

SUPPLEMENT SOURCES

STANDARD PROCESS VITAMINS -- whole food nutritional supplements -- Available from Highest-health for your convenience or at The Apothecary. Call 301-530-0800 or 1 800 869-9159

Standard Process has been dedicated to the field of nutritional supplements since 1929. The company is committed to a whole food philosophy first introduced by its founder, Dr. Royal Lee. Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature – in a whole food state. The company is located in Palmyra, Wisconsin. They have certified organic farms that grow their ingredients and have excellent quality control. More information about Dr. Royal Lee-- a real genius and inventor-- at the Price -Pottenger Foundation (www.ppnf.org).

Zymex—for candida yeast

Zymex II – for parasites

Okra Pepsin E3 – for toxic intestinal tract

Spanish Black Radish – for toxic intestinal tract

Catalyn-- This is a wonderful multi vitamin from Standard Process Whole Food Nutritional Supplements. Catalyn contains every vitamin, mineral, and trace mineral. Cytofood powder is a prenatal version.

B VITAMINS - Frontier Nutritional Yeast contains B vitamins and minerals in whole food form. The B vitamins do many things, including helping neurotransmitters function and reducing inflammation in blood vessels. They are available from Radiant Life at www.radiantlifecatalog.com.

Life Start Infant Bifidum...probiotics... www.radiantlifecatalog.com.

Natren Probiotics: available in most health food stores

TriVita B12 – 1-800-991-7116

PURE RADIANCE C

Vitamin C is more than just ascorbic acid. It is a complex of micronutrients that includes ascorbic acid. Vitamin C is a water-soluble vitamin found in fruits and vegetables. It is essential to collagen formation needed to maintain skeletal system health. Vitamin C is a strong antioxidant that protects against damage from reactive oxygen free radicals. It also reinforces and extends the antioxidant activity of other vitamins. It helps absorption of folic acid and iron. It plays a role in the metabolism of cholesterol to support cardiovascular health and enhances the response of immune cells to environmental insult.

Pure Radiance C is 100% Natural Whole Food Vitamin C with Camu Camu berries
The Synergy Company in cooperation with the native people of the Amazon brings us this whole-food vitamin C supplement, made with a blend of certified organic and sustainably wildcrafted ingredients – pure Radiance C. Best results occur when Vitamin C is consumed in its natural whole good form.

Pure Radiance C provides:

- Concentrated Camu Camu berries – the richest source of vitamin C
- Amla berries organically grown in Himalayan valleys, an excellent source of vitamin C and bioflavonoids. It is respected in Ayurvedic medicine for its tonifying, anti-aging and immune enhancing properties.
- A proprietary blend of organic acerola, rose hips, and lemon peel, blueberries, raspberries, cranberries, and cherries, which contribute co-factors, such as bioflavonoids, quercetin, hesperidin, anthocyanins and proanthocyanins, to activate powerful antioxidant activity
- organic buckwheat berry sprouts – an abundant source of naturally occurring rutin, an important vitamins C co-factor
- Bioperine, a treasured black pepper berry concentrate to facilitate the uptake and absorption of vitamin C in the body

Pure Radiance C is available from Radiant Life 1-888-593-8333
www.radiantlifecatalog.com or from The Synergy Company 1-800-723-0277.
www.thesynergycompany.com

VITALITY SUPER GREENS by BodyEcologyDiet.com. This is a powdered green nutritional drink which has a special form of glutamine to help the intestinal tract.

INTENZYME FORTE —Biotics Research Corporation --Made from proteolytic enzymes from both animal and plant sources. Intenzyme Forte is high in Trypsin and Chymotrypsin. Proteolytic enzymes can digest viruses and bacteria as well as inflammation, excess mucus, plaque, or other debris from the body. They should be taken often, and work best if taken at least ½ hour before food and no less than 2 hours afterward-- otherwise they will digest your food instead of the debris. Note: Hydrogenated fats, like margarine, inhibit enzymes needed to produce anti-inflammatory prostaglandins. Available through Highest Health or Village Green Apothecary.
CELL FORTE IP-6 -- Scientifically proven to greatly boost immune system

APRICOT KERNELS. Available at Healthways in the Washington area. Also can be ordered on line.

INNERICH PROBIOTICS, 35 Billion, and SupraDopholis. Available only at Healthways Natural Foods, Alexandria, Va. They will ship.

Stop taking supplements if ever you notice a problem, feel bad, or have a pain or headache. Your body may have had enough.

