

Epigenetics Ltd

Product Reference Guide



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EPIGENETICS LTD

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

We now supply products all over the world and ship over 2,000 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 340 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 Microcrysalline 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.

All prices quoted are NET (exclusive of VAT) and correct at time of printing.

All information contained within this Reference Guide is correct at time of printing.

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 (-NH₂) 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 L-Carnitine + α-Lipoic Acid

Product code: **2385** Price: **£18.14** (NET)
 Packaging: Postal pack of 60 capsules
 Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.
 Serving size: 1 capsule, Servings per container: 60
 Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Acetyl L-Carnitine	400 mg	†	†
α-Lipoic acid	100 mg	†	†

† Percent Daily Reference Intakes (RI) not established.
INGREDIENTS: Acetyl-L-Carnitine, Vegetable capsule (Hydroxypropyl methylcellulose), α-Lipoic acid.

Suitable for vegans

Acetyl Carnitine SA

Product code: **3654** Price: **£17.43** (NET)
 Packaging: Postal pack of 60 capsules
 Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.
 Serving size: 1 capsule, Servings per container: 60
 Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Acetyl Carnitine	500 mg	†	†
Succinic acid	25 mg	†	†

† Percent Daily Reference Intakes (RI) not established.
INGREDIENTS: N-Acetyl L-Carnitine HCl, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

Acetyl L-Carnitine, α-Lipoic Acid & NADH

Product code: **3898** Price: **£18.14** (NET)
 Packaging: Postal pack of 60 capsules
 Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.
 Serving size: 1 capsule, Servings per container: 60
 Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Acetyl L-Carnitine	400 mg	†	†
α-Lipoic acid	100 mg	†	†
Niacin	1 mg	6%*	

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.
 † Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: N-Acetyl L-Carnitine HCl, α-Lipoic acid, Vegetable capsule (Hydroxypropyl methylcellulose), Nicotinamide adenine dinucleotide reduced.

Suitable for vegans

Alanine SA

Product code: **2547** Price: **£11.35** (NET)
 Packaging: Postal pack of 60 capsules
 Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.
 Serving size: 1 capsule, Servings per container: 60
 Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Alanine	525 mg	†	†
Succinic acid	26 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Alanine, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

Arginine SA

Product code: **3368** Price: **£7.18** (NET)
 Packaging: Postal pack of 60 capsules
 Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.
 Serving size: 1 capsule, Servings per container: 60
 Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Arginine (from L-Arginine HCl)	425 mg	†	†
Succinic acid	21 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Arginine HCl, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

Asparagine SA

Product code: **3428** Price: **£12.85** (NET)
 Packaging: Postal pack of 60 capsules
 Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.
 Serving size: 1 capsule, Servings per container: 60
 Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Asparagine	500 mg	†	†
Succinic acid	25 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Asparagine monohydrate, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

Aspartic Acid SA

Product code: **3205** Price: **£9.26** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
D-Aspartic acid	425 mg	†	†
Succinic acid	21 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: D-Aspartic acid, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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BCAA

Product code: **2000** Price: **£9.43** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Leucine	200 mg	†	†
L-Isoleucine	100 mg	†	†
L-Valine	100 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Leucine, L-Isoleucine, L-Valine, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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Carnitine SA

Product code: **3611** Price: **£16.55** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Carnitine (from L-Carnitine L-Tartrate)	350 mg	†	†
Succinic acid	18 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Carnitine L-Tartrate, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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Citrulline SA

Product code: **3685** Price: **£17.95** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Citrulline	500 mg	†	†
Succinic acid	25 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Citrulline, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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Cysteine SA

Product code: **3649** Price: **£12.55** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Cysteine (from L-Cysteine HCl monohydrate)	600 mg	†	†
Succinic acid	30 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Cysteine HCl monohydrate, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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Epithalamin Factors

Product code: **3195** Price: **£10.38** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Aspartic acid	120 mg	†	†
L-Alanine	120 mg	†	†
L-Glutamic acid	120 mg	†	†
L-Glycine	120 mg	†	†
Succinic acid	24 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: D-Aspartic acid, L-Alanine, L-Glutamic acid, L-Glycine, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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Glutamic Acid SA

Product code: **3204** Price: **£7.11** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Glutamic acid	500 mg	†	†
Succinic acid	25 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Glutamic acid, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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Glutamine SA

Product code: **3391** Price: **£13.48** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Glutamine	500 mg	†	†
Succinic acid	25 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Glutamine, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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Glutathione & Ribose

Product code: **3923** Price: **£23.85** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Glutathione reduced	200 mg	†	†
D-Ribose	200 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: D-Ribose, L-Glutathione reduced, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

Glutathione Reduced SA

Product code: **3639** Price: **£26.86** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Glutathione reduced	200 mg	†	†
Succinic acid	10 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Glutathione reduced, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

Glycine SA

Product code: **3208** Price: **£7.00** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Glycine	650 mg	†	†
Succinic acid	33 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Glycine, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

Histidine SA

Product code: **3363** Price: **£15.68** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Histidine	500 mg	†	†
Succinic acid	25 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Histidine, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

Isoleucine SA

Product code: **3360** Price: **£12.47** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Isoleucine	400 mg	†	†
Succinic acid	20 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Isoleucine, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

Leucine SA

Product code: **3352** Price: **£10.64** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Leucine	500 mg	†	†
Succinic acid	25 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Leucine, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

Lysine SA

Product code: **3210** Price: **£6.00** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Lysine (from L-Lysine HCl)	325 mg	†	†
Succinic acid	16 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Lysine HCl, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

Methionine SA

Product code: **3209** Price: **£9.62** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Methionine	465 mg	†	†
Succinic acid	23 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Methionine, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

N. Acetyl Cysteine SA

Product code: **3378** Price: **£13.61** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
N. Acetyl L-Cysteine	600 mg	†	†
Succinic acid	30 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: N-Acetyl L-Cysteine, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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Ornithine SA

Product code: **3055** Price: **£11.94** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Ornithine (from L-Ornithine HCl)	325 mg	†	†
Succinic acid	16 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Ornithine HCl, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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Phenylalanine SA

Product code: **3492** Price: **£15.42** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Phenylalanine	450 mg	†	†
Succinic acid	23 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Phenylalanine, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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Proline SA

Product code: **3686** Price: **£14.48** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Proline	450 mg	†	†
Succinic acid	23 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Proline, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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Serine SA

Product code: **3369** Price: **£14.21** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Serine	575 mg	†	†
Succinic acid	29 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Serine, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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Taurine SA

Product code: **3312** Price: **£10.42** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Taurine	570 mg	†	†
Succinic acid	29 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Taurine, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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Threonine SA

Product code: **3625** Price: **£17.83** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Threonine	500 mg	†	†
Succinic acid	25 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Threonine, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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Tryptophan SA

Product code: **3211** Price: **£13.63** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Tryptophan	330 mg	†	†
Succinic acid	17 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Tryptophan, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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Tyrosine SA

Product code: **3287** Price: **£10.92** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Tyrosine	450 mg	†	†
Succinic acid	23 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Tyrosine, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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Valine SA

Product code: **3687** Price: **£14.54** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken only with water at least 15 minutes before breakfast.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Valine	500 mg	†	†
Succinic acid	25 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Valine, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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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.

Amylase DR

Product code: **3383** Price: **£11.39** (NET)

Packaging: Postal pack of 90 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 90

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Amylase	15 mg (2,500 SKB)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Microcrystalline cellulose, Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Amylase.

Suitable for vegans

Betaine HCl + Pepsin

Product code: **2502** Price: **£14.45** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Betaine HCl	400 mg	†	†
Pepsin	105 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Betaine HCl, Pepsin (porcine), Vegetable capsule (Hydroxypropyl methylcellulose).

Not Suitable for vegans

Betaine HCl

Product code: **2138** Price: **£10.34** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Betaine HCl	500 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Betaine HCl, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Digestive Enzymes

Product code: **2807** Price: **£18.73** (NET)

Packaging: Postal pack of 90 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 90

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Betaine HCl	180 mg	†	†
Amylase	154 mg (7,700 SKB)	†	†
Protease	70 mg (700 HUT)	†	†
Pepsin	50 mg	†	†
Lipase	32 mg (320 FIP)	†	†
Lactase	20 mg (1,300 ALU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Betaine HCl, Amylase, Vegetable capsule (Hydroxypropyl methylcellulose), Protease, Pepsin (porcine), Lipase, Lactase.

Not Suitable for vegans

Inulin (Jerusalem Artichoke)

Product code: **3016** Price: **£11.50** (NET)

Packaging: Postal pack of 180 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 180

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	400 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Lactase DR

Product code: **3384** Price: **£15.97** (NET)

Packaging: Postal pack of 90 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 90

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Lactase	50 mg (3,250 ALU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Microcrystalline cellulose, Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Lactase.

Suitable for vegans

Lipase DR

Product code: **3385** Price: **£13.58** (NET)

Packaging: Postal pack of 90 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 90

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Lipase	50 mg (500 FIP)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Microcrystalline cellulose, Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Lipase.

Suitable for vegans

Protease DR

Product code: **3386** Price: **£15.68** (NET)

Packaging: Postal pack of 90 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 90

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Protease	50 mg (500 HUT)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Microcrystalline cellulose, Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Protease.

Suitable for vegans

Psyllium Husk

Product code: **2519** Price: **£12.47** (NET)

Packaging: Postal pack of 120 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 120

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Psyllium husk	500 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Psyllium husk (Plantago ovata), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

GUT FLORA

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.

Bacillus Subtilis 15gm

Product code: **3031** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	855 mg	†	†
Bacillus subtilis	50 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke extract, Bacillus subtilis.

Suitable for Vegans

Bacillus Subtilis

Product code: **3546** Price: **£23.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	375 mg	†	†
Bacillus subtilis	50 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Bacillus subtilis.

Suitable for Vegans

Bifidobacterium Animalis Lactis 15gm

Product code: **3032** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	855 mg	†	†
Bifidobacterium animalis lactis	50 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke extract, Bifidobacterium animalis lactis.

Suitable for Vegans

Bifidobacterium Animalis Lactis

Product code: **3548** Price: **£23.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	375 mg	†	†
Bifidobacterium animalis lactis	50 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Bifidobacterium animalis lactis.

Suitable for Vegans

Bifidobacterium Bifidum 15gm

Product code: **3033** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	855 mg	†	†
Bifidobacterium bifidum	50 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Bifidobacterium bifidum.

Suitable for Vegans

Bifidobacterium Bifidum

Product code: **3545** Price: **£23.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	375 mg	†	†
Bifidobacterium bifidum	50 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Bifidobacterium bifidum.

Suitable for Vegans

Bifidobacterium Breve 15gm

Product code: **3034** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	855 mg	†	†
Bifidobacterium breve	50 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Bifidobacterium breve.

Suitable for Vegans

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Bifidobacterium Breve

Product code: **3549** Price: **£23.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	375 mg	†	†
Bifidobacterium breve	50 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Bifidobacterium breve.

Suitable for Vegans

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Bifidobacterium Infantis 15gm

Product code: **3035** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	855 mg	†	†
Bifidobacterium infantis	50 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke extract, Bifidobacterium infantis.

Suitable for Vegans

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Bifidobacterium Infantis

Product code: **3550** Price: **£23.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	375 mg	†	†
Bifidobacterium infantis	50 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Bifidobacterium infantis.

Suitable for Vegans

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Bifidobacterium Lactis 15gm

Product code: **3036** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	893 mg	†	†
Bifidobacterium Lactis	7.3 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke extract, Bifidobacterium lactis.

Suitable for Vegans

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Bifidobacterium Lactis

Product code: **3551** Price: **£23.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	400 mg	†	†
Bifidobacterium lactis	7.3 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Bifidobacterium lactis.

Suitable for Vegans

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Bifidobacterium Longum 15gm

Product code: **3037** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	855 mg	†	†
Bifidobacterium Longum	50 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke extract, Bifidobacterium longum.

Suitable for Vegans

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Bifidobacterium Longum

Product code: **3552** Price: **£19.33** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	375 mg	†	†
Bifidobacterium longum	50 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Bifidobacterium longum.

Suitable for Vegans

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Lactobacillus Acidophilus 15gm

Product code: **3038** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	885 mg	†	†
Lactobacillus Acidophilus	17 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke extract, Lactobacillus acidophilus.

Suitable for Vegans

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Lactobacillus Acidophilus

Product code: **3553** Price: **£23.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	400 mg	†	†
Lactobacillus acidophilus	17 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Lactobacillus acidophilus.

Suitable for Vegans

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Lactobacillus Brevis 15gm

Product code: **3039** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	882 mg	†	†
Lactobacillus brevis	20 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Lactobacillus brevis.

Suitable for Vegans

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Lactobacillus Brevis

Product code: **3554** Price: **£23.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	400 mg	†	†
Lactobacillus brevis	20 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Lactobacillus brevis.

Suitable for Vegans

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Lactobacillus Bulgaricus 15gm

Product code: **3040** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	810 mg	†	†
Lactobacillus Bulgaricus	100 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke extract, Lactobacillus bulgaricus.

Suitable for Vegans

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Lactobacillus Bulgaricus

Product code: **3555** Price: **£19.41** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	275 mg	†	†
Lactobacillus bulgaricus	100 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Lactobacillus bulgaricus, Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum).

Suitable for Vegans

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Lactobacillus Casei 15gm

Product code: **3041** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	855 mg	†	†
Lactobacillus casei	50 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Lactobacillus casei.

Suitable for Vegans

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Lactobacillus Casei

Product code: **3560** Price: **£23.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	400 mg	†	†
Lactobacillus casei	14 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Lactobacillus casei.

Suitable for Vegans

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Lactobacillus Gasseri 15gm

Product code: **3042** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	882 mg	†	†
Lactobacillus Gasseri	20 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke extract, Lactobacillus gasseri.

Suitable for Vegans

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Lactobacillus Gasseri

Product code: **3547** Price: **£23.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	400 mg	†	†
Lactobacillus gasseri	20 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Lactobacillus gasseri.

Suitable for Vegans

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Lactobacillus Paracasei 15gm

Product code: **3043** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	890 mg	†	†
Lactobacillus Paracasei	11 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke extract, Lactobacillus paracasei.

Suitable for Vegans

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Lactobacillus Paracasei

Product code: **3561** Price: **£23.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	400 mg	†	†
Lactobacillus paracasei	11 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Lactobacillus paracasei.

Suitable for Vegans

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Lactobacillus Pentosus 15gm

Product code: **3044** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	855 mg	†	†
Lactobacillus Pentosus	50 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke extract, Lactobacillus pentosus.

Suitable for Vegans

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Lactobacillus Pentosus

Product code: **3562** Price: **£23.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	375 mg	†	†
Lactobacillus pentosus	50 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Lactobacillus pentosus.

Suitable for Vegans

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Lactobacillus Plantarum 15gm

Product code: **3045** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	891 mg	†	†
Lactobacillus Plantarum	10 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke extract, Lactobacillus plantarum.

Suitable for Vegans

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Lactobacillus Plantarum

Product code: **3563** Price: **£23.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	400 mg	†	†
Lactobacillus plantarum	10 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Lactobacillus plantarum.

Suitable for Vegans

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Lactobacillus Reuteri 15gm

Product code: **3046** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	855 mg	†	†
Lactobacillus Reuteri	50 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke extract, Lactobacillus reuteri.

Suitable for Vegans

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Lactobacillus Reuteri

Product code: **3564** Price: **£23.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	375 mg	†	†
Lactobacillus reuteri	50 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Lactobacillus reuteri.

Suitable for Vegans

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Lactobacillus Rhamnosus 15gm

Product code: **3047** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	878 mg	†	†
Lactobacillus Rhamnosus	25 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke extract, Lactobacillus rhamnosus.

Suitable for Vegans

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Lactobacillus Rhamnosus

Product code: **3542** Price: **£19.21** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	400 mg	†	†
Lactobacillus rhamnosus	25 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Lactobacillus rhamnosus.

Suitable for Vegans

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Lactobacillus Salivarius 15gm

Product code: **3048** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	887 mg	†	†
Lactobacillus salivarius	14.3 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Lactobacillus salivarius.

Suitable for Vegans

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Lactobacillus Salivarius

Product code: **3565** Price: **£19.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	400 mg	†	†
Lactobacillus salivarius	14 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Lactobacillus salivarius.

Suitable for Vegans

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Lactococcus Lactis 15gm

Product code: **3049** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	885 mg	†	†
Lactococcus Lactis	17 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke extract, Lactococcus lactis.

Suitable for Vegans

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Lactococcus Lactis

Product code: **3566** Price: **£23.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	400 mg	†	†
Lactococcus lactis	17 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Lactococcus lactis.

Suitable for Vegans

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Saccharomyces Boulardii 15gm

Product code: **3050** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	675 mg	†	†
Saccharomyces Boulardii	250 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke extract, Saccharomyces boulardii.

Suitable for Vegans

Saccharomyces Boulardii

Product code: **3541** Price: **£23.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Saccharomyces boulardii	250 mg (5B CFU)	†	†
Inulin (from Jerusalem artichoke)	200 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Saccharomyces boulardii, Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum).

Suitable for Vegans

Smart Probiotic

Product code: **3507** Price: **£23.53** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	375 mg	†	†
Bifidobacterium bifidum	10 mg (1B CFU)	†	†
Lactobacillus acidophilus	3.3 mg (1B CFU)	†	†
Lactobacillus bulgaricus	20 mg (1B CFU)	†	†
Lactobacillus casei	2.9 mg (1B CFU)	†	†
Lactobacillus plantarum	2 mg (1B CFU)	†	†
Lactobacillus rhamnosus	5 mg (1B CFU)	†	†
Streptococcus thermophilus	2.5 mg (1B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Lactobacillus bulgaricus, Bifidobacterium bifidum, Lactobacillus rhamnosus, Lactobacillus acidophilus, Lactobacillus casei, Streptococcus thermophilus, Lactobacillus plantarum.

Suitable for Vegans

Streptococcus Thermophilus 15gm

Product code: **3051** Price: **£7.20** (NET)

Packaging: Foil sachet (15g)

Recommended daily dose, one heaped 1 g scoop. Put the powder into a glass, add 100 ml of water and stir until dissolved. Drink last thing at night before going to bed.

Serving size: 1 heaped scoop (1 g) Servings per container: 15

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	889 mg	†	†
Streptococcus Thermophilus	13 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke extract, Streptococcus thermophilus.

Suitable for Vegans

Streptococcus Thermophilus

Product code: **3567** Price: **£19.47** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	400 mg	†	†
Streptococcus thermophilus	13 mg (5B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Streptococcus thermophilus.

Suitable for Vegans

Super 12 Probiotic

Product code: **3499** Price: **£19.37** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inulin (from Jerusalem artichoke)	190 mg	†	†
Vitamin C (as Ascorbic acid)	170 mg	†	†
Bifidobacterium bifidum	10 mg (1B CFU)	†	†
Bifidobacterium infantis	10 mg (1B CFU)	†	†
Bifidobacterium lactis	1.5 mg (1B CFU)	†	†
Bifidobacterium longum	10 mg (1B CFU)	†	†
Lactobacillus acidophilus	3.3 mg (1B CFU)	†	†
Lactobacillus casei	10 mg (1B CFU)	†	†
Lactobacillus paracasei	10 mg (1B CFU)	†	†
Lactobacillus pentosus	10 mg (1B CFU)	†	†
Lactobacillus plantarum	2 mg (1B CFU)	†	†
Lactobacillus rhamnosus	10 mg (1B CFU)	†	†
Lactobacillus salivarius	2.9 mg (1B CFU)	†	†
Streptococcus thermophilus	2.5 mg (1B CFU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Jerusalem artichoke tuber extract (Helianthus tuberosus), Ascorbic acid, Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Bifidobacterium bifidum, Bifidobacterium infantis, Bifidobacterium longum, Lactobacillus casei, Lactobacillus paracasei, Lactobacillus pentosus, Lactobacillus rhamnosus, Lactobacillus acidophilus, Lactobacillus salivarius, Streptococcus thermophilus, Lactobacillus plantarum, Bifidobacterium lactis.

Suitable for Vegans

HERBS and 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.

Artemisia Annua 100ml

Product code: **2718** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free Artemisia Annua herb (Artemisia annua).

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Artemisia Annua

Product code: **2612** Price: **£14.38** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Artemisia annua	280 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Artemisia annua leaf (Artemisia annua), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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Astragalus 100ml

Product code: **1591** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free Astragalus root (Astragalus membranaceus).

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Beetroot

Product code: **3212** Price: **£15.24** (NET)

Packaging: Postal pack of 180 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 180

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Beetroot	500 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Beetroot juice powder (Beta vulgaris), Vegetable capsule (Hydroxypropyl methylcellulose), Silicon dioxide.

Suitable for vegans

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Black Cumin

Product code: **2460** Price: **£10.01** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Black cumin	450 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Black cumin seed (Nigella sativa), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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Black Walnut 200ml

Product code: **3439** Price: **£17.71** (NET)

Packaging: 200ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 250

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free Black walnut (Juglans nigra).

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Black Walnut

Product code: **2830** Price: **£14.29** (NET)

Packaging: Postal pack of 90 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 90

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Black walnut	500 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Black walnut hull (Juglans nigra), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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Bladderwrack (Fucose)

Product code: **2199** Price: **£10.04** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Bladderwrack	550 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Bladderwrack (Fucus vesiculosus), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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Blue Spice Mix

Product code: **1880** Price: **£13.13** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

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

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free: Chilli pepper (*Capsicum frutescens*), Cinnamon bark (*Cinnamomum zeylanicum*), Paprika pepper (*Capsicum annuum*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Chlorella

Product code: **2189** Price: **£13.34** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Chlorella	430 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Chlorella (*Chlorella vulgaris*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Clove 100ml

Product code: **28** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free Clove bud (*Syzygium aromaticum*).

Clove

Product code: **2100** Price: **£10.97** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Clove	500 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Clove bud (*Syzygium aromaticum*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Coriander Herb

Product code: **1860** Price: **£10.48** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Coriander	300 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Coriander leaf (*Coriandrum sativum*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Coriander Herb 100ml

Product code: **248** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

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

Coriander Spice 100ml

Product code: **29** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free Coriander seed (*Coriandrum sativum*).

Coriander Spice

Product code: **1861** Price: **£10.48** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Coriander	300 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Coriander seed (*Coriandrum sativum*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Echinacea 100ml

Product code: **1590** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free: Echinacea angustifolia herb, Echinacea angustifolia root, Echinacea purpurea herb, Echinacea purpurea root.

Garlic

Product code: **2297** Price: **£9.87** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Garlic	450 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Garlic bulb (*Allium sativum*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Ginger

Product code: **1864** Price: **£9.77** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Ginger	330 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Ginger root (*Zingiber officinale*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Ginger 100ml

Product code: **32** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free Ginger root (*Zingiber officinale*).

Golden Seal Root 100ml

Product code: **2387** Price: **£20.30** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free Golden Seal root (*Hydrastis canadensis*).

Green Spice

Product code: **1881** Price: **£13.13** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Cumin	116 mg	†	†
Ginger	116 mg	†	†
Star anise	116 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free: Cumin seed (*Cuminum cyminum*), Ginger root (*Zingiber officinale*), Star anise fruit (*Illicium verum*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Horseradish

Product code: **1866** Price: **£13.38** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Horseradish	430 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Horseradish root (*Armoracia rusticana*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Lemon Balm 100ml

Product code: **785** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free Lemon balm leaf (*Melissa officinalis*).

Lemon Balm

Product code: **1867** Price: **£12.55** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Lemon Balm	300 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

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

Suitable for vegans

Mace

Product code: **2582** Price: **£17.76** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Mace	400 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Mace ari (*Myristica fragrans*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Marjoram Herb 100ml

Product code: **246** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

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

Milk Thistle 100ml

Product code: **2822** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free Milk Thistle seed (*Silybum marianum*).

Milk Thistle

Product code: **2139** Price: **£12.98** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Milk thistle seed (*Silybum marianum*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Nettle 100ml

Product code: **2232** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

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

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Olive Leaf 100ml

Product code: **2204** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free Olive leaf (*Olea europaea*).

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Oregano 100ml

Product code: **243** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free Oregano leaf (*Origanum vulgare*).

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Paprika

Product code: **1869** Price: **£12.77** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Paprika	380 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Paprika (*Capsicum annum*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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Milk Thistle

Product code: **2580** Price: **£10.00** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Milk Thistle	440 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Milk thistle seed (*Silybum marianum*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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Pau D'Arco 100ml

Product code: **2122** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free Pau D'Arco bark (*Tabebuia impetiginosa*).

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Peppermint

Product code: **1870** Price: **£14.05** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Peppermint	330 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Peppermint leaf (*Mentha x piperita*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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Red Spice Mix

Product code: **1882** Price: **£13.13** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Fenugreek	150 mg	†	†
Ginger	150 mg	†	†
Mace	150 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free: Fenugreek seed (*Trigonella foenum-graecum*), Ginger root (*Zingiber officinale*), Mace aril (*Myristica fragrans*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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Rosemary 100ml

Product code: **247** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free Rosemary leaf (*Rosmarinus officinalis*).

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Sea Vegetable

Product code: **1873** Price: **£14.21** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Sea vegetable	540 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Sea vegetable (*Ascophyllum nodosum*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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Sea Vegetable 100ml

Product code: **155** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free Sea vegetable (*Ascophyllum nodosum*).

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Smart Turmeric

Product code: **2208** Price: **£10.48** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Black cumin seed	175 mg	†	†
Turmeric	175 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free: Black cumin seed (*Nigella sativa*), Turmeric root (*Curcuma longa*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Spice Mix (45 g)

Product code: **2800** Price: **£12.46** (NET)

Packaging: Miron glass jar (45 g)

Add to food according to taste.

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

INGREDIENTS: Pesticide free:

Cinnamon bark

(*Cinnamomum zeylanicum*),

Coriander seed

(*Coriandrum sativum*),

Nutmeg seed (*Myristica fragrans*), Ginger root (*Zingiber officinale*), Mace aril

(*Myristica fragrans*), Clove bud (*Syzygium aromaticum*).

Turmeric

Product code: **1876** Price: **£10.48** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Turmeric	330 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Turmeric root (*Curcuma longa*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Turmeric 100ml

Product code: **24** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free Turmeric root (*Curcuma longa*).

Wormwood Combination

Product code: **3275** Price: **£12.60** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Black walnut	90 mg	†	†
Clove	90 mg	†	†
Quassia	90 mg	†	†
Wormwood	90 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free: Vegetable capsule (Hydroxypropyl methylcellulose), Black walnut hull (*Juglans nigra*), Clove bud (*Syzygium aromaticum*), Quassia bark (*Quassia amara*), Wormwood leaf (*Artemisia absinthium*).

Suitable for vegans

Wormwood

Product code: **1992** Price: **£12.60** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Wormwood	200 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Wormwood leaf (*Artemisia absinthium*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Yarrow 100ml

Product code: **991** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free Yarrow leaf (*Achillea millefolium*).

Yarrow

Product code: **1877** Price: **£12.60** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Yarrow	215 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Yarrow leaf (*Achillea millefolium*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Yellow Dock 100ml

Product code: **3358** Price: **£11.46** (NET)

Packaging: 100ml Miron glass bottle

Standard dose: 10 drops with a meal

Servings per container 125

Store in a cool place out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Alcohol (10%), Pesticide free Yellow dock root (*Rumex crispus*).

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

Product code: **1878** Price: **£13.43** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Alfalfa	160 mg	†	†
Sea vegetable	160 mg	†	†
Magnesium (from Magnesium citrate)	6.4 mg	2%*	1.6%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Pesticide free: Alfalfa leaf (Medicago sativa), Sea vegetable (Ascophyllum nodosum), Vegetable capsule (Hydroxypropyl methylcellulose), Magnesium citrate.

Suitable for vegans

Boron 100ml

Product code: **586** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving

in water or juice with breakfast.

Serving size: 10 drops, Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Boron (from Sodium borate)	1 mg	†	

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Distilled water, Citric acid, Sodium borate.

Calcium & Magnesium Citrate

Product code: **2504** Price: **£9.95** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Calcium (from Calcium citrate)	65 mg	8%*	6.5%*
Magnesium (from Magnesium citrate)	65 mg	17%*	16.3%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Magnesium citrate, Calcium citrate, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Calcium Citrate

Product code: **2212** Price: **£12.07** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Calcium (from Calcium citrate)	105 mg	13%*	11%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Calcium citrate, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Calcium Fluoride 100ml

Product code: **1767** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle

Recommended daily dose, 1 serving

in water or juice with breakfast.

Serving size: 10 drops, Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Calcium	25 mg	3.1%	

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Purified water, Calcium fluoride.

Calcium SA

Product code: **3616** Price: **£9.24** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Calcium (from Calcium bisglycinate)	90 mg	11%*	7%*
Succinic acid	4.5 mg	†	†

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Calcium bisglycinate, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

Chromium Picolinate

Product code: **2506** Price: **£8.86** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Chromium (from Chromium picolinate)	200 µg	500%*	167%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Chromium picolinate.

Suitable for vegans

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Colloidal Copper 200ml

Product code: **2898** Price: **£12.47** (NET)

Packaging: 200ml Miron glass bottle (also available as 1lt)

Store in a refrigerator out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Colloidal copper.

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Colloidal Iron 200ml

Product code: **2918** Price: **£12.47** (NET)

Packaging: 200ml Miron glass bottle (also available as 1lt)

Store in a refrigerator out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Colloidal iron.

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Colloidal Magnesium 200ml

Product code: **2901** Price: **£12.47** (NET)

Packaging: 200ml Miron glass bottle (also available as 1lt)

Store in a refrigerator out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Colloidal magnesium.

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Colloidal Silver 200ml

Product code: **2900** Price: **£12.47** (NET)

Packaging: 200ml Miron glass bottle (also available as 1lt)

Store in a refrigerator out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Colloidal silver.

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Colloidal Zinc 200ml

Product code: **2899** Price: **£12.47** (NET)

Packaging: 200ml Miron glass bottle (also available as 1lt)

Store in a refrigerator out of reach and sight of children. Once opened, consume within 12 months.

INGREDIENTS: Distilled water, Colloidal zinc.

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Copper Citrate

Product code: **2421** Price: **£8.00** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Copper (from Copper citrate)	2 mg	200%*	100%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Copper citrate.

Suitable for vegans

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Copper SA

Product code: **3658** Price: **£8.47** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Copper (from Copper bisglycinate)	2 mg	200%*	222%*
Succinic acid	100 µg	†	†

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Copper bisglycinate, Succinic acid.

Suitable for vegans

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Iodide 5ml

Product code: **1286** Price: **£8.45** (NET)

Packaging: 5ml Miron glass bottle

Recommended daily dose, 1 serving

in water or juice with breakfast.

Serving size: 1 drop, Servings per container: 100

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Iodine	1830µg	1220%*	

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Glycerine (vegetarian), Iodine, Ammonium iodide.

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Iron Phosphate 100ml

Product code: **1779** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving

in water or juice with breakfast.

Serving size: 10 drops, Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Iron	8.4 mg	60%*	60%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Ferrous phosphate.

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Iron SA

Product code: **3617** Price: **£8.10** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Iron (from Ferrous bisglycinate)	10 mg	71%*	56%*
Succinic acid	500 µg	†	†

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Microcrystalline cellulose, Ferrous bisglycinate, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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Iron Sulphate 100ml

Product code: **2117** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving

in water or juice with breakfast.

Serving size: 10 drops, Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Iron	8.4 mg	60%*	47%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Ferrous sulphate.

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Iron-C

Product code: **2601** Price: **£7.92** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin C (as Ascorbic acid)	600 mg	750%*	1083%*
Iron (from Ferrous citrate)	10 mg	71%*	56%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Ascorbic acid, Vegetable capsule (Hydroxypropyl methylcellulose), Ferrous citrate.

Suitable for vegans

Magnesium 100ml

Product code: **343** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving

in water or juice with breakfast.

Serving size: 10 drops, Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

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

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Magnesium chloride, Magnesium sulphate, Citric acid.

Magnesium Ascorbate

Product code: **2809** Price: **£10.31** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin C (from Magnesium ascorbate)	415 mg	519%*	692%*
Magnesium	30 mg	8%*	7.5%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Magnesium ascorbate, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Magnesium Chloride 100ml

Product code: **1963** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving

in water or juice with breakfast.

Serving size: 10 drops, Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Magnesium (from Magnesium chloride)	19 mg	5%*	4.8%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Magnesium chloride.

Magnesium Citrate

Product code: **1997** Price: **£14.03** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Magnesium (from Magnesium citrate)	87 mg	23%*	21%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Magnesium citrate, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Magnesium Phosphate 100ml

Product code: **1034** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving

in water or juice with breakfast.

Serving size: 10 drops, Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Magnesium	19 mg	5%*	4.8%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Magnesium phosphate.

Magnesium SA

Product code: **3474** Price: **£11.33** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Magnesium (from Magnesium bisglycinate)	60 mg	16%*	15%*
Succinic acid	3 mg	†	†

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Magnesium bisglycinate, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

Manganese Citrate

Product code: **2432** Price: **£8.89** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Manganese (from Manganese citrate)	5 mg	250%*	250%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Manganese citrate.

Suitable for vegans

Manganese SA

Product code: **3618** Price: **£8.42** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Manganese (from Manganese bisglycinate)	5 mg	250%*	217%*
Succinic acid	250 µg	†	†

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Manganese bisglycinate, Succinic acid.

Suitable for vegans

Molybdenum 100ml

Product code: **484** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving

in water or juice with breakfast.

Serving size: 5 drops, Servings per container: 266

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Molybdenum (from Sodium molybdate)	96 µg	192%*	128%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Citric acid, Sodium molybdate.

Molybdenum

Product code: **3463** Price: **£8.72** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Molybdenum (from Sodium molybdate)	1 mg	2000%*	†

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Sodium molybdate.

Suitable for vegans

MSM

Product code: **1879** Price: **£12.17** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Methylsulphonylmethane	600 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Methylsulphonylmethane, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Potassium & Magnesium Citrate

Product code: **2618** Price: **£13.68** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Potassium (from Potassium citrate)	150 mg	8%*	4.6%*
Magnesium (from Magnesium citrate)	80 mg	21%*	20%*

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Magnesium citrate, Potassium citrate, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Potassium Ascorbate

Product code: **3090** Price: **£10.22** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Once opened, store in the refrigerator and consume within 6 months. Keep out of reach and sight of children.

Ingredient	Amount per serving	RI	%DV
Vitamin C (from Potassium ascorbate)	293 mg	366%*	488%*
Potassium (from Potassium ascorbate)	68 mg	3%*	2%*

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Potassium ascorbate, Vegetable capsule (Hydroxypropyl methylcellulose), Silicon dioxide.

Suitable for vegans

Potassium Citrate

Product code: **2602** Price: **£11.76** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Potassium (from Potassium citrate)	260 mg	13%*	7%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Potassium citrate, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Selenium (Phosphate)

Product code: **2576** Price: **£23.71** (NET)

Packaging: Postal pack of 120 capsules

Open capsules and dissolve powder in water before swallowing.

Recommended daily dose, 1 serving taken with a meal. Serving size: 1 capsule,

Servings per container: 120

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Adenosine triphosphate	100 mg	†	†
Selenium (from Sodium selenate)	100 µg	182%*	143%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Adenosine triphosphate, Vegetable capsule (Hydroxypropyl methylcellulose), Sodium selenate.

Suitable for vegans

Selenium 100ml

Product code: **345** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving
in water or juice with breakfast.

Serving size: 10 drops, Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Selenium (from Sodium selenate)	60 µg	109%*	85%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Citric acid, Sodium selenate.

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Selenium Methionine

Product code: **2520** Price: **£9.76** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Selenium (from L-Selenomethionine)	200 µg	364%*	286%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, L-Selenomethionine, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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Silica

Product code: **3009** Price: **£16.61** (NET)

Packaging: Postal pack of 90 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 90

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Silica (from Bamboo extract)	375 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Bamboo extract (Bambusa arundinacea), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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Silver 100ml

Product code: **627** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Silver	8-12ppm	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Distilled water, Citric acid, Ionic silver.

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Silver(without Citric acid) 100ml

Product code: **1501** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Silver	8-12ppm	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Distilled water, Ionic silver.

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Smart Calcium

Product code: **1887** Price: **£20.90** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Arrowroot	100 mg	†	†
Calcium (from Calcium lactate)	55 mg	7%*	5.5%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Calcium lactate, Pesticide free Arrowroot powder (Manihot Utilissima), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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Smart Iodides 100ml

Product code: **2352** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving

in water or juice with breakfast.

Serving size: 8 drops, Servings per container: 166

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Iodide (from Magnesium iodide & Potassium iodide)	150µg	100%*	100%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Alcohol (10%), Citric acid, Potassium iodide, Magnesium iodide. Pesticide free: Sea vegetable (Ascophyllum nodosum), Nettle leaf (Urtica dioica).

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Smart Magnesium

Product code: **1953** Price: **£20.30** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Magnesium (from Magnesium phosphate, Magnesium sulphate & Magnesium citrate)	90 mg	24%	23*
Buckwheat	77 mg	†	†

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Magnesium phosphate, Magnesium sulphate, Magnesium citrate, Gelatine capsule (Gelatine, Glycerine, Water), Pesticide free Buckwheat seed (Fagopyrum esculentum).

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Smart Potassium

Product code: **1893** Price: **£14.93** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Alfalfa	210 mg	†	†
Potassium (from Potassium sulphate and Potassium chloride)	80 mg	4%*	2.26%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Alfalfa (Medicago sativa), Potassium sulphate, Vegetable capsule (Hydroxypropyl methylcellulose), Potassium chloride, Citric acid.

Suitable for vegans

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Smart Zinc 15

Product code: **1895** Price: **£13.41** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Celery seed	100 mg	†	†
Zinc (from Zinc ascorbate, Zinc picolinate and Zinc citrate)	15 mg	150%*	100%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Celery seed (Apium graveolens), Vegetable capsule (Hydroxypropyl methylcellulose), Zinc ascorbate, Zinc picolinate, Zinc citrate.

Allergens - Celery seed

Suitable for vegans

Smart Zinc 30

Product code: **2329** Price: **£20.10** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Celery seed	50 mg	†	†
Zinc (from Zinc ascorbate, Zinc picolinate and Zinc citrate)	30 mg	300%*	200%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Zinc ascorbate, Pesticide free Celery seed (Apium graveolens), Zinc picolinate, Vegetable capsule (Hydroxypropyl methylcellulose), Zinc citrate.

Allergens - Celery seed

Suitable for vegans

Triple Zinc

Product code: **2707** Price: **£11.91** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Zinc (from Zinc ascorbate, Zinc picolinate and Zinc citrate)	30 mg	300%*	200%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Zinc ascorbate, Zinc picolinate, Vegetable capsule (Hydroxypropyl methylcellulose), Zinc citrate, Microcrystalline cellulose.

Suitable for vegans

Zinc 100ml

Product code: **341** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving

in water or juice with breakfast.

Serving size: 10 drops, Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Zinc (from Zinc sulphate and Zinc chloride)	10 mg	100%*	67%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Zinc sulphate, Zinc chloride, Citric acid.

Zinc Ascorbate

Product code: **2572** Price: **£9.17** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin C (from Zinc ascorbate)	75 mg	94%*	125%*
Zinc (from Zinc ascorbate)	15 mg	150%*	100%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Zinc ascorbate, Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Zinc Chloride 100ml

Product code: **1972** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving

in water or juice with breakfast.

Serving size: 10 drops, Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Zinc	10 mg	100%*	67%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Zinc Chloride.

Zinc Citrate 15

Product code: **2526** Price: **£8.41** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Zinc (from Zinc citrate)	15 mg	150%*	100%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Zinc citrate, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Zinc Citrate 30

Product code: **2604** Price: **£10.22** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Zinc (from Zinc citrate)	30 mg	300%*	200%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Zinc citrate, Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Zinc Picolinate 15

Product code: **2524** Price: **£9.05** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Zinc (from Zinc picolinate)	15 mg	150%*	100%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Zinc picolinate, Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Zinc Picolinate 30

Product code: **2603** Price: **£10.77** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Zinc (from Zinc picolinate)	30 mg	300%*	200%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Zinc picolinate, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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Zinc SA 15

Product code: **3475** Price: **£9.68** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Zinc (from Zinc bisglycinate)	15 mg	150%*	100%*
Succinic acid	750 µg	†	†

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Zinc bisglycinate, Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Succinic acid.

Suitable for vegans

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Zinc SA 30

Product code: **3501** Price: **£11.49** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Zinc (from Zinc bisglycinate)	30 mg	300%*	200%*
Succinic acid	1.5 mg	†	†

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Zinc bisglycinate, Vegetable capsule (Hydroxypropyl methylcellulose), Microcrystalline cellulose, Succinic acid.

Suitable for vegans

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Zinc Sulphate 100ml

Product code: **1957** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving

in water or juice with breakfast.

Serving size: 10 drops, Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Zinc	10 mg	100%*	67%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Zinc sulphate.

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Zinc Sulphate 15

Product code: **2613** Price: **£8.77** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Zinc (from Zinc sulphate)	15 mg	150%*	100%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Zinc sulphate, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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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. The guide can be located on the left hand navigation under the section Constitutional Colour Info

Blue Vitamin and Mineral Complex 100ml

Product code: **805** Price: **£18.49** (NET)
 Packaging: 100ml Miron glass bottle (300ml pack available)
 Recommended daily dose, 1 serving
 in water or juice with breakfast.
 Serving size: 10 drops, Servings per container: 133
 Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Magnesium	30mg	8%*	7.5%*
Sulphur (from Methylsulphonylmethane)	17mg	†	†
Zinc	10mg	100%*	67%*
Pantothenic acid (from Calcium pantothenate)	6mg	100%*	60%*
Choline	5mg	†	†
Thiamine	5mg	454%*	333%*
Boron (from Sodium borate)	262µg	†	†
Folic acid	200µg	100%*	50%*
Vitamin B12 (as Hydroxycobalamin)	67µg	2680%*	1117%*
Selenium (from Sodium selenate)	60µg	109%*	86%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Purified water, Magnesium sulphate, Methylsulphonylmethane, Zinc sulphate, Choline chloride, Citric acid, Calcium pantothenate, Thiamine HCl, Boric acid, Folic acid, Sodium elenate, Hydroxycobalamin.

Blue Wonder Oil 250ml

Product code: **803** Price: **£21.39** (NET)
 Packaging: 250ml Miron glass bottle (750ml pack available)
 Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Ingredient	Amount per serving
Typical values per 100 g	
Energy 3659 kJ—890 Kcal	
Fat	98.9 g
of which	
saturates	12.0 g
mono-unsaturates	21.7 g
polyunsaturates	62.5 g
Carbohydrate	0 g
of which sugars	0 g
Protein	0 g
Salt	0 g

A proprietary blend of cold pressed and pesticide free oils with added Vitamin E. Packaged in a protective atmosphere.

INGREDIENTS: Cold pressed and pesticide free:

Flax seed oil,
 Pumpkin seed oil, Walnut oil. Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

Allergens - Walnut oil.

CBS Formula

Product code: **3098** Price: **£20.08** (NET)
 Packaging: Postal pack of 90 capsules
 Recommended daily dose, 1 capsule taken with a meal.
 Serving size: 1 capsule, Servings per container: 90
 Once opened, store in the refrigerator and consume within 9 months. Keep out of reach and sight of children.

Ingredient	Amount per serving	RI	%DV
Serine	250 mg	†	†
Vitamin C (from Potassium ascorbate)	143 mg	179%*	238%*
Potassium (from Potassium ascorbate)	36 mg	2%*	0.95%*
Vitamin B6 (from Pyridoxal 5'-Phosphate)	30 mg	2143%*	1500%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Serine, Potassium ascorbate, Vegetable capsule (Hydroxypropyl methylcellulose), Pyridoxal 5'-Phosphate, Silicon dioxide.

Suitable for vegans

Epicardio-Calm

Product code: **3701** Price: **£21.27** (NET)
 Packaging: Postal pack of 60 capsules
 Recommended daily dose, 1 serving taken with a meal.
 Serving size: 1 capsule, Servings per container: 60
 Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Taurine	100 mg	†	†
Tryptophan	100 mg	†	†
Magnesium (from Magnesium bisglycinate)	30 mg	8%*	8%*
Nutritional yeast	20 mg	†	†
Zinc (from Zinc bisglycinate)	15 mg	150%*	100%*
Succinic acid	10 mg	†	†
Choline (from DL-Choline bitartrate)	5 mg	†	†
Pantothenic acid (from Calcium D-Pantothenate)	5 mg	83%*	50%*
Thiamine	5 mg	455%*	333%*
Boron (from Sodium borate)	250 µg	†	†
Vitamin B12 (as Adenosylcobalamin & Methylcobalamin)	200 µg	8000%*	3333%*
Selenium (from Sodium selenate)	60 µg	109%*	86%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Magnesium bisglycinate, Vegetable capsule (Hydroxypropyl methylcellulose), L-Taurine, L-Tryptophan, Zinc bisglycinate, Nutritional yeast, DL-Choline bitartrate, Succinic acid, Calcium D-Pantothenate, Thiamine HCl, Sodium borate, Sodium selenate, Adenosylcobalamin, Methylcobalamin.

ALLERGY ADVICE: May contain a gluten containing cereal.

Suitable for vegans

Epicardio-Flow

Product code: **3702** Price: **£21.27** (NET)
 Packaging: Postal pack of 60 capsules
 Recommended daily dose, 1 serving taken with a meal.
 Serving size: 1 capsule, Servings per container: 60
 Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Soy lecithin	100 mg	†	†
Magnesium (from Magnesium bisglycinate)	30 mg	8%*	8%*
Choline (from DL-Choline bitartrate)	20 mg	†	†
Inositol	20 mg	†	†
Niacin (as Niacinamide)	20 mg	125%*	100%*
Zinc (from Zinc bisglycinate)	15 mg	150%*	100%*
Vitamin B6 (from Pyridoxal 5'-Phosphate)	10 mg	714%*	500%*

Succinic acid	10 mg	†	†
Riboflavin (from Riboflavin 5'-Phosphate)	5 mg	357%*	294%*
Biotin	1 mg	2,000%*	333%*
Copper (from Copper bisglycinate)	500 µg	50%*	25%*
Folic acid (as 5-Methyltetrahydrofolate)	500 µg	250%*	125%*
Boron (from Sodium borate)	250 µg	†	†
Vitamin B12 (as Adenosylcobalamin & Methylcobalamin)	200 µg	8,000%*	3,333%*
Vitamin K2 (as Menaquinone-7)	100 µg	133%*	125%*
Selenium (from Sodium selenate)	60 µg	109%*	85%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Magnesium bisglycinate, Soy lecithin, Vegetable capsule (Hydroxypropyl methylcellulose), Zinc bisglycinate, DL-Choline bitartrate, Inositol, Niacinamide, Pyridoxal 5'-Phosphate, Succinic acid, Vitamin K2 MK-7, Riboflavin 5'-Phosphate, Copper bisglycinate, Sodium borate, D-Biotin, (6S)-5-Methyltetrahydrofolate glucosamine salt (Quatrefolic®±), Sodium selenate, Adenosylcobalamin, Methylcobalamin. ± Quatrefolic® is a registered trademark of Gnosis S.p.A.

ALLERGY ADVICE: Soy lecithin

Suitable for vegans

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Epicardio-Forte

Product code: **3703** Price: **£21.27** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin C (as Ascorbic acid)	50 mg	63%*	83%*
Magnesium (from Magnesium bisglycinate)	30 mg	8%*	8%*
α-Lipoic acid	25 mg	†	†
Choline (from DL-Choline bitartrate)	20 mg	†	†
Inositol	20 mg	†	†
Silica (from Bamboo extract)	15 mg	†	†
Niacin (as Niacinamide)	15 mg	94%*	75%*
Vitamin B6 (from Pyridoxal 5'-Phosphate)	15 mg	1,071%*	750%*
Zinc (from Zinc bisglycinate)	15 mg	150%*	100%*
Succinic acid	10 mg	†	†
Riboflavin (from Riboflavin 5'-Phosphate)	3 mg	214%*	176%*
Manganese (from Manganese bisglycinate)	1 mg	50%*	50%*
Folic acid (as 5-Methyltetrahydrofolate)	500 µg	250%*	125%*
Iodine (from Potassium iodide)	200 µg	133%*	133%*
Vitamin B12 (as Methylcobalamin)	100 µg	4,000%*	1,666%*
Selenium (from Sodium selenate)	60 µg	109%*	86%*
Molybdenum (from Sodium molybdate)	50 µg	100%*	67%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Magnesium bisglycinate, Vegetable capsule (Hydroxypropyl methylcellulose), Zinc bisglycinate, Ascorbic acid, DL-Choline bitartrate, α-Lipoic acid, Pyridoxal 5'-Phosphate, pesticide free Bamboo shoot extract (Bambusa arundinacea), Inositol, Niacinamide, Succinic acid, Manganese bisglycinate, Riboflavin 5'-Phosphate, (6S)-5-Methyltetrahydrofolate glucosamine salt (Quatrefolic®±), Potassium iodide, Sodium selenate, Sodium molybdate, Methylcobalamin.

± Quatrefolic® is a registered trademark of Gnosis S.p.A.

Suitable for vegans

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Green Vitamin and Mineral Complex 100ml

Product code: **807** Price: **£18.49** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving in water or juice with breakfast.

Serving size: 10 drops, Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Choline (from Choline chloride)	20mg	†	†
Inositol	20mg	†	†
Vitamin B6 (from Pyridoxal 5'-Phosphate)	10mg	714%*	500%*
Zinc (from Zinc chloride)	10mg	100%*	67%*
Niacin (as Nicotinic acid)	5mg	31%*	25%*
Riboflavin (from Riboflavin 5'-Phosphate)	4mg	285%*	235%*
Silicon (from Silicon dioxide)	1.1mg	†	†
Biotin (as D-Biotin)	1mg	2,000%*	333%*
Copper (from Copper citrate)	500µg	50%*	25%*
Folic acid	450µg	225%*	113%*
Boron (from Sodium borate)	262µg	†	†
Vitamin B12 (as Hydroxycobalamin)	67µg	2,680%*	1117%*
Selenium (from Sodium selenate)	60µg	109%*	86%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Distilled water, Choline chloride, Zinc chloride, Inositol, Pyridoxal 5'-Phosphate, Citric acid, Riboflavin 5'-Phosphate, Nicotinic acid, Silicon dioxide, Sodium borate, Copper citrate, D-Biotin, Folic acid, Sodium selenate, Hydroxycobalamin.

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Green Wonder Oil 250ml

Product code: **802** Price: **£21.39** (NET)

Packaging: 250ml Miron glass bottle (750ml pack available)

Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Ingredient	Amount per serving
Typical values per 100 g	
Energy	3659 kJ—890 Kcal
Fat	98.9 g
of which	
saturates	13.9 g
mono-unsaturates	42.5 g
polyunsaturates	38.2 g
Carbohydrate	0 g
of which sugars	0 g
Protein	0 g
Salt	0 g

A proprietary blend of cold pressed and pesticide free oils with added Vitamin E. Packaged in a protective atmosphere.

INGREDIENTS: Cold pressed and pesticide free: Grape seed oil, Sesame seed oil, Hazelnut oil, Peanut oil. Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

Allergens - Sesame seed oil, Hazelnut oil, Peanut oil.

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Multiple V&M for Children

Product code: **2611** Price: **£11.87** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI
Vitamin C (as Ascorbic acid)	33 mg	41%*
Pantothenic acid (from Calcium D-Pantothenate)	13 mg	217%*
Calcium (from Calcium citrate)	10 mg	1%*
Magnesium (from Magnesium citrate)	6.5 mg	2%*
Vitamin E	4.5 mg (10 IU)	83%*
Niacin (as Niacinamide)	3.4 mg	21%*
Potassium (from Potassium citrate)	3.4 mg	<1%*
Thiamine	3.4 mg	309%*
Inositol	3 mg	†
Riboflavin (from Riboflavin 5'-Phosphate)	2.4 mg	171%*
Choline (from Choline bitartrate)	2 mg	†
Vitamin B6 (from Pyridoxine HCl & Pyridoxal 5'-Phosphate)	1.6 mg	114%*
Iron (from Ferrous citrate)	1 mg	7%*
Zinc (from Zinc picolinate)	800 µg	8%*
Manganese (from Manganese citrate)	340 µg	17%*
Copper (from Copper citrate)	200 µg	20%*
Boron (from Sodium borate)	66 µg	†
Vitamin B12 (as Adenosylcobalamin & Methylcobalamin)	66 µg	2,640%*
Biotin (as D-Biotin)	26 µg	52%*
Folic acid (as 5-Methyltetrahydrofolate)	26 µg	13%*
Chromium (from Chromium picolinate)	6.5 µg	16%*
Iodine (from Potassium iodide)	6.5 µg	4%*
Selenium (from Selenomethionine)	6.5 µg	12%*
Molybdenum (from Sodium molybdate)	3.4 µg	7%*
Vitamin D3 (Cholecalciferol)	2 µg	40%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Calcium citrate, Magnesium citrate, Vegetable capsule (Hydroxypropyl methylcellulose), Ascorbic acid, Calcium D-Pantothenate, Potassium citrate, Vitamin E acetate, Choline bitartrate, Ferrous citrate, Zinc picolinate, Thiamine HCl, Niacinamide, Inositol, Riboflavin, Manganese citrate, Pyridoxal 5'-Phosphate, Selenomethionine, Riboflavin 5'-Phosphate, Pyridoxine HCl, Vitamin D3 (Cholecalciferol) (Lanolin), Sodium borate, Copper citrate, Chromium picolinate, (6S)-5-Methyltetrahydrofolate glucosamine salt (Quatrefolic®±), Adenosylcobalamin, Methylcobalamin, D-Biotin, Potassium iodide, Sodium molybdate.

± Quatrefolic® is a registered trademark of Gnosis S.p.A.

Suitable for vegans

Multiple Vitamin & Mineral

Product code: **2610** Price: **£24.02** (NET)

Packaging: Postal pack of 120 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 2 capsules, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI
Vitamin C (as Ascorbic acid)	166 mg	208%*
Pantothenic acid (from Calcium pantothenate)	67 mg	1,117%*
Calcium (from Calcium citrate)	50 mg	6%*
Magnesium (from Magnesium citrate)	33 mg	9%*
Vitamin E	23 mg (50 IU)	188%*
Niacin (as Niacinamide)	17 mg	94%*
Potassium (from Potassium citrate)	17 mg	<1%*
Thiamine	17 mg	1,545%*
Inositol	15 mg	†
Riboflavin (from Riboflavin 5'-Phosphate)	12 mg	857%*
Choline (from Choline bitartrate)	10 mg	†
Vitamin B6 (from Pyridoxal 5'-Phosphate)	8 mg	571%*
Iron (from Ferrous citrate)	5 mg	36%*
Zinc (from Zinc picolinate)	4 mg	40%*
Manganese (from Manganese citrate)	1.7 mg	85%*
Copper (from Copper citrate)	1 mg	100%*

Boron (from Sodium borate)	333 µg	†
Vitamin B12 (as Adenosylcobalamin & Methylcobalamin)	333 µg	13,320%*
Biotin (as D-Biotin)	133 µg	266%*
Folic acid (as 5-Methyltetrahydrofolic acid)	133 µg	67%*
Chromium (from Chromium picolinate)	33 µg	83%*
Iodine (from Potassium iodide)	33 µg	22%*
Selenium (from Selenomethionine)	33 µg	60%*
Molybdenum (from Sodium molybdate)	17 µg	34%*
Vitamin D3 (Cholecalciferol)	10 µg	200%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Calcium citrate, Magnesium citrate, Ascorbic acid, Vegetable capsule (Hydroxypropyl methylcellulose), Calcium pantothenate, Potassium citrate, Vitamin E acetate, Choline bitartrate, Ferrous citrate, Zinc picolinate, Niacinamide, Thiamine HCl, Inositol, Riboflavin, Manganese citrate, Pyridoxal 5'-Phosphate, Selenomethionine, Riboflavin 5'-Phosphate, Pyridoxine HCl, Vitamin D3 (Cholecalciferol) (Lanolin), Sodium borate, Copper citrate, Chromium picolinate, (6S)-5-Methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®±), Adenosylcobalamin, Methylcobalamin, D-Biotin, Potassium iodide, Sodium molybdate.

± Quatrefolic® is a registered trademark of Gnosis S.p.A.

Suitable for vegans

Multiple Vitamin & Mineral without Copper & Iron

Product code: **2609** Price: **£23.49** (NET)

Packaging: Postal pack of 120 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 2 capsules, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI
Vitamin C (as Ascorbic acid)	166 mg	208%*
Pantothenic acid (from Calcium D-Pantothenate)	67 mg	1,117%*
Calcium (from Calcium citrate)	50 mg	6%*
Magnesium (from Magnesium citrate)	33 mg	9%*
Vitamin E	23 mg (50 IU)	188%*
Niacin (as Niacinamide)	17 mg	94%*
Potassium (from Potassium citrate)	17 mg	<1%*
Thiamine	17 mg	1,545%*
Inositol	15 mg	†
Riboflavin (from Riboflavin & Riboflavin 5'-Phosphate)	12 mg	857%*
Choline (from Choline bitartrate)	10 mg	†
Vitamin B6 (from Pyridoxal 5'-Phosphate & Pyridoxine HCl)	8 mg	571%*
Zinc (from Zinc picolinate)	4 mg	40%*
Manganese (from Manganese citrate)	1.7 mg	85%*
Boron (from Sodium borate)	333 µg	†
Vitamin B12 (as Adenosylcobalamin & Methylcobalamin)	333 µg	13,320%*
Biotin (as D-Biotin)	133 µg	266%*
Folic acid (as 5-Methyltetrahydrofolic acid)	133 µg	67%*
Chromium (from Chromium picolinate)	33 µg	83%*
Iodine (from Potassium iodide)	33 µg	22%*
Selenium (from Selenomethionine)	33 µg	60%*
Molybdenum (from Sodium molybdate)	17 µg	34%*
Vitamin D3 (Cholecalciferol)	10 µg	200%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Calcium citrate, Magnesium citrate, Vegetable capsule (Hydroxypropyl methylcellulose), Ascorbic acid, Calcium D-Pantothenate, Potassium citrate, Vitamin E acetate, Choline bitartrate, Zinc picolinate, Niacinamide, Thiamine HCl, Inositol, Riboflavin, Manganese citrate, Pyridoxal 5'-Phosphate, Selenomethionine, Riboflavin 5'-Phosphate, Pyridoxine HCl, Vitamin D3 (Cholecalciferol) (Lanolin), Sodium borate, Chromium picolinate, (6S)-5-Methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®±), Adenosylcobalamin, Methylcobalamin, D-Biotin, Potassium iodide, Sodium molybdate.

± Quatrefolic® is a registered trademark of Gnosis S.p.A.

Suitable for vegans

Nutrient Phase 1+2

Product code: **2258** Price: **£26.47** (NET)

Packaging: Pack of 120 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 2 capsules, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Beetroot juice	100 mg	†	†
Black cumin seed	100 mg	†	†
Kale	100 mg	†	†
Turmeric	100 mg	†	†
Vitamin C (as Ascorbic acid)	100 mg	125%*	167%*
Glycine	50 mg	†	†
Methionine	50 mg	†	†
N. Acetyl cysteine	50 mg	†	†
Taurine	50 mg	†	†
Vitamin E	25 mg (55 IU)	208%*	183%*
Magnesium (from Magnesium citrate)	20 mg	5%*	5%*
Iron (from Ferrous sulphate)	10 mg	71%*	56%*
Pantothenic acid (from Calcium D-Pantothenate)	10 mg	166%*	100%*
Vitamin B6 (from Pyridoxal 5'-Phosphate)	10 mg	714%*	500%*
Zinc (from Zinc picolinate)	10 mg	100%*	67%*
Adenosine triphosphate	5 mg	†	†
Riboflavin (from Riboflavin 5'-Phosphate)	5 mg	357%*	294%*
Manganese (from Manganese bisglycinate)	1 mg	50%*	50%*
Niacin (as NADH)	1 mg	6%*	5%*
Vitamin B12 (as Adenosylcobalamin & Methylcobalamin)	200 µg	8000%*	3333%*
Folic acid (as 5-Methyltetrahydrofolic acid)	200 µg	50%*	25%*
Selenium (from Sodium selenate)	50 µg	91%*	71%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Vegetable capsule (Hydroxypropyl methylcellulose), Magnesium citrate, Ascorbic acid, Pesticide free: Beetroot juice (Beta vulgaris L.), Black cumin seed (Nigella sativa), Kale leaf (Brassica oleracea var. acephala), Turmeric root (Curcuma longa). Ferrous sulphate, L-Glycine, L-Methionine, L-Taurine, N-Acetyl-L-Cysteine, Vitamin E acetate, Zinc picolinate, Pyridoxal 5'-Phosphate, Calcium D-Pantothenate, Riboflavin 5'-Phosphate, Manganese bisglycinate, Adenosine triphosphate, Nicotinamide adenine dinucleotide reduced, (6S)-5-Methyltetrahydrofolic acid glucosamine salt (Quatrefolic®±), Sodium selenate, Adenosylcobalamin, Methylcobalamin.

Suitable for vegans

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Red Vitamin and Mineral Complex 100ml

Product code: **806** Price: **£18.49** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving in water or juice with breakfast.

Serving size: 10 drops, Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Choline (from Choline chloride)	20 mg	†	†
Inositol	20 mg	†	†
Vitamin B6 (from Pyridoxal 5'-Phosphate)	12.5 mg	893%*	625%*
Zinc (from Zinc picolinate)	10 mg	100%*	67%*
Niacin (as Nicotinic acid)	5 mg	31%*	25%*
Riboflavin (from Riboflavin 5'-Phosphate)	2.1 mg	150%*	124%*
Manganese (from Manganese citrate)	1.6 mg	80%*	80%*
Silicon	1.1 mg	†	†
Folic acid	450 µg	225%*	113%*
Iodine (from Potassium iodide & Magnesium iodide)	190 µg	126%*	127%*
Vitamin B12 (as Methylcobalamin)	100 µg	4000%*	1667%*
Selenium (from Sodium selenate)	60 µg	109%*	86%*
Molybdenum (from Sodium molybdate)	40 µg	80%*	53%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Distilled water, Choline chloride, Zinc picolinate, Inositol, Pyridoxal 5'-Phosphate, Citric acid, Manganese citrate, Nicotinic acid, Riboflavin 5'-Phosphate, Silicon dioxide, Folic acid, Sodium selenate, Potassium Iodide, Magnesium Iodide, Methylcobalamin, Sodium molybdate.

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Red Wonder Oil 250ml

Product code: **804** Price: **£21.39** (NET)

Packaging: 250ml Miron glass bottle (750ml pack available)

Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Ingredient	Amount per serving
Typical values per 100 g	
Energy	3659 kJ—890 Kcal
Fat	98.9 g
of which	
saturates	12.05g
mono-unsaturates	32.3 g
polyunsaturates	53.4 g
Carbohydrate	0 g
of which sugars	0 g
Protein	0 g
Salt	0 g

A proprietary blend of cold pressed and pesticide free oils with added Vitamin E. Packaged in a protective atmosphere.

INGREDIENTS: Cold pressed and pesticide free: Flax seed oil, Hemp seed oil, Olive oil, Pumpkin seed oil. Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

Allergens - Walnut oil.

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Smart Blue Complex

Product code: **1885** Price: **£21.27** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI
Nutritional yeast	200mg	†
MSM (Methylsulphonylmethane)	50mg	†
Magnesium	30mg	8%*
Zinc (from Zinc sulphate)	8mg	80%*
Choline (from Choline bitartrate)	5mg	†
Pantothenic acid (as Calcium pantothenate)	5mg	83%*
Thiamine	5mg	454%*
Boron (from Sodium borate)	260µg	†
Folic acid	200µg	100%*
Vitamin B12 (as Hydroxycobalamin)	67µg	2680%*
Selenium (from Sodium selenate)	60µg	109%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Magnesium sulphate, Nutritional yeast, Vegetable capsule (Hydroxypropyl methylcellulose), Methylsulphonylmethane, Zinc sulphate, Choline bitartrate, Calcium pantothenate, Thiamine HCl, Sodium borate, Folic acid, Sodium selenate, Hydroxycobalamin.

Suitable for vegans

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Smart Green Complex

Product code: **1889** Price: **£21.27** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI
Soy lecithin	150mg	†
Silicon (from Silicon dioxide)	23mg	†
Choline (from Choline bitartrate)	20mg	†
Inositol	20mg	†
Vitamin B6 (from Pyridoxal 5'-Phosphate)	10mg	714%*
Zinc (from Zinc citrate)	10mg	100%*
Niacin (as Nicotinic acid)	5mg	31%*
Riboflavin	4mg	285%*
Biotin	1mg	2000%*
Copper (from Copper citrate)	500µg	50%*
Folic acid (as 5-Methyltetrahydrofolic acid)	450µg	225%*
Boron (from Sodium borate)	260µg	†
Vitamin B12 (as Hydroxycobalamin)	67µg	2680%*
Selenium (from Sodium selenate)	60µg	109%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Soy lecithin, Vegetable capsule (Hydroxypropyl methylcellulose), Choline bitartrate, Silicon dioxide, Zinc citrate, Inositol, Pyridoxal 5'-Phosphate, Nicotinic acid, Riboflavin, Sodium borate, Copper citrate, D-Biotin, (6S)-5-Methyltetrahydrofolic acid glucosamine salt (Quatrefolic®±), Sodium selenate, Hydroxycobalamin.

ALLERGY ADVICE: Soy lecithin

Suitable for vegans

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Smart Red Complex

Product code: **1894** Price: **£21.27** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI
Vitamin C (as Ascorbic acid)	200 mg	250%*
Beetroot juice	50 mg	†
α-Lipoic acid	25 mg	†
Hawthorn	25 mg	†
Rutin	25 mg	†
Choline (from Choline bitartrate)	20 mg	†
Inositol	20 mg	†
Vitamin B6 (from Pyridoxal 5'-Phosphate)	12.5 mg	893%*
Zinc (from Zinc picolinate)	10 mg	100%*
Silicon (from Silicon dioxide)	9.3 mg	†
Niacin (as Nicotinic acid)	5 mg	31%*
Riboflavin	2.1 mg	150%*
Manganese (from Manganese citrate)	1.6 mg	80%*
Folic acid (as 5-Methyltetrahydrofolate)	450 µg	225%*
Iodine (from Potassium iodide)	190 µg	127%*
Vitamin B12 (as Methylcobalamin)	100 µg	4000%*
Selenium (from Sodium selenate)	60 µg	109%*
Molybdenum (from Sodium molybdate)	40 µg	80%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Ascorbic acid, Vegetable capsule (Hydroxypropyl methylcellulose), Beetroot juice (Beta vulgaris), Choline bitartrate, Zinc picolinate, α-Lipoic acid, Hawthorn berry (Crataegus monogyna), Rutin extract (Saphora japonica), Inositol, Silicon dioxide, Pyridoxal 5'-Phosphate, Manganese citrate, Nicotinic acid, Riboflavin, (6S)-5-Methyltetrahydrofolate glucosamine salt (Quatrefolic®±), Sodium selenate, Potassium iodide, Magnesium iodide, Methylcobalamin, Sodium molybdate.

± Quatrefolic® is a registered trademark of Gnosis S.p.A.

Suitable for vegans

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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.

Black Cumin Seed Oil 100ml

Product code: **1621** Price: **£21.25** (NET)

Packaging: 100ml Miron glass bottle

Store in a refrigerator out of reach and sight of children. Once opened, consume within 3 months.

Ingredient	Amount per serving
Typical values per 100g:	
Energy	3700KJ—900Kcal
Fat	100g
of which saturated	17g
monounsaturated	25g
polyunsaturated	58g
Carbohydrate	0g
of which sugars	0g
Protein	0g
Salt	0g

Cold pressed and pesticide free with added Vitamin E.

INGREDIENTS: Cold pressed and pesticide free Black Cumin seed oil, Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

Borage Oil 100ml

Product code: **1994** Price: **£23.81** (NET)

Packaging: 100ml Miron glass bottle

Store in a refrigerator out of reach and sight of children. Once opened, consume within 3 months.

Ingredient	Amount per serving
Typical values per 100g:	
Energy	3696KJ—899Kcal
Fat	99.8g
of which saturated	15.0g
monounsaturated	25.0g
polyunsaturated	59.9g
Carbohydrate	0g
of which sugars	0g
Protein	0g
Salt	0g

Cold pressed and pesticide free with added Vitamin E.

INGREDIENTS: Cold pressed and pesticide free Borage oil (*Borago officinalis*), Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

Co-Enzyme Q10 100ml

Product code: **1191** Price: **£16.39** (NET)

Packaging: 100ml Miron glass bottle

Recommended daily dose, 1 serving with breakfast.

Serving size: 10 drops. Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 3 months.

Ingredient	Amount per serving	RI	%DV
Co-Enzyme Q10	4.5mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Cold pressed and pesticide free: Peanut oil, Sesame seed oil. Co-Enzyme Q10, Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

ALLERGY ADVICE: Peanut Oil, Sesame oil.

Coconut Oil

Product code: **1995** Price: **£12.46** (NET)

Packaging: Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Coconut oil	1000 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Cold pressed and pesticide free Coconut oil, Softgel capsule (Gelatine, Glycerin, Water).

DHA

Product code: **2828** Price: **£16.21** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
DHA (Docosahexaenoic acid) (from Algae oil)	200 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Algae oil, Softgel capsule (Carrageenan, Modified starch, Glycerine, Purified Water).

Suitable for vegans

Evening Primrose Oil 100ml

Product code: **1195** Price: **£21.66** (NET)

Packaging: 100ml Miron glass bottle

Store in a refrigerator out of reach and sight of children. Once opened, consume within 3 months.

Ingredient	Amount per serving
Typical values per 100g:	
Energy	3700KJ—900Kcal
Fat	100g
of which Saturated	10g
Monounsaturated	7g
Polyunsaturated	83g
Carbohydrates	0g
of which Sugars	0g
Protein	0g
Salt	0g

INGREDIENTS: Cold pressed and pesticide free Evening primrose oil, Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

Flaxseed Oil

Product code: **3718** Price: **£14.97** (NET)

Packaging: Postal pack of 120 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 120

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Flaxseed oil	1000 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Flaxseed oil (Linum usitatissimum), Softgel capsule (Glycerine, Modified starch, Carrageenan, Water).

Suitable for vegans

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Grape Seed Oil 250ml

Product code: **778** Price: **£24.61** (NET)

Packaging: 250ml Miron glass bottle

Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Ingredient	Amount per serving
Typical values per 100 g	
Energy	3696 kJ—899 Kcal
Fat	99.8 g
of which	
saturates	11 g
mono-unsaturates	24 g
polyunsaturates	62.9 g
Carbohydrate	0 g
of which sugars	0 g
Protein	0 g
Salt	0 g

A proprietary blend of cold pressed and pesticide free Grape seed oil with added Vitamin E.

INGREDIENTS: Cold pressed and pesticide free: Grape seed oil, Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

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Hemp Seed Oil 250ml

Product code: **729** Price: **£21.39** (NET)

Packaging: 250ml Miron glass bottle

Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Ingredient	Amount per serving
Typical values per 100 g	
Energy	3696 kJ—899 Kcal
Fat	99.8 g
of which	
saturates	9 g
mono-unsaturates	11 g
polyunsaturates	79.9 g
Carbohydrate	0 g
of which sugars	0 g
Protein	0 g
Salt	0 g

A proprietary blend of cold pressed and pesticide free Hemp seed oil with added Vitamin E.

INGREDIENTS: Cold pressed and pesticide free Hemp seed oil, Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

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Omega 3-6-9

Product code: **3848** Price: **£18.96** (NET)

Packaging: Postal pack of 120 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 120

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Omega 3-6-9 formulation providing:	1000 mg	†	†
ALA (α-Linolenic acid)	135 mg	†	†
EPA (Eicosapentaenoic acid)	60 mg	†	†
DHA (Docosahexaenoic acid)	35 mg	†	†
LA (Linoleic acid)	165 mg	†	†
OA (Oleic acid)	100 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Fish oil, Flaxseed oil (Linum usitatissimum), Sunflower seed oil (Helianthus annuus), Softgel capsule (Gelatine, Glycerine, Purified water), Vitamin E (DL-α-Tocopherol acetate).

ALLERGY ADVICE: Fish oil.

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Omega 3-6-9

Product code: **3667** Price: **£11.85** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Omega 3-6-9 formulation providing:	1000 mg	†	†
ALA (α-Linolenic acid)	135 mg	†	†
EPA (Eicosapentaenoic acid)	60 mg	†	†
DHA (Docosahexaenoic acid)	35 mg	†	†
LA (Linoleic acid)	165 mg	†	†
OA (Oleic acid)	100 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Fish oil, Flaxseed oil (Linum usitatissimum), Sunflower seed oil (Helianthus annuus), Softgel capsule (Gelatine, Glycerine, Purified water), Vitamin E (DL-α-Tocopherol acetate).

ALLERGY ADVICE: Fish oil.

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Phosphatidyl choline

Product code: **2277** Price: **£21.17** (NET)

Packaging: Postal pack of 90 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 90

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Phosphatidylcholine (from Soy lecithin)	420 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Soy lecithin concentrate, Softgel capsule (Gelatine, Glycerin, Water).

ALLERGY ADVICE: Soy lecithin.

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Pumpkin Seed Oil 250ml

Product code: **745** Price: **£21.39** (NET)

Packaging: 250ml Miron glass bottle

Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Ingredient	Amount per serving
Typical values per 100 g	
Energy	3696 kJ—899 Kcal
Fat	99.8g
of which saturates	18.0g
mono-unsaturates	27g
polyunsaturates	54g
Carbohydrate	0 g
of which sugars	0 g
Protein	0 g
Salt	0 g

A proprietary blend of cold pressed and pesticide free Pumpkin seed oil with added Vitamin E.

INGREDIENTS: Cold pressed and pesticide free: Pumpkin seed oil. Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

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Sesame Seed Oil 250ml

Product code: **734** Price: **£14.88** (NET)

Packaging: 250ml Miron glass bottle

Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Ingredient	Amount per serving
Typical values per 100 g	
Energy	3696 kJ—899 Kcal
Fat	98.9 g
of which saturates	16.8 g
mono-unsaturates	43.0 g
polyunsaturates	39.0 g
Carbohydrate	0 g
of which sugars	0 g
Protein	0 g
Salt	0 g

A proprietary blend of cold pressed and pesticide free Sesame seed oil with added Vitamin E.

INGREDIENTS: Cold pressed and pesticide free Sesame seed oil (Sesamum indicum), Natural mixed tocopherols oil.

ALLERGY ADVICE: Sesame seed oil.

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Smart Oil 250ml

Product code: **1511** Price: **£23.81** (NET)

Packaging: 100ml Miron glass bottle

Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Ingredient	Amount per serving
Typical values per 100 g	
Energy	3659kJ—890 Kcal
Fat	98.9 g
of which saturates	12.4 g
mono-unsaturates	19.7 g
polyunsaturates	66.8 g
Carbohydrate	0 g
of which sugars	0 g
Protein	0 g
Salt	0 g

A proprietary blend of cold pressed and pesticide free plant oils containing Omega 6 and Omega 3 in a ratio of 2.5:1 with added Vitamin E.

INGREDIENTS: Cold pressed and pesticide free: Hemp seed oil (Cannabis sativa), Pumpkin seed oil (Cucurbita pepo), Flax seed oil (Linum usitatissimum), Black cumin seed oil (Nigella sativa), Evening primrose seed oil (Oenothera biennis), Chia seed oil (Salvia hispanica), Borage seed oil (Borago officinalis), Rapeseed oil (Brassica napus), Pomegranate seed oil (Punica granatum). Mixed tocopherols oil (Natural mixed tocopherols, Sunflower seed oil [Helianthus annuus]).

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Smart Thinking Oil 250ml

Product code: **2360** Price: **£20.45** (NET)

Packaging: 250ml Miron glass bottle

Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Ingredient	Amount per serving
Typical values per 100 g	
Energy	3696 kJ—899 Kcal
Fat	98.9 g
of which saturates	12.8 g
mono-unsaturates	45.6 g
polyunsaturates	41.3 g
Carbohydrate	0 g
of which sugars	0 g
Protein	0 g
Salt	0 g

A proprietary blend of cold pressed and pesticide free oils with added Vitamin E.

INGREDIENTS: Cold pressed and pesticide free: Pumpkin seed oil, Rapeseed oil. Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

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Super Omega 3

Product code: **2835** Price: **£23.38** (NET)

Packaging: Postal pack of 120 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 120

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
EPA (Eicosapentaenoic acid) (from Fish oil)	270 mg	†	†
DHA (Docosahexaenoic acid) (from Fish oil)	180 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Fish oil, Softgel capsule (Gelatine, Glycerine, Purified water).

ALLERGY ADVICE: Fish.

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Super Omega 3

Product code: **2034** Price: **£14.62** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
EPA (Eicosapentaenoic acid) (from Fish oil)	270 mg	†	†
DHA (Docosahexaenoic acid) (from Fish oil)	180 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Fish oil, Softgel capsule (Gelatine, Glycerine, Purified water).

ALLERGY ADVICE: Fish.

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Super Sea Buckthorn Seed Oil

Product code: **3676** Price: **£20.68** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 - 2 servings taken with an evening meal.

Serving size: 2 capsules, Servings per container: 30

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Sea Buckthorn seed oil	1000 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Sea Buckthorn seed oil (Hippophae rhamnoides), Softgel capsule (Gelatine, Glycerine, Sorbitol).

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Walnut Oil 250ml

Product code: **730** Price: **£24.61** (NET)

Packaging: 250ml Miron glass bottle

Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Ingredient	Amount per serving
Typical values per 100 g	
Energy	3696 kJ—899 Kcal
Fat	99.8 g
of which	
saturates	8.5 g
mono-unsaturates	18.9 g
polyunsaturates	72.5 g
Carbohydrate	0 g
of which sugars	0 g
Protein	0 g
Salt	0 g

A proprietary blend of cold pressed and pesticide free Walnut oil with added Vitamin E.

INGREDIENTS: Cold pressed and pesticide free Walnut oil, Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

ALLERGY ADVICE: Walnut.

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Wheat Germ Oil

Product code: **3853** Price: **£7.14** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Wheat germ oil	270 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Wheat germ oil (Triticum vulgare), Softgel capsule (Gelatine, Glycerol, Water).

ALLERGY ADVICE: Wheat.

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Wonder Oil 250ml

Product code: **17** Price: **£20.23** (NET)

Packaging: 250ml Miron glass bottle

Store in a cool dry place out of reach and sight of children. Once opened, consume within 3 months.

Ingredient	Amount per serving
Typical values per 100 g	
Energy	3659 kJ—890 Kcal
Fat	98.9 g
of which	
saturates	18.6 g
mono-unsaturates	40.8 g
polyunsaturates	39.4 g
Carbohydrate	0 g
of which sugars	0 g
Protein	0 g
Salt	0 g

A proprietary blend of cold pressed and pesticide free oils with added Vitamin E.

INGREDIENTS: Cold pressed and pesticide free Peanut oil (Arachis hypogaea), Sesame seed oil (Sesamum indicum), Natural mixed tocopherols oil.

ALLERGY ADVICE: Peanut, Sesame seed oil.

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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.

Adrenal Support

Product code: **2701** Price: **£12.50** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Wild yam	200mg	†	†
Saw palmetto	100mg	†	†
Magnesium	30mg	8%*	7.5%*
Iodine	150µg	100%*	100%*
Chromium	100µg	250%*	83%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Magnesium citrate, Wild yam, Vegetable capsule (Hydroxypropyl methylcellulose), Saw palmetto, Chromium picolinate, Potassium iodide.

Suitable for vegans

Allclear

Product code: **3593** Price: **£12.10** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin C (as Ascorbic acid)	450 mg	563%*	750%*
L-Cysteine (from L-Cysteine HCl monohydrate)	150 mg	†	†
Thiamine	5 mg	455%*	333%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Ascorbic acid, L-Cysteine HCl monohydrate, Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Thiamine HCl.

Suitable for vegans

AP Formula

Product code: **2088** Price: **£17.52** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI
Cayenne	80mg	†
Garlic	80mg	†
Horseradish	80mg	†
Thyme	80mg	†
Wormwood	80mg	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Vegetable capsule (Hydroxypropyl methylcellulose), Pesticide free: Cayenne (Capsicum annum), Garlic (Allium sativum), Horseradish (Armoracia rusticana), Thyme (Thymus vulgaris), Wormwood (Artemisia absinthium).

Suitable for vegans

Bilberry

Product code: **2616** Price: **£28.26** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI
Bilberry extract (25% Anthocyanidins)	120 mg	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Bilberry extract (25% Anthocyanidins) (Vaccinium myrtillus), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Blue VEP (Vital Energy Protector) 100ml spray

Product code: **1003** Price: **£9.36** (NET)

Packaging: 100ml Miron glass bottle

Spray front and back of body four times per day or as directed by your healthcare practitioner.

Store in a cool place out of reach and sight of children.

INGREDIENTS: Distilled water, Pesticide free essential oil of: Bergamot (Citrus bergamia), Clary sage (Salvia sclarea), Geranium (Pelargonium graveolens), Petitgrain (Citrus aurantium), Ylang ylang (Cananga odorata). Natural components of essential oil: Limonene, Citronellol, Geraniol, Linalool, Citral, Farnesol.

Bone Maintenance Formula (190 g)

Product code: **2234** Price: **£23.57** (NET)

Packaging: 250ml Miron glass jar

Recommended daily dose, 1 serving. Put the powder into a glass, add 100 ml of water or juice and stir. Drink with a meal.

Serving size: 2½ level scoops (1900 mg) Servings per container: 100

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI
Vitamin C (as Ascorbic acid)	1000 mg	1,250%*
Calcium (from Calcium citrate)	100 mg	13%*
Magnesium (from Magnesium citrate)	50 mg	13%*
Silicon (from Silicon dioxide)	23 mg	†
Vitamin B6 (from Pyridoxal 5'-Phosphate)	5 mg	357%*
Manganese (from Manganese bisglycinate)	1 mg	50%*
Boron (from Sodium borate)	500 µg	†
Selenium (from Sodium selenate)	100 µg	181%*
Vitamin B12 (as Methylcobalamin)	100 µg	4,000%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Ascorbic acid, Calcium citrate, Magnesium citrate, Silicon dioxide, Pyridoxal 5'-Phosphate, Manganese bisglycinate, Sodium borate, Calcium fluoride, Sodium selenate, Methylcobalamin.

Bone Formula

Product code: **2732** Price: **£20.39** (NET)

Packaging: Postal Pack of 120 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 120

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Vitamin C (as Ascorbic acid)	250mg	313%*	
Calcium (from Calcium citrate)	50mg	6%*	
Magnesium (from Magnesium citrate)	40mg	11%*	
Silica (from Bambusa arundinacea)	30mg	†	
Vitamin B6 (from Pyridoxal 5'-Phosphate)	3mg	214%*	
Manganese (from Manganese citrate)	1mg	50%*	
Boron (from Sodium tetraborate)	500µg	†	
Selenium (from Sodium selenate)	100µg	182%*	
Vitamin K2 (as Menaquinone-7)	100µg	133%*	
Vitamin B12 (as Methylcobalamin)	50µg	2,000%*	
Vitamin D3	50µg (2,000 IU)	1,000%*	

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Magnesium citrate, Ascorbic acid, Calcium citrate, Vegetable capsule (Hydroxypropyl methylcellulose), Pesticide free Bambusa arundinacea extract, Vitamin D3 (Cholecalciferol) (Lanolin), Vitamin K2 MK-7, Pyridoxal 5'-Phosphate, Manganese citrate, Sodium tetraborate, Sodium selenate, Methylcobalamin.

Suitable for vegans

Bromelain

Product code: **2503** Price: **£15.00** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Bromelain	360 mg (432 GDU)	†	

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Bromelain, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Collagen Factors Formula

Product code: **2712** Price: **£24.00** (NET)

Packaging: Postal pack of 90 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 90

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Vitamin C (from Potassium ascorbate)	130mg	163%*	216%*
L-Glycine	100mg	†	†
L-Lysine (from L-Lysine HCl)	100mg	†	†
L-Proline	100mg	†	†
Potassium (from Potassium ascorbate)	27mg	1%*	0.8%*
Magnesium (from Magnesium citrate)	25mg	7%*	6%*
Vitamin B6 (from Pyridoxal 5'-Phosphate)	10mg	714%*	500%*
Zinc (from Zinc citrate and Zinc picolinate)	10mg	100%*	66%*
Manganese (from Manganese citrate)	5mg	250%*	250%*
Copper (from Copper citrate)	1mg	100%*	50%*
Niacin (as NADH)	1mg	6%*	5%*
Folic acid	500µg	250%*	125%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Potassium ascorbate, Magnesium citrate, Vegetable capsule (Hydroxypropyl methylcellulose), L-Lysine HCl, L-Glycine, L-Proline, Zinc picolinate, Manganese citrate, Pyridoxal 5'-Phosphate, Zinc citrate, Copper citrate, Nicotinamide adenine dinucleotide reduced, Folic acid.

Suitable for vegans

Elastin Formula

Product code: **2332** Price: **£17.75** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Glycine	450mg	†	†
L-Alanine	150mg	†	†
Vitamin B6 (from Pyridoxal 5'-Phosphate)	6mg	429%*	353%*
Bilberry extract (25% Anthocyanidins)	4mg	†	†
Copper (from Copper citrate)	2.2mg	220%*	244%*
Vitamin K2 (as Menaquinone-7)	200µg	267%*	167%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Glycine, L-Alanine, Vegetable capsule (Hydroxypropyl methylcellulose), Vitamin K2 MK-7, Pyridoxal 5'-Phosphate, Copper citrate, Bilberry extract (Vaccinium myrtillus) (25% Anthocyanidins).

Suitable for vegans

Detox Formula

Product code: **2702** Price: **£14.35** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Kale	116 mg	†	
Coriander seed	84 mg	†	
α-Lipoic acid	80 mg	†	
Glutathione reduced	40 mg	†	
Folic acid	4 mg	2,000%*	

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free: Kale leaf (Brassica oleracea var. acephala), Coriander seed (Coriandrum sativum). Vegetable capsule (Hydroxypropyl methylcellulose), α-Lipoic acid, L-Glutathione reduced, Folic acid.

Suitable for vegans

GAG Formula

Product code: **2736** Price: **£20.25** (NET)

Packaging: Postal pack of 90 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 90

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
L-Glutamine	100mg	†	†
Vitamin C (from Potassium ascorbate)	65mg	81%*	108%*
Chondroitin sulphate	50mg	†	†
Glucosamine sulphate 2KCl	50mg	†	†
Magnesium	50mg	13%*	13%*
Silica (from Bamboo extract)	38mg	†	†
Manganese	10mg	500%*	500%*
Niacin (as Niacinamide)	10mg	63%*	50%*
Molybdenum (from Sodium molybdate)	25µg	50%*	33%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Magnesium citrate, Vegetable capsule (Hydroxypropyl methylcellulose), L-Glutamine, Potassium ascorbate, Chondroitin sulphate (avian), Bamboo extract (Bamboo stem, Maltodextrin), Glucosamine sulphate 2KCl, Manganese citrate, Niacinamide, Sodium molybdate.

Glucosamine HCl

Product code: **2509** Price: **£17.05** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Glucosamine HCl	560 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: D-Glucosamine HCl, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Glucosamine Sulphate

Product code: **1896** Price: **£9.11** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Glucosamine sulphate	650mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Glucosamine sulphate 2KCl, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Glucosamine, Chondroitin & MSM

Product code: **2492** Price: **£34.21** (NET)

Packaging: Postal pack of 90 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 90

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Chondroitin	300mg	†	†
Glucosamine	300mg	†	†
Methylsulphonylmethane	300mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Chondroitin sulphate (avian), D-Glucosamine sulphate 2KCl, Methylsulphonylmethane, Vegetable capsule (Hydroxypropyl methylcellulose).

Green VEP (Vital Energy Protector) 100ml spray

Product code: **1005** Price: **£9.36** (NET)

Packaging: 100ml Miron glass bottle

Spray front and back of body four times per day or as directed by your healthcare practitioner.

Store in a cool place out of reach and sight of children.

INGREDIENTS: Distilled water, Pesticide free essential oil of: Grapefruit (Citrus paradisi), Lime (Citrus aurantifolia), Lavender (Lavandula angustifolia), Patchouli (Pogostemon cablin), Peppermint (Mentha piperita). Natural components of essential oil: Limonene, Geraniol, Linalool, Citral.

Hesperidin Plus

Product code: **2511** Price: **£19.20** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Hesperidin	260 mg	†	†
Bromelain	130 mg (156 GDU)	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Hesperidin extract (Citrus medica L.), Bromelain extract (Ananas comosus), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Immune WHY 600

Product code: **2708** Price: **£17.01** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Arginine (from L-Arginine HCl)	200mg	†	†
Vitamin C (as Ascorbic acid)	200mg	250%*	333%*
Potassium (from Potassium citrate)	39mg	2%*	1%*
Zinc (from Zinc picolinate and Zinc citrate)	14mg	140%*	93%*
Calcium (from Calcium citrate)	7mg	1%*	<1%*
Selenium (from Sodium selenate)	300µg	545%*	428%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Arginine HCL, Ascorbic acid, Potassium citrate, Vegetable capsule (Hydroxypropyl methylcellulose), Zinc picolinate, Calcium citrate, Zinc citrate, Sodium selenate.

Suitable for vegans

Indole-3-Carbinol

Product code: **2808** Price: **£18.27** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Indole-3-Carbinol	200mg	†	†

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Indole-3-Carbinol, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Iodine & Tyrosine

Product code: **2600** Price: **£13.31** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Tyrosine	400mg	†	†
Iodine (from Potassium iodide)	225µg	150%*	

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Tyrosine, Vegetable capsule (Hydroxypropyl methylcellulose), Potassium iodide.

Suitable for vegans

Leukotrienes Formula

Product code: **2187** Price: **£18.22** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI
Ginger	40 mg	†
Turmeric	40 mg	†
Hesperidin	35 mg	†
Rutin	35 mg	†
Vitamin E	27 mg (60 IU)	225%*
L-Glutathione reduced	15 mg	†
Zinc (from Zinc picolinate, Zinc citrate & Zinc sulphate)	9 mg	90%*
Selenium (from Sodium selenate)	50 µg	90%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Vegetable capsule (Hydroxypropyl methylcellulose), Vitamin E acetate, Pesticide free Ginger root (*Zingiber officinale*), Pesticide free Turmeric root (*Curcuma longa*), Hesperidin extract (*Citrus medica*), Rutin extract (*Sophora japonica*), L-Glutathione reduced, Zinc picolinate, Zinc citrate, Zinc sulphate, Sodium selenate.

Suitable for vegans

Lutein

Product code: **2892** Price: **£13.73** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Lutein (from Lutein extract)	10 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Lutein extract (*Tagetes erecta*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Mannose

Product code: **2002** Price: **£10.56** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Mannose	400mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: D-Mannose, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Mastic Gum

Product code: **2940** Price: **£18.73** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Mastic Gum	250mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Mastic gum (Maltodextrin (Wheat, Corn), Mastic gum), Vegetable capsule (Hydroxypropyl methylcellulose).

ALLERGY ADVICE: Wheat

Suitable for vegans

N. Acetylglucosamine

Product code: **3100** Price: **£13.41** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
N. Acetylglucosamine	500 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: N-Acetyl-D-Glucosamine, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Nitric Oxide Formula

Product code: **2209** Price: **£17.03** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Citrulline	150 mg	†	†
Hawthorn berry	100 mg	†	v
Vitamin C (from Potassium ascorbate)	100 mg	125%*	167%*
Beetroot juice	90 mg	†	†
Magnesium (from Magnesium citrate)	10 mg	3%*	2.5%*
Zinc (from Zinc picolinate)	7.2 mg	72%*	48%*
Vitamin B6 (from Pyridoxal 5'-Phosphate)	5 mg	357%*	250%*
Adenosine triphosphate	3 mg	†	†
Manganese (from Manganese citrate)	3 mg	150%*	50%*
Niacin (as NADH)	1 mg	6%*	5%*
Folic acid (as 5-Methyltetrahydrofolic acid)	500 µg	250%*	125%*
Vitamin B12 (as Hydroxycobalamin)	200 µg	8,000%*	3333%*

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Potassium ascorbate, L-Citrulline, Hawthorn berry (*Crataegus monogyna*), Vegetable capsule (Hydroxypropyl methylcellulose), Beetroot juice (*Beta vulgaris*), Magnesium citrate, Zinc picolinate, Manganese citrate, Pyridoxal 5'-Phosphate, Adenosine triphosphate, Nicotinamide adenine dinucleotide reduced, (6S)-5-Methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®±), Hydroxycobalamin.

± Quatrefolic® is a registered trademark of Gnosis S.p.A.

Suitable for vegans

Quercetin

Product code: **3830** Price: **£11.98** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Quercetin	200 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Quercetin dihydrate extract (*Sophora japonica*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Red VEP (Vital Energy Protector) 100ml spray

Product code: **1004** Price: **£9.36** (NET)

Packaging: 100ml Miron glass bottle

Spray front and back of body four times per day or as directed by your healthcare practitioner.

Store in a cool place out of reach and sight of children.

INGREDIENTS: Distilled water, Pesticide free essential oil of: Juniperberry (Juniperus communis), Lemongrass (Cymbopogon citratus), Mandarin (Citrus reticulata), Rose absolute (Rosa centifolia), Sandalwood (Santalum spicatum). Natural components of essential oil: Limonene, Eugenol, Citronellol, Geraniol, Linalool, Citral, Farnesol.

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SIBO Formula

Product code: **3464** Price: **£10.24** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Coriander	115mg	†	†
Lemon balm	115mg	†	†
Turmeric	115mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free: Coriander leaf (Coriandrum sativum), Lemon balm leaf (Melissa officinalis), Turmeric root (Curcuma longa). Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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Smart 5HTP

Product code: **2090** Price: **£20.35** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin C (as Ascorbic acid)	300 mg	375%*	500%*
L-5-HTP (from Griffonia seed extract)	50 mg	†	†
Magnesium (from Magnesium phosphate, Magnesium sulphate and Magnesium citrate)	30 mg	8%*	8%*
Zinc (from Zinc picolinate, Zinc citrate and Zinc sulphate)	15 mg	150%*	100%*
Vitamin B6 (from Pyridoxal 5'-Phosphate)	6 mg	429%*	300%*
Thiamine	1 mg	90%*	67%*
Folic acid	100 µg	50%*	25%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Ascorbic acid, Vegetable capsule (Hydroxypropyl methylcellulose), Magnesium phosphate, Magnesium sulphate, Magnesium citrate, Griffonia seed extract, Zinc picolinate, Zinc citrate, Zinc sulphate, Pyridoxal 5'-Phosphate, Thiamine HCl, Folic acid.

Suitable for vegans

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Smart Adrenal Tissue Extract

Product code: **2171** Price: **£21.15** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Adrenal tissue extract	350 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Dried bovine adrenal tissue extract, Gelatine capsule (Gelatine, Glycerine, Water).

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Smart AH Formula

Product code: **2092** Price: **£17.67** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin C (as Ascorbic acid)	200mg	250%*	
Paprika	150mg	†	
Hesperidin	100mg	†	
Bromelain	50mg (60 GDU)	†	
Thiamine	5mg	454%*	

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Ascorbic acid, Pesticide free Paprika (Capsicum annum), Hesperidin, Vegetable capsule (Hydroxypropyl methylcellulose), Bromelain (Bromelain, Maltodextrin), Thiamine HCl.

Suitable for vegans

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Smart Eyes

Product code: **1897** Price: **£26.18** (NET)

Packaging: Postal Pack of 120 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 2 capsules, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Bilberry extract (25% Anthocyanidins)	30mg	†	†
Lutein	20mg	†	†
Beta carotene	10mg	†	†
Zeaxanthin	10mg	†	†
Resveratrol (from Grape skin extract)	5mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Lutein extract, Zeaxanthin extract, Beta carotene extract (Natural), Grape skin extract (Vitis vinifera), Vegetable capsule (Hydroxypropyl methylcellulose), Silicon dioxide, Bilberry extract (Vaccinium myrtillus) (25% Anthocyanidins).

Suitable for vegans

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Smart Homocysteine Complex

Product code: **1891** Price: **£15.56** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI
Vitamin C (as Ascorbic acid)	300mg	375%*
Beetroot	58mg	†
Alpha lipoic acid	29mg	†
Rutin	29mg	†
Choline (from Choline bitartrate)	23mg	†
Niacin (as Niacinamide)	23mg	143%*
Zinc (from Zinc sulphate)	11mg	110%*
Vitamin B6 (from Pyridoxal 5'-Phosphate)	6mg	428%*
Riboflavin	2mg	142%*
Folic acid (as 5-Methyltetrahydrofolic acid)	450µg	142%*
Vitamin B12 (as Methylcobalamin)	100µg	4,000%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Ascorbic acid, Vegetable capsule (Hydroxypropyl methylcellulose), Beetroot juice powder (Beta vulgaris), Choline bitartrate, Zinc sulphate, Alpha lipoic acid, Rutin, Niacinamide, Pyridoxal 5'-Phosphate, Riboflavin, (6S)-5-Methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®±), Methylcobalamin.

± Quatrefolic® is a registered trademark of Gnosis S.p.A.

Suitable for vegans

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Smart Lutein

Product code: **2039** Price: **£15.84** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Kale	100 mg	†	†
Lutein (from Lutein extract)	10 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Lutein extract (*Tagetes erecta*), Pesticide free Kale leaf (*Brassica oleracea* var. *acephala*), Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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Soy Lecithin

Product code: **3019** Price: **£12.55** (NET)

Packaging: Postal Pack of 120 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 120

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Soy lecithin	400 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Soy lecithin, Vegetable capsule (Hydroxypropyl methylcellulose), Silicon dioxide.

ALLERGY ADVICE: Soy lecithin

Suitable for vegans

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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.

5-MTHF 100ml

Product code: **2750** Price: **£18.18** (NET)
Packaging: 100ml Miron glass bottle (300ml pack available)
Recommended daily dose, 1 serving in water or juice with breakfast.
Serving size: 2 drops Servings per container: 660
Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Folic acid (as 5-Methyltetrahydrofolate)	200 µg	100%*	50%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.
INGREDIENTS: Distilled water, (6S)-5-Methyltetrahydrofolate glucosamine salt (Quatrefolic®±).

± Quatrefolic® is a registered trademark of Gnosis S.p.A.

5-MTHF

Product code: **2103** Price: **£17.24** (NET)
Packaging: Postal pack of 60 capsules
Recommended daily dose, 1 serving taken with a meal.
Serving size: 1 capsule, Servings per container: 60
Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Folic acid (as 5-Methyltetrahydrofolate)	1 mg	500%*	250%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.
INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), (6S)-5-Methyltetrahydrofolate glucosamine salt (Quatrefolic®±).

± Quatrefolic® is a registered trademark of Gnosis S.p.A.

α-Lipoic Acid 100 mg

Product code: **1898** Price: **£18.57** (NET)
Packaging: Postal pack of 60 capsules
Recommended daily dose, 1 serving taken with a meal.
Serving size: 1 capsule, Servings per container: 60
Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
α-Lipoic acid	100 mg	†	†

† Percent Daily Reference Intakes (RI) not established.
INGREDIENTS: α-Lipoic acid, Vegetable capsule (Hydroxypropyl methylcellulose).
Suitable for vegans

α-Lipoic Acid 200 mg

Product code: **2500** Price: **£29.27** (NET)
Packaging: Postal pack of 60 capsules
Recommended daily dose, 1 serving taken with a meal.
Serving size: 1 capsule, Servings per container: 60
Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
α-Lipoic acid	200 mg	†	†

† Percent Daily Reference Intakes (RI) not established.
INGREDIENTS: α-Lipoic acid, Vegetable capsule (Hydroxypropyl methylcellulose), Microcrystalline cellulose.
Suitable for vegans

B12 Folate

Product code: **2501** Price: **£9.97** (NET)
Packaging: Postal pack of 60 capsules
Recommended daily dose, 1 serving taken with a meal.
Serving size: 1 capsule, Servings per container: 60
Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Folic acid	800 µg	400%*	200%*
Vitamin B12 (as Methylcobalamin)	800 µg	32,000%*	13333%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.
INGREDIENTS:

Suitable for vegans

Betaine

Product code: **2939** Price: **£8.64** (NET)
Packaging: Postal pack of 90 capsules
Recommended daily dose, 1 serving taken with a meal.
Serving size: 1 capsule, Servings per container: 90
Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Betaine	500 mg	†	†

† Percent Daily Reference Intakes (RI) not established.
INGREDIENTS: Betaine citrate, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Biotin

Product code: **1899** Price: **£20.33** (NET)
Packaging: Postal pack of 60 capsules
Recommended daily dose, 1 serving taken with a meal.
Serving size: 1 capsule, Servings per container: 60
Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Biotin	8 mg	16,000%*	2666%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.
INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), D-Biotin.

Suitable for vegans

CH2H4 Folate (Methylene Tetrahydro Folate Factors)

Product code: **2032** Price: **£17.68** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken after a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Serine	210 mg	†	†
Zinc (from Zinc picolinate)	15 mg	150%*	100%*
Vitamin B6 (from Pyridoxal 5'-Phosphate)	12 mg	857%*	600%*
Niacin (as NADH)	2 mg	13%*	10%*
Folic acid	400 µg	200%*	100%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Serine, Microcrystalline cellulose, Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Zinc picolinate, Pyridoxal 5'-Phosphate, Nicotinamide adenine dinucleotide reduced, Folic acid.

Suitable for vegans

Choline

Product code: **2006** Price: **£14.62** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Choline (from Choline bitartrate)	220 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Choline bitartrate, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Co-Enzyme Q10 120 mg

Product code: **2608** Price: **£27.72** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Co-Enzyme Q10	120 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Microcrystalline cellulose, Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Co-Enzyme Q10.

Suitable for vegans

Co-Enzyme Q10 30 mg

Product code: **1883** Price: **£14.18** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Co-Enzyme Q10	30 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Microcrystalline cellulose, Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Co-Enzyme Q10.

Suitable for vegans

Co-Enzyme Q10 60 mg

Product code: **2508** Price: **£18.47** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Co-Enzyme Q10	60 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Microcrystalline cellulose, Delayed release vegetable capsule (Hydroxypropyl methylcellulose, Gellan gum), Co-Enzyme Q10.

Suitable for vegans

CoA Factors

Product code: **2706** Price: **£11.18** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Magnesium (from Magnesium citrate)	35 mg	9%*	8%*
Adenosine triphosphate	20 mg	†	†
L-Cysteine (from L-Cysteine HCl monohydrate)	20 mg	†	†
Pantothenic acid (from D-Calcium pantothenate)	10 mg	167%*	100%*
Vitamin B6 (from Pyridoxal 5'-Phosphate)	10 mg	714%*	500%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Magnesium citrate, Vegetable capsule (Hydroxypropyl methylcellulose), L-Cysteine HCl monohydrate, Adenosine triphosphate, Pyridoxal 5'-Phosphate, D-Calcium pantothenate.

Suitable for vegans

DMG (Di-Methylglycine)

Product code: **3245** Price: **£7.18** (NET)

Packaging: Postal pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Di-Methylglycine	140 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Di-Methylglycine HCl, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

DMG (Dimethylglycine) 100ml

Product code: **2281** Price: **£12.17** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving in water or juice with breakfast.

in water or juice with breakfast.

Serving size: 10 drops, Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Dimethylglycine	125 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Distilled water, Dimethylglycine HCl.

FAD Factors

Product code: **2490** Price: **£13.65** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Adenosine triphosphate	20 mg	†	†
Magnesium (from Magnesium citrate)	20 mg	5%*	5%*
Riboflavin (from Riboflavin 5'-Phosphate)	18.3 mg	1,307%*	1076%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Magnesium citrate, Vegetable capsule (Hydroxypropyl methylcellulose), Riboflavin 5'-Phosphate, Adenosine triphosphate.

Suitable for vegans

FADH2 Factors

Product code: **2491** Price: **£14.56** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Adenosine triphosphate	20 mg	†	†
Magnesium (from Magnesium citrate)	20 mg	5%*	5%*
MSM (Methylsulphonylmethane)	20 mg	†	†
Succinic acid	20 mg	†	†
Riboflavin (from Riboflavin 5'-Phosphate)	18.3 mg	1,307%*	1076%*
Iron (from Ferrous citrate)	1 mg	7%*	5%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Magnesium citrate, Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Riboflavin 5'-Phosphate, Adenosine triphosphate, Methylsulphonylmethane, Succinic acid, Ferrous citrate.

Suitable for vegans

Folic Acid 100ml

Product code: **461** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving in water or juice with breakfast.

Serving size: 2 drops, Servings per container: 666

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Folic acid	200µg	100%*	50%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Potassium bicarbonate, Folic acid.

Folic Acid

Product code: **3244** Price: **£6.87** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Folic acid	1 mg	500%*	250%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Folic acid.

Suitable for vegans

Folinic Acid

Product code: **2098** Price: **£12.14** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Folinic acid	800 µg	400%*	200%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Folinic acid.

Suitable for vegans

H4 Biotpterin Factors

Product code: **1981** Price: **£16.89** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
D-Aspartic acid	70 mg	†	†
L-Glutamine	70 mg	†	†
L-Glycine	70 mg	†	†
Magnesium (from Magnesium citrate)	10 mg	3%*	2%*
Zinc (from Zinc citrate)	7.2 mg	72%*	48%*
Vitamin B6 (from Pyridoxal 5'-Phosphate)	5 mg	357%*	250%*
Adenosine triphosphate	3 mg	†	†
Manganese (from Manganese citrate)	1 mg	50%*	50%*
Niacin (as NADH)	1 mg	6%*	5%*
Folic acid (as 5-Methyltetrahydrofolate)	500 µg	250%*	125%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: D-Aspartic acid, L-Glutamine, L-Glycine, Magnesium citrate, Vegetable capsule (Hydroxypropyl methylcellulose), Zinc citrate, Pyridoxal 5'-Phosphate, Manganese citrate, Adenosine triphosphate, Nicotinamide adenine dinucleotide reduced, (6S)-5-Methyltetrahydrofolate glucosamine salt (Quatrefolic®±).

± Quatrefolic® is a registered trademark of Gnosis S.p.A.

Suitable for vegans

H4 Folate Factors

Product code: **2711** Price: **£11.94** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Magnesium (from Magnesium citrate)	30 mg	8%*	7%*
Malic acid	10 mg	†	†
Adenosine triphosphate	1 mg	†	†
Folic acid	1 mg	500%*	250%*
Manganese (from Manganese citrate)	1 mg	50%*	50%*
Niacin (as NADH)	1 mg	6%*	5%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Magnesium citrate, Vegetable capsule (Hydroxypropyl methylcellulose), DL-Malic acid, Manganese citrate, Nicotinamide adenine dinucleotide reduced, Adenosine triphosphate, Folic acid.

Suitable for vegans

Inositol

Product code: **3246** Price: **£8.75** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inositol	500 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Inositol, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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Mixed Tocopherol 30ml

Product code: **3336** Price: **£13.05** (NET)

Packaging: 30ml Miron glass bottle

Recommended daily dose, 1 serving with breakfast.

Serving size: 1 drop, Servings per container: 700

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin E (as Mixed tocopherols)	16 mg	133%*	107%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil), Cold pressed and pesticide free Evening primrose oil (*Oenothera biennis*), Cold pressed and pesticide free Sesame seed oil (*Sesamum indicum*).

ALLERGY ADVICE: Sesame

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NAD Factors

Product code: **3895** Price: **£12.97** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Adenosine triphosphate	10 mg	†	†
L-Glutamic acid	10 mg	†	†
Niacin (as NADH)	1 mg	6%*	5%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Microcrystalline cellulose, Adenosine triphosphate, L-Glutamic acid, Vegetable capsule (Hydroxypropyl methylcellulose), Nicotinamide adenine dinucleotide reduced.

Suitable for vegans

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NADH

Product code: **2700** Price: **£12.97** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Niacin (as NADH)	1 mg	6%*	5%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Nicotinamide adenine dinucleotide reduced.

Suitable for vegans

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NADP Factors

Product code: **2283** Price: **£17.08** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Magnesium (from Magnesium citrate, Magnesium phosphate and Magnesium sulphate)	28 mg	7%*	
Adenosine triphosphate	10 mg	†	†
L-Glutamic acid	10 mg	†	†
Niacin (as NADH)	1 mg	6%*	5%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Magnesium citrate, Magnesium phosphate, Magnesium sulphate, Vegetable capsule (Hydroxypropyl methylcellulose), Adenosine triphosphate, L-Glutamic acid, Nicotinamide adenine dinucleotide reduced.

Suitable for vegans

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NADPH Factors

Product code: **2120** Price: **£17.08** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Magnesium (from Magnesium phosphate, Magnesium sulphate and Magnesium citrate)	45 mg	12%*	11%*
Malic acid	10 mg	†	†
Adenosine triphosphate	1 mg	†	†
Manganese (from Manganese citrate)	1 mg	50%*	50%*
Niacin (as NADH)	1 mg	6%*	5%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Magnesium phosphate, Magnesium sulphate, Magnesium citrate, Vegetable capsule (Hydroxypropyl methylcellulose), DL-Malic acid, Manganese citrate, Nicotinamide adenine dinucleotide reduced, Adenosine triphosphate.

Suitable for vegans

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Niacinamide

Product code: **1996** Price: **£14.94** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Niacin (as Niacinamide)	500 mg	3,125%*	2500%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Niacinamide, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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P5P 50 (Pyridoxal 5'-Phosphate) 120 caps

Product code: **3922** Price: **£22.31** (NET)

Packaging: Postal Pack of 120 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 120

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Vitamin B6 (from 50 mg Pyridoxal 5'-Phosphate)	30 mg	2,143%*	1,500%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Pyridoxal 5'-Phosphate, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

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P5P 50 (Pyridoxal 5'-Phosphate)

Product code: **2516** Price: **£12.17** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin B6 (from 50 mg Pyridoxal 5'-Phosphate)	30 mg	2,143%*	1,500%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Pyridoxal 5'-Phosphate, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Pantothenic Acid

Product code: **2517** Price: **£15.30** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Pantothenic acid (from Calcium D-Pantothenate)	250 mg	4,166%*	2500%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Calcium D-Pantothenate, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Pyridoxine

Product code: **2764** Price: **£9.73** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin B6 (as Pyridoxine HCl)	25 mg	1,786%*	1250%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Pyridoxine HCl.

Suitable for vegans

Riboflavin 5'-Phosphate

Product code: **2730** Price: **£11.66** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Riboflavin (from Riboflavin 5'-Phosphate)	18.3 mg	1,307%*	1076%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Riboflavin 5'-Phosphate.

Suitable for vegans

SAMe 100ml

Product code: **3349** Price: **£10.56** (NET)

Packaging: 100ml Miron glass bottle

Recommended daily dose, 1 serving in water or juice with breakfast.

Serving size: 10 drops Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
SAMe (S-Adenosyl-L-Methionine)	7.5 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Distilled water, S-Adenosyl-L-Methionine, Succinic acid.

Smart C Complex

Product code: **1886** Price: **£18.95** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin C (as Ascorbic acid)	250 mg	313%*	312%*
Beetroot juice	50 mg	†	†
Reishi mushroom	50 mg	†	†
Shiitake mushroom	50 mg	†	†
α-Lipoic acid	25 mg	†	†
Hesperidin	25 mg	†	†
Rutin	25 mg	†	†

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Ascorbic acid, Vegetable capsule (Hydroxypropyl methylcellulose), Beetroot juice (Beta vulgaris), Reishi mushroom fruiting body (Ganoderma lucidum), Shiitake mushroom fruiting body (Lentinula edodes), α-Lipoic acid, Hesperidin extract (Citrus medica), Rutin extract (Saphora japonica).

Suitable for vegans

Smart Folate

Product code: **2431** Price: **£10.80** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Kale	100 mg	†	†
Zinc (from Zinc ascorbate, Zinc picolinate and Zinc citrate)	15 mg	150%*	100%*
Folic acid	1 mg	500%*	250%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Pesticide free Kale leaf (Brassica oleracea var. acephala), Vegetable capsule (Hydroxypropyl methylcellulose), Zinc ascorbate, Zinc picolinate, Zinc citrate, Folic acid.

Suitable for vegans

Smart SAM Factors

Product code: **2094** Price: **£12.93** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
L-Methionine	200 mg	†	†
Rosemary	100 mg	†	†
Adenosine triphosphate	50 mg	†	†

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: L-Methionine, Pesticide free Rosemary leaf (Rosmarinus officinalis), Vegetable capsule (Hydroxypropyl methylcellulose), Adenosine triphosphate.

Suitable for vegans

Smart Vitamin A (Retinyl Palmitate) 30ml

Product code: **2240** Price: **£10.60** (NET)
 Packaging: 30ml Miron glass bottle
 Recommended daily dose, 1 serving with breakfast.
 Serving size: 1 drop, Servings per container: 800
 Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin A (from Retinyl palmitate)	800µg (2,666 IU)	100%*	89%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.
INGREDIENTS: Cold pressed and pesticide free Hemp seed oil (Cannabis sativa), Retinyl palmitate (Retinyl palmitate, Sunflower oil), Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

Smart Vitamin D3 (In Black Cumin Seed Oil) 30ml

Product code: **2207** Price: **£11.85** (NET)
 Packaging: 30ml Miron glass bottle
 Recommended daily dose, 1 serving with breakfast.
 Serving size: 1 drop, Servings per container: 800
 Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin D3 (Cholecalciferol)	25 µg (1,000 IU)	500%*	250%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.
INGREDIENTS: Cold pressed and pesticide free Black cumin seed oil (Nigella sativa), Vitamin D3 (Cholecalciferol) (Lanolin), Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

Smart Vitamin D3/K2 30ml

Product code: **2805** Price: **£20.44** (NET)
 Packaging: 30ml Miron glass bottle
 Recommended daily dose, 1 serving with breakfast.
 Serving size: 1 drop, Servings per container: 800
 Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin D3 (Cholecalciferol)	25µg (1,000 IU)	500%*	250%*
Vitamin K2 (as Menaquinone-7)	10µg	13%*	13%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.
INGREDIENTS: Cold pressed and pesticide free Black cumin seed oil (Nigella sativa), MenaquinGold® (Sunflower oil, Natural Vitamin K2 [MK-7]), Vitamin D3 (Cholecalciferol) (Lanolin), Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

Smart Vitamin E Oil 100ml

Product code: **2339** Price: **£23.16** (NET)
 Packaging: 100ml Miron glass bottle
 Recommended daily dose, 1 serving with breakfast.
 Serving size: 10 drops, Servings per container: 133
 Store in a refrigerator out of reach and sight of children. Once opened, consume within 3 months.

Ingredient	Amount per serving
Energy	3659 kJ—890 Kcal
Fat	98.9 g
of which saturates	10.8 g
mono-unsaturates	42.5 g
polyunsaturates	45.5 g
Carbohydrate	0 g
of which sugars	0 g
Protein	0 g
Salt	0 g

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.
INGREDIENTS: Cold pressed and pesticide free: Rapeseed oil (Brassica napus), Sesame seed oil (Sesamum indicum), Evening primrose seed oil (Oenothera biennis). Mixed tocopherols oil (Natural mixed tocopherols, Sunflower seed oil [Helianthus annuus]).

ALLERGY ADVICE: Sesame seed

Smart Vitamin K2 (Menaquinone-7) 30ml

Product code: **2790** Price: **£18.58** (NET)
 Packaging: 30ml Miron glass bottle
 Recommended daily dose, 1 serving with breakfast.
 Serving size: 10 drops, Servings per container: 80
 Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin K2 (as Menaquinone-7)	100 µg	133%*	83%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.
INGREDIENTS: Cold pressed and pesticide free Hemp seed oil (Cannabis sativa), MenaquinGold® (Natural Vitamin K2 [MK-7], Sunflower oil), Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

Thiamine

Product code: **3242** Price: **£5.98** (NET)
 Packaging: Postal Pack of 60 capsules
 Recommended daily dose, 1 serving taken with a meal.
 Serving size: 1 capsule, Servings per container: 60
 Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Thiamine	10 mg	909%*	667%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.
INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Thiamine HCl.

Suitable for vegans

Vitamin B1 (Thiamine) 100ml

Product code: **1287** Price: **£10.96** (NET)
 Packaging: 100ml Miron glass bottle (300ml pack available)
 Recommended daily dose, 1 serving in water or juice with breakfast.
 Serving size: 5 drops Servings per container: 266
 Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Thiamine	1.3mg	118%*	83%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.
INGREDIENTS: Distilled water, Citric acid, Thiamine HCl.

Thiamine Pyrophosphate Factors

Product code: **2685** Price: **£11.64** (NET)
 Packaging: Postal Pack of 60 capsules
 Recommended daily dose, 1 serving taken with a meal.
 Serving size: 1 capsule, Servings per container: 60
 Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Adenosine triphosphate	20 mg	†	†
Magnesium (from Magnesium citrate)	15 mg	4%*	3%*
Thiamine	5 mg	455%*	333%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.
 † Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Magnesium citrate, Vegetable capsule (Hydroxypropyl methylcellulose), Adenosine triphosphate, Thiamine HCl.

Suitable for vegans

Vitamin B Complex 100ml

Product code: **498** Price: **£18.49** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving in water or juice with breakfast.

Serving size: 10drops Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Inositol	12.5mg	†	†
Niacin (as Nicotinic acid)	12.5mg	78%*	63%*
Vitamin B6 (as Pyridoxine HCl)	12.5mg	893%*	625%*
Pantothenic acid (from Calcium pantothenate)	6.2mg	103%*	62%*
Choline	5mg	†	†
Thiamine	2.5mg	227%*	167%*
Riboflavin (from Riboflavin 5'-Phosphate)	2.1mg	150%*	124%*
Folic acid (as 5-Methyltetrahydrofolic acid)	200µg	100%*	50%*
Vitamin B12 (as Hydroxycobalamin)	67µg	2680%*	1117%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Distilled water, Choline chloride, Inositol, Nicotinic acid, Pyridoxine HCl, Citric acid, Calcium pantothenate, Riboflavin 5'-Phosphate, Thiamine HCl, (6S)-5-Methyltetrahydrofolic acid glucosamine salt (Quatrefolic®±), Hydroxycobalamin.

Vitamin B Complex

Product code: **1900** Price: **£23.59** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Nutritional yeast	250 mg	†	†
Inositol	56 mg	†	†
Niacin (as Niacinamide)	33 mg	206%*	165%*
Choline (from Choline bitartrate)	22.4 mg	†	†
Vitamin B6 (from Pyridoxal 5'-Phosphate)	12 mg	857%*	600%*
Adenosine triphosphate	11 mg	†	†
Pantothenic acid (from Calcium D-Pantothenate)	11 mg	183%*	110%*
Magnesium (from Magnesium citrate)	9 mg	2%*	2.3%*
Zinc (from Zinc sulphate)	9 mg	90%*	60%*
Thiamine	6 mg	545%*	400%*
Riboflavin	1.8 mg	129%*	106%*
Folic acid (as 5-Methyltetrahydrofolate)	450 µg	225%*	112%*
Vitamin B12 (as Adenosylcobalamin & Methylcobalamin)	112 µg	4480%*	1867%*
Biotin	56 µg	112%*	19%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Nutritional yeast, Vegetable capsule (Hydroxypropyl methylcellulose), Magnesium citrate, Choline bitartrate, Inositol, Niacinamide, Zinc sulphate, Pyridoxal 5'-Phosphate, Calcium D-Pantothenate, Adenosine triphosphate, Thiamine HCl, Riboflavin, (6S)-5-Methyltetrahydrofolate glucosamine salt (Quatrefolic®±), Adenosylcobalamin, Methylcobalamin, D-Biotin.

ALLERGY ADVICE: Nutritional yeast (Sulphur, Dioxide, wheat and barley gluten).

± Quatrefolic® is a registered trademark of Gnosis S.p.A.

Suitable for vegans

Vitamin B1 (Thiamine) 100ml

Product code: **437** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving in water or juice with breakfast.

Serving size: 5 drops Servings per container: 266

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Thiamine	1.3mg	118%*	83%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Citric acid, Thiamine HCl.

Vitamin B12

(Adenosylcobalamin/Methylcobalamin) 100ml

Product code: **1559** Price: **£16.39** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving in water or juice with breakfast.

Serving size: 1 drop Servings per container: 1330

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin B12 (as Adenosylcobalamin & Methylcobalamin)	67µg	2680%*	1117%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Adenosylcobalamin, Methylcobalamin.

Vitamin B12(Adenosylcobalamin + Methylcobalamin)

Product code: **3679** Price: **£10.56** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin B12 (as Adenosylcobalamin & Methylcobalamin)	1 mg	40,000%*	16,667%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Adenosylcobalamin, Methylcobalamin.

Suitable for vegans

Vitamin B12 (Adenosylcobalamin) 100ml

Product code: **488** Price: **£16.39** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving in water or juice with breakfast.

Serving size: 1 drop Servings per container: 1330

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin B12 (as Adenosylcobalamin)	67µg	2680%*	1117%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Adenosylcobalamin.

Vitamin B12(Adenosylcobalamin)

Product code: **2499** Price: **£10.56** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin B12 (as Adenosylcobalamin)	1 mg	40,000%*	16,667%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Adenosylcobalamin.

Suitable for vegans

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Vitamin B12 (Hydroxycobalamin) 100ml

Product code: **433** Price: **£16.39** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving in water or juice with breakfast.

Serving size: 1 drop Servings per container: 1330

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin B12 (as Hydroxycobalamin)	67µg	2680%*	1117%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Citric acid, Hydroxycobalamin.

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Vitamin B12(Hydroxycobalamin)

Product code: **3091** Price: **£10.56** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin B12 (as Hydroxycobalamin)	1 mg	40,000%*	16,667%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Hydroxycobalamin.

Suitable for vegans

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Vitamin B12 (Methylcobalamin) 100ml

Product code: **491** Price: **£13.81** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving in water or juice with breakfast.

Serving size: 1 drop Servings per container: 1330

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin B12 (as Methylcobalamin)	67µg	2680%*	1117%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Methylcobalamin.

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Vitamin B12 (Methylcobalamin)

Product code: **2514** Price: **£10.56** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin B12 (as Methylcobalamin)	1 mg	40,000%*	16,667%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Methylcobalamin.

Suitable for vegans

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Vitamin B2 (Riboflavin 5'-Phosphate) 100ml

Product code: **459** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving in water or juice with breakfast.

Serving size: 10 drops Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Riboflavin (from Riboflavin 5'-Phosphate)	2.3mg	164%*	182%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Riboflavin 5'-Phosphate.

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Vitamin B3 (Niacin) 100ml

Product code: **430** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving in water or juice with breakfast.

Serving size: 10 drops Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Niacin (as Nicotinic acid)	12.5mg	164%*	78%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Nicotinic acid, Citric acid.

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Vitamin B5 (Pantothenic Acid) 100ml

Product code: **460** Price: **£13.81** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving in water or juice with breakfast.

Serving size: 10 drops Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Pantothenic acid (from Calcium D-Pantothenate)	6.2 mg	103%*	62%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Calcium D-Pantothenate.

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Vitamin B6 (Pyridoxal 5'-Phosphate) 100ml

Product code: **499** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving in water or juice with breakfast.

Serving size: 10 drops Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin B6 (from Pyridoxal 5'-Phosphate)	2.3mg	164%*	115%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Potassium bicarbonate, Pyridoxal 5'-Phosphate.

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Vitamin B6 (Pyridoxine) 100ml

Product code: **439** Price: **£10.96** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving in water or juice with breakfast.

Serving size: 1 drop Servings per container: 1333

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin B6 (as Pyridoxine HCl)	1.2mg	86%*	60%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Pyridoxine HCl, Citric acid.

Vitamin C (Ascorbic acid) 50g

Product code: **935** Price: **£13.15** (NET)

Packaging: Miron glass jar (50g)

Recommended daily dose, one level scoop. Put the powder into a glass, add 100ml of water and stir until dissolved. Drink with a meal.

Serving size: 1 level scoop (500mg) Servings per container: 100

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI
Vitamin C (as Ascorbic acid)	500mg	625%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Ascorbic acid.

Vitamin C + α-Lipoic Acid

Product code: **1903** Price: **£16.99** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin C (as Ascorbic acid)	540 mg	675%*	675%*
α-Lipoic acid	60 mg	†	†

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

† Percent Daily Reference Intakes (RI) not established.

INGREDIENTS: Ascorbic acid, α-Lipoic acid, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Vitamin C

Product code: **1904** Price: **£8.86** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin C (as Ascorbic acid)	600 mg	750%*	750%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Ascorbic acid, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Vitamin D2 5000 IU

Product code: **3633** Price: **£11.04** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI
Vitamin D2 (Ergocalciferol)	125 µg (5,000 IU)	2,500%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Vitamin D2, Vegetable capsule (Hydroxypropyl methylcellulose).

Suitable for vegans

Vitamin D3 5000 IU

Product code: **2523** Price: **£13.11** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI
Vitamin D3 (Cholecalciferol)	125 µg (5,000 IU)	2,500%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Vitamin D3 (Cholecalciferol) (Lanolin), Vegetable capsule (Hydroxypropyl methylcellulose).

Vitamin D3 (In Evening Primrose Oil) 30ml

Product code: **3302** Price: **£11.85** (NET)

Packaging: 30ml Miron glass bottle

Recommended daily dose, 1 serving with breakfast.

Serving size: 1 drop, Servings per container: 800

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI
Vitamin D3 (Cholecalciferol)	25 µg (1,000 IU)	500%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Cold pressed and pesticide free Evening primrose oil (Oenothera biennis), Vitamin D3 (Cholecalciferol) (Lanolin), Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

Vitamin D3 (In Hemp Seed Oil) 100ml

Product code: **916** Price: **£11.41** (NET)

Packaging: 100ml Miron glass bottle

Recommended daily dose, 1 serving in water or juice with breakfast.

Serving size: 2 drops Servings per container: 1100

Store in a refrigerator out of reach and sight of children. Once opened, consume within 3 months.

Ingredient	Amount per serving	RI	%DV
Vitamin D3 (Cholecalciferol)	5 µg (200 IU)	100%*	50%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Cold pressed and pesticide free Hemp seed oil (Cannabis sativa), Vitamin D3 (Cholecalciferol) (Lanolin), Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil).

Vitamin E

Product code: **2270** Price: **£16.96** (NET)

Packaging: Postal Pack of 60 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 60

Store in a cool dry place out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin E (as D-alpha tocopherol)	268 mg (400 IU)	2,233%*	1,787%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: D-alpha tocopherol concentrate, Softgel capsule (Gelatine, Glycerol, Water), Wheat germ oil (Triticum vulgare).

ALLERGY ADVICE: Wheat

Vitamin K2 (Menaquinone-7)

Product code: **2763** Price: **£13.01** (NET)

Packaging: Postal Pack of 90 capsules

Recommended daily dose, 1 serving taken with a meal.

Serving size: 1 capsule, Servings per container: 90

Store in a cool dry place out of reach and sight of children. Once opened, consume within 9 months.

Ingredient	Amount per serving	RI	%DV
Vitamin K2 (as Menaquinone-7)	100 µg	133%*	

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Microcrystalline cellulose, Vegetable capsule (Hydroxypropyl methylcellulose), Vitamin K2 MK-7.

Suitable for vegans

NADH 100ml

Product code: **1042** Price: **£16.71** (NET)

Packaging: 100ml Miron glass bottle (300ml pack available)

Recommended daily dose, 1 serving in water or juice with breakfast.

Serving size: 10 drops Servings per container: 133

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Niacin (as NADH)	1mg	6.3%*	5%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Distilled water, Nicotinamide adenine dinucleotide reduced.

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Vitamins ADE 30ml

Product code: **3388** Price: **£12.93** (NET)

Packaging: 30ml Miron glass bottle

Recommended daily dose, 1 serving with breakfast.

Serving size: 10 drops, Servings per container: 80

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin A (from Retinyl palmitate)	800 µg (2,666 IU)	100%*	89%*
Vitamin D3 (as Cholecalciferol)	50 µg (2,000 IU)	1,000%*	250%*
Vitamin E (as Mixed tocopherols)	16 mg	133%*	107%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Cold pressed and pesticide free: Evening primrose seed oil (Oenothera biennis), Sesame seed oil (Sesamum indicum). Natural Mixed tocopherols oil, Retinyl palmitate oil, Vitamin D3 oil (Cholecalciferol) (Lanolin).

ALLERGY ADVICE: Sesame seed

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Vitamins AEK 30ml

Product code: **3389** Price: **£19.59** (NET)

Packaging: 30ml Miron glass bottle

Recommended daily dose, 1 serving with breakfast.

Serving size: 10 drops, Servings per container: 80

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin A (from Retinyl palmitate)	800 µg (2,666 IU)	100%*	89%*
Vitamin E (as Mixed tocopherols)	16 mg	133%*	107%*
Vitamin K2 (as Menaquinone-7)	100 µg	133%*	83%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Cold pressed and pesticide free: Evening primrose seed oil (Oenothera biennis), Sesame seed oil (Sesamum indicum). MenaquinGold® (Natural Vitamin K2 [MK-7]), Natural Mixed tocopherols oil, Retinyl palmitate oil.

ALLERGY ADVICE: Sesame seed

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Vitamins DEK 30ml

Product code: **3390** Price: **£19.56** (NET)

Packaging: 30ml Miron glass bottle

Recommended daily dose, 1 serving with breakfast.

Serving size: 10 drops, Servings per container: 80

Store in a refrigerator out of reach and sight of children. Once opened, consume within 6 months.

Ingredient	Amount per serving	RI	%DV
Vitamin D3 (as Cholecalciferol)	50µg (2,000 IU)	1,000%*	250%*
Vitamin E (as Mixed tocopherols)	16 mg	133%*	107%*
Vitamin K2 (as Menaquinone-7)	100 µg	133%*	83%*

* Percent Daily Reference Intakes (RI) are based on a 2,000 calorie diet.

INGREDIENTS: Cold pressed and pesticide free Evening primrose oil (Oenothera biennis), Cold pressed and pesticide free Sesame seed oil (Sesamum indicum), MenaquinGold® (Natural Vitamin K2 [MK-7], Sunflower oil), Mixed tocopherols oil (Natural mixed tocopherols, Sunflower oil), Vitamin D3 oil (Cholecalciferol) (Lanolin).

ALLERGY ADVICE: Sesame seed

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5-MTHF	41	Choline	42
5-MTHF 100ml	41	Chromium Picolinate.....	20
Acetyl Carnitine SA	2	Cinnamon.....	15, 18
Acetyl L-Carnitine + α -Lipoic Acid	2	Citrulline SA.....	3
Acetyl L-Carnitine, α -Lipoic Acid & NADH.....	2	Clove	15, 18
Adrenal Support.....	35	Clove 100ml	15
Alanine SA.....	2	CoA Factors	42
Alkaline Minerals	1, 19	Coconut Oil	31
Allclear	35	Co-Enzyme Q10 100ml.....	31
Amylase DR	7	Co-Enzyme Q10 120 mg.....	42
AP Formula	35	Co-Enzyme Q10 30 mg.....	42
Arginine SA.....	2	Co-Enzyme Q10 60 mg.....	42
Artemisia Annua	14	Collagen Factors Formula.....	36
Artemisia Annua 100ml	14	Colloidal Copper 200ml.....	20
Asparagine SA	2	Colloidal Iron 200ml	20
Aspartic Acid SA	3	Colloidal Magnesium 200ml.....	20
Astragalus 100ml	14	Colloidal Silver 200ml.....	20
B12 Folate.....	41	Colloidal Zinc 200ml	20
Bacillus Subtilis	8	Copper Citrate.....	20
Bacillus Subtilis 15gm.....	8	Copper SA.....	20
BCAA	3	Coriander Herb.....	15
Beetroot.....	14, 29, 30, 38, 39, 45	Coriander Herb 100ml.....	15
Betaine.....	7, 41	Coriander Spice	15
Betaine HCl	7	Coriander Spice 100ml.....	15
Betaine HCl + Pepsin.....	7	Cysteine SA.....	3
Bifidobacterium Animalis Lactis.....	8	Detox Formula	36
Bifidobacterium Animalis Lactis 15gm.....	8	DHA	31, 32, 33, 34
Bifidobacterium Bifidum.....	8	Digestive Enzymes.....	7
Bifidobacterium Bifidum 15gm.....	8	DMG (Di-Methylglycine)	42
Bifidobacterium Breve	9	DMG (Dimethylglycine) 100ml.....	42
Bifidobacterium Breve 15gm	9	Echinacea 100ml	15
Bifidobacterium Infantis	9	Elastin Formula	36
Bifidobacterium Infantis 15gm	9	Epicardio-Calm	26
Bifidobacterium Lactis	9	Epicardio-Flow	26
Bifidobacterium Lactis 15gm	9	Epicardio-Forte	27
Bifidobacterium Longum	9	Epithalamin Factors	3
Bifidobacterium Longum 15gm	9	Evening Primrose Oil 100ml.....	31
Bilberry	35, 36, 39	FAD Factors	43
Biotin.....	27, 28, 30, 41, 47	FADH2 Factors.....	43
Black Cumin	14, 31	Flaxseed Oil	32
Black Cumin Seed Oil 100ml	31	Folic Acid.....	43
Black Walnut.....	14	Folic Acid 100ml	43
Black Walnut 200ml	14	Folinic Acid	43
Bladderwrack (Fucose)	14	GAG Formula.....	36
Blue Spice Mix.....	15	Garlic.....	15, 35
Blue VEP (Vital Energy Protector) 100ml spray	35	Ginger.....	16, 17, 18, 38
Blue Vitamin and Mineral Complex 100ml	26	Ginger 100ml.....	16
Blue Wonder Oil 250ml.....	26	Glucosamine HCl	37
Bone Formula.....	36	Glucosamine Sulphate	37
Bone Maintenance Formula (190 g)	35	Glucosamine, Chondroitin & MSM	37
Borage Oil 100ml	31	Glutamic Acid SA.....	3
Boron 100ml	19	Glutamine SA	3
Bromelain.....	36, 37, 39	Glutathione & Ribose.....	4
Calcium & Magnesium Citrate	19	Glutathione Reduced SA	4
Calcium Citrate	19	Glycine SA	4
Calcium Fluoride 100ml	19	Golden Seal Root 100ml.....	16
Calcium SA	19	Grape Seed Oil 250ml	32
Carnitine SA	3	Green Spice	16
CBS Formula.....	26	Green VEP (Vital Energy Protector) 100ml spray.....	37
CH2H4 Folate (Methylene Tetrahydro Folate Factors).....	42	Green Vitamin and Mineral Complex 100ml.....	27
Chlorella.....	15	Green Wonder Oil 250ml	27

H4 Biotpterin Factors	43	Milk Thistle 100ml.....	16
H4 Folate Factors	43	Mixed Tocopherol 30ml	44
Hemp Seed Oil 250ml	32	Molybdenum.....	22, 27, 28, 29, 30, 36
Hesperidin Plus	37	Molybdenum 100ml.....	22
Histidine SA.....	4	MSM.....	22, 30, 43
Horseradish.....	16, 35	Multiple V&M for Children	28
Immune WHY 600.....	37	Multiple Vitamin & Mineral	28
Indole-3-Carbinol	37	Multiple Vitamin & Mineral without Copper & Iron.....	28
Inositol	27, 28, 29, 30, 44, 47	N. Acetyl Cysteine SA	5
Inulin (Jerusaalem Artichoke)	7	N. Acetylglucosamine.....	38
Iodides 5ml	20	NAD Factors	44
Iodine & Tyrosine.....	37	NADH.....	29, 36, 38, 42, 43, 44, 50
Iron Phosphate 100ml	20	NADH 100ml.....	50
Iron SA.....	20	NADP Factors	44
Iron Sulphate 100ml	20	NADPH Factors.....	44
Iron-C	21	Nettle 100ml	17
Isoleucine SA.....	4	Niacinamide	26, 27, 28, 36, 39, 44, 47
Lactase DR.....	7	Nitric Oxide Formula	38
Lactobacillus Acidophilus.....	10	Nutrient Phase 1+2	29
Lactobacillus Acidophilus 15gm	10	Olive Leaf 100ml	17
Lactobacillus Brevis.....	10	Omega 3-6-9	32
Lactobacillus Brevis 15gm.....	10	Oregano 100ml	17
Lactobacillus Bulgaricus	10	Ornithine SA.....	5
Lactobacillus Bulgaricus 15gm	10	P5P 50 (Pyridoxal 5'-Phosphate).....	45
Lactobacillus Casei	10	P5P 50 (Pyridoxal 5'-Phosphate) 120 caps.....	44
Lactobacillus Casei 15gm	10	Pantothenic Acid	45
Lactobacillus Gasseri.....	11	Paprika	15, 17, 39
Lactobacillus Gasseri 15gm.....	11	Pau D'Arco 100ml.....	17
Lactobacillus Paracasei	11	Peppermint	17, 37
Lactobacillus Paracasei 15gm	11	Phenylalanine SA.....	5
Lactobacillus Pentosus.....	11	Phosphatidyl choline.....	32
Lactobacillus Pentosus 15gm.....	11	Potassium & Magnesium Citrate	22
Lactobacillus Plantarum.....	11	Potassium Ascorbate	22
Lactobacillus Plantarum 15gm.....	11	Potassium Citrate.....	22
Lactobacillus Reuteri.....	12	Proline SA.....	5
Lactobacillus Reuteri 15gm.....	12	Protease DR.....	7
Lactobacillus Rhamnosus.....	12	Psyllium Husk	7
Lactobacillus Rhamnosus 15gm	12	Pumpkin Seed Oil 250ml	33
Lactobacillus Salivarius	12	Pyridoxine	28, 45, 47, 49
Lactobacillus Salivarius 15gm	12	Quercetin	38
Lactococcus Lactis.....	12	Red Spice Mix.....	17
Lactococcus Lactis 15gm	12	Red VEP (Vital Energy Protector) 100ml spray.....	39
Lemon Balm	16	Red Vitamin and Mineral Complex 100ml	29
Lemon Balm 100ml	16	Red Wonder Oil 250ml.....	29
Leucine SA.....	4	Riboflavin 5'-Phosphate	27, 28, 29, 43, 45, 47, 48
Leukotrienes Formula	38	Rosemary 100ml	17
Lipase DR.....	7	Saccharomyces Boulardii	13
Lutein	38, 39, 40	Saccharomyces Boulardii 15gm	13
Lycine SA.....	4	SAMe 100ml.....	45
Mace	16, 17, 18	Sea Vegetable	17
Magnesium 100ml	21	Sea Vegetable 100ml	17
Magnesium Ascorbate	21	Selenium (Phosphate).....	22
Magnesium Chloride 100ml.....	21	Selenium 100ml	23
Magnesium Citrate	21	Selenium Methionine.....	23
Magnesium Phosphate 100ml	21	Serine SA	5
Magnesium SA	21	Sesame Seed Oil 250ml.....	33
Manganese Citrate.....	21	SIBO Formula	39
Manganese SA	22	Silica	23, 27, 36
Mannose	38	Silver 100ml	23
Marjoram Herb 100ml	16	Silver(without Citric acid) 100ml.....	23
Mastic Gum.....	38	Smart 5HTP	39
Methionine SA	4	Smart Adrenal Tissue Extract	39
Milk Thistle	16, 17	Smart AH Formula.....	39

Smart Blue Complex	30
Smart C Complex.....	45
Smart Calcium.....	23
Smart Eyes	1, 39
Smart Folate.....	45
Smart Green Complex.....	30
Smart Homocysteine Complex	39
Smart Iodides 100ml.....	23
Smart Lutein.....	40
Smart Magnesium.....	23
Smart Oil 250ml	33
Smart Potassium	23
Smart Probiotic	13
Smart Red Complex	30
Smart SAM Factors	45
Smart Thinking Oil 250ml.....	33
Smart Turmeric	18
Smart Vitamin A (Retinyl Palmitate) 30ml	46
Smart Vitamin D3 (In Black Cumin Seed Oil) 30ml.....	46
Smart Vitamin D3/K2 30ml	46
Smart Vitamin E Oil 100ml.....	46
Smart Vitamin K2 (Menaquinone-7) 30ml.....	46
Smart Zinc 15	24
Smart Zinc 30	24
Soy Lecithin	40
Spice Mix (45 g).....	18
Streptococcus Thermophilus	13
Streptococcus Thermophilus 15gm	13
Super 12 Probiotic	13
Super Omega 3	33, 34
Super Sea Buckthorn Seed Oil	34
Taurine SA.....	5
Thiamine	26, 28, 30, 35, 39, 46, 47
Thiamine Pyrophosphate Factors	46
Threonine SA.....	5
Triple Zinc	24
Tryptophan SA	5
Turmeric.....	14, 18, 29, 38, 39
Turmeric 100ml.....	18
Tyrosine SA	6
Valine SA	6
Vitamin B Complex.....	47
Vitamin B Complex 100ml.....	47
Vitamin B1 (Thiamine) 100ml	46, 47
Vitamin B12 (Adenosylcobalamin) 100ml.....	47

Vitamin B12 (Adenosylcobalamin/Methylcobalamin) 100ml ..	47
Vitamin B12 (Hydroxycobalamin) 100ml	48
Vitamin B12 (Methylcobalamin)	48
Vitamin B12 (Methylcobalamin) 100ml	48
Vitamin B12(Adenosylcobalamin + Methylcobalamin).....	47
Vitamin B12(Adenosylcobalamin).....	48
Vitamin B12(Hydroxycobalamin)	48
Vitamin B2 (Riboflavin 5'-Phosphate) 100ml	48
Vitamin B3 (Niacin) 100ml	48
Vitamin B5 (Pantothenic Acid) 100ml	48
Vitamin B6 (Pyridoxal 5'-Phosphate) 100ml	48
Vitamin B6 (Pyridoxine) 100ml	49
Vitamin C.....	49
Vitamin C (Ascorbic acid) 50g	49
Vitamin C + α -Lipoic Acid	49
Vitamin D2 5000 IU	49
Vitamin D3 (In Evening Primrose Oil) 30ml.....	49
Vitamin D3 (In Hemp Seed Oil) 100ml	49
Vitamin D3 5000 IU	49
Vitamin E.....	49
Vitamin K2 (Menaquinone-7).....	49
Vitamins ADE 30ml.....	50
Vitamins AEK 30ml	50
Vitamins DEK 30ml.....	50
Walnut Oil 250ml	34
Wheat Germ Oil	34
Wonder Oil 250ml.....	34
Wormwood	18, 35
Wormwood Combination	18
Yarrow.....	18
Yarrow 100ml.....	18
Yellow Dock 100ml.....	18
Zinc 100ml.....	24
Zinc Ascorbate.....	24
Zinc Chloride 100ml	24
Zinc Citrate 15	24
Zinc Citrate 30	24
Zinc Picolinate 15	24
Zinc Picolinate 30	25
Zinc SA 15	25
Zinc SA 30.....	25
Zinc Sulphate 100ml.....	25
Zinc Sulphate 15.....	25
α -Lipoic Acid 100 mg.....	41
α -Lipoic Acid 200 mg.....	41

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