



## What Does This Supplement Do?

<b>Supplement</b>	<b>Primary Uses**</b>
Acetyl L-Carnitine	Mitochondrial support, energy production
<b>ALA (Alpha Lipoic Acid)</b>	Antioxidant, mitochondrial support
<b>Betaine</b>	Helps restore stomach acid
<b>Biotin</b>	Supports cell growth and metabolism. Improves skin and hair
<b>B6</b>	Supports methylation
<b>Coenzyme B Complex</b>	Cellular energy
<b>CoQ10</b>	Antioxidant, mitochondrial support
<b>DMG</b>	Supports methylation
<b>DNZ</b>	Improves focus/attention
<b>Fish Oil/Omega 3 fats</b>	Anti-inflammation, supports cell membranes
<b>GABA</b>	Calming neurotransmitters

*\*\* This an incomplete list of common uses. Supplements may be used for unlisted benefits based on your unique clinical situation.*



<b>Supplement</b>	<b>Primary Uses**</b>
<b>GLA</b>	<b>Omega 6 oil to help with cell membranes and decrease allergy</b>
<b>Glycine</b>	<b>Amino acid that helps with detoxification</b>
<b>Immune Balance TF (Immulox)</b>	<b>Immune support</b>
<b>Inositol</b>	<b>Helps with mood, focus and OCD</b>
<b>Methionine</b>	<b>Supports methylation</b>
<b>Magnesium Sulfate Cream</b>	<b>Detoxifies phenols</b>
<b>Milk Thistle</b>	<b>Herb that protects the liver</b>
<b>MSM (Sulfur)</b>	<b>Detoxifies phenols, helps heal intestines, treats arthritis</b>
<b>NAC (N-Acetyl Cysteine)</b>	<b>Precursor of glutathione, antioxidantm detoxifier</b>
<b>P5P (Pyridoxal- 5-Phosphate)</b>	<b>Supports methylation</b>

*\*\* This an incomplete list of common uses. Supplements may be used for unlisted benefits based on your unique clinical situation.*



<b>Supplement</b>	<b>Primary Uses**</b>
<b>Phoscol (Phosphatidylcholine)</b>	<b>A lipid that supports cell membranes, detoxification, improved neurologic function.</b>
<b>Pycnogenol</b>	<b>Antioxidant, helps focus/attention</b>
<b>Riboflavin (Vitamin B2)</b>	<b>Cellular energy, increases glutathione</b>
<b>S-Acetyl Glutathione</b>	<b>Antioxidant, detoxifier</b>
<b>SBC/Cobiotic SBC</b>	<b>Yeast species that fights other yeasts</b>
<b>Selenium</b>	<b>Antioxidant, detoxifies heavy metals</b>
<b>Sugar Companion</b>	<b>Controls hypoglycemia</b>
<b>Taurine</b>	<b>Detoxification, calming neurotransmitter</b>
<b>TMG</b>	<b>Supports methylation</b>
<b>Transfer Factor</b>	<b>Helps the immune system to decrease allergies and increase defense against infection.</b>

*\*\* This an incomplete list of common uses. Supplements may be used for unlisted benefits based on your unique clinical situation.*



<b>Supplement</b>	<b>Primary Uses**</b>
<b>Ubiquinol</b>	<b>Antioxidant, mitochondrial support</b>
<b>Vitamin C</b>	<b>Antioxidant, immune support</b>
<b>Vitamin E</b>	<b>Antioxidant, used to protect omega 3 fats/fish oil</b>
<b>Zen</b>	<b>Calming neurotransmitters</b>

*\*\* This an incomplete list of common uses. Supplements may be used for unlisted benefits based on your unique clinical situation.*