

Product Support for Depression

FxMed Booklet

Based on the Treatment Strategies provided by
Rachel Arthur BHSc BNAT(Hons)
Exploring Depression Seminar 2017



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DYSGLYCAEMIA Support



GlucoFunction

– Supports healthy glucose metabolism.

A combination of key nutrients, antioxidants and herbal extracts designed to promote healthy glucose uptake and metabolism, microcirculation and pancreatic function.

- Chromium, Magnesium and Zinc – key nutrients involved in glucose transport, utilization and gluconeogenesis.
- Gymnema sylvestre – shown to promote healthy glucose uptake into the intestines, supports enzymes activity for glucose utilization and promotes healthy pancreatic beta cell function.
- Bitter melon – supports kidney health and healthy blood glucose metabolism.
- Cinnamon – promotes healthy glucose and lipid metabolism by supporting healthy receptor activity.
- Vitamin C and Alpha lipoic acid – antioxidant support and red blood cell and vascular health.
- Chromium supplementation has been shown to be most effective in reducing depressive symptoms for those individuals with pronounced carbohydrate craving and over-eating features which are present in 'atypical depression'.

Suggested use: 3 capsules daily, in divided doses, before meals .

Supplemental Facts

Amount Per Serving

three vegetarian capsules contain:

vitamin C (as ascorbic acid)	200 mg.
biotin	6 mg.
magnesium (as magnesium citrate)	150 mg.
zinc (as zinc citrate)	15 mg.
chromium (as chromium polynicotinate)	400 mcg.
vanadium (as bis-glycinato oxo vanadium (BGOV))	1.5 mg.
alpha lipoic acid	300 mg.
(thioctic acid)	
cinnamon (cinnamomum cassia) extract (dried bark)	250 mg.
gymnema (gymnema sylvestre) extract (leaf)	150 mg.
bitter melon (momordica charantia) extract (fruit)	225 mg.
other ingredients: vegetarian capsule (cellulose, water)	
3 capsules daily, in divided doses, before meals.	

INFLAMMATION Support



research nutrition

Curcutex

– Natural anti-inflammatory support.

- Curcutex delivers a highly absorbable form of curcumin, using soy-free proprietary Meriva® phytosome complex technology.
- Curcumin has been shown to significantly reduce oxidation, inflammation and pain, offering the potential to support a broad range of health conditions.
- Anti-inflammatory properties – supporting gut, skin, brain.
- Antioxidant properties – supporting vascular, mitochondria.
- May assist muscle recovery, reduce joint pain and stiffness.

Suggested use: Adults take 1-6 capsules daily.

Each Vegetarian Capsule Contains:
Meriva® Curcumin Phytosome... 500mg
Equivalent to Curcumin.....90mg

Excipients: Leucine, Colloidal Anhydrous Silica.

FOR PRACTITIONER DISPENSING ONLY

Directions for use:

Adults take 1-6 capsules daily or as prescribed by your healthcare practitioner.

If symptoms persist consult your healthcare practitioner.

Pack Size: 60 capsules | AUST-L: 279999



pure encapsulations

NAC 900mg

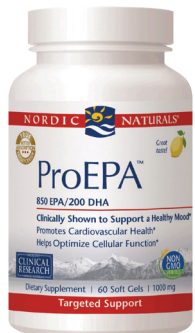
– Supports antioxidant defense.

N-Acetyl-L-Cysteine (NAC) provides cellular antioxidant and anti-inflammatory properties. NAC specifically promotes healthy lung tissue. NAC is a free radical scavenger that supports glutathione levels in tissues and may protect tissues from peroxidation generated by heavy metals.

- Supports cellular antioxidant defense system.
- Role in heavy metal detoxification.
- Promotes healthy lung tissue.
- Made with hypoallergenic ingredients.

Suggested use: 1-2 capsules daily, between meals.

Supplemental Facts	
Amount Per Serving	
each vegetarian capsule contains:	
n-acetyl-L-cysteine (free-form)	900 mg.
other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)	
If pregnant, consult your physician before taking this or any other product.	
1-2 capsules daily, between meals.	



NORDIC NATURALS

ProEPA

– High-intensity Omega-3 support.

Concentrated fish oil formula delivers 850 mg EPA & 200 mg DHA per serving for high-intensity omega-3 support. Research shows that EPA promotes cardiovascular health, joint mobility, supports immune function and gastrointestinal health.

- Promotes cardiovascular health.
- Clinically shown to support a healthy mood.
- Helps optimize cellular function.
- Delicious natural lemon flavour.
- Triglyceride form for better absorption of essential omega-3s.
- Supports the body's natural anti-inflammatory response.

Suggested use: 2 capsules daily.

Supplement Facts		
Serving Size: 2 Soft Gels		
Amount Per Serving	% Daily Value*	
Calories	20	
Calories from fat	20	
Total Fat	2.0 g	3%
Saturated Fat	0.2 g	1%
Trans Fat	0 g	†
Total Omega-3s	1210 mg	†
EPA (Eicosapentaenoic Acid)	850 mg	†
DHA (Docosahexaenoic Acid)	200 mg	†
Other Omega-3s	160 mg	†
* Percent Daily Values are based on a 2,000 calorie diet.		
† Daily Value not established.		
Less than 5 mg of Cholesterol per serving.		
Ingredients: purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, glycerin, water, natural lemon flavor), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).		
No gluten, milk derivatives, or artificial colors or flavors.		

METHYLATION Support



researchnutrition

Folinic Acid 500mcg

— *Activated, unmethylated form of folate.*

A pure and hypoallergenic source of metabolically active, unmethylated and therefore less stimulating form of folate. Provides a gentle and invaluable basis to folate supplementation for a broad range of clinical applications.

- Folinic acid readily converts to methylfolate without delivering excess external methyl groups.
- Folinic acid demonstrates greater metabolic activity than folic acid as a source of folate, with reduced potential for side effects.
- Plays an important role in supporting methylation reactions.
- Supports healthy cardiovascular function and improves vascular endothelial function.
- May support and cognitive function through healthy neurotransmitter production.

Suggested use: Adults take 1 capsule daily.

Each Vegetarian Capsule Contains:

Calcium Folate.....540 mcg
Equivalent to Folinic Acid.....500 mcg

Excipients: Tapioca Starch, Microcrystalline Cellulose, Leucine, Colloidal Anhydrous Silica.

Store below 25°C in a cool, dry, dark place.



researchnutrition

L-5MTHF 500mcg

— *Most bio-available form of folate.*

Directly facilitating methyl group donation in the body, L-5MTHF supports numerous metabolic processes for optimum healing, development, detoxification, mental health and wellbeing.

- Provides a methylated and metabolically active form of folate which plays an important role in supporting healthy methylation.
- Bypasses the biochemical steps normally required by other folates.
- Supports healthy homocysteine levels and vascular endothelial function.
- May support stress and cognitive function through healthy neurotransmitter production.

Suggested use: Adults take 1 capsule daily.

Each Vegetarian Capsule Contains:

Calcium L-5-methyltetrahydrofolate.....550 mcg
Equiv. Levomefolic acid (L-5MTHF)..... 500 mcg

Excipients: Leucine, Tapioca Starch, Microcrystalline Cellulose, Colloidal Anhydrous Silica.

Store below 25°C in a cool, dry, dark place.



ReadiSorb

Methyl B-12 Spray

— *Active form of Methylcobalamin.*

Vitamin B12 in the brain and central nervous system is only present as methylcobalamin, which is why methylcobalamin is the form of vitamin B12 that is called “neurologically active.” Your liver has to transform regular vitamin B12 (cyanocobalamin) into methylcobalamin. This is a liposomal complex. Liposomes surround the methylcobalamin to ensure bioavailability.

- Natural cherry flavour.
- One spray has 500 mcg of Methylcobalamin.
- Contains Stevia - A natural sweetener with an insignificant effect on blood glucose levels.

Suggested use: Shake, spray under tongue or on inside of cheek. Hold for 20 seconds and swallow. There are approximately 90 sprays per bottle.

Ingredients

One spray has 500 mcg of Methylcobalamin.

Vitamin B12 (Methylcobalamin)

Stevia - A natural sweetener with an insignificant effect on blood glucose levels.

Purified Water

Lecithin - The liposomes in ReadiSorb MethylB-12 Spray are derived from lecithin. The lecithin is an extract of soy oil, not protein.

Glycerin - Glycerin is used as a sweetener and preservative. It supports the stability of the liposomes and allows for the extended shelf life. Glycerin is a normal product of fat metabolism and is readily converted to glucose for metabolism.

Natural Cherry Flavour

Citric Acid - Citric acid is used as a flavoring and preservative.

Potassium Sorbate - A natural material used as a preservative to prevent yeast and mold growth. It is a form of sorbic acid, a naturally occurring fatty acid which is easily metabolized in the body.

METHYLATION Support cont...



researchnutrition

Methyl Fortify

– A balanced and synergistic blend of methylation supportive B vitamins.

Invaluable for delivering highly focused clinical methylation support, and the optimisation of cardiovascular, neurological and detoxification function.

- Provides the externally methylated forms of folate and vitamin B12.
- Activated forms of vitamin B2 and B6 provide crucial co-factor support for the proper metabolism of folate, B12 and methylation.
- Provides a therapeutic dose of choline for support of the alternate BHMT homocysteine methylation pathway.
- May help to support the maintenance of healthy homocysteine levels via remethylation of homocysteine back to methionine.

Suggested use: Adults take 1 capsule daily.

Each Vegetarian Capsule Contains:

Riboflavin-5-Phosphate sodium.....	31.7 mg
Equiv. to Riboflavin.....	25 mg
Pyridoxal-5-Phosphate.....	29.2 mg
Equiv. to Pyridoxine.....	20 mg
Calcium L-5-methyltetrahydrofolate.....	550 mcg
Equiv. Levomefolic acid (L-5MTHF).....	500 mcg
Methylcobalamin.....	1,000 mcg
Choline Dihydrogen Citrate.....	300 mg

Excipients: Leucine, Microcrystalline Cellulose, Tapioca Starch, Colloidal Anhydrous Silica.

Store below 25°C in a cool, dry, dark place.



Metabolic Maintenance

SAMe

– Supports mood and brain function.

SAMe is involved in numerous biochemical reactions in tissues including the liver, joints and brain and is also required for the biosynthesis of critical neurotransmitters and hormones. SAMe is very unstable and is most commonly coated with known endocrine disruptors. Metabolic Maintenance has avoided this by combining SAMe with calcium and magnesium, making small batches and is shelf-stable at room temperature.

- Reduced oxidative stress, improved GSH levels.
- Supports mood and brain function.
- Supports healthy serotonin levels in the brain.
- Supports liver function and joint health.

Suggested use: 1 to 2 capsules daily, between meals.

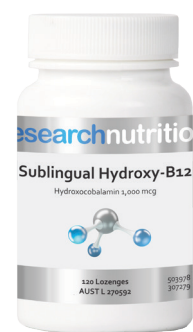
Supplement Facts

Serving Size: 1 capsule

Amount Per Capsule	% Daily Value
Calcium (as Calcium Citrate/Malate)	75 mg 8%
Magnesium (as Magnesium Citrate)	75 mg 19%
SAMe s-adenosyl-methionine-disulfate-tosylate	200 mg *

* Daily Value not established for this ingredient

Other ingredients: Vegetarian cellulose and gellan gum capsule, L-leucine.



researchnutrition

Sublingual Hydroxy B-12

– Supports methylation.

Pure and hypoallergenic form of vitamin B12, delivered in a stable, great-tasting, and highly-absorbable lozenge that won't over-stimulate even the most sensitive patients, when taken at appropriate doses, whilst effectively supporting clinically focused vitamin B12 needs.

- Readily absorbed, even when digestion is compromised.
- Converts to methylB12 in the body, without introducing external methyl groups.
- Supports the methylation cycle without over-stimulation.
- Supports healthy homocysteine levels and cardiovascular function.
- Vitamin B12 is required for the synthesis of myelin.
- Supports normal stress and cognitive function through healthy neurotransmitter production.

Suggested use: 1 to 8 lozengers daily.

Each Lozenge Contains:
Hydroxocobalamin.....1,000mcg

Excipients: Xylitol, Colloidal Anhydrous Silica.

Store below 25°C in a cool, dry, dark place.

Do not use if seal around cap is broken or missing.

MONOAMINE NEUROTRANSMITTERS Support



5-HTP CR 100mg – Serotonin Support.

5-hydroxytryptophan (5-HTP) is a precursor to serotonin. Supplementing with 5-HTP bypasses the somewhat limited conversion of tryptophan to 5-HTP. Oral 5-HTP is well-absorbed in the intestine without the need for a transporter; other amino acids do not compete with it for absorption.

- Supports healthy biosynthesis of serotonin.
- Supports healthy mood and positive outlook.
- Promotes a normal appetite and a restful sleep pattern.
- 5-HTP CR – controlled released tablet designed to naturally increase the body's level of serotonin quickly and steadily over a 12-hour period.

Suggested use: Take 1-2 tablets daily.

Serving Size: 1 Tablet		
	Amount Per Serving	%Daily Value
5-HTP (5-Hydroxytryptophan) (derived from <i>Griffonia simplicifolia</i>) (seed)	100 mg	**
** Daily Value not established.		
Other Ingredients: Cellulose, dibasic calcium phosphate, hypromellose, silica, stearic acid, magnesium stearate, methylcellulose, and glycerin.		
DIRECTIONS: Take one to two tablets daily, or the dose recommended by your health care practitioner.		
DOES NOT CONTAIN: Yeast, wheat, corn, milk, egg, soy, gluten, artificial colors or flavors, added sugar, starch, or preservatives.		
CAUTIONS: Consult your licensed health care practitioner prior to use if you have, or suspect you have, a medical condition or are taking prescription drugs including drugs for depression, migraine, Parkinson's disease, or psychiatric disorders. Do not use with other supplements containing L-tryptophan or 5-HTP or certain other dietary supplements, such as St. John's Wort, SAME, and Hawaiian Woodrose. To date, there are no reported cases of Serotonin Syndrome due to overdose of 5-HTP, despite the theoretical possibility. Keep out of reach of children. Do not use if you are, or suspect you are, pregnant or if you are lactating. Do not use if you are allergic to any ingredient.		
STORAGE: Keep tightly closed in a cool, dry place.		



L-Theanine – Supports calm and relaxation.

L-Theanine is a naturally occurring, amino acid found in green tea leaves. L-Theanine has shown to reduce stress by promoting relaxation without drowsiness, easing nervousness due to overwork and fatigue, and reducing nervous irritability.

- Supports nervous system health and function.
- Shown it may reduce systolic and diastolic blood pressure.
- Supports antioxidant and detoxification mechanisms.
- Increases levels of dopamine and improves mental awareness.
- Increases GABA and reduces restlessness, insomnia and other disrupted conditions.
- Increases alpha brain waves (meditative state).

Suggested use: Take 1-2 capsules twice daily.

Serving Size: 2 Capsules		
	Amount Per Serving	%Daily Value
L-Theanine (Suntheanine®)	400 mg	**
** Daily Value not established.		
Other Ingredients: HPMC (capsule), microcrystalline cellulose, stearic acid, magnesium stearate, silica, and medium-chain triglyceride oil.		
DIRECTIONS: Take one to two capsules twice daily, or as directed by your healthcare practitioner.		
Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.		
DOES NOT CONTAIN: Wheat, gluten, corn, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.		
STORAGE: Keep closed in a cool, dry place out of reach of children.		

NEUROENDOCRINE Support



L-Tyrosine

– Supporting cortisol balance.

L-Tyrosine is an amino acid precursor for synthesis of the neurotransmitters norepinephrine and dopamine. By improving the rate of neurotransmitter synthesis, L-tyrosine stimulates the central nervous system. It appears to function as an adaptogen by relieving physical symptoms of stress, such as mood swings. Chronically stressed individuals may not efficiently convert phenylalanine to L-tyrosine, making supplementation with L-tyrosine desirable.

- L-Tyrosine is also a powerful antioxidant, scavenging and neutralizing free radicals and inhibiting fat oxidation.
- Essential for neurotransmitter and thyroid hormone synthesis.
- Important nutrient for healthy adrenal and pituitary function (HPA Axis).
- Supports the thyroid gland.
- Promotes a positive mental state and healthy stress management.

Suggested use: 1 capsule three times daily.

Supplement Facts

Serving Size: One Capsule	
Servings Per Container: 90	
Each Capsule Contains:	% DV
L-Tyrosine	500 mg *
*Daily Value (DV) not established.	
Other Ingredients: Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.	



C-RLA

– Liposomal Vitamin C & R-Lipoic Acid.

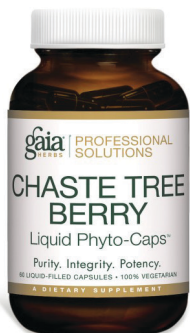
C-RLA™ offers a safe, efficacious delivery system of high dose Vitamin C and R-Lipoic Acid in one formulation.

- Each serving contains 1500mg of Vitamin C and 70mg of R-Lipoic Acid in a natural (GMO-free) liposomal preparation.
- Lipoic acid helps protect against oxidative stress generated by high glucose levels.
- The pure R-Lipoic Acid in C-RLA™ supports a healthy inflammatory response and is a potent free-radical scavenger.

Suggested use: Take 10ml (two teaspoons) once or twice per day, away from food.

Supplement Facts

Serving Size: 10 mL (two tsp)		
Servings per Bottle: 30		
	Amount Per Serving	% Daily Value
Vitamin C (as sodium ascorbate)	1500 mg	2500%
Sodium (as sodium ascorbate)	197 mg	8%
R-Lipoic Acid	70 mg	*
* Daily Value not established.		
OTHER INGREDIENTS: Purified water, GMO-free/ Soy-free phospholipids, glycerin, natural flavors, potassium sorbate.		



Chaste Tree Berry

– Progesterone support.

Provides support for normal menstrual cycle, and a healthy balance of normal levels of female hormones.

- Chaste Tree Berry has dopaminergic activity, has shown to improve the messaging from the brain to the ovaries to improve progesterone production.
- Provides support for a normal menstrual cycle.
- Support for the transition into menopause.

Suggested use: Adults take 2 capsules daily in the morning.

Supplement Facts

Daily Serving Size 2 Capsules	
Servings Per Container 30	
AMOUNT PER SERVING	
Calories 20	
Chaste Tree berry ▲ (<i>Vitex agnus-castus</i>) (3.0 mg† agnuside)	1,000mg†
†Daily Value not established.	
Other ingredients: Vegetable glycerin, capsule (vegetable cellulose)	
▲ = Certified Organic Ingredient	

NEUROENDOCRINE Support cont...



DIM Detox

– Supports detoxification.

DIM Detox promotes healthy cell cycle function and hormone metabolism to support the liver.

- Supports the liver's natural detoxification process and cellular health.
- Promotes healthy estrogen metabolism.
- Supports Phase II detoxification.
- Made from broccoli and other naturally-sourced ingredients.

Suggested use: 2 capsules daily with meals

Supplemental Facts

Amount Per Serving

two vegetarian capsules contain:	
BioResponse DIM®	100 mg
diindolylmethane complex	
(complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine and silica)	
(standardized to contain 25% diindolylmethane)	
calcium-D-glucarate	100 mg
broccoli	100 mg
(Brassica oleracea italica) sprout concentrate (whole plant)	
(standardized to contain a minimum of 400 mcg sulforaphane)	
HMRlignan™	10 mg
(contains 7-hydroxymatairesinol)	
alpha lipoic acid	200 mg
(thioctic acid)	
n-acetyl-L-cysteine (free-form)	200 mg
milk thistle (silybum marianum) extract (seed)	150 mg
(standardized to contain 80% silymarin)	
L-methionine (free-form)	200 mg
glycine (free-form)	100 mg
taurine (free-form)	100 mg
Contains soy (phosphatidylcholine)	
other ingredients: hypoallergenic plant fiber (cellulose), ascorbyl palmitate, silica, vegetarian capsule (cellulose, water)	
2 capsules daily, with meals.	



Magnesium Citrate

– Supporting cortisol balance.

Research Nutrition's Magnesium Citrate is a highly-absorbed citrate chelate form of magnesium. Magnesium is present in all cells of the body and is involved in over 300 enzymatic processes, including energy production.

- Magnesium may help maintain muscle and vascular function (including heart and lungs).
- May assist with muscular cramps of the legs (during pregnancy, nocturnal).
- Magnesium may assist in reducing migraine frequency.

Suggested Use: Adults take 1-4 capsules daily.

Each Capsule Contains:

Magnesium citrate.....866 mg
Equivalent to elemental Magnesium...140 mg

Excipients: Vegetarian Capsule.

FOR PRACTITIONER DISPENSING ONLY

Directions for use:

Adults take 1-4 capsules daily or as prescribed by your healthcare practitioner.

If symptoms persist consult your healthcare practitioner.

Vitamin and/or mineral supplements should not replace a balanced diet.



MenoVive

– Oestrogen support and menopause.

Ashwagandha, Rhodiola and Maca extracts are powerful adaptogens offering support for a positive mood and relaxation. Two randomised trials indicate Ashwagandha offers support for occasional stress and promotes healthy sleep, cognitive function and relaxation. MenoVive offers a unique combination of lignans, flavonoids and adaptogenic herbal extracts.

- Menopausal comfort, emotional well-being, sexual function.
- Cognitive function, and cardiovascular health for women throughout menopause.
- Recent research suggests that Rhodiola may act as a selective estrogen receptor modulator to support cognitive, cardiovascular and bone health.

Suggested use: 1 capsule twice daily with meals.

Supplemental Facts

Amount Per Serving

each vegetarian capsule contains:	
HMRlignan™ (containing 7-hydroxymatairesinol)	36 mg
(from Norway spruce knot wood)	
Lifeno® hop (Humulus lupulus L.) extract (female cone)	42.5 mg
(standardized to contain 0.15% 8-prenylnaringenin)	
ashwagandha (Withania somnifera) extract (root)	125 mg
(standardized to contain 2.5% withanolides)	
maca (Lepidium meyenii) extract (tuber)	250 mg
rhodiola (Rhodiola rosea) extract (root)	50 mg
(standardized to contain 3% total rosavins and 1% salidroside)	
grape (Vitis vinifera) extract (seed)	50 mg
(standardized to contain 92% polyphenols)	
resVida® resveratrol (as trans-resveratrol)	12.5 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	
1 capsule, twice daily, with meals.	

NEUROENDOCRINE Support cont...



researchnutrition

Pantothenic B5 500mg

– Cortisone support and energy metabolism.

Research Nutrition's Pantothenic B5 is a pure and hypoallergenic source of vitamin B5 for flexible dosing within focused clinical applications, such as optimising skin integrity and healing, adrenal health and stress resilience, healthy hormone and energy metabolism.

- Especially required for the production of cortisol and cortisone, and may be beneficial for supporting healthy adrenal function and the ability to adequately respond to stress.
- Essential for the production of certain neurotransmitters, such as acetylcholine and melatonin.
- 500mg capsule provides optimum dosing flexibility.

Suggested use: 1 to 6 capsules daily.

Each Vegetarian Capsule Contains:

Calcium Pantothenate.....545.85 mg
Equiv. to Pantothenic Acid.....500 mg

Excipients: Leucine, Microcrystalline Cellulose, Tapioca Starch, Colloidal Anhydrous Silica.

Store below 25°C in a cool, dry, dark place.



pure encapsulations

PS-100

– An important cell membrane phospholipid.

Phosphatidylserine (PS), also known as the “brain nutrient” promotes cognitive function, emotional well-being and behavioral performance by supporting cell membrane composition. PS 100 may help support daily performance that involve memory related tasks.

- Supports mental acuity, memory and health.
- Promotes emotional well-being.

Suggested use: 3 capsules daily, in divided doses with meals.

Supplemental Facts	
Amount Per Serving	
each vegetarian capsule contains:	
phosphatidylserine (soy).....	100 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	
*Contains soy	
3 capsules per day, in divided doses, with meals.	



THORNE RESEARCH

R-Lipoic Acid 100mg

– Supporting cortisol balance.

Alpha-lipoic acid (ALA) contains two forms – designated as R-lipoic acid (R-ALA) and S-lipoic acid (S-ALA) – that are mirror images of each other. Naturally occurring ALA is in the R form, where it functions as an essential cofactor for many enzymes involved in energy production. In addition, R-lipoic acid has important characteristics – significant antioxidant effects in particular – that contribute to liver, nerve, and eye health. Thorne's most active form of alpha-lipoic acid R-ALA.

- Supports healthy nerve and brain function.
- Versatile antioxidant in both water- and fat-soluble tissues.
- Promotes liver and eye health.
- R-ALA the form of supplemental lipoic acid found in highest concentration in the bloodstream.
- Maintenance of healthy blood glucose handling for extreme high cortisol situations and enhanced elimination of catecholamines.

Suggested use: 1 capsule one to two times daily.

Supplement Facts		
Serving Size: One Capsule		
Servings Per Container: 60		
Each Capsule Contains:		% DV
R-Lipoic Acid (as Sodium R-Lipoic Acid)	100 mg	*
*Daily Value (DV) not established.		
Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Magnesium Citrate/Laurate, Silicon Dioxide, Leucine.		

NEUROENDOCRINE Support cont...



Tribulus Formula

– Testosterone support.

Tribulus Formula offers a combination of Tribulus, Chrysin, Hesperetin and D-aspartic acid to support healthy testosterone balance and aromatase enzyme activity.

- Testosterone Support: D-aspartic acid and European-sourced Tribulus terrestris to help maintain the body's normal testosterone levels.
- Maintains healthy aromatase enzyme activity with the flavonoids chrysin and hesperetin.

Suggested use: 3-6 capsules daily, in divided doses, between meals.

Supplemental Facts	
Amount Per Serving	
Three vegetarian capsules contain:	
tribulus terrestris	250 mg.
(standardized to contain 20% protodioscin)	
D-aspartic acid	1,000 mg.
chrysin	100 mg.
hesperetin	50 mg.
ascorbyl palmitate (fat-soluble vitamin C)	30 mg.
other ingredients: hypoallergenic plant fiber (cellulose), ascorbyl palmitate, vegetarian capsule (cellulose, water)	
<i>Not to be taken by pregnant or lactating women. Consult a health professional before taking this or any other product.</i>	
3-6 capsules daily, in divided doses, between meals.	



Ultimate E-500

– Oestrogen support.

Thorne Research's Ultimate-E contains pure, undiluted vitamin E. The vitamin E is extracted from a mixture of vegetable oils, including soy oil. However, any potentially allergenic soy residues are removed during the distillation process and, unlike most vitamin E products on the market, Ultimate-E is not diluted with soy oil. Because the tocopherols come from a natural source, the exact tocopherol profile can vary slightly from batch to batch, although extra alpha-tocopherol is added to each batch to standardize the amount of this important tocopherol to 500 IU per capsule.

- Tocopherols provide protection from free radicals and products of oxygenation, including lipid peroxides and singlet oxygen radicals.
- Contains all of the natural forms of vitamin E.
- Molecular distillation removes allergenic soy residues; no soy oil added
- Provides gamma tocopherol, the form most often found in the diet.

Suggested Use: 1 gelcap one to three times daily.

Supplement Facts		
Serving Size: One Gelcap		
Servings Per Container: 60		
Each Gelcap Contains:	% DV	
Vitamin E (as d-Alpha Tocopherol from 1,000 mg Mixed Tocopherols)	500 IU	1,667%
Daily Value (DV)		
Other Ingredients: Gelatin (from tilapia) Purified Water and Glycerin (vegetable source) gelcap.		
Contains ingredient derived from fish (tilapia).		
Typical profile of Ultimate-E:		
d-Alpha tocopherol (500 IU minimum)	335 mg	
Beta tocopherol	9-11 mg	
Gamma tocopherol	400-450 mg	
Delta tocopherol	140-190 mg	
Beta, Gamma, and Delta tocopherols do not have recognized IU equivalents. Beta, Gamma, and Delta tocopherols will vary slightly as this natural product which is weight-adjusted to achieve 500 IU d-alpha tocopherol.		

NEUROTOXICITY (heavy metal toxicity) Support



Fractionated Pectin Powder

– *Water-soluble modified citrus pectin.*

Modified citrus pectin, is a complex polysaccharide obtained from the peel and pulp of citrus fruits.

- It is rich in galactoside residues, that can preferentially bind to lectins on cell membranes of unwanted cells. This in turn prevents the attachment of unwanted cells to normal cells, thus inhibiting the growth of these cells.
- Provides support for detoxification.
- Provides nutritional support for oncology patients.
- Powdered form allows for easy dosing of large amounts.

Suggested use: Take 1 scoop one to three times daily. Mix with a small amount of warm water in a blender or shaker, then dilute with juice of choice.

Supplement Facts

Serving Size: One Level Scoop	
Servings Per Container: 30	
Each (5 g) Scoop Contains:	% DV
Modified Citrus Pectin	5 g *
*Daily Value (DV) not established.	




HM Complex

– *Support for mild environmental exposure to heavy metals.*

Contains ingredients with natural chelating and detoxification properties for common, mild environmental exposure to heavy metals.

- Promotes antioxidants to help enhance immune defences.
- Modified citrus pectin – that may help promote urinary excretion of mercury, arsenic, cadmium, lead and tin without altering excretion of minerals.
- Cilantro and chlorella – supports the body's natural processes for eliminating heavy metals.
- Selenium may bind to mercury.
- NAC – promotes excretion and supports the liver by enhancing glutathione concentration.

Suggested use: 3 capsules daily between meals.

three vegetarian capsules contain  00	
zinc (as zinc citrate)	10 mg
selenium (as selenomethionine).....	100 mcg
sodium (from modified citrus pectin)	50 mg
potassium (from modified citrus pectin).....	70 mg
modified citrus pectin	1,000 mg
chlorella (Chlorella pyrenoidosa) powder (cracked cell wall) ...	300 mg
Broccoli (Brassica oleracea italica) sprout concentrate.....	250 mg
(whole plant)	
(standardized to contain a minimum of 1,000 mcg sulforaphane)	
n-acetyl-l-cysteine (free-form)	300 mg
l-methionine (free-form)	200 mg
alpha lipoic acid (thioctic acid).....	100 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	
3 capsules daily, between meals, or as directed by a health professional.	



NAC 900mg

– *Supports antioxidant defense.*

N-Acetyl-L-Cysteine (NAC) provides cellular antioxidant support that specifically promotes healthy lung tissue. NAC is a free radical scavenger that supports glutathione levels in tissues and may protect tissues from peroxidation generated by heavy metals.

- Supports cellular antioxidant defense system.
- Role in heavy metal detoxification.
- Promotes healthy lung tissue.
- Made with hypoallergenic ingredients.

Suggested use: 1-2 capsules daily, between meals.

Supplemental Facts	
Amount Per Serving	
each vegetarian capsule contains:	
n-acetyl-l-cysteine (free-form)	900 mg.
other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)	
If pregnant, consult your physician before taking this or any other product.	
1-2 capsules daily, between meals.	

PYROLURIA Support



researchnutrition

Active B6

— *Pyridoxal-5-Phosphate (P5P).*

Pyridoxal-5-Phosphate (P5P) is the metabolically active form of vitamin B6 found in the body, and is known to be necessary for the transformation and utilisation of amino acids for many functions in the body, including energy production and neurotransmitter synthesis.

- Activated B6 plays a crucial role in supporting the Methylation and Transulfation pathways.
- Required in heme biosynthesis (Porphyrin pathway) and the formation of hemoglobin and Intrinsic Factor.
- An important coenzyme for neurotransmitter biosynthesis.
- May assist in the maintenance of healthy nerve and brain function and is a vital component in the formation of the myelin sheath that surrounds nerve cells.
- Required for the conversion of homocysteine to cysteine in the transulfation pathway and the conversion of folates in the methylation cycle.
- Clients with Pyrolle disorder (Pyroluria) who produce excessive amounts of this haemo-globin waste product (HPL), are usually deficient in Vitamin B6 because these elements are bound up by the HPL, rendering them unavailable for normal functions. Supplementing active B6 may reduce Pyrolle levels and severity of the signs and symptoms experienced.

Suggested use: Adults take 1-2 capsules daily.

Each Capsule Contains:

Pyridoxal-5-Phosphate.....50 mg
Equivalent to Pyridoxine.....34.2 mg

Excipients: Microcrystalline Cellulose, Leucine, Silicon dioxide, Vegetarian Capsule.

FOR PRACTITIONER DISPENSING ONLY

Directions for use: Adults take 1-2 capsules daily or as prescribed by your healthcare practitioner.

If symptoms persist consult your healthcare practitioner.

Vitamin supplements should not replace a balanced diet.

WARNING - this product contains pyridoxal-5-phosphate which may be dangerous when used in large amounts or for a long time.



Metabolic Maintenance

Deluxe Scavengers

— *Powerful antioxidant with extra free-radical-scavenging power.*

Optimum doses of essential antioxidants are combined in one formula to create this powerful daily supplement.

- Pomella[®] pomegranate extract with 30% punicalagins – water soluble and highly bioavailable, Pomella[®] has been shown to have more antioxidant capacity than green tea, grape seed, resveratrol or acai, and to inhibit formation of advanced glycation end products (AGEs).
- Lutein and zeaxanthin – are well known for their role in eye health. These pigments are also the predominant carotenoids in brain tissue and have been shown to support healthy aging and cognitive health.
- Setria[®] glutathione – oral doses have proven effective at increasing serum levels of this master antioxidant.
- CoQ10 – found in every cell of the body, CoQ10 requirements are highest for maintaining cardiovascular function.

Suggested use: 2 capsules daily.

Supplement Facts

Serving Size: 2 capsules Servings Per Container: 30

Amount Per Serving	% Daily Value	
Vitamin A (as Natural Mixed Carotenoids)	10,000 IU	200%
Vitamin C (as Ascorbic Acid and Ascorbyl Palmitate)	500 mg	833%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate and Mixed Tocopherols)	400 IU	1333%
CoEnzyme Q10	100 mg	*
Setria[®] L-Glutathione (reduced form)	100 mg	*
Pomella[®] Pomegranate fruit extract (standardized to 30% punicalagins)	100 mg	*
Lutein	10 mg	*
Zeaxanthin	2 mg	*

* Daily Value not established for this ingredient

Other ingredients: vegetarian cellulose capsule. Vitamin E is derived from soy oil.

PYROLURIA Support cont...



THORNE RESEARCH
Pioneering the Personalized Approach

Double Strength Zinc Picolinate

– A well-absorbed zinc supplement.

Zinc is essential for growth, immune system function, testosterone metabolism, as a cofactor for the antioxidant enzyme superoxide dismutase, and for many other functions in the body. Zinc is involved in the functioning of over 200 enzymes and plays a key role in genetic expression, cell division, and growth. Zinc deficiency has been associated with adverse impacts on a number of structures and functions of the body.

- Zinc deficiency is common in those who suffer from Pyrolle disorder (Pyroluria) due to HPL binding to zinc, rendering it unavailable for normal functions. Supplementing with Zinc Picolinate may reduce Pyrolle levels and severity of the signs and symptoms experienced.
- Essential for growth and immune function.
- Promotes reproductive health.
- Picolinic acid facilitates the absorption of minerals, Zinc Picolinate is absorbed to a higher degree than is other zinc supplements.
- Contains 25 mg of zinc per capsule.

Suggested use: Take 1 capsule once daily.

Supplement Facts

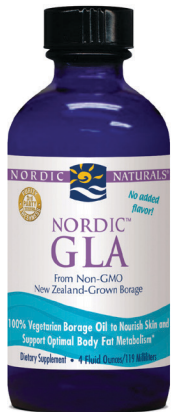
Serving Size: One Capsule
Servings Per Container: 60 or 180

Each Capsule Contains:	% DV
Zinc (as Zinc Picolinate)	25mg 200%
Daily Value (DV)	

Other Ingredients: Microcrystalline Cellulose, Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.

Suggested Use: Take 1 capsule one to two times daily or as recommended by your health-care practitioner.

If pregnant, consult your health-care practitioner before using this product.



NORDIC NATURALS

Nordic GLA

Nordic GLA is a vegetarian borage oil made exclusively from non-GMO, New Zealand grown borage seed. It is formulated from a unique omega-6, gamma-linolenic acid (GLA), that offers natural support for many of the body's systems. Nordic GLA promotes healthy skin, joints, respiratory function and optimal body-fat metabolism.

- Pyrolurics also have a greater than normal need for omega-6 fatty acids, particularly dietary arachidonic acid and the essential fatty acid GLA (gamma linolenic acid). Supplementing GLA has shown to be an effective way of increasing levels than just diet alone.
- 480mg GLA per serving—highest level of GLA among leading brands.
- Cold pressed borage seed and 100% vegetarian borage oil.
- Excellent tolerability.
- Effective on its own, or combined with any Nordic Naturals omega-3 product.

Suggested use: ½ teaspoon daily.

Supplement Facts

Serving Size: ½ Teaspoon (2.5 mL)

Amount Per Serving	% Daily Value*	
Calories	20	
Calories from fat	20	
Total Fat	2.5 g	4%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Borage Oil	2300 mg	†
GLA (Gamma-Linolenic Acid)	480 mg	†
Oleic Acid (Omega-9)	315 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Less than 5 mg of Cholesterol per serving.

Ingredients: borage oil (*borago officinalis*), d-alpha tocopherol, rosemary extract (a natural preservative).

No gluten, milk derivatives, or artificial colors or flavors.

FUNCTIONAL TESTING



The Holman Omega-3 Test by Lipid Technologies

People all around the world have been finding out about their omega-3 levels with our tests and because of this they are finding new ways to prevent cardiovascular disease, inflammation, improve brain function and much more.

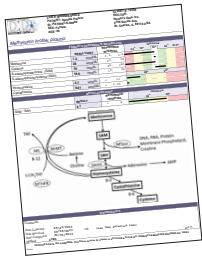
The Holman Omega 3 Test is a quick and easy way for your patients to measure their omega-3 health. The Holman kit includes an at-home method for obtaining a blood spot sample, which is then supplied to Lipid Technologies, LLC for analysis by their proprietary method for high sensitivity blood spot omega-3 analysis. This test identifies your patient's complete fatty acid profile, specifically focusing on your patient's omega-3 and omega-6 fatty acid levels.



Methylation Profile – Plasma by Doctors Data Inc.

Doctor's Data Inc. (DDI) a premier clinical laboratory with over 30 years experience, provides specialty testing to healthcare practitioners around the world. The Methylation Profile provides an assessment of the expression of common SNPs (MTHFR) by evaluating the plasma levels of methionine, cysteine, SAM, SAH, homocysteine and cystathionine, and provides the important "methylation index," a ratio of SAM to SAH.

- Normal metabolism of methionine is critical for cellular methylation of DNA, proteins and neurotransmitters.
- Aberrant methionine metabolism can occur in anyone at any age and can be associated with numerous health consequences including cardiovascular disease and cancer.
- The profile may help indicate whether the patient is over or under methylating. If they are an over-methylator, certain supplements can help to decrease methylation and perhaps 'turn off reactions' that need to be off.

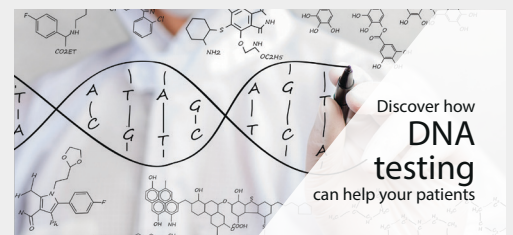


DNAHealth by DNALife

DNA Health tests for genetic variations that are known to have a significant effect on health and susceptibility to chronic diseases. (e.g. Methylation, Detoxification, Oxidation etc.). DNA Health is concerned with optimising energy, wellbeing and health by making better lifestyle and diet choices, and using supplements tailored to offset any particular nutritional deficit or genetic shortcoming. The DNA Health approach establishes the optimal nutrition necessary for good health, energy, longevity and risk mitigation.

DNA Health tests for 27 genes involved in the following biological processes:

- Methylation
- Inflammation
- Oxidative Stress
- Lipid/Cholesterol metabolism
- Bone health
- Insulin sensitivity
- Food/Nutrient responses



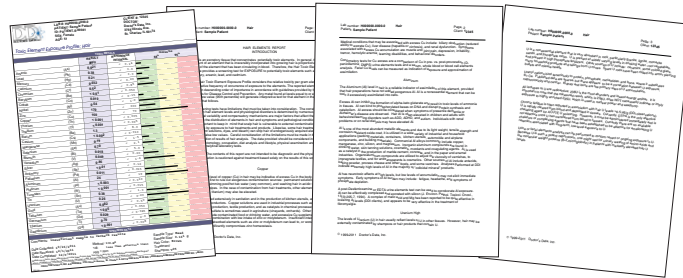


Hair Essentials & Toxic Elements by Doctors Data Inc.

Hair Elements analysis provides information regarding recent and ongoing exposure to potentially toxic metals, especially methylmercury and arsenic, and time-averaged status of specific nutrient elements. This non-invasive screening test requires only .25 grams of hair. Doctor's Data offers a Hair Elements profile containing essential and toxic elements and a Hair Toxic Element Exposure profile containing an expanded line up of toxic metals. A specialist and pioneer in essential and toxic elemental testing since 1972.

Why Hair?

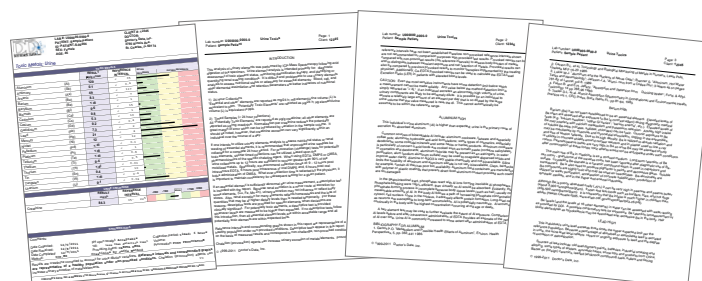
- With respect to its contained elements, hair is essentially an excretory tissue rather than a functional tissue.
- Hair element analysis provides important information which, in conjunction with symptoms and other laboratory values, can assist with the early detection of physiological disorders associated with aberrations in essential and toxic element metabolism.
- As protein is synthesised in the hair follicle, elements are incorporated permanently into the hair with no further exchange or equilibration with other tissues.
- Scalp hair is easy to sample, and because it grows an average of one to two cm per month, it contains a "temporal record" of element metabolism and exposure to toxic elements.
- Nutrient elements including magnesium, chromium, zinc, copper and selenium are obligatory co-factors for hundreds of important enzymes and also are essential for the normal functions of vitamins. The levels of these elements in hair are correlated with levels in organs and other tissues.



Urine Toxic by Doctors Data Inc.

Urine, being an excretory tissue like hair, offers a great method of detecting metabolic 'wasting' of various electrolytes and cofactor elements due to; toxicity, nutrient deficiencies elsewhere in the body, or general organ/gland dysfunction such as the liver/kidneys and as a result of genetics, lifestyle, diet or environment. Urine toxic and essential elements analysis is an invaluable tool for the assessment of retention of toxic metals in the body and the status of essential nutrient elements.

- Toxic metals do not have any useful physiological function, adversely affect virtually every organ system and disrupt the homeostasis and utilisation of the nutrient elements.
- Analysis of the levels of toxic metals in urine offers a valuable insight into the current metabolic burden of these metals in the body, and must be accompanied with assessments of kidney function in order to make informed choices surrounding the need for a toxic metal detoxification program.
- Chronic low-level exposure to toxic metals is far more common than large acute exposures, and can result in significant obstructions to optimum cell and body functions from their retention in the body.
- A substantial body burden of toxic metals can thus be associated with a vast array of vague, intermittent adverse health effects and chronic disease.
- The urine elements test helps to monitor the efficacy / efficiency of any dietary, environmental or supplemental changes / regimes.



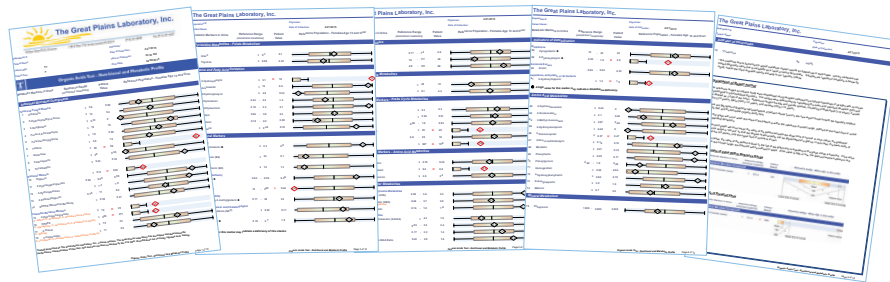


The Organic Acids Test (OAT) by The Great Plains Laboratory Inc.

The Organic Acids Test (OAT) offers a comprehensive metabolic snapshot of a patient's overall health with over 70 markers. It provides an accurate evaluation of intestinal yeast and bacteria - abnormally high levels of these microorganisms can cause or worsen behaviour disorders, hyperactivity, movement disorders, fatigue and immune function. Many people with chronic illnesses and neurological disorders often excrete several abnormal organic acids in their urine. The cause of these high levels could include oral antibiotic use, high sugar diets, immune deficiencies, acquired infections, as well as genetic factors. The OAT measures levels of HVA (homovanillic acid) and VMA (vanillylmandelic acid), the metabolites of the neurotransmitters, dopamine and epinephrine/norepinephrine. It also measures the ratio of the two metabolites. Elevated HVA and decreased VMA may be caused by Clostridia infection or lead toxicity.

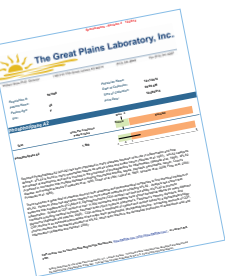
The Organic Acids Test measures:

- Yeast and Bacteria
- Vitamin, Mineral levels & Antioxidants
- Detoxification and Oxidative stress
- Fatty acid metabolism
- Neurotransmitter levels
- Mitochondrial Function
- Oxalates



Phospholipase A2 Test by The Great Plains Laboratory Inc.

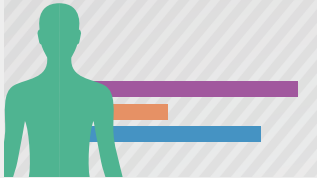
The Great Plains Laboratory, Inc. are the only commercial lab currently offering Phospholipase A2 (PLA2) test, which measures the activity of PLA2 in urine. PLA2 is elevated in a wide range of inflammation-related disorders and is considered a good marker for increased risk of developing or worsening of inflammatory conditions. PLA2 levels can easily be tested along with the organic acid test, offering a powerful new combination of clinical insights.



DUTCH Complete by Precision Analytical

This advanced hormone testing was developed to surpass industry standards for available testing options. DUTCH testing offers the most extensive profile of sex and adrenal steroid hormones, along with their all-important metabolites. The daily (diurnal) pattern of free cortisol, along with melatonin is included. This unique combination of clinical information is not available by any other testing method.

This advanced hormone testing was developed to surpass industry standards for available testing options. DUTCH testing offers the most extensive profile of sex and adrenal steroid hormones, along with their all-important metabolites.



EFFECTIVE HRT MONITORING

DUTCH testing was specifically made to be optimally effective for most forms of hormone replacement therapy. Unique methods are used for improved monitoring of oral progesterone and vaginal hormones.



THE EASIEST COLLECTION

Patients collect just four or five dried urine samples over a 24-hour period. Dried specimen samples are convenient to collect, easy to ship and stable for several weeks.



CLINICAL VALIDATION

All Precision Analytical testing methods go through a rigorous and ongoing validation process to verify accuracy, precision, recovery, linearity, etc. in the pursuit of the most accurate and precise techniques available for hormone testing.

For additional information, please request FxMed's Functional Testing Reference Catalogue or contact FxMed's Technical Support Team to book in a skype training on any of these tests on 0800 439 633 or techsupport@fxmed.co.nz



First in Nutritional and Environmental Medicine

Please call our Technical Support Team on 0800 439 633 if you have further questions or email techsupport@fxmed.co.nz