



4 Four Pillars

WITHOUT COPPER, IRON & NICKEL
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:

- VITAMINS AND MINERALS
- OMEGA-3 FATTY ACIDS
- ANTIOXIDANTS
- 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.

Code FP02-6
30 Day Supply



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1
VITAMINS & MINERALS
30 TABLETS

2
OMEGA-3 FATTY ACIDS
30 SOFTGEL CAPSULES

3
ANTIOXIDANTS
30 TABLETS

4
PROBIOTICS
30 VEGETABLE CAPSULES



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Recommended adult intake: One serrated strip, containing two tablets and two capsules, taken once daily with a meal or as professionally directed. Take a few hours before or after taking other medications.

Risk information: If you are experiencing nausea, fever, vomiting, bloody diarrhea, or severe abdominal pain; or if you have an immune-compromised condition, do not use. If symptoms of digestive upset occur, worsen, or persist beyond three days, discontinue use and consult your healthcare practitioner. If you are pregnant or breastfeeding; if you have diabetes or an iron deficiency; or if you have a liver disorder or develop symptoms of liver trouble, consult your healthcare practitioner prior to use. If you are taking blood pressure medication or blood thinners, consult your healthcare practitioner prior to 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.



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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.

- 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, as well as maintain and support cardiovascular health.
- ANTIOXIDANTS**
Neutralizes harmful oxidation that damages cellular integrity and body tissues.
- PROBIOTICS**
Live "friendly" bacteria to help balance the intestinal tract.

Supplement Facts
Serving Size 1 Tablet

Amount per serving	%DV
Vitamin A (vitamin A acetate)	1500 IU 30%
Vitamin C (magnesium ascorbate/ ascorbic acid/ manganese ascorbate)	150 mg 250%
Vitamin D (cholecalciferol)	400 IU 100%
Vitamin E (d-alpha tocopheryl succinate)	50 IU 167%
Vitamin K (phyloquinone)	80 mcg 100%
Thiamin (thiamin hydrochloride)	12.5 mg 833%
Riboflavin	12.5 mg 735%
Niacin (niacinamide)	25 mg 125%
Vitamin B ₆ (pyridoxine hydrochloride)	12.5 mg 625%
Folic acid	200 mcg 50%
Vitamin B ₁₂ (hydroxocobalamin)	500 mcg 8333%
Biotin	300 mcg 100%
Pantothenic acid (calcium d-pantothenate)	50 mg 500%
Calcium (calcium phosphate dibasic/ calcium carbonate/ calcium citrate)	244 mg 24%
Phosphorus (calcium phosphate dibasic)	97 mg 10%
Iodine (potassium iodide)	150 mcg 100%
Magnesium (magnesium oxide/ magnesium ascorbate)	25.4 mg 6%
Zinc (zinc citrate)	7.5 mg 50%
Selenium (selenomethionine)	100 mcg 143%
Manganese (manganese ascorbate)	2.5 mg 125%
Chromium (chromium polynicotinate)	120 mcg 100%
Molybdenum (potassium molybdate)	75 mcg 100%
Potassium (potassium citrate)	12.5 mg <1%
Boron (boron hydrolysed vegetable (rice) protein chelate)	500 mcg †
Silicon (silicon dioxide)	13 mg †
Vanadium (vanadyl sulfate)	25 mcg †
Choline (choline bitartrate)	20 mg †
Inositol	5 mg †

† % Daily Value (DV) not established
Other ingredients: Microcrystalline cellulose, magnesium stearate, acacia gum, hypromellose, croscarmellose sodium, titanium dioxide, glycerin

Vitamins & Minerals

Supplement Facts
Serving Size 1 Capsule

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, glycerin, orange oil, natural mixed tocopherols

Omega-3 Fatty Acids

Supplement Facts
Serving Size 1 Tablet

Amount per serving	%DV
Total Carbohydrate	<1 g <1%
Vitamin A (100% as beta-carotene)	8325 IU 167%
Vitamin C (ascorbic acid)	250 mg 417%
Vitamin E (d-alpha tocopheryl succinate)	50 IU 167%
Folic acid	600 mcg 150%
Calcium (calcium phosphate dibasic)	63 mg 6%
Phosphorus (calcium phosphate dibasic)	48 mg 5%
Silicon (silicon dioxide)	13 mg †
N-Acetyl cysteine	80 mg †
Alpha lipoic acid	40 mg †
Coenzyme Q ₁₀ (yeast fermentation)	30 mg †
Quercetin (from Sargol japonica flower)	20 mg †
Ellagic acid (from Punica granatum hull)	7 mg †
Lutein (from Tagetes erecta flower)	1.5 mg †
Lycopene	1.5 mg †
Natural mixed carotenoids (from Dunaliella salina algae)	150 mcg †
Bilberry (Lycocodium myrtillos) fruit (equivalent to 180 mg fresh fruit)	45 mg †
Blackberry (Rubus fruticosus) fruit (equivalent to 100 mg fresh fruit)	25 mg †
Black currant (Ribes nigrum) fruit (equivalent to 100 - 125 mg fresh fruit)	25 mg †
Sweet cherry (Prunus avium) fruit (equivalent to 0.075 ml fresh fruit juice)	25 mg †
Watercress (Rorippa nasturtium-aquaticum) whole plant	20 mg †
Green tea (Camellia sinensis) leaf std. extract (40% catechins)	30 mg †
Grape (Vitis vinifera) skin std. extract (40% anthocyanidins)	7 mg †
Maritime pine (Pinus pinaster) bark std. extract (65% proanthocyanidins)	3 mg †

† % Daily Values (DV) are based on a 2,000 calorie diet
† % Daily Value not established
Other ingredients: Microcrystalline cellulose, magnesium stearate, acacia gum, hypromellose, croscarmellose sodium, beet juice, titanium dioxide, glycerin

Antioxidants

Supplement Facts
Serving Size 1 Capsule

Amount per serving	%DV
Calcium (calcium carbonate)	232 mg 23%
Magnesium (magnesium oxide)	160 mg 40%
Silicon (silicon dioxide)	4 mg †

HLC Consortium
Lactobacillus acidophilus (CUL-00)
Lactobacillus acidophilus (CUL-21)
Bifidobacterium bifidum (CUL-20)
Bifidobacterium animalis subsp. lactis (CUL-34)

† % Daily Value (DV) not established
Other ingredients: Hypromellose, glyceryl behenate, magnesium stearate

Probiotics



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Lot _____
Exp. _____

BARCODE LOCATION
883196 20380

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