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*Statements about products in this manual have not been evaluated by The Food and Drug Administration. The products described in this manual are not intended to diagnose, treat, cure or prevent any disease.*
Section 1: Introduction

Our Philosophy

Your body is a complex, amazing machine. Nourish, tone, strengthen and beautify it. Our supplements provide you with a fitness prescription for life. Better health and fitness lead to a better life.

Our Story

Frank Plasso, President /CEO of Supplement RX, began his career in the fitness industry as a professional athlete in Track and Field. A three time representative for the United States in the World Championships, he twice ranked second in the Marathon. He went on to develop Elite Nutrition Centers, a nutritional store chain in the fitness market.

Recognizing nutritional needs in the fitness industry, Frank developed the Supplement RX line of private label, pharmaceutical grade supplements sold only through the fitness market. All products are produced in FDA registered labs. They are available as individual products or packaged together into various nutrition systems for specific health and fitness goals through the cutting edge technology of the Supplement Recommender. The unique technology of the Supplement Recommender recommends supplements based on your needs, your health, and your fitness goals. To try the Supplement Recommender for yourself, go to www.supplementrx.com

Contact Information

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Fax: 949-480-0085
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Blog: www.supplementrxblog.com
Website: www.supplementrx.com
Why is **SRX** different?

**All Supplement Rx products are...**

- High quality products
- Pharmaceutical grade, manufactured in FDA registered, GMP certified labs
- Made without synthetic vitamins
- Contain therapeutic dosages above FDA values to ensure your body gets the nutrients
- Exclusive to health clubs
- Designed to work together to increase results
Supplement Rx products are manufactured in a FDA registered, NSF and GMP Certified lab - the gold standard.

About Progressive Laboratories:

Progressive Laboratories is Supplement RX’s primary manufacturer. As manufacturer and distributor of quality nutritional supplements and health care products exclusively to licensed health care professionals since 1972, Progressive Laboratories ranks therapeutic potency, quality ingredients and accuracy of label information as its highest priorities. All incoming materials are screened for quality control.

Certifications and Registrations

Progressive Laboratories is GMP (Good Manufacturing Practices) Registered by NSF. We undergo regular and rigorous inspections by NSF in order to maintain this prestigious title. The GMP label means that we operate our facilities to the highest standards and we have painstakingly earned our customer trust. Progressive Labs is registered with the FDA (Food and Drug Administration) and DSHS (Texas Department of State Health Services).

Who is NSF?

NSF International, The Public Health and Safety Company™, a not-for-profit, non-governmental organization, is the world leader in standards development, product certification, education, and risk management for public health and safety. For 65 years, NSF has been committed to public health, safety, and protection of the environment. NSF is widely recognized for its scientific and technical expertise in the health and environmental sciences. Its professional staff includes engineers, chemists, toxicologists, and environmental health professionals with broad experience both in public and private organizations.

What is GMP?

GMP refers to the Good Manufacturing Practice Regulations promulgated by the US Food and Drug Administration under the authority of the Federal Food, Drug, and Cosmetic Act regulations, which have the force of law, require that manufacturers, processors, and packagers of drugs, medical devices, some food, and blood take proactive steps to ensure that their products are safe, pure, and effective. GMP regulations require a quality approach to manufacturing, enabling companies to minimize or eliminate instances of contamination, mix-ups, and errors. This in turn, protects the consumer from purchasing a product which is not effective or even dangerous. Failure of firms to comply with GMP regulations can result in very serious consequences including recall, seizure, fines, and jail time.

What is the FDA’s Role?

The Food and Drug Administration (FDA or USFDA) is an agency of the United States Department of Health and Human Services, one of the United States federal executive departments, responsible for protecting and promoting public health through the regulation and supervision of food safety, tobacco products, dietary supplements, prescription and over-the-counter pharmaceutical drugs (medications), vaccines, biopharmaceuticals, blood transfusions, medical devices, electromagnetic radiation emitting devices (ERED), veterinary products, and cosmetics.
Section 1: Introduction

Supplement RX Production Flow Chart

1. Receive raw materials
   - Quality Control (QC) collects and analyzes the raw materials
   - QC Results
     - Failed: Reject and notify the vendor
     - Passed: Approve and remove from quarantine area

2. Compounding department weigh all raw materials according to the batch production record
   - The weighed raw materials are added to blender and mixed according to directions listed in the batch production record
   - The blend is discharged into clean lined containers and laboratory samples are collected and analyzed
   - QC Results
     - Failed: Contact client, perform disposition decision and implement corrective and preventive actions
     - Blend Passed: The approved batch is transferred to the packaging room. The product is packaged following the instructions listed in the batch production.
   - A sample of the finished product is collected by QC and analyzed.
   - QC Results
     - Failed: Reject finished product and notify client.
     - Passed: An "Approved" tag is added to each pallet (or box) and is shipped to client.
The Essentials for
Weight Loss & Toning
Purpose:

- Caffeine & Stimulant Free
- Maximizes calorie burning
- Supports healthy energy levels
- Improves recovery during workout
- Controls appetite
- Promotes a feeling of well being

Suggested Use:

Take 2 capsules once or twice daily before a meal.

Additional Recommendations:

- Ultimate Cleanse (everyone should start with a total body cleanse)
- Basic Foundation™ (Daily Essentials, RX Oils)
- RX Meal

Product Description:

The new Caffeine & Stimulant Free BURNING POINT SF boosts your metabolic rate to turn your body into a fat burning machine. The proprietary T.L.C. Stack™ stands for Thermogenic, Lipotropic and Carb Control. That means not only do you increase your rate of caloric burn, BURNING POINT SF will help your body break down and emulsify the existing fat. Plus the Carb Control component not only acts as an appetite suppressant, but it can also inhibit extra carbohydrates from being converted to fat.

Key Ingredients:

- **Calcium Pyruvate** supplies the body with pyruvic acid, a natural compound that plays important roles in the manufacture and use of energy. Pyruvate supplements have become popular with bodybuilders and other athletes, based on claims that pyruvate can reduce body fat and enhance the ability to use energy efficiently. (1)

- **Chromium** is a safe and absorbable form of the essential trace mineral chromium. Minerals can't be absorbed in their pure state, but have to be bound or chelated to something else. Chromium is needed for the optimal function of the hormone insulin, which regulates energy use, storage and metabolism. Chromium deficiency hampers insulin function and can lead to weight gain and energy loss. (2) Since chromium is only poorly supplied by diet, most people need supplemental chromium to obtain ideal amounts.

- **Eleutherococcus Extract** is a powerful adaptogenic herb that has been shown in studies to help protect against the effects of physical and mental stress. (1)

- **Dandelion** root and leaf are used for gastrointestinal ailments. Acting as a diuretic, Dandelion increases helps the body to rid itself of excess fluids. Along with antioxidant properties, Dandelion may also help improve the immune system, and aid in digestion. (2)

- **Glucosmannan** is a soluble and fermentable dietary fiber from the konjac root plant. The unique properties of glucosmannan help you feel fuller and silence the hunger pangs. Glucosmannan may help maintain healthy blood sugar levels and promote healthy blood liped metabolism. One study found that during an eight-week period, cholesterol levels were significantly reduced, and the Glucosmannan group had an average weight loss of 2.5 kg. (3)

- **White Kidney Bean Extract** inhibits the production of alpha-amylase, an enzyme involved in the digestion of starch. According to a 2007 clinical trial published in the journal "Alternative Therapies in Health and Medicine," participants experienced greater weight loss when using white kidney bean supplements than people who used diet and exercise alone. (4)

References:

Purpose:

- Maximizes calorie burning
- Supports healthy energy levels
- Improves recovery during workout
- Controls appetite
- Promotes a feeling of well being

Suggested Use:
Take 2 capsules once or twice daily before a meal.

Additional Recommendations:

- Ultimate Cleanse (everyone should start with a total body cleanse)
- Basic Foundation™ (Daily Essentials, RX Oils)
- RX Meal

Product Description:

The new BURNING POINT XT boosts your metabolic rate to turn your body into a fat burning machine. The proprietary T.L.C. Stack™ stands for Thermogenic, Lipotropic and Carb Control. That means not only do you increase your rate of caloric burn, Burning Point XT will help your body break down and emulsify the existing fat. Plus the Carb Control component not only acts as an appetite suppressant, but it can also inhibit extra carbohydrates from being converted to fat.

Key Ingredients:

**Calcium Pyruvate** supplies the body with pyruvic acid, a natural compound that plays important roles in the manufacture and use of energy. Pyruvate supplements have become popular with bodybuilders and other athletes, based on claims that pyruvate can reduce body fat and enhance the ability to use energy efficiently. (1)

**Chromium** is a safe and absorbable form of the essential trace mineral chromium. Minerals can’t be absorbed in their pure state, but have to be bound or chelated to something else. Chromium is needed for the optimal function of the hormone insulin, which regulates energy use, storage and metabolism. Chromium deficiency hampers insulin function and can lead to weight-gain and energy loss. (2) Since chromium is only poorly supplied by diet, most people need supplemental chromium to obtain ideal amounts.

**Caffeine** is a central nervous system and metabolic stimulant, and is used both recreationally and medically to reduce physical fatigue and restore mental alertness when unusual weakness or drowsiness occurs. Caffeine stimulates the central nervous system first at the higher levels, resulting in increased alertness and wakefulness, faster and clearer flow of thought, increased focus, and better general body coordination, and later at the spinal cord level at higher doses. (3)

**Glucomannan** is a soluble and fermentable dietary fiber from the konjac root plant. The unique properties of glucomannan help you feel fuller and silence the hunger pangs. Glucomannan may help maintain healthy blood sugar levels and promote healthy blood liped metabolism. One study found that during an eight-week period, cholesterol levels were significantly reduced, and the Glucomannan group had an average weight loss of 2.5 kg. (4)

**White Kidney Bean Extract** inhibits the production of alpha-amylase, an enzyme involved in the digestion of starch. According to a 2007 clinical trial published in the journal “Alternative Therapies in Health and Medicine,” participants experienced greater weight loss when using white kidney bean supplements than people who used diet and exercise alone. (5)

References:

Purpose:

- Nutrient rich multi-vitamin/mineral/antioxidant to help the body reach its maximum potential
- Time-released for greater absorption of nutrients
- Custom formula for men
- Available in 14ct, 60ct, or 120ct sizes

Suggested Use:

- Take two tablets daily, or as recommended by a healthcare professional.

The Daily Essentials Multi-Vitamin complex is an important part of your Basic Foundation™ system that also includes the Rx Oils.

Additional Recommendations:

- Rx Oils (as part of a Basic Foundation™ program)
- Rx Meal
- Ultimate Cleanse

Product Description:

DAILY ESSENTIALS FOR MEN is a broad-spectrum multi-vitamin/ mineral/antioxidant supplement. This custom formula for men, rich in nutrients, is designed to help the male body reach its maximum potential. The time-released feature assures that the water-soluble B Vitamins and Vitamin C will be delivered over a period of many hours. As a result, greater absorption of these nutrients can be achieved, and nutritional coverage will be available for a longer period of time throughout the day.

Daily Essentials for Men offers additional distinct benefits:

- Iron-free, which may be an important consideration for men concerned with a "heart-healthy" program*
- Includes 25 mg of zinc per dose, important for proper men's health*
- Contains a comprehensive Herbal Energy Blend to support daily energy needs, particularly for those under stress*

This formulation contains no artificial flavors. In addition, it contains no sugar or starch, and is allergen free of soy, gluten, wheat, fish, shellfish, milk, eggs and peanuts.

Key Ingredients:

Vitamin A is important for the prevention of night blindness and other eye problems, as well as some skin disorders, such as acne. It is also important in the formation of bones and teeth. Numerous other benefits include maintenance and repair of epithelial tissue, of which skin and mucous membranes are (1) composed, protection against infections, and antioxidant cell protection.

Vitamin B Complex: Eight different nutrients make up the Vitamin B Complex: Thiamin, Riboflavin, Niacin, Pantothenic Acid, Pyridoxine, Cyanocobalamin, Biotin, and Folic Acid. Though grouped as a family, they each perform unique and separate functions, which include enhancing the metabolic rate by breaking down fats, carbohydrates and protein for energy, and maintaining healthy nerves, skin, eyes, hair, liver, and brain function. They are important for heart health and are an effective aid in lowering cholesterol. B-complex vitamins also act as coenzymes, helping enzymes to react (2) chemically with other substances.
Vitamin C is critical for numerous metabolic functions, including tissue growth and repair, glandular functions, and healthy gums. It aids in the production of anti-stress hormones and interferon (an immune-system protein), and it can combine with toxic substances, such as certain heavy metals, and render them harmless so they can be eliminated from the body. Vitamin C works synergistically with Vitamins A and E; that is, when working together, they have a greater effect than the sum of their individual effects. Supplementation of this vitamin is critical, as the body cannot manufacture it.(3)

Vitamin D is a fat-soluble vitamin required for absorption and utilization of calcium and phosphorus. It is especially important for the growth and development of bones and teeth. It protects against muscle weakness and aids in heartbeat regulation.(4)

Additional Trace Components:

Lutein is an important antioxidant for eye and skin health. Research also suggests that Lutein found in blood serum may be linked with less thickening of arterial walls.(5)

Lycopene is a phytochemical found to reduce the risk of prostate and lung cancer. With correct dosages, Lycopene may also reduce the risk of digestive cancers.

Astaxanthin eases arthritis and joint pain, sore muscles, and protects against heart disease. It is a potent antioxidant derived from micro algae. Because it crosses the blood/brain barrier, it offers oxidative protection for the nervous system.

Zeaxanthin protects cells in the eyes from free radical damage, which may reduce the risk of macular degeneration.

Alpha Lipoic Acid is a powerful antioxidant that aids in protecting the liver and pancreas.(6)

Green Tea Leaf Extract is used to lower cholesterol levels, stimulate the immune system, and regulate blood sugar and insulin levels.

Herbal Energy Blend (Peppermint leaf, Rhodiola rosea root, Eleuthero): Promotes stress-relieving effects for added energy, which contribute to immune system enhancement. Also aids in digestion.

References:

Purpose:

- Nutrient rich multi-vitamin/mineral/antioxidant to help the body reach its maximum potential
- Time-released for greater absorption of nutrients
- Custom formula for women
- Available in 14ct, 60ct, or 120ct sizes

Suggested Use:

- Take two tablets daily, or as recommended by a healthcare professional.

The Daily Essentials Multi-Vitamin complex is an important part of your Basic Foundation™ system that also includes the Rx Oils.

Additional Recommendations:

- RX Oils (as part of a Basic Foundation™ program)
- RX Meal
- Body Beautiful
- Ultimate Cleanse

Product Description:

DAILY ESSENTIALS FOR WOMEN is a broad-spectrum multivitamin/mineral/antioxidant supplement. This custom formula for women, rich in nutrients, is designed to help the female body reach its maximum potential. The time-released feature assures that the water-soluble B Vitamins and Vitamin C will be delivered over a period of many hours. As a result, greater absorption of these nutrients can be achieved, and nutritional coverage will be available for a longer period of time throughout the day.

Vitamins are necessary for proper growth, digestion, and nerve function. They enable the body to use carbohydrates, protein, and essential fats for energy and repair. Minerals serve as building blocks in cells and enzymes, and are the main components in bones and teeth. Antioxidants repair oxidative damage to the body caused by free radicals, and strengthen the immune system.

Daily Essentials for Women offers additional distinct benefits:

- Provides 18 mg of iron (100% Daily Value for this nutrient), which may be reduced with each menstrual cycle
- Supplies 500 mg of calcium to help reduce the risk of osteoporosis
- Features a specially formulated Antioxidant Fruit Blend to protect against harmful oxidizing effects of free radicals

Key Ingredients:

Vitamin A is important for the prevention of night blindness and other eye problems, as well as some skin disorders, such as acne. It is also important in the formation of bones and teeth. Numerous other benefits include maintenance and repair of epithelial tissue, of which skin and mucous membranes are (1) composed, protection against infections, and antioxidant cell protection.

Vitamin B Complex: Though grouped as a family, they each perform unique and separate functions, which include enhancing the metabolic rate by breaking down fats, carbohydrates and protein for energy, and maintaining healthy nerves, skin, eyes, hair, liver, and brain function. They are important for heart health and are an effective aid in lowering cholesterol. B-complex vitamins also act as coenzymes, helping enzymes to react (2) chemically with other substances.
Key Ingredients continued...

Vitamin C is critical for numerous metabolic functions, including tissue growth and repair, glandular functions, and healthy gums. It aids in the production of anti-stress hormones and interferon (an immune-system protein), and it can combine with toxic substances, such as certain heavy metals, and render them harmless so they can be eliminated from the body. Vitamin C works synergistically with Vitamins A and E; that is, when working together, they have a (3) greater effect than the sum of their individual effects. Supplementation of this vitamin is critical, as the body cannot manufacture it.

Vitamin D is a fat-soluble vitamin required for absorption and utilization of calcium and phosphorus. It is especially important for the growth and (4) development of bones and teeth. It protects against muscle weakness and aids in heartbeat regulation.

Additional Trace Components:

Lutein is an important antioxidant for eye and skin health. Research also suggests that Lutein found in blood serum may be linked with less thickening of (5) arterial walls.

Lycopene is a phytochemical found to reduce the risk of prostate and lung cancer. With correct dosages, Lycopene may also reduce the risk of digestive cancers.

Astaxanthin eases arthritis and joint pain, sore muscles, and protects against heart disease. It is a potent antioxidant derived from microalgae. Because it crosses the blood/brain barrier, it offers oxidative protection for the nervous system.

Zeaxanthin protects cells in the eyes from free radical damage, which may reduce the risk of macular degeneration.

Alpha Lipoic Acid (6) is a powerful antioxidant that aids in protecting the liver and pancreas.

Green Tea Leaf Extract is used to lower cholesterol levels, stimulate the immune system, and regulate blood sugar and insulin levels.

Antioxidant Fruit Blend (Bilberry, Elderberry, Apple, Raspberry, Cranberry) aids in repair of oxidative damage to the body caused by free radicals, which are naturally produced when cells use oxygen.

References:


Purpose:
- Complete meal replacement formula
- Balanced Ratio of Carbohydrate, Proteins, Fat
- Part of Weight Management solution
- High protein, low sugar shake

Suggested Use:
Mix one rounded scoop of Rx Meal with 4-6 ounces low fat milk or water (depending on desired consistency).

Additional Recommendations:
- Basic Foundation™ (Daily Essentials, Rx Oils)
- Ultimate Cleanse

Product Description:
For optimum fat-burning and muscle-building results, you need to consume a high-protein, moderate-carb, low-fat meal about every three to four hours. A new, cutting edge meal replacement formula, Rx Meal contains a complete balance of protein, carbohydrates, and fats to help nourish, tone, and strengthen your body. An essential part of a weight management plan, this nutritious meal replacement combined with a Basic Foundation program (Daily Essentials Multi-Vitamin and Rx Oils) may help you reach your fitness goals faster than ever before! Rx Meal is the perfect, compact meal for people on the go, plus it contains a wide array of vitamins and minerals as well as added fiber. Low in sugar and cholesterol, this delicious, drinkable meal can be mixed easily and conveniently. The smooth and creamy formulas come in both Chocolate Milkshake and Vanilla Ice Cream.

Key Ingredients:
- **Whey Protein**: A dairy protein present in cow’s milk or obtained as a by-product in cheese manufacturing, whey protein provides quick nourishment to muscles. It furnishes the body with high levels of essentials amino acids (EAAs) and branched chain amino acids (BCAAs) and helps build muscles and enables them to recover quickly after stress.
- **Medium Chain Triglycerides**: Some studies have shown that MCTs can help in the process of excess calorie burning, and thus weight loss. Plus it helps the body feel fuller for longer periods between meals.
- **Egg Albumin**: Commonly known as egg whites, egg albumin contains more than 8 types of protein. It is considered a perfect protein because it contains all the building blocks of life (protein, minerals, vitamins, and good cholesterol). It is an easily digestible and a highly absorbable protein that contains all the essential amino acids required for optimal recovery after intense muscle building workouts, and it supports lean body mass.
- **Glutamine Peptides**: It plays a fundamental role in numerous metabolic and biochemical reactions such as DNA synthesis and repair, protein synthesis, prostaglandin synthesis, amino acid transport and enzyme activation.

References:
Purpose:
- Burns fat
- Helps lower cholesterol
- Maintains healthy skin, hair, and nails
- Reduces inflammation
- Promotes healthy immune system function
- Available in 60ct or 120ct sizes

Suggested Use:
Take two softgel capsules daily with food. The Rx Oils is an important part of your Basic Foundation™ system that also includes the Daily Essentials Multi-Vitamin complex.

Additional Recommendations:
- Rx Ultimate Cleanse (everyone should start with a total body cleanse)
- Daily Essentials (as part of a Basic Foundation™ program)
- Rx Meal

Product Description:
Supplement Rx uses organic flax seed oil for its source of Omega 3 in this Omega 3, 6, 9 complex supplement. This eliminates the possibility for mercury contamination in your Omega complex supplement. Flaxseed oil comes from the seeds of the flax plant (*Linum usitatissimum, L*). Flaxseed oil contains both omega-3 and omega-6 fatty acids, which are needed for health. Flaxseed oil has been found to be beneficial for those who suffer from Crohn’s Disease and Colitis. Several studies have found that this oil seems to be able to calm the inner lining of the inflamed intestines. Another benefit exists as there is a high content of mucilage in flax and this is an effective natural laxative. Flaxseed oil contains the essential fatty acid alpha-linolenic acid (ALA), which the body converts into eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Essential Fatty Acids (EFAs) play a critical role in the workings of a healthy body. Why are they “essential”? Because the body must have them to survive, but cannot synthesize them from any other substance, so a direct source is required. Taken in the right amounts and ratios, EFAs improve and maintain health in the following ways:

1. **INCREASE ENERGY PERFORMANCE AND STAMINA:** help build muscle and prevent muscle breakdown, and accelerate fatigue recovery.
2. **STRENGTHEN BONES:** help to prevent osteoporosis by aiding in the transport of minerals that keep bones and teeth strong.
3. ** PROMOTE HEALTHY IMMUNE SYSTEM FUNCTION:** produce eicosanoids that regulate inflammatory and immune responses, lowering inflammation and slowing autoimmune damage (arthritis).
4. **AID IN WEIGHT LOSS:** enhance thermogenesis. Recent data also suggests EFAs have been found to block fat producing genes.
5. **HELP MAINTAIN A HEALTHY HEART:** lower high blood pressure, cholesterol, triglycerides, inflammation, and formation of clots.
6. **SPEED THE HEALING PROCESS:** form cell membranes and are essential for cell growth and division.
7. **ENHANCE BRAIN FUNCTION:** are necessary to make serotonin, the neurotransmitter essential to the entire nervous system. Mood and behavior disorders are linked to decreased levels of EFAs.
8. **PRODUCE HEALTHY HAIR, SOFT SKIN, AND STRONG NAILS:** insufficient amounts of EFAs result in dull hair, dry skin, and brittle nails.
Key Ingredients:

**Alpha Linolenic Acid (ALA) [Omega 3]** constitutes 57% of the total fatty acids in flax, making flax the richest source of ALA in the North American diet. Studies have found evidence that ALA is related to a lower risk of cardiovascular disease. People with certain circulatory problems, such as varicose veins, benefit from omega 3. Omega 3 stimulates blood circulation, increases the breakdown of fibrin, a compound involved in clot and scar formation, and additionally has been shown to reduce blood pressure. There is strong scientific evidence that n-3 fatty acids significantly reduce blood triglyceride levels and regular intake reduces the risk of secondary and primary heart attack.

**Linoleic Acid [Omega 6]** is converted by the body to gamma-linolenic acid (GLA), dihomogamma-linolenic acid (DGLA), and arachidonic acid (AA) which can be used for energy production and in membrane structures.

**Oleic Acid [Omega 9]** unlike 6 and 3 can naturally be produced by the body. The body uses fatty acids to help synthesize certain hormones and hormone-like substances, provide structure for cell membranes, support natural growth, and to provide energy if necessary.

References:

Purpose:

- May lower cholesterol
- Reduces inflammation
- Nutritional support for heart health

Suggested Use:

Take one or two softgel capsules daily with a meal or as directed by a healthcare professional.

Additional Recommendations:

- Rx Ultimate Cleanse (everyone should start with a total body cleanse)
- Daily Essentials (as part of a Basic Foundation™ program)
- Rx Meal

Product Description:

The Rx Oils Fish Oil is a EPA & DHA Marine Liquid Concentrate that has been thoroughly tested to be mercury free! This Omega 3 Fish Oil is derived from the menhaden cold water fish which are especially rich in beneficial oils. Rx Oils Fish can reduce inflammation and provide nutritional support for heart health. Fish oil seems to produce modest reductions in blood pressure in people with high blood pressure. The omega-3 fatty acids in fish oil seem to be able to expand blood vessels, and this brings blood pressure down.

Key Ingredients:

Fish oil is used for a wide range of conditions. It is most often used for conditions related to the heart and blood system. Some people use fish oil to lower blood pressure or triglyceride levels (fats related to cholesterol). Fish oil has also been tried for preventing heart disease or stroke. The scientific evidence suggests that fish oil really does lower high triglycerides, and it also seems to help prevent heart disease and stroke when taken in the recommended amounts. Recent studies suggest fish consumption is associated with a reduced risk from all-cause, ischemic heart disease and stroke.

References:

5. Hu FB, Manson JE. Omega-3 fatty acids and secondary prevention of cardiovascular disease - Is it just a fish tale? Arch Intern Med 2012;172:694-6
For Endurance, Building, Peak Performance, & Recovery

These statements have not been evaluated by the Food and Drug Administration. Product(s) are not intended to diagnosis, treat, cure or prevent any disease.
Amino Rx-3

Purpose:
- Help maintain muscle strength
- Aid muscle tissue recovery
- Increase rate of lean body mass gained
- Reduce muscle tissue breakdown

Suggested Use:
Take 5 capsules with each meal, or before or after workouts

Additional Recommendations:
- Ultimate Cleanse (everyone should start with a total body cleanse)
- Basic Foundation™ (Daily Essentials, RX Oils)
- Building Blocks Protein
- Glutamine
- Thermo Ignite

Product Description:
Amino Rx-3 consists of the three essential branched chain amino acids (BCAAs): L-Leucine, L-Isoleucine, and L-Valine. Comprising nearly 1/3 of skeletal muscle in the human body, they play a major role in protein synthesis. For athletes, BCAAs help decrease recovery time and increase the rate at which lean body mass is gained. Optimal energy during workouts is supplied as BCAAs help retain glycogen in the muscle. BCAAs are also anti-catabolic and reduce the breakdown of muscle tissue.

Key Ingredients:
Leucine has been found to slow the degradation of muscle tissue by increasing the synthesis of muscle proteins. Leucine is utilized in the liver, adipose tissue, and muscle tissue.\(^1\) In adipose and muscle tissue, leucine is used in the formation of sterols, and the combined usage of leucine in these two tissues is seven times greater than its use in the liver.\(^2\)

Isoleucine, together with the other two branched chain amino acids, promotes muscle recovery after physical exercise and on its own is needed for the formation of hemoglobin and assists with regulation of blood sugar levels and energy levels. It is also involved in blood-clot formation.\(^3\)

Valine has a stimulating effect and is needed for muscle metabolism, repair and growth of tissue, and maintaining the nitrogen balance in the body. Since it is a branched chain amino acid, it can be used as an energy source in the muscles, and in doing so preserves the use of glucose.\(^3\)

References:
Purpose:

- Builds Lean Muscle
- Whey Protein Isolate/Egg White Complex for Maximum Absorption
- Time Released
- Vital to the Metabolic Process
- Available in Rich Chocolate and Creamy Vanilla in both 4lbs and 2lbs sizes

Suggested Use:

For Women, mix one rounded scoop of Building Blocks Protein with 4-8 ounces low fat milk or water (depending on desired consistency).

For Men, mix two rounded scoops of Building Blocks Protein with 8-16 ounces low fat milk or water depending on desired consistency).

Take 1-3 servings per day or as recommended by a healthcare professional.

Additional Recommendations:

- Ultimate Cleanse (everyone should start with a total body cleanse)
- Basic Foundation™ (Daily Essentials, Rx Oils)

Product Description:

Derived from the Greek word “prota”, meaning "of primary importance", protein is an important building block that aids in the growth, maintenance, and repair of muscle tissue. Essential parts of organisms, proteins participate in every process within cells. Proteins are vital to the metabolic process. The unique blend of rapidly assimilated proteins and slow-release proteins make Building Blocks Protein ideal for all the body's protein needs. Naturally rich in anti-catabolic BCAAs (branched chain amino acids, the building blocks of all protein), and providing a comprehensive blend of vitamins and essential minerals, Building Blocks Protein aids in the repair, growth, and development of lean muscle tissue. For all fitness goals, protein is the building block of muscle. Building Blocks Protein will help both men and women reach their optimal levels of complete fitness.

Creamy Vanilla 4lbs.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
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<td>Serving Size: 1 Rounded Scoop (35 g)</td>
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<td>3%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2 g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
<td>5%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>75 mg</td>
<td>25%</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>5 g</td>
<td>2%</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 g</td>
<td>t</td>
</tr>
<tr>
<td>SRX PROTEIN MATRIX</td>
<td>25 g</td>
<td>50%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>1,250 IU</td>
<td>25%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>30 mg</td>
<td>50%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>100 IU</td>
<td>25%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>15 IU</td>
<td>50%</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>.5 mg</td>
<td>29%</td>
</tr>
<tr>
<td>Niacin</td>
<td>5 mg</td>
<td>25%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>.5 mg</td>
<td>25%</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>70 mcg</td>
<td>18%</td>
</tr>
<tr>
<td>Biotin</td>
<td>75 mcg</td>
<td>25%</td>
</tr>
<tr>
<td>Pantothenic Acid</td>
<td>2.5 mg</td>
<td>26%</td>
</tr>
<tr>
<td>Calcium</td>
<td>325 mg</td>
<td>32%</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>255 mg</td>
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<tr>
<td>Chromium</td>
<td>60 mcg</td>
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</tr>
<tr>
<td>Sodium</td>
<td>125 mg</td>
<td>5%</td>
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</tbody>
</table>

**Percent Daily Values (%DV) are based on a 2,000 calorie diet.**

*Your daily values may be higher or lower depending on your calorie needs.*

*Daily Value not established.*

Ingredients: SRX PROTEIN MATRIX (Whey Protein Concentrate [Lecithin], Whey Protein Isolate [Soy Lecithin], Egg White Albumin, Whey Peptides), Natural and Artificial Flavor (Whey Solids, Enzyme-Modified Butter, Dehydrated Butter, Guar Gum, Maltodextrin, Natural and Artificial Oils and Extracts, Anatto and Turmeric, Propylene Glycol, Silicon Dioxide), Dicalcium Phosphate, Maltodextrin, Cellulose Gum, Xanthan Gum, Salt, Acesulfame K, Sucralose, Ascorbic Acid, D-Alphatocopheryl Acetate (Modified Starch, Silicon Dioxide), Biotin (Maltodextrin), Nicotinic Acid, Calcium D-Pantothenate, Retinol Palmitate, Folic Acid (Maltodextrin), Chromium Nicotinate, Pyridoxine Hydrochloride, Riboflavin, Cholecalciferol (Gelatin, Starch, Sucrose, Corn Oil, BHA, BHT), Cyanocobalamin (Mannitol).

Contains milk (from whey protein), egg, and soy (from lecithin).
Key Ingredients:

**Whey Protein**: a dairy protein present in cow’s milk or obtained as a by-product in cheese manufacturing. Whey protein provides quick nourishment to muscles. It furnishes the body with high levels of essentials amino acids (EAAs) and branched chain amino acids (BCAAs) and helps build muscles and enables them to recover quickly after stress.

**Egg Albumin**: Commonly known as egg whites, egg albumin contains more than 8 types of protein. It is considered a perfect protein because it contains all the building blocks of life (protein, minerals, vitamins, and good cholesterol). It is an easily digestible and a highly absorbable protein that contains all the essential amino acids required for optimal recovery after intense muscle building workouts, and it supports lean body mass.

**Vitamin A**: important for the prevention of night blindness and other eye problems, as well as some skin disorders, such as acne. It is also important in the formation of bones and teeth. Numerous other benefits include maintenance and repair of epithelial tissue, of which skin and mucous membranes are (1) composed, protection against infections, and antioxidant cell protection.

**Vitamin B Complex**: Eight different nutrients make up the Vitamin B Complex: Thiamin, Riboflavin, Niacin, Pantothenic Acid, Pyridoxine, Cyanocobalamin, Biotin, and Folic Acid. Though grouped as a family, they each perform unique and separate functions, which include enhancing the metabolic rate by breaking down fats, carbohydrates and protein for energy, and maintaining healthy nerves, skin, eyes, hair, liver, and brain function. They are important for heart health and are an effective aid in lowering cholesterol. B-complex vitamins also act as coenzymes, helping enzymes to react (2) chemically with other substances.

**Vitamin D**: a fat-soluble vitamin required for absorption and utilization of calcium and phosphorus. It is especially important for the growth and development of bones and teeth. It protects against muscle weakness and aids in heartbeat regulation.\(^{(3)}\)

**Calcium**: the most abundant mineral in the human body. 99% of calcium is stored in bones and teeth. Needed for muscle contraction, blood vessel contraction and expansion.

**Chromium**: a safe and absorbable form of the essential trace mineral chromium. Minerals can’t be absorbed in their pure state, but have to be bound or chelated to something else. Chromium is needed for the optimal function of the hormone insulin, which regulates energy use, storage and metabolism. Chromium deficiency hampers insulin function and can lead to weight-gain and energy loss.\(^{(3)}\) Since chromium is only poorly supplied by diet, most people need supplemental chromium to obtain ideal amounts.

References:

Purpose:
- Helps repair and build muscle
- Maintains muscle cell volume and hydration

Suggested Use:
- Take one teaspoon (4 grams), up to twice daily, or as directed by a healthcare professional
- Mix with liquid 30 minutes prior to training and immediately after training

Additional Recommendations:
- Ultimate Cleanse (everyone should start with a total body cleanse)
- Basic Foundation™ (Daily Essentials, Rx Oils)
- Amino Rx-3

Product Description:
The most abundant amino acid found in muscle cells, L-Glutamine, is released during muscle stress. It is recognized as an important anticitolitic agent (protects muscle from destructive breakdown) and contributes to muscle cell volume and hydration by accelerating glycogen synthesis after a workout.

Key Ingredients:
Glutamine serves as “muscle food”, donating carbon to help replenish glycogen, but its role as a nitrogen donor may be even more important. Strenuous exercise causes micro-injuries to muscle tissues. By donating nitrogen, glutamine helps build proteins and repair muscle, as well as build up more muscle. Glutamine promotes anabolic conditions in muscle cells and increases the rate of protein synthesis by increasing hydration. When cells are well hydrated, breakdown of protein, glycogen and glucose is inhibited while synthesis of protein and glycogen is stimulated. An added benefit: when the muscle cells are filled with water, the muscles look bigger. Glutamine also stimulates growth hormone (GH) release. Just two grams of glutamine taken after a light breakfast can produce a 430% increase in GH levels. Free glutamine in the muscle declines by about 50% following surgery, trauma, sepsis or burns. Supplemental glutamine speeds healing and improves recovery in general. In bone marrow transplant patients, 40 grams of glutamine daily resulted in lower incidence of clinical infection, reduced microbial colonization and shortened hospital stay. Supplemental glutamine also increases blood levels of glutathione, a powerful antioxidant that boosts immunity and rids the body of potentially dangerous toxins. L-glutamine can enhance mental function and has been used to treat a range of problems including developmental disabilities, epilepsy, fatigue, impotence, depression, schizophrenia and senility.

References:
Purpose:

- Intra-Workout Powder
- Build Lean Muscle & Strength
- Enhance Toning
- Accelerate Recovery

Suggested Use:

- Mix 1-3 rounded scoops with 8-10 oz. of water (depending on desired consistency). Shake well and consume during workouts, or on non-workout days consume 1 serving throughout the day.
- Dosage based on weight and gender:
  - Women up to 125lbs, use 1 scoop as one serving. Women over 125 lbs, use 2 scoops as one serving.
  - Men up to 200 lbs, use 2 scoops as one serving. Men over 200 lbs, use 3 scoops as one serving.

Additional Recommendations:

- Ultimate Cleanse (everyone should start with a total body cleanse)
- Basic Foundation™ (Daily Essentials, Rx Oils)
- Thermo Ignite
- R5 Reload

Product Description:

Intra Edg3 is an intra-workout catalyst for maximizing training, performance and recovery.

The SRX BCAA matrix contains more than 7 grams of essential branched chain amino acids (L-Leucine, L-Isoleucine, and L-Valine) per serving to stimulate muscle protein synthesis, plus 2.5 grams of L-Glutamine to promote recovery. This advanced formula contains the clinically-proven 2:1:1 of branched chain amino acids. The majority of all the reputable peer-reviewed studies have demonstrated that a 2:1:1 Leucine to Valine to Isoleucine formula performs better than a straight Leucine supplement or a non-caloric placebo before and after a leg workout. The 2:1:1 Ratio is what exists in nature and science continues to prove its stability and efficacy.

Intra Edg3 can support peak workout performance and intensity, reduce lactic acid build-up, and promote faster recovery from workouts. Plus, it can increase protein synthesis, build lean muscle, and promote fat burn.

Key Ingredients:

**Leucine** has been found to slow the degradation of muscle tissue by increasing the synthesis of muscle proteins. Leucine is utilized in the liver, adipose tissue, and muscle tissue.\(^1\) In adipose and muscle tissue, leucine is used in the formation of sterols, and the combined usage of leucine in these two tissues is seven times greater than its use in the liver.\(^2\)

**Isoleucine**, together with the other two branched chain amino acids, promotes muscle recovery after physical exercise and on its own is needed for the formation of hemoglobin and assists with regulation of blood sugar levels and energy levels. It is also involved in blood-clot formation.\(^3\)

**Valine** has a stimulating effect and is needed for muscle metabolism, repair and growth of tissue, and maintaining the nitrogen balance in the body. Since it is a branched chain amino acid, it can be used as an energy source in the muscles, and in doing so preserves the use of glucose.\(^3\)

**Glutamine** serves as “muscle food”, donating carbon to help replenish glycogen, but its role as a nitrogen donor may be even more important. Strenuous exercise causes micro-injuries to muscle tissues. By donating nitrogen, glutamine helps build proteins and repair muscle, as well as build up more muscle.\(^4\) Glutamine promotes anabolic conditions in muscle cells and increases the rate of protein synthesis by increasing hydration. When cells are well hydrated, break-
down of protein, glycogen and glucose is inhibited while synthesis of protein and glycogen is stimulated.\(^5\) (An added benefit: when the muscle cells are filled with water, the muscles look bigger.) Glutamine also stimulates growth hormone (GH) release. Just two grams of glutamine taken after a light breakfast can produce a 430% increase in GH levels.\(^6,7\)

Free glutamine in the muscle declines by about 50% following surgery, trauma, sepsis or burns. Supplemental glutamine speeds healing and improves recovery in general. In bone marrow transplant patients, 40 grams of glutamine daily resulted in lower incidence of clinical infection, reduced microbial colonization and shortened hospital stay.\(^8\) Supplemental glutamine also increases blood levels of glutathione, a powerful antioxidant that boosts immunity and rids the body of potentially dangerous toxins. L-glutamine can enhance mental function and has been used to treat a range of problems including developmental disabilities, epilepsy, fatigue, impotence, depression, schizophrenia and senility.\(^9\)

References:


Purpose:
- Increases testosterone levels
- Increases strength and lean body mass
- Boosts energy and recovery

Suggested Use:
Take two capsules with water on an empty stomach 30-60 minutes before bedtime or as recommended by a healthcare professional. For best results, avoid taking with calcium and cycle 5 days on 2 days off.

Additional Recommendations:
- Ultimate Cleanse (everyone should start with a total body cleanse)
- Basic Foundation™ (Daily Essentials, RX Oils)
- Building Blocks Protein
- Thermo Ignite
- R5 Reload

Product Description:
Formulated for enhanced workouts, RX-4 contains ZMA (a combination of the minerals zinc and magnesium, and Vitamin B6), Bulgarian Tribulus, and other Androgenic-Anabolic-testosterone proprietary ingredients. Also included are Anti-Aromatase/Estrogen Inhibitors and Bio-Enhancers for added absorption. This combination of clinically proven ingredients is designed to increase testosterone levels, increase strength and lean body mass, and boost energy and recovery.

Key Ingredients:

Bulgarian Tribulus Extract a dietary supplement that may increase the body's natural testosterone levels and thereby improve male sexual performance and help build muscle.(1)

ZMA which is zinc and magnesium aspartate plus B-6, supports free testosterone, total testosterone and insulin-like growth factor (IGF-1) levels. ZMA has been shown to enhance muscle strength significantly greater than a placebo during a strength training program.(2)

Muria Puama Extract is a herb traditionally used as an aphrodisiac by men and women. Muria Puama boosts and prolongs performance and enhances virility. Muria Puama may also help with stress management, nervous system stimulation, genital weakness, impotence, and overall health.

Bioperine® activates a metabolic paddle wheel, of sorts, that selectively provides a more efficient mode of nutrient transportation into the blood.

References:
Purpose:
- Recovery
- Refuel
- Rebuild
- Recharge
- Revitalize

Suggested Use:
Mix 1 Scoop (40 grams) with 8-10 oz of water and consume immediately post-workout.

Additional Recommendations:
- Ultimate Cleanse (everyone should start with a total body cleanse)
- Basic Foundation™ (Daily Essentials, Rx Oils)
- Building Blocks Protein
- RX-4 (Men)
- Glutamine
- Thermo Ignite

Product Description:
Skip the exhaustion and sore muscles after an intense workout! R5 Reload was designed to replenish your body during the most important part of your training program, the post-workout phase. R5 Reload’s comprehensive formula has five unique matrices to help your body recover, refuel, rebuild, recharge, and revitalize, so you get everything necessary to enhance your recovery and stamina.*

1. Recovery Anabolic Matrix: Comprised of three important amino acids, this recovery matrix provides the keys to muscle building, nitric oxide production and improved cognition skills.

2. Refuel Matrix: The secret source of energy is the naturally occurring polysaccharides. Not only does it provide a quick yet sustainable source of energy, it fuels cellular respiration and acts as a metabolic intermediate.

3. Rebuild Anabolic Matrix: Branched Chain Amino Acids (BCAAs) and Essential Amino Acids (EAAs) are vital to the muscle rebuilding process, especially during the critical post-workout period. Immediately following an intense workout, this ingredient matrix will rebuild muscles now to prevent damage later.

4. Recharge Workout Matrix: Recharge your body with cellular energy replenishment to increase muscular strength and power output. This matrix may delay muscle fatigue so that you can train harder and longer, plus it may boost your muscle mass and endurance levels.

5. Revitalize Matrix: Key herbal extracts and phytochemicals may promote detoxification at the cellular level. Designed to revitalize your system, these ingredients may aid in removing metabolic waste, free radicals, and other toxins that may improve your overall recovery and cell health.

CAUTION: Please consult your physician before starting any exercise or nutritional program. Keep this bottle tightly closed in a cool dry place away from direct sunlight and moisture.

Key Ingredients:
Leucine has been found to slow the degradation of muscle tissue by increasing the synthesis of muscle proteins. Leucine is utilized in the liver, adipose tissue, and muscle tissue. In adipose and muscle tissue, leucine is used in the formation of sterols, and the combined usage of leucine in these two tissues is seven times greater than its use in the liver.
**Isoleucine**, together with the other two branched chain amino acids, promotes muscle recovery after physical exercise and on its own is needed for the formation of hemoglobin and assists with regulation of blood sugar levels and energy levels. It is also involved in blood-clot formation.\(^{(5)}\)

**Valine** has a stimulating effect and is needed for muscle metabolism, repair and growth of tissue, and maintaining the nitrogen balance in the body. Since it is a branched chain amino acid, it can be used as an energy source in the muscles, and in doing so preserves the use of glucose.\(^{(3)}\)

**Glutamine** serves as “muscle food”, donating carbon to help replenish glycogen, but its role as a nitrogen donor may be even more important. Strenuous exercise causes micro-injuries to muscle tissues. By donating nitrogen, glutamine helps build proteins and repair muscle, as well as build up more muscle.\(^{(4)}\) Glutamine promotes anabolic conditions in muscle cells and increases the rate of protein synthesis by increasing hydration. When cells are well hydrated, breakdown of protein, glycogen and glucose is inhibited while synthesis of protein and glycogen is stimulated.\(^{(5)}\) (An added benefit: when the muscle cells are filled with water, the muscles look bigger.) Glutamine also stimulates growth hormone (GH) release. Just two grams of glutamine taken after a light breakfast can produce a 430% increase in GH levels.\(^{(6,7)}\) Free glutamine in the muscle declines by about 50% following surgery, trauma, sepsis or burns. Supplemental glutamine speeds healing and improves recovery in general. In bone marrow transplant patients, 40 grams of glutamine daily resulted in lower incidence of clinical infection, reduced microbial colonization and shortened hospital stay.\(^{(8)}\) Supplemental glutamine also increases blood levels of glutathione, a powerful antioxidant that boosts immunity and rids the body of potentially dangerous toxins. L-glutamine can enhance mental function and has been used to treat a range of problems including developmental disabilities, epilepsy, fatigue, impotence, depression, schizophrenia and senility.\(^{(9)}\)

**References:**


Purpose:
- Fuel explosive energy for high level workouts
- Ignite your mind, muscles, and endurance levels
- Lengthen workouts at peak level performance
- Shorten recovery times
- Increase vascularity and strength

Suggested Use:
Mix one scoop (25 grams) with 8 to 10 ounces of water or favorite beverage 30 to 60 minutes before exercise or an athletic event. For advanced athletes, a second serving may be taken immediately following the event. On non-workout days, take one scoop immediately upon waking. Thermo Ignite does contain stimulants and should not be taken less than six hours before bedtime.

Additional Recommendations:
- Ultimate Cleanse (everyone should start with a total body cleanse)
- Basic Foundation™ (Daily Essentials, Rx Oils)
- Building Blocks Protein
- RX-4 (Men)
- R5 Reload

Product Description:
THERMO IGNITE will give you the edge in all aspects of your workout and recovery. If you need to blast through a plateau, build strength & muscle or just feel the great pump during your workout, Thermo Ignite is the pre-workout choice!

THERMO IGNITE is formulated to enhance every aspect of a workout. It fuels explosive energy to begin and complete a high level workout. Thermo Ignite has been pumped up with amino acids to aid in strength, produce immediate energy, and protect muscles from fatigue! Plus Thermo Ignite features a unique complex to improve mental alertness, vasodilation, coordination, and reaction time. Specifically designed to enhance endurance levels, Thermo Ignite contains a cell-volumizing complex and B-complex combine with a precise amount of carbohydrates to facilitate workout performance at peak levels for longer times, with faster recovery.

ChromeMate® is a registered trademark of Inter Health.
Creapure® is a registered trademark of AlzChem LLC.

WARNING: Not intended for use by anyone under the age of 18. Do not use if you are pregnant or nursing, or if you are at risk of or being treated for high blood pressure, heart disease, renal disease, hyperthyroidism, seizure disorder, psychiatric disorders, suffer from migraines, are sensitive to aspirin (salicyn), are taking asthma medication, or have asthma. Consult with a healthcare professional before use if you are taking monoamine oxidase inhibitor (MAOI) or any other prescription drug. Do not use if you are using any other dietary supplement, prescription drug, or over-the-counter drug containing ephedrine, caffeine, pseudoephedrine, or phenylpropanolamine. Do not use before or during strenuous activity in high temperature conditions. Discontinue use and consult your healthcare professional if dizziness, sleeplessness, tremors, nervousness, headache, heart palpitations, or tingling sensations occur. Exceeding recommended dosage will not improve results.
Key Ingredients:

**Glutamine** serves as “muscle food”, donating carbon to help replenish glycogen, but its role as a nitrogen donor may be even more important. Strenuous exercise causes micro-injuries to muscle tissues. By donating nitrogen, glutamine helps build proteins and repair muscle, as well as build up more muscle. Glutamine promotes anabolic conditions in muscle cells and increases the rate of protein synthesis by increasing hydration. (1,2)

**Branched Chain Amino Acids (BCAAs)** make up over one third of muscle protein. Studies have shown that exercise directly increases degradation and subsequent excretion of the BCAAs from muscle tissue. BCAAs promote muscle recovery after physical exercise and are needed for muscle metabolism, repair and growth of tissue.

**Arginine** helps the body get rid of ammonia (a waste product), is used to make compounds in the body such as creatine, L-glutamate, and L-proline, and can be converted to glucose and glycogen if needed. L-arginine is used to make the nitric oxide, a compound in the body that relaxes blood vessels. (3)

**Taurine** is needed by the brain, heart, central nervous system and skeletal muscles. Recent research indicates taurine’s role as an important nerve and muscle interaction regulator. Taurine improves the utilization of sugar and potentiates the action of insulin. It also has beneficial effects on eye and heart health.

References:

Purpose:
- Increase muscle strength
- Lower blood pressure
- Build bone density
- Support immunity
- Aid in skin repair

Suggested Use:
Take one capsule daily, or as directed by a healthcare professional.

Additional Recommendations:
- Ultimate Cleanse (everyone should start with a total body cleanse)
- Basic Foundation™ (Daily Essentials, Rx Oils)
- Rx Rejuvenate

Product Description:
Synthesized from the sun, Vitamin D3 is critical aid in calcium absorption which builds bone density. D3 Essentials contains 5,000 IUs per serving of Vitamin D3 which may help increase muscle strength, lower blood pressure, build immunity and decrease the risk of heart disease. Aiding in skin repair, Vitamin D3 can speed up the wound healing process and help combat fatigue.

Vitamin D3 helps in regulating the neurological and hormonal system, which leads to increased energy. Studies have shown that there may be a link between vitamin D deficiency and weight gain. Insufficient vitamin D results in the interference of proper functioning of the hormone leptin. This hormone is responsible for sending the signal to the brain that a person is full. Altering this function means that a person is bound to eat excess food and risk gaining weight. With proper levels of vitamin D, hormone levels are regulated, and the body gets the proper signals sent for feeling full.

Important to mental health, Vitamin D3 has been found to have a positive effect on those suffering from depression or those suffering from seasonal affective disorder (S.A.D.). Plus, Vitamin D3 may help prevent the development of Alzheimer’s and dementia.

For women, many doctors nationwide recommend a regular dosage of Vitamin D as part of their daily supplement routine. Vitamin D improves and regulates hormonal production in the body and improves conditions of menopause, both pre- and post. Vitamin D may reduce the risk of certain types of cancer in women, especially breast cancer. For pregnant women, an increased level of Vitamin D can prevent certain pregnancy-related infections and can help their unborn children be less prone to diseases such as rickets.

Key Ingredients:
Vitamin D3 (Cholecalciferol) important for the absorption of calcium from the stomach and for the functioning of calcium in the body.

References:

These statements have not been evaluated by the Food and Drug Administration. Product(s) are not intended to diagnose, treat, cure or prevent any disease.
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**Rx Greens**

**Purpose:**
- Increase energy levels without stimulants
- Boost the immune system
- Aids in weight management
- Balance healthy blood sugar levels
- Mood enhancement & focus
- Detoxify & promote overall wellness

**Suggested Use:**
Mix one scoop (6 grams) with water, juice, or your favorite Supplement Rx protein powder.

**Additional Recommendations:**
- Ultimate Cleanse (everyone should start with a total body cleanse)
- Basic Foundation™ (Daily Essentials, Rx Oils)
- Rx Liver

**Product Description:**
With the fast paced lifestyle of most people today it's practically impossible to maintain a good healthy diet. Rx Greens contains a complete matrix of alkalizing greens, rich in antioxidants. With more than 30 super foods, Rx Greens provides a nutrient rich energy boost as well as supports your immune system. Not just healthy green plants & grasses, Rx Greens contains essential vegetables, antioxidant-rich fruits, as well as herbs and spices to provide an exceptional concentrated whole food supplement.

The most unique feature of the Rx Greens formulation is that it contains 6,000 milligrams of phytonutrient superfoods per serving. Many other green products on the market today contain only 2,000 milligrams of superfoods. That means you would have to consume three times as much to get the same nutrition found in one serving of Rx Greens.

It's fast, easy to mix and only takes a few minutes to drink while the benefits last all day - increased energy, detoxification, immunity, aided digestion, balanced blood sugar levels, and a complete revitalization of the mind and body.

**Key Ingredients:**

**Wheat Grass:** Wheatgrass is a food prepared from the cotyledons of the common wheat plant, *Triticum aestivum*. It is sold either as a juice or powder concentrate. One study showed breast cancer patients who drank wheatgrass juice daily showed a decreased need for blood- and bone marrow-building medications during chemotherapy, without diminishing the effects of the therapy.¹

**Kale:** Kale is a source of indole-3-carbinol, a chemical which boosts DNA repair in cells and appears to block the growth of cancer cells.²

**Bilberry:** Edible berries similar to blueberries, bilberries have been studied for their ability to inhibit or reverse eye disorders such as macular degeneration.³

**References:**
Purpose:
- Improves symptoms of poor joint health
- Reduces swelling and stiffness in the joints
- Aids in pain reduction
- Helps slow progression of osteoarthritis

Suggested Use:
Two capsules once or twice daily

Additional Recommendations:
- RX Ultimate Cleanse (everyone should start with a total body cleanse)
- Basic Foundation™ (Daily Essentials, RX Oils)
- Glutamine

Product Description:
RX Joint Health combines three effective ingredients to promote joint health. Chondroitin is a major component of cartilage. It helps to keep cartilage hydrated and may block destructive enzymes that break down cartilage. Osteoarthritis pain and symptoms are shown to decrease with use of chondroitin supplements. Glucosamine acts as a building block for cartilage, tendons, and connective tissues. Without an adequate natural supply, various forms of arthritis can develop. Benefits of glucosamine include prevention of cartilage destruction, easing of swelling and joint pain, and increased flexibility. Additionally, it protects joints from further damage. Methyl Sulfonfyl Methane (MSM), also called “organic sulfur” is used to reduce muscle, back, and arthritic pain and inflammation.

Key Ingredients:
Chondroitin sulfate is a glycosaminoglycan (GAG), a type of proteoglycan predominant in the ground substance of cartilage, bone and blood vessels. This ground substance allows cells in tissues to adhere to one another and gives joints their strength and resilience. Its basic structure is a long chain of alternating glucuronic acid and glucosamine sulfate. (1)

Glucosamine and N-acetyl Glucosamine are involved in formation of connective tissue and can be used to generate the much larger chondroitin sulfate molecules. Glucosamine HCl is a stabilized compound of glucosamine, whereas N-acetyl glucosamine is derived from glucosamine further along the pathway toward connective tissue formation. (2) Both are important contributors to hyaluronic acid, a major cushioning component of the joints.

Methyl Sulfonyl Methane (MSM) is an excellent source of useable organic sulfur, one of the most important raw materials for building healthy new cells. (3) One of its most significant uses as a supplement is its demonstrated ability to relieve pain and inflammation.

Additional Trace Components:
Glutathione is uniquely qualified to protect against this type of free radical damage, working both outside the cell and intracellularly in the enzyme glutathione peroxidase. (4) This tripeptide made up of the amino acids L-cysteine, L-glutamic acid and L-glycine, plays an important role in cellular metabolism, reduces disulfide linkages in proteins and participates in synthesis of DNA precursors. (5)

The sulfur-rich amino acid L-cysteine and its derivative N-acetyl cysteine also slow abnormal cross-linking in collagen and are dietary precursors to reduced glutathione. (4) Supplements can increase plasma and lymphocyte levels of glutathione.
**Vitamin E** has been used therapeutically in both types of arthritis. Its benefit was first thought to be due to its antioxidant and membrane stabilizing actions. Later studies show that vitamin E can inhibit enzymatic breakdown of cartilage as well as stimulate cartilage synthesis. It also works synergistically with peroxidase and other antioxidant enzymes (superoxide dismutase, catalase) and it has a slight anti-inflammatory action due to its effect on prostaglandin and leukotriene synthesis. (6)

**Green shell mussel** is a significant non-bovine source of chondroitin sulfate and the antioxidant enzyme superoxide dismutase.

**Vitamin C** is important as an antioxidant and is essential for maintenance of collagen.

**References:**

Purpose:

♦ Protects liver cells from toxins
♦ Stimulates liver cell protein synthesis
♦ Exhibits potent antioxidant properties

Suggested Use:

One capsule once or twice daily.

Additional Recommendations:

♦ RX Ultimate Cleanse (everyone should start with a total body cleanse)
♦ Basic Foundation™ (Daily Essentials, RX Oils)

Product Description:

The largest glandular organ of the body, the liver serves numerous functions. It helps break down fats, makes certain amino acids, converts glucose to glycogen for energy, and filters harmful substances from the blood. The liver also manufactures most of the body’s cholesterol. RX LIVER’s primary ingredient, Silymarin, is a powerful antioxidant. A milk thistle extract, its purpose is to protect liver cells from toxins. It also promotes liver cell protein synthesis. Silymarin may have beneficial effects against early stages of liver disease, and exhibits certain anti-cancer properties.

Key Ingredients:

N-Acetyl-L-Cysteine (NAC), derived from the sulfur-containing amino acid cysteine, increases glutathione levels in the liver, lungs and plasma even more effectively than glutathione supplements. It is used to protect the liver from damage caused by glutathione depletion after acetaminophen overdose.

Turmeric and its active constituent, curcumin, have hepatoprotective characteristics similar to that of silymarin. This protective effect is primarily due to its antioxidant properties. In animal studies, turmeric is shown to protect the liver from a variety of hepatotoxic insults including carbon tetrachloride, galactosamine, acetaminophen and aspergillus aflatoxin.

Artichoke also helps prevent glutathione destruction. It appears to support liver regeneration, blood flow to traumatized areas of the liver and bile flow within the liver as well.

Additional Trace Components:

SOD - The antioxidant enzyme superoxide dismutase (SOD) helps revitalize cells and reduce the rate of cell destruction. It neutralizes the most common, and possibly the most dangerous free radical, superoxide.

Beet leaves support bile flow and aid in carbohydrate and fat metabolism. Bile acids are essential for digested fats and fat soluble vitamins to be carried across the intestinal wall into the blood.

Boron is added for mineral balance. It decreases urinary excretion of calcium and magnesium which may be depleted in some liver conditions. Because of its role in copper metabolism, boron may also increase SOD levels.

References:

2. Draganov P, Durrence H, Cox C, MD; Reuben A, Alcohol-acetaminophen syndrome: Even moderate social drinkers are at risk, Postgraduate Medicine, Vol 107, No 1, Jan 2000.
Purpose:

- Energy support
- Faster workout recovery
- Increase lean body mass
- Increase muscle strength
- Aids normal sleep
- Promotes healthy immune system

Suggested Use:
Six capsules daily, three in the morning and three in evening on an empty stom-
ach (two hours before or after food), or as directed by a health care professional.
After 90 days, discontinue use for 30 days prior to starting regimen again. Drink
8 full glasses of water daily.

Additional Recommendations:

- Rx Ultimate Cleanse (everyone should start with a total body cleanse)
- Basic Foundation™ (Daily Essentials, Rx Oils)
- Body Beautiful (Women)

Product Description:
A proprietary blend of carefully selected pharmaceutical grade ingredients, RX REJUVENATE is designed to intervene in the
aging process. It is formulated to increase and release the body’s own natural levels of human growth hormone without harmful
side effects.

Key Ingredients:

- **L-Glutamine** is the most abundant amino acid in our body and is one of the protein building blocks. Studies show Gluta-
tamine increases protein synthesis, increases nitrogen retention, helps reduce muscle breakdown, and enhances immune
function.\(^1\)

- **L-Ornithine** aids with nitrogen metabolism. It is also helpful in building the immune system, promoting healing, and
supporting liver function.\(^2\)

- **L-Lysine** converts fatty acids into energy and lowers the level of LDL “bad cholesterol.” L-lysine contributes to the produc-
tion of collagen and helps skin maintain its health and elasticity.\(^3\)

- **L-Arginine** is necessary for normal functioning of the pituitary gland. Plus, it helps the body get rid of ammonia (a
waste product), is used to make compounds in the body such creatine, L-glutamate, and L-proline, and can be converted to
glucose and glycogen if needed. L-arginine is used to make the nitric oxide, a compound in the body that relaxes blood ves-
sels.\(^4\)

- **Gamma Amino Butyric Acid (GABA)** increases the level of human growth hormones (HGH) that naturally occur in the
body. It induces relaxation and sleep as well as reduces muscle tension, stress, anxiety and depression. It promotes an overall
sense of well-being.\(^5\)

References:
   2013.
4. IUPAC-IUBMB Joint Commission on Biochemical Nomenclature. Nomenclature and Symbolism for Amino Acids and
   Peptides. Recommendations on Organic & Biochemical Nomenclature, Symbols & Terminology etc. Retrieved on
   2007-05-17.
Purpose:
- Improves digestion
- Neutralizes excess stomach acid
- Alleviates bloating and gas

Suggested Use: One capsule with each meal

Additional Recommendations:
- RX Ultimate Cleanse *(everyone should start with a total body cleanse)*
- Basic Foundation™ (Daily Essentials, Rx Oils)

Product Description:
Proper digestion is an important part of optimum health. Enzymes break down foods and nutritional substances in the body and act specifically; an enzyme that breaks down carbohydrates cannot break down fats. Rx Zymes is a two phase gastric and enteric release enzyme capsule. In the gastric release phase, the protein digestive enzyme pepsin and Betaine HCl are released to aid in nutrient absorption. They also assist in maintenance and repair of the stomach. During the enteric phase, digestive enzymes and bile are released, which promote healthy digestion and assimilation of nutrients.

Key Ingredients:
The Gastric Release phase provides the protein digestive enzyme, pepsin; betaine HCl as a source of hydrochloric acid; and stomach substance to provide growth and repair factors for the stomach.
The Enteric Release phase supplies pancrelipase, cellulase, duodenal substance and ox bile extract to the small intestine.

Pancrelipase is a standardized preparation of porcine pancreas which contains enzymes, principally lipase which digests fats, along with amylase which digests starch, and protease which digests protein. It’s action is the same as that of pancreatic juices.

Pancreatic lipase, along with bile, functions in the digestion of fats. Deficiency of lipase results in malabsorption of fats and the fat soluble vitamins.\(^1\)

Additional Trace Components:
Bile aids in the production of an alkaline reaction in the intestines and is essential for absorption of fats.\(^2\) Bile emulsifies the fats, permitting intestinal and pancreatic lipases to split the triglycerides into diglycerides and monoglycerides, and finally into free fatty acids and glycerol.\(^3\)

Papain is a protein digesting enzyme isolated from the unripe papaya fruit. It has been shown to be able to digest wheat gluten (the protein portion of wheat) and render it harmless in celiac disease subjects. Taking a papain supplement with meals may allow some individuals to tolerate gluten.\(^1,4,5\)

Cellulase hydrolyzes the plant fiber carbohydrate, cellulose. Although cellulose cannot be digested by humans, it is partially digested by the microflora of the intestine. This natural fermentation process is an important source of short chain fatty acids. Abnormal intestinal flora is a common sign of digestive problems related to low gastric acidity.\(^1\)

Pan 5X™ and Pan 10X™ are excellent high potency pancreatic enzyme supplements.

References:
These statements have not been evaluated by the Food and Drug Administration. Product(s) are not intended to diagnose, treat, cure or prevent any disease.

**Purpose:**
- Total body cleanse
- Anti-aging effects
- Promotes weight loss
- Supports immune and intestinal health
- Hypoallergenic
- Cleans and opens receptor cites so the body can absorb nutrients more effectively

**Suggested Use:**
Take one level scoop (39 grams) twice daily, once in the morning and once in the afternoon. Blend, shake, or stir briskly into 8 fluid ounces of chilled water or juice. Take for 15 days, or until gone. Repeat every three months, or as recommended by a healthcare professional.

**Product Description:**
A cleansing agent is designed to remove impurities from the body for greater health. Combined with consumption of nutritious foods and water, **RX ULTIMATE CLEANSE** is part of a healthy maintenance plan. Hypo-allergenic, enzymatically pre-digested soy protein concentrate leads the list of carefully selected ingredients. Soy is the protein source because it is the only plant protein that contains all the essential amino acids. Additional components include Guggulipid (a natural herb with purifying and rejuvenating properties), Inulin (improves the balance of healthy bacteria in the intestine), and MSM (Methyl Sulfonyl Methane) which helps increase glutathione, which in turn helps dissolve toxic substances in the liver.

**Key Ingredients:**

**Vitamins and Minerals** - Ultimate Cleanse supplies essential vitamins and minerals in therapeutic amounts so that, as the body is cleansed and toxins are removed, the nutrients needed to repair, rebuild and revitalize are immediately available.

**B Vitamins** are needed for metabolism of carbohydrates, fats and proteins which makes them essential for energy production. They are necessary for normal function of the nervous system, maintenance of muscle tone in the gastrointestinal tract & for health of the skin, hair, eyes, mouth and liver. (1)

**Minerals** play important roles in body functions. Calcium & magnesium are provided in the colloidal form for maximum absorption & utilization by the body.

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Key Ingredients:

**Nopal** (prickly pear leaf) can help decrease blood sugar levels in people with type 2 diabetes. It is high in fiber, antioxidants and carotenoids. (1)

**MSM** (Methyl Sulfonyl Methane) is a usable source of organic sulfur, essential for building healthy new cells.

**L-Ornithine** aids with nitrogen metabolism. It is also helpful in building the immune system, promoting healing, and supporting liver function. (2)

**Taurine** is needed by the brain, heart, central nervous system and skeletal muscles. Recent research indicates taurine’s role as an important nerve and muscle interaction regulator. Taurine improves the utilization of sugar and potentiates the action of insulin. It also has beneficial effects on eye and heart health.

**Super CitriMax®** contains hydroxycitric acid, the active component of the well-know garcinia cambogia fruit. Its success in promoting loss of body fat is linked to its relationship with citrate lyase, an enzyme needed for the formation of acetyl Coenzyme A. (3)

**L-glutamine** is the only substance other than glucose that can be used as fuel by the brain. Supplemental L-glutamine also increases glutathione levels and is used to reduce cravings for sugar, carbohydrates and alcohol. (4) Glucosamine plays a crucial role in connective tissue synthesis and is needed for maintenance and repair of joints, ligaments and tendons.

**Borage oil** can be used to reduce aches and pains of rheumatoid arthritis, reduce symptoms of eczema, reduce stress and high blood pressure as well as prevent nerve damage. (5)

**Calcium Pyruvate** supplies the body with pyruvic acid, a natural compound that plays important roles in the manufacture and use of energy. Pyruvate supplements have become popular with bodybuilders and other athletes, based on claims that pyruvate can reduce body fat and enhance the ability to use energy efficiently. (6)

**Quercetin** appears to reduce allergic processes, inhibit replication of both RNA and DNA viruses and inhibit mast cell degranulation which causes tissue destruction in rheumatoid arthritis. It also inhibits the release of histamine and other inflammatory mediators by stabilizing mast cells and basophils; inhibits several enzymes to prevent inflammation; decreases leukotriene formation, lipid peroxidation and collagen breakdown. (7)

**Ginkgo Biloba** contains flavonoids that have demonstrated remarkable effects on circulatory and nervous system functions including enhanced energy, increased cellular glucose uptake, inhibition of platelet aggregation, increased blood flow to the brain and improved transmission of nerve signals as well as antioxidant activity. (8)

**CoenzymeQ10**, recognized as an important nutrient for heart health, is present in the mitochondria of human cells and is a cofactor in several metabolic pathways, particularly oxidative phosphorylation.

**Guggul commiphora mukul resin extract** is used for its effects on lipid metabolism. This extract, derived from the oleoresin of the Indian Mukul myrhh tree, has been shown to effectively lower elevated cholesterol and triglycerides and reduce body weight in obese patients with elevated blood lipids. (9)

References:

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