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THE PROFESSIONAL'S GUIDE TO NUTRITIONAL AND HERBAL FORMULAS



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For Professional Use Only

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FOR PROFESSIONAL USE ONLY

FORMULA RECOMMENDATIONS FOR SPECIFIC HEALTH PROBLEMS

Acne – #105, #106, #107, #826, #125, #425A, #496

Adrenal Support – #403, #408A, #827, #862 P.S.E.

Alcoholism – #125, #800 P.S.E. or #801A, #235, #520 or #521, #530

Allergies

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airborne (e.g. hay fever) –

#806, #330, #232, #357, #824A

Alzheimer's Disease – (see senility)

Angina – #608, #813, #841 P.S.E., #375

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Weight Loss – #220A, #822, #821 P.S.E., #751, #400, #235, #125, #442

#1

FORMULA

Each four tablets contain:

Vitamin A (fish liver oil)	25,000 IU	Biotin	30 mcg.	Sea Plant Concentrate	400 mg.
Vitamin D (fish liver oil)	1,000 IU	PABA	30 mg.	Inositol	50 mg.
Vitamin E (d-Alpha Tocopherol)	100 IU	Calcium (chelate)	375 mg.	Choline Bitartrate	50 mg.
Ascorbic acid w/rose hips	400 mg.	Magnesium (chelate)	180 mg.	Rutin	25 mg.
Thiamine HCL	30 mg.	Manganese (chelate)	30 mg.	Lemon bioflavonoids	25 mg.
Riboflavin	30 mg.	Selenium (chelate)	30 mcg.	Lipase	30 mg.
Vitamin B6 (pyridoxine HCL)	30 mg.	Chromium (chelate)	30 mcg.	Betaine HCL	100 mg.
Niacin	120 mg.	Zinc (chelate)	15 mg.	Glutamic acid HCL	100 mg.
Pantothenic acid (d-calcium pant.) ..	100 mg.	Copper (chelate)	1 mg.	Protease (Acid Stable)	150 mg.
Folic acid	400 mcg.	Iron (chelate)	15 mg.	Papain	200 mg.
Vitamin B12 (cobalamin conc.)	30 mcg.	Potassium (chloride)	99 mg.	RNA powder	200 mg.

Action:

A broad-spectrum supplemental formula designed to provide optimum nutritional status.

Clinical Indications:

This formula serves as the foundation for an intelligent nutritional supplementation program designed to maintain, improve, or restore health.

Description:

This formula is a unique complex of natural vitamins, amino acid chelated minerals, digestive enzymes, and freeze-dried glandulars. High concentrations of natural food factors work synergistically with the vitamins and minerals contained in this formula. These food factors include: raw liver concentrate, raw brain concentrate, raw heart concentrate, raw spleen concentrate, ginseng, gotu kola, bee pollen, royal jelly, and bee propolis.

Dosage:

Two tablets twice daily with meals.

Contraindications/adverse effects:

No contraindications or adverse effects are known.

Supporting formulas:

This formula serves as the base formula upon which to build an intelligent supplementation program and is therefore viewed as supporting all other formulas.

NOTES:

#105

FORMULA

Each two capsules contain:

Vitamin C 200 mg.
Vitamin A (water soluble) 10,000 IU
Pantothenic Acid 10 mg.
Vitamin B12 2.5 mcg.
Niacin 10 mg.
Vitamin B6 7.5 mg.

RNA 20 mg.
Calcium Lactate 60 mg.
Magnesium Oxide 1.85 gr.
Raw Thymus 25 mg.
Zinc 30 mg.
Potassium Chloride 200 mg.

Sublimed Sulphur 200 mg.

Formulated with raw epidermis tissue
(Epithelium).

In a base of burdock root.

Action:

This formula provides nutritional support for the skin and alleviates acne.

Clinical Indications:

Acne
Dry scaly skin
Eczema
Psoriasis
Other skin conditions

Description:

Several nutrients in this formula have been shown to be quite effective in treating many minor skin problems. In particular, zinc and vitamin A have been shown to be essential for normal skin texture, integrity, and moisture. Dry, flaky or scaly skin will often respond to zinc or vitamin A supplementation. These two nutrients function synergistically in many ways, and have been used with success in the treatment of acne, the most common of all skin conditions.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

Should not be used during pregnancy unless under the supervision of a physician. High vitamin A content may pose toxicity problems, particularly if client is consuming other vitamin A supplements.

Supporting formulas: (listed numerically)

#106 – Acne treatment cream
#107 – Acne treatment soap
#125 – Nutritional support for the liver
#180 – General nutritional support for the hair and skin
#425A – Source of lipase, particularly beneficial in rosacea and cystic acne
#496 – Additional source of bio-available zinc
#826 – Herbal formula useful in skin disorders

NOTES:

#106

FORMULA

Active ingredients:
Sulfur in a base containing Aloe Vera Gel,
Sage Extract, Hawthorne Extract, 18-B
Glycyrrhetic Acid and Imidazolidinyl Urea.

#107

FORMULA

Ingredients:
Aloe Vera Gel, Cetearyl Alcohol, GMS,
Sulfur, Sodium Lauryl Sulfate, Sage Extract,
Hawthorne Extract, 18-B Glycyrrhetic Acid,
Imidazolidinyl Urea and Methyl Parabens.

Action:

Formula #106 is an acne treatment cream that helps prevent the development of whiteheads and blackheads; reduces inflammation and redness of acne; and reduces the growth of bacteria associated with acne. Formula #107 is a special medicated soap that removes excess sebum from the skin and prevents the development of pimples and blackheads.

Clinical Indications:

Acne

Description:

These all-natural formulas are to be used in conjunction with Formula #105 in the comprehensive treatment of acne, the most common skin problem.

Dosage:

Affected areas should be washed thoroughly at least twice daily with #107; then #106 should be applied in a thin film to the affected areas of skin.

Contraindications/adverse effects:

No contraindications or adverse effects are known.

Supporting formulas: (listed numerically)

#105 – Nutritional support for the skin; alleviates acne

NOTES:

#115

FORMULA

Each tablet contains:

Calcium Chloride 1.5 gr.
Raw Kidney Tissue 30 mg.
Betaine Hydrochloride 1.5 gr.

Calcium Phosphate 1.4 gr.
Ammonium Chloride 1.5 gr.
Vitamin C w/rose hips 50 mg.

Citrus Bioflavonoids 30 mg.
Vitamin B6 25 mg.
Magnesium Glycerophosphate 8 gr.

Action:

This formula is a systemic acidifier that prevents nutritional alkalosis.

Clinical Indications:

Calcific tendonitis/bursitis
Bone spurs
Osteoarthritis
Kidney stones

Description:

This formula is designed to restore proper acid-alkaline balance by correcting alkalosis, an over-alkaline condition. Alkalosis may be associated with sore and aching muscles, bursitis, bone spurs, fluid retention, kidney stones, allergies, and excitability. During alkalosis, calcium deposits are likely to form in the joints (often causing cracking noises), kidneys (kidney stones), and on the heel of the foot (bone spurs).

Dosage:

One or two tablets three times daily. In acute cases: four tablets four times daily, not to exceed seven days. Then reduce dosage to two tablets four times daily.

Contraindications/adverse effects:

Should not be used in acidosis or pregnancy.

Supporting formulas: (listed numerically)

#356C – In the treatment of calcific tendonitis/bursitis
#807A – In the treatment of calcific tendonitis/bursitis and osteoarthritis
#808 – In the treatment of kidney stones
#863 P.S.E. – Potent anti-inflammatory formula

NOTES:

#125

FORMULA

Each three tablets contain:

Ascorbic acid w/rose hips25 mg.
Niacin40 mg.
L-methionine250 mg.
Inositol50 mg.
Liver, dessicated40 mg.
Celandine135 mg.

Cheonanthus135 mg.
Vitamin B12 (cobalamin conc.)3 mcg.
Biotin200 mcg.
Choline bitartrate850 mg.
Betaine HCL75 mg.

Dehydrated Green Beet Leaf
juice powder300 mg.
Extract of ox bile90 mg.
Barberry root bark150 mg.
Vitamin A (fish liver oil)4500 IU
Unsaturated free fatty acids30 mg.

Action:

This formula is composed of: (1) nutritional lipotropic agents, compounds that hasten the removal or decrease the accumulation of fat in the liver; and (2) herbal cholagogues and choleretics (cholagogues are herbs that stimulate the gallbladder to contract, while choleretics are agents that stimulate bile flow into the gallbladder from the liver). Lipotropic formulas and components have been used for a wide variety of conditions, signifying the important role the liver plays in metabolism.

Clinical Indications:

Liver disorders

Gallstones

PMS

Chemical exposure and/or sensitivity

General tonic in the treatment of skin, musculoskeletal, endocrine and other systemic diseases

Description:

Any time the liver is damaged, its fat content increases. This condition is accurately described as "fatty liver." Alcohol, viruses, exposure to numerous chemicals, natural and synthetic hormones (oral contraceptives, estrogens, anabolic steroids, thyroid hormone, etc.) all cause fatty liver. Methionine, choline, betaine, inositol, and vitamin B12 are lipotropic agents which increase the breakdown of fatty acids in the liver and/or increase the transport of fatty acids out of the liver. Vitamin C, niacin, and biotin are also important in maintaining normal liver and fat metabolism. The herbs in this formula (celandine, barberry bark, cheonanthus, and beet leaf) have traditionally been part of lipotropic formulations due to their ability to increase bile flow and relieve liver congestion (cholestasis).

Dosage:

One to two tablets with meals.

Contraindications/adverse effects:

No contraindications are known. Some individuals may experience mild nausea. Increased bile flow will occasionally loosen the stool or cause diarrhea. If so, reduce the dose. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#290A, #425A, #520 or #521, #800 P.S.E., #801A – These formulas provide support for proper liver function, including detoxification mechanisms

NOTES:

FORMULA

Each tablet contains:

Ascorbic Acid 200 mg.
 Pantothenic Acid (d-calcium pant.) ... 25 mg.
 Zinc (gluconate) 10.5 mg.
 Ribonucleic Acid 60 mg.
 Lemon Bioflavonoids 30 mg.
 Raw Thymus Substance 25 mg.
 Vitamin A (fish liver oil) 10,000 IU

Vitamin B12 (cobalamin conc.) 2.5 mcg.
 Raw Spleen Tissue 30 mg.
 Calcium (lactate) 41 mg.
 Magnesium (citrate) 6.7 mg.
 Unsaturated Fatty Acids 15 mg.
 Vitamin D (fish liver oil) 35 IU
 Trace Mineral Conc. (kelp) 25 mg.

Raw Lung Tissue 10 mg.
 Alfalfa Juice Powder 50 mg.

In a natural tableting base consisting of rose hips, calcium lactate, wheat germ oil, chlorophyll, lymph and fermentation extract.

Action:

This formula provides nutritional protection against viral illness, strengthens capillary integrity, and is necessary for normal mucosal functions.

Clinical Indications:

Common cold
 Influenza (flu)
 Herpes, chicken pox, Epstein-Barr (mono) and other viral illnesses

Description:

The nutrients and glandular substances in this formula provide nutritional support to components of the immune system. It is especially effective in nutritionally supporting individuals who may have a lowered resistance and an increased susceptibility to viral infections.

Dosage:

One or two tablets three times daily.

Contraindications/adverse effects:

Should not be used during pregnancy due to the high vitamin A level in this formula.

Supporting formulas: (listed numerically)

#402A – Nutritional support for the thymus
 #495 – Zinc lozenge for upper respiratory viral illness
 #812A – Herbal support for the immune system
 #816 – Herbal support during bacterial infections
 #831 – Herbal support during viral infections

NOTES:

#145

FORMULA

Each tablet contains:

Bromelain 100 mg.
Papain 100 mg.
Betaine HCL 155 mg.
Glutamic acid HCL 155 mg.

Ox Bile Extract 16.2 mg.
Pancreas Substance 16.2 mg.
Niacinamide 10 mg.

Mylase 50 mg.
Lipase 50 mg.
Myczyme 25 mg.

Action:

Digestive aid.

Clinical Indications:

Indigestion (heartburn, gas, belching, etc.)

Allergies

Irritable bowel syndrome

Description:

This formula is a complete digestive aid, containing those substances necessary to digest all types of foods.

It provides a high potency blend of enzymes, pancreatic tissue, ox bile extract, and niacinamide.

Dosage:

One or two tablets with meals.

Contraindications/adverse effects:

Should not be used in individuals with peptic ulcers unless under the direct supervision of a physician. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#125 – Liver support

#385 – HCl and pepsin for protein digestion and mineral utilization

#400 – Additional pancreatic enzymes

NOTES:

#155

FORMULA

Each tablet contains:

Ascorbic acid	60 mg.	Calcium (bone meal)	180 mg.	Potassium Chloride	50 mg.
Thiamine HCL	5 mg.	Choline Bitartrate	50 mg.	Vitamin E	10 IU
Niacin	5 mg.	Vitamin B12 (cobalamin conc.)	10 mcg.		
Riboflavin	5 mg.	Vitamin D (fish liver oil)	133 IU	Formulated with rose hips, wheat germ, ascorbic acid, thiamine HCL and fish oil.	
Vitamin B6 (pyridoxine HCL)	6 mg.	Betaine HCL	30 mg.		
RNA	3.2 mg.	Ammonium Chloride	30 mg.		
Manganese* (chelated)	62.5 mg.	Raw Muscle Tissue	50 mg.	*Chelated with hydrolyzed vegetable protein.	
Magnesium* (chelated)	30 mg.	Inositol	50 mg.		

Action:

Nutritional support for connective tissue (muscles, ligaments, tendons, and cartilage).

Clinical Indications:

Ligament strains (tennis elbow, foot pain, athletic injuries, etc.)

Ankle sprains

Shin splints

Low back injuries

Description:

This formula is composed of nutritional substances necessary for proper integrity of muscles, ligaments, and other connective tissues.

Dosage:

One to two tablets three times daily.

Contraindications/adverse effects:

Should not be used at high dosage (i.e., greater than three tablets per day) for extended periods of time (i.e., longer than three months) due to high level of manganese. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#115 – In bursitis

#356C – In acute traumatic injuries to joints

#863 P.S.E. – Potent anti-inflammatory formula

NOTES:

#165

FORMULA

Each two tablets contain:

Raw Ovary Tissue	90 mg.	RNA	60 mg.	Vitamin A	3000 IU
Raw Whole Pituitary Tissue	60 mg.	Calcium (lactate)	82 mg.	Vitamin D	100 IU
Raw Adrenal Tissue	60 mg.	Magnesium (citrate)	13.4 mg.		
Raw Uterus Tissue	60 mg.	Zinc	20 mg.	In a base of pacific sea kelp.	

Action:

Nutritional support for the female glandular system.

Clinical Indications:

Menopausal symptoms
Menstrual abnormalities
Infertility

Description:

This formula is composed of freeze-dried glandular concentrates designed to nutritionally support glandular functions in the female.

Dosage:

One to two tablets three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#170 – Hormonal precursors
#404-05A – Nutritional support for female glandular system
#510 – Nutritional support to help alleviate hot flashes
#811 – Herbal support for excessive menstrual blood loss
#818 – Herbal support for menopause and menstrual disorders
#819 – Herbal support for menstrual cramps

NOTES:

#170

FORMULA

Each two capsules contain:

Germ oil concentrates 824 mg.
(Unrefined wheat germ oil, safflower seed
oil and lecithin.)
Royal Jelly (freeze-dried) (4x) 30 mg.
Zinc (chelate) 20 mg.
Vitamin B6 20 mg.

Vitamin A (natural fish liver oil) 3000 IU
Iodine (kelp) 100 mcg.
Intrinsic Glandular Lipids 200 mg.
Vitamin E (natural D-alpha) 100 IU
Folic acid 260 mcg.
Lecithin (soybean) 200 mg.

Linoleic acid 280 mg.

This exclusive formulation contains a nutritional complex containing Licorice extract, Bee Pollen, Saw Palmetto berries and Mexican Damiana leaves extract.

Action:

This formula provides steroid-like molecules which enhance sexual gland functions.

Clinical Indications:

Impotence
Loss of strength and stamina
Menopausal symptoms
Prostate disorders

Description:

This formula is composed of nutrients and natural steroid-like molecules which provide nutritional support for various glandular functions.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

For men:

- #190 – Nutritional support for prostatic enlargement
- #215 – Raw glandulars for nutritional support
- #815 – General herbal tonic
- #835 P.S.E. – Excellent support for prostate problems
- #837 P.S.E. – Herbal tonic for men

For women:

- #165 – Raw glandulars for nutritional support
- #404-05A – Ovary-uterus glandular complex
- #811 – Herbal support for excessive menstrual blood loss
- #818 – Herbal support for menopause and menstrual disorders
- #819 – Herbal support for menstrual cramps

NOTES:

#175 & #176

FORMULA

Each tablet (#175) or

each two capsules (#176) contains:

PABA 400 mg.

Niacin 30 mg.

Niacinamide 300 mg.

Pantothenic Acid 100 mg.

Magnesium 100 mg.

Betaine HCL 20 mg.

Glutamic Acid HCL 40 mg.

Ammonium Chloride 32.4 mg.

Calcium Chloride 32.4 mg.

Bio-Min T.R. 8* 100 mg.

*Enzymatically processed trace elements.

In a base of raw crude licorice extract, black cohosh, skullcap, alfalfa juice concentrate, and raw pancreas, raw brain, raw duodenum, raw heart, raw kidney, raw liver, raw spleen.

Action:

Nutritional support for individuals with arthritis.

Clinical Indications:

Osteoarthritis

Rheumatoid arthritis

Other arthritides and joint complaints

Description:

This formula is composed of those nutritional substances indicated in the treatment of osteo- and rheumatoid arthritis in a special herbal/glandular base.

Dosage:

#175: One or two tablets three times daily.

#176: Two to four capsules three times daily.

Contraindications/adverse effects:

Long-term administration requires monitoring by a physician as the niacinamide levels in this formula taken over a long period of time may induce carbohydrate intolerance, elevations in uric acid levels, and liver damage. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#115 – In osteoarthritis

#356C – To reduce inflammation

#807A – Devil's claw formula

#824A – Herbal anti-inflammatory formula

#829 – Flavonoid formula to prevent collagen destruction

#863 P.S.E. – Potent anti-inflammatory formula

#864 P.S.E. – For pain relief

NOTES:

#180

FORMULA

Each three capsules contain:

Unsaturated Fatty Acids 600 mg.
(Linoleic, arachidonic, and linolenic from
unrefined germ oil and safflower seed oil)
Lecithin (Soy) 600 mg.
Intrinsic Glandular Lipids 150 mg.
Vitamin C 300 mg.
Biotin 1000 mcg.
Inositol 100 mg.

Zinc (chelate) 45 mg.
Vitamin A (fish liver oil) 25,000 IU
Vitamin D (fish liver oil) 1000 IU
Vitamin B6 30 mg.
Vitamin E (natural d-alpha) 100 IU
Niacinamide 85 mg.
Niacin 15 mg.

Vitamin B2 5 mg.
Pantothenic acid 25 mg.
Folic acid 100 mcg.
Choline Bitartrate 150 mg.

This exclusive formulation contains L-Cysteine
as a natural amino acid synergistic component.

Action:

Nutritional support for the hair, skin, and nails.

Clinical Indications:

Virtually any skin or hair complaint, particularly dryness

Description:

This formula is designed to provide nutritional support for the skin and hair. The primary components of this formula are essential fatty acids (EFA's) and lecithin. The absorption and transport of EFA's is aided by the presence of lecithin. EFA's and the other synergistic nutrients in this formula work primarily in promoting normal sebum and oil production in the skin, sebaceous glands, and hair follicles.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#105, #106, #107 – In acne

#125 – Liver support

#496 – Additional zinc

#826 – In psoriasis, acne, and eczema

NOTES:

FORMULA

Each tablet contains:

Vitamin B6 (pyridoxine HCL) 50 mg.
Potassium Phosphate 50 mg.
Vitamin A (fish liver oil) 1000 IU
Raw Kidney concentrate 60 mg.

This exclusive formulation contains asparagus root powder (75 mg.), Buchu leaves extract (65 mg.), Couch grass extract (65 mg.), cornsilk extract (34 mg.), Hydrangia extract (34 mg.),

trace mineral complex (Sea Lettuce, Bio-Min T.R. 8, cereal grass juice and sugar cane juice concentrate) (550 mg.), raw liver concentrate, raw pancreas concentrate, raw heart concentrate.

Action:

Mild diuretic with potassium and other electrolytes.

Clinical Indications:

Hypertension
Fluid retention
Gout
Kidney stones

Description:

This formula is composed of: (1) nutritional substances which aid the kidney in its vital roles; and (2) a mixture of herbal extracts which possess mild diuretic action.

Dosage:

One tablet three times daily.

Contraindications/adverse effects:

This formula should be used with caution and medical supervision in severe renal disease. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#115 – Chloride mineral diuretic formula
#406A – Additional nutritional support
#803 P.S.E. – Herbal diuretic formula
#808 – Herbal support for the kidney

NOTES:

FORMULA

Each three capsules contain:

Fat soluble chlorophyll extract from the
juice of green plants30 mg.
Alfalfa concentrate (4X)225 mg.
Vitamin E (mixed tocopherols)90 IU
Vitamin A3000 IU
Vitamin B67.5 mg.

Magnesium30 mg.
Iron (chelate)3 mg.

Synergistically supported with cold processed
wheat germ oil concentrate (750 mg.) which
provides additional unsaturated fatty acids,

phosphatides, unsaponifiables, sterols, and
octacosanol; and Lecithin (Soy) (300 mg.).

Chlorophyll is a natural steroid-rich source of
natural Vitamin K.

Action:

Fat soluble chlorophyll is a natural source of fat soluble vitamins and vitamin K1 (phylloquinone).

Clinical Indications:

Anemia
Menorrhagia (excessive menstrual bleeding)
Peptic ulcer
Cancer prevention
Offensive body odor

Description:

Fat soluble chlorophyll is the preferred supplemental form of chlorophyll due to the high concentrations of synergistic compounds such as fat soluble vitamins. Water soluble extracts of chlorophyll do not contain these factors and may actually promote free radical damage. Fat soluble chlorophyll has been shown to be quite effective in the treatment of peptic ulcer, menorrhagia, anemia, and ulcerative colitis.

Dosage:

One to three capsules three times daily.

Contraindications/adverse effects:

No known contraindications or adverse effects have been noted. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#811 – For menorrhagia (excessive menstrual bleeding) and anemia
#840 – Peptic ulcers

NOTES:

FORMULA

Each soft capsule contains:

Germ oil concentrate 175 mg.
 (From oils of unrefined wheat germ and
 safflower oil.)
 Linoleic acid (safflower seed oil) 140 mg.
 Intrinsic Glandular Lipids 100 mg.
 Lecithin (soybean) 100 mg.

L-Glutamic acid 50 mg.
 L-Alanine 50 mg.
 L-Glycine 50 mg.
 Prostate tissue (freeze-dried) 90 mg.
 Vitamin B6 10 mg.
 Vitamin A (fish liver oil) 1500 IU

Zinc (chelate) 10 mg.

This exclusive formulation contains a nutritional complex of Bee Pollen and Saw Palmetto berries extract.

Action:

Nutritional support for the prostate gland.

Clinical Indications:

Prostatic enlargement
 Loss of libido

Description:

The annual overall cost of hospital care and surgery for benign prostatic hyperplasia in this country is over a billion dollars. This condition is found in 50-60% of men between the ages of 40 and 59. It is characterized by increased urinary frequency, nighttime awakening to empty the bladder, and reduced force and caliber of urination. If left untreated, the condition will eventually obstruct the bladder outlet, resulting in the retention of urine in the blood (uremia). Benign prostatic hyperplasia (BPH) will often respond to nutritional support.

This formula is composed of those nutritional factors with proven effect on relieving the signs and symptoms of BPH. In addition, these nutrients may offer significant protection against developing prostatic hyperplasia.

Dosage:

One or two capsules three times daily with meals.

Contraindications/adverse effects:

No contraindications or adverse effects are known.

Supporting formulas: (listed numerically)

#170 – Nutritional support for sexual rejuvenation
 #215 – Raw glandulars for nutritional support
 #411-13A – Glandular extracts for nutritional support
 #496 – Nutritional support for prostate and male hormones
 #803 P.S.E. – In cases of prostatitis and cystitis
 #835 P.S.E. – Prostatitis and prostatic enlargement

NOTES:

#195

FORMULA

Each two capsules contain:

L-Phenylalanine200 mg.
Choline Bitartrate100 mg.
Niacinamide150 mg.
Niacin25 mg.
Vitamin B6 (pyridoxine)50 mg.
Calcium (lactate)41 mg.
Magnesium (citrate)6.7 mg.

RNA60 mg.
Raw Brain Tissue60 mg.
Raw Pituitary Tissue60 mg.
Vitamin C w/rose hips150 mg.
Pantothenic acid50 mg.
Zinc (amino acid chelate)22 mg.
Manganese (amino acid chelate)7.5 mg.

Folic acid133 mcg.

In association with raw gland extracts of Bovine tissue, cold-processed to avoid enzyme destruction, and formulated with the trace minerals found in sea plants and *Macrocystis Pyrifera*.

Action:

This balanced combination of nutrients offers an excellent solution for internal stress when depressed or nervous.

Clinical Indications:

Depression
Nervousness
Stress
Irritability

Description:

This formula contains nutrients vital to the nervous system, including L-phenylalanine, a natural mood-elevating amino acid.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#205 – In cases of anxiety or nervousness
#235 – Nutritional support for energy metabolism and blood sugar control
#403 – Nutritional support for the adrenal glands
#530 – Vitamin B-complex with additional anti-stress factors
#862 P.S.E. – Ginseng helps the body cope with stress
#864 P.S.E. – In cases of depression

NOTES:

#200A

FORMULA

Each nine capsules contain:
Calcium (ionized) 1200 mg.
Magnesium (citrate) 90 mg.

Action:

An ionized and highly assimilable calcium supplement.

Clinical Indications:

In all conditions where calcium supplementation is indicated, particularly:

Osteoporosis prevention

Hypertension

Periodontal disease

Bone repair and growth

Menstrual cramps

Muscle cramps

Insomnia

Description:

This formula contains ionized calcium (calcium citrate), which has been demonstrated to be the most bio-available form of calcium, particularly in individuals lacking sufficient gastric acid to ionize insoluble forms such as calcium carbonate. Studies have indicated that many postmenopausal women have greatly reduced gastric acid secretion, requiring them to supplement with soluble and ionized forms of calcium such as calcium citrate.

Dosage:

Three tablets three times daily with meals.

Contraindications/adverse effects:

The citrate form is believed to reduce the major risk of excessive calcium ingestion – calcium oxalate kidney stones. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas:

This formula serves as a supporting formula for all conditions where calcium supplementation is of benefit.

NOTES:

#205

FORMULA

Each tablet contains:

Valerian, standardized extract
(extra strength) 75 mg.
Passiflora extract 30 mg.
Chamomilla extract 75 mg.
Humulus Lupulus extract 30 mg.
Magnesium Gluconate 50 mg.

Vitamin B6 (pyridoxine HCL) 10 mg.
Niacinamide 50 mg.
Magnesium (oxide) 50 mg.
Niacin 15 mg.
Zinc (chelated) 10 mg.
Calcium Lactate 162 mg.

Vitamin D (fish liver oil) 50 IU
Unsaturated Fatty Acids 10 mg.

In an exclusive base of raw crude licorice
extract, hops, chamomile, anise seeds, and
peppermint.

Action:

This formula acts as a mild sedative in cases of nervousness and anxiety. It also helps to relax tension in muscles.

Clinical Indications:

Nervousness
Anxiety
Insomnia
Irritability
Muscle spasms

Description:

This formula is composed of several herbs (passion flower, valerian, hops, and chamomile) with proven sedative action. Nutritional substances are also included to enhance the action of these "natural" tranquilizers.

Dosage:

One to two tablets up to three times daily or at bedtime.

Contraindications/adverse effects:

May produce mild drowsiness. If this occurs, simply reduce the dose. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#530 – B-vitamin complex
#775A – Calcium and magnesium with other trace minerals
#820B – For insomnia

NOTES:

#215

FORMULA

Each two tablets contain:

Raw Beef Orchic Tissue 90 mg.
Raw Beef Pituitary Tissue 60 mg.
Raw Beef Adrenal Tissue 60 mg.
Raw Beef Prostate Tissue 60 mg.

Calcium (lactate) 82 mg.
Magnesium (citrate) 13.4 mg.
RNA 60 mg.
Zinc 20 mg.

Vitamin A 2000 IU
Vitamin D 100 IU

In a base of pacific sea kelp.

Action:

Nutritionally supports the male glandular system.

Clinical Indications:

Reduced sexual desire and function

Infertility

Decreased sperm counts

Decreased vitality and stamina

Fatigue

Description:

This formula is composed of freeze-dried glandular substances and synergistic cofactors which provide nutritional support for the male glandular system.

Dosage:

One to two tablets three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known.

Supporting formulas: (listed numerically)

#170 – Plant sterol formula

#190 – Nutritional support for prostatic enlargement

#815 – General herbal tonic

#835 P.S.E. – Excellent support for prostate problems

#837 P.S.E. – Herbal tonic for men

NOTES:

#220A

FORMULA

Each three tablets contain:

Vitamin B6 (pyridoxine HCL) 100 mg.
L-Phenylalanine 300 mg.
Inositol 250 mg.
Raw Pituitary (freeze-dried) 60 mg.
Ox Bile Extract 65 mg.
Pacific Kelp 150 mg.
Raw Hypothalamus (freeze-dried) 65 mg.
Buchu Leaves Extract 32 mg.
Corn Silk Extract 32 mg.
L-Arginine 150 mg.

Chromium (Chromium Yeast) 90 mcg.
Zinc Aspartate 69 mg.
Potassium Aspartate 150 mg.
Magnesium Aspartate 150 mg.
Niacinamide 100 mg.
Thiamine HCL 10 mg.
Riboflavin 10 mg.
Lipase 30 mg.
Choline (Bitartrate) 500 mg.
Betaine 100 mg.

Vitamin A (fish liver oil) 1500 IU
Pancreatin 50 mg.

This exclusive formulation also contains sea plant concentrate, herbal extract, spirulina, chickweed, fennel, bee pollen, raw liver concentrate, raw heart concentrate, raw kidney concentrate, raw spleen concentrate, and raw brain concentrate.

Action:

This formula, designed to be used as a nutritional adjunct in weight reduction programs, contains compounds which demonstrate a wide range of physiological effects.

Clinical Indications:

Obesity

Description:

This formula is a combination of substances which function in a variety of ways to assist weight loss. Some of these nutrients have been shown to: normalize appetite; improve carbohydrate, fat and protein metabolism; promote diuretic action; elevate mood naturally; improve endocrine system balance and function; and improve liver function.

Dosage:

One to two tablets three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

- #125 – Additional liver support
- #235 – Controls appetite by regulating blood sugar
- #425A – Improves digestion, enhances weight loss
- #751 – Decreases appetite, hastens excretion of fat
- #821 P.S.E. – Promotes fat breakdown, stimulates metabolism
- #822 – Herbal weight loss aid

NOTES:

#223

FORMULA

Each two tablets contain:

Comfrey Root powder 450 mg.
Pepsin (1:3000) 65 mg.
Raw Duodenum Tissue 450 mg.
Raw Pituitary Tissue 15 mg.
Pancreatin (3X) 100 mg.

Vitamin B6 10 mg.
Niacin 30 mg.
L-Methionine 100 mg.
Iodine (Potassium Iodide) 75 mcg.
Mucin (Gastric) 100 mg.

This exclusive formulation contains crude licorice extract and derivatives with an organically bound allantoin (comfrey)/methionine complex; acidophilus; and aloe vera.

Action:

Enhances mucin production and tissue regeneration throughout the gastrointestinal tract.

Clinical Indications:

Peptic ulcer and gastritis

Inflammatory bowel disease (Crohn's disease; ulcerative colitis)

Description:

Comfrey root powder is the major component in this formula. Rich in mucilaginous substances and allantoin, comfrey is very healing in ulcerative conditions of the gastrointestinal tract such as peptic ulcer and inflammatory bowel disease. Comfrey has a long history of folk use in these conditions. This formula contains other compounds with ulcer healing action which work synergistically with comfrey.

Dosage:

One to two tablets three times daily.

Contraindications/adverse effects:

Some of comfrey's alkaloid components have been shown to cause liver cancer in animal studies. This formula should not be used during pregnancy for this reason.

Supporting formulas: (listed numerically)

#189 – Chlorophyll is useful in all gastrointestinal complaints, especially ulcers

#751 – Herbal fiber formula

#840 – Especially for peptic ulcers

NOTES:

FORMULA

Each two tablets contain:

Potassium
(Chloride-Citrate Complex) 99 mg.
Magnesium
(Chloride-Citrate Complex) 15 mg.
Yucca 25 mg.
Vitamin B6 (pyridoxine HCL) 1 mg.

Pantothenic Acid 5 mg.
Raw Adrenal Concentrate
(freeze-dried) 15 mg.
Colloidal Alkaline Ash Mineral
Concentrate* 850 mg.

*Alfalfa juice concentrate, Sea plant extract,
Bio-Min T.R.8 (Enzymatic trace mineral con-
centrate), orange juice concentrate, banana
extract and sugar cane juice concentrate (no
sugar).

Action:

Potassium supplement.

Clinical Indications:

Potassium deficiency (fatigue, hyperirritability, heart disturbances)
Hypertension

Description:

This formula provides a highly absorbable, non-irritating form of potassium in a natural base.

Dosage:

One to two tablets up to three times daily.

Contraindications/adverse effects:

This supplement is contraindicated in severe renal disease, acute dehydration, and in persons taking aldosterone antagonists. Symptoms of potassium intoxication include mental confusion; weakness and heaviness of the legs; cardiac arrhythmias; and paresthesias of the extremities. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#401A – Glandular formula for the heart

#403 – Nutritional support for the adrenals, which maintain the sodium-potassium pump

#813 – Herbal formula for the heart and circulatory system

NOTES:

#232

FORMULA

Each tablet contains:

Comfrey root powder 100 mg.
Foenugreek seed powder 390 mg.
PABA 50 mg.

Mullein powder 30 mg.
In an exclusive formulation containing Licorice
root and an organically bound licorice root

extract. For use where the nutritional factors
found in Foenugreek seed, comfrey root, and
PABA are desired as part of the diet.

Action:

Herbal formula rich in mucilage which aids in protecting and soothing inflamed mucous membrane surfaces. Also possesses expectorant activity.

Clinical Indications:

Asthma and chronic bronchitis
Hay fever
Bronchial congestion
Emphysema

Description:

Comfrey root is a rich source of mucilages and has a long folk history in the treatment of upper respiratory ailments, including asthma, bronchitis, upper respiratory infections (colds), and pleurisy. Comfrey also possesses expectorant action, as do foenugreek and mullein.

Dosage:

Two to three tablets three times daily.

Contraindications/adverse effects:

Some of comfrey's alkaloid components have been shown to cause liver cancer in animal studies. This formula should not be used during pregnancy for this reason.

Supporting formulas: (listed numerically)

#135 – Vitamin C and A, zinc, and flavonoid formula
#330 – Nutritional support for respiratory allergies
#357 – For allergies
#409A – Nutritional support for the respiratory system
#806 – Traditional herbal anti-asthmatic formula
#821 P.S.E. – Bronchial relaxing formula
#824A – Chinese anti-allergy formula

NOTES:

#235

FORMULA

Each two tablets contain:

Raw Pancreas 150 mg.
Raw Pituitary 40 mg.
Vitamin A 5000 IU
Niacinamide 100 mg.
Vitamin B1 25 mg.
Vitamin B2 25 mg.
Vitamin B6 25 mg.
Vitamin B12 25 mcg.
Pantothenic Acid 100 mg.
Chromium GTF* 50 mcg.

Zinc 10 mg.
Manganese 10 mg.
Betaine HCL 50 mg.
Choline Bitartrate 100 mg.
Methionine 100 mg.
Vitamin C 200 mg.
Raw Adrenal 65 mg.
Green Beet Leaf Powder 100 mg.
Barberry Root Bark 30 mg.
Wild Yam 50 mg.

Inositol 200 mg.
Potassium Chloride 100 mg.
Niacin 15 mg.

With herbal extracts of dandelion and golden seal; and with raw glandular concentrates of adrenal, pancreas, brain, duodenum, spleen, heart, kidney and liver.

*GTF - Glucose Tolerance Factor

Action:

Nutritional support for individuals with hypoglycemia. This formula emphasizes those nutrients which play a vital role in carbohydrate metabolism.

Clinical Indications:

Hypoglycemia
Diabetes

Description:

This comprehensive nutritional formula is designed to help stabilize blood sugar levels. The glandular substances, vitamins, minerals, and herbs contained in the formula have a broad range of physiological effects involving carbohydrate and energy metabolism.

Dosage:

One to two tablets three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known at prescribed dosage. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#125 – Additional liver support
#403 – Nutritional support for the adrenal glands
#804A – Herbal formula for diabetes
#822 – Herbal support for hypoglycemia

NOTES:

#275

FORMULA

Each two tablets contain:

Vitamin B6 (pyridoxine HCL) 25 mg.
Niacinamide 90 mg.
Zinc (amino acid chelate) 20 mg.
Magnesium (oxide and citrus juice
complex) 100 mg.
Phosphorus (phosphate) 45.5 mg.
Potassium (phosphate) 57.4 mg.
L-Cysteine (sh cystine sulfhydryl) ... 125 mg.
Manganese (amino acid chelate) 7.5 mg.
Choline (Bitartrate) 50 mg.

In a base of:

Inositol 500 mg.
Raw Kidney Concentrate 90 mg.
Black Cohosh root extract 60 mg.
Buchu leaves extract 32.5 mg.
Couch grass extract 32.5 mg.
Raw Thymus Concentrate 30 mg.
Raw Heart Concentrate 30 mg.
Rutin (Buckwheat) 25 mg.

Cornsilk extract 16.5 mg.
Hydrangia extract 16.5 mg.

This exclusive formulation also contains an enzyme complex from beef liver and an organically bound allantoin (comfrey)/methionine complex, with raw brain and spleen, and fortified with all eight essential amino acids in a special carrier of carbamide.

Action:

Nutritional/herbal formula which reduces blood pressure.

Clinical Indications:

Hypertension
As a cardiogenic

Description:

This formula is a combination of nutrients and herbs which reduces blood pressure. It is rich in trace minerals and herbs which have a long historical use in the treatment of high blood pressure.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known at the prescribed dosage. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#200A – Calcium and magnesium supplement
#406A – Kidney concentrate
#608 – Coenzyme Q10
#813 – Herbal formula for hypertension and as a cardiogenic

NOTES:

#285

FORMULA

Each two tablets contain:

Raw Beef Heart Tissue 150 mg.
Magnesium (amino acid chelate) 50 mg.
Potassium (amino acid chelate) 30 mg.
Vitamin E (d-Alpha) 50 IU
Vitamin C w/rose hips 100 mg.
Niacin 30 mg.
Riboflavin (Vitamin B2) 5 mg.
Thiamin HCL (Vitamin B1) 5 mg.
Vitamin B6 10 mg.

Zinc (amino acid chelate) 7.5 mg.
Selenium (yeast) 15 mcg.
Manganese (amino acid chelate) 2.5 mg.
Calcium (lactate) 41 mg.
Magnesium (citrate) 6.7 mg.
Hawthorn Berry extract
(4:1 concentrate) 150 mg.
Calcium Pangamate 20 mg.
Copper (amino acid chelate)30 mg.

Chromium (yeast) 10 mcg.

In a special formulation of yeast, rice bran, raw liver, raw spleen, raw kidney, raw brain, raw pancreas, raw duodenum, raw heart concentrate, wheat germ and lecithin. Mineral fractions from cereal grass juice and sugar cane juice concentrate.

Action:

Nutritional support for the cardiovascular system.

Clinical Indications:

As a cardiotonic

Hypertension

Other cardiovascular diseases

Description:

This formula is composed of raw heart tissue, potassium, magnesium, hawthorn berry extract, and other synergistic factors which improve cardiac function.

Dosage:

One to two tablets with meals three times daily.

Contraindications/adverse effects:

Should not be used in patients with severe renal disease. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#200A – In high blood pressure

#275 – In high blood pressure

#356C – Peripheral vascular insufficiency and thrombosis

#375 – Atherosclerosis

#401A – Heart concentrate rich in vital nutrients

#608 – Coenzyme Q10

#813 – Herbal formula for circulatory disorders

#841-250 or #841 P.S.E. – Ginkgo is helpful for vascular insufficiency

NOTES:

#290A

FORMULA

Each two capsules contain:

L-Methionine 200 mg.
L-Cysteine 300 mg.
L-Glycine 40 mg.
Alpha-ketoglutarate 60 mg.

Taurine 50 mg.
Pantothenic acid 80 mg.
Zinc* (chelate) 40 mg.
*Chelated with hydrolyzed vegetable protein.

This exclusive formula contains a Licorice root extract.

Action:

The sulfhydryl amino acids in this formula are capable of chelating out heavy metals and providing protection against many harmful chemicals.

Clinical Indications:

Heavy metal toxicity
Chemical exposure
Radiation exposure

Description:

This formula is designed to benefit those individuals with elevated levels of heavy metals (lead, cadmium, arsenic, mercury, etc.) due to the ability of the sulfhydryl amino acids (methionine, cysteine, and taurine) to chelate out heavy metals. In addition, these amino acids provide protection against the harmful tissue-damaging effects of many toxic substances, including radiation.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

Some individuals do not tolerate sulfur-containing amino acids (may cause nausea); these individuals should not use this formula. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas:

#125 – Nutritional support for the liver
#520 – Liver extract
#530 – B-vitamin formula
#620 – Calcium ascorbate
#751 – Fiber components chelate out heavy metals
#775A – Minerals prevent heavy metals from being absorbed
#800 or #800 P.S.E. – Prevents damage to the liver from toxic chemicals

NOTES:

#295A

FORMULA

Each two capsules contain:

Acidophilus, Lactobacillus
(1 billion bacteria)250 mg.
Protease (Protein Digesting)100 mg.
Amylase (Starch Digesting)100 mg.

Bromelain (1:1200)50 mg.
Papain (600)50 mg.

This exclusive formulation contains no animal

or animal by-products. Derived entirely from plant sources. Also contains varying amounts of Maltase, Oxidase, Peroxidase, and Phosphatase.

Action:

Restores the normal bacterial flora of the colon.

Clinical Indications:

Candidiasis
After antibiotic use
Intestinal infection
Digestive disturbances

Description:

This formula contains a non-dairy source of Lactobacillus acidophilus along with a high concentration of enzymes. This truly unique formula contains no animal or animal by-products. It can be used as a digestive aid to assist in the digestion of proteins, carbohydrates, and fats; while supplementing the acidophilus bacteria to increase the friendly flora in the colon.

Dosage:

One to two capsules three times daily before meals.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#385 – In digestive disturbances
#425A – Pancreatic enzyme preparation
#751 – Helps restore the proper environment in the intestines
#845 – In the irritable bowel syndrome

NOTES:

#300C

FORMULA

Each two tablets contain:

Vitamin A (fish liver oil) 2500 IU
Bioflavonoids (Citrus) 30 mg.
Rutin (Buckwheat) 25 mg.
Vitamin C w/rose hips 200 mg.
Niacin 30 mg.
Vitamin B2 25 mg.
Raw Eye Tissue 160 mg.

Raw Brain Tissue 20 mg.
Carotene 75 IU
Alfalfa Juice Concentrate 50 mg.
Extr. Euphrasia herb (4:1)
(Eyebright) 200 mg.
Greater Celandine 60 mg.
Potassium chloride 100 mg.

Raw Muscle Tissue 100 mg.
Inositol 100 mg.

In a special formulation of rice bran, carrot powder, parsley powder, raw liver, raw spleen, raw kidney, and trace mineral fractions from *Macrocystis Pyrifera*, in a carrier of carbamide powder.

Action:

This formula acts as a nutritional tonic for the eye.

Clinical Indications:

Eye tonic

Poor vision, especially at night

Description:

This formula combines nutritional, glandular, and herbal substances which have a tonic effect on the eye.

Dosage:

One to two tablets three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#810A – For cataracts

#829 – Flavonoid extracts for collagen structures of the eye

#861 P.S.E. – Bilberry extract contains anthocyanosides which strengthen collagen structures of the eye

NOTES:

#320

FORMULA

Each two capsules contain:

Rutin 25 mg.
Phosphorus (T.C.P.) 25 mg.
Vitamin E (succinate) 30 IU
Stone Root 500 mg.
Uva Ursi 50 mg.

Choline Bitartrate 150 mg.
Methionine 75 mg.
Raw Liver 40 mg.
Vitamin B12 (cobalamin conc.) 5 mcg.

Calcium lactate 130 mg.
Raw Adrenal 5 mg.
Raw Pituitary 5 mg.
Barberry root 50 mg.

Action:

Nutritional/herbal support for the venous system.

Clinical Indications:

Varicose veins
Hemorrhoids
Leg ulcers

Description:

This formula is composed of nutrients and herbs which strengthen the integrity of the walls of the veins, making it extremely useful in the treatment of varicose veins and hemorrhoids. These conditions are characterized by loss of tone in the wall of the vein.

Dosage:

Two to four capsules between meals with a glass of water.

Contraindications/adverse effects:

No contraindications or adverse effects are known at the prescribed dosage. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#125 – Liver support

#751 – Herbal fiber supplement for both hemorrhoids and varicose veins

#829 – Flavonoid concentrates help increase the strength of venous tissue

#876 P.S.E. – Oral herbal formula for the treatment of cellulite and varicose veins

#976 – Topical herbal formula for the treatment of cellulite and varicose veins

NOTES:

#330

FORMULA

Each two capsules contain:

Vitamin C 150 mg.
Pantothenic acid 150 mg.
Raw Adrenal Nucleoprotein 80 mg.
Ammonium chloride 49.5 mg.
Calcium chloride 49.5 mg.
Glutamic acid HCL 49.5 mg.
Magnesium glycerophosphate 30 mg.
Raw Spleen Nucleoprotein 25 mg.

Raw Pancreas Nucleoprotein 15 mg.
Raw Thymus Nucleoprotein 15 mg.
Choline Bitartrate 150 mg.
Methionine 75 mg.
Vitamin E (d-Alpha Tocopherol) 75 IU
Pancreatin Granules (3X)
treated for enteric activity 65 mg.

Pepsin (1:3000) 48.5 mg.
Betaine HCL 50 mg.
Niacinamide 10 mg.
Vitamin B6 5 mg.
Macrocystis Pyrifera 150 mg.
Raw Lung Tissue 90 mg.

Action:

Nutritional support for enhancing natural anti-allergy mechanisms.

Clinical Indications:

Food allergies
Asthma
Hay fever
Other allergic conditions

Description:

This formula is composed of raw glandular substances, various nutrients, and digestive aids. It is designed to reduce allergic reactions by nutritionally enhancing the endocrine, immune, and digestive systems.

Dosage:

Two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#135 – Vitamins C and A, zinc and flavonoid compounds
#357 – For allergies
#425A – Pancreatic enzymes reduce allergies
#620 – Buffered vitamin C
#806 – Traditional herbal anti-asthmatic formula
#824A – Herbal allergy formula
#829 – Flavonoid concentrate

NOTES:

#350

FORMULA

Each capsule contains:
250 mg. of Raw Dessicated Liver (freeze-dried) and 20 mg. of a specific Enzymatic Liver Fraction (freeze-dried) having a natural antihistaminic nutritional effect.

Action:

A systemic antihistamine that works by aiding the detoxification of histamine by the liver.

Clinical Indications:

Allergies
Hay fever
Asthma
Eczema

Description:

This formula contains a specific fraction of raw dessicated liver that aids the body in breaking down histamine. This results in a much lower allergic response.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#135 – Vitamins C and A, zinc, and flavonoid compounds
#357 – For allergies
#620 – Buffered vitamin C
#806 – Traditional herbal anti-asthmatic formula
#824A – Herbal allergy formula
#829 – Flavonoid concentrate

NOTES:

#356C

FORMULA

Each tablet contains:
Bromelain (pineapple enzyme)750 mg.
Calcium ascorbate250 mg.
Pantothenic Acid
(d-Calcium pantothenate)125 mg.

Action:

Bromelain possesses significant anti-inflammatory action. Additional pharmacological actions include: inhibition of platelet aggregation; inhibition of excessive scar formation; mild antibiotic activity; and mucolytic activity.

Clinical Indications:

Sports injuries
Pain
Inflammation with swelling
Bursitis
Tendinitis
Surgery
Bronchitis
Thrombophlebitis
Upper respiratory tract infection
Genito-urinary tract infection

Description:

Bromelain, the proteolytic enzyme from pineapple, has been shown to possess significant anti-inflammatory action. It is especially effective in cases involving trauma as occurs in sports-related injuries, car accidents, and during surgery. Bromelain has been shown to be effective in treating all clinical indications listed above. Its beneficial action in respiratory infection and urinary tract disease can be enhanced using natural antibiotic substances.

Dosage:

One to two tablets 20-30 minutes before meals.

Contraindications/adverse effects:

Bromelain has been reported to produce mild allergic reactions in susceptible individuals. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

Allergies and Inflammation:

#175 – In arthritis
#232 – In asthma
#330 – Allergy support
#403 – Adrenal gland support
#425A – Digestive support for food allergies
#806 – In asthma
#863 P.S.E. – Potent support for sports injuries and arthritis flare-ups

Other Indications:

#803 P.S.E. – Urinary tract infections
#816 – Upper respiratory tract infections

#357

FORMULA

Each capsule contains:

Bromelain (1800 GDU)	125 mg.
Quercetin	125 mg.
Ascorbic Acid	100 mg.
Mixed Bioflavonoids Complex	100 mg.
L-Cysteine (HCL)	75 mg.
Magnesium (carbonate)	25 mg.

Action:

This formula combines bromelain and quercetin along with several synergistic factors to offer considerable benefit in allergic and inflammatory conditions.

Clinical Indications:

Inflammatory conditions

Allergy

Asthma

Eczema

Arthritis

Trauma (sports injuries, surgery, etc.)

Respiratory tract infections

Painful menstruation

Scleroderma

Description:

This formula is composed of a proteolytic enzyme (bromelain), a flavonoid (quercetin), and several synergistic factors (cysteine, magnesium, bioflavonoids, and vitamin C). Although bromelain and quercetin demonstrate remarkable effects on their own, using them in combination, as directed, greatly increases their therapeutic activity. This formula is designed to offer significant relief in allergic conditions. In addition, experimental studies have indicated that this type of formula may serve as an alternative to aspirin and drugs in the relief of inflammation.

Dosage:

One or two capsules between meals for best results. If using this formula to reduce reactions to foods, take one to two capsules 15 to 20 minutes before meals.

Contraindications/adverse effects:

Bromelain and quercetin, like most substances, are capable of producing minor allergic reactions in susceptible individuals. Quercetin has been reported to be a mutagen, but evidence at this time indicates it is not a carcinogen. It should not be used during pregnancy unless under a physician's supervision.

Supporting formulas: (listed numerically)

#175 – In arthritis

#232 – In asthma

#330 – Allergy support

#403 – Adrenal gland support

#425A – Digestive support for food allergies

#806 – In asthma

#863 P.S.E. – Potent support for sports injuries and arthritis flare-ups

#365

FORMULA

Each two tablets contain:

Raw Ovary Substance*	150 mg.	Niacin	30 mg.	Calcium Chloride	65 mg.
Raw Uterus Substance*	65 mg.	Zinc (chelate)	20 mg.	Vitamin E (succinate)	100 IU
Raw Adrenal Substance*	65 mg.	Betaine HCL	50 mg.	Magnesium (oxide)	200 mg.
Raw Pituitary Substance*	20 mg.	Choline Bitartrate	100 mg.	Folic Acid	800 mcg.
Vitamin B1 (Thiamin)	25 mg.	Methionine	100 mg.	Vitamin B12	25 mcg.
Vitamin B2 (Riboflavin)	25 mg.	Hops	50 mg.		
Vitamin B6 (Pyridoxine HCL)	150 mg.	Blue Cohosh 4:1	200 mg.		
Pantothenic Acid	100 mg.	Ammonium Chloride	65 mg.		

*Freeze-dried

Action:

Broad-spectrum comprehensive approach to premenstrual tension syndrome (PMS).

Clinical Indications:

Premenstrual tension syndrome

Menstrual abnormalities

Description:

This combination of glandular substances, nutrients, and herbs is designed to relieve symptoms of PMS by correcting underlying metabolic abnormalities. Several of the components in this formula have been shown to be effective when administered alone, so it is thought that combining these beneficial substances will yield even better results due to known synergistic effects.

Dosage:

One to two tablets three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#165 – Glandular and nutritional support

#170 – Nutritional support for hormone synthesis

#404-05A – Glandular concentrate for menstrual complaints

#510 – Stearin fractions and essential fatty acids

#785 – Magnesium is of great benefit in PMS

#818 – Estrogen-balancing formula

#819 – Menstrual cramps, PMS

NOTES:

#370

FORMULA

Each enteric-coated tablet contains:

Iron (Ferrous Fumarate) 106 mg.
Vitamin C (Sodium Ascorbate) 250 mg.
Folic Acid 800 mcg.
Vitamin B12
(Cobalamin Concentrate) 100 mcg.
Magnesium (oxide) 60 mg.
Manganese (chelate) 4 mg.

Vitamin B1 (Thiamine HCL) 10 mg.
Vitamin B2 (Riboflavin) 5 mg.
Vitamin B6 (Pyridoxine HCL) 5 mg.
Niacinamide 30 mg.
Raw Spleen Tissue (freeze-dried) 50 mg.
Raw Bone Marrow (freeze-dried) 50 mg.
Liver Concentrate (20X) 100 mg.

Betaine HCL 50 mg.

This exclusive formulation contains synergistic factors as found in Raw Liver, Raw Brain, Raw Spleen, Raw Kidney, Raw Pancreas, and freeze-dried Alfalfa Juice concentrate.

Action:

An iron supplement.

Clinical Indications:

Iron deficiency anemia
Excessive menstrual bleeding

Description:

This formula is an enteric-coated iron supplement designed to improve tolerability and bio-availability with synergistic nutrients and glandular substances.

Dosage:

In iron deficiency, one tablet three times daily.

Contraindications/adverse effects:

Iron overdose is characterized by abdominal pain, nausea, vomiting, and diarrhea. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#520 – Liquid liver extract is an excellent source of blood-building nutrients
#620 – Vitamin C increases iron absorption
#811 – In excessive menstrual blood loss

NOTES:

#375

FORMULA

Each six tablets contain:

B-Sitosterol (Rye Germ)	450 mg.	Potassium Chloride	30 mg.	L-Taurine	300 mg.
Vitamin C	1500 mg.	Niacin	180 mg.	Copper	750 mcg.
Magnesium Whey Factor	1800 mg.	L-Methionine	195 mg.	Niacinamide	450 mg.
Magnesium Ascorbate	300 mg.	Ammonium Chloride	291 mg.	Vitamin B6	150 mg.
Potassium Phosphate	30 mg.	Calcium Chloride	291 mg.	Potassium Whey Factor	150 mg.
Zinc Ascorbate	45 mg.	Betaine HCL	300 mg.	Bromelain (1200)	150 mg.
Manganese Ascorbate	30 mg.	Potassium Aspartate	105 mg.	Mucopolysaccharide (Soluble)	300 mg.
Selenium Ascorbate	30 mg.				

Action:

An oral chelator formula designed to remove abnormal deposits of lipids, cellular debris, and calcium from the arteries.

Clinical Indications:

Atherosclerosis

Description:

This formula contains many of the same nutrients used in German oral chelation therapy. These nutrients work synergistically to prevent and reverse atherosclerosis.

Dosage:

One to two tablets three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#115 – Restores proper acid-alkaline balance to prevent calcium deposits

#200A – High blood pressure

#356C – Thrombophlebitis

#401A – Angina, high cholesterol levels, heart problems

#813 – Herbal tonic for the vascular system

#841-250 or #841 P.S.E. – Ginkgo improves vascular insufficiency

NOTES:

FORMULA**Each tablet contains:**

Betaine Hydrochloride	325 mg.	Potassium Chloride	32 mg.	Papain (6 x N.F.)	30 mg.
Glutamic Acid Hydrochloride	195 mg.	Niacinamide	10 mg.	Ox Bile Extract	15 mg.
Pepsin (N.F. 1:10,000)	97.2 mg.	Vitamin B6 (pyridoxine HCL)	500 mcg.	Pancreatin (4 x N.F.)	10 mg.
Ammonium Chloride	32 mg.				

Action:

Supplies necessary hydrochloric acid to aid in digestion.

Clinical Indications:

Achlorhydria (complete absence of hydrochloric acid secretion)

Hypochlorhydria (insufficient hydrochloric acid secretion)

Indigestion

Gas

Bloating

Food allergies

Description:

This formula is designed to provide hydrochloric acid to those individuals not secreting adequate levels of this acid in the stomach. Hydrochloric acid is necessary in protein digestion and other digestive processes.

Dosage:

One capsule with meals or as directed by a health care professional.

Contraindications/adverse effects:

Should not be used in individuals with peptic ulcers or gastritis. If gastric irritation is produced, discontinue use of product. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#145 – Full range of enzymes to assist digestive function in the stomach and lower intestines

#295A – Vegetarian enzyme and acidophilus formula

#400 or #425A – Pancreatin and digestive enzymes (take just prior to meals)

NOTES:

*Start w/ 1 tablet w/ meal. If no heartburn & indigestion, ↑ to 2.
 If ↑ into pitilfed sense of warmth, then drop one (reduces then drop one)
 Never exceed 7 tablets. Take at end of meal (pancreatic enzymes before meal)*

#400

FORMULA

Each two capsules contain:

Raw Pancreas (freeze-dried) 250 mg.

Pancreatin 4 x N.F. 150 mg.

Pancrelipase N.F. 125 mg.

Bromelain 100 mg.

Duodenum (Freeze-dried) 65 mg.

Beef Bile Salts 30 mg.

L-Cysteine 25 mg.

Action:

A digestive aid.

Clinical Indications:

Pancreatic insufficiency

Malabsorption disorders

Celiac disease

Cystic fibrosis

Gas

Indigestion

Description:

This formula is a high-potency digestive enzyme supplement useful in the treatment of pancreatic insufficiency.

Dosage:

Two capsules with meals, or more as directed by a health care professional.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas:

#385 – Decreased HCl production can cause pancreatic insufficiency

#425A – Additional pancreatic enzymes

NOTES:

#401A

FORMULA

Each capsule contains:

Raw Heart (freeze-dried) 325 mg.

L-Carnitine 100 mg.

Raw Pancreas (freeze-dried) 65 mg.

Raw Pituitary (freeze-dried) 5 mg.

Raw Adrenal (freeze-dried) 65 mg.

Liver Concentrate (20X) 50 mg.

This exclusive heart complex is formulated to supply a trace mineral complex from a Sea Plant Concentrate and Bio-Min T.R. 8, a trade

name for an exclusive mineral extract from an ancient sea bed supplying trace minerals qualitatively with raw liver, raw spleen, raw brain, and raw kidney. The glandular substances are freeze-dried.

Action:

Nutritional support for the heart.

Clinical Indications:

Hypertension

Angina

Other cardiac complaints

Description:

This nutritional formula contains freeze-dried raw heart tissue along with other glandular substances and trace minerals. Carnitine is included for its ability to improve energy metabolism in the heart.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#224 – Potassium is important for heart function

#285 – Nutritional support for cardiovascular system

#785 – Magnesium is important for heart function

#813 – Herbal support for cardiovascular disorders

NOTES:

#402A

FORMULA

Each two tablets contain:

Thymus Enzymatic Polypeptide	Raw Pituitary (freeze-dried)	Papain (600)
Fractions 500 mg.	Zinc (chelate) 7.5 mg.	Echinacea 300 mg.
Crude Thymus Extract (CX 110)* 50 mg.	Selenium (chelate) 25 mcg.	Blue Flag 130 mg.
550 mg. of Thymus Extracts & Fractions	Copper (chelate) 150 mcg.	Golden Seal 64 mg.
including Thymosin, Thymopoietin,	L-Lysine (amino acid) 250 mg.	Vitamin E (natural d-Alpha) 200 IU
Thymic humoral factor (TFH)	Ascorbic acid (Vitamin C) 250 mg.	
Raw Spleen (freeze-dried) 130 mg.	Trypsin NF 25 mg.	*Extracted from seven-day-old calf thymus
Raw Lymph (freeze-dried) 65 mg.	Vitamin B1 (thiamine HCL) 30 mg.	tissue.
Raw Bone Marrow (freeze-dried) 65 mg.	Bromelain (1200) 50 mg.	

Action:

Nutritional support to improve thymus gland and immune system function.

Clinical Indications:

Low immune status
Frequent infections
Chronic viral illnesses

Description:

This formula is composed of a specific fraction of the crude extract of seven-day-old calf thymus tissue rich in thymic hormone fractions. Thymosin and other thymic hormones have been shown to possess significant immune enhancing effects. Injectable-grade thymus extracts have been shown to be effective in many viral and cancerous conditions. It is believed that oral administration may produce similar types of effects. Synergistic nutrients such as L-Lysine, vitamin C, zinc, and glandular substances are included to provide broad-spectrum immune system support.

Dosage:

One to two tablets three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#135 – Nutritional support for viral infections
#412-30A – Glandular extracts with synergistic factors
#812A – Herbal support for the immune system
#816 – Herbal support for bacterial infections
#831 – Herbal support for viral infections and chronic low immune function

NOTES:

#403

FORMULA

Each two capsules contain:

Raw Adrenal (freeze-dried) 400 mg.
Raw Pituitary (freeze-dried) 120 mg.
Raw Adrenal Cortex (freeze-dried) ... 32 mg.

Betain 250 mg.
L-Tyrosine 250 mg.
Vitamin C w/rose hips 250 mg.

Vitamin B6 (Pyridoxine HCL) 50 mg.
Pantothenic acid 100 mg.

Action:

Nutritional support for the adrenal gland.

Clinical Indications:

Stressful situations
Allergies
Inflammatory conditions
Chronic fatigue

Description:

This raw adrenal complex with synergistic cofactors is designed to provide nutritional support for the adrenal gland during periods of stress, allergies, or inflammation.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known using raw adrenal gland. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#408A – Nutritional support for the adrenal cortex
#827 – Herbal support for the adrenal gland
#862 P.S.E. – Ginseng provides excellent support for the adrenals

NOTES:

#404-05A

FORMULA

Each capsule contains:
Ovary-Uterus Complex (Predigested
Soluble Concentrate)250 mg.
Multi-glandular Complex
(Raw Spleen, Raw Brain, Raw Liver,
Raw Heart, Raw Kidney, Raw Pancreas,
Raw Duodenum)100 mg.

Action:

Nutritional support for the female glandular system.

Clinical Indications:

Menopausal symptoms
Menstrual abnormalities
Infertility

Description:

This formula is composed of predigested ovarian and uterine gland concentrates designed to nutritionally support glandular functions in the female. These free-form concentrates are predigested by enzymatic action, creating a highly absorbable glandular containing all the active principles with a standardized functional content. Predigested glands are superior concentrates because they are able to bypass the digestive process, ensuring easy assimilation and utilization by stressed and overworked glands and organs.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#165 – Nutritional/glandular support for the female
#170 – Plant sterol formula
#811 – Herbal support for excessive menstrual blood loss
#818 – Herbal support for menopause and menstrual disorders
#819 – Herbal support for menstrual cramps

NOTES:

#406A

FORMULA

Each two capsules contain:
Kidney-Liver Complex (Predigested
Soluble Concentrate) 500 mg.
Artichoke (contains 15% caffeoylquinic
acids) 100 mg.

Action:

Nutritional support for the kidneys.

Clinical Indications:

General kidney support

Hypertension

Description:

This formula is composed of predigested water-soluble glandular extracts of liver and kidney in a multi-glandular complex. Predigested water-soluble glandulars provide easy assimilation and utilization.

Dosage:

One or two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#135 – Improves the integrity of mucosa

#184 – General nutritional support for the kidney

#189 – Chlorophyll is a natural source of vitamin K1, an important nutrient for proper kidney function

#808 – Herbal formula for kidney disorders

NOTES:

#408A

FORMULA

Each capsule contains:
Adrenal-Cortex Complex (Predigested
Soluble Concentrate)250 mg.
Multi-glandular Complex
(Raw Spleen, Raw Brain, Raw Liver,
Raw Heart, Raw Kidney, Raw Pancreas,
Raw Duodenum)100 mg.

Action:

This formula provides nutritional support for the adrenal cortex.

Clinical Indications:

Inflammation (bruises, sprains, arthritis, etc.)
Allergies

Description:

This free-form concentrate is predigested by enzymatic action, creating a highly absorbable glandular containing all the active principles with a standardized functional content. Predigested glands are superior concentrates because they are able to bypass the digestive process, ensuring easy assimilation and utilization by stressed and overworked glands and organs.

Dosage:

One or two tablets three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#175 – In arthritis
#232 – In asthma
#330 – Allergy support
#356C – In inflammation
#403 – Adrenal gland support
#425A – Digestive support for food allergies
#806 – In asthma
#824A – In allergies and inflammation
#827 – Herbal support for the adrenal gland

NOTES:

#409A

FORMULA

Each capsule contains:
Lung-Thymus Complex (Predigested
Soluble Concentrate)250 mg.
Multi-glandular Complex
(Raw Spleen, Raw Brain, Raw Liver,
Raw Heart, Raw Kidney, Raw Pancreas,
Raw Duodenum)100 mg.

Action:

Nutritional support for the respiratory system.

Clinical Indications:

Respiratory illnesses such as asthma, bronchitis, pneumonia, emphysema, etc.

Description:

Soluble concentrated extract of lung and thymus tissue in a multi-glandular complex. These free-form concentrates are predigested by enzymatic action, creating a highly absorbable glandular containing all the active principles with a standardized functional content. Predigested glands are superior concentrates because they are able to bypass the digestive process, ensuring easy assimilation and utilization by stressed and overworked glands and organs.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#135 – Improves integrity of lung mucosa

#853 – Goldenseal has a historical use in treating infectious conditions of the mucous membranes

NOTES:

#410A

FORMULA

Each capsule contains:
Brain-Pituitary Complex (Predigested
Soluble Concentrate) 125 mg.
Multi-glandular Complex
(Raw Spleen, Raw Brain, Raw Liver,
Raw Heart, Raw Kidney, Raw Pancreas,
Raw Duodenum) 100 mg.

Action:

Nutritional support for the nervous system.

Clinical Indications:

Lack of concentration, memory loss, senility
Sleep problems
Mental fatigue
Alcoholism

Description:

Soluble concentrated extract of brain and pituitary tissue. These free-form concentrates are predigested by enzymatic action, creating a highly absorbable glandular containing all the active principles with a standardized functional content. Predigested glands are superior concentrates because they are able to bypass the digestive process, ensuring easy assimilation and utilization by stressed and overworked glands and organs.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#375 – Nutritional support for proper blood flow
#478 – Nutritional support for the brain
#815 – Herbal tonic designed to restore and preserve health, especially in the elderly
#841-250 or #841 P.S.E. – Ginkgo improves blood flow to the brain
#1005 – Amino acids are important for brain function

NOTES:

#411-13A

FORMULA

Each capsule contains:
Orchic-Prostate Complex (Predigested
Soluble Concentrate)250 mg.
Multi-glandular Complex
(Raw Spleen, Raw Brain, Raw Liver,
Raw Heart, Raw Kidney, Raw Pancreas,
Raw Duodenum)100 mg.

Action:

Nutritionally supports the male glandular system.

Clinical Indications:

Reduced sexual desire and function
Infertility
Decreased sperm counts

Description:

This formula is composed of predigested water-soluble glandular substances and synergistic herbal cofactors which provide nutritional support for the male glandular system.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known.

Supporting formulas: (listed numerically)

#170 – Plant sterol formula
#190 – Nutritional support for prostatic enlargement
#215 – Nutritional support for the male glandular system
#815 – General herbal tonic
#835 P.S.E. – Excellent support for prostate problems
#837 P.S.E. – Herbal tonic for men

NOTES:

#412-30A

FORMULA

Each capsule contains:

Lymph-Spleen Complex (Predigested
Soluble Concentrate)250 mg.

Multi-glandular Complex
(Raw Spleen, Raw Brain, Raw Liver,
Raw Heart, Raw Kidney, Raw Pancreas,
Raw Duodenum)100 mg.

Action:

Nutritional support to the lymphatic system and spleen.

Clinical Indications:

Infectious conditions

Allergies

Description:

These free-form concentrates are predigested by enzymatic action, creating a highly absorbable glandular containing all the active principles with a standardized functional content. Predigested glands are superior concentrates because they are able to bypass the digestive process, ensuring easy assimilation and utilization by stressed and overworked glands and organs.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#135 – Nutritional support for viral infections

#402A – Thymus glandular with synergistic cofactors

#812A – Herbal support for the immune system

#816 – Herbal support for bacterial infections

#831 – Herbal support for viral infections and chronic low immune function

NOTES:

#414

FORMULA

Each capsule contains:

Active ingredient:

Homeopathic Thyroid Tissue*4X

In a base of:

Herbal-Glandular Complex590 mg.

(Kelp, Parsley, Watercress, Irish Moss,
Calcium Lactate, Raw Pancreas, Raw
Brain, Raw Duodenum, Raw Heart, Raw
Kidney, Raw Liver, Raw Spleen)

*Thyroxin-free

Action:

Nutritional support for the thyroid gland.

Clinical Indications:

Hypothyroidism

Sluggish metabolism

Difficulty in losing weight

Description:

The thyroid is the most important gland of metabolism. The hormones that it secretes control all aspects of metabolism. Signs of decreased thyroid hormone function include: low body temperature; sensitivity to cold and heat; cold hands and feet; depression; difficulty in losing weight; dry skin; elevated cholesterol levels; and fatigue.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#410A – Low pituitary function is often a factor in hypothyroidism

#435A – Additional support for the thyroid

#442 – Nutritional support for the pituitary gland and endocrine system

NOTES:

#425A

FORMULA

Each two tablets contain:

Pancreatic Enzyme Concentrate (10X)
(Full strength, Undiluted, Uncut)325 mg.
Units of Activity:
Protease.....96,580
Amylase.....98,780
Lipase.....24,496

Papain50 mg.
Bromelain50 mg.
Trypsin75 mg.
Amylase10 mg.
Lipase10 mg.
Lysozyme10 mg.

Chymotrypsin1.5 mg.

Formulated in a base of other proteolytic enzymes in a special bicarbonate complex. Bicarbonates are key factors in triggering the release of pancreatic enzymes.

Action:

A high-potency digestive aid.

Clinical Indications:

Pancreatic insufficiency
Malabsorption disorders
Celiac disease
Cystic fibrosis
Gas
Indigestion
Auto-immune diseases
Inflammation

Description:

This formula is a high-potency digestive enzyme supplement useful in the treatment of pancreatic insufficiency. It is undiluted pancreatin (10X). Other pancreatin products are often diluted with lactose, salt, or milk sugar to achieve a standardized strength (e.g., 4X).

Dosage:

As a digestive aid: one or two tablets with meals, or more as directed by a health care professional.
As an anti-inflammatory: two to four tablets between meals (on an empty stomach).

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#385 – Decreased HCl production can cause pancreatic insufficiency
#444 – In fibrocystic breast disease

NOTES:

#435A

FORMULA

Each capsule contains:

Active ingredient:

Homeopathic Thyroid Tissue*4X

In a base of:

Raw Gland Complex34.5 mg.

L-Tyrosine125 mg.

Kelp100 mg.

Copper (chelate)150 mcg.

Iodine (kelp)225 mcg.

Magnesium (chelate)50 mg.

Vitamin B1250 mcg.

Manganese (chelate)2 mg.

Zinc (chelate)7.5 mg.

Molybdenum (chelate)50 mcg.

*Thyroxin-free

Action:

Nutritional support for the thyroid gland.

Clinical Indications:

Hypothyroidism

Sluggish metabolism

Difficulty in losing weight

Description:

The thyroid is the most important gland of metabolism. The hormones that it secretes control all aspects of metabolism. Signs of decreased hormone function include: low body temperature; sensitivity to cold and heat; cold hands and feet; depression; difficulty in losing weight; dry skin; elevated cholesterol levels; and fatigue.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#410A – Low pituitary function is often a factor in hypothyroidism

#414 – Additional support for the thyroid

#442 – Nutritional support for the pituitary gland and endocrine system

NOTES:

#437A

FORMULA

Each three tablets contain:

Active ingredient:

Homeopathic Thyroid Tissue*4X

In a base of:

Raw Pituitary (freeze-dried)32 mg.

Anterior Pituitary (freeze-dried)2.5 mg.

Raw Adrenal (freeze-dried) 65 mg.

Raw Thymus (freeze-dried) 5 mg.

Calcium Phosphate 100 mg.

Calcium Chloride 47.5 mg.

Ammonium Chloride 47.5 mg.

Calcium Aspartate 135 mg.

Glutamic Acid (HCL) 50 mg.

Betaine HCL 30 mg.

*Thyroxin-free

Action:

Nutritional support for individuals exhibiting signs of parasympathetic dominance.

Clinical Indications:

Slow metabolism

Low energy levels and fatigue

Atherosclerosis

Osteoarthritis

Description:

This formula is useful in the treatment of parasympathetic dominant or high-calcium states, because it helps restore proper calcium balance.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

Should not be used in individuals exhibiting sympathetic dominance (low-calcium states). Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#115 – Systemic acidifier

NOTES:

#442

FORMULA

Each two capsules contain:
Raw Pituitary (freeze-dried)200 mg.
Manganese Aspartate100 mg.
Herbal/Glandular complex986 mg.
(Pacific Sea Kelp, Alfalfa Juice concentrate, Raw Liver, Raw Thymus, Raw Adrenal, Dulce Powder, Raw Pancreas, Raw Brain, Raw Heart, Raw Kidney, Raw Spleen)

Action:

Nutritional support for the pituitary gland and endocrine system.

Clinical Indications:

Endocrine imbalance
Hypothyroidism
Obesity
Depression

Description:

Freeze-dried raw pituitary concentrate combined with a synergistic herbal/glandular complex.

Dosage:

One capsule three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#220A – For weight loss
#775A – Minerals chelated to Krebs cycle intermediates
#822 – Herbal formula to assist weight loss

NOTES:

#444

FORMULA

Each two capsules contain:

Raw Mammary (freeze-dried) 200 mg.
Raw Placenta (freeze-dried) 200 mg.
Raw Pituitary (freeze-dried) 20 mg.

Herbal/Glandular complex 752 mg.
(Blessed Thistle, False Unicorn, Raw Adrenal,
Raw Uterus, Golden Seal, Raw Lymph, Raw

Thymus, Squaw Vine, Raspberry Leaves, Raw
Pancreas, Raw Liver, Raw Brain, Raw Heart,
Raw Kidney, Raw Spleen).

Action:

Nutritional support for the mammary.

Clinical Indications:

Fibrocystic breast disease
Breast tenderness

Description:

Concentrated glandular extract of mammary tissue and supporting factors which provide nutritional support to the mammary.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#165 – Nutritional support for the female glandular system
#414 – Thyroid problems are common in breast disorders
#818 – Balances female hormones

NOTES:

#460

FORMULA

Each capsule contains:
N,N-Dimethyl-glycine 100 mg.
Calcium Gluconate 30.7 mg.
Glycine 25 mg.
Potassium Aspartate 125 mg.
Magnesium Aspartate 125 mg.
Trimethylglycine (TMG) 100 mg.

Action:

Increases oxygen utilization.

Clinical Indications:

Angina
Emphysema
Before competition or workouts for athletes
Fatigue

Description:

This formula contains the Russian formula for "vitamin B15" as well as supporting nutrients, used to enhance athletic performance and improve oxygen supply to tissues.

Dosage:

One capsule three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known at recommended dosage. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#815 – Herbal tonic
#1001D – For athletes
#1004 – Increases athletic performance

NOTES:

#478

FORMULA

Each three tablets contain:

Raw Brain (freeze-dried) 300 mg.
Raw Pituitary (freeze-dried) 65 mg.
L-Glutamine 300 mg.
L-Phenylalanine 300 mg.
L-Tyrosine 100 mg.
L-Glycine 100 mg.
Gamma Aminobutyric Acid (Gaba) . 100 mg.

Alpha-Ketoglutaric Acid 100 mg.
L-Cysteine 50 mg.
L-Methionine 50 mg.
Choline (Bitartrate) 200 mg.
Pyridoxal Phosphate 15 mg.
RNA/DNA 50 mg.
Zinc Aspartate 30 mg.

Magnesium Aspartate 100 mg.
Potassium Aspartate 100 mg.
Manganese (chelate) 15 mg.
Vitamin C 300 mg.
Folic Acid 800 mcg.
Vitamin B12 500 mcg.

Action:

Nutritional support for the brain.

Clinical Indications:

Senility
Poor memory
Depression

Description:

This formula is composed of brain extracts, amino acids, and nutrients necessary for the manufacture of neurotransmitters. It supplies general nutritional support to the brain.

Dosage:

One to two tablets three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#375 – Reduces atherosclerotic plaque
#530 – B-vitamin supplement
#841-250 or #841 P.S.E. – Ginkgo improves blood flow to the brain
#1005 – Amino acids are important for brain function

NOTES:

#495

FORMULA

Each tablet (lozenge) contains:

Zinc Aspartate	46 mg.
Trypsin	4 mg.
Chymotrypsin	2 mg.
Pancreatin	2 mg.
Bromelain	3 mg.
Papayotin	4 mg.
Thymus Concentrate (Bovine)	2 mg.

Action:

Zinc lozenges are immuno-enhancing and anti-viral, making them useful in the treatment of the common cold and other viral upper respiratory tract illnesses.

Clinical Indications:

Common cold

Upper respiratory tract infection

Gingivitis and periodontal disease

Inflammation in the oral cavity

Description:

Many double-blind studies have shown oral zinc lozenges to be effective in the treatment of the common cold.

Zinc possesses significant anti-viral, immune-potentiating, and anti-inflammatory action. Providing zinc and enzymes in a lozenge form allows for tissue saturation in the oral cavity, where the effects can be localized.

Dosage:

In acute conditions, one lozenge every two waking hours.

In chronic conditions, one lozenge three times daily.

Contraindications/adverse effects:

Long-term zinc administration can reduce copper levels and alter mineral ratios. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

For the common cold:

#135 – Nutritional support for viral infections, stimulates normal mucosal functions

#402A – Nutritional support for the thymus and immune system function

#620 – Non-acidic ascorbate-C

#831 – Herbal support during viral infections

NOTES:

#496

FORMULA

Each capsule contains:
Zinc (Picolinate) 15 mg.
Vitamin B6 (pyridoxine HCL) 25 mg.

Action:

A component in over 80 enzymes in the body, zinc functions in more enzymatic reactions than any other trace mineral. Although severe zinc deficiency is very rare in developed countries, many individuals in the United States have marginal zinc deficiency. Evidence shows that zinc chelated with picolinic acid is the most bioavailable form of zinc supplementation.

Clinical Indications:

Low immune function
Loss of sense of taste or smell
Prostate problems
Acne and other skin disorders
Tissue damage (trauma, burns, surgery, etc.)
Diabetes and hypoglycemia

Description:

When zinc is taken into the body, the pancreas secretes picolinic acid into the intestine. The acid forms a complex with zinc that enhances its absorption. The amount of zinc transported across the absorptive cells of the intestine is directly related to the availability of picolinic acid. A decrease in pancreatic secretions would result in impaired zinc absorption. This may be a major factor responsible for the decreased zinc levels in the elderly. (Pancreatic insufficiency is a common condition with increasing age.) This means that even though an individual may be consuming high levels of zinc, a deficiency may result due to decreased absorption. Supplementation with zinc picolinate appears to be particularly indicated in individuals with even mild pancreatic insufficiency. Because vitamin B6 increases zinc absorption, it is included in this supplement.

Dosage:

One capsule daily (more if under the supervision of a physician).

Contraindications/adverse effects:

Long-term zinc administration can reduce copper levels and alter mineral ratios. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

Low immune function:

- #135 – Nutritional support for viral infections
- #402A – Nutritional support for the immune system
- #812A – Herbal support for the immune system
- #816 – Herbal support for bacterial infections
- #831 – Herbal support for the immune system

For prostate conditions:

- #190 – Nutritional support for prostate
- #215 – Raw glandulars for nutritional support
- #411-13A – Raw glandular for nutritional support
- #803 P.S.E. – In cases of prostatitis and cystitis
- #835 P.S.E. – Prostatitis and prostatic enlargement

For skin conditions:

- #105 or #180

#504

FORMULA

Each two tablets contain:

Caprylic Acid (octanoic acid) 125 mg.
Garlic Extract 250 mg.
Acidophilus (Carodophilus)* 250 mg.
Zinc (picolinate) 4 mg.

Biotin 333 mcg.
Beta-Carotene 5 mg.
L-Cysteine 10 mg.
Pau D'arco (powdered extract) 200 mg.

*Contains 250 million count of friendly bacteria per two tablets. Does not contain milk or any milk product. Derived entirely from carrot juice.

Action:

Anti-yeast and immune-enhancing formula.

Clinical Indications:

Candidiasis (yeast syndrome)

Description:

A unique complex of natural factors designed to nutritionally support individuals who may have Candida albicans. Containing substances with anti-fungal and immune-enhancing effects, this formula is enteric coated to ensure delivery to the lower gastrointestinal tract which often harbors the yeast.

Dosage:

One to three tablets three times daily.

Contraindications/adverse effects:

Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

- #125 – Nutritional support for the liver's detoxification mechanisms
- #135 – Nutritional support for the immune system
- #295A – Promotes a healthy bacterial flora in the intestinal tract
- #385 – Hydrochloric acid helps prevent Candida overgrowth
- #402A – Nutritional support for the thymus and immune system
- #425A – Pancreatic enzymes help prevent Candida overgrowth
- #751 – Water-soluble fibers can bind to Candida toxins and help the body eliminate them
- #809A – Herbal anti-fungal formula
- #816 – Berberine kills Candida
- #845 – Enteric-coated peppermint oil helps control yeast in the intestinal tract
- #853 – Goldenseal supports the immune system and protects against Candida overgrowth

NOTES:

#505A

FORMULA

Each capsule contains:

Active ingredients:

Calcium docusate100 mg.

Casanthranol (Selected glycosides of
Rhamnus purshiana)30 mg.

In a base of:

Herbal Cleanse500 mg.

(Guar gum, psyllium seed husks, oat fiber,
maltodextrin, pectin, ginger extract, fenu-

greek seed extract, fennel seed extract,
dandelion root extract, sarsaparilla root ex-
tract, papain, lactobacillus acidophilus)

Action:

Safe, gentle laxative and stool softener. This formula generally produces a bowel movement in 6 to 12 hours.

Clinical Indications:

Constipation

Description:

This formula contains not only the gentle laxative effect of casanthranol and the stool-softening action of calcium docusate, but also a beneficial fiber complex to provide a bulking effect.

Dosage:

Adults and children over 12 years of age: one to three tablets with evening meal.

Contraindications/adverse effects:

Do not use laxative products when abdominal pain, nausea, or vomiting are present, unless directed by a physician. Laxative products should not be used for a period longer than one week unless directed by a health care professional. Keep out of the reach of children. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#751 – Herbal fiber complex

#801A – Choleric formula increases the flow of bile and creates a looser stool

NOTES:

#510

FORMULA

Each capsule contains:
Unrefined Germ oil (Wheat)300 mg.
Lecithin (Soybean)200 mg.
Linoleic acid (Safflower seed oil)140 mg.
Intrinsic Glandular Lipids200 mg.

Action:

This formula provides steroid-like molecules which enhance sexual gland functions.

Clinical Indications:

Impotence
Loss of strength and stamina
Menopausal symptoms
Prostate disorders

Description:

These nutrients and natural steroid-like molecules provide nutritional support for various glandular functions. This natural food concentrate is designed for those who wish to supplement their diets with natural stearin fractions and the essential fatty acids.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

For men:

- #190 – Nutritional support for prostatic enlargement
- #215 – Raw glandulars for nutritional support
- #815 – General herbal tonic
- #835 P.S.E. – Excellent support for prostate problems
- #837 P.S.E. – Herbal tonic for men

For women:

- #165 – Raw glandulars for nutritional support
- #404-05A – Ovary-uterus glandular complex
- #811 – Herbal support for excessive menstrual blood loss
- #818 – Herbal support for menopause and menstrual disorders
- #819 – Herbal support for menstrual cramps

NOTES:

#520

FORMULA

Each capsule contains:
Liquid Liver Fractions550 mg.
Vitamin B12100 mcg.
Siberian Ginseng extract
(Eleutherococcus senticosus)500 mg.

#521

FORMULA

Each capsule contains:
Liquid Liver Fractions550 mg.
Vitamin B12100 mcg.

Action:

Nutritional support for the liver and a rich source of water-soluble nutrients.

Clinical Indications:

As a nutritional tonic
Liver dysfunction
Body building
Chronic fatigue
Anemia

Description:

One capsule of this liquid liver extract is equivalent to 11,000 mg. of raw liver minus the fats and cholesterol. A rich source of nutrients, this formula should be thought of as a necessary part of the diet, a food concentrate rather than a supplement. More and more athletes, body builders, housewives, professionals, and other people seeking to increase their mental and physical performance are becoming aware of the health-promoting effects of liquid liver extract.

Dosage:

One or two capsules three times daily.

Contraindications/adverse effects:

Because the fats and cholesterol have been removed, there is no risk of toxicity.

Supporting formulas: (listed numerically)

#125 – Nutritional support for the liver
#425A – Assists liver in fat metabolism
#800 P.S.E. – Silymarin protects the liver and enhances its function
#801A – Choloretic and liver-protecting formula

NOTES:

#530

FORMULA

Each capsule contains:

Vitamin B1 (thiamine HCL)	12.5 mg.	Vitamin B12 (cobalamin conc.)	25 mcg.	Vitamin C w/rose hips	100 mg.
Vitamin B2 (riboflavin)	12.5 mg.	Inositol	50 mg.	L-Tryptophane	50 mg.
Vitamin B6 (pyridoxine HCL)	15 mg.	Calcium (Oyster shell)	50 mg.	L-Tyrosine	50 mg.
Niacin	10 mg.	Magnesium (oxide)	30 mg.	Skullcap	50 mg.
Pantothenic acid	20 mg.	Siberian Ginseng	50 mg.	Passion Flower	50 mg.
Folic Acid	75 mcg.	Zinc (chelate)	1.5 mg.	Hops	50 mg.
Paba	5 mg.	Manganese (chelate)	5 mg.	Potassium (citrate)	25 mg.

Action:

Vitamin B-complex combined with additional anti-stress factors.

Clinical Indications:

Stress

B-vitamin deficiency

Description:

This formula is a balanced vitamin B-complex with additional anti-stress components such as magnesium, calcium, tryptophan, skullcap, passion flower, and hops.

Dosage:

One to two capsules up to five times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#205 – In anxiety

#235 – Reduces hypoglycemia

#403 – Adrenal extract

#775A – Minerals chelated with Krebs cycle intermediates

NOTES:

#608

FORMULA

Each capsule contains:

Coenzyme Q₁₀ 20 mg.
(20,000 mcg.)

Action:

Coenzyme Q10 is an important compound in energy metabolism and is a potent antioxidant.

Clinical Indications:

Cardiovascular disease (angina, hypertension, congestive heart failure, etc.)

Obesity

Elevated blood lipids

Periodontal disease

Description:

Coenzyme Q10 is an essential component of the mitochondrial respiratory chain, where it facilitates the breakdown of fatty acids into chemical energy (ATP). Clinical studies have demonstrated that it is of benefit in the treatment of hypertension, mitral valve prolapse, congestive heart failure and other cardiovascular conditions. Coenzyme Q10 has also been shown to be of benefit in the treatment of periodontal disease.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#200A – In high blood pressure

#275 – Nutritional support for high blood pressure

#356C – Peripheral vascular insufficiency and thrombosis

#375 – Helps reduces plaque in atherosclerosis

#401A – Heart concentrate rich in vital nutrients

#813 – Herbal formula for circulatory disorders

#841-250 or #841 P.S.E. – Ginkgo improves vascular insufficiency

NOTES:

#620

FORMULA

Each teaspoon (5 gm) contains:

Vitamin C (calcium ascorbate)	2000 mg.
Rose Hips	1450 mg.
Acerola	1000 mg.
Lemon Bioflavonoids	500 mg.
Rutin (Buckwheat)	25 mg.
Hesperidin	25 mg.
Calcium (ascorbate)	230 mg.

Action:

Buffered vitamin C supplement.

Clinical Indications:

Vitamin C supplementation

Description:

This formula contains calcium ascorbate, a non-irritating and non-acidic form of vitamin C, along with synergistic factors.

Dosage:

One-half to one teaspoon two to three times daily.

Contraindications/adverse effects:

May cause gas, diarrhea, and gastrointestinal discomfort in some individuals. May increase the risk of kidney stones. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#135 – Nutritional support for viral infections

NOTES:

#740

FORMULA

Each drop contains:

Vitamin A (water soluble) 15,000 IU

Vitamin E (water soluble) 10 IU

A full container (60cc) supplies 1200 drops or total of 18,000,000 IU of water soluble Emulsified Vitamin A and 24,000 IU of Emulsified Vitamin E.

Action:

An emulsified, highly absorbable form of vitamins A and E.

Clinical Indications:

Vitamin A and E deficiency signs or symptoms

Description:

Vitamin A deficiency is characterized by poor wound healing, frequent infections, poor night vision, and skin disorders. Vitamins E and A work synergistically.

Dosage:

One to two drops daily.

Contraindications/adverse effects:

No contraindications or adverse effects at recommended dosage. Should not be used in pregnancy.

Supporting formulas:

This formula is an excellent supporting formula whenever vitamin A supplementation is indicated.

NOTES:

#750

FORMULA

Ingredients:

Bran Fiber (Rice and Oat), Cascara Sagrada Bark, Citrus Fiber, Karaya Gum, Apple Pectin, Acidophilus, Prune Powder, Psyllium Plantago Ovata Blond, Rhubarb Root.

Action:

All-natural bulking product formulated to assist the body in eliminating accumulated putrefaction material from the gastrointestinal tract, and to promote normal peristaltic action.

Clinical Indications:

Intestinal cleansing
Constipation
Weight loss aid
Colonic conditioning

Description:

This herbal fiber formula is a good source of nutrients which enhance the body's excretion of waste products while promoting a healthy environment in the colon.

Dosage:

One to three tablespoons mixed well with milk or fruit juice. This fiber formula may be used as often as desired.

Contraindications/adverse effects:

No contraindications or adverse effects are known.

Supporting formulas: (listed numerically)

#425A – High-potency pancreatin to assist digestion
#505A – Safe, gentle laxative and stool softener
#801A – Increases the flow of bile

NOTES:

#751

FORMULA

Ingredients:

Guar gum, psyllium seed husks, oat fiber, maltodextrin, pectin, ginger extract, fenugreek seed extract, fennel seed extract, dandelion root extract, sarsaparilla root extract, papain, lactobacillus acidophilus.

Action:

This formula is composed primarily of bulk, gel-forming, and mucilaginous fibers. This formula normalizes bowel movements, being effective in both constipation and diarrhea. The beneficial effects of fiber include: decreased intestinal transit time; delayed gastric emptying, which results in a greater feeling of fullness and prevents rapid rises in blood sugar levels; increased pancreatic secretion; increased stool weight; improved bacterial flora; decreased serum lipids; and increased solubility of bile, thereby reducing the risk of gallstones.

Clinical Indications:

Colonic: constipation, diarrhea, irritable bowel syndrome, hemorrhoids, diverticular disease, ulcerative colitis

Metabolic: weight loss aid, diabetes, gallstones, kidney stones

Cardiovascular: hypertension, atherosclerosis, elevated cholesterol levels

Others: peptic ulcers, heavy metal toxicity, psoriasis, auto-immune diseases

Description:

This herbal fiber formula is a particularly good source of non-cellulose polysaccharides. Water-soluble plant cell wall components such as hemicelluloses (oat bran) and mucilages (guar gum, psyllium seed, and pectin) have diverse physiological properties and are the most beneficial types of fiber.

Dosage:

One to three tablespoons mixed with fruit juice or water.

Contraindications/adverse effects:

No contraindications or adverse effects are known.

Supporting formulas: (listed numerically)

#425A – High-potency pancreatin to assist digestion

#505A – Safe, gentle laxative and stool softener

#801A – Increases the flow of bile

NOTES:

#770

FORMULA

Each four tablets contain:

Calcium (aspartate, citrate, succinate,
fumarate, carbonate, lactate,
malate) 600 mg.
Magnesium (aspartate, oxide) 250 mg.
Zinc (picolinate) 15 mg.
Copper (gluconate) 1.5 mg.
Manganese (aspartate) 15 mg.
Silicon (sodium metasilicate) 1 mg.

Boron (chelated) 750 mcg.
Strontium (nonradioactive) 500 mcg.
Selenium (sodium selenite) 100 mcg.
Chromium (aspartate) 100 mcg.
Molybdenum (sodium molybdate) 50 mcg.
Vitamin K (phytonadione) 150 mcg.
Vitamin D 200 IU
Thiamine 10 mg.

Riboflavin 10 mg.
Niacinamide 20 mg.
Pantothenic Acid 10 mg.
Vitamin B6 (pyridoxine) 25 mg.
Folic Acid 400 mcg.
Vitamin B12 10 mcg.
Betaine HCl 20 mg.
Vitamin C 100 mg.

Action:

A comprehensive nutritional program for the skeletal system. Builds strong, healthy bones, and helps prevent osteoporosis.

Clinical Indications:

Osteoporosis
Multi-mineral supplement

Description:

This complete supplement program for healthy bones contains those nutrients vital in the prevention and treatment of osteoporosis. Osteoporosis is a complex disease involving many nutritional factors. This unique formula contains nutrients vital to both the mineral (inorganic) and the structural (organic) phases of bone. Since osteoporosis involves both phases, this formula is many times more effective than simple mineral supplements.

Dosage:

Two tablets twice daily.

Contraindications/adverse effects:

Do not use with the drugs Coumadin or Warfarin due to the vitamin K content of this formula. These drugs work by interfering with the body's vitamin K. No other contraindications or adverse effects are known. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#775A – Balanced mineral formula
#786 – Additional boron, up to 3 mg. per day
#818 – In menopause

NOTES:

#775A

FORMULA

Each four tablets contain:

Calcium (CFMSA)* 600 mg.
Magnesium (CFMSA)* 400 mg.
Potassium (CFMSA)* 99 mg.
Zinc (CFMSA)* 15 mg.
Iron (CFMSA)* 5 mg.
Copper (CFMSA)* 1 mg.

Manganese (CFMSA)* 2 mg.
Chromium (CFMSA)* 100 mcg.
Selenium (CFMSA)* 75 mcg.
Germanium (CFMSA)* 50 mcg.
Molybdenum (CFMSA)* 25 mcg.
Vanadium (CFMSA)* 50 mcg.

Iodine (Marine organic minerals) .. 100 mcg.
Boron (CFMSA)* 4 mg.

*Chelated to the Krebs cycle intermediates
(citrate, fumarate, malate, succinate and
aspartate).

Action:

Highly absorbable mineral chelates providing a balanced combination of minerals along with Krebs cycle intermediates, which are necessary for energy metabolism.

Clinical Indications:

Mineral deficiencies
Osteoporosis

Description:

This formula is a unique balanced multiple mineral formula composed of minerals chelated to the Krebs cycle intermediates (citrate, fumarate, malate, succinate, and aspartate). The Krebs cycle is involved in cellular energy production. Evidence suggests that minerals chelated to Krebs cycle intermediates are better absorbed and utilized. In addition, these Krebs cycle intermediates are believed to help fight off fatigue.

Dosage:

Four to eight tablets daily in divided doses with meals.

Contraindications/adverse effects:

Should not be used in clients with chronic renal failure.

Supporting formulas:

This balanced mineral complex is a formula that works synergistically with all other formulas.

NOTES:

#779

FORMULA

Each tablet contains:

Calcium (CFMSA)* 200 mg.

Magnesium (CFMSA)* 120 mg.

*Chelated to the Krebs cycle intermediates (citrate, fumarate, malate, succinate, and aspartate).

Action:

Calcium and magnesium supplement.

Clinical indications:

Muscle spasms

Uterine cramps

Nervousness

Insomnia

Hypertension

Description:

Calcium and magnesium complexed with Krebs cycle intermediates (citrate, fumarate, malate, succinate, and aspartate). These organic acids are responsible for energy production within every cell of the body. Minerals chelated to the Krebs cycle are better absorbed and utilized.

Dosage:

One to two tablets three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known at recommended dosages. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas:

This formula is suitable as a supporting formula whenever calcium and magnesium supplementation is indicated.

NOTES:

#780

FORMULA

Each tablet contains:

Calcium (CFMSA)* 200 mg.

Magnesium (CFMSA)* 120 mg.

Zinc (CFMSA)* 7 mg.

Zinc (Picolinate) 3 mg.

*Chelated to the Krebs cycle intermediates (citrate, fumarate, malate, succinate, and aspartate).

Action:

A calcium, magnesium and zinc supplement.

Clinical Indications:

Calcium, magnesium, or zinc deficiency

Description:

This formula is composed of calcium, magnesium and zinc complexed with Krebs cycle intermediates (citrate, fumarate, malate, succinate, and aspartate). These organic acids are responsible for energy production within every cell of the body. Minerals chelated to the Krebs cycle are better absorbed and utilized. Many individuals' diets are deficient in these important minerals.

Dosage:

One to two tablets three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known at the recommended dosage. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas:

This formula is suitable as a supporting formula whenever calcium, magnesium, or zinc supplementation is indicated.

NOTES:

#781

FORMULA

Each tablet contains:

Zinc (CFMSA)* 40 mg.

Zinc (Picolinate) 10 mg.

*Chelated to the Krebs cycle intermediates (citrate, fumarate, malate, succinate, and aspartate).

Action:

A component in over 80 enzymes in our bodies, zinc functions in more enzymatic reactions than any other trace mineral. Although severe zinc deficiency is very rare in developed countries, many individuals in the United States have marginal zinc deficiency.

Clinical Indications:

Low immune function

Loss of sense of taste or smell

Prostate problems

Acne and other skin disorders

Tissue damage (trauma, burns, surgery, etc.)

Diabetes and hypoglycemia

Description:

This formula contains zinc complexed with Krebs cycle intermediates and picolinic acid, which increases the bio-availability of zinc.

Dosage:

One tablet daily.

Contraindications/adverse effects:

Long-term zinc administration can reduce copper levels and alter mineral ratios. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

Low immune function:

#135 – Nutritional support for viral infections

#402A – Nutritional support for the immune system

#812A – Herbal support for the immune system

#816 – Herbal support for bacterial infections

#831 – Herbal support for the immune system

For prostate conditions:

#190 – Nutritional support for the prostate

#215 – Raw glandulars for nutritional support

#411-13A – Raw glandular for nutritional support

#803 P.S.E. – In cases of prostatitis and cystitis

#835 P.S.E. – Prostatitis and prostatic enlargement

For skin conditions:

#105 or #180

#782

FORMULA

Each chewable tablet contains:

Zinc (CFMSA)* 4 mg.
Zinc (Glycinate) 1 mg.

*Chelated to the Krebs cycle intermediates
(citrate, fumarate, malate, succinate, and aspartate).

Action:

Zinc lozenges are immuno-enhancing and anti-viral, making them useful in the treatment of the common cold and other viral upper respiratory tract illnesses.

Clinical Indications:

Common cold
Upper respiratory tract infection
Gingivitis and periodontal disease
Inflammation in the oral cavity

Description:

An oral zinc lozenge containing zinc chelated with Krebs cycle intermediates. In double-blind studies, oral zinc lozenges have been shown to be effective in the treatment of the common cold. Zinc possesses significant anti-viral, immune system potentiating, and anti-inflammatory action. Providing zinc in a lozenge form allows for tissue saturation in the oral cavity, where its effects can be localized.

Dosage:

In acute conditions, one lozenge every two waking hours. In chronic conditions, one lozenge three times daily.

Contraindications/adverse effects:

Long-term zinc administration can reduce copper levels and alter mineral ratios. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

For the common cold:

- #135 – Nutritional support for viral infections, stimulates normal mucosal functions
- #402A – Nutritional support for the thymus and immune system function
- #620 – Non-acidic ascorbate-C
- #831 – Herbal support for viral infections

NOTES:

#783

FORMULA

Each capsule contains:

Chromium (CFMSA)* 50 mcg.
Chromium (Yeast-free GTF) 50 mcg.
Glutathione (GTF Complex) 40 mg.
Niacin (GTF Complex) 10 mg.

*Chelated to the Krebs cycle intermediates
(citrate, fumarate, malate, succinate, and aspartate).

Action:

Organic chromium supplement.

Clinical Indications:

Diabetes
Hypoglycemia
Cravings for sugar

Description:

This formula is composed of chromium complexed with Krebs cycle intermediates, which increases the bio-availability of the chromium. Organic chromium has been shown to have a beneficial effect in regulating blood sugar levels via its incorporation into the "glucose tolerance factor."

Dosage:

One capsule three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known at recommended dosage. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#235 – Nutritional support for hypoglycemia
#804A – Herbal/nutritional support for diabetes

NOTES:

#784

FORMULA

Each capsule contains:

Selenium (CFMSA)* 50 mcg.

Selenium (L-selenomethionine) 50 mcg.

*Chelated to the Krebs cycle intermediates (citrate, fumarate, malate, succinate, and aspartate).

Action:

Selenium serves many vital roles as a component in antioxidant pathways.

Clinical Indications:

Inflammation

Chemical sensitivities

Selenium supplement

Description:

In this formula, selenium is chelated to Krebs cycle intermediates, which increases the bio-availability of the selenium. Low selenium levels have been shown to increase the risk of developing many chronic diseases such as cancer and atherosclerosis. Selenium serves as the mineral cofactor in antioxidant enzymes, where it prevents oxidative or free radical damage to cells. Selenium levels are often low in individuals having chronic inflammatory diseases like rheumatoid arthritis.

Dosage:

One to two capsules daily.

Contraindications/adverse effects:

Supplementation should not exceed the recommended dose unless under a physician's supervision. Selenium toxicity is characterized by liver, kidney, and neurological damage.

Supporting formulas: (listed numerically)

This formula is suitable as a supporting formula whenever selenium supplementation is indicated.

NOTES:

#785

FORMULA

Each tablet contains:
Magnesium (CFMSA)* 250 mg.

*Chelated to the Krebs cycle intermediates
(citrate, fumarate, malate, succinate and aspartate).

Action:

Magnesium supplement.

Clinical Indications:

Low magnesium intake
Hypertension
Premenstrual tension
Kidney stones
Depression
Muscular spasm
Irritability and nervousness
Fatigue

Description:

This formula contains magnesium chelated to Krebs cycle intermediates, which increases the bio-availability of the magnesium and enhances its actions. Magnesium deficiency is quite common, especially in the elderly. Magnesium supplementation has been shown to be of benefit in all of the clinical indications listed above.

Dosage:

One tablet three times daily.

Contraindications/adverse effects:

Magnesium supplementation may cause diarrhea in some individuals. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas:

This formula is suitable as a supporting formula whenever magnesium supplementation is indicated.

NOTES:

#786

FORMULA

Each three capsules contain:

Boron (CFMSA)* 3 mg.

*Chelated to the Krebs cycle intermediates (citrate, fumarate, malate, succinate, and aspartate).

Action:

Supplies the trace mineral boron in a highly bio-available form.

Clinical Indications:

Menopause
Osteoporosis

Description:

Evidence shows that boron has a major role in calcium and mineral metabolism. Boron appears to be extremely important in preventing osteoporosis. Preliminary studies indicate that supplementation of boron at levels commonly found in diets high in fruits and vegetables prevents calcium loss and bone demineralization in postmenopausal women.

Dosage:

One capsule three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known at recommended dosages. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#770 – Complete nutritional program for osteoporosis
#818 – Herbal formula for menopausal women

NOTES:

#800

FORMULA

Each capsule contains:
Silybum marianum extract (St. Mary's
Thistle Fruit or Milk Thistle)* 100 mg.

*Concentrated to contain 70% flavonoids calculated as Silybin (70 mg. per capsule).

#800 P.S.E.

FORMULA

Each capsule contains:
Silybum marianum extract* 150 mg.
(Purified Standardized Extract)

*Concentrated to contain 80% silymarin (120 mg. per capsule) calculated as Silybin.

Action:

Specific antioxidant for the liver, where it functions in protecting and enhancing liver function. As a choleric and lipotropic compound, Silymarin promotes the flow of bile and fats to and from the liver.

Clinical Indications:

Liver disease
Chemical exposure
Gallstones
Psoriasis
Elevated cholesterol levels

Description:

Silymarin, the flavonoid complex from Silybum marianum (milk thistle), is one of the most potent liver-protecting substances known. Since the liver is the major site of detoxification in the body, it is at a very high risk of being damaged by the chemicals it processes. Many toxic chemicals, including DDT; dioxin; 2,4,5-T; 2,4-D; PCB; and PCP are known to damage the liver or disrupt its enzyme functions. Silymarin has demonstrated remarkable effects in protecting the liver from chemical damage and in improving liver function.

Dosage:

One to two capsules three times daily with meals.

Contraindications/adverse effects:

Because silymarin increases the flow of bile, a looser stool is often produced when it is administered. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#125 – Nutritional support for liver function
#425A – Aids in fat metabolism
#520 or #521 – Liquid liver extract

#801A

FORMULA

Each capsule contains:

Extr. Silybum marianum, fructus

(Milk Thistle) (10:1) 350 mg.

Silymarin (from Silybum marianum) .. 35 mg.

Extr. Curcuma, rhizoma

(Curcuma root) (10:1) 150 mg.

(Biologically active compound - Curcumin)

Extr. Cynara, folia

(Artichoke) (4:1) 250 mg.

(Biologically active compound - Cynarin)

Action:

This specific antioxidant formula for the liver protects and enhances liver function. The herbs in this formula are powerful choleric and lipotropic compounds, which promote the flow of bile and fats to and from the liver.

Clinical Indications:

Liver disease

Chemical exposure

Gallstones

Psoriasis

Elevated cholesterol levels

Description:

The liver is the most important organ of metabolism. Disruption of normal liver function results in significant disruption of all metabolic processes. The liver regulates carbohydrate, fat and protein metabolism; stores vitamins and minerals; and works in detoxification reactions. Since the liver is the major site of detoxification in the body, it is at a very high risk for being damaged by the chemicals it processes. Many chemicals, including DDT; dioxin; 2,4,5-T; 2,4-D; PCB; and PCP are known to damage the liver or disrupt its enzyme functions. Formula #801A is composed of concentrated extracts of herbs which have demonstrated remarkable effects in protecting the liver from chemical damage and in improving liver function.

Formula #801A also has a choleric effect. This means that it promotes the outflow of bile from the liver to the gallbladder. Choleric agents are very useful in the treatment of hepatitis and other liver diseases via this "decongesting" effect. Choleric agents typically lower cholesterol levels because they increase the excretion of cholesterol and decrease the synthesis of cholesterol in the liver.

Dosage:

Two to three capsules three times daily with meals.

Contraindications/adverse effects:

Because this formula increases the flow of bile, a looser stool is often produced when it is administered. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#125 – Nutritional support for the liver

#425A – Assists liver in fat metabolism

#520 or #521 – Liquid liver extracts

NOTES:

#803 P.S.E.

FORMULA

Each capsule contains:

Uva ursi extract* 200 mg.

*Contains 10% arbutin

Lepedeza capitatae extract* 100 mg.

*Contains 8% flavonoids

Peumus boldo extract* 100 mg.

*Contains 1.52% essential oils

Solidago virgaurea extract*

(Goldenrod) 100 mg.

*Contains 5% flavonoids

Vitamin B6 (Pyridoxine HCL) 25 mg.

Magnesium (oxide) 50 mg.

In a base of bicarbonates to provide the alkaline reaction necessary for the proper function of arbutin.

Action:

This formula acts as a diuretic and urinary tract antiseptic.

Clinical Indications:

Fluid retention

Urinary tract infection

Kidney stones

Description:

This formula contains the most effective herbal diuretics and urinary tract antiseptics. Vitamin B6 and magnesium are included to prevent the formation of calcium oxalate kidney stones. This formula is useful in all kidney and bladder conditions.

Dosage:

As a diuretic: one to two capsules three times daily.

During active urinary tract infection: one to two capsules every two hours with a glass of water.

Contraindications/adverse effects:

At the prescribed dose, no contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#184 – Nutritional support for the kidneys

#406A – Glandular support for the kidneys

#808 – Herbal support for urinary tract disorders

#876 P.S.E. – Chronic bladder infections

NOTES:

#804A

FORMULA

Each two capsules contain:

Momordica charantia
(Bitter melon) 100 mg.
Extr. Vaccinium myrtillus, folia (4:1)
(Blueberry leaves) 150 mg.
Extr. Vaccinium myrtillus, fructus (4:1)
(Blueberries) 150 mg.

Extr. Trigonella foenum-graecum (4:1)
(Fenugreek seed) 100 mg.
Chromium (GTF) 70 mcg.
Vitamin B6 (pyridoxine HCL) 10 mg.
Vitamin C (Ascorbic acid) 100 mg.
Vitamin E (mixed tocopherols) 50 IU

Selenium (aspartate) 40 mcg.
Manganese (chelate) 10 mg.
Magnesium (chelate) 100 mg.
Vitamin B12 (cobalamin conc.) 250 mcg.
Zinc (picolinate) 5 mg.
Biotin 1000 mcg.

Action:

Improves blood glucose control mechanisms and prevents health complications due to diabetes.

Clinical Indications:

Diabetes mellitus

Description:

This formula contains several botanical and nutritional substances with proven ability to lower elevated blood glucose levels safely and effectively. In addition, this formula is designed to reduce the risk of developing some of the major complications of diabetes such as cataracts, retinopathy, kidney damage, and neuropathy.

Dosage:

Two to three capsules three times daily with meals.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

NOTE: Diabetes is a serious condition that requires medical supervision. As this supplement is designed to improve glucose metabolism in diabetes, alteration in dosage of insulin or other drug(s) prescribed by your physician may be necessary.

Supporting formulas: (listed numerically)

#235 – Helps stabilize blood sugar levels
#608 – Coenzyme Q10
#751 – Fiber formula: take 1/2 dose with meals
#783 – Chromium helps regulate blood sugar levels
#829 – Flavonoid-rich extract increases capillary integrity

NOTES:

FORMULA**Each capsule contains:**

Extr. Ephedra, herba (4:1) 200 mg.
 Extr. Grindeliae, herba (4:1)
 (Grindelia herb) 40 mg.
 Extr. Euphorbiae, herba (4:1)
 (Euphorbia herb) 40 mg.
 Extr. Droserae, herba (4:1)
 (Sundew herb) 40 mg.

Extr. Senegae, radix (4:1)
 (Senega root) 40 mg.
 Extr. Hederæ helix, herba (6.5:1)
 (Ivy) 30 mg.
 Extr. Hydrastis canadensis, rhizoma (4:1)
 (Goldenseal root) 20 mg.

Extr. Althaeae, rhizoma (8:1)
 (Marshmallow root) 50 mg.
 Extr. Liquiritiae, radix (4:1)
 (Licorice root) 50 mg.
 Extr. Zingiberis, rhizoma (6.5:1)
 (Ginger root) 65 mg.

Action:

The active constituents in Ephedra promote nasal decongestant and anti-asthmatic activity. In this formula, Ephedra is combined with a unique blend of herbal expectorants. Expectorants modify the quantity and quality of respiratory tract secretions, resulting in the expulsion of excess secretions and improvement in respiratory tract function.

Clinical Indications:

Asthma
 Hay fever
 Allergic rhinitis
 Nasal congestion

Description:

The use of Ephedra in combination with expectorants is an old-time herbal treatment for the complaints listed above. The Ephedra alkaloids, ephedrine and pseudoephedrine, exert remarkable nasal decongestant and anti-asthmatic activity. This activity, combined with the anti-allergy and expectorant activity of the other herbal ingredients, makes this formula effective for allergic conditions involving the upper respiratory tract.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

May cause anxiety, insomnia or hypertension in some individuals. Should not be used in individuals with high blood pressure. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#330 – Nutritional support for allergies
 #357 – Anti-allergy formula
 #403 – Adrenal formula with synergistic cofactors
 #409A – Lung extract
 #824A – Chinese herbal formula for asthma

NOTES:

#807A

FORMULA

Each capsule contains:

Extr. Harpagophyti, radix (3:1)
(Devil's claw) 200 mg.
Extr. Taraxaci, radix (4:1)
(Dandelion root) 48 mg.
Extr. Urticae, folia (5:1)
(Nettle leaves) 50 mg.
Extr. Betulae, folia (5:1)
(Birch leaves) 50 mg.

Extr. Equiseti arvensis, herba (5:1)
(Horsetail herb) 40 mg.
Extr. Hippocastani, fructus (20%)
(Horse chestnut) 100 mg.
Extr. Rhododendri, folia (5:1)
(Rhododendron leaves) 100 mg.

Extr. Salicis, cortex (8:1)
(Willow bark) 125 mg.
Extr. Cimicifuga (4:1)
(Black cohosh) 50 mg.
Extr. Liquiritiae, radix (4:1)
(Licorice root) 50 mg.

Action:

This formula is principally composed of the South African plant, Harpagophytum procumbens (better known to American consumers as "Devil's Claw"). Pharmacological studies in animals and clinical trials in humans have reported that devil's claw possesses an anti-inflammatory and analgesic effect comparable to the potent drug phenylbutazone. In addition to relieving joint pain in these clinical trials, serum cholesterol and uric acid levels were reduced. The anti-inflammatory effects of devil's claw have been attributed to three iridoid glycosides: harpagoside, harpagide, and procumbide. This formula also contains other herbs with confirmed anti-inflammatory activity.

Clinical Indications:

Rheumatoid arthritis
Gout
Inflammation

Description:

Devil's claw possesses significant anti-inflammatory activity, as confirmed in several clinical and experimental studies. Willow bark has been used worldwide in folk medicine for the relief of aches, fevers and rheumatic pains. Salicin, the starting material for the manufacture of aspirin, was isolated from the willow in the early 1800's. By the late 1800's, the use of synthetic aspirin had almost entirely replaced the use of willow bark. Licorice has demonstrated significant anti-inflammatory activity in experimental studies, and has a long history of use for arthritic conditions. Black cohosh was used by American Indians for a wide variety of conditions, including arthritis and rheumatism. Horse chestnut's flavonoid components have confirmed anti-inflammatory activity. Horse chestnuts were widely used by American Indians in the treatment of arthritis, backache, neuralgia, and related conditions. Birch, nettle, dandelion, horsetail and rhododendron all have long histories of use in the treatment of arthritic conditions, and many constituents of these herbs have been shown to possess anti-inflammatory activity.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known at prescribed dosages. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#115 – In osteoarthritis
#175 or #176 – In arthritis
#356C, #357, or #863 P.S.E. – For inflammation
#864 P.S.E. – For pain

NOTES:

#808

FORMULA

Each capsule contains:

Extr. Solidaginis, herba (6:1)
(Golden Rod Wart) 250 mg.
Extr. Rubiae tinctorum, radix (4:1)
(Madder root) 250 mg.

Extr. Betulae, folia (5:1)
(Birch leaves) 50 mg.
Extr. Equiseti arvensis, herba (5:1)
(Horsetail herb) 50 mg.

Extr. Urticae, folia (5:1)
(Nettle leaves) 50 mg.
Magnesium (oxide) 150 mg.
Vitamin B6 (pyridoxine HCL) 10 mg.
Phylloquinone (Vitamin K1) 83.3 mcg.

Action:

Provides nutritional support to the kidneys, as well as mild diuretic and stone-dissolving effects.

Clinical Indications:

Kidney stones
Urinary tract infection
Other kidney complaints

Description:

This formula is a mixture a herbs with a long history of folk use in the treatment of kidney disorders. Several of these herbs have confirmed diuretic and stone-dissolving action. This formula also complements #803 P.S.E. very well in the treatment of urinary tract infection.

Dosage:

Two capsules three times daily with a glass of water.

Contraindications/adverse effects:

At prescribed dosage, no contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#135 – Nutritional support for membranes
#184 – Nutritional support for the kidneys
#189 – Natural chlorophyll soothes intestinal mucosa
#803 P.S.E. – In urinary tract infection

NOTES:

#809A

FORMULA

Each two capsules contain:

Extr. Berberidis radialis, cortex (4:1)
(Barberry, root of bark) 150 mg.
Extr. Pau D'arco (5:1)
(Taheebo Tea) 150 mg.
Extr. German Chamomile (4:1)
(Chamomile) 75 mg.

Extr. Cinnamomum lauracea (4:1)
(Cinnamon) 75 mg.
Extr. Thymus vulgaris (4:1)
(Thyme) 75 mg.

Extr. Rosmarini, folia (4:1)
(Rosemary leaves) 75 mg.
Extr. Melissae herba (4:1)
(Balm herb) 150 mg.

Action:

This formula is composed of herbs with proven antibiotic activity against the common yeast *Candida albicans*.

Clinical Indications:

Candidiasis
Gas/bloating
Irritable bowel syndrome
Parasitic infections

Description:

The use of antibiotics and/or a diet high in sugar is associated with an intestinal overgrowth of the common yeast *Candida albicans*. This formula is composed of those herbs with proven anti-yeast activity. In addition, several of these herbs enhance the body's immune system to help get rid of the yeast.

Dosage:

Two to four capsules with meals.

Contraindications/adverse effects:

No contraindications or adverse effects are known at prescribed dosages. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#125 – Nutritional support for the liver's detoxification mechanisms
#295A – Acidophilus promotes a healthy bacterial flora in the intestinal tract
#356C – Bromelain destroys intestinal parasites
#385 – Hydrochloric acid helps prevent *Candida* overgrowth
#402A – Enhances immune function
#425A – Pancreatic enzymes help prevent *Candida* overgrowth
#504 – Kills *Candida* and restores gut flora
#751 – Water-soluble fibers can bind to *Candida* toxins and help the body eliminate them
#800 P.S.E. – Herbal support for the liver's detoxification mechanisms
#812A – Stimulates immune system
#816 – Kills *Candida* and other intestinal parasites
#845 – Enteric-coated peppermint oil helps control yeast in the intestinal tract
#853 – Goldenseal supports the immune system and protects against *Candida* overgrowth

NOTES:

#810A

FORMULA

Each two capsules contain:

Vitamin C (ascorbic acid) 500 mg.
Vitamin E (mixed tocopherols) 25 IU
Selenium (aspartate) 25 mcg.

L-Cysteine 75 mg.
L-Glutamine 35 mg.
L-Glycine 35 mg.

Hachimijiogan 150 mg.
Glutathione (reduced) 20 mg.

Action:

Antioxidant formula useful in the prevention of senile cataract formation and other free radical induced diseases.

Clinical Indications:

Cataracts

Antioxidant protection

Description:

This formula contains a combination of nutrients and a special Chinese herbal formula designed to provide necessary antioxidants to the eye, thereby protecting the lens of the eye from developing cataracts. This formula is also suitable for use as a general antioxidant in the treatment of inflammatory and allergic conditions.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#300C – Nutritional support for the eye

#861 P.S.E. – Bilberry flavonoids enhance visual function

NOTES:

#811

FORMULA

Each capsule contains:
Iron (aspartate) 25 mg.
Vitamin A (fish liver oil) 2,500 IU
Vitamin C w/rose hips 200 mg.
Bioflavonoids (mixed citrus,
50% Concentrate) 200 mg.
Phylloquinone K1 1 mg.
Extr. Capsella (4:1)
(Shepherd's purse) 250 mg.

Action:

This formula is composed of nutritional and herbal factors with proven positive effect in reducing and preventing excessive menstrual flow.

Clinical Indications:

Excessive menstrual bleeding
Iron deficiency
Blood loss

Description:

Excessive menstrual bleeding or menorrhagia is a common female complaint that may be entirely prevented by taking proper nutritional measures. Many factors can cause menorrhagia; the most common nutritional causes include: iron deficiency, vitamin A deficiency, vitamin C and bioflavonoid deficiency, and vitamin K deficiency. Supplementation with these nutrients has yielded very positive results in clinical trials. Numerous herbs have also been used in the treatment of menorrhagia. The plant with the greatest efficacy is Shepherd's purse (Capsella bursa-pastoris).

Dosage:

One capsule three times daily with meals.

Contraindications/adverse effects:

No contraindications or adverse effects are known at prescribed dosage. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas:

Often menorrhagia is caused by an increase in estrogen levels or other endocrine abnormalities. Formulas useful in correcting these imbalances include: #165, #170, #370, #404-05A, and #818.

NOTES:

#812A

FORMULA

Each capsule contains:

Extr. Echinaceae Angustifolia, radix (6.5:1)
(Echinacea root) 100 mg.
Extr. Hydrastis canadensis, rhizoma (4:1)
(Golden Seal root) 100 mg.
Extr. Liquiritiae, radix (4:1)
(Licorice root) 50 mg.
Extr. Visci albi, herba (4:1)
(Mistletoe herb) 50 mg.

Action:

This herbal formula is designed to assist the immune system during an infectious process. It is composed of the most potent herbal immune enhancers: Echinacea angustifolia (coneflower), Hydrastis canadensis (goldenseal), Viscum album (mistletoe), and Glycyrrhiza glabra (licorice).

Clinical Indications:

Common cold

Sore throat

Flu

Viral infections (herpes, "mono," measles, etc.)

Other infectious processes

Description:

This herbal combination offers a unique and effective approach to infectious processes. Although these herbs do possess antibiotic and antiviral activity, their ability to stimulate the body's own natural defense mechanisms is what makes this unique combination particularly effective in treating both viral and bacterial infections.

Dosage:

Acute infection: Two to four capsules three times daily.

Chronic infection: One capsule three times daily.

Contraindications/adverse effects:

Licorice may cause elevation in blood pressure in some individuals. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#135 – Nutritional support for viral infections

#402A – Nutritional support for the immune system

#816 – Herbal support for bacterial infections

#831 – Herbal support for viral infections and chronic low immune function

NOTES:

#813

FORMULA

Each capsule contains:

Extr. Ginkgo biloba (8:1)
(Ginkgo leaves) 40 mg.

Extr. Crataegi, fructus (4:1)
(Hawthorn berries) 300 mg.

Extr. Ammi visnagae, fructus (4:1)
(Khella) 100 mg.

Extr. Capsici louisiana, fructus (1:1)
(Pepper Cayenne) 200 mg.

Extr. Zingiberis, rhizoma (6.5:1)
(Ginger root) 50 mg.

Extr. Visci albi, herba (4:1)
(Mistletoe herb, white) 40 mg.

Action:

This formula is designed to improve the blood supply to the heart and brain, and to lower elevated blood pressures. It is composed of concentrated extracts of herbs with proven success in treating the many cardiovascular conditions associated with atherosclerosis.

Clinical Indications:

Hypertension

Cerebral vascular insufficiency (dizziness, ringing in the ears, forgetfulness, etc.)

Angina

Arythmias

Peripheral vascular insufficiency

Description:

Atherosclerotic cardiovascular disease still remains the number one killer of Americans. High blood pressure is a major contributor to this. Formula #813 is designed to prevent and treat atherosclerotic-related cardiovascular disease. Since each herb in this formula possesses significant benefit to the cardiovascular system, the combination offers a truly comprehensive approach toward a great number of cardiovascular diseases.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

May increase blood pressure in patients on beta-blockers like Inderal. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#200A or #275 – High blood pressure

#356C – Peripheral vascular insufficiency

#375 – Necessary to dissolve plaque from vascular walls

#401A – Angina, high cholesterol levels, heart problems

#608 – Coenzyme Q10 provides nutritional support for the heart

#841-250 or #841 P.S.E. – Ginkgo improves vascular insufficiency

NOTES:

#814 P.S.E.

FORMULA

Each tablet contains:

ACTIVE INGREDIENTS:

Extr. Lobelia inflata
(standardized 1% lobeline) 200 mg.

Lobeline (Lobelia inflata) 2 mg.

OTHER INGREDIENTS:

Extr. Avenae sativa, herba (10:1)
(Oat straw) 200 mg.

Extr. Capsici louisiana, fructus (1:1)
(Cayenne pepper) 10 mg.

Beta-Carotene 5 mg.

Vitamin C 100 mg.

Hesperdine Complex
(Citrus Bioflavonoids) 125 mg.

Magnesium carbonate 100 mg.

Extr. Zingiberis, rhizoma (6.5:1)
(Ginger root) 100 mg.

Extr. Ephedra, herba (4:1)
(6% Alkaloid content) 100 mg.

Action:

This formula is designed to assist the smoker in giving up the habit and to provide extra nutritional support for damaged lungs and bronchi.

Clinical Indications:

In individuals desiring to cease tobacco use

Description:

Lobeline, lobelia's major active component, has many of the same pharmacological actions as nicotine and has been widely used in European anti-smoking formulas. Oat straw extract has long been used in India in the cure of opium addiction; in one placebo-controlled study, it was extremely effective in reducing the number of cigarettes smoked by subjects who were not making a conscious effort to cut back on their smoking. Cayenne pepper, beta-carotene, vitamin C, and bioflavonoids are included to provide extra nutritional support in repairing damaged lung tissue. Magnesium and ginger are included to buffer the gastrointestinal effects of lobelia.

Dosage:

One tablet four times daily with a glass of water.

Contraindications/adverse effects:

May cause gastric irritation in some individuals. It is important to take formula with a full glass of water. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#1 – General nutritional support

#200A – Reduces cravings for food

#232 – Soothes air passages

#235 – Prevents hypoglycemia

#409A – Glandular support for the lungs

#530 – Anti-stress formula

#620 – Ascorbate-C

#775A – Mineral supplement

NOTES:

#815

FORMULA

Each two capsules contains:

Gotu Kola 350 mg.
Extr. Ginseng, radix
(Korean Ginseng root, 6 yr.) 500 mg.
Extr. Eleutherococcus, radix
(Siberian Ginseng root) 500 mg.

Extr. Zingiberis, rhizoma (6.5:1)
(Ginger root) 50 mg.
Extr. Liquiritiae, radix (4:1)
(Licorice root) 40 mg.

Extr. Avenae Sativae, herba (10:1)
(Oat straw) 100 mg.
Extr. Ephedra (4:1) 50 mg.
Extr. Taraxaci, radix (4:1)
(Dandelion root) 100 mg.

Action:

An herbal tonic designed to restore and preserve health, especially in the elderly.

Clinical Indications:

Geriatric individuals

To slow down and reverse many symptoms associated with the aging process

As an herbal tonic

Mental and physical fatigue

Stress

Description:

These herbs are known as "tonics" because they work on the whole body, heightening the general tone by improving the processes of the circulatory, hormonal, nervous, and digestive systems. These herbs should be thought of as necessary foods in the restoration of health in debilitated individuals. This formula contains herbs with remarkable health-restoring powers.

Dosage:

One to three capsules in the morning.

Contraindications/adverse effects:

May produce insomnia if taken in afternoon or evening. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#170 – Decreased sexual function

#190 or #835 P.S.E. – Nutritional support to improve prostate function in men

#375 – Atherosclerosis

#813 – Cardiovascular tonic

#818 – Menopause

#837 P.S.E. – Chronic fatigue

#841-250 or #841 P.S.E. – Ginkgo helps improve memory and signs of vascular insufficiency

NOTES:

#816

FORMULA

Each capsule contains:
Extr. Berberis vulgaris (4:1)
(Barberry, bark of root) 200 mg.
Extr. Berberis aquifolium (6:1)
(Oregon grape) 200 mg.
Extr. Hydrastis canadensis (4:1)
(Golden Seal root) 50 mg.

Action:

As well as having wide antibiotic activity, these herbs stimulate the body's own defense mechanisms. These herbs are particularly helpful in alleviating diarrhea caused by an infectious agent.

Clinical Indications:

Infections of the respiratory, gastrointestinal, and genitourinary tracts

Anemia

Liver disorders

Description:

The berberine-containing family of plants includes such valuable medicinal herbs as goldenseal, barberry, and the Oregon grape. The antibiotic activity of berberine is well documented. It is effective against a wide range of organisms, including Staph. sp., Strep. sp., Chlamydia sp., Corynebacterium diphtheria, E. coli, Salmonella typhi, vibrio cholerae, Diplococcus pneumonia, giardia, and Candida albicans. Its action on Candida albicans and pathogenic bacteria prevents the overgrowth of yeast that commonly follows antibiotic use. Berberine has shown remarkable antidiarrheal activity in even the most severe cases. It has shown positive clinical results in relieving diarrhea in cases of cholera, amebiasis, giardiasis, and other causes of acute gastrointestinal infection (e.g., E. coli, shigella, salmonella, and klebsiella). Berberine has also shown remarkable immunostimulatory activity.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known at prescribed dosages. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#135 – Nutritional support for viral infections

#402A – Nutritional support for the immune system

#812A – Especially for upper respiratory infections

#831 – Herbal support for viral infections and chronic low immune function

NOTES:

FORMULA

Each two capsules contain:

Extr. *Angelica sinensis*
(Dong Quai) 250 mg.
Extr. *Glycyrrhiza glabra* (4:1)
(Licorice root) 50 mg.
Extr. *Aletris farinosa* (4:1)
(Unicorn root) 50 mg.

Extr. *Cimicifuga racemosa* (4:1)
(Black cohosh) 50 mg.
Extr. *Foeniculum vulgare* (6:1)
(Fennel seed) 25 mg.
Extr. *Helonias opulus* (4:1)
(False unicorn root) 50 mg.

Hesperidin Complex
(50% Bioflavonoids complex) 200 mg.
Ascorbic acid 100 mg.

Action:

This formula contains phytoestrogens or plant estrogens, making it extremely valuable in the treatment of female-related disorders including menopause, PMS, and menstrual abnormalities.

Clinical Indications:

Menopausal symptoms
Premenstrual tension syndrome
Menstrual abnormalities
Infertility
Osteoporosis

Description:

Phytoestrogens are capable of exerting estrogenic activity, although the activity compared to estrogen is only 1:400. Because of this low activity, however, phytoestrogens display an alterative or balancing action on estrogen effects. If estrogen levels are high (as in PMS), phytoestrogens decrease estrogen effects by occupying the estrogen receptor binding sites, thereby competing with estrogen. If estrogen levels are low (as in menopause and many menstrual abnormalities), phytoestrogens will cause an increase in estrogen effect.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known at prescribed dosages. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#165 – Glandular concentrates
#170 – Nutritional support
#365 – Premenstrual syndrome
#404-05A – Menstrual complaints
#819 – Menstrual cramps, PMS

NOTES:

#819

FORMULA

Each two capsules contain:

Extr. *Angelica sinensis*
(Dong Quai) 250 mg.
Extr. *Paeonia lactiflora* (4:1)
(Peony root) 150 mg.

Extr. *Viburnum prunifolium* (4:1)
(Black Haw bark) 100 mg.
Extr. *Caulophyllum thalictroides* (4:1)
(Blue Cohosh) 100 mg.

Extr. *Cimicifuga racemosa* (4:1)
(Black Cohosh) 50 mg.
Extr. *Aletris farinosa* (4:1)
(Unicorn root) 50 mg.

Action:

Sedates and relaxes spasm of the uterus.

Clinical Indications:

Menstrual cramps
As a uterine tonic

Description:

This formula is composed of herbs having both a historical use in treating painful menstruation and proven scientific effect in relaxing the uterus.

Dosage:

Two capsules three times daily two days prior to and during menstruation.

Contraindications/adverse effects:

No contraindications or adverse effects are known at prescribed dosages. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#165 – Glandular concentrates
#170 – Nutritional support
#365 – Premenstrual syndrome
#404-05A – Menstrual complaints

NOTES:

#820B

FORMULA

Each three capsules contain:

L-Tryptophane 1200 mg.
Vitamin B6 (pyridoxine HCL) 40 mg.
Magnesium (oxide) 80 mg.

Niacin 25 mg.
Extr. Passiflorae, herba (5:1)
(Passion flower, herb) 125 mg.

Extr. Valerianae, radix (4:1)
(Valerian root) 375 mg.

Action:

A natural sedative that relieves insomnia and promotes a deeper level of sleep.

Clinical Indications:

Insomnia
Anxiety
Pain

Description:

This formula is an effective alternative to prescription and over-the-counter sedative hypnotics. It promotes sleep by supplying the essential amino acid tryptophan and other nutrient cofactors necessary for serotonin synthesis. Serotonin is the neurotransmitter that is an important initiator of sleep. The herbs valerian and passion flower work synergistically with serotonin in promoting a deep natural sleep.

Dosage:

Three capsules thirty minutes before going to bed. For best results, take in conjunction with a carbohydrate snack at bedtime.

Contraindications/adverse effects:

May cause morning sleepiness. If so, reduce dose. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas:

Effective alone or in combination with #205

NOTES:

#821 P.S.E.

FORMULA

Each capsule contains:

Extr. Cola Nitida (Cola nut)
(Contains 35 mg. caffeine) 250 mg.
Extr. Camellia sinensis (Green Tea)
(Contains 15 mg. caffeine) 250 mg.
Extr. Ephedra sinensis (Ma Huang)
(Contains 15 mg. ephedrine) 250 mg.

Action:

Combining these herbs potentiates the action of their constituents. Specifically, caffeine and theophylline potentiate the action of ephedrine and other ephedra compounds. This is most apparent in weight loss studies in animals.

Clinical Indications:

As a stimulant
Weight loss
Asthma
Allergic rhinitis (hay fever)

Description:

Although many stimulants are routinely abused in our society, plant stimulants have a long history of use by the majority of cultures worldwide. Three of these plants contain ingredients that are now widely used in prescription and over-the-counter medications: Ephedra sinica (Ma haung), Cola nitida (cola nut), and Camellia sinensis (green tea). If used in moderation or when indicated, these plants offer significant benefits. In addition, the combination of the plants accentuates each individual plant's biochemical action. For example, this formula's weight-reducing effect is a result of an increased metabolic rate and fat cell breakdown promoted by ephedrine (Ma haung) and enhanced by caffeine (cola nut) and theophylline (green tea).

Dosage:

Not to exceed one to two capsules four times daily. (The recommended dose of this formula contains about as much caffeine as a cup of coffee.)

Contraindications/adverse effects:

This formula should not be used in individuals with high blood pressure, hypothyroidism, or pregnancy. Side effects for this formula would be similar to those experienced by too much caffeine intake (insomnia, high blood pressure, increased heart rate, anxiety, etc.). For occasional use only. Not intended for use as a substitute for sleep. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

For weight loss:

#125 – Liver support
#220A – Nutritional support
#235 – Prevents hypoglycemia
#822 – Herbal weight loss formula
#843 – Dandelion root

In asthma/allergic rhinitis:

#330 – Nutritional formula for allergies
#357 – Anti-allergy flavonoid
#403 – Adrenal glandular with synergistic cofactors
#409A – Lung tissue extract
#806 – Herbal formula for asthma
#824A – Chinese herbal formula for allergies/inflammation

#822

FORMULA

Each capsule contains:

Extr. Momordica charantia (Bitter melon)	200 mg.	Extr. Berberis vulgaris (6:1) (Barberry, bark of root)	50 mg.	Extr. Uva ursi (4:1) (Bearberry)	50 mg.
Extr. Curcuma longa (10:1) (Curcuma root)	50 mg.	Extr. Taraxacum officinales (4:1) (Dandelion root)	200 mg.	Pancreatin 10X	150 mg.

Action:

This herbal formula is designed not only to help lose weight initially but also to help keep it off. It is not a "magic bullet" and is only one component in a complete weight reduction plan. It is, however, a unique approach and may offer great benefit to people who have had difficulty in losing weight or keeping weight off.

Clinical Indications:

To promote weight loss
Diabetes and hypoglycemia

Description:

Several of the herbs in this formula are major components in an herbal combination used in India since 3,000 B.C. According to Indian physicians, obesity is attributed to malfunctioning of the thyroid, adrenals, pituitary and gonads. Sedentary habits and excessive caloric intake are viewed as nonessential contributing factors. The anti-obesity effects of the various herbs are attributed to correction of the glandular malfunctions. Modern research supports this contention.

Dosage:

One capsule three times daily with meals.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#125 – Liver support
#220A – Nutritional support for weight loss
#235 – Prevents hypoglycemia
#442 – Pituitary extract
#843 – Dandelion root

NOTES:

#824A

FORMULA

Each capsule contains:

Extr. Scutellaria baicalensis (4:1)
(Chinese skullcap) 100 mg.
Extr. Bupleurum falcatum
(Chinese thoroughwax) 100 mg.
Extr. Paeonia lactiflora (4:1)
(Chinese peony) 100 mg.

Extr. Angelica sinensis
(Dong quai) 100 mg.
Extr. Glycyrrhiza glabra (4:1)
(Licorice root) 40 mg.
Extr. Ephedra sinica (4:1)
(Ephedra) 40 mg.

Extr. Curcuma longa (10:1)
(Curcumin root) 20 mg.
Extr. Zingiber officinale (6.5:1)
(Ginger root) 20 mg.

Action:

Broad-spectrum anti-inflammatory and anti-allergy actions.

Clinical Indications:

Allergy
Inflammation
Arthritis
Pain

Description:

This herbal formula is designed for the relief of allergies, arthritis, inflammation, and minor aches and pains. It is composed of Chinese medicinal herbs with a long history of use in these types of conditions. As well as having been used for thousands of years with reported good results, these herbs also have much scientific support for their anti-allergy, anti-arthritic, and anti-inflammatory action. Scientific investigation has demonstrated that these herbs have remarkable ways of decreasing inflammation and allergic responses.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#175 – In arthritis
#232 – In asthma
#330 – Allergy support
#356C – In inflammatory conditions
#403 – Adrenal gland support
#425A – Digestive support for food allergies
#806 – In asthma

NOTES:

#826

FORMULA

Each capsule contains:

Extr. Trifolium pratense (4:1) (Red Clover)	200 mg.	Extr. Arctium lappa (4:1) (Burdock root)	200 mg.	Extr. Hydrastis canadensis, rhizoma (6:1) (Golden Seal root)	50 mg.
Extr. Iris versicolor (4:1) (Blue Flag)	50 mg.	Extr. Berberis aquifolium (6:1) (Oregon grape root)	100 mg.		

Action:

This formula contains several herbs with immune-enhancing action, making it beneficial in the treatment of several common skin complaints.

Clinical Indications:

Psoriasis
Atopic dermatitis (eczema)
Acne
Other skin complaints

Description:

This formula is composed of several herbs that are often referred to as "blood purifiers" in herbal texts. Recent scientific investigation has indicated that these herbs possess significant immune-enhancing activities that are of benefit in the treatment of several common skin complaints including psoriasis, eczema, and acne. These herbs possess additional qualities beneficial in the treatment of dermatological and lymphatic complaints.

Dosage:

One or two capsules three times daily.

Contraindications/adverse effects:

Should not be used in people who are photosensitive, pregnant, or have a bleeding disorder.

Supporting formulas: (listed numerically)

#105 – Nutritional support for acne
#180 – Nutritional support for all skin conditions
#801A – Liver support
#849 – Burdock root

NOTES:

#827

FORMULA

Each capsule contains:

Extr. Bupleuri falcatum (Chinese thoroughwax)	150 mg.	Extr. Curcuma longa (10:1) (Curcumin root)	50 mg.	Extr. Eleutherococcus senticosus (5:1) (Siberian Ginseng root)	100 mg.
Extr. Glycyrrhiza glabra (4:1) (Licorice root)	50 mg.	Extr. Panax ginseng (3:1) (Korean Ginseng root)	100 mg.	Extr. Dioscorea mexicana (10:1) (Mexican Yam)	100 mg.

Action:

This formula is designed to offer support and enhancement of adrenal gland function, particularly the adrenal cortex.

Clinical Indications:

Adrenal gland atrophy
Inflammatory conditions
Allergies

Description:

This formula is a truly unique approach to enhancing adrenal function. It may be used alone or, for even better results, it may be used in combination with #403, a glandular and nutrient complex designed to nutritionally support the adrenal gland. Components in these formulas work synergistically to enhance all aspects of adrenal corticosteroid function, including anti-allergy, anti-inflammatory, and anti-stress actions.

Dosage:

One capsule three times daily.

Contraindications/adverse effects:

May elevate blood pressure in some individuals. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#403 – Adrenal complex with synergistic cofactors
#408A – Nutritional support for the adrenal cortex
#862 P.S.E. – Ginseng provides excellent support for the adrenal glands

NOTES:

FORMULA

Each capsule contains:

Extr. Crataegus oxyacantha (5:1) (Hawthorn berries) 125 mg.	Extr. Hippophae rhamnoides (7:1) (Sallow thorn fruit) 125 mg.	Extr. Prunus virginiana (4:1) (Cherry) 125 mg.
Extr. Vaccinium myrtillus (4:1) (Blueberry) 125 mg.	Extr. Vitis vinifera (5:1) (Grape skin) 125 mg.	Citrus Bioflavonoids (50% concentration) 100 mg.

Action:

Flavonoids possess a wide range of physiological activities and have been termed natural "biologic response modifiers." Flavonoids appear to modify the body's reaction to other compounds such as allergens, viruses, and carcinogens, as evidenced by their anti-inflammatory, anti-allergy, anti-viral, and anti-carcinogenic activity.

Clinical Indications:

Collagen and connective tissue diseases (conditions involving tendons, ligaments, joints, cartilage, or ground substance) such as arthritis, gout, tendinitis, etc.

Periodontal disease

Easy to bruise

Description:

This formula is particularly rich in anthocyanidin and proanthocyanidin type flavonoids. These flavonoids are responsible for the red to blue colors of the berries used in this formula. These flavonoids have a strong "vitamin P" activity. Their effects include the abilities to increase intracellular vitamin C levels and decrease capillary permeability and fragility; antioxidant and free radical scavenging activity; and a very unique ability to bind directly to collagen structures as well as inhibit collagen destruction.

Dosage:

One to three capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#135 – Nutrient support for collagen tissues

#175 or #176 – In arthritis

#356C or #863 P.S.E. – For inflammation

#810A or #861 P.S.E. – In eye complaints

#864 P.S.E. – In painful joint conditions

NOTES:

#831

FORMULA

Each capsule contains:
Echinacea angustifolia, radix (6.5:1)
(Extract of root) 250 mg.

#898

FORMULA

Each 1 or 2 oz. bottle contains:
Whole root herbal fluid extract made from
whole pure roots of Echinacea angustifolia, al-
cohol, and distilled water.

Action:

Echinacea angustifolia is a potent immune enhancer because it activates T-lymphocytes and other white blood cells. It also promotes interferon production and secretion, has antiviral activity, and reduces the infectivity of viruses and bacteria.

Clinical Indications:

Low immune function
Acute and chronic infections

Description:

Echinacea angustifolia is a perennial plant native to the Midwestern states, where it was used by the American Indian tribes as a "blood purifier," analgesic, antiseptic, and snake bite remedy. Recent studies have shown this herb possesses significant immune-enhancing activity. Echinacea is particularly indicated in the treatment of viral illnesses, including Epstein-Barr, herpes, and the common cold.

Dosage:

#831: One to two capsules three times daily.
#898: One-half to one teaspoon three times daily.

Contraindications/adverse effects:

Headache and nausea may occur if larger doses are used. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#135 – Nutritional support for viral infections
#402A – Nutritional support for the thymus gland
#812A – Herbal support for the immune system
#816 – Herbal support for bacterial infections

NOTES:

#835 P.S.E.

FORMULA

Each capsule contains:

ACTIVE INGREDIENTS:

A complex mixture of amino acids: Glycine, Alanine, and Glutamic Acid.

IN A BASE OF:

Lipid and sterol extract of *Serenoa repens*, fructus (Saw Palmetto berries) 80 mg.

Action:

Saw palmetto reverses prostatic enlargement (benign prostatic hyperplasia) and relieves prostatitis. Also possesses diuretic, antibiotic and immune-enhancing activity.

Clinical Indications:

Benign prostatic hyperplasia

Prostatitis

Bladder infections

Sex hormone disorders

Description:

Saw palmetto (*Serenoa repens*), a scrubby palm tree native to Florida, bears a fruit that has a long folk history of use as an aphrodisiac and sexual rejuvenator. These berries have also been used for centuries in treating conditions of the prostate. Recent clinical studies have shown the therapeutic effect of a liposterolic extract of saw palmetto berries greatly improves the signs and symptoms of an enlarged prostate.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known at prescribed dosages.

Supportive formulas: (listed numerically)

#170 – Nutritional support for sexual rejuvenation

#190 – Nutritional support for the prostate

#215 – Raw glandulars for nutritional support

#411-13A – Raw glandulars for nutritional support

#496 – Nutritional support for prostate and male hormones

#803 P.S.E. – In cases of prostatitis and cystitis

NOTES:

#837 P.S.E.

FORMULA

Each capsule contains:
Eleutherococcus senticosus extract*
(Siberian Ginseng) 100 mg.
*Standardized as a 20:1 concentrate.

Action:

Siberian ginseng is primarily an adaptogen, a substance which increases the body's resistance to physical, biochemical, and psychological stress.

Clinical Indications:

Stressful events
Chronic fatigue
As a general tonic
Blood pressure abnormalities
Atherosclerosis
Diabetes
Chemical toxicity

Description:

Research has confirmed Siberian ginseng's adaptogenic effects in normal human subjects. Additional studies are indicating Siberian ginseng may also be effective in the treatment of atherosclerosis, pyelonephritis, diabetes, hypertension and hypotension, cerebral vascular insufficiency, rheumatic heart disease, and neuroses.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

Siberian ginseng has been shown to produce insomnia, headaches, elevations in blood pressure, and other symptoms in susceptible individuals. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas:

Siberian ginseng is itself a supporting formula. Its general tonic effect makes it an appropriate recommendation in the treatment of a wide variety of illnesses.

NOTES:

#838

FORMULA

Each capsule contains:
Extract Salicis, cortex (8:1)
(Willow bark) 250 mg.

Action:

Natural anti-inflammatory and pain-relieving compound.

Clinical Indications:

Inflammation

Pain

Fever

Description:

White willow bark contains salicin or "natural" aspirin. It has been used worldwide in folk medicine for the relief of aches, fevers and rheumatic pains. It is mentioned in ancient Egyptian, Assyrian, and Greek manuscripts; and was used to combat pain and fevers by Galen, Hippocrates, Dioscorides, and American Indians.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

Should not be used in children with fevers. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#356C or #357 – Pain due to inflammation

#820B – To calm

#849 – In muscle spasms

#863 P.S.E. – Pain due to inflammation

#864 P.S.E. – Especially in chronic pain with depression

NOTES:

#840

FORMULA

Each chewable tablet contains:

Licorice Extract

(Deglycyrrhizinated) 380 mg.

Glycine (Amino acid) 50 mg.

In a base of naturally derived fruit sugar.

Action:

DGL's effective anti-ulcer action appears to be the result of increasing host defense factors, rather than inhibiting gastric acid secretion like most medications.

Clinical Indications:

Peptic ulcer

Crohn's disease

Ulcerative colitis

Description:

Rather than inhibit the release of acid, DGL stimulates the normal defense mechanisms that prevent ulcer formation. This includes: increasing the number of mucus secreting cells, thereby increasing the amount of protective mucosubstances secreted; improving the quality of mucus produced; increasing the life-span of the surface intestinal cells; and enhancing the microcirculation of the gastrointestinal tract lining. Clinical trials have demonstrated DGL to be as effective as commonly used drugs in both gastric and duodenal ulcers. For DGL to be effective, it must mix with saliva; therefore, it must be in chewable form.

Dosage:

One to two chewable tablets three times daily twenty minutes before meals or between meals.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#189 – Chlorophyll has been shown to be of benefit in treating ulcers

#223 – Mucilaginous herbal formula with comfrey

#751 – Herbal fiber complex

NOTES:

#841B

#841-250

#841 P.S.E.

FORMULA

Each capsule contains:

Extr. Ginkgo biloba, folia (8:1)
(Ginkgo biloba leaves) 40 mg.
*3.75 mg. Ginkgoheterosides

FORMULA

Each capsule contains:

Extr. Ginkgo biloba, folia (8:1)*
(Ginkgo biloba leaves) 250 mg.
*3.75 mg. Ginkgoheterosides

FORMULA

Each capsule contains:

Ginkgo biloba (folia) extract*
(Ginkgo biloba leaves) 40 mg.
*24% Ginkgoheteroside content

Action:

Extracts of ginkgo biloba leaves have demonstrated remarkable pharmacologic action on different parts of the circulatory and nervous systems (arteries, capillaries, veins and heart). Its actions include enhancing energy production, increasing cellular glucose uptake, inhibiting platelet aggregation, free radical scavenging activity, increasing the blood flow to the brain, and improving the transmission of nerve signals.

Clinical Indications:

Vascular insufficiency

Senility

Dizziness

Ringing in the ears or loss of hearing

Depression

Short-term memory loss

Description:

Ginkgo biloba extract offers effective treatment for the signs and symptoms of arterial insufficiency. This has been confirmed by clinical studies in cases of cerebral and peripheral arterial insufficiency. G.B.E. may lessen many common complaints of the geriatric population such as: senility, dizziness, ringing in the ears, depression, short-term memory loss, and intermittent claudication. Ginkgo biloba extract may also improve mental functions in the elderly by improving neural transmission, particularly in those displaying some senility. Ginkgo biloba extract may offer significant protective action against the development of Alzheimer's disease and strokes. Future studies may indicate that G.B.E. may be of benefit as a vasodilator in cases of angina, as an inotropic agent in congestive heart failure, and as a mood-elevating substance in depression.

Dosage:

#841B: One or two capsules three times daily (mildest form of ginkgo).

#841-250: One 250 mg. capsule three times daily (intermediate potency).

#841 P.S.E.: One capsule three times daily (this is the most potent form of ginkgo).

Contraindications/adverse effects:

There have not been any reports of significant adverse reactions to G.B.E. Mild adverse reactions, although quite rare, have been reported and include gastrointestinal upset and headache. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#200A – High blood pressure

#356C – Peripheral vascular insufficiency

#375 – Necessary to dissolve plaque from vascular walls

#401A – Angina, high cholesterol levels, heart problems

#608 – Coenzyme Q10, nutrient support for the heart

#813 – Herbal support for the circulatory system

NOTES:

#843

FORMULA

Each capsule contains:
Extr. Taraxaci, radix (4:1)
(Dandelion root extract)250 mg.

Action:

Dandelion is a rich source of nutrients and other compounds that improve liver functions, promote weight loss, and possess diuretic activity.

Clinical Indications:

Liver disorders
PMS
Fluid retention
To promote weight loss

Description:

Generally regarded as one of the finest liver remedies, dandelion has a long history of folk use throughout the world. In addition, dandelion's diuretic activity and mild laxative effect make it very much indicated as a weight loss aid.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known even at levels much higher than prescribed dosages. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

In liver disorders:

- #125 – Nutritional support for the liver
- #520 or #521 – Liquid liver extracts
- #801A – Choloretic and liver-protecting formula

In weight loss:

- #220A – Nutritional support
- #235 – Prevents hypoglycemia
- #751 – Herbal fiber complex
- #821 P.S.E. – Stimulates fat breakdown
- #822 – Improves metabolism

NOTES:

#844

FORMULA

Each capsule contains:
Extr. Zingiberis, rhizoma (6.5:1)
(Ginger root) 250 mg.

Action:

Ginger exerts a wide range of pharmacological actions including cardiotonic, carminative (gas-relieving), cholesterol-lowering, anti-nausea, anti-vomiting, and anti-vertigo effects.

Clinical Indications:

Dizziness

Gas

Motion sickness

Morning sickness

Nausea and vomiting

Description:

Ginger has been used in China and other countries for thousands of years in the treatment of a variety of conditions and as a general tonic. Recent scientific investigation has shown ginger possesses significant pharmacological action. It is especially effective in the relief of dizziness and motion sickness.

Dosage:

One to two capsules as needed.

Contraindications/adverse effects:

No contraindications or adverse effects are known.

Supporting formulas: (listed numerically)

#841-250 or #841 P.S.E. – In dizziness

#845 – In excessive gas

NOTES:

#845

FORMULA

Each capsule contains:
Oil of Peppermint
(Enteric coated capsule) 0.2 ml.

Action:

Peppermint oil inhibits gastrointestinal smooth muscle contraction and relieves gas.

Clinical Indications:

Irritable bowel syndrome: a condition of the large intestine characterized by some combination of (1) abdominal pain; (2) constipation or diarrhea; (3) increased secretion of colonic mucus; (4) dyspeptic symptoms such as gas, nausea, or anorexia; and (5) varying degrees of anxiety or depression. The irritable bowel syndrome has also been known as nervous indigestion, spastic colitis, mucous colitis, and intestinal neurosis.

Description:

Peppermint oil inhibits gastrointestinal smooth muscle contraction and relieves gas. To be of benefit in treating the irritable bowel syndrome, peppermint oil must reach the colon. Since menthol and other plant monoterpenes in peppermint oil are rapidly absorbed, enteric coating helps prevent the oil from being released in the stomach. Without enteric coating, peppermint oil works in the upper gastrointestinal tract, often causing side effects such as esophageal reflux and heartburn. An enteric-coated capsule allows the peppermint oil to move into the small intestine and eventually the colon, where it relaxes the spastic intestinal muscles.

Dosage:

One to two capsules between meals with a glass of water.

Contraindications/adverse effects:

Some individuals have noted a transient hot burning sensation in the rectum during defecation due to unabsorbed menthol. If this occurs, simply reduce the dose. Should not be used in pregnancy unless under the supervision of a physician. **NOTE:** The natural wax matrix that carries the oil is indigestible and will pass in the feces.

Supporting formulas: (listed numerically)

#751 – Herbal fiber formula

#809A – Candida is often a factor in IBS

#844 – Ginger relieves gas

NOTES:

#847

FORMULA

Each capsule contains:
Extr. *Paeonia lactiflora* (4:1)
(Peony root) 250 mg.

Action:

Peony root possesses anti-spasmodic, analgesic, immune-enhancing, and anti-allergy activity.

Clinical Indications:

Skeletal muscle pain and spasm

Uterine spasm

Description:

Peony root has a long history of use as one of the most widely utilized herbs in Chinese medicine. Scientific investigation has revealed that peony root possesses significant pharmacological effect. Its most interesting effect is an ability to relax skeletal muscle as well as uterine muscle.

Dosage:

Two to three capsules three times daily for the relief of muscle spasm or pain.

Contraindications/adverse effects:

No contraindications or adverse effects are known at the recommended dosage. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#205 – To help relax skeletal muscle in spasm

#824A – In allergies and inflammation

NOTES:

#849

FORMULA

Each capsule contains:
Extr. Arctium lappa (4:1)
(Burdock root) 250 mg.

Action:

Burdock root possesses choleric, diaphoretic, and diuretic activities. Its major component, inulin, also possesses some immune system enhancing activity.

Clinical Indications:

Atopic dermatitis
Acne
Boils and other skin disorders

Description:

Burdock root is similar in action to dandelion, but has a stronger folk use in the treatment of skin disorders.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known at recommended dosages. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#105 – Nutritional support for acne
#125 – Nutritional support for the liver
#180 – Nutritional support for all skin conditions
#801A – Herbal liver support
#826 – Herbal support for all skin conditions

NOTES:

#850

FORMULA

Each capsule contains:
Extr. Ammi visnagae, fructus (4:1)
(Khella) 250 mg.

Action:

Khella (Ammi visnaga) contains several compounds with smooth muscle relaxing activity.

Clinical Indications:

Hypertension
Angina
Asthma
Psoriasis
Ureter stricture or passage of kidney stone

Description:

Khella is an ancient medicinal plant native to the Mediterranean region, where it has been used primarily in the treatment of angina and hypertension since the time of the pharaohs. Several of its components have shown specific vasodilator action on the coronary blood vessels, bronchial smooth muscle, and ureters.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

Should not be used in individuals with photosensitivity. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#232, #806, #824A – In asthma
#808 – In kidney stones
#813, #841-250 or #841 P.S.E. – In hypertension and angina

NOTES:

#853

FORMULA

Each capsule contains:
Extr. Hydrastis canadensis, rhizoma
(Golden Seal root*) 200 mg.
*12% alkaloids

Action:

Goldenseal has a wide range of antibiotic activity, and it stimulates the body's own defense mechanisms. Goldenseal's historical use has been in treating infectious conditions of the mucous membranes. Goldenseal also has tonic effects, particularly on the liver and gastrointestinal tract.

Clinical Indications:

Infections of the respiratory, gastrointestinal, and genitourinary tracts
Anemia
Liver disorders

Description:

Much of goldenseal's activity is due to its high content of berberine alkaloids. The antibiotic activity of berberine is well documented. Goldenseal also possesses immune-enhancing activity. It is an effective antibiotic against a wide range of organisms, including Staph. sp., Strep. sp., Chlamydia sp., Corynebacterium diphtheria, E. coli, Salmonella typhi, vibrio cholerae, Diplococcus pneumonia, giardia, and Candida albicans. Its action on Candida albicans and pathogenic bacteria prevents the overgrowth of yeast that commonly follows antibiotic use. Berberine has shown remarkable anti-diarrheal activity in even the most severe cases. It has shown positive clinical results in relieving diarrhea in cases of cholera, amebiasis, giardiasis, and other causes of acute gastrointestinal infection (e.g., E. coli, shigella, salmonella, and klebsiella).

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known at recommended dosages. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#135 – Nutritional support for viral infections
#356C – Bromelain enhances the activity of berberine in upper respiratory infections
#402A – Nutritional support for the immune system
#812A – Herbal support especially for upper respiratory infections
#831 – Herbal support for viral infections and chronic low immune function

NOTES:

#854

FORMULA

Extr. *Prunus virginiana* (4:1)
(Cherry fruit extract) 500 mg.

Action:

Flavonoids in cherries exert a variety of beneficial effects in the treatment of gout, such as reducing uric acid levels and increasing collagen integrity.

Clinical Indications:

Gout and other arthritides

Description:

Cherries have a long history of folk use in the treatment of gout and other forms of arthritis. Its therapeutic effect has been confirmed in clinical studies. Cherries are particularly rich in anthocyanidin and proanthocyanidin type flavonoids. These flavonoids are responsible for the deep red-blue color of cherries, and they have strong "vitamin P" activity. Their effects include: the abilities to increase intracellular vitamin C levels and decrease capillary permeability and fragility; antioxidant and free radical scavenging activity; and a very unique ability to bind directly to collagen structures as well as inhibit collagen destruction.

Dosage:

Two to three capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#135 – Nutrient support for collagen tissues

#232, #356C – For inflammation

#810A, #861 P.S.E. – In eye complaints

#864 P.S.E. – In painful joint conditions

NOTES:

#855

FORMULA

Each capsule contains:
Chinese Herbal Complex (4:1) 250 mg.
(Schisandra extract)
(Astragalus extract)
(Ligustrum extract)

Action:

Clinical Indications:

Description:

Dosage:

Contraindications/adverse effects:

Supporting formulas:

NOTES:

#859

FORMULA

Each capsule contains:
Extr. Coleus forskohlii300 mg.

Action:

The plant Coleus forskohlii is the source of the compound forskolin. The basic pharmacological activity of this compound is that it relaxes smooth muscle, making Coleus useful in such things as heart diseases, abdominal colic, asthma, allergies, and painful urination.

Clinical Indications:

Allergies
Eczema
Psoriasis
Asthma
Angina
High blood pressure

Description:

The ancient medicinal plant Coleus forskohlii contains a compound called forskolin, which possesses unique biological activity. Research investigating the pharmacological effects of forskolin upholds the traditional uses of the plant extract. While clinical results are thought to be better obtained using the whole plant, the isolated constituent (forskolin) may become, in the future, a quite common drug in the treatment of a wide variety of conditions.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

Psoriasis – #800 P.S.E., #751, #826, #425A
Food allergies – #385, #425A, #357
Airborne allergies – #806, #330, #357
Angina and hypertension – #813, #608, #375

NOTES:

#861 P.S.E.

FORMULA

Each capsule contains:
Vaccinium myrtillus extract* 80 mg.
*Contains 25% anthocyanosides (20 mg. per capsule) calculated as anthocyanidins

Action:

Anthocyanosides decrease capillary permeability and improve connective tissue matrix.

Clinical Indications:

Varicose veins

Diabetes

Easy to bruise

Poor vision

Connective tissue disease (particularly gout, osteoarthritis, and rheumatoid arthritis)

Description:

Anthocyanosides of blueberries have been shown to improve nighttime visual acuity, myopia, vascular disturbances of the retina and they also reduce visual fatigue. Anthocyanidins exert numerous beneficial effects on collagen-related structures, particularly capillaries, in which they exert dual action by increasing their resistance and reducing their permeability. While most blueberry extracts contain only 1-2% maximum anthocyanidin content, this highly standardized extract has a 25% anthocyanidin content with a fresh fruit/extract ratio of more than 100:1.

Dosage:

One to three capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects have been reported. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#300C – Nutritional support for the eye

#810A – Nutritional/herbal support for cataracts

#829 – Flavonoid-rich herbal formula

#876 P.S.E. – Herbal support for collagen structures

NOTES:

#862 P.S.E.

FORMULA

Each capsule contains:
Panax ginseng extract* 100 mg.
*Contains 17% saponins calculated as
Ginsenoside Rg1

Action:

Panax (Korean or Chinese) ginseng has been shown to: have general stimulatory effects during stress; increase mental and physical capacity for work; improve endocrine system function; reduce radiation sickness; enhance protein synthesis and cell reproduction; improve blood sugar control; enhance immune function; lower serum cholesterol; and protect the liver from toxic chemicals.

Clinical Indications:

As a general tonic
Stress
Fatigue
Adrenal exhaustion
Decreased sexual function

Description:

This is the absolute finest extract of Korean ginseng available in the world. Only the highest quality four to six-year-old roots are used to produce a purified extract, standardized for a total ginsenoside content of 17-18% in an exact ratio. Ginsenosides are the active components of Panax ginseng. Research has demonstrated the ratio as well as the concentration of ginsenosides is critical to the adaptogenic effect of ginseng. Two capsules of this formula are equivalent to approximately 10,000 mg. of high-quality ginseng root.

Dosage:

One to three capsules daily.

Contraindications/adverse effects:

Each individual's response to ginseng is unique. The first signs of overuse usually include insomnia and irritability. If these symptoms appear, reduce dosage or discontinue use. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#403 – For adrenal support
#520 or #521 – In cases of chronic fatigue
#530 – Nutritional support during stress

NOTES:

#863 P.S.E.

FORMULA

Each capsule contains:

Curcumin (*Curcuma longa*)
(97% standardized extract) 200 mg.
Bromelain
(minimum 1800 m.c.u.) 200 mg.

Ruscus aculeatus extract
(Contains 10% saponins calculated as
ruscogenin) 100 mg.
Pancreatin (10X) 50 mg.

Vitamin C 50 mg.
L-Cysteine 25 mg.
Magnesium (oxide) 25 mg.
Pantothenic Acid 25 mg.

Action:

This formula offers considerable benefit in inflammatory conditions by combining curcumin and bromelain along with several synergistic factors.

Clinical Indications:

Inflammatory conditions
Arthritis
Trauma (sports injuries, surgery, etc.)
Autoimmune diseases

Description:

This formula is composed of curcumin, the most potent natural anti-inflammatory compound. Also included: the proteolytic enzyme bromelain; a concentrated extract of butcher's broom; and several synergistic factors (cysteine, magnesium, bioflavonoids, and vitamin C). This formula is designed to offer significant relief in inflammatory conditions, especially sports-related injuries.

Dosage:

One to two capsules between meals for best results.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#155 – For strains and sprains
#175 – In arthritis
#330 – Allergy support
#403 – Adrenal gland support
#425A – Proteolytic enzyme formula
#1025 – Topical analgesic

NOTES:

#864 P.S.E.

FORMULA

Each capsule contains:
Hypericum perforatum extract* (3:1)...500 mg.
*Biologically active compound - hypericin.

Action:

Hypericin has demonstrated direct anti-viral activity against the AIDS virus. Hypericin also has a mood-elevating effect.

Clinical Indications:

AIDS

Depression

Description:

There are many ancient superstitions about St. John's wort (*Hypericum perforatum*). In Greek, hypericum means "over an apparition" in belief that the herb was so obnoxious to evil spirits that only a whiff would cause them to fly away. Hypericum has been used for its calming and sedative action in relieving anxiety. A component of hypericum, hypericin, was once widely used as an anti-depressant, and is now being investigated for its anti-viral activity. It has been shown to be effective against the AIDS virus.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#135 – Nutritional support for viral infections

#402A – Nutritional support for the thymus gland

#812A – Herbal support for the immune system

NOTES:

#876 P.S.E.

FORMULA

Each capsule contains:
Centella asiatica extract* 30 mg.
*Contains 70% selected triterpenic acids
(asiaticoside, asiatic acid, and madecassic acid)
Escin (from Aesculus
hippocastanum) 10 mg.
Ruscus aculeatus extract* 100 mg.
*Contains 10% saponins calculated as ruscogenin

Action:

The herbal compounds in this formula enhance the integrity of connective tissue structures of the skin. This formula also exerts a venotonic effect. A venotonic increases the tone of veins and prevents the relaxation of vein walls that contributes to varicose veins.

Clinical Indications:

Cellulite
Varicose veins
Hemorrhoids
Eczema
Skin disorders

Description:

When connective tissues weaken or break down in the thighs, cellulite and varicose veins often occur. Since the components in this formula enhance the integrity of connective tissue structures in the skin and veins, a tremendous improvement in these conditions is generally achieved.

Dosage:

One capsule three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#220A – Nutritional weight loss aid
#821 P.S.E. – Herbal weight loss aid
#829 – Herbal flavonoid complex
#976 – Topical cellulite and varicose vein formula

NOTES:

#896

FORMULA

Each 2 oz. bottle contains a special formula of fluid extracts:

Trifolium pratense (Red clover), Arctium lappa (Burdock root), Berberis vulgaris (Barberry bark), Glycyrrhiza glabra (Licorice root), Rhamnus purshiana (Buckthorn), Zanthoxylum americanum (Prickly ash), Larrea mexicana (Chapparal), Stillengia sylvatica (Stillengia), Picramnia antidesma (Cascara amarga), Potassium iodide.

Action:

Promotes effective elimination and detoxification; also possesses immune-enhancing action.

Clinical Indications:

Detoxification

Intestinal parasites

Lymphatic disorders

Systemic support for cancer patients

Description:

This famous formula is traditionally used as a detoxification aid and "blood purifier" in cancer patients. This version of the formula is produced from concentrated fluid extracts carefully combined in an exact ratio. Many of these herbs have been shown to possess significant immune-enhancing and detoxifying properties, making it a useful formula for a variety of conditions, including intestinal parasites.

Dosage:

To make a tea or as a dietary aid, 10 to 30 drops in hot or cold water three to six times daily.

Contraindications/adverse effects:

May cause diarrhea or abdominal irritation. If this occurs, simply reduce dosage or discontinue use. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#125 – Nutritional support for the liver

#751 – Herbal fiber formula

#826 – Herbal formula for the lymphatic system

#853 – Goldenseal stimulates the body's own defense mechanisms

NOTES:

#976

FORMULA

Formulated with the following ingredients:
Aloe Vera (74%), Horse Chestnut (Escin) Extract, Sea Ware Extract, Cola Vera Extract, Rosemary Extract in a base of Ovis Lipids containing cholestanol (dihydro-cholesterol), a natural emulsifying agent.

Action:

This topical formula can be massaged into the thighs and legs to relieve tiredness and feelings of heaviness.

Clinical Indications:

Cellulite
Varicose veins
Bruises

Description:

This all-natural herbal formula is effective in cellulite, varicose veins, and bruises because of its ability to reduce inflammation and restore the proper integrity of connective tissue ground substance.

Dosage:

The cream should be applied in a thin film to affected areas twice daily. Massage into skin thoroughly.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#220A – Nutritional weight loss aid
#821 P.S.E. – Herbal weight loss aid
#829 – Herbal flavonoid complex
#876 P.S.E. – Oral cellulite and varicose vein formula

NOTES:

#1000

FORMULA

Each eight tablets contain:

Raw Glandular Concentrates (12,330 mg.)
Liver concentrate (20X) 8000 mg.
Raw Orchic 1200 mg.
Raw Thymus 350 mg.
Raw Kidney 350 mg.
Raw Pituitary 200 mg.
Raw Adrenal 500 mg.
Raw Prostate 500 mg.
Raw Pancreas 800 mg.
Raw Hypothalamus 80 mg.
Raw Spleen 350 mg.
Amino Acids (3,530 mg.)
L-Lysine 750 mg.

L-Arginine 750 mg.
L-Ornithine 750 mg.
L-Inosine 250 mg.
Amino Acid Complex (free form) ... 1030 mg.
(L-Carnitine, L-Alanine, L-Arginine, L-Aspartic Acid, L-Citrulline, L-Cysteine, L-Glutamic Acid, L-Glutamine, L-Glycine, L-Histidine HCL, L-Hydroxyproline, L-Isoleucine, L-Leucine, L-Lysine, L-Methionine, L-Phenylalanine, L-Proline, L-Serine, L-Threonine, L-Tryptophan, L-Tyrosine, L-Valine, L-Taurine)

Mineral/Herbal Complex (4,100 mg.)
Potassium Aspartate 300 mg.
Magnesium Aspartate 300 mg.
Siberian Ginseng (50X) 2500 mg.
Bee Pollen 500 mg.
Sarsaparilla 500 mg.
Natural Metabolites (1,700 mg.)
Octocosanol (Wheat Germ Oil) 500 mcg.
Cytochrome C 500 mg.
Beta Sitosterol (steroid/Rye Germ) . 500 mg.
RNA/DNA 200 mg.

Action:

Anabolic formula to assist in muscle growth.

Clinical Indications:

Body building
Muscle repair

Description:

This formula is a complete anabolic formula designed to support the body during maximum muscular growth and repair by providing additional nutritional and glandular support. Included in this formula are free-form amino acids, raw glandular concentrates, a mineral/herbal complex, and natural metabolites.

Dosage:

One to two tablets four times daily. For best results, this formula should be taken with meals.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#1001D – Nutritional formula to maximize energy production
#1002 – Broad-spectrum nutritional support for the body builder
#1003 – Important nutrient for body builders
#1004 – Enhances athletic performance
#1005 – Free-form amino acid complex
#1007A – Growth hormone releasing formula
#1050 or #1054 – Nutritional power drinks

NOTES:

#1001D

FORMULA

Each two capsules contain:

L-Carnitine 200 mg.
Coenzyme Q10 2000 mcg.
N,N-Dimethylglycine 100 mg.
Cytochrome C 250 mg.

Thiamine HCL 100 mg.
Inosine 100 mg.
Pantothenic Acid
(d-Calcium Pantothenate) 100 mg.

Magnesium Aspartate 50 mg.
Potassium Aspartate 50 mg.

Action:

Nutritional support for energy metabolism, especially during strenuous activities.

Clinical Indications:

Athletes

Description:

This formula provides those accessory metabolic cofactors that enhance energy production and boost energy levels, allowing an athlete to achieve maximum performance levels. For best results, take one capsule twice daily with meals.

Dosage:

One capsule three times daily between meals.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#1000 – Anabolic nutritional formula
#1002 – Broad-spectrum nutritional support for the body builder
#1003 – Important nutrient for body builders
#1004 – Enhances athletic performance
#1005 – Free-form amino acid complex
#1007A – Growth hormone releasing formula
#1050 or #1054 – Nutritional power drinks

NOTES:

#1002

FORMULA

Each eight tablets contain:

Vitamin A (fish liver oil) 25,000 IU
Vitamin D (fish liver oil) 600 IU
Beta-Carotene 125 mg.
Vitamin E
(d-Alpha Tocopheryl Succinate) 800 IU
Vitamin B1 (Thiamine HCL) 250 mg.
Vitamin B2, Liver (Riboflavin) 100 mg.
Vitamin B6, Liver
(Pyridoxine HCL) 150 mg.
Vitamin B12, Liver (Cyanocob) 100 mcg.
Vitamin C w/Rose Hips Powder 3000 mg.
Citrus Bioflavonoids 250 mg.
Niacinamide/Niacin Complex, Liver 250 mg.
Inositol 100 mg.
Choline Bitartrate, Liver 750 mg.
Pantothenic Acid
(d-Calcium Pantothenate) 250 mg.

PABA 250 mg.
Biotin 1000 mcg.
Folic Acid 800 mcg.
Calcium (carbonate, citrate,
aspartate, orotate) 625 mg.
Potassium-Magnesium Aspartate ... 750 mg.
Zinc Aspartate (Elemental, 30 mg.) .. 92 mg.
Iron Aspartate (Elemental, 35 mg.) . 144 mg.
Manganese Aspartate
(Elemental, 50 mg.) 186 mg.
Chromium Aspartate
(Elemental, 500 mcg.) 4.28 mg.
Selenium Aspartate
(Elemental, 50 mcg.) 120 mg.
Iodine (kelp) 225 mg.
Copper (aspartate) 2 mg.

Trace Mineral Complex
(containing 72 trace minerals) 200 mg.
Alfalfa Juice Concentrate
(freeze-dried) 200 mg.
Liver (from 20X Concentrate) 4000 mg.
Raw Gland Concentrate (Liver, Pancreas,
Spleen, Brain, Heart, Kidney) 200 mg.
Raw Adrenal Extract
(freeze-dried) 200 mg.
Raw Thymus Extract
(freeze-dried) 200 mg.
Bromelain 400 mg.
Pancreatin
(from 10X Concentrate) 4000 mg.
Lipase 200 mg.
L-Methionine 200 mg.

Action:

Broad-spectrum nutritional support for the serious body builder and other athletes.

Clinical Indications:

Athletes
Body builders

Description:

This mega-vitamin and mineral supplement serves as the foundation upon which to build an effective supplemental plan for the serious body builder or athlete. Composed of the highest quality raw ingredients, this formula provides assurance that all the special nutritional needs of the body builder are being met. Aspartate mineral chelates are used to provide easy absorption, along with metabolic enhancement and protection against fatigue. Other unique features of this formula include raw glandular and botanical extracts, and special digestive aids (bromelain, pancreatin, and lipase).

Dosage:

Two tablets three or four times daily. For best results, this formula should be taken with meals.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#1000 – Anabolic nutritional formula
#1001D – Nutritional formula to maximize energy production
#1003 – Important nutrient for body builders
#1004 – Enhances athletic performance
#1005 – Free-form amino acid complex
#1007A – Growth hormone releasing formula
#1050 or #1054 – Nutritional power drinks

NOTES:

#1003

FORMULA

Each two capsules contain:
Inosine 1000 mg.

Action:

Inosine is an important nutrient for body builders and athletes because it acts as a precursor for cyclic nucleotides, which are involved in cellular energy production and metabolism.

Clinical Indications:

Body building

Description:

Inosine is reported to be of much benefit to body builders, increasing workout performance and reducing recovery time.

Dosage:

Two capsules 30 minutes before workout.

Contraindications/adverse effects:

Should not be used in individuals with gout. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#1050 or #1054 – Nutritional power drinks

NOTES:

#1004

FORMULA

Each capsule contains:
Pyridoxine-Alpha-Ketoglutarate
(PAK) 600 mg.

Action:

Pyridoxine-alpha-ketoglutarate lowers blood lactic acid levels, and increases the aerobic capacity of muscles as a result of improved cellular energy production.

Clinical Indications:

Diabetes

To improve athletic performance

Description:

This formula contains a pyridoxine-alpha-ketoglutarate (PAK) complex. Pyridoxine is vitamin B6; alpha-ketoglutarate is a compound intricately involved in energy production. The PAK complex has been shown to significantly improve human maximal exercise performance, both aerobic and anaerobic. Alpha-ketoglutarate must be complexed to pyridoxine if improvement in athletic performance is desired. Taking each component separately will have no effect in enhancing energy metabolism or reducing lactic acid accumulation. In contrast, the PAK complex helps improve athletic performance, particularly in heavy exercise activities like weight training, running, cycling, swimming, and other whole body workouts.

PAK has also been shown to improve blood glucose levels and glucose tolerance tests, and to lower blood levels of lactic and pyruvic acids. It appears to potentiate the effects of insulin. This is of great benefit to athletes, as it means a greater supply of glucose to exercising muscles as well as promotion of muscular growth.

Dosage:

For best results, take one capsule three times daily with meals.

Contraindications/adverse effects:

No contraindications or adverse effects are known at recommended dosage. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#1000 – Anabolic nutritional formula

#1001D – Nutritional formula to maximize energy production

#1002 – Broad-spectrum nutritional support for the body builder

#1003 – Important nutrient for body builders

#1005 – Free-form amino acid complex

#1007A – Growth hormone releasing formula

#1050 or #1054 – Nutritional power drinks

NOTES:

#1005

FORMULA

Each capsule contains:

Free-form Amino Acids 750 mg.
(L-Alanine, L-Arginine, L-Aspartic Acid, L-Carnitine, L-Citrulline, L-Cysteine, L-Glutamic Acid, L-Glycine, L-Histidine, L-

Isoleucine, L-Leucine, L-Lysine, L-Methionine, L-Ornithine, L-Phenylalanine, L-Proline, L-Serine, L-Taurine, L-Threonine, L-Tryptophan, L-Tyrosine, L-Valine)

(Amino acids are listed alphabetically, not by potency.)

Action:

Free-form amino acid supplement.

Clinical Indications:

Body building

Protein deficiency

Description:

Free-form amino acids providing easy absorption and utilization.

Dosage:

Two to four capsules three times daily.

Contraindications/adverse effects:

Should not be used in individuals with severe kidney disease. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#1001D – Nutritional formula to maximize energy production

#1002 – Broad-spectrum nutritional support for the body builder

#1003 – Important nutrient for body builders

#1004 – Enhances athletic performance

#1007A – Growth hormone releasing formula

#1050 or #1054 – Nutritional power drinks

NOTES:

#1012

FORMULA

Each two capsules contain:

Beta-sitosterol 500 mg.

Extr. *Sabal*is serulatae, fructus (4:1)
(Saw palmetto berries) 100 mg.

Extr. Sarsaparilla, radix (4:1)
(Sarsaparilla root) 100 mg.

Extr. *Centella asiatica*
(Gotu kola) 100 mg.

Extr. *Eleutherococcus senticosus* (5:1)
(Siberian ginseng) 50 mg.

Extr. *Panax ginseng* (3:1)
(Korean ginseng) 50 mg.

Extr. *Dioscorea spinosa*
(Mexican yam) 200 mg.

Action:

Concentrated source of plant steroids which promote muscle growth, increase endurance and stamina, and possess general anabolic effects.

Clinical Indications:

Body building

Decreased sexual function

Decreased virility

Description:

An effective alternative to anabolic steroids, this formula's components have yielded a variety of beneficial effects, including increased muscle mass, stamina and endurance. This formula should be considered an essential part of a body building plan because it contains a higher concentration of plant steroids per capsule and synergistic growth factors, making it more beneficial than other steroid alternatives. Two capsules contain more steroids than a one-ounce fluid extract of sarsaparilla.

Dosage:

One to two capsules three times daily.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used in pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#520 or #521 – Rich source of growth factors

#1000 – Complete anabolic nutritional formula

#1005 – Free-form amino acid complex

#1007A – Growth hormone releasing formula

#1050 or #1054 – Nutritional power drinks

NOTES:

#1025

FORMULA

Active ingredients:

Methyl Salicylate, L-Menthol, in a base containing Aloe Vera Gel (79%), Arnica Extract, Rosemary Extract, and Horse Chestnut Extract.

Action:

Topical analgesic for the relief of sports-related injuries. An effective, non-greasy, all-natural formula which relieves pain and reduces inflammation.

Clinical Indications:

Arthritis

Sports injuries

Sore muscles

Aches and pains

Description:

This formula is an all-natural topical analgesic which provides temporary relief of minor aches and pains of muscles and joints associated with simple backache, arthritis, strains, bruises, and sprains. The natural pain-relieving and anti-inflammatory action of methyl salicylate and menthol are combined in a base of aloe vera gel with concentrated extracts of arnica, rosemary, and horse chestnut.

Dosage:

Apply generously. Massage well into painful area. Repeat three to four times daily, or as often as necessary.

Contraindications/adverse effects:

No contraindications or adverse effects are known.

Supporting formulas: (listed numerically)

#155 – Nutritional support for muscles, ligaments, and tendons

#175 or #176 – Nutritional support for joints

#356C or #357 – Reduces inflammation and swelling

#425A – Potent source of proteolytic enzymes

#863 P.S.E. – Potent anti-inflammatory agent

NOTES:

#1050

FORMULA

Each 47 gm. serving contains:

Calories	150
Protein	15 gm.
Carbohydrates	22 gm.
Fat	less than 1 gm.
Sodium	380 mg.
Potassium	60 mg.
Vitamin A	5000 IU
Vitamin C	60 mg.
Thiamine	1.5 mg.
Riboflavin	1.7 mg.
Niacin	20 mg.
Calcium (CFMSA)*	1000 mg.
Iron (CFMSA)*	18 mg.
Vitamin D	400 IU
Vitamin E (d-alpha tocopherol)	30 IU
Folic Acid	400 mcg.
Vitamin B6	2 mg.
Phosphorus	440 mg.
Vitamin B12	3 mcg.
Pantothenic Acid	10 mg.
Magnesium (CFMSA)*	400 mg.
Iodine	150 mcg.
Zinc (CFMSA)*	15 mg.
Copper (CFMSA)*	2 mg.

Biotin	300 mcg.
Chromium (CFMSA)*	19.6 mcg.
Selenium (CFMSA)*	14.7 mcg.
Manganese (CFMSA)*	400 mcg.
Germanium (CFMSA)*	9.8 mcg.
Molybdenum (CFMSA)*	4.9 mcg.
Vanadium (CFMSA)*	9.8 mcg.

*CFMSA is a citrate, fumarate, malate, succinate, and aspartate complex.

Amino Acid Profile:

L-Alanine	560 mg.
L-Arginine	565 mg.
Aspartic Acid	1190 mg.
L-Cysteine	160 mg.
L-Glutamic Acid	2745 mg.
L-Glycine	305 mg.
L-Histidine	380 mg.
L-Isoleucine*	720 mg.
L-Leucine*	1480 mg.
L-Lysine*	1115 mg.
L-Methionine*	395 mg.
L-Phenylalanine*	665 mg.

L-Proline	1210 mg.
L-Serine	785 mg.
L-Threonine*	620 mg.
L-Tryptophan*	195 mg.
L-Tyrosine	635 mg.
L-Valine	925 mg.
*Essential Amino Acids	

Ingredients:

Enzymatic Digest of Egg Albumin and Lactalbumin; Fructose; Natural Flavor; TriCalcium Phosphate; Citric Acid; Krebs Cycle Chelated Blend of Calcium, Magnesium, Potassium, Zinc, Iron, Manganese, Copper, Chromium, Iodine, Selenium, Germanium, Vanadium, and Molybdenum; Cellulose Fiber; Pectin; Guar Gum; Magnesium Oxide; Lecithin; Xanthan Gum; Carrageenan; Ascorbic Acid; Ferrous Fumarate; d-Alpha Tocopheryl Acetate; Niacin; Zinc Oxide; Manganese Sulfate; Vitamin A Palmitate; Calcium Pantothenate; Copper Sulfate; Pyridoxine HCL; Riboflavin; Thiamine HCL; Cobalamin Concentrate; Vitamin D2; Folic Acid; Biotin; Potassium Iodide.

Action:

Balanced nutritional food supplement.

Clinical Indications:

Body building
Malabsorption syndromes
Body repair

Description:

This formula represents a major breakthrough in powdered meal replacement. The protein to carbohydrate ratio is balanced to allow for improved utilization of the protein due to the carbohydrate's protein-sparing action. Both the protein source and the carbohydrate source are easily absorbed and utilized. The formula is hypoallergenic and suitable as a total meal replacement formula in both weight gain and weight loss. The minerals in the formula are chelated to Krebs cycle intermediates (citrate, fumarate, malate, succinate, and aspartate).

Dosage:

One to two scoops in juice as a meal replacement.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#1000 – Anabolic nutritional formula
#1001D – Nutritional formula to maximize energy production
#1002 – Broad-spectrum nutritional support for the body builder
#1004 – Enhances athletic performance
#1005 – Free-form amino acid complex
#1007A – Growth hormone releasing formula
#1054 – Nutritional energy drink

#1054

FORMULA

Each 2 oz. serving contains:

Calories	220
Protein	0
Carbohydrates	55 gm.
Fat	0
Sodium	20 mg.
Potassium	100 mg.
Vitamin C	96 mg.
Thiamine	1.5 mg.
Riboflavin	2 mg.
Niacin	5 mg.
Calcium (CFMSA)*	60 mg.
Iron (CFMSA)*	4 mg.
Folic acid	100 mcg.
Vitamin B6	5 mg.
Vitamin B12	9.6 mcg.

Pantothenic acid	20 mg.
Magnesium (CFMSA)*	60 mg.
Iodine	9 mcg.
Zinc (CFMSA)*	1.2 mg.
Copper (CFMSA)*08 mg.
Biotin	105 mcg.
Inositol (CFMSA)*	5 mg.
Choline (CFMSA)*	2 mg.
Chromium (CFMSA)*	8 mcg.
Selenium (CFMSA)*	6 mcg.
Manganese (CFMSA)*	160 mcg.
Chloride (CFMSA)*	30 mg.
Germanium (CFMSA)*	4 mcg.
Molybdenum (CFMSA)*	2 mcg.
Vanadium (CFMSA)*	4 mcg.

*CFMSA is a citrate, fumarate, malate, succinate and aspartate complex.

Ingredients:

Maltodextrin; Fructose; Citric Acid; Natural Flavor; Krebs Cycle Chelated Blend of Calcium, Magnesium, Potassium, Zinc, Iron, Manganese, Copper, Chromium, Iodine, Selenium, Germanium, Vanadium, and Molybdenum; Potassium Citrate; Xanthan Gum; Ascorbic Acid; Salt; Calcium Pantothenate; Magnesium Oxide; Niacinamide; Inositol; Pyridoxine HCL; Choline Bitartrate, Riboflavin; Thiamine HCL; Folic Acid; Biotin; Cobalamin Concentrate.

Action:

Optimum pre-workout energy source; ideal for carbohydrate loading, replenishing lost electrolytes and glycogen after workouts. Also contains nutrients vital to energy production.

Clinical Indications:

Pre-workout energy drink
Electrolyte replacement

Description:

This formula provides complex carbohydrates (glucose polymers) that can be used for both carbohydrate loading by endurance athletes, and as an energy source for body builders and other athletes during high-intensity workouts. While concentrated sugars (sucrose, glucose, fructose, etc.) actually decrease exercise capacity, complex carbohydrates have been shown to increase exercise capacity.

Dosage:

As a pre-workout energy drink: one scoopful per 10-12 oz. water five to fifteen minutes prior to workout.

As an electrolyte and glycogen replenisher after strenuous exercise: one scoopful per 10-12 oz. water every fifteen to twenty minutes for one hour.

Contraindications/adverse effects:

No contraindications or adverse effects are known. Should not be used during pregnancy unless under the supervision of a physician.

Supporting formulas: (listed numerically)

#520 or #521 – Rich source of growth factors
#1000 – Complete anabolic nutritional formula
#1001D – Energy-enhancing formula
#1004 – Increases exercise capacity of muscles
#1005 – Free-form amino acid complex
#1007A – Growth hormone releasing formula
#1012 – Plant steroid concentrate
#1050 – Nutritional power drink

NOTES:

PROTOCOLS



PROTOCOL FOR AIDS

(Acquired Immune Deficiency Syndrome)

The supportive approach towards AIDS is quite complex, requiring a high level of commitment from the individual. Because we do not yet understand completely the causes and cure of AIDS, a comprehensive approach is recommended in an effort to positively affect all possible factors.

Lifestyle:

Safe sex practices as outlined by public health agencies are strongly advised. Eliminate recreational drug use, alcohol, and smoking.

Psychological Support:

Many individuals with AIDS benefit greatly from counseling. Positive thinking and visualization techniques should also be used. Good resources include: the Simontons' book, *Getting Well Again*, and Louise Hay's tapes and book: *You Can Heal Your Life*.

Diet:

The diet should consist of "whole" unprocessed foods, high in fiber and complex carbohydrates; low in fat; including moderate amounts of protein.

Exercise:

In general, the more exercise, the better. Strive for a 1:1 ratio of yoga or yoga-like stretching and balancing, combined with active aerobics. Recommendations range from 20 minutes of light to moderate walking, to jogging, running, or aerobic classes (according to the individual's condition).

Rest and Sleep:

Seven to nine hours of sleep per day is preferable. Take time throughout the day to rest and gather thoughts, especially just before and after meals. Moments of silence, prayer, or meditation are excellent for complete resting of mind and body. At least 30 minutes of these quiet moments should be scheduled into the daily routine.

Supplement Program: (listed numerically)

#1 – Basic nutritional support is essential. 2 tablets twice daily.

#402A – Thymic extracts have been shown to improve immune system parameters. 2 tablets three times daily.

#520 – An essential component due to its high nutritional value. 2 capsules three times daily.

#816 or #853 – Plants containing berberine have many actions beneficial in AIDS. 3 capsules three times daily.

#864 P.S.E. – Hypericin from St. John's wort has demonstrated anti-AIDS virus activity. 2 capsules three times daily.

Additional Recommendations:

#800 P.S.E. and #125 – Most individuals with AIDS also have a history of liver problems. 2 capsules of #800 P.S.E. and 2 tablets of #125 three times daily.

#827 or #837 P.S.E. – Many individuals affected by AIDS need gentle adrenal support. 1 capsule three times daily.

If weight loss is severe, use the beginning **Body Building Protocol** in addition to the above recommendations.

PROTOCOL FOR ALCOHOLISM

Alcoholism is difficult to support. Although many therapeutic regimes have been attempted, there has been little documented long-term success, except for that achieved by Alcoholics Anonymous. The approach presented here is designed to provide support in addition to an integrated, whole-person, stage-oriented program.

Diet:

Blood sugar levels must be stabilized. Although a strict hypoglycemic diet may not be warranted, most of the dietary guidelines must be followed. Eliminate all simple sugars (foods containing added sucrose, fructose or glucose; fruit juice; dried fruit; and low-fiber fruits such as grapes and citrus fruits), limit processed carbohydrates (white flour, instant potatoes, white rice, etc.), and increase complex carbohydrates (whole grains, vegetables, beans, etc.). Protein levels should be moderate, and fat intake should be low.

Exercise:

Establish a graded program, using heart rate response to determine intensity. Exercise for 20-30 minutes five to seven times weekly, at a pace that raises the heart rate to 60-80% of maximum for the age group. (To determine maximum heart rate, subtract your age from 220 beats per minute.)

Supplement Program: (listed numerically)

- #1 – Provides essential general nutritional support. 2 tablets three times daily.
- #125 – Nutritionally supports the liver. 2 tablets three times daily.
- #235 – Helps control blood sugar levels. 2 tablets three times daily.
- #496 – Alcoholics need to take zinc picolinate. 1 capsule daily.
- #800 P.S.E. – Helps protect as well as repair the damaged liver. 1 or 2 capsules three times daily.
- #1004 – Improves glucose utilization. 1 capsule three times daily.

PROTOCOL FOR ARTHRITIS

Arthritis is known to be caused by a variety of factors. Natural support involves reducing as many of these contributing factors as possible. Foremost is the use of dietary measures known to greatly reduce the signs and symptoms of arthritis. Standard physical therapies are also quite important (exercise, heat, cold, massage, diathermy, lasers, and paraffin baths).

Diet:

The first step involves therapeutic fasting or an elimination diet (low in allergic foods), followed by carefully reintroducing foods and noting which ones produce symptoms. Almost any food can aggravate arthritis, but the most common offenders are wheat; corn; milk and other dairy products; beef; and nightshade family foods (tomatoes, potatoes, eggplants, peppers, and tobacco).

After isolating and eliminating all allergens, maintain a healthful diet rich in whole foods, vegetables and fiber, and low in sugar, meat, refined carbohydrates, and saturated fats. Special foods specifically indicated for the sufferer of arthritis include: cold water fish (mackerel, herring, sardines, and salmon); cod liver oil; and flavonoid-rich berries or their extracts (cherries, hawthorn berries, blueberries, blackberries, etc.).

Supplement Program: (listed numerically)

#115 – Especially in osteoarthritis or bone spurs. 2 tablets with meals and 2 tablets at bedtime.

#175 – Nutritional support for arthritis. 1 or 2 tablets three times daily.

#402A – Especially in rheumatoid arthritis. 1 or 2 tablets three times daily.

#408A – Especially in rheumatoid arthritis. 1 capsule three times daily.

#425A – Especially in rheumatoid arthritis. 1 or 2 tablets three times daily between meals.

#807A – Herbal support for arthritis. 2 capsules three times daily.

#863 P.S.E. – During acute inflammation. 2 capsules three times daily between meals.

PROTOCOLS FOR BODY BUILDING

Supplementation Program for the RECREATIONAL or BEGINNING Body Builder

- With meals:** #1000 – 2 capsules twice daily.
#1002 – 2 capsules twice daily.
#1050 – 2 heaping tablespoons in fruit juice once daily.
#1004 – 1 capsule three times daily.
#1001D – 1 capsule twice daily.
#385 – 1 tablet with high-protein meals.
- Between meals:** #1007A – 1 or 2 capsules twice daily.
#1005 – 2 to 4 capsules in afternoon.
#520 – 2 capsules in morning.
- Before workout:** #1003 – 2 capsules 30 minutes before workout.
#1054 – 1 serving 5 to 15 minutes before workout.

Supplementation Program for the ADVANCED Body Builder

- With meals:** #1000 – 2 capsules twice daily.
#1002 – 2 capsules twice daily.
#1050 – 2 heaping tablespoons in fruit juice twice daily.
#1004 – 1 capsule three times daily.
#1001D – 1 capsule twice daily.
#385 – 1 tablet with high-protein meals.
- Between meals:** #1007A – 1 or 2 capsules twice daily.
#1005 – 2 to 4 capsules in afternoon.
#520 – 2 capsules in morning.
- Before workout:** #1003 – 2 capsules 30 minutes before workout.
#1054 – 1 serving 5 to 15 minutes before workout.
- At bedtime:** #1007A – 1 capsule.
#820B – 2 capsules.

Supplementation Program for the SERIOUS or PROFESSIONAL Body Builder

- With meals:** #1000 – 2 capsules three or four times daily.
#1002 – 2 capsules three or four times daily.
#1050 – 2 heaping tablespoons in fruit juice twice daily.
#1004 – 1 capsule three times daily.
#1001D – 1 capsule three times daily.
#385 – 1 tablet with high-protein meals.
- Between meals:** #1007A – 2 or 3 capsules twice daily.
#1005 – 4 to 6 capsules twice daily.
#520 – 2 capsules twice daily.
- Before workout:** #1003 – 2 capsules 30 minutes before workout.
#1012 – 3 capsules 30 minutes before workout.
#1054 – 1 serving 5 to 15 minutes before workout.
- At bedtime:** #1007A – 3 capsules.
#820B – 3 capsules.
-

PROTOCOL FOR SUPPORTING THE DIETARY INTAKE OF THE INDIVIDUAL WITH CANCER

As recommended in their order of importance, add products according to budget to fulfill complete program.

1. #896 – Detoxification aid and "blood purifier." 15 drops three times daily for one week, then double the amount until you reach 30 drops three times daily. Therapeutic usage: 30 drops six times daily.
2. #425A – High-potency pancreatin supplement. Usually 4 tablets 45 minutes before each meal.
3. #740 – Emulsified form of vitamins A and E.
1st week: 2 drops three times daily.*
2nd week: 3 drops three times daily.*
3rd week: 4 drops three times daily.*
4th week: 5 drops three times daily.*
5th week: 6 drops three times daily.*
6th week: 7 drops three times daily.*
7th week: 2 drops three times daily.*
4. #620 – Buffered vitamin C supplement. 1 tablespoon three times daily in water or juice.
5. #402A – Nutritional support for the thymus and immune system. 2 or 3 tablets three times daily.
6. Beta Carotene (25,000 IU per capsule) – 4 capsules three times daily.
7. #520 – Nutritional support for the liver. 2 capsules three times daily.
8. #801A – Antioxidant formula for the liver. 2 capsules three times daily.
9. #784 – Selenium serves as the mineral cofactor in antioxidant enzymes. 2 tablets three times daily with meals.
10. #826 – Herbal support for the immune system. 2 capsules three times daily.

*When using high amounts of vitamin A, flu-like symptoms with headaches may occasionally occur. If this happens, you should:

- a. Stop using the vitamin A for one week.
- b. Resume the vitamin A usage for two weeks.
- c. Stop using the vitamin A (again) for one week.
- d. Resume the vitamin A usage for two weeks.
- e. Continue this schedule as desired.

PROTOCOL FOR CONTROLLING CANDIDA ALBICANS AND INTESTINAL PARASITES

- 1. Eliminate the use of antibiotics, steroids, immune-suppressing drugs, and birth control pills** (unless there is absolute medical necessity).
- 2. Change the diet.** Avoid foods high in refined sugar, including sucrose, fructose, fruit juices, honey, and maple syrup). Foods with a high content of yeast or mold should also be eliminated, including alcoholic beverages, cheeses, dried fruits and peanuts. Milk and dairy products should be avoided due to their high content of lactose (milk sugar) and antibiotics. All foods known to cause an allergic reaction should also be eliminated.
- 3. Support digestion.** Digestive secretions such as hydrochloric acid, pancreatic enzymes, and bile normally prevent the overgrowth of Candida. A lack of these factors will result in impaired digestion and allow the yeast to overgrow. Proper levels of digestive secretions can be supported with the aid of hydrochloric acid supplements, pancreatic enzymes, and substances which promote bile flow.
- 4. Support liver function.** The liver filters Candida toxins from the blood. Impaired detoxification mechanisms in the liver are thought to be responsible for the high sensitivity to chemicals in individuals with Candida overgrowth. If the liver is not functioning optimally, individuals often experience the Herxheimer reaction—the toxins released by dying Candida will not be filtered from the blood and symptoms will worsen.
- 5. Support immune function.** A healthy immune system is critical in preventing the overgrowth of Candida. Nutritional and herbal formulas which support the immune system are a valuable part of a Candida control program.
- 6. Promote a healthy bacterial flora in the intestinal tract.** Nutritional and herbal supplements can be very helpful.
- 7. Eliminate candida toxins.** In addition to clearing Candida toxins via the lymph and liver, certain water-soluble fibers can bind to toxins in the gut and promote their excretion.

Supplement Program for Candida (listed numerically)

With meals (three times daily):

- #1 – Provides general nutritional support. 1 tablet.
- #125 – Protects and improves liver function. 1 tablet.
- #385 – Supplies hydrochloric acid and digestive enzymes. 1 tablet.
- #402A – Supports thymus gland activity. 1 tablet.
- #425A – Aids protein digestion. 1-2 tablets.
- #809A – Destroys Candida. 4-6 capsules for 2 weeks; then reduce to 1-2 per meal.

Between meals (twice daily):

- #504 – Destroys Candida. 2-4 tablets for 2 weeks; then reduce to 1-2 per usage.
- #845 – Destroys Candida. 1-2 capsules.

At night before retiring:

- #751 – Eliminates Candida toxins. 1 tablespoon in diluted fruit juice.

Supplement Program for Other Intestinal Parasites (listed numerically)

The factors that prevent Candida overgrowth are also important in keeping the intestinal tract free of other parasites.

With meals (three times daily):

- #385 – Provides hydrochloric acid and digestive enzymes. 1 tablet.
- #816 – Destroys parasites. 3 capsules.

Between meals (three times daily):

- #425A – Digests parasites. 1-2 tablets.
- #896 – Destroys parasites and aids in detoxification. 30 drops in 6-8 ounces of water.

PROTOCOL FOR THE COMMON COLD

GENERAL GUIDELINES

Get plenty of sleep and rest:

The immune system functions better under parasympathetic nervous system tone. This portion of our autonomic nervous system assumes control over body functions during periods of rest, relaxation, visualization, meditation, and sleep. During the deepest levels of sleep, potent immune-enhancing compounds are released and many immune functions are greatly increased. The value of sleep and rest during a cold cannot be overemphasized.

Drink plenty of liquids:

This offers several benefits. When the mucous membranes lining the respiratory tract become dehydrated, a much more hospitable environment is provided for the virus. Drinking plenty of liquids and/or using a vaporizer maintains a moist respiratory tract that repels viral infection. Drinking liquids will also improve the function of white blood cells by decreasing the concentration of solutes in the blood.

The type of liquids consumed is very important. Studies have shown concentrated sources of sugars like glucose, fructose, sucrose, honey, or orange juice greatly reduce the ability of white blood cells to kill bacteria. If the individual wishes to drink fruit juices, they should be very dilute. Drinking concentrated orange juice during a cold probably does more harm than good.

Avoid intake of sugar:

As mentioned above, sugar consumption, even if derived from "natural" sources like fruit juices and honey, can impair immune functions. This impairment appears to occur because glucose (blood sugar) and vitamin C compete for transport sites into the white blood cells. Decreased vitamin C levels due to excessive sugar consumption may result in significantly reduced white blood cell function.

Supplement Program: (listed numerically)

#135 – Provides powerful nutritional support during viral infections. 2 tablets every two hours.

#402A – Supports thymus gland activity. 2 tablets every two hours.

#495 – Strengthens upper respiratory system. 1 lozenge every hour.

#812A – Provides powerful herbal support for immune functions. 2 capsules every two hours.

PROTOCOL FOR CROHN'S DISEASE, ULCERATIVE COLITIS, INFLAMMATORY BOWEL DISEASE (IBD)

It is important to recognize that in some individuals, these health problems can be life-threatening. A small percentage of individuals with serious conditions may experience severe worsenings requiring emergency treatment and hospitalization. This is more common in cases of ulcerative colitis, where the individual may experience fever of 101°F or higher; profuse, constant, loose, bloody stools; anorexia; apathy and prostration; and a distended abdomen.

IBD is usually a chronic disease, requiring long-term therapy and follow-up. The first step is to identify and remove all factors—such as food allergens—which may be initiating or aggravating the inflammatory reaction. The individual should consume a diet which maximizes macro- and micro-nutrients while minimizing aggravating foods/non-foods.

A broad-based, individualized nutritional supplementation plan constructed by a trained professional is necessary for all individuals with IBD. Particularly important are the nutrients zinc, magnesium, folic acid, and vitamin A. When used appropriately, nutritional supplementation can help to correct dietary deficiencies, normalize the inflammatory process, and promote healing of damaged mucosa. Botanical extracts are also helpful to promote healing and normalize the intestinal flora.

Diet:

All allergens, such as wheat, corn, dairy products, and carrageenan-containing foods (primarily dairy foods like cottage cheese, ice cream, etc.) should be eliminated. The diet should be high in complex carbohydrates and fiber, and low in sugar and refined carbohydrates.

Supplement Program: (listed numerically)

#1 – Provides essential general nutritional support. 2 tablets twice daily.

#425A – Improves digestion. 2 tablets between meals.

#496 – Provides zinc chelated with picolinic acid for maximum absorption. 1 capsule three times daily.

#751 or #752 – Binds and eliminates toxins. At bedtime, 1-2 tablespoons of #751 OR 6 capsules of #752.

#785 – Provides magnesium chelated to the Krebs cycle intermediates for maximum absorption. 2 tablets twice daily.

#856 P.S.E. – Promotes healing of damaged mucosa. 2 to 3 capsules with each meal.

#863 P.S.E. – Normalizes the inflammatory process. 2 capsules twenty minutes before meals.

Vitamin A – 50,000 IU daily.

Vitamin C – 1 gram three times daily.

Vitamin E – 400 IU daily.

PROTOCOL FOR DETOXIFICATION

Toxic substances are everywhere: in the air we breathe, in the food we eat, and in the water we drink. Our own bodies contain bacteria which produce toxins. A person's health is largely determined by the body's ability to "detoxify" or eliminate these compounds. Specific nutritional and herbal formulas can greatly support this ability.

Heavy metals like lead, mercury, cadmium, arsenic, nickel and aluminum tend to accumulate within the brain and kidneys where they can severely disrupt normal function. Nutritional factors such as vitamin C, the B-complex, sulfur-containing amino acids (methionine, cysteine, taurine), and a balanced multiple mineral supplement can help combat heavy metal poisoning.

The liver deals with many toxic chemicals, drugs, alcohol solvents, pesticides and herbicides. Nutritional factors can support the liver's detoxification mechanisms: **lipotropic** compounds hasten the removal or decrease the accumulation of fat in the liver and **choleretic** compounds promote the flow of bile.

Toxins produced by bacteria and yeast in the gut are sometimes absorbed into the bloodstream, causing significant disruption of body functions. **Water-soluble fibers** (such as those found in guar gum, pectin, oat bran, and other vegetables) help prevent this absorption by binding to toxins within the gut and promoting their excretion.

The kidneys eliminate toxic waste products resulting from protein breakdown (ammonia, urea, etc.). Kidney function can be supported by drinking adequate amounts of water, avoiding excessive protein intake, and supplementing nutrients important for kidney function.

TWO-WEEK DETOXIFICATION PROGRAM

Detoxification does not have to be unpleasant or performed while on a fast. Actually, the best approach is to detoxify gradually. Individuals choosing to fast to detoxify must support the body against severe toxemia as stored toxins are dumped into the bloodstream. Formulas like #125 and #801A help the liver effectively remove these compounds from the blood. A gel-forming fiber complex like #751 prevents reabsorption of toxic chemicals dumped in the intestinal tract by the bile. #896 effectively supports the lymphatic system during a detoxification program.

Supplement Program:

1. #751 – Binds and eliminates all types of toxins. 1 or 2 tablespoons at night.
2. #125 – Provides nutritional support for the liver. 2 tablets three times daily.
3. #801A – Provides herbal support for the liver. 3 capsules three times daily.
4. #896 – Aids in detoxification reactions. 15 drops three times daily.
5. Eat a natural diet high in fruits and vegetables, and low in animal products.
6. Drink at least 2 quarts of distilled or purified water daily.

PROTOCOL FOR CHRONIC EBV

The chronic mononucleosis-like syndrome may or may not be directly related to reactivation of an Epstein-Barr virus (EBV) infection. Elevated levels of EBV antibodies (and of Herpes simplex virus 1 and 2, CMV, and measles antibodies) have also been found in other immunologically stressed or compromised conditions, suggesting this syndrome indicates a chronically disturbed immune system. Therefore, in addition to antiviral agents, the supportive approach should potentiate the immune system, reduce stress, and build optimal overall health.

Diet:

Eliminate all foods known to cause an allergic reaction; if highly allergic, rotate non-allergenic foods. Eliminate all simple sugars and refined foods. Emphasize whole, unprocessed foods, particularly those which inhibit viruses (fruits, garlic, onions).

Stress Reduction:

Utilize stress reduction methods that meet the individual's needs. Include some combination of counseling, relaxation techniques, and exercise. The importance of this aspect of the support program cannot be overstated.

Supplement Program: (listed numerically)

Acute Phase

- #135 – Nutritional support during viral infections. 2 tablets every two hours.
- #402A – Supports thymus gland activity. 2 tablets every two hours.
- #495 – Zinc lozenge with enzymes. 1 lozenge every hour.
- #812A – Herbal immune-enhancing formula. 2 capsules every two hours.
- #853 – Golden seal is very beneficial in infections. 2 capsules every two hours.

Chronic Phase

During the chronic phase, it is important to support weakened body systems—specifically the immune system, the liver and spleen, and the adrenal glands. The support program should be personalized to meet the individual's needs. The recommendations given below are general:

- #1 – Provides general nutritional support. 2 tablets twice daily.
- #125 – Nutritionally supports the liver. 1 tablet three times daily.
- #135 – Provides nutritional support during viral infections. 2 tablets every three times daily.
- #402A – Supports thymus gland activity. 2 tablets twice daily.
- #403 – Supports adrenal function; aids in stress management. 2 capsules in the morning.
- #837 P.S.E. – Increases energy and vitality. 2 capsules in the morning.
- #864 P.S.E. – Possesses anti-viral and mood-elevating activity. 1 capsule three times daily.

PROTOCOL FOR LIFE EXTENSION

At this time, no "magic bullets" exist to halt the aging process. However, several nutritional and herbal formulas can naturally support the body's level of vitality. Rather than trying to lengthen life span (quantity), it is far more important to increase the quality of one's life. The best way to ensure a long and healthy life is to adopt a healthy diet and lifestyle.

Diet:

A high intake of vegetables and fruits supplies a wide variety of vitamins, minerals, carotenes, flavonoids, and dietary fibers. Definitely follow the dietary recommendations for reducing risk of heart disease (atherosclerosis)—increase the intake of dietary fiber (especially gel-forming or mucilaginous fibers such as flaxseed, oat bran, pectin, etc.), and cold-pressed vegetable oils and fish; reduce the consumption of saturated fats, cholesterol, sugar, and animal proteins.

Supplement Program: (listed numerically)

These recommendations include high, but not excessive, levels of dietary and herbal antioxidants.

#1 – Provides general nutritional support. 2 tablets twice daily.

#125 – Nutritionally supports the liver. 1 or 2 tablets three times daily.

#402A – Supports thymus gland function. 2 tablets twice daily.

#800 P.S.E. – Possesses potent antioxidant activity. 1 capsule three times daily.

#815 – Heightens the body's general tone. 2 or 3 capsules daily.

#841 P.S.E. – Supports overall health in many ways. 1 capsule three times daily.

PROTOCOL FOR LYME'S DISEASE

Supplement Program: (listed numerically)

First stage:

- #1 – Provides essential general nutritional support. 2 tablets three times daily.
- #620 – Vitamin C. 6 grams daily, spread throughout the day.
- #812A – Herbal support for the immune system. 2 capsules three times daily.
- #826 – Herbal support for the immune system. 2 capsules three times daily.
- #829 – Herbal flavonoids possess powerful anti-inflammatory activity. 2 capsules three times daily.

When the infectious stage sets in, add:

- #425A – Breaks down immune complexes. 2 tablets 45 minutes before meals (on an empty stomach).
 - 2 tablets at 2:00 p.m. on an empty stomach.
 - 2 tablets at bedtime on an empty stomach.

To support joint inflammation, add:

- #402A – Nutritional support for the immune system. 2 tablets three times daily.
- #863 P.S.E. – Potent anti-inflammatory formula. 2 capsules three times daily between meals.
- E.P.A. – 3 grams daily.

NOTE: This program should **not** replace the care of a physician or the use of antibiotics.

PROTOCOL FOR MULTIPLE SCLEROSIS

Changes in diet and lifestyle for individuals with MS should begin immediately, as the earlier in the disease process this support is initiated, the better the results will be. It's also important to avoid excessive fatigue, emotional stress, and marked temperature changes.

While natural support for MS has not been proven to be highly effective, it poses no threat to the patient's health. In fact, it is quite healthful, since the recommendations decrease the risk of atherosclerosis and other degenerative diseases. However, once MS has progressed to significant disability, it is unlikely to be affected to any great degree by these measures.

Diet:

Swank's dietary protocol (Swank, R.L. and Pullen, M.H.: *The Multiple Sclerosis Diet Book*. Doubleday, Garden City, NY, 1977) is recommended:

- (1) daily intake of saturated fat should be no more than 10 grams;
- (2) daily intake of polyunsaturated oils should be 40-50 grams (margarine, shortening, and hydrogenated oils are not allowed)—flaxseed oil is best;
- (3) normal amounts of protein are recommended; and
- (4) fish should be eaten three or more times a week.

Fresh whole foods should be emphasized and animal foods (with the exception of fish) should be reduced, if not completely eliminated.

Supplement Program: (listed numerically)

- #1 – Provides general nutritional support. 2 tablets twice daily.
 - #375 – Supports good blood supply to the nervous system. 2 tablets three times daily.
 - #425A – Breaks down immune complexes. 1 or 2 tablets between meals.
 - #460 – Vitamin B15. 1 capsule three times daily.
 - #475 – Provides valuable nutrition to the nervous system. 3 capsules three times daily.
 - #841-P.S.E. – Improves nerve function and blood supply. 1 capsule three times daily.
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PROTOCOL FOR PARKINSONS DISEASE

Along with a low-protein diet and the drug Sinemet, the following supplements can be used.

Supplement Program: (listed numerically)

#125 – Nutritional support for liver function. 2 tablets three times daily.

#620 – Vitamin C. 3 grams daily.

#775A – Balanced multiple mineral formula. 2 tablets three times daily.

#820 P.S.E. – Counteracts Sinemet's adverse effect on tryptophan metabolism. 3 capsules at bedtime.

#841 P.S.E. – Ginkgo improves blood flow to the brain and transmission of nerve signals. 1 capsule three times daily.

DLPA – 500 mg. in the morning.

PROTOCOL FOR PERIODONTAL DISEASE

The goals in supporting periodontal disease include: decreasing wound-healing time (wounds heal more slowly in persons who are susceptible to periodontal disease); improving membrane and collagen integrity; decreasing inflammation and free radical damage; and supporting immune system functions.

Smoking must be stopped to allow rebuilding of the damaged tissues and, if possible, gold, porcelain, or plastic fillings should be used instead of silver amalgams. In addition, any structural defects of the mouth should be repaired and the teeth should be regularly cleaned by a dental hygienist. Significant periodontal disease definitely requires the services of a dentist or periodontist.

Diet:

Although no specific diet has been developed for individuals with periodontal disease, some recommendations can be made. A natural foods diet rich in nutrients and fiber is important. Simple sugars (white sugar, honey, fruit juice, dried fruit, etc.) and refined carbohydrates should be reduced as much as possible. Foods rich in bioflavonoids (dark blue-black fruits, onions, hawthorne berries, citrus rind, etc.) should be emphasized. All foods known to cause an allergic reaction should be avoided.

Supplement Program: (listed numerically)

#1 – General nutritional support. 2 tablets twice daily.

#135 – Important nutrients for healthy gums. 2 tablets three times daily.

#495 – Zinc lozenge. 1 lozenge three times daily.

#829 – Flavonoid-rich extracts. 1 capsule three times daily.

#876 P.S.E. – Provides support for connective tissue structures. 1 capsule three times daily.