to prevent gas from forming in the intestines, and also assists in expelling it. Also increases absorption of nutrients, dispels water, mucus, promotes normal peristalsis; relieves spasms and pain; improves weak digestion from anxiety, nervousness, or depression.

Demulcent: Soothes, protects, and relieves the irritation of inflamed mucous membranes and other surfaces. (i.e., protects stomach and urinary bladder lining).

Depurative: Tends to purify and cleanse the blood.

Diaphoretic: Promotes perspiration, especially profuse perspiration. Promotes circulation; dispels fever and chills; eliminates surface toxins; relieves muscle tension, aching joints, and inflammatory skin conditions; relieves diarrhea, dysentery, kidneys, liver, urinary, and gall bladder disorders; dispels stones of kidney and both bladders. Also useful for genitourinary disease (herpes), edema; painful, difficult or burning urination or infections.

Digestive: Herbs that assist the stomach and intestines in normal digestion. Examples: Coriander, cumin, rock salt, and turmeric.

Diuretic: Promotes the production and secretion of urine.

Drug: A pure substance or combination of pure substances (isolated from natural sources, semi-synthetic, or purely chemical in origin) intended to mitigate, treat, cure or prevent a disease in humans (and other animals).

Emmenagogue: Herb that brings on menstruation. Herbalists also believe that these herbs clear blood congestion, blood clot; build the blood; moisten female reproductive organs; counteract aging and poor nutrition.

Ergogenic: Used for the purpose of enhancing performance.

Essential Oils: Aromatic volatile oils extracted from the leaves, stems, flowers, and other parts of plants. Therapeutic use generally includes dilution of the highly concentrated oil.

Estrogenic: Herbs that promote or produce estrus.

Exhilarant: Herbs that enliven and cheer the mind.

Expectorant: Promotes the thinning and ejection of mucus or exudate from the lungs, bronchi, and trachea; sometimes the meaning is extended to all remedies that quiet a cough.

Flos: The flowers of plant usually consisting of a single flower or the entire inflorescences (i.e., head, umbel, panicle, spike, etc.).

Fructus: The fruit (the ripened ovary of the flower-bearing seeds) or berry of the plant. In pharmacognosy, fructus is not always synonymous with the botanical definition.

Folium: The leaf of a plant. Usually the middle leaves of plants are collected.

Hemagogue: An agent that promotes the flow of blood

Hemostatic: Astringent, alterative, stops bleeding, purifies blood.

Hepatic: Promotes the well-being of the liver and increases the secretion of bile.

Herb: The word herb (sometimes referred to as botanical) has several different meanings depending on the perspective: *In commercial terms* - herb generally refers to plants used for culinary purposes. Additionally the terminology differentiates Temperate Zone plants from tropical and sub-tropical plants (i.e., spices).

In horticultural terms - herb refers to “herbaceous,” which describes the appearance of the plant (i.e., a non-woody, vascular plant).

In taxonomic terms - herb generally refers to the aboveground parts or the aerial parts (i.e., the flower, leaf, and stem).

In terms of herbal medicine - herb refers to plants used in various forms or preparations, valued for their therapeutic benefits, and sold as dietary supplements in the U.S. marketplace.

Herbal Medicine: An approach to healing which uses plant or plant-derived preparations to treat, prevent, or cure various health conditions and ailments. This approach is incorporated into various medical systems. Although herbal medicine does not have a specific point of conception, at present an estimated 80% of the world’s population rely on medicinal plant preparations for their primary healthcare needs, according to the World Health Organization. Despite the extensive use which can be attributed to the use of plants in traditional medical systems, our knowledge of the plants and their values remain largely unexplored.

Hypertensive: Raises blood pressure.

Hypoglycemic: Lowers blood glucose levels.

Hypoglyceman: Agent that lowers blood sugar.

Hypotensive: Lowers blood pressure.

Indigenous or Tribal Medicine: A healthcare system that tends to incorporate various methods of botanical and animal medicines as well as specific ceremonial rituals of the culture to cure disease. The medicinal knowledge is passed from generation to generation primarily through oral traditions. The system tends to be unique to each tribe.

Immunogenic: Relating to or producing an immune response.

Immunomodulator/Immunomodulatory: An agent that modifies the immune response or the functioning of the immune system.

Immunostimulant: Relating to stimulating the immune system by inducing activation or by increasing activity of any of its components.

Laxative: Herb that acts to promote evacuation of the bowels; a gentle cathartic.

Liniment: Extract of a plant added to either alcohol or vinegar and applied topically to employ the therapeutic benefits.

Lipolytic: Relating to the chemical breakdown of fat.

Mucilaginous: Herbs that have a soothing effect on inflamed mucous membranes.

Mucilant: Herbs that are considered mucilants have mucilage properties which have a soothing and demulcent effect. They coat and protect mucous membranes from irritations. Mucilants have a wide variety of applications including coughs, sore throats, and irritated stomach bowels, bladder and kidneys. They can also be used for laxatives, cream and ointments because of their soothing effects.

Nauseant: An herb that causes nausea and vomiting.

Nephritic: Herbs used in healing kidney problems.

Nervine: A substance that calms and soothes the nerves and reduces tension and anxiety.

Nutritive: Nutritive agents nourish the body. Herbs with nutritive properties include alfalfa, amaranth, barley, bee pollen, chickweed, comfrey, guarana, Iceland moss, Irish moss, kelp, marshmallow, nettle, oatstraw, papaya, pumpkin, red clover, rose hips, slippery elm, suma, watercress, and yellow dock.

Peptic: An herb or substance that aids in the digestion of food. (Syn: digestive, eupeptic)

Phytochemicals/Phytonutrients: Chemical compounds or chemical constituents formed in the plant’s normal metabolic processes. The chemicals are often referred to as “secondary metabolites” of which there are several classes including alkaloids, anthraquinones, coumarins, fats, flavonoids, glycosides, gums, iridoids, mucilages, phenols, phytoestrogens, tannins, terpenes, and terpenoids, to mention a few. Extracts contain many chemical constituents, while chemicals that have been isolated from the plant are considered pharmaceutical drugs (i.e., digoxin having been isolated from the foxglove or *Digitalis lanata* plant).

Phytoestrogens: A type of phytochemical with some influence on the estrogenic activity or hormonal system in humans. This rather broad term does not mean that the plant mimics human estrogen, only acts to affect it in some way.

Phytomedicinals: Medicinal substances that originate from plants.

Purgative: A substance that promotes the vigorous evacuation of the bowels. Usually used to relieve severe constipation.

Radix: The root of a plant, though radix is sometimes synonymous with rhizome.

Relaxant: Tends to relax and relieve tension, especially muscular tension.

Resolvent: Promotes the resolving and removing of abnormal growths, such as a tumour.

Resorbent: Aids reabsorption of blood from bruises.

Rhizoma: The rhizome or a creeping horizontal stem, generally bearing roots on its underside.

Sedative: Herb that allays excitement, induces relaxation, and is conducive to sleep.

Semen: The seed of a plant, usually removed from the fruit, and may or may not contain the seed coat.

Spasmolytic: Causing arrest of a spasm; antispasmodic.

Stimulant: Herb that increases the activity or efficiency of a system or organ; acts more rapidly than a tonic.

Stomachic: Herbs that give strength and tone to the stomach, stimulate digestion, and improve the appetite.

Tablet: A compressed, measured amount of a substance.

Tibetan medicine: Is a centuries-old traditional medical system that employs a complex approach to diagnosis, incorporating techniques such as pulse analysis and urinalysis, and utilizes behavior and dietary modification, medicines composed of natural materials (e.g., herbs and minerals) and physical therapies (e.g. Tibetan acupuncture, moxabustion, etc.) to treat illness.

Tincture: An extract of a plant made by soaking herbs in a dark place with a desired amount of either glycerine, alcohol, or vinegar for two to six weeks. The liquid is strained from the plant material and then may be used therapeutically.

Tonic (nutritive): Permanently increases the tone of a part of the body, or the entire system by nourishing and increasing weight.

Tonic: Herbs that restore and strengthen the entire system. Produces and restores normal tone. A general tonic would be one that braces up the whole system.

Tonic (rejuvenative): Regenerates cells and tissues; promotes longevity.

Traditional Chinese Medicine: A 3,000-year-old holistic system of medicine combining the use of medicinal herbs, acupuncture, food therapy, massage, and therapeutic exercise. Chinese physicians look for the underlying causes of imbalance in the “yin” and “yang” which lead to disharmony in the “qi” energy in the body. Traditional Chinese Medicine addresses how illness manifests itself in a patient and treats the patient, not the ailment or disease.

Vermifuge: Herbs that expels intestinal worms or parasites. Same as anthelmintic.

Vulnerary: An herb used in treating fresh cuts and wounds, usually used as a poultice. A healing substance.



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Our liquid extract concentrates are made from whole uncut herbs. This way, we identify each herb, thus assuring the safety, purity and consistency of each formula.





ALL NATURAL HERBAL HEALTH PRODUCTS

Company Profile

Omega Alpha® Pharmaceuticals Inc. is 100% Canadian owned and incorporated in Ontario, Canada. Omega Alpha® opened its doors immediately after receiving its GMP license in October 1992 with the goal in mind to provide consumers with scientifically formulated natural health products manufactured using pharmaceutical standards. Twenty years ago, there were very few Canadian companies using research-based science at the heart of their practices. The company is proud to be a leader in natural health products based on science.

Dr. Gordon Chang, CEO of Omega Alpha® Pharmaceuticals Inc. received his Ph.D. in 1989 from the University of Toronto, Department of Physiology and Institute of Biomedical Engineering where he received a research fellowship award from The Hospital for Sick Children to research cell adhesion, biomaterials and blood material interactions. Later, as a post-doctoral fellow at the department of Clinical Chemistry at Toronto General Hospital, Dr. Chang led research in antioxidants, free radical chemistry and oxidative injury. He established Omega Alpha® Pharmaceuticals Inc. in 1992 and his manufacturing company has earned rewards, accolades and the enduring respect of his peers for producing innovative and efficacious herbal-based and nutritional supplements for the natural health industry.

Many companies produce herbal formulations, but Omega Alpha® manufactures supplements based on proven scientific research and testing. The company manufactures nearly 300 natural health products through five divisions: Consumer Health Products, Pet Health Products, Equine Health Products, Professional Naturopathic Health Products through their Alpha Science Laboratories™ brand, and Professional Veterinarian products through their AlphaVet Science™ brand.

Products are clinically evaluated by, and in consultation with, master herbalists, pharmacists, veterinarians, medical doctors, and naturopathic doctors. At their on-site laboratories, they test all ingredients and formulations before, during and after manufacturing and batch testing to ensure that there are no heavy metals, contaminants or other toxins, and they also utilize third party laboratories to verify the efficacy, safety consistency and purity of their products.

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Natural Health Products for Horses

- ✓ Nutraceuticals, Vitamins and Minerals
- ✓ Superior Quality Ingredients
- ✓ Advanced Product Formulations
- ✓ Proven Scientific Research and Testing

Proudly Canadian   OmegaAlpha.com



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Adren-FX™

Hormone and Sugar Normalizing Formula

1 L (33.8 oz) & 4 L (1 Gal)



- ✓ Helps maintain healthy blood sugar
- ✓ Helps balance body hormones
- ✓ Contains sources of antioxidants that help against oxidative stress
- ✓ Has adaptogenic herbs that can help the body cope with physical and mental stress
- ✓ Contains anti-inflammatory herbs that aid in inflammatory conditions such as equine metabolic disorders

RECOMMENDED USES: A botanical formulation to help maintain healthy blood levels and to balance hormones.

INGREDIENTS PER 60 mL/2 oz dose:

<i>Vitex agnus-castus</i> (Chasteberry Fruit)	600 mg	<i>Glycyrrhiza glabra</i> (Licorice Root)	600 mg
<i>Angelica Sinensis</i> (Chinese Angelica Root) (Dong Quai)	600 mg	<i>Zingiber officinale</i> (Ginger Rhizome)	600 mg
<i>Eleutherococcus senticosus</i> (Eleuthero Root)	600 mg	Potassium (Potassium Chloride)	314 mg
<i>Withania somnifera</i> (Ashwagandha Root)	600 mg	Cinnamomum cassia (Cinnamon)	900 mg
<i>Astragalus membranaceus</i> (Astragalus Root)	450 mg	<i>Lycium chinense</i> (Goji Berry)	900 mg
<i>Rehmannia Glutinosa</i> (Rehmannia Root)	600 mg	<i>Panax quinquefolius</i> (North American Ginseng Root)	600 mg
<i>Momordica charantia</i> (Bitter Gourd Fruit)	900 mg	Chromium (Chromium Polynicotinate)	2.1 mcg

NON-MEDICINAL INGREDIENTS: Purified water, Guar gum, Citric acid, Potassium sorbate, Benzoic acid (buffered).

DIRECTIONS: Loading dose: Give 60 mL (2 oz) twice daily for 7 days.

Maintenance dose: Give 60 mL (2 oz) daily or 30 mL (1 oz) twice daily.

EQUINE DAILY SERVINGS:

Loading Dose - 60 mL twice daily = 8-day supply (Litre); 32-day supply (Gallon)

Maintenance Dose - 60 mL daily = 16-day supply (Litre); 64-day supply (Gallon)

CAUTIONS: An examination from a veterinarian is recommended prior to using this product. Safe use in pregnant animals or animals intended for breeding has not been proven. If animal's condition worsens or does not improve, stop product administration and consult your veterinarian. Not to be used one week prior to surgery. Not for use in horses intended for food as a withdrawal period has not been established. Consult your veterinarian for potential drug interactions. Off-label use of this product in ruminants is not recommended. Oral use only. Administer during or after the animal has eaten to reduce incidence of gastrointestinal upset. Shake well before use. Not recommended for mares in foal. In case of accidental overdose, contact a health professional immediately.

STORAGE: Store at room temperature and away from direct sunlight. Keep bottle cap tightly closed when not in use. Keep out of reach of children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore products may have batch differences in colour and taste.



Airwaves™

Airway Enhancement Formula

1 L (33.8 oz) & 4 L (1 Gal)

- ✓ Helps stimulate the opening of airways (bronchioles)
- ✓ Helps to clear mucus
- ✓ Improves overall respiration and aids in breathing
- ✓ Provides gentle and effective lung support
- ✓ Has sources of antioxidants for normal lung functions
- ✓ Supports the overall health of the lungs
- ✓ Available in 1L and 4L bottles



RECOMMENDED USES: An airway enhancement formula.

INGREDIENTS PER 2 TABLESPOONS (30 mL / 1 oz):

<i>Mentha x piperita</i> (Peppermint Leaf).....	650 mg
<i>Eriobotryae japonica</i> (Loquat Leaf).....	550 mg
<i>Verbascum thapsus</i> (Mullein Flower).....	520 mg
<i>Eucalyptus globulus</i> (Eucalyptus Leaf).....	325 mg
<i>Urtica dioica</i> (Stinging Nettle Leaf).....	325 mg
<i>Inula helenium</i> (Elecampagne Root).....	195 mg
<i>Aster Tataricus</i> (Tatarian Aster).....	195 mg
<i>Flos Farfarae</i> (Coltsfoot Flower).....	130 mg
<i>Descurainia Sophia</i> (Flixweed).....	130 mg

NON-MEDICINAL INGREDIENTS: Purified water, Natural cherry flavour, Menthol, Vegetable glycerine, Guar gum, Citric acid, Potassium sorbate, Benzoic acid (buffered), Ethanol.

DIRECTIONS: Administer 30-60 mL (1-2 oz) daily prior to exercise. Syringe directly into the mouth for best results. Shake well before use. For use in horses only.

EQUINE DAILY SERVINGS:

1 L | 30 mL daily = 33 days

4 L | 30 mL daily = 133 days

CAUTIONS: Safe use in pregnant animals or animals for breeding has not been proven. If animal's condition worsens or does not improve, stop product administration and consult your veterinarian. Not recommended for mares in foal. Keep out of the reach of children and other animals. In case of accidental overdose, contact a health professional immediately. Do not exceed recommended dose. Do not use if security seal is broken.

STORAGE: Store at room temperature and away from direct sunlight. Keep bottle cap tightly closed when not in use. Keep out of reach of children. Consume within six (6) months after opening.

ALLERGENS: Contains no dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore products may have batch differences in colour and taste.



AntiFlam™

Supports Sound Feet and Joints

1 L (33.8 oz) & 4 L (1 Gal)

- ✓ Contains 6 anti-inflammatory herbs
- ✓ Strengthens ligaments and joints
- ✓ Can be used for both chronic and acute situations
- ✓ Ideal for horses with laminitis, founder, or tender feet
- ✓ Supplies sulfur to the body, important for many biochemical reactions in the body
- ✓ Helps with recovery and body aches, especially in the back, joints, legs and feet



RECOMMENDED USES: Reduces discomfort in the feet and throughout the body.

INGREDIENTS PER 60 mL /2 oz dose:

Methylsulfonylmethane (MSM)	3000 mg
<i>Notopterygium incisum</i> (Notopterygium Root)	3000 mg
<i>Rehmannia Glutinosa</i> (Rehmannia Root)	1500 mg
<i>Gentiana macrophylla</i> (Gentian Root)	900 mg
<i>Angelica pubescens</i> (Angelica Root)	600 mg
<i>Acanthopanax gracilistylus</i> (Acanthopanax Bark)	600 mg
<i>Piper futokadsura</i> (Kadsura Pepper Stem)	300 mg

NON-MEDICINAL INGREDIENTS: Purified water, Guar gum, Citric acid, Potassium sorbate, Benzoic acid (buffered).

DIRECTIONS: Loading dose: Give 60 mL (2 oz) twice daily for 7 to 14 days.

Maintenance dose: Give 60 mL (2 oz) per day.

EQUINE DAILY SERVINGS:

Loading Dose - 60 mL twice daily = 8-day supply (Litre); 32-day supply (Gallon)

Maintenance Dose - 60 mL daily = 16-day supply (Litre); 64-day supply (Gallon)

CAUTIONS: Safe use in pregnant animals or animals intended for breeding has not been proven. If animal's condition worsens or does not improve, stop product administration and consult your veterinarian. Do not use if security seal is broken. For equine only. Keep out of the reach of children and animals. In case of accidental overdose, contact a health professional immediately. This product should not be given to animals intended for human consumption.

STORAGE: Shake well before use. Refrigerate after using. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore products may have batch differences in colour and taste.



Biotic 8™ Plus

Promotes a Healthy Digestive Tract and Gut Flora | NN.3MWY

500 g (1.1 lbs), 1 Kg (2.2 lbs) & 4 Kg [2 x 2 Kg] (8.8 lbs [2 x 4.4 lbs])

- ✓ Synergistic gut formulation
- ✓ A multi-strained probiotic blend with 9 different species of probiotics
- ✓ 16.5 billion CFUs per 1 scoop
- ✓ Unique probiotic delivery system (protects from stomach acid)
- ✓ Prebiotic (FOS) that promotes the growth of good bacteria, thus supporting healthy gut flora
- ✓ Has kelp and spirulina for essential trace minerals
- ✓ Enhances the absorption of nutrients
- ✓ Source of essential B vitamins
- ✓ Has digestive enzymes to help digest carbohydrates, and cellulose which increases the absorption of phytonutrients from plant material
- ✓ Contains bioflavonoids which are antioxidants
- ✓ Promotes a healthy gastrointestinal tract

CFUs - Colony forming units FOS - Fructooligosaccharides

RECOMMENDED USES: Used to change the bacterial flora in the large intestine, and also to promote good digestion and intestinal health.

INGREDIENTS PER 1 SCOOP:

<i>Lactobacillus acidophilus</i>	2 Billion CFU*	<i>Linus usitatissimum</i> (Flax Seed)	4249.1 mg
<i>Lactobacillus brevis</i>	2 Billion CFU*	<i>Ascophyllum nodosum</i> (Kelp Whole Plant)	1914.0 mg
<i>Lactobacillus casei</i>	2 Billion CFU*	<i>Trigonella foenum-graecum</i> (Fenugreek Seed) ..	909.2 mg
<i>Lactobacillus plantarum</i>	2 Billion CFU*	<i>Althea officinalis</i> (Marshmallow Root)	669.9 mg
<i>Lactobacillus rhamnosus</i>	2 Billion CFU*	<i>Ulmus rubra</i> (Slippery Elm Bark)	191.4 mg
<i>Bifidobacterium animalis</i> subsp. lactis	2 Billion CFU*	Inulin {Fructooligosaccharides (FOS)}	95.7 mg
<i>Bifidobacterium bifidum</i>	2 Billion CFU*	Cellulase	9.6 mg
<i>Bifidobacterium longum</i> subsp. longum ..	2 Billion CFU*	alpha-Amylase	5.7 mg
<i>Saccharomyces boulardii</i>	500 Million CFU*		

*CFU: Colony Forming Units

NON-MEDICINAL INGREDIENTS: Citrus bioflavonoids, *Spirulina maxima* (Spirulina).

DIRECTIONS: Give 1 scoop, 2 times a day. For use in horses only.

EQUINE DAILY SERVINGS:

1 scoop twice daily = 52-day supply (1 Kg); 26-day supply (500 g)

CAUTIONS: Not for use in horses intended for food; that are pregnant or lactating, diabetic, hyperthyroid, immuno-suppressed, with bleeding disorders or on anticoagulation therapy. Not for use with other medication given simultaneously (may delay absorption). Do not exceed recommended dose. Do not use if security seal is broken.

STORAGE: Do not refrigerate. Store protected from light and moisture. Consume within three (3) months after opening. Keep container tightly closed when not in use.

ALLERGENS: Contains no corn, dairy, gluten, soy, or wheat.

Omega Alpha's products are made from all natural human grade ingredients therefore products may have batch differences in colour and taste.



Chill®

Promotes and Enhances Relaxed Behaviour.

Supports and Maintains Normal Disposition.

1 L (33.8 oz) & 4 L (1 Gal)

NN.X3I2



- ✓ Promotes and enhances relaxed behaviour
- ✓ Helps focus the mind on the task at hand
- ✓ Does not make the horse sleepy or dozey
- ✓ Will not negatively affect performance
- ✓ Can also be used for horses with trailer fright, behavioural problems, stall rest or for separation anxiety

RECOMMENDED USES: Promotes and enhances relaxed behaviour. Supports and maintains normal disposition.

INGREDIENTS PER 30 mL/1 oz:

<i>Albizia julibrissin</i> (Silktree Flower)	200 mg
<i>Biota orientalis</i> (Aborvitae Seed)	400 mg
<i>Polygala tenuifolia</i> (Thinleaf Milkwort Root)	200 mg
<i>Ziziphus jujuba</i> (Jujube Fruit)	400 mg

NON-MEDICINAL INGREDIENTS: Purified water, *Triticum aestivum* (Wheatgrass), Guar gum, Citric acid, Potassium sorbate, Benzoic acid (buffered), Natural apple concentrate.

DIRECTIONS: Give 30 mL-100 mL (1 oz - 3.3 oz), 1 hour prior to exercise or training. Place directly into the mouth for best results, before traveling or new event. Shake well before use. For use in horses only.

EQUINE DAILY SERVINGS:

30 mL daily = 1-month supply (Litre); 4-month supply (Gallon)

CAUTIONS: Not for use in horses intended for food as a withdrawal period has not been established; not for use in horses that are pregnant, lactating, in foal or with gastrointestinal conditions. Do not exceed recommended dose or combine with prescription medication. Not for long term use. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore products may have batch differences in colour and taste.



Chill Ultra™ Paste

Focus and Calm

60 mL single dosing syringe

NN.P9A3



- ✓ Promotes and enhances relaxed behaviour
- ✓ Helps focus the mind on the task at hand
- ✓ Does not make the horse sleepy or dopey
- ✓ Will not negatively affect performance
- ✓ Can also be used for horses with trailer fright, behavioural problems, stall rest or for separation anxiety
- ✓ Comes in a single dosing syringe; great for traveling

RECOMMENDED USES: Promotes and enhances relaxed behaviour. Supports and maintains focus. Aids in muscle readiness for exercise.

INGREDIENTS PER 30 mL:

Concentrated Chill® Extract:

<i>Biota orientalis</i> (Arborvitae Seed) (Bai Zi Ren).....	800mg
<i>Ziziphus jujuba</i> (Jujube Fruit) (Da Zao)	800mg
<i>Albizia julibrissin</i> (Silktree Flower) (He Huan Hua).....	400mg
<i>Polygala tenuifolia</i> (Thinleaf Milkwort Root)	400mg
L-Glycine	1500mg
Inositol (Myo-inositol)	1500 mg
Vitamin B3 (Niacinamide)	375mg
Magnesium (Magnesium sulphate)	303 mg
Vitamin B1 (Thiamine mononitrate)	255 mg

NON-MEDICINAL INGREDIENTS: Purified water, *Triticum aestivum* (Wheatgrass), Guar Gum, Xanthan Gum, Citric acid, Potassium sorbate, Benzoic acid (Buffered).

DIRECTIONS: Give 30-60 mL, 1 hour prior to exercise.

CAUTIONS: Not for use in horses: intended for food; that are pregnant, lactating or in foal; with gastrointestinal conditions. Do not exceed recommended dose or combine with prescription medication.

STORAGE: Keep out of reach of children. Consume immediately after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

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D-Ribose

Performance and Recovery Product

500 g (1.1 lbs) & 1 Kg (2.2 lbs)

NN.55BF

- ✓ Promotes speedy recovery after exercise
- ✓ An important component for ATP formation



RECOMMENDED USES: Supports physical performance and promotes speedy recovery.

INGREDIENT PER 1 SCOOP:

D-Ribose 5000 mg

DIRECTIONS: Give 1-2 level scoops after exercise.

CAUTIONS: Safe use in pregnant animals or animals intended for breeding has not been proven. If animal's condition worsens or does not improve, stop product administration and consult your veterinarian. Do not use if security seal is broken.

STORAGE: Keep container tightly closed. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Ribose: is a simple carbohydrate molecule found in every cell in the human body; it helps to increase energy and endurance, helps to restore energy levels, is used to support muscle health after exercise and maintains physical performance; is also an important component in the formation of adenosine triphosphate (ATP); and it promotes speedy recovery after exercise.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.

Dimethylglycine (DMG)

Supports Muscle/Joint Health after Exercise and Maintains Physical Performance

500 g (1.1 lbs) & 1 Kg (2.2 lbs)

NN.Z951

- ✓ Promotes speedy recovery after exercise
- ✓ Reduces lactic acid buildup



RECOMMENDED USES: Supports muscle/joint health after exercise and maintains physical performance.

INGREDIENT PER 1 SCOOP:

Dimethylglycine
(N,N-Dimethylglycine hydrochloride) 3000 mg

DIRECTIONS: Give 1-2 level scoops per day after exercise.

CAUTIONS: Not for use in horses intended for food as a withdrawal period has not been established. Not for use in pregnant or lactating animals. Do not exceed recommended dose. Do not use if security seal is broken.

STORAGE: Store protected from light and moisture. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

DMG (Dimethylglycine): is a precursor of the amino acid, glycine; preliminary studies have shown that DMG may improve oxygen utilization in exercise, endurance, and strength to lessen post-exercise fatigue and soreness; promotes speedy recovery after exercise; and reduces lactic acid buildup.



EnduraGin™

Energy and Endurance Formula

1L (33.8 oz) & 4L (1 Gal)

NN.Z7P8



- ✓ Sustains energy and better recovery in performance horses
- ✓ Promotes lean muscle mass and reduces lactic acid buildup
- ✓ Ideally used after strenuous exercise, during condition programs, as well as before and after performance
- ✓ A potent herbal formula with strong adaptogenic properties to boost the immune system
- ✓ The botanicals provide antioxidant properties that help against oxidative stress
- ✓ Improves performance and daily activity restricted by impaired mobility and pain
- ✓ Helps the body cope with physical exertion by supporting the biochemical interactions
- ✓ Increases the body's ability to resist and endure environmental stress

RECOMMENDED USES: Promotes energy and endurance. It supports a healthy immune system, and is used in herbalism as an adaptogen to promote overall health.

INGREDIENTS PER 30 mL/1 oz:

<i>Panax quinquefolius</i> (North American Ginseng Root)	1200 mg
<i>Codonopsis pilosula</i> (Bellflower Root)	750 mg
<i>Withania somnifera</i> (Ashwagandha Root)	750 mg
<i>Eleutherococcus senticosus</i> (Eleuthero Root) (Siberian Ginseng)	600 mg
<i>Astragalus membranaceus</i> (Astragalus Root)	450 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Guar gum, Natural apple concentrate, Potassium sorbate, Benzoic acid (buffered).

DIRECTIONS: Maintenance: Give 30 mL (1 oz) per day. Performance: Give 60 mL (2 oz) per day.

After exercise or training: Give 60 mL (2 oz) per day. Place directly into the mouth for best results. Shake well before use. For use in horses only.

EQUINE DAILY SERVINGS:

30 mL daily = 1-month supply (Litre); 4-month supply (Gallon)

CAUTIONS: Not for use in horses that are intended for food; are pregnant, lactating or in foal, with autoimmune/liver disease, hypertension, bleeding disorders, on anticoagulant therapy or blood thinning medications. Caution with diabetic horses (may lower blood glucose). Should not be used in combination with cardiac drugs (glycosides), MAO inhibitors (antidepressants), barbiturates, or sedatives such as benzodiazepines. Not for use with other medication given simultaneously (may delay absorption). Do not exceed recommended dose. Not for long-term use. Do not use if security seal is broken.

STORAGE: Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.



EnduraForce™ Paste

For Sustained Energy During Competition and Better Post Event Recovery

60 mL single use dosing syringe
NN.POM8



- ✓ Sustains energy and better recovery in performance horses
- ✓ Promotes lean muscle mass and reduces lactic acid buildup
- ✓ Ideally used after strenuous exercise, during condition programs, as well as before and after performance
- ✓ A potent herbal formula with strong adaptogenic properties to boost the immune system
- ✓ The botanicals provide antioxidant properties that help against oxidative stress
- ✓ Improves performance and daily activity restricted by impaired mobility and pain
- ✓ Helps the body cope with physical exertion by supporting the biochemical interactions
- ✓ Increases the body's ability to resist and endure environmental stress
- ✓ In a single use dosing syringe; great for traveling

RECOMMENDED USES: Promotes energy and endurance. Supports a healthy immune system. Used in Herbal Medicine as an adaptogen to promote overall health. Supports muscle health after exercise and maintains physical performance.

INGREDIENTS PER 30 mL:

Concentrated **EnduraGin™** extract:

<i>Panax quinquefolius</i> (North American Ginseng Root).....	2400 mg
<i>Codonopsis pilosula</i> (Bellflower Root)	1500 mg
<i>Withania somnifera</i> (Ashwagandaha Root).....	1500 mg
<i>Eleuthrococcus senticosus</i> (Eleuthero Root).....	1200 mg
<i>Astragalus membranaceus</i> (Astragalus Root)	900mg
Dimethylglycine (N,N-Dimethylglycine).....	938 mg
Gamma Oryzanol	563 mg
Creatine monohydrate	560 mg
D-Ribose (Ribo-2,3,4,5-tetrahydroxyvaleraldehyde D-).....	375 mg
Adenosine triphosphate [ATP] (Adenosine triphospahte disodium)	90 mg

NON-MEDICINAL INGREDIENTS: Purified Water, Potassium Sorbate, Xanthan Gum, Citric Acid, Benzoic acid (buffered).

DIRECTIONS: Give 30 mL in morning and 30 mL, 3 hours before exercise.

CAUTIONS: Not for use in horses: intended for food; that are pregnant, lactating or in foal; with hypertension, cardiac, gallstones or kidney disease. Do not exceed recommended dose or combine with steroid therapy.

STORAGE: Keep out of reach of children. Consume immediately after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in color and taste.



EquiBody Glo™

Plant-Sourced Oil Blend with Vitamin D3 Added

1L (33.8 oz) & 4L (1 Gal) | NN.E8V9



- ✓ Supports muscle health, hoof quality, immune health, and respiratory health
- ✓ For healthy weight management
- ✓ MCT oil provides preferential fuel of choice for muscles (easy to digest, absorb and convert to energy)
- ✓ Camelina oil provides a source of omega-3 fats (highly stable)
- ✓ Flax seed oil provides a source of omega-3 fats
- ✓ Rice bran oil provides a source of gamma oryzanol (increases muscle strength, improves overall body condition, promotes formation of lean muscle)
- ✓ Vitamin D3 is essential for horses that are constantly stabled
- ✓ Features Vitamin E (mixed tocopherols)
- ✓ No toxins, pesticides, or heavy metals

RECOMMENDED USES: Supports muscle health, joint health and hoof quality. Promotes immune health, respiratory health and healthy weight management.

INGREDIENTS PER 60 mL:

Medium Chain Triglycerides (MCT Oil)	18 mL
<i>Linum usitatissimum</i> (Flax Seed Oil)	18 mL
<i>Camelina sativa</i> (Camelina Seed Oil)	12 mL
<i>Oryza sativa</i> (Rice Bran Oil)	12 mL
Vitamin D3 (Cholecalciferol)	25 mcg (10,000 IU)

GUARANTEED ANALYSIS PER SERVING SIZE (60 mL):

Protein	0 g	Calories	522 KCal
Carbohydrate	0 g	Total Ash	0 g
Fats	58 g	Vitamin D3	10,000 IU

NON-MEDICINAL INGREDIENT: Vitamin E (Mixed Tocopherols).

DIRECTIONS: Adult/mature horses of all weights: Give 60 mL, once per day. Administer at the time of feeding (top-dressed on feed). For use in horses only.

CAUTIONS: Not for use in horses intended for food. Consult a veterinarian prior to administering to pregnant or lactating horses. This VHP may not be incorporated into a mixed feed. Keep out of reach of children. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Consume within three (3) months after opening. Keep container tightly closed when not in use.

ALLERGENS: Contains no corn, dairy, gluten, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.



Equisel-Lyte™

Branched Chain Amino Acids (BCAAs)

Recovery Formula

1 Kg (2.2 lbs)

NN.6QAQ



- ✓ A post-workout muscle builder
- ✓ Aids rehydration
- ✓ Helps to build muscle
- ✓ Increases the rate of repair of damaged muscle
- ✓ Contains amino acids that spare muscle breakdown
- ✓ Promotes the repair of muscle post-exercise while replacing minerals lost in sweat
- ✓ Dose can be split to ½ pre-event and the other half post-event when weather is extremely hot to encourage hydration and to nourish muscles

RECOMMENDED USES: Equisel-Lyte™ supports electrolyte balance. It also maintains muscle cell health and provides essential amino acids that are a factor in protein synthesis.

INGREDIENTS PER 1 SCOOP:

Chloride (Sodium and Potassium chloride)	5700 mg
Sodium* (Sodium chloride).....	3800 mg
Potassium* (Potassium chloride)	1900 mg
Calcium* (Calcium citrate)	276 mg
Magnesium* (Magnesium sulphate)	87 mg
L-Glutamine	5800 mg
L-Valine	5000 mg
L-Isoleucine	4700 mg
L-Leucine	4500 mg

*All minerals are in elemental values.

EQUINE DAILY SERVINGS: 1 scoop daily = 30-day supply (1 Kg)

NON-MEDICINAL INGREDIENTS: *Trigonella foenum-graecum* (Fenugreek seed).

DIRECTIONS: Give 1 scoop, once a day after exercise. For use in horses only.

CAUTIONS: Not for use in horses intended for food as a withdrawal period has not been established; pregnant, lactating; with hyperthyroid condition, bleeding disorders or on anticoagulation therapy. Do not exceed recommended dose. Do not use if security seal is broken.

STORAGE: Store protected from light and moisture. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in color and taste.



Equisel-BCAA™ Paste

Branched Chain Amino Acids Mineral Replacement Formula

60 mL single use dosing syringe

NN.Q6G5



- ✓ A post-workout muscle builder
- ✓ Aids rehydration
- ✓ Helps to build muscle
- ✓ Increases the rate of repair of damaged muscle
- ✓ Contains amino acids that spare muscle breakdown
- ✓ Promotes the repair of muscle post-exercise while replacing minerals lost in sweat
- ✓ Dose can be split to ½ pre-event and the other half post-event when weather is extremely hot to encourage hydration and to nourish muscles

RECOMMENDED USES: Supports electrolyte balance. Maintains muscle cell health and physical performance. Provides essential amino acids that are a factor in protein synthesis.

INGREDIENTS PER 60 mL:

Concentrated **Equisel-Lyte™** extract:

Chloride (Sodium and Potassium chloride)	5700 mg
Sodium* (Sodium chloride)	3800 mg
Potassium* (Potassium chloride)	1900 mg
Calcium* (Calcium lactate)	276 mg
Magnesium* (Magnesium citrate)	87 mg
L-Glutamine	5800 mg
L-Valine	5000 mg
L-Isoleucine	4700 mg
L-Leucine	4500 mg
Gamma Oryzanol	5000 mg
R-alpha-Lipoic acid	1000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Xanthan gum, Citric acid, Potassium sorbate, Benzoic acid (buffered).

DIRECTIONS: Administer orally 60 mL (entire tube) within 2 hours after exercise or training.

CAUTIONS: Not for use in horses intended for food; that are pregnant, lactating or in foal; with bleeding disorders or on anticoagulant therapy. Do not exceed recommended dose.

STORAGE: Store protected from light and moisture. Consume immediately after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in color and taste.



Gamma Oryzanol™

**Supports Muscle Health after Exercise and
Maintains Physical Performance**

500 g (1.1 lbs) & 1 Kg (2.2 lbs)

NN.Q705



- ✓ Promotes the formation of lean muscle mass
- ✓ Promotes increase in muscle strength
- ✓ Promotes increase in endurance
- ✓ Increases calmness (for agitated horses)
- ✓ May increase fertility in male and female horses
- ✓ Increases stamina and energy
- ✓ Reduces stress in competing equine athletes
- ✓ Better performance in racing
- ✓ Improves overall body condition
- ✓ May improve appetite

RECOMMENDED USES: Supports muscle health after exercise and maintains physical performance.

INGREDIENT PER 1 SCOOP:

Gamma-Oryzanol (*Oryza sativa*) 5000 mg

DIRECTIONS: Give orally 1 scoop, once a day. For use in horses only.

CAUTIONS: Not for use in horses that are intended for food; are pregnant, lactating or in foal. Do not use in animals with bleeding disorders, unless directed by a veterinarian. Do not use if security seal is broken.

STORAGE: Store protected from light and moisture. Keep container tightly closed. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.

Gamma oryzanol: is a rice bran oil derivative with two major active molecules, plant sterol (phytosterols) and ferulic acid. Gamma oryzanol naturally occurs in rice bran oil at a level of 1 to 2%. Gamma oryzanol is also found in wheat, maize, rye, triticale, and barley, but at much lower levels. Commercially, Gamma oryzanol is a fraction derived from rice bran oil, it is not a single compound but is composed of at least 10 different compounds with the majority of the compounds being esters of ferulic acid. The three major components of γ -oryzanol are 24-methylene cycloartenyl ferulate, cycloartenyl ferulate, and campesterol ferulate. These components have a chemical structure similar to, but not exactly the same, as that of hormones found in the body. The similarity in the chemical structure of gamma oryzanol to naturally occurring hormones may explain some of its effects on the body such as enhancing lean muscle mass formation and increasing muscular strength.



Gastra-FX™ & Gastra-FX Ultra™ Paste

Helps Maintain a Healthy Intestinal Tract

1 L (33.8 oz) & 4 L (1 Gal) NN.D2ZZ

60 mL single use dosing syringe NN.Z2TO

- ✓ Used as an aid in the maintenance of normal stomach health
- ✓ Reduces gas, bloating (hay belly), discomfort and colic symptoms
- ✓ Combine with Biotic 8™ Plus to support horses with ulcers and aid in digestion
- ✓ Soothes and promotes a healthy gut
- ✓ Used prior to bridling to reduce the increased stomach acid triggered by salivation on the bit
- ✓ Reduces irritability due to stomach discomfort that can be mistaken as behavioural issues
- ✓ Comes in a single dosing syringe, great for traveling (Paste)



RECOMMENDED USES: Gastra-FX™ is a blend of botanical herbs which are beneficial in maintaining gastrointestinal health and helps in the management of equine gastrointestinal disorders.

INGREDIENTS PER 30 mL / 1 oz:

<i>Glycyrrhiza glabra</i> (Licorice Root)	2169 mg
<i>Althea officinalis</i> (Marshmallow Root)	1497 mg
L-Glutamine	1000 mg
<i>Ulmus rubra</i> (Slippery Elm Bark)	681 mg
<i>Zingiber officinale</i> (Ginger Root)	546 mg

NON-MEDICINAL INGREDIENTS: Purified water, Guar gum, Citric acid, Potassium sorbate, Benzoic acid (buffered), Natural apple concentrate.

DIRECTIONS: Give 30 mL (1 oz) twice daily and 60 mL (2 oz) prior to exercise or training. Place directly into the mouth for best results.

EQUINE DAILY SERVINGS:

Loading dose - 50 mL, 3 times daily = 1-week supply (Litre); 1-month supply (Gallon)

Maintenance dose - 30 mL, twice daily = 2-week supply (Litre); 2-month supply (Gallon)

CAUTIONS: Not for use in horses intended for food; that are pregnant, lactating or in foal; with hypertension, cardiac, gallstones or kidney disease. Do not exceed recommended dose or combine with steroid therapy. Do not use if security seal is broken.

STORAGE: Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.

RECOMMENDED USES: Promotes a healthy gastrointestinal tract prior to exercise or training.

INGREDIENTS PER 30 mL:

Concentrated Gastra-FX™ extract:

<i>Glycyrrhiza glabra</i> (Licorice Root)	2169 mg
<i>Althea officinalis</i> (Marshmallow Root)	1497 mg
<i>Ulmus rubra</i> (Slippery Elm Bark)	681 mg
<i>Zingiber officinale</i> (Ginger Root)	546 mg
L-Glutamine	1000 mg
Magnesium (Magnesium Sulphate)	15 mg

NON-MEDICINAL INGREDIENTS: Purified water, Guar gum, Xanthan gum, Citric acid, Potassium sorbate, Benzoic acid (buffered), Peppermint flavour.

DIRECTIONS: Administer orally 30-60 mL, 15 minutes prior to bridling. Place directly into the mouth for best results.

CAUTIONS: Not for use in horses intended for food; that are pregnant, lactating or in foal; with hypertension, cardiac, gallstones or kidney disease. Do not exceed recommended dose or combine with steroid therapy.

STORAGE: Store protected from light and moisture. Consume immediately after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.



GLS Powder™

D-Glucosamine Sulphate Plus Essential Trace Minerals

1 Kg (2.2 lbs) & 2 Kg (4.4 lbs) | NN.1EWX

- ✓ Maintains healthy joints
- ✓ Acts as a source of raw materials for cartilage repair
- ✓ Trace minerals are important for cartilage, ligament and bone strength
- ✓ Supplies sulfur to the body which is important for many biochemical reactions in the body



RECOMMENDED USES: GLS Powder™ helps maintain healthy cartilage and joint functions.

INGREDIENTS PER 1 SCOOP:

D-Glucosamine Sulphate

(Shellfish exoskeletons) 10,000 mg

Methylsulfonylmethane (MSM) 5000 mg

Trigonella foenum-graecum (Fenugreek Seed) 195 mg

Silicon** (Sodium metasilicate) 100 mg

Boron** (Sodium borate) 20 mg

** All minerals are in elemental forms.

DIRECTIONS: Give 1 scoop, once a day.

CAUTIONS: Not for use in horses intended for food as a withdrawal period has not been established. Do not use in horses that are pregnant, lactating; with hyperthyroid condition, bleeding disorders or on anticoagulation therapy. Do not exceed recommended dose. Do not use if security seal is broken.

STORAGE: Store protected from light and moisture. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.

HA-180™

Promotes Joint Health

1 L (33.8 oz) & 4 L (1 Gal)

NN.2XZJ

Omega Alpha®
uses short
chain
hyaluronic acid
for quicker
absorption in
the body.



- ✓ Each ounce (30 mL) supplies your horse with 180 mg of highly absorbable, short chain hyaluronic acid
- ✓ Beneficial for joints (knees, joints, hocks and ankles) or for post surgical recovery
- ✓ Can be used as an aid in joint maintenance in young and older horses

RECOMMENDED USES: Promotes joint health.

INGREDIENT PER 30 mL/1oz:

Sodium hyaluronate (Hyaluronic Acid) 180 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Potassium sorbate, *Glycyrrhiza glabra* (Licorice Root).

DIRECTIONS: Give 30 mL (1 oz) for 10-15 days, then reduce to 15 mL (½ oz) daily for maintenance. Place directly into the mouth for best results.

CAUTIONS: Not for use in horses intended for food as a withdrawal period has not been established. Do not use in horses that are pregnant, lactating, hypertensive, with cardiac or kidney disease, and in combination with steroid therapy. Do not exceed recommended dose. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.



HealthyHorse™

A 4-in-1 Combination of Hemex®, Immune Plus™,
Liver Flush® and Lung Flush®

4 L (1 Gal)

NN.F6L3



- ✓ Used to help cleanse and support the lungs and the liver
- ✓ Provides antioxidant support for the lungs and increases lung metabolism
- ✓ Used in the maintenance of normal red blood cells which is important for high performance horses
- ✓ Stimulates the horse's immune system, thus helping to decrease the incidence of illnesses caused by viruses or bacteria

RECOMMENDED USES: Supports the immune system. Supports normal liver and lung functions. Maintains normal red blood cell counts.

INGREDIENTS PER 100 mL / 3.4 oz:

<i>Angelica sinensis</i> (Chinese Angelica Root)	<i>Artemisia capillaris</i> (Yin-Chen Wormwood Shoot)...	450 mg
(Dong Quai Root)	<i>Bupleurum chinense</i> (Chinese Thorowax Root) ..	225 mg
<i>Rehmannia glutinosa</i> (Rehmannia Root)	<i>Chrysanthemum x morifolium</i>	
<i>Astragalus membranaceus</i> (Astragalus Root)	(Chrysanthemum Flower)	225 mg
<i>Silybum marianum</i> (Milk Thistle Seed)	<i>Codonopsis pilosula</i> (Codonopsis Root)	225 mg
<i>Morus alba</i> (Mulberry Leaf)	<i>Eleutherococcus senticosus</i> (Eleuthero Root)	
<i>Momordica grosvenori</i> (Monk Fruit)	(Siberian Ginseng)	225 mg
<i>Gardenia jasminoides</i> (Cape Jasmine Fruit)	<i>Ganoderma lucidum</i>	
<i>Lysimachia christinae</i>	(Reishi Mushroom Fruiting Body)	225 mg
(Christina Loosestrife Herb)	<i>Curcuma longa</i> (Turmeric Rhizome)	225 mg
<i>Lonicera japonica</i> (Honeysuckle Flower)	<i>Arctium lappa</i> (Burdock Root)	175 mg
<i>Paeonia lactiflora</i> (White Peony Root)	<i>Polygala tenuifolia</i> (Thinleaf Milkwort Root)	115 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Guar gum, Iron (Ferrous sulphate), Potassium sorbate, *Rosmarinus officinalis* (Rosemary), Natural Apple concentrate.

DIRECTIONS: Give orally 100 mL, once per day for 21 days. Stop for 7 days and then repeat cycle or as directed by a veterinarian. Administer during or after the animal has eaten to reduce incidence of gastrointestinal upset. Place directly into the mouth for best results.

CAUTIONS: Not for use in horses for food; pregnant, lactating or in foal. Do not use in animals with autoimmune disease or cardiovascular disease unless directed by a veterinarian. Not for use in animals allergic to ragweed or other plants of the Asteraceae/Compositae family. May cause allergic reactions in sensitive animals. Do not exceed recommended dose. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.



Hemex™

Helps Maintain Normal Red Blood Cell Counts

1 L (33.8 oz) & 4 L (1 Gal)

NN.G4C5

- ✓ Supports blood formation
- ✓ Stimulates blood cell formation from the bone marrow
- ✓ Is particularly beneficial for high performance horses
- ✓ High in vitamin B12, biotin, folic acid (co-factors for the formation of red blood cells)
- ✓ Stimulates hemoglobin formation leading to an increased red blood cell count



RECOMMENDED USES: Maintains normal red blood cell counts.

INGREDIENTS PER 30 mL / 1 oz:

<i>Angelica sinensis</i> (Chinese Angelica root) (Dong Quai Root)	475 mg
<i>Rehmannia glutinosa</i> (Rehmannia Root) (Di Huang)	410 mg
<i>Paeonia lactiflora</i> (White Peony Root) (Bai Shao Yao)	275 mg
<i>Codonopsis pilosula</i> (Codonopsis Root) (Bellflower) (Dang Shen)	135 mg

NON-MEDICINAL INGREDIENTS: Purified water, Iron (Ferrous gluconate), Citric acid, Guar gum, Natural Apple concentrate, Potassium sorbate, Benzoic acid (buffered).

DIRECTIONS: Give 30 mL (1 oz) per day. Place directly into the mouth for best results. Shake well before use. For use in horses only.

EQUINE DAILY SERVINGS:

30 mL serving daily = 1-month supply (Litre); 4-month supply (Gallon)

DURATION OF USE: Not for long term use, unless directed by a veterinarian.

CAUTIONS: Not for use in horses intended for food; pregnant, lactating or in foal. Do not use in animals with autoimmune disease, bleeding disorders, diarrhea or liver disease, unless directed by a veterinarian. Do not exceed recommended dose. Do not use if security seal is broken.

STORAGE: Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.



HerbaCoat™

After Bath Coat Conditioner for Horses

1 L (33.8 oz) & 4 L (1 Gal)

- ✓ All-natural afterbath coat conditioner
- ✓ Creates a healthy and shiny coat
- ✓ Maintains healthy skin for any minor skin irritations
- ✓ Water-based formula and is alcohol-free
- ✓ Leaves no oily residue
- ✓ Easily removes excess dirt and dust
- ✓ Has a robust herbal oil scent
- ✓ Contains a blend of neem, citronella and lavender oils
- ✓ Ideally used when horse is stalled, prior to performance, upon turnout and during hacks or trail rides



RECOMMENDED USES: An after-bath coat conditioner for horses.

INGREDIENTS: Citronella Oil, Lavender Oil, Neem Oil, Water, Surfactant, Aloe Vera, Sunflower Oil, Glycerin.

DIRECTIONS: Apply liberally to body; avoid the mouth and eyes. Shake well before use. For use in horses only. For topical use only.

CAUTIONS: Not for use in horses intended for food. Not for use in horses that are pregnant or lactating. Not for human or animal consumption. Avoid contact with the eyes, mouth, and mucous membranes. If animal's condition worsens or does not improve, stop product administration and consult your veterinarian. Keep out of the reach of children and other animals. In case of accidental consumption, contact a health professional immediately. Do not use if security seal is broken. Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.

STORAGE: Store protected from light and moisture

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all-natural, human-grade ingredients, therefore product may have batch differences in colour and taste.

HerbaCoat™ offers a natural, topical alternative solution leaving the horse's coat shiny and manageable. It has a natural herbal scent containing a soothing blend of three well-known herbal oils and aloe vera. The oils in HerbaCoat™ have traditionally been used for these properties: neem oil has antibacterial and antiseptic properties and can help soothe itching and discomfort; citronella oil is known to help soften the skin, coat, and is helpful for minor skin irritations; lavender oil helps to relieve minor skin irritations and is beneficial for itching or dry skin; and aloe vera is known to effectively soothe itching from minor skin irritations. This can be applied daily as needed to the horse's coat. Avoid the mouth and eyes.



Herba Coff™

Airway Irritation Formula

1 L (33.8 oz) & 4 L (1 Gal)

- ✓ Supports healthy lung functions
- ✓ Gentle for throat irritations
- ✓ Cough suppressant
- ✓ For allergic irritation (dry cough)
- ✓ Comes in a natural cherry-peppermint flavour



RECOMMENDED USES: An airway irritation formula.

INGREDIENTS PER 2 TABLESPOONS (30 mL / 1 oz):

<i>Eriobotryae japonica</i> (Loquat Leaf)	715 mg
<i>Morus alba</i> (Mulberry Leaf)	715 mg
<i>Polygala tenuifolia</i> (Thinleaf Milkwort Root)	430 mg
<i>Momordica grosvenori</i> (Monk Fruit)	210 mg

NON-MEDICINAL INGREDIENTS: Purified water, Natural cherry flavour, Menthol, Vegetable glycerine, Guar gum, Citric acid, Potassium sorbate, Benzoic acid (buffered), Ethanol.

DIRECTIONS: Administer 30 mL (1 oz) 2- 3 times daily or as needed until symptoms subside. Shake well before use. For use in horses only.

EQUINE DAILY SERVINGS:

1 L | 30 mL twice daily = 16 days

4 L | 30 mL twice daily = 66 days

CAUTIONS: Safe use in pregnant animals or animals for breeding has not been proven. If animal's condition worsens or does not improve, stop product administration and consult your veterinarian. For equine use only. Not recommended for mares in foal. Keep out of the reach of children and other animals. In case of accidental overdose, contact a health professional immediately. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all-natural, human-grade ingredients, therefore product may have batch differences in colour and taste.



Immune Plus™

Immune System Formula

1 L (33.8 oz) & 4 L (1 Gal)

NN.X0F8



- ✓ The botanicals provide antioxidant properties that help against oxidative stress
- ✓ Contains phytonutrients and trace elements that benefit immune function
- ✓ Ideally used for allergies, chronic infections, illnesses, inflammatory responses, skin and coat issues
- ✓ Helps the body cope with physical exertion by supporting the biochemical interactions
- ✓ A potent herbal formula with strong adaptogenic properties to boost the immune system
- ✓ Stimulates the natural killer T cell and interleukin systems, thus increasing the body's ability to resist and endure environmental stress
- ✓ Increases the number of leukocytes and splenocytes, as well as the activity of granulocytes, T-lymphocyte and phagocytes

RECOMMENDED USES: Supports the immune system.

INGREDIENTS PER 30 mL/1 oz:

<i>Astragalus membranaceus</i> (Astragalus Root).....	750 mg
<i>Echinacea angustifolia</i> (Echinacea)	750 mg
<i>Withania somnifera</i> (Ashwagandha Root)	100 mg
<i>Eleutherococcus senticosus</i> (Eleuthero Root) (Siberian Ginseng)	100 mg
<i>Ganoderma lucidum</i> (Reishi Mushroom)	300 mg

NON-MEDICINAL INGREDIENTS: Purified water, Natural apple concentrate, Guar gum, Citric acid, Potassium sorbate, Benzoic acid (buffered).

DIRECTIONS: Give 30 mL (1 oz) once per day for 21 days. Stop for 7 days and then repeat cycle. For additional support, the dose may be doubled or tripled, or as directed by a veterinarian. Shake well before use. For oral use only.

EQUINE DAILY SERVINGS:

30 mL serving daily = 1-month supply (Litre); 4-month supply (Gallon)

CAUTIONS: Not for use in horses intended for food; pregnant, lactating or in foal. Do not use in animals with autoimmune disease, bleeding disorders, cardiovascular disease, diabetes, thyroid disease, or receiving other drugs unless directed by a veterinarian. Administer during or after the animal has eaten to reduce incidence of gastrointestinal upset. Do not exceed recommended dose. Do not use if security seal is broken.

STORAGE: Store at room temperature and away from direct sunlight. Keep bottle cap tightly closed when not in use. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.



Equine Kidney Flush®

Supports Normal Kidney Function

1 L (33.8 oz) & 4 L (1 Gal)

NN.X7Y2



- ✓ Provides antioxidant support to the kidneys
- ✓ Has diuretic properties, reduces water retention
- ✓ Increases blood flow through the kidneys
- ✓ Helps support the kidneys and urinary tract
- ✓ Traditional herbs are known as blood purifiers
- ✓ A source of phytonutrients and trace elements beneficial to kidney tissue
- ✓ Assists the major pathways of breakdown and excretion of waste

RECOMMENDED USES: Supports normal kidney function.

INGREDIENTS PER 30 mL / 1 oz:

<i>Polyporus umbellatus</i> (Chuling Sclerotium)	240 mg
<i>Cornus officinalis</i> (Asiatic Cornelian Cherry Fruit)	200 mg
<i>Zea mays</i> (Corn Silk)	200 mg
<i>Lysimachia christinae</i> (Christina Loosestrife Herb)	135 mg
<i>Schisandra chinensis</i> (Chinese Magnolia Vine Fruit)	135 mg

NON-MEDICINAL INGREDIENTS: Purified water, *Taraxacum officinale* (Dandelion), Guar gum, Citric acid, Potassium sorbate, Benzoic acid (buffered).

DIRECTIONS: Maintenance: Give 30 mL (1oz), 2-3 times per day. Place directly into the mouth for best results. Shake well before use. For use in horses only. Not for long term use.

EQUINE DAILY SERVINGS:

30 mL serving daily = 1-month supply (Litre); 4-month supply (Gallon)

CAUTIONS: Not for use in horses that are intended for food; are pregnant, lactating or in foal. Not for use in combination with products containing diuretics, immune suppressants, anticoagulants or prescription medication, in animals with bleeding disorders, seizures, or gastric ulcers. Not to be used 1 week before surgery. Consult a veterinarian prior to using in case of serious illness or dehydration or for use longer than 4 weeks. Not for use with other medication given simultaneously (may delay absorption). Do not exceed recommended dose. Not for long term use. Increase intake of potassium rich foods. Provide sufficient water to the animals. Do not use if security seal is broken.

STORAGE: Consume within six (6) months after opening.

ALLERGENS: Contains no dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.



Equine Liver Flush®

Supports Normal Liver Function

1 L (33.8 oz) & 4 L (1 Gal)

NN.W7W0



- ✓ Maintains and promotes healthy liver function
- ✓ Used to help cleanse and support the liver through phytonutrients and trace element properties
- ✓ Provides a rich source of antioxidants to support the liver tissue
- ✓ Increases energy levels of the horse through detoxification
- ✓ Increases the rate of liver cell regeneration and blood flow to the liver
- ✓ Assists with skin and coat issues, hormonal imbalances, allergies and immune support
- ✓ Increases metabolic activity of the liver, thus stimulating increased toxin removal

RECOMMENDED USES: An herbal formula used to support and cleanse the liver.

INGREDIENTS PER 15 mL / ½ oz:

<i>Silybum marianum</i> (Milk Thistle Seed)	675 mg
<i>Artemisia capillaris</i> (Yin-Chen Wormwood Shoot)	550 mg
<i>Bupleurum chinense</i> (Chinese Thorowax Root)	340 mg
<i>Curcuma longa</i> (Turmeric Rhizome)	340 mg
<i>Gardenia jasminoides</i> (Cape Jasmine Fruit)	340 mg
<i>Lysimachia christinae</i> (Christina Loosestrife Herb)	338 mg
<i>Arctium lappa</i> (Burdock Root)	205 mg

NON-MEDICINAL INGREDIENTS: Purified water, Guar gum, Citric acid, Potassium sorbate, Benzoic acid (buffered), Natural apple concentrate.

DIRECTIONS: Give 15 mL-30 mL (½-1 oz) once per day. Place directly into the mouth for best results. Shake well before use. For use in horses only.

EQUINE DAILY SERVINGS:

30 mL serving daily = 1-month supply (Litre); 4-month supply (Gallon)

CAUTIONS: Not for use in horses intended for food, in horses that are pregnant or lactating or in foal, or in animals with stomach ulcers or jaundice. Not for use in combination with products containing anticoagulants. Not for use with other medication given simultaneously (may delay absorption). Do not exceed recommended dose. For occasional use only. Provide sufficient water to the animals. Do not use if security seal is broken.

STORAGE: Consume within six (6) months after opening.

ALLERGENS: Contains no dairy, yeast, corn, soy, wheat or gluten.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.



Equine Lung Flush®

Supports Normal Lung Function

1 L (33.8 oz) & 4 L (1 Gal)

NN.F8R7



- ✓ Stimulates blood flow in lung capillaries which will help remove stagnant toxins from the lungs into the general circulation where they are diluted, detoxified and eliminated
- ✓ Stimulates the activity of the lung macrophages, thus helping to clear and drain cellular debris trapped in the lung tissue
- ✓ Helps support the lungs and aids in drainage
- ✓ Useful for dislodging phlegm thereby aiding in drainage of the lungs
- ✓ Helps the respiratory tract through antioxidants, phytonutrients, and trace element properties

RECOMMENDED USES: Cleanses the lungs by increasing blood flow to the lungs and acting as an expectorant. It also provides antioxidant support for the lung tissue.

INGREDIENTS PER 15 mL / ½ oz:

<i>Chrysanthemum x morifolium</i> (Chrysanthemum Flower).....	340 mg
<i>Lonicera japonica</i> (Japanese Honeysuckle Flower)	340 mg
<i>Polygala tenuifolia</i> (Thinleaf Milkwort Root)	137.5 mg
<i>Momordica grosvenori</i> (Monk Fruit)	100 mg
<i>Morus alba</i> (Mulberry Leaf).....	67.5 mg

NON-MEDICINAL INGREDIENTS: Purified water, *Rosmarinus officinalis* (Rosemary), Guar gum, Citric acid, Potassium sorbate, Benzoic acid (buffered), Natural apple concentrate.

DIRECTIONS: Give 15 mL-30 mL (½-1 oz) once per day. Should always be given orally. Shake well before use. For use in horses only. Not for long term use.

EQUINE DAILY SERVINGS:

30 mL serving daily = 1-month supply (Litre); 4-month supply (Gallon)

CAUTIONS: Not for use in horses intended for food, in horses that are pregnant, lactating or in foal, in animals with gastrointestinal conditions and/or animals that are allergic to ragweed/other plants of the *Asteraceae Compositae* family. Consult a veterinarian if administered with other medications. Not for use with other medication given simultaneously (may delay absorption). Do not exceed recommended dose. Not for long term use. Do not use if security seal is broken.

STORAGE: Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.



Equine Milk Thistle™

High Potency Extract

1 L (33.8 oz) & 4 L (1 Gal)

NNJ37



- ✓ Supports liver functions
- ✓ Promotes natural digestive function
- ✓ Supports the natural detoxification pathways
- ✓ A source of potent antioxidants and phytonutrients
- ✓ Supports healthy liver cell regeneration
- ✓ Provides antioxidant support, thus reducing free radical damage
- ✓ Stimulates gastric enzyme production

RECOMMENDED USES: Supports liver function. Promotes natural digestive function.

INGREDIENTS PER 30 mL:

Silybum marianum (Milk Thistle Seed) 15000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Guar gum, Potassium sorbate, Benzoic acid (buffered), Natural apple concentrate.

DIRECTIONS: Give 30 mL, twice per day or as directed by a veterinarian. Place directly into the mouth for best results. Shake well before use. For use in horses only.

EQUINE DAILY SERVINGS:

30 mL, twice daily = 2-week supply (Litre); 2-month supply (Gallon)

CAUTIONS: Not for use in horses intended for food. Consult a veterinarian prior to administering to immature, pregnant or lactating animals. Do not use if security seal is broken.

STORAGE: Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Equine Milk Thistle™ is used to cleanse and support the liver. It stimulates toxin removal while supporting the liver functions. The liver is the site of detoxification for drugs (e.g. steroids), synthesis of proteins, glycogen and fats. The liver is the most metabolically active organ in the body. In order to have a healthy horse, it is important that the liver be functioning at its peak efficiency.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.



MinerEQ™

Provides Essential Minerals, Trace Elements, Vitamins, and Antioxidants to Maintain Good Health

500 g (1.1 lbs) & 1 kg (2.2 lbs) | NN.R415



- ✓ Proper 2:1 ratio of magnesium and calcium for proper muscle contraction and relaxation
- ✓ Source of vitamins and antioxidants essential for proper growth and functioning of the entire body
- ✓ Source of B vitamins like biotin which helps promote strong, healthy hooves
- ✓ Supports a healthy immune system
- ✓ Contains minerals and trace elements that are necessary for the proper functioning of the muscles, enzyme systems and for hoof health
- ✓ Vitamin D3 is essential for horses that are constantly stabled
- ✓ Essential for healthy horses, ligaments and hooves

RECOMMENDED USES: Has essential minerals, trace elements, vitamins and antioxidants to maintain good health.

INGREDIENTS PER 1 SCOOP:

Calcium** (Calcium citrate).....	4000 mg	Vitamin E	
Magnesium** (Magnesium citrate)	2000 mg	(dl-alpha Tocopheryl acetate)	360 mg (800 IU)
Silicon** (Sodium metasilicate)	100 mg	Vitamin D3 (Cholecalciferol)	250 mcg (10,000 IU)
Zinc** (Zinc citrate).....	150 mg	Vitamin B1 (Thiamine mononitrate)	250 mg
Copper** (Copper gluconate)	15 mg	Vitamin B2 (Riboflavin).....	125 mg
Manganese** (Manganese sulphate)	15 mg	Vitamin B3 (Niacinamide).....	2000 mg
Boron** (Sodium borate).....	10 mg	Vitamin B5 (D-Pantothenic acid).....	500 mg
Selenium** (L-selenomethionine).....	500 mcg	Vitamin B6 (Pyridoxine hydrochloride).....	300 mg
R-alpha Lipoic acid.....	1000 mg	Vitamin B7 (Biotin)	10 mg
Vitamin C (L-Ascorbic acid).....	500 mg	Vitamin B9 (L-Methylfolate).....	5 mg

**All minerals are in elemental forms.

DIRECTIONS: Give 1-2 scoops, once a day. Can be mixed into feed. For use in horses only.

EQUINE DAILY SERVINGS:

1 scoop serving daily = 30-day supply (1 Kg); 15-day supply (500 g)

DURATION OF USE: Not for long term use, unless directed by a veterinarian.

CAUTIONS: Not for use in horses intended for food; pregnant, lactating or in foal, unless directed by a veterinarian. Do not use if security seal is broken.

STORAGE: Store protected from light and moisture. Keep container tightly closed. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.



Para-X™

Intestinal Cleansing Formula

1 L (33.8 oz) & 4 L (1 Gal)



- ✓ A gentle formula that helps expel intestinal parasites
- ✓ An intestinal cleanse that helps to improve normal body functions
- ✓ A source of antioxidants and trace minerals, thus reducing inflammation
- ✓ Effective against tapeworms, pinworms, ringworms, roundworms, hookworms, fasciolopsis and blood flukes
- ✓ Creates an unfriendly environment for intestinal parasites to reside
- ✓ Improves energy levels and immune health through phytonutrient properties
- ✓ Helps relieve digestive disturbances such as gas, bloating, diarrhea and constipation

RECOMMENDED USES: Used as a general intestinal cleanser.

INGREDIENTS PER 30 mL:

<i>Quisqualis indica</i> (Rangoon-Creeper).....	600 mg
<i>Torreya grandis</i> (Grand Torreya Seed).....	900 mg
<i>Areca catechu</i> (Areca Catechu Seed)	750 mg
<i>Dryopteris crassirhizoma</i> (Wood Fern Rhizome)	600 mg
<i>Omphalia lapidescens</i> (Thunderball Fungus)	750 mg
<i>Allium sativum</i> (Garlic Bulb)	300 mg
<i>Cucurbita moschata</i> (Pumpkin Seed)	300 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Guar gum, Potassium sorbate, Benzoic acid (buffered).

DIRECTIONS: Give 30-50 mL for 5 days, stop for 5 days and then give 30-50 mL for another 5 days. Repeat every 3 months. Shake well before use. For oral use only. Not recommended for mares in foal.

CAUTIONS: Safe use in pregnant horses or horses intended for food has not been proven. If horse's condition worsens or does not improve, stop product administration and consult your veterinarian. For equine use only. Keep out of the reach of children and other animals. In case of accidental overdose, contact a health care professional immediately. Do not use if security seal is broken.

STORAGE: Store at room temperature and away from direct sunlight. Keep bottle cap tightly closed when not in use. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.



PreMare™

Promotes Normal Hormone Balance

1 L (33.8 oz) & 4 L (1 Gal)

NN.P6CM



- ✓ A hormone modifier that balances behaviour in witchy mares
- ✓ Contains 7 botanicals that synergistically have a calming effect
- ✓ A source of antioxidants, phytonutrients and trace minerals, thus reducing inflammation
- ✓ Assists with hormonal imbalance
- ✓ Used to reduce irritability and aggressiveness associated with monthly hormonal surges
- ✓ No protective clothing required when administering

RECOMMENDED USES: A botanical formula to reduce behavioural changes and to promote normal hormone balance.

INGREDIENTS PER 60 mL/2 oz:

<i>Angelica sinensis</i> (Chinese Angelica Root)	1500 mg
<i>Atractylodes macrocephala</i> (Largehead Atractylodes Rhizome)	1080 mg
<i>Bupleurum chinense</i> (Chinese Thorowax Root)	1080 mg
<i>Paeonia lactiflora</i> (White Peony Root)	1080 mg
<i>Rehmannia glutinosa</i> (Rehmannia Root)	820 mg
<i>Foeniculum vulgare</i> (Fennel Fruit)	600 mg
<i>Trigonella foenum-graecum</i> (Fenugreek Seed)	600 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Guar gum, Potassium sorbate, Benzoic acid (buffered).

DIRECTIONS: Give 60 mL/2 oz per day. Loading dose may be required. Loading dose: 60-120 mL for 5 days, or until behaviour modifies. Maintenance dose: 60 mL per day. Place directly into the mouth for best results. Shake well before use. For use in horses only.

EQUINE DAILY SERVINGS:

60 mL serving daily = 16-day supply (Litre); 64-day supply (Gallon)

CAUTIONS: Not for use in horses that are intended for food as a withdrawal period has not been established; that are pregnant, lactating, in foal, diabetic, hyperthyroid, immuno-suppressed, with bleeding disorders or on anticoagulation therapy. Not for use with other medication given simultaneously (may delay absorption). Do not exceed recommended dose. Not for long term use. Do not use if security seal is broken.

STORAGE: Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.



RegenerEQ™ & RegenerEQ Plus™ Paste

GI Generator and Appetite Stimulant

500 mL (16 oz) & 30 mL single use dosing syringe

- ✓ Promotes appetite and weight gain
- ✓ Promotes a healthy gastrointestinal environment
- ✓ Normalizes the integrity of the gastrointestinal tract
- ✓ Improves behaviour and performance
- ✓ Promotes and maintains gastrointestinal health without limiting the stomach acid production that is essential for digestion
- ✓ Is recommended for horses that are stressed from travel, competition, new surroundings or new feed
- ✓ Best used when trailering, or before and during stressful situations that can cause gastrointestinal distress



RECOMMENDED USE: A gastrointestinal regenerator and appetite stimulant.

INGREDIENTS: Fraction 23®, Sunflower Oil, Flax Oil, Mixed Tocopherols, Silica.

DIRECTIONS: Initial Dose: 15 mL (½ oz) twice daily given orally. Maintenance Dose: 15 mL (½ oz) once daily given orally. Always administer by dosing syringe. Shake well before use. For use in horses only.

CAUTIONS: Safe use in pregnant animals or animals intended for breeding has not been proven. Not for use in horses intended for food as a withdrawal period has not been established. Not recommended for mares in foal. If animal's condition worsens or does not improve, stop product administration and consult your veterinarian. Do not use if security seal is broken.

STORAGE: Store at room temperature and away from direct sunlight and heat. Refrigeration is not required. Keep bottle cap tightly closed when not in use. Keep out of reach of children.

ALLERGENS: Contains no corn, dairy, gluten, wheat or yeast.

RECOMMENDED USES: An appetite stimulant.

INGREDIENTS PER 15 mL:

Fraction 23®	
(Proprietary Amino Acid Blend)	500 mg
L-Glutamine	250 mg
<i>Glycyrrhiza glabra</i> (Licorice Root)	375 mg
<i>Cirsium japonicum</i> (Japanese Thistle)	15 mg
<i>Flos carthami</i> (Safflower)	15 mg
<i>Sophora japonica</i> (Quercetin dihydrate)	4.95 mg

NON-MEDICINAL INGREDIENTS: Coconut oil, Peppermint Flavour, Vegetable shortening.

DIRECTIONS: Initial use: Give 15 mL (½ tube) - 30 mL (entire tube) as needed orally, 1-2 times daily. Maintenance dose: 15 mL once daily given orally. FOR ORAL USE ONLY.

CAUTIONS: Not for use in horses intended for food. Not for use in horses that are pregnant, lactating or foal. If animal's condition worsens or does not improve, stop product administration and consult your veterinarian. Do not use if security seal is broken.

STORAGE: Store at room temperature and away from direct sunlight and heat.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all-natural, human-grade ingredients, therefore product may have batch differences in colour and taste.



Respi-Air™ Paste

A Concentrated Respiratory Paste - 60 mL

- ✓ Helps maintain normal respiratory tract health and improve overall respiration
- ✓ 11 herbs to help clear mucus, promote expectoration and suppress coughing
- ✓ Provides antioxidants which help to suppress free radical damage and to strengthen lung tissue
- ✓ A convenient, easy-to-use paste with a rapid onset of action (menthol)

RECOMMENDED USE: A total respiratory support formula.

MEDICINAL INGREDIENTS PER 60 mL:

<i>Verbascum thapsus</i> (Mullein)	1086 mg
<i>Aster Tataricus</i> (Tatarian aster)	480 mg
<i>Descurainia Sophia</i> (Flixweed)	300 mg
<i>Eucalyptus globulus</i> (Eucalyptus Leaf)	480 mg
<i>Mentha canadensis</i> (Peppermint Leaf)	500 mg

<i>Panax Notoginseng</i> (Notoginseng Root)	500 mg
<i>Adenophora stricta</i> (Sha-Shen)	300 mg
<i>Eriobotryae japonica</i> (Loquat Leaf)	1000 mg
<i>Momordica grosvenori</i> (Monk Fruit)	500 mg
Rutin	1000 mg
Hesperidin	1000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Xanthan gum, Citric acid, Potassium sorbate, Benzoic acid (buffered), Vegetable glycerine, Menthol (flavour).

DIRECTIONS: Administer orally 60 mL (entire tube). Syringe directly into the mouth for best results. For use in horses only.

STORAGE: Store protected from light and moisture.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Combining Herbal Properties to Aid Respiratory Stress

Equine Kidney Flush® - Supports Normal Kidney Function NN.X7Y2



- ✓ A mild, herbal diuretic with botanicals that are traditionally used to help with urinary tract infections
- ✓ Has diuretic properties, reduces water retention
- ✓ Increases blood flow through the kidneys
- ✓ Assists the major pathways of breakdown and excretion of waste



Respi-Free™

Total Respiratory Formula

1 L (33.8 oz) & 4 L (1 Gal)

- ✓ Helps maintain normal respiratory tract health
- ✓ Helps to clear mucus and improve overall respiration
- ✓ Aids the detoxification pathways for the lungs
- ✓ Helps to suppress coughing and has expectorant properties
- ✓ Contains phytonutrients and trace minerals
- ✓ A 3-in-1 formulation containing Airwaves™, Equine Lung Flush® and Herba Coff™



RECOMMENDED USES: A total respiratory system formula.

INGREDIENTS PER 30 mL/1 oz:

<i>nula helenium</i> (Elecampagne Root)	390 mg
<i>Eucalyptus globulus</i> (Eucalyptus Leaf)	390 mg
<i>Eriobotryae japonica</i> (Loquat Leaf)	390 mg
<i>Mentha canadensis</i> (Peppermint Leaf)	390 mg
<i>Morus alba</i> (Mulberry Leaf)	260 mg
<i>Polygala tenuifolia</i> (Thinleaf Milkwort Root)	260 mg
<i>Chrysanthemum morifolium</i> (Chrysanthemum Flower)	230 mg
<i>Rosmarinus officinalis</i> (Rosemary Leaf)	230 mg

<i>Lonicera japonica</i> (Japanese Honeysuckle Flower)	230 mg
<i>Descurainia Sophia</i> (Flixweed)	195 mg
<i>Urtica dioica</i> (Stinging Nettle Leaf)	195 mg
<i>Aster Tataricus</i> (Tatarian aster)	130 mg
<i>Scutellaria baicalensis</i> (Skullcap Baikal Root)	130 mg
<i>Flos Farfarae</i> (Coltsfoot flower)	65 mg
<i>Momordica grosvenori</i> (Monk Fruit)	65 mg
<i>Verbascum thapsus</i> (Mullein)	65 mg

NON-MEDICINAL INGREDIENTS: Purified water, Natural cherry flavour, Menthol, Vegetable glycerine, Guar gum, Citric acid, Potassium sorbate, Benzoic acid (buffered), Ethanol.

DIRECTIONS: Administer 30 – 90 mL (1-3 oz) one to three times a day as required. Pre-event syringe 60 mL (2 oz). Shake well before use. For use in horses only.

EQUINE DAILY SERVINGS:

1 L | 30 mL, three times daily = 11 days

4 L | 30 mL, three times daily = 44 days

CAUTIONS: Safe use in pregnant animals or animals for breeding has not been proven. If animal's condition worsens or does not improve, stop product administration and consult your veterinarian. Not recommended for mares in foal. Keep out of the reach of children and other animals. In case of accidental overdose, contact a health professional immediately. Do not exceed recommended dose. Do not use if security seal is broken.

STORAGE: Refrigerate after opening. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all-natural, human-grade ingredients, therefore product may have batch differences in colour and taste.



Sinew-X™

Helps Support the Function of the Joints

1 L (33.8 oz) & 4 L (1 Gal)

NN.EA00



- ✓ A source of raw ingredients necessary for joints, cartilage, sinews and ligaments
- ✓ Supplies sulfur from MSM to the body, important for biochemical reactions
- ✓ Contains 3 botanical herbs that help reduce inflammation
- ✓ Helps to reduce post performance mobility issues
- ✓ For severe cases, use in conjunction with AntiFlam™

RECOMMENDED USES: Sinew-X™ aids in the support of the musculoskeletal system and provides joint support.

INGREDIENTS PER 30 mL/1 oz:

D-Glucosamine Sulphate (Shellfish exoskeletons).....	5000 mg
Methylsulfonylmethane (MSM)	3500 mg
<i>Notopterygium incisum</i> (Notopterygium Root).....	2500 mg
<i>Gentiana macrophylla</i> (Largeleaf Gentian Root)	2000 mg
<i>Ledebouriella divaricata</i> (Siler Root)	2000 mg

NON-MEDICINAL INGREDIENTS: Purified water, Guar gum, Citric acid, Potassium sorbate, Benzoic acid (buffered), Natural apple concentrate.

DIRECTIONS: Give 30 mL (1 oz) twice per day for 7-10 days then reduce to 30 mL (1 oz) daily for maintenance. Place directly into the mouth for best results. Shake well before use. For use in horses only.

EQUINE DAILY SERVINGS:

Loading dose - 30 mL twice daily = 2-week supply (Litre); 2-month supply (Gallon)

Maintenance dose - 30 mL daily = 1-month supply (Litre); 4-month supply (Gallon)

CAUTIONS: Not for use in horses intended for food as a withdrawal period has not been established; pregnant or lactating. Use with caution in animals with loose stools. May cause drowsiness or sedation. Not for use with other medication given simultaneously (may delay absorption). Do not exceed recommended dose. Do not use if security seal is broken.

STORAGE: Do not refrigerate. Consume within three (3) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.



Sinew-X + HA™

Helps Support the Function of the Joints

1 L (33.8 oz) & 4 L (1 Gal)

NN. B9B4



- ✓ Each 30 mL contains 100 mg of highly absorbable hyaluronic acid
- ✓ HA is utilized and absorbed quickly in the joints
- ✓ This formula is MSM free
- ✓ Used to maintain normal healthy joints, muscles and ligaments
- ✓ For severe cases, use in conjunction with AntiFlam™
- ✓ Contains 5 botanical herbs that help reduce inflammation

RECOMMENDED USES: Sinew-X + HA™ helps support the function of the joints through hyaluronic acid, D-glucosamine sulphate and anti-inflammatory botanicals.

INGREDIENT PER 30 mL/1oz:

D-Glucosamine Sulphate.....	5000 mg
<i>Curcuma longa</i> (Turmeric Rhizome).....	300 mg
<i>Boswellia serrata</i> (Frankincense Resin).....	300 mg
<i>Notopterygium incisum</i> (Notopterygium Root).....	300 mg
<i>Ledebouriella divaricata</i> (Siler Root).....	300 mg
<i>Gentiana macrophylla</i> (Largeleaf Gentian Root).....	300 mg
Hyaluronic Acid (Sodium Hyaluronate).....	100 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Guar gum, Licorice, Potassium sorbate, Benzoic acid (buffered).

DIRECTIONS: Give 30 mL (1 oz) twice per day for 7-10 days then reduce to 30 mL (1 oz) daily for maintenance. Place directly into the mouth for best results. Shake well before use. For use in horses only.

EQUINE DAILY SERVINGS:

Loading dose - 30 mL twice daily = 2-week supply (Litre); 2-month supply (Gallon)

Maintenance dose - 30 mL daily = 1-month supply (Litre); 4-month supply (Gallon)

CAUTIONS: Not for use in horses intended for food as a withdrawal period has not been established; pregnant or lactating. Use with caution in animals with loose stools. May cause drowsiness or sedation. Not for use with other medication given simultaneously (may delay absorption). Do not exceed recommended dose. Do not use if security seal is broken.

STORAGE: Do not refrigerate. Consume within three (3) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.



Stasis™

Lung Capillary Normalizing Formula

1 L (33.8 oz) & 4 L (1 Gal)



- ✓ To maintain capillary integrity by strengthening the capillaries and lung tissue
- ✓ Contains sources of antioxidants, phytonutrients and trace elements
- ✓ Contains six botanical herbs that have anti-inflammatory properties
- ✓ A bleeder formula
- ✓ For best results, use in conjunction with Airwaves™ and Kidney Flush® in performance horses

RECOMMENDED USES: A botanical formulation that maintains normal capillary integrity.

INGREDIENTS PER 30 mL DOSE:

<i>Panax notoginseng</i> (Notoginseng Root)	270 mg
<i>Cirsium japonicum</i> (Japanese Thistle)	600 mg
<i>Sophora japonica</i> (Pagoda Tree Leaf/Flower)	475 mg
<i>Rehmannia glutinosa</i> (Rehmannia Root)	340 mg
<i>Rubria cordifolia</i> (Indian Madder Root)	475 mg
<i>Sanguisorba officinalis</i> (Great Burnet Root)	135 mg

NON-MEDICINAL INGREDIENTS: Purified water, Citric acid, Guar gum, Potassium sorbate, Benzoic acid (buffered).

DIRECTIONS: Give 50-100 mL twice daily for 5-7 days before event. On event day, give 100-200 mL before event, or use as directed by your veterinarian. Shake well before use. For oral use only.

CAUTIONS: Safe use in pregnant horses or horses for breeding has not been proven. Not recommended for mares in foal. If horse's condition worsens or does not improve, stop product administration and consult your veterinarian. For equine use only. Keep out of the reach of children and other animals. In case of accidental overdose, contact a health professional immediately. Do not use if security seal is broken.

STORAGE: Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.



Testos Boost™

Testosterone Building Formula

500 g (1.1 lbs) & 1 Kg (2.2 lbs)



- ✓ Increases testosterone levels naturally by freeing up bound testosterone
- ✓ Maximizes testosterone levels in the blood, thus increasing attitude and energy
- ✓ Maintains healthy levels of testosterone
- ✓ A synergistic blend of phytoandrogens and androgenic adaptogens to optimize testosterone levels

RECOMMENDED USES: Used to naturally increase the animal's production of testosterone.

INGREDIENTS PER 1 SCOOP (7500 mg): A proprietary blend of the following: *Tribulus terrestris* (Puncture Vine Fruit) (35% saponins), *Epimedium sagittatum* (Epimedium Herb), Kelp, *Eleutherococcus senticosus* (Eleuthero Root or Siberian Ginseng).

DIRECTIONS: Give 1-2 scoops daily. For oral use only. Not recommended for mares in foal.

CAUTIONS: Safe use in pregnant animals or animals intended for breeding has not been proven. Not for use in horses intended for food as a withdrawal period has not been established. If animal's condition worsens or does not improve, stop product administration and consult your veterinarian.

STORAGE: Store at room temperature and away from direct sunlight. Keep bottle cap tightly closed when not in use. Keep out of the reach of children. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.



Tetda™

Natural Liniment for Bruises & Sprains

1 L (33.8 oz) & 4 L (1 Gal)

- ✓ Soothes tired muscles
- ✓ Increases blood flow through the muscles to aid in muscle recovery
- ✓ Helps recovery from sprains and strains
- ✓ For external use only
- ✓ May be used as a brace after bath
- ✓ May be used to pack hoof to draw out soreness pre and post event



RECOMMENDED USES: Used as a liniment after exercise or for bruises and sprains.

INGREDIENTS:

A proprietary extract from a blend of the following: *Angelica pubescens* (Angelica Root), *Boswellia carterii* (Frankincense Stem Bark Resin), *Prunus persica* (Peach), *Aquilaria agallocha* (Agarwood), *Eucommia ulmoides* (Eucommia Stem Bark), *Carthamus tinctorius* (Safflower), *Curcuma zedoaria* (Zedoary Rhizome), *Cyperus rotundus* (Nutgrass Galingale Rhizome), *Daemonorops draco* (Dragon's Blood Fruit Resin), *Sparganium simplex* (Bur Reed), *Panax pseudoginseng* (Pseudoginseng Root), *Rehmannia glutinosa* (Rehmannia Root), Aloe vera, *Fructus aurantii* (Bitter Orange), *Acanthopanax gracilistylus* (Acanthopanax Bark), *Atractylodes macrocephala* (Largehead Atractylodes Rhizome) in an isopropyl alcohol and water base.

DIRECTIONS: Apply liberally to affected area and massage. Use with or without wraps. Use as needed. Shake well before use.

CAUTIONS: Recommended for horses only. Keep out of the reach of children. Do not use if security seal is broken.

ALLERGENS: Contains no corn, dairy, gluten, soy, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.



Vantiox™

**Supports Healthy Muscle Function and Provides
Antioxidants to Help Neutralize Free Radicals**

500 g (1.1 lbs) & 1 Kg (2.2 lbs)

NN.E28W



- ✓ Provides the body with essential vitamins and minerals for optimum cellular protection
- ✓ Contains 5 potent antioxidants that support muscles and cell recovery
- ✓ Antioxidants supports the immune system and helps during times of detoxification
- ✓ A combination of natural antioxidants to counteract oxidative challenge in biological processes (free radical damage)

RECOMMENDED USES: Provides antioxidants, supports healthy muscle function and protects cells.

INGREDIENTS PER 2 SCOOPS:

Vitamin C (L-Ascorbic Acid)	7500 mg
Vitamin E (dl-alpha Tocopheryl acetate).....	2250 mg (5000 IU)
Zinc** (Zinc Citrate)	200 mg
beta-Carotene	18000 mcg (30000 IU)
L-selenomethionine	2 mg
Trigonella foenum-graecum (Fenugreek Seed)	153 mg

**All minerals are in elemental forms.

DIRECTIONS: Give 2 level scoops, once a day. For use in horses only.

EQUINE DAILY SERVINGS:

2 scoops daily = 36-day supply (1 Kg); 18-day supply (500 g)

CAUTIONS: Not for use in horses intended for food as a withdrawal period has not been established; pregnant, lactating; with hyperthyroid condition, bleeding disorders or on anticoagulation therapy. Do not exceed recommended dose. Do not use if security seal is broken.

STORAGE: Store protected from light and moisture. Keep bottle cap tightly closed when not in use. Consume within six (6) months after opening.

ALLERGENS: Contains no corn, dairy, gluten, wheat or yeast.

Omega Alpha's products are made from all natural human grade ingredients therefore product may have batch differences in colour and taste.

Omega Alpha® Guarantee, Product Chart



EQUINE HEALTH PRODUCTS *Veterinary Health Products	ITEM #	Dairy Free	Gluten, Grain & Wheat Free	Egg Free	Soy Free	No Sugar Added
Adren-FX™ (1L / 33.8 oz)	254558	✓	✓	✓	✓	✓
Adren-FX™ (4 L / 1 Gal)	254602	✓	✓	✓	✓	✓
Airwaves™ (1L / 33.8 oz)	251557	✓	✓	✓	✓	✓
Airwaves™ (4 L / 1 Gal)	251601	✓	✓	✓	✓	✓
AntiFlam™ (1L / 33.8 oz)	253308	✓	✓	✓	✓	✓
AntiFlam™ (4 L / 1 Gal)	253353	✓	✓	✓	✓	✓
*Biotic 8™ Plus (NN.3MWY) (500 g / 1.1 lbs)	254855	✓	✓	✓	✓	✓
*Biotic 8™ Plus (NN.3MWY) (1 Kg / 2.2 lbs)	251304	✓	✓	✓	✓	✓
*Biotic 8™ Plus (NN.3MWY) (2x2Kg / 8.8 lbs)	256255	✓	✓	✓	✓	✓
*Chill™ (NN.X3I2) (1L / 33.8 oz)	252851	✓	✓	✓	✓	✓
*Chill™ (NN.X3I2) (4 L / 1 Gal)	252905	✓	✓	✓	✓	✓
*Chill Ultra™ Paste (NN.X3I2) (60 mL)	255258	✓	✓	✓	✓	✓
*D-Ribose (NN.55BF) (500 g / 1.1 lbs)	254718	✓	✓	✓	✓	✓
*D-Ribose (NN.55BF) (1 Kg / 2.2 lbs)	254701	✓	✓	✓	✓	✓
*Dimethylglycine (DMG)(NN.Z951) (500 g / 1.1 lbs)	254763	✓	✓	✓	✓	✓
*Dimethylglycine (DMG) (NN.Z951) (1 Kg / 2.2 lbs)	254756	✓	✓	✓	✓	✓
*EnduraGin™ (NN.Z7P8) (1L / 33.8 oz)	250505	✓	✓	✓	✓	✓
*EnduraGin™ (NN.Z7P8) (4 L / 1 Gal)	250550	✓	✓	✓	✓	✓
*EnduraForce™ Paste (NN.P0M8) (60 mL)	255456	✓	✓	✓	✓	✓

Omega Alpha® Guarantee, Product Chart



EQUINE HEALTH PRODUCTS *Veterinary Health Products	ITEM #	Dairy Free	Gluten, Grain & Wheat Free	Egg Free	Soy Free	No Sugar Added
EquiBody Glo™ (NN.E8V9) (1L / 33.8 oz)	256309	✓	✓	✓	x	✓
EquiBody Glo™ (NN.E8V9) (4 L / 1 Gal)	256354	✓	✓	✓	x	✓
*Equisel-Lyte (NN.6QAQ) (500 g / 1.1 lbs)	253964	✓	✓	✓	✓	✓
*Equisel-BCAA™ Paste (NN.Q6G5) (60 mL)	255401	✓	✓	✓	✓	✓
*Gamma Oryzanol (NN.Q705) (500 g / 1.1 lbs)	254664	✓	✓	✓	✓	✓
*Gamma Oryzanol (NN.Q705) (1 Kg / 2.2 lbs)	254657	✓	✓	✓	✓	✓
*Gastra-FX™ (NN.D2ZZ) (1L / 33.8 oz)	255500	✓	✓	✓	✓	✓
*Gastra-FX™ (NN.D2ZZ) (4 L / 1 Gal)	253001	✓	✓	✓	✓	✓
*Gastra-FX Ultra™ Paste (NN.Z2T0) (60 mL)	255302	✓	✓	✓	✓	✓
*GLS Powder™ (NN.1EWX) (1 Kg / 2.2 lbs)	254008	✓	✓	✓	✓	✓
*HA-180™ (NN.2XZJ) (1L / 33.8 oz)	254404	✓	✓	✓	✓	✓
*HA-180™ (NN.2XZJ) (4 L / 1 Gal)	254459	✓	✓	✓	✓	✓
HealthyHorse™ (4 L / 1 Gal)	251403	✓	✓	✓	✓	✓
*Hemex® (NN.G4CS) (1L / 33.8 oz)	250659	✓	✓	✓	✓	✓
*Hemex® (NN.G4CS) (4 L / 1 Gal)	250703	✓	✓	✓	✓	✓
HerbaCoat™ (1L / 33.8 oz)	253452	✓	✓	✓	✓	✓
HerbaCoat™ (4 L / 1 Gal)	253407	✓	✓	✓	✓	✓
HerbaCoff™ (1L / 33.8 oz)	251106	✓	✓	✓	✓	✓
HerbaCoff™ (4 L / 1 Gal)	251151	✓	✓	✓	✓	✓

Omega Alpha® Guarantee, Product Chart



EQUINE HEALTH PRODUCTS *Veterinary Health Products	ITEM #	Dairy Free	Gluten, Grain & Wheat Free	Egg Free	Soy Free	No Sugar Added
*Immune Plus™ (NN.X0F8) (1L / 33.8 oz)	250956	✓	✓	✓	✓	✓
*Immune Plus™ (NN.X0F8) (4 L / 1 Gal)	251007	✓	✓	✓	✓	✓
*Equine Kidney Flush® (NN.X7Y2) (1L / 33.8 oz)	250352	✓	✓	✓	✓	✓
*Equine Kidney Flush® (NN.X7Y2) (4 L / 1 Gal)	250406	✓	✓	✓	✓	✓
*Equine Liver Flush® (NN.W7W0) (1L / 33.8 oz)	250055	✓	✓	✓	✓	✓
*Equine Liver Flush® (NN.W7W0) (4 L / 1 Gal)	250109	✓	✓	✓	✓	✓
*Equine Lung Flush® (NN.F8R7) (1L / 33.8 oz)	250208	✓	✓	✓	✓	✓
*Equine Lung Flush® (NN.F8R7) (4 L / 1 Gal)	250253	✓	✓	✓	✓	✓
*Equine Milk Thistle™ (NN.J3J7) (1L / 33.8 oz)	255609	✓	✓	✓	✓	✓
*Equine Milk Thistle™ (NN.J3J7) (4 L / 1 Gal)	255852	✓	✓	✓	✓	✓
*MinerEQ™ (NN.R4I5) (1 Kg / 2.2 lbs)	253056	✓	✓	✓	✗	✓
Para-X™ (1L / 33.8 oz)	253551	✓	✓	✓	✓	✓
Para-X™ (4 L / 1 Gal)	253605	✓	✓	✓	✓	✓
*PreMare™ (NN.P6CM) (1L / 33.8 oz)	253759	✓	✓	✓	✓	✓
*PreMare™ (NN.P6CM) (4 L / 1 Gal)	253803	✓	✓	✓	✓	✓

Omega Alpha® Guarantee, Product Chart



EQUINE HEALTH PRODUCTS *Veterinary Health Products	ITEM #	Dairy Free	Gluten, Grain & Wheat Free	Egg Free	Soy Free	No Sugar Added
RegenerEQ™ (500 mL)	255159	✓	✓	✓	✓	✓
RegenerEQ Plus™ Paste (30 mL)	255906	✓	✓	✓	✓	✓
Respi-Air™ Paste (60 mL)	255951	✓	✓	✓	✓	✓
Respi-Free™ (1L / 33.8 oz)	254152	✓	✓	✓	✓	✓
Respi-Free™ (4 L / 1 Gal)	254206	✓	✓	✓	✓	✓
*Sinew-X™ (NN.EA00) (1L / 33.8 oz)	250802	✓	✓	✓	✓	✓
*Sinew-X™ (NN.EA00) (4 L / 1 Gal)	250857	✓	✓	✓	✓	✓
*Sinew-X + HA™ (NN.B9B4) (1L / 33.8 oz)	255753	✓	✓	✓	✓	✓
*Sinew-X + HA™ (NN.B9B4) (4 L / 1 Gal)	255807	✓	✓	✓	✓	✓
Stasis™ (1L / 33.8 oz)	254305	✓	✓	✓	✓	✓
Stasis™ (4 L / 1 Gal)	254350	✓	✓	✓	✓	✓
Testos Boost™ (500 g / 1.1 lbs)	255005	✓	✓	✓	✓	✓
Testos Boost™ (1 Kg / 2.2 lbs)	251359	✓	✓	✓	✓	✓
Tetda™ (1L / 33.8 oz)	253209	✓	✓	✓	✓	✓
Tetda™ (4 L / 1 Gal)	253254	✓	✓	✓	✓	✓
*Vantiox™ (NN.E28W) (500 g / 1.1 lbs)	253858	✓	✓	✓	x	✓
*Vantiox™ (NN.E28W) (1 Kg / 2.2 lbs)	253902	✓	✓	✓	x	✓

Customer Satisfaction When Results Count!

At Omega Alpha®, it's all about the horse!

- ✓ It's about educating consumers on how to choose effective supplements and why they work in the body
- ✓ It's about the scientific expertise to choose ingredients that your horse can use
- ✓ It's about creating formulations that enhance your horse's health so they can perform better naturally
- ✓ It's about protecting the horses you love



"My show jumpers live on four Omega Alpha supplements: Sinew-X Plus, Gastra-FX, AntiFlam and Biotic 8 Plus, and I couldn't be happier with their health. The reality is healthy horses have the possibility of reaching their potential. Another big plus is that these supplements are easy to administer because the horses love the taste."

— Hugh Graham, Show Jumping.



Customer Satisfaction When Results Count!



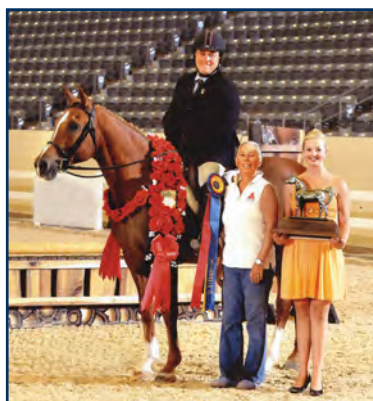
"Since putting our horses on Omega Alpha natural supplements, I have definitely noticed that the older horses have more spring to their step and the younger ones seem more level headed. They seem to be more focused on their job and look absolutely fantastic. I find that the Omega Alpha products live up to expectation and produce results you can actually see and feel."

— Selena O'Hanlon, Eventing.



"Omega Alpha products have helped to keep Exponential and Pavarotti feeling great and competing at their peak."

— Jessica Phoenix, Eventing.



"At Milestone Stables we use the Omega Alpha products to keep our horses happy, healthy and sound. We especially love the Sinew-X for joints and muscles because if a problem arises there is a quick noticeable response in that horses comfort level. We use Sinew-X for daily maintenance because we know it works and we love our horses."

— Cheryl Smith-Ehrlick, Milestone Arabian Stables, Campbellville, Ontario.

Customer Satisfaction When Results Count!



"I have been using the Omega Alpha products for several years and I find them an important part of maintaining my horse's top form.

There's a great range of products that address every aspect of the training program. The HA-180, Gastra-FX and AntiFlam are staples for each of my horses.

I find the staff particularly knowledgeable in designing a specific program and it is money well spent to have the most productive plan for each horse."

— **Margie Gayford & Olympian Tom Gayford at Gayland Farms, Show Jumping.**



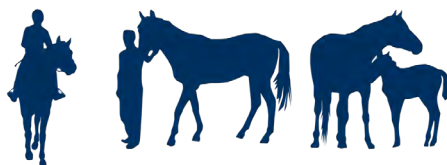
"Our experience with the Omega Alpha products have been very positive and they keep our horses on a strong competitive edge."

— **Lauren Hayes, North Point & Jay Hayes, North Ridge.**



"The product I really like from Omega Alpha is the combination product Healthy Horse. I find it helps those horses that just don't want to blossom. Healthy Horse gives them that bit of a boost they need."

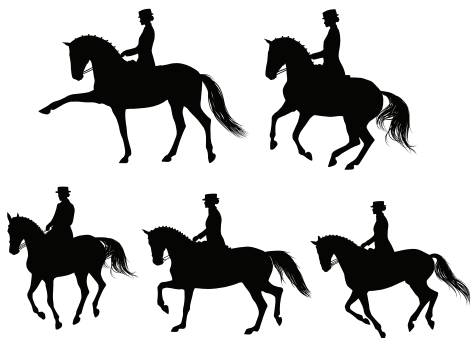
— **Josie Carroll, Trainer.**



Customer Satisfaction When Results Count!

"My horses look and feel great on the Omega Alpha products. I have been so happy with the results since starting them on the Omega Alpha program."

— **Jacqueline Brooks, Dressage.**



"All of the horses in our barn are on Sinew X! I was actually able to bring horses off of medications because they responded to the Sinew X so well. With a barn full of competition horses, having them off of medications and on all natural and legal products are a life saver! Add in that they love the taste and I was sold!"

"These products are life changing because your horses will love them, they are all legal, they are all natural and they actually work. These horses are our love and passion, so we want nothing but the best for the. And Omega Alpha is simply the best."

- **Sara Hassler**

"We have a horse that was getting inhalers and the nebulizer everyday because he was coughing so bad. Then we started using Respi Free and Airwaves and it changed everything. Now that horse lives on 60cc of Respi Free twice a day and 30cc of Airwaves twice a day with ZERO coughing. Its one of those things you have to experience to believe. Im a total believer now!"

- **Scott Hassler**

Customer Satisfaction When Results Count!



" My appreciation for the Omega Alpha products started in 2011 when I brought a very nervous, challenging horse to Dressage At Devon. After a few typical (and kind of dangerous) explosions from my mount, a friend recommended Chill Ultra. We were able to finish 2nd in a top group of horses thanks to my horse becoming quieter, more focused and rideable!

Over the past decade, I have managed all the horses in my care with a fully holistic approach. Omega Alpha is at the heart of it. I can speak to the efficacy of the many products they offer and the profoundly positive, simple tool they are for optimizing the health of our equine partners. "

— Susan Owen, Rivergirl Dressage.

" Having the Omega Alpha products is a great advantage for any horse but its no coincidence that most of the team and team alternates have Omega Alpha on hand. Horsemanship is an obvious factor for competitors competing at the top of their game and are therefore always looking for ways to make our horses as happy and healthy as possible, Omega Alpha is a sure contributor to this . "

— Megan Lane, Dressage.



" As a competitor and a trainer, I am acutely aware of the added stress competition adds to the rider AND the horse. Omega Alpha is the company I turn to when I see that stress negatively impacting the performance. Their products not only work, they are easy to administer and the company completely stands behind their products. Each product is the result of years of research and testing. I am very cautious when it comes to my horses but with Omega Alpha I am sure they are getting the very best. "

— Ashley Holzer, Dressage.

Customer Satisfaction When Results Count!



"I know Ray very well, I have worked with him from training level to Grand Prix. After starting Ray on the AntiFlam and Sinew-X combo, in less than two weeks I noticed a big difference in Ray's overall ride ability with regards to how comfortable he felt in his body. He has never felt better in his work than he does right now and I attribute that to adding the Omega Alpha products to his program."

— Yvonne Barteau & GP Raymeister, Dressage.



"My horse Anton is 16 years old this year and he is better than ever! Anton has been on Omega Alpha supplements for the last 8 years. The MinerEQ, Biotic 8 and Gastra-FX are part of his daily care. I use the RegenerEQ at the horse shows to keep his gut healthy.

Anton sucks the Gastra-Fx out of the tube before his bridle goes on. He loves the taste! The Gastra-FX helps settle the acid in his stomach the bit creates. Anton is in great shape and he is a very happy horse. Thank you Omega Alpha for keeping my horse in top shape!"

— Belinda Trussell & her partner Anton, Dressage.



"I am really pleased with the Omega Alpha products. My horses are progressing well in their training, and there is a marked improvement in their condition and mental relaxation while in work."

— Leslie Reid, Dressage.

Customer Satisfaction When Results Count!



“ I chose Omega Alpha because I was so impressed with all the science behind their products. It’s incredible how much has gone into developing their products. ”

— **Kathrine Bateson Chandler, Dressage.**



“ I have had excellent results with the Omega Alpha products. The trio of Biotic 8 Plus, Gastra-FX and RegenerEQ has produced noticeable improvements in several of my horses. My two other favorites are AntiFlam and Respi-Free.

Omega Alpha products work and I can really feel good about giving my horses these products that are made of natural herbs and manufactured to the highest standards.

I have used a lot of products over the years, but I stick with Omega Alpha products because they work and they are all natural. ”

— **Endel Ots, Dressage.**



“ Omega Alpha’s line of products has always kept my horses feeling and looking their best. I was so thrilled to have Galileo return back to work after my 5-month maternity leave and pick up right where we left off. Thank you Omega Alpha for producing supplements that work and truly support our equine athletes’ minds and bodies. ”

— **Cheryl Meisner, Dressage.**



Customer Satisfaction When Results Count!



"EquiBody Glo keeps my horses feeling & looking their best, while on the road. Healthy weight & digestion is a key component in success. The oils this product contains helps keep the weight on my horses and keeps them feeling fresh & ready to run."

— Caitlin Johnston, CB Performance Horses,
2021 Ram Rodeo Tour Champion.

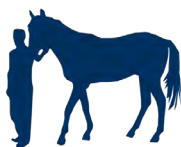
"Weekly hauling and competing in rodeos, barrel racing, and pole bending runs puts both physical and mental stress on my horse. I started using a daily regiment of AntiFlam, EnduraGin, Sinew-X, Gastra FX and Biotic 8 Plus. Shortly after using these products on a daily basis, I noticed not only did my horse seem stronger, but he recovered from events easier, and he never got sick. Every year he has been tougher and tougher in competition and using the Omega Alpha products I feel has really paid off for us in our accomplishments. I would recommend the line of Omega Alpha products to anyone looking for that competitive edge."

— Joanne Fisher, Barrel Racing.



"Completing a 100 mile Endurance Competitions successfully with a happy healthy horse requires a precise, training program, the right feed, and the right supplements. That's why I use the Omega Alpha products with confidence to enable my equine athletes to become the best that they can be."

— Ruth Sturley, Endurance.



"I believe the Omega Alpha products have made a difference in my horse's overall performance. I really like the Sinew-X for joint health and AntiFlam for sound feet. I can feel a very noticeable level of comfort and a happier horse. So far I have tried a few different Omega Alpha products and each one has impressed me."

— Craig Schmearsal, Reining.



Customer Satisfaction When Results Count!

"I've been searching for years for effective alternatives for treating gastric irritation in performance horses and was never satisfied. After seeing the results with RegenerEQ, both on attitude and gastroscopy, I believe I have found the answer. I recommend it to my clients as well as use it on my own horses."

— **Jeffrey S. Beshear, DVM,**
Old Dominion Equine Associates.



"After seeing what the Omega Alpha products did for my top level performance horses, I decided to use the human products to get me to my healthiest and most successful Ironman triathlon yet. Balancing equine veterinary medicine and triathlon training is tricky but the Omega Alpha products are helping both me and my equine athletes reach their potential."

— **Dr. Christina Ober, Team Veterinarian,**
Canadian Eventing Team.

"As a veterinary cardiologist and endurance rider, I love many of the Omega Alpha products. I have been using them for several years. MinerEQ is a vitamin mineral product containing calcium and magnesium as well as essential B vitamins in a balanced formulation. I also use Equisel-Lyte as my electrolyte because the horses handle it better and don't get the stomach problems I have seen with other electrolyte products. The branched chain amino acids in Equisel-Lyte promotes increased muscle repair so using both products together aids in better overall recovery following hard conditioning and racing. I have had very good success with the Omega Alpha products, I just love them, I am a firm believer."

— **Dr. Meg Sleeper, Selected to the USA Endurance team for**
WEG 2010 & 2014.

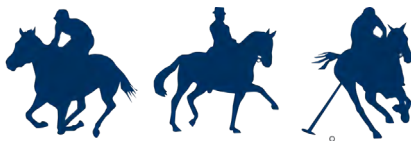


Customer Satisfaction When Results Count!



" I have included RegenerEQ in my treatment regime in horses with inflammatory bowel disease and gastrointestinal disorders. I have been very impressed with the results. "

— **Meg Miller Turpin, DVM.**
DACVIM. (Diplomate ACVIM).



" The Atlanta Equine Clinic initially tried the product Airwaves because we had several horses with severe pulmonary allergy that wouldn't respond to anything else. Clinical signs persisted despite administration of antihistamines, bronchodilators and steroids.

Three of the horses were so severe that turnout was prohibited. After administering Airwaves, improvement in overall comfort and ventilation became evident very quickly. Further response was observed in horses treated concurrently with Lung Flush. Client response was so positive that the Atlanta Equine Clinic now implements the combination product Respi-Free as a frontline strategy for treating pulmonary allergy. Our clients report the products are effective, easy to administer and very palatable for their horses. "

— **Dr. Bob Grisel, DVM, Atlanta Equine Clinic,**
Hoschton, Georgia.



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Are You Serious?

Serious competitors choose Omega Alpha™!

If you're serious about joint health, Omega Alpha™ has specific formulas to keep your equine athlete in top form all season long.



- ✓ **Liquid formulas absorb easier than powders.**
- ✓ **All of our liquid joint formulations start with the bioavailable form of D-Glucosamine providing greater incorporation into the joints. 5,000 mg per serving.**
- ✓ **Potent anti-inflammatory herbs for healthy joints, muscles & ligaments.**
- ✓ **A horse's digestive capabilities are limited to plant materials, therefore, you will never find chondroitin in our equine formulas.**

Sinew-X™ contains 3,500 mg of MSM plus 3 anti-inflammatory herbs per dose.

Sinew-X + HA™ is MSM free to comply with some competition rules (MSM - aka Dimethyl Sulfone - Methyl Sulfonyl Methane).

Sinew-X + HA™ has 5 anti-inflammatory herbs & 100 mg of short chain Hyaluronic Acid per dose.



Remarkably Effective • Satisfaction guaranteed! • OmegaAlpha.com

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Visit our website at www.OmegaAlpha.com to view our wide range of human and pet health products.