



CORE ESSENTIALS

PRODUCT	MAJOR INGREDIENTS	KEY BENEFITS & FEATURES
DIM SGS+	Diindolylmethane as Crystalline DIM Pomegranate extract (whole fruit) Sulforaphane Glucosinolate (SGS, from Brassica extract seed)	In males and females, supports healthy estrogen metabolism. Supports 2-OH metabolism, the preferred pathway, with adequate methylation. Supports healthy cellular function by supporting toxin metabolize. Supports healthy immune modulation and antioxidant capacity.
ADK 5 & ADK 10	ADK 5: Vitamin A, Vitamin D (5,000 IU), Vitamin K2 ADK 10: Vitamin A, Vitamin D (10,000 IU), Vitamin K2	Supports healthy bones and calcium absorption. Supports a healthy immune system. Supports a healthy cardiovascular system.
METHYL FACTORS+	Vitamins B2, B6, B12 (As methylated B12) 5-MTHF (methylated folate) Trimethyl glycine (TMG, provides methyl donors for methylation support)	Supports healthy methylation, which is important for healthy estrogen metabolism and detoxification. Supports a healthy vascular system, healthy homocysteine levels, and healthy mood.
MULTI-STRAIN PROBIOTIC 20B	ID verified strains including: Lactobacillus paracasei (Lpc-37) Lactobacillus acidophilus (NCFM) Bifidobacterium lactis (Bi-07) Bifidobacterium lactis (Bi-04)	Supports a healthy gut microbiome and digestion, including those on antibiotics, which is important for: a healthy immune system and a healthy cardiovascular system. Supports healthy neurotransmitter function. Individualized blister packaging to protect each capsule from heat, moisture, and oxygen, all of which can affect the probiotics efficacy.
OMEGA 3 + COQ 10	450mg EPA (Eicosapentaenoic Acid from fish oil) 180mg DHA (Docosahexaenoic Acid from fish oil) 30mg Coenzyme Q10 (Ubiquinone)	Supports a healthy vascular systems including cardiovascular peripheral vascular, and neurovascular.



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.