



FOUR PILLARS

PROFESSIONAL PRODUCT GUIDE



NEW PRODUCTS INSIDE
Complete daily nutritional supplement
with condition-specific support*



Pharmax products support condition-specific treatment plans with leading-edge line of professional-grade nutraceuticals and specialty combination products, highly regarded in the US with over 15 years of proven safety, efficacy and reliability backed by clinical or traditional evidence.

A trusted Seroyal brand.

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This information is for practitioner use only.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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Pharmax Four Pillars represent the most convenient path to creating a solid nutritional foundation by providing the required daily levels of essential nutrients in four easy-to-take capsules and tablets.* For people to enjoy optimum health, nutritional science recognizes that alongside a well-balanced diet, supplementation with the following essential nutrients is beneficial.*

VITAMINS & MINERALS

Multivitamin and mineral supplements help individuals obtain recommended levels of essential nutrients.* These supplements may be especially important to specific populations, including pregnant or lactating women, individuals with dietary restrictions, or those who regularly consume processed and fast food.* Pillar 1 provides a combination of more than 20 vitamins and minerals necessary for the maintenance of good health.*

OMEGA-3 FATTY ACIDS

An adequate and balanced spectrum of fatty acids is one of the cornerstones of optimal nutrition.* Unfortunately, the increased use of high omega-6 fatty acid-vegetable oils over the past 100 years has led to a decrease in omega-3 fatty acid intake. Omega-3 fatty acids have demonstrable benefits in many aspects of human health, yet are still under-consumed in the general population.* As such, there is an emphasis in omega-3 fatty acid intake within the Four Pillars range, aiming to promote a good balance of omega-3 and omega-6 intake.*

PHYTONUTRIENTS & ANTIOXIDANTS

Many plants naturally produce a wide range of phytonutrients that are vital for improving their survival and defense against predators. A number of these compounds have been characterized and are now recognized for their supportive roles in human health, including many with antioxidant properties.* The new condition-specific formulations take nutritional supplementation beyond that which is sufficient for the maintenance of good health.* Products in this series are designed with specific phytonutrients that provide a targeted, nutritional support program to meet individual needs.*

RESEARCH-DRIVEN PROBIOTICS

Probiotics are living bacteria that are typically isolated from the healthy human intestine. When consumed in adequate amounts, they confer a positive health benefit upon the consumer.* Four Pillars is formulated using HLC probiotics, microorganisms that have been systematically developed and clinically studied in seven placebo-controlled trials.* All of the strains included in this pillar have demonstrated the following characteristics that enable them to survive and successfully colonize the human intestine: strong attachment to human epithelial cells, survival through stomach acidity and high stability and yield.*



FOUR PILLARS

Complete Daily Nutritional Supplement

Complete daily nutrition

- Includes the 4 major foundations of nutrition: vitamins and minerals, antioxidants, human-sourced probiotics and omega-3 essential fatty acids
- Maintains eye, skin and bone health, as well as immune system and muscle tissue function*
- Supports cardiovascular and cognitive health*
- Supports healthy glucose metabolism*
- Includes 2.5 billion CFU of research-driven strains

Versatile, convenient & patient-friendly

- Great for maintenance and therapeutic regimes
- Contains 30 easy-to-use portable strips
- Cost-effective combination of key supplements

Four Pillars is a complete daily nutritional supplement that promotes optimal nutritional status by providing the four cornerstones of nutrition. Randomized, placebo-controlled trials have found that daily multivitamin and mineral supplementation maintains good health, including the promotion of healthy homocysteine metabolism, general mental health, vigor and healthy mood balance.* Similarly, research involving omega-3 fatty acids demonstrates that EPA and DHA support cognitive health by promoting neural membrane function.* They also support healthy triglyceride metabolism and blood flow, thereby promoting cardiovascular health.* A variety of antioxidants are provided in Pillar 3, including vitamins C and E, lipoic acid, N-acetyl cysteine and coenzyme Q₁₀, along with standardized fruit extracts. This powerful blend provides broad-spectrum antioxidant support throughout the body.* Proprietary, research-driven probiotics are also included to support gastrointestinal health and immune function.*



**Also available
without copper, nickel
& iron**

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 ₁ (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 (dibasic calcium phosphate dihydrate/ calcium carbonate/calcium citrate)	244 mg	24%
Iron (iron malate)	7.5 mg	42%
Phosphorus (dibasic calcium phosphate dihydrate)	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%
Copper (copper gluconate)	1 mg	50%
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	†
Nickel (nickel sulfate hexahydrate)	12.5 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: Magnesium stearate, acacia gum, hypromellose, croscarmellose sodium, titanium dioxide, glycerin

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, glycerin, orange oil, natural mixed tocopherols

SUPPLEMENT FACTS

Serving Size 1 Tablet

Amount per serving		%DV
Total Carbohydrate	<1 g	<1%u
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 (dibasic calcium phosphate dihydrate)	63 mg	6%
Phosphorus (dibasic calcium phosphate dihydrate)	48 mg	5%
Silicon (silicon dioxide)	13 mg	†
N-Acetyl cysteine	80 mg	†
DL-alpha lipoic acid	40 mg	†
Coenzyme Q ₁₀ (yeast fermentation)	30 mg	†
Quercetin (from <i>Sophora japonica</i> flower)	20 mg	†
Ellagic acid (from <i>Punica granatum</i> hull)	7 mg	†
Lutein (from <i>Tagetes erecta</i> flower)	1.5 mg	†
Lycopene (from <i>Lycopersicon esculentum</i> fruit)	1.5 mg	†
Natural mixed carotenoids (from <i>Dunaliella salina</i> algae)	150 mcg	†
Bilberry (<i>Vaccinium myrtillus</i>) fruit extract (4:1) (equivalent to 180 mg fresh fruit)	45 mg	†
Blackberry (<i>Rubus fruticosus</i>) fruit extract (4:1) (equivalent to 100 mg fresh fruit)	25 mg	†
Black currant (<i>Ribes nigrum</i>) fruit extract (4:1) (equivalent to 100 - 125 mg fresh fruit)	25 mg	†
Sweet cherry (<i>Prunus avium</i>) fruit extract (3:1) (equivalent to 0.075 ml fresh fruit juice)	25 mg	†
Watercress (<i>Nasturtium officinale</i>) whole plant	20 mg	†
Green tea (<i>Camellia sinensis</i>) leaf std. extract (40% catechins)	30 mg	†
Grape (<i>Vitis vinifera</i>) skin std. extract (40% anthocyanidins)	7 mg	†
Maritime pine (<i>Pinus pinaster</i>) bark std. extract (65% procyanidins)	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

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	2.5 billion viable cells	†
<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: Hypromellose, glyceryl behenate, magnesium stearate

Recommended intake

Adults: 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.

Pack Size

30 Day Supply
(30 strips of 2 capsules and 2 tablets)

Product Code

FP01-6
FP02-6 (without iron, copper & nickel)





NEW FOUR PILLARS CARDIO

Complete Daily Nutritional Supplement

Complete daily nutrition emphasizing cardiovascular health*

- Includes the four major cornerstones of nutrition: vitamins and minerals, omega-3 fatty acids, phytonutrients, and human-sourced probiotics
- Supports cardiovascular health and muscle function*
- Promotes healthy lipid and energy metabolism*
- Provides Cardiophenol™ fruit blend for antioxidant support*
- Supports eye, skin, immune, bone and gastrointestinal health*

Four Pillars Cardio promotes optimal nutritional status with a unique combination of vitamins and minerals, omega-3 fatty acids, herbs, and probiotics.* This blend of nutrients and standardized herbal extracts was specifically formulated to support cardiovascular health.* Coenzyme Q₁₀ helps produce energy for cellular functions and muscle contractions, and promotes antioxidant defense in conjunction with Cardiophenol™ organic cranberry and grape extract.* Cardiophenol™ was also found to promote healthy blood vessel function in a randomized, double blind, placebo-controlled trial.* Similarly, hawthorn supports cardiovascular function, while garlic and the omega-3 fatty acids DHA and EPA promote healthy lipid metabolism and blood flow.* Four Pillars Cardio also contains over 20 vitamins and minerals to support overall well-being, plus probiotics to help support gastrointestinal health.*



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 <i>d</i> -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 <i>d</i> -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.

Recommended intake

Adults: 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.

Pack Size

30 Day Supply
(30 strips of 3 capsules and 1 tablet)

Product Code

FPO3-30



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

omega-3 fatty acids

SUPPLEMENT FACTS

Serving Size 1 Capsule (light brown powder-filled)

Amount per serving		%DV
Magnesium (as magnesium citrate)	50 mg	13%
Cardiopheno!™ 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% allicin)	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 not established

Other ingredients: Hypromellose, ascorbyl palmitate, silica

phytonutrients

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 bifidum</i> (CUL-20)		
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)		

† % Daily Value (DV) not established

Other ingredients: Cellulose, hypromellose

probiotics



NEW FOUR PILLARS COGNITIVE

Complete Daily Nutritional Supplement

Complete daily nutrition emphasizing cognitive health*

- Includes the four major cornerstones of nutrition: vitamins and minerals, omega-3 fatty acids, antioxidants, and human-sourced probiotics
- Helps support cognitive function*
- Helps the body respond to mental and physical stress*
- Promotes energy metabolism, physical working capacity and general mental wellness*

Four Pillars Cognitive is a unique combination of over 20 vitamins and minerals, omega-3 fatty acids, herbs, and probiotics. With a blend of standardized adaptogenic herbal extracts and polyphenols, Four Pillars Cognitive concentrates on supporting cognitive health and mental performance after occasional stress.* Rhodiola mediates neurotransmitter activity, while eleuthero regulates nervous system responses to help the body respond to mental and physical stress.* The organic blueberry and grape blend provides polyphenols, which may also help promote cognitive health in adults.* Four Pillars Cognitive contains the omega-3 fatty acids DHA and EPA, which further support brain function, including memory.* The vitamins and minerals in this blend support cellular energy production, healthy glucose metabolism and muscle function, as well as skin, immune and bone health.* Probiotics are also included to support a healthy gastrointestinal tract, which may communicate with the brain and influence cognitive health.*



*These statements have not been evaluated by the Food and Drug Administration. These products are 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 <i>d</i> -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 <i>d</i> -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.

Recommended intake

Adults: 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.

Pack Size

30 Day Supply
(30 strips of 3 capsules and 1 tablet)

Product Code

FP04-30



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

omega-3 fatty acids

SUPPLEMENT FACTS

Serving Size 1 Capsule (light brown powder-filled)

Amount per serving		%DV
Rhodiola (<i>Rhodiola rosea</i>) root std. extract (3% rosavin, 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	†
Neurophenol™ Proprietary Blend Grape (<i>Vitis vinifera</i>) fruit extract Organic blueberry (<i>Vaccinium angustifolium</i>) fruit extract	91 mg	†

† % Daily Value not established

Other ingredients: Hypromellose, silica, ascorbyl palmitate

phytonutrients

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 bifidum</i> (CUL-20)		
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)		

† % Daily Value (DV) not established

Other ingredients: Cellulose, hypromellose

probiotics





To order, call:

1-888-737-6925
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For more information, visit:

www.seroyal.com/pharmax