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FLAX plus FIBER

for bowel health & regularity

Low back and leg pain are often accompanied by constipation and irritable bowel syndrome. Forceful bowel movements can aggravate or cause fissures, hemorrhoids, and pain due to increased intradiscal pressure.

Also, many patients with irritable bowel syndrome, constipation, diverticulitis, Crohn's disease, fissures, hemorrhoids, or diarrhea are greatly relieved by the sedation of aloe vera, peppermint, and flax seed fiber added to the stool. It also is synergistic with lactobacillus acidophilus in implanting the colon flora.

Each serving provides

flax seed powder	450 mg
psyllium husks powder	150 mg
peppermint oil 10% extract	50 mg
senna leaves concentrate	50 mg
aloe vera leaves powder	50 mg
oat bran	50 mg
cascara sagrada powder	50 mg

Dosage: 1 - 3 capsules per day

Quantity: 120 capsules per bottle



Discat Plus

for promotion of cartilage and joint repair and regeneration

This formula contains glucosamine and chondroitin sulfate which are natural substances essential for cartilage and joint health. Sulfate is necessary to stabilize cartilage, tendons and ligaments. Studies show that the ingredients in Discat Plus decrease joint pain and inflammation. Minerals needed for cartilage health are also in Discat Plus. Deficiency of the contents of Discat Plus precedes degenerative disc disease & arthritis.

Each serving provides

Glucosamine Sulfate	500 mg
Chondroitin Sulfate (as perna canaliculus)	100 mg
Calcium Citrate	160 mg
Magnesium	80 mg
Zinc	7.5 mg
Manganese	2 mg

Dosage:

4 capsules or 2 tablets daily (preventive care)

OR 8 capsules or 4 tablets daily (acute care)

Quantity:

180 capsules per bottle

90 tablets per bottle



Disc & Joint Pain Relief Complex

for natural pain relief

In response to a patient need for natural pain reliever, I collaborated with a laboratory to review natural pain killers that could be combined for relieving joint pain. This pain includes spinal, extremity, and radicular pain. In response, they developed this formula.

Patients find relief for peripheral and spinal degenerative disease. Radiculopathy patients are typically on NSAIDs, COX inhibitors, and even mild narcotic drugs. However, the use of this natural pain relieving formula may assist and reduce the need for more powerful drugs. At this stage, it is a clinical decision in the use of natural pain relievers with the awareness of the less toxic effects of the natural pain relievers over customary drug use.

Each serving provides the following natural pain relieving agents:

ginger root 5% extract	200 mg
curcumin	100 mg
white willow bark	100 mg
boswellia serrata extract	100 mg
quercetin	100 mg
devil's claw powder	50 mg
valarian root 0.8% extract	50 mg
passion flower 4:1 extract	50 mg

Dosage:

2 capsules every 6 hrs, as needed, OR per doctor

Quantity:

60 capsules per bottle



Formula #2 Phosphorous-Free Calcium Citrate with Vitamin D3

for bone health / for osteoporosis prevention and management

All American diets are deficient in calcium intake unless supplemented. The average intake is less than 75% of the more than 1,000 mg a day needed. 50% loss of bone mass occurs in a lifetime, so one should build and/or maintain as much as possible. One of three women will develop a hip fracture in elder life. Women's mortality rates from osteoporotic fractures are greater than the combined mortality rates from cancers of the breast and ovaries. Men lose bone mass at half the rate of women, so they must be concerned with calcium intake as well. Formula #2 contains hydrochloric acid to aid digestion of the calcium and provides calcium citrate, the most easily absorbed calcium known. Vitamin D3 is essential for the symbiotic absorption of calcium.

Each serving, in a base of alfalfa concentrate, lecithin, rose hips and soy protein, provides

Vitamin C	60 mg	Copper	2 mg
Vitamin D3	1000 IU	Manganese	4 mg
Vitamin E	30 IU	Glutamic Acid HCl	100 mg
Calcium Citrate	1000 mg		
Magnesium	200 mg		

Dosage: 4 capsules daily

Quantity: 120 capsules per btl



NEW!
Capsule Form

Formula ONE Daily Multiple Supplement

for immunity support

Formula ONE combines five formulae into one for ease of taking so many formulae. It delivers **vitamins** (including F, G, H, P), **fat lowering agents**, **digestive enzymes** to insure absorption, **minerals**, **trace minerals**, **amino acids** for protein metabolism, and special **herbs** (for immune system support, circulation, energy, digestion, nervous system, arthritis, allergy) and **antioxidants**.

Dosage: 2 capsules daily

Quantity: 60 capsules per bottle

All raw materials that are United States Pharmacopeia (USP) designated and are used in these products meet United States Pharmacopeia specifications. No claims are being made, either expressed or implied, that these products will cure disease, replace prescribed medications, or replace sound advice from a physician. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

