

FOUR PILLARS COGNITIVE

complete daily nutritional supplement*



To enjoy optimum health, nutritional science recognizes that alongside a well-balanced diet, it is beneficial to supplement with the following essential nutrients:

1 vitamins and minerals
2 omega-3 fatty acids

3 phytonutrients
4 probiotics

Pharmax Four Pillars is the most convenient way to create a solid nutritional foundation by providing the required daily levels of essential nutrients in four easy-to-take capsules or tablets.*



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vitamins and minerals
Nutrients required by virtually all body functions and key contributors to the maintenance of good health.*

omega-3 fatty acids
Helps support cognitive health and brain function.*

phytonutrients
Herbal formula to help support cognitive function and relieve mental fatigue.*

probiotics
Live "friendly" bacteria to help balance the intestinal tract.*

FOUR PILLARS COGNITIVE

complete daily nutritional supplement*

1 vitamins and minerals

30 tablets

2 omega-3 fatty acids

30 soft-gel capsules

30 day supply

3 phytonutrients

30 vegetable capsules

4 probiotics

30 vegetable capsules

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Recommended adult intake: Contents of one serrated blister pack strip: 1 tablet, 1 softgel, 1 capsule (brown), 1 capsule (off-white), all taken once daily with a meal, at least two to three hours before or after taking medications, or as professionally directed. Not to be taken immediately before bedtime.

Risk information: Do not use if you have an immune-compromised condition, bipolar disorder, bipolar spectrum disorder or high blood pressure. Consult your healthcare practitioner prior to use if you are pregnant or breastfeeding, taking any prescription medication including blood thinners, antidepressants, birth control or hormone replacement therapy (HRT), have any type of acute infection or any health condition. Consult your healthcare practitioner if you have benign prostate hypertrophy or prostate cancer. Consumption with alcohol, drugs or other supplements with sedative properties is not recommended. If symptoms of digestive upset occur, discontinue use and consult your healthcare practitioner. If you experience irritability or insomnia, discontinue use.

Safety-sealed for your protection and for product freshness. Do not use if the blister pack has been tampered with. Store in a cool, dry place.

Keep out of reach of children.

Supplement Facts

| Serving Size 1 Tablet | %DV | |
|--|---------|-------|
| Amount per serving | | |
| Vitamin A (as vitamin A acetate) | 1000 IU | 20% |
| Vitamin C (ascorbic acid) | 180 mg | 300% |
| Vitamin D ₃ (as cholecalciferol) | 1000 IU | 250% |
| Vitamin E (as d-alpha tocopherol succinate) | 30 IU | 100% |
| Vitamin K ₂ (as Menaqinone-7) | 120 mcg | 150% |
| Riboflavin | 1.25 mg | 833% |
| Niacin (as niacinamide) | 25 mg | 125% |
| Vitamin B ₆ (as pyridoxal-5-phosphate) | 1.25 mg | 625% |
| Folate (as calcium L-5-methyltetrahydrofolate, Metfolin®▲) | 400 mcg | 100% |
| Vitamin B ₁₂ (as methylcobalamin) | 400 mcg | 6667% |
| Biotin | 100 mcg | 33% |
| Pantothenic acid (as calcium d-pantothenate) | 25 mg | 250% |
| Calcium (as calcium citrate malate) | 50 mg | 5% |
| Iodine (as potassium iodide) | 150 mcg | 100% |
| Magnesium (as magnesium citrate) | 25 mg | 6% |
| Zinc (as zinc citrate) | 11 mg | 73% |
| Selenium (as selenomethionine) | 100 mcg | 143% |
| Copper (as copper gluconate) | 1 mg | 50% |
| Manganese (as manganese gluconate) | 2.3 mg | 115% |
| Chromium (as chromium polynicotinate) | 60 mcg | 50% |
| Molybdenum (as potassium molybdate) | 45 mcg | 60% |
| Potassium (as potassium citrate monohydrate) | 50 mg | 1% |
| Lutein (from Aztec marigold flower) | 5 mg | † |
| Zeaxanthin (from Aztec marigold flower) | 1 mg | † |

Other ingredients: Cellulose, hypromellose, ascorbyl palmitate, silica, glycerin

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

Made in the UK for Seraloy USA, Pittsburgh, PA 15275 1-888-737-6925

BARCODE LOCATION

88319621710

V1.0

Code FP04-30

Lot

VARNISH FREE

Exp.

Supplement Facts

| Serving Size 1 Softgel | %DV | |
|--|--------|-----|
| Amount per serving | | |
| Calories | 15 | |
| Calories from Fat | 10 | |
| Total Fat | 1 g | 2%† |
| Cholesterol | 10 mg | 4% |
| Eicosapentaenoic acid (EPA) | 395 mg | † |
| Docosahexaenoic acid (DHA) | 265 mg | † |
| Total omega-3 (EPA, DHA & other omega-3's provided as sardine & anchovy oil) | 750 mg | † |

♦ % Daily Values (DV) are based on a 2,000 calorie diet

† % Daily Value not established

Other ingredients: Fish gelatin (blapia, striped catfish, nile perch, carp, shad, grunt, catfish), glycerin, orange oil, natural mixed tocopherols

Supplement Facts

| Serving Size 1 Capsule (brown powder-filled) | %DV | |
|---|--------|---|
| Amount per serving | | |
| Rhodiola (Rhodiola rosea) root std. extract (3% rosavins, 1% salidroside) | 144 mg | † |
| Astragalus (Astragalus membranaceus) root std. extract (5:1) | 135 mg | † |
| (equivalent to 675 - 1080 mg dried root/7% withanolides) | | |
| Eleuthero (Eleutherococcus senticosus) root std. extract (15:1) | 100 mg | † |
| (equivalent to 1500 mg dried root/0.8% eleutherosides) | | |
| Neurophenol™ Proprietary Blend | 91 mg | † |
| Grape (Vitis vinifera) fruit extract | | |
| Organic blueberry (Vaccinium angustifolium) fruit extract | | |

† % Daily Value (DV) not established

Other ingredients: Hypromellose, silica, ascorbyl palmitate

Supplement Facts

| Serving Size 1 Capsule (off-white powder-filled) | %DV | |
|--|----------------|---|
| Amount per serving | | |
| HLC Consortium | | |
| Lactobacillus acidophilus (CUL-60) | 10 billion CFU | † |
| Lactobacillus acidophilus (CUL-31) | | |
| Bifidobacterium animalis subsp. lactis (CUL-34) | | |
| Bifidobacterium bifidum (CUL-20) | | |

† % Daily Value (DV) not established

Other ingredients: Cellulose, hypromellose