

**SOLGAR**

# Desk Reference

vitamins   minerals   botanicals   amino acids

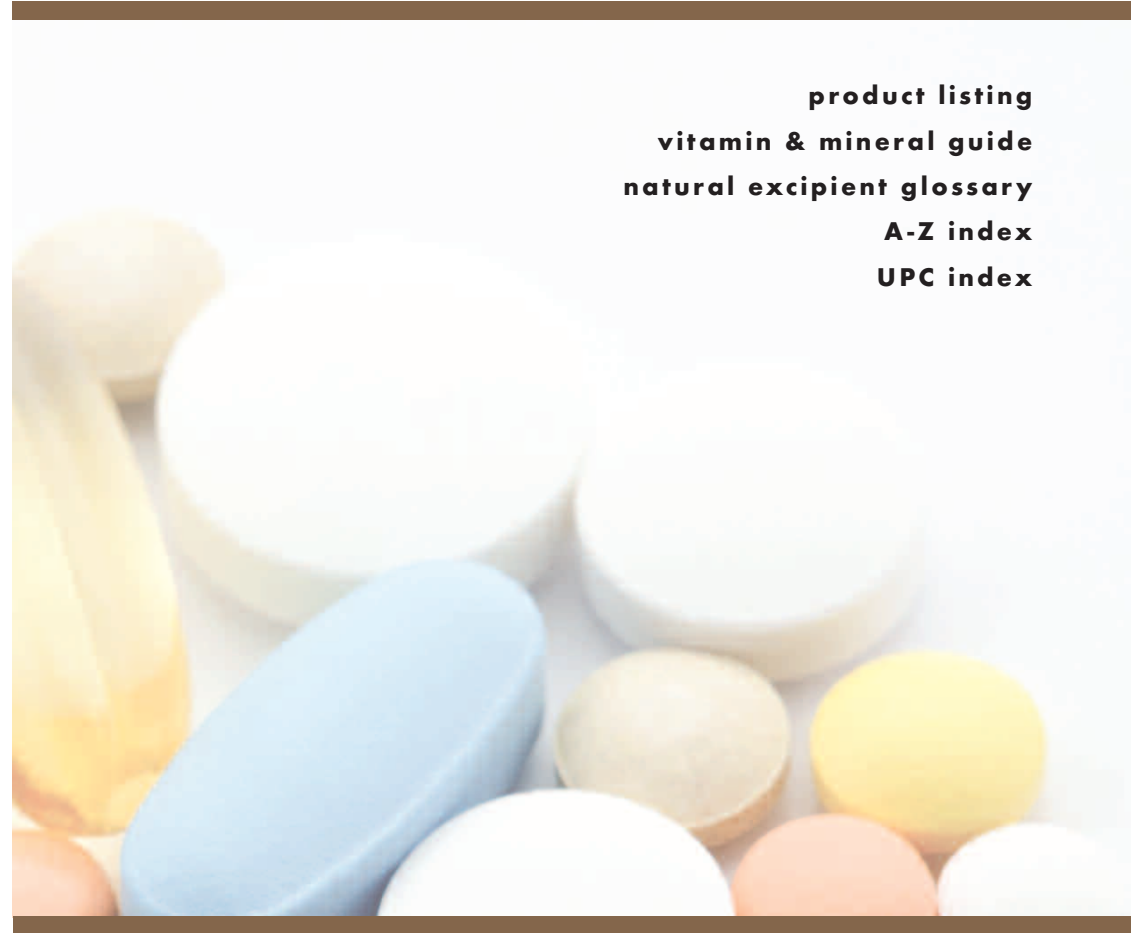
**product listing**

**vitamin & mineral guide**

**natural excipient glossary**

**A-Z index**

**UPC index**



All truths are easy to understand  
once they are discovered.

The point is  
to discover them.

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## Solgar Desk Reference

Introduction

Guide to Vitamins and Minerals

Natural Excipient Glossary

<b>AA</b>	Amino Acids
<b>AO</b>	Antioxidants
<b>AD</b>	Vitamins A&D   Cod Liver Oil
<b>CA</b>	Carotenoids
<b>VB</b>	Vitamin B & B-Complex
<b>VC</b>	Vitamin C & Bioflavonoids
<b>DA</b>	Digestive Aids / Probiotics
<b>EF</b>	Essential Fatty Acids
<b>VE</b>	Vitamin E
<b>FI</b>	Fibre
<b>FS</b>	Food Supplements
<b>GS</b>	Gold Specifics™
<b>BP</b>	Botanical Products
<b>VK</b>	Vitamin K
<b>MI</b>	Minerals
<b>MV</b>	Multivitamins
<b>PR</b>	Protein
<b>CoQ</b>	Coenzyme Q-10
<b>SS</b>	Speciality Supplements
	Product Index A-Z
	UPC Index



**SOLGAR VITAMIN AND HERB** | the science of nutrition

# Wellness:

## A philosophy everyone can live by

If you've ever found yourself checking the fat content on a carton of yoghurt, or if you've ever left the car in the garage and taken your bike instead, then you're familiar with Solgar's founding philosophy: *Wellness*.

People everywhere are catching on to this state of mind. They're realising that the inside of their bodies are just as important as their outside. That physical appearance is only one part of the total picture of health.

We at Solgar, as well as millions of customers, have been practicing Wellness since before the concept was even invented. We've known all along the importance of exercising in moderation, eating a balanced diet, taking food supplements and having an all-round healthy outlook.

Since Solgar was founded in 1947, we've been committed to Wellness. This means a commitment to quality, innovation and integrity.

We think our commitment to health shows in our products and is appreciated by health-conscious consumers. Use this DESK REFERENCE to learn more about our company and our products.

## Research & Development

Solgar's commitment to responsible nutrition requires us to take a careful look at all new ingredients and their potential for benefit. Our team of experts is actively engaged in seeking new materials, reviewing the latest scientific journals and studies, raising important questions, and trying to find solutions to today's many nutritional challenges.

## Our commitment to quality is evident in every vitamin we make.

At Solgar, quality has always been our guiding principle. From ingredients to manufacturing to packaging, quality is what we're known for most, and it's made us a leader in the nutritional supplement industry.

We produce our natural products according to the strictest standards that, in many cases, are much more stringent than the government requires.

- We insist that our products pass uncompromising quality control tests. Our VM-75 multivitamin for example, must pass over one hundred tests before it meets our approval.
- Solgar uses only the finest ingredients in its products. Our suppliers are selected from around the world based on proven track records for quality. Even though these suppliers must provide a certificate of analysis with every delivery, our own team of chemists and microbiologists checks each batch of raw materials prior to manufacture to ensure potency, purity and authenticity.

- Solgar's production facility, which includes an on site Quality Assurance laboratory, is dedicated exclusively to food supplements. It was designed to meet strict standards for machinery procedures, quality control and environmentalism. Products are manufactured in small batches to ensure freshness, and we employ a rigorous system of quality control to ensure that our Gold Standard for purity and potency is met at every stage.
- Solgar's label tells you precisely what's in the bottle. There is no hype, no promise of miracle cures. Our label provides comprehensive nutritional information, in complete compliance with European legislation. We include expiration dating to ensure that each product will satisfy its label claims, 100 percent, through to the expiration date.
- Even our packaging is of the highest possible quality. We use amber or green glass bottles as they protect against heat, light and moisture, preserving nutrient potency better than plastic packaging. Because we don't use plastic bottles or styrofoam cushioning, our packaging has less impact on the environment too.

And since high quality nutritional supplements shouldn't cause allergic reactions, we strive to eliminate as many allergens from our formulas as possible. Most Solgar products are free from sugar, salt, starch, yeast, wheat, gluten and dairy products and contain no preservatives, artificial flavours or colours.

Our commitment to Wellness doesn't end when the vitamins meet the bottles. We distribute our products with equal attention to quality and detail. For example, by manufacturing our own supplements, we can control our inventories and ensure our products are always fresh.

You'll find **SOLGAR** vitamins only where fine health products are sold. So our customers receive not only the best products, but also the best information about them.

These are just a few examples of our commitment to Wellness and to making the best food supplements we can. And these are just a few reasons why, to millions of health-conscious consumers around the world, **SOLGAR** symbolises quality ●

# Guide to Vitamins and Minerals

VITAMINS	BIOLOGICAL FUNCTIONS
<b>Vitamin A &amp; Beta-carotene</b>	<ul style="list-style-type: none"> <li>Maintenance of healthy skin, eyes, bones, hair and teeth</li> <li>Beta-carotene is an antioxidant</li> </ul>
<b>Vitamin D</b>	<ul style="list-style-type: none"> <li>Assists in the absorption and metabolism of Calcium and Phosphorus for strong bones and teeth</li> <li>Required for immune health</li> </ul>
<b>Vitamin E</b>	<ul style="list-style-type: none"> <li>Helps in the formation of red blood cells</li> <li>As an antioxidant, protects against abnormal breakdown of fats and Vitamin A</li> <li>An important antioxidant for the health of the cardiovascular system</li> </ul>
<b>Vitamin K</b>	<ul style="list-style-type: none"> <li>Needed for proper blood clotting</li> <li>K2 supports bone and arterial health</li> </ul>
<b>Vitamin C</b>	<ul style="list-style-type: none"> <li>As an antioxidant, inhibits nitrosamine formation</li> <li>Important for maintenance of bones, teeth, collagen, blood vessels (capillaries)</li> <li>Enhances Iron absorption, red blood cell formation</li> </ul>
<b>Vitamin B1 (Thiamin)</b>	<ul style="list-style-type: none"> <li>Releases energy from carbohydrates</li> <li>Needed for normal appetite and for functioning of nervous system</li> </ul>
<b>Vitamin B2 (Riboflavin)</b>	<ul style="list-style-type: none"> <li>Releases energy from foods</li> <li>Necessary for healthy skin and eyes</li> </ul>
<b>Vitamin B3 (Niacin)</b>	<ul style="list-style-type: none"> <li>Releases energy from foods</li> <li>Aids in maintenance of skin, nervous system, proper mental functioning</li> </ul>
<b>Vitamin B6</b>	<ul style="list-style-type: none"> <li>Releases energy from foods</li> <li>Plays a role in Protein and fat metabolism</li> <li>Essential for function of red blood cells and haemoglobin synthesis</li> </ul>
<b>Vitamin B12</b>	<ul style="list-style-type: none"> <li>Prevents pernicious anaemia</li> <li>Necessary for healthy nervous system</li> <li>Involved in synthesis of genetic material (DNA)</li> </ul>
<b>Biotin</b>	<ul style="list-style-type: none"> <li>Releases energy from foods</li> <li>Plays a role in metabolism of Amino Acids</li> <li>Needed for normal hair production and growth</li> </ul>
<b>Pantothenic Acid (Vitamin B5)</b>	<ul style="list-style-type: none"> <li>Releases energy from foods</li> <li>Involved in synthesis of Acetylcholine, an excitatory neurotransmitter</li> <li>Needed for normal functioning of adrenal glands</li> </ul>
<b>Folic Acid (Folacin)</b>	<ul style="list-style-type: none"> <li>Necessary for proper red blood cell formation</li> <li>Role in metabolism of fat, Amino Acids, DNA and RNA</li> <li>Needed for proper cell division and protein synthesis</li> </ul>
<b>Choline</b>	<ul style="list-style-type: none"> <li>Lipotropic nutrient, prevents fat accumulation in liver</li> <li>Precursor to Acetylcholine a major neurotransmitter in the brain</li> </ul>
<b>Inositol</b>	<ul style="list-style-type: none"> <li>Involved in cholesterol mobilisation</li> </ul>

MINERALS	BIOLOGICAL FUNCTIONS
<b>Boron</b>	<ul style="list-style-type: none"> <li>Possibly plays a role in maintaining strong bones</li> <li>Affects Calcium and Magnesium metabolism</li> </ul>
<b>Calcium</b>	<ul style="list-style-type: none"> <li>Builds strong bones and teeth</li> <li>Involved in nerve transmission, muscle contraction</li> </ul>
<b>Chromium</b>	<ul style="list-style-type: none"> <li>A key component of glucose tolerance factor (GTF), which works with insulin to regulate blood sugar levels and proper metabolism of carbohydrates</li> </ul>
<b>Copper</b>	<ul style="list-style-type: none"> <li>Essential for red blood cell formation, haemoglobin synthesis</li> <li>Involved in many enzyme systems including superoxide dismutase</li> </ul>
<b>Iodine</b>	<ul style="list-style-type: none"> <li>Needed for proper function of thyroid gland and production of thyroid hormones</li> </ul>
<b>Iron</b>	<ul style="list-style-type: none"> <li>Prevents anaemia; as constituent of haemoglobin, transports oxygen throughout the body</li> </ul>
<b>Magnesium</b>	<ul style="list-style-type: none"> <li>Needed in many enzyme systems, especially those involved with energy production</li> <li>Essential for proper heartbeat, nerve transmission</li> <li>Constituent of bones and teeth</li> </ul>
<b>Manganese</b>	<ul style="list-style-type: none"> <li>Co-factor in many enzyme systems including those involved in bone formation, energy production and protein metabolism</li> </ul>
<b>Molybdenum</b>	<ul style="list-style-type: none"> <li>Required for proper growth and development</li> <li>Plays a role in fat and nucleic acid metabolism</li> </ul>
<b>Phosphorus</b>	<ul style="list-style-type: none"> <li>Maintains strong bones and teeth</li> <li>Necessary for muscle and nerve function</li> </ul>
<b>Potassium</b>	<ul style="list-style-type: none"> <li>Electrolyte needed to maintain fluid balance, proper heartbeat and nerve transmission</li> </ul>
<b>Selenium</b>	<ul style="list-style-type: none"> <li>Antioxidant, constituent of glutathione peroxidase</li> <li>Protects Vitamin E</li> </ul>
<b>Silicon</b>	<ul style="list-style-type: none"> <li>Needed for proper bone structure and growth</li> </ul>
<b>Zinc</b>	<ul style="list-style-type: none"> <li>Component of insulin; required for blood sugar control</li> <li>Needed for proper taste and hearing</li> <li>Important in wound healing and enzyme activation</li> </ul>

## Special circumstances that may increase requirements for nutrients:

- Pregnancy/lactation increases the need for many Vitamins and Minerals to nourish the baby
- Smokers require greater amounts of Vitamin C and may benefit from an adequate intake of Vitamin E
- Alcohol depletes the body of B-Complex Vitamins and uses extra Zinc when metabolised
- The use of prescription drugs: certain diuretics and blood pressure medications leak Potassium and Folic Acid from the body; birth control pill users have reduced blood levels of Vitamins A, D and K; aspirin may increase Iron requirements
- Absorption of B-Complex Vitamins, Vitamin C, Vitamin D and Calcium may be diminished with ageing
- The presence of gastrointestinal (G.I.) disorders interferes with proper nutrient absorption

# Natural Excipient Glossary\*

\*only used when necessary and in the smallest amounts

NATURAL EXCIPIENTS	BIOLOGICAL FUNCTIONS
<b>Aqueous Coating</b>	• A natural water and vegetable cellulose coating on Solgar's coated tablets that enhances tablet disintegration and dissolution
<b>Beta-carotene</b>	• This Vitamin A precursor is typically included as a natural orange colouring agent and coating ingredient, or for its natural antioxidant properties
<b>Cellulose Gum</b>	• This is used to help tablets or capsules break up in the body so helping to ensure that the nutrients are available for the body to absorb
<b>Fructose</b>	• A natural sugar found in honey and fruits
<b>Guar Gum</b>	• A fibre derived from the guar plant and used as a binder in tablet manufacturing
<b>HPMC</b>	• This is used to prepare Vegan friendly capsule shells or to surround tablets to help hide any taste or hold a colour
<b>Lecithin Oil</b>	• An oil extracted from soya beans
<b>Mannitol</b>	• A natural sugar substitute derived from the manna plant and seaweed
<b>Microcrystalline Cellulose</b>	• This is a term used for highly refined wood pulp which is used as a bulking agent to ensure the capsule shells are full or to help in the manufacture of tablets
<b>Natural Glycerin</b>	• Used to stabilise and disperse liquid nutrients inside a capsule • A clear colourless syrupy liquid with a sweet taste derived from natural fats and oils
<b>Orange Flavour</b>	• A dry, natural flavour from the whole orange
<b>Peppermint Flavour</b>	• An oil or powder derived from the peppermint plant
<b>Silicon Dioxide</b>	• A purified mined mineral, used as an anti-caking agent** in the production of vitamin tablets
<b>Sorbitol</b>	• A natural sugar substitute obtained from fruits, berries and seaweed
<b>Soya Bean Oil</b>	• An oil extracted from soya beans
<b>Titanium Dioxide</b>	• A natural mined mineral, used to provide a consistent appearance to tablets
<b>Vegetable Cellulose</b>	• Substance derived from various plant fibres, used as a filler and disintegrant in the production of tablets

<b>Vegetable Glycerin</b>	• This is sometimes used as part of a tablet coating to help hide any taste or hold a colour
<b>Vegetable Stearic Acid</b>	• A lubricant derived from plants required during the manufacturing process
<b>Vegetable Magnesium Stearate</b>	• A lubricant derived from plants required during the manufacturing process
<b>Xylitol</b>	• A natural sugar substitute obtained from fruits, berries and seaweed

\*\*Anti-caking agents help prevent the formation of lumps in powders, for example during the manufacture of tablets or capsules.

# Amino Acids

AMINO ACIDS are the building blocks of protein. Our daily protein requirement is really a need for Amino Acids. Dietary Amino Acids are classified as “essential” or “non-essential”. Essential Amino Acids (Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan and Valine) cannot be manufactured by the body and must be supplied in the diet or ill-health results. The non-essential Amino Acids are also essential for health, but can be synthesised in the body from the essential Amino Acids. Both the essential and non-essential Amino Acids are reassembled as hormones, enzymes, neurotransmitters (chemical messengers), antibodies and nutrient carriers.

The term “non essential” may be misleading. Although Histidine was once considered an essential Amino Acid for infants only, subsequent research has determined that Histidine may also be essential for adults. Arginine, Ornithine, Cysteine, Cystine, Taurine and Tyrosine are classified as non-essential Amino Acids but may be essential for individuals with certain diseases or nutritional concerns. A suboptimal intake of the essential Amino Acids increases the body’s need for the non-essential Amino Acids.

**L-Arginine:** It is essential in muscle metabolism because it provides a vehicle for transport, storage and excretion of nitrogen. L-Arginine is an important component in tissue generation and regeneration. It is highly concentrated in the skin and connective tissue and helps to remove ammonia from the body as part of the urea cycle and is a precursor for the synthesis of nitric oxide.

**BCAA:** (Branched Chain Amino Acids: L-Leucine, L-Isoleucine and L-Valine) Muscle tissue is largely composed of BCAAs which are used for energy production and protein synthesis. BCAAs are also involved in the metabolism of neurotransmitters, natural chemicals in the brain which influence mood and mental functions.

**L-Carnitine:** Carnitine is actually a dipeptide - an amino acid made up of two other essential Aminos, Methionine and Lysine. L-Carnitine is important for fat metabolism, especially in heart and muscle cells. It is also necessary for the transport of long chain fatty acids into cell mitochondria where the acids are oxidised and burned for energy.

**L-Cysteine:** It is a sulphur-bearing amino acid with antioxidant properties. Important for keratin synthesis, a protein found in the skin, hair and nails, it also plays a role in energy metabolism and fatty acid synthesis.

**L-Glutamine:** A major fuel source for the brain and the entire body, it is found in the cerebral cortex and in various other regions of the brain. The concentration of Glutamine in the blood is three to four times greater than all other Amino Acids. It is changed by the body into Glutamic acid. L-Glutamine has also been shown to be essential for healthy immune function and digestive health.

**L-Glutathione:** A natural sulphur-bearing peptide formed from the linking of three Amino Acids: Glutamic Acid, Cysteine and Glycine. It acts as an antioxidant and is involved in detoxification processes of the liver as well as in amino acid transport across cell membranes.

**L-Glycine:** It is a natural antacid and sweetener that is involved in the synthesis of DNA, Phospholipids and Collagen. Glycine also helps keep glucose available by improving glycogen storage.

**L-Histidine:** It is involved in growth and repair of body tissue. Both children and adults can synthesise some Histidine in their bodies, but most Histidine comes from the diet. It is considered a semi-essential amino acid.

**L-Lysine:** It is important for growth, tissue repair, and the production of hormones, enzymes and antibodies. Research efforts are being directed at a possible beneficial role of L-Lysine in effecting the herpes virus. L-Lysine is found in large quantities in muscle tissues.

**L-Methionine:** It is a sulphur-containing amino acid with antioxidant properties. L-Methionine is important for healthy nails and skin and for the synthesis of Taurine, L-Cysteine, Phosphatidylcholine (Lecithin), bile, L-Carnitine and endorphins.

**L-Ornithine:** Combined with L-Arginine, they both influence growth hormones and are necessary for proper immune and liver function.

**L-Phenylalanine:** It is a precursor to Tyrosine, which is used to manufacture certain hormones (epinephrine, norepinephrine, dopa, dopamine) and is better absorbed than Tyrosine. L-Phenylalanine is important for the production of chemical messengers in the brain called neurotransmitters.

**DLPA (D,L-Phenylalanine):** DLPA is a mixture of the natural form of Phenylalanine (the L form) with its mirror image (the D form). DL-Phenylalanine may have the unique ability to block certain enzymes (enkephalinase) in the central nervous system that are normally responsible for breaking down natural morphine-like hormones called endorphins and enkephalins.

**Taurine:** A simple sulphur-containing compound and is one of the most abundant Amino Acids in the body. It plays a variety of roles in the normal functioning of the brain, heart, gallbladder, eyes and vascular system. Basically, its function is to facilitate the passage of Sodium Potassium and Magnesium ions into and out of cells and to electrically stabilise the cell membranes. Taurine is an essential amino acid in pre-term and new-born infants because they cannot synthesise it.

**Tyrosine:** It is a constituent of protein amino sugars and amino lipids which have important roles throughout the body. It is important to brain nutrition because it is a precursor of the neurotransmitters - dopamine, norepinephrine and epinephrine. It is also an important part of peptides such as enkephalins, which serve as pain relievers in the brain. It is the precursor for hormones such as thyroxine and catecholamines (chemicals that are both oestrogens and catecholamines) and for the major human pigment, melanin.



**Category Highlights**

SOLGAR OFFERS:

- Free-form Amino Acids for maximum absorption and utilisation
- Pharmaceutical grade Amino Acids imported from the world's finest sources
- Guaranteed purity and potency of each amino acid

**5-HTP**

L-5-Hydroxytryptophan Complex



**SUITABLE FOR VEGANS · KOSHER HALAL**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 and 90 vegetable capsules

**UPC:** E1448, E1453

**WARNING:**

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your healthcare practitioner before taking this product. Discontinue use and consult your healthcare practitioner if any undesirable events occur. Do not drive or operate machinery when taking this product.

\*\*Long term intake may lead to mild tingling and numbness

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Each vegetable capsule provides:</b>	<b>%EC RDA *</b>	
Magnesium (as oxide, bisglycinate)	50 mg	13
5-HTP (L-5-Hydroxytryptophan from Standardised <i>Griffonia simplicifolia</i> Seed Extract)	100 mg	
Valerian Root Powder Extract (4:1) ( <i>Valeriana officinalis</i> )	100 mg	
Bulking Agent: microcrystalline cellulose		
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Vitamin B6 (as pyridoxine HCl, pyridoxal-5'-phosphate)	10 mg**	714
Anti-caking Agent: vegetable magnesium stearate		

\*EC RDA = EC Recommended Daily Allowance

## Amino 75™

(Free-Form) Containing Essential Amino Acids



SUITABLE FOR VEGANS · KOSHER

SUGAR, SALT AND STARCH FREE

Available in bottles of 30 and 90 vegetable capsules

UPC: E100, E102

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**CAUTION: PHENYLKETONURICS (PKU)**  
- This product contains L-Phenylalanine.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
L-Lysine (as L-Lysine HCl)	75 mg
L-Leucine	75 mg
L-Phenylalanine	75 mg
L-Valine	75 mg
L-Methionine	75 mg
L-Histidine	75 mg
L-Isoleucine	75 mg
L-Threonine	75 mg
Bulking Agents: microcrystalline cellulose, hydroxypropyl cellulose	
Anti-caking Agent: vegetable magnesium stearate	
Cellulose Gum	

Amino 75™ is a trademark of Solgar Holdings Inc.

## L-Arginine 500 mg

(Free-Form)



SUITABLE FOR VEGANS · KOSHER

SUGAR, SALT AND STARCH FREE

Available in bottles of 50 vegetable capsules

UPC: E140

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

L-Arginine (free-form)	500 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bulking Agent: microcrystalline cellulose	
Anti-caking Agent: vegetable magnesium stearate	





## L-Arginine L-Ornithine 500 mg / 250 mg (Free-Form)



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 50 vegetable capsules  
**UPC: E160**

**WARNING:**  
 If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) vegetable capsule daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each vegetable capsule provides:

L-Arginine (free-form)	500 mg
L-Ornithine (as HCl) (free-form)	250 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide	

## BCAA Plus

(Free-Form) Branched Chain Amino Acids



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 50 vegetable capsules  
**UPC: E195**

**WARNING:**  
 If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness

### Directions for use:

As a food supplement for adults, two (2) vegetable capsules daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

Two (2) vegetable capsules provide:	%EC RDA *	
L-Leucine (free-form)	540 mg	
L-Isoleucine (free-form)	360 mg	
L-Valine (free-form)	300 mg	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Vitamin B6 (as pyridoxine HCl)	20 mg**	1000
Anti-caking Agents: vegetable magnesium stearate***, vegetable stearic acid***		
Bulking Agent: microcrystalline cellulose		

\*EC RDA = EC Recommended Daily Allowance

\*\*\*Made from vegetable stearic acid

Solgar's BCAA Plus supplies the three essential branched chain amino acids: L-Leucine, L-Isoleucine and L-Valine in their pure crystalline free forms.



## Acetyl-L-Carnitine 250 mg



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 vegetable capsules

**UPC: E15**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Acetyl-L-Carnitine (as HCl)	250 mg
Bulking Agents: dicalcium phosphate, microcrystalline cellulose	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide	

## Carnitine Complex



**SUITABLE FOR VEGANS · KOSHER**

**HALAL**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 tablets

**UPC: E558**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, two (2) tablets daily, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Two (2) tablets provide:**

Bulking Agents: dicalcium phosphate, microcrystalline cellulose, hydroxypropyl cellulose	
Anti-caking Agents: silicon dioxide, vegetable stearic acid*, vegetable magnesium stearate*	
L-Carnitine Fumarate (providing 280 mg L-Carnitine)	500 mg
ArginoCarn™ Acetyl-L-Carnitine Arginate Dihydrochloride (providing 100 mg Acetyl-L-Carnitine)	250 mg
GlycoCarn™ Glycine Propionyl L-Carnitine HCl (gPLC) (providing 150 mg Propionyl-L-Carnitine)	250 mg

Cont/.



Cont/.

L-Tauro™ Acetyl-L-Carnitine Taurinate Hydrochloride (providing 130 mg Acetyl-L-Carnitine)	250 mg
Cellulose Gum	
Colour: titanium dioxide	
Glazing Agent: hydroxypropylmethyl cellulose	
Glycerin	

\*Made from vegetable stearic acid

ArginoCarn™, GlycoCarn™, L-Tauro™ and Amino Carnitine™ are registered trademarks of Sigma-Tau Industries, S.p.A and patented under U.S. patent no's 7,603,042 B1 and 6,124,360.

## L-Carnitine 1500 mg Liquid

(Free-Form)  
Natural Lemon Flavour



**SUITABLE FOR VEGANS · KOSHER  
SUGAR AND STARCH FREE**

Available in bottles of 473 ml (16 fl. oz.)

**UPC:** E30721

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

SHAKE WELL BEFORE USE. As a food supplement for adults, one (1) to two (2) tablespoons (15 ml to 30 ml) daily, preferably on an empty stomach, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablespoon (15 ml) provides:	%EC RDA *	
Vegetable Glycerin		
Purified Water		
L-Carnitine (free-form)	1500 mg	
Citric Acid		
Natural Lemon Flavour		
Preservatives: potassium sorbate, sodium benzoate		
Pantothenic Acid (as dexpanthenol)	10 mg	167

\*EC RDA = EC Recommended Daily Allowance



## L-Carnitine 500 mg

(Free-Form)



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 and 60 tablets

**UPC:** E570, E571

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each tablet provides:**

L-Carnitine (free-form)	500 mg
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose	
Cellulose Gum	
Glazing Agents: hydroxypropylmethyl cellulose, vegetable glycerin (made from palm kernel oil and coconut oil)	
Colour: titanium dioxide	

## L-Cysteine 500 mg

(Free-Form)



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 vegetable capsules

**UPC:** E960

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

L-Cysteine (as HCl) (free-form)	500 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide	
Bulking Agent: microcrystalline cellulose	



## NAC (N-Acetyl Cysteine) 600 mg



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 60 vegetable capsules  
**UPC: E1791**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily with juice or water and with a carbohydrate meal, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

N-Acetyl Cysteine (free-form)	600 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide	

N-Acetyl Cysteine is a natural sulphur-containing amino acid derivative.

## L-Glutamine 500 mg (Free-Form)



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 50 and 250 vegetable capsules  
**UPC: E1320, E1322**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

L-Glutamine (free-form)	500 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bulking Agent: microcrystalline cellulose	
Anti-caking Agents: vegetable magnesium stearate, vegetable stearic acid	



## L-Glutamine 1000 mg

(Free-Form)



SUITABLE FOR VEGANS · KOSHER

SUGAR, SALT AND STARCH FREE

Available in bottles of 60 tablets

UPC: E1254

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) tablets daily, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each tablet provides:**

L-Glutamine (free-form)	1000 mg
Bulking Agents: microcrystalline cellulose, hydroxypropyl cellulose	
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate	
Cellulose Gum	
Glazing Agent: hydroxypropylmethyl cellulose	
Vegetable Glycerin	

## L-Glutathione Reduced 50 mg



SUITABLE FOR VEGANS · KOSHER

SUGAR, SALT AND STARCH FREE

Available in bottles of 30 vegetable capsules

UPC: E1340

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Bulking Agent: microcrystalline cellulose	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
L-Glutathione (reduced)	50 mg
Anti-caking Agent: vegetable magnesium stearate	



## Maximised L-Glutathione 250 mg

(Reduced)



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 60 vegetable capsules  
**UPC: E1351**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

L-Glutathione (reduced)	250 mg
Bulking Agent: microcrystalline cellulose	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide	

L-Glutathione is a biologically active, naturally occurring tripeptide composed of L-Cysteine, L-Glutamic Acid and Glycine. Maximised L-Glutathione provides an extra high-potency source of L-Glutathione.

## Glycine 500 mg

(Free-Form)



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 100 vegetable capsules  
**UPC: E1370**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Glycine (free-form)	500 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bulking Agent: microcrystalline cellulose	
Anti-caking Agents: vegetable magnesium stearate, vegetable stearic acid	



## L-Lysine 500 mg

(Free-Form)



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 vegetable capsules

**UPC: E1680**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

L-Lysine (as HCl) (free-form)	500 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bulking Agent: microcrystalline cellulose	
Anti-caking Agent: vegetable magnesium stearate	

## L-Lysine 1000 mg

(Free-Form)



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 and 250 tablets

**UPC: E1700, E1702**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each tablet provides:**

L-Lysine (as HCl) (free-form)	1000 mg
Bulking Agent: microcrystalline cellulose	
Anti-caking Agents: vegetable stearic acid, silicon dioxide	
Glazing Agents: hydroxypropylmethyl cellulose, vegetable glycerin (from palm kernel oil and coconut oil)	
Cellulose Gun	

L-Lysine is an essential amino acid.





## L-Methionine 500 mg

(Free-Form)



SUITABLE FOR VEGANS · KOSHER

SUGAR, SALT AND STARCH FREE

Available in bottles of 30 vegetable capsules

UPC: E1768

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

L-Methionine (free-form)	500 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate	
Bulking Agent: hydroxypropyl cellulose	

L-Methionine is a sulphur-bearing essential amino acid.

## Neuro-Nutrients

A Unique Combination of Vitamins, Amino Acids and Ginkgo biloba Leaf Extract



SUITABLE FOR VEGANS · KOSHER

SUGAR, SALT AND STARCH FREE

Available in bottles of 30 and 60 vegetable capsules

UPC: E1845, E1846

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**CAUTION: PHENYLKETONURICS (PKU)**  
- This product contains L-Phenylalanine.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

		%EC RDA *
L-Phenylalanine (free-form)	167 mg	
L-Tyrosine (free-form)	167 mg	
L-Glutamine (free-form)	167 mg	
Vitamin C (as calcium ascorbate)	100 mg	125
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Choline (as bitartrate)	41 mg	
Soya Lecithin (containing naturally occurring phospholipids)	33 mg	
Anti-caking Agent: vegetable magnesium stearate		
Thiamin (vitamin B1, as thiamine mononitrate)	5 mg	455
Standardised Ginkgo biloba Leaf Powdered Extract (minimum 1.68 mg [24%] ginkgoflavoglycosides)	7 mg	

Cont/.



Cont/.

Niacin (vitamin B3, as nicotinamide, nicotinic acid)	5 mg NE	31
Riboflavin (vitamin B2)	5 mg	357
Vitamin B6 (as Pyridoxal-5'-Phosphate)	2.5 mg	179

\*EC RDA = EC Recommended Daily Allowance

## L-Ornithine 500 mg

(Free-Form)



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 vegetable capsules

**UPC: E2060**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

L-Ornithine (as L-Ornithine HCl)	500 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: vegetable magnesium stearate*, silicon dioxide, vegetable stearic acid*	
Bulking Agent: microcrystalline cellulose	

\*Made from vegetable stearic acid



## DLPA 500 mg

DL-Phenylalanine (Free-Form)



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 vegetable capsules

**UPC: E1010**

**WARNING:**

DL-Phenylalanine is not intended for use during pregnancy or lactation or for those with high blood pressure. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**CAUTION: PHENYLKETONURICS (PKU)**  
- This product contains Phenylalanine.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

DL-Phenylalanine (free-form) (providing 250 mg of D-Phenylalanine and 250 mg of L-Phenylalanine)	500 mg
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Vegetable Capsule Shell: hydroxypropylmethyl cellulose

Anti-caking Agents: vegetable magnesium stearate,  
silicon dioxide

Bulking Agent: hydroxypropyl cellulose

## L-Phenylalanine 500 mg

(Free-Form)



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 vegetable capsules

**UPC: E2200**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**CAUTION: PHENYLKETONURICS (PKU)**  
- This product contains L-Phenylalanine.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

L-Phenylalanine (free-form)	500 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agent: vegetable magnesium stearate	



## Taurine 500 mg

(Free-Form)



SUITABLE FOR VEGANS · KOSHER

SUGAR, SALT AND STARCH FREE

Available in bottles of 50 vegetable capsules

UPC: E2700

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Taurine	500 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bulking Agent: microcrystalline cellulose	
Anti-caking Agent: vegetable stearic acid*	

\*Made from vegetable stearic acid

## L-Theanine 150 mg

(Free-Form)



SUITABLE FOR VEGANS · KOSHER

SUGAR, SALT AND STARCH FREE

Available in bottles of 30 and 60 vegetable capsules

UPC: E2731, E2706

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule twice daily, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

L-Theanine (Suntheanine®) (free-form)	150 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bulking Agent: microcrystalline cellulose	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate	

Suntheanine® is a registered trademark of Taiyo International, Inc.



## L-Tyrosine 500 mg (Free-Form)



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 50 vegetable capsules  
**UPC: E2760**

**WARNING:**  
 If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) vegetable capsule daily with juice or water, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each vegetable capsule provides:

L-Tyrosine (free-form)	500 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bulking Agents: microcrystalline cellulose, hydroxypropyl cellulose	
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate	

## L-Glutamine Powder (Free-Form)



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 200 g  
**UPC: E23943**

**WARNING:**  
 If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, stir one (1) level teaspoon (3.5 g) with 200 ml of water or juice one to two times daily, in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each level teaspoon (3.5 g) provides:

L-Glutamine (free-form)	3.5 g (3500 mg)
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# Antioxidants

IF YOU ever wondered why an apple turns brown after you cut it or why iron rusts when exposed to the elements, you are questioning the damage and destructive effects of oxidants (free radicals) normally found in the environment.

Oxidation causes similar harm to the cells of your body. When you breathe, digest food, exercise or just sleep, your body produces potentially harmful agents called free radicals. The free-radical chain reactions in your body take place countless times each day. To make matters worse, emotional stress, ultraviolet light and toxic substances in air pollution and cigarette smoke also generate free radicals that can put your health at risk. Fortunately, nature offers the means to protect yourself against the hazards of oxidation by-products. You can call on powerful allies known as Antioxidants, that work in opposition to free radicals. Researchers have found that Antioxidants inhibit and control free radicals.

To minimise the damaging effects of free radicals, a balance of Antioxidants is required. The most important Antioxidants include: Carotenoids such as Beta-carotene, Vitamin C, Vitamin E, Tocotrienols, NAC (N-Acetyl Cysteine), Glutathione, L-Cysteine and components found in certain Botanicals such as Ginkgo biloba, Bilberry, Red Wine (Grape Skins) and Green Tea. The Minerals Zinc and Selenium, are crucial components of important antioxidant enzyme systems in the body. While steps should be taken to ensure adequate dietary sources, additional supplementation to provide optimal intake may be desirable.

## Category Highlights

SOLGAR OFFERS:

- Advanced Antioxidant Formula vegetable capsules - An alternative all-encompassing antioxidant formula
- Advanced phytonutrient antioxidant supplements including Bilberry Ginkgo Eyebright Complex
- Oligomeric proanthocyanidins (OPCs) including:
  - Pycnogenol
  - Grape Seed Extract
- Resveratrol - A natural Polyphenol found in Red Wine, peanuts and in some plants, including the Botanical *Polygonum cuspidatum*. It is a small molecule, classified as a stilbene

Also see: **Gold Specifics™ Antioxidant Free Radical Modulators - an all-encompassing antioxidant formula.**



## Alpha Lipoic Acid 60 mg



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 vegetable capsules

**UPC: E55**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

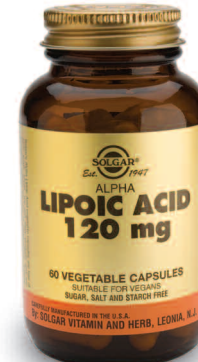
As a food supplement for adults, one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Bulking Agent: microcrystalline cellulose	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Alpha-Lipoic Acid (thioctic acid)	60 mg
Anti-caking Agent: vegetable magnesium stearate*	

\*Made from vegetable stearic acid

## Alpha Lipoic Acid 120 mg



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 vegetable capsules

**UPC: E57**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

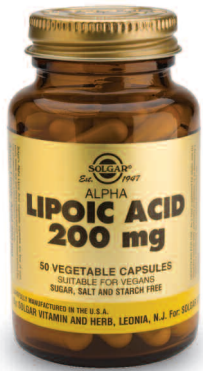
**Each vegetable capsule provides:**

Bulking Agent: microcrystalline cellulose	
Alpha-Lipoic Acid (thioctic acid)	120 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agent: vegetable magnesium stearate*	

\*Made from vegetable stearic acid



## Alpha Lipoic Acid 200 mg



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 vegetable capsules

**UPC: E58**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Alpha-Lipoic Acid (thioctic acid)	200 mg
Bulking Agent: microcrystalline cellulose	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agent: vegetable magnesium stearate*	

\*Made from vegetable stearic acid

## Advanced Antioxidant Formula



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30, 60 and 120 vegetable capsules

**UPC: E1032, E1033, E1035**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Two (2) vegetable capsules provides:</b>	<b>%EC RDA *</b>	
Vitamin C (as calcium ascorbate)	500 mg	625
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Vitamin E (200 IU, as d-alpha tocopheryl succinate)	134 mg α-TE	1117
L-Cysteine (as hydrochloride)	100 mg	
Natural Source Beta-carotene (as prep.) Providing other Carotenoids	4.5 mg 12 µg	
Zinc (as bisglycinate <sup>†</sup> )	10 mg	100
Taurine	50 mg	
Food Based Antioxidants (powdered extracts of green tea [15 mg polyphenols], red wine [4.5 mg polyphenols] and pycnogenol® [3 mg procyanidins])	50 mg	

Cont/.

ANTIOXIDANTS

ANTIOXIDANTS





Cont/.

Anti-caking Agents: vegetable magnesium stearate, silicon dioxide		
Powdered Plant Base (spirulina, ginkgo biloba extract, milk thistle extract, gotu kola extract)	50 mg	
Bulking Agent: microcrystalline cellulose		
L-Glutathione	25 mg	
Manganese (as bisglycinate†)	4 mg	200
Powdered Rose Hips Extract (4:1) and Rose Hips	26 mg	
Mixed Tocopherols (as prep.)	20 mg	
Vitamin A (2500 IU, as palmitate prep.)	751 µg RE	94
Selenium (as L-selenomethionine)	50 µg	91
Copper (as bisglycinate†)	1000 µg	100
Riboflavin (vitamin B2 as riboflavin-5-phosphate)	6 mg	429

\*EC RDA = EC Recommended Daily Allowance

†Fully reacted Albion process patent No.'s 5,516,925 and 6,716,814. SOD (Superoxide Dismutase) Inducers.

Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product is protected by one or more of U.S. patent No.'s 5,720,956 / 6,372,266 and other international patents.

## Antioxidant Nutrients



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**  
Available in bottles of 50 and 100 tablets  
**UPC: E115, E116**

**WARNING:**  
If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Vitamin C (as ascorbic acid)	600 mg	750
Vitamin E (250 IU, as d-alpha tocopheryl succinate)	168 mg α-TE	1400
Bulking Agent: microcrystalline cellulose		
L-Cysteine (as hydrochloride)	100 mg	
Natural Source Beta-carotene (as prep.) Providing other Carotenoids	7 mg 125 µg	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate, vegetable stearic acid		
Zinc (as citrate)	10 mg	100
L-Glutathione	25 mg	
Cellulose Gum		

Cont/.

Cont/.

Selenium (as L-selenomethionine)	75 µg	136
Glazing Agent: hydroxypropylmethyl cellulose		
Copper (as bisglycinate†)	1000 µg	100
Vegetable Glycerin		

\*EC RDA = EC Recommended Daily Allowance

†Albion process patent No.'s 5,516,925 and 6,716,814 Chelazome.

## Bilberry Ginkgo Eyebright Complex

**SUITABLE FOR VEGANS****SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 vegetable capsules

**UPC: E315****WARNING:**

If you are pregnant, nursing, taking any kind of medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Two (2) vegetable capsules provide:</b>	<b>%EC RDA *</b>	
Vitamin C (as calcium ascorbate)	300 mg	375
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
NAC (N-Acetyl Cysteine)	100 mg	
Taurine	100 mg	
Vitamin E (100 IU, d-alpha tocopheryl succinate)	67 mg α-TE	558
Zinc (as bisglycinate†)	10 mg	100
Natural Source Beta-carotene (as prep.)	2.4 mg	
Providing other Carotenoids	8 µg	
Eyebright Herb Powdered Extract (4:1)	25 mg	
Anti-caking Agent: vegetable magnesium stearate		
Bilberry Berry Powdered Extract (5 mg [25%] anthocyanosides)	20 mg	

Cont/.

Cont/.

Ginkgo biloba Leaf Powdered Extract (2.4 mg [24%] ginkgo flavone glycosides)	10 mg	
Selenium (as L-selenomethionine)	25 µg	45
Vitamin A (1000 IU, as palmitate prep.)	300 µg RE	38
Bulking Agent: microcrystalline cellulose		

\*EC RDA = EC Recommended Daily Allowance

†Fully reacted Albion process patent No.'s 5,516,925 and 6,716,814.

## Pycnogenol® 30 mg



SUITABLE FOR VEGANS · KOSHER

SUGAR, SALT AND STARCH FREE

Available in bottles of 30 and 60 vegetable capsules

UPC: E2303, E2304

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults only, one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Bulking Agent: microcrystalline cellulose

Vegetable Capsule Shell: hydroxypropylmethyl cellulose

French Maritime Pine Bark Powdered Extract (Pycnogenol®) ( <i>Pinus pinaster</i> )	30 mg
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Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate

Pycnogenol® is a registered trademark of Horphag Research Management S.A.; Horphag Research IP (PYC) LTD. is the owner of US Pat. 6,372,266; Horphag Research (Luxembourg) Holding S.A. is the owner of US Pat. 5,720,956.

## Pycnogenol® 100 mg



SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE  
Available in bottles of 30 vegetable capsules  
UPC: E2306

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Bulking Agent: microcrystalline cellulose	
French Maritime Pine Bark Powdered Extract (Pycnogenol®) ( <i>Pinus pinaster</i> )	100 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agent: vegetable magnesium stearate	

Pycnogenol® is a registered trademark of Horphag Research Management S.A.; Horphag Research IP (PYC) LTD. is the owner of US pat. 6,372,266; Horphag Research (Luxembourg) Holding S.A. is the owner of US pat. 5,720,956.

## Resveratrol (*Polygonum cuspidatum*)



SUITABLE FOR VEGANS  
SUGAR, SALT AND STARCH FREE  
Available in bottles of 60 vegetable capsules  
UPC: E2335

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Bulking Agent: dicalcium phosphate	
<i>Polygonum cuspidatum</i> (root) (providing Resveratrol 100 mg [50%])	200 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: vegetable magnesium stearate*, silicon dioxide	

\*Made from vegetable stearic acid



## Resveratrol 250 mg

with Red Wine Extract



**SUGAR AND SALT FREE**

Available in bottles of 30 softgels

UPC: E2336

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel capsule provides:**

Resveratrol (from 500 mg of <i>Polygonum cuspidatum</i> ) (root)	250 mg
Soybean Oil	
Softgel Capsule Shell: gelatin, vegetable glycerin	
Soy Lecithin	
Yellow Beeswax	
Red Wine Extract ( <i>Vitis vinifera</i> ) (grape skin)	10 mg
Colours: natural caramel, titanium dioxide	
Anti-caking Agent: silicon dioxide	

## Sulphurous Antioxidant Complex

with Biotin and Zinc



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 90 vegetable capsules

UPC: E2670

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Three (3) vegetable capsules provide:**

**%EC RDA \***

Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Red Algae ( <i>Lithothamnium corallioides</i> ) Powder	240 mg	
L-Cysteine (as HCl)	100 mg	
Vitamin C (as buffered calcium ascorbate)	100 mg	125
NAC (N-Acetyl Cysteine)	100 mg	
L-Proline	100 mg	
L-Methionine	100 mg	
Bulking Agent: microcrystalline cellulose		
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide		
Natural Source Beta-carotene (as prep.)	3 mg	
Providing other Carotenoids	8 µg	

Cont/.

ANTIOXIDANTS

ANTIOXIDANTS



Cont/.

Vitamin E (60 IU, as d-alpha tocopheryl acid succinate)	40 mg $\alpha$ -TE	333
Zinc (as glycinate)	5 mg	50
Garlic Clove Powder ( <i>Allium sativum</i> )	25 mg	
Pantethine (co-enzyme form of vitamin B5)	10 mg	167
Selenium (as selenomethionine)	25 $\mu$ g	45
Alpha-Lipoic Acid	5 mg	
Biotin (as prep.)	600 $\mu$ g	1200

\*EC RDA = EC Recommended Daily Allowance

## Vision Guard Plus

Antioxidant Nutrients with Bilberry, Ginkgo and Lutein



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 vegetable capsules

**UPC:** E316

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Two (2) vegetable capsules provide:</b>	<b>%EC RDA *</b>	
Vitamin C (as calcium ascorbate)	300 mg	375
Lutein (as marigold prep.) (providing 500 $\mu$ g zeaxanthin)	10 mg	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
NAC (N-Acetyl Cysteine)	100 mg	
Taurine	100 mg	
Vitamin E (100 IU, as d-alpha tocopheryl succinate)	67 mg $\alpha$ -TE	558
Zinc (as glycinate <sup>†</sup> )	10 mg	100
Natural Source Beta-carotene (as prep.)	2.4 mg	
Providing other Carotenoids	8 $\mu$ g	
Eyebright Herb Powdered Extract (4:1)	25 mg	

Cont/.



Cont/.

Bilberry Berry Powdered Extract (5 mg [25%] anthocyanosides)	20 mg	
Anti-caking Agent: vegetable magnesium stearate		
Ginkgo biloba Leaf Powdered Extract (2.4 mg [24%] ginkgo flavone glycosides)	10 mg	
Selenium (as L-selenomethionine)	25 µg	45
Vitamin A (1000 IU, as palmitate prep.)	300 µg RE	37

\*EC RDA = EC Recommended Daily Allowance

†Fully reacted Albion process patent No.'s 5,516,925 and 6,716,814.

## Grape Seed Extract 100 mg

A Source of Polyphenols



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 vegetable capsules

**UPC:** E1355

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Bulking Agent: microcrystalline cellulose	
Grape Seed Powdered Extract (providing 90 mg [90%] polyphenols)	100 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide	

# Vitamins A&D Cod Liver Oil

VITAMINS A and D are fat-soluble Vitamins that are essential to our health and are frequently found together in nature.

Vitamin A has many different functions. First it is related to the maintenance of normal vision in dim light or the prevention of night blindness. It also aids in the growth and formation of body cells, making it essential for body growth. It is especially needed for bone growth. If the intake is not sufficient, bones will stop growing before the soft tissues are fully mature. Vitamin A is also needed for normal tooth development because the enamel-forming cells are affected by lack of Vitamin A. It is also important in the maintenance of healthy epithelial tissues. There are two kinds of epithelial tissues: (1) those that cover the outer surface of the body - the resistant, protective skin (epidermis), and (2) those that line all the mucous membranes. Without Vitamin A, the epithelial cells become dry and flat and gradually harden to form scales that shed. Vitamin A is also necessary for the health of the membranes lining the stomach, intestinal wall, bladder and urinary passages and for the health of the sex glands and uterus. Lastly, Vitamin A works better where there are sufficient levels of Zinc and an adequate intake of Protein.

Vitamin D is required for Calcium and Phosphorus absorption and utilisation. It is necessary for growth, development and maintenance of bones and teeth in adults and children. In its active form, Vitamin D works with Calcium to control bone formation. Vitamin D is unique in that man and animals normally obtain it from two sources: the spontaneous formation in the skin by the sun via a photochemical reaction in the epidermis, and eating from a food that contains Vitamin D.

## Category Highlights

SOLGAR OFFERS:

- Both dry (palmitate) and oil (fish liver), natural forms of Vitamin A
- Vitamin D from natural fish liver oil and lanolin
- Liquid D3 - An easy to take, higher potency option
- Vitamin D3 4000 IU - A high potency option





## Norwegian Cod Liver Oil

One a Day Vitamin A & D Supplement



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 and 250 softgels

**UPC:** E940, E941

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each softgel provides:	%EC RDA *	
Norwegian Cod Liver Oil	460 mg	
Softgel Capsule Shell: gelatin, vegetable glycerin		
Typically providing:		
Vitamin A (1250 IU)	375 µg RE	47
Vitamin D (135 IU)	3.4 µg	68
Eicosapentaenoic Acid (EPA)†	28 mg	
Docosahexaenoic Acid (DHA)†	28 mg	

\*EC RDA = EC Recommended Daily Allowance

†As Natural Triglycerides

## Super Cod Liver Oil Complex

with added EPA / DHA / A + D



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 softgels

**UPC:** E31170

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each softgel provides:	%EC RDA *	
Eicosapentaenoic Acid (EPA)	220 mg	
Docosahexaenoic Acid (DHA)	200 mg	
Vitamin A (as retinyl palmitate)	800 µg RE (2664 IU)	100
Vitamin D (as cholecalciferol)	25 µg (1000 IU)	500
From:		
Cod Liver Oil	1250 mg	
Providing:		
Eicosapentaenoic Acid (EPA)	137 mg	
Docosahexaenoic Acid (DHA)	125 mg	
Vitamin A (as retinyl palmitate)	375 µg RE (1250 IU)	47
Vitamin D3 (as cholecalciferol)	3 µg (125 IU)	63

Cont/.

VITAMINS A&D  
COD LIVER OIL

VITAMINS A&D  
COD LIVER OIL

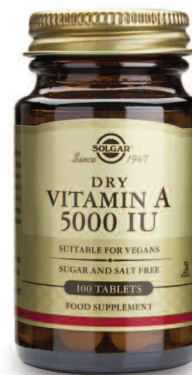


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Marine Concentrate (from sardines, anchovies, mackerel)	180 mg	
Providing:		
Eicosapentaenoic Acid (EPA)	78 mg	
Docosahexaenoic Acid (DHA)	32 mg	
DHA Concentrate (from tuna)	79 mg	
Providing:		
Eicosapentaenoic Acid (EPA)	5 mg	
Docosahexaenoic Acid (DHA)	43 mg	
Vitamin A (as retinyl palmitate)	424 µg RE (1414 IU)	53
Vitamin D3 (as cholecalciferol)	22 µg (875 IU)	438
Softgel Capsule Shell:		
gelatin, vegetable glycerin		

\*EC RDA = EC Recommended Daily Allowance

## Dry Vitamin A 5000 IU



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR AND SALT FREE**

Available in bottles of 100 tablets

**UPC: E2820**

**WARNING:**

If you are nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

This product contains Vitamin A. Do not take if you are pregnant or likely to become pregnant, except on the advice of a doctor or antenatal clinic.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

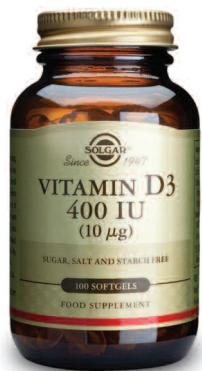
<b>Each tablet provides:</b>	<b>%EC RDA *</b>	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose		
Vitamin A (5000 IU, as retinyl palmitate)	1502 µg RE	188
Vitamin C (as L-Ascorbic acid)	10 mg	13
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide		
Cellulose Gum		

\*EC RDA = EC Recommended Daily Allowance



## Vitamin D3 400 IU

(10 µg)



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 softgels

**UPC:** E3320

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each softgel provides:	%EC RDA *	
Safflower Oil		
Softgel Capsule Shell: gelatin (from bovine), vegetable glycerin (from palm kernel oil and coconut oil)		
Vitamin D3 (400 IU, from <b>fish</b> liver oil and cholecalciferol)	10 µg	200

\*EC RDA = EC Recommended Daily Allowance

## Vitamin D3 600 IU

(Cholecalciferol)

(15 µg)



**KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 and 120 vegetable capsules

**UPC:** E3318, E3319

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Bulking Agent: microcrystalline cellulose		
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide		
Vitamin D3 (600 IU, as cholecalciferol)	15 µg	300

\*EC RDA = EC Recommended Daily Allowance

VITAMINS A&D  
COD LIVER OIL

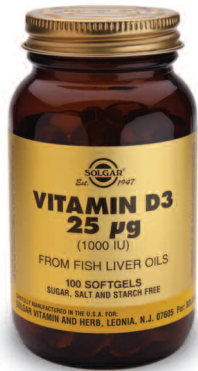
VITAMINS A&D  
COD LIVER OIL



## Vitamin D3 25 µg

(1000 IU)

From Fish Liver Oils



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 and 250 softgels

**UPC:** E3340, E3341

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

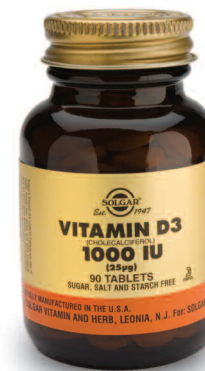
Each softgel provides:	%EC RDA *	
Safflower Oil		
Softgel Capsule Shell: gelatin, glycerin		
Vitamin D3 (1000 IU) (as cholecalciferol from fish liver oil)	25 µg	500

\*EC RDA = EC Recommended Daily Allowance

## Vitamin D3 1000 IU

(Cholecalciferol)

(25 µg)



**KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 90 and 180 tablets

**UPC:** E3310, 3311

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Bulking Agent: microcrystalline cellulose		
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate, silicon dioxide		
Vitamin D3 (1000 IU, as cholecalciferol)	25 µg	500
Glazing Agent: hydroxypropylmethyl cellulose		
Cellulose Gum		
Vegetable Glycerin		
Colour: Riboflavin		

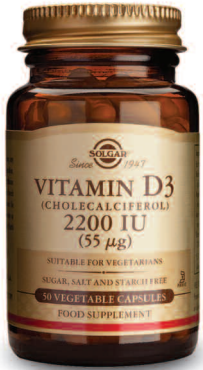
\*EC RDA = EC Recommended Daily Allowance



## Vitamin D3 2200 IU

(Cholecalciferol)

(55 µg)



SUITABLE FOR VEGETARIANS · KOSHER

SUGAR, SALT AND STARCH FREE

Available in bottles of 50 and 100 vegetable capsules

UPC: E3316, E3317

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Bulking Agents: microcrystalline cellulose, maltodextrin		
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agent: vegetable magnesium stearate		
Vitamin D3 (2200 IU, as cholecalciferol)	55 µg	1100

\*EC RDA = EC Recommended Daily Allowance

## Natural Liquid Vitamin D3

2500 IU (62.5 µg)

Natural Orange Flavour



SUITABLE FOR VEGETARIANS · KOSHER

SUGAR, SALT AND STARCH FREE

Available in bottles of 59 ml

UPC: E32048

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

NOT INTENDED FOR USE BY CHILDREN

**Directions for use:**

SHAKE WELL BEFORE USE. As a food supplement for adults, 0.5 ml once or twice daily, with a meal, or as directed by a healthcare practitioner. Can be mixed in beverages or taken straight from the dropper. Calibrated dropper inside. Do not exceed directions for use.

Each half dropper (0.5 ml) provides:	%EC RDA *	
Sunflower Seed Oil		
Flavour: Natural Orange		
Vitamin D3 (2500 IU, as cholecalciferol)	62.5 µg	1250
Mixed Tocopherols		

\*EC RDA = EC Recommended Daily Allowance

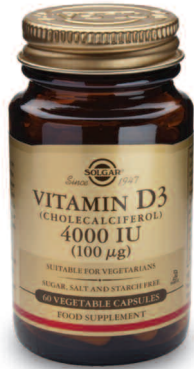
VITAMINS A&D  
COD LIVER OIL

VITAMINS A&D  
COD LIVER OIL

## Vitamin D3 4000 IU

(Cholecalciferol)

(100 µg)



**SUITABLE FOR VEGETARIANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 and 120 vegetable capsules

**UPC:** E52907, E52908

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Bulking Agents: microcrystalline cellulose, maltodextrin		
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agent: vegetable magnesium stearate		
Vitamin D3 (4000 IU, as cholecalciferol)	100 µg	2000

\*EC RDA = EC Recommended Daily Allowance

# Carotenoids

THE ENTIRE family of Carotenes are found naturally in many vegetables and fruits, specifically, Beta-carotene is found in those that are dark orange or green. The difference between a dark orange carrot and a pale one is its Carotene content. Beta-carotene and other Carotenoid supplementations are an appealing and convenient way to make up the difference. Unfortunately, most diets are lacking in these important nutrients.

Beta and Alpha-carotene are precursors to Vitamin A and act as antioxidant nutrients. They are the only Carotenoids converted to appreciable amounts of Vitamin A. However, the body only converts these Carotenoids into Vitamin A as needed. Beta and Alpha-carotene are important for the immune system and help to provide resistance to infection. They are also necessary for the development and maintenance of healthy epithelial tissue and mucous membranes such as the lining of the lungs, bronchi and other respiratory tissues. Epithelial tissue forms a barrier against bacteria and other foreign substances and aids directly in the prevention of infection and disease. Much attention has been devoted to the entire family of Carotenoids including: Alpha-carotene, Lutein, Lycopene, Zeaxanthin and Capsanthin. Research has demonstrated that some of these Carotenoids have significant antioxidant and protective benefits greater than Beta-carotene.

**Category Highlights**

SOLGAR OFFERS:

- Natural Beta-carotene/Carotenoid Mix – Since research supports that a natural mixture of Carotenoids, like those found in fruits and vegetables, is associated with a reduced risk of certain diseases, Solgar were the first to employ a natural mix of Carotenoids in all our Beta-carotene, Multivitamin/Mineral, Antioxidant and Speciality formulas as opposed to the practice of using only synthetic Beta-carotene. Our natural Beta-carotene/Carotenoid mixture contains a blend of nutritionally valuable Carotenoids not found in synthetic Beta-carotene such as: Alpha-carotene, Cryptoxanthin, Lutein and Zeaxanthin
- Advanced Carotenoid Complex softgels - The first Carotenoid complex product that includes the other important Carotenoids – Alpha and Gamma-Carotene, Lutein, Lycopene and Capsanthin
- Astaxanthin - A xanthophyll, which is a Carotenoid pigment found in fish and algae. It helps to provide the natural colour in these organisms
- Natural Lutein Lycopene Carotene Complex vegetable capsules - The first high Alpha and Beta-carotene complex from carrot oil combined with sufficient amounts of Lutein from marigold flowers and Lycopene from tomatoes
- Oceanic Beta-carotene - One of the best, natural forms of Beta-carotene along with other naturally-occurring Carotenoids from *D. salina* a sea algae

VITAMINS A&D  
COD LIVER OIL

CAROTENOIDS



## Astaxanthin 5 mg



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 softgels

**UPC:** E70

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

Softgel Capsule Shell: gelatin, vegetable glycerin	
Sunflower Oil	
Astaxanthin (from <i>H. pluvialis</i> )	5 mg

## Natural Source Advanced Carotenoid Complex

Alpha / Beta / Gamma-carotene and Lutein, plus Tocotrienols



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 and 60 softgels

**UPC:** E34, E35

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

	<b>%EC RDA *</b>
Safflower Oil	
Softgel Capsule Shell: gelatin, vegetable glycerin	
Thickener: yellow beeswax	
Mixed Carotenoids (as prep. [palm oil, coconut oil extract])	8 mg
Providing:	
Beta-carotene	6 mg
Alpha-carotene	2.9 mg
Gamma-carotene	172 µg
Tocotrienols	17 µg
Colours: paprika, titanium dioxide	
Lutein (as prep. [safflower oil, marigold flower <i>Tagetes erecta</i> extract])	2 mg

Cont/.



Cont/.

Zeaxanthin (as prep. [safflower oil, marigold flower <i>Tagetes erecta</i> extract])	80 µg	
Soy Lecithin		
Vitamin E (as d-alpha tocopherol)	1 mg α-TE	8

\*EC RDA = EC Recommended Daily Allowance

## Lutein Carotenoid Complex

15 mg Lutein with Natural Source Carotenoids



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 30 vegetable capsules

**UPC:** E1668

**WARNING:**

If you are pregnant, nursing, taking medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Lutein (as marigold prep.)	15 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bulking Agent: microcrystalline cellulose	
Colours: titanium dioxide, sulphite ammonia caramel, riboflavin	
Natural Source Beta Carotene (as prep.)	1.5 mg
Providing other Carotenoids	4 µg
Glazing Agent: hydroxypropylmethyl cellulose	
Anti-caking Agent: vegetable magnesium stearate*	
Vegetable Glycerin	

\*Made from vegetable stearic acid





## Natural Lutein Lycopene Carotene Complex



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 vegetable capsules

**UPC:** E1671

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Natural Source Beta-carotene (as <i>B. trispora</i> prep.)	5 mg
Providing other Carotenoids:	
Alpha-carotene	1.7 mg
Zeaxanthin	0.3 mg
Natural Source Lutein (as marigold prep.)	5 mg
Natural Source Lycopene (as tomato prep.)	5 mg
Bulking Agent: microcrystalline cellulose	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Hydroxypropylmethyl Cellulose	
Colours: titanium dioxide, sulphite ammonia caramel, anthocyanins (from grape skin)	
Anti-caking Agent: vegetable magnesium stearate	
Vegetable Glycerin	

Solgar's Natural Source Oceanic Beta-carotene softgel capsules provide a natural source of mixed Carotenoids from *D. Salina* and oceanic single cell algae.

## Natural Source Oceanic Beta-carotene 7 mg

*D. Salina*

Including other Naturally Occurring Carotenoids such as Zeaxanthin, Cryptoxanthin, Lutein and Alpha-carotene



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 and 180 softgels

**UPC:** E2030, E2032

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

Safflower Oil	
Softgel Capsule Shell: gelatin, glycerin	
Natural Source Mixed Carotenoids (as <i>D. Salina</i> prep., olive oil)	37 mg
Providing:	
Beta-carotene	7 mg
Alpha-carotene	259 µg
Other Carotenoids (cryptoxanthin, zeaxanthin, lutein)	148 µg
Thickener: yellow beeswax	

Solgar's 100% Natural Source Oceanic Beta-carotene softgel capsules provide a source of natural carotenoids from *D. Salina*, an oceanic single cell algae.

# Vitamin B & B-Complex

THE B VITAMINS consist of a large number of substances that are involved in the metabolism of all living cells. Acting as coenzymes, they work together with proteins in the various enzyme systems of our body.

The functions of the B Vitamins are closely synergistic, and because of these inter-relationships, a deficient intake of one or more of them can cause deficiencies in the others by hampering their utilisation. B Vitamins are water-soluble and are not stored in the body. They must be replaced daily, and any excess is excreted. Although the B Vitamins do work together, some of their individual functions are as follows:

**Vitamin B1** *Thiamin* acts as a coenzyme necessary for the conversion of carbohydrates into glucose, which is burned in the body for energy. It is essential for the functioning of the nervous system, and a deficiency can cause beriberi, a disease marked by weakness, paralysis and oedema.

**Vitamin B2** *Riboflavin* acts as a coenzyme that activates the breakdown and utilisation of carbohydrates, fats and proteins. It is essential for cellular oxidation, and a deficiency can cause tissue inflammation and over-sensitivity to bright light.

**Vitamin B6** *Pyridoxine* plays a role as a coenzyme in the breakdown and utilisation of carbohydrates, fats and proteins. It facilitates the release of glycogen for energy from the liver and muscles. It also participates in the utilisation of energy in brain and nervous tissues and is essential for the regulation of the central nervous system.

**Vitamin B12** *Cobalamin* is the only vitamin containing cobalt, a trace mineral. It is essential for the normal functioning of all body cells, especially those of bone marrow, gastrointestinal tract, and nervous system, and is necessary for the formation of red blood cells.

**Biotin** is an essential coenzyme that assists in the making of fatty acids and in the burning of carbohydrates and fats for body heat and energy. It also aids in the utilisation of Amino Acids, Folic Acid, Pantothenic Acid, and Vitamin B12, and is a potent stimulant to the growth of healthy cells.

**Choline** is usually considered part of the Vitamin B-Complex. It is a constituent of Lecithin, which facilitates the movement of fat from the liver and into cells, and it must be present before Vitamin A can be stored. It is manufactured in the body but most tissue Choline is derived from dietary phosphatides as found in Lecithin.

**Folic Acid**, or *Folacin*, functions along with Vitamins B12 and C in the utilisation of proteins, and has an essential role in the formation of heme, the Iron-containing protein in haemoglobin, relating Folic Acid with the



formation of red blood cells. Some Folic Acid is produced by the intestinal bacteria. Folic Acid is essential during pregnancy to prevent neural tube defects in the developing foetus.

**Inositol** is usually considered part of the Vitamin B-Complex. It is thought that, along with Choline, Inositol is necessary for the formation of Lecithin within the body.

**Niacin**, also available in the form of *Nicotinamide*, or Inositol Hexanicotinate is a coenzyme that assists in the breakdown of carbohydrates, fats and proteins. Niacin is essential for the health of the skin, tongue and digestive system. The disease pellagra is a result of a Niacin deficiency.

**PABA** *Para Aminobenzoic Acid* may be considered part of the Vitamin B-Complex. It influences intestinal bacteria, enabling them to produce Folic Acid, which in turn aids in the production of Pantothenic Acid. As a coenzyme, PABA functions in the breakdown and utilisation of proteins, and in the formation of red blood cells.

**Pantothenic Acid** is necessary for the normal functioning of the adrenal gland, it is involved in the formation of certain hormones and nerve regulating substances. It is also essential for the formation of fatty acids, and as a coenzyme it participates in the utilisation of Riboflavin and in the release of energy from carbohydrates, fats and proteins.

### Category Highlights

SOLGAR OFFERS:

- A full array of single B Vitamins and B-Complex formulations in a variety of dosage forms
- P-5'-P – The more absorbable coenzyme form of Vitamin B6
- Vitamin B12 nuggets – Sublingual nuggets provide a readily absorbable form of B12 that bypasses many of the problems traditionally associated with oral B12
- No Flush Niacin – A special complexed form of Niacin which eliminates the side effect of flushing that occurs with regular Niacin
- Megasorb Formula – High-potency, balanced B-Complex with coenzyme forms formulated for improved absorption
- Methylcobalamin - The more absorbable coenzyme form of Vitamin B12

## Vitamin B1 100 mg

(Thiamin)



SUITABLE FOR VEGANS · KOSHER  
HALAL

SUGAR, SALT AND STARCH FREE

Available in bottles of 100 vegetable capsules

UPC: E2950

#### WARNING:

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

#### Directions for use:

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Thiamin (vitamin B1, as thiamin hydrochloride)	100 mg	9091
Vegetable Capsule Shell:		
hydroxypropylmethyl cellulose		
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		
Bulking Agents: hydroxypropyl cellulose, microcrystalline cellulose		

\*EC RDA = Recommended Daily Allowance



## Vitamin B1 500 mg (Thiamin)



**SUITABLE FOR VEGANS · KOSHER  
HALAL**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC: E2980**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Each tablet provides:</b>	<b>%EC RDA *</b>	
Thiamin (vitamin B1, as thiamin HCl)	500 mg	45455
Bulking Agents: dicalcium phosphate, microcrystalline cellulose, hydroxypropyl cellulose		
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate		
Cellulose Gum		
Glazing Agents: hydroxypropylmethyl cellulose, vegetable glycerin (from palm kernel oil and coconut oil)		

\*EC RDA = Recommended Daily Allowance

## Vitamin B2 100 mg (Riboflavin)



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 vegetable capsules

**UPC: E3050**

**WARNING:**

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Each vegetable capsule provides:</b>	<b>%EC RDA *</b>	
Riboflavin (vitamin B2)	100 mg	7143
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide		
Bulking Agent: microcrystalline cellulose		

\*EC RDA = Recommended Daily Allowance



## Vitamin B6 50 mg



**SUITABLE FOR VEGANS · KOSHER HALAL**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC: E3100**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose		
Vitamin B6 (as pyridoxine HCl)	50 mg**	3571
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate		
Cellulose Gum		

\*EC RDA = Recommended Daily Allowance

## Vitamin B6 100 mg



**SUITABLE FOR VEGANS · KOSHER HALAL**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 vegetable capsules

**UPC: E3110**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Vitamin B6 (pyridoxine HCl)	100 mg**	7143
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agents: vegetable magnesium stearate, vegetable stearic acid, silicon dioxide		
Bulking Agent: microcrystalline cellulose		

\*EC RDA = Recommended Daily Allowance



## Natural Vitamin B12 100 µg



**SUITABLE FOR VEGANS · KOSHER  
HALAL**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC: E3180**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablets provides:	%EC RDA *	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose		
Vitamin B12 (as cyanocobalamin prep.)	100 µg	4000
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate		
Cellulose Gum		

\*EC RDA = Recommended Daily Allowance

## Vitamin B12 500 µg



**SUITABLE FOR VEGANS · KOSHER  
HALAL**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 vegetable capsules

**UPC: E3209**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Bulking Agents: microcrystalline cellulose, mannitol		
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide		
Vitamin B12 (cyanocobalamin)	500 µg	20000

\*EC RDA = Recommended Daily Allowance



## Vitamin B12 1000 µg

Sublingual · Chewable



**SUITABLE FOR VEGANS · KOSHER  
HALAL**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 and 250 nuggets

**UPC: E3229, E3230**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

Excessive consumption may produce laxative effects.

**Directions for use:**

As a food supplement for adults, one (1) nugget daily, preferably at mealtime, or as directed by a healthcare practitioner. May be placed between the cheek and gum or under the tongue and allowed to dissolve. Nugget may also be chewed or swallowed whole. Do not exceed directions for use.

Each nugget provides:	%EC RDA *	
Bulking Agent: mannitol		
Vitamin B12 (as cyanocobalamin)	1000 µg	40000
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate		
Flavour: natural cherry		
Cellulose Gum		

\*EC RDA = Recommended Daily Allowance

## Biotin 300 µg



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC: E280**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose		
Biotin (as biotin prep.)	300 µg	600
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate, silicon dioxide		
Cellulose Gum		

\*EC RDA = Recommended Daily Allowance



## Biotin 1000 µg



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 50 vegetable capsules  
**UPC: E310**

**WARNING:**  
 Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *
Bulking Agents: dicalcium phosphate, microcrystalline cellulose	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate	
D-biotin	1000 µg      2000

\*EC RDA = Recommended Daily Allowance

## Choline 350 mg



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 100 vegetable capsules  
**UPC: E830**

**WARNING:**  
 If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) to three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	
Choline (as bitartrate)	350 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide	





## Choline/Inositol 250/250 mg



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 vegetable capsules

**UPC: E849**

**WARNING:**

If you are pregnant, nursing, taking any kind of medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Choline (as bitartrate)	250 mg
Inositol	250 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agent: silicon dioxide, vegetable magnesium stearate	

## Folacin 400 µg

(Folic Acid)



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 and 250 tablets

**UPC: E1080, E1081**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each tablet provides:**

	%EC RDA *	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose		
Anti-caking Agents: vegetable stearic acid, silicon dioxide		
Cellulose Gum		
Folacin (folic acid as pteroylglutamic acid)	400 µg	200

\*EC RDA = Recommended Daily Allowance



## Inositol 500 mg



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 50 vegetable capsules  
**UPC: E1449**

**WARNING:**  
 If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) to three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each vegetable capsule provides:

Inositol	500 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: vegetable magnesium stearate, vegetable stearic acid, silicon dioxide	

## Sublingual Liquid B12 2000 µg with B-Complex



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 59 ml  
**UPC: E1595**

**WARNING:**  
 If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.  
 †Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

### Directions for use:

As a food supplement for adults, place one (1) dropperful (1 ml) under the tongue up to two times per day, or as directed by a healthcare practitioner. Hold under tongue for 10 seconds before swallowing. Do not exceed directions for use.

### Each dropperful (1 ml) provides:

	%EC RDA *	
Vegetable Glycerin		
Purified Water		
Panthothenic Acid (as dexpantenol)	30 mg	500
Niacin (as nicotinamide)	20 mg	125
Vitamin B6 (as pyridoxine HCl)	10 mg†	714
Natural Berry Flavour		
Riboflavin (as riboflavin 5'-phosphate sodium)	4 mg	286
Vitamin B1 (as thiamine HCl)	4 mg	364
Vitamin B12 (as cyanocobalamin)	2000 µg	80000
Preservative: potassium sorbate		
Citric Acid		

Cont/.



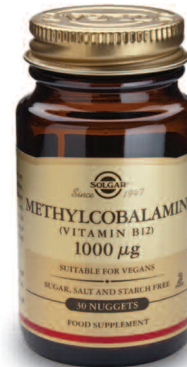
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Folic Acid (as pteroylmonoglutamic acid)	200 µg	100
Biotin	300 µg	600

\*EC RDA = Recommended Daily Allowance

## Methylcobalamin 1000 µg

(Vitamin B12)



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 nuggets

**UPC: E1950**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

Excessive consumption may produce laxative effects.

**Directions for use:**

As a food supplement for adults, one (1) nugget daily, preferably at mealtime, or as directed by a healthcare practitioner. To be placed between the cheek and gum, under the tongue or chewed. Do not exceed directions for use.

Each nugget provides:	%EC RDA *	
Bulking Agent: mannitol		
Vitamin B12 (as methylcobalamin)	1000 µg	40000
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate		
Flavour: natural cherry		
Cellulose Gum		

\*EC RDA = Recommended Daily Allowance



## Niacin 100 mg

(Vitamin B3)



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC: E1860**

**WARNING:**

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

Use of this product may cause skin flushing, burning, itching or rash.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, with meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose		
Niacin (vitamin B3, as nicotinic acid)	100 mg NE	625
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate		
Cellulose Gum		

\*EC RDA = Recommended Daily Allowance

## Niacin 500 mg

(Vitamin B3)



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 vegetable capsules

**UPC: E1851**

**WARNING:**

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

Use of this product may cause skin flushing, burning, itching or rash.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, with meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Niacin (vitamin B3, as nicotinic acid)	500 mg NE	3125
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Bulking Agent: hydroxypropyl cellulose		
Anti-caking Agent: vegetable magnesium stearate		

\*EC RDA = Recommended Daily Allowance



## No-Flush Niacin 500 mg

(Inositol Hexanicotinate)



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 vegetable capsules

**UPC: E1910**

**WARNING:**

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your healthcare practitioner before use. Discontinue use and consult your healthcare practitioner if any undesirable events occur. Most people should not experience flushing when using this product. However a few sensitive individuals may experience some flushing.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily, with meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Inositol Hexanicotinate	500 mg	
Providing:		
Niacin (vitamin B3)	455 mg NE	2844
Inositol	110 mg	
Vegetable Capsule Shell:		
hydroxypropylmethyl cellulose		
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		

\*EC RDA = Recommended Daily Allowance

## Nicotinamide 550 mg



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 vegetable capsules

**UPC: E1890**

**WARNING:**

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

Use of this product may cause skin flushing, burning, itching or rash.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, with meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Niacin (vitamin B3, nicotinamide)	550 mg NE	3437
Vegetable Capsule Shell:		
hydroxypropylmethyl cellulose		
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate		
Bulking Agent: microcrystalline cellulose		

\*EC RDA = Recommended Daily Allowance



## Pantothenic Acid 200 mg



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**  
Available in bottles of 100 tablets  
**UPC: E2160**

**WARNING:**  
If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Bulking Agents: microcrystalline cellulose, dicalcium phosphate		
Pantothenic Acid (D-pantothenate, calcium)	200 mg	3333
Cellulose Gum		
Anti-caking Agent: vegetable stearic acid		

\*EC RDA = Recommended Daily Allowance

## Pantothenic Acid 550 mg



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**  
Available in bottles of 50 vegetable capsules  
**UPC: E2170**

**WARNING:**  
If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Pantothenic Acid (as D-pantothenate, calcium)	550 mg	9167
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		

\*EC RDA = Recommended Daily Allowance



## PABA 550 mg

(Para Aminobenzoic Acid)



SUITABLE FOR VEGANS · KOSHER

SUGAR, SALT AND STARCH FREE

Available in bottles of 100 vegetable capsules

UPC: E2110

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

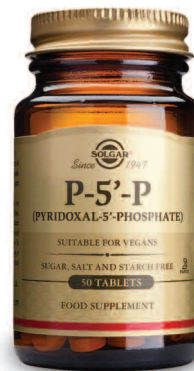
As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

PABA (para aminobenzoic acid)	550 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: vegetable magnesium stearate, vegetable stearic acid	

## P-5'-P

(Pyridoxal-5'-Phosphate)



SUITABLE FOR VEGANS · KOSHER

SUGAR, SALT AND STARCH FREE

Available in bottles of 50 tablets

UPC: E2307

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term use of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each tablet provides:**

**%EC RDA \***

Bulking Agent: dicalcium phosphate		
Glazing Agents: methacrylic acid, hydroxypropylmethyl cellulose, vegetable glycerin (from palm kernel oil and coconut oil) glyceryl triacetate		
Pyridoxal-5'-Phosphate	50 mg**	3571
Colours: riboflavin, titanium dioxide		
Anti-caking Agent: vegetable magnesium stearate		
Cellulose Gum		

\*EC RDA = Recommended Daily Allowance

Pyridoxal-5'-Phosphate (P-5'-P) is a Vitamin B6 metabolite. Solgar® P-5'-P Tablets are specially coated (enteric coating) for protection against degradation from stomach acids.



## Biotin 5000 µg



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 and 100 vegetable capsules

**UPC:** E313, E314

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose		
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide		
D-biotin	5000 µg	10000

\*EC RDA = Recommended Daily Allowance

## Folate 400 µg (as Metafolin®)



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 and 100 tablets

**UPC:** E1940, E1941

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Bulking Agents: mannitol, microcrystalline cellulose		
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate		
Cellulose Gum		
Folate (as calcium-L-methylfolate as Metafolin®)	400 µg	200

\*EC RDA = Recommended Daily Allowance

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.





## Folate 1000 µg (as Metafolin®)



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**  
Available in bottles of 60 and 120 tablets  
**UPC:** E53595, E53596

**WARNING:**  
If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *
Bulking Agents: mannitol, microcrystalline cellulose	
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate	
Cellulose Gum	
Folate (as calcium-L-methylfolate as Metafolin®) 1000 µg	500

\*EC RDA = Recommended Daily Allowance

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

## Vitamin B-Complex with Vitamin C



**SUITABLE FOR VEGANS · KOSHER  
HALAL**  
**SUGAR, SALT AND STARCH FREE**  
Available in bottles of 100 and 250 tablets  
**UPC:** E200, E201

**WARNING:**  
If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Two (2) tablets provide:	%EC RDA *
Vitamin C (as L-ascorbic acid) 500 mg	625
Bulking Agent: microcrystalline cellulose	
Pantothenic Acid (as D-pantothenate, calcium) 100 mg	1667
Niacin (vitamin B3, as nicotinamide) 100 mg NE	625
Inositol 100 mg	
Choline (as choline bitartrate) 41 mg	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate, vegetable stearic acid	
Glazing Agents: hydroxypropylmethyl cellulose, vegetable glycerin (from palm kernel oil and coconut oil)	
Colours: riboflavin, titanium dioxide	
Cellulose Gum	

Cont/.



Cont/.

Thiamin (vitamin B1, as thiamin mononitrate)	10 mg	909
Vitamin B6 (as pyridoxine HCl)	10 mg	714
Natural Source Powdered Herbal Blend (kelp, alfalfa [leaf and stem], acerola extract [fruit], parsley [leaf and stem], rose hips [fruit] and watercress [leaf])	13 mg	
Riboflavin (vitamin B2)	10 mg	174
Vitamin B12 (as cyanocobalamin)	25 µg	1000
D-biotin	25 µg	50
Folic Acid (as pteroylmonoglutamic acid)	100 µg	50

\*EC RDA = Recommended Daily Allowance

## Formula Vitamin B-Complex "50"

High Potency B-Complex Vitamins



**SUITABLE FOR VEGANS · KOSHER  
HALAL**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50, 100 and 250  
vegetable capsules

**UPC:** E1120, E1121, E1122

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Thiamin (vitamin B1, as thiamine mononitrate)	50 mg	4545
Vitamin B6 (as pyridoxine hydrochloride)	50 mg**	3571
Pantothenic Acid (as D-Calcium pantothenate)	50 mg	833
Riboflavin (vitamin B2)	50 mg	3571
Inositol	50 mg	
Niacin (vitamin B3, as nicotinamide)	50 mg NE	313
Choline (as bitartrate)	21 mg	
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide		
Bulking Agent: microcrystalline cellulose		
Vitamin B12 (as cyanocobalamin prep.)	50 µg	2000

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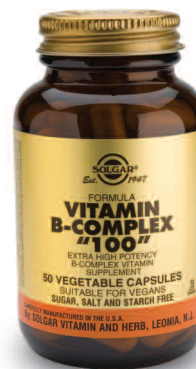
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Biotin (as prep.)	50 µg	100
Folic Acid (as prep.)	400 µg	200
Plant Base (powdered alfalfa, acerola extract, parsley, rose hips, watercress, kelp)	3.5 mg	

\*EC RDA = Recommended Daily Allowance

## Formula Vitamin B-Complex "100" [Capsules]

Extra High Potency B-Complex Vitamin Supplement



**SUITABLE FOR VEGANS · KOSHER  
HALAL**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50, 100 and 250 vegetable capsules

**UPC:** E1149, E1150, E1151

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Thiamin (vitamin B1, as thiamine mononitrate)	100 mg	9091
Vitamin B6 (as pyridoxine hydrochloride)	100 mg**	7143
Pantothenic Acid (as calcium pantothenate)	100 mg	1667
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Inositol	100 mg	
Riboflavin (vitamin B2)	100 mg	7143
Niacin (vitamin B3, as nicotinamide)	100 mg	625
Choline (as bitartrate)	20 mg	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		

Cont/.



Cont/.

Folic Acid (as prep.)	400 µg	200
Vitamin B12 (as cyanocobalamin prep.)	100 µg	4000
Biotin	100 µg	200

\*EC RDA = Recommended Daily Allowance

## Vitamin B-Complex "100" [Tablets]

Extra High Potency



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC: E1161**

**WARNING:**

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each tablet provides:**

**%EC RDA \***

Bulking Agents: microcrystalline cellulose, dicalcium phosphate, mannitol		
Thiamin (vitamin B1, as thiamine mononitrate)	100 mg	9091
Vitamin B6 (as pyridoxine HCl)	100 mg**	7143
Pantothenic Acid (as D pantothenate, calcium)	100 mg	1667
Riboflavin (vitamin B2)	100 mg	7143
Niacin (vitamin B3, as nicotinamide)	100 mg NE	625
Inositol	100 mg	
Choline (as bitartrate)	41 mg	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		
Glazing Agents: hydroxypropylmethyl cellulose, vegetable glycerin (from palm kernel oil and coconut oil)		

Cont/.



Cont/.

Colours: titanium dioxide, riboflavin		
Powdered Plant Base (kelp, alfalfa, acerola extract, parsley, rose hips, watercress)	2.5 mg	
Folic Acid (as pteroylmonoglutamic acid)	400 µg	200
Vitamin B12 (as cyanocobalamin)	100 µg	4000
D-biotin	100 µg	200

\*EC RDA = Recommended Daily Allowance

## Megasorb Vitamin B-Complex

Unique High Potency Formula including Coenzyme Forms of B Vitamins for Maximum Absorption and Utilisation



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50, 100 and 250 tablets

**UPC:** E1750, E1751, E1752

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Magnesium (as citrate)	24 mg	6
Bulking Agent: microcrystalline cellulose		
Thiamin (vitamin B1, as thiamin mononitrate)	50 mg	4545
Vitamin B6 (as pyridoxine hydrochloride)	50 mg**	3571
Pantothenic Acid (as calcium pantothenate)	50 mg	833
Niacin (vitamin B3, as nicotinamide)	50 mg NE	313
Inositol	50 mg	
Choline (as bitartrate)	21 mg	
Soya Lecithin	50 mg	
Vitamin B2 (as riboflavin)	50 mg	3571
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		

Cont/.



Cont/.

Pantethine	5 mg	
Vitamin B12 (as cyanocobalamin prep.)	50 µg	2000
Biotin (as prep.)	50 µg	100
Glazing Agent: hydroxypropylmethyl cellulose		
Pyridoxyal-5-phosphate	5 mg	
Riboflavin-5-phosphate	5 mg	
Folic Acid (as prep.)	400 µg	200
Vegetable Glycerin		

\*EC RDA = Recommended Daily Allowance

Solgar's Megasorb Tablets provide a unique combination of B-Complex Vitamins along with their biologically active coenzyme forms for maximum absorption and improved utilisation of the nutrients.

## Ultimate B + C Complex

High Potency Vitamin B + C Formula  
with Rose Hips and Bioflavonoids



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30, 60 and 90 tablets

**UPC:** E2770, E2771, E2772

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Vitamin C (as L-Ascorbic acid)	1000 mg	1250
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate		
Pantothenic Acid (as D-pantothenate, calcium)	50 mg	833
Thiamin (vitamin B1, as thiamine mononitrate)	50 mg	4545
Bulking Agents: microcrystalline cellulose, hydroxypropyl cellulose		
Vitamin B6 (as pyridoxine hydrochloride)	50 mg**	3571
Choline (as bitartrate)	21 mg	
Inositol	50 mg	
Riboflavin (vitamin B2)	50 mg	3571
Niacin (vitamin B3, as nicotinamide, niacin)	50 mg NE	313

Cont/.

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Cellulose Gum		
Citrus Bioflavonoid Complex	25 mg	
Rose Hips Powder	25 mg	
Glazing Agents: hydroxypropylmethyl cellulose, vegetable glycerin (from palm kernel oil and coconut oil)		
Betaine (from betaine HCl)	15 mg	
L-Glutamic Acid	15 mg	
Hesperidin	5 mg	
Rutin	5 mg	
Vitamin B12 (as cyanocobalamin prep.)	50 µg	2000
D-biotin	50 µg	100
Folic Acid (as pteroylmonoglutamic acid)	400 µg	200

\*EC RDA = Recommended Daily Allowance

# Vitamin C & Bioflavonoids

VITAMIN C is an antioxidant vitamin essential to the body's health and is especially important for maintaining healthy skin. Also known as Ascorbic Acid, Vitamin C is a water-soluble vitamin.

Unlike most other animals, humans cannot make their own Vitamin C. With Vitamin C playing a role in being part of more than 300 bodily functions, life itself depends on daily replenishment. Its primary function is to maintain Collagen, a protein necessary for the formation of skin, ligaments, bones and teeth, and for the strength of blood vessel walls. In addition, Vitamin C plays an important part in the absorption of Iron, which is necessary for the formation of red blood cells. It also plays a role in the utilisation of Folic Acid, one of the B-Complex Vitamins.

It is well noted that Vitamin C is destroyed by food preparation more than any other nutrient. It is also well known that the body does not store Vitamin C, but tends to excrete excess amounts.

Bioflavonoids are a companion to Vitamin C. Two of the most active forms are Hesperidin and Rutin. Calcium Ascorbate is a buffered (less acidic) form of Vitamin C.

Ester-C® is a revolutionary form of Vitamin C. Metabolites in Ester-C® help the vitamin get into the bloodstream faster and in larger amounts with less waste. In addition, these metabolites help the vitamin penetrate white blood cells more efficiently. White blood cells are known to have very high levels of Vitamin C which is required for their metabolism. This, in turn, influences the white blood cells ability to perform their important role as a critical component of the immune system.

Ester-C® with its neutral pH, is naturally processed in purified water, not solvents, and is proven to be better absorbed by the cells for maximum protection of the immune system.

## Category Highlights

SOLGAR OFFERS:

- Vitamin C products with Rose Hips (a natural, rich source of Vitamin C) in several potencies
- Ester-C® products in tablets and vegetable capsules - provides Ester-C® with synergistic Bioflavonoid Complex
- Buffered forms of Vitamin C
- Vitamin C products with Bioflavonoids
- A high potency powdered form of Vitamin C



## Bio Ascorbate Buffered Vitamin C

with Bioflavonoids



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 vegetable capsules

**UPC: E260**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

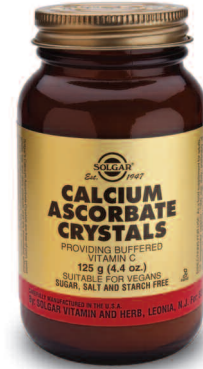
Each vegetable capsule provides:	%EC RDA *	
Vitamin C (as calcium ascorbate)	500 mg	625
Hesperidin	50 mg	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Citrus Bioflavonoid Complex	50 mg	
Rutin	25 mg	
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide		
Bulking Agent: microcrystalline cellulose		

\*EC RDA = Recommended Daily Allowance

Solgar's Bio Ascorbate Buffered Vitamin C vegetable capsules provide a buffered (non-acidic) form of Vitamin C together with bioflavonoids, a natural component of citrus fruits.

## Calcium Ascorbate Crystals

Providing Buffered Vitamin C



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 125 g (4.4 oz.),  
250 g (8.8 oz.)

**UPC: E440, E441**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*This amount of Vitamin C may cause mild stomach upset in sensitive individuals.

**Directions for use:**

As a food supplement for adults, 1/4 teaspoonful (approx. 1300 mg) daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each 1/4 teaspoonful provides:	%EC RDA *	
Calcium Ascorbate	1300 mg	
Providing:		
Vitamin C	1055 mg**	1319
Calcium	120 mg	15

\*EC RDA = Recommended Daily Allowance

Solgar's Calcium Ascorbate Crystals provide a buffered (non-acidic) form of Vitamin C. The crystals may be mixed in water, juices, soups or stirred into various foods.

This product contains no additives or flow agents. Clumping or caking may occur naturally. This will not affect the nutrients' quality or potency.





## Citrus Bioflavonoid Complex



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 100 tablets  
**UPC: E920**

**WARNING:**  
 If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each tablet provides:**

Citrus Bioflavonoid Complex	1000 mg
Bulking Agent: microcrystalline cellulose	
Cellulose Gum	
Anti-caking Agents: vegetable stearic acid, silicon dioxide	
Glazing Agent: hydroxypropylmethyl cellulose	
Vegetable Glycerin	

## Vitamin C 500 mg



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 100 vegetable capsules  
**UPC: E3260**

**WARNING:**  
 If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Vitamin C (L-Ascorbic acid)	500 mg	625
Bulking Agent: microcrystalline cellulose		
Vegetable Capsule Shell:		
hydroxypropylmethyl cellulose		
Anti-caking Agent: vegetable magnesium stearate		

\*EC RDA = Recommended Daily Allowance



## Vitamin C 1000 mg



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 and 250 vegetable capsules

**UPC:** E3280, E3281

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Vitamin C (L-Ascorbic acid)	1000 mg	1250
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agent: vegetable magnesium stearate		

\*EC RDA = Recommended Daily Allowance

## Ester-C® Plus

500 mg Vitamin C

Highly Absorbable Non-Acidic Vitamin C / Bioflavonoid Complex



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**

Available in bottles of 50, 100 and 250 vegetable capsules

**UPC:** E1038, E1039, E1049

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Vitamin C (as calcium ascorbate, threonate [Ester-C®])	500 mg	625
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Citrus Bioflavonoid Complex	25 mg	
Anti-caking Agents: vegetable magnesium stearate**, silicon dioxide		
Acerola Fruit Powdered Extract (4:1)	10 mg	
Rose Hips Powder	10 mg	
Rutin	5 mg	

\*EC RDA = Recommended Daily Allowance

\*\*Made from vegetable stearic acid

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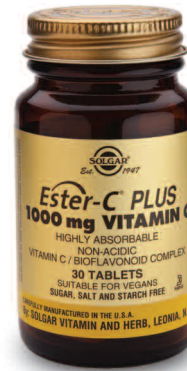
With the naturally occurring Vitamin C metabolites (including L-threonic acid, L-lyxonic acid and L-xylonic acid) that have been shown to enhance the absorption of Vitamin C.

Ester-C® Plus is exclusively formulated by Solgar and provides a patented method of supplementing pH neutral (non-acidic) Vitamin C to prevent stomach irritation. In addition, Ester-C® Plus contains the Vitamin C metabolites that occur along with Vitamin C in nature. A special manufacturing process is employed to form a unique calcium ascorbate metabolite complex. Solgar's Ester-C® Plus offers the additional benefits of providing acerola, citrus bioflavonoid complex, rutin and rose hips.

### Ester-C® Plus

1000 mg Vitamin C

Highly Absorbable, Non-Acidic Vitamin C / Bioflavonoid Complex



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30, 90 and 180 tablets

**UPC:** E1050, E1052, E1053

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Vitamin C (as calcium ascorbate/threonate)	1000 mg	1250
Citrus Bioflavonoids (as prep.)	50 mg	
Bulking Agents: microcrystalline cellulose, dicalcium phosphate, hydroxypropyl cellulose		
Anti-caking Agents: silicon dioxide, stearic acid**, vegetable magnesium stearate**		
Cellulose Gum		
Rutin	25 mg	
Acerola Fruit Powdered Extract (4:1)	25 mg	
Powdered Rose Hips	25 mg	
Glazing Agent: hydroxypropylmethyl cellulose		
Vegetable Glycerin		

\*EC RDA = Recommended Daily Allowance

\*\*Made from vegetable stearic acid

Cont/.



Cont/.

With the naturally occurring Vitamin C metabolites (including L-threonic acid, L-lyxonic acid and L-xylonic acid) that have been shown to enhance the absorption of Vitamin C.

Ester-C® Plus is exclusively formulated by Solgar and provides Ester-C®, a patented method of supplementing pH neutral (non-acidic) Vitamin C to prevent stomach irritation. In addition, Ester-C® contains the Vitamin C metabolites that occur along with Vitamin C in nature. A special manufacturing process is employed to form a unique metabolite complex. Solgar's Ester-C® Plus offers the additional benefits of providing acerola, citrus bioflavonoid complex, rutin and rose hips.

## Vitamin C Crystals

(Pure L-Ascorbic Acid)



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 125 g

**UPC: E3300**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

\*\*This amount of Vitamin C may cause mild stomach upset in sensitive individuals.

**Directions for use:**

As a food supplement for adults, 1/4 to 1 teaspoonful daily, preferably at mealtime, or as directed by a healthcare practitioner. Should be added to juice or sprinkled on food. Do not exceed directions for use.

Each 1/4 teaspoonful provides:	%EC RDA *	
Vitamin C (as pure L-Ascorbic acid)	1125 mg**	1406

\*EC RDA = Recommended Daily Allowance

Each rounded teaspoonful supplies 4.5 g\*\* of Vitamin C which provides 5625% of the EC RDA.



## Hy-Bio™

Bioflavonoid Complex with Vitamin C, Rose Hips and Rutin



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 50 and 250 tablets  
**UPC: E1420, E1422**

**WARNING:**  
 If you are pregnant, nursing, taking any kind of medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Vitamin C (L-ascorbic acid)	500 mg	625
Citrus Bioflavonoid Complex	500 mg	
Bulking Agent: microcrystalline cellulose		
Rutin	50 mg	
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate		
Powdered Rose Hips	50 mg	
Glazing Agent: hydroxypropylmethyl cellulose		
Vegetable Glycerin		

\*EC RDA = Recommended Daily Allowance

## Hy-C™

Vitamin C with Bioflavonoids, Rutin and Hesperidin



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 100 tablets  
**UPC: E1441**

**WARNING:**  
 If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Vitamin C (ascorbic acid)	600 mg	750
Bulking Agents: dicalcium phosphate, microcrystalline cellulose		
Citrus Bioflavonoids (as prep.)	25 mg	
Rutin	50 mg	
Hesperidin (as prep.)	10 mg	
Powdered Rose Hips	25 mg	
Anti-caking Agents: vegetable stearic acid, silicon dioxide		
Glazing Agent: hydroxypropylmethyl cellulose		
Powdered Base: alfalfa, acerola extract, kelp, parsley, rose hips and watercress		
Vegetable Glycerin		

\*EC RDA = Recommended Daily Allowance



## Kangavites Chewable Vitamin C 100 mg

Natural Orange Burst Flavour



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 90 chewable tablets

**UPC:** E2804

### Directions for use:

As a food supplement for adults and children ages three and older, take one (1) tablet daily, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Sucrose		
Vitamin C (as ascorbic acid, sodium ascorbate)	100 mg	125
Bulking Agents: microcrystalline cellulose, mannitol, xylitol		
Fructose		
Natural Flavour: orange		
Freeze-Dried Carrot Juice Concentrate		
Anti-caking Agents: silicon dioxide, vegetable stearic acid, vegetable magnesium stearate		
Carrageenan		
Acerola Powdered Extract (4:1)	11.5 mg	
Xanthan Gum		
Powdered Rose Hips	4.3 mg	

\*EC RDA = Recommended Daily Allowance

## Vitamin C 500 mg with Rose Hips



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC:** E2380

### WARNING:

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Vitamin C (as ascorbic acid)	500 mg	625
Bulking Agents: microcrystalline cellulose, dicalcium phosphate		
Rose Hips Powder	75 mg	
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate		
Cellulose Gum		
Glazing Agent: hydroxypropylmethyl cellulose		
Vegetable Glycerin		

\*EC RDA = Recommended Daily Allowance



## Vitamin C 1000 mg (1 gram) with Rose Hips



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 100 and 250 tablets  
**UPC: E2400, E2401**

**WARNING:**  
 If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Vitamin C (L-Ascorbic acid)	1000 mg	1250
Bulking Agent: microcrystalline cellulose		
Powdered Rose Hips	62.5 mg	
Cellulose Gum		
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate		
Glazing Agents: hydroxypropylmethyl cellulose, vegetable glycerin (from palm kernel oil and coconut oil)		

\*EC RDA = Recommended Daily Allowance

## Vitamin C 1500 mg (1.5 grams) with Rose Hips



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 90 and 180 tablets  
**UPC: E2420, E2421**

**WARNING:**  
 If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.  
 \*\*This amount of Vitamin C may cause mild stomach upset in sensitive individuals.

### Directions for use:

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Vitamin C (as L-Ascorbic acid)	1500 mg**	1875
Bulking Agent: microcrystalline cellulose		
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate		
Rose Hips Powder	30 mg	
Cellulose Gum		
Glazing Agent: hydroxypropylmethyl cellulose		
Vegetable Glycerin		

\*EC RDA = Recommended Daily Allowance



## Rutin 500 mg



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 50 and 100 tablets  
**UPC: E2460, E2461**

**WARNING:**  
 If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each tablet provides:

Rutin	500 mg
Bulking Agents: dicalcium phosphate, microcrystalline cellulose	
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate, silicon dioxide	
Cellulose Gum	
Glazing Agents: hydroxypropylmethyl cellulose, vegetable glycerin (from palm kernel oil and coconut oil)	

Rutin is considered to be a member of the bioflavonoid family of nutritional factors.

## Ester-C® 1000 mg Vitamin C

Highly-Absorbable, Non-Acidic Vitamin C / Bioflavonoid Complex



**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 90 capsules  
**UPC: E16987**

**WARNING:**  
 If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each capsule provides:

	%EC RDA *	
Vitamin C (as Ester-C®, calcium ascorbate)	1000 mg	1250
Capsule Shell: gelatin (from bovine)		
Citrus Bioflavonoid Complex	50 mg	
Bulking Agent: maltodextrin		
Anti-caking Agent: vegetable magnesium stearate		
Rutin	1 mg	
Hesperidin Complex	1 mg	
Acerola Fruit Powdered Extract ( <i>Malpighia glabra</i> and <i>M. Punicifolia</i> ) (mix) (4:1)	1 mg	

\*EC RDA = Recommended Daily Allowance

Ester-C® is a registered trademark of The Ester-C Company.



# Digestive Aids / Probiotics

PROPER DIGESTION and absorption are two of the most important physiological functions in the body. If these processes are not working properly, optimal health cannot be maintained. Incomplete or disordered digestion can be a major contributor to the development of ill health. The problem can be two-fold:

(1) ingestion of foods and nutritional substances are of little benefit when breakdown and assimilation are inadequate (2) incompletely digested food molecules can be inappropriately absorbed into the systemic circulation. This can lead to the development of food allergies and other associated disorders.

The digestive tract and its function may be the single most important body component determining health and disease. Maintaining normal digestion, absorption and elimination is a necessity. When these functions are faulty, we may not be aware that these dysfunctions are contributing to many other problems. The impaired digestion of proteins, fats and carbohydrates further contributes to impaired assimilation and nutritional deficiency problems. Therefore, when they are needed, supplemental support of Digestive Enzymes may be even more important.

Natural emulsifying agents and Digestive Enzymes are excellent aids to the digestive and absorptive processes. A number of Digestive Enzyme supplements are available.

## Category Highlights

SOLGAR OFFER

- A full range of Digestive Enzyme products directed at the proper digestion of carbohydrates, proteins and fats
- Both Vegan/Vegetarian and non-vegetarian forms
- Betaine Hydrochloride, a gastric acidifier
- Bromelain, a protein digesting enzyme
- Lactase, the enzyme required to break down the milk sugar Lactose

## Probiotics

There are over 400 species of bacteria living in our digestive tracts. Most of these are 'friendly' bacteria that have a mutually beneficial relationship with us, their hosts. However, the gut is also home to some pathogenic (disease-causing) bacteria which, given the right conditions, can proliferate causing the delicate environment of the gut to be disrupted. The results can be digestive disturbances such as bloating, flatulence, constipation and diarrhoea. Friendly bacteria feed on fibre and in doing so, produce various organic acids that can



alter the acidity level of the intestines, therefore controlling the spread of pathogenic bacteria. They also manufacture certain vitamins and aid the digestion of our food e.g. Lactose in milk products. It is therefore very important to ensure that the balance of intestinal bacteria is in favour of the 'friendly' strains, which can be achieved by eating an appropriate diet (high fibre and low sugar) and supplementing with probiotics.

**SOLGAR's** probiotic products are usually combinations that include *Lactobacillus acidophilus* and *Bifidobacterium lactis*. These two strains are found to dominate in different areas of the digestive tract and tolerate different conditions, but both are very important for its health and function. Such intestinal bacteria are easily destroyed by antibiotics and certain types of medication so supplementation allows us the opportunity to maintain good levels of 'friendly' bacteria and, therefore, good health. Probiotics can be taken during and after antibiotic treatment to aid recovery. Because supplementation will be required for different reasons and by different age groups, Solgar has a range to suit all ages and a variety of uses.

Solgar probiotics are carefully manufactured using the latest research and technology. All our bacteria are genetically 'finger-printed', tested for acid resilience and the ability to implant and multiply in the digestive tract.

Many of the Solgar probiotics now use patented species of bacteria, proven in studies to be beneficial for human health and disease prevention. They also have a patented delivery system which ensures maximum survival of the bacteria through the acidic environment of the stomach. None of the Solgar probiotics require refrigeration before opening and for the Advanced range, refrigeration is optional even after breaking the seal.

The 100% potency guarantee to label expiry date, which covers all Solgar products, includes the probiotic supplements. With levels ranging from 500 million to 5 billion organisms per capsule, and with different combinations of strains, there is a product to suit everyone.

### Category Highlights

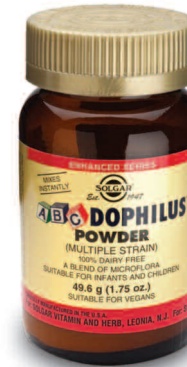
#### SOLGAR OFFER

- Advanced probiotic range
  - Patented formulae using strains of bacteria with research showing their efficacy in prevention and treatment in certain areas of human health.
  - Patented delivery system with a polysaccharide matrix that protects the probiotics from stomach acid and delivers them to the small intestine.
  - Advanced probiotics range comprises:
    - Advanced Acidophilus
    - Advanced Acidophilus Plus
    - Advanced 40+ Acidophilus
    - Advanced Multi-Billion Dophilus
- ABC Dophilus
  - Specially formulated for infants and children under 4 years
  - Focusing on the strains most applicable to infant digestive health and therefore excluding the Lactobacilli strains

## ABC Dophilus™ Powder

(Multiple Strain)

A Blend of Microflora Suitable for Infants and Children



**SUITABLE FOR VEGANS · DAIRY FREE**

Available in 1.75 oz. (49.6 g) bottles

**UPC:** E10

#### WARNING:

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

#### Directions for use:

As a food supplement for infants and children, 1/2 (1.5 g) teaspoonful daily, or as directed by a healthcare practitioner. Solgar ABC Dophilus™ Powder mixes instantly with infant formula, milk, juice or water or can be sprinkled on foods. Do not exceed directions for use.

#### Each one half (1/2) teaspoonful (approx. 1.5 g) provides:

Powdered Probiotic Cultures

Providing 1 billion microorganisms consisting of the following beneficial strains:

<i>B. lactis</i> , BB-12®	350 million microorganisms
<i>S. thermophilus</i> , TH-4®	350 million microorganisms
<i>B. infantis</i> , BB-02™	300 million microorganisms

Maltodextrin

Anti-caking Agent: silicon dioxide

BB-12® and TH-4® are registered trademarks of Chr. Hansen.

Solgar ABC Dophilus™ Powder is a blend of microflora suitable for infants and children. Bifidobacteria (*B. lactis* & *B. infantis*) constitute the predominant healthy intestinal microflora in infants and children and primarily reside in the large intestine.



## Advanced Acidophilus



**SUITABLE FOR VEGANS · DAIRY FREE**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 and 100 vegetable capsules

**UPC: E16, E18**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Powdered L-Acidophilus

Providing:

- Bulking Agents: maltodextrin, microcrystalline cellulose
- Anti-caking Agents: sodium alginate, silicon dioxide, vegetable magnesium stearate

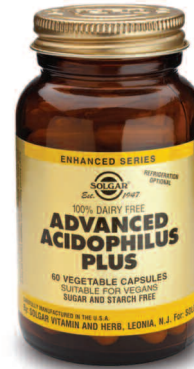
*L. acidophilus*, LA-5® 500 million microorganisms

Vegetable Capsule Shell:

hydroxypropylmethyl cellulose

LA-5® is a registered trademark of Chr. Hansen.

## Advanced Acidophilus Plus



**SUITABLE FOR VEGANS · DAIRY FREE**

**SUGAR AND STARCH FREE**

Available in bottles of 60 and 120 vegetable capsules

**UPC: E14, E25**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Advanced Acidophilus Plus Complex

Providing:

- Bulking Agents: maltodextrin, microcrystalline cellulose, sodium alginate, probiotic cultures
- Anti-caking Agents: silicon dioxide, vegetable magnesium stearate

*L. acidophilus*, LA-5® 250 million microorganisms

*B. lactis*, BB-12® 250 million microorganisms

Vegetable Capsule Shell:

hydroxypropylmethyl cellulose

Bulking Agent: microcrystalline cellulose

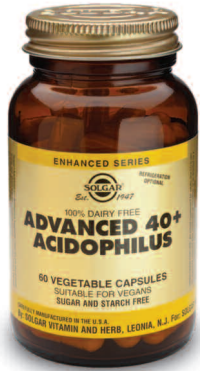
Anti-caking Agent:

vegetable magnesium stearate

BB-12® and LA-5® are registered trademarks of Chr. Hansen.



## Advanced 40+ Acidophilus



**SUITABLE FOR VEGANS · DAIRY FREE**

**SUGAR AND STARCH FREE**

Available in bottles of 60 and 120 vegetable capsules

**UPC:** E27, E29

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

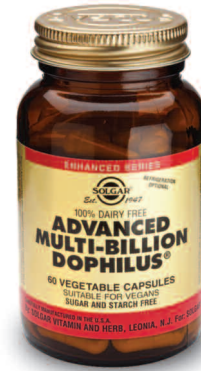
As a food supplement for adults, one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Advanced 40+ Acidophilus Complex  
 Bulking Agents: maltodextrin, microcrystalline cellulose; sodium alginate, probiotic cultures;  
 Anti-caking Agents: silicon dioxide, vegetable magnesium stearate  
 Providing:  
*L. acidophilus*, LA-5® 300 million microorganisms  
*L. rhamnosus* GG, LGG® 300 million microorganisms  
*L. paracasei*, L. CASEI 431® 300 million microorganisms  
*B. lactis*, BB-12® 300 million microorganisms  
*S. thermophilus*, TH-4® 300 million microorganisms  
 Vegetable Capsule Shell:  
 hydroxypropylmethyl cellulose  
 Bulking Agent: microcrystalline cellulose  
 Anti-caking Agent:  
 vegetable magnesium stearate

BB-12®, LA-5®, L. CASEI 431® and TH-4® are registered trademarks of Chr. Hansen.  
 LGG® is a trademark of Valio Ltd.

## Advanced Multi-Billion Dophilus®



**SUITABLE FOR VEGANS · DAIRY FREE**

**SUGAR AND STARCH FREE**

Available in bottles of 60 and 120 vegetable capsules

**UPC:** E39, E46

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Advanced Multi-Billion Dophilus® Complex  
 Bulking Agents: maltodextrin, microcrystalline cellulose; probiotic cultures; sodium alginate  
 Anti-caking Agents: silicon dioxide, vegetable magnesium stearate  
 Providing:  
*L. acidophilus*, LA-5® 1.25 billion microorganisms  
*B. lactis*, BB-12® 1.25 billion microorganisms  
*L. paracasei*, L. CASEI 431® 1.25 billion microorganisms  
*L. rhamnosus* GG, LGG® 1.25 billion microorganisms  
 Vegetable Capsule Shell:  
 hydroxypropylmethyl cellulose

BB-12®, LA-5® and L. CASEI 431® are registered trademarks of Chr. Hansen.  
 LGG® is a trademark of Valio Ltd.

DIGESTIVE AIDS / PROBIOTICS

DIGESTIVE AIDS / PROBIOTICS



## Betaine Hydrochloride with Pepsin



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC: E240**

**WARNING:**

If you are pregnant, nursing, taking any kind of medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**CAUTION:**

Do not take in case of stomach or duodenal pain or history of ulcers.

**Directions for use:**

As a food supplement for adults, take one (1) tablet a day, preferably at mealtime, or as directed by a healthcare practitioner. Tablets should be swallowed with water - DO NOT CHEW. Do not exceed directions for use.

**Each tablet provides:**

Betaine Hydrochloride (equivalent to 11 drops of dilute Hydrochloric Acid USP)	325 mg
Bulking Agent: microcrystalline cellulose	
Pepsin (1:10,000 units**) (contains milk)	59 mg
Anti-caking Agents: vegetable stearic acid, silicon dioxide, Cellulose Gum	
Natural Peppermint Flavouring	

\*\*One pepsin unit is defined as that quantity of enzyme that digests 10,000 times its weight of coagulated egg albumin.

## Botanical Digestive Complex



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 vegetable capsules

**UPC: E51284**

**WARNING:**

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before use.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Gentian Root Extract 4:1 ( <i>Gentiana lutea</i> ) (equivalent to 400 mg of root)	100 mg
Yarrow Leaf Extract 4:1 ( <i>Achillea millefolium</i> ) (equivalent to 400 mg of leaf)	100 mg
Dandelion Root Extract 4:1 ( <i>Taraxacum officinale</i> ) (equivalent to 400 mg of root)	100 mg
Peppermint Leaf Extract 4:1 ( <i>Mentha x piperita</i> ) (equivalent to 400 mg of leaf)	100 mg
Chamomile Flower Extract 4:1 ( <i>Matricaria recutita</i> ) (equivalent to 400 mg of flower)	100 mg
Bulking Agent: microcrystalline cellulose	
Lemon Balm Leaf Extract 4:1 ( <i>Melissa officinalis</i> ) (equivalent to 200 mg of leaf)	50 mg
Fennel Seed Extract 4:1 ( <i>Foeniculum vulgare</i> ) (equivalent to 200 mg of seed)	50 mg
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate	



## Bromelain 500 mg

Supplying Natural Digestive Enzymes from Fresh Pineapple



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 30 tablets  
**UPC: E403**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each tablet provides:**

Bromelain (Bromelain, Bulking Agent: maltodextrin) (1000 GDU* - from fresh pineapple)	500 mg
Bulking Agents: microcrystalline cellulose, citric acid	
Cellulose Gum	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate	
Glazing Agents: hydroxypropylmethyl cellulose, vegetable glycerin (from palm kernel oil and coconut oil)	
Emulsifier: lectithin (from soya)	

\*Gelatin Digesting Units

Solgar® Bromelain is derived from fresh pineapple and is specially manufactured to ensure that all the nutritional and enzymatic properties of bromelain remain intact. Bromelain assists in the digestion of dietary protein.

## Caricol®

Organic Papaya Fruit Puree



**SUITABLE FOR VEGANS**  
 Available in boxes of 20 stickpacks  
**UPC: E584**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one stickpack (20 ml) after lunch and one stickpack after dinner, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each stickpack provides:**

Organic Papaya Fruit
Organic Lemon Juice Concentrate
Natural Flavours

CARICOL® and the unique production of this natural product originate at the Lotus Monastery where the importance of a healthy body in spiritual development is understood and practised in everyday life. The Papaya's natural digestive property is enhanced by means of a sophisticated and proprietary production process.

DIGESTIVE AIDS / PROBIOTICS

DIGESTIVE AIDS / PROBIOTICS



## Digestive Enzymes

Providing Digestive Enzymes which breakdown (digest) Proteins, Carbohydrates, Starches and Fats



### SUGAR AND STARCH FREE

Available in bottles of 100 and 250 tablets

UPC: E1000, E1001

#### WARNING:

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

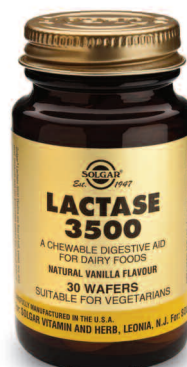
As a food supplement for adults, one (1) tablet with each main meal, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each tablet provides:

Bulking Agents: dicalcium phosphate, microcrystalline cellulose	
Ox Bile Powdered Extract	130 mg
Pancreatin Powdered Extract (4x) (equivalent to 520 mg of pancreatin) (contains milk)	130 mg
Aspergillus Oryzae Diastase	65 mg
Betaine HCl	65 mg
Anti-caking Agents: vegetable stearic acid, silicon dioxide	
Papain	32 mg
Pepsin Extract (contains milk) (equivalent to 100 mg pepsin)	30 mg
Powdered Peppermint Leaf ( <i>Mentha piperita</i> )	25 mg
Cellulose Gum	
Glazing Agent: hydroxypropylmethyl cellulose	
Vegetable Glycerin	

## Lactase 3500

A Chewable Digestive Aid for Dairy Foods  
Natural Vanilla Flavour



### SUITABLE FOR VEGETARIANS

Available in bottles of 30 wafers

UPC: E810

#### WARNING:

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

Excessive consumption may produce a laxative effect.

### Directions for use:

As a food supplement for adults, one (1) wafer with, or just prior to dairy food consumption, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each chewable wafer provides:

Bulking Agents: mannitol, microcrystalline cellulose	
Lactase (contains wheat) (providing 3500 FCC Lactase Units*)	37 mg
Guar gum	
Anti-caking Agent: vegetable magnesium stearate	
Flavour: Natural Vanilla Sugar Powder	

\*FCC Lactase Units are based on the U.S. Food Chemicals Codex

Lactase 3500 provides the enzyme lactase that helps digest the lactose present in dairy foods.



## Pancreatin

Quadruple Strength  
Providing Digestive Enzymes



### SUGAR AND STARCH FREE

Available in bottles of 50 tablets

UPC: E2129

#### WARNING:

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

#### Directions for use:

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

#### Each tablet provides:

Pancreatin 4x concentrate (contains milk) (equivalent to 3000 mg of whole pancreatin, providing: Protease 75,000 USP Units, Amylase 75,000 USP Units and Lipase 15,000 USP Units)	750 mg
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Glazing Agents: methacrylic acid, glycerol triacetate

Cellulose Gum

Bulking Agent: microcrystalline cellulose

Anti-caking Agents: vegetable stearic acid,  
vegetable magnesium stearate\*

\*Made from vegetable stearic acid

This product is enteric coated for maximum utilisation in the small intestine.

## Comfort Zone Digestive Complex

High Activity Enzymes  
Balanced Botanical Blend



### SUITABLE FOR VEGETARIANS · KOSHER

Available in bottles of 90 vegetable capsules

UPC: E51299

#### WARNING:

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

Avoid this product if you are allergic to ragweed or daisy-like flowers.

#### Directions for use:

As a food supplement for adults, one (1) vegetable capsule with a meal to a maximum of three (3) capsules per day, or as directed by a healthcare practitioner. Do not exceed directions for use.

#### Each vegetable capsule provides:

Proprietary Enzyme Blend (contains <b>milk, wheat</b> and <b>soya</b> )	200 mg
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Providing:

Amylase (Carbohydrate Enzyme) 12,500 DU

Protease SP (Protein Enzyme) 50,000 HUT

Lactase (Dairy Enzyme) 1,000 ALU

Pectinase/Phytase (Carbohydrate Enzyme)  
75 endo-PGU

Lipase (Fat Enzyme) 1,000 FIP

Bromelain (Protein Enzyme) 100,000 PU

Cellulase (Fibre Enzyme) 500 CU

Papain (Protein Enzyme) 100,000 PU

Invertase (Carbohydrate Enzyme) 300 SU

Maltase (Carbohydrate Enzyme) 300 DP

Alpha Galactosidase (Carbohydrate Enzyme) 150 GaIU

Cont/.





Cont/.

Botanical Comfort Blend 225 mg

Cumin Powder (*Cuminum cyminum*) (seed), Chamomile (*Matricaria recutita*) (flower), Anise Powder (*Pimpinella anisum*) (seed), Fennel Extract (4:1) (*Foeniculum vulgare*) (seed), Ginger Extract (4:1) (*Zingiber officinale*) (root)

Bulking Agents: microcrystalline cellulose, maltodextrin

Vegetable Capsule Shell: hydroxypropylmethyl cellulose

Anti-caking Agents: silicon dioxide, vegetable magnesium stearate

DU: Alpha-amylase Dextrinizing Unit

HUT: Hemoglobin Unit Tyrosine Base

ALU: Acid Lactase Unit

endo-PGU: Pectinase Unit

FIP: Fungi Lipase-International FIP Standard

PU: Papain Unit

CU: Cellulase Unit

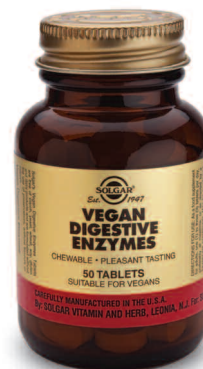
SU: Sumner Unit

DP: Degrees Diastatic Power

GaIU: Galactosidase Activity Unit

## Vegan Digestive Enzymes

Chewable · Pleasant Tasting



### SUITABLE FOR VEGANS

Available in bottles of 50 and 250 tablets

UPC: E2800, E2802

#### WARNING:

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

Excessive consumption may produce a laxative effect.

#### Directions for use:

As a food supplement for adults, one (1) to three (3) tablets per day, preferably at mealtime, or as directed by a healthcare practitioner. May be swallowed or chewed. Do not exceed directions for use.

#### Each tablet provides:

Sweetener: mannitol

Vegetable Digestive Enzyme Powdered Blend

Providing:

Lipase	50 mg
Amylase	40 mg
Prozyme	25 mg
Protease	15 mg
Amyloglucosidase	10 mg
Cellulase	4 mg

Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate

Guar Gum

Flavouring: Natural Peppermint Flavour

Solgar's Vegan Digestive Enzymes tablets provide a combination of enzymes which digest (breakdown) carbohydrates, fats, proteins and cellulose plant fibre.

# Essential Fatty Acids

FATTY ACIDS are the basic structural units of Lipids. Lipid is the general term which refers to dietary fat. The body can synthesise many fatty acids. However, those which it cannot manufacture in adequate amounts must be obtained from the diet, and are termed Essential Fatty Acids (EFAs).

Fatty acids can be saturated, monounsaturated or polyunsaturated depending on the degree to which the basic carbon chain of the molecule is filled with hydrogen. The two essential fats are defined as Linolenic – an Omega-3 fatty acid, and Linoleic Acid – an Omega-6 fatty acid. These terms, Omega-3 and Omega-6 fatty acids, refer to which carbon atom of the fatty acid molecule the first double bond is located. Many nutritionists and scientists feel the western diet emphasises Omega-6 fatty acids while Omega-3 fatty acids are under-consumed. Including more Omega-3 rich foods in the diet and decreasing the consumption of red meats, hydrogenated oils and other saturated fats may protect us against many of today's degenerative diseases.

EFAs are found most abundantly in Fish Oils and unadulterated Seed Oils such as Canola, Sunflower and Safflower Oil. Flaxseed Oil is an exceptional oil containing both essential fatty acids in appreciable amounts. Flax, also known as Linseed, is nature's richest source of Omega-3 fatty acids. Cold salt-water fatty fish such as herring, haddock, cod, mackerel and salmon are also rich in Omega-3 polyunsaturates and serve as the source of Fish Oil supplements.

It has been recognised that EFAs have profound beneficial effects on the body and influence hormone production, immunity and cardiovascular health. Deficiencies of these various fatty acids have been associated with hormonal imbalance and degenerative disease. Fatty acids maintain the structure and function of the cellular and sub-cellular membranes. Cholesterol transport, degradation and removal from the body is regulated by EFAs. In addition, prostaglandin, hormone-like substances in the body, are influenced by Omega-3 and Omega-6 fatty acids through a series of enzyme-dependent reactions. Prostaglandins functions include promoting smooth muscle contractions, regulating blood pressure and gastro secretions and influencing other hormones. Essential fatty acids are also important for normal growth, especially of blood vessels and nerves. In addition, they keep the skin and other tissues youthful and supple via their lubricating capacity. The most important fatty acids include: Linoleic Acid, Linolenic Acid, Gamma Linolenic Acid (GLA), Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA).



**Category Highlights**

SOLGAR OFFERS:

- Wild Alaskan Full Spectrum™ Omega – A rich source of Omega-3, Omega-5, Omega-6, Omega-7 and Omega-9 fatty acids
- Omega-3 Double Strength – Providing Omega-3 fatty acids
- Flaxseed Oil – A source of Omega-3, Omega-6 and Omega-9 fatty acids
- Borage Oil and Evening Primrose Oil – A source of Omega-6 fatty acids

**Natural Omega-3 Vegetarian DHA 100 mg**

A Plant Algae Source of the Important Omega-3 Fatty Acid



**SUITABLE FOR VEGANS**

**SUGAR AND SALT FREE**

Available in bottles of 30 vegetarian softgels

**UPC: E50833**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetarian softgels daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetarian softgel provides:**

Docosahexaenoic Acid (DHA) (from 300 mg of a DHA rich oil from microalgae <i>Schizochytrium sp</i> )	100 mg
Vegetarian Softgel Shell: corn starch, vegetable glycerin, carrageenan, sorbitol	
Sunflower Oil	
Colours: beta-carotene, caramel	
Antioxidants: ascorbyl palmitate, mixed tocopherols	
Rosemary Extract	
Sunflower Lecithin	

## Evening Primrose Oil 500 mg

Cold-Pressed



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 and 180 softgels

**UPC:** E1040, E1043

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to three (3) softgels daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

Evening Primrose Seed Oil	500 mg
Providing:	
Linoleic Acid	365 mg
Gamma-Linolenic Acid (GLA)	45 mg

Softgel Capsule Shell: gelatin, vegetable glycerin

Solgar® Evening Primrose Oil is a rich source of Gamma-Linolenic Acid and Linoleic Acid, an essential polyunsaturated fatty acid.

## Evening Primrose Oil 1300 mg

Cold-Pressed



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 softgels

**UPC:** E1056

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) softgels daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

Evening Primrose Seed Oil	1300 mg
Providing:	
Linoleic Acid	949 mg
Gamma-Linolenic Acid (GLA)	117 mg

Softgel Capsule Shell: gelatin, vegetable glycerin

Solgar® Evening Primrose Oil is a rich source of Gamma-Linolenic Acid and Linoleic Acid, an essential polyunsaturated fatty acid.

## Fish Oil Concentrate 1000 mg

Natural Source Omega-3 Polyunsaturates EPA & DHA  
as Fish Oil Concentrate



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 and 120 softgels

UPC: E1760, E1761

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

Fish Oil Concentrate	1000 mg
Providing:	
Eicosapentaenoic Acid (EPA)†	160 mg
Docosahexaenoic Acid (DHA)†	100 mg
Softgel Capsule Shell: gelatin, vegetable glycerin	
Antioxidant: natural mixed tocopherols (vitamin E)	

†Omega-3 polyunsaturated fatty acids, as natural triglycerides

## Cold Pressed Flaxseed Oil 1250 mg

(Linseed Oil) Hexane Free



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 softgels

UPC: E1070

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, two (2) softgels daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Two (2) softgels provide:**

Flaxseed (Linseed) Oil	2500 mg
Typically Providing:	
Alpha-Linolenic Acid	1300 mg
Linoleic Acid	375 mg
Oleic Acid	325 mg
Palmitic Acid	125 mg
Stearic Acid	75 mg
Other Fatty Acids	300 mg

Softgel Capsule Shell: gelatin, glycerin

Solgar® Flaxseed Oil is produced from flaxseeds (linseeds) that are grown without the use of artificial pesticides and fertilisers and are certified by Quality Assurance International to be in accordance with their standards.



## EPA/GLA

Once a Day

A Natural Source of Omega-3 Fatty Acids from Fish Oil plus GLA



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 and 60 softgels

**UPC:** E1766, E1767

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each softgel provides:	%EC RDA *	
Fish Oil Concentrate	665 mg	
Providing:		
Eicosapentaenoic Acid (EPA)†	200 mg	
Docosahexaenoic Acid (DHA)†	134 mg	
Softgel Capsule Shell: gelatin, vegetable glycerin		
Borage Seed Oil	265 mg	
Providing:		
Gamma-linolenic Acid (GLA)	45 mg	
Vitamin E	16.8 mg $\alpha$ -TE	140
(25 IU, as d-alpha tocopherol)		

\*EC RDA = EC Recommended Daily Allowance

†Omega-3, as ethyl esters

## Wild Alaskan Full Spectrum™ Omega

Defined By Nature

Pure Wild Alaskan Salmon Oil Provides Sockeye Salmon Oil & Vitamin D3



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 120 softgels

**UPC:** E1110

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, two (2) softgels daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Two (2) softgels provide:	%EC RDA *	
Wild Alaskan Salmon Oil	2400 mg	
Providing:		
Total Omega-3 Fatty Acids†	500 mg	
EPA (eicosapentaenoic acid)	202 mg	
DHA (docosahexaenoic acid)	180 mg	
DPA (docosapentaenoic acid)	41 mg	
Other Omega-3 Fatty Acids	77 mg	
Total Omega-5 Fatty Acids	1.92 mg	
Total Omega-6 Fatty Acids	48 mg	
Total Omega-7 Fatty Acids	192 mg	
Total Omega-9 Fatty Acids	384 mg	
Softgel Capsule Shell: gelatin, vegetable glycerin		
Antioxidants: mixed tocopherols, rosemary extract, clary sage oil, thyme oil		

Cont/.



Cont./.

Astaxanthin	20 µg	
Vitamin D3 (200 IU, as cholecalciferol)	5 µg	100

\*EC RDA =EC Recommended Daily Allowance

†As Natural Triglycerides

## Omega Advanced Blend 2:1:1

A Unique Blend of High Quality Nutritional Oils Providing a Ratio of 2:1:1 of Omega-3-6-9 Essential Fatty Acids



**SUITABLE FOR VEGANS**

Available in bottles of 150 ml

**UPC:** E1606

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, take one (1) teaspoon (5 ml) daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each 5 ml provides:**

A proprietary blend of Organic Flaxseed Oil\*, Blackcurrant Oil, Organic Cretian† Olive Oil\*, DHA Gold™, Organic Sunflower Oil\*, Rosemary Extract, Mixed Tocopherols, Soy Lecithin, Ascorbyl Palmitate 4.5 g

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Typically Providing:\*\*

<b>Omega-3 Fatty Acids</b>	<b>1819 mg</b>
Alpha-Linolenic Acid (ALA)	1675 mg
Stearidonic Acid (SDA)	15 mg
Eicosapentaenoic Acid (EPA)	4 mg
Docosahexaenoic Acid (DHA)	125 mg
<b>Omega-6 Fatty Acids</b>	<b>898 mg</b>
Linoleic Acid (LA)	770 mg
Gamma-Linolenic Acid (GLA)	80 mg
Arachidonic Acid (AA)	2 mg
Other Fatty Acids	46 mg

Cont./.



Cont/.

<b>Omega-9 Fatty Acids</b>	<b>895 mg</b>
Oleic Acid	885 mg
Other Fatty Acids	10 mg

\*Certified organic from the Netherlands

\*\*Subject to natural variation

†Place of designation origin Kolimbari, Crete

DHA Gold™ is a patented vegetarian form of DHA, and a trademark of Martek Biosciences Corporation.

## Omega Advanced Blend 2:1:1

Delicious Lemon Flavour

A Unique Blend of High Quality Nutritional Oils Providing a Ratio of 2:1:1 of Omega-3-6-9 Essential Fatty Acids



**SUITABLE FOR VEGANS**

Available in bottles of 150 ml

**UPC:** E1608

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, take one (1) teaspoon (5 ml) daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each 5 ml provides:**

A proprietary blend of Organic Flaxseed Oil\*, Blackcurrant Seed Oil, Organic Olive Oil\*, DHA Rich Oil from the Microalgae *Schizochytrium sp.*, Natural Lemon Flavour, Organic Sunflower Oil\*, Rosemary Extract, Mixed Tocopherols, Soy Lecithin, Ascorbyl Palmitate 4.5 g

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Typically providing:\*\*

<b>Omega-3 Fatty Acids</b>	<b>1773 mg</b>
Alpha-Linolenic Acid (ALA)	1632 mg
Stearidonic Acid (SDA)	13 mg
Eicosapentaenoic Acid (EPA)	4 mg
Docosahexaenoic Acid (DHA)	123 mg
<b>Omega-6 Fatty Acids</b>	<b>875 mg</b>
Linoleic Acid (LA)	750 mg
Gamma Linolenic Acid (GLA)	79 mg
Arachidonic Acid (AA)	2 mg
Other Fatty Acids	44 mg

Cont/.

ESSENTIAL FATTY ACIDS

ESSENTIAL FATTY ACIDS





Cont/.

<b>Omega-9 Fatty Acids</b>	<b>873 mg</b>
Oleic Acid	864 mg
Other Fatty Acids	9 mg

\*Certified organic from the Netherlands

\*\*Subject to natural variation

life's DHA is a trademark of Martek Biosciences

## Omega 3-6-9

Fish, Flax, Borage



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 and 120 softgels

**UPC:** E2027, E2028

**WARNING:**

If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, three (3) softgels daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Three (3) softgels provide:**

Softgel Capsule Shell: gelatin (from bovine), vegetable glycerin (from palm kernel oil and coconut oil)	
<b>Fish Oil</b> (from anchovy, mackerel and sardines)	1300 mg
Flaxseed Oil	1300 mg
Borage Oil	1300 mg
Providing:	
Omega-3 Fatty Acids	
Alpha-Linolenic Acid	585 mg
Eicosapentaenoic Acid (EPA)†	344 mg
Docosahexaenoic Acid (DHA)†	221 mg
Omega-6 Fatty Acids	
Linoleic Acid	598 mg
Gamma-Linolenic Acid	247 mg
Omega-9 Fatty Acids	
Oleic Acid	325 mg
Antioxidant: mixed tocopherols	

†Omega-3 polyunsaturated fatty acids, as ethyl esters



## Omega-3 Double Strength

From Cold Water Fish Oil Concentrate



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 and 60 softgels

**UPC:** E2050, E2051

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, four (4) softgels daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Four (4) softgels provide:**

Cold Water Fish Oil Concentrate	4800 mg
Typically Providing:	
Eicosapentaenoic Acid (EPA)†	1440 mg
Docosahexaenoic Acid (DHA)†	960 mg

Softgel Capsule Shell: gelatin, vegetable glycerin (from palm kernel oil and coconut oil)

Antioxidant: mixed tocopherols

†Omega-3 polyunsaturated fatty acids, as natural triglycerides

A unique processing method allows the Omega-3 polyunsaturated fatty acids (EPA and DHA) to be supplied in their naturally occurring forms for maximum absorption and utilisation. The result is a synergistically balanced source of Omega-3 polyunsaturated fatty acids. Solgar® Omega-3 Double Strength Softgels include oils from seasonally available cold water fish.

## One-A-Day GLA

Cold-Pressed and Hexane Free

One Softgel Contains the Equivalent Amount of GLA in 3 Evening Primrose Oil Softgels



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 and 60 softgels

**UPC:** E2055, E2056

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

Borage Oil	625 mg
Providing:	
Linoleic Acid	225 mg
Gamma-Linolenic Acid (GLA)	150 mg
Oleic Acid	105 mg
Other Fatty Acids	80 mg
Palmitic Acid	65 mg
Softgel Capsule Shell: gelatin, glycerin	212 mg

Solgar® One-A-Day GLA softgel capsules provide a high-potency source of the Omega-6 Polyunsaturate Gamma-Linolenic Acid (GLA) supplied as the cold-pressed oil from Borage seeds (*Borago officinalis*). Hexane (solvent) free.



## Super Starflower Oil 1300 mg

Provides 300 mg GLA



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 and 60 softgels

UPC: E2675, E2676

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

Starflower Oil (cold-pressed)	1300 mg
Providing:	
Linoleic Acid	465 mg
Gamma-Linolenic Acid (GLA)	300 mg
Oleic Acid	225 mg
Palmitic Acid	135 mg
Other Fatty Acids	175 mg

Softgel Capsule Shell: gelatin, vegetable glycerin

Starflower Oil is a natural vegetable seed oil rich in essential fatty acids. Solgar® Starflower Oil is obtained by cold processing techniques without the use of solvents (hexane).

## Tonalin® CLA

Conjugated Linoleic Acid



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 softgels

UPC: E2714

**WARNING:**

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel twice daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

Tonalin® CLA (from safflower seed oil)	1300 mg
Typically Providing:	
Conjugated Linoleic Acid (CLA)	1014 mg

Softgel Capsule Shell: gelatin (from bovine), vegetable glycerin (from palm kernel oil and coconut oil)

Colour: natural caramel

Tonalin® is a registered trademark of Natural ASA.

## Wheat Germ Oil

Cold Pressed



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 softgels

UPC: E3660

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) or more softgels daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

Wheat Germ Oil (cold pressed)	1130 mg
Softgel Capsule Shell: gelatin, vegetable glycerin	

Solgar's Wheat Germ Oil is cold pressed from the wheat embryo of high grade wheat.

# Vitamin E

IN THE early isolation of Vitamin E from plant oils, the term, Tocopherols, was used to name the four initial compounds that shared a similar structure. These compounds were designated as Alpha, Beta, Delta and Gamma Tocopherols. Their structures have two primary parts, a complex ring and a long saturated side chain. Tocopherols play an important role as the major fat-soluble Antioxidants that protect our bodies against free-radical damage.

Vitamin E *Alpha Tocopherol* prevents saturated fatty acids and Vitamin A from breaking down and combining with other substances that may become harmful to the body. Not surprisingly, fats and oils containing Vitamin E are less susceptible to rancidity than those devoid of Vitamin E. Vitamin E also has the ability to unite with oxygen and prevent it from being converted into toxic peroxides. This leaves the red blood cells more fully supplied with the pure oxygen that the blood carries to the heart and other organs.

Vitamin E plays an essential role in cellular respiration of all muscles, especially cardiac and skeletal. Vitamin E makes it possible for these muscles and their nerves to function with less oxygen, thereby increasing their endurance and stamina. It also causes dilation of the blood vessels, permitting a fuller flow of blood to the heart. Vitamin E also aids in bringing nourishment to the cells, strengthening the capillary walls, and protecting the red blood cells from destruction by poisons such as hydrogen peroxide, in the blood.

The amount of Vitamin E present in a product is always reported as the equivalent amount of Alpha-Tocopherol ( $\alpha$ -TE) regardless of the actual Tocopherol used in the product. This is indicated by having “ $\alpha$ -TE” after the amount of Vitamin E in the ingredients list.

## Category Highlights

SOLGAR OFFERS:

- The natural ‘d’ form of Vitamin E which is shown to have the greater activity than the synthetic ‘dl’ form
- Dry and mixed forms of natural Vitamin E
- Alpha Tocopherol and mixed Tocopherol products at a variety of potencies



## Vitamin E with Yeast Free Selenium



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 and 100 vegetable capsules

**UPC:** E3350, E3351

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Vitamin E (250 IU, as d-alpha tocopheryl acid succinate)	168 mg $\alpha$ -TE	1400
Bulking Agent: microcrystalline cellulose		
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide		
Selenium (as L-selenomethionine)	75 $\mu$ g	136

\*EC RDA = EC Recommended Daily Allowance

## Natural Source Vitamin E 134 mg (200 IU)

as d-Alpha Tocopherol plus Mixed Tocopherols



**SUITABLE FOR VEGANS**

Available in bottles of 50 and 100 vegetable softgels

**UPC:** E3505, E3506

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable softgel provides:	%EC RDA *	
Safflower Oil	304 mg	
Vegetable Softgel Capsule Shell: modified maize starch, vegetable glycerin, carrageenan, acidity regulator: disodium phosphate		
Vitamin E (200 IU, as d-alpha tocopherol)	134 mg $\alpha$ -TE	1117
Mixed Tocopherols	13 mg	
Soya Lecithin		

\*EC RDA = EC Recommended Daily Allowance



## Natural Source Vitamin E 268 mg (400 IU)

as d-Alpha Tocopherol plus Mixed Tocopherols



**SUITABLE FOR VEGANS**

Available in bottles of 50 and 100 vegetable softgels

UPC: E3546, E3547

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable softgel provides:	%EC RDA *	
Vitamin E (400 IU, as d-alpha tocopherol)	268 mg $\alpha$ -TE	2233
Safflower Oil		
Vegetable Softgel Capsule Shell: modified maize starch, vegetable glycerin, carrageenan, acidity regulator: disodium phosphate		
Mixed Tocopherols (from <b>soya</b> )	25 mg	
Soya Lecithin		

\*EC RDA = EC Recommended Daily Allowance

## Natural Source Vitamin E 671 mg (1000 IU)

as d-Alpha Tocopherol plus Mixed Tocopherols



**SUITABLE FOR VEGANS**

Available in bottles of 50 and 100 vegetable softgels

UPC: E3565, E3566

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable softgel provides:	%EC RDA *	
Vitamin E (1000 IU, as d-alpha tocopherol)	671 mg $\alpha$ -TE	5592
Vegetable Softgel Capsule Shell: modified maize starch, vegetable glycerine, carrageenan, acidity regulator: disodium phosphate		
Mixed Tocopherols	60 mg	
Safflower Oil		
Medium Chain Triglycerides		
Soya Lecithin		

\*EC RDA = EC Recommended Daily Allowance



## Natural Source Vitamin E 67 mg (100 IU)

as d-Alpha Tocopherol plus Mixed Tocopherols



**SUGAR, SALT AND STARCH FREE**

Available in bottles 100 softgels

UPC: E3461

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each softgel provides:	%EC RDA *	
Safflower Oil		
Softgel Capsule Shell: gelatin, vegetable glycerin		
Vitamin E (100 IU, as d-alpha tocopherol)	67 mg $\alpha$ -TE	558
Mixed Tocopherols (from soya)	6 mg	

\*EC RDA = EC Recommended Daily Allowance

## Natural Source Vitamin E 134 mg (200 IU)

d-Alpha Tocopherol plus Mixed Tocopherols



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 and 250 softgels

UPC: E3500, E3502

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each softgel provides:	%EC RDA *	
Softgel Capsule Shell: gelatin (from bovine), vegetable glycerin, (from palm kernel oil and coconut oil)		
Vitamin E (200 IU as d-alpha tocopherol)	134 mg $\alpha$ -TE	1117
Safflower Oil		
Mixed Tocopherols (d-beta, d-gamma, d-delta, d-alpha tocopherols)	9 mg	

\*EC RDA = EC Recommended Daily Allowance





## Natural Source Vitamin E 268 mg (400 IU)

d-Alpha Tocopherol plus Mixed Tocopherols



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50, 100 and 250 softgels

**UPC:** E3540, E3541, E3542

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each softgel provides:	%EC RDA *	
Vitamin E (400 IU as d-alpha tocopherol)	268 mg $\alpha$ -TE	2233
Softgel Capsule Shell: gelatin (from bovine), vegetable glycerin (from palm kernel oil and coconut oil)		
Safflower Oil		
Mixed Tocopherols (d-beta, d-gamma, d-delta, d-alpha tocopherols)	18.5 mg	

\*EC RDA = EC Recommended Daily Allowance

## Natural Source Vitamin E 671 mg (1000 IU)

d-Alpha Tocopherol plus Mixed Tocopherols



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 and 100 softgels

**UPC:** E3560, E3561

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each softgel provides:	%EC RDA *	
Vitamin E (1000 IU, as d-alpha tocopherol)	671 mg $\alpha$ -TE	5592
Softgel Capsule Shell: gelatin (from bovine), vegetable glycerin (from palm kernel oil and coconut oil)		
Mixed Tocopherols (d-beta, d-gamma, d-delta, d-alpha tocopherols)	44.5 mg	
Safflower Oil		

\*EC RDA = EC Recommended Daily Allowance



## Natural Source Liquid Vitamin E

Mixed Tocopherol Complex with Wheat Germ Oil  
59.2 ml



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
Available in 59.2 ml dropper bottles  
**UPC: E1600**

**WARNING:**  
If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, five (5) drops (0.29 ml) daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each five (5) drops (0.29 ml) provide:	%EC RDA *	
Wheat Germ Oil	165 mg	
Vitamin E (100 IU, as d-alpha tocopherol plus d-beta, d-delta and d-gamma tocopherol)	67 mg $\alpha$ -TE	558
Sunflower Oil	34 mg	

\*EC RDA = EC Recommended Daily Allowance

## Natural Source Vitamin E 134 mg (200 IU) Dry



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
Available in bottles of 50 vegetable capsules  
**UPC: E3380**

**WARNING:**  
If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Vitamin E (200 IU, as d-alpha tocopheryl succinate)	134 mg $\alpha$ -TE	1117
Bulking Agent: microcrystalline cellulose		
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide		

\*EC RDA = EC Recommended Daily Allowance

VITAMIN E

VITAMIN E

## Natural Source Vitamin E 268 mg (400 IU) Dry



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 vegetable capsules

**UPC: E3400**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Vitamin E (400 IU, as d-alpha tocopheryl succinate)	268 mg α-TE	2233
Bulking Agent: microcrystalline cellulose		
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide		

\*EC RDA = EC Recommended Daily Allowance

# Fibre

DIETARY FIBRE is defined as all food substances that our Digestive Enzymes cannot break down and utilise as energy. All fibres fall into two basic categories: *water soluble* and *water insoluble* that are further divided into five subclasses: cellulose, hemicellulose, lignin, pectin and gum. In the diet, insoluble fibres are typically found in wheat bran, wholegrains, skins of fruits/vegetables and nuts. Soluble fibres on the other hand, may be found in oats, pectin, guar, barley, beans and sea vegetables. The health benefits of insoluble and soluble fibres have been well documented. There are some nutrients contained in fibre that may be extracted for the body to use, but the basic fibre structure passes through our digestive tract to clean our intestines and give more bulk to the stool. It actually helps the bowels to function more efficiently.

More specifically, insoluble fibres absorb large amounts of water, stimulate the intestinal tract and provide gastrointestinal benefits. Soluble fibres are characteristically sticky and mesh with water to form gels. They modulate blood glucose by slowing its absorption into the bloodstream. In addition, they lower elevated blood cholesterol by binding bile salts that cause the body to break down more cholesterol to manufacture more bile salts. Furthermore, they chelate toxins (e.g. heavy metals) in the intestinal tract.

National food surveys reveal that westerners only consume approximately one third of the fibre they need. While the government suggests five servings per day of fresh fruits and vegetables, the average is closer to two. The average low-fibre diet provides only 10-20 grams of fibre daily. Simple modifications to one's diet may be made to increase dietary fibre such as; including a high-fibre cereal for breakfast, choosing brown rice over white rice, including 2-3 pieces of fresh fruit (with skins) in between meals, etc. Additionally, high-fibre supplements may also be used to complement one's dietary need for increased fibre intake.

**Category Highlights**

SOLGAR OFFERS:

- A well rounded selection of individual soluble and insoluble plant fibres
- Multiple Fibre Formula containing a synergistic blend of nature's best soluble and insoluble plant fibres especially designed to have a more gentle effect on the intestinal tract



## 100% Pure Apple Pectin Powder

A Natural, High Methoxyl Dietary Source of Soluble Fibre



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 113 g (4 oz.)

**UPC: E120**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**CAUTION:**

A very small percentage of individuals who are occupationally exposed to psyllium dust or powder may develop a sensitivity to psyllium. This sensitivity may result in an allergic reaction.

**Directions for use:**

As a food supplement for adults, mix one quarter (1/4) teaspoonful in 8 fl. oz. of water or juice or may be sprinkled on cereal or incorporated in gravies or sauces, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each quarter (1/4) teaspoonful provides approximately:**

100% High Methoxyl Apple Pectin Powder	1000 mg (1 g)
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## Multiple Fibre Formula

A Synergistic Blend of Nature's Best Soluble and Insoluble Plant Fibres



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 120 vegetable capsules

**UPC: E1787**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, two (2) to six (6) vegetable capsules daily with a large glass of water (250 ml), distributed throughout the day, preferably away from meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Two (2) vegetable capsules provide:**

Multiple Fibre Formula	1000 mg (1 g)
Derived From:	
Powdered Soluble Fibres:	
Oat Bran	200 mg
Apple Pectin	200 mg
Grapefruit Pectin	200 mg
Powdered Insoluble Fibres:	
Flaxseed Meal	200 mg
Psyllium Seed Husks	200 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: vegetable magnesium stearate*, silicon dioxide	

\*Made from vegetable stearic acid



## Oat Bran 750 mg



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR AND SALT FREE**  
 Available in bottles of 100 tablets  
**UPC: E2035**

**WARNING:**  
 If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, four (4) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Four (4) tablets provide:

Powdered Oat Bran (contains gluten)	3000 mg
Anti-caking Agents: vegetable stearic acid, silicon dioxide	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose	
Glazing Agent: hydroxypropylmethyl cellulose	
Vegetable Glycerin	

## Psyllium Husks Fibre 500 mg



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 200 vegetable capsules  
**UPC: E2315**

**WARNING:**  
 If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, two (2) vegetable capsules daily with a large glass of juice or water (250 ml), or as directed by a healthcare practitioner. Do not exceed directions for use.

### Two (2) vegetable capsules provide:

Powdered Psyllium Husks Fibre	1000 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agent: magnesium stearate*	

\*Made from vegetable stearic acid

## 100% Pure Psyllium Husks Fibre

A Natural Dietary Source of Fibre



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 168 g (6 oz.)  
and 280 g (10 oz.)

**UPC:** E2310, E2311

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**CAUTION:**

A very small percentage of individuals who are occupationally exposed to psyllium dust or powder may develop a sensitivity to psyllium. This sensitivity may result in an allergic reaction.

**Directions for use:**

As a food supplement for adults, one (1) level tablespoonful (approx. 5.8 g) daily with a minimum of 225 ml (8 fl. oz.) of juice or liquids, preferably in between meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each level tablespoonful provides:**

Psyllium Husks Fibre	approx. 5.8 g
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Solgar also offers a wide variety of fibre supplements of the highest quality and purity including Apple Pectin Powder, Oat Bran tablets and Multiple Fibre Formula vegetable capsules.

# Food Supplements

THE FOOD SUPPLEMENTS category is comprised of concentrated foods and Botanical Extracts which provide additional nutrient value to a person's diet when combined or taken in conjunction with food. Products such as Brewer's Yeast are rich sources of Protein, Vitamins, Minerals and Amino Acids - in the same forms as they occur in nature.

Some Food Supplements can be mixed with juices, sprinkled on salads or cereals, and incorporated into breads and sauces. Others are offered as tablets or capsules for easy and palatable ingestion. Others are available in concentrated forms that provide optimal nutritional benefits in small, manageable portions.

**Category Highlights**

SOLGAR OFFERS:

- Botanical Female Complex vegetable capsules - Menopausal symptoms are very common and can be an extremely debilitating part of a woman's life. Botanical Female Complex combines the synergy of traditional Botanical extracts and wholefoods to help bring relief and support female menopausal health. This formula may also be beneficial for optimising hormonal balance in younger women
- Cran Flora with Probiotics - Cran Flora is formulated especially for those seeking support for urinary tract, gastro-intestinal and immune health. This high potency Cranberry formula contains the equivalent of 40 g of fresh Cranberries, and is rich in Proanthocyanadins, known for their protective effects upon the urinary tract. The formula provides additional immune support through the inclusion of high levels of the probiotic *L. acidophilus* and Ester-C® (a buffered, non-acidic form of Vitamin C formulated to be gentle on the stomach)
- Cherry Turmeric Complex vegetable capsules - This innovative complex provides a wide array of Botanicals and spices containing some of the most researched anti-inflammatory phytonutrients known to support human health.

Montmorency Cherry naturally contains polyphenolic antioxidant compounds which help fight free radicals known to cause oxidative damage to the body's cells. Much research has also been conducted on the role of Curcumin - the primary active compound in Turmeric, in inhibiting NF kappa-B, a major inflammatory agent.

In addition this formula benefits from the added anti-inflammatory and antioxidant properties of Ginger, Cayenne, Black Pepper and Quercetin



## Acai Extract

Brazilian Berry



**SUGAR AND SALT FREE**

Available in bottles of 60 softgels

**UPC:** E47

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, two (2) softgels daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Two (2) softgels provide:**

Soybean Oil	
Softgel Capsule Shell: gelatin, vegetable glycerin	
Yellow Beeswax	
Acai Extract ( <i>Euterpe oleracea</i> ) (fruit)	50 mg
(20:1 extract equivalent to 1000 mg of raw berry powder)	
Colour: caramel	
Soy Lecithin	
Anti-caking Agent: silicon dioxide	

## Super Acai Extract

Brazilian Berry



**SUGAR AND SALT FREE**

Available in bottles of 50 softgels

**UPC:** E63

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, two (2) softgels daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Two (2) softgels provide:**

Soybean Oil	
Softgel Capsule Shell: gelatin, vegetable glycerin	
Yellow Beeswax	
Acai Extract ( <i>Euterpe oleracea</i> ) (fruit)	150 mg
(20:1 extract equivalent to 3000 mg of raw berry powder)	
Colour: caramel	
Soy Lecithin	
Anti-caking Agent: silicon dioxide	



## Alfalfa 600 mg



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 100 tablets  
**UPC: E40**

**WARNING:**  
 If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

### Directions for use:

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Alfalfa Plant Powder ( <i>Medicago sativa</i> )	600 mg	
Calcium (as carbonate)	25 mg	3
Anti-caking Agent: silicon dioxide		

\*EC RDA = EC Recommended Daily Allowance

## Bilberry Horse Chestnut Complex



**SUITABLE FOR VEGANS**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 60 vegetable capsules  
**UPC: E51283**

**WARNING:**  
 Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before use.

### Directions for use:

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each vegetable capsule provides:

Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bromelain (2000 GDU* per gram from fresh pineapple)	100 mg
Bilberry Fruit Extract 4:1 ( <i>Vaccinium myrtillus</i> ) (equivalent to 400 mg of fruit)	100 mg
Rutin (from <i>Dimorphandra mollis</i> )	50 mg
Horse Chestnut Extract 4:1 ( <i>Aesculus hippocastanum</i> ) (equivalent to 300 mg of seed)	75 mg
Grape Seed Extract (providing 45 mg polyphenols [90%])	50 mg
Yarrow Extract 4:1 ( <i>Achillea millefolium</i> ) (equivalent to 200 mg of leaf and flower)	50 mg
Lime Blossom Extract 4:1 ( <i>Tilia spp.</i> ) (equivalent to 200 mg of flower)	50 mg
Hawthorn Berry Extract 4:1 ( <i>Crataegus oxyacantha</i> ) (equivalent to 200 mg of berry)	50 mg

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Gotu Kola Extract 4:1 ( <i>Centella asiatica</i> ) (equivalent to 200 mg of aerial)	50 mg
Cayenne ( <i>Capsicum annuum</i> ) (fruit)	25 mg
Bulking Agent: microcrystalline cellulose	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate	

\*Gelatin Digesting Units

## Botanical Female Complex



SUITABLE FOR VEGANS

SUGAR, SALT AND STARCH FREE

Available in bottles of 30 vegetable capsules

UPC: E51286

**WARNING:**

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before use.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Red Clover ( <i>Trifolium pratense</i> ) (flower)	100 mg
Sage Leaf Extract 4:1 ( <i>Salvia officinalis</i> ) (equivalent to 400 mg of leaf)	100 mg
Hops Extract (Lifeno <sup>®</sup> ) ( <i>Humulus lupulus</i> ) (flower) (providing 100 µg 8-prenylnaringenin)	85 mg
Base Blend (Montmorency Cherry Powder [ <i>Prunus cerasus</i> ] [fruit], Kelp [ <i>Ascophyllum nodosum</i> ] [whole plant], Beetroot Red Powder)	50 mg
Flaxseed Powder	50 mg
Liquorice Root Extract 4:1 ( <i>Glycyrrhiza glabra</i> ) (equivalent to 200 mg of root)	50 mg

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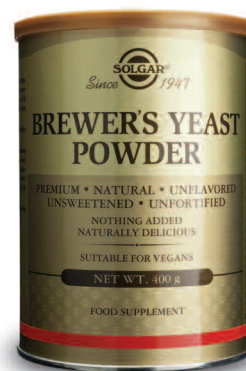
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Broccoli Powder (flower)	50 mg
Turmeric Root Extract 4:1 ( <i>Curcuma longa</i> ) (equivalent to 200 mg of root)	50 mg
Dandelion Leaf Extract 4:1 ( <i>Taraxacum officinale</i> ) (equivalent to 200 mg of leaf)	50 mg
Grape Seed Powdered Extract (providing 22.5 mg [90%] polyphenols)	25 mg
Schisandra Berry Extract 4:1 ( <i>Schisandra chinensis</i> ) (equivalent to 100 mg of berry)	25 mg
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate	

Lifenol® is a trademark of Naturex S.A.

## Brewer's Yeast Powder

Premium, Natural, Unflavoured, Unsweetened, Unfortified  
Nothing Added Naturally Delicious



### SUITABLE FOR VEGANS

Available in 400 g tubs

UPC: E380

### WARNING:

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product. Avoid this product if you are allergic to yeast.

### Directions for use:

As a food supplement for adults, two (2) tablespoons (30 g) daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use. Solgar® Brewer's Yeast may be used alone or sprinkled on cereals, salads, soups, gravies, juices or baked goods for its flavour and nutritional benefits.

Two (2) tablespoons provide:	%EC RDA *	
Brewer's Yeast (contains wheat and gluten)	30 mg	
Typically Providing:		
Vitamin A	56 µg RE	7
Vitamin B1 (thiamin)	0.4 mg	36
Vitamin B2 (riboflavin)	6 mg	428
Niacin	2.5 mg NE	16
Vitamin B6	0.4 mg	29
Folic Acid	83 µg	42
Vitamin B12	4 µg	160
D-Biotin	1.2 µg	2
Pantothenic Acid	2 mg	33
Manganese	0.19 mg	10
Iron	1.5 mg	11
Choline	28 mg	

\*EC RDA = EC Recommended Daily Allowance

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**Typical Naturally Occurring Amino Acid Profile Per Serving: \* \***

L-Alanine	1080 mg
L-Arginine	750 mg
L-Aspartic Acid	1710 mg
L-Cysteine	270 mg
L-Glutamic Acid	3330 mg
L-Glycine	780 mg
L-Histidine	870 mg
L-Isoleucine	750 mg
L-Leucine	1230 mg
L-Lysine	1170 mg
L-Methionine	270 mg
L-Phenylalanine	750 mg
L-Proline	660 mg
L-Serine	930 mg
L-Threonine	930 mg
L-Tryptophan	120 mg
L-Tyrosine	330 mg
L-Valine	90 mg

\*\*Approximate values

NOTE: L-Tryptophan is naturally occurring, not added. EC RDA = EC Recommended Daily Allowance

Description: A completely natural primary Brewer's Yeast (*Saccharomyces cerevisiae*) that provides a source of amino acids, B-complex vitamins and minerals.

Source: Most Brewer's Yeasts are derived from the fermentation of beer. Such fermentation involves using grain (such as rice or wheat), malt, active yeast and the dried flowers of hops. The addition of hops to the fermentation gives a characteristic flavour to beer but imparts a bitter taste to the dried Brewer's Yeast obtained as a by-product. Although efforts are made to debitter the yeast prior to final drying operations, most Brewer's Yeasts are, nevertheless, left with a detectable bitter flavour.

**Brewer's Yeast**

with Vitamin B12



SUITABLE FOR VEGANS · KOSHER

SUGAR AND STARCH FREE

Available in bottles of 250 tablets

UPC: E400

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, six (6) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Six (6) tablets provide:	%EC RDA *	
Brewer's Yeast Powder (from barley, wheat)	3000 mg	
Anti-caking Agents: vegetable stearic acid, silicon dioxide		
Vitamin B12 (as cyanocobalamin prep.)	5 µg	200

\*EC RDA = EC Recommended Daily Allowance

## Beetroot Extract 500 mg

(*Beta vulgaris*)



SUITABLE FOR VEGANS · KOSHER

SUGAR, SALT AND STARCH FREE

Available in bottles of 90 vegetable capsules

UPC: E34744

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**PLEASE NOTE:**

Due to the bright colour of this extract it can alter the normal colour of your urine. Although this should not continue when no longer consuming this product, please seek medical advice should a change in urine colour continue beyond 24/48 hours after discontinuing this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule, up to three (3) times daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Beetroot Extract ( <i>Beta vulgaris</i> )	500 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bulking Agent: microcrystalline cellulose	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate	

## Cherry Turmeric Complex



SUITABLE FOR VEGANS · KOSHER

SUGAR, SALT AND STARCH FREE

Available in bottles of 60 vegetable capsules

UPC: E36213

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Turmeric Root ( <i>Curcuma longa</i> ) Extract (equivalent to 720 mg of root)	180 mg
Montmorency Cherry ( <i>Prunus cerasus</i> ) (fruit) Extract (equivalent to 540 mg of fruit)	135 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Ginger Root ( <i>Zingiber officinale</i> ) Extract (equivalent to 450 mg of root)	112.5 mg
Quercetin	50 mg
Bulking Agent: microcrystalline cellulose	
Cayenne from Raw Cayenne Powder ( <i>Capsicum annuum</i> ) (fruit)	22.5 mg
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate	
Bioperine®* (Black Pepper Extract) ( <i>Piper nigrum</i> ) (fruit)	2.5 mg

\*Bioperine® is a registered trademark of Sabinsa Corporation.



## Chlorella 520 mg

(Broken cell-wall)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 100 vegetable capsules

**UPC:** E3818

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Chlorella Powder (broken cell-wall) (from dried and milled green micro-algae, providing minimum of 10 mg chlorophyll)	520 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bulking Agent: microcrystalline cellulose	
Anti-caking Agent: vegetable magnesium stearate*	

\*Made from vegetable stearic acid

Solgar's broken cell-wall Chlorella offers exceptional digestibility for maximum absorption and utilisation of the single cell algae's constituents. Chlorella contains a broad variety of naturally occurring nutrients.

## Cinnamon

(Cinnamomum cassia)



**SUITABLE FOR VEGANS**

Available in bottles of 100 vegetable capsules

**UPC:** E877

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

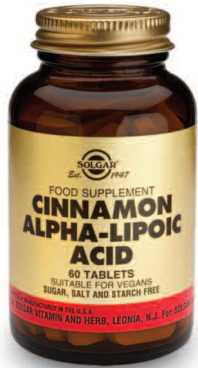
**Each vegetable capsule provides:**

Cinnamon Extract (4:1) [bark]	300 mg
Raw Cinnamon Powder [bark]	200 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: vegetable magnesium stearate*, silicon dioxide	
Cellulose Gum	

\*Made from vegetable stearic acid



## Cinnamon Alpha-Lipoic Acid



**SUITABLE FOR VEGANS**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 60 tablets  
**UPC: E878**

**WARNING:**  
 If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

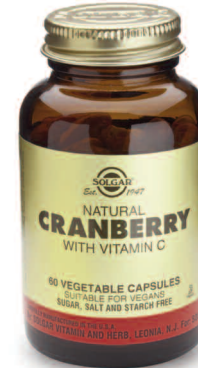
### Directions for use:

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each tablet provides:

Cinnamon Extract ( <i>Cinnamomum cassia</i> ) [bark]	350 mg
Bulking Agent: microcrystalline cellulose	
Alpha Lipoic Acid (as thioctic acid)	150 mg
Cellulose Gum	
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide	
Glazing Agent: hydroxypropylmethyl cellulose	
Vegetable Glycerin	

## Natural Cranberry with Vitamin C



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 60 vegetable capsules  
**UPC: E955**

**WARNING:**  
 If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) to two (2) vegetable capsules daily, prior to meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each vegetable capsule provides:

		%EC RDA *
Cranberry Concentrate Powder	400 mg	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Vitamin C (as ascorbic acid)	60 mg	75
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		

\*EC RDA = EC Recommended Daily Allowance

Solgar's Natural Cranberry vegetable capsules are derived exclusively from fresh cranberries.



## Cranberry Cran Flora

with Probiotics plus Ester-C®



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 vegetable capsules

**UPC: E31405**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, two (2) vegetable capsules daily, prior to meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Two (2) vegetable capsules provide:</b>	<b>%EC RDA *</b>	
Cranberry (50:1 concentrate) (equivalent to 40,000 mg [40 g] of fresh cranberries)	800 mg	
Vitamin C (as Ester-C® calcium ascorbate)	200 mg	250
<i>L. Acidophilus</i> (providing 6 billion microorganisms)	60 mg	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide		

\*EC RDA = EC Recommended Daily Allowance

Ester-C® is a trademark of The Ester C Company. Manufactured under U.S. Pat. No.'s 6,197,813 and 6,878,744 and corresponding foreign patents.

## Garlic Oil

Reduced Odour



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 softgels

**UPC: E1220**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Each softgel provides:</b>	
Safflower Oil	284 mg
Softgel Capsule Shell: gelatin, glycerin	
Garlic Oil Concentrate (from approximately 500 mg of fresh garlic bulbs)	1 mg

Solgar® Garlic Oil softgels are specially processed in order to reduce the odiferous nature of garlic while preserving the naturally occurring nutrients and active constituents as found in whole garlic.



## Garlic Powder 500 mg

Certified Allicin Content  
Reduced Odour



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
Available in bottles of 90 vegetable capsules  
**UPC: E1197**

**WARNING:**  
If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) or two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each vegetable capsule provides:

Garlic Clove ( <i>Allium sativum</i> ) Powder	500 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	

### Certified to contain a minimum of these important constituents per 2 vegetable capsules (1 gram):

Allicin Yield	1500 µg
Thiosulfinates	1600 µg
Alliin	10000 µg
Gamma-glutamylcysteines	16000 µg

Solgar's Garlic Powder is produced from garlic bulbs that are grown without the use of artificial pesticides and fertilizers and are certified by Quality Assurance International to be in accordance with their standards.

## Liver Tablets

with Vitamin B12  
100% Argentinian Beef Liver · Desiccated · Defatted



**SUGAR AND STARCH FREE**  
Available in bottles of 100 tablets  
**UPC: E1660**

**WARNING:**  
If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Three (3) tablets provide:

	%EC RDA *	
Argentinian Beef Liver Powder (desiccated and defatted)	2160 mg	
Bulking Agents: microcrystalline cellulose, hydroxypropyl cellulose		
Anti-caking Agents: vegetable stearic acid, silicon dioxide		
Cellulose Gum		
Vitamin B12 (as cyanocobalamin prep.)	100 µg	4000

\*EC RDA = EC Recommended Daily Allowance





## Bee Pollen Nuggets



**NO ADDED SALT OR STARCH**

Available in bottles of 6 oz. (170 g)

UPC: E2220

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) teaspoonfuls daily, or as directed by a healthcare practitioner. This product is edible as it is or it may be blended or mixed with other foods. Do not exceed directions for use.

**Each teaspoonful provides:**

Bee Pollen	5 grams
No Excipients	

Bee pollen is a natural source of nutrients: protein (15% or more) including all 8 essential amino acids, vitamins, minerals and trace elements. Solgar's Bee Pollen is gathered in areas that are not treated with pesticides or herbicides to ensure the utmost purity and nutritional value.

## Bee Pollen 500 mg



**SUITABLE FOR VEGETARIANS · KOSHER**

Available in bottles of 100 tablets

UPC: E2240

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

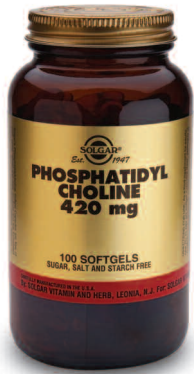
As a food supplement for adults, one (1) or two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. May be swallowed whole or chewed. Do not exceed directions for use.

**Each tablet provides:**

Bee Pollen	500 mg
Anti-caking Agent: silicon dioxide	

Solgar's Bee Pollen tablets provide a source of pure bee pollen gathered by bees from flowers of Southern Europe.

## Phosphatidyl Choline 420 mg



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 softgels

**UPC:** E2210

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) softgels daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

Phosphatidylcholine (as fractionated soya bean lecithin)	420 mg
Softgel Capsule Shell: gelatin, glycerin	

## Pomegranate Complex



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 90 vegetable capsules

**UPC:** E2245

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Three (3) vegetable capsules provide:**

Standardised Pomegranate Whole Fruit Extract ( <i>Punica granatum L.</i> )	900 mg
Providing:	
Polyphenols	450 mg [50%]
Punicalagens	270 mg [30%]
Gallic Acid	2.7 mg [0.3%]
L-Arginine	750 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bulking Agent: microcrystalline cellulose	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate	
Cellulose Gum	
Folic Acid	400 µg

## Reishi Shiitake Maitake Mushroom Extract



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 vegetable capsules

**UPC: E2327**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

**Reishi (*Ganoderma lucidum*)**

Reishi Mushroom Powder	100 mg
Standardised Red Reishi Mushroom Powdered Extract (1.2 mg [4%] triterpenes, 3.75 mg [12.5%] polysaccharides)	30 mg

**Shiitake (*Lentinus edodes*)**

Shiitake Mushroom Powder	100 mg
Shiitake Mushroom Powdered Extract (20:1)	1.5 mg

**Maitake (*Grifola frondosa*)**

Maitake Mushroom Powdered Extract (4:1)	100 mg
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Vegetable Capsule Shell: hydroxypropylmethyl cellulose

Bulking Agent: microcrystalline cellulose

Anti-caking Agent: vegetable magnesium stearate

## Soya Lecithin 1360 mg



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 and 250 softgels

**UPC: E1540, E1541**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel, up to six times daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

Soya Lecithin	1360 mg
Softgel Capsule Shell: gelatin (from bovine), vegetable glycerin (from palm kernel oil and coconut oil)	



## Soya Lecithin Granules

Obtained from Soybeans  
A Nutritional Supplement which may be used as Part of the Daily Diet



**SUITABLE FOR VEGANS**  
**SUGAR, SALT AND STARCH FREE**  
Available in 227 g and 454 g tubs  
**UPC: E1560, E1561**

**WARNING:**  
If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) to two (2) scoops (7.5 g to 15 g) daily, preferably with a meal, or as directed by a healthcare practitioner. May be sprinkled onto food. Do not exceed directions for use.

### Each scoop (7.5 g) provides:

Soya Lecithin Granules	7.5 g
No excipients	

## Spirulina 750 mg

Plant Plankton



**SUITABLE FOR VEGANS · KOSHER**  
Available in bottles of 100 tablets  
**UPC: E2660**

**WARNING:**  
If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, four (4) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Four (4) tablets provide:

Spirulina ( <i>Arthrospira platensis</i> )	3000 mg
Cellulose Gum	
Guar Gum	
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate	
Bulking Agent: mannitol	
Citric Acid	

Spirulina is a microscopic plant organism made directly by the interaction of sunlight and water (photosynthesis). It is a concentrated nutrient dense wholefood containing a complete array of important nutrients.

## Wild Oregano Oil

(*Origanum vulgare*)



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 softgels

**UPC:** E2029

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

Wild Oregano Blend	175 mg
Contains:	
Extra Virgin Olive Oil	
Oregano Oil ( <i>Origanum vulgare</i> ) (aerial)	17.5 mg
Softgel Capsule Shell: gelatin, glycerin	

# Gold Specifics™

SOLGAR'S *GOLD SPECIFICS*™ are a premium range of natural combination formulas that get right to the point by aiding and supporting specific functions in the body. They're the cutting edge of nutritional science.

To create *Gold Specifics*™, our researchers utilised the latest studies and the most advanced nutritional technology. Never before have we had such a wealth of research about natural constituents and how they work in the body. Now we have clear understandings of their significant, and highly specific, physiological benefits.

As a result *Gold Specifics*™ are revolutionary formulas, synergistic blends of Vitamins, Chelated Minerals, Free-Form Amino Acids, Advanced Phytonutrients, Antioxidants and Standardised Botanicals. All incorporate the most innovative ingredients available today. All offer precise nutrient levels to ensure optimal results and proper nutrient forms for efficient absorption and utilisation.

The *Gold Specifics*™ formulations can be taken with your favourite Multivitamin and Antioxidant Formula.



## Gold Specifics™ Homocysteine Modulators

with Vitamin B6, B12 and Folic Acid



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 vegetable capsules

**UPC: E1410**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

†Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Two (2) vegetable capsules provide:</b>	<b>%EC RDA *</b>	
Trimethylglycine (from beets)	1000 mg	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate		
Vitamin B6		4000
Pyridoxine hydrochloride	50 mg†	
Pyridoxal-5-phosphate	6 mg	
Vitamin B12 (as cyanocobalamin prep.)	500 µg	20000
Bulking Agent: microcrystalline cellulose		
Folic Acid (as pteroylmonoglutamic acid)	400 µg	200
Antioxidant (powdered blend** of beta-carotene prep. and ascorbic acid)		

\*EC RDA = EC Recommended Daily Allowance

\*\*Phyto<sub>2</sub>X® is a special blend of natural source antioxidants, the purpose of which is to maintain the freshness of the ingredients.

## Gold Specifics™ Antioxidant Free Radical Modulators



**SUITABLE FOR VEGANS**

**SUGAR AND SALT FREE**

Available in bottles of 60 vegetable capsules

**UPC: E118**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults only, two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Two (2) vegetable capsules provide:</b>	<b>%EC RDA *</b>	
Vitamin C (as Ester-C®, calcium ascorbate)	200 mg	250
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Tocotrienols (alpha, beta, gamma and delta)	11 mg	
Mixed Tocopherols (as prep.)	40 mg	
N-Acetyl-Cysteine (NAC)	100 mg	
Mixed Carotenoid Complex (as tomato and marigold oleoresins, palm fruit concentrate prep.)		
Providing:		
Lutein	1000 µg	
Lycopene	1000 µg	
Alpha-carotene	340 µg	
Zeaxanthin	50 µg	

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Vitamin E (100 IU, as d-alpha tocopheryl acid succinate)	67 mg α-TE	558
Zinc (as bisglycinate†)	10 mg	100
Natural Source Beta-carotene (as mixed carotenoids prep.)	4 mg	
Anti-caking Agents: vegetable magnesium stearate, vegetable stearic acid		
Alpha Lipoic Acid (ALA)	30 mg	
Standardised Mixed Fruit Powdered Extracts (10 mg [40%] polyphenols; apple, apricot, nectarine, cherry, prune and pomegranate)	25 mg	
Grape Seed Powdered Extract	15 mg	
Standardised Ginkgo biloba Leaf Powdered Extract (4 mg [24%] ginkgo flavoglycosides, 1 mg [6%] terpene lactones)	15 mg	
Standardised Turmeric Root Powdered Extract (14 mg [93%] curcuminoids)	15 mg	
Standardised Bilberry Powdered Extract (3.75 mg [25%] anthocyanidins)	15 mg	
Standardised Green Tea Leaf Powdered Extract (7.5 mg [50%] polyphenols)	15 mg	
Pine Bark Powdered Extract (9 mg [60%] phenolics)	15 mg	
Copper (as bisglycinate†)	1000 µg	100
Antioxidant (powdered blend** of beta-carotene prep. and ascorbic acid)		
Bulking Agent: microcrystalline cellulose		
Selenium (as L-selenomethionine)	25 µg	45

\*EC RDA = EC Recommended Daily Allowance

\*\*PhytO<sub>2</sub>X® is a special blend of natural source antioxidants, the purpose of which is to maintain the freshness of the ingredients.

†Fully reacted chelates, Albion International Inc., US patent No.'s 5,516,925 and 6,716,814.

Ester-C® is a trademark of The Ester C Company. Manufactured under U.S. Pat. No.'s 6,197,813 and 6,878,744 and corresponding foreign patents.

## Gold Specifics™ Cardiovascular Support

Advanced Nutrient / Phytonutrient Formula



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 tablets

**UPC: E557**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, three (3) tablets daily, preferably with a carbohydrate meal, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Three (3) tablets provide:</b>	<b>%EC RDA *</b>
Taurine	800 mg
TMG (trimethylglycine, from beets)	800 mg
Bulking Agent: microcrystalline cellulose	
Magnesium (as a fully reacted glycinate†, oxide)	200 mg 53
Anti-caking Agents: vegetable stearic acid, silicon dioxide, magnesium stearate**	
Soy Bean Germ Powder†† (providing 8 mg [2%] isoflavones)	400 mg
L-Carnitine	300 mg
Cellulose Gum	
Glazing Agent: hydroxypropylmethyl cellulose	
Cayenne Fruit Powder	100 mg

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GOLD SPECIFICS™

GOLD SPECIFICS™



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Colours: titanium dioxide, anthocyanins  
(from grape skin)

Coenzyme Q-10 (ubiquinone) 60 mg

Grape Seed Powdered Extract 50 mg

Vegetable Glycerin

Antioxidant (powdered blend\*\*\* of  
beta-carotene prep. and ascorbic acid)

\*EC RDA = EC Recommended Daily Allowance

\*\*Made from vegetable stearic acid

\*\*\*PhytO<sub>2</sub>X® is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.

†Fully reacted chelates, Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes.

††Soy From Nature™

## Gold Specifics™ Energy Modulators

Advanced Multi-Nutrient / Herbal Supplement



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 vegetable capsules

**UPC: E1062**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Two (2) vegetable capsules provide:</b>	<b>%EC RDA *</b>	
Bulking Agent: microcrystalline cellulose		
Creatine Monohydrate	250 mg	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Standardised Korean Ginseng Root Powdered Extract ( <i>Panax</i> , 8 mg [8%] ginsenosides)	100 mg	
Standardised American Ginseng Root Powdered Extract (10 mg [10%] ginsenosides)	100 mg	
Standardised Siberian Ginseng Root Powdered Extract (0.8 mg [0.8%] eleutherosides E and B)	100 mg	
Alpha Lipoic Acid	60 mg	
Coenzyme Q-10 (ubiquinone)	60 mg	
Niacin (as nicotinamide) (vitamin B3)	25 mg NE	156

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GOLD SPECIFICS™

GOLD SPECIFICS™





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Anti-caking Agent: vegetable magnesium stearate		
Vitamin B12 (as cyanocobalamin prep.)	100 µg	4000
Antioxidant (powdered blend** of beta-carotene prep. and ascorbic acid)		

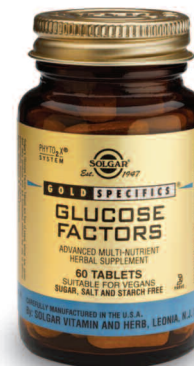
\*EC RDA = EC Recommended Daily Allowance

\*\*PhytO<sub>2</sub>X® is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.

GOLD SPECIFICS™

## Gold Specifics™ Glucose Factors

Advanced Multi-Nutrient / Herbal Supplement



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 tablets

**UPC:** E1295

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**DIABETICS:**

Use only under a physician's supervision. This product is not intended for people with Hypoglycemia.

**Directions for use:**

As a food supplement for adults, two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Two (2) tablets provide:</b>	<b>%EC RDA *</b>	
Bulking Agent: microcrystalline cellulose		
Magnesium (as oxide)	200 mg	53
Inulin Powder	300 mg	
Standardised <i>Momordica charantia</i> Fruit	100 mg	
Powdered Extract (0.5 mg [0.5%] charantin, 7 mg [7%] bitter principles)		
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate		
Cellulose Gum		
Alpha Lipoic Acid	30 mg	
Fenugreek Seed Powdered Extract (4:1)	30 mg	
Green Tea Leaf Powdered Extract (15 mg [50%] polyphenols)	30 mg	

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GOLD SPECIFICS™



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Glazing Agent: hydroxypropylmethyl cellulose		
Zinc (as citrate)	5 mg	50
Antioxidant (powdered blend** of beta-carotene prep. and ascorbic acid)		
Niacin (B3, as nicotinamide)	10 mg NE	62
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	357
Vegetable Glycerin		
Chromium (as picolinate)	200 µg	500

\*EC RDA = EC Recommended Daily Allowance

\*\*PhytO<sub>2</sub>X\* is a special blend of antioxidants, the purpose of which is to maintain the freshness of the ingredients.

## Gold Specifics™ Joint Modulators

Advanced Multi-Nutrient / Herbal Supplement



Available in bottles of 60 tablets

UPC: E1486

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**DIABETICS:**

Use only under a physician's supervision.

**Directions for use:**

As a food supplement for adults, two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Two (2) tablets provide:	%EC RDA *	
Glucosamine Sulphate (as glucosamine sulphate, potassium chloride) (from shell-fish)	1000 mg	
DLPA (as DL-phenylalanine)	400 mg	
Bulking Agent: microcrystalline cellulose		
L-Proline	200 mg	
Standardised Turmeric Powdered Extract (186 mg [93%] curcuminoids)	200 mg	
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate, silicon dioxide		
Niacin (as nicotinamide)	100 mg NE	625
Vitamin C (as L-Ascorbic acid)	100 mg	125
Grape Seed Powdered Extract (70 mg [70%] polyphenols)	100 mg	

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GOLD SPECIFICS™

GOLD SPECIFICS™



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Cellulose Gum		
Glazing Agents: hydroxypropylmethyl cellulose, vegetable glycerin (from palm kernel oil and coconut oil)		
Colours: titanium dioxide, grape skin		
Manganese (as bisglycinate <sup>†</sup> )	4 mg	200
Antioxidant (powdered blend** of beta-carotene and ascorbic acid)		

\*EC RDA = EC Recommended Daily Allowance

\*\*Phyto<sub>2</sub>X<sup>®</sup> is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.

<sup>†</sup>Albion International Inc., US patent No.'s 5,516,925 and 6,716,814

GOLD SPECIFICS™

## Gold Specifics™ Prostate Support

Advanced Phytonutrient and Mineral Formula



### SUITABLE FOR VEGANS

Available in bottles of 60 vegetable capsules

UPC: E2295

### WARNING:

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

GOLD SPECIFICS™

### Directions for use:

As a food supplement for adults, two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Two (2) vegetable capsules provide:	%EC RDA *
Bulking Agents: microcrystalline cellulose, hydroxypropyl cellulose	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Modified Citrus Pectin Powder	200 mg
Standardised Nettle Leaf Powdered Extract ( <i>Urtica dioica</i> , 1.5 mg [1%] silicic acid)	150 mg
Standardised Saw Palmetto Berry Powdered Extract ( <i>Serenoa repens</i> , 67.5 mg [45%] free fatty acids)	150 mg
Lycopene (as prep., from tomato)	7 mg
Pumpkin Seed Powder	100 mg
Soy Germ Powder <sup>††</sup> (providing 2 mg [2%] isoflavones)	100 mg

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Anti-caking Agent: vegetable magnesium stearate		
Zinc (as bisglycinate†)	10 mg	100
Antioxidant (powdered blend** of beta-carotene prep. and ascorbic acid)		
Selenium (as L-selenomethionine)	25 µg	45

\*EC RDA = EC Recommended Daily Allowance

\*\*PhytO<sub>2</sub>X® is a special blend of natural source antioxidants, the purpose of which is to maintain the freshness of the ingredients.

†Fully reacted chelates Albion process patent No.'s 5,516,925 and 6,716,814

‡Soy from Nature™

# Botanical Products

TODAY'S EMPHASIS on Wellness and a more holistic approach to healthcare has given rise to a new popularity for Botanicals. More and more people are using Botanicals for their natural, time-tested effectiveness in prevention as well as for treating a variety of ailments.

The use of Botanicals in medicine dates back thousands of years. In fact, many of today's medicines were originally derived from Botanicals. For example, aspirin once came from the white willow tree, quinine from the bark of the cinchona tree and digitalis from foxglove. Botanicals are still the basis for Chinese medicine and are important constituents of many European natural remedies. As Hippocrates said, 'Let thy food be thy medicine, thy medicine be thy food'. Solgar is committed to bringing you the best Botanical supplements available today. We apply the same high standards to our Botanicals as with the rest of our nutritional supplements.

Solgar's Botanicals are carefully selected from plants growing in the wild (wildcrafted) or meticulously cultivated on special Botanical farms. We choose the finest, freshest Botanicals based on a strict set of criteria such as, the correct geographical origin of the raw material, the authentication of the species and the quality of the raw material. Our Botanicals enter Solgar's state-of-the-art quality control microbiological laboratory where they are scientifically evaluated for their quality, purity, potency and authenticity.

Most Solgar Botanical supplements are available in vegetable capsules, our two-piece capsule made entirely from vegetable cellulose. Unlike many other encapsulated Botanical products, Solgar's Botanical supplement in vegetable capsules are completely free of animal derivatives. The clear capsule is fast dissolving and completely neutral to the Botanical contents. Vegetable capsules are free of potential irritants such as starch, sugar, preservatives and colour, making it the perfect capsule for Botanical supplements.

## Solgar Botanicals

Botanicals have been used by mankind since early history. The beneficial effects of foods beyond their nutrient function have been recognised since early times, notably in the 5th century BC by the Greek healer Hippocrates. The use of Botanicals to maintain health has been the popular choice throughout Europe for many centuries. The consumption of teas, digestive drinks, juices, elixirs and extracts prepared from Botanicals and used for health maintenance purposes has become part of European cultural heritage.

### Botanicals and Homeostasis

The use of Botanicals for health promotion purposes can be explained by their effects on the body's homeostasis. 'Homeostasis' is appropriately defined by the Council of Europe in their 2005 'Guidelines on the Quality, Safety and Marketing of Plant-based Food Supplements' as:

'...the status of a person whose physiological parameters function within the limits considered as normal'.

The body and body cells need to be in an 'internal environment' where the conditions do not change much and never reach extremes that are damaging to them. Homeostasis is the keeping of this internal environment stable.

Special 'homeostatic processes' are needed to maintain this stability, and conditions that are regulated in homeostasis include blood glucose level, temperature, water content of the body, and the amount of carbon dioxide and urea being carried by the blood. When the body is out of homeostasis – during illness – and needs to be brought into homeostasis again, medicinal products are indicated. Botanical supplements however, are taken with the aim of **supporting, maintaining** or **optimising** normal physiological processes and keeping the body in homeostasis in the best possible way.

Ref: *European Botanical Forum*

### Category Highlights

SOLGAR OFFERS:

- PhytO<sub>2</sub>x® – An antioxidant protector in each vegetable capsule that maintains the botanicals freshness, stability and integrity
- Most of the botanicals are in vegetable capsules, the first two-piece capsule derived solely from vegetable sources
- The highest quality botanicals cultivated from around the world and evaluated in Solgar's state-of-the-art quality control microbiological lab

## Artichoke Leaf Extract

(*Cynara scolymus*)



SUITABLE FOR VEGANS · KOSHER

SUGAR, SALT AND STARCH FREE

Available in bottles of 60 vegetable capsules

UPC: E36218

#### WARNING:

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

#### Directions for use:

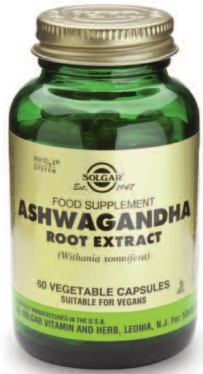
As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

#### Each vegetable capsule provides:

Artichoke Leaf Powder Extract	300 mg
(equivalent to 1200 mg <i>Cynara scolymus</i> )	
Bulking Agent: microcrystalline cellulose	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate	

## Ashwagandha Root Extract

(*Withania somnifera*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 60 vegetable capsules

**UPC:** E4104

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Standardised Ashwagandha Root Powdered Extract (1.5% [4.5 mg] withanolides)	300 mg
Raw Ashwagandha Root Powder	100 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bulking Agent: microcrystalline cellulose	
Anti-caking Agent: vegetable magnesium stearate	
Antioxidant (powdered blend* of beta-carotene prep. and ascorbic acid)	

\*PhytO<sub>2</sub>X\* is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.

## Astragalus Root Extract

(*Astragalus membranaceus*)



**SUITABLE FOR VEGANS**

Available in bottles of 60 vegetable capsules

**UPC:** E4106

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Raw Astragalus Root Powder	250 mg
Standardised Astragalus Root Powdered Extract (1 mg [0.5%] triterpene glycosides)	225 mg
Encapsulated with:	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Vegetable Magnesium Stearate*	
Antioxidant (powdered blend** of beta-carotene prep. and ascorbic acid)	

\*Made from vegetable stearic acid

\*\*PhytO<sub>2</sub>X\* is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.



## Chinese Astragalus Root

(*Astragalus membranaceus*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 100 vegetable capsules

**UPC:** E3734

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Raw Astragalus Root Powder	350 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Astragalus Root Extract (2:1) ( <i>Astragalus membranaceus</i> )	90 mg
Anti-caking Agent: vegetable magnesium stearate	
Bulking Agent: microcrystalline cellulose	

## Bilberry Berry Extract with Blueberry

(*Vaccinium myrtillus*)



**SUITABLE FOR VEGANS**

Available in bottles of 60 vegetable capsules

**UPC:** E4110

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Blueberry Berry Powder	100 mg
Bulking Agent: microcrystalline cellulose	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Standardised Bilberry Berry Extract (15 mg [25%] anthocyanosides)	60 mg
Anti-caking Agent: vegetable magnesium stearate	
Antioxidant (powdered blend* of beta-carotene prep. and ascorbic acid)	

\*PhytO<sub>2</sub>X® is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.



## Boswellia Resin Extract

(*Boswellia serrata*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 60 vegetable capsules

**UPC:** E4114

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Standardised Boswellia Resin Powdered Extract (227.5 mg [65%] boswellic acids)	350 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Raw Boswellia Resin Powder	100 mg
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide	
Antioxidant (powdered blend* of beta-carotene prep. and ascorbic acid)	

\*PhytO<sub>2</sub>X\* is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.

## Cayenne 520 mg

(*Capsicum annuum*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 100 vegetable capsules

**UPC:** E3786

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Cayenne (fruit) ( <i>Capsicum annuum</i> ) from Raw Cayenne Powder	520 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	

Cayenne is also known as chili pepper.



## Deglycyrrhised Licorice Root Extract

(*Glycyrrhiza glabra*)



### SUITABLE FOR VEGANS

Available in bottles of 60 vegetable capsules

UPC: E4118

#### WARNING:

If you are pregnant, nursing, taking medication or have a medical condition, please consult your healthcare practitioner before taking this product.

This product is not intended for those individuals with hypertension.

### Directions for use:

As a food supplement for adults, one (1) to three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each vegetable capsule provides:

Standardised Deglycyrrhised Licorice Root Powdered Extract ( $<2.5$ mg [ $<1\%$ ] glycyrrhizin)	250 mg
Raw Licorice Root Powder	225 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agent: vegetable magnesium stearate	
Antioxidant (powdered blend* of beta-carotene prep. and ascorbic acid)	

\*PhytO<sub>2</sub>X\* is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.

## Dong Quai

(*Angelica sinensis*)



### SUITABLE FOR VEGANS · KOSHER

Available in bottles of 100 vegetable capsules

UPC: E3862

#### WARNING:

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each vegetable capsule provides:

Raw Dong Quai Root Powder	200 mg
Bulking Agent: microcrystalline cellulose	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Dong Quai Root Powdered Extract (2:1) ( <i>Angelica sinensis</i> )	50 mg
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide	



## Echinacea

(*Echinacea purpurea*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 100 vegetable capsules

**UPC:** E3870

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Echinacea Herb Powder	265 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Echinacea Herb Powdered Extract (4:1) ( <i>Echinacea purpurea</i> )	65 mg
Anti-caking Agent: vegetable magnesium stearate	

## Elderberry Extract

(*Sambucus nigra*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 60 vegetable capsules

**UPC:** E4125

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Standardised Elderberry Berry Powdered Extract (45 mg [30%] polyphenols)	150 mg
Raw Elderberry Flower Powder	150 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bulking Agent: microcrystalline cellulose	
Anti-caking Agent: vegetable magnesium stearate	
Antioxidant (powdered blend* of beta-carotene prep. and ascorbic acid)	

\*PhytO<sub>2</sub>X\* is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.



## Eyebright (*Euphrasia officinalis*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 100 vegetable capsules

**UPC:** E3878

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Raw Eyebright Herb Powder	295 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Eyebright Herb Powdered Extract (4:1) ( <i>Euphrasia officinalis</i> )	57 mg
Anti-caking Agent: vegetable magnesium stearate	

## Fenugreek (*Trigonella foenum-graecum*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 100 vegetable capsules

**UPC:** E3885

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Raw Fenugreek Seed Powder	370 mg
Fenugreek Seed Powdered Extract (4:1) (equivalent to 600 mg <i>Trigonella foenum-graecum</i> )	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	



## Ginger Root Extract

(*Zingiber officinale*)



**SUITABLE FOR VEGANS**

Available in bottles of 60 vegetable capsules

**UPC:** E4126

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Standardised Ginger Root Powdered Extract (15 mg [5%] ginger phenols)	300 mg
Raw Ginger Root Powder	150 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bulking Agents: hydroxypropyl cellulose, microcrystalline cellulose	
Antioxidant (powdered blend** of beta-carotene prep. and ascorbic acid)	
Anti-caking Agent: magnesium stearate*	

\*Made from vegetable stearic acid

\*\*PhytO<sub>2</sub>X® is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.

## Ginger Root

(*Zingiber officinale*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 100 vegetable capsules

**UPC:** E3903

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Raw Ginger Root Powder ( <i>Zingiber officinale</i> )	500 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Ginger Root Powdered Extract (4:1) ( <i>Zingiber officinale</i> )	5 mg
Anti-caking Agent: vegetable magnesium stearate	



## Ginkgo 60

(*Ginkgo biloba*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 60 vegetable capsules

**UPC:** E3914

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Bulking Agent: microcrystalline cellulose	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Standardised Ginkgo biloba Leaf Powdered Extract (G.B.E.) (50:1) (14 mg [24%] ginkgo flavoglycosides, 3.6 mg [6%] total terpenoids)	60 mg
Ginkgo biloba Leaf Powder	30 mg
Anti-caking Agent: vegetable magnesium stearate	

## Green Tea Leaf Extract

(*Camellia sinensis*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 60 vegetable capsules

**UPC:** E4124

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Standardised Green Tea Leaf Powdered Extract (200 mg [50%] polyphenols)	400 mg
Raw Green Tea Leaf Powder	100 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agent: vegetable magnesium stearate	
Antioxidant (powdered blend* of beta-carotene prep. and ascorbic acid)	
Bulking Agent: microcrystalline cellulose	

\*Phyto<sub>2</sub>X\* is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.

## Chinese Green Tea

(*Camellia sinensis*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 50 vegetable capsules

**UPC:** E1375

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Green Tea Leaf Powder	395 mg
Standardised Green Tea Leaf Powdered Extract (standardised to 62.5 mg [50%] polyphenols)	125 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Ginger Root Powder	15 mg
Anti-caking Agent: vegetable magnesium stearate	

## Hawthorne Berry

(*Crataegus oxycantha*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 100 vegetable capsules

**UPC:** E3937

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Hawthorne Berry Powder	434 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Hawthorne Berry Powdered Extract ( <i>Crataegus oxycantha</i> ) (4:1)	35 mg
Anti-caking Agent: vegetable magnesium stearate	

## Korean Ginseng Root Extract

(*Panax ginseng*)



### SUITABLE FOR VEGANS

Available in bottles of 60 vegetable capsules

UPC: E4138

#### WARNING:

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) to three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each vegetable capsule provides:

Standardised Korean Ginseng ( <i>Panax</i> ) Root Powdered Extract (20 mg [8%] ginsenosides)	250 mg
Raw Korean Ginseng Root Powder	200 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bulking Agent: microcrystalline cellulose	
Anti-caking Agent: magnesium stearate*	
Antioxidant (powdered blend** of beta-carotene prep. and ascorbic acid)	

\*Made from vegetable stearic acid

\*\*Phyto<sub>2</sub>X® is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.

## Korean Ginseng

(*Panax ginseng*)



### SUITABLE FOR VEGANS · KOSHER

Available in bottles of 50 vegetable capsules

UPC: E3960

#### WARNING:

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) to three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each vegetable capsule provides:

Raw Korean Ginseng Root Powder	500 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Korean Ginseng Root Powdered Extract (4:1) ( <i>Panax ginseng</i> from traditional Korean Ginseng Root)	20 mg
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate	



## Milk Thistle

(*Silybum marianum*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 50 and 100 vegetable capsules

**UPC:** E3971, E3972

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Raw Milk Thistle Herb/Seed Powder ( <i>Silybum marianum</i> )	350 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Milk Thistle Seed Powdered Extract (total flavonoids including silymarin 80 mg [80%])	100 mg
Bulking Agent: hydroxypropyl cellulose	
Anti-caking Agent: vegetable magnesium stearate	

## Nettle Leaf Extract

(*Urtica dioica*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 60 vegetable capsules

**UPC:** E4144

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Standardised Nettle Leaf Powdered Extract (3 mg [1%] silicic acid)	275 mg
Raw Nettle Leaf Powder	200 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bulking Agents: hydroxypropyl cellulose, microcrystalline cellulose	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate	
Antioxidant (powdered blend* of beta-carotene prep. and ascorbic acid)	

\*Phyto<sub>2</sub>X\* is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.





## Olive Leaf Extract

(*Olea europaea*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 60 vegetable capsules

**UPC:** E4141

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Standardised Olive Leaf Powdered Extract (14 mg [6%] oleuropein)	225 mg
Raw Olive Leaf Powder	225 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide	
Antioxidant (powdered blend* of beta-carotene prep. and ascorbic acid)	

\*PhytO<sub>2</sub>X\* is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.

## Red Clover Flower and Leaf Extract

(*Trifolium pratense*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 60 vegetable capsules

**UPC:** E4142

**WARNING:**

If you are pregnant, nursing, taking medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Standardised Red Clover Powdered Extract (2.5 mg [1%] biochanins)	250 mg
Raw Red Clover Flower Powder	225 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agent: vegetable magnesium stearate	
Antioxidant (powdered blend* of beta-carotene and ascorbic acid)	

\*PhytO<sub>2</sub>X\* is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.



## Sage Leaf Extract

(*Salvia officinalis*)



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 vegetable capsules

**UPC: E36215**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

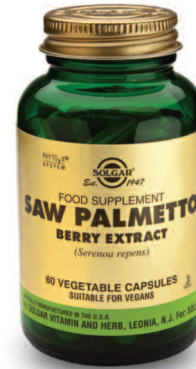
As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Sage Leaf Powder Extract (equivalent to 600 mg <i>Salvia officinalis</i> )	150 mg
Bulking Agent: microcrystalline cellulose	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate	

## Saw Palmetto Berry Extract

(*Serenoa repens*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 60 vegetable capsules

**UPC: E4143**

**WARNING:**

Not intended for use by pregnant or nursing women. If you are taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product. Not intended for use by persons under the age of 18.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Raw Saw Palmetto Berry Powder	300 mg
Standardised Saw Palmetto Berry Powdered Extract (68 mg - 75 mg [45% - 50%] free fatty acids)	150 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate	
Bulking Agents: hydroxypropyl cellulose, microcrystalline cellulose	
Antioxidant (powdered blend* of beta-carotene prep. and ascorbic acid)	

\*PhytoX® is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.

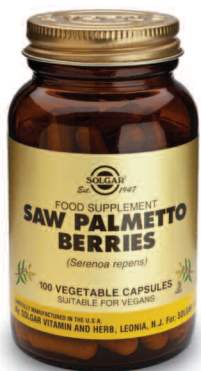
BOTANICAL PRODUCTS

BOTANICAL PRODUCTS



## Saw Palmetto Berries

(*Serenoa repens*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 100 vegetable capsules

**UPC:** E4023

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Saw Palmetto Berry Powdered Extract	300 mg
Raw Saw Palmetto Berry Powder	220 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate	

## Saw Palmetto Opuntia and Lycopene Complex



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 vegetable capsules

**UPC:** E4024

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

**%EC RDA \***

Bulking Agent: microcrystalline cellulose		
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Lycopene (as prep. [calcium alginate, pea starch, gum arabic, tomato lycopene extract])	4 mg	
Zinc (as bisglycinate†)	10 mg	100
Standardised Saw Palmetto Berries Powdered Extract ( <i>Serenoa repens</i> ) (22 mg - 25 mg [45% - 50%] free fatty acids)	50 mg	
<i>Opuntia ficus-indica</i> Flower Powder (cactus)	50 mg	
Anti-caking Agent: vegetable magnesium stearate		
Selenium (as L-selenomethionine)	25 µg	45

\*EC RDA = EC Recommended Daily Allowance

†Fully reacted chelates, Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes.



## Scutellariae

(*Scutellaria baicalensis*)



**SUITABLE FOR VEGANS**

Available in bottles of 50 vegetable capsules

**UPC:** E4994

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Raw Scutellariae Root Powder	370 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Scutellariae Root Extract (2:1) ( <i>Scutellaria baicalensis</i> )	75 mg
Anti-caking Agent: vegetable magnesium stearate	

## Siberian Ginseng Root Extract

(*Eleutherococcus senticosus*)



**SUITABLE FOR VEGANS · HALAL**

Available in bottles of 60 vegetable capsules

**UPC:** E4146

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Powdered Siberian Ginseng Root Powder	150 mg
Standardised Siberian Ginseng Root Powdered Extract (0.8 mg [0.5%] eleutheroside E, 0.5 mg [0.3%] eleutheroside B)	150 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agent: magnesium stearate*	
Antioxidant (powdered blend** of beta-carotene prep. and ascorbic acid)	

\*Made from vegetable stearic acid

\*\*PhytO<sub>2</sub>X\* is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.



## Siberian Ginseng 520 mg

(*Eleutherococcus senticosus*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 100 vegetable capsules

**UPC:** E1280

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Siberian Ginseng Root Powder ( <i>Eleutherococcus senticosus</i> )	520 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	121 mg
Anti-caking Agent: magnesium stearate*	
Cellulose Gum	

\*Made from vegetable stearic acid

## Turmeric Root Extract

(*Curcuma longa*)



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 60 vegetable capsules

**UPC:** E4161

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Standardised Turmeric Root Extract (372 mg [93%] curcuminoids)	400 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Bulking Agent: microcrystalline cellulose	
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide	
Antioxidant (powdered blend* of beta-carotene prep. and ascorbic acid)	

\*PhytoX<sup>®</sup> is a special blend of natural antioxidants, the purpose of which is to maintain the freshness of the ingredients.

## Vegetal Silica

Springtime Horsetail  
(*Equisetum arvense*)



SUITABLE FOR VEGANS · KOSHER

Available in bottles of 100 vegetable capsules

UPC: E4068

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Raw Springtime Horsetail Powder	337 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Springtime Horsetail Powdered Extract (8:1)	23 mg
Anti-caking Agent: vegetable magnesium stearate	

# Vitamin K

VITAMIN K is a fat-soluble vitamin. *Phylloquinone*, the natural Vitamin K found in Alfalfa and other foods, was discovered in Denmark and labelled Vitamin K for the Danish word, Koagulation. Food-source Phylloquinone is termed K1, while the Menaquinone produced by our intestinal bacteria is labelled Vitamin K2. A synthetic compound with the basic structure of the Quinones is Menadione, or Vitamin K3.

Vitamin K is important for proper blood clotting or coagulation in humans. It is essential for the synthesis by the liver of four blood clotting proteins. Without Vitamin K, the level of the blood clotting proteins in the blood is reduced and clotting time is prolonged. Vitamin K has also been recognised for its role in the maintenance and health of bone. Since natural Vitamin K is fat soluble, it requires bile and pancreatic juice in the intestine for maximum absorption. By contrast, some of the synthetic Vitamin K compounds (K3) are water soluble and more easily absorbed and are subsequently used by people who may not tolerate natural Vitamin K well, such as those with decreased bile acid secretion. Absorption of Vitamin K takes place mainly in the upper part of the small intestine with the help of bile or bile salts and pancreatic juices and then carried to the liver for the synthesis of prothrombin, a key blood-clotting factor.

Vitamin K is found in both plant and animal sources in nature. Good supplies are found in dark leafy greens, most green plants, Alfalfa and Kelp. Blackstrap molasses and the polyunsaturated oils such as Safflower also contain some Vitamin K. In animal-source foods, Vitamin K is found in liver, milk, yoghurt, egg yolks and fish liver oils. The best source for humans is that made by the intestinal bacteria which is why Vitamin K supplementation is particularly important for those whose normal balance of intestinal flora has been disrupted.

K2 is a more active form than K1 and has been found to have additional benefits for arterial health.

**Category Highlights**

SOLGAR OFFERS:

- Vitamin K2 is a natural form of Vitamin K that is bioactive and extracted from a natural whole food source, fermented soya, known as natto in Japan



## Vitamin K1 100 µg

(Phytonadione)



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC: E3600**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

All forms of Vitamin K may interact with blood thinning medications. If you are taking such medications please consult with your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose		
Vitamin K1 (phytonadione prep.)	100 µg	133
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate		
Cellulose Gum		

\*EC RDA = EC Recommended Daily Allowance

## Natural Vitamin K2 100 µg

MK-7 from Natto Extract



**SUITABLE FOR VEGETARIANS  
SUGAR AND SALT FREE**

Available in bottles of 50 vegetable capsules

**UPC: E3603**

**WARNING:**

If you are pregnant, nursing, taking any medications, especially blood thinning medications, or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Bulking Agents: dicalcium phosphate, dextrin		
Vegetable Capsule shell: hydroxypropylmethyl cellulose		
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide		
Cellulose Gum		
Vitamin K2 (contains <b>soya</b> and <b>milk</b> ) (as menaquinone-7)	100 µg	133

\*EC RDA = EC Recommended Daily Allowance

# Minerals

MINERALS ARE essential factors in human nutrition; they are constituents of the bones, teeth, soft tissue, muscles, blood, and nerve cells. They act as catalysts for many biological reactions within the body, and are important in the production of hormones.

Calcium is the body's most abundant mineral. Its primary function is to help build and maintain bones and teeth, which it does in co-operation with Phosphorus. In addition, Calcium aids in the process of blood clotting and in the control of the passage of fluids through the cells. It is also related to the proper functioning of the heart and neuromuscular system. Vitamin D is an important factor in Calcium absorption.

Copper is found in all the tissues of the body. It assists in the formation of haemoglobin and red blood cells by aiding Iron absorption, and assists in the conversion of an amino acid to a dark pigment which colours the hair and skin. A large amount of Molybdenum, Zinc or Sulphur in the diet is antagonistic to Copper, having an adverse effect on its absorption.

Iodine is an essential component of the thyroid hormone, thyroxine, which is the master regulator of metabolic reactions involved in oxidation.

The major function of Iron is to act with protein and Copper in making haemoglobin, the oxygen-carrying pigment found in red blood cells. Vitamin C enhances the absorption of Iron by changing it to a form that is more readily usable by the body.

At least half of the Magnesium in the body is combined with Calcium and Phosphorus in the bones. The remainder is in the red blood cells, muscles and other soft tissue. Magnesium is involved in muscle contraction and nerve function.

Manganese is an important activator for, and is part of, many enzyme systems. It plays a part in protein synthesis and fatty acid metabolism, and is necessary for normal skeletal development and pituitary gland activity.

Phosphorus is the second most abundant mineral in the body, and is found in every living cell. It is involved in the proper functioning of both muscles and nerves, and often works along with Calcium. The healthy body maintains a specific Calcium-Phosphorus balance in the bones of 2:1.

Sodium and Potassium are involved in the balance of fluid within the body, Potassium being found mainly within the cells, and Sodium being found predominately in the fluids outside the cells. Along with Calcium and Magnesium, the balance of these electrolytes plays a vital role in cardiovascular health.

Zinc is an essential trace mineral, important to the immune system, and is a component of many enzyme systems. It is also a constituent of insulin and male reproductive fluid. Should there be a high intake of Calcium, or of phytic acid, found in certain grains, there is a need for a greater intake of Zinc.





Chromium, serves to potentiate the effectiveness of insulin, the hormone responsible for blood sugar metabolism.

Molybdenum is a trace element that serves as a co-factor in many enzyme systems. The physiological roles of the Sulphur-bearing Amino Acids involve Molybdenum.

Boron is a trace element that influences the metabolism of nutrients involved in the maintenance of strong bones and may play a role in hormone regulation.

Selenium is an essential trace mineral that works synergistically with Vitamin E. As a constituent of Glutathione peroxidase, an antioxidant enzyme, Selenium neutralises free radicals before they can damage body tissues.

**Category Highlights**

SOLGAR OFFERS:

- A wide selection of single Minerals and combination formulas
- A full array of advanced, fully reacted, patented, chelated Minerals for maximum absorption and utilisation
- Both yeast and yeast-free forms of Selenium

All weight's shown for Solgar's Minerals are the 'elemental' weight, unless otherwise stated.

**Chelated Solamins Multimineral**



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR AND STARCH FREE**

Available in bottles of 90 and 180 tablets

**UPC:** E780, E781

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight and reach.

**Directions for use:**

As a food supplement for adults, three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Three (3) tablets provide:</b>	<b>%EC RDA *</b>	
Calcium (as carbonate, bisglycinate†)	500 mg	63
Magnesium (as bisglycinate†, oxide)	250 mg	67
Bulking Agent: microcrystalline cellulose		
Cellulose Gum		
Potassium (as chloride)	99 mg	5
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate		
Iron (as bisglycinate†)	10 mg	71
Zinc (as bisglycinate†)	10 mg	100
Glazing Agent: hydroxypropylmethyl cellulose		
Manganese (as bisglycinate†)	4 mg	200
Selenium (as L-selenomethionine)	50 µg	91

Cont/.



Cont./.

Vegetable Glycerin		
Copper (as bisglycinate†)	250 µg	25
Iodine (as potassium iodide)	150 µg	100
Chromium (as picolinate)	20 µg	50

\*EC RDA = EC Recommended Daily Allowance

†Albion International Inc., US patent No.'s 5,516,925 and 6,716,814

## Boron 3 mg



**KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 vegetable capsules

**UPC: E1778**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Bulking Agent: microcrystalline cellulose	
Boron (as sodium borate, citric acid, aspartic acid, glycinate)	3 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Cellulose Gum	
Anti-caking Agent: vegetable stearic acid	



## Calcium "600"

From Oyster Shell with Vitamin D3  
(300 IU)



**SUGAR AND STARCH FREE**

Available in bottles of 60 tablets

**UPC:** E415

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

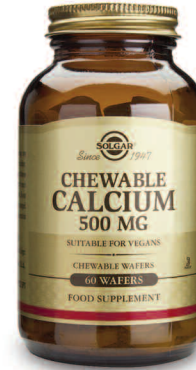
As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Calcium (as carbonate from oyster shell)	600 mg	75
Bulking Agent: microcrystalline cellulose		
Cellulose Gum		
Glazing Agent: hydroxypropylmethyl cellulose		
Colour: titanium dioxide		
Anti-caking Agent: vegetable magnesium stearate**		
Vegetable Glycerin		
Vitamin D3 (300 IU, as cholecalciferol prep.)	7.5 µg	150

\*EC RDA = EC Recommended Daily Allowance

\*\*Made from vegetable stearic acid

## Chewable Calcium 500 mg



**SUITABLE FOR VEGANS · KOSHER**

**CHEWABLE WAFERS**

Available in bottles of 60 wafers

**UPC:** E409

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, two (2) wafers daily, preferably at mealtime, or as directed by a healthcare practitioner. Wafers must be chewed. Do not exceed directions for use.

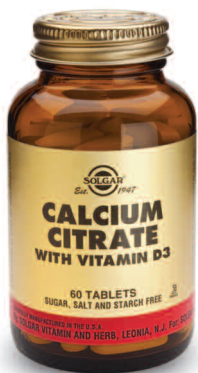
Two (2) wafers provide:	%EC RDA *	
Calcium (as carbonate)	1000 mg	125
Bulking Agent: granulated sugar cane		
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide		
Flavours: natural vanilla, natural coconut		

\*EC RDA = EC Recommended Daily Allowance



## Calcium Citrate

with Vitamin D3



**KOSHER · HALAL**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 and 240 tablets

**UPC: E430, E432**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, four (4) tablets daily with water, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Four (4) tablets provide:</b>	<b>%EC RDA *</b>	
Calcium (as citrate)	1000 mg	125
Bulking Agent: microcrystalline cellulose		
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		
Cellulose Gum		
Glazing Agent: hydroxypropylmethyl cellulose		
Colour: titanium dioxide		
Vegetable Glycerin		
Vitamin D3 (600 IU) (as cholecalciferol prep.)	15 µg	300

\*EC RDA = EC Recommended Daily Allowance

## Chelated Calcium



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC: E600**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

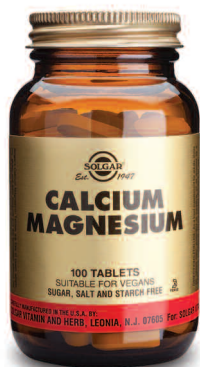
As a food supplement for adults, three (3) to six (6) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Three (3) tablets provide:</b>	<b>%EC RDA *</b>	
Calcium (as bisglycinate†, carbonate)	500 mg	63
Bulking Agents: microcrystalline cellulose, hydroxypropyl cellulose		
Cellulose Gum		
Citric Acid		
Glazing Agent: hydroxypropylmethyl cellulose		
Anti-caking Agent: vegetable magnesium stearate		
Vegetable Glycerin		

\*EC RDA = EC Recommended Daily Allowance

†Fully reacted Albion process patent No's. 5,516,925 and 6,716,814

## Calcium Magnesium



SUITABLE FOR VEGANS · KOSHER  
HALAL

SUGAR, SALT AND STARCH FREE

Available in bottles of 100 tablets

UPC: E500

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Three (3) tablets provide:	%EC RDA *	
Calcium (as carbonate, gluconate, citrate)	1000 mg	125
Magnesium (as oxide, citrate, gluconate)	400 mg	107
Bulking Agent: microcrystalline cellulose		
Glazing Agent: hydroxypropylmethyl cellulose		
Citric Acid		
Cellulose Gum		
Anti-caking Agents: vegetable magnesium stearate, vegetable stearic acid		
Vegetable Glycerin		
Colour: titanium dioxide		

\*EC RDA = EC Recommended Daily Allowance

## Chelated Calcium Magnesium 1:1



SUITABLE FOR VEGANS · KOSHER  
HALAL

SUGAR AND STARCH FREE

Available in bottles of 120 tablets

UPC: E504

**WARNING:**

If you are pregnant, nursing, taking any kind of medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*This amount of magnesium may cause mild stomach upset in sensitive individuals.

**Directions for use:**

As a food supplement for adults, four (4) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Four (4) tablets provide:	%EC RDA *	
Calcium (as bisglycinate†, carbonate, citrate†)	500 mg	63
Magnesium (as bisglycinate†, oxide, citrate†)	500 mg**	133
Bulking Agents: microcrystalline cellulose, hydroxypropyl cellulose		
Cellulose Gum		
Rice Flour		
Citric Acid		
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		
Glazing Agent: hydroxypropylmethyl cellulose		
Colour: titanium dioxide		
Vegetable Glycerin		

\*EC RDA = EC Recommended Daily Allowance

†Fully reacted chelates Albion process patent No.'s 5,516,925 and 6,716,814



## Calcium Magnesium Citrate

Advanced Assimilable Formula



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 and 100 tablets

**UPC: E508, E509**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*This amount of magnesium may cause mild stomach upset in sensitive individuals.

**Directions for use:**

As a food supplement for adults, five (5) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Five (5) tablets provide:	%EC RDA *	
Calcium (as citrate)	1000 mg	125
Magnesium (as oxide, citrate)	500 mg**	133
Bulking Agent: microcrystalline cellulose		
Anti-caking Agents: silicon dioxide, vegetable stearic acid, vegetable magnesium stearate		
Glazing Agent: hydroxypropylmethyl cellulose		
Cellulose Gum		
Colour: titanium dioxide		
Vegetable Glycerin		

\*EC RDA = EC Recommended Daily Allowance

## Calcium Magnesium Plus Boron



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 and 250 tablets

**UPC: E515, E516**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Three (3) tablets provide:	%EC RDA *	
Calcium (as carbonate, gluconate, citrate)	1000 mg	125
Magnesium (as oxide, citrate, gluconate)	400 mg	107
Bulking Agent: microcrystalline cellulose		
Boron (as sodium borate, citric acid)	3 mg	
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate		
Glazing Agent: hydroxypropylmethyl cellulose		
Citric Acid		
Cellulose Gum		
Colour: titanium dioxide		
Vegetable Glycerin		

\*EC RDA = EC Recommended Daily Allowance



## Calcium Magnesium Plus Zinc



**SUITABLE FOR VEGANS · KOSHER  
HALAL**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 and 250 tablets

**UPC: E520, E521**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Three (3) tablets provide:</b>	<b>%EC RDA *</b>	
Calcium (as carbonate, gluconate, citrate)	1000 mg	125
Magnesium (as oxide, citrate, gluconate)	400 mg	107
Bulking Agent: microcrystalline cellulose		
Zinc (as gluconate)	15 mg	150
Cellulose Gum		
Glazing Agent: hydroxypropylmethyl cellulose		
Citric Acid		
Colour: titanium dioxide		
Anti-caking Agents: vegetable magnesium stearate, vegetable stearic acid		
Vegetable Glycerin		

\*EC RDA = EC Recommended Daily Allowance

## Ultimate Bone Support

Advanced Calcium Complex with Vitamins D3, K2, Zinc and Boron



**SUGAR AND STARCH FREE**

Available in bottles of 120 tablets

**UPC: E28**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intakes of this amount of magnesium may lead to mild stomach upset in sensitive individuals.

**Directions for use:**

As a food supplement for adults, four (4) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Four (4) tablets provide:</b>	<b>%EC RDA *</b>	
Calcium (as dicalcium malate†, citrate, bisglycinate†)	1000 mg	125
Magnesium (as dimagnesium malate†, citrate, bisglycinate†)	500 mg**	133
Bulking Agent: microcrystalline cellulose		
Cellulose Gum		
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate		
Glazing Agent: hydroxypropylmethyl cellulose		
Vitamin K2 (as menaquinone-7) (contains milk and soy)	65 µg	87
Boron (as sodium borate, citric acid)	2 mg	
Vegetable Glycerin		

Cont/.



Cont/.

Zinc (as bisglycinate†)	5 mg	50
Manganese (as bisglycinate†)	2 mg	100
Copper (as bisglycinate†)	500 µg	50
Vitamin D (1000 IU, as D3 prep.)	25 µg	500

\*EC RDA = EC Recommended Daily Allowance

†Fully reacted Albion process patent No.'s 6,706,904; 5,516,925 and 6,716,814

## Chromium Picolinate

Providing 100 µg Elemental Chromium



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 90 tablets

**UPC:** E1365

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**DIABETICS:**

Use only under a doctor's supervision.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose		
Cellulose Gum		
Anti-caking Agent: vegetable magnesium stearate		
Chromium (as Chromax®†, chromium picolinate [trivalent])	100 µg	250

\*EC RDA = EC Recommended Daily Allowance

†Chromax® is a registered trademark of Nutrition 21, Inc.





## Chromium Picolinate

Providing 200 µg Elemental Chromium



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 90 vegetable capsules

**UPC: E866**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**DIABETICS:**

Use only under a doctor's supervision.

**Directions for use:**

As a food supplement for adults, one (1) to three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Bulking Agent: microcrystalline cellulose		
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agent: vegetable magnesium stearate		
Cellulose Gum		
Chromium (as Chromax®†, chromium picolinate [trivalent])	200 µg	500

\*EC RDA = EC Recommended Daily Allowance

†Chromax® is a registered trademark of Nutrition 21, Inc.

## Chromium Picolinate

Providing 500 µg Elemental Chromium



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 vegetable capsules

**UPC: E871**

**WARNING:**

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**DIABETICS:**

Use only under a doctor's supervision.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Bulking Agent: microcrystalline cellulose		
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agent: vegetable magnesium stearate		
Chromium (as Chromax®†, chromium picolinate [trivalent])	500 µg	1250

\*EC RDA = EC Recommended Daily Allowance

†Chromax® and Chromax logo are registered trademarks of Nutrition 21, Inc.



## Chelated Copper



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC: E640**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose		
Copper (as bisglycinate)†	2500 µg	250
Cellulose Gum		
Anti-caking Agent: vegetable magnesium stearate		

\*EC RDA = EC Recommended Daily Allowance

†Fully reacted Albion patent No.'s 5,516,925 and 6,716,814

## Gentle Iron® (Iron Bisglycinate) 20 mg

Non-Constipating



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 90 and 180 vegetable capsules

**UPC: E1249, E1250**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or visit an emergency department immediately.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Bulking Agent: microcrystalline cellulose		
Iron (ferrous bisglycinate)†	20 mg	143
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agent: vegetable magnesium stearate		

\*EC RDA = EC Recommended Daily Allowance

†A unique form of iron (ferrous bisglycinate) formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation. Ferrochel™ Albion International Inc., US patent No.'s 5,516,925 and 6,716,814.



## Chelated Iron



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**  
Available in bottles of 100 tablets  
**UPC: E680**

**WARNING:**  
If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control centre immediately.

\*\*This amount of iron may cause mild stomach upset in sensitive individuals.

### Directions for use:

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

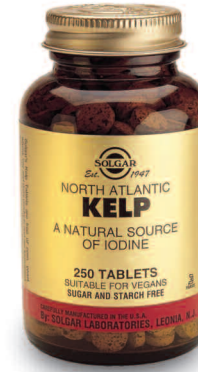
Each tablet provides:	%EC RDA *	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose		
Iron (as bisglycinate†)	25 mg**	179
Cellulose Gum		
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate		
Glazing Agent: hydroxypropylmethyl cellulose		
Vegetable Glycerin		

\*EC RDA = EC Recommended Daily Allowance

†Fully reacted Albion process patent No.'s 5,516,925 and 6,716,814

## North Atlantic Kelp

A Natural Source of Iodine



**SUITABLE FOR VEGANS · KOSHER  
SUGAR AND STARCH FREE**  
Available in bottles of 250 tablets  
**UPC: E1500**

**WARNING:**  
If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Bulking Agents: microcrystalline cellulose, dicalcium phosphate		
Iodine (from 143 mg of dehydrated North Atlantic Kelp)	200 µg	133
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate		
Cellulose Gum		

\*EC RDA = EC Recommended Daily Allowance



## Magnesium Citrate

High Potency Highly Absorbable



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 and 120 tablets

**UPC:** E1710, E1711

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Two (2) tablets provide:</b>	<b>%EC RDA *</b>	
Magnesium (as citrate)	400 mg	107
Bulking Agents: microcrystalline cellulose, dicalcium phosphate		
Cellulose Gum		
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		
Glazing Agent: hydroxypropylmethyl cellulose		
Colour: titanium dioxide		
Vegetable Glycerin		

\*EC RDA = EC Recommended Daily Allowance

## Magnesium

with Vitamin B6



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR AND STARCH FREE**

Available in bottles of 100 tablets

**UPC:** E1720

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Three (3) tablets provide:</b>	<b>%EC RDA *</b>	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose		
Magnesium (as oxide)	400 mg	107
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate		
Glazing Agent: hydroxypropylmethyl cellulose, vegetable glycerin (from palm kernel oil and coconut oil)		
Cellulose Gum		
Vitamin B6 (as pyridoxine hydrochloride)	25 mg**	1786
Colour: titanium dioxide		

\*EC RDA = EC Recommended Daily Allowance

## Chelated Magnesium



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR AND STARCH FREE**

Available in bottles of 100 tablets

**UPC: E700**

**WARNING:**

If you are pregnant, nursing, taking any medications or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, four (4) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Four (4) tablets provide:</b>	<b>%EC RDA *</b>	
Magnesium (as bisglycinate†)	400 mg	107
Bulking Agents: microcrystalline cellulose, dicalcium phosphate		
Cellulose Gum		
Anti-caking Agent: vegetable stearic acid		
Glazing Agents: hydroxypropylmethyl cellulose, vegetable glycerin (from palm kernel oil and coconut oil)		
Colour: titanium dioxide		

\*EC RDA = EC Recommended Daily Allowance

†Albion International Inc., US patent No.'s 5,516,925 and 6,716,814

## Chelated Magnesium Calcium 2:1



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 90 tablets

**UPC: E1706**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*This amount of magnesium may cause mild stomach upset in sensitive individuals.

**Directions for use:**

As a food supplement for adults, three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Three (3) tablets provide:</b>	<b>%EC RDA *</b>	
Bulking Agent: microcrystalline cellulose		
Magnesium (as oxide, citrate, bisglycinate†)	600 mg**	160
Calcium (as carbonate, citrate, bisglycinate†)	300 mg	38
Cellulose Gum		
Anti-caking Agents: vegetable magnesium stearate, vegetable stearic acid, silicon dioxide		
Glazing Agent: hydroxypropylmethyl cellulose		
Colour: titanium dioxide		
Citric Acid		
Vegetable Glycerin		

\*EC RDA = EC Recommended Daily Allowance

†Fully reacted chelated Albion process patent No.'s 5,516,925 and 6,716,814

## Chelated Manganese



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC: E720**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intake of this amount of manganese may lead to muscle pain and fatigue.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose		
Cellulose Gum		
Manganese (as bisglycinate†)	8 mg**	400
Anti-caking Agent: vegetable magnesium stearate		

\*EC RDA = EC Recommended Daily Allowance

†Fully reacted Albion process patent No.'s 5,516,925 and 6,716,814

## Potassium



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC: E2260**

**WARNING:**

If you are pregnant, nursing or taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Potassium (gluconate)	99 mg	5
Bulking Agent: dicalcium phosphate		
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		
Cellulose Gum		

\*EC RDA = EC Recommended Daily Allowance



## Selenium 100 µg

(Organically Bound, Yeast-Free L-Selenomethionine)



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC: E2551**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose		
Selenium (yeast-free L-selenomethionine)	100 µg	182
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		
Cellulose Gum		

\*EC RDA = EC Recommended Daily Allowance

## Selenium 200 µg

(Organically Bound, Yeast-Free L-Selenomethionine)



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 and 250 tablets

**UPC: E2556, E2558**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose		
Selenium (as L-selenomethionine)	200 µg	364
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		
Cellulose Gum		

\*EC RDA = EC Recommended Daily Allowance



## Yeast Bound Selenium 100 µg

High Selenium Primary Grown Yeast



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC: E2521**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Brewer's Yeast (from wheat, barley)	737 mg	
Selenium (as selenium yeast)	100 µg	182

\*EC RDA= EC Recommended Daily Allowance

Solgar's Yeast Bound Selenium contains selenium in the organically bound form as found in many foods.

## Yeast Bound Selenium 200 µg

High Selenium Primary Grown Yeast



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 tablets

**UPC: E2540**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Brewer's Yeast (from wheat, barley)	639 mg	
Selenium (as selenium yeast)	200 µg	364
Anti-caking Agent: vegetable stearic acid		

\*EC RDA= EC Recommended Daily Allowance

Solgar's Yeast Bound Selenium contains selenium in the organically bound form as found in many foods.





## Oceanic Silica

(Providing 25 mg Elemental Silicon)



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 vegetable capsules

**UPC: E2570**

**WARNING:**

If you are pregnant, nursing, taking any kind of medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Silica (from powdered Red Algae [ <i>Lithothamnium calcareum</i> ]) providing 25 mg of elemental silicon	54 mg
Bulking Agents: microcrystalline cellulose, hydroxypropyl cellulose	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: silicon dioxide, magnesium stearate*	

\*Made from vegetable stearic acid

Red Algae powder is also a source of trace minerals from the sea.

## Chelated Zinc



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 and 250 tablets

**UPC: E800, E801**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each tablet provides:**

**%EC RDA \***

Bulking Agents: microcrystalline cellulose, dicalcium phosphate		
Zinc (as bisglycinate†)	22 mg	220
Cellulose Gum		
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate, vegetable stearic acid		

\*EC RDA = EC Recommended Daily Allowance

†Fully reacted Albion process patent No.'s 5,516,925 and 6,716,814



## Flavo-Zinc Lozenges

Providing Zinc as Zinc Gluconate and Zinc Citrate



**SUITABLE FOR VEGANS · KOSHER**

**SALT AND STARCH FREE**

Available in bottles of 50 lozenges

**UPC: E1064**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, take one (1) lozenge daily or as directed by a healthcare practitioner. Allow lozenge to dissolve in the mouth. Do not exceed directions for use.

Each lozenge provides:	%EC RDA *	
Bulking Agents: evaporated cane syrup, microcrystalline cellulose, citric acid		
Zinc (as citrate, gluconate)	23 mg	230
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate		
Natural Flavourings: lemon and lime		

\*EC RDA = EC Recommended Daily Allowance

## Zinc 50 mg



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC: E3720**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intake of this amount of zinc may lead to anaemia.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Zinc (as gluconate)	50 mg**	500
Bulking Agent: microcrystalline cellulose		
Cellulose Gum		
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate		

\*EC RDA = EC Recommended Daily Allowance



## Zinc Citrate 30 mg



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 100 vegetable capsules  
**UPC: E3670**

**WARNING:**  
 If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intake of this amount of zinc may lead to anaemia.

### Directions for use:

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Bulking Agent: microcrystalline cellulose		
Zinc (as citrate)	30 mg**	300
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Anti-caking Agents: vegetable magnesium stearate, vegetable stearic acid		

\*EC RDA = EC Recommended Daily Allowance

## Zinc Picolinate 22 mg

A Highly Assimilable Form of Zinc



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 100 tablets  
**UPC: E3725**

**WARNING:**  
 If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Bulking Agents: dicalcium phosphate, microcrystalline cellulose		
Zinc (as picolinate)	22 mg	220
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate		
Cellulose Gum		

\*EC RDA = EC Recommended Daily Allowance

# Multivitamins

THE HUMAN BODY requires a wide variety of Food Substances, termed "nutrients", which are the building materials for new and repaired tissues. Each nutrient has specific functions. Although in many instances, several must work together to help the body perform the necessary task.

Among the nutrients that work together are Vitamins and Minerals that are constituents of the body's enzyme systems, the catalysts necessary for the maintenance of life.

To ensure optimum nutrient intake, for many individuals it is important to consider supplementing the daily diet with a Multivitamin/Multimineral formula.

## Category Highlights

SOLGAR OFFERS:

- Natural Beta-carotene/Carotenoid Mix – Since current research supports that a natural mixture of Carotenoids, like those found in fruits and vegetables, is associated with a reduced risk of certain diseases, we were the first to employ a natural mix of Carotenoids in all our Beta-carotene, Multivitamin/Mineral, Antioxidant and Speciality formulas as opposed to the common practice of using only synthetic Beta-carotene. Our natural Beta-carotene/Carotenoid mixture contains a blend of nutritionally valuable Carotenoids not found in synthetic Beta-carotene such as: Alpha-carotene, Cryptoxanthin, Lutein and Zeaxanthin
- Multiples in a variety of dosage forms (tablets and vegetable capsules) and in varying potencies
- Convenient one-a-day to more comprehensive 2-3 per day multiple formulas
- Multiples to address the needs of men, women, pregnant women, vegetarians, children, and seniors

## Earth Source® Multi-Nutrient

Providing Whole Food Concentrates



### SUITABLE FOR VEGANS

Available in bottles of 60, 90 and 180 tablets

UPC: E1028, E1029, E1030

### WARNING:

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

### Directions for use:

As a food supplement for adults, three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Three (3) tablets provide:	%EC RDA *	
Calcium (as ascorbate, carbonate, citrate)	250 mg	31
Vitamin C (as calcium ascorbate)	1000 mg	1250
Spirulina Powder	1000 mg	
Bulking Agents: microcrystalline cellulose, hydroxypropylmethyl cellulose		
Magnesium (as oxide, citrate)	125 mg	33
Vitamin E (250 IU, as d-alpha tocopheryl succinate)	168 mg α-TE	1400
Cellulose Gum		
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		
Barley Grass Powder	110 mg	
Iron (as bisglycinate+)	18 mg	129

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Chlorella Powder (as broken cell wall)	100 mg	
Wheat Grass Powder	100 mg	
Flaxseed (linseed) Oil Powder	100 mg	
Citrus Bioflavonoids (as prep.)	10 mg	
Natural Source Beta-carotene (as prep.)	5.4 mg	
Providing other Carotenoids	14 µg	
Zinc (as picolinate)	15 mg	150
Glazing Agent: hydroxypropylmethyl cellulose		
Choline (as bitartrate)	21 mg	
Siberian Ginseng Root Powder	50 mg	
Rutin	50 mg	
Borage Seed Oil Powder	50 mg	
Sunflower Seed Oil Powder	50 mg	
Glycine	45 mg	
Manganese (as gluconate)	4 mg	200
Thiamin (vitamin B1, as thiamine mononitrate)	25 mg	2273
Pantothenic Acid (vitamin B5, as calcium pantothenate)	25 mg	417
Riboflavin (vitamin B2, as riboflavin and riboflavin-5-phosphate)	27.5 mg	1964
Active Herb Powdered Base (Echinacea purpurea root, milk thistle seed, ginger root, cayenne fruit)	33 mg	
Vitamin B6 (as pyridoxine hydrochloride)	25 mg**	1786
Niacin (vitamin B3, as nicotinamide)	25 mg NE	156
Vitamin B12 (as cyanocobalamin prep.)	240 µg	9600
Inositol	25 mg	
Quercetin Dihydrate	25 mg	
Apple Pectin	25 mg	
Oat Fibre Powder	25 mg	
Betaine Hydrochloride (from beet molasses)	20 mg	
Boron (as sodium borate, citric acid)	1 mg	
Papain (from papaya - 2000 USP units/g)	20 mg	
Bromelain Powder (from pineapple - 2000 GDU/g)	20 mg	

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Antioxidant: mixed tocopherols		
Vegetable Glycerin		
Hesperidin (as prep., from orange)	3.5 mg	
Powdered Garlic Clove	10 mg	
Biotin (as prep.)	48 µg	96
Chlorophyll Powder (from seaweed)	4 mg	
Vitamin D (400 IU, as D2 prep.)	10 µg	200
L-Glutathione	5 mg	
Lipase	5 mg	
Amylase	5 mg	
Selenium (as L-selenomethionine)	24 µg	44
Folic Acid (as prep.)	400 µg	200
Copper (as gluconate)	480 µg	48
Iodine (as potassium iodide prep.)	150 µg	100
Cellulase	2.5 mg	
Chromium (as picolinate)	90 µg	225
Colour: copper complexes of chlorophyllins		

\*EC RDA = EC Recommended Daily Allowance

†A unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without the gastrointestinal irritational or constipating effects that often accompany iron supplementation. Fully reacted Albion process patent No.'s 5,516,925 and 6,716,814.

Earth Source® tablets provide vitamins and minerals alongside whole food concentrates, plant enzymes, plant pigments, trace elements and plant oils of the omega 3 and omega 6 polyunsaturate families. The B Vitamins are derived from the stated sources and are found naturally occurring in spirulina, chlorella, wheat grass and barley grass.

## Female Multiple

Advanced Multiple Vitamin and Mineral Formula for Women



**SUITABLE FOR VEGANS**

**SUGAR AND STARCH FREE**

Available in bottles of 60 and 120 tablets

**UPC:** E1074, E1205

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight and reach of children.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Three (3) tablets provide:	%EC RDA *	
Calcium (as carbonate, citrate†, bisglycinate†)	400 mg	50
Bulking Agent: microcrystalline cellulose		
Magnesium (as oxide, citrate†, bisglycinate†)	400 mg	107
Vitamin C (as ascorbic acid)	400 mg	500
Vitamin E (400 IU, as d-alpha tocopheryl succinate)	268 mg α-TE	2233
Choline (as bitartrate)	100 mg	
Cellulose Gum		
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate		
Colours: titanium dioxide, red beet root powder		

Cont/.



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Pantothenic Acid (as calcium pantothenate)	80 mg	1333
Inositol	100 mg	
Citrus Bioflavonoid (as prep.)	25 mg	
Glazing Agent: hydroxypropylmethyl cellulose		
Iron (as bisglycinate††)	18 mg	129
Natural Source Beta-carotene (as prep.)	5.5 mg	
Providing other Carotenoids	15 µg	
Zinc (as bisglycinate†)	15 mg	150
Thiamin (B1, as thiamine mononitrate)	50 mg	4545
Vitamin B6 (as pyridoxine hydrochloride)	50 mg**	3571
Niacin (B3, as nicotinamide)	60 mg NE	375
Riboflavin (B2, as riboflavin, riboflavin-5-phosphate)	50 mg	3571
Selenium (as selenomethionine)	200 µg	364
Biotin (as prep.)	300 µg	600
Vitamin B12 (as cyanocobalamin prep.)	200 µg	8000
Vegetable Glycerin		
Copper (as bisglycinate†)	1500 µg	150
Manganese (as bisglycinate†)	2 mg	100
Boron (as sodium borate, citric acid)	0.25 mg	
Chromium (as picolinate)	200 µg	500
Vitamin D (400 IU, as D2, ergocalciferol)	10 µg	200
Folic Acid (as prep.)	400 µg	200
Iodine (as potassium iodide prep.)	150 µg	100
Vitamin K (as phytonadione prep.)	20 µg	27

\*EC RDA = EC Recommended Daily Allowance

†Fully reacted chelates, Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes

††A unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without the gastrointestinal irritation or constipating effects that often accompany iron supplementation. Albion process patent No.'s 5,516,925 and 6,716,814

## Male Multiple

Advanced Multiple Vitamin and Mineral Formula for Men with Lycopene



**SUITABLE FOR VEGANS**

**SUGAR AND STARCH FREE**

Available in bottles of 60 and 120 tablets

**UPC:** E1724, E1206

**WARNING:**

If you are taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Three (3) tablets provide:</b>	<b>%EC RDA *</b>	
Calcium (as carbonate, bisglycinate†, citrate†)	400 mg	50
Magnesium (as oxide, citrate†, bisglycinate†)	400 mg	107
Vitamin C (as ascorbic acid)	400 mg	500
Vitamin E (400 IU, as d-alpha tocopheryl succinate)	268 mg α-TE	2233
Bulking Agent: microcrystalline cellulose		
Choline (as bitartrate)	100 mg	
Cellulose Gum		
Anti-caking Agents: silicon dioxide, vegetable stearic acid, vegetable magnesium stearate		
Glazing Agent: hydroxypropylmethyl cellulose		
Inositol	100 mg	
Pantothenic Acid (as calcium pantothenate)	80 mg	1333

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Vitamin B6 (as pyridoxine hydrochloride)	75 mg**	5357
Citrus Bioflavonoid (as prep.)	25 mg	
Natural Source Beta-carotene (as prep.)	5.5 mg	
Providing other Carotenoids	15 µg	
Thiamin (B1, as thiamine mononitrate)	50 mg	4546
Niacin (B3, as nicotinamide)	60 mg NE	375
Vitamin B12 (as cyanocobalamin prep.)	500 µg	20,000
Riboflavin (B2, as riboflavin, riboflavin-5-phosphate)	50 mg	3572
Selenium (as selenomethionine)	200 µg	364
Zinc (as bisglycinate†, oxide)	15 mg	150
Biotin (as prep.)	300 µg	600
Natural Source Lycopene (as tomato prep.)	1 mg	
Colours: copper complexes of chlorophyllins, titanium dioxide		
Vegetable Glycerin		
Copper (as bisglycinate†)	1500 µg	150
Manganese (as bisglycinate†)	2 mg	100
Boron (as sodium borate, citric acid)	0.25 mg	
Vitamin D (400 IU, as D2, ergocalciferol)	10 µg	200
Chromium (as picolinate)	200 µg	500
Folic Acid (as prep.)	400 µg	200
Iodine (as potassium iodide prep.)	150 µg	100

\*EC RDA = EC Recommended Daily Allowance

†Fully reacted chelates, Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes

## Formula VM-2000®

A Multinutrient System for the 21<sup>st</sup> Century



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR AND STARCH FREE**

Available in bottles of 30, 60, 90 and 180 tablets

**UPC:** E1186, E1187, E1188, E1189

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Two (2) tablets provide:</b>	<b>%EC RDA *</b>	
Vitamin C (as calcium ascorbate)	300 mg	375
Nutrient/Plant Powder Base (providing alfalfa herb, rose hip extract, citrus bioflavonoids, rutin, siberian ginseng, <i>Echinacea purpurea</i> root, suma root, spirulina, dong quai, oat fibre, parsley, watercress, hesperidin complex, guar gum)	260 mg	
Calcium (as bisglycinate†, carbonate)	64 mg	8
Bulking Agent: microcrystalline cellulose		
Isolated Soya Protein Powder	200 mg	
Vitamin E (200 IU, as d-alpha tocopheryl acid succinate)	134 mg α-TE	1117
Cellulose Gum		

Cont/.



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Thiamin (vitamin B1, as thiamine mononitrate)	100 mg	9091
Vitamin B6 (as pyridoxine hydrochloride)	100 mg**	7143
Pantothenic Acid (as D-pantothenate, calcium)	100 mg	1667
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate		
Riboflavin (vitamin B2)	100 mg	7143
Niacin (as nicotinamide)	100 mg NE	625
Inositol	100 mg	
Choline (as bitartrate)	41 mg	
Natural Source Beta-carotene (as prep.)	5 mg	
Providing other Carotenoids	13 µg	
Magnesium (as oxide, bisglycinate†)	32 mg	8.5
Iron (as bisglycinate††)	10 mg	71
Boron (as sodium borate, citric acid)	1 mg	
Glazing Agent: hydroxypropylmethyl cellulose		
Betaine HCl	25 mg	
Zinc (as oxide, bisglycinate†)	15 mg	150
Soya Lecithin	20 mg	
Manganese (as gluconate, bisglycinate†)	2 mg	100
Vitamin B12 (as cyanocobalamin prep.)	100 µg	4000
Copper (as gluconate, bisglycinate†)	1500 µg	150
D-biotin (as prep.)	100 µg	200
L-Ornithine HCl	6 mg	
Vegetable Glycerin		
Vitamin D2 (400 IU, as ergocalciferol)	10 µg	200
Selenium (as L-selenomethionine)	25 µg	45
L-Glutathione	5 mg	
Taurine	5 mg	
Folic Acid (as pteroylmonoglutamic acid) (as prep.)	400 µg	200
Iodine (as potassium iodide prep.)	150 µg	100
Colour: riboflavin		
Chromium (as picolinate, yeast free)	25 µg	62.5

\*EC RDA = EC Recommended Daily Allowance

†Albion International Inc., US patent No.'s 5,516,925 and 6,716,814

††A unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without the gastrointestinal irritation or constipating effects that often accompany iron supplementation. Albion International Inc., US patent No.'s 5,516,925 and 6,716,814.

## Formula VM-75™

Extra Potency Multiple Vitamins with Amino Acid Chelated Minerals



**SUITABLE FOR VEGANS · KOSHER HALAL**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30, 60, 90, 180 and 360 tablets

**UPC:** E1180, E1181, E1182, E1183, E1184

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:	%EC RDA *	
Vitamin C (as ascorbic acid)	250 mg	313
Calcium (as carbonate, bisglycinate†)	64 mg	8
Vitamin E (150 IU, as d-alpha tocopheryl succinate)	100 mg α-TE	833
Thiamin (B1, as thiamine mononitrate)	75 mg	6818
Vitamin B6 (as pyridoxine hydrochloride)	75 mg**	5357
Bulking Agent: microcrystalline cellulose		
Vitamin B2 (riboflavin) Total Content	95 mg	6786
within tablet	75 mg	
within tablet coating	20 mg	

Cont/.



Cont/.

Pantothenic Acid (as calcium pantothenate)	75 mg	1250
Niacin (as nicotinamide)	75 mg NE	469
Inositol	75 mg	
Choline (as bitartrate)	31 mg	
Magnesium (as oxide, bisglycinate†)	32 mg	8.5
Natural Source Beta-carotene (as prep.)	4.5 mg	
Providing other Carotenoids	12 µg	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate, vegetable stearic acid		
Glazing Agent: hydroxypropylmethyl cellulose		
Colour: titanium dioxide		
Iodine (as powdered kelp)	150 µg	100
Cellulose Gum		
Zinc (as bisglycinate†, oxide†)	10 mg	100
Citrus Bioflavonoid Complex Powder	25 mg	
Betaine Hydrochloride	25 mg	
Rutin Powder	25 mg	
Boron (as sodium borate, citric acid)	0.5 mg	
Copper (as bisglycinate†)	1000 µg	100
Vegetable Glycerin		
Vitamin D (400 IU, as ergocalciferol prep.)	10 µg	200
Vitamin B12 (as cyanocobalamin prep.)	75 µg	3000
Biotin (as prep.)	75 µg	150
Iron (as bisglycinate††)	1.3 mg	9
Manganese (as bisglycinate†)	1 mg	50
Selenium (as selenomethionine)	25 µg	45
Hesperidin Powder	5 mg	
Folic Acid (as prep.)	400 µg	200
Powdered Herbal Base (alfalfa, acerola extract, kelp, parsley, watercress and rose hips)	4 mg	
Chromium (as picolinate)	25 µg	62.5

\*EC RDA = EC Recommended Daily Allowance

†Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes

††A unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without the gastrointestinal irritation or constipating effects that often accompany iron supplementation. Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes.

## Formula VM-75™

Extra Potency Multivitamins with Amino Acid Chelated Minerals



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 vegetable capsules

**UPC: E1166**

### WARNING:

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose call a doctor.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

### Directions for use:

As a food supplement for adults, two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Two (2) vegetable capsules provide:</b>	<b>%EC RDA *</b>	
Vitamin C (as ascorbic acid)	250 mg	313
Vegetable capsule shell: hydroxypropylmethyl cellulose		
Vitamin E (150 IU, as d-alpha tocopheryl succinate)	100 mg	833
Vitamin B6 (as pyridoxine HCl)	75 mg**	5357
Thiamin (vitamin B1, as thiamine mononitrate)	75 mg	6818
Pantothenic Acid (as calcium pantothenate)	75 mg	1250
Riboflavin (vitamin B2)	75 mg	5357
Niacin (vitamin B3, as nicotinamide)	75 mg	469
Inositol	75 mg	

Cont/.



Cont/.

Choline (as bitartrate)	31 mg	
Natural Source Beta-carotene (as prep.)	4.5 mg	
Providing other Carotenoids	12 µg	
Calcium (as carbonate, bisglycinate†)	20 mg	3
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide		
Magnesium (as bisglycinate†, oxide)	10 mg	3
Iodine (as powdered kelp)	150 µg	100
Zinc (as bisglycinate†, oxide)	10 mg	100
Betaine HCl	25 mg	
Citrus Bioflavonoid Complex	25 mg	
Rutin	25 mg	
Boron (as sodium borate, citric acid)	0.5 mg	
Copper (as bisglycinate†)	1000 µg	100
Biotin (as prep.)	75 µg	150
Vitamin B12 (as cyanocobalamin prep.)	75 µg	3000
Iron (as bisglycinate††)	1.3 mg	9
Manganese (as bisglycinate†)	1 mg	50
Vitamin D (400 IU, as ergocalciferol prep.)	10 µg	200
Selenium (as selenomethionine)	25 µg	45
Hesperidin	5 mg	
Folic Acid (as prep.)	400 µg	200
Powdered Herbal Base (alfalfa, acerola extract, kelp, parsley, watercress and rose hips)	4 mg	
Chromium (as picolinate)	25 µg	62.5

\*EC RDA = EC Recommended Daily Allowance

†Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes

††A unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without the gastrointestinal irritational or constipating effects that often accompany iron supplementation. Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes.

## Formula VM-Prime®

For Adults 50+

High Potency Multiple Vitamin and Mineral Formula



**SUITABLE FOR VEGANS**

**SUGAR AND STARCH FREE**

Available in bottles of 60 tablets

**UPC: E3625**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Two (2) tablets provide:</b>	<b>%EC RDA *</b>	
Choline (as bitartrate)	200 mg	
Vitamin C (as ascorbic acid)	250 mg	313
Bulking Agent: microcrystalline cellulose		
Calcium (as carbonate, bisglycinate†)	64 mg	8
Vitamin E (150 IU, as d-alpha tocopheryl succinate)	100 mg	833
Magnesium (as bisglycinate†, oxide)	32 mg	9
Zinc (as bisglycinate†)	15 mg	150
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate, vegetable stearic acid		
Cellulose Gum		
Riboflavin (vitamin B2) Total Content	40 mg	2857
within tablet	25 mg	
within coating	15 mg	

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Colours: red beet powder, titanium dioxide		
Natural Source Beta-Carotene (as prep.)	3 mg	
Providing other Carotenoids	8 µg	
Copper (as bisglycinate <sup>†</sup> )	3000 µg	300
Thiamin (vitamin B1, as thiamine mononitrate)	25 mg	2273
Vitamin B6 (as pyridoxine hydrochloride)	25 mg**	1786
Pantothenic Acid (as calcium pantothenate)	25 mg	417
Inositol	25 mg	
Glazing Agent: hydroxypropylmethyl cellulose		
Manganese (as bisglycinate <sup>†</sup> )	4 mg	200
Niacin (as nicotinamide)	25 mg	156
Betaine Hydrochloride (from beet molasses)	25 mg	
Citrus Bioflavonoid (as prep.)	6 mg	
Selenium (as selenomethionine)	100 µg	182
Boron (as sodium borate, citric acid)	0.5 mg	
Vitamin B12 (as cyanocobalamin prep.)	100 µg	4000
Chromium (as picolinate)	200 µg	500
Vitamin D (400 IU, as ergocalciferol prep.)	10 µg	200
Biotin (as prep.)	75 µg	150
Vegetable Glycerin		
Folic Acid (as prep.)	400 µg	200
Iodine (as potassium iodide)	150 µg	100

\*EC RDA = EC Recommended Daily Allowance

<sup>†</sup>Fully reacted chelates, Albion process patent No's. 5,516,925 and 6,716,814 Chelazomes

## Formula VM-Prime™ For Women

High Potency Multiple Vitamin and Mineral Formula with Soya



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 90 tablets

**UPC:** E32954

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Three (3) tablets provide:</b>	<b>%EC RDA *</b>	
Calcium (as calcium citrate)	300 mg	38
Magnesium (as magnesium citrate)	150 mg	40
Bulking Agent: microcrystalline cellulose		
Vitamin C (as Ester-C®, calcium ascorbate)	400 mg	500
Vitamin E (400 IU, as d-alpha tocopheryl acid succinate)	268 mg α-TE	2233
Citrus Bioflavonoid Complex	250 mg	
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate		
Choline (as bitartrate)	50 mg	
Cellulose Gum		
Colours: titanium dioxide, beetroot red		
Natural Source Beta-carotene (as prep.)	6 mg	
Pantothenic Acid (as D-pantothenate, calcium)	80 mg	1333

Cont/.



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Glazing Agent: hydroxypropylmethyl cellulose		
Zinc (as picolinate)	15 mg	150
Thiamin (vitamin B1, as thiamine mononitrate)	50 mg	4545
Vitamin B6 (as pyridoxine hydrochloride)	50 mg**	3571
Lutein (as marigold prep.)	3 mg	
Vitamin K2 (contains soy and milk) (as menaquinone-7)	45 µg	60
Soy Bean Germ Powder† ([2%] isoflavones)	60 mg	
Inositol	50 mg	
Vitamin B2 (riboflavin)	50 mg	3571
Niacin (vitamin B3, as nicotinamide)	50 mg NE	313
Biotin (as prep.)	300 µg	600
Selenium (as L-selenomethionine)	150 µg	273
Vegetable Glycerin		
Manganese (as gluconate)	2 mg	100
Copper (as gluconate)	1500 µg	150
Vitamin B12 (as cyanocobalamin prep.)	500 µg	20000
Molybdenum (as sodium molybdate)	50 µg	100
Folate (as prep.) (pteroylmonoglutamic acid)	400 µg	200
Vitamin D3 (1000 IU, as cholecalciferol)	25 µg	500
Boron (as sodium borate, citric acid)	100 µg	
Chromium (as Chromax®††, chromium picolinate)	200 µg	500
Iodine (as potassium iodide prep.)	150 µg	100

\*EC RDA = EC Recommended Daily Allowance

†Soya from Nature™ is a trademark of Solgar, Inc.

††As Chromax® (chromium picolinate). Chromax® is a registered trademark of Nutrition 21, Inc.

Ester-C® is a trademark of The Ester C Company. Manufactured under U.S. Pat. No.'s 6,197,813 and 6,878,744 and corresponding foreign patents.

## Kangavites®

Complete Multivitamin & Mineral Formula  
Natural Bouncing Berry Flavour



Available in bottles of 60  
and 120 chewable tablets

UPC: E1015, E1016

**WARNING:**

If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor.

**Directions for use:**

As a food supplement for children 3 to 5 years of age, take one (1) tablet daily, for ages 6 years to adult, take two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each chewable tablet provides:**

**%EC RDA \***

Bulking Agents: sucrose, fructose, mannitol, microcrystalline cellulose, xylitol, carrageenan, maltodextrin, alginate, xanthan gum		
Calcium (as carbonate)	64 mg	8
Magnesium (as oxide)	32 mg	9
Vitamin C (as sodium ascorbate)	60 mg	75
Niacin (vitamin B3, as nicotinamide)	10 mg NE	63
Colour: anthocyanins (from grape skins)		
Anti-caking Agents: silicon dioxide, vegetable stearic acid, vegetable magnesium stearate		
Natural Flavourings: including mixed berry, Prosweet, orange		
Flavour Enhancers: citric acid, malic acid		

Cont./.

Cont/.

Natural Source Beta-carotene	1.2 mg	
Natural Source Vitamin E (15 IU, as D-alpha tocopheryl succinate)	12 mg $\alpha$ -TE	100
Iron (as ferrous fumarate)	2.5 mg	18
Cellulose Gum		
Potassium (as potassium chloride)	5 mg	0.3
Pantothenic Acid (as D-pantothenate, calcium)	5 mg	83
Fruit and Vegetable Powders (carrot, red beet, strawberry, apple, broccoli, apricot)	7 mg	
D-biotin	50 $\mu$ g	100
Vitamin B6 (as pyridoxine HCl)	1 mg	71
Zinc (as oxide)	1.5 mg	15
Riboflavin (vitamin B2)	0.85 mg	61
Thiamin (vitamin B1, as thiamine mononitrate)	0.75 mg	68
Vitamin A (500 IU, as retinol palmitate)	150 $\mu$ g RE	19
Soya Lecithin Powder	2.5 mg	
Choline (as bitartrate)	500 $\mu$ g	
Vitamin D2 (100 IU, as ergocalciferol)	2.5 $\mu$ g	50
Folic Acid (as pterolymonoglutamic acid)	100 $\mu$ g	50
Copper (as gluconate)	25 $\mu$ g	2.5
Manganese (as sulphate)	0.25 mg	12.5
Citrus Bioflavonoids	150 $\mu$ g	
Vitamin B12 (as cyanocobalamin)	3 $\mu$ g	120
Inositol	500 $\mu$ g	
Selenium (as L-selenomethionine)	2.5 $\mu$ g	4.5
Rose Hips Powdered Extract (4:1)	500 $\mu$ g	
Iodine (as potassium iodide)	22.5 $\mu$ g	15
Chromium (as picolinate)	5 $\mu$ g	12.5

\*EC RDA = EC Recommended Daily Allowance

## Kangavites®

Complete Multivitamin & Mineral Formula  
Natural Tropical Punch Flavour



Available in bottles of 60  
and 120 chewable tablets

UPC: E1018, E1019

### WARNING:

If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor.

### Directions for use:

As a food supplement for children 3 to 5 years of age, take one (1) tablet daily, for ages 6 years to adult, take two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each chewable tablet provides:

%EC RDA \*

Bulking Agents: sucrose, fructose, mannitol, microcrystalline cellulose, xylitol, carrageenan, maltodextrin, alginate, xanthan gum		
Calcium (as carbonate)	64 mg	8
Magnesium (as oxide)	32 mg	9
Vitamin C (as sodium ascorbate)	60 mg	75
Fruit and Vegetable Powders (carrot, red beet, strawberry, apple, broccoli, apricot)	56 mg	
Niacin (vitamin B3, as nicotinamide)	10 mg NE	63
Natural Flavourings: including tropical, Prosweet, orange		
Anti-caking Agents: silicon dioxide, vegetable stearic acid, vegetable magnesium stearate		

Cont/.



Cont/.

Flavour Enhancers: citric acid, malic acid		
Natural Source Beta-carotene	1.2 mg	
Natural Source Vitamin E (15 IU, as D-alpha tocopheryl acid succinate)	12 mg α-TE	100
Iron (as ferrous fumarate)	2.5 mg	18
Cellulose Gum		
Potassium (as potassium chloride)	5 mg	0.3
Pantothenic Acid (as D-pantothenate, calcium)	5 mg	83
D-biotin	50 µg	100
Vitamin B6 (as pyridoxine HCl)	1 mg	71
Zinc (as oxide)	1.5 mg	15
Riboflavin (vitamin B2)	0.85 mg	61
Thiamin (vitamin B1, as thiamine mononitrate)	0.75 mg	68
Vitamin A (500 IU, as retinol palmitate)	150 µg RE	19
Soya Lecithin Powder	2.5 mg	
Choline (as bitartrate)	500 µg	
Vitamin D2 (100 IU, as ergocalciferol)	2.5 µg	50
Folic Acid (as pterolymonoglutamic acid)	100 µg	50
Copper (as gluconate)	25 µg	2.5
Manganese (as sulphate)	0.25 mg	12.5
Citrus Bioflavonoids	150 µg	
Vitamin B12 (as cyanocobalamin)	3 µg	120
Inositol	500 µg	
Selenium (as L-selenomethionine)	2.5 µg	4.5
Rose Hips Powdered Extract (4:1)	500 µg	
Iodine (as potassium iodide)	22.5 µg	15
Chromium (as picolinate)	5 µg	12.5

\*EC RDA = EC Recommended Daily Allowance

## Omnium®

The Advanced Phytonutrient-Rich Multiple Vitamin and Mineral Formula



### SUITABLE FOR VEGANS

Available in bottles of 30, 60, 90 and 180 tablets

UPC: E2065, E2066, E2067, E2072

### WARNING:

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

### Directions for use:

As a food supplement for adults, two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Two (2) tablets provide:	%EC RDA *	
Vitamin C (as calcium ascorbate [Ester-C®])	300 mg	375
Bulking Agents: microcrystalline cellulose, hydroxypropyl cellulose		
Vitamin E (300 IU, as d-alpha tocopheryl acid succinate)	247 mg α-TE	2058
Choline (as bitartrate)	75 mg	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate, vegetable stearic acid		
Magnesium (as bisglycinate†, oxide)	32 mg	8.5
Calcium (as bisglycinate†, ascorbate, D-calcium pantothenate)	64 mg	11
Cellulose Gum		
Pantothenic Acid (as D-pantothenate calcium)	80 mg	1333
Glazing Agents: hydroxypropyl cellulose, vegetable glycerin (from palm kernel oil and coconut oil)		
Natural Source Beta-carotene	5 mg	
Providing other Carotenoids	13 µg	

Cont/.



Cont/.

Inositol	75 mg	
Vitamin B6 (as pyridoxine hydrochloride)	50 mg**	3571
Niacin (vitamin B3, as nicotinamide)	60 mg NE	375
Zinc (as bisglycinate†)	10 mg	100
Citrus Bioflavonoids	13 mg	
Standardised Turmeric Extract (46.5 mg [93%] curcuminoids)	50 mg	
N-Acetyl Cysteine	50 mg	
Iron (as bisglycinate††)	9 mg	64
Broccoli/Cruciferous Powdered Extract	50 mg	
Phosphatidylserine	10 mg	
Soybean Germ Powdered Extract (providing 2% isoflavones)	50 mg	
Thiamin (vitamin B1, as thiamine mononitrate)	30 mg	2727
Riboflavin (vitamin B2, as riboflavin, riboflavin-5' phosphate)	36 mg	2571
Colours: anthocyanins (from grape skin), titanium dioxide		
Polyphenols (from green tea [leaf], grape seed and pine bark extracts)	20 mg	
D-Limonene (citrus) Powdered Extract	5 mg	
Copper (as bisglycinate†)	1500 µg	150
Selenium (as L-selenomethionine)	70 µg	127
Manganese (as bisglycinate†)	2 mg	100
Vitamin B12 (as cyanocobalamin)	100 µg	4000
D-Biotin	100 µg	200
Quercetin	10 mg	
Boron (as citric acid, boric acid)	0.5 mg	
Coenzyme Q-10	10 mg	
Alpha Lipoic Acid	10 mg	
Folic Acid (as pteroylmonoglutamic acid)	400 µg	200
Vitamin D (200 IU, as D2 ergocalciferol)	5 µg	100
Vitamin K (as phytomenadione)	20 µg	27
Iodine (as potassium iodide)	150 µg	100
Chromium (as picolinate)	100 µg	250

\*EC RDA = EC Recommended Daily Allowance

†Albion International Inc., US patent No.'s 5,516,925 and 6,716,814

††A unique form of iron (iron bisglycinate) formulated for maximum absorption without the gastrointestinal irritation or constipating effects that often accompany iron supplementation. Albion International Inc., US patent No.'s 5,516,925 and 6,716,814.

Ester-C® is a trademark of The Ester C Company. Manufactured under U.S. Pat. No.'s 6,197,813 and 6,878,744 and corresponding foreign patents.

## Prenatal Nutrients

Multivitamin and Mineral Formula for Pregnant and Lactating Women



**SUITABLE FOR VEGANS**

**SUGAR AND STARCH FREE**

Available in bottles of 60 and 120 tablets

**UPC:** E2271, E2272

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor.

**CAUTION: PHENYLKETONURICS (PKU)**  
- This product contains L-Phenylalanine.

**Directions for use:**

As a food supplement for pregnant and lactating women, two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Two (2) tablets provide:</b>	<b>%EC RDA *</b>	
Calcium (as carbonate, citrate)	650 mg	81
Bulking Agent: microcrystalline cellulose		
Magnesium (as oxide, citrate)	225 mg	60
Anti-caking Agents: vegetable stearic acid, vegetable magnesium stearate, silicon dioxide		
Soya Protein Isolate/Amino Acid Blend	80 mg	
(L-glutamic acid, L-aspartic acid, L-leucine, L-arginine, L-lysine, L-phenylalanine, L-serine, L-proline, L-valine, L-isoleucine, L-alanine, glycine, L-threonine, L-tyrosine, L-histidine, L-cysteine, L-methionine)		

Cont/.



Cont/.

Iron (as bisglycinate†)	14 mg	100
Vitamin C (as ascorbic acid)	50 mg	63
Cellulose Gum		
Glazing Agent: hydroxypropylmethyl cellulose		
Natural Source Beta-carotene (as prep.)	1.8 mg	
Providing other Carotenoids	4.8 µg	
Biotin (as prep.)	150 µg	300
Zinc (as oxide, bisglycinate††)	7.5 mg	75
Vitamin E (15 IU, d-alpha tocopheryl acid succinate)	10 mg α-TE	83
Niacin (vitamin B3, as nicotinamide)	10 mg NE	63
L-Aspartic Acid	10 mg	
Glycine	10 mg	
Pantothenic Acid (as D-pantothenate, calcium)	5 mg	83
Copper (as gluconate, bisglycinate††)	1000 µg	100
Vegetable Glycerin		
Inositol	5 mg	
Choline (as bitartrate)	2 mg	
Folic Acid (as prep.)	400 µg	200
Manganese (as bisglycinate††, gluconate)	0.5 mg	25
Vitamin D (200 IU, as ergocalciferol prep.)	5 µg	100
Selenium (as L-selenomethionine)	12.5 µg	23
Vitamin B6 (as pyridoxine HCl)	1.25 mg	89
Iodine (as potassium iodide prep.)	75 µg	50
Thiamin (vitamin B1, as thiamin mononitrate)	0.85 mg	77
Riboflavin (vitamin B2)	1 mg	71
Vitamin B12 (as cyanocobalamin prep.)	4 µg	160
Chromium (as picolinate, yeast-free)	12.5 µg	31

\*EC RDA = EC Recommended Daily Allowance

†A unique form of iron (ferrous bisglycinate) formulated for maximum absorption without the gastrointestinal irritation or constipating effects that often accompany iron supplementation. Albion International Inc., US patent No.'s 5,516,925 and 6,716,814.

††Albion International Inc., US patent No.'s 5,516,925 and 6,716,814

## Solovite Multivitamins

No Iron



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 tablets

**UPC: E2621**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

This product contains Vitamin A. Do not take if you are pregnant or likely to become pregnant except on the advice of a doctor or ante-natal clinic.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Bulking Agent: microcrystalline cellulose		
Vitamin C (as ascorbic acid)	150 mg	188
Vitamin E (as 150 IU, as d-alpha tocopheryl succinate)	100 mg α-TE	833
Niacin (vitamin B3, as nicotinamide)	100 mg NE	625
Bone Meal Powder	96 mg	
Providing:		
Calcium	32 mg	4
Phosphorous	13 mg	2
Pantothenic Acid (as D-calcium pantothenate)	50 mg	833
Anti-caking Agents: silicon dioxide, vegetable stearic acid		
Thiamin (vitamin B1, as thiamine mononitrate)	25 mg	2273

Cont/.



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Vitamin B6 (as pyridoxine hydrochloride)	25 mg**	1786
Glazing Agent: hydroxypropylmethyl cellulose		
Riboflavin (vitamin B2)	25 mg	1786
Natural Source Beta-carotene (as prep.)	1.5 mg	
Providing other Carotenoids	4 µg	
Inositol	25 mg	
Rutin	25 mg	
Choline (as bitartrate)	10 mg	
Betaine Hydrochloride	25 mg	
Citrus Bioflavonoid Complex Powder	25 mg	
Cellulose Gum		
Vitamin B12 (as cyanocobalamin prep.)	100 µg	4000
Vitamin A (2500 IU, as palmitate prep.)	750 µg RE	94
Colours: titanium dioxide, copper complexes of chlorophyllins		
L-Lysine Hydrochloride	10 mg	
Magnesium (as gluconate)	0.4 mg	0.11
Manganese (as gluconate)	0.7 mg	35
Vegetable Glycerin		
Natural Source Powdered Herbal Base (alfalfa [whole-plant], acerola extract [fruit], parsley [aerials], kelp, rose hips [fruit] and watercress [aerials])	7.5 mg	
Hesperidin Complex Powder	5 mg	
Biotin (as prep.)	20 µg	40
Iodine (as potassium iodide prep.)	100 µg	67
Zinc (as gluconate)	0.18 mg	1.8
Folic Acid (as prep.)	100 µg	50
Vitamin D (400 IU, as cholecalciferol)	10 µg	200

\*EC RDA = EC Recommended Daily Allowance

## Vegetarian Multiple

A Unique High Potency Vitamin and Multi-Chelate Formula



**SUITABLE FOR VEGANS**

**SUGAR AND STARCH FREE**

Available in bottles of 90 vegetable capsules

**UPC: E2791**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

As a food supplement for adults, three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Three (3) vegetable capsules provide:</b>	<b>%EC RDA *</b>	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Vitamin C (as ascorbic acid)	250 mg	313
Calcium (as bisglycinate†, carbonate)	64 mg	8
Vitamin E (150 IU, d-alpha tocopheryl succinate)	100 mg α-TE	833
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide		
Zinc (as picolinate, bisglycinate†, oxide)	15 mg	150
Spirulina Powder	70 mg	
Natural Source Beta-carotene (as prep.)	4.5 mg	
Providing other Carotenoids	12 µg	

Cont/.

Cont/.

Bulking Agents: microcrystalline cellulose, hydroxypropyl cellulose		
Choline (as bitartrate)	25 mg	
Pantothenic Acid (as calcium pantothenate)	50 mg	833
Magnesium (as oxide, bisglycinate†)	32 mg	9
Iron (as bisglycinate††)	10 mg	71
Niacin (B3, as nicotinamide)	50 mg NE	313
Boron (as sodium borate, citric acid)	1 mg	
Manganese (as gluconate, bisglycinate†)	4 mg	200
Thiamin (as thiamine mononitrate)	25 mg	2273
Vitamin B6 (as pyridoxine HCl)	25 mg**	1786
Riboflavin (vitamin B2)	25 mg	1786
Inositol	25 mg	
Selenium (as selenomethionine)	90 µg	164
Vitamin B12 (as cyanocobalamin prep.)	150 µg	6000
Copper (as gluconate, bisglycinate†)	1500 µg	150
Biotin (as prep.)	90 µg	180
Vitamin D (400 IU, as ergocalciferol prep.)	10 µg	200
Folic Acid (as prep.)	400 µg	200
Iodine (as potassium iodide prep.)	150 µg	100
Chromium (as picolinate)	200 µg	500

\*EC RDA = EC Recommended Daily Allowance

†Special Multi-Chelate formula providing minerals complexed as chelates, citrates, aspartates, gluconates and other highly absorbable mineral forms. Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes.

††A unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without the gastrointestinal irritational or constipating effects that often accompany iron supplementation. Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes.

Solgar's Vegetarian Multiple is manufactured under license agreements with Albion Laboratories whose patents and pending patents cover the complexing of minerals with pure amino acids.

# Protein

PROTEIN IS the most abundant substance in the body after water. It is vitally important for the growth, maintenance and repair of all body tissues. Therefore Protein is one of the most important components of a healthy diet. It is a major component of bones, muscles, blood, nerves, internal organs, hair, skin, nails, ligaments and tendons. Hormones such as thyroid hormone and insulin are also reliant on Protein, as is the immune system, which requires adequate Protein for the formation of antibodies.

Protein is made up of Amino Acids, 22 of which are required by the human body. Eight of these are known as essential Amino Acids because they must be consumed in the diet. Unlike the others, the essential Amino Acids cannot be synthesised by the body. When a food contains all eight essential Amino Acids it is referred to as a complete Protein. Common complete Protein foods include meat, eggs and dairy products.

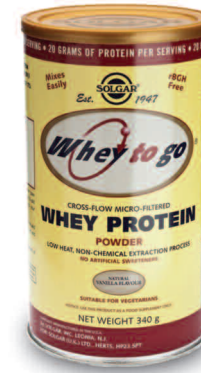
## Category Highlights

SOLGAR OFFERS:

- *Whey-To-Go*® Protein Powder - A scientifically advanced formulation with micro-filtered Whey Protein Powder, free-form L-Glutamine and free-form Branched Chain Amino Acids (BCAAs)

## Whey to Go® Whey Protein Powder

Cross-Flow Micro-Filtered  
Natural Vanilla Flavour



**SUITABLE FOR VEGETARIANS**

**NO ARTIFICIAL SWEETENERS**

Available in 340 g and 907 g tubs

**UPC:** E3667, E3668

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

Contains milk and soya.

**CAUTION: PHENYLKETONURICS (PKU)**

- This product contains L-phenylalanine; therefore, the use of this product is recommended under supervision of a healthcare practitioner for those with phenylketonuria (PKU).

This product is manufactured from cows **not** treated with rBGH, recombinant bovine growth hormone.

**Directions for use:**

As a food supplement for adults, add 25 grams (approx. 1 level scoop) to 237 ml of water, milk or your favourite juice and stir briskly or blend with fresh fruit. Please note the additional calories and/or protein provided by your favourite type of milk or juice. Do not exceed directions for use.

**Each 25 grams (approx. 1 level scoop) provides:**

Cross-Flow Micro-Filtered Whey Protein Isolate*	18.75 g
Cross-Flow Micro-Filtered Whey Protein Concentrate*	3 g
Natural Flavours: vanilla and caramel	

Cont/.

Cont/.

L-Glutamine	1252 mg
Free-form BCAAs: leucine, valine, isoleucine (125 mg of each added per serving)	375 mg
<b>Bulking Agent: soya lecithin</b>	

\*Supplying  $\beta$ -lactoglobulin,  $\alpha$ -lactalbumin, casein glycomacropeptide, immunoglobulin, bovine serum albumin, residual caseins, protease peptides, and lactoferrin.

**Nutrition Information per 25 g / 100 g servings:**

Energy	394 kJ / 94 kcal	1583 kJ / 378 kcal
Protein	20 g	80 g
Carbohydrate	1.57 g	6.28 g
of which:		
Sugars	0.4 g	1.6 g
Fat	0.67 g	2.7 g
of which:		
Saturates	0.4 g	1.6 g
Mono-unsaturates	0.04 g	0.17 g
Polyunsaturates	0.06 g	0.25 g
Cholesterol	10 mg	42 mg
Fibre	0 g	0 g
Sodium	54 mg	214 mg

## Whey to Go® Whey Protein Powder

Cross-Flow Micro-Filtered  
Natural Chocolate Cocoa Flavour



SUITABLE FOR VEGETARIANS

NO ARTIFICIAL SWEETENERS

Available in 454 g and 1162 g tubs

UPC: E3672, E3673

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

Contains milk and soya.

**CAUTION: PHENYLKETONURICS (PKU)**

- This product contains L-phenylalanine; therefore, the use of this product is recommended under supervision of a healthcare practitioner for those with phenylketonuria (PKU).

This product is manufactured from cows **not** treated with rBGH, recombinant bovine growth hormone.

**Directions for use:**

As a food supplement for adults, add 34 grams (approx. 1 level scoop) to 237 ml of water or your preferred source of milk and stir briskly. Please note the additional calories and/or protein provided by your favourite type of milk. Do not exceed directions for use.

**Each 34 grams (approx. 1 level scoop) provides:**

Cross-Flow Micro-Filtered Whey Protein Isolate*	16.97 g
Fruit Sugar (derived from beet)	
Cross-Flow Micro-Filtered Whey Protein Concentrate*	4.28 g

Cont/.



Cont/.

Natural Flavours: dutch cocoa, chocolate, vanilla and butter buds

L-Glutamine	1216 mg
Free-form BCAAs: leucine, valine, isoleucine (Approximately 121 mg each added per serving)	364 mg
Bulking Agent: soya lecithin	
Thickener: cellulose gum	
Medium Chain Triglycerides	68 mg

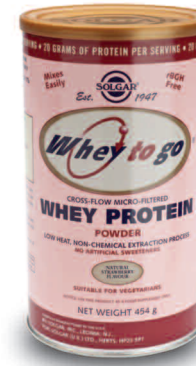
\*Supplying β-lactoglobulin, α-lactalbumin, casein glycomacropeptide, immunoglobulin, bovine serum albumin, protease peptides, and lactoferrin.

**Nutrition Information per 34 g / 100 g servings:**

Energy	535 kJ / 128 kcal	1574 kJ / 376 kcal
Protein	20 g	58 g
Carbohydrate	10 g	30 g
of which:		
Sugars	8.7 g	25 g
Fat	0.9 g	2.7 g
of which:		
Saturates	0.5 g	1.4 g
Mono-unsaturates	0.12 g	0.35 g
Polyunsaturates	0.10 g	0.3 g
Cholesterol	13 mg	38 mg
Fibre	0.8 g	2.4 g
Sodium	66 mg	193 mg

**Whey to Go®  
Whey Protein Powder**

Cross-Flow Micro-Filtered  
Natural Strawberry Flavour



**SUITABLE FOR VEGETARIANS**

**NO ARTIFICIAL SWEETENERS**

Available in 454 g tubs

**UPC: E32874**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

Contains milk and soya.

**CAUTION: PHENYLKETONURICS (PKU)**

- This product contains L-phenylalanine; therefore, the use of this product is recommended under supervision of a healthcare practitioner for those with phenylketonuria (PKU).

This product is manufactured from cows **not** treated with rBGH, recombinant bovine growth hormone.

**Directions for use:**

As a food supplement for adults, add 34 grams (approx. 1 level scoop) to 237 ml of water or your preferred source of milk and stir briskly. Please note the additional calories and/or protein provided by your favourite type of milk or juice. Do not exceed directions for use.

**Each 34 grams (approx. 1 level scoop) provides:**

Cross-Flow Micro-Filtered Whey Protein Isolate*	17 g
Fruit Sugar (derived from beet)	
Cross-Flow Micro-Filtered Whey Protein Concentrate*	5.3 g

Cont/.

Cont/.

L-Glutamine	1216 mg
Flavour: natural strawberry	
Free-form BCAAs: leucine, valine, isoleucine (Approximately 121 mg of each added per serving)	364 mg
Thickener: cellulose gum	
Bulking Agent: soya lecithin	
Medium Chain Triglycerides	68 mg
Colour: beetroot red	

\*Supplying  $\beta$ -lactoglobulin,  $\alpha$ -lactalbumin, casein glycomacropeptide, immunoglobulin, bovine serum albumin, residual caseins, protease peptides, and lactoferrin.

**Nutrition Information per 34 g / 100 g servings:**

Energy	540 kJ / 129 kcal	1587 kJ / 379 kcal
Protein	20 g	58 g
Carbohydrate	10 g	30 g
of which:		
Sugars	9 g	27 g
Fat	0.7 g	2 g
of which:		
Saturates	0.38 g	1.1 g
Mono-unsaturates	0.04 g	0.1 g
Polyunsaturates	0.05 g	0.17 g
Cholesterol	15 mg	45 mg
Fibre	0.02 g	0.07 g
Sodium	68 mg	201 mg

# Coenzyme Q-10

COENZYME Q-10 (CoQ-10) is in every plant and animal cell, although dietary sources may not be sufficient to make up a deficiency. It is an essential component of the mitochondria (the powerhouse of all cells). Cells use it to produce energy that your body needs for cell growth and maintenance.

It is produced by the human body and is necessary for the basic functioning of cells. CoQ-10 levels are reported to decrease with age and to be low in people with certain chronic ailments. Some prescription medicines may also lower CoQ-10 levels.

Coenzymes help enzymes to work in order to digest food and perform other body functions, including protecting the heart and skeletal muscles.

Nutri-Nano™ technology is a patent-protected technology that transforms fat-soluble nutrients into amphiphilic ones (soluble in both fat and water) therefore they have unprecedented absorption, which leads to better bioavailability and superior efficacy.

Ubiquinol is a reduced form of CoQ-10. Studies published in referenced scientific journals indicate that Ubiquinol is at least twice as well absorbed as ubiquinone (the oxidised form of CoQ-10), with requirements increasing with age and/or in the presence of acute or chronic health problems.

**Category Highlights**

SOLGAR OFFERS:

- CoQ-10 (Ubiquinone) in doses from 30 mg - 200 mg - Available in both softgel & vegetarian capsules
- Nutri-Nano™ CoQ-10 - Available in 30 mg softgels for superior bioavailability & absorption. Also available in a combination of 45 mg with 50 mg Alpha Lipoic Acid softgels
- Ubiquinol 100 mg capsules - It's already in the form the body uses, therefore has the best utilisation by the body

## Nutri-Nano™ CoQ-10 3.1x



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 softgels

**UPC:** E916

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

Emulsifier: Polysorbate 80	
Softgel Capsule Shell: gelatin, vegetable glycerin	
Medium Chain Triglycerides	
Nutri-Nano™ Coenzyme Q-10 (ubiquinone)	30 mg
Colours: paprika (contains soy), titanium dioxide	

NovaSOL Q is the trademark of AQUANOVA A.G., patent #7,094,804.

## Nutri-Nano™ CoQ-10 Alpha Lipoic Acid



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 softgels

**UPC:** E1823

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

Emulsifier: Polysorbate 80	
Softgel Capsule Shell: gelatin, vegetable glycerin	
Medium Chain Triglycerides	
Nutri-Nano™ Alpha Lipoic Acid	50 mg
Colours: paprika (contains soy), titanium dioxide	
Nutri-Nano™ Coenzyme Q-10 (as ubiquinone)	45 mg

NovaSOL Q is the trademark of AQUANOVA A.G., patent No. 7,094,804.



## CoQ-10 30 mg

(Coenzyme Q-10)



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 softgels

**UPC:** E945

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

Softgel Capsule Shell: gelatin (from bovine), glycerin  
(from palm kernel oil and coconut oil)

Rice Bran Oil

Coenzyme Q-10 (KanekaQ10®) (ubiquinone) 30 mg

Emulsifier: **soy** lecithin

Colours: paprika, titanium dioxide

KANEKA® and KanekaQ10® are registered trademarks of the Kaneka Corporation.

## CoQ-10 60 mg

(Coenzyme Q-10)



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 softgels

**UPC:** E956

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

Softgel Capsule Shell: gelatin (from bovine), vegetable glycerin  
(from palm kernel oil and coconut oil)

Rice Bran Oil

Coenzyme Q-10 (KanekaQ10®) (ubiquinone) 60 mg

Emulsifier: **soy** lecithin

Colours: paprika, titanium dioxide

KANEKA® and KanekaQ10® are registered trademarks of the Kaneka Corporation.



## CoQ-10 30 mg

(Coenzyme Q-10)



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**

Available in bottles of 30, 60 and 90  
vegetable capsules

**UPC:** E931, E932, E933

**WARNING:**

If you are pregnant, nursing, taking any  
medications or have any medical condition,  
please consult your healthcare practitioner  
before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably  
at mealtime, or as directed by a healthcare practitioner. Do not exceed  
directions for use.

**Each vegetable capsule provides:**

Bulking Agent: microcrystalline cellulose

Vegetable Capsule Shell: hydroxypropylmethyl cellulose

Coenzyme Q-10 (KanekaQ10®) (ubiquinone) 30 mg

Anti-caking Agents: silicon dioxide, vegetable magnesium stearate

Kaneka® and KanekaQ10® are registered trademarks of the Kaneka Corporation.

## CoQ-10 60 mg

(Coenzyme Q-10)



**SUITABLE FOR VEGANS · KOSHER  
SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 and 60  
vegetable capsules

**UPC:** E935, E936

**WARNING:**

If you are pregnant, nursing, taking any  
medication or have a medical condition,  
please consult your healthcare practitioner  
before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably  
at mealtime, or as directed by a healthcare practitioner. Do not exceed  
directions for use.

**Each vegetable capsule provides:**

Bulking Agent: microcrystalline cellulose

Vegetable Capsule Shell: hydroxypropylmethyl cellulose

Coenzyme Q-10 (CoQ-10) (ubiquinone) 60 mg

Anti-caking Agents: magnesium stearate\*

\*Made from vegetable stearic acid

Solgar's Coenzyme Q-10 is obtained from the finest Japanese source  
raw material.

## CoQ-10 100 mg

(Coenzyme Q-10)



### SUGAR, SALT AND STARCH FREE

Available in bottles of 30 softgels

UPC: E947

#### WARNING:

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) softgel daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each softgel provides:

Rice Bran Oil	
Softgel Capsule Shell: gelatin (from bovine), vegetable glycerin (from palm kernel oil and coconut oil)	
Coenzyme Q-10 (KanekaQ10®) (ubiquinone)	100 mg
Emulsifier: soy lecithin	
Colours: paprika, titanium dioxide	

KANEKA® and KanekaQ10® are registered trademarks of the Kaneka Corporation.

## CoQ-10 120 mg

(Coenzyme Q-10)



### SUITABLE FOR VEGANS · KOSHER

SUGAR, SALT AND STARCH FREE

Available in bottles of 30 vegetable capsules

UPC: E924

#### WARNING:

If you are pregnant, nursing, taking any kind of medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each vegetable capsule provides:

Bulking Agent: microcrystalline cellulose	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Coenzyme Q-10 (CoQ-10) (ubiquinone)	120 mg
Anti-caking Agents: silicon dioxide, magnesium stearate*	

\*Made from vegetable stearic acid

Solgar's Coenzyme Q-10 is obtained from the finest Japanese source raw material.



## CoQ-10 200 mg

(Coenzyme Q-10)



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 30 vegetable capsules

**UPC: E948**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each vegetable capsule provides:**

Bulking Agent: microcrystalline cellulose

Coenzyme Q-10 (KanekaQ10®) (ubiquinone) 200 mg

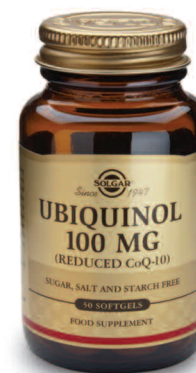
Vegetable Capsule Shell: hydroxypropylmethyl cellulose

Anti-caking Agents: vegetable magnesium stearate,  
silicon dioxide

KANEKA® and KanekaQ10® are registered trademarks of the Kaneka Corporation.

## Ubiquinol 100 mg

(Reduced CoQ-10)



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 50 softgels

**UPC: E2641**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) softgels daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

Softgel Capsule Shell: gelatin (from bovine), vegetable glycerin  
(from palm kernel oil and coconut oil)

Olive Oil

Ubiquinol (as KanekaQH®)† (reduced CoQ-10) 100 mg

Emulsifier: soy lecithin

Antioxidant: ascorbyl palmitate

Colours: caramel, titanium dioxide

†KanekaQH® is a trademark of Kaneka Corporation.

# Speciality Supplements

THIS SECTION contains a variety of specialist nutritional supplements that represent the very latest nutritional research.

## Category Highlights include

SOLGAR OFFERS:

- **Beta Glucans Immune Complex**

Research has established that many nutrients play an integral role in the functioning of the immune system. This synergistic combination of Beta 1,3 Glucans, Vitamin C, Vitamin D3, Zinc, Selenium and phytonutrient rich berries, provides support to the immune system as well as antioxidant protection

- **Balance Rhodiola Complex**

The adrenal glands are key to how the body manages both internal and external stressors and they are supported by a number of key nutrients. Pantothenic Acid and Tyrosine are both involved with the synthesis of the adrenal hormones whilst Licorice can help when there is adrenal hormone deficiency. Rhodiola and Siberian Ginseng, as well-known adaptogens, help regulate the body's response to stress. The inclusion of Chamomile and Magnesium can alleviate tension and anxiety, and may promote feelings of relaxation

- **Thermogenic Complex**

Thermogenesis has long been recognised as a key factor for regulating metabolism and supporting optimal body composition. Numerous studies have demonstrated the thermogenic action of several of nature's Botanicals and nutrients. This blend of nutrients, including Green Coffee (Svetol®), helps support healthy body composition and the regulation of weight control

- **Quercetin Complex**

A combination of Quercetin, Bromelain and Ester-C®. Quercetin, a non-citrus Bioflavonoid that works synergistically with Vitamin C



## All-In-One

Including Iodine, Vitamin B6, Lecithin, Cider Vinegar and Grapefruit



**SUITABLE FOR VEGANS**  
**SUGAR AND STARCH FREE**  
 Available in bottles of 100 tablets  
**UPC: E60**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

**Directions for use:**

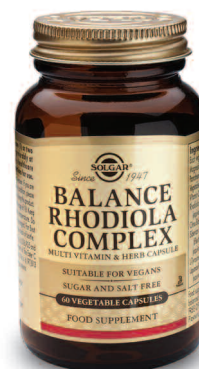
As a food supplement for adults, two (2) tablets three times daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Six (6) tablets provide:	%EC RDA *	
Bulking Agents: microcrystalline cellulose, dicalcium phosphate		
Soya Lecithin (unbleached)	1200 mg	
Grapefruit Powder Concentrate	300 mg	
Cider Vinegar Powder	240 mg	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate, vegetable stearic acid		
Cellulose Gum		
Vitamin B6 (as pyridoxine hydrochloride)	51 mg**	3643
Iodine (as kelp)	210 µg	140

\*EC RDA = EC Recommended Daily Allowance

## Balance Rhodiola Complex

Multi Vitamin & Herb Capsule



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR AND SALT FREE**  
 Available in bottles of 60 vegetable capsules  
**UPC: E50979**

**WARNING:**

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) or two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsule provides:	%EC RDA *	
Magnesium (as bisglycinate <sup>+</sup> )	50 mg	13
Pantothenic Acid (as D-pantothenate, calcium)	100 mg	1667
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Vitamin C (as Ester-C® calcium ascorbate)	50 mg	63
Rhodiola Root Extract ( <i>Rhodiola rosea</i> ) (equivalent to 250 mg of root)	62.5 mg	
Citrus Bioflavonoids	25 mg	
Siberian Ginseng Root Extract ( <i>Eleutherococcus senticosus</i> ) (equivalent to 200 mg of root)	50 mg	
L-Tyrosine (free-form)	25 mg	
Licorice Root Extract ( <i>Glycyrrhiza glabra</i> ) (equivalent to 100 mg of root)	25 mg	

Cont/.



Cont/.

Roman Chamomile Extract ( <i>Chamaemelum nobile</i> ) (equivalent to 100 mg of aerial)	25 mg	
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		
Spinach Powder (leaf)	10 mg	
Niacin (as nicotinamide)	5 mg NE	31
Kelp	4 mg	
Vitamin B6 (as pyridoxine HCl)	2.5 mg	179
Pumpkin Seed Powder	3 mg	
Kale Powder (leaf)	3 mg	
Broccoli Powder (flower)	3 mg	
Rosemary Leaf Extract ( <i>Rosmarinus officinalis</i> ) (0.04 mg rosmarinic acid [4%])	1 mg	
Montmorency Cherry Extract ( <i>Prunus cerasus</i> ) (fruit) (equivalent to 4 mg of fruit)	1 mg	

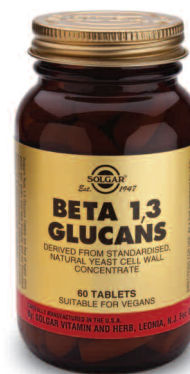
\*EC RDA = Recommended Daily Allowance

†Albion International Inc., US patent No.'s 5,516,925 and 6,716,814

Ester-C® is a registered trademark of The Ester C Company. Manufactured under U.S. Pat. Nos. 6,197,813 and 6,878,744 and corresponding foreign patents.

## Beta 1,3 Glucans

Derived from Standardised, Natural Yeast Cell Wall Concentrate



### SUITABLE FOR VEGANS

Available in bottles of 60 tablets

UPC: E235

### WARNING:

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) to three (3) tablets daily with water or a small meal, or as directed by a healthcare practitioner. Do not exceed directions for use.

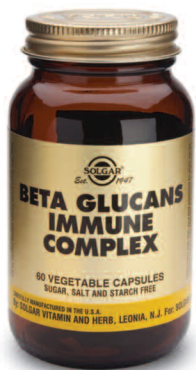
### Each tablet provides:

Beta 1,3 Glucans (from yeast cell wall concentrate)	200 mg
Bulking Agent: microcrystalline cellulose	
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate	
Cellulose Gum	
Glazing Agent: hydroxypropylmethyl cellulose	
Vegetable Glycerin	

Solgar® Beta 1,3 Glucans tablets are naturally derived from a concentrated yeast cell wall material. In addition to the beta 1,3 glucans, our natural yeast cell wall concentrate contains beneficial beta 1,6 glucans.



## Beta Glucans Immune Complex



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 vegetable capsules

**UPC: E36214**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Two (2) vegetable capsules provide:</b>	<b>%EC RDA *</b>	
Vitamin C (as Ester-C®, calcium ascorbate)	400 mg	500
Beta 1,3 Glucans (from yeast cell wall concentrate)	250 mg	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Bulking Agent: microcrystalline cellulose		
Berry Blend (Standardised Elderberry Powdered Extract [berry], Blueberry Powder [berry], Acai Powder [berry])	225 mg	
Zinc (as picolinate)	15 mg	150
Selenium (as L-selenomethionine)	125 µg	227
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		
Copper (as citrate)	1500 µg	150
Vitamin D3 (2000 IU, as cholecalciferol)	50 µg	1000

\*EC RDA = EC Recommended Daily Allowance

Ester-C® is a trademark of The Ester C Company. Manufactured under U.S. Patent No's. 6,197,813 and 6,878,744 and corresponding foreign patents.

## Maximised Caprylic Acid

(Octanoic Acid)



**SUITABLE FOR VEGANS**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC: E550**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each tablet provides:**

Bulking Agents: microcrystalline cellulose, hydroxypropyl cellulose	
Caprylic Acid (as calcium, magnesium, potassium and zinc caprylates)	365 mg
Cellulose Gum	
Anti-caking Agents: silicon dioxide, magnesium stearate*	
Glazing Agent: hydroxypropylmethyl cellulose	
Vegetable Glycerin	

\*Made from vegetable stearic acid

Solgar's Maximised Caprylic Acid tablets provide an advanced, high-potency source of caprylic acid in a special calcium/magnesium/potassium/zinc matrix.

Solgar's manufacturing process provides for the optimum absorption of Caprylic Acid in the digestive tract.





## Celadrin® 525 mg



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 softgels

**UPC:** E574

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, two (2) softgels daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Two (2) softgels provide:**

Celadrin® Fatty Acid Complex (esterified fatty acids, 780 mg)	1050 mg
Safflower Oil	
Softgel Capsule Shell: gelatin, glycerin	
Olive Oil	
Colour: caramel	

Celadrin® is a trademark of Imaginetix.

## Celadrin® Glucosamine Complex



**SUGAR AND SALT FREE**

Available in bottles of 60 tablets

**UPC:** E569

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Three (3) tablets provide:**

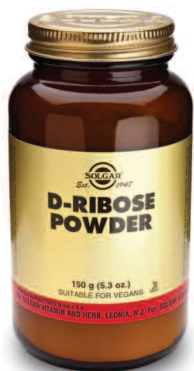
Glucosamine Sulphate Potassium Chloride	1500 mg
Providing:	
Glucosamine Sulphate	1108 mg
Glucosamine	892.5 mg
Celadrin® Fatty Acid Complex	1500 mg
(A proprietary blend of esterified fatty acid carbons of myristate, myristoleate, laurate, oleate, palmitate, and palmitoleate)	
Bulking Agent: tricalcium phosphate, microcrystalline cellulose, hydroxypropyl cellulose	
Anti-caking Agents: silicon dioxide, vegetable stearic acid, vegetable magnesium stearate*	
Glazing Agent: hydroxypropylmethyl cellulose	
Cellulose Gum	
Citric Acid	
Vegetable Glycerin	

\*Made from vegetable stearic acid

Celadrin® is a trademark of Imaginetix.



## D-Ribose Powder



**SUITABLE FOR VEGANS · KOSHER**

Available in bottles of 150 g (5.3 oz.)

**UPC:** E988

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to three (3) teaspoonfuls daily, mixed with 250 ml water, taken with meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each teaspoonful (approx. 2.2 g) provides:**

D-Ribose	2.2 g
No excipients	

## Glucosamine Chondroitin Complex



**SUGAR AND STARCH FREE**

Available in bottles of 75 tablets

**UPC:** E1287

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**DIABETICS:**

Use only under a physician's supervision.

**Directions for use:**

As a food supplement for adults, three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Three (3) tablets provide:</b>	<b>%EC RDA *</b>	
Glucosamine Sulphate Potassium Chloride (from crustaceans)	1500 mg	
Providing:		
Glucosamine Sulphate	1131 mg	
Glucosamine	888 mg	
Chondroitin Sulfate Sodium (providing approx. 115 mg sodium)	1500 mg	
Vitamin C (as calcium ascorbate)	300 mg	375
Cellulose Gum		
Bulking Agent: microcrystalline cellulose		
Anti-caking Agents: silicon dioxide, vegetable stearic acid, vegetable magnesium stearate		
Glazing Agent: hydroxypropylmethyl cellulose		
Manganese (as bisglycinate†)	3 mg	150
Vegetable Glycerin		

\*EC RDA = EC Recommended Daily Allowance

†Fully reacted chelates Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes



## Extra Strength Glucosamine Chondroitin MSM

(Shellfish-Free)



### SUGAR AND STARCH FREE

Available in bottles of 60 and 120 tablets

UPC: E1318, E1319

#### WARNING:

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

#### Two (2) tablets provide:

Shellfish-Free Glucosamine Hydrochloride	1500 mg
Providing:	
Glucosamine	1245 mg
Chondroitin Sulphate Sodium	1200 mg
(providing approx. 90 mg sodium)	
MSM (as methylsulfonylmethane)	700 mg
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate*	
Cellulose Gum	
Glazing Agent: hydroxypropylmethyl cellulose	
Vegetable Glycerin	

\*Made from vegetable stearic acid

OptiMSM™ is a registered trademark of Cardinal Nutrition.

Regenasure™ is a registered trademark of Cargill, Incorporated.

## Glucosamine MSM Complex

(Shellfish-Free)



### SUITABLE FOR VEGANS · KOSHER

### SUGAR, SALT AND STARCH FREE

Available in bottles of 60 tablets

UPC: E1314

#### WARNING:

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

\*\*Long term intake of this amount of manganese may lead to muscle pain and fatigue.

### Directions for use:

As a food supplement for adults, three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

#### Three (3) tablets provide:

		%EC RDA *
Glucosamine Hydrochloride	1500 mg	
Providing:		
Glucosamine	1425 mg	
MSM (as methylsulfonylmethane)	1000 mg	
Bulking Agent: microcrystalline cellulose		
Vitamin C (as calcium ascorbate)	100 mg	125
Ginger 4:1 Extract	108 mg	
( <i>Zingiber officinale</i> ) [root]		
(equivalent to 432 mg of ginger root)		
White Willow 5:1 Extract	100 mg	
( <i>Salix alba</i> ) [bark]		
(equivalent to 500 mg of white willow powder)		
Cellulose Gum		

Cont/.



Cont/.

Anti-caking Agents: silicon dioxide, vegetable magnesium stearate

Manganese (as bisglycinate†)	5 mg**	250
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Glazing Agent: hydroxypropylmethyl cellulose

Vegetable Glycerin

\*EC RDA = EC Recommended Daily Allowance

†Fully reacted chelates Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes

OptiMSM™ is a registered trademark of Cardinal Nutrition.

## Glucosamine Hydrochloride 1000 mg

(Shellfish-Free)



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 tablets

**UPC: E1311**

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each tablet provides:**

Shellfish-Free Glucosamine HCl (providing 831 mg of glucosamine)	1000 mg
Bulking Agent: microcrystalline cellulose	
Cellulose Gum	
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide	
Glazing Agents: hydroxypropylmethyl cellulose, vegetable glycerin (from palm kernel oil and coconut oil)	



## Glucosamine Sulphate 1000 mg



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 tablets

**UPC:** E1291

**WARNING:**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

**DIABETICS:**

Use only under a physician's supervision.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each tablet provides:**

Glucosamine Sulphate Potassium Chloride (from crustaceans)	1353 mg
Providing:	
Glucosamine Sulphate	1000 mg
Bulking Agents: microcrystalline cellulose, hydroxypropyl cellulose	
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate	
Cellulose Gum	
Glazing Agent: hydroxypropylmethyl cellulose, vegetable glycerin (from palm kernel oil and coconut oil)	

## Hematinic Formula

Contains the Blood-Building Factors Iron, Liver, Vitamin B12 & Folic Acid plus Vitamin C



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 tablets

**UPC:** E1380

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control centre immediately.

\*\*Long term intakes of this amount of iron may cause mild stomach upset in sensitive individuals.

**Directions for use:**

As a food supplement for adults, three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Three (3) tablets provide:**

**%EC RDA \***

Bulking Agents: microcrystalline cellulose, dicalcium phosphate, hydroxypropyl cellulose		
Liver Powder (desiccated and defatted)	750 mg	
Vitamin C (buffered as calcium ascorbate)	300 mg	375
Iron (as bisglycinate+)	45 mg**	321
Glazing Agent: hydroxypropylmethyl cellulose		
Cellulose Gum		
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		
Vitamin B12 (as cyanocobalamin prep.)	150 µg	6000
Vegetable Glycerin		

Cont/.



Cont/.

Colours: anthocyanins (from grapeskin), titanium dioxide

Folic Acid (as prep.)	300 µg	150
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\*EC RDA = EC Recommended Daily Allowance

†Unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without the gastrointestinal irritation or constipating effects that often accompany iron supplementation. Fully reacted Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes.

## Hyaluronic Acid Complex



**SUGAR AND STARCH FREE**

Available in bottles of 30 tablets

**UPC: E1417**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each tablet provides:		%EC RDA *
BioCell Collagen II® Extract	1200 mg	
Providing:		
Hydrolysed Collagen Type II	750 mg	
Chondroitin Sulphate	240 mg	
Hyaluronic Acid	120 mg	
Bulking Agent: microcrystalline cellulose		
Vitamin C (as calcium ascorbate)	100 mg	125
Cellulose Gum		
Anti-caking Agents: silicon dioxide, vegetable magnesium stearate		
Glazing Agent: hydroxypropylmethyl cellulose		
Colour: titanium dioxide		
Vegetable Glycerin		

\*EC RDA = Recommended Daily Allowance

BioCell Collagen and Design is a registered trademark of BioCell Technology, LLC.



## Super Concentrated Isoflavones



**SUITABLE FOR VEGANS**

**SUGAR AND SALT FREE**

Available in bottles of 30 and 60 tablets

**UPC:** E1478, E1474

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) tablets daily, preferably with meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each tablet provides:**

Bulking Agent: microcrystalline cellulose	
Total Soy Isoflavones (as soy germ isoflavone extract)	38 mg
Anti-caking Agents: silicon dioxide, magnesium stearate*	
Vegetable Gum	
Colours: titanium dioxide, sulphite ammonia caramel	
Glazing Agent: hydroxypropylmethyl cellulose	
Vegetable Glycerin	

\*Made from vegetable stearic acid

This product is made of SoyLife™, a special isoflavone concentrate.

SoyLife™ is a registered trademark of Schouten U.S.A. Inc.

Isoflavones, a type of phytoestrogen abundant in soybeans, are receiving a great deal of attention in the scientific literature. The three main isoflavones are daidzein, genistein and glycitein. Solgar's Super Concentrated Isoflavones tablets have an isoflavone concentration that is approximately 50 times higher than isolated soya protein or soya flour.

## Iso Soy® Soy Protein / Isoflavone Concentrated Powder

Natural Chocolate Caramel Flavour

Supplying a Concentrated Source of High-Quality Soya Protein and Important Isoflavones such as Genistein and Daidzein



**SUITABLE FOR LACTO-VEGETARIANS**

Available in 568 g (20 oz.) tubs

**UPC:** E1477

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

**Directions for use:**

As a food supplement for adults, mix 1 level scoop in 227 ml (8 fl. oz.) of water, juice, milk, soya or rice milk and blend or shake vigorously. Please note the additional calories and/or protein provided by your favourite source of milk or juice. Do not exceed directions for use.

**Each 28.4 g (approx. 1 level scoop) provides:**

Soy Blend	14.5 g
Providing:	
Soy Protein Isolate	
Soya Isoflavone Concentrate	
Gum Acacia	
Fructose	
Maltodextrin	
Natural Flavours: chocolate, cocoa, vanilla	

Cont/.



Cont/.

Isoflavones	100 mg
Typically Providing:	
Genistein	27.5 mg
Daidzein	50 mg
Other Isoflavones	22.5 mg

**Nutritional information per 28.4 g servings:**

Energy	460 kJ/110 kcal
Protein	12 g
Carbohydrate	13 g
Fat	1 g

ISO-SOY® is a registered trademark of Solgar Vitamin and Herb, U.S.A.

## Iso Soy® Soy Protein / Isoflavone Concentrated Powder

Natural Vanilla Bean Flavour

Supplying a Concentrated Source of High-Quality Soya Protein and Important Isoflavones such as Genistein and Daidzein



**SUITABLE FOR LACTO-VEGETARIANS**

Available in 568 g (20 oz.) tubs

**UPC: E1475**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

**Directions for use:**

As a food supplement for adults, mix 1 level scoop in 227 ml (8 fl. oz.) of water, juice, milk, soya or rice milk and blend or shake vigorously. Please note the additional calories and/or protein provided by your favourite source of milk or juice. Do not exceed directions for use.

**Each 28.4 g (approx. 1 level scoop) provides:**

Soy Blend	14.5 g
Providing:	
Soy Protein Isolate	
Soya Isoflavone Concentrate	
Gum Acacia	
Fructose	
Maltodextrin	
Natural Flavours: vanilla	

Cont/.





Cont./

Isoflavones	100 mg
Typically Providing:	
Genistein	27.5 mg
Daidzein	50 mg
Other Isoflavones	22.5 mg

**Nutritional information per 28.4 g servings:**

Energy	460 kJ/110 kcal
Protein	12 g
Carbohydrate	13 g
Fat	1 g

ISO-SOY® is a registered trademark of Solgar Vitamin and Herb, U.S.A.

## Lipotropic Factors

A Combination Formula of Choline, Inositol and Methionine



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR AND STARCH FREE**

Available in bottles of 50 and 100 tablets

**UPC:** E1580, E1581

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Three (3) tablets provide:**

Bulking Agents: microcrystalline cellulose, hydroxypropyl cellulose	
Choline Bitartrate (providing 410 mg elemental choline)	1000 mg
Inositol	1000 mg
L-Methionine	1000 mg
Anti-caking Agents: vegetable magnesium stearate*, silicon dioxide	
Cellulose Gum	
Glazing Agent: hydroxypropylmethyl cellulose	
Vegetable Glycerin	
Colour: titanium dioxide	

\*Made from vegetable stearic acid



## MSM 1000 mg (Methylsulfonylmethane)



**SUITABLE FOR VEGANS · KOSHER  
HALAL**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 and 120 tablets

**UPC: E1733, E1734**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each tablet provides:**

MSM (methylsulfonylmethane)	1000 mg
Bulking Agents: microcrystalline cellulose, hydroxypropyl cellulose	
Anti-caking Agents: magnesium stearate*, silicon dioxide, stearic acid	
Glazing Agent: hydroxypropylmethyl cellulose	
Vegetable glycerin	

\*Made from vegetable stearic acid

## MSM Powder



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 226 g (8 oz.) powder

**UPC: E1729**

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one-half (1/2) teaspoon daily with 227 ml (8 fl. oz.) of water or juice, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**1/2 teaspoon provides:**

MSM (as methylsulfonylmethane)	3000 mg
Anti-caking Agent: silicon dioxide	

OptiMSM™ is a registered trademark of Cardinal Nutrition.



## Phosphatidylserine Complex Tablets 500 mg



**SUITABLE FOR VEGANS**  
**SALT AND STARCH FREE**  
 Available in bottles of 30 tablets  
**UPC: E2803**

**WARNING:**  
 If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) to three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

### Each tablet provides:

Bulking Agents: microcrystalline cellulose, dicalcium phosphate	
Phosphatidylserine Complex (contains soy)	500 mg
Providing:	
Phosphatidylserine	100 mg
Other Phospholipids:	
Phosphatidylcholine	55 mg
Phosphatidylethanolamine	40 mg
Phosphatidylinositol	25 mg
Anti-caking Agents: vegetable stearic acid, silicon dioxide, magnesium stearate*	
Cellulose Gum	
Glazing Agent: hydroxypropylmethyl cellulose	
Vegetable Glycerin	

\*Made from vegetable stearic acid

## Quercetin Complex

with Vitamin C as Ester-C® plus, Bromelain and more...



**SUITABLE FOR VEGANS · KOSHER**  
**SUGAR, SALT AND STARCH FREE**  
 Available in bottles of 50 and 100 vegetable capsules  
**UPC: E2318, E2319**

**WARNING:**  
 If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Two (2) vegetable capsules provide:</b>	<b>%EC RDA*</b>
Vitamin C (as calcium ascorbate, threonate [Ester-C®])	500 mg 625
Quercetin	500 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate	
Bromelain (2000 GDU/g)	50 mg
Citrus Bioflavonoids (as prep.)	5 mg
Rose Hips Powder	50 mg
Acerola Powdered Extract (4:1)	50 mg

Cont/.



Cont/.

Bulking Agent: microcrystalline cellulose

Rutin	10 mg
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\*EC RDA = EC Recommended Daily Allowance

Ester-C® is a registered trademark of The Ester C Company. Manufactured under U.S. Pat. Nos. 6,197,813 and 6,878,744 and corresponding foreign patents.

Solgar's Quercetin Complex is exclusively formulated by Solgar and provides the important bioflavonoid Quercetin in a synergistic formula with Ester-C® and Bromelain. Ester-C® provides a patented method of supplementing pH neutral (non-acidic) Vitamin C to prevent stomach irritation.

In addition, Ester-C® contains the natural Vitamin C metabolites that occur along with Vitamin C in nature. A special manufacturing process is employed to form a unique calcium ascorbate metabolite complex.

## Phytosterol Complex



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 100 softgels

**UPC: E2205**

**WARNING:**

If you are pregnant, nursing, taking any medication (especially if cholesterol lowering) or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, two (2) softgels twice daily with meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Two (2) softgels provide:**

Phytosterol (plant sterol) Complex (from soy)	1000 mg
Providing Total Sterol Esters (including beta-sitosterol, stigmasterol, campesterol, brassicasterol)	900 mg
Softgel Capsule Shell: gelatin, vegetable glycerin	
Safflower Oil	
Colour: caramel	



## Advanced Processed Shark Cartilage 750 mg



Available in bottles of 45, 90 and 180 vegetable capsules

UPC: E2600, E2601, E2602

**WARNING:**

If you are pregnant, nursing, taking any medication, recovering from surgery, have a heart/circulatory problem or any other medical condition, please consult your healthcare practitioner before taking this product.

Contains fish.

**Directions for use:**

As a food supplement for adults, eight (8) vegetable capsules daily, distributed throughout the day, preferably in between meals. Do not exceed directions for use.

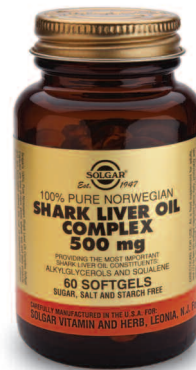
**Each vegetable capsule provides:**

100% Pure Shark Cartilage (provides 30 mg chondroitin sulphate)	750 mg
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Anti-caking Agent: vegetable magnesium stearate	

Solgar's advanced process employs an all natural "next generation" technology that excludes the use of chemicals, radiation, ethylene oxide, bleach or excessive heat. This method results in a high shark cartilage protein content and reduced odour and taste.

## 100% Pure Norwegian Shark Liver Oil Complex 500 mg

Providing the most important Shark Liver Oil Constituents: Alkylglycerols and Squalene



**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 softgels

UPC: E2566

**WARNING:**

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, one (1) to two (2) softgels twice daily, preferably with meals, or as directed by a healthcare practitioner. Do not exceed directions for use.

**Each softgel provides:**

100% Pure Norwegian Shark Liver Oil Complex	500 mg
Providing:	
Shark Liver Oil with 20% Alkylglycerols	250 mg
Shark Liver Oil Squalene	250 mg
Softgel Capsule Shell: gelatin, glycerin	

Solgar's Shark Liver Oil Complex is 100% pure shark liver oil from Norway, renowned for their experienced fish oil processing techniques. Our special complex provides a unique combination of the most important beneficial constituents found in shark liver oil: alkylglycerols and squalene. Plus, Solgar's Shark Liver Oil Complex is specially processed to exclude any significant amounts of Vitamins A and D.



## Skin, Nails and Hair Formula



**SUITABLE FOR VEGANS · KOSHER  
HALAL**

**SUGAR AND SALT FREE**

Available in bottles of 60 and 120 tablets

**UPC:** E1735, E1736

**WARNING:**

If you are pregnant, nursing, taking any medication or have any medical condition, please consult your healthcare practitioner before taking this product.

**Directions for use:**

As a food supplement for adults, two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Two (2) tablets provide:</b>	<b>%EC RDA *</b>	
MSM (methylsulfonylmethane)	1000 mg	
Bulking Agent: microcrystalline cellulose		
Anti-caking Agents: silicon dioxide, vegetable stearic acid, vegetable magnesium stearate		
Red Algae ( <i>L. corallioides</i> powder)	150 mg	
Vitamin C (as L-Ascorbic acid)	120 mg	150
L-Lysine (as L-Lysine HCl)	50 mg	
L-Proline	50 mg	
Zinc (as citrate)	15 mg	150
Cellulose Gum		
Glazing Agents: hydroxypropylmethyl cellulose, vegetable glycerin (from palm kernel oil and coconut oil)		
Copper (as bisglycinate)	2000 µg	200

\*EC RDA = EC Recommended Daily Allowance

## Thermogenic Complex

with Svetol®



**SUITABLE FOR VEGANS · KOSHER**

**SUGAR, SALT AND STARCH FREE**

Available in bottles of 60 vegetable capsules

**UPC:** E51285

**WARNING:**

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before use.

**Directions for use:**

As a food supplement for adults, two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

<b>Two (2) vegetable capsules provide:</b>	<b>%EC RDA *</b>
Green Coffee Bean Extract (Svetol®) ( <i>Coffea canephora robusta</i> Pierre)	400 mg
Bulking Agent: microcrystalline cellulose	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose	
Choline (as bitartrate)	25 mg
L-Methionine	50 mg
Green Tea Extract 4:1 ( <i>Camellia sinensis</i> ) (equivalent to 200 mg of leaf)	50 mg
Cayenne ( <i>Capiscum annum</i> )	50 mg
Inositol	25 mg
Anti-caking Agents: vegetable magnesium stearate, silicon dioxide	

Cont/.



Cont/.

Black Pepper Extract (Bioperine®) ( <i>Piper nigrum</i> ) (fruit)	5 mg	
Chromium (as picolinate) (Chromax®)	150 µg	375

\*EC RDA = EC Recommended Daily Allowance

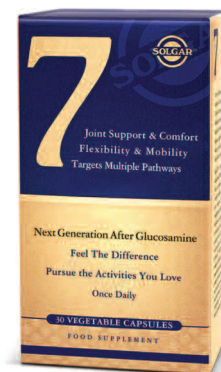
Svetol® is a trademark of Naturex S.A.

Bioperine® is a registered trademark of Sabinsa Corporation.

Chromax® is a registered trademark of Nutrition 21, Inc.

## Solgar® 7

Joint Support & Comfort  
Flexibility & Mobility  
Targets Multiple Pathways



Available in bottles of 30 and 90 vegetable capsules

UPC: E50497, E50498

**WARNING:**  
If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product.

### Directions for use:

As a food supplement for adults, one (1) vegetable capsule daily, or as directed by a healthcare practitioner. Do not exceed directions for use.

Each vegetable capsules provide:	%EC RDA *	
Vitamin C (as Ester-C®, calcium ascorbate)	100 mg	125
Boswellia ( <i>Boswellia serrata</i> ) Extract (resin) (as 5-Loxin® Advanced)	100 mg	
Vegetable Capsule Shell: hydroxypropylmethyl cellulose		
Turmeric Root ( <i>Curcuma longa</i> ) Extract (4:1, equivalent to 200 mg of root)	50 mg	
Bulking Agent: maltodextrin		
UC-II® Standardised Cartilage (providing 10 mg Undenatured Type II Collagen)	40 mg	
White Willow Bark ( <i>Salix alba</i> ) Extract (5:1, equivalent to 175 mg of bark)	35 mg	
Ginger Root ( <i>Zingiber officinale</i> ) Extract (4:1, equivalent to 140 mg of root)	35 mg	

Cont/.

Cont./.

Anti-caking Agents: silicon dioxide,  
vegetable magnesium stearate

Pepper Spice Complex	27 mg
Cayenne Powder ( <i>Capsicum annuum</i> (fruit)), Bioperine® (Black Pepper Extract) ( <i>Piper nigrum</i> (fruit))	

\*EC RDA = EC Recommended Daily Allowance

Ester-C® is a trademark of The Ester C Company. Manufactured under U.S. Pat. No.'s 6,197,813 and 6,878,744 and corresponding foreign patents.

5-Loxin® is a registered trademark of P.L. Thomas-Laila Nutraceuticals LLC and is used under license. International patents pending.

UC-II® is a trademark of InterHealth N.I.

Bioperine® is a trademark of Sabinsa Corporation.

# Product Index

## A-Z

A		B	
A (Vitamin) 5000 IU Tablets	AD5	Astragalus Root (Chinese) Vegetable Capsules	BP6
ABC Dophilus™ Powder	DA3	Astragalus Root Extract Vegetable Capsules	BP5
Acai Extract Softgels	FS2		
Acai Extract (Super) Softgels	FS3		
Acetyl-L-Carnitine 250 mg Vegetable Capsules	AA9	B1 (Vitamin) 100 mg Vegetable Capsules	VB3
Advanced 40+ Acidophilus Vegetable Capsules	DA6	B1 (Vitamin) 500 mg Tablets	VB4
Advanced Acidophilus Vegetable Capsules	DA4	B2 (Vitamin) 100 mg Vegetable Capsules	VB5
Advanced Acidophilus Plus Vegetable Capsules	DA5	B6 (Vitamin) 50 mg Tablets	VB6
Advanced Antioxidant Formula Vegetable Capsules	AO5	B6 (Vitamin) 50 mg (P-5'-P [Pyridoxal-5'-Phosphate]) Tablets	VB27
Advanced Carotenoid Complex Softgels	CA3	B6 (Vitamin) 100 mg Vegetable Capsules	VB7
Advanced Multi-Billion Dophilus® Vegetable Capsules	DA7	B6 (Vitamin with Magnesium) Tablets	MI25
Alaskan Full Spectrum™ Omega (Wild) Softgels	EF9	B12 (Vitamin) 100 µg Tablets	VB8
Alfalfa 600 mg Tablets	FS4	B12 (Vitamin) 500 µg Vegetable Capsules	VB9
All-In-One Tablets	SS2	B12 (Vitamin) 1000 µg Nuggets	VB10
Alpha Lipoic Acid 60 mg Vegetable Capsules	AO2	B12 (Vitamin) (Methylcobalamin) 1000 µg Nuggets	VB19
Alpha Lipoic Acid 120 mg Vegetable Capsules	AO3	B12 (Vitamin) 2000 µg (Sublingual) Liquid	VB17
Alpha Lipoic Acid 200 mg Vegetable Capsules	AO4	Balance Rhodiola Complex Vegetable Capsules	SS3
Alpha-Lipoic Acid (Cinnamon) Tablets	FS16	BCAA Plus Vegetable Capsules	AA8
Amino 75™ Vegetable Capsules	AA5	B + C Complex (Ultimate) Tablets	VB41
Antioxidant Free Radical Modulators Vegetable Capsules	GS3	B-Complex "50" (Formula Vitamin) Vegetable Capsules	VB33
Antioxidant Nutrients Tablets	AO7	B-Complex "100" (Vitamin) Tablets	VB37
Apple Pectin Powder	FI2	B-Complex "100" (Formula Vitamin) Vegetable Capsules	VB35
Arginine (L-) 500 mg Vegetable Capsules	AA6	B-Complex (Megasorb Vitamin) Tablets	VB39
Arginine (L-) L-Ornithine 500 mg / 250 mg Vegetable Capsules	AA7	B-Complex (Vitamin) with Vitamin C Tablets	VB31
Artichoke Leaf Extract Vegetable Capsules	BP3	Bee Pollen 500 mg Tablets	FS23
Ashwagandha Root Extract Vegetable Capsules	BP4	Bee Pollen Nuggets	FS22
Astaxanthin 5 mg Softgels	CA2	Beetroot Extract 500 mg Vegetable Capsules	FS12
		Beta 1,3 Glucans Tablets	SS5
		Beta-carotene (Oceanic) 7 mg Softgels	CA7
		Beta Glucans Immune Complex Vegetable Capsules	SS6
		Betaine Hydrochloride with Pepsin Tablets	DA8

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Bilberry Berry Extract with Blueberry Vegetable Capsules	<b>BP7</b>
Bilberry Ginkgo Eyebright Complex Vegetable Capsules	<b>AO9</b>
Bilberry Horse Chestnut Complex Vegetable Capsules	<b>FS5</b>
Bio Ascorbate Buffered Vitamin C Vegetable Capsules	<b>VC2</b>
Bioflavonoid Complex (Citrus) Tablets	<b>VC4</b>
Biotin 300 µg Tablets	<b>VB11</b>
Biotin 1000 µg Vegetable Capsules	<b>VB12</b>
Biotin 5000 µg Vegetable Capsules	<b>VB28</b>
Bone Support (Ultimate) Tablets	<b>MI15</b>
Boron 3 mg Vegetable Capsules	<b>MI5</b>
Boswellia Resin Extract Vegetable Capsules	<b>BP8</b>
Botanical Digestive Complex Vegetable Capsules	<b>DA9</b>
Botanical Female Complex Vegetable Capsules	<b>FS7</b>
Brewer's Yeast Powder	<b>FS9</b>
Brewer's Yeast Tablets	<b>FS11</b>
Bromelain 500 mg Tablets	<b>DA10</b>
<b>C</b>	
C (Vitamin) 500 mg Vegetable Capsules	<b>VC5</b>
C (Vitamin) 500 mg with Rose Hips Tablets	<b>VC15</b>
C (Vitamin) 1000 mg Vegetable Capsules	<b>VC6</b>
C (Vitamin) 1000 mg with Rose Hips Tablets	<b>VC16</b>
C (Vitamin) 1500 mg with Rose Hips Tablets	<b>VC17</b>
C + B Complex (Ultimate) Tablets	<b>VB41</b>
C (Vitamin) Crystals	<b>VC11</b>
Calcium "600" Tablets	<b>MI6</b>
Calcium Ascorbate Crystals	<b>VC3</b>
Calcium (Chelated) Tablets	<b>MI9</b>
Calcium Citrate Tablets	<b>MI8</b>
Calcium Magnesium 1:1 (Chelated) Tablets	<b>MI11</b>
Calcium Magnesium Tablets	<b>MI10</b>
Calcium Magnesium Citrate Tablets	<b>MI12</b>
Calcium Magnesium Plus Boron Tablets	<b>MI13</b>
Calcium Magnesium Plus Zinc Tablets	<b>MI14</b>
Caprylic Acid (Maximised) Tablets	<b>SS7</b>
Cardiovascular Support Tablets	<b>GS5</b>
Caricol® Stickpacks	<b>DA11</b>
Carnitine (L-) 500 mg Tablets	<b>AA13</b>
Carnitine (L-) 1500 mg Liquid	<b>AA12</b>
Carnitine Complex Tablets	<b>AA10</b>
Carotene Complex (Lutein Lycopene) Vegetable Capsules	<b>CA6</b>

Carotenoid Complex (Lutein) Vegetable Capsules	<b>CA5</b>
Cayenne 520 mg Vegetable Capsules	<b>BP9</b>
Celadrin® 525 mg Softgels	<b>SS8</b>
Celadrin® Glucosamine Complex Tablets	<b>SS9</b>
Chelated Calcium Tablets	<b>MI9</b>
Chelated Calcium Magnesium 1:1 Tablets	<b>MI11</b>
Chelated Copper Tablets	<b>MI20</b>
Chelated Iron Tablets	<b>MI22</b>
Chelated Magnesium Tablets	<b>MI26</b>
Chelated Magnesium Calcium 2:1 Tablets	<b>MI27</b>
Chelated Manganese Tablets	<b>MI28</b>
Chelated Solamins Multimineral Tablets	<b>MI3</b>
Chelated Zinc Tablets	<b>MI35</b>
Cherry Turmeric Complex Vegetable Capsules	<b>FS13</b>
Chewable Calcium 500 mg Wafers	<b>MI7</b>
Chlorella 520 mg Vegetable Capsules	<b>FS14</b>
Choline 350 mg Vegetable Capsules	<b>VB13</b>
Choline/Inositol 250/250 mg Vegetable Capsules	<b>VB14</b>
Chondroitin Complex (Glucosamine) Tablets	<b>SS11</b>
Chondroitin MSM (Extra Strength Glucosamine) Tablets	<b>SS12</b>
Chromium Picolinate 100 µg Tablets	<b>MI17</b>
Chromium Picolinate 200 µg Vegetable Capsules	<b>MI18</b>
Chromium Picolinate 500 µg Vegetable Capsules	<b>MI19</b>
Cinnamon Alpha-Lipoic Acid Tablets	<b>FS16</b>
Cinnamon Vegetable Capsules	<b>FS15</b>
Citrus Bioflavonoid Complex Tablets	<b>VC4</b>
CLA (Tonalin®) Softgels	<b>EF19</b>
Cod Liver Oil (Norwegian) Softgels	<b>AD2</b>
Cod Liver Oil Complex (Super) Softgels	<b>AD3</b>
Coenzyme Q-10 30 mg Softgels	<b>CoQ4</b>
Coenzyme Q-10 30 mg Vegetable Capsules	<b>CoQ6</b>
Coenzyme Q-10 60 mg Softgels	<b>CoQ5</b>
Coenzyme Q-10 60 mg Vegetable Capsules	<b>CoQ7</b>
Coenzyme Q-10 100 mg Softgels	<b>CoQ8</b>
Coenzyme Q-10 120 mg Vegetable Capsules	<b>CoQ9</b>
Coenzyme Q-10 200 mg Vegetable Capsules	<b>CoQ10</b>

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Coenzyme Q-10 3.1x (Nutri-Nano™) Softgels	<b>CoQ2</b>
Coenzyme Q-10 ALA (Nutri-Nano™) Softgels	<b>CoQ3</b>
Comfort Zone Digestive Complex Vegetable Capsules	<b>DA15</b>
Copper (Chelated) Tablets	<b>MI20</b>
Cranberry Cran Flora Vegetable Capsules	<b>FS18</b>
Cranberry with Vitamin C Vegetable Capsules	<b>FS17</b>
Cysteine (L-) 500 mg Vegetable Capsules	<b>AA14</b>

**D**

D3 (Vitamin) 400 IU (10 µg) Softgels	<b>AD6</b>
D3 (Vitamin) 15 µg (600 IU) Vegetable Capsules	<b>AD7</b>
D3 (Vitamin) 25 µg (1000 IU) Softgels	<b>AD8</b>
D3 (Vitamin) 25 µg (1000 IU) Tablets	<b>AD9</b>
D3 (Vitamin) 55 µg (2200 IU) Vegetable Capsules	<b>AD10</b>
D3 (Vitamin) 62.5 µg (2500 IU) Liquid	<b>AD11</b>
D3 (Vitamin) 100 µg (4000 IU) Vegetable Capsules	<b>AD12</b>
Deglycyrrhised Licorice Root Extract Vegetable Capsules	<b>BP10</b>
DHA 100 mg Omega-3 Vegetarian Softgels	<b>EF3</b>
Digestive Complex (Botanical) Vegetable Capsules	<b>DA9</b>
Digestive Enzymes Tablets	<b>DA12</b>
Digestive Enzymes (Vegan) Tablets	<b>DA17</b>
DLPA 500 mg (DL-Phenylalanine) Vegetable Capsules	<b>AA27</b>
Dong Quai Vegetable Capsules	<b>BP11</b>
D-Ribose Powder	<b>SS10</b>

**E**

E (Vitamin) 67 mg (100 IU) Softgels	<b>VE6</b>
E (Vitamin) 134 mg (200 IU) Dry Vegetable Capsules	<b>VE11</b>
E (Vitamin) 134 mg (200 IU) Softgels	<b>VE7</b>
E (Vitamin) 134 mg (200 IU) Vegetable Softgels	<b>VE3</b>
E (Vitamin) 268 mg (400 IU) Dry Vegetable Capsules	<b>VE12</b>
E (Vitamin) 268 mg (400 IU) Softgels	<b>VE8</b>
E (Vitamin) 268 mg (400 IU) Vegetable Softgels	<b>VE4</b>
E (Vitamin) 671 mg (1000 IU) Softgels	<b>VE9</b>

E (Vitamin) 671 mg (1000 IU) Vegetable Softgels	<b>VE5</b>
E (Vitamin) Liquid	<b>VE10</b>
E (Vitamin) with Yeast Free Selenium Vegetable Capsules	<b>VE2</b>
Earth Source® Multi-Nutrient Tablets	<b>MV2</b>
Echinacea Vegetable Capsules	<b>BP12</b>
Elderberry Extract Vegetable Capsules	<b>BP13</b>
Energy Modulators Vegetable Capsules	<b>GS7</b>
EPA/GLA (Once a Day) Softgels	<b>EF8</b>
Ester-C® 1000 mg Vitamin C Capsules	<b>VC19</b>
Ester-C® Plus 500 mg Vitamin C Vegetable Capsules	<b>VC7</b>
Ester-C® Plus 1000 mg Vitamin C Tablets	<b>VC9</b>
Evening Primrose Oil 500 mg Softgels	<b>EF4</b>
Evening Primrose Oil 1300 mg Softgels	<b>EF5</b>
Eyebright Vegetable Capsules	<b>BP14</b>

**F**

Female Complex (Botanical) Vegetable Capsules	<b>FS7</b>
Female Multiple Tablets	<b>MV5</b>
Fenugreek Vegetable Capsules	<b>BP15</b>
Fibre Formula (Multiple) Vegetable Capsules	<b>F13</b>
Fish Oil Concentrate 1000 mg Softgels	<b>EF6</b>
Flavo-Zinc Lozenges	<b>MI36</b>
Flaxseed Oil 1250 mg (Cold Pressed) Softgels	<b>EF7</b>
Folacin (Folic Acid) 400 µg Tablets	<b>VB15</b>
Folate 400 µg (as Metafolin®) Tablets	<b>VB29</b>
Folate 1000 µg (as Metafolin®) Tablets	<b>VB30</b>
Formula Vitamin B-Complex "50" Vegetable Capsules	<b>VB33</b>
Formula Vitamin B-Complex "100" Vegetable Capsules	<b>VB35</b>
Formula VM-75™ Tablets	<b>MV11</b>
Formula VM-75™ Vegetable Capsules	<b>MV13</b>
Formula VM-2000® Tablets	<b>MV9</b>
Formula VM-Prime® For Adults 50+ Tablets	<b>MV15</b>
Formula VM-Prime™ For Women Tablets	<b>MV17</b>
Full Spectrum™ Omega (Wild Alaskan) Softgels	<b>EF9</b>

**G**

Garlic Oil Softgels	<b>FS19</b>
Garlic Powder 500 mg Vegetable Capsules	<b>FS20</b>

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Gentle Iron® 20 mg Vegetable Capsules	MI21
Ginkgo 60 Vegetable Capsules	BP18
Ginger Root Vegetable Capsules	BP17
Ginger Root Extract Vegetable Capsules	BP16
Ginseng (Korean) Vegetable Capsules	BP23
Ginseng (Siberian) 520 mg Vegetable Capsules	BP34
Ginseng (Korean) Root Extract Vegetable Capsules	BP22
Ginseng (Siberian) Root Extract Vegetable Capsules	BP33
GLA (One-A-Day) Softgels	EF17
GLA/EPA (Once a Day) Softgels	EF8
Glucosamine Chondroitin Complex Tablets	SS11
Glucosamine Chondroitin MSM (Extra Strength) Tablets	SS12
Glucosamine Hydrochloride 1000 mg Tablets	SS15
Glucosamine MSM Complex Tablets	SS13
Glucosamine Sulphate 1000 mg Tablets	SS16
Glucose Factors Tablets	GS9
Glutamine (L-) 500 mg Vegetable Capsules	AA16
Glutamine (L-) 1000 mg Tablets	AA17
Glutamine (L-) Powder	AA32
Glutathione (L-) Reduced 50 mg Vegetable Capsules	AA18
Glutathione (L-) (Maximised) 250 mg Vegetable Capsules	AA19
Glycine 500 mg Vegetable Capsules	AA20
Grape Seed Extract 100 mg Vegetable Capsules	AO19
Green Tea (Chinese) Vegetable Capsules	BP20
Green Tea Leaf Extract Vegetable Capsules	BP19

**H**

5-HTP (L-5-Hydroxytryptophan Complex) Vegetable Capsules	AA4
Hawthorne Berry Vegetable Capsules	BP21
Hematinic Formula Tablets	SS17
Homocysteine Modulators Vegetable Capsules	GS2
Horse Chestnut Complex (Bilberry) Vegetable Capsules	FS5
Hyaluronic Acid Complex Tablets	SS19
Hy-Bio™ Tablets	VC12
Hy-C™ Tablets	VC13

**I**

Inositol 500 mg Vegetable Capsules	VB16
Inositol 250/250 mg (Choline/) Vegetable Capsules	VB14
Iron (Chelated) Tablets	MI22
Iron® (Gentle) 20 mg Vegetable Capsules	MI21
Isoflavones (Super Concentrated) Tablets	SS20
Iso Soy® (Chocolate) Powder	SS21
Iso Soy® (Vanilla) Powder	SS23

**J**

Joint Modulators Tablets	GS11
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**K**

K1 (Vitamin) 100 µg Tablets	VK2
K2 (Vitamin) 100 µg Vegetable Capsules	VK3
Kangavites Chewable Vitamin C 100 mg (Natural Orange Burst) Chewable Tablets	VC14
Kangavites® Complete Multivitamin & Mineral Formula (Natural Bouncing Berry) Chewable Tablets	MV19
Kangavites® Complete Multivitamin & Mineral Formula (Natural Tropical Punch) Chewable Tablets	MV21
Kelp Tablets	MI23
Korean Ginseng Vegetable Capsules	BP23
Korean Ginseng Root Extract Vegetable Capsules	BP22

**L**

Lactase 3500 Wafers	DA13
Lecithin Granules (Soya)	FS28
Lecithin 1360 mg (Soya) Softgels	FS27
Licorice Root Extract (Deglycyrrhised) Vegetable Capsules	BP10
Lipotropic Factors Tablets	SS25
Liver Tablets	FS21
Lutein Carotenoid Complex Vegetable Capsules	CA5
Lutein Lycopene Carotene Complex Vegetable Capsules	CA6
Lycopene Complex (Saw Palmetto Opuntia) Vegetable Capsules	BP31
Lysine (L-) 500 mg Vegetable Capsules	AA21
Lysine (L-) 1000 mg Tablets	AA22

**M**

Magnesium Calcium 2:1 (Chelated) Tablets	MI27
Magnesium (Chelated) Tablets	MI26

Cont/.

Magnesium Citrate Tablets	MI24
Magnesium with Vitamin B6 Tablets	MI25
Maitake Mushroom Extract (Reishi Shiitake) Vegetable Capsules	FS26
Male Multiple Tablets	MV7
Manganese (Chelated) Tablets	MI28
Maximised Caprylic Acid Tablets	SS7
Maximised L-Glutathione 250 mg Vegetable Capsules	AA19
Megasorb Vitamin B-Complex Tablets	VB39
Methionine (L-) 500 mg Vegetable Capsules	AA23
Methylcobalamin (Vitamin B12) 1000 µg Nuggets	VB19
Milk Thistle Vegetable Capsules	BP24
MSM (Methylsulfonylmethane) 1000 mg Tablets	SS26
MSM (Methylsulfonylmethane) Powder	SS27
MSM (Extra Strength Glucosamine Chondroitin) Tablets	SS12
Multiple Fibre Formula Vegetable Capsules	FI3

**N**

NAC (N-Acetyl Cysteine) 600 mg Vegetable Capsules	AA15
Nettle Leaf Extract Vegetable Capsules	BP25
Neuro-Nutrients Vegetable Capsules	AA24
Niacin 100 mg Tablets	VB20
Niacin 500 mg Vegetable Capsules	VB21
Nicotinamide 550 mg Vegetable Capsules	VB23
No-Flush Niacin 500 mg Vegetable Capsules	VB22
Norwegian Cod Liver Oil Softgels	AD2
Nutri-Nano™ CoQ-10 3.1x Softgels	CoQ2
Nutri-Nano™ CoQ-10 ALA Softgels	CoQ3

**O**

Oat Bran 750 mg Tablets	FI4
Oceanic Beta-carotene 7 mg Softgels	CA7
Oceanic Silica Vegetable Capsules	MI34
Olive Leaf Extract Vegetable Capsules	BP26
Omega 3-6-9 Softgels	EF15
Omega-3 Double Strength Softgels	EF16
Omega Advanced Blend 2:1:1	EF11
Omega Advanced Blend 2:1:1 (Lemon)	EF13
Omega (Wild Alaskan Full Spectrum™) Softgels	EF9
Omnium® Tablets	MV23
Once a Day EPA/GLA Softgels	EF8

Cont/.

One-A-Day GLA Softgels	EF17
Opuntia and Lycopene Complex (Saw Palmetto) Vegetable Capsules	BP31
Oregano Oil (Wild) Softgels	FS30
Ornithine (L-) 500 mg Vegetable Capsules	AA26

**P**

PABA 550 mg Vegetable Capsules	VB26
Pancreatin Tablets	DA14
Pantothenic Acid 200 mg Tablets	VB24
Pantothenic Acid 550 mg Vegetable Capsules	VB25
Phenylalanine (DLPA DL-) 500 mg Vegetable Capsules	AA27
Phenylalanine (L-) 500 mg Vegetable Capsules	AA28
Phosphatidyl Choline 420 mg Softgels	FS24
Phosphatidylserine Complex 500 mg Tablets	SS28
Phytosterol Complex Softgels	SS31
Pomegranate Complex Vegetable Capsules	FS25
P-5'-P (Pyridoxal-5'-Phosphate) (Vitamin B6) Tablets	VB27
Potassium Tablets	MI29
Prenatal Nutrients Tablets	MV25
Prostate Support Vegetable Capsules	GS13
Protein Powder (Whey To Go® Whey) (Chocolate)	PR4
Protein Powder (Whey To Go® Whey) (Strawberry)	PR6
Protein Powder (Whey To Go® Whey) (Vanilla)	PR2
Psyllium Husks Fibre 500 mg Vegetable Capsules	FI5
Psyllium Husks Fibre Powder	FI6
Pycnogenol® 30 mg Vegetable Capsules	AO11
Pycnogenol® 100 mg Vegetable Capsules	AO12

**Q**

Quercetin Complex Vegetable Capsules	SS29
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**R**

Red Clover Flower and Leaf Extract Vegetable Capsules	BP27
Reishi Shiitake Maitake Mushroom Extract Vegetable Capsules	FS26
Resveratrol 250 mg Softgels	AO14
Resveratrol 100 mg Vegetable Capsules	AO13

Cont/.



Rhodiola Complex (Balance) Vegetable Capsules	<b>SS3</b>
Ribose (D-) Powder	<b>SS10</b>
Rutin 500 mg Tablets	<b>VC18</b>

**S**

Sage Leaf Extract Vegetable Capsules	<b>BP28</b>
Saw Palmetto Berries Vegetable Capsules	<b>BP30</b>
Saw Palmetto Berry Extract Vegetable Capsules	<b>BP29</b>
Saw Palmetto Opuntia and Lycopene Complex Vegetable Capsules	<b>BP31</b>
Scutellariae Vegetable Capsules	<b>BP32</b>
Selenium 100 µg (Yeast Bound) Tablets	<b>MI32</b>
Selenium 100 µg (Yeast Free) Tablets	<b>MI30</b>
Selenium 200 µg (Yeast Bound) Tablets	<b>MI33</b>
Selenium 200 µg (Yeast Free) Tablets	<b>MI31</b>
Shark Cartilage 750 mg Vegetable Capsules	<b>SS32</b>
Shark Liver Oil Complex 500 mg Softgels	<b>SS33</b>
Shiitake Maitake Mushroom Extract (Reishi) Vegetable Capsules	<b>FS26</b>
Siberian Ginseng 520 mg Vegetable Capsules	<b>BP34</b>
Siberian Ginseng Root Extract Vegetable Capsules	<b>BP33</b>
Skin, Nails and Hair Formula Tablets	<b>SS34</b>
Silica (Oceanic) Vegetable Capsules	<b>MI34</b>
Silica (Vegetal) Vegetable Capsules	<b>BP36</b>
Solamins Multimineral (Chelated) Tablets	<b>MI3</b>
Solgar® 7 Vegetable Capsules	<b>SS37</b>
Solovite Multivitamins Tablets	<b>MV27</b>
Soya Lecithin Granules	<b>FS28</b>
Soya Lecithin 1360 mg Softgels	<b>FS27</b>
Spirulina 750 mg Tablets	<b>FS29</b>
Sulphurous Antioxidant Complex Vegetable Capsules	<b>AO15</b>
Super Acai Extract Softgels	<b>FS3</b>
Super Cod Liver Oil Complex Softgels	<b>AD3</b>
Super Concentrated Isoflavones Tablets	<b>SS20</b>
Super Starflower Oil 1300 mg Softgels	<b>EF18</b>

**T**

Taurine 500 mg Vegetable Capsules	<b>AA29</b>
Theanine (L-) 150 mg Vegetable Capsules	<b>AA30</b>
Thermogenic Complex Vegetable Capsules	<b>SS35</b>
Tonalin® CLA Softgels	<b>EF19</b>

Turmeric Complex (Cherry) Vegetable Capsules	<b>FS13</b>
Turmeric Root Extract Vegetable Capsules	<b>BP35</b>
Tyrosine (L-) 500 mg Vegetable Capsules	<b>AA31</b>

**U**

Ubiquinol 100 mg Softgels	<b>CoQ11</b>
Ultimate B + C Complex Tablets	<b>VB41</b>
Ultimate Bone Support Tablets	<b>MI15</b>

**V**

Vegan Digestive Enzymes Tablets	<b>DA17</b>
Vegetal Silica Vegetable Capsules	<b>BP36</b>
Vegetarian Multiple Vegetable Capsules	<b>MV29</b>
Vision Guard Plus Vegetable Capsules	<b>AO17</b>
Vitamin A 5000 IU Tablets	<b>AD5</b>
Vitamin B1 100 mg Vegetable Capsules	<b>VB3</b>
Vitamin B1 500 mg Tablets	<b>VB4</b>
Vitamin B2 100 mg Vegetable Capsules	<b>VB5</b>
Vitamin B6 50 mg Tablets	<b>VB6</b>
Vitamin B6 (P-5'-P [Pyridoxal-5'-Phosphate]) Tablets	<b>VB27</b>
Vitamin B6 100 mg Vegetable Capsules	<b>VB7</b>
Vitamin B6 (with Magnesium) Tablets	<b>MI25</b>
Vitamin B12 100 µg Tablets	<b>VB8</b>
Vitamin B12 500 µg Vegetable Capsules	<b>VB9</b>
Vitamin B12 1000 µg Nuggets	<b>VB10</b>
Vitamin B12 (Methylcobalamin) 1000 µg Nuggets	<b>VB19</b>
Vitamin B12 2000 µg (Sublingual) Liquid	<b>VB17</b>
Vitamin B-Complex "50" (Formula) Vegetable Capsules	<b>VB33</b>
Vitamin B-Complex "100" Tablets	<b>VB37</b>
Vitamin B-Complex "100" (Formula) Vegetable Capsules	<b>VB35</b>
Vitamin B-Complex (Megasorb) Tablets	<b>VB39</b>
Vitamin B-Complex with Vitamin C Tablets	<b>VB31</b>
Vitamin B + C Complex (Ultimate) Tablets	<b>VB41</b>
Vitamin C 500 mg Vegetable Capsules	<b>VC5</b>
Vitamin C 500 mg with Rose Hips Tablets	<b>VC15</b>
Vitamin C 1000 mg Vegetable Capsules	<b>VC6</b>
Vitamin C 1000 mg with Rose Hips Tablets	<b>VC16</b>
Vitamin C 1500 mg with Rose Hips Tablets	<b>VC17</b>

Vitamin C Crystals	<b>VC11</b>
Vitamin D3 400 IU (10 µg) Softgels	<b>AD6</b>
Vitamin D3 15 µg (600 IU) Vegetable Capsules	<b>AD7</b>
Vitamin D3 25 µg (1000 IU) Softgels	<b>AD8</b>
Vitamin D3 25 µg (1000 IU) Tablets	<b>AD9</b>
Vitamin D3 55 µg (2200 IU) Vegetable Capsules	<b>AD10</b>
Vitamin D3 62.5 µg (2500 IU) Liquid	<b>AD11</b>
Vitamin D3 100 µg (4000 IU) Vegetable Capsules	<b>AD12</b>
Vitamin E 67 mg (100 IU) Softgels	<b>VE6</b>
Vitamin E 134 mg (200 IU) Dry Vegetable Capsules	<b>VE11</b>
Vitamin E 134 mg (200 IU) Softgels	<b>VE7</b>
Vitamin E 134 mg (200 IU) Vegetable Softgels	<b>VE3</b>
Vitamin E 268 mg (400 IU) Dry Vegetable Capsules	<b>VE12</b>
Vitamin E 268 mg (400 IU) Softgels	<b>VE8</b>
Vitamin E 268 mg (400 IU) Vegetable Softgels	<b>VE4</b>
Vitamin E 671 mg (1000 IU) Softgels	<b>VE9</b>
Vitamin E 671 mg (1000 IU) Vegetable Softgels	<b>VE5</b>
Vitamin E Liquid	<b>VE10</b>
Vitamin E with Yeast Free Selenium Vegetable Capsules	<b>VE2</b>
Vitamin K1 100 µg Tablets	<b>VK2</b>
Vitamin K2 100 µg Vegetable Capsules	<b>VK3</b>
VM-75™ (Formula) Tablets	<b>MV11</b>
VM-75™ (Formula) Vegetable Capsules	<b>MV13</b>
VM-2000® (Formula) Tablets	<b>MV9</b>
VM-Prime® For Adults 50+ (Formula) Tablets	<b>MV15</b>
VM-Prime™ For Women (Formula) Tablets	<b>MV17</b>

**W**

Wheat Germ Oil Softgels	<b>EF20</b>
Whey To Go® Whey Protein Powder (Chocolate)	<b>PR4</b>
Whey To Go® Whey Protein Powder (Strawberry)	<b>PR6</b>
Whey To Go® Whey Protein Powder (Vanilla)	<b>PR2</b>
Wild Alaskan Full Spectrum™ Omega Softgels	<b>EF9</b>
Wild Oregano Oil Softgels	<b>FS30</b>

**Z**

Zinc 50 mg Tablets	<b>MI37</b>
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Zinc (Chelated) Tablets	<b>MI35</b>
Zinc Citrate 30 mg Vegetable Capsules	<b>MI38</b>
Zinc (Flavo-) Lozenges	<b>MI36</b>
Zinc Picolinate 22 mg Tablets	<b>MI39</b>

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# UPC Index

UPC	PRODUCT	CATEGORY	PAGE
E10	ABC Dophilus™ Powder	Digestive Aids / Probiotics	DA3
E14	Advanced Acidophilus Plus (60 vegetable capsules)	Digestive Aids / Probiotics	DA5
E15	Acetyl-L-Carnitine 250 mg (30 vegetable capsules)	Amino Acids	AA9
E16	Advanced Acidophilus (50 vegetable capsules)	Digestive Aids / Probiotics	DA4
E18	Advanced Acidophilus (100 vegetable capsules)	Digestive Aids / Probiotics	DA4
E25	Advanced Acidophilus Plus (120 vegetable capsules)	Digestive Aids / Probiotics	DA5
E27	Advanced 40+ Acidophilus (60 vegetable capsules)	Digestive Aids / Probiotics	DA6
E28	Ultimate Bone Support (120 tablets)	Minerals	MI15
E29	Advanced 40+ Acidophilus (120 vegetable capsules)	Digestive Aids / Probiotics	DA6
E34	Advanced Carotenoid Complex (30 softgels)	Carotenoids	CA3
E35	Advanced Carotenoid Complex (60 softgels)	Carotenoids	CA3
E39	Advanced Multi-Billion Dophilus® (60 vegetable capsules)	Digestive Aids / Probiotics	DA7
E40	Alfalfa 600 mg (100 tablets)	Food Supplements	FS4
E46	Advanced Multi-Billion Dophilus® (120 vegetable capsules)	Digestive Aids / Probiotics	DA7
E47	Acai Extract (60 softgels)	Food Supplements	FS2
E55	Alpha Lipoic Acid 60 mg (30 vegetable capsules)	Antioxidants	AO2
E57	Alpha Lipoic Acid 120 mg (60 vegetable capsules)	Antioxidants	AO3
E58	Alpha Lipoic Acid 200 mg (50 vegetable capsules)	Antioxidants	AO4
E60	All-In-One (100 tablets)	Speciality Supplements	SS2
E63	Super Acai Extract (50 softgels)	Food Supplements	FS3
E70	Astaxanthin 5 mg (30 softgels)	Carotenoids	CA2
E100	Amino 75™ (30 vegetable capsules)	Amino Acids	AA5
E102	Amino 75™ (90 vegetable capsules)	Amino Acids	AA5
E115	Antioxidant Nutrients (50 tablets)	Antioxidants	AO7
E116	Antioxidant Nutrients (100 tablets)	Antioxidants	AO7
E118	Antioxidant Free Radical Modulators (60 vegetable capsules)	Gold Specifics™	GS3
E120	Apple Pectin Powder (113 g)	Fibre	FI2
E140	L-Arginine 500 mg (50 vegetable capsules)	Amino Acids	AA6
E160	L-Arginine L-Ornithine 500 mg / 250 mg (50 vegetable capsules)	Amino Acids	AA7
E195	BCAA Plus (50 vegetable capsules)	Amino Acids	AA8

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E200	Vitamin B-Complex with Vitamin C (100 tablets)	Vitamin B & B-Complex	<b>VB31</b>
E201	Vitamin B-Complex with Vitamin C (250 tablets)	Vitamin B & B-Complex	<b>VB31</b>
E235	Beta 1,3 Glucans (60 tablets)	Speciality Supplements	<b>SS5</b>
E240	Betaine Hydrochloride with Pepsin (100 tablets)	Digestive Aids / Probiotics	<b>DA8</b>
E260	Bio Ascorbate Buffered Vitamin C (100 vegetable capsules)	Vitamin C & Bioflavonoids	<b>VC2</b>
E280	Biotin 300 µg (100 tablets)	Vitamin B & B-Complex	<b>VB11</b>
E310	Biotin 1000 µg (50 vegetable capsules)	Vitamin B & B-Complex	<b>VB12</b>
E313	Biotin 5000 µg (50 vegetable capsules)	Vitamin B & B-Complex	<b>VB28</b>
E314	Biotin 5000 µg (100 vegetable capsules)	Vitamin B & B-Complex	<b>VB28</b>
E315	Bilberry Ginkgo Eyebright Complex (60 vegetable capsules)	Antioxidants	<b>AO9</b>
E316	Vision Guard Plus (60 vegetable capsules)	Antioxidants	<b>AO17</b>
E380	Brewer's Yeast Powder (400 g)	Food Supplements	<b>FS9</b>
E400	Brewer's Yeast (250 tablets)	Food Supplements	<b>FS11</b>
E403	Bromelain 500 mg (30 tablets)	Digestive Aids / Probiotics	<b>DA10</b>
E409	Chewable Calcium 500 mg (60 wafers)	Minerals	<b>MI7</b>
E415	Calcium "600" (60 tablets)	Minerals	<b>MI6</b>
E430	Calcium Citrate with Vitamin D3 (60 tablets)	Minerals	<b>MI8</b>
E432	Calcium Citrate with Vitamin D3 (240 tablets)	Minerals	<b>MI8</b>
E440	Calcium Ascorbate Crystals (125 g)	Vitamin C & Bioflavonoids	<b>VC3</b>
E441	Calcium Ascorbate Crystals (250 g)	Vitamin C & Bioflavonoids	<b>VC3</b>
E500	Calcium Magnesium (100 tablets)	Minerals	<b>MI10</b>
E504	Chelated Calcium Magnesium 1:1 (120 tablets)	Minerals	<b>MI11</b>
E508	Calcium Magnesium Citrate (50 tablets)	Minerals	<b>MI12</b>
E509	Calcium Magnesium Citrate (100 tablets)	Minerals	<b>MI12</b>
E515	Calcium Magnesium Plus Boron (100 tablets)	Minerals	<b>MI13</b>
E516	Calcium Magnesium Plus Boron (250 tablets)	Minerals	<b>MI13</b>
E520	Calcium Magnesium Plus Zinc (100 tablets)	Minerals	<b>MI14</b>
E521	Calcium Magnesium Plus Zinc (250 tablets)	Minerals	<b>MI14</b>
E550	Maximised Caprylic Acid (100 tablets)	Speciality Supplements	<b>SS7</b>
E557	Cardiovascular Support (60 tablets)	Gold Specifics™	<b>GS5</b>
E558	Carnitine Complex (60 tablets)	Amino Acids	<b>AA10</b>
E569	Celadrin® Glucosamine Complex (60 tablets)	Speciality Supplements	<b>SS9</b>
E570	L-Carnitine 500 mg (30 tablets)	Amino Acids	<b>AA13</b>
E571	L-Carnitine 500 mg (60 tablets)	Amino Acids	<b>AA13</b>
E574	Celadrin® 525 mg (60 softgels)	Speciality Supplements	<b>SS8</b>
E584	Caricol® (20 stickpacks)	Digestive Aids / Probiotics	<b>DA11</b>
E600	Chelated Calcium (100 tablets)	Minerals	<b>MI9</b>
E640	Chelated Copper (100 tablets)	Minerals	<b>MI20</b>
E680	Chelated Iron (100 tablets)	Minerals	<b>MI22</b>
E700	Chelated Magnesium (100 tablets)	Minerals	<b>MI26</b>
E720	Chelated Manganese (100 tablets)	Minerals	<b>MI28</b>
E780	Chelated Solamins Multimineral (90 tablets)	Minerals	<b>MI3</b>
E781	Chelated Solamins Multimineral (180 tablets)	Minerals	<b>MI3</b>
E800	Chelated Zinc (100 tablets)	Minerals	<b>MI35</b>

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E801	Chelated Zinc (250 tablets)	Minerals	<b>MI35</b>
E810	Lactase 3500 (30 wafers)	Digestive Aids / Probiotics	<b>DA13</b>
E830	Choline 350 mg (100 vegetable capsules)	Vitamin B & B-Complex	<b>VB13</b>
E849	Choline/Inositol 250/250 mg (50 vegetable capsules)	Vitamin B & B-Complex	<b>VB14</b>
E866	Chromium Picolinate (200 µg) (90 vegetable capsules)	Minerals	<b>MI18</b>
E871	Chromium Picolinate (500 µg) (60 vegetable capsules)	Minerals	<b>MI19</b>
E877	Cinnamon (100 vegetable capsules)	Food Supplements	<b>FS15</b>
E878	Cinnamon Alpha-Lipoic Acid (60 tablets)	Food Supplements	<b>FS16</b>
E916	Nutri-Nano™ CoQ-10 3.1x (50 softgels)	Coenzyme Q-10	<b>CoQ2</b>
E920	Citrus Bioflavonoid Complex (100 tablets)	Vitamin C & Bioflavonoids	<b>VC4</b>
E924	Coenzyme Q-10 120 mg (30 vegetable capsules)	Coenzyme Q-10	<b>CoQ9</b>
E931	Coenzyme Q-10 30 mg (30 vegetable capsules)	Coenzyme Q-10	<b>CoQ6</b>
E932	Coenzyme Q-10 30 mg (60 vegetable capsules)	Coenzyme Q-10	<b>CoQ6</b>
E933	Coenzyme Q-10 30 mg (90 vegetable capsules)	Coenzyme Q-10	<b>CoQ6</b>
E935	Coenzyme Q-10 60 mg (30 vegetable capsules)	Coenzyme Q-10	<b>CoQ7</b>
E936	Coenzyme Q-10 60 mg (60 vegetable capsules)	Coenzyme Q-10	<b>CoQ7</b>
E940	Norwegian Cod Liver Oil (100 softgels)	Vitamins A & D   Cod Liver Oil	<b>AD2</b>
E941	Norwegian Cod Liver Oil (250 softgels)	Vitamins A & D   Cod Liver Oil	<b>AD2</b>
E945	Coenzyme Q-10 30 mg (30 softgels)	Coenzyme Q-10	<b>CoQ4</b>
E947	Coenzyme Q-10 100 mg (30 softgels)	Coenzyme Q-10	<b>CoQ8</b>
E948	Coenzyme Q-10 200 mg (30 vegetable capsules)	Coenzyme Q-10	<b>CoQ10</b>
E955	Cranberry with Vitamin C (60 vegetable capsules)	Food Supplements	<b>FS17</b>
E956	Coenzyme Q-10 60 mg (30 softgels)	Coenzyme Q-10	<b>CoQ5</b>
E960	L-Cysteine 500 mg (30 vegetable capsules)	Amino Acids	<b>AA14</b>
E988	D-Ribose Powder (150 g)	Speciality Supplements	<b>SS10</b>
E1000	Digestive Enzymes (100 tablets)	Digestive Aids / Probiotics	<b>DA12</b>
E1001	Digestive Enzymes (250 tablets)	Digestive Aids / Probiotics	<b>DA12</b>
E1010	DLPA 500 mg (DL-Phenylalanine) (50 vegetable capsules)	Amino Acids	<b>AA27</b>
E1015	Kangavites® Complete Multivitamin & Mineral Formula for Children (Bouncing Berry) (60 chewable tablets)	Multivitamins	<b>MV19</b>
E1016	Kangavites® Complete Multivitamin & Mineral Formula for Children (Bouncing Berry) (120 chewable tablets)	Multivitamins	<b>MV19</b>
E1018	Kangavites® Complete Multivitamin & Mineral Formula for Children (Tropical Punch) (60 chewable tablets)	Multivitamins	<b>MV21</b>
E1019	Kangavites® Complete Multivitamin & Mineral Formula for Children (Tropical Punch) (120 chewable tablets)	Multivitamins	<b>MV21</b>
E1028	Earth Source® Multi-Nutrient (60 tablets)	Multivitamins	<b>MV2</b>
E1029	Earth Source® Multi-Nutrient (90 tablets)	Multivitamins	<b>MV2</b>
E1030	Earth Source® Multi-Nutrient (180 tablets)	Multivitamins	<b>MV2</b>

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E1032	Advanced Antioxidant Formula (30 vegetable capsules)	Antioxidants	<b>AO5</b>
E1033	Advanced Antioxidant Formula (60 vegetable capsules)	Antioxidants	<b>AO5</b>
E1035	Advanced Antioxidant Formula (120 vegetable capsules)	Antioxidants	<b>AO5</b>
E1038	Ester-C® Plus 500 mg Vitamin C (50 vegetable capsules)	Vitamin C & Bioflavonoids	<b>VC7</b>
E1039	Ester-C® Plus 500 mg Vitamin C (100 vegetable capsules)	Vitamin C & Bioflavonoids	<b>VC7</b>
E1040	Evening Primrose Oil 500 mg (30 softgels)	Essential Fatty Acids	<b>EF4</b>
E1043	Evening Primrose Oil 500 mg (180 softgels)	Essential Fatty Acids	<b>EF4</b>
E1049	Ester-C® Plus 500 mg Vitamin C (250 vegetable capsules)	Vitamin C & Bioflavonoids	<b>VC7</b>
E1050	Ester-C® Plus 1000 mg Vitamin C (30 tablets)	Vitamin C & Bioflavonoids	<b>VC9</b>
E1052	Ester-C® Plus 1000 mg Vitamin C (90 tablets)	Vitamin C & Bioflavonoids	<b>VC9</b>
E1053	Ester-C® Plus 1000 mg Vitamin C (180 tablets)	Vitamin C & Bioflavonoids	<b>VC9</b>
E1056	Evening Primrose Oil 1300 mg (30 softgels)	Essential Fatty Acids	<b>EF5</b>
E1062	Energy Modulators (50 vegetable capsules)	Gold Specifics™	<b>GS7</b>
E1064	Flavo-Zinc Lozenges (50 lozenges)	Minerals	<b>MI36</b>
E1070	Cold Pressed Flaxseed Oil 1250 mg (100 softgels)	Essential Fatty Acids	<b>EF7</b>
E1074	Female Multiple (60 tablets)	Multivitamins	<b>MV5</b>
E1080	Folacin (Folic Acid) 400 µg (100 tablets)	Vitamin B & B-Complex	<b>VB15</b>
E1081	Folacin (Folic Acid) 400 µg (250 tablets)	Vitamin B & B-Complex	<b>VB15</b>
E1110	Wild Alaskan Full Spectrum™ Omega (120 softgels)	Essential Fatty Acids	<b>EF9</b>
E1120	Formula Vitamin B-Complex "50" (50 vegetable capsules)	Vitamin B & B-Complex	<b>VB33</b>
E1121	Formula Vitamin B-Complex "50" (100 vegetable capsules)	Vitamin B & B-Complex	<b>VB33</b>
E1122	Formula Vitamin B-Complex "50" (250 vegetable capsules)	Vitamin B & B-Complex	<b>VB33</b>
E1149	Formula Vitamin B-Complex "100" (50 vegetable capsules)	Vitamin B & B-Complex	<b>VB35</b>
E1150	Formula Vitamin B-Complex "100" (100 vegetable capsules)	Vitamin B & B-Complex	<b>VB35</b>
E1151	Formula Vitamin B-Complex "100" (250 vegetable capsules)	Vitamin B & B-Complex	<b>VB35</b>
E1161	Vitamin B-Complex "100" (100 tablets)	Vitamin B & B-Complex	<b>VB37</b>
E1166	Formula VM-75™ (60 vegetable capsules)	Multivitamins	<b>MV13</b>
E1180	Formula VM-75™ (30 tablets)	Multivitamins	<b>MV11</b>
E1181	Formula VM-75™ (60 tablets)	Multivitamins	<b>MV11</b>
E1182	Formula VM-75™ (90 tablets)	Multivitamins	<b>MV11</b>
E1183	Formula VM-75™ (180 tablets)	Multivitamins	<b>MV11</b>
E1184	Formula VM-75™ (360 tablets)	Multivitamins	<b>MV11</b>
E1186	Formula VM-2000® (30 tablets)	Multivitamins	<b>MV9</b>
E1187	Formula VM-2000® (60 tablets)	Multivitamins	<b>MV9</b>
E1188	Formula VM-2000® (90 tablets)	Multivitamins	<b>MV9</b>

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E1189	Formula VM-2000® (180 tablets)	Multivitamins	<b>MV9</b>
E1197	Garlic Powder 500 mg (90 vegetable capsules)	Food Supplements	<b>FS20</b>
E1205	Female Multiple (120 tablets)	Multivitamins	<b>MV5</b>
E1206	Male Multiple (120 tablets)	Multivitamins	<b>MV7</b>
E1220	Garlic Oil (100 softgels)	Food Supplements	<b>FS19</b>
E1249	Gentle Iron® 20 mg (90 vegetable capsules)	Minerals	<b>MI21</b>
E1250	Gentle Iron® 20 mg (180 vegetable capsules)	Minerals	<b>MI21</b>
E1254	L-Glutamine 1000 mg (60 tablets)	Amino Acids	<b>AA17</b>
E1280	Siberian Ginseng 520 mg (100 vegetable capsules)	Botanical Products	<b>BP34</b>
E1287	Glucosamine Chondroitin Complex (75 tablets)	Speciality Supplements	<b>SS11</b>
E1291	Glucosamine Sulphate 1000 mg (60 tablets)	Speciality Supplements	<b>SS16</b>
E1295	Glucose Factors (60 tablets)	Gold Specifics™	<b>GS9</b>
E1311	Glucosamine Hydrochloride 1000 mg (Shellfish-Free) (60 tablets)	Speciality Supplements	<b>SS15</b>
E1314	Glucosamine MSM Complex (Shellfish-Free) (60 tablets)	Speciality Supplements	<b>SS13</b>
E1318	Extra Strength Glucosamine Chondroitin MSM (Shellfish-Free) (60 tablets)	Speciality Supplements	<b>SS12</b>
E1319	Extra Strength Glucosamine Chondroitin MSM (Shellfish-Free) (120 tablets)	Speciality Supplements	<b>SS12</b>
E1320	L-Glutamine 500 mg (50 vegetable capsules)	Amino Acids	<b>AA16</b>
E1322	L-Glutamine 500 mg (250 vegetable capsules)	Amino Acids	<b>AA16</b>
E1340	L-Glutathione Reduced 50 mg (30 vegetable capsules)	Amino Acids	<b>AA18</b>
E1351	Maximised L-Glutathione 250 mg (60 vegetable capsules)	Amino Acids	<b>AA19</b>
E1355	Grape Seed Extract 100 mg (30 vegetable capsules)	Antioxidants	<b>AO19</b>
E1365	Chromium Picolinate (100 µg) (90 tablets)	Minerals	<b>MI17</b>
E1370	Glycine 500 mg (100 vegetable capsules)	Amino Acids	<b>AA20</b>
E1375	Chinese Green Tea (50 vegetable capsules)	Botanical Products	<b>BP20</b>
E1380	Hematinic Formula (100 tablets)	Speciality Supplements	<b>SS17</b>
E1410	Homocysteine Modulators (60 vegetable capsules)	Gold Specifics™	<b>GS2</b>
E1417	Hyaluronic Acid Complex (30 tablets)	Speciality Supplements	<b>SS19</b>
E1420	Hy-Bio™ (50 tablets)	Vitamin C & Bioflavonoids	<b>VC12</b>
E1422	Hy-Bio™ (250 tablets)	Vitamin C & Bioflavonoids	<b>VC12</b>
E1441	Hy-C™ (100 tablets)	Vitamin C & Bioflavonoids	<b>VC13</b>
E1448	5-HTP (L-5-Hydroxytryptophan Complex) (30 vegetable capsules)	Amino Acids	<b>AA4</b>
E1449	Inositol 500 mg (50 vegetable capsules)	Vitamin B & B-Complex	<b>VB16</b>
E1453	5-HTP (L-5-Hydroxytryptophan Complex) (90 vegetable capsules)	Amino Acids	<b>AA4</b>
E1474	Super Concentrated Isoflavones (60 tablets)	Speciality Supplements	<b>SS20</b>
E1475	Iso Soy® Soy Protein / Isoflavone Powder (Vanilla) (568 g)	Speciality Supplements	<b>SS23</b>
E1477	Iso Soy® Soy Protein / Isoflavone Powder (Chocolate) (568 g)	Speciality Supplements	<b>SS21</b>

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E1478	Super Concentrated Isoflavones (30 tablets)	Speciality Supplements	SS20
E1486	Joint Modulators (60 tablets)	Gold Specifics™	GS11
E1500	North Atlantic Kelp (250 tablets)	Minerals	MI23
E1540	Soya Lecithin 1360 g (100 softgels)	Food Supplements	FS27
E1541	Soya Lecithin 1360 g (250 softgels)	Food Supplements	FS27
E1560	Soya Lecithin Granules (227 g)	Food Supplements	FS28
E1561	Soya Lecithin Granules (454 g)	Food Supplements	FS28
E1580	Lipotropic Factors (50 tablets)	Speciality Supplements	SS25
E1581	Lipotropic Factors (100 tablets)	Speciality Supplements	SS25
E1595	Sublingual Liquid B12 2000 µg (with B-Complex) (59 ml)	Vitamin B & B-Complex	VB17
E1600	Liquid Vitamin E (59.2 ml)	Vitamin E	VE10
E1606	Omega Advanced Blend 2:1:1 (150 ml)	Essential Fatty Acids	EF11
E1608	Omega Advanced Blend 2:1:1 (150 ml) (Lemon)	Essential Fatty Acids	EF13
E1660	Liver Tablets (100 tablets)	Food Supplements	FS21
E1668	Lutein Carotenoid Complex (30 vegetable capsules)	Carotenoids	CA5
E1671	Lutein Lycopene Carotene Complex (30 vegetable capsules)	Carotenoids	CA6
E1680	L-Lysine 500 mg (50 vegetable capsules)	Amino Acids	AA21
E1700	L-Lysine 1000 mg (50 tablets)	Amino Acids	AA22
E1702	L-Lysine 1000 mg (250 tablets)	Amino Acids	AA22
E1706	Chelated Magnesium Calcium 2:1 (90 tablets)	Minerals	MI27
E1710	Magnesium Citrate (60 tablets)	Minerals	MI24
E1711	Magnesium Citrate (120 tablets)	Minerals	MI24
E1720	Magnesium with Vitamin B6 (100 tablets)	Minerals	MI25
E1724	Male Multiple (60 tablets)	Multivitamins	MV7
E1729	MSM (methylsulfonylmethane) Powder (226 g)	Speciality Supplements	SS27
E1733	MSM (methylsulfonylmethane) 1000 mg (60 tablets)	Speciality Supplements	SS26
E1734	MSM (methylsulfonylmethane) 1000 mg (120 tablets)	Speciality Supplements	SS26
E1735	Skin, Nails and Hair Formula (60 tablets)	Speciality Supplements	SS34
E1736	Skin, Nails and Hair Formula (120 tablets)	Speciality Supplements	SS34
E1750	Megasorb Vitamin B-Complex (50 tablets)	Vitamin B & B-Complex	VB39
E1751	Megasorb Vitamin B-Complex (100 tablets)	Vitamin B & B-Complex	VB39
E1752	Megasorb Vitamin B-Complex (250 tablets)	Vitamin B & B-Complex	VB39
E1760	Fish Oil Concentrate 1000 mg (60 softgels)	Essential Fatty Acids	EF6
E1761	Fish Oil Concentrate 1000 mg (120 softgels)	Essential Fatty Acids	EF6
E1766	EPA/GLA Once a Day (30 softgels)	Essential Fatty Acids	EF8
E1767	EPA/GLA Once a Day (60 softgels)	Essential Fatty Acids	EF8
E1768	L-Methionine 500 mg (30 vegetable capsules)	Amino Acids	AA23
E1778	Boron 3 mg (100 vegetable capsules)	Minerals	MI5
E1787	Multiple Fibre Formula (120 vegetable capsules)	Fibre	FI3
E1791	NAC (N-Acetyl Cysteine) 600 mg (60 vegetable capsules)	Amino Acids	AA15
E1823	Nutri-Nano™ CoQ-10 ALA (60 softgels)	Coenzyme Q-10	CoQ3

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E1845	Neuro-Nutrients (30 vegetable capsules)	Amino Acids	AA24
E1846	Neuro-Nutrients (60 vegetable capsules)	Amino Acids	AA24
E1851	Niacin 500 mg (100 vegetable capsules)	Vitamin B & B-Complex	VB21
E1860	Niacin 100 mg (100 tablets)	Vitamin B & B-Complex	VB20
E1890	Nicotinamide 550 mg (100 vegetable capsules)	Vitamin B & B-Complex	VB23
E1910	No-Flush Niacin 500 mg (50 vegetable capsules)	Vitamin B & B-Complex	VB22
E1940	Folate 400 µg (as Metafolin®) (50 tablets)	Vitamin B & B-Complex	VB29
E1941	Folate 400 µg (as Metafolin®) (100 tablets)	Vitamin B & B-Complex	VB29
E1950	Methylcobalamin 1000 µg (30 nuggets)	Vitamin B & B-Complex	VB19
E2027	Omega 3-6-9 (60 softgels)	Essential Fatty Acids	EF15
E2028	Omega 3-6-9 (120 softgels)	Essential Fatty Acids	EF15
E2029	Wild Oregano Oil (60 softgels)	Food Supplements	FS30
E2030	Oceanic Beta-carotene 7 mg (60 softgels)	Carotenoids	CA7
E2032	Oceanic Beta-carotene 7 mg (180 softgels)	Carotenoids	CA7
E2035	Oat Bran 750 mg (100 tablets)	Fibre	FI4
E2050	Omega-3 Double Strength (30 softgels)	Essential Fatty Acids	EF16
E2051	Omega-3 Double Strength (60 softgels)	Essential Fatty Acids	EF16
E2055	One-A-Day GLA (30 softgels)	Essential Fatty Acids	EF17
E2056	One-A-Day GLA (60 softgels)	Essential Fatty Acids	EF17
E2060	L-Ornithine 500 mg (50 vegetable capsules)	Amino Acids	AA26
E2065	Omnium® (30 tablets)	Multivitamins	MV23
E2066	Omnium® (60 tablets)	Multivitamins	MV23
E2067	Omnium® (90 tablets)	Multivitamins	MV23
E2072	Omnium® (180 tablets)	Multivitamins	MV23
E2110	PABA 550 mg (100 vegetable capsules)	Vitamin B & B-Complex	VB26
E2129	Pancreatin (50 tablets)	Digestive Aids / Probiotics	DA14
E2160	Pantothenic Acid 200 mg (100 tablets)	Vitamin B & B-Complex	VB24
E2170	Pantothenic Acid 550 mg (50 vegetable capsules)	Vitamin B & B-Complex	VB25
E2200	L-Phenylalanine 500 mg (50 vegetable capsules)	Amino Acids	AA28
E2205	Phytosterol Complex (100 softgels)	Speciality Supplements	SS31
E2210	Phosphatidyl Choline 420 mg (100 softgels)	Food Supplements	FS24
E2220	Bee Pollen Nuggets (170 g)	Food Supplements	FS22
E2240	Bee Pollen 500 mg (100 tablets)	Food Supplements	FS23
E2245	Pomegranate Complex (90 vegetable capsules)	Food Supplements	FS25
E2260	Potassium (100 tablets)	Minerals	MI29
E2271	Prenatal Nutrients (60 tablets)	Multivitamins	MV25
E2272	Prenatal Nutrients (120 tablets)	Multivitamins	MV25
E2295	Prostate Support (60 vegetable capsules)	Gold Specifics™	GS13
E2303	Pycnogenol® 30 mg (30 vegetable capsules)	Antioxidants	AO11
E2304	Pycnogenol® 30 mg (60 vegetable capsules)	Antioxidants	AO11
E2306	Pycnogenol® 100 mg (30 vegetable capsules)	Antioxidants	AO12
E2307	P-5'-P (Pyridoxal-5'-Phosphate) (50 tablets)	Vitamin B & B-Complex	VB27
E2310	100% Pure Psyllium Husks Fibre Powder (280 g)	Fibre	FI6

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E2311	100% Pure Psyllium Husks Fibre Powder (168 g)	Fibre	FI6
E2315	Psyllium Husks Fibre 500 mg (200 vegetable capsules)	Fibre	FI5
E2318	Quercetin Complex (50 vegetable capsules)	Speciality Supplements	SS29
E2319	Quercetin Complex (100 vegetable capsules)	Speciality Supplements	SS29
E2327	Reishi Shiitake Maitake Mushroom Extract (50 vegetable capsules)	Food Supplements	FS26
E2335	Resveratrol 100 mg (60 vegetable capsules)	Antioxidants	AO13
E2336	Resveratrol 250 mg (with red wine extract) (30 softgels)	Antioxidants	AO14
E2380	Vitamin C 500 mg with Rose Hips (100 tablets)	Vitamin C & Bioflavonoids	VC15
E2400	Vitamin C 1000 mg with Rose Hips (100 tablets)	Vitamin C & Bioflavonoids	VC16
E2401	Vitamin C 1000 mg with Rose Hips (250 tablets)	Vitamin C & Bioflavonoids	VC16
E2420	Vitamin C 1500 mg with Rose Hips (90 tablets)	Vitamin C & Bioflavonoids	VC17
E2421	Vitamin C 1500 mg with Rose Hips (180 tablets)	Vitamin C & Bioflavonoids	VC17
E2460	Rutin 500 mg (50 tablets)	Vitamin C & Bioflavonoids	VC18
E2461	Rutin 500 mg (100 tablets)	Vitamin C & Bioflavonoids	VC18
E2521	Selenium 100 µg (Yeast Bound) (100 tablets)	Minerals	MI32
E2540	Selenium 200 µg (Yeast Bound) (50 tablets)	Minerals	MI33
E2551	Selenium 100 µg (Yeast Free) (100 tablets)	Minerals	MI30
E2556	Selenium 200 µg (Yeast Free) (50 tablets)	Minerals	MI31
E2558	Selenium 200 µg (Yeast Free) (250 tablets)	Minerals	MI31
E2566	Shark Liver Oil Complex 500 mg (60 softgels)	Speciality Supplements	SS33
E2570	Oceanic Silica (50 vegetable capsules)	Minerals	MI34
E2600	Advanced Processed Shark Cartilage 750 mg (45 vegetable capsules)	Speciality Supplements	SS32
E2601	Advanced Processed Shark Cartilage 750 mg (90 vegetable capsules)	Speciality Supplements	SS32
E2602	Advanced Processed Shark Cartilage 750 mg (180 vegetable capsules)	Speciality Supplements	SS32
E2621	Solovite Multivitamins (60 tablets)	Multivitamins	MV27
E2641	Ubiquinol 100 mg (50 softgels)	Coenzyme Q-10	CoQ11
E2660	Spirulina 750 mg (100 tablets)	Food Supplements	FS29
E2670	Sulphurous Antioxidant Complex (90 vegetable capsules)	Antioxidants	AO15
E2675	Super Starflower Oil 1300 mg (30 softgels)	Essential Fatty Acids	EF18
E2676	Super Starflower Oil 1300 mg (60 softgels)	Essential Fatty Acids	EF18
E2700	Taurine 500 mg (50 vegetable capsules)	Amino Acids	AA29
E2706	L-Theanine 150 mg (60 vegetable capsules)	Amino Acids	AA30
E2714	Tonalin® CLA (60 softgels)	Essential Fatty Acids	EF19
E2731	L-Theanine 150 mg (30 vegetable capsules)	Amino Acids	AA30
E2760	L-Tyrosine 500 mg (50 vegetable capsules)	Amino Acids	AA31
E2770	Ultimate B + C Complex (30 tablets)	Vitamin B & B-Complex	VB41
E2771	Ultimate B + C Complex (60 tablets)	Vitamin B & B-Complex	VB41
E2772	Ultimate B + C Complex (90 tablets)	Vitamin B & B-Complex	VB41

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E2791	Vegetarian Multiple (90 vegetable capsules)	Multivitamins	MV29
E2800	Vegan Digestive Enzymes (chewable) (50 tablets)	Digestive Aids / Probiotics	DA17
E2802	Vegan Digestive Enzymes (chewable) (250 tablets)	Digestive Aids / Probiotics	DA17
E2803	Phosphatidylserine Complex Tablets 500 mg (30 tablets)	Speciality Supplements	SS28
E2804	Kangavites Chewable Vitamin C 100 mg (Orange Burst) (90 chewable tablets)	Vitamin C & Bioflavonoids	VC14
E2820	Dry Vitamin A 5000 IU (1502 µg) (100 tablets)	Vitamins A & D   Cod Liver Oil	AD5
E2950	Vitamin B1 100 mg (Thiamin) (100 vegetable capsules)	Vitamin B & B-Complex	VB3
E2980	Vitamin B1 500 mg (Thiamin) (100 tablets)	Vitamin B & B-Complex	VB4
E3050	Vitamin B2 100 mg (Riboflavin) (100 vegetable capsules)	Vitamin B & B-Complex	VB5
E3100	Vitamin B6 50 mg (100 tablets)	Vitamin B & B-Complex	VB6
E3110	Vitamin B6 100 mg (100 vegetable capsules)	Vitamin B & B-Complex	VB7
E3180	Vitamin B12 100 µg (100 tablets)	Vitamin B & B-Complex	VB8
E3209	Vitamin B12 500 µg (50 vegetable capsules)	Vitamin B & B-Complex	VB9
E3229	Vitamin B12 1000 µg (100 nuggets)	Vitamin B & B-Complex	VB10
E3230	Vitamin B12 1000 µg (250 nuggets)	Vitamin B & B-Complex	VB10
E3260	Vitamin C 500 mg (100 vegetable capsules)	Vitamin C & Bioflavonoids	VC5
E3280	Vitamin C 1000 mg (100 vegetable capsules)	Vitamin C & Bioflavonoids	VC6
E3281	Vitamin C 1000 mg (250 vegetable capsules)	Vitamin C & Bioflavonoids	VC6
E3300	Vitamin C Crystals (125 g)	Vitamin C & Bioflavonoids	VC11
E3310	Vitamin D3 25 µg (1000 IU) (90 tablets)	Vitamins A & D   Cod Liver Oil	AD9
E3311	Vitamin D3 25 µg (1000 IU) (180 tablets)	Vitamins A & D   Cod Liver Oil	AD9
E3316	Vitamin D3 55 µg (2200 IU) (50 vegetable capsules)	Vitamins A & D   Cod Liver Oil	AD10
E3317	Vitamin D3 55 µg (2200 IU) (100 vegetable capsules)	Vitamins A & D   Cod Liver Oil	AD10
E3318	Vitamin D3 15 µg (600 IU) (60 vegetable capsules)	Vitamins A & D   Cod Liver Oil	AD7
E3319	Vitamin D3 15 µg (600 IU) (120 vegetable capsules)	Vitamins A & D   Cod Liver Oil	AD7
E3320	Vitamin D3 400 IU (10 µg) (100 softgels)	Vitamins A & D   Cod Liver Oil	AD6
E3340	Vitamin D3 25 µg (1000 IU) (100 softgels)	Vitamins A & D   Cod Liver Oil	AD8
E3341	Vitamin D3 25 µg (1000 IU) (250 softgels)	Vitamins A & D   Cod Liver Oil	AD8
E3350	Vitamin E with Yeast Free Selenium (50 vegetable capsules)	Vitamin E	VE2
E3351	Vitamin E with Yeast Free Selenium (100 vegetable capsules)	Vitamin E	VE2

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E3380	Vitamin E 134 mg (200 IU) Dry (50 vegetable capsules)	Vitamin E	VE11
E3400	Vitamin E 268 mg (400 IU) Dry (50 vegetable capsules)	Vitamin E	VE12
E3461	Vitamin E 67 mg (100 IU) (100 softgels)	Vitamin E	VE6
E3500	Vitamin E 134 mg (200 IU) (50 softgels)	Vitamin E	VE7
E3502	Vitamin E 134 mg (200 IU) (250 softgels)	Vitamin E	VE7
E3505	Vitamin E 134 mg (200 IU) (50 vegetable softgels)	Vitamin E	VE3
E3506	Vitamin E 134 mg (200 IU) (100 vegetable softgels)	Vitamin E	VE3
E3540	Vitamin E 268 mg (400 IU) (50 softgels)	Vitamin E	VE8
E3541	Vitamin E 268 mg (400 IU) (100 softgels)	Vitamin E	VE8
E3542	Vitamin E 268 mg (400 IU) (250 softgels)	Vitamin E	VE8
E3546	Vitamin E 268 mg (400 IU) (50 vegetable softgels)	Vitamin E	VE4
E3547	Vitamin E 268 mg (400 IU) (100 vegetable softgels)	Vitamin E	VE4
E3560	Vitamin E 671 mg (1000 IU) (50 softgels)	Vitamin E	VE9
E3561	Vitamin E 671 mg (1000 IU) (100 softgels)	Vitamin E	VE9
E3565	Vitamin E 671 mg (1000 IU) (50 vegetable softgels)	Vitamin E	VE5
E3566	Vitamin E 671 mg (1000 IU) (100 vegetable softgels)	Vitamin E	VE5
E3600	Vitamin K 100 µg (100 tablets)	Vitamin K	VK2
E3603	Vitamin K2 100 µg (50 vegetable capsules)	Vitamin K	VK3
E3625	Formula VM-Prime® For Adults 50+ (60 tablets)	Multivitamins	MV15
E3660	Wheat Germ Oil (100 softgels)	Essential Fatty Acids	EF20
E3667	Whey To Go® Whey Protein Powder (Vanilla) (340 g)	Protein	PR2
E3668	Whey To Go® Whey Protein Powder (Vanilla) (907 g)	Protein	PR2
E3670	Zinc Citrate 30 mg (100 vegetable capsules)	Minerals	MI38
E3672	Whey To Go® Whey Protein Powder (Chocolate) (454 g)	Protein	PR4
E3673	Whey To Go® Whey Protein Powder (Chocolate) (1162 g)	Protein	PR4
E3720	Zinc 50 mg (100 tablets)	Minerals	MI37
E3725	Zinc Picolinate 22 mg (100 tablets)	Minerals	MI39
E3734	Chinese Astragalus Root (100 vegetable capsules)	Botanical Products	BP6
E3786	Cayenne 520 mg (100 vegetable capsules)	Botanical Products	BP9
E3818	Chlorella 520 mg (100 vegetable capsules)	Food Supplements	FS14
E3862	Dong Quai (100 vegetable capsules)	Botanical Products	BP11
E3870	Echinacea (100 vegetable capsules)	Botanical Products	BP12
E3878	Eyebright (100 vegetable capsules)	Botanical Products	BP14
E3885	Fenugreek (100 vegetable capsules)	Botanical Products	BP15

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E3903	Ginger Root (100 vegetable capsules)	Botanical Products	BP17
E3914	Ginkgo 60 (60 vegetable capsules)	Botanical Products	BP18
E3937	Hawthorne Berry (100 vegetable capsules)	Botanical Products	BP21
E3960	Korean Ginseng (50 vegetable capsules)	Botanical Products	BP23
E3971	Milk Thistle (50 vegetable capsules)	Botanical Products	BP24
E3972	Milk Thistle (100 vegetable capsules)	Botanical Products	BP24
E4023	Saw Palmetto Berries (100 vegetable capsules)	Botanical Products	BP30
E4024	Saw Palmetto Opuntia and Lycopene Complex (50 vegetable capsules)	Botanical Products	BP31
E4068	Vegetal Silica (100 vegetable capsules)	Botanical Products	BP36
E4104	Ashwagandha Root Extract (60 vegetable capsules)	Botanical Products	BP4
E4106	Astragalus Root Extract (60 vegetable capsules)	Botanical Products	BP5
E4110	Bilberry Berry Extract with Blueberry (60 vegetable capsules)	Botanical Products	BP7
E4114	Boswellia Resin Extract (60 vegetable capsules)	Botanical Products	BP8
E4118	Deglycyrrhised Licorice Root Extract (60 vegetable capsules)	Botanical Products	BP10
E4124	Green Tea Leaf Extract (60 vegetable capsules)	Botanical Products	BP19
E4125	Elderberry Extract (60 vegetable capsules)	Botanical Products	BP13
E4126	Ginger Root Extract (60 vegetable capsules)	Botanical Products	BP16
E4138	Korean Ginseng Root Extract (60 vegetable capsules)	Botanical Products	BP22
E4141	Olive Leaf Extract (60 vegetable capsules)	Botanical Products	BP26
E4142	Red Clover Flower and Leaf Extract (60 vegetable capsules)	Botanical Products	BP27
E4143	Saw Palmetto Berry Extract (60 vegetable capsules)	Botanical Products	BP29
E4144	Nettle Leaf Extract (60 vegetable capsules)	Botanical Products	BP25
E4146	Siberian Ginseng Root Extract (60 vegetable capsules)	Botanical Products	BP33
E4161	Turmeric Root Extract (60 vegetable capsules)	Botanical Products	BP35
E4994	Scutellariae (50 vegetable capsules)	Botanical Products	BP32
E16987	Ester-C® 1000 mg Vitamin C (90 capsules)	Vitamin C & Bioflavonoids	VC19
E23943	L- Glutamine Powder (200 g)	Amino Acids	AA32
E30721	L- Carnitine 1500 mg Liquid (473 ml)	Amino Acids	AA12
E31170	Super Cod Liver Oil Complex (60 softgels)	Vitamins A & D   Cod Liver Oil	AD3
E31405	Cranberry Cran Flora (60 vegetable capsules)	Food Supplements	FS18
E32048	Liquid Vitamin D3 (2500 IU) (62.5 g) (59 ml)	Vitamins A & D   Cod Liver Oil	AD11
E32874	Whey to Go® Whey Protein Powder (Strawberry) (454 g)	Protein	PR6
E32954	Formula VM-Prime™ For Women (90 tablets)	Multivitamins	MV17
E34744	Beetroot Extract 500 mg (90 vegetable capsules)	Food Supplements	FS12
E36213	Cherry Turmeric Complex (60 vegetable capsules)	Food Supplements	FS13

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E36214	Beta Glucans Immune Complex (60 vegetable capsules)	Speciality Supplements	SS6
E36215	Sage Leaf Extract (60 vegetable capsules)	Botanical Products	BP28
E36218	Artichoke Leaf Extract (60 vegetable capsules)	Botanical Products	BP3
E50497	Solgar® 7 (30 vegetable capsules)	Speciality Supplements	SS37
E50498	Solgar® 7 (90 vegetable capsules)	Speciality Supplements	SS37
E50833	Omega-3 Vegetarian DHA 100 mg (30 vegetarian softgels)	Essential Fatty Acids	EF3
E50979	Balance Rhodiola Complex (60 vegetable capsules)	Speciality Supplements	SS3
E51283	Bilberry Horse Chestnut Complex (60 vegetable capsules)	Food Supplements	F55
E51284	Botanical Digestive Complex (60 vegetable capsules)	Digestive Aids / Probiotics	DA9
E51285	Thermogenic Complex (60 vegetable capsules)	Speciality Supplements	SS35
E51286	Botanical Female Complex (30 vegetable capsules)	Food Supplements	F57
E51299	Comfort Zone Digestive Complex (90 vegetable capsules)	Digestive Aids / Probiotics	DA15
E52907	Vitamin D3 100 µg (4000 IU) (60 vegetable capsules)	Vitamins A & D   Cod Liver Oil	AD12
E52908	Vitamin D3 100 µg (4000 IU) (120 vegetable capsules)	Vitamins A & D   Cod Liver Oil	AD12
E53595	Folate 1000 µg (as Metafolin®) (60 tablets)	Vitamin B & B-Complex	VB30
E53596	Folate 1000 µg (as Metafolin®) (120 tablets)	Vitamin B & B-Complex	VB30



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