

	<b>SUPPLEMENT NAME</b>	<b>Company</b>	<b>Ingredients</b>	<b>Directions for use</b>	<b>Quantity</b>
PAC12R,L	A.C. Formula II 120s	Pure	undecylenic acid bromelain grapefruit seed extract berberine caprylic acid	2-6 caps, before meals	<u>120</u>
HACA	Acacia Fiber	Heather's Tummy Care	acacia fiber	1	
VACE	Alpha Lipoic Acid, CoQ10	Vitacost	"neuropathy blend" CoQ10 200mg, ALA 250mg, Acetyl L-Carnitine 250mg	1 capsule twice daily	60
BAC	Aconitum Napellus 30c	Boiron / NP	Homeopathic aconitum napellus	5 pellets 3x/day until symptoms resolve	30
AB12L	Adenosylcobalamin lozenges	Allergy Research/ NP	Adenosylcobalamin 3000 mcg	1 SL daily	60
PAD	Adrenal	Pure	whole adrenal (bovine) 150mg, adrenal cortex (bovine) 80mg	serving size 1 capsule.	60
IAIR	Air-Power (formerly MucaPlex)	Integrative Therapeutics	guaifenesin 200mg per capsule	as directed by MD	100
NAO	Algae Omega	Nordic Naturals	715mg Omega-3	serving size 2 capsules	60
ALLI	Allimed	Allimed 312-421-6132	Allicin Extract 450mg (Allisure AC-23)	serving size 1 capsule.	60
TALA	Alpha-Lipoic Acid (previously named Thioicid)	Thorne	Alpha lipoic acid 300 mg	1 cap qd - tid	60
PAND	Andrographis	Progena /NP	standardized to have 10% andrographolides (20mg)	serving size 1 capsule.	90
JAO	Antioxidant Optimizer	Jarrow / NP		serving size: 3 capsules	90
AART	Arthred Powder	Allergy Research / NP	Collagen 5.25g/scoop	1.5 scoops per day	240
PAS120	Ashwaganda 120s	Pure	Ashwaganda 500 mg (2.5% withanolides)	1-2 per day	120
DAST	Astragalus Max-V	NP	Astragalus extract 500 mg	1 cap twice a day	60
TBBC	Basic B complex	Thorne	Bioavailable B complex	1 per day age 2-3, 2 per day age 4 and up	60
IBER	Berberine	Integrative Therapeutics	Berberine HCl 500mg	1 cap bid-tid or as directed by physician	60

PBES	Best Rest Formula	Pure	50mg, Valerian 400mg, Lemon Balm 150mg, Hops 150mg, Passionflower 100mg,	serving size: 2 capsules	60
TBE2	Betaine HCL / Pepsin 225s	Thorne	Betaine 0.5 g, pepsin 20 mg (porcine)	titrate as directed	225
TB450	450s	Thorne	Betaine 0.5 g, pepsin 20 mg (porcine)	titrate as directed	450
BSIL	Bio-Active Silver Hydrosol Immune Vertical Spray	Sovereign Silver /NP	10mcg Silver per 10 Sprays	Maintenance Dose: QD hold 1 tsp under tongue 30 sec before swallow	2oz
WBIT	Bitter Tonic	Wise Woman Herbals			2oz
VBLA	Bladder Ease	Vitanica /NP	citrus) 750mg -- L-Arginine 750mg --	serving size = 3 caps	180
PBOS	Boswellia	Pure	Boswellia 300 mg	3-4 per day with meals	120
PBRO	Bromelain 2400 GDU / GM	Protocol for Life Balance/NP	Bromelain 500mg per capsule	1 tid between meals	60
	Bromelain 500mg QTY #15 only "sample"	Protocol for Life Balance/NP	Bromelain 500mg per capsule	1 tid between meals	15
TCAL	Calcium D-Glucarate	Thorne	Calcium D-glucarate	1 cap tid	90
TCAR	Carnityl	Thorne	Acetyl Carnitine 500 mg	1 bid - tid	60
PCH1	Chaste Tree 120s	Pure	Chaste tree capsules Vitex 225 mg	2 daily	120
TCHO	Cholest-900	Thorne	Red yeast rice 900 mg	1-2 bid	120
PCHR	Chromium Picolinate 200mcg	Pure	Chromium picolinate 200 mcg	max 2 per day for 2 months, then 1 per day	60
VCHR	Chrysin	Vitacost	Chrysin 500 mg	2 per day	60
VCOE	Coenzyme Q10	Vitacost	Coenzyme Q10 100 mg	1-2 per day	120
ECOQ1	Coenzyme Q1 - NADH	Enada	NADH 10mg	1 tablet as directed	30 loz
PCOL	Collagen JS	Pure	collagen 300 mg	2-4 caps per day with meals	120
DCOM	Comfrey salve	David Miller	Salve with comfrey and other botanicals to support wound healing	apply bid - tid	60
CORI	Coriolus Versicolor VPS	JHS	Coriolus Super strength 500mg	4-6 per day	150

COR90	Coriolus Versicolor VPS	JHS	Coriolus Super strength 500mg	4-6 per day	90
MCOR	Super Coriolus	Mushroom Wisdom	extract 900mg (4 caps =900mg), vitamin c 80mg	4/day	120
TCOR	Cortex	Thorne	C thiamine riboflavin B6 pantothenate zinc, bovine adrenal, licorice	1 bid-tid	60
PCRA	Cranberry NS 90s	Pure	Cranberry 500 mg	1-3 per day between meals -- PREVENTATIVE	90
VCRA	Cranstat Extra	Vitanica/NP	Ursi Leaf 150mg, Pipsisewa Herb 150mg, Oregon Grape Root 100mg, Marshmallow Root 75mg	every 2 hours for 2 days, then 2 capsules 2-4 times per day for up to 2 weeks.	60
ECURR	Curaphen Extra Strength 120s	Euro Medica/ NP	1 tablet contains 902mg blend of DLPA, Boswellia, Curcumin, Curcumin essential oil, nattokinase	serving size 1 tablet	120
	Danish Tea Strainer		trouble free!		1
LDHE	DHEA 100mg	Life Extension/NP	DHEA 100mg	as directed	60
LDH50	DHEA 50mg	Life Extension/NP	DHEA 50mg	as directed	60
PDHE	DHEA 25mg	Pure	DHEA 25 mg	1-4 per day as directed	60
IDHE	DHEA 5mg	Therapeutics	DHEA 5mg		60
P7KE	DHEA, 7-Keto	Pure	7-Keto DHEA 25 mg	directed	60
PDIG	Digestive Enzymes Ultra	Pure	vegetarian protease lipase and saccharidases to decrease bloating	1-2 with meals	180
FBITR	Digestive Grape Bitters (Tincture)	Vitacost	Root, Bai-Zhu, Atractylodes Rhizome, Dill Fruit, Goldenseal Root, Juniper Berry,	1/2 hour before meals, or after a heavy meal **NOT	2 oz
PDLP	DL-Phenylalanine (DLPA)	Pure	DLPA 500 mg	3-6 per day between meals	90
PDM	D-Mannose	Protocol for Life /NP	D-Mannose 500mg	as directed	90
VDR	D-ribose	Vitacost	D-ribose 5g/tsp	1 tsp tid	300
BDYS	Dysbiocide	Biotics Research	Java Brucea, Chinese Pulsatilla, Jamaica Quassia, Cutch Tree, Hedyolis, Yarrow	serving size 1 capsule	120
	Dr Wang Herbal Rescue Balm	Dr. Wang Herbal / NP	butter ethyl esters, olea europaea (olive) oil, stearalkonium hectorite, beeswax (cera bela),	apply thin layer twice daily	2oz

NSEL	Elderberry Syrup	NP	(elderberry)(sambucus nigra)(fruit)	10 mL qid	120
NELE	Eleuthero, Siberian Eleuthero	Natures Way/NP	Siberian Ginseng Root Extract Standardized T	as directed	60
IREV	End Fatigue -- sleep	ITI	valerian passionflower theanine hops wild lettuce jamaica dogwood	1-4 before bed, try at least 2 weeks	30
IDEB / IDEC	End Fatigue Daily Energy Infusion	ITI	berry or citrus flavor multinutrient mix for chronic fatigue/fibromyalgia	1 scoop per day	723
BFCC	FC Cidal	Biotics Research	Tinospora, Horsetail, Thyme, Pau D'arco, Stinging Nettle Extract, Olive	serving size 1 capsule	100
LFLO	FlorAssist Oral Hygiene	Life Extension/NP	BLIS M18 S.salivarius M18 20mg (providing 2 billion CFU) - contains milk	serving size 1 lozenge	30
PFOL	Folate 1000	Pure	1000 mg L-5-MTHF	1 per day	90
PGAB	GABA	Pure	GABA 700mg		120
JGIN	Ginger 4:1	Jarrow	Ginger 4:1 Concentrate 500mg	as directed	100
VGLU	Glucosmannan	Vitacost	Glucosmannan 2,000mg		180
TGLU	Glucosamine Sulfate	Thorne	Glucosamine sulfate 500 mg	3 per day	180
MGOT	Gotu Kola Complex	Medi-Herb	Gotu Kola 250mg, Grape Seed Extract 30mg, Ginkgo Leaf 20mg		40
AGRA	Grape Pip 100mg	Allergy Research	Grape Pip 100mg		90
GUNA	GunaSpasm	NP	homeopathic spasm blend		30ml/1oz
PHAW	Hawthorn	Pure	Hawthorn leaf berry and flower 500 mg,	1-4 per day, between meals	120
DHER	Herbal Rescue Balm	Dr. Wang Herbal / NP	Skin Moisturizer	Apply twice a day or as needed	2 oz
DHES	Hesperidin Methyl Chalcone	Douglas Labs / NP	Hesperidin Methyl Chalcone 500mg	serving size 1 capsule	60
VHOR	Horse Chestnut	Vitanica / NP	Horse Chestnut 250mg (20% aescin 50mg)		60
THTP	HTP (5HTP)	Thorne	5HTP 50 mg	1-2 at hs, max 1 bid and 4 at hs	90

VINO	Inositol Powder	Vital Nutrients/NP	1 rounded tsp = 4000mg	as directed	225gm
TIRO	Iron Bisglycinate	Thorne	Iron Bisglycinate 25 mg iron *NOT Vegan -- Contains Leucine from Duck Feathers	1 bid or as directed	60
VKUD	Kudzu Root	Vitacost	kudzu 1200mg per serving (2 caps)	2 caps daily	
PLCA	L-Carnitine 60s	Pure	L-carnitine 340 mg	2-4 per day between meals	60
PLGL	L-Glutamine Powder	Pure	L-glutamine 3g per scoop	2-3 tsp per day between meals	227
ILAV	Lavela WS 1265	Integrative Therapeutics	English Lavender Flower Oil - 60mg contains soy, gelatin	serving size: 1 soft gel -- recommend 1 qd or 1 bid	60
TLIU	Liu Wei Di Huang	TCM Zone	(Shu di huang) Fructus Corni ...1.44 g (Shan zhu yu) Rhizoma Dioscoreae ...1.44 g	3 caps twice day	100
PLLY	L-Lysine	Pure	L-lysine 500 mg	2 - 6 per day between meals	90
PMR1	M/R/S 120s	pure	Maitake/reishi/shiitake	2/d maintenance, 8/d acute infection	120
PMAC	Maca-3	Pure	Maca extract	1 qd-bid	60
TMAG	Magnesium CitraMate	Thorne	Magnesium 135	1-5 per day	90
PMAG	Magnesium glycinate 90s	Pure	Magnesium 120 mg	1-5 per day	90
PM18	Magnesium glycinate 180s	Pure	magnesium 120mg	1-5 per day	180
SMAR	Marshmallow Root (powdered)	Mountain Rose Herbs	marshmallow root powdered	2 tbs / day	1lb
	Marshmallow Root (powdered)	Mountain Rose Herbs	marshmallow root powdered	2 tbs / day	1oz
TMEP	MediClear Plus	Thorne	detox powder with nutrients and botanicals	2 scoops	
TMED	MediClear SGS	Thorne	detox powder with nutrients and botanicals and cruciferous glucosinolates	2 scoops qd - tid 20 servings	1144
PMEL	Melatonin 60s	Pure	Melatonin 3 mg	1 po qhs	60

PMEQ	Melatonin Liquid	Pure	Melatonin 2.5 mg/mL	0.2 - 1 mL at hs	30
ASMM	Melatonin Slow Motion Melatonin	AllergyResearch/NP	slow motion melatonin		60
TMER	Meriva-500-SF	Thorne	Curcumin phytosome 500 mg, soy free	1-2 bid	60
TMET	Methylguard Plus	Thorne	Riboflavin B6 L-5-MTHF methylcobalamin betaine trimethylglycine	1-3 caps per day	90
SMOU	Moisturizing Mouth Spray	Spry	glycerin, natural spearmint flavoring, calcium glycerophosphate, cellulose gum, grapefruit	into the mouth. briefly hold in mouth before swallowing.	4.5 oz
MMOT	Motherwort Tincture 200mL	Medi-Herb	motherwort tincture		200ml
PMSM	MSM powder	Pure	3 grams per scoop	1-2 scoops per day	227
PMUL	Multi t/d	Pure	Highly bioavailable multivitamin	1 bid with meals	120
PNAC	NAC	Pure	N-acetyl cysteine 600 mg	1 bid	90
ECOQ1	NADH -coenzyme Q1 10mg	Enada	Coenzyme Q1 10mg	as directed by MD	30
VNEE	Neem	Vitacost	Neem 950mg	as directed by MD	100
RNT16	Nature Throid 16.25mg	RLC Labs	T3 2.25 mcg, T4 9.5mcg	as directed by MD	30
RNT169	Nature Throid 16.25mg	RLC Labs	T3 2.25 mcg, T4 9.5mcg	as directed by MD	90
RNT330	Nature Throid 32.5mg	RLC Labs	T3 4.5mcg, T4 19mcg	as directed by MD	30

RNT390	Nature Throid 32.5mg	RLC Labs	T3 4.5mcg, T4 19mcg	as directed by MD	90
	Nature Throid 48.75mg	RLC Labs	T3 6.75mg, T4 28.5mg	as directed by MD	90
RNT656	Nature Throid 65mg	RLC Labs	T3 9mcg, T4 38mcg	as directed by MD	90
	Nature Throid 65mg	RLC Labs	T3 9mcg, T4 38mcg	as directed by MD	30
RNT819	Nature Throid 81.25mg	RLC Labs		as directed by MD	90
RNT97	Nature Throid 97.5mg	RLC Labs		as directed by MD	90
RNT113	Nature Throid 113.75mg	RLC Labs		as directed by MD	90
RNT130	Nature Throid 130mg	RLC Labs		as directed by MD	90
TNIA	Niacinamide	THORNE	Niacin (as Niacinamide) 500mg	serving size 1 capsule	180
NOPA	No Pain	Supplement Spot	Oil, Coconut Polymer, Natural Capsaicin .75%, Optiphen Plus (paraben free		3oz
NIMM	Nordic Immune - Daily Defense	Nordic Naturals	elderberry 429mg, Vit C 1000mg. Vit D 2000IU, Zinc 15mg	serving size 3 capsules	90 soft gels
PNUT	Nutrient 950 without copper, iron	Pure	Nutrient 950 highly bioavailable multi without copper	3-6 per day	180
	Ocu Support	Protocol for Life/ NP	Vit A, C, E, Riboflavin, B6, B12, Zinc, Selenium, Chromium	Serving Size: 3 Capsules	90

AORE	Oil of Oregano	Allergy Research/NP	Oregano oil 200 mg (65%carvacrol), Rice Bran oil, Fish gelatin capsules	1 twice a day with meals	60
AOX	Ox Bile	Allergy Research/NP	Ox bile 500 mg	1 with meals	100
PPAIN	Pain Relieve --- See Phyto Ultra Comfort New name	Pure	White Willow 535mg, Boswellia 200mg, 5-LOXIN Boswellia Extract 30% 25mg, Turmeric 100mg, Devil's Claw 300mg, DL-Phenylalanine	serving size: 2 capsules	
	Passionflower 1oz	Tinctures	Passionflower	1/4 tsp per day	
	Passionflower 2oz	Tinctures	Passionflower		
IPEL	Pelargonium	ITI	V CLEAR EPS (Umcka equivalent)	1.5 mL tid adult	30 mL
IPET	Petadolex	ITI	Purple Butterbur Petasites hybridus 50 mg	2 per day	60
PPHO	Phosphatidylserine - PS 100	Pure	Soy-free phosphatidylserine 150 mg w/berries and spinach	1-2 at bedtime	60
IPHY	Physicians Elemental Diet Powder	ITI	too many to list	as directed	1296 GM
PPHY1	Phyto Ultra Comfort 120s	Pure	White Willow 535mg, Boswellia 200mg, 5-LOXIN Boswellia Extract 30% 25mg, Turmeric 100mg, Devil's Claw 300mg, DL-Phenylalanine	serving size: 2 capsules	120
PPHY6	Phyto Ultra Comfort 60s	Pure	White Willow 535mg, Boswellia 200mg, 5-LOXIN Boswellia Extract 30% 25mg, Turmeric 100mg, Devil's Claw 300mg, DL-Phenylalanine	serving size: 2 capsules	60
	Poo-Pourri 2oz	Poo-Pourri	blend of natural essential oils	4-6 sprays	2oz
	Poo-Pourri 4oz	Poo-Pourri	blend of natural essential oils	4-6 sprays	4oz
PPMA	Potassium-Magnesium Aspartate	Pure	K 99 mg/Mg 70 mg	1-4 per day, divided	90
JPQQ	PQQ 20mg	Jarrow / NP	Pyroloquinoline quinone disodium salt		30



	ProDHA	Nordic	EPA 90 mg + DHA 450 mg per 2 softgels	1-2 per day	90
IPR90	Proflora concentrate probiotic pearls 90s	ITI	1 billion Lactobacilli (L. acidophilus, L. rhamnosus) and Bifidobacteria (B. lactis, B. longum, B. breve, B. bifidum)	1 daily, NO refrigeration required	90
IPRW	Pro-flora women's	ITI	1-5 billion rhamnosus/reuteri	1 daily, refrigeration optional	30
NPRS	ProOmega 60's	Nordic	EPA 650 mg + DHA 450 mg/2 softgels	2-10/d	60
NP2000	ProOmega 2000	Nordic	EPA 1125 + DHA 875 / 1 softgel	1/day	60
NPRL	ProOmega liquid	Nordic	EPA 1450 + DHA 1060 / tsp	1/4 - 3 tsp/d	120
TQUE	Quercenase	Thorne	Bromelain and quercetin	1 daily or twice a day	60
RSY	Red Star Yeast	FCC makes this	Red Star Yeast 3 TBS	1/4 tsp bid	3 TBSP
PREL	Relora	Pure			60
PRES	Resveratrol EXTRA	Pure	resveratrol 100 mg with grape seed extract	1 per day	60
IREV	Revitalizing Sleep Formula 30s	ITI	valerian passionflower theanine hops wild lettuce jamaica dogwood	1-4 before bed, try at least 2 weeks	30
IREV90	Revitalizing Sleep Formula 90s	ITI	valerian passionflower theanine hops wild lettuce jamaica dogwood	1-4 before bed, try at least 2 weeks	90
IRHI	Rhizinate	ITI	DGL Chocolate regular strength 3 caps = 75mg DGL	Chew 1 tid before meals	90
NRHO	Rhodiola Rosea	Now Foods / NP	Rhodiola Rosea 500mg		60
BRHU	Rhus Toxicodendron 30C	Boiron Homeopathics / NP	Rhus Toxicodendron 30C	dissolve 5 pellets po tid until symptoms are relieved, or as directed by physician	80
IRIB	Riboflavin	ITI	riboflavin 400 mg	1/d	30
NRUT	Rutin	Now Foods / NP	Rutin 450mg		100c
ASAC	Saccharomyces Boulardii	Allergy Research/NP	Saccharomyces Boulardii 9 billion CFUs		60
NSAM	SAME	NutraLife	SAME 400mg		30
SCAT	SCAT Wristbands	Lhasa Oms	magnet wristbands for travel/ nausea	wear on wrists	2

PSEL	Selenium	Pure	Selenomethionine 200 mcg	1 daily	60
TSIL	Silybin Phytosome (Siliphos)	Thorne	Silybin phytosome 180 mg	1 bid - tid	90
AMAG	Solution of Magnesium	Allergy Research/NP	Magnesium chloride 66.5 mg/1/2 tsp	1/2 tsp qd - tid	236
PSPU	SP ultimate	Pure	Saw palmetto, pygeum, lycopene, beta-sitosterol, milk thistle, turmeric, green tea, pomegranate, selenium, E, D	3 daily	90
PSYS	Systemic enzyme complex	Pure	pancreatic and vegetarian enzymes with boswellia for pain	3 bid between meals	180
PTAU	Taurine	Pure	Taurine 500 mg	2-4 per day between meals	60
KTHM	Ther-biotic complete	Klaire/ProThera -NP	REFRIG 12 species, 25+ billion cfu/cap	1 daily after a meal	120
KTHP	Ther-biotic complete powder	Klaire/ProThera -NP	REFRIG 12 species, 100+ billion cfu/1/4 tsp	1/8 tsp daily	60
ATMG	TMG - Trimethylglycine	Allergy Research/NP	Trimethylglycine 750mg	serving size: 1 capsule	100
TTRA	Trace Minerals	Thorne	Zinc citrate 15mg, Selenium 100mcg, Mag Citrate 2.5mg, Chromium Citrate 100 mcg, Molybdenum 50mcg		90
LUNP	Ultra Natural Prostate	Life Extension/NP	saw palmetto fruit 320mg, flower pollen 323mg, nettle extract root 240mg, pumpkin seed oil 200mg, beta sitosterol 180mg, phospholipids 160mg, Pygeum extract bark 100mg, boswellia 70mg, etc	serving size 2 soft gels	60 softgels
KVZY	Vital-zymes	Klaire/ProThera / NP	Enzymes, including DPP-IV activity	2 with meals	120
PVIA	Vitamin A	Pure	Vitamin A palmitate and cod liver oil	1 per vagina qhs x 1 week, not while pregnant, not for prolonged use	120
TVCR,L	Vitamin C with flavonoids	Thorne	Ascorbic acid 500, citrus bioflavonoids 75 mg	1-3 per day	180
PVD120	Vitamin D3 1000 IU	Pure	cholecalciferol 1000 IU	1-2 per day	120
PVD5	Vitamin D3 5000 IU	Pure	Cholecalciferol 5000 IU	1 per day as advised for repletion	60
PDLI	Vitamin D3 Liquid	pure	1,000 IU per drop	as directed	225ml

PVE	Vitamin E	Pure	Vitamin E with mixed tocopherols 400iu		90
BK2	Vitamin K2 (MK-7)	Bioclinic Naturals / NP	Vitamin K2 100mg		90
XNAS	XLEAR Nasal Spray	XLEAR	purified water, Xylitol, Saline, Grapefruit Seed Extract	Spray 2-4x in each nostril. Use at least twice daily - morning and night	1.5 oz
XRES	XLEAR Rescue Nasal Spray	XLEAR	purified water, xylitol, glycerin, sodium chloride, sodium bicarbonate, oat beta glucan, oregano, tea tree, eucalyptus, parsley, pau d'arco, grapefruit seet extract	spray 1-2 times in each nostril 4-5x /day until symptoms subside	1.5 oz
VYEA	Yeast Arrest	Vitanica/ NP	"active" homeopathics: Berbis Aquifolium 3x HPUS, Borax 3x, Goldenseal 3x HPUS, Kreosote 10x HPUS. "Inactive" Boric Acid, Cocoa Butter, Lactobacillus acidophilus, Neem Oil, Oregon Grape Root, Tea Tree EO, Triglycerides from veg oil, Vit E	as directed by MD	14 supps
OZHE	Zheng Gu Shui	Lhasa Oms	Camphor & Menthol	external use only - as directed by physician	2oz spray
PZIN	Zinc 30	Pure	Zinc picolinate 30 mg	1 daily with meals	60
NZYF	Zyflamend	NP	Rosemary, Turmeric, Ginger, Holy Basil, green tea, polygonum, etc	1 cap twice a day	60
We are able to special order a number of other supplements - inquire with staff or check out the catalog at <a href="https://us.fullscript.com/catalog?_ga=2.195755055.2075666416.1617751631-301273340.1617751631">https://us.fullscript.com/catalog?_ga=2.195755055.2075666416.1617751631-301273340.1617751631</a>					