

| <b>SUPPLEMENT NAME</b>     | <b>Company</b>       | <b>Ingredients</b>   | <b>Instructions</b>                      | <b>Quantity</b> | <b>Price Regular</b> |
|----------------------------|----------------------|--|--|-----------------|----------------------|
| A.C. Formula II            | Pure                 | Undecylenic acid bromelain grapefruit seed extract berberine caprylic acid     | 2-6 caps, before meals                   | 60              | 10.75                |
| Acacia Fiber               | Heather's Tummy Care | acacia fiber   |  |                 | 14.21                |
| Adenosylcobalamin lozenges | AllergyResearch      | Adenosylcobalamin 3000 mcg   | 1 SL daily                               | 60              | 11.25                |
| AntiOxidant Formula 60s    | Pure                 | carotenoids E zinc selenium NAC milk thistle C                                 | 1-2 per day with meals                   | 60              | 16.75                |
| AR Encap                   | Thorne               | MSM212, glucosamine sulfate 187.5 Boswellia 87.5 Curcumin 62.5 Devil's claw 50 | 4 caps twice a day                       | 240             | 30.75                |
| Arabinex                   | Thorne               | Larch arabinogalactan 4.7 g per scoop  | 1 scoop daily                            | 100             | 25.19                |
| ArcticOmega                | Nordic               | EPA 330 mg + DHA 220 mg/2 softgels   | 2 per day                                | 90              | 18.00                |
| Arthred Powder             | AllergyResearch      | Collagen 5.25g/scoop   | 1.5 scoops per day                       | 240             | 25.40                |
| Ashwaganda                 | Pure                 | Ashwaganda 500 mg (2.5% withanolides)  | 1-2 per day                              | 60              | 11.50                |
| Astragalus Max-V           | Natural Partners     | Astragalus extract 500 mg  | 1 cap twice a day                        | 60              | 15.45                |
| Basic B complex            | Thorne               | Bioavailable B complex   | day age 4 and up                         | 60              | 11.50                |
| Fatigue                    | ITI                  | special order only   |  | 30              | 5.94                 |
| Berbercap                  | Thorne               | Berberine 200 mg   | 1 bid - tid                              | 60              | 14.88                |
| Berberine-500              | Thorne               | 500 mg berberine (from barberry)   | 1 bid                                    | 60              | 19.25                |
| 225s                       | Thorne               | Betaine 0.5 g, pepsin 20 mg (porcine)  | titrate as directed                      | 225             | 17.94                |
| 625s                       | Thorne               | Betaine 0.5 g, pepsin 20 mg (porcine)  | titrate as directed                      | 625             | 43.19                |
| Bio-D-Mulsion Forte        | Biotics              | vitamin D 2,000 IU/drop  |  | 1oz             | 12.44                |
| Bio-K-Mulsion              | Biotics              | vitamin K 500 mcg/drop   |  | 1oz             | 10.94                |
| Borage Oil (fridge)        | Pure                 | Borage 1000, GLA 200 mg/cap  | 1-3 per day                              | 60              | 14.19                |
| Boswellia                  | Pure                 | Boswellia 300 mg   | 3-4 per day with meals                   | 120             | 17.13                |
| mg                         | Pure                 | Bromelain 2400 250 mg  | 1-4 per day between meals                | 60              | 11.44                |
| mg                         | Pure                 | Bromelain 2400 500 mg  | 1-4 per day between meals                | 60              | 17.44                |
| Buffered C                 | Thorne               | Ascorbic acid powder 2.35g/scoop   | 1/2 - 1 scoop per day                    |                 | 12.81                |
| Cal/Mag w/cofactors        | Pure                 | calcium500 Mg 250 mg vit D 400 IU silica 15 mg boron 1 mg                      | 1 scoop qd - bid 60 scoops per container | 315             | 16.31                |
| Calcium Citrate            | Pure                 | special order only   |  | 180             | 12.06                |

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|--------------------------------|----------|--|-----------------------------|-----|-------|
| Calcium D-Glucarate (pwr)      | Thorne   | Calcium D-glucarate  | 1 cap tid                   | 90  | 27.38 |
| Ca-Mg Citrate                  | Thorne   | Calcium 500/magnesium 200 per scoop  | 1 scoop per day             | 227 | 9.88  |
| Carnityl                       | Pure     | Calcium 80 mg magnesium 80 mg as citrate   | 3-6 caps per day            | 90  | 7.44  |
| Cat's Claw                     | Thorne   | Acetyl Carnitine 500 mg  | 1 bid - tid                 | 60  | 14.13 |
| Capsules                       | Pure     | Cat's Claw 450 mg (>90% POA)   | 1 three times daily         | 90  | 20.50 |
| Cholest-900                    | Pure     | Chaste tree capsules Vitex 225 mg  | 1 daily                     | 60  | 7.19  |
| CholestePure                   | Thorne   | Red yeast rice 900 mg  | 1-2 bid                     | 120 | 28.75 |
| 60s                            | Pure     | phytosterol complex 500mg  | 1-2 caps with each meal     | 180 | 22.19 |
| 200mcg                         | Pure     | Chondroitin sulfate 400 mg   | 3 caps per day with meals   | 180 | 45.13 |
| Chrysin                        | Pure     | Chromium picolinate 200 mcg  | months, then 1 per day      | 60  | 6.25  |
| copper & iron)                 | Vitacost | Chrysin 500 mg   | 2 per day                   | 60  | 20.00 |
| Citramins II                   | Thorne   | Multimineral   | 3 per day                   | 90  | 9.69  |
| Cod Liver Oil                  | Thorne   | Multimineral without copper and iron   | 3 per day                   | 90  | 9.88  |
| Coenzyme Q10                   | Nordic   | EPA 380 mg + DHA 510 mg per tsp  | 1/2-1 tsp daily             | 240 | 18.71 |
| CogniQOL                       | Vitacost | Coenzyme Q10 100 mg  | 1-2 per day                 | 120 | 12.00 |
| Collagen JS                    | Thorne   | Ginkgo 240 mg  | 1 per day                   | 30  | 15.00 |
| Comfrey salve                  | Pure     | collagen 300 mg chondroitin 100 mg<br>hyaluronic acid 50 mg                                    | 2-4 caps per day with meals | 120 | 34.63 |
| VPS                            | Thorne   | Salve with comfrey and other botanicals to support wound healing                               | apply bid - tid             | 60  | 6.25  |
| Cortex                         | JHS      | Coriolus Super strength  | 4-6 per day                 | 150 | 60.00 |
| Cranberry NS 90s               | Thorne   | C thiamine riboflavin B6 pantothenate zinc, bovine adrenal, licorice                           | 1 bid-tid                   | 60  | 10.13 |
| Daily Immune                   | Pure     | Cranberry 500 mg   | 1-3 per day between meals   | 90  | 16.13 |
| DermaQOL Soothing Relief Cream | Pure     | arabinogalactan, elder, astragalus, maitake, eleuthero, C with bioflavonoids, aloe, lemon balm | 2/day                       | 60  | 14.94 |
| DHA infant children)           | Thorne   | manuka oil honey calendula basil aloe etc  | apply qd or as needed       | 57  | 8.44  |
| DHA liquid                     | Nordic   | 400 mg DHA per 4 mL  | 1-4 mL/d                    | 60  | 11.96 |
| DHEA 25mg                      | Nordic   | DHA 125 mg, EPA 82 mg/4 gelcaps  | 4/d                         | 180 | 17.96 |
| DHEA 5mg                       | Pure     | vegan 280 mg/mL  | 1/2 - 1 mL per day          | 30  | 30.88 |
| DHEA, 7-Keto                   | Thorne   | DHEA 25 mg   | 1-4 per day as directed     | 90  | 11.56 |
|                                | Thorne   | DHEA 5 mg  | 1-2 in am                   | 90  | 6.69  |
|                                | Pure     | 7-Keto DHEA 25 mg  | directed                    | 60  | 13.13 |

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|---|-----------------------|--|--------------------------------------|------|-------|
| Digestive Enzymes Ultra                         | Pure                  | vegetarian protease lipase and saccharidases to decrease bloating  | 1-2 with meals                       | 180  | 28.75 |
| (DLPA)  | Pure                  | DLPA 500 mg  | 3-6 per day between meals            | 90   | 15.00 |
| D-ribose  | Vitacost              | D-ribose 5g/tsp  | 1 tsp tid                            | 300  | 26.95 |
| D-Ribose  | Metabolic Maintenance | D-ribose 5g/1.5tsp   | 1 scoop tid                          | 450g | 54.38 |
| Elderberry                                      | Natural Partners      | Sambucus sugar free  | 10 mL qid                            | 120  | 11.75 |
| Eleuthero 1oz                                   | Tinctures             | Eleuthero Tincture   |                                      | 1oz  | 6.00  |
| Eleuthero 2oz                                   | Tinctures             | Eleuthero Tincture   |                                      | 2oz  | 11.00 |
| Eleuthero 0.8% E & B                            | Pure                  | eleuthero 250mg  |                                      | 120  | 20.50 |
| End Fatigue -- energy                           | ITI                   | citrus multinutrient mix for chronic fatigue/fibromyalgia  | 1 scoop per day                      | 723  | 31.25 |
| End Fatigue -- sleep                            | ITI                   | valerian passionflower theanine hops wild lettuce jamaica dogwood  | 1-4 before bed, try at least 2 weeks | 30   | 9.38  |
| End Fatigue Daily Energy Infusion               | ITI                   | berry multinutrient mix for chronic fatigue/fibromyalgia   |                                      | 723  | 31.25 |
| Energy Xtra                                     | Pure                  | Eleuthero 125 mg, Ashwaganda 200 mg, cordyceps, rhodiola 100 mg  | 1 daily                              | 60   | 12.31 |
| Enterogenic Intensive 100                       | ITI                   | 100 billion CFU: Lactobacilli (L. casei HA-108; L. paracasei HA-196; L. acidophilus HA-122; L. rhamnosus HA-111; L. rhamnosus HA-114; L. salivarius HA-118)<br>Bifidobacteria (B. breve HA-129; B. bifidum HA-132; B. longum HA-135; B. infantis HA-116) | 1 daily REFRIGERATE                  | 30   | 31.25 |
| Ferrasorb - iron bisglycinate with MTHF and B12 | Thorne                | Iron Bisglycinate 25 mg iron with MTHF and B12   | 1 bid or as directed                 | 60   | 11.81 |
| Flow-less                                       | AllergyResearch       | EFLA Pumpkin seed extract, Soy isoflavones   | 1 bid                                | 60   | 15.75 |
| Folate 1000                                     | Pure                  | 1000 mg L-5-MTHF   | 1 per day                            | 90   | 14.69 |

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|--------------------------------|----------|---|----------------------------|-----|-------|
| GABA                           | Thorne   | PharmaGABA 100 mg   | 1-3 per day                | 60  | 15.88 |
| GarliActive                    | Pure     | High-allycin garlic odor-free 600 mg  | 1 cap per day with meals   | 60  | 11.50 |
| GI Encap                       | Thorne   | DGL marshmallow slippery elm aloe   | 1-2 with meals             | 180 | 17.49 |
| GI fortify                     | Pure     | L-glutamine, DGL, flax, psyllium, marshmallow, slippery elm, aloe, triphala | 1-2 servings per day       | 45  | 22.63 |
| Ginger                         | Pure     | Ginger 500 mg   | 1-4 per day between meals  | 60  | 17.38 |
| Glucosaminan                   | Pure     | Glucosaminan 560 mg   | full glass water           | 180 | 16.75 |
| Glucosamine and Chondroitin    | Thorne   | Glucosamine sulfate 500 mg chondroitin 250 mg                               | 3 per day                  | 90  | 19.81 |
| Glucosamine Sulfate            | Thorne   | Glucosamine sulfate 500 mg  | 3 per day                  | 180 | 19.19 |
| Grape Pip 100mg                | Pure     | Grape seed extract 100 mg, 92@ polyphenols                                  | 1-3 per day between meals  | 60  | 21.75 |
| Grape Pip 100mg                | Pure     | Grape seed extract 100 mg, 92% polyphenols                                  | 1-3 per day                | 120 | 40.19 |
| Grapefruit seed extract        | Pure     | Grapefruit seed extract 250 mg  | 1 twice daily with meals   | 60  | 9.56  |
| Greens Infusion (Pure Harvest) | ITI      | Mixed Berry-Pomegranate   | 2 tsp in food or liquid    | 40  | 39.94 |
| Hawthorn                       | Pure     | Hawthorn leaf berry and flower 500 mg,                                      | 1-4 per day, between meals | 120 | 16.94 |
| HMC Hesperidin                 | Thorne   | Hesperidin HMC 250 mg   | 1 cap tid                  | 60  | 10.31 |
| Homocysteine Factors           | Pure     | folate 800mcg, B12 400mcg, trimethylglycine 1000mcg, b6 75mg                | 2 caps per day             |     | 29.88 |
| HTP (5HTP)                     | Thorne   | 5HTP 50 mg  | at hs                      | 90  | 18.31 |
| Hypericum 0.3                  | Pure     | Hypericum 0.3 600 mg  | 1 bid                      | 60  | 11.81 |
| ImmuHerbs                      | Pure     | arabinogalactan, elder, olive, maitake, garlic                              | 3/day                      | 120 | 31.88 |
| Indole-3-carbinol              | Thorne   | Indole-3-carbinol.DIM complex 200 mg  | 2 per day                  | 60  | 17.63 |
| Inositol Powder                | Pure     | Inositol 4.2 g per scoop 60 scoops per container                            | 2-3 scoops per day         | 250 | 22.88 |
| Inositol powder                | Vitacost | Inositol 730 mg/1/4 tsp, 2.9 g/tsp 77 tsp per container                     | 2-4 tsp per day            | 227 | 11.50 |

|                         |        |  |                                      |      |       |
|-------------------------|--------|--|--------------------------------------|------|-------|
| Iron Bisglycinate       | Thorne | Iron Bisglycinate 25 mg iron   | 1 bid or as directed                 | 60   | 6.94  |
| K/D liquid              | Pure   | vit D 1000 IU K2 MK-7 50 mcg/mL  | 1 mL daily with a meal               | 30   | 25.94 |
| Lavendria Spritz        | Thorne | Lavender Basil aloe citrus aromatherapy spray                                      | 1 spray in room/on pillow before bed | 8    | 8.63  |
| L-Carnitine 60s         | Pure   | L-carnitine 340 mg   | 2-4 per day between meals            | 60   | 23.00 |
| L-Glutamine Powder      | Pure   | L-glutamine 3g per scoop   | meals                                | 227  | 25.38 |
| Liquid Iron             | Pure   | 15 mg/5 mL \$12.65/120 mL  |                                      | 120  | 15.81 |
| Liver-GI Detox          | Pure   | ALA, NAC, turmeric, milk thistle, broccoli, artichoke, taurine and aa's, chlorella | 2 per day                            | 60   | 15.94 |
| L-Lysine                | Pure   | L-lysine 500 mg  | meals                                | 90   | 6.19  |
| L-Methionine            | Pure   | L-methionine 375 mg  | 3-6 per day                          | 60   | 7.94  |
| M/R/S 60s               | Pure   | Maitake/reishi/shiitake  | infection                            | 60   | 19.25 |
| M/R/S 120s              | pure   | Maitake/reishi/shiitake  | infection                            | 120  | 34.25 |
| Maca-3                  | Pure   | Maca extract   | 1 qd-bid                             | 60   | 19.94 |
| Macular support formula | Pure   | carotenoids, C NAC reduced glutathione, bilberry, grape seed lutein zeaxanthin     | 2-4 caps per day with meals          | 60   | 24.63 |
| Magnesium CitraMate     | Thorne | Magnesium 135  | 1-5 per day                          | 90   | 7.19  |
| Magnesium glycinate     | Pure   | Magnesium 120 mg   | 1-5 per day                          | 90   | 11.13 |
| MediClear Plus          | Thorne | detox powder with nutrients and botanicals   | 2 scoops                             |      | 46.44 |
| MediClear SGS           | Thorne | detox powder with nutrients and botanicals and cruciferous glucosinolates          | 2 scoops qd - tid 20 servings        | 1144 | 56.19 |
| Melatonin 60s           | Pure   | Melatonin 3 mg   | 1 po qhs                             | 60   | 6.81  |
| Melatonin Liquid        | Pure   | Melatonin 2.5 mg/mL  | 0.2 - 1 mL at hs                     | 30   | 16.06 |
| Meriva-500              | Thorne | Curcumin phytosome 500 mg  | 1-2 bid                              | 60   | 18.06 |

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|-----------------------------------|-----------------|--|---------------------------------------|-------|-------|
| Methylguard Plus                  | Thorne          | Riboflavin B6 L-5-MTHF methylcobalamin betaine trimethylglycine      | 1-3 caps per day                      | 90    | 28.94 |
| MicroDefense                      | Pure            | Black Walnut, wormwood, olive, clove, grapefruit seed                | Do not take with iron or antioxidants | 90    | 15.50 |
| Modified Citrus Pectin            | AllergyResearch | Modified citrus pectin 5 g/tsp 90 tsp/bottle                         | 1 tsp daily                           | 454   | 77.63 |
| MSM powder                        | Pure            | 3 grams per scoop  | 1-2 scoops per day                    | 227   | 18.13 |
| MucosaQOL                         | Thorne          | L-glutamine 5g per scoop with stevia and flavors                     | 1-3 scoops per day, 90 per container  | 675   | 45.00 |
| Multi t/d                         | Pure            | Highly bioavailable multivitamin                                     | 1 bid with meals                      | 120   | 26.13 |
| NAC                               | Pure            | N-acetyl cysteine 600 mg   | 1 bid                                 | 90    | 16.25 |
| Nutrient 950 without copper, iron | Pure            | Nutrient 950 highly bioavailable multi without copper                | 3-6 per day                           | 180   | 26.44 |
| Oil of Oregano                    | AllergyResearch | Oregano oil 200 mg   | 1 twice a day with meals              | 60    | 12.49 |
| Ox Bile                           | AllergyResearch | Ox bile 500 mg   | 1 with meals                          | 100   | 13.65 |
| Passionflower 1oz                 | Tinctures       | Passionflower  |                                       |       |       |
| Passionflower 2oz                 | Tinctures       | Passionflower  |                                       |       |       |
| Pelargonium                       | ITI             | V CLEAR EPS (Umcka equivalent)                                       | 1.5 mL tid adult                      | 30 mL | 11.25 |
| PermaClear                        | Thorne          | L-glutamine, NAG, Quercetin, S boulardii, Bacillus coagulans, ginger | 3 bid                                 | 180   | 42.38 |
| Petadolex                         | ITI             | Purple Butterbur Petasites hybridus 50 mg                            | 2 per day                             | 60    | 32.50 |
| Phosphatidyl Choline              | Thorne          | Phosphatidylcholine 420 mg   | 1 bid - tid                           | 60    | 9.69  |
| Phosphatidylserine                | Pure            | Soy-free phosphatidylserine 150 mg w/berries and spinach             | 1-2 at bedtime                        | 60    | 40.19 |
| Planti-oxidants                   | Thorne          | green tea, quercetin, silybin, bilberry, grape seed                  | 1 bid - tid                           | 60    | 18.31 |
| Potassium-Magnesium Aspartate     | Pure            | K 99 mg/Mg 70 mg   | 1-4 per day, divided                  | 90    | 8.00  |

|                                       |                 |   |  |     |       |
|---------------------------------------|-----------------|---|--|-----|-------|
| ProDHA                                | Nordic          | EPA 90 mg + DHA 450 mg per 2 softgels   | 1-2 per day                                  | 90  | 21.75 |
| Proflora concentrate probiotic pearls | ITI             | 1 billion Lactobacilli (L. acidophilus, L. rhamnosus) and Bifidobacteria (B. lactis, B. longum, B. breve, B. bifidum) | 1 daily, NO refrigeration required           | 30  | 12.50 |
| Pro-flora women's                     | ITI             | 1-5 billion rhamnosus/reuteri   | 1 daily, refrigeration optional              | 30  | 19.69 |
| ProOmega                              | Nordic          | EPA 650 mg + DHA 450 mg/2 softgels  | 2-10/d                                       | 60  | 20.96 |
| ProOmega 120's                        | Nordic          | EPA 650 mg + DHA 450 mg/2 softgels  | 2-10/d                                       | 120 | 35.74 |
| ProOmega Junior                       | Nordic          | EPA 325 + DHA 225/2 softgels  | 3/d  | 90  | 22.46 |
| ProOmega liquid                       | Nordic          | EPA 1450 + DHA 1060 / tsp   | 1/4 - 3 tsp/d                                | 120 | 31.46 |
| PureClear                             | Pure            | detox powder incl glutamine rice protein phase I and II support not botanicals  | 1 scoop 41 g qd-bid 15 servings in container | 615 | 29.00 |
| PurePals                              | Pure            | order one for a taste test - no sugar, only xylitol   | 1 per day age 2-3, 2 per day age 4 and up    | 90  | 14.56 |
| Purepals with iron                    | Pure            | chewable vit, no fructose or sugar; sweetened with xylitol  | 1 per day age 2-3, 2 per day age 4 and up    | 90  | 15.31 |
| Pycnogenol                            | Pure            | Pycnogenol 100 mg   | 1 daily                                      | 30  | 38.00 |
| Q-Best 100                            | Thorne          | Highly absorbable CoQ10 100 mg  | 1 daily or as directed                       | 60  | 41.19 |
| Q-Best 50                             | Thorne          | Highly absorbable CoQ10 50 mg   | 1 daily or as directed                       | 60  | 22.88 |
| Quercenase                            | Thorne          | Bromelain and quercetin   | 1 daily or twice a day                       | 60  | 21.25 |
| Resveratrol EXTRA                     | Pure            | resveratrol 100 mg with grape seed extract  | 1 per day                                    | 60  | 23.31 |
| Rhizinate 3X                          | ITI             | DGL Chocolate   | Chew 1 tid before meals                      | 90  | 8.75  |
| Rhodiola Rosea                        | Pure            | rhodiola rosea 100 mg   | 3/day  | 90  | 10.00 |
| RiboCarnitine-Q10                     | Pure            | 3 caps: ribose 1000 mg carnitine 250 acetyl carnitine 125 propionyl carnitine 150 coQ10 50                            | 3-6 per day                                  | 180 | 43.81 |
| Riboflavin                            | ITI             | riboflavin 400 mg   | 1/d  | 30  | 7.19  |
| R-lipoic acid 100 mg                  | Pure            | R-lipoic acid 100 mg  | 1 qd - tid                                   | 60  | 24.69 |
| SAMe                                  | NutraLife       | SAMe 400mg  |  | 30  | 21.25 |
| Saw palmetto Plus                     | Pure            | Saw palmetto, pumpkin, pygeum, nettle   | 2-4 daily between meals                      | 60  | 18.88 |
| Selenium                              | Pure            | Selenomethionine 200 mcg  | 1 daily                                      | 60  | 6.75  |
| SerenAid                              | Klaire/ProThera | Enzymes which break down casomorphins and glutomorphins   | 2 with meals                                 | 180 | 32.44 |
| (Siliphos)                            | Thorne          | Silybin phytosome 180 mg  | 1 bid - tid                                  | 90  | 24.13 |

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|----------------------------------|------------------|---|---|-----|-------|
| Slimgreens                       | AllergyResearch  | SlimGreens Powder   | 1 scoop daily                             | 180 | 11.81 |
| Solution of Magnesium            | AllergyResearch  | Magnesium chloride 66.5 mg/1/2 tsp  | 1/2 tsp qd - tid                          | 236 | 10.19 |
| Solvent remover                  | Thorne           | glycine, glutamine, taurine, ALA, NAC   | 2 caps bid - tid                          | 90  | 13.50 |
| SP ultimate                      | Pure             | Saw palmetto, pygeum, lycopene, beta-sitosterol, milk thistle, turmeric, green tea, pomegranate, selenium, E, D | 3 daily                                   | 90  | 28.19 |
| Sustained release melatonin      | AllergyResearch  | Sustained release melatonin 1.2 mg  | 1 at hs                                   | 60  | 7.09  |
| Systemic enzyme complex          | Pure             | pancreatic and vegetarian enzymes with boswellia for pain   | 3 bid between meals                       | 90  | 18.25 |
| Systemic enzyme complex          | Pure             | pancreatic and vegetarian enzymes with boswellia for pain   | 3 bid between meals                       | 180 | 33.06 |
| TAPS                             | Thorne           | Artichoke 125 mg, Meriva/Curcumin 125 mg, Picrorhiza 125 mg, Silybin 125 mg                                     | 1 bid - tid                               | 60  | 19.00 |
| Taurine                          | Pure             | Taurine 500 mg  | 2-4 per day between meals                 | 60  | 5.63  |
| Tea Tree Suppositories           | Natural PARTners | Wise woman Herbals thuja and tea tree suppositories   | 1 per vagina daily                        | 12  | 17.85 |
| Ther-Biotic Children's chewables | Klaire/ProThera  | REFRIG Children's Chewable, 25+billion CFU lactobacillus and bifidus  | chew 1 daily after a meal                 | 60  | 23.75 |
| Ther-biotic complete             | Klaire/ProThera  | REFRIG 12 species, 25+ billion cfu/cap  | 1 daily after a meal                      | 120 | 50.00 |
| Ther-biotic complete powder      | Klaire/ProThera  | REFRIG 12 species, 100+ billion cfu/1/4 tsp   | 1/8 tsp daily                             | 60  | 45.00 |
| Ther-biotic Infant               | Klaire/ProThera  | REFRIG lactobacillus and bifidus powder, 10+ billion cfu/1/4 tsp  | 1/4 tsp daily with a feeding              | 60  | 19.38 |
| Thiocid-300                      | Thorne           | Alpha lipoic acid 300 mg  | 1 cap qd - tid                            | 60  | 20.56 |
| Ultra-Synergist E                | Pure             | Mixed tocopherols 500 IU  | 1 cap per day with meals                  | 90  | 22.31 |
| Undecyn                          | Thorne           | Undecylenic acid betaine berberine  | 3 caps bid - tid                          | 120 | 12.81 |
| Uristatin                        | Thorne           | Buchu echinacea berberine uva-ursi  | 3 caps 2-3 times daily                    | 60  | 12.00 |
| Valerian                         | Pure             | Valerian 250 mg   | bedtime                                   | 60  | 9.25  |
| Vein Pro 120s                    | Pure             | Horse Chestnut seed extract 300 mg  | qd-bid between meals                      | 120 | 16.44 |
| Vein Pro 60s                     | Pure             | Horse Chestnut seed extract 300 mg  | qd-bid between meals                      | 60  | 9.38  |
| Vital-zymes                      | Klaire/ProThera  | Enzymes, including DPP-IV activity  | 2 with meals                              | 120 | 20.63 |
| Vitamin A                        | Pure             | Vitamin A palmitate and cod liver oil   | not while pregnant, not for prolonged use | 120 | 4.31  |



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|---------------------------|------------------|---|--------------------|-----|-------|
| Vitamin C with flavonoids | Thorne           | Ascorbic acid 500, citrus bioflavonoids 75 mg                     | 1-3 per day        | 180 | 12.65 |
| Vitamin D3 1000 IU        | Pure             | Cholecalciferol 1000 IU   | 1-2 per day        | 60  | 7.00  |
| Vitamin D3 5000 IU        | Pure             | Cholecalciferol 5000 IU   | repletion          | 60  | 9.44  |
| Vitamin K2 (MK-7)         | Natural Partners | 160 mcg 60 PT0218   | 1-2 per day        | 60  | 22.50 |
| Womens One                | Rainbow Light    | multivitamin - special order only                                 | 1qd                | 90  | 19.98 |
| Zinc 30                   | Pure             | Zinc picolinate 30 mg   | 1 daily with meals | 60  | 7.19  |
| Zinc, Liquid              | Pure             | zinc gluconate 15 mg/4 ML   | 2-4 mL with meals  | 120 | 19.25 |
| Zyflamend                 | Natural Partners | Rosemary, Turmeric, Ginger, Holy Basil, green tea, polygonum, etc | 1 cap twice a day  | 60  | 27.50 |