

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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- 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 support cognitive health and brain function.*
- 3 **phytonutrients**
Herbal formula to help support cognitive function and relieve mental fatigue.*
- 4 **probiotics**
Live "friendly" bacteria to help balance the intestinal tract*

1 **vitamins and minerals**
30 tablets

2 **omega-3 fatty acids**
30 soft-gel capsules

3 **phytonutrients**
30 vegetable capsules

4 **probiotics**
30 vegetable capsules

30 day supply

*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

| 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 d-alpha tocopheryl 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 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 79% |
| Selenium (as selenomethionine) | 100 mcg 143% |
| Copper (as copper gluconate) | 1 mg 50% |
| Manganese (as manganese gluconate) | 2.5 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 <i>Aztec marigold</i> flower) | 5 mg † |
| Zeaxanthin (from <i>Aztec marigold</i> 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 Seroyal USA, Pittsburgh, PA 15275 1-888-737-6925

BARCODE LOCATION
883196 21710

V1.0

Code FP04-30

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VARNISH FREE

Exp.

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 (tilapia, striped catfish, Nile perch, carp, shad, grunt, catfish), glycerin, orange oil, natural mixed tocopherols

Supplement Facts

Serving Size 1 Capsule (brown powder-filled)

| Amount per serving | %DV |
|---|----------|
| Rhodiola (<i>Rhodiola rosea</i>) root std. extract (3% rosinarin, 1% salidroside) | 144 mg † |
| Ashwagandha (<i>Withania somnifera</i>) root std. extract (5-8:1) (equivalent to 675 - 1080 mg dried root/7% withanolides) | 135 mg † |
| Eleuthero (<i>Eleutherococcus senticosus</i>) root std. extract (15:1) (equivalent to 1500 mg dried root/0.8% eleutherosides) | 100 mg † |
| Neurophens [™] Proprietary Blend | |
| Grape (<i>Vitis vinifera</i>) fruit extract | 91 mg † |
| Organic blueberry (<i>Vaccinium angustifolium</i>) fruit extract | |

† % Daily Value (DV) not established
Other ingredients: Hypromellose, silica, ascorbyl palmitate

Supplement Facts

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

| Amount per serving | %DV |
|---|------------------|
| HLC Consortium | 10 billion CFU † |
| <i>Lactobacillus acidophilus</i> (CUL-66) | |
| <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

omega-3 fatty acids

phytonutrients

probiotics

vitamins & minerals