

FOUR PILLARS CARDIO

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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- 1 **vitamins and minerals**
Nutrients required by virtually all body functions and key contributors to the maintenance of good health.*
- 2 **omega-3 fatty acids**
Helps maintain and support cardiovascular health.*
- 3 **phytonutrients**
Helps support cardiovascular health and maintain healthy muscle function.*
- 4 **probiotics**
Live "friendly" bacteria to help balance the intestinal tract.*

1 **vitamins and minerals**
30 tablets

2 **omega-3 fatty acids**
30 softgels

30 day supply

3 **phytonutrients**
30 vegetable capsules

4 **probiotics**
30 vegetable capsules

Recommended adult intake: Contents of one serrated blister pack strip: 1 tablet, 1 softgel, 1 capsule (light brown) and 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.

Risk information: Do not use if you have an immune-compromised condition. Consult your healthcare practitioner prior to use if you are pregnant or breastfeeding, taking any medication including cardiac glycosides (such as digitalis/digoxin), blood pressure medication, blood thinners or protease inhibitors, or have any health condition. If symptoms of digestive upset occur, discontinue use and consult your healthcare practitioner. If hypersensitivity occurs, 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.

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

Supplement Facts

Serving Size 1 Tablet

Amount per serving		%DV
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 α -tocopherol succinate)	30 IU	100%
Vitamin K ₂ (as menaquinone-7)	120 mcg	150%
Thiamin (as thiamin mononitrate)	12.5 mg	833%
Riboflavin	12.5 mg	735%
Niacin (as niacinamide)	25 mg	125%
Vitamin B ₆ (as pyridoxal-5-phosphate)	12.5 mg	625%
Folate (as calcium L-5-methyltetrahydrofolate, Metafolin [®] ▲)	400 mcg	100%
Vitamin B ₁₂ (as methylcobalamin)	400 mcg	8667%
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	†

† % Daily Value (DV) not established.
Other ingredients: Cellulose, hypromellose, croscarmellose sodium, ascorbyl palmitate, silica, glycerin
▲ Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt, Germany.

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

BARCODE LOCATION
883196 21690

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Code FP03-30

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Supplement Facts

Serving Size 1 Softgel

Amount per serving		%DV
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 (ilapia, striped catfish, Nile perch, carp, shad, grunt, catfish), glycerin, orange oil, natural mixed tocopherols

Supplement Facts

Serving Size 1 Capsule (light brown powder-filled)

Amount per serving		%DV
Magnesium (as magnesium citrate)	50 mg	13%
Cardiophenol [™] Proprietary Blend	115 mg	†
Grape (<i>Vitis vinifera</i>) seed extract		
Organic cranberry (<i>Vaccinium macrocarpon</i>) fruit extract		
Garlic (<i>Allium sativum</i>) bulb std. extract (1% alicin)	100 mg	†
Hawthorn (<i>Crataegus monogyna/laevigata</i>) flower and leaf std. extract (3-6:1) (165-330 mg dried equivalent/1.5% flavonoids)	55 mg	†
Coenzyme Q ₁₀ (from yeast fermentation)	40 mg	†

† % Daily Value (DV) not established

Other ingredients: Hypromellose, ascorbyl palmitate, silica

Supplement Facts

Serving Size 1 Capsule (off-white powder-filled)

Amount per serving		%DV
HLC Consortium	10 billion CFU	†
<i>Lactobacillus acidophilus</i> (CUL-60)		
<i>Lactobacillus acidophilus</i> (CUL-21)		
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)		
<i>Bifidobacterium bifidum</i> (CUL-20)		

† % Daily Value (DV) not established

Other ingredients: Cellulose, hypromellose