

Other Natural Supplements

<u>Supplement</u>	<u>Uses</u>
Bioflavonoids (Rutin)	Enhances the absorption of vitamin C into the body; helps relieve pain; promotes circulation; stimulates bile production; reduces cholesterol; prevents cataracts; helps prevent bruising.
Bioperine™	A patented black pepper extract for increased nutrient absorption; a thermonutrient™ that accelerates metabolic rate through thermogenesis, there by increasing nutrient uptake.
Choline	Aids in the utilization of fat; helps maintain normal kidney and bladder function; promotes healthy nervous system; helps prevent memory loss and senile dementia; helps lower cholesterol; aids the liver in removing poisons and drugs from the blood stream
Chondroitin Sulfate	Anti-inflammatory; joint maintenance; relief of pain associated with arthritis; may help keep cartilage healthy by attracting water which provides nutrients and lubrication; symptomatic relief of pain associated with osteoarthritis.
Cod Liver Oil	An excellent source of vitamins A and D; source of Omega 3 fatty acids; prevents or retards development of arterio-sclerosis and coronary heart disease; positive effects on Crohn's disease, arthritis and inflammatory conditions including respiratory and skin disorders
Coenzyme Q ₁₀	Essential for the production of energy in the body; helpful in the treatment of various disorders including cancer and cardiovascular disease; may help reduce the cardiac side effects (arrhythmia, heart failure, myocardial infarction, or sudden death) common with the use of psychotropic drugs.
Fatty Acids	Useful for the treatment of fatigue, obesity, dry skin, impaired immune function and cancer; a treatment for PMS symptoms, is also helpful during menopause; necessary for brain development; useful in the prevention/treatment of heart disease, high blood pressure, diabetes, asthma, arthritis and joint disease, chronic fatigue, premature aging and depression.
Glucosamine Sulfate	Treatment of arthritis symptoms; maintenance and repair of cartilage; anti-inflammatory; analgesic (pain reliever)
Halibut Liver	An excellent source of vitamins A and D; maintenance and development of healthy bones and teeth; osteoporosis prevention and treatment; possible topical treatment for psoriasis; immune function enhancement and healing promotion.
Inositol	Necessary for cell membrane structure and integrity; lowers cholesterol and protects against cardiovascular disease; may help in the use of fat in energy production; helps improve nerve function in some people; helps maintain healthy hair and protects against hair loss.
Ipriflavone (Ostivone™)	A bioflavonoid naturally occurring in plants; non-hormonal nutrient for prevention and treatment of osteoporosis; increases bone density; stimulates bone formation; increases amount of calcium retained in the bones.
Lecithin	Important for proper membrane structure and brain functioning; beneficial for liver disorders including alcohol induced disorders; may be helpful for lowering cholesterol; possible support for Alzheimer's disease.
Lutein	Has been shown to protect against macular degeneration; an anti-oxidant found throughout the body but is concentrated in the macula of the eye; believed to help protect the eyes from free radical damage caused by the sun's harmful rays.
MSM	MethylSulfonylMethane; MSM is a source of organic sulfur; sulfur is an essential mineral found in the proteins of skin, blood vessels, organs, hair and nails; necessary for making collagen, the primary constituent of cartilage and connective tissue and may therefore improve osteoarthritic conditions; effective natural analgesic (pain reliever).