



GENESTRA
BRANDS®



Immune Support

PROFESSIONAL PRODUCT GUIDE

Exceptional quality, consistency and reliability





Specific Support for Immune Health[‡]

To support immune health, we all must take particular care to sustain our optimal nutritional status. Maintaining vitamin D levels may help to support proper immune function, while supplementing with vitamin C and zinc helps to promote immune response. In addition, probiotic supplementation has been associated with healthy respiratory function.[‡]

Genestra Brands provides vitamins, minerals, probiotics and herbal formulations in a variety of formats.

Cor Defense

Immune support formula[†]

- Helps to maintain immune function[†]
- Promotes normal nasal function and immune cell activity[†]
- Provides 500 mg of bakers yeast (EpiCor®) per dose
- Also includes zinc, vitamins C and D, and European elderberry flower extract

Cor Defense contains EpiCor®, a proprietary and research-driven extract from *Saccharomyces cerevisiae* yeast designed to maintain immune function. Research demonstrates that daily supplementation with 500 mg of EpiCor® promotes mucosal immunity and regulates the infiltration of immune cells into the respiratory tract, which supports normal nasal function. Zinc further helps to maintain immune function by stimulating the production of lymphocytes and by increasing their phagocytic activity. Cor Defense also includes vitamin D, the antioxidant vitamin C and European elderberry flower extract for additional immune health support.[†]

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings per Container 30

	AMOUNT PER SERVING	% DV
Vitamin C (as ascorbic acid)	25 mg	28%
Vitamin D (as cholecalciferol)	1.25 mcg (50 IU)	6%
Zinc (as zinc monomethionine)	1 mg	9%
Brewers Yeast	500 mg	*
(<i>Saccharomyces cerevisiae</i>) (EpiCor®)		
European Elderberry (<i>Sambucus nigra</i>)	75 mg	*
Flower Extract (4:1)		
300 mg Dried Equivalent		

* Daily Value (DV) not established

Other ingredients: Hypromellose, cellulose, magnesium stearate, silica
EpiCor® is a registered trademark of Embria Health Sciences, L.L.C.

Recommended Dose

Take one capsule daily with food, a few hours before or after taking medications, or as recommended by your health professional.

Size

30 Vegetarian Capsules

Product Code

04275



C1000

High-dose vitamin C and flavonoid combination

- Supports immune function[†]
- Promotes antioxidant support[†]
- Provides 1000 mg of vitamin C per tablet, plus rose hips, hesperidin, quercetin and rutin

C1000 is a combination of vitamin C and a wide range of bioflavonoids that promotes immune health and antioxidant support. Vitamin C stimulates the immune system, resulting in increased T cell proliferation and neutrophil movement. Research demonstrates that intracellular vitamin C levels in leukocytes decrease naturally with age, which is associated with impaired neutrophil activity. However, supplementation with vitamin C in elderly adults may promote phagocytosis in neutrophils and support antibody-mediated immune responses. Recent research suggests that smokers and elite athletes may experience the greatest benefit of vitamin C supplementation due to its potent antioxidant effects. As the body does not store vitamin C, continuous intake is required.[†]

SUPPLEMENT FACTS

Serving Size 1 Tablet
Servings per Container 60 or 120

	AMOUNT PER SERVING	% DV
Vitamin C (ascorbic acid)	1,000 mg	1,111%
Rose (<i>Rosa canina</i>) Hips	50 mg	*
Hesperidin (from bitter orange pith/peel)	25 mg	*
Quercetin	25 mg	*
Rutin	25 mg	*

* Daily Value (DV) not established

Other ingredients: Cellulose, silica, croscarmellose sodium, magnesium stearate, hypromellose, glycerin

Recommended Dose

Take one tablet two times daily with meals or as recommended by your health professional.

Size

60 Tablets
120 Tablets

Product Code

01110
01110120



D-Mulsion 400 and 1000

Lemon or Natural Spearmint Flavors

Emulsified vitamin D supplement

- Supports immune health[‡]
- Great-tasting lemon and spearmint flavors (D-Mulsion 1000 only)

D-Mulsion 400 and 1000 provide vitamin D using an emulsification process for enhanced bioavailability and improved palatability. The vitamin D receptor is found on most immune cells, including T cells, B cells, and macrophages, demonstrating an important interaction between vitamin D and the immune system. Low vitamin D status has been associated with decreased upper respiratory immune function, while vitamin D supplementation has been shown to have beneficial effects on the function of a variety of immune cells. Research demonstrates that vitamin D mediates the proliferation of T and B cells, increases the phagocytic activity of macrophages, and promotes a healthy cytokine balance. D-Mulsion 400 and 1000 are good alternatives for individuals who have difficulty swallowing capsules.[‡]

D-Mulsion 400

SUPPLEMENT FACTS

Serving Size 1 Drop (0.027 mL) / Servings per Container about 1,110

	AMOUNT PER SERVING	% DV
Vitamin D (cholecalciferol)	10 mcg (400 IU)	50%
% Daily Value (DV)		
Other ingredients: Purified water, potato maltodextrin, modified tapioca starch, extra virgin olive oil, lemon oil, citric acid, potassium sorbate, stevia leaf extract (glucosylsteviosides), natural mixed tocopherols		

Recommended Dose

Take one drop one to two times daily or as recommended by your health professional.

D-Mulsion 1000

LEMON - SUPPLEMENT FACTS

Serving Size 1 Drop (0.027 mL) / Servings per Container about 1,111

	AMOUNT PER SERVING	% DV
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%
% Daily Value (DV)		
Other ingredients: Purified water, potato maltodextrin, modified tapioca starch, extra virgin olive oil, lemon oil, citric acid, potassium sorbate, stevia leaf extract (glucosylsteviosides), natural mixed tocopherols		

SPEARMINT - SUPPLEMENT FACTS

Serving Size 1 Drop (0.0225 mL) / Servings per Container about 1,333

	AMOUNT PER SERVING	% DV
Vitamin D (cholecalciferol)	25 mcg (1,000 IU)	125%
% Daily Value (DV)		
Other ingredients: Purified water, cellulose, natural spearmint flavor, xanthan gum, extra virgin olive oil, organic stevia leaf extract (glucosylsteviosides), potassium sorbate, citric acid		

Recommended Dose

D-Mulsion 1000 - Lemon: All Ages: Take one drop daily or as recommended by your health professional. D-Mulsion 1000 - Spearmint: Take one drop daily or as recommended by your health professional.

Size

D-Mulsion 400 - 1 fl oz (30 mL)

Lemon: 1 fl oz (30 mL)

Spearmint: 1 fl oz (30 mL)

Product Code

01153

01154

01159



D₃ 1000

Vitamin D in capsule format

- Supports immune health[‡]
- Provides 1000 IU of vitamin D per capsule

D₃ 1000 provides 1000 IU of vitamin D in a vegetable capsule format. Vitamin D synthesis in the skin can be altered by skin pigmentation, clothing, latitude, and sunscreen use. Vitamin D levels also vary depending on the season, with highest levels present during summer and lowest levels present during winter; this pattern also resembles the seasonal variation in immune system health. Low vitamin D status has been associated with decreased upper respiratory immune function, although vitamin D supplementation has been shown to have beneficial effects on the function of a variety of immune cells. In a recent controlled clinical trial involving children, daily supplementation with 1,000 IU of vitamin D for 3 months was shown to significantly increase plasma vitamin D levels and promote a healthy cytokine balance. Following supplementation, levels of the cytokines IL-2, IL-4, IL-6, and IFN- γ were all significantly modified.[‡]

SUPPLEMENT FACTS

Serving Size 1 Capsule

Servings per Container 90

	AMOUNT PER SERVING	% DV
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%
% Daily Value (DV)		
Other ingredients: Cellulose, hypromellose, magnesium stearate		

Recommended Dose

Adults and Children (6 years and older): Take one capsule daily with a meal or as recommended by your health professional.

Size

90 Vegetarian Capsules

Product Code

01119



D₃ 1000 Chewable

Natural Blackcurrant Flavor

Chewable vitamin D supplement

- Supports immune health[†]
- Provides 1,000 IU of vitamin D per chewable tablet
- Great-tasting natural blackcurrant flavor

D₃ 1000 Chewable provides 1,000 IU of vitamin D in a delicious natural blackcurrant-flavored chewable tablet. Recent research has demonstrated an important interaction between vitamin D and the immune system. Vitamin D levels vary depending on the season, with highest levels present during summer and lowest levels present during winter; this pattern also resembles the seasonal variation in immune system health. Low vitamin D status has also been associated with decreased upper respiratory immune function, while vitamin D supplementation has been shown to have beneficial effects on the function of a variety of immune cells – including dendritic cells, macrophages, and T cells. In a recent controlled clinical trial involving children, daily supplementation with 1,000 IU of vitamin D for 3 months was shown to significantly increase plasma vitamin D levels and promote a healthy cytokine balance. Following supplementation, levels of the cytokines IL-2, IL-4, IL-6, and IFN- γ were all significantly modified.[‡]

SUPPLEMENT FACTS

Serving Size 1 Tablet
Servings per Container 120

	AMOUNT PER SERVING	% DV
Total Carbohydrate	<1 g	<1% [^]
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%

% Daily Value (DV)

[^] Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Sorbitol, xylitol, natural blackcurrant flavor, silica, magnesium stearate

Recommended Dose

Adults and Children (4 years and older): Chew one tablet once daily, or as recommended by your health professional.

Size

120 Chewable Tablets

Product Code

01155



D₃ 1000 Drops

Vitamin D in a convenient liquid drop format

- Supports immune health[†]
- Provides 1000 IU of vitamin D per drop

D₃ 1000 Drops come in a convenient, easy-to-use liquid drop format – just one drop contains 1000 IU of vitamin D. D₃ 1000 Drops can be dropped directly into the mouth or mixed into drinks, and are good alternatives for individuals who have difficulty swallowing capsules. Recent research demonstrates that low vitamin D status is associated with decreased upper respiratory immune function, while vitamin D supplementation has been shown to have beneficial effects on the function of a variety of immune cells, including dendritic cells, macrophages, and T cells. Research demonstrates that vitamin D mediates the proliferation of T and B cells, increases the phagocytic activity of macrophages, and promotes a healthy cytokine balance to support normal immune function.[‡]

SUPPLEMENT FACTS

Serving Size 1 Drop (0.028 mL)
Servings per Container about 1071

	AMOUNT PER SERVING	% DV
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%
% Daily Value (DV)		
Other ingredients: Medium chain triglycerides		

Recommended Dose

Take one drop daily or as recommended by your health professional.

THIS PRODUCT IS NOT INTENDED FOR INFANTS.

Size

1 fl oz (30 mL)

Product Code

01152



Scorbatate

Multi-mineral formula with vitamin C

- Supports immune health[‡]
- Provides antioxidant support[‡]

Scorbatate is a multi-mineral formula that supports immune health with a unique combination of zinc and vitamin C. Zinc is essential to maintaining immune health as it stimulates cell division in lymphocytes and increases their phagocytic activity. As a cofactor for thymulin, a hormone involved in T cell differentiation and function, zinc is especially necessary for T cell proliferation in the thymus. Recent research has shown that low levels of zinc lead to decreased immune cell number and function, including a reduced synthesis of cytokines. Low levels of zinc are commonly found in vegetarians, the elderly, and pregnant or nursing women due to reduced absorption, insufficient intake in the diet, and increased zinc requirement, respectively. Similarly, the elderly tend to have low levels of vitamin C. The antioxidant vitamin C also stimulates the immune system, resulting in increased T cell proliferation and neutrophil movement. As the body does not store zinc or vitamin C, continuous intake is required.[‡]

SUPPLEMENT FACTS

Serving Size ¼ Teaspoon (approximately 1.37 g)
Servings per Container about 120

	AMOUNT PER SERVING	% DV
Vitamin C (ascorbic acid/calcium ascorbate)	1,000 mg	1,111%
Calcium (calcium carbonate/ascorbate)	45 mg	3%
Magnesium (magnesium carbonate)	37.5 mg	9%
Zinc (zinc citrate)	1.75 mg	16%
Selenium (selenium HVPΔ chelate)	12.5 mcg	23%
Manganese (manganese sulfate monohydrate)	1.25 mg	54%
Chromium (chromium nicotinate glycinate chelate)	12.5 mcg	36%
Molybdenum (molybdenum HVPΔ chelate)	25 mcg	56%
Potassium (potassium carbonate)	25 mg	<1%
L-Aspartic Acid	6 mg	*
Vanadium (vanadium HVP Δ chelate)	25 mcg	*

* Daily Value (DV) not established

Δ Hydrolyzed vegetable (rice) protein

Other ingredients: Silica, citric acid

Recommended Dose

Add water or juice to ¼ teaspoon of Scorbatate and mix. Take once daily with a meal, a few hours before or after taking medications, or as recommended by your health professional.

Size

Net Weight 6 oz (170 g)

Product Code

01117



TIM

Multi-vitamin and glandular formula

- Supports immune health[‡]
- Provides 2,250 mcg of vitamin A and 34 mg of vitamin E per dose
- Includes 100 mg of vitamin C and 10 mg of zinc per dose

TIM is a multi-vitamin supplement that also contains glandular extracts, including spleen, thymus, and bone marrow. Vitamin A helps maintain immune function by stimulating the development of lymphocytes, including natural killer and T and B cells. Zinc further contributes to maintaining immune health by stimulating cell division in lymphocytes and by increasing their phagocytic activity. Recent research has shown that low levels of zinc are associated with decreased immune cell number and function, including a reduced synthesis of cytokines. TIM also provides vitamins C and E, the most important antioxidants in aqueous and lipid compartments of the body, respectively. In addition to recycling the stable vitamin E radical, vitamin C also stimulates the immune system, resulting in increased T cell proliferation and neutrophil movement.[‡]

SUPPLEMENT FACTS

Serving Size 1 Tablet
Servings per Container 60 or 120

	AMOUNT PER SERVING	% DV
Vitamin A (as vitamin A palmitate)	2,250 mcg	250%
Vitamin C (as ascorbic acid)	100 mg	111%
Vitamin E (as d-alpha tocopheryl succinate)	34 mg	223%
Calcium (as dibasic calcium phosphate dihydrate)	98 mg	8%
Zinc (as zinc aspartate)	10 mg	91%
Bovine (<i>Bos taurus</i>) Spleen	40 mg	*
Ovine (<i>Ovis aries</i>) Thymus	40 mg	*
Bovine (<i>Bos taurus</i>) Adrenal	40 mg	*
Bovine (<i>Bos taurus</i>) Lymph	40 mg	*
Bovine (<i>Bos taurus</i>) Placenta	25 mg	*
Porcine (<i>Sus scrofa</i>) Bone Marrow	20 mg	*
Bee Pollen (from <i>Apis mellifera</i>)	25 mg	*

* Daily Value (DV) not established

Other ingredients: Cellulose, silica, croscarmellose sodium, magnesium stearate, hypromellose, glycerin

Recommended Dose

Take one tablet daily with a meal or as recommended by your health professional.

Size

60 Tablets

120 Tablets

Product Code

08305

08305120





Zinc Glycinate Liquid

Natural Peach-Tangerine Flavor

Great-tasting, bioavailable liquid zinc formula

- Provides 30 mg of zinc bisglycinate per teaspoon to contribute to daily zinc requirements
- Helps to maintain immune function and skin health[‡]
- Delicious natural peach-tangerine flavor

Zinc Glycinate Liquid is a great-tasting mineral formula that provides zinc in the bioavailable form of zinc bisglycinate. Zinc is an important trace element in the body. It plays a key role in maintaining immune health by stimulating the production of immune cells, regulating natural killer cell activity and mediating cytokine production. Clinical research has demonstrated that daily supplementation with 30 mg of zinc bisglycinate for up to four days helped to maintain immune function in the airways of children. Zinc also has a long history of use in dermatological health. It helps to maintain immune function in the skin, while promoting collagen synthesis to help maintain skin structure. Zinc Glycinate Liquid provides a bioavailable source of zinc to help meet daily zinc requirements. In one randomized crossover trial, zinc bisglycinate was demonstrated to have 43% higher bioavailability than zinc gluconate.[‡]

SUPPLEMENT FACTS

Serving Size 1 Teaspoon (5 mL)
Servings per Container about 90

	AMOUNT PER SERVING	% DV
Calories	5	
Total Carbohydrate	2 g	<1% [^]
Zinc (as zinc bisglycinate)	30 mg	273%

% Daily Value (DV)

[^] Percent daily values (DV) are based on a 2,000 calorie diet

Other ingredients: Purified water, glycerin, concentrated apple juice, xylitol, citric acid, natural peach and tangerine flavors, potassium sorbate

Recommended Dose

Take one teaspoon daily with a meal, a few hours before or after taking medications or other supplements, or as recommended by your health professional. If preferred, Zinc Glycinate Liquid can be mixed with juice or water. Shake well before each use. Do not drink directly from the bottle.

Size

15.2 fl oz (450 mL)

Product Code

04226



HMF Baby B

Support for breast-fed babies†

- Promotes immune and skin health†
- Helps to reduce incidence of skin sensitivity†
- Provides 10 billion CFU per day
- Safe for use during infancy

HMF Baby B probiotic formula for infants provides a combination of four proprietary, human-sourced probiotic strains, which help to promote normal immune function and skin health in infants. Human Microflora (HMF) probiotics exhibit strong epithelial adherence and a naturally high tolerance to stomach acid. HMF Baby B powder dissolves easily into milk or water, is free of gluten and soy, and is ideal for vegetarian infants. HMF Baby B's probiotics have been clinically tested to ensure both safety and efficacy.†

SUPPLEMENT FACTS

Serving Size 1 Scoop (200 mg)
Servings per Container about 30

	AMOUNT PER SERVING	% DV
Probiotic Consortium	10 billion CFU	*
<i>Bifidobacterium bifidum</i> (CUL-20)		
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)		
<i>Lactobacillus salivarius</i> (CUL-61)		
<i>Lactobacillus paracasei</i> (CUL-08)		

* Daily Value (DV) not established

Other ingredients: Transgalactooligosaccharides (GOS) (from milk)
Contains: Milk

Recommended Dose

Children (1-4 years): In a glass, add water or milk to one scoop of HMF Baby B and mix. Take once daily with a meal or as recommended by your health professional.

Size

Net Weight 0.2 oz (6 g) Powder

Product Code

10491



HMF Baby F

Support for formula-fed babies

- Promotes immune and skin health†
- Helps to reduce incidence of skin sensitivity†
- Provides 10 billion CFU per day
- Safe for use during infancy

HMF Baby F is a probiotic supplement for formula-fed babies that provides a combination of four proprietary, human-sourced probiotic strains, which help to promote normal immune function and skin health. HMF Baby F also contains galactooligosaccharides (GOS), a type of prebiotic fiber found naturally within breast milk that may help to support a healthy gastrointestinal microflora. Fructooligosaccharides (FOS) are included for additional prebiotic fiber content. Human Microflora (HMF) probiotics exhibit strong epithelial adherence and a naturally high tolerance to stomach acid. HMF Baby F powder dissolves easily into milk or water, is free of gluten and soy, and is ideal for vegetarians. HMF Baby F's probiotics have been clinically tested to ensure both safety and efficacy.†

SUPPLEMENT FACTS

Serving Size 1 Scoop (1.1 g)
Servings per Container about 60

	AMOUNT PER SERVING	% DV
Total Carbohydrate	1 g	*
Probiotic Consortium	10 billion CFU	*
<i>Bifidobacterium bifidum</i> (CUL-20)		
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)		
<i>Lactobacillus salivarius</i> (CUL-61)		
<i>Lactobacillus paracasei</i> (CUL-08)		

* Daily Value (DV) not established

Other ingredients: Transgalactooligosaccharides (GOS) (from milk), fructooligosaccharides (FOS)
Contains: Milk

Recommended Dose

Children (1-4 years): In a glass, add water or milk to one scoop of HMF Baby F and mix. Take once daily with a meal or as recommended by your health professional.

Size

Net Weight 2.3 oz (66 g) Powder

Product Code

10493



HMF Fit for School

Natural Blackcurrant Flavor

Children's immune support formula[‡]

- Supports upper respiratory tract health[‡]
- May help promote immune function in children[‡]
- Includes 12.5 billion CFU of proprietary probiotic strains per day
- Provides 50 mg of vitamin C and 1,000 IU of vitamin D per serving per day
- Chewable tablets with a delicious natural blackcurrant flavor

HMF Fit for School includes a combination of research-driven probiotic strains and vitamin C that helps to support upper respiratory tract health and immune function in children. In a recent clinical trial, 57 schoolchildren were randomized to receive either a placebo tablet or HMF Fit for School's probiotic formula plus 50 mg of vitamin C daily for six months. Children in the probiotic plus vitamin C group had a significant improvement in upper respiratory immune health. Supplementation helped moderate cytokine levels, including interferon gamma (IFN- γ). These results are consistent with other studies that have found that *Lactobacillus acidophilus* and *Bifidobacterium animalis* subsp. *lactis* help maintain upper respiratory tract health. HMF Fit for School also includes additional support for immune health with 1,000 IU of vitamin D per serving.[‡]

SUPPLEMENT FACTS

Serving Size 1 Tablet
Servings per Container 30

	AMOUNT PER SERVING	% DV
Vitamin C (ascorbic acid)	50 mg	83%
Vitamin D ₃ (cholecalciferol)	1,000 IU	250%
Probiotic Consortium	12.5 billion CFU	*
<i>Lactobacillus acidophilus</i> (CUL-21)		
<i>Lactobacillus acidophilus</i> (CUL-60)		
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)		
<i>Bifidobacterium bifidum</i> (CUL-20)		

* Daily Value (DV) not established

Other ingredients: Xylitol, blackcurrant fruit extract, sorbitol, natural blackcurrant flavor, silica, magnesium stearate

Recommended Dose

Adolescents and Children (4 years and older): Chew one tablet daily or as recommended by your health professional.

Size

30 Chewable Tablets

Product Code

10497



NEW HMF Immune

Natural Blackcurrant Flavor

Great-tasting upper respiratory support formula[‡]

- Supports upper respiratory tract health in children and physically active adults[‡]
- Offers 30 billion CFU per dose from a combination of five proprietary strains, plus vitamins C and D
- Once-daily chewable tablet available in a delicious natural blackcurrant flavor

HMF Immune combines proprietary probiotics with vitamins C and D to provide targeted support for the immune system. Each convenient, once-daily chewable tablet provides a blend of five research-driven probiotic strains from both the *Lactobacillus* and *Bifidobacterium* genera. As nearly 80% of the body's immunologically active cells are located in gut-associated lymphoid tissue, an important connection has been demonstrated between the intestines and the immune system. In addition to supporting gastrointestinal health, HMF Immune provides BI-04, a strain that has been shown in a clinical trial to support upper respiratory tract health in physically active adults. Similarly, it offers CUL-60, CUL-21, CUL-34 and CUL-20, which were demonstrated in a clinical trial to support upper respiratory tract health in children when combined with vitamin C. To further help maintain immune function, HMF Immune contains vitamins C and D. Vitamin C supports the immune system by regulating lymphocyte proliferation, natural killer cell activity and immunoglobulin production, while vitamin D helps control T cell activation, cytokine release and phagocytosis in macrophages. Research demonstrates that vitamins C and D may be especially effective in maintaining immune function in the respiratory tract.[‡]

SUPPLEMENT FACTS

Serving Size 1 Tablet
Servings per Container 30

	AMOUNT PER SERVING	% DV
Vitamin C (as ascorbic acid)	100 mg	111%
Vitamin D ₃ (as cholecalciferol)	25 mcg (1,000 IU)	125%
Probiotic Consortium	30 billion CFU	*
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)		
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)		
& <i>Bifidobacterium bifidum</i> (CUL-20)		
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (BI-04)		

* Daily Value (DV) not established

Other ingredients: Xylitol, blackcurrant fruit extract, sorbitol, natural blackcurrant flavor, silica, magnesium stearate

Recommended Dose

Chew one tablet daily with a meal or as recommended by your health professional.

Size

30 Chewable Tablets

Product Code

10365



HMF Intensive

Clinically researched probiotic formula

- Provides 25 billion CFU per capsule
- Balances microflora composition[‡]
- Supports gastrointestinal health and comfort[‡]

HMF Intensive provides a combination of probiotics clinically demonstrated to support gastrointestinal health and comfort. Clinical trials have found that daily supplementation with HMF Intensive's probiotic formula helped support a healthy microflora composition. Additionally, a clinical trial reported that daily supplementation with this probiotic formula for eight weeks significantly improved several measures of intestinal comfort (including symptom severity score, abdominal comfort, bloating, satisfaction with bowel habits, and quality of life). Specifically, probiotic intake led to a 22% decrease in days with intestinal discomfort, 32% improvement in satisfaction with bowel habits, and 30% improvement in quality of life scores. When compared to placebo values, satisfaction with bowel habits and mean change in symptom severity score significantly improved after six weeks..[‡]

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings per Container 30

	AMOUNT PER SERVING	% DV
Probiotic Consortium	25 billion CFU	*
<i>Lactobacillus acidophilus</i> (CUL-60)		
<i>Lactobacillus acidophilus</i> (CUL-21)		
<i>Bifidobacterium bifidum</i> (CUL-20)		
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)		

* Daily Value (DV) not established

Other ingredients: Cellulose, hypromellose

Recommended Dose

Adults and Children (6 years and older): Take one capsule daily with a meal or as recommended by your health professional.

Size

30 Vegetarian Capsules

Product Code

10431



HMF Travel

Probiotics to support gastrointestinal health when travelling[‡]

- Shelf-stable formula
- 35 billion CFU per day
- Provides maintenance of a healthy gastrointestinal microflora[‡]
- Includes *Saccharomyces boulardii* plus four proprietary probiotic strains

HMF Travel combines five probiotic strains from *Lactobacillus*, *Bifidobacterium* and *Saccharomyces* genera to promote a healthy gut flora and support gastrointestinal health. A number of travel-related factors, including unfamiliar food or water, stress and jet-lag, can all affect the normal composition of gut bacteria. Clinical trials have found that the probiotic yeast *Saccharomyces boulardii* helps support a healthy gastrointestinal microflora and support gastrointestinal health in tourists when taken prior to and during the trip. HMF Travel also contains proprietary, human-sourced, research-driven strains demonstrated to promote gastrointestinal comfort, maintain immune health (when combined with vitamin C), adhere to the gut lining, efficiently colonize the intestinal environment, and naturally resist pH and bile acid without the need for enteric coating. As some probiotic supplements require constant refrigeration to ensure the stability of the microorganisms, they may be unsuitable for travelers that do not have easy access to refrigeration. HMF Travel is a shelf-stable probiotic supplement offered in a convenient capsule format that can easily be taken anywhere to support gastrointestinal health.[‡]

SUPPLEMENT FACTS

Serving Size 2 Capsules
Servings per Container 15

	AMOUNT PER SERVING	% DV
Probiotic Consortium	35 billion CFU	*
<i>Saccharomyces boulardii</i> (CNCM-I-1079)		
<i>Lactobacillus acidophilus</i> (CUL-60 & 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: Hypromellose, cellulose, silica, magnesium stearate

Recommended Dose

Take two capsules daily or as recommended by your health professional.

Size

30 Vegetarian Capsules

Product Code

10198





Astragalus Tincture

Astragalus formula for immune support[†]

- Offers traditional support for maintaining ch'i and healthy immune and digestive function[†]
- Provides 1.5 ml of astragalus root extract per serving (1:4; 375 mg dried equivalent)

Astragalus Tincture provides an extract of astragalus root, an herb with a long history of traditional use. Astragalus root has been used for more than 2,000 years in China and was included in Shen Nong's Materia Medica, written during the Han dynasty (206 BC–220 AD). Astragalus provides traditional support for maintaining ch'i and healthy immune and digestive function. Astragalus Tincture is ideal for vegans and individuals with sensitivities to dairy.[‡]

SUPPLEMENT FACTS

Serving Size 30 Drops (1.5 mL)
Servings per Container about 40

	AMOUNT PER SERVING	% DV
Astragalus (<i>Astragalus membranaceus</i>) Root Extract (1:4)	1.5 mL	*
375 mg Dried Equivalent		
* Daily Value (DV) not established		
Other ingredients: Purified water, ethanol (grain)		

Recommended Dose

Take 30 drops three times daily or as recommended by your health professional.

Size
2 fl oz (60 mL)

Product Code
11686



Berberis Formula

Herbal combination for the digestive system†

- Includes a blend of barberry, Oregon grape and goldenseal
- Provides traditional support for intestinal health and microflora balance‡

Berberis Formula was designed to support the digestive system with a combination of barberry, Oregon grape and goldenseal. Goldenseal is traditionally used to support intestinal health and microflora balance, as well as digestion and bowel regularity. Its primary bioactive compounds are isoquinoline alkaloids including hydrastine and berberine, which have been well-studied for their pharmacological actions. Berberine is also an important bioactive compound in other plants, such as barberry and Oregon grape.‡

SUPPLEMENT FACTS

Serving Size 1 Capsule

Servings per Container 90 or 180

	AMOUNT PER SERVING	% DV
Barberry (<i>Berberis vulgaris</i>) Root Bark Extract (4:1) 800 mg Dried Equivalent	200 mg	*
Oregon Grape (<i>Mahonia aquifolium</i>) Root Extract (4:1) 800 mg Dried Equivalent	200 mg	*
Goldenseal (<i>Hydrastis canadensis</i>) Root Std. Extract (6:1) (5% Alkaloids) 300 mg Dried Equivalent	50 mg	*
Barberry (<i>Berberis vulgaris</i>) Root	25 mg	*
Oregon Grape (<i>Mahonia aquifolium</i>) Root	25 mg	*

* Daily Value (DV) not established

Other ingredients: Hypromellose, cellulose, silica

Recommended Dose

Take one capsule daily with a meal or as recommended by your health professional.

Size

90 Vegetarian Capsules

180 Vegetarian Capsules

Product Code

07519

07519180



NEW English Ivy Natural Raspberry Flavor

Herbal combination supporting upper respiratory immune health‡

- Includes a soothing blend of English ivy, marshmallow and European elder extracts
- Supports upper respiratory health and function‡
- Promotes oropharyngeal mucosal health and comfort‡
- Delicious natural raspberry flavor
- Convenient liquid formula suitable for the entire family

English Ivy Syrup is a great-tasting combination of herbs traditionally used to support upper respiratory and immune health. It provides English ivy, an important source of α -hederin, which has been shown to support surfactant secretion and bronchiole function in preclinical research. Clinical trials have also demonstrated the beneficial effects of English ivy on supporting respiratory function in both adults and children. A mucilaginous herb, marshmallow contains polysaccharides that coat the mucosal lining of the respiratory tract. Clinical research supports its traditional use as a demulcent, promoting oropharyngeal mucosal health and providing soothing comfort to the airway. English Ivy Syrup also includes European elder, an herb well-recognized for its high anthocyanin content. European elder is traditionally used to help maintain a healthy immune system, providing specific support to the upper respiratory tract. Available in a delicious natural raspberry flavor, English Ivy Syrup is a convenient way of supporting upper respiratory function and mucosal comfort in both adults and children.‡

SUPPLEMENT FACTS

Serving Size 1 Teaspoon (5 mL)

Servings per Container 24

	AMOUNT PER SERVING	% DV
Calories	10	
Total Carbohydrate	2 g	1% [^]
Marshmallow (<i>Althaea officinalis</i>) Root Extract (4:1)	125 mg	*
English Ivy (<i>Hedera helix</i>) Leaf Extract (4-7:1)	40 mg	*
European Elder (<i>Sambucus nigra</i> subsp. <i>nigra</i>) Fruit Extract (16:1)	25 mg	*

* Daily Value (DV) not established

[^] Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Purified water, glycerin, xylitol, natural flavors, citric acid, xanthan gum, potassium sorbate

Recommended Dose

Take one teaspoon three times daily or as recommended by your health professional. Take a few hours before or after taking medications or other supplements.

Size

4 fl oz (120 mL)

Product Code

07642



NEW Kids English Ivy Syrup

Natural Raspberry Flavor

Herbal combination supporting upper respiratory immune health in kids[†]

- Includes a soothing blend of English ivy, marshmallow and elderberry extracts
- Supports upper respiratory health and function[†]
- Promotes oropharyngeal mucosal health and comfort[†]
- Delicious natural raspberry flavor
- Convenient liquid formula suitable for children 3 years and older

Kids English Ivy Syrup is a great-tasting combination of herbs traditionally used to support upper respiratory and immune health. It provides English ivy, an important source of α -hederin, which has been shown to support surfactant secretion and bronchiole function in preclinical research. Clinical trials have also demonstrated the beneficial effects of English ivy on supporting respiratory function in children. A mucilaginous herb, marshmallow contains polysaccharides that coat the mucosal lining of the respiratory tract. Clinical research supports its traditional use as a demulcent, promoting oropharyngeal mucosal health and providing soothing comfort to the airway. Kids English Ivy Syrup also includes elderberry, an herb well-recognized for its high anthocyanin content. Elderberry is traditionally used to help maintain a healthy immune system, providing specific support to the upper respiratory tract. Available in a delicious natural raspberry flavor, Kids English Ivy Syrup is a convenient way of supporting upper respiratory function and mucosal comfort in children.[†]

SUPPLEMENT FACTS

Serving Size 3-5 years: ½ Teaspoon (2.5 mL); 6+ years: 1 Teaspoon (5 mL)
Servings per Container 3-5 years: 48; 6+ years: 24

	AMOUNT PER 1 TSP.	% DV FOR CHILDREN 6+ YEARS (1 TSP.)	AMOUNT PER ½ TSP.	% DV FOR CHILDREN 3 YEARS (½ TSP.)	% DV FOR CHILDREN 4-5 YEARS (½ TSP.)
Calories	10		5		
Total Carbohydrate	2 g	1% ^	1 g	1% ^^	<1% ^
Marshmallow (<i>Althaea officinalis</i>) Root Extract (4:1)	125 mg	*	62.5 mg	*	*
English Ivy (<i>Hedera helix</i>) Leaf Extract (4-7:1)	40 mg	*	20 mg	*	*
European Elder (<i>Sambucus nigra subsp. nigra</i>) Fruit Extract (16:1)	25 mg	*	12.5 mg	*	*

* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

^^ Percent Daily Values (DV) are based on a 1,000 calorie diet

Other ingredients: Purified water, glycerin, xylitol, natural flavors, citric acid, xanthan gum, potassium sorbate

Recommended Dose

Children (6 years and older): Take one teaspoon three times daily or as recommended by your health professional. Children (3-5 years): Take ½ teaspoon three times daily or as recommended by your health professional. Take a few hours before or after taking medications or other supplements.

Size

4 fl oz (120 mL)

Product Code

07645



Oregano Oil

Carvacrol formula for antioxidant support[†]

- Promotes healthy microbial balance[†]
- Provides 25 mg of oregano oil per day
- Includes 20 mg of carvacrol per day

Oregano Oil provides carvacrol, one of the primary bioactive compounds in oregano. In addition to its antioxidant activity, carvacrol promotes healthy microbial balance. *In vitro* research suggests that carvacrol can diffuse through microbial lipid membranes. In a clinical trial involving 13 adults, daily supplementation with oregano oil for six weeks significantly supported healthy microbial balance.[†]

SUPPLEMENT FACTS

Serving Size 3 Drops (0.093 mL)
Servings per Container about 161

	AMOUNT PER SERVING	% DV
Oregano oil (from Oregano leaf)	25 mg	*
Providing: Carvacrol	20 mg	*

* Daily Value (DV) not established

Other ingredients: Extra virgin olive oil

Recommended Dose

Take three drops daily or as recommended by your health professional. Take with food, a few hours before or after taking supplements containing iron, zinc, calcium or copper.

Size

0.5 fl oz (15 mL)

Product Code

07681



Phyto-Gens

Phytotherapy preparation

- Synergistic combination of young shoot and bud extracts

Phytoembryotherapy is a branch of phytotherapy that specifically incorporates plant embryological tissues (buds, young shoots, etc.) containing “plant meristem” cells - undifferentiated, fast dividing cells which contain the plant’s genetic blueprint. These embryonic tissues are rich in beneficial phytochemicals including: growth factors and plant hormones, enzymes, nucleic acids, oligoelements, and phytonutrients such as polyphenols and flavonoids. Embryological tissues are utilized because many phytochemicals are lost in fully developed plants once chlorophyll is formed. Additionally, their energetic components are at their highest levels when they are harvested in the spring – the most active phase of the growth cycle.†

Defense-gen

SUPPLEMENT FACTS

Serving Size 10 Drops (0.28 mL)

Servings per Container about 53

	AMOUNT PER SERVING	% DV
Dog Rose (<i>Rosa canina</i>) Young Shoot Extract (1:20)	0.09 mL	*
4.7 mg Dried Equivalent		
Black Alder (<i>Alnus glutinosa</i>) Bud Extract (1:20)	0.09 mL	*
4.7 mg Dried Equivalent		
Silver Birch (<i>Betula pendula</i>) Bud Extract (1:20)	0.09 mL	*
0.47 mg Dried Equivalent		

* Daily Value (DV) not established

Other ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take ten drops once daily or as recommended by your health professional. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in ¼ oz. of water.

Size

0.5 fl oz (15 mL)

Product Code

23924



Imu-gen

SUPPLEMENT FACTS

Serving Size 10 Drops (0.28 mL)

Servings per Container about 53

	AMOUNT PER SERVING	% DV
Sea Buckthorn (<i>Hippophae rhamnoides</i>) Bud Extract (1:20)	0.09 mL	*
4.7 mg Dried Equivalent		
English Walnut (<i>Juglans regia</i>) Bud Extract (1:20)	0.09 mL	*
4.7 mg Dried Equivalent		
Dog Rose (<i>Rosa canina</i>) Young Shoot Extract (1:20)	0.09 mL	*
4.7 mg Dried Equivalent		

* Daily Value (DV) not established

Other ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take ten drops once daily or as recommended by your health professional. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in ¼ oz. of water.

Size

0.5 fl oz (15 mL)

Product Code

23865



Vrl-gen

SUPPLEMENT FACTS

Serving Size 10 Drops (0.28 mL)

Servings per Container about 53

	AMOUNT PER SERVING	% DV
Black Currant (<i>Ribes nigrum</i>) Bud Extract (1:20)	0.09 mL	*
4.7 mg Dried Equivalent		
Sea Buckthorn (<i>Hippophae rhamnoides</i>) Bud Extract (1:20)	0.09 mL	*
4.7 mg Dried Equivalent		
Black Alder (<i>Alnus glutinosa</i>) Bud Extract (1:20)	0.09 mL	*
4.7 mg Dried Equivalent		

* Daily Value (DV) not established

Other ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take ten drops once daily or as recommended by your health professional. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in ¼ oz. of water.

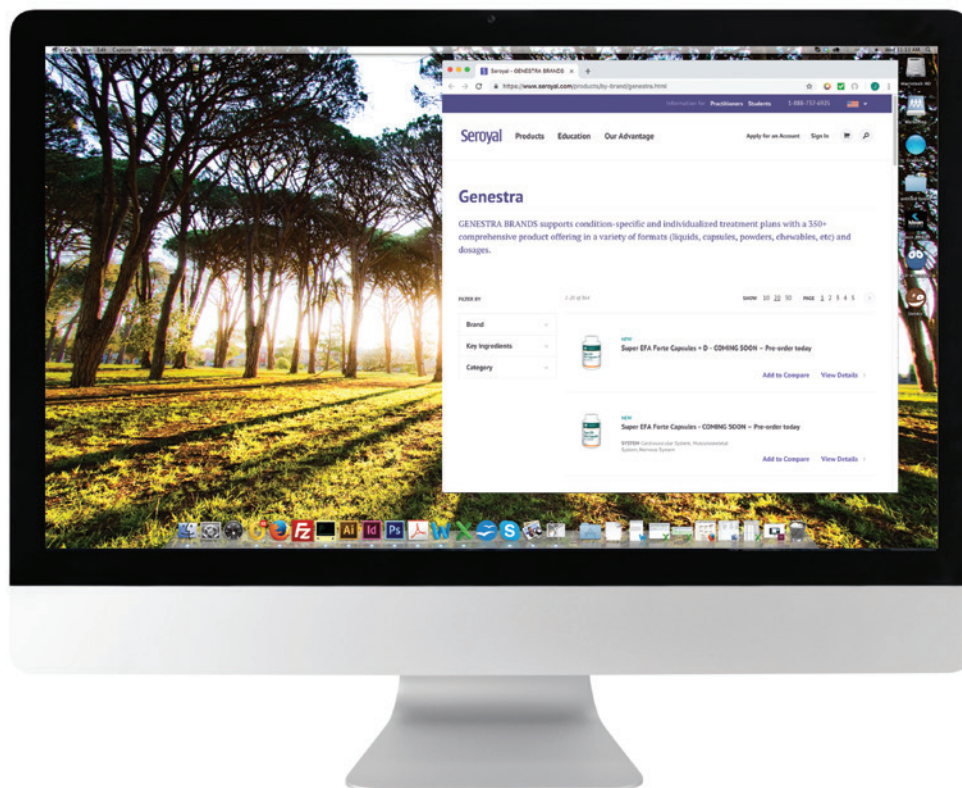
Size

0.5 fl oz (15 mL)

Product Code

23935





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