

# **Epigenetics Ltd**

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**Phone: 01380 800105**

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## EPIGENETICS LTD

Epigenetics Ltd have been trading since 2011 when Chris Astill-Smith and his partners, Bob Kite, Gill Farr and Clive Bingham joined forces to form the new company.

We now supply products all over the world and ship over 1,000 orders per month.

We pride ourselves in sourcing the highest quality raw materials and strive to obtain organic or pesticide free ingredients.

All our products are manufactured on site in our new purpose built premises which we moved into in September 2014

We supply an ever increasing range of products and there are over 100 products which we can now supply as capsules ranging from our Alkaline Minerals to Zinc with many speciality products in between such as Smart Homocysteine, Smart Eyes, and Smart Heart. To compliment the capsules, they are shipped in a new postal pack which is designed to make the package smaller so we can send them out in the post as a large letter which will make the postage less expensive.

An additional advantage of the capsule packaging is because the postal pack is flat it will more easily go through a letterbox, resulting in less packages left with neighbours or taken back to the Sorting Office.

### A capsule or a liquid?

Many of our products are available either as a capsule or a liquid, the choice of which to take depends on a number of factors:

- Our liquid herb and spices are tinctures of dried herbs and spices and alcohol—there is no alcohol in our capsules. Some adults and especially children do not like taking a capsule so prefer a liquid.
- For some conditions particularly relating to parasites and the gut, a capsule is preferable as it will get further down the digestive tract.
- Capsules are more convenient to take on holiday.
- Liquids are more precise to dose.
- Capsules use less packaging when we despatch them and they cost less to post.
- Certain raw materials will not mix in liquid form so some product formulas will vary between capsules and liquids.

**Epigenetics capsules** - please do not be put off in the ingredient list by Hydroxypropyl methylcellulose – this is the wood cellulose which the capsule is made from.

You will notice a few of our capsules contain Microcrystalline cellulose, sometimes we do need to mix the active ingredient in the capsule so that it is evenly distributed throughout the capsule to ensure the correct dose is contained in each capsule.

**Suitable for vegetarians** – The majority of our products are suitable for vegetarians, those which are not suitable for vegetarians are marked.



# AMINO ACIDS

Amino Acids are the basic building blocks to proteins and enzymes which transport molecules, build antibodies and chemical messengers such as hormones and neurotransmitters.

They are biologically important organic compounds composed of amine (-NH<sub>2</sub>) and carboxylic acid (-COOH) functional groups, along with a side-chain specific to each amino acid. The key elements of an amino acid are carbon, hydrogen, oxygen, and nitrogen.

There are 8 essential amino acids that have to be obtained from the diet. The remaining 14 can be synthesized within the body but maybe in some people who have inhibition of conversion pathways become conditionally essential.

Dr George Goodheart found a relationship between the water loving and water hating amino acids to left and right brain function as illustrated below:

Essential			Nonessential			
Histidine	N	90%, Hydrophobic	Alanine	N	Hydrophobic	
Isoleucine	N	Hydrophobic	Arginine	+ve	Hydrophilic	
Leucine	N	Hydrophobic	Asparagine	N	Hydrophilic	
Lysine	+ve	Hydrophilic	Aspartic acid	-ve	Hydrophilic	
Methionine	N	Hydrophobic	Cysteine	N	Hydrophobic	
Phenylalanine	N	Hydrophobic	Glutamic acid	-ve	Hydrophilic	
Threonine	N	Hydrophilic	Glutamine	N	Hydrophilic	
Tryptophan	N	Hydrophobic	Glycine	N	Hydrophobic	
Valine	N	Hydrophobic	Ornithine			
<div style="border: 1px solid black; padding: 5px;">                     Left brain weakness give hydrophilic amino acids.                      Right brain weakness give hydrophobic amino acids                 </div>			Proline	N	Hydrophobic	
			Selenocysteine			
			Serine	N	Hydrophilic	
			Tyrosine	N	Hydrophilic	

## Acetyl Carnitine - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule 15 minutes before breakfast  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Acetyl L-Carnitine	500mg	†	†

† Percentage daily values not established  
*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Acetyl L-Carnitine.

## Acetyl Carnitine and Alpha Lipoic Acid- Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule 15 minutes before breakfast  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Acetyl L-Carnitine	400mg	†	†
Alpha lipoic acid	100mg		

† Percentage daily values not established  
*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Acetyl L-Carnitine, Alpha Lipoic acid

## Alanine - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule 15 minutes before breakfast  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Alanine	500mg	†	†

† Percentage daily values not established  
*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L- Alanine.

## Arginine - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule 15 minutes before breakfast  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Arginine	500mg	†	†

† Percentage daily values not established  
*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Arginine.

## BCAA (Branched Chain Amino Acids) - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule 15 minutes before breakfast  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Leucine	200mg	†	†
Isoleucine	100mg	†	†
Valine	100mg	†	†

† Percentage daily values not established  
*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Leucine, L-Isoleucine, L-Valine.

## Carnitine - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule 15 minutes before breakfast  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Carnitine (from L-Carnitine Tartrate)	400mg	†	†

† Percentage daily values not established  
*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Acetyl L-Carnitine.

## Citrulline - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule 15 minutes before breakfast  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Citrulline	500mg	†	†

† Percentage daily values not established  
*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Citrulline.

**Cysteine - Capsule**

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule 15 minutes before breakfast

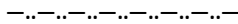
*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Cysteine	500mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Cysteine



**Glutamic acid - Capsule**

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule 15 minutes before breakfast

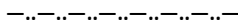
*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Glutamic acid	600mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Glutamic acid.



**Glutamine - Capsule**

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule 15 minutes before breakfast

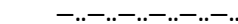
*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Glutamine	500mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Glutamine.



**Glutathione Reduced - Capsule**

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule taken 15 minutes before breakfast

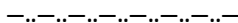
*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Glutathione reduced	200mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Glutathione reduced.



**Glycine - Capsule**

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule 15 minutes before breakfast

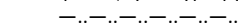
*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Glycine	6500mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Glycine.



**Leucine - Capsule**

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule 15 minutes before breakfast

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Leucine	350mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Leucine.



**Histidine - Capsule**

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule 15 minutes before breakfast

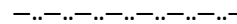
*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Histidine	350mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Histidine.



**Isoleucine - Capsule**

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule 15 minutes before breakfast

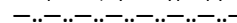
*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Isoleucine	500mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Isoleucine.



**Lysine - Capsule**

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule taken 15 minutes before breakfast

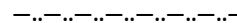
*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Lysine	450mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Lysine.



**Methionine - Capsule**

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule taken 15 minutes before breakfast

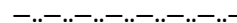
*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Methionine	500mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Methionine.



**N. Acetyl Cysteine - Capsule**

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule 15 minutes before breakfast

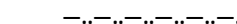
*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
N. Acetyl Cysteine	500mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) N.Acetyl L-Cysteine.



**Phenylalanine - Capsule**

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule taken 15 minutes before breakfast

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Phenylalanine	500mg	†	†



† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Phenylalanine.

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### Proline - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule taken 15 minutes before breakfast

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Proline	350mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Proline.

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### Serine - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule taken 15 minutes before breakfast

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Serine	550mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Serine.

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### Tyrosine - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule taken 15 minutes before breakfast

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Tyrosine	400mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Tyrosine.

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### Smart SAM Factors- Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule 15 minutes before breakfast

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Methionine	200mg	†	†
Rosemary	100mg	†	†
ATP	50mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Methionine, Pesticide free Rosemary powder, Adenosine triphosphate.

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### Taurine - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule taken 15 minutes before breakfast

*Servings per container:* 60

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Taurine	500mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Taurine.

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### Threonine- Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule 15 minutes before breakfast

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Threonine	500mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Threonine.

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### Tryptophan - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule 15 minutes before breakfast

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Tryptophan	350mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Tryptophan.

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# DIGESTIVE ENZYMES

Digestive enzymes breakdown food into smaller building blocks to facilitate their absorption by the body.

They are prevalent within the whole of the digestive system. Digestive enzymes are found in the saliva secreted by salivary glands, in the stomach secreted by cells lining the stomach, in pancreatic juice secreted by pancreatic exocrine cells, in the small and large intestinal secretions or as part of the lining of the gastro intestinal tract.

Deficiency of digestive enzymes can cause digestive problems and malabsorption of nutrients by the body.

## Betaine HCL - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule taken with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Betaine HCL	500mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Betaine HCL.

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## Betaine HCL and Pepsin - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule taken with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Betaine HCL	420mg	†	†
Pepsin (1:3,000)	105 mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Betaine HCL, Pepsin (1:3,000)

Please note the source of Pepsin is from the stomach of a pig so this product is not suitable for vegetarians.



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## Psyllium Husk - Capsule

*Packaging:* Postal pack of 120 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Psyllium Husk	500mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Psyllium Husk.

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## HERBS

Herbs have been used for centuries for both adding culinary flavour to foods as well as for their therapeutic properties. Epigenetics Ltd supplies a wide ranging variety of culinary herbs both in tincture and encapsulated form.

All our herbal products are sourced from organic or wild crafted plants.

The Epigenetics range of liquid herbs is supplied as food flavourings and are tinctures containing a 10% alcohol solution.

### Ashwagandha - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Ashwaganda	420mg	†	†

† Percentage daily values not established

*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Ashwagandha root (Withania somnifera),

### Astragalus Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%), Pesticide free Astragalus root powder (Astragalus membranaceus).

### Basil Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%), Pesticide free Basil leaf (Ocimum basilicum).

### Basil - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Basil	300 mg	†	†

† Percentage daily values not established

*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Basil leaf powder (Ocimum basilicum).

### Bay - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Bay	300 mg	†	†

† Percentage daily values not established

*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Bay leaf powder (Laurus nobilis).

### Black Walnut Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%), Pesticide free Black walnut husk (Juglans nigra).

### Bladderwrack Fucose - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Bladderwrack	550 mg	†	†

† Percentage daily values not established

*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Bladderwrack granules (Fucus vesiculosus).

### Chlorella - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Chlorella	430 mg	†	†

† Percentage daily values not established

*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Chlorella powder (Chlorella vulgaris),

### Coriander Leaf Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%)Pesticide free Coriander leaf (Coriandrum sativum).

### Coriander Leaf - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Coriander	300 mg	†	†

† Percentage daily values not established

*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Coriander leaf powder (Coriandrum sativum).

## Dill Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%), Pesticide free Dill leaf cut (Anethum graveolens).

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## Dill - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Dill	250 mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Dill leaf powder (Anethum graveolens).

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## Echinacea Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%)Pesticide free Echinacea angustifolia herb, Echinacea angustifolia root, Echinacea purpurea herb, Echinacea purpurea root.

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## Fennel - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Fennel	180mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Fennel leaf powder (Foeniculum vulgare).

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## Hawthorn Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%)Pesticide free Hawthorn berry powder (Crataegus monogyna).

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## Hawthorne - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Hawthorn	370mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Hawthorn berry powder (Crataegus monogyna)

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## Lemon Balm Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%) Pesticide free Lemon balm leaf (Melissa officinalis)

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## Lemon Balm - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Lemon Balm	300mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Lemon balm leaf (Melissa officinalis).

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## Marjoram Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%), Pesticide free Marjoram leaf (Origanum marjorana).

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## Marjoram - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Marjoram	200mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Marjoram leaf powder (Origanum marjorana).

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## Milk Thistle - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Milk Thistle	200mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Milk Thistle seed powder (Silybum marianum).

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## Nettle Leaf Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%), Pesticide free Nettle leaf (Urtica dioica).

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## Olive Leaf Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Servings per container:* 133  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening  
*Ingredients:* Purified water, Alcohol (10%), Pesticide free Olive leaf (*Olea europaea*).

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## Oregano Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Servings per container:* 133  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening  
*Ingredients:* Purified water, Alcohol (10%), Pesticide free Oregano leaf cut (*Origanum vulgare*).

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## Oregano - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of reach and sight of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Oregano	250mg	†	†

† Percentage daily values not established  
*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Oregano leaf powder (*Origanum vulgare*).

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## Pau D'Arco Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Servings per container:* 133  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening  
*Ingredients:* Purified water, Alcohol (10%), Pesticide free Pau D'Arco bark powder (*Tabebuia impetiginosa*).

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## Peppermint - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of reach and sight of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Peppermint	333mg	†	†

† Percentage daily values not established  
*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Peppermint leaf powder (*Mentha x piperita*).

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## Rosemary Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Servings per container:* 133  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening  
*Ingredients:* Purified water, Alcohol (10%), Pesticide free Rosemary leaf cut (*Rosmarinus officinalis*).

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## Rosemary - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of reach and sight of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Rosemary	250mg	†	†

† Percentage daily values not established  
*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Rosemary leaf powder (*Rosmarinus officinalis*).

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## Sage Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Servings per container:* 133  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening  
*Ingredients:* Purified water, Alcohol (10%), Pesticide free Sage leaf cut (*Salvia officinalis*).

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## Sage - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of reach and sight of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Sage	300mg	†	†

† Percentage daily values not established  
*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Sage leaf cut (*Salvia officinalis*).

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## Sea Vegetable Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Servings per container:* 133  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening  
*Ingredients:* Purified water, Alcohol (10%), Pesticide free Kelp powder (*Ascophyllum Nodosum*).

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## Sea Vegetable - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of reach and sight of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Sea Vegetable	440mg	†	†

† Percentage daily values not established  
*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Kelp powder (*Ascophyllum Nodosum*).

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## Tarragon Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Servings per container:* 133  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening  
*Ingredients:* Purified water, Alcohol (10%), Pesticide free Tarragon leaf (*Artemisia dranunculus*).

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## Tarragon - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Tarragon	275mg	†	†

† Percentage daily values not established

*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Tarragon leaf powder (Artemisia dranunculus).

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## Thyme Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%), Pesticide free Thyme leaf (Thymus vulgaris).

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## Thyme - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Thyme	275mg	†	†

† Percentage daily values not established

*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Thyme leaf (Thymus vulgaris).

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## Wormwood Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%), Pesticide free Wormwood leaf (Artemisia absinthium).

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## Wormwood - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Wormwood	275mg	†	†

† Percentage daily values not established

*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Wormwood leaf (Artemisia absinthium).

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## Wormwood Combination - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Wormwood	75mg	†	†
Black walnut	75mg	†	†
Clove	75mg	†	†
Male fern	75mg	†	†
Quassia	75mg	†	†

† Percentage daily values not established

*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Black walnut hull (Juglans nigra), Clove bud (Syzygium aromaticum), Male fern root (Dryopteris filix-mas), Quassia bark (Quassia amara), Wormwood leaf (Artemisia absinthium).

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## Yarrow Herb Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%), Pesticide free Yarrow flower powder (Achillea millefolium).

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## Yarrow - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Yarrow	175mg	†	†

† Percentage daily values not established

*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Yarrow flower powder (Achillea millefolium).

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# MINERALS

Minerals provide vital support to the body:

- Supply major elements and trace elements that may be lacking in the diet.
- Act as catalysts, thus playing a major role in metabolism and cell building.
- Regulate the permeability of cell membranes.
- Maintain water balance and osmotic pressure between the inside and outside environment.
- Influence the contractility of muscles.
- Regulate the response of nerves to stimuli.

Minerals found within foods are always combined with other compounds such as chlorides, phosphates and sulphates. When ingested these mineral compounds have to become ionised so that the two components can dissociate. Stomach hydrochloric acid is essential in this process. Only in its ionic form can a mineral be absorbed by the intestine. Mineral compounds that are highly soluble are absorbed optimally. For example calcium carbonate is 95% insoluble in water and thus only 5% of its calcium content is absorbable.

Mineral supplements in liquid form are all ionic. All ionic minerals should have an optimum pH of 5-6.

Ideally encapsulated products need to be emptied out into a glass of water and stirred before swallowing, however this is impractical on a day to day basis and most people swallow the whole capsule.

Chris Astill-Smith's clinical research has shown that sulphates are best utilized by BLUE body types, Chlorides by GREEN body types and picolinates or phosphates by RED body types – this is reflected in the ingredients in our coloured multiples.

## Alkaline Minerals - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Alfala	160mg	†	†
Sea Vegetable	160mg	†	†
Magnesium	6.4mg	1.7%	1.6%

† Percentage daily values not established

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Pesticide free Alfalfa leaf powder (Medicago sativa), Kelp powder (Ascophyllum nodosum), Magnesium citrate.

## Boron - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal  
*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA	%DV
Boron	1mg	†	†

† Percentage daily values not established

*Ingredients:* Purified water, Citric acid, Sodium borate.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Calcium - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Servings per container:* 133  
*Directions:* 10 drops per day in 100ml of water or juice with meal  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Calcium	25mg	3.1%	2.5%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Citric acid, Calcium sulphate, Calcium chloride  
*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Calcium Chloride - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Servings per container:* 133  
*Directions:* 10 drops per day in 100ml of water or juice with meal  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Calcium	25mg	3.1%	2.5%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Calcium chloride,  
*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Calcium Fluoride - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Servings per container:* 133  
*Directions:* 10 drops per day in 100ml of water or juice with meal  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Calcium	25mg	3.1%	2.5%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Citric acid, Calcium fluoride  
*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Calcium Phosphate - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Servings per container:* 133  
*Directions:* 10 drops per day in 100ml of water or juice with meal  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Calcium	25mg	3.1%	2.5%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Calcium phosphate,  
*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Calcium Sulphate - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Calcium	25mg	3.1%	2.5%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Calcium sulphate,

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

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## Calcium Citrate - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Serving per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Calcium	100mg	12.5%	2.5%

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Calcium citrate.

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## Calcium & Magnesium Citrate - Capsule

*Packaging:* Postal pack of 60 capsules.

*Standard dose:* 1 capsule with a meal

*Serving per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Calcium	65mg	8.1%	
Magnesium	65mg	17.3%	

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Magnesium citrate, Calcium citrate.

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## Smart Calcium - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Serving per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Calcium	73mg	9%	7.3%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Calcium lactate, Pesticide free Arrowroot powder.

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## Chromium Picolinate - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Serving per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Chromium	200mcg	500%	

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Microcrystalline cellulose, Chromium picolinate.

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## Chromium - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 1 drop with meal

*Servings per container:* 1333

*Directions:* 1 drop per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Chromium	50mcg	125%	41%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Citric acid, Chromium chloride,

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles).

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## Copper Citrate - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Serving per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Copper	2mg	200%	1000%

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Copper citrate.

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## Copper - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Copper	1mg	125%	500%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Citric acid, Copper chloride,

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

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## GOG - Powder

*Packaging:* 100gm Miron glass bottle

*Standard dose:* ½ teaspoon with meal

*Serving per container:* 200

*Directions:* ½ teaspoon sprinkled over food or used as a flavouring when cooking

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Pesticide free dried Ginger powder (Zingiber officinale), Pesticide free dried Onion powder (Allium cepa), Pesticide free dried Garlic powder (Allium sativum).

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## Iodine - Liquid

*Packaging:* 5ml glass bottle

*Standard dose:* 1 drop with meal

*Serving per container:* 66

*Directions:* 1 drop per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Iodine	1830mcg	1220%	1220%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Glycerine (vegetarian), Iodine, Ammonium iodide

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

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## Iodides - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 2 drops with meal

*Serving per container:* 660

*Directions:* 2 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Iodine	150mcg	100%	100%
Potassium	23mcg	<1%	<1%
Magnesium	7mcg	<1%	<1%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Citric acid, Magnesium chloride, Magnesium sulphate, Potassium Iodide,

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Iodine and Tyrosine - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Serving per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Tyrosine	400mg	†	†
Iodine	225mcg	150%	

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), L-Tyrosine, Potassium iodide

## Smart Iodides - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 8 drops with meal

*Serving per container:* 166

*Directions:* 8 drops per day in 100ml of water or juice with breakfast

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Iodine	150mcg	100%	100%
Potassium	23mcg	<1%	<1%
Magnesium	7mcg	<1%	<1%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Alcohol (10%), Citric acid, Potassium Iodide, Magnesium Iodide. Pesticide free: Kelp powder (Ascophyllum Nodosum), Nettle leaf (Urtica dioica).

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Iron - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Iron	8.4mg	60%	46.7%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Ferrous Sulphate Citric acid.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Iron C - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Serving per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Iron	8.4mg	60%	46.7%

	servings		
Vitamin C (as Ascorbic acid)	650mg	812%	
Iron	10mg	71%	

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Ascorbic acid, Iron citrate.

## Iron Chloride - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Iron	8.4mg	60%	46.7%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Ferrous chloride

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Iron Phosphate - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Iron	8.4mg	60%	46.7%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Ferrous phosphate

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Iron Sulphate - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Iron	8.4mg	60%	46.7%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Ferrous sulphate

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Magnesium - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Magnesium	19mg	5%	5%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Magnesium chloride, Magnesium sulphate, Citric acid.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Magnesium Chloride - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Magnesium	19mg	5%	5%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Magnesium chloride.

Available as: 100ml or 300ml (supplied as 3 x 100ml bottles)

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## Magnesium Iodide – Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 2 drops with meal

*Serving per container:* 666

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Iodine	150mcg	100%	100%
Magnesium	13mcg	<1%	<1%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Magnesium iodide.

Available as: 100ml or 300ml (supplied as 3 x 100ml bottles)

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## Magnesium Phosphate – Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Magnesium	19mg	5%	5%
Phosphorous	24mg	3%	2%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Magnesium phosphate.

Available as: 100ml or 300ml (supplied as 3 x 100ml bottles)

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## Magnesium Sulphate Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Magnesium	19mg	5%	5%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Magnesium sulphate.

Available as: 100ml or 300ml (supplied as 3 x 100ml bottles)

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## Magnesium Citrate - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Magnesium	80mg	21%	20%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Magnesium citrate.

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## Smart Magnesium - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Serving per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children



Ingredient	Amount per serving	ECRDA*	%DV*
Magnesium	70mg	18%	18%
Phosphorus	30mg	4%	3%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Gelatine capsule (Gelatine, Glycerine, Water) Magnesium phosphate, Magnesium sulphate, Magnesium citrate, Buckwheat.

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## Manganese Citrate - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Serving per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Manganese	5mg	250%	250%

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Manganese citrate.

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## Manganese - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Manganese	1.6mg	80%	80%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Manganese chloride, Manganese sulphate, Citric acid.

Available as: 100ml or 300ml (supplied as 3 x 100ml bottles)

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## Molybdenum - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 5 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Molybdenum	96mcg	192%	128%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Citric acid, sodium molybdate.  
*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## MSM - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
MSM	600mg	21%	†

† Percentage daily values not established  
*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Methylsulphonylmethane.

## Potassium – Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Servings per container:* 133  
*Directions:* 10 drops per day in 100ml of water or juice with meal  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Potassium	11mg	<1%	<1%

\* Percentage daily values are based on a 2,000 calorie diet  
*Ingredients:* Purified water, Potassium sulphate, Potassium chloride, Citric acid.  
*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Potassium Chloride – Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Servings per container:* 133  
*Directions:* 10 drops per day in 100ml of water or juice with meal  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Potassium	11mg	<1%	<1%

\* Percentage daily values are based on a 2,000 calorie diet  
*Ingredients:* Purified water, Potassium chloride.  
*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Potassium and Magnesium Citrate - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Serving per container:* 60  
*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Magnesium	80mg	21.3%	
Potassium	160mg	2.65%	94%

\* Percentage daily values are based on a 2,000 calorie diet  
*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose, Magnesium, citrate, Potassium citrate.

## Potassium Iodide – Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 2 drops with meal  
*Serving per container:* 666  
*Directions:* 10 drops per day in 100ml of water or juice with meal  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Iodine	150mcg	100%	100%
Potassium	46mcg	<1%	1.3%

\* Percentage daily values are based on a 2,000 calorie diet  
*Ingredients:* Purified water, Potassium iodide.  
*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Potassium Iodide - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Serving per container:* 60  
*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Iodine (from Potassium iodide)	225mcg	150%	170%

\* Percentage daily values are based on a 2,000 calorie diet  
*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Alfalfa powder, Potassium sulphate, Potassium chloride, Citric acid.

## Potassium Phosphate – Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Servings per container:* 133  
*Directions:* 10 drops per day in 100ml of water or juice with meal  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Potassium	11mg	<1%	<1%
Phosphorous	2.9mg	<1%	<1%

\* Percentage daily values are based on a 2,000 calorie diet  
*Ingredients:* Purified water, Potassium phosphate.  
*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Potassium Sulphate – Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Servings per container:* 133  
*Directions:* 10 drops per day in 100ml of water or juice with meal  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Potassium	11mg	<1%	<1%

\* Percentage daily values are based on a 2,000 calorie diet  
*Ingredients:* Purified water, Potassium sulphate.  
*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Smart Potassium - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Serving per container:* 60  
*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Potassium	53mg	2.65%	1.56%

\* Percentage daily values are based on a 2,000 calorie diet  
*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Alfalfa powder, Potassium sulphate, Potassium chloride, Citric acid.

## Selenium Methionine - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Serving per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Selenium	200mcg	363%	

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose, L-Selenomethionine, Microcrystalline cellulose

## Selenium Phosphate - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal. **Break open the capsule and dissolve in water**

*Serving per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Adenosine triphosphate	100mg	†%	†%
Selenium	100mcg	182%	

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Alfalfa powder, Potassium sulphate, Potassium chloride, Citric acid.

## Selenium - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Selenium	60mcg	109%	85%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Sodium selenate, Citric acid.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Silica - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Silicon	1.12mg	†	†

† Percentage daily values not established

*Ingredients:* Purified water, Silicon dioxide, Citric acid.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Silver - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Silver	8PPM	†	†

† Percentage daily values not established

*Ingredients:* Purified water, Ionic silver, Citric acid.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Silver without Citric Acid- Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Silver	8PPM	†	†

† Percentage daily values not established

*Ingredients:* Purified water, Ionic silver.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Sodium Chloride - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Sodium	25mg	†	†

† Percentage daily values not established

*Ingredients:* Purified water, Sodium chloride

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Sodium Phosphate - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Sodium	25mg	†	†
Phosphorous	11.2mg	2%	1.1%

\* Percentage daily values are based on a 2,000 calorie diet

† Percentage daily values not established

*Ingredients:* Purified water, Sodium phosphate

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Sodium Sulphate – Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Sodium	25mg	†	†

† Percentage daily values not established

*Ingredients:* Purified water, Sodium sulphate

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Sulphur - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*

	<b>servings</b>		
Sulphur	7.5mg	†	†

† Percentage daily values not established

*Ingredients:* Purified water, Methylsulphonylmethane, Citric acid.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

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## Zinc - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Zinc	10gm	100%	100%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Zinc Sulphate, Zinc Chloride, Citric acid.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

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## Zinc Chloride – Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Zinc	10mg	100%	100%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Zinc chloride

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

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## Zinc Citrate – Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Zinc	10mg	100%	100%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Zinc citrate.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

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## Zinc Sulphate - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Zinc	10mg	100%	100%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Zinc sulphate

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

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## Smart Zinc 15 - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Zinc	15mg	150%	150%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free

**Celery seed**, Zinc Picolinate, Zinc citrate, Zinc ascorbate.

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## Smart Zinc 30 - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Zinc	30mg	300%	300%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free

**Celery seed**, Zinc Picolinate, Zinc citrate, Zinc ascorbate.

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## Zinc Citrate 15 - Capsule

*Packaging:* Postal pack of 60 capsules, also available as 180 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Zinc	15mg	150%	150%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Zinc citrate

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## Zinc Citrate 30 - Capsule

*Packaging:* Postal pack of 60 capsules, also available as 180 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Zinc	30mg	300%	300%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Zinc citrate.

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## Zinc Ascorbate - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Vitamin C (from Zinc ascorbate)	75mg	93.75%	93.75%
Zinc	15mg	150%	150%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Zinc ascorbate.

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## Zinc Picolinate 15 - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Serving per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Zinc	15mg	150%	150%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Zinc picolinate.

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## Zinc Picolinate 30 - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Serving per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Zinc	30mg	300%	300%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Zinc picolinate.

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## Zinc Sulphate 15 – Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Serving per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Zinc	15mg	150%	150%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free

**Celery seed**, Zinc sulphate.

## MULTIPLES

Chris Astill-Smith's research into constitutional body types has led to the development of a range of nutrients required by each individual body type Red, Green or Blue.

The Epigenetics range of multiple products include Herb and Spice flavourings, Vitamin and Mineral complexes and Culinary Oil combinations. They are recommended for maintenance of optimal health when any specific nutritional deficiencies have been rectified.

For more details on the three body types we have produced a Practitioner guide and an End User guide which can be downloaded free of charge from the Epigenetics website [www.epigenetics-international.com](http://www.epigenetics-international.com). The guide can be located on the left hand navigation under the section Constitutional Colour Info

### Blue Herb & Spice Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with a meal  
*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%), Pesticide free Basil leaf (*Ocimum basilicum*), Chilli powder (*Capsicum spp.*), Cinnamon powder (*Cinnamomum zeylanicum*), Coriander leaf (*Coriandrum sativum*), Dill leaf (*Anethum graveolens*), Paprika powder (*Capsicum annuum*).

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

### Blue Vitamin & Mineral Complex - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with a meal  
*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal  
*Storage:* Store in a refrigerator out of reach and sight of children  
*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Magnesium	30mg	8%	8%
Sulphur (as MSM)	27mg	†	†
Zinc	10mg	100%	65%
Choline	5mg	†	†
Vitamin B1	5mg	454%	332%
Boron	262mcg	†	†
Folic acid	200mcg	100%	50%
Vitamin B12	67mcg	2680%	1117%
Selenium	60mcg	109%	86%

† Percentage daily values not established

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Methyl sulphonyl methane, Magnesium chloride, Magnesium sulphate, Zinc sulphate, Choline chloride, Zinc chloride, Citric acid, Thiamine hydrochloride, Boric acid, Hydroxycobalamin, Sodium selenate.

### Blue Spice Mix - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule taken with a meal  
*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Cinnamon	133mg	†	†
Paprika	133mg	†	†
Chilli	133mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Cinnamon

powder (*Cinnamomum zylanicum*), Paprika powder (*Capsicum annuum*), Chilli powder (*Capsicum spp.*).

### Smart Blue Complex - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule taken with a meal  
*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Magnesium	30mg	8%	8%
Sulphur from MSM	17mg	†	†
Zinc	8mg	80%	53%
Pantothenic Acid	5mg	83%	50%
Thiamin	5mg	†	†
Boron	260mcg	†	†
Vitamin B12 as Hydroxycobalamin	67mcg	2680%	1117%
Selenium	60mcg	109%	86%

† Percentage daily values not established

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Magnesium sulphate, Nutritional yeast, Vegetable capsule (Hydroxypropyl methylcellulose), Methyl sulphonyl methane, Zinc sulphate, Choline bitartrate, Calcium pantothenate, Thiamine hydrochloride, Boric acid, Folic acid, Sodium selenate, Hydroxycobalamin.

### Blue Wonder Oil – Liquid Oil

*Packaging:* 250ml glass bottle  
*Standard dose:* 5ml with evening meal  
*Serving per container:* 50

*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 3 months of opening

Ingredient	Typical values per 100ml
Energy	3766KJ-900Kcal
Fat	100g
of which saturated	9.3g
monounsaturated	12.7g
polyunsaturated	78g
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

*Ingredients:* Cold pressed Flax seed oil, cold pressed Pumpkin seed oil, cold pressed Walnut oil.

### Green Herb & Spice Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with a meal  
*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal  
*Storage:* Store in a refrigerator out of reach and sight of children  
*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%), Pesticide free Cumin seed powder (*Cuminum cyminum*), Ginger root powder (*Zingiber officinale*), Lemon Balm leaf (*Melissa officinalis*), Rosemary leaf (*Rosmarinus officinalis*), Star Anise fruit (*Illicium vertim*).

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Green Vitamin & Mineral Complex - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with a meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Choline	20mg	†	†
Inositol	20mg	†	†
Vitamin B6	10mg	714%	500%
Zinc	10mg	100%	80%
Niacin	5mg	31%	25%
Riboflavin	4 mg	285%	50%
Silicon	1.1mg	†	†
Biotin	1mg	2000%	333%
Copper	500mcg	50%	250%
Folic acid	450mcg	225%	112%
Boron	262mcg	†	†
Vitamin B12	67mcg	2680%	1117%
Selenium	60mcg	109%	85%

† Percentage daily values not established

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Choline chloride, Zinc chloride, Inositol, Pyridoxal-5-Phosphate, Citric acid, Nicotinic acid, Riboflavin-5-Phosphate, Silicon dioxide, Boric acid, Biotin, Copper chloride, Folic acid, Sodium selenate, Hydroxycobalamin.

## Green Spice Mix - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule taken with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Cumin	116mg	†	†
Ginger	116mg	†	†
Star Anise	116mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Cumin (Cuminum cyminum), Ginger root (Zingiber officinale), Star anise (Illicium vertim).

## Smart Green Complex - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule taken with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Choline	20mg	†	†
Inositol	20mg	†	†
Vitamin B6	10mg	714%	500%
Zinc	10mg	100%	100%
Niacin	5mg	31 %	25%
Riboflavin	4mg	285%	40%
Biotin	1mg	2000%	333%
Copper	500mcg	50%	250%
Folic acid	450mcg	225%	112%
Boron	260mcg	†	†
Vitamin B12	67mcg	2680%	1117%
Selenium	60mcg	109%	85%

† Percentage daily values not established

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Soy lecithin, Vegetable capsule (Hydroxypropyl methylcellulose), Choline bitartrate, Silicon dioxide, Zinc citrate, Inositol, Pyridoxal-5-Phosphate, Nicotinic acid, Riboflavin, Boric acid, Biotin, Copper chloride, Folic acid, Hydroxycobalamin, Sodium selenate.

## Green Wonder Oil – Liquid Oil

*Packaging:* 250ml glass bottle

*Standard dose:* 10 drops with a meal

*Serving per container:* 50

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 3 months of opening

Ingredient	Typical values per 100ml
Energy	3766KJ-900Kcal
Fat	100g
of which saturated	9.3g
monounsaturated	12.7g
polyunsaturated	78g
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

*Ingredients:* Cold pressed Grape seed oil, cold pressed Hazelnut oil, cold pressed Peanut oil, cold pressed Sesame seed oil.

## Red Herb & Spice Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with a meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%), Pesticide free Coriander leaf (Coriandrum sativum), Oregano leaf (Origanum vulgare), Rosemary leaf (Rosmarinus officinalis), Fenugreek seed (Trigonella foenum-graecum), Ginger root powder (Zingiber officinale), Mace aril powder (Myristica fragrans).

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Red Vitamin & Mineral Complex - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with a meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Choline	20mg	†	†
Inositol	20mg	†	†
Vitamin B6	12.5mg	892%	625%
Zinc	10mg	100%	100%
Niacin	5mg	31%	25%
Riboflavin	2.1mg	150%	123%
Manganese	1.6mg	80%	80%
Silicon	1.1mg	†	†
Folic acid	450mcg	225%	112%
Iodine	190mcg	126%	126%
Vitamin B12	100mcg	4000%	1666%
Selenium	60mcg	109%	85%
Molybdenum	40mcg	80%	53%

† Percentage daily values not established

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Choline chloride, Zinc picolinate, Inositol, Pyridoxal-5-Phosphate, Citric acid, Manganese citrate, Nicotinic acid, Silicon dioxide, Riboflavin-5-Phosphate, Folic acid, Sodium selenate, Potassium Iodide, Magnesium Iodide, Methylcobalamin, Sodium molybdat.



## Red Spice Mix - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule taken with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Fenugreek	150mg	†	†
Ginger	150mg	†	†
Mace	150mg	†	†

† Percentage daily values not established

*Ingredients:* Fenugreek seed powder (Trigonella foenum-graecum), Ginger root powder (Zingiber officinale), Mace aril powder (Myristica fragrans).

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## Smart Red Complex - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule taken with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Vitamin C	200mg	363%	333%
Vitamin B6	10mg	714%	500%
Zinc	8.6mg	86%	86%
Magnesium	6mg	1.6%	1.5%
Vitamin B3	5mg	31%	25%
Vitamin B2	2mg	142%	117%
Manganese	1.6mg	80%	80%
Folic acid	450mcg	225%	112%
Iodine	150mcg	100%	100%
Vitamin B12	100mcg	4000%	1666%
Selenium	60mcg	109%	85%
Molybdenum	40mcg	80%	53%

† Percentage daily values not established

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetable capsule (Hydroxypropyl methylcellulose), Ascorbic acid, Beetroot, Choline bitartrate, Magnesium chloride, Alpha lipoic acid, Rutin, Hawthorn, Silicon dioxide, Zinc chloride, Pyridoxal-5-Phosphate, Inositol, Manganese chloride, Nicotinic acid, Riboflavin, Folic acid, Potassium iodide, Sodium selenate, Methylcobalamin, Sodium molybdate.

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## Red Wonder Oil – Liquid Oil

*Packaging:* 250ml glass bottle

*Standard dose:* 5ml with evening meal

*Serving per container:* 50

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 3 months of opening

<b>Ingredient</b>	<b>Typical values per 100ml</b>
Energy	3766KJ-900Kcal
Fat	100g
of which saturated	9.3g
monounsaturated	12.7g
polyunsaturated	78g
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

*Ingredients:* Cold pressed Flax seed oil, cold pressed Hemp seed oil, cold pressed Olive oil, cold pressed Pumpkin seed oil.

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## Nutrient Phase 1+2 - Capsule

*Packaging:* Postal pack of 120capsules

*Standard dose:* 2 capsules with a meal

*Servings per container:* 120

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Beetroot	100mg	†	†
Black cumin seed	100mg	†	†
Kale	100mg	†	†
Turmeric	100mg	†	†
Vitamin C	100mg	125%	166%
Glycine	50mg	†	†
Methionine	50mg	†	†
N.Acetyl Cysteine	50mg	†	†
Taurine	50mg	†	†
Vitamin E	25mcg	208%	83%
Magnesium	20mg	5.3%	5%
Iron	10mg	71%	55%
Pantothenic acid	10mg	166%	100%
Vitamin B6	10mg	714%	500%
Zinc	10mg	100%	100%
ATP	5mg	†	†
Riboflavin	5mg	357%	294%
Manganese	1mg	50%	50%
NADH	1mg	6.25%	5%
Vitamin B12	200mcg	8000%	1666%
Folic acid	100mcg	50%	25%
Selenium	50mcg	90.9%	71%

\* Percentage daily values are based on a 2,000 calorie diet

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose)Pesticide free: Beetroot, Black cumin seed, Kale, Turmeric; Ascorbic acid, Magnesium citrate, Glycine, Methionine, N-Acetyl-L-Cysteine, Taurine, Vitamin E acetate, Ferrous sulphate, Calcium pantothenate, Pyridoxal-5-Phosphate, Zinc picolinate, Adenosine triphosphate, Riboflavin-5-Phosphate, Manganese bisglycinate, Nicotinamide adenine dinucleotide reduced, Folic acid, Adenosylcobalamin, Methylcobalamin, Sodium selenate.

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## Multiple Vitamin & Mineral - Capsule

*Packaging:* Postal pack of 120capsules

*Standard dose:* 2 capsules with a meal

*Servings per container:* 120

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Vitamin C (as Ascorbic acid)	166mg	208%	
Pantothenic acid (as Calcium pantothenate)	67mg	1117%	
Calcium	50mg	6.3%	
Magnesium	33mg	8.8%	
Vitamin E	22.5mg (50IU)	188%	
Niacin (as Niacinamide)	17mg	94%	
Potassium	17mg	<1%	
Thiamine	17mg	1545%	
Inositol	15mg	†	
Riboflavin	12mg	857%	
Choline	10mg	†	
Vitamin B6	8mg	571%	
Iron	5mg	36%	
Zinc	4mg	40%	
Manganese	1.7mg	85%	
Copper	1mg	100%	
Boron	333mcg	†	
Vitamin B12	333mcg	13320%	
Biotin	133mcg	266%	
Folic acid	133mcg	67%	
Chromium	33mcg	83%	
Iodine	33mcg	22%	
Selenium	33mcg	60%	
Molybdenum	17mcg	34%	
Vitamin D3	10mcg	200%	

\* Percentage daily values are based on a 2,000 calorie diet

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free: Calcium citrate, Magnesium citrate, Ascorbic acid, Calcium pantothenate, Vitamin E acetate, Potassium citrate, Choline bitartrate, Zinc picolinate, Ferrous citrate, Niacinamide, Thiamine HCl, Inositol, Riboflavin, Selenomethionine, Manganese citrate, Pyridoxal-5-Phosphate, Pyridoxine, Riboflavin-5-Phosphate, Vitamin D3, Copper citrate, Sodium borate, Chromium picolinate, Adenosylcobalamin, Methylcobalamin, D-Biotin, Folic acid, Potassium iodide, Sodium molybdate.

## Multiple Vitamin & Mineral w/o Copper & Iron - Capsule

*Packaging:* Postal pack of 120capsules

*Standard dose:* 2 capsules with a meal

*Servings per container:* 120

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Vitamin C (as Ascorbic acid)	166mg	208%	
Pantothenic acid (as Calcium pantothenate)	67mg	1117%	
Calcium	50mg	6.3%	
Magnesium	33mg	8.8%	
Vitamin E	22.5mg (50IU)	188%	
Niacin (as Niacinamide)	17mg	94%	
Potassium	17mg	<1%	
Thiamine	17mg	1545%	
Inositol	15mg	†	
Riboflavin	12mg	857%	
Choline	10mg	†	
Vitamin B6	8mg	571%	
Zinc	4mg	40%	
Manganese	1.7mg	85%	
Boron	333mcg	†	
Vitamin B12	333mcg	13320%	
Biotin	133mcg	266%	
Folic acid	133mcg	67%	
Chromium	33mcg	83%	
Iodine	33mcg	22%	

Selenium	33mcg	60%	
Molybdenum	17mcg	34%	
Vitamin D3	10mcg	200%	

\* Percentage daily values are based on a 2,000 calorie diet

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free: Calcium citrate, Magnesium citrate, Ascorbic acid, Calcium pantothenate, Vitamin E acetate, Potassium citrate, Choline bitartrate, Zinc picolinate, Niacinamide, Thiamine HCl, Inositol, Riboflavin, Selenomethionine, Manganese citrate, Pyridoxal-5-Phosphate, Pyridoxine, Riboflavin-5-Phosphate, Vitamin D3, Sodium borate, Chromium picolinate, Adenosylcobalamin, Methylcobalamin, D-Biotin, Folic acid, Potassium iodide, Sodium molybdate.

## Multiple Vitamin & Mineral for Children - Capsule

*Packaging:* Postal pack of 60capsules

*Standard dose:* 1 capsules with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Vitamin C (as Ascorbic acid)	33mg	41%	
Pantothenic acid (as Calcium pantothenate)	13mg	217%	
Calcium	10mg	1.3%	
Magnesium	6.5mg	1.7%	
Vitamin E	4.5mg (10IU)	83%	
Niacin (as Niacinamide)	3.4mg	21%	
Potassium	3.4mg	<1%	
Thiamine	3.4mg	309%	
Inositol	3mg	†	
Riboflavin	2.4mg	171%	
Choline	2mg	†	
Vitamin B6	1.6mg	14%	
Iron	1mg	7.1%	
Zinc	800mcg	8%	
Manganese	340mcg	17%	
Copper	200mcg	20%	
Boron	66mcg	†	
Vitamin B12	66mcg	2640%	
Biotin	26mcg	52%	
Folic acid	26mcg	13%	
Chromium	6.5mcg	16%	
Iodine	6.5mcg	4%	
Selenium	6.5mcg	12%	
Molybdenum	3.4mcg	7%	
Vitamin D3	2mcg	40%	

\* Percentage daily values are based on a 2,000 calorie diet

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free: Calcium citrate, Magnesium citrate, Ascorbic acid, Calcium pantothenate, Vitamin E acetate, Potassium citrate, Choline bitartrate, Zinc picolinate, Ferrous citrate, Niacinamide, Thiamine HCl, Inositol, Riboflavin, Selenomethionine, Manganese citrate, Pyridoxal-5-Phosphate, Pyridoxine, Riboflavin-5-Phosphate, Vitamin D3, Copper citrate, Sodium borate, Chromium picolinate, Adenosylcobalamin, Methylcobalamin, D-Biotin, Folic acid, Potassium iodide, Sodium molybdate.

## OILS

Oils are either saturated or unsaturated and are composed of series of fatty acids of varying lengths.

They:

- form cell membranes
- are sources of energy
- are stores of energy
- protect organs
- act as electrical and thermal insulators
- build steroid hormones

Epigenetics offers a wide range of culinary as well as therapeutic oils in liquid form and some encapsulated products such as coconut oil and Omega 3 fish oil.

All our liquid oils are from organic source and are all cold pressed.

### Blackcurrant Seed – Liquid Oil

*Packaging:* 30ml Miron glass bottle

*Standard dose:* 5 drops with meal

*Serving per container:* 160

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 2 months of opening

Ingredient	Typical values per 100ml
Energy	3766Kg-900Kcal
Fat	100g
of which saturated	20g
monounsaturated	25g
polyunsaturated	55g
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

*Ingredients:* Cold pressed and pesticide free Blackcurrant seed oil

### Black Cumin Seed – Liquid Oil

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 5 drops with meal

*Serving per container:* 480

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 2 months of opening

Ingredient	Typical values per 100ml
Energy	3766Kg-900Kcal
Fat	100g
of which saturated	20g
monounsaturated	25g
polyunsaturated	55g
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

*Ingredients:* Cold pressed and pesticide free Black Cumin seed oil

### Borage Oil – Liquid Oil

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 5 drops with meal

*Serving per container:* 480

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 2 months of opening

Ingredient	Typical values per 100ml
Energy	3766Kg-900Kcal
Fat	100g
of which saturated	11.5g
monounsaturated	19.5
polyunsaturated	69g
Carbohydrate	
of which sugar	0.0g

Protein	0.0g
Salt	0.0g

*Ingredients:* Cold pressed and pesticide free Borage oil

### Coconut Oil - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children



Ingredient	Amount per serving	ECRDA*	%DV*
Coconut Oil	1000mg	†	†

† Percentage daily values not established

*Ingredients:* Cold pressed pesticide free Coconut Oil, Gelatine capsule (Gelatine, Glycerin), Purified water.

### Evening Primrose Oil – Liquid Oil

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 5 drops with meal

*Serving per container:* 480

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 2 months of opening

Ingredient	Typical values per 100ml
Energy	3766Kg-900Kcal
Fat	100g
of which saturated	20g
monounsaturated	25g
polyunsaturated	55g
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

*Ingredients:* Cold pressed and pesticide free Evening Primrose oil

### Flax Seed Oil – Liquid Oil

*Packaging:* 250ml glass bottle

*Standard dose:* 5ml with evening meal

*Serving per container:* 50

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 3 months of opening

Ingredient	Typical values per 100ml
Energy	3766Kg-900Kcal
Fat	100g
of which saturated	7.6g
monounsaturated	15.7g
polyunsaturated	76.7g
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

*Ingredients:* Cold pressed pesticide free Flax seed oil

## Grape Seed Oil – Liquid Oil

Packaging: 250ml glass bottle

Standard dose: 5ml with evening meal

Serving per container: 50

Storage: Store in a cool dry place out of sight and reach of children

Once opened: Consume within 3 months of opening

Ingredient	Typical values per 100ml
Energy	3766KJ-900Kcal
Fat	99.9g
of which saturated	11.1g
monounsaturated	16g
polyunsaturated	72.8g
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

Ingredients: Cold pressed pesticide free Grape Seed oil

## Hazelnut Oil – Liquid Oil

Packaging: 250ml glass bottle

Standard dose: 5ml with evening meal

Serving per container: 50

Storage: Store in a cool dry place out of sight and reach of children

Once opened: Consume within 3 months of opening

Ingredient	Typical values per 100ml
Energy	3766KJ-900Kcal
Fat	100g
of which saturated	8g
monounsaturated	12g
polyunsaturated	80g
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

Ingredients: Cold pressed and pesticide free Hazelnut oil

## Hemp Seed Oil – Liquid Oil

Packaging: 250ml glass bottle

Standard dose: 5ml with evening meal

Serving per container: 50

Storage: Store in a cool dry place out of sight and reach of children

Once opened: Consume within 3 months of opening

Ingredient	Typical values per 100ml
Energy	3766KJ-900Kcal
Fat	100gm
of which saturated	9.3gm
monounsaturated	12.7gm
polyunsaturated	78gm
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

Ingredients: Cold pressed and pesticide free Hemp Seed oil

## Macadamia Nut Oil – Liquid Oil

Packaging: 250ml glass bottle

Standard dose: 5ml with evening meal

Serving per container: 50

Storage: Store in a cool dry place out of sight and reach of children

Once opened: Consume within 3 months of opening

Ingredient	Typical values per 100ml
Energy	3766KJ-900Kcal
Fat	100gm
of which saturated	15.7gm
monounsaturated	81.5gm

polyunsaturated	2.3gm
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

Ingredients: Cold pressed Macadamia Nut oil

## Olive Oil – Liquid Oil

Packaging: 250ml glass bottle

Standard dose: 5ml with evening meal

Serving per container: 50

Storage: Store in a cool dry place out of sight and reach of children

Once opened: Consume within 3 months of opening

Ingredient	Typical values per 100ml
Energy	3766KJ-900Kcal
Fat	100gm
of which saturated	12.1gm
monounsaturated	82.6gm
polyunsaturated	5.3gm
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

Ingredients: Cold pressed and pesticide free Olive oil

## Peanut Oil – Liquid Oil

Packaging: 250ml glass bottle

Standard dose: 5ml with evening meal

Serving per container: 50

Storage: Store in a cool dry place out of sight and reach of children

Once opened: Consume within 3 months of opening

Ingredient	Typical values per 100ml
Energy	3766KJ-900Kcal
Fat	100gm
of which saturated	17.7gm
monounsaturated	42.6gm
polyunsaturated	39.7gm
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

Ingredients: Cold pressed and pesticide free Peanut oil

## Pumpkin Seed Oil – Liquid Oil

Packaging: 250ml glass bottle

Standard dose: 5ml with evening meal

Serving per container: 50

Storage: Store in a cool dry place out of sight and reach of children

Once opened: Consume within 3 months of opening

Ingredient	Typical values per 100ml
Energy	3766KJ-900Kcal
Fat	100gm
of which saturated	18.2gm
monounsaturated	27.5gm
polyunsaturated	54.3gm
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

Ingredients: Cold pressed and pesticide free Pumpkin Seed oil

## Pumpkin Seed and Rape Seed Oil – Liquid Oil

Packaging: 250ml glass bottle

Standard dose: 5ml with evening meal

Serving per container: 50

Storage: Store in a cool dry place out of sight and reach of children

Once opened: Consume within 3 months of opening

Ingredient	Typical values per 100ml
Energy	3766Kg-900Kcal
Fat	100gm
of which saturated	9.3gm
monounsaturated	12.7gm
polyunsaturated	78gm
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

Ingredients: Cold pressed and pesticide free Pumpkin Seed and Rape Seed oil

## Sesame Seed Oil – Liquid Oil

Packaging: 250ml glass bottle

Standard dose: 5ml with evening meal

Serving per container: 50

Storage: Store in a cool dry place out of sight and reach of children

Once opened: Consume within 3 months of opening

Ingredient	Typical values per 100ml
Energy	3766Kg-900Kcal
Fat	100gm
of which saturated	10.5gm
monounsaturated	37.6gm
polyunsaturated	51.9gm
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

Ingredients: Cold pressed and pesticide free Sesame seed oil

## Smart Thinking Oil – Liquid Oil

Packaging: 250ml glass bottle

Standard dose: 5ml with evening meal

Serving per container: 50

Storage: Store in a cool dry place out of sight and reach of children

Once opened: Consume within 2 months of opening

Ingredient	Typical values per 100ml
Energy	3766g-900Kcal
Fat	100gm
of which saturated	9.3gm
monounsaturated	12.7gm
polyunsaturated	78gm
Carbohydrate	
of which sugar	0.0gm
Protein	0.0gm
Salt	0.0gm

Ingredients: Cold pressed and pesticide free: Pumpkin seed oil Rapeseed Oil, D-Alpha tocopherol acetate.

## Smart Oil – Liquid Oil

Packaging: 250ml Miron glass bottle

Standard dose: 5 drops with meal

Serving per container: 480

Storage: Store in a cool dry place out of sight and reach of children

Once opened: Consume within 2 months of opening

Ingredient	Typical values per 100ml
Energy	3766Kg-900Kcal
Fat	100g
of which saturated	12g

monounsaturated	20g
polyunsaturated	68g
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

Ingredients: Cold pressed and pesticide free Hemp seed oil, Pumpkin seed oil, Flax seed oil, Black Cumin seed oil, Evening Primrose oil, Chia seed oil, Blackcurrant seed oil, Wheatgerm oil, Pomegranate seed oil.

## Super Omega 3 - Capsule

Packaging: Postal pack of 60 capsules

Standard dose: 1 capsule with a meal

Servings per container: 60

Storage: Store in a cool dry place out of sight and reach of children



Ingredient	Amount per serving	ECRDA*	%DV*
Fish Oil supplying:	1000mg	†	†
EPA	330mg	†	†
DHA	220mg	†	†

\* Percentage daily values are based on a 2,000 calorie diet

Ingredients: Fish Oils, Gelatine capsule (Gelatine, Glycerin, Water).

## Walnut Oil – Liquid Oil

Packaging: 250ml glass bottle

Standard dose: 5ml with evening meal

Serving per container: 50

Storage: Store in a cool dry place out of sight and reach of children

Once opened: Consume within 3 months of opening

Ingredient	Typical values per 100ml
Energy	3766Kg-900Kcal
Fat	100gm
of which saturated	8.3gm
monounsaturated	17.5gm
polyunsaturated	74.2gm
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

Ingredients: Cold pressed and pesticide free Walnut oil

## Wheatgerm Oil – Liquid Oil

Packaging: 100ml Miron glass bottle

Standard dose: 5 drops with meal

Serving per container: 480

Storage: Store in a cool dry place out of sight and reach of children

Once opened: Consume within 2 months of opening

Ingredient	Typical values per 100ml
Energy	3766Kg-900Kcal
Fat	100gm
of which saturated	15gm
monounsaturated	20gm
polyunsaturated	68gm
Carbohydrate	
of which sugar	0.0gm
Protein	0.0gm
Salt	0.0gm

Ingredients: Cold pressed and pesticide free Wheatgerm oil (triticum vulgare).

## Wonder Oil – Liquid Oil

*Packaging:* 250ml glass bottle

*Standard dose:* 5ml with evening meal

*Serving per container:* 50

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 3 months of opening

<b>Ingredient</b>	<b>Typical values per 100ml</b>
Energy	3766KJ-900Kcal
Fat	100gm
of which saturated	17gm
monounsaturated	40gm
polyunsaturated	43gm
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

*Ingredients:* Cold pressed pesticide free Peanut oil,  
Cold pressed Sesame seed oil, Vitamin D3

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## Smart Vitamin E Oil – Liquid Oil

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 5 drops with meal

*Serving per container:* 480

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 2 months of opening

<b>Ingredient</b>	<b>Typical values per 100ml</b>
Energy	3766KJ-900Kcal
Fat	100gm
of which saturated	15.5gm
monounsaturated	42gm
polyunsaturated	42.5gm
Carbohydrate	
of which sugar	0.0gm
Protein	0.0gm
Salt	0.0gm

*Ingredients:* Cold pressed and pesticide free: Sesame seed oil (sesamum indicum),  
Pistachio oil (pistacia vera), Wheat germ oil (triticum vulgare).

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# PROBIOTICS

Collectively, microorganisms outweigh the human population by 100 million times. They're all around us, and inside us. The gastrointestinal tract alone houses some 100 trillion bacteria.

The microorganisms in the gut, commonly referred to as the microbiome, are responsible for about 80 percent of the immune system function, and these gut bacteria outnumber body's cells by about 10 to one.

In recent years, medicine has started to gain a greater understanding of the role gut microbes play in human health and disease—and it's a very significant one.

The indiscriminate killing of bacteria in an effort to achieve cleanliness and health comes at a steep price. In fact, antibiotic resistance has quickly turned into a worldwide health threat of massive proportions. Epigenetics Ltd advises that individual probiotics are tailored to the individual needs. Most commonly a high dose of a single probiotic is required but occasionally our SMART multiple Probiotics maybe better suited.

Probiotics should be taken last thing at night when stomach acid is at it's lowest. The powder should be put into a glass and then mineral water added and stirred. The powder should totally dissolve this way. Leave to stand for a few minutes so that the probiotic organisms can become viable and then swallow.

## Bifidobacteria Bifidus - Powder

*Packaging:* 50gm glass jar

*Standard dose:* 1 level 1gm scoop (provided in glass jar)

*Serving per container:* 50

*Directions:* Put the powder into a glass and add 100ml of water and stir until dissolved. Drink last thing at night before going to bed

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Bifidobacteria Bifidus (10bn /ug)	500mg	†	†
Inulin	500mg	†	†

† Percentage daily values not established

*Ingredients:* Bifidobacterium Bifidum, Inulin.

## Lactobacillus Acidophilus - Powder

*Packaging:* 50gm glass jar

*Standard dose:* 1 level 1gm scoop (provided in glass jar)

*Serving per container:* 50

*Directions:* Put the powder into a glass and add 100ml of water and stir until dissolved. Drink last thing at night before going to bed

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Lactobacillus Acidophilus (10bn /ug)	500mg	†	†
Inulin	500mg	†	†

† Percentage daily values not established

*Ingredients:* Lactobacillus Acidophilus, Inulin.

## Lactobacillus Bulgaricus - Powder

*Packaging:* 50gm glass jar

*Standard dose:* 1 level 1gm scoop (provided in glass jar)

*Serving per container:* 50

*Directions:* Put the powder into a glass and add 100ml of water and stir until dissolved. Drink last thing at night before going to bed

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Lactobacillus Bulgaricus (10bn /ug)	500mg	†	†
Inulin	500mg	†	†

† Percentage daily values not established

*Ingredients:* Lactobacillus Bulgaricus, Inulin.

## Lactobacillus Casei - Powder

*Packaging:* 50gm glass jar

*Standard dose:* 1 level 1gm scoop (provided in glass jar)

*Serving per container:* 50

*Directions:* Put the powder into a glass and add 100ml of water and stir until dissolved. Drink last thing at night before going to bed

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Lactobacillus Casei (10bn /ug)	500mg	†	†
Inulin	500mg	†	†

† Percentage daily values not established

*Ingredients:* Lactobacillus Casei, Inulin.

## Lactobacillus Plantarium - Powder

*Packaging:* 50gm glass jar

*Standard dose:* 1 level 1gm scoop (provided in glass jar)

*Serving per container:* 50

*Directions:* Put the powder into a glass and add 100ml of water and stir until dissolved. Drink last thing at night before going to bed

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Lactobacillus Plantarium (10bn /ug)	500mg	†	†
Inulin	500mg	†	†

† Percentage daily values not established

*Ingredients:* Lactobacillus Plantarium, Inulin.

## Lactobacillus Rhamnosus - Powder

*Packaging:* 50gm glass jar

*Standard dose:* 1 level 1gm scoop (provided in glass jar)

*Serving per container:* 50

*Directions:* Put the powder into a glass and add 100ml of water and stir until dissolved. Drink last thing at night before going to bed

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Lactobacillus Rhamnosus (10bn /ug)	500mg	†	†
Inulin	500mg	†	†

† Percentage daily values not established

*Ingredients:* Lactobacillus Rhamnosus, Inulin.

## Smart Probiotic Mix - Powder

*Packaging:* 50gm glass jar

*Standard dose:* 1 level 1gm scoop (provided in glass jar)

*Serving per container:* 50

*Directions:* Put the powder into a glass and add 100ml of water and stir until dissolved. Drink last thing at night before going to bed

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Inulin	500mg	†	†
B. Bifidum	71mg	†	†
L. Acidophilus	71mg	†	†
L. Bulgaricus	71mg	†	†
L. Casei	71mg	†	†
L. Plantarium	71mg	†	†
St. Thermophilus	71mg	†	†

† Percentage daily values not established

*Ingredients:* Inulin, Bifidobacterium bifidum, Lactobacillus acidophilus, Lactobacillus bulgaricus, Lactobacillus casei, Lactobacillus plantarium, Lactobacillus rhamnosus, Streptococcus thermophilus.

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## Streptococcus Thermophilus - Powder

*Packaging:* 50gm glass jar

*Standard dose:* 1 level 1gm scoop (provided in glass jar)

*Serving per container:* 50

*Directions:* Put the powder into a glass and add 100ml of water and stir until dissolved. Drink last thing at night before going to bed

*Storage:* Store in a cool dry place out of sight and reach of children

<b>Ingredient</b>	<b>Amount per serving</b>	<b>ECRDA*</b>	<b>%DV*</b>
Streptococcus Thermophilus (200bn u/g)	25mg	†	†
Inulin	975mg	†	†

† Percentage daily values not established

*Ingredients:* Inulin, Streptococcus thermophilus.

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## SPECIALITY PRODUCTS

We supply an ever increasing range of speciality products which do not readily fit into of the other sections in this guide.

### AP Formula - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Cayenne	80mg	†	†
Garlic	80mg	†	†
Horseradish	80mg	†	†
Thyme	80mg	†	†
Wormwood	80mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Cayenne pepper fruit powder (Capsicum annum), Garlic bulb powder (Allium sativum), Horseradish root powder (Armoracia rusticana), Thyme leaf powder (Thymus vulgaris), Wormwood leaf powder (Artemisia absinthium).

### Bilberry - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Bilberry extract 100:1	160mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Bilberry

### Bone Formula - Powder

*Packaging:* 193gm in a glass jar

*Standard dose:* 2 <sup>1</sup>/<sub>2</sub> level scoops (provided in glass jar)

*Serving per container:* 100

*Directions:* Put the powder into a glass and add 100ml of juice water and stir until dissolved. Drink with a meal

*Storage:* Store in a refrigerator out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Vitamin C	1000mg	1250%	1666%
Calcium	199mg	12.5%	19.9%
Magnesium	50mg	13.5%	12.5%
Silicon	50mg	†	†
Vitamin B6	5mg	357%	250%
Manganese	1mg	50%	50%
Boron	500mcg	†	†
Selenium	100mcg	181%	142%
Vitamin B12	100mcg	4000%	1666%

\* Percentage daily values are based on a 2,000 calorie diet

† Percentage daily values not established

*Ingredients:* Ascorbic acid, Calcium citrate, Magnesium citrate, Silicon dioxide, Pyridoxal-5-Phosphate, Manganese bisglycinate, Boric acid, Calcium fluoride, Sodium selenate, Methylcobalamin.

### Bromelain - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Bromelain (1,200 GDU/g)	360mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Bromelain (1,200 GDU/g)

### Colon Cleanse - Powder

*Packaging:* 150gm in a glass jar

*Standard dose:* 1 teaspoon mixed into 200ml of water *Serving per container:* 30

*Directions:* Drink 15 minutes before breakfast

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Psyllium Husk	1.25gm	†	†
Psyllium Seed	1.25mg	†	†
Rice Bran	1.25mg	†	†
Nettle Leaf	750mg	†	†
Bentonite Clay	500mg	†	†

† Percentage daily values not established

*Ingredients:* Psyllium husk powder, Psyllium seeds, Rice bran, Nettle leaf powder, Bentonite clay.

### Glucosamine HCL - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Glucosamine HCL	560mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), D-Glucosamine HCL

### Glucosamine Sulphate - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Glucosamine sulphate	500mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Glucosamine sulphate.

### Glucosamine, Chondroitin and MSM - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 90

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Chondroitin	300mg	†	†
Glucosamine	300mg	†	†
MSM	300mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Glucosamine sulphate.

### Hesperidin Plus - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Hesperidin	180mg	†	†
Bromelain (1,200 GDU/g)	90mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Hesperidin, Bromelain (1,200 GDU/g)

## Leukotrienes Formula - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Vitamin E	54mg (60 IU)	†	†
Ginger	40mg	†	†
Turmeric	40mg	†	†
Hesperidin	35mg	†	†
Rutin	35mg	†	†
Gluathione Reduced	15mg	†	†
Zinc	9mg	90%	90%
Selenium	50mcg	90%	71%

\* Percentage daily values are based on a 2,000 calorie diet

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Celery seed Magnesium citrate, Zinc citrate, Pyridoxal-5-Phosphate, Manganese chloride, Adenosine triphosphate, Nicotinamide adenine dinucleotide reduced, Folic acid.

## Mannose - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Mannose	400mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), D-Mannose.

## Nitric Oxide Formula- Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Citruline	150mg	†	†
Hawthorn	100mg	†	†
Vitamin C	100mg	125%	166%
Beetroot	90mg	†	†
Magnesium	10mg	2.66%	2.5%
Zinc	9mg	90%	90%
Vitamin B6	5mg	357%	250%
Adenosine triphosphate	3mg	†	†
Manganese	1mg	50%	50%
Phosphorous	1mg	<1%	<1%
Niacin	1mg	6.25%	5%
Folic Acid	500mcg	250%	125%
Vitamin B12	200mcg	8000%	3333%

\* Percentage daily values are based on a 2,000 calorie diet

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Citrulline, Hawthorn berry, Ascorbic acid, Beetroot, Magnesium citrate, Zinc citrate, Pyridoxal-5-Phosphate, Manganese chloride, Adenosine triphosphate, Nicotinamide adenine dinucleotide reduced, Folic acid, Hydroxycobalamin.

## Prostaglandins Formula - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Magnesium	15mg	4%	4%
Hesperidin	10mg	†	†
Niacin	10mg	62.5%	50%

Zinc	9mg	90%	†
Vitamin B6	5mg	357%	250%
Vitamin E	4.5mg (5IU)	41.6%	15%
Folic Acid	500mcg	250%	125%

\* Percentage daily values are based on a 2,000 calorie diet

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Magnesium citrate, Magnesium phosphate, Magnesium sulphate, Zinc picolinate, Hesperidin, Niacinamide, Zinc citrate, Zinc sulphate, Pyridoxal-5-Phosphate, Vitamin E acetate, Folic acid.

## Smart 5HTP - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
5-HTP	50mg	†	†
Vitamin C	300mg	375%	500%
Magnesium	30mg	8%	7.5%
Zinc	15mg	150%	150%
Vitamin B6	10mg	714%	500%
Vitamin B1	1mg	90%	66%
Folic Acid	100mg	50%	25%

\* Percentage daily values are based on a 2,000 calorie diet

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Ascorbic acid, Magnesium phosphate, Magnesium citrate, Magnesium sulphate, 5-Hydroxytryptophan, Zinc picolinate, Zinc citrate, Zinc sulphate, Pyridoxal-5-Phosphate, Thiamine hydrochloride, Folic acid.

## Smart Adrenal - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children



Ingredient	Amount per serving	ECRDA*	%DV*
Dried bovine Adrenal tissue	350mg	†	†

*Ingredients:* Dried bovine adrenal tissue, Gelatine capsule (Gelatine, Glycerin), Purified water.

## Smart AH Formula - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Paprika	250mg	†	†
Vitamin C	200mg	250%	333%
Hesperidin	50mg	†	†
Thiamine	10mg	909%	660%

† Percentage daily values not established

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Paprika powder, Ascorbic acid, Hesperidin, Thiamine hydrochloride.

## Smart Eyes - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Lutein	225mg	†	†
Bilberry	225mg	†	†
Zeaxanthin	8mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Lutein (5%), Bilberry extract, Zeaxanthin (5%),

## Smart Heart - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children



Ingredient	Amount per serving	ECRDA*	%DV*
Dried bovine Heart tissue	300mg	†	†

† Percentage daily values not established

*Ingredients:* Dried bovine heart tissue, Gelatine capsule (Gelatine, Glycerin), Purified water.

## Smart Homocysteine - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Ascorbic Acid	291mg	†	†
Beetroot	58mg	†	†
Alpha Lipoic Acid	29mg	†	†
Rutin	29mg	†	†
Choline	23mg	†	†
Niacinamide	23mg	143%	115%
Zinc	11mg	110%	110%
Vitamin B6	6mg	428%	300%
Vitamin B2	2mg	142%	117%
Folic Acid	467mcg	233%	116%
Vitamin B12	116mcg	4640%	1933%

† Percentage daily values not established

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Vitamin C as ascorbic acid, Choline bitartrate, Beetroot, Alpha lipoic acid, Rutin, Niacinamide, Zinc sulphate, Pyridoxal-5-Phosphate, Riboflavin-5-Phosphate, Folic acid, Methylcobalamin,

## Smart AH - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Paprika	250mg	†	†
Vitamin C (as Ascorbic acid)	200mg	250%	
Hesperidin	50mg	†	†

Thiamine	10mg	909%	
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† Percentage daily values not established

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Paprika powder (Capsicum annum), Ascorbic acid, Hesperidin, Thiamine hydrochloride.

## Smart Lutein - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Lutein	200mg	†	†
Kale	150mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Lutein (5%), Pesticide free Kale powder.

## Smart Silica - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Horsetail	135mg	†	†
Oat straw	135mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Horsetail (Equisetum arvense), Oat straw (Avena sativa).

## SPICES

Spices have been used for over 4000 years for flavouring, colouring or preserving food. Many wars were fought in the Middle Ages to keep the spice routes from the east to Europe open and viable.

A spice is a dried seed, fruit, root, bark, or vegetable substance. They are distinguished from herbs, which are parts of leafy green plants used for flavouring or as a garnish.

Many spices have antimicrobial properties and as such have been used for both preserving foods especially meats and as medicines. Hot spices such as ginger, cayenne pepper and chilli are known as heating spices and may enhance the immune system when fighting infection. Others such as coriander seed up-regulate detoxification enzymes and can act as diuretics.

Epigenetics Ltd offers a wide range of spices in both tincture form and encapsulated. All spices are sourced from organic suppliers. Where possible whole spices are purchased and ground fresh before making into tinctures or encapsulating.

The Epigenetics range of liquid spices are supplied as food flavourings and are tinctures containing a 10% alcohol solution

Chris Astill-Smith has found clinically organic spices to have greater therapeutic properties than non organic.

More recently he has introduced the popular SMART Turmeric capsules where the turmeric is mixed with equal parts of black cumin seed enhancing absorption of the two active turmeric ingredients curcuminoids and turmerones.

### Allspice - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Allspice	4200 mg	†	†

† Percentage daily values not established  
*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Allspice (Pimenta dioica).

### Allspice Berry Spice Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Servings per container:* 133  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening  
*Ingredients:* Purified water, Alcohol (10%), Pesticide free Allspice Berry powder (Pimenta Dioica).

### Cayenne - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Cayenne	450 mg	†	†

† Percentage daily values not established  
*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Cayenne pepper powder (Capsicum annum).

### Cayenne Spice Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops 1-3 times per day with food  
*Servings per container:* 133  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening  
*Ingredients:* Purified water, Alcohol (10%), Pesticide free dried Cayenne pepper fruit (Capsicum annum).

### Chilli Spice Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 1-3 times per day with food  
*Servings per container:* 133  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening  
*Ingredients:* Purified water, Alcohol (10%), Pesticide free Chilli powder (Capsicum spp.).

### Chilli - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Chilli	450 mg	†	†

† Percentage daily values not established  
*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Chilli powder (Capsicum spp).

### Cinnamon Bark Spice Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops 1-3 times per day with food  
*Servings per container:* 133  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening  
*Ingredients:* Purified water, Alcohol (10%), Pesticide free dried Cinnamon bark powder (Cinnamomum zeylanicum).

### Black Cumin Seed - Capsule

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Black Cumin	450 mg	†	†

† Percentage daily values not established  
*Ingredients* Hydroxypropyl methylcellulose (vegetarian capsule Pesticide free Blackcumin (Nigella stavia).

### Cinnamon - Capsule

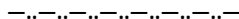
*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Cinnamon	333 mg	†	†

† Percentage daily values not established  
*Ingredients* Hydroxypropyl methylcellulose (vegetarian capsule Pesticide free Cinnamon powder (Cinnamomum zeylanicum).

**Clove Flavouring - Liquid**

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops 1-3 times per day with food  
*Servings per container:* 133  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening  
*Ingredients:* Purified water, Alcohol (10%), Pesticide free Clove Bud (Syzgium Aromaticum).

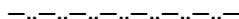


**Clove - Capsule**

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of reach and sight of children

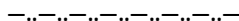
Ingredient	Amount per serving	ECRDA*	%DV*
Clove	300 mg	†	†

† Percentage daily values not established  
*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Clove bud powder (Syzgium aromaticum).



**Coriander Seed Spice Flavouring - Liquid**

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 1-3 times per day with food  
*Servings per container:* 133  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening  
*Ingredients:* Purified water, Alcohol (10%), Pesticide free Coriander seed powder (Coriandrum sativum).

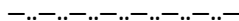


**Coriander Spice - Capsule**

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Coriander	300 mg	†	†

† Percentage daily values not established  
*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Coriander seed powder (Coriandrum sativum),

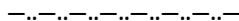


**Cinnamon - Capsule**

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Cinnamon	333 mg	†	†

† Percentage daily values not established  
*Ingredients* Hydroxypropyl methylcellulose (vegetarian capsule Pesticide free Cinnamon powder (Cinnamomum zeylanicum).

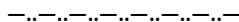


**Cumin Seed - Capsule**

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of reach and sight of children

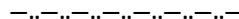
Ingredient	Amount per serving	ECRDA*	%DV*
Cumin	450 mg	†	†

† Percentage daily values not established  
*Ingredients* Hydroxypropyl methylcellulose (vegetarian capsule Pesticide free Cumin (Cuminum cyinum).



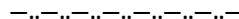
**Cumin Seed Spice Flavouring - Liquid**

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 1-3 times per day with food  
*Servings per container:* 133  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening  
*Ingredients:* Purified water, Alcohol (10%)Pesticide free Cumin seed powder (Cuminum cyminum).



**Fenugreek Herb Flavouring - Liquid**

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops with meal  
*Servings per container:* 133  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening  
*Ingredients:* Purified water, Alcohol (10%) Pesticide free Fenugreek seeds (Trigonella foenum-graecum).

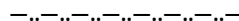


**Fenugreek - Capsule**

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of reach and sight of children

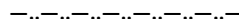
Ingredient	Amount per serving	ECRDA*	%DV*
Fenugreek	500mg	†	†

† Percentage daily values not established  
*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Fenugreek seed powder (Trigonella foenum-graecum),



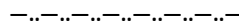
**GOG Ginger, Onion & Garlic - Powder**

*Packaging:* 10gm in a glass jar  
*Standard dose:* 1 teaspoon sprinkled over food  
*Serving per container:* 30  
*Directions:* Sprinkle over food.  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Ingredients:* Pesticide free dried Ginger powder (Zingiber officinale), Pesticide free dried Onion powder (Allium cepa), Pesticide free dried Garlic powder (Allium sativum).



**Ginger Spice Flavouring - Liquid**

*Packaging:* 100ml Miron glass bottle  
*Standard dose:* 10 drops 1-3 times per day with food  
*Servings per container:* 133  
*Storage:* Store in a cool dry place out of sight and reach of children  
*Once opened:* Consume within 6 months of opening  
*Ingredients:* Purified water, Alcohol (10%)Pesticide free Coriander seed powder (Coriandrum sativum).

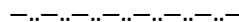


**Ginger - Capsule**

*Packaging:* Postal pack of 60 capsules  
*Standard dose:* 1 capsule with a meal  
*Servings per container:* 60  
*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Ginger	333 mg	†	†

† Percentage daily values not established  
*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Ginger root powder (Zingiber officinale).



## Horseradish - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Horseradish	430mg	†	†

† Percentage daily values not established

*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Horseradish root powder (Armoracia rusticana).

## Mace - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Mace	400 mg	†	†

† Percentage daily values not established

*Ingredients* Hydroxypropyl methylcellulose (vegetarian capsule Pesticide free Mace aril (Myristica fragrans).

## Mace Spice Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops 1-3 times per day with food

*Servings per container:* 133

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%) Pesticide free Mace aril powder (Myristica fragrans).

## Nutmeg - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Nutmeg	450 mg	†	†

† Percentage daily values not established

*Ingredients* Hydroxypropyl methylcellulose (vegetarian capsule Pesticide free Nutmeg seed (Myristica fragrans).

## Nutmeg Spice Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops 1-3 times per day with food

*Servings per container:* 133

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%) Pesticide free Nutmeg seed powder (Myristica fragrans).

## Paprika - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Paprika	3890 mg	†	†

† Percentage daily values not established

*Ingredients* Hydroxypropyl methylcellulose (vegetarian capsule Pesticide free Paprika (Capsicum annuum).

## Paprika Spice Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops 1-3 times per day with food

*Servings per container:* 133

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%), Pesticide free Paprika powder (Capsicum annuum).

## Star Anise - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Star Anise	450 mg	†	†

† Percentage daily values not established

*Ingredients* Hydroxypropyl methylcellulose (vegetarian capsule Pesticide free Star anise (Illicium verum).

## Star Anise Spice Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops 1-3 times per day with food

*Servings per container:* 133

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%), Pesticide free Star anise (Illicium verum).

## Turmeric Spice Flavouring - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops w1-3 times per day with food

*Servings per container:* 133

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

*Ingredients:* Purified water, Alcohol (10%), Pesticide free Turmeric root powder (Curcuma longa).

## Turmeric - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Turmeric	330mg	†	†

† Percentage daily values not established

*Ingredients* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Turmeric root powder (Curcuma longa).

## Smart Turmeric - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Turmeric	175mg	†	†
Black cumin seed	175mg	†	†

† Percentage daily values not established

*Ingredients* Hydroxypropyl methylcellulose (vegetarian capsule Pesticide free Black cumin seed (Nigella sativa), Pesticide free Turmeric root powder (Curcuma longa).

## VITAMINS AND CO-ENZYMES

Vitamins and their respective co-enzymes are divided into those that are water soluble being the vitamin B group and Vitamin C and those that are fat soluble - Vitamin A, D, E and K.

Generally vitamins act as:

- Co-enzymes precursors in specific enzyme pathways.  
Co-Enzymes are so called activated vitamins. 22% of known enzymes require coenzymes to function. Most co-enzymes are members of the Vitamin B group with the addition of alpha Lipoic Acid, SAM, Vitamin C and Co-Enzymes Q10.
- Antioxidants
- Co-factors with blood clotting
- Part of cell membranes

Epigenetics offers a wide range of liquid and encapsulated water soluble vitamins in both their basic structure as well as in their activated co-enzyme forms where applicable. Vitamin E is supplied in soft gel capsules. Vitamin A is supplied as 30ml dropper bottles of the concentrated vitamin in black cumin seed oil in order to aid the body to activate retinol into retinal and retinoid acid. Vitamin D3 is similarly supplied in 30ml dropper bottles of the concentrated vitamin in black cumin seed oil to enhance the hydroxylation of Vitamin D3 (Cholecalciferol) into the 25-OH Cholecalciferol storage form and then onto the 1,25 OH Cholecalciferol and 24,25 OH Cholecalciferol active forms.

### Smart Vitamin A – Liquid Oil

*Packaging:* 30ml glass bottle

*Standard dose:* 1 drop with meal

*Serving per container:* 660

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Vitamin A (Retinyl Palmitate)	800mcg	100%	89%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Pesticide free Black cumin seed oil (Nigella sativa), Vitamin A (Retinyl palmitate).

### Vitamin B Complex – Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Nicotinic Acid	12.5mg	78%	62%
Pyridoxine	12.5mg	892%	625%
Choline	12.5mg	†	†
Inositol	12.5mg	†	†
Pantothenic acid	6.2mg	103%	62%
Thiamine	2.5mg	103%	166%
Riboflavin-5-Phosphate	2.1mg	150%	123%
Folic Acid	200mcg	100%	50%
Hydroxycobalamin	67mcg	2480%	1116%

† Percentage daily values not established

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Nicotinic acid, Pyridoxine hydrochloride, Choline chloride, Inositol, Citric acid, Pantothenic acid, Thiamine, hydrochloride, Riboflavin-5-Phosphate, Folic acid, Hydroxycobalamin

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

### Vitamin B Complex - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Vitamin B3	33mg	206%	165%
Vitamin B6	12mg	857%	600%
Vitamin B5	11mg	183%	110%
Magnesium	9mg	2.4%	2.25%
Zinc	9mg	90%	90%
Vitamin B1	6mg	545%	400%
Vitamin B2	1.8mg	128%	106%
Folic acid	448mcg	224%	112%
Biotin	56mcg	112%	18%
Adenosylcobalamin	56mcg	2240%	933%
Methylcobalamin	56mcg	2240%	933%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Hydroxypropyl methylcellulose (vegetarian capsule, Nutritional yeast, Magnesium citrate, Choline bitartrate, Inositol, Niacinamide, Zinc sulphate, Pyridoxal-5-Phosphate, Calcium pantothenate, Adenosine triphosphate, Thiamine hydrochloride, Riboflavin-5-Phosphate, Folic acid, Adenosylcobalamin, methylcobalamin, Biotin.

### Vitamin B1 Thiamine - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 5 drops with meal

*Serving per container:* 266

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV
Vitamin B1 (Thiamine)	1.25mg	113%	

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Citric acid, Thiamine hydrochloride

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

### Thiamine Pyrophosphate Factors - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 5 drops with meal

*Serving per container:* 266

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV
Vitamin B1 (Thiamine)	1.25mg	113%	83%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Citric acid, Thiamine hydrochloride

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

### Vitamin B2 Riboflavin-5-Phosphate - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV
Vitamin B2 (Riboflavin-5-Phosphate)	3.1mg	221%	182%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Riboflavin -5-Phosphate.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## FAD Factors - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule last thing at night

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Riboflavin (as Riboflavin-5-Phosphate)	25mg	1786%	1470%
Adenosine triphosphate	20mg	†	†
Magnesium	20mg	5.3%	5%

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Microcrysalline cellulose, Magnesium citrate, Riboflavin-5-Phosphate, Adenosine triphosphate

## FADH2 Factors - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule last thing at night

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Riboflavin (as Riboflavin-5-Phosphate)	25mg	1786%	1470%
Adenosine triphosphate	20mg	†	†
Magnesium	20mg	5.3%	5%
Methyl sulphonyl methane	20mg	†	†
Succinic acid	20mg	†	†
Iron	1mg	7.1%	5.5%

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Microcrysalline cellulose, Magnesium citrate, Riboflavin-5-Phosphate, Adenosine triphosphate, Methyl sulphonyl methane, Succinic acid, Iron phosphate.

## Vitamin B3 Niacin - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV
Vitamin B3 (Niacin)	12.5mg	78%	62.5%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Nicotinic acid, Citric acid.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Niacinamide - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV
Niacin	500mg	3125%	2500%
As Niacinamide			

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Niacinamide.

## NAD - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV
NAD	1mg	6%	5%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Nicotinamide adenine, dinucleotide.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## NADH - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV
NADH	1mg	6%	5%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Nicotinamide adenine, dinucleotide reduced.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## NADPH - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV
Magnesium	19mg	5%	5%
Malic acid	10mg	†	†
Phosphorous	8mg	1%	1%
ATP	1mg	†	†
Manganese	1mg	50%	50%
NADH	1mg	6.25%	5%

† Percentage daily values not established

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Magnesium chloride, Magnesium phosphate, Magnesium sulphate, Malic acid, Manganese chloride, Adenosine triphosphate, Nicotinamide adenine dinucleotide reduced.

## NADP - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV
Magnesium	19mg	5%	5%
Malic acid	10mg	†	†
Phosphorous	8mg	1%	1%
ATP	1mg	†	†
Manganese	1mg	50%	50%
NAD	1mg	6.25%	5%

† Percentage daily values not established

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Magnesium chloride, Magnesium phosphate, Magnesium sulphate, Malic acid, Manganese chloride, Adenosine triphosphate, Nicotinamide adenine dinucleotide.



## Vitamin B3 Complex - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV
Magnesium	24mg	6.4%	6%
ATP	3mg	†	†
Manganese	1.2mg	60%	60%
NADH	1mg	6%	5%

† Percentage daily values not established

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Magnesium citrate, Manganese chloride, Adenosine tri-phosphate disodium, Nicotinamide adenine dinucleotide reduced.

## Vitamin B5 Pantothenic Acid - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV
Vitamin B5 (Pantothenic acid)	6.2mg	103%	62%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Calcium pantothenate.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Vitamin B6 Pyridoxal-5-Phosphate - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV
Vitamin B6 (Pyridoxal-5-Phosphate)	1.7mg	121%	85%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Pyridoxal-5-Phosphate.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Vitamin B6 Pyridoxine - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV
Vitamin B5 (Pyridoxine HCL)	1.2mg	86%	60%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Pyridoxine HCL, Citric acid.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Smart Pyridoxine - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Vitamin B6 (As Pyridoxine HCL)	25mg	1785%	

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Stabilized Rice Bran and Germ, Peroxidine HCL

## Smart P5P (Vitamin B6) - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV
Vitamin B6 As Pyridoxal-5-Phosphate	25mg	1785%	1250%

† Percentage daily values not established

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free stabilised Rice Bran and Germ, Pyridoxal-5-Phosphate

## P5P 50 - Capsule

*Packaging:* Postal pack of 60 capsules, also available as 180 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Vitamin B6 (as Pyridoxal-5-Phosphate)	50mg	3571%	5000%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Pyridoxal-5-Phosphate, microcrystalline cellulose.

## Folic Acid – Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 2 drops last thing at night

*Serving per container:* 660

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Folic acid	268 mcg	34%	112%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Citric acid, Pteroylmonoglutamic acid

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Folic Acid and Zinc - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 2 drops last thing at night

*Serving per container:* 660

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Zinc	2.2mg	22%	22%
Folic acid	200mcg	100%	50%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Zinc carbonate, Potassium carbonate, Folic acid.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## 5-MTHF (5Methyltetrahydrofolate) - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule taken with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Folate as L-Methyltetrahydrofolate	1mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) L-Methyltetrahydrofolate.

## CH2H4 Factors - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Zinc	15mg	150%	150%
NADH	2mg	12.5%	10%
Folic	400mcg	200%	100%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Pesticide free Hemp seed powder, Zinc picolinate, Zinc sulphate, Zinc chloride, Nicotinamide adenine dinucleotide reduced, Folic acid.

## Folinic Acid - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Folinic acid from calcium folinate	800 mcg	400%	200%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Gelatin (capsule), Microcrystalline cellulose, Silica, Calcium folinate

## H4 Biopterin Factors- Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Celery Seed	200mg	†	†
Magnesium	10mg	2.66%	2.5%
Zinc	7.2mg	72%	72%
Vitamin B6	5mg	357%	250%
Adenosine triphosphate	3mg	†	†
Manganese	1mg	50%	50%
Phosphorous	1mg	<1%	<1%
NADH	1mg	6.25%	5%
Folic Acid	500mcg	250%	125%

\* Percentage daily values are based on a 2,000 calorie diet

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Celery seed Magnesium citrate, Zinc citrate, Pyridoxal-5-Phosphate, Manganese chloride, Adenosine triphosphate, Nicotinamide adenine dinucleotide reduced, Folic acid.

## Vitamin B12 Adenosyl/Methyl - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 1 drop with meal

*Servings per container:* 1333

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV
Vitamin B12 (Adenosylcobalamin)	67mcg	2680%	1116%
Vitamin B12 (Methylcobalamin)	67mcg	2680%	1116%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Adenosylcobalamin, Methylcobalamin.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Vitamin B12 Adenosylcobalamin - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 1 drop with meal

*Servings per container:* 1333

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV
Vitamin B12 (Adenosylcobalamin)	67mcg	2680%	1116%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Adenosylcobalamin.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Vitamin B12 Hydroxycobalamin - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 1 drop with meal

*Servings per container:* 1333

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV
Vitamin B12 (Hydroxycobalamin)	67mcg	2680%	1116%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Hydroxycobalamin.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Vitamin B12 Methylcobalamin - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 1 drop with meal

*Servings per container:* 1333

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV
Vitamin B12 (Methylcobalamin)	67mcg	2680%	1116%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Methylcobalamin.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

## Vitamin B12 Adenosylcobalamin - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Vitamin B12 (as Adenosylcobalamin)	1mg	40000%	16400%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Adenosylcobalamin, microcrystalline cellulose.

## Vitamin B12 Methylcobalamin - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Vitamin B12 (as Methylcobalamin)	1mg	40000%	16400%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose)

Methylcobalamin, microcrystalline cellulose.

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## B12 Folate - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Folic acid	800mcg	400%	
Vitamin B12 (as Methylcobalamin)	800mcg	3200%	

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Folic acid,

Methylcobalamin, microcrystalline cellulose.

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## Biotin - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Biotin	8mg	16000%	†

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Microcrystalline cellulose, Biotin.

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## Choline - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA	%DV
Choline	200mg	†	†

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Microcrystalline cellulose, Choline bitartrate.

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## Choline - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Choline	8.25mg	†	†

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Purified water, Citric acid, Choline Chloride.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

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## Dimethylglycine - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Directions:* 10 drops per day in 100ml of water or juice with meal

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Dimethylglycine	125mg	†	†

\* Percentage daily values not established

*Ingredients:* Distilled water, Sorbitol, Glycerin, Propylene glycol, Dimethylglycine hydrochloride, Sodium citrate, Natural raspberry flavouring, Potassium sorbate, Editate sodinate.

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles)

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## Inositol - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 10 drops with meal

*Servings per container:* 133

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Inositol	12.5mg	†	†

† Percentage daily values not established

*Ingredients:* Purified water, Citric acid, Choline Chloride,

*Available as:* 100ml or 300ml (supplied as 3 x 100ml bottles).

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## Vitamin C - Powder

*Packaging:* 50gm glass jar

*Standard dose:* 1 level 500mg scoop (provided in glass jar)

*Servings per container:* 100

*Directions:* Put the powder into a glass and add 100ml of water or juice and stir until dissolved. Drink with a meal.

*Storage:* Store in a refrigerator out of reach and sight of children.

Ingredient	Amount per serving	ECRDA*	%DV*
Vitamin C (Ascorbic acid))	500mg	625%	833%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Bifidobacterium Bifidum, Inulin.

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## Vitamin C - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Vitamin C (Ascorbic acid)	600 mg	750%	1000%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Vitamin C as Ascorbic acid.

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## Smart C - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Ascorbic acid	250 mg	312%	416%
Beetroot	50mg	†	†
Reishi mushroom	50mg	†	†
Shitake mushroom	50mg	†	†
α-Lipoic acid	25mg	†	†
Hesperiden	25mg	†	†
Rutin	25mg	†	†

\* Percentage daily values are based on a 2,000 calorie diet

† Percentage daily values not established

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Vitamin C as Ascorbic acid.

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## Vitamin C + α-Lipoic Acid - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of reach and sight of children

Ingredient	Amount per serving	ECRDA*	%DV*
Vitamin C (Ascorbic acid)	540 mg	675%	
α-Lipoic acid	60mg	†	†

† Percentage daily values not established

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose), Vitamin C as Ascorbic acid, α-Lipoic acid.

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## Vitamin C + α-Lipoic Acid - Powder

*Packaging:* 50gm glass jar

*Standard dose:* 1 level 500mg scoop (provided in glass jar)

*Serving per container:* 100

*Directions:* Put the powder into a glass and add 100ml of water or juice and stir until dissolved. Drink with a meal.

*Storage:* Store in a refrigerator out of reach and sight of children.

Ingredient	Amount per serving	ECRDA*	%DV*
Vitamin C (Ascorbic acid))	450mg	562%	
α-Lipoic acid	50mg	†	†

† Percentage daily values not established

*Ingredients:* Bifidobacterium Bifidum, Inulin.

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## Vitamin D3 Cholecalciferol - Liquid

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 2 drops with evening meal

*Serving per container:* 660

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV
Vitamin D3 (Cholecalciferol)	5mcg (200IU)	100%	200%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Pesticide free Hemp seed oil, Vitamin D3 (Cholecalciferol).

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## Smart Vitamin D3 Cholecalciferol – Liquid Oil

*Packaging:* 30ml glass bottle

*Standard dose:* 1 drop with evening meal

*Serving per container:* 660

*Storage:* Store in a refrigerator out of reach and sight of children

*Once opened:* Consume within 6 months of opening

Ingredient	Amount per serving	ECRDA*	%DV
Vitamin D3 (Cholecalciferol)	5mcg (200IU)	100%	200%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Pesticide free Hemp seed oil, Vitamin D3 (Cholecalciferol).

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Ingredient	Amount per serving	ECRDA*	%DV*
Vitamin D3 (Cholecalciferol)	50mcg (1000IU)	1000%	2000%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Pesticide free Black cumin seed oil, Vitamin D3 (Cholecalciferol).

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## Smart DX – Liquid Oil

*Packaging:* 30ml glass bottle

*Standard dose:* 1 drop with evening meal

*Serving per container:* 660

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 2 months of opening

Ingredient	Amount per serving	ECRDA*	%DV*
Vitamin D3 (Cholecalciferol)	50mcg (1000IU)	100%	2000%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Pesticide free Black cumin seed oil (Nigella sativa), High vitamin butter oil, Vitamin D3 (Cholecalciferol).

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## Vitamin E - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with evening meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children



Ingredient	Amount per serving	ECRDA*	%DV*
Vitamin E	267mcg 400 IU	2225%	1333%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* DL-alpha tocopherol acetate, Softgel capsule (Gelatin, Glycerin).

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## Alpha Lipoic Acid 100mg Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
α-Lipoic Acid	100mg	†	†

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) α-Lipoic Acid.

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## Alpha Lipoic Acid 200 mg- Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Alpha Lipoic Acid	200mg	†	†

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Alpha Lipoic Acid, microcrystalline cellulose.

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## Co-Enzyme Q10 30mg- Capsule

*Packaging:* Postal pack of 60 capsules, also available as 250 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

Ingredient	Amount per serving	ECRDA*	%DV*
Co-Enzyme Q10	30mg	†	†

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Co-Enzyme Q10, microcrystalline cellulose.

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	<i>servings</i>		
Co-Enzyme Q10	30mg	†	†

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Co-Enzyme Q10, microcrystalline cellulose.

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### Co-Enzyme Q10 60mg- Capsule

*Packaging:* Postal pack of 60 capsules, also available as 250 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Co-Enzyme Q10	60mg	†	†

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Co-Enzyme Q10, microcrystalline cellulose.

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### Co-Enzyme Q10 120mg - Capsule

*Packaging:* Postal pack of 60 capsules, also available as 120 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Co-Enzyme Q10	120mg	†	†

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Co-Enzyme Q10, microcrystalline cellulose.

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### Co-Enzyme Q10 – Liquid Oil

*Packaging:* 100ml Miron glass bottle

*Standard dose:* 60 drops last thing at night

*Serving per container:* 40

*Storage:* Store in a cool dry place out of sight and reach of children

*Once opened:* Consume within 2 months of opening

<i>Ingredient</i>	<i>Typical values per 100ml</i>
Energy	3766KJ-900Kcal
Fat	100g
of which saturated	20g
monounsaturated	25g
polyunsaturated	55g
Carbohydrate	
of which sugar	0.0g
Protein	0.0g
Salt	0.0g

*Ingredients:* Peanut oil, Sesame seed oil, Co-Enzyme Q10

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### Pantothenic Acid - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Pantothenic acid	250mg	4166%	2500%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) D-Calcium pantothenate.

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### Smart Folate - Capsule

*Packaging:* Postal pack of 60 capsules, also available as 180 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Kale	100mg	†	†
Zinc	15mg	150%	150%
Folic Acid	1mg	500%	250%

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Pyridoxal-5-Phosphate, microcrystalline cellulose.

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### Vitamin D3 400IU - Capsule

*Packaging:* Postal pack of 120 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Vitamin D3	10mcg (400IU)	200%	

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Vitamin D3, microcrystalline cellulose.

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### Vitamin D3 1000IU - Capsule

*Packaging:* Postal pack of 60 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Vitamin D3	25mcg (1000IU)	500%	

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Vitamin D3, microcrystalline cellulose.

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### Vitamin D3 5000IU - Capsule

*Packaging:* Postal pack of 60 capsules, also available as 120 capsules

*Standard dose:* 1 capsule with a meal

*Servings per container:* 60

*Storage:* Store in a cool dry place out of sight and reach of children

<i>Ingredient</i>	<i>Amount per serving</i>	<i>ECRDA*</i>	<i>%DV*</i>
Vitamin D3	125mcg (5000IU)	2500%	

\* Percentage daily values are based on a 2,000 calorie diet

*Ingredients:* Vegetarian capsule (Hydroxypropyl methylcellulose) Vitamin D3, microcrystalline cellulose.

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5-MTHF (5Methyltetrahydrofolate) - Capsule .....	37	Cumin Seed - Capsule.....	32
Acetyl Carnitine - Capsule .....	2	Cumin Seed Spice Flavouring - Liquid .....	32
Acetyl Carnitine and Alpha Lipoic Acid - Capsule .....	2	Cysteine - Capsule.....	3
Alanine - Capsule.....	2	Dill - Capsule .....	7
Alkaline Minerals - Capsule .....	10	Dill Herb Flavouring - Liquid.....	7
Allspice - Capsule .....	31	Dimethylglycine .....	38
Allspice berry Spice Flavouring - Liquid.....	31	Echinacea Herb Flavouring - Liquid.....	7
Alpha Lipoic acid - Capsule.....	39	Evening Primrose Oil – Liquid Oil .....	22
Alpha Lipoic Acid 200mg - Capsule.....	39	FAD Factors - Capsule .....	35
AP Formula - Capsule .....	28	FAD Factors - Capsule .....	35
Arginine - Capsule .....	2	Fennel - Capsule.....	7
Ashwagandha - Capsule .....	6	Fenugreek - Capsule.....	32
Astragalus Herb Flavouring - Liquid .....	6	Fenugreek Herb Flavouring - Liquid .....	32
Basil - Capsule .....	6	Flax Seed Oil – Liquid Oil .....	22
Basil Herb Flavouring - Liquid.....	6	Folic Acid – Liquid .....	36
Bay - Capsule.....	6	Folic Acid and Zinc - Liquid .....	36
BCAA - Capsule.....	2	Folinic Acid - Capsule .....	37
Betaine HCL - Capsule .....	5	Ginger - Capsule.....	32
Betaine HCL and Pepsin - Capsule.....	5	Ginger Spice Flavouring - Liquid.....	32
Bifidobacteria Bifidus - Powder.....	26	Glucosamine HCL Capsule.....	28
Bilberry.....	28	Glucosamine Sulphate - Capsule.....	28
Biotin - Capsule .....	38	Glucosamine, Chondroitin and MSM - Capsule .....	28
Black Cumin - Capsule .....	31	Glutamic acid - Capsule.....	3
Black Cumin Seed – Liquid Oil .....	22	Glutamine - Capsule.....	3
Black Walnut Herb Flavouring - Liquid .....	6	Glycine - Capsule.....	3
Blackcurrant Seed – Liquid Oil.....	22	GOG - Powder .....	11
Bladderwrack Fucose - Capsule .....	6	Grape Seed Oil – Liquid Oil.....	23
Blue Herb and Spice Flavouring - Liquid.....	18	Green Herb and Spice Flavouring - Liquid.....	18
Blue Spice Mix - Capsule .....	18	Green Spice Mix - Capsule .....	19
Blue Vitamin & Mineral Complex - Liquid .....	18	Green Vitamin & Mineral Complex - Liquid .....	19
Blue Wonder Oil – Liquid Oil .....	18	Green Wonder Oil – Liquid Oil .....	19
Bone Formula - Powder .....	28	H4 Biopterin Factors- Capsule.....	37
Borage Oil – Liquid Oil.....	22	Hawthorn Herb Flavouring - Liquid.....	7
Boron - Liquid.....	10	Hawthorne - Capsule .....	7
Bromelain - Capsule .....	28	Hazelnut Oil – Liquid Oil.....	23
Calcium - Liquid.....	10	Hemp Seed Oil – Liquid Oil.....	23
Calcium & Magnesium Citrate - Capsule.....	11	Hesperidin Plus - Capsule.....	28
Calcium Chloride - Liquid .....	10	Histidine - Capsule .....	3
Calcium Citrate - Capsule .....	11	Horseradish - Capsule .....	33
Calcium Fluoride - Liquid.....	10	Inositol - Liquid.....	38
Calcium Phosphate - Liquid.....	10	Iodides - Liquid.....	12
Calcium Sulphate - Liquid.....	11	Iodine - Liquid .....	11
Calcium, Smart Calcium - Capsule.....	11	Iodine and Tyrosine - Capsule .....	12
Carnitine - Capsule .....	2	Iron - Liquid.....	12
Cayenne - Capsule.....	31	Iron C - Capsule .....	12
CH2H4 Factors - Capsule .....	37	Iron Chloride - Liquid.....	12
Chilli - Capsule.....	31	Iron Phosphate - Liquid .....	12
Chilli Spice Flavouring - Liquid.....	31	Iron Sulphate - Liquid .....	12
Chlorella - Capsule .....	6	Isoleucine - Capsule .....	3
Choline - Capsule.....	38	Lactobacillus Acidophilus - Powder.....	26
<b>Choline - Liquid .....</b>	<b>38</b>	Lactobacillus Bulgaricus - Powder.....	26
Chromium - Liquid.....	11	Lactobacillus Casei - Powder.....	26
Chromium Picolinate - Capsule .....	11	Lactobacillus Plantarium - Powder.....	26
Cinnamon - Capsule .....	31, 32	Lactobacillus Rhamnosus - Powder.....	26
Cinnamon Bark Spice Flavouring - Liquid .....	31	Lemon Balm - Capsule.....	7
Citrulline - Capsule .....	2	Lemon Balm Herb Flavouring - Liquid .....	7
Clove - Capsule.....	32	Leucine - Capsule .....	3
Clove Flavouring - Liquid .....	32	Leukotrienes Formula - Capsule.....	29
Coconut Oil - Capsule .....	22	L-Glutathione Reduced - Capsule.....	3
Co-Enzyme Q10 – Liquid Oil .....	40	Lutein Smart Lutein - Capsule .....	30
Colon Cleanse - Powder .....	28	Lysine - Capsule.....	3
Copper - Liquid.....	11	Macadamia Nut Oil – Liquid Oil .....	23
Copper Citrate - Capsule .....	11	Mace - Capsule.....	33
CoQ10 120mg - Capsule.....	40	Mace Spice Flavouring - Liquid.....	33
CoQ10 60mg - Capsule.....	39, 40	Magnesium - Liquid.....	12
Coriander Leaf - Capsule .....	6	Magnesium Chloride - Liquid .....	13
Coriander Leaf Flavouring - Liquid .....	6	<b>Magnesium Citrate - Capsule .....</b>	<b>13</b>
Coriander Seed Spice Flavouring - Liquid .....	32	Magnesium Iodide – Liquid.....	13
Coriander Spice- Capsule .....	32	Magnesium Phosphate – Liquid.....	13

Magnesium Sulphate – Liquid .....	13	Smart AH - Capsule .....	30
Magnesium, Smart Magnesium - Capsule.....	13	Smart AH Formula - Capsule .....	29
Manganese - Liquid .....	13	Smart Blue Complex - Capsule .....	18
Manganese Citrate - Capsule .....	13	Smart DX – Liquid Oil .....	39
Mannose - Capsule.....	29	Smart Eyes - Capsule .....	30
Marjoram - Capsule.....	7	Smart Folate.....	40
Marjoram Herb Flavouring - Liquid .....	7	Smart Green Complex - Capsule .....	19
Methionine - Capsule .....	3	Smart Heart - Capsule .....	30
Milk Thistle - Capsule .....	7	Smart Homocysteine - Capsule .....	30
Molybdenum - Liquid .....	13	Smart Iodides - Liquid .....	12
MSM - Capsule .....	14	Smart Oil – Liquid Oil .....	24
Multiple Vitamin & Mineral - Capsule.....	21	Smart Probiotic Mix - Powder .....	27
Multiple Vitamin & Mineral for Children - Capsule.....	21	Smart Red Complex - Capsule .....	20
Multiple Vitamin & Mineral w/o Copper & Iron- Capsule.....	21	Smart SAM Factors - Capsule .....	4
N. Acetyl Cysteine - Capsule.....	3	Smart Thinking Oil – Liquid Oil.....	24
NAD - Liquid .....	35	Sodium Chloride - Liquid .....	15
NADH - Liquid.....	35	Sodium Phosphate - Liquid .....	15
NADPH - Capsule .....	35	Sodium Sulphate – Liquid.....	15
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Niacinamide - Capsule.....	35	Star Anise Spice Flavouring - Liquid .....	33
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Nutmeg - Capsule.....	33	Sulphur - Liquid.....	15
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Olive Leaf Herb Flavouring - Liquid .....	8	Tarragon Herb Flavouring - Liquid.....	8
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Oregano Herb Flavouring - Liquid .....	8	Threonine - Capsule .....	4
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Paprika - Capsule.....	33	Thyme Herb Flavouring - Liquid .....	9
Paprika Spice Flavouring - Liquid.....	33	Tryptophan - Capsule .....	4
Pau D’Arco Herb Flavouring - Liquid .....	8	Turmeric - Capsule .....	33
Peanut Oil – Liquid Oil.....	23	Turmeric Spice Flavouring - Liquid .....	33
Peppermint - Capsule.....	8	Turmeric, Smart Turmeric - Capsule .....	33
Phenylalanine - Capsule .....	3	Tyrosine - Capsule .....	4
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Potassium Chloride – Liquid .....	14	Vitamin B Complex – Liquid .....	34
Potassium Iodide - Capsule .....	14	Vitamin B1 Thiamine - Liquid .....	34
Potassium Iodide – Liquid .....	14	Vitamin B12 Adenosyl/Methyl - Liquid .....	37
Potassium Phosphate – Liquid .....	14	Vitamin B12 Adenosylcobalamin - Capsule.....	37
Potassium sulphate – Liquid .....	14	Vitamin B12 Adenosylcobalamin - Liquid.....	37
Potassium, Smart Potassium - Capsule .....	14	Vitamin B12 Folate - Capsule .....	38
Proline - Capsule .....	4	Vitamin B12 Hydroxycobalamin - Liquid .....	37
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