

## AUTOPHAGY ACTIVATOR

<b>Autophagy Activator</b>		<b>60 vcaps</b>
Servings Per Container: 60		
Serving Size: 1 capsule		
Suggested Use: Take 1 capsule 2x per day, or as directed.		
Ingredients	Dose Per Serving	
Ubiquinol (Kaneka Q30™)	100mg	
Spermidine	10mg	

Autophagy is the body's natural self-preservation mechanism for removing damaged or dysfunctional debris within cells and recycling them to regenerate new, healthier cells. Low autophagy is associated with a variety of diseases such as cancer, type-2 diabetes, dementia and cardiomyopathy.

This important product can be used as a fasting mimetic during FMD cycles or on a daily basis to promote stronger autophagy.

Must stop 10 days prior and 6 weeks post radiation due to the potent anti-oxidant effects.

### INGREDIENTS:

- **Ubiquinol** is a crucial initiator of the autophagy process.
- **Spermidine HCL** is a stabilized form of spermidine with solubility and bioavailability reaching 98%. It is used to enhance all autophagy pathways and acts as a fasting mimetic of similar potency to rapamycin.

## DOPAMINE BOOSTER

<b>Dopamine Booster</b>		<b>60 vcaps</b>
Servings Per Container: 60		
Serving Size: 1 capsule		
Suggested Use: Take 1 capsule 2x per day, or as directed.		
Ingredients	Dose Per Serving	
L-Tyrosine	250mg	
Bacopa Monniera 45%	100mg	
Mucuna Pruriens 10:1	100mg	
Lactium®	50mg	

This product combines the essential ingredients *Mucuna Pruriens*, *L-Tyrosine* and *Bacopa Monniera*, required to increase the production of dopamine. As stress can easily convert dopamine into adrenaline, *Lactium* is added to reduce activity in the HPA axis, reduce the stress response and prevent this conversion. Lactium also ensures that dopamine remains bound in the prefrontal cortex where it is needed for focus, concentration and mood control.

This unique formula is free of methylators and therefore prevents hypermethylation of several pathways until genes are reset. And, unlike many

other formulations, Dopamine Booster **does not** contain Rhodiola, which can actually increase adrenaline in certain gene codings. This product may be combined with natural or pharmaceutical NDRI's to help support low mood, addictive behaviour, ADD and ADHD.

Combine with Stress Reset to prevent the conversion of dopamine into noradrenaline. Caution with pharmaceutical dopamine agonists such as cabergonine, bromocriptine, apomorphine, rotigone or dopamine reuptake inhibitors such as methylphenidate and bupropion as dopaminergic activity will be augmented.

Contains milk.

### INGREDIENTS:

- **L-Tyrosine** is the precursor to dopamine and can improve cognitive function and mood.
- **Bacopa Monniera** has been shown to influence other neurotransmitters like serotonin, GABA and acetylcholine and has anxiolytic and stress reducing effects.
- **Mucuna Pruriens** has a high content of L-Dopa, a direct precursor to dopamine.
- **Lactium** reduces the stress response.

## DOPAMINE DELIVERY

Dopamine Delivery		60 vcaps
Servings Per Container: 60		
Serving Size: 1 capsule		
Suggested Use: Take 1 capsule 2x per day, or as directed.		
Ingredients	Dose Per Serving	
Ashwagandha 1.5%	350mg	
St. John's Wort 0.3%	125mg	

A formula designed to inhibit the reuptake of dopamine and increase its transportation to receptors. *Ashwagandha* and *St. John's Wort* function like NDRI (norepinephrine-dopamine reuptake inhibitors), increasing the delivery of dopamine to its target receptor without increasing the production of dopamine itself or its conversion into adrenaline. It has some mild SSRI (selective serotonin reuptake inhibitor) properties, boosting serotonin activity without increasing production, thereby avoiding the risk of serotonin syndrome.

This product may be combined with pharmaceutical NDRI to support low mood, addictive behaviour, ADD and ADHD.

Combine with Stress Reset to prevent the conversion of dopamine into noradrenaline. Caution with pharmaceutical dopamine agonists such as cabergoline, bromocriptine, apomorphine, rotigone or dopamine reuptake inhibitors such as methylphenidate and bupropion as dopaminergic activity will be augmented.

### INGREDIENTS:

- **Ashwagandha** is an adaptogen herb that can improve the stress response and increase transportation of dopamine to support brain function.
- **St. John's Wort** helps increase transportation of both dopamine and serotonin to balance the brain's neurochemistry.

## GABA RESET

GABA Reset		60 vcaps
Servings Per Container: 60		
Serving Size: 1 capsule		
Suggested Use: Take 1 capsule 2x per day, or as directed.		
Ingredients	Dose Per Serving	
SunTheanine	100mg	
Passion Flower 4:1	500mg	

A formula containing *Passion Flower* and *L-Theanine*, designed to balance the ratio of glutamate, the most abundant excitatory neurotransmitter, and GABA, the calming inhibitory neurotransmitter, thereby reducing excessive CNS excitation.

### INGREDIENTS:

- **Passion Flower** increases the conversion of glutamate into GABA and helps increase the binding of GABA into its receptor, preventing backwards conversion into glutamate.
- **L-Theanine** blocks the glutamate receptor, decreasing the ability of glutamate to bind and exert its excitatory action. This is a key pathway involved in many psychiatric disorders and control is key to increasing neural plasticity and reducing anxiety, depression and emotional outbursts, particularly in cases resistant to pharmaceutical medication.

## GLUTATHIONE COMPLEX

Glutathione Complex		60 vcaps
Servings Per Container: 60		
Serving Size: 1 capsule		
Suggested Use: Take 1 capsule 2x per day, or as directed.		
Ingredients	Dose Per Serving	
NAC (N-Acetyl Cysteine)	450mg	
SAG (S-Acetyl Glutathione)	100mg	

A synergistic combination of *S-Acetyl-Glutathione* and *NAC*. The acetyl group attached to S-acetyl-glutathione (SAG), protects it from degradation as it passes through the GI tract, resulting in higher stability than most forms of glutathione. It has a faster, more efficient transportation through cellular membranes, yielding a rise in serum glutathione close to 37%, more than double that of other forms of glutathione. It also produces unparalleled reduction in cytokine production and superior phase-2 detoxification. Its action is aided by the addition of

NAC, which can readily pass the blood brain barrier, performing similar function in neural tissue.

This unique combination increases serum glutathione and SOD, reduces TNF- $\alpha$ , IL6 and ROS, and regulates liver enzymes for effective control of inflammation and support of detoxification. Through the glutathione, it activates all autophagy genes, priming cells for the autophagy process. As an added benefit, it enhances collagen synthesis.

Must stop 10 days prior and 6 weeks post radiation due to the potent anti-oxidant effects.

### INGREDIENTS:

- **NAC** is a derivative of the sulfur-containing amino acid cysteine which is an intermediary (along with glutamic acid and glycine) in the conversion of cysteine into glutathione (GSH), the body's primary cellular antioxidant.
- **SAG** plays a key role in metabolic and cell-cycle related functions, liver protection detoxification, and anti-aging action.

## GI SOOTHE

GI Soothe		60 vcaps
Servings Per Container: 60		
Serving Size: 1 capsule		
Suggested Use: Take 1 capsule 1-3x per day, or as directed.		
Ingredients	Dose Per Serving	
Deglycyrrhizinated Licorice	250mg	
Slippery Elm Bark	125mg	
Marshmallow Root 4:1	100mg	
Ginger Root	50mg	

**GI Soothe** is a formula designed to support gastrointestinal health and maximize nutritional absorption by decreasing GI inflammation and promoting repair of the gut lining.

It is free of laxatives, anti-microbials and allergens. It can be used short term to help heal the gut, or long term to prevent intestinal irritation.

### INGREDIENTS:

- **Deglycyrrhizinated Licorice** is useful for peptic/gastric ulcers as it increases prostaglandins that protect the stomach's lining. It is used for GERD and increases blood flow to gastric mucosal cells, promotes secretion of the protective mucosal layer and promotes the growth of new mucosal cells.
- **Slippery Elm Bark** soothes inflamed mucus membranes of the digestive and respiratory systems.
- **Marshmallow Root** contains mucilage, which exerts a soothing effect on mucous membranes of the GIT.
- **Ginger Root** stimulates digestive enzyme activity and increases the production and secretion of bile from the liver and gallbladder.

## IMMUNE BOOSTER

<b>Immune Booster</b>		<b>60 vcaps</b>
<b>Servings Per Container: 60</b>		
<b>Serving Size: 1 capsule</b>		
<b>Suggested Use: Take 1 capsule 2x per day, or as directed.</b>		
<b>Ingredients</b>	<b>Dose Per Serving</b>	
<b>Turmeric BCM-95®</b>	<b>350mg</b>	
<b>EGCG 95%</b>	<b>150mg</b>	

This important key companion to Immune Modulator is for those who are looking for added immune support. This product combines *curcumin* and *EGCG* which interfere with receptors on cancer tumor cells that control their growth and proliferation, decrease FASN and lactate to reduce available food for these cells, and decreases extra cellular signalling pathways used by cancer cells.

Side Effects: Can increase inflammation by slowing phase 1 detoxification in variant CYP1A2 carriers. To reduce this effect, increase DIM and cruciferous vegetables. This product is synergistic with many chemo drugs such as doxorubicin, cisplatin and tamoxifen.

Contraindications: Liver failure or severe liver damage.

For immune support and prevention, take 2-3 capsules per day on an empty stomach. To help support cancer treatment, take 4-6 capsules per day on an empty stomach.

### INGREDIENTS:

- **Turmeric BCM-95®** (Curcumin), a well-known anti-inflammatory for some, also decreases metalloproteases, VEGF and mTOR decreasing angiogenesis and reducing tumor growth.
- **EGCG** is an important ingredient that disrupts RTK receptors on cancer cells, regulates transcription factors in cancer cells and reduces lactate and FASN thereby helping to starve cancer cells.

## IMMUNE MODULATOR

Immune Modulator		92 g
Servings Per Container: 60		
Serving Size: 3/4 tsp		
Suggested Use: Take 3/4 tsp 2x per day, or as directed.		
Ingredients	Dose Per Serving	
Coriolus Versicolor 12:1 40% (certified organic)	500mg	
Maitake Extract 35% (certified organic)	450mg	
Red Reishi Extract 35% (certified organic)	450mg	
Urolithin A	125mg	

Immune Modulator		240 vcaps
Servings Per Container: 60		
Serving Size: 4 capsules		
Suggested Use: Take 4 capsules 2x per day, or as directed.		
Ingredients	Dose Per Serving	
Coriolus Versicolor 12:1 40% (certified organic)	500mg	
Maitake Extract 35% (certified organic)	450mg	
Red Reishi Extract 35% (certified organic)	450mg	
Urolithin A	125mg	

**Immune Modulator** is a complex of *Red Reishi Extract*, *Coriolus Versicolor*, *Maitake Extract* and *Urolithin A* to help moderate several important immune pathways involved in the prevention and treatment of numerous diseases including cancer. This formula helps to boost key cells such as CD4, CD8, and NK cells necessary for the immune system to seek out, attack and destroy the pathogens and cancerous tumors. In addition, this formula helps boost tumor suppression proteins such as p53, and regulate pathways involved in angiogenesis, PI3k, mTOR and metastasis to help prevent and reduce tumor growth.

Side Effects: In high doses can cause nausea and constipation or diarrhea.

Contraindications: Do not take if on immunosuppressants or high dose anti-coagulants.

For immune support and prevention, take 1-2 servings of powder (or 4-8 capsules) per day in water on an empty stomach. To help support cancer treatment, take 2 servings (or 8 capsules) BID on an empty stomach.

### INGREDIENTS:

- **Coriolus 12:1 40%** is rich in polysaccharides, increases NK and T cells along with IL10 and interferon production as well as supporting the gut microbiome, targeting several key immune pathways.
- **Maitake Extract 35%** increases IL-1, superoxide anion and upregulates BAK-1 to help decrease tumor invasion and angiogenesis.
- **Red Reishi Extract 35%** is rich in polysaccharides that inhibit the PI3K and mTOR, and boosts TLR agonists, NK and T cells helping to support a robust immune response.
- **Urolithin A**, an important nutrient utilized by gut bacteria traditionally used to boost mitochondrial output and prevent sarcopenia also inhibits metalloproteases that can increase cancer spread and growth, and helps regulate cell-cycle arrest in cancer cells.

## MENOPAUSE MANAGEMENT

Menopause Management		60 vcaps
Servings Per Container: 60		
Serving Size: 1 capsule		
Suggested Use: Take 1 capsule 2x per day, or as directed.		
Ingredients	Dose Per Serving	
Rehmannia 4:1	137.5mg	
White Peony 4:1	137.5mg	
DIM	100mg	
Lactium®	100mg	

The drop in estrogen at menopause causes a rise in Kisspeptin, Neurokinin B and cortisol, which stimulate warm-sensing neurons in the preoptic area, generating hot flashes. Stimulation of these neurons also increases the activity of GnRH and LH, enhancing the hot flash symptoms. Menopause Management is a unique combination of *White Peony*, *Rehmannia*, *DIM* and *Lactium*.

Together these ingredients lower levels of Kisspeptin, Neurokinin-B and cortisol, while increasing the conversion of 4-OH estrogen into 2-OH. This allows safe treatment of hot flashes and

other menopausal symptoms, without the disease risk associated with hyperstimulation of breast, ovarian and endometrial tissue. This formula can also be safely used with cancer patients.

Contains milk.

### INGREDIENTS:

- **Rehmannia** has been used in TCM for thousands of years for increasing yin and providing a cooling effect for hot flashes and night sweats, often paired with Peony. It's a trophorestorative for the adrenals and reduces Neurokinin-B and Kisspeptin.
- **White Peony** is an all-round female tonic and contains phytoestrogens that can reduce the symptoms of menopause including hot flashes and vaginal dryness and reduces Neurokinin-B and Kisspeptin.
- **DIM** helps break down estrogen into "clean" estrogens, not the antagonistic "dirty" ones. It promotes a healthy balance of testosterone and estrogen by preventing some testosterone from converting into estrogen, acting as an aromatase inhibitor.
- **Lactium** works by interacting with GABA-A receptors in the brain, which can help reduce anxiety and promote relaxation.

## NEURAL REPAIR

Neural Repair		60 vcaps
Servings Per Container: 60		
Serving Size: 1 capsule		
Suggested Use: Take 1 capsule 2x per day, or as directed.		
Ingredients	Dose Per Serving	
Resveratrol	100mg	
SOD (Superoxide Dismutase)	50mg	
Astaxanthin	4mg	

A combination of *Resveratrol*, *Astaxanthin* and *Superoxide Dismutase* that supports neural function and autophagy, while moderating systemic inflammation throughout the body.

This powerful formula can safely be combined with any neurological or anti-inflammatory medication.

### INGREDIENTS:

- **Superoxide Dismutase (SOD)** is the key regulator of mitochondrial output and mitochondrial phase-2 detoxification, playing a crucial role in the treatment of all neurological disorders, cardiovascular conditions, fibromyalgia and chronic fatigue.
- **Astaxanthin** and **Resveratrol** increase dendritic growth and enhance synaptic function. They promote DNA repair, slow telomere shortening and reduce neural inflammation.

## QUERCETIN AND BROMELAIN

Quercetin and Bromelain		60 vcaps
Servings Per Container: 60		
Serving Size: 1 capsule		
Suggested Use: Take 1 capsule 2x per day, or as directed.		
Ingredients	Dose Per Serving	
Quercetin 95%	500mg	
Bromelain 2400 GDU	200mg	

**Quercetin-bromelain** is a bioflavonoid complex with antioxidant and mast cell stabilizing properties.

*Quercetin* has a poor 30% absorption rate when taken on its own. When combined with *Bromelain*, plasma levels of quercetin are up to 20 times higher, exerting a powerful therapeutic effect.

Quercetin and bromelain help support the immune system.

### INGREDIENTS:

- **Quercetin** has strong antioxidant, anti-histamine, antiviral and anti-inflammatory activity among others.
- **Bromelain**, a proteolytic enzyme from pineapple taken away from meals, curbs pro-inflammatory metabolites that exacerbate inflammation and enhances absorption of quercetin.

## REST RESET

Rest Reset		30 vcaps
Servings Per Container: 30		
Serving Size: 1 capsule		
Suggested Use: Take 1 capsule per day with food, or as directed.		
Ingredients	Dose Per Serving	
Passion Flower 4:1	425mg	
Lactium®	175mg	
Melatonin	3mg	

Rest Reset		60 vcaps
Servings Per Container: 60		
Serving Size: 1 capsule		
Suggested Use: Take 1 capsule per day with food, or as directed.		
Ingredients	Dose Per Serving	
Passion Flower 4:1	425mg	
Lactium®	175mg	
Melatonin	3mg	

**Rest Reset** is a unique formula that resets the HPA axis and autonomic nervous system to the parasympathetic side, increases the production and binding of GABA to aid sleep, and *Melatonin* to allow for easy transition into delta wave deep sleep.

Please note that this supplement should not be used as a sleep aid in the middle of the night.

Contains milk.

### INGREDIENTS:

- **Passion Flower** not only increases the production of GABA; it promotes its transportation and binding into the receptor, and is more effective than taking GABA, which has poor receptor affinity.
- **Lactium** is added to reduce HPA stimulation and allow maximal delta wave sleep.
- **Melatonin** allows the brain to transition with ease into delta wave deep sleep.

## REST RESET (HIGH POTENCY)

High Potency Rest Reset		60 vcaps
Servings Per Container: 60		
Serving Size: 1 capsule		
Suggested Use: Take 1 capsule per day before bed, or as directed.		
Ingredients	Dose Per Serving	
Passion Flower 4:1	425mg	
Lactium®	175mg	
Melatonin	10mg	

A higher-dosed *Melatonin* formula combined with *Passion Flower* and *Lactium Casein Hydrolysate* (Lactium). High Potency Rest Reset contains 10 mg of melatonin (compared to 3 mg in regular Rest Reset). New research indicates that the previous dosing of melatonin was far too low and higher dosing is needed to support delta-wave deep sleep, increase serotonin production, reduce inflammation, block 4-OH-estrogen receptors and support a variety of anti-cancer pathways.

This formula can safely be combined with any sleep aid but should **not** be taken in the middle of the night as an aid to falling back asleep.

Contains milk.

### INGREDIENTS:

- **Passion Flower** not only increases the production of GABA; it promotes its transportation and binding into the receptor. This is more effective than taking GABA itself, which has poor receptor affinity.
- **Lactium** is added to reduce HPA stimulation and allow maximal delta wave sleep.
- **Melatonin** allows the brain to transition with ease into delta wave deep sleep.

## SLEEP RETURN

Sleep Return		60 vcaps
Servings Per Container: 30		
Serving Size: 2 capsules		
Suggested Use: Take 2 capsules as directed.		
Ingredients	Dose Per Serving	
Chamomile 1%	100mg	
Lemon Balm 5:1	100mg	
Magnesium (Glycinate)	100mg	
Passion Flower 4:1	100mg	
Valerian 0.8%	100mg	
Hops 2%	50mg	
Magnesium (Taurate)	50mg	
Pyridoxal-5-Phosphate	5mg	

A combination of *Valerian*, *Chamomile*, *Lemon Balm* and *Passion Flower*. Sleep Return **does not** contain melatonin, making it ideal to take just before bed and, if needed, in the middle of the night to help you quickly return to sleep without morning grogginess. This in turn helps to reduce the stress and anxiety associated with nighttime waking, once again allowing for a better deeper sleep.

Combined, these key ingredients gently calm and relax the body, inducing a deeper, more relaxing sleep.

### INGREDIENTS:

- **Chamomile** enhances GABA binding at the calming/sedating receptors, PBR and A1.
- **Lemon Balm** inhibits GABA tyrosinase, the enzyme that breaks down GABA.
- **Magnesium (Glycinate) & Magnesium (Taurate)** are well known for relaxing and calming effects, and the glycinate form does not cause loose stools. It works well for calming the nervous system with P5P.
- **Passion Flower** increases the production and transportation of GABA to the receptor.
- **Valerian** reduces GABA reuptake and hyperpolarizes the GABA receptor, prolonging activity.
- **Hops** is a great sedative and has been traditionally used to help with insomnia, especially when due to worry or 'nerve weakness'.
- **Pyridoxal-5-Phosphate** is a cofactor of many enzymes that plays important roles in the functioning of mitochondria, synthesis of proteins and polyamines, and the metabolism of amino acids, neurotransmitters, carbohydrates, lipids and folate. With magnesium, it works well to calm the nervous system and can contribute to better sleep.

## STRESS RESET

Stress Reset		60 vcaps
Servings Per Container: 60		
Serving Size: 1 capsule		
Suggested Use: Take 1 capsule per day, or as directed.		
Ingredients	Dose Per Serving	
Lactium®	150mg	
SunTheanine	50mg	
microcrystalline cellulose	filler	

A unique combination of *Lactium Casein Hydrolysate* (containing bioactive peptides) and *SunTheanine*. Stress Reset acts to balance the nervous system and restore parasympathetic drive, rather than simply dampening the sympathetic side.

*FK-binding-protein-5* binds to mineralocorticoid receptors and prevents the HPA-axis from turning off, even in the absence of a stressor.

Together this unique formula plays a crucial role in the treatment of stress and stress-induced conditions. It

helps manage the treatment of over 90% of genes which are blocked by HPA over-stimulation.

This product can be used safely in combination with any mood stabilizer or sleeping pill.

Contains milk.

### INGREDIENTS:

- **Lactium** displaces FKBP-5 from those receptors and inhibits expression of FKBP-5 gene. Together, these actions re-establish negative feedback in the HPA axis that is lost in chronic stress. The small molecular size of Lactium allows it to evade the immune system, thus preventing any allergic response, even in Lactose-intolerant individuals.
- **SunTheanine** helps shift brain wave activity from stimulating beta-waves to calming alpha-waves.

## TESTO-PROTECT

Testo-Protect		120 vcaps
Servings Per Container: 60		
Serving Size: 2 capsules		
Suggested Use: Take 2 capsules 2x per day, or as directed.		
Ingredients	Dose Per Serving	
Saw Palmetto 35%	250mg	
Phytosterol Complex	150mg	
Nettle Root 1.5%	125mg	
Graminex® Flower Pollen Extract	125mg	
Pygeum Bark 2.5%	100mg	
Zinc (Citrate)	12.5mg	
Selenium (L-Selenomethionine)	100mcg	
Vitamin D3	500iu	

**Testo-Protect** is a formula designed for both men and women to help decrease excess testosterone levels.

It decreases the conversion of testosterone into the more active and harmful dihydrotestosterone (DHT).

Do not take with testosterone replacement therapy (TRT) or DHEA as it will lower the efficacy of those medications.

Contains soy.

### INGREDIENTS:

- **Saw Palmetto** decreases the activity of 5-alpha reductase which stimulates the conversion of testosterone to dihydrotestosterone (DHT), its more active form.
- **Phytosterol Complex** inhibits the conversion of testosterone to DHT by affecting the enzyme 5- $\alpha$ -reductase, leading to a decrease in DHT levels.
- **Nettle Root** may indirectly influence testosterone levels by affecting sex hormone-binding globulin (SHBG) and inhibiting the conversion of testosterone to estrogens.
- **Graminex Flower Pollen Extract** blocks the production of DHT.
- **Pygeum Bark** inhibits activity of 5-alpha reductase.
- **Zinc (Citrate)** is considered a natural DHT blocker.
- **Selenium** and zinc work well together in cancer prevention.
- **Vitamin D3** (1 $\alpha$ ,25-dihydroxyvitamin-D3 (1,25D)) regulates the gene expression of components that may dictate the flux of steroid hormone metabolic pathways.

## THYROID RESET

Thyroid Reset		30 vcaps
Servings Per Container: 30		
Serving Size: 1 capsule		
Suggested Use: Take 1 capsule per day, or as directed.		
Ingredients	Dose Per Serving	
Coleus Forskohlii 20%	100mg	
Guggulipid 2.5%	100mg	
Lactium®	100mg	
Ashwagandha 1.5%	50mg	
Blue Flag Root 10:1	50mg	
Iodine (Potassium Iodide)	50mcg	
Selenium (L-Selenomethionine)	50mcg	

A formula combining *Blue Flag*, *Coleus Forskohlii*, *Guggul Lipids*, *Selenium* and *Iodine*, to activate adenylate cyclase and directly increase the production of T3, thereby strengthening thyroid activity. *Lactium* and *Ashwagandha* are added to prevent the conversion of T4 and T3 into Reverse T3, and to help regulate both the HPA and HPT (hypothalamus-pituitary-thyroid) axes.

These ingredients prevent excessive HPA stimulation from deregulating the HPT axis, the most common cause of thyroid dysfunction. This product will boost thyroid activity safely and can be combined with pharmaceutical thyroid medications.

Monitor thyroid levels if taking pharmaceutical thyroid hormone at the same time as this will maintain more stable T3 levels, possibly allowing for a reduction in pharmaceutical grade supplementation.

Contains milk.

### INGREDIENTS:

- **Coleus Forskohlii** possesses thyroid stimulating action, comparable in strength to thyrotropin or TSH. Coleus also increases the activity of the iodothyronine deiodinase enzyme, which is responsible for converting T4 into the more active T3.
- **Guggulipid** increases T3 synthesis by enhancing the conversion of T4 to T3, and it may also improve the uptake of iodine by the thyroid gland and increase the activity of thyroid peroxidase enzymes.
- **Lactium** increases the sensitivity of the hypothalamus to cortisol and re-establishes receptor sensitivity normal feedback within the HPA axis.
- **Ashwagandha's** main mechanism is through hypothalamic-pituitary-adrenal (HPA) axis modulation and can suppress cortisol levels and boost thyroid function and is shown to help boost T4 levels.
- **Blue Flag Root** is used to improve thyroid function by moving sluggish bodily fluids like saliva, lymph, bile, digestive secretions and congested tissues.
- **Iodine** is a rate limiting element for the synthesis of T3 and T4.
- **Selenium** is required to make the enzyme glutathione peroxidase. The resulting antioxidant activity may protect the thyroid gland from autoimmune disease. Selenium can affect iodine metabolism, homeostasis and bioavailability, and thereby play a role in thyroid function.

## TMC

TMC		90 vcaps
Servings Per Container: 90		
Serving Size: 1 capsule		
Suggested Use: Take 1 capsule 3x per day, or as directed.		
Ingredients	Dose Per Serving	Daily Amounts
L-Carnosine	166.7mg	500mg
Berberine HCl	166.7mg	500mg
Resveratrol	66.7mg	200mg

A combination of *L-Carnosine*, *Berberine HCl* and *Resveratrol* that aids in weight loss and diabetes management. It also increases a patient's ability to adhere to a healthy diet, important for long term weight control.

Together these ingredients regulate the main hormones that control our metabolic rate. They prevent leptin resistance, reduce ghrelin, and increase the production of GLP-1, adiponectin, PGC1- $\alpha$  and SIRT6 to effectively control hunger, satiety, food cravings and the rate of adipogenesis and lipolysis.

This product can be used in conjunction with pharmaceutical GLP1 agonists helping to prevent GLP-1 agonist dependency.

### INGREDIENTS:

- **L-Carnosine** can reduce serum resistin and leptin concentrations in overweight or obese individuals. Carnosine, a dipeptide, may improve adipokine concentrations and help with glucose control, and regulates leptin levels and prevents leptin resistance.
- **Berberine HCl** may impact insulin levels by upregulating insulin receptor expression on blood lymphocytes, has been shown to stimulate insulin secretion in pancreatic islet and HIT-T15 cells and may promote mRNA transcription of the insulin receptor. It has been shown to help regulate glucose metabolism significantly. Berberine is thought to work by activating AMPK, a key enzyme involved in regulating energy production and fat burn. It also increases GLP-1.
- **Resveratrol** increases PGC1a and thermogenesis and has shown promise in improving leptin resistance and aiding in weight loss, primarily through its effects on metabolic processes and fat tissue function.