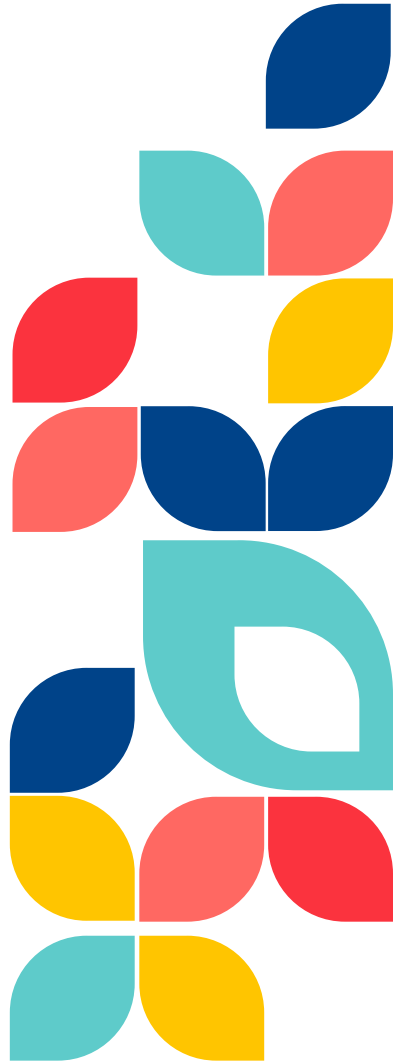




 autumn



# Ashwagandha



- Ashwagandha is most effective when taken before or after meals.
- Ashwagandha has slightly different effects if taken at night vs. during the day. We have accounted for this in our recommendation for you.

## Food Sources

Ashwagandha is from the ginseng family (also known as Indian ginseng), and is typically grown in India, the Middle East, and Africa.

## Safety Info

Ashwagandha interacts with some medications. We have accounted for some interactions in your Quiz, but we always recommend checking with your healthcare provider before starting any new supplements.

Ashwagandha is generally well tolerated in low doses, but all herbs can have the potential to cause mild digestive upset or allergic response.

Research shows that Ashwagandha improves both sleep quality and sleep onset.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		%DV
KSM-66® Ashwagandha Extract (made with certified organic ashwagandha) ( <i>Withania somniafer</i> ) (root)	600 mg	**

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule)

## Health Impact Categories

- Immune Support & Balance
- Memory & Brain Health
- Mood & Stress
- Sleep or Energy
- Weight Management

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# Autumn Multivitamin



- Vitamins and minerals are generally best absorbed and tolerated when taken with a meal.
- Absorption of vitamins in this product can be enhanced when taken with fats and water.
- The Autumn formulation contains balanced doses, active forms, and high quality nutrients to ensure your multivitamin is providing the foundations for optimal health.
- Autumn Multivitamin is important for ensuring consumption of a variety of nutrients on a daily basis to support health and well being.

## Food Sources

Vitamins and minerals are found in different ratios in nutrient dense foods.

## Safety Info

Levels of some nutrients can be measured in your blood by a healthcare practitioner to help confirm ideal dosing and safety.

Some nutrients in large doses can be toxic, so keep away from children and consult a healthcare practitioner if you have any concerns about what dose is right for you.

Some nutrients in this formula can affect the absorption of some drugs. Take 2 hours away from all medications.

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## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as beta-carotene)	1930 mcg 210%	Calcium (as calcium citrate)	100 mg 8%
Vitamin C (as ascorbic acid)	200 mg 220%	Magnesium (as magnesium citrate)	100 mg 25%
Vitamin D (as cholecalciferol)	15 mcg 75%	Zinc (as zinc citrate)	15 mg 140%
Vitamin E (as mixed tocopherols)	66.7 mg 440%	Selenium	50 mcg 90%
Vitamin K2 (MK-7)	60 mcg 50%	Copper (as copper chelate)	2 mg 220%
Vitamin B1 (thiamine)	75 mg 6250%	Manganese	2 mg 90%
Vitamin B2 (riboflavin USP)	75 mg 5770%	Chromium	100 mcg 290%
Vitamin B3 (niacin USP from inositol hexanicotinate)	16 mg 100%	Molybdenum	100 mcg 110%
Vitamin B6 (as pyridoxine-5-phosphate)	25 mg 1470%	Boron Aspartate-Citrate	500 mcg **
Folate (as 5-methyltetrahydrofolate)	400 mcg DFE 100%		
Vitamin B12 (as methylcobalamin)	500 mcg 20830%		
Vitamin B7 (Biotin USP)	300 mcg 1000%		
Vitamin B5 (as calcium-D-pantothenate)	0.5 mg 10%		

**Other Ingredients:** Cellulose (vegetable capsule)

\*\* % Daily Value (DV) not established.

## Health Impact Categories

- General Wellness
- Healthy Aging

# B-Complex



- B vitamins are water-soluble and should be taken with food.
- Some B-vitamins can affect sleep, so it's best taken early in the day.
- The Autumn B-complex contains 11 B-vitamins, which are important for functions in the body like cognition, energy, skin health, mood, and supporting the nervous system.

## Food Sources

Food sources of B-complex vitamins include meats, seafood, poultry, eggs, dairy, legumes, leafy greens, seeds, and fortified foods.

## Safety Info

Levels of some B-vitamins can be measured in your blood by a healthcare practitioner to help confirm ideal dosing and safety.

Some B-vitamins can interact with medications. We have accounted for some, as per the lifestyle questionnaire you completed, and adjusted your recommendation. However, it may be indicated to discuss supplementation with your healthcare provider to ensure it's right for you.

B-vitamins in large doses can be toxic, so keep away from children and consult a healthcare practitioner if you have any concerns about what dose is right for you.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		%DV
Riboflavin (Vitamin B2) (from riboflavin 5'-sodium phosphate)	34 mg	2620%
Niacin (from inositol hexanicotinate)	34 mg	210%
Vitamin B6 (from pyridoxal 5-phosphate)	34 mg	2000%
Folate (as calcium L-5 methyltetrahydrofolate)	200 mcg (folic acid 200 mcg)	50%
Vitamin B12 (as methylcobalamin)	200 mcg	8330%
Biotin (as d-biotin)	100 mcg	330%
Vitamin B5 (as d-calcium pantothenate)	100 mg	2000%
Choline (from choline dihydrogen citrate)	50 mg	10%
Inositol (from inositol hexanicotinate)	50 mg	**
Benfotiamine (advanced thiamine derivative)	34 mg	**

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule)

## Health Impact Categories

- General Wellness
- Hair, Skin & Nails
- Healthy Inflammatory Response
- Memory & Brain Health
- Mood & Stress
- Sleep or Energy
- Strength & Fitness
- Weight Management

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# Calcium



- Calcium is a mineral and is best absorbed when taken with food.
- Lactose (from milk) and Vitamin D can enhance calcium absorption, while high fat foods, iron, and caffeine can reduce it.
- Calcium is an essential mineral, meaning that the body does not produce its own calcium. Calcium is important to bone and muscle health, the nervous system, and heart health.

## Food Sources

Calcium can be found in dairy products, dark leafy vegetables, fish with soft edible bones (or bone meal) and calcium fortified products.

## Safety Info

Calcium levels can be measured in your blood by a healthcare practitioner to help confirm ideal dosing and safety, however, its health benefits are beyond meeting of sufficient levels in the blood.

Calcium in large doses can be toxic, so keep away from children and consult a healthcare practitioner if you have any concerns about what dose is right for you.

Calcium can affect absorption of some drugs. Take 2 hours away from all medications.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		%DV
Calcium (as calcium carbonate and calcium citrate)	196 mg	15%

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule)

## Health Impact Categories

- Bone & Joint Health
- Hair, Skin & Nails
- Healthy Aging
- Heart Health
- Sleep or Energy
- Strength & Fitness

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# Choline



- Phosphatidylcholine is fat-soluble and is best absorbed when taken with a meal.
- Choline is important for supporting nerves that promote healthy cognitive and liver function.

## Food Sources

Choline can be found in meat, poultry, and fish such as beef, chicken breast, and cod. Other foods include hard boiled-eggs and baked potatoes. Foods containing lecithin, a food additive rich in phosphatidylcholine, include foods like margarine & gravies.

## Safety Info

Choline may cause excessive sweating. Choline in large doses can be toxic, so keep away from children and consult a healthcare practitioner if you have any concerns about what dose is right for you.

Choline is an important nutrient during pregnancy and breast/chest-feeding.

Supplementation of phosphatidylcholine can increase the amounts of acetylcholine within the brain. Acetylcholine is important for motivation, attention, learning, and memory.

Research shows that low levels of phosphatidylcholine are associated with cognitive impairment.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	%DV
Phosphatidylcholine	420 mg **

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Gelatin, Glycerol, Water, Soy

**Contains:** Soy

## Health Impact Categories

- Healthy Aging
- Heart Health
- Memory & Brain Health
- Weight Management

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# CoQ10



- CoQ10 is fat soluble and therefore is best absorbed when taken with a meal containing healthy fats & oils.
- CoQ10 can affect sleep, so it's best taken early in the day.
- CoQ10 is important for the production of cellular energy production. It is also an antioxidant important for heart and brain health.

## Food Sources

CoQ10 can be found in fish, such as tuna & salmon, as well as whole grains.

## Safety Info

CoQ10 can interact with some medications. We have accounted for some, as per the lifestyle questionnaire you completed, and adjusted your recommendation. However, it may be indicated to discuss supplementation with your healthcare provider to ensure it's right for you.

CoQ10 is generally well tolerated, but may cause digestive upset or insomnia.

CoQ10 is depleted by some medications, especially statins. This may increase your requirement for supplementation, but don't worry, we have accounted for this in our recommendations!

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	%DV
Ubiquinone (Microactive CoQ10)	200 mg **

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule), Oat Fibre, Sunflower Lecithin.

## Health Impact Categories

- Healthy Aging
- Healthy Inflammatory Response
- Heart Health
- Memory & Brain Health
- Sleep or Energy

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# Curcumin Blend



- Curcumin is fat-soluble and is best absorbed when taken with a meal containing healthy fats.
- Curcuma longa
- Curcumin is an extract from Turmeric. It is beneficial for digestive health, reducing oxidative stress, promoting a healthy inflammatory response, and improving performance & mood.

## Food Sources

Curcumin can be found in turmeric – a common spice and major ingredient in curry powder.

## Safety Info

Curcumin interacts with some medications. We have accounted for some interactions in your Quiz, but we always recommend checking with your healthcare provider before starting any new supplements.

Curcumin is generally well tolerated, but can have the potential to cause mild digestive upset, allergic reaction, or increased bleeding or bruising.

Curcumin (and turmeric) in large doses can be toxic, so keep away from children and consult a healthcare practitioner if you have any concerns about what dose is right for you.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		%DV
Turmeric Root Extract (std. to minimum 95% curcumin)	100 mg	**
Black Pepper Extract (std. to 95% piperine)	10 mg	**

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule), Oat Fibre

## Health Impact Categories

- Digestion
- General Wellness
- Healthy Aging
- Healthy Inflammatory Response
- Heart Health
- Memory & Brain Health
- Strength & Fitness
- Weight Management

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# Digestive Enzymes



- Take 15 minutes before meals.
- Digestive enzymes help break down food within the gastrointestinal tract to support digestion and improve absorption of healthy nutrients from food.

## Food Sources

Digestive enzymes are normally produced by the pancreas, intestines, and microbiome - but sometimes not at sufficient levels for optimal digestion. Bromelain, a 'plant enzyme' is sourced from pineapple core.

## Safety Info

Consult a healthcare practitioner prior to use if you are pregnant or breast/chest-feeding or if you have gastrointestinal lesions/ulcers.

Digestive enzymes can interact with medications. We have accounted for some, as per the lifestyle questionnaire you completed, and adjusted your recommendation. However, it may be indicated to discuss supplementation with your healthcare provider to ensure it's right for you.

Digestive enzymes are generally well-tolerated but may cause digestive upset, headaches, heartburn, or allergic reactions.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	%DV
<b>Enzyme Blend</b>	500 mg **
Lipase, Lactase, Dipeptidyl peptidase-4, Cellulase, Protease, Amylase, Invertase, Bromelain	
Inulin	100 mg **
Bioperine® Black Pepper Extract (Piper nigrum) (fruit)	5 mg **

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule)

Bioperine® is a registered trademark of Sabinsa Corporation.

## Health Impact Categories

- Digestion
- General Wellness
- Weight Management

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# Folate



- Folate is water-soluble and best absorbed when taken before meals, with water.
- Folate is essential for cell and DNA production and health. It plays a role in many bodily systems, especially cardiovascular health, mood, energy, and performance. It is also an essential nutrient for pregnancy and red blood cell production.

## Food Sources

Folate can be found in leafy green vegetables, broccoli, brussel sprouts, black eyed peas and beans. Folic acid is found in some fortified foods such as breakfast cereals and cooked spaghetti.

## Safety Info

Folate levels can be measured in your blood by a healthcare practitioner to help confirm ideal dosing.

Folate can interact with some medications. We have accounted for some, as per the lifestyle questionnaire you completed, and adjusted your recommendation. However, it may be indicated to discuss supplementation with your healthcare provider to ensure it's right for you.

Folate is an essential nutrient during pregnancy.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Folate (as 5-methyltetrahydrofolate)	1000 mcg DFE (folic acid 1000 mcg)	250%

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Calcium Carbonate, Microcrystalline Cellulose (MCC), Hypromellose (HPMC), Vegetable Magnesium Stearate, Natural Colours.

## Health Impact Categories

- General Wellness
- Healthy Aging
- Heart Health
- Memory & Brain Health
- Mood & Stress
- Sleep or Energy
- Strength & Fitness

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# Garlic Extract



- Garlic is most effective when taken with a meal.
- Allium sativum.
- Garlic has been used in traditional medicine for diverse benefits. Current research supports garlic supplementation for immune health and cardiovascular support, but may also help with physical performance and longevity.

## Food Sources

Garlic is a common food flavouring, and is technically a vegetable in the Allium (onion) family.

## Safety Info

Garlic extract is generally well tolerated, but can have the potential to cause mild digestive upset, allergic reaction, or increased bleeding/bruising.

All herbs in large doses can be toxic, so keep away from children and consult a healthcare practitioner if you have any concerns about what dose is right for you.

Many sulfur compounds within garlic are responsible for its health benefits, through their antioxidant, liver supportive, and cardiovascular protective actions.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		%DV
Garlic (granules)	300 mg	**
Garlic Extract (std. to 1% allicin)	200 mg	**

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule), Brown Rice Flour

## Health Impact Categories

- Digestion
- Healthy Aging
- Heart Health
- Immune Support & Balance

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# Ginger Extract



- Ginger is most effective when taken with a meal.
- Zingiber officinale.
- Ginger is a commonly used herb used for digestive health, healthy aging, and immune health. Supplementation with ginger is also beneficial in promoting a healthy inflammatory response.

## Food Sources

Ginger is a common herb used as a spice and in tea form.

## Safety Info

Ginger interacts with some medications. We have accounted for some interactions in your Quiz, but we always recommend checking with your healthcare provider before starting any new supplements.

Ginger is generally well tolerated, but can have the potential to cause mild digestive upset or allergic reaction.

Ginger in large doses can be toxic, so keep away from children and consult a healthcare practitioner if you have any concerns about what dose is right for you.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		%DV
Ginger Extract (root) (5% gingerols and shogaols)	250 mg	**
Ginger Root	250 mg	**

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule), Brown Rice Flour

## Health Impact Categories

- Bone & Joint Health
- Digestion
- Healthy Aging
- Healthy Inflammatory Response
- Immune Support & Balance
- Weight Management

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# Ginseng Blend



- This product is most effective when taken before or after meals.
- This ginseng blend can affect sleep, so it's best taken early in the day.
- Withania somnifera, Eleutherococcus senticosus, & Panax ginseng.
- This blend of herbal adaptogens can help with stress, mood, cognition, immune health, energy and physical performance.

## Food Sources

Ginsengs are sourced from around the world. The Autumn formulation is a synergistic blend of organic Ashwagandha, Eleuthero, and Asian Ginseng.

## Safety Info

Ginsengs interact with some medications. We have accounted for some interactions in your Quiz, but we always recommend checking with your healthcare provider before starting any new supplements.

Caution with the use of this product if you are on diabetes medications.

Ginsengs are generally well tolerated in low doses, but all herbs can have the potential to cause mild digestive upset or allergic response.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		%DV
Ashwagandha Powder (root)	250 mg	**
Eleuthero Extract (root)	200 mg	**
Korean Ginseng Extract (root)	100 mg	**

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule)

## Health Impact Categories

- Healthy Inflammatory Response
- Heart Health
- Immune Support & Balance
- Memory & Brain Health
- Mood & Stress
- Sleep or Energy
- Strength & Fitness
- Weight Management

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# Iron



- Iron is best absorbed when taken with a meal.
- Iron absorption is enhanced when taken with Vitamin C, which is why we have included some in our Autumn formulation.
- Iron should be taken away from other minerals, medications, dairy, and caffeine.
- Iron is an essential mineral, meaning that the body does not produce its own iron. It is important for making hemoglobin, which is in red blood cells to carry oxygen throughout the body.

## Food Sources

Iron can be found in lean meat, seafood, nuts, and beans.

Cooking with a cast iron skillet can help to increase dietary consumption of iron.

## Safety Info

Iron levels can be measured in your blood by a healthcare practitioner to help confirm if supplementation is required and determine ideal dosing and safety.

Iron can interact with some medications. We have accounted for some, as per the lifestyle questionnaire you completed, and adjusted your recommendation. However, it may be indicated to discuss supplementation with your healthcare provider to ensure it's right for you. Iron can also impact absorption of some drugs. Take at least 2 hours away from all medications.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Vitamin C (as ascorbic acid)	100 mg	110%
Iron	30 mg	170%

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Calcium Carbonate, Microcrystalline Cellulose (MCC), Hypromellose (HPMC), Vegetable Magnesium Stearate, Natural Colours.

## Health Impact Categories

- General Wellness
- Hair, Skin & Nails
- Memory & Brain Health
- Mood & Stress
- Sleep or Energy
- Strength & Fitness

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# L-Carnitine



- L-Carnitine is best taken with food or water.
- L-Carnitine is an amino acid important for building proteins in the body. L-Carnitine can be helpful in exercise recovery, weight management, and decreasing mental fatigue.

## Food Sources

L-Carnitine can be found in meat, fish, and poultry. It can also be found in dairy products such as whole milk & ice cream. Typically food sources provide sufficient amounts for basic health, but don't account for increased need for the amino acid in certain situations.

## Safety Info

L-Carnitine is typically well tolerated, but can cause nausea & vomiting in large doses. It may also increase sweating.

L-Carnitine in large doses can be toxic, so keep away from children and consult a healthcare practitioner if you have any concerns about what dose is right for you.

L-Carnitine is beneficial for both mental and physical fatigue.

Research suggests that carnitine enhances blood and oxygen supply to muscles, to help with exercise recovery and post-exertional fatigue.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	%DV
L-Carnitine Tartrate	800 mg **

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule)

## Health Impact Categories

- Healthy Inflammatory Response
- Heart Health
- Memory & Brain Health
- Sleep or Energy
- Strength & Fitness
- Weight Management

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# L-Glutamine



- L-Glutamine should be taken with water before meals.
- Glutamine is important for building proteins within the body and providing energy to muscles. Glutamine is also essential to supporting digestive health & the immune system.

## Food Sources

L-Glutamine can be found in foods such as chicken, fish, spinach, dairy, tofu, beans, lentils, and eggs.

## Safety Info

Glutamine is typically well tolerated, but can cause mild digestive upset.

Glutamine is considered a "conditionally essential amino acid" - meaning that under certain conditions it must be obtained through nutrition as the body does not make enough.

The digestive & immune systems are closely linked through the bacteria within the gut. Glutamine is an important energy source for both the intestinal and immune cells within the gut.

Glutamine is used by bacteria in the microbiome to support hormonal and neurological health.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	%DV
L-Glutamine FCC	500 mg **

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule), Brown Rice Flour, Turmeric Root (colour).

## Health Impact Categories

- Digestion
- Healthy Aging
- Immune Support & Balance
- Strength & Fitness

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# Magnesium



- Magnesium is a mineral that is best absorbed when taken with food.
- Magnesium absorption can be enhanced by Vitamin D and inhibited by high fiber and high fat foods.
- Magnesium is an essential mineral, meaning that the body does not produce its own magnesium. Magnesium is important for the relaxation of both the body and mind. Magnesium is also important for energy production and DNA synthesis.

## Food Sources

Magnesium can be found in dark leafy green vegetables like spinach & nuts and seeds such as almonds and chia seeds.

## Safety Info

Magnesium levels can be measured in your blood by a healthcare practitioner to help confirm deficiency, however, its health benefits are beyond meeting of sufficient levels in the blood.

Large doses of magnesium can cause digestive upset, especially loose stools. Keep away from children and consult a healthcare practitioner if you have any concerns about what dose is right for you. Magnesium can affect absorption of some drugs. Take 2 hours away from all medications.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		%DV
Magnesium (from magnesium bisglycinate chelate buffered)	250 mg	60%

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule), Spirulina (colour).

## Health Impact Categories

- Digestion
- General Wellness
- Healthy Aging
- Healthy Inflammatory Response
- Heart Health
- Mood & Stress
- Sleep or Energy
- Strength & Fitness
- Weight Management

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# Marine Collagen + Vitamin C



- Marine collagen peptides are best absorbed when taken with water on an empty stomach.
- Marine collagen peptides are important for supporting healthy skin collagen levels. Marine collagen peptides are also important for skin hydration, supporting joint health, and improving cardiovascular function.

## Food Sources

Marine collagen is found in the non-edible parts of fish, including scales and skin.

## Safety Info

Marine collagen peptide supplementation improves skin hydration, elasticity, and firmness.

Marine collagen peptides with vitamin C can also help with hair and nail strength, antioxidant support, and wound healing.

Marine collagen supplementation increases collagen synthesis – assisting with bone and joint health.

The Autumn formulation contains hydrolyzed peptides and vitamin C for optimal bioavailability and health benefits.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		%DV
Vitamin C (as ascorbic acid)	100 mg	110%
Type I Hydrolyzed Fish Collagen Peptide (tilapia & pangasius)	600 mg	**

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule)

**Contains:** Fish (tilapia & pangasius)

## Health Impact Categories

- Bone & Joint Health
- Hair, Skin & Nails
- Healthy Aging
- Heart Health
- Strength & Fitness

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# Melatonin



- Melatonin should be taken within 1–2 hours before bedtime, with or away from food.
- Melatonin is important for regulating circadian rhythms and sleep cycle, which have effects on many body systems. It can also promote a healthy inflammatory response and support overall health and longevity.

## Food Sources

Melatonin can be found in eggs, fish, nuts, mushrooms & some fruits.

## Safety Info

Melatonin is a hormone made by the body's pineal gland. Melatonin production tends to decline with age, but there are many factors that influence this.

Good quality sleep is essential for general wellness, weight management, immune health, performance, and stress reduction.

Travel (jet-lag), shift work, stress, and blue light can disrupt consistent sleep cycles and melatonin production.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Melatonin	3 mg	**

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Calcium Carbonate, Microcrystalline Cellulose (MCC), Hypromellose (HPMC), Vegetable Magnesium Stearate, Sodium Alginate, Natural Colours.

## Health Impact Categories

- Digestion
- General Wellness
- Hair, Skin & Nails
- Healthy Aging
- Immune Support & Balance
- Sleep or Energy
- Strength & Fitness
- Weight Management

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# Milk Thistle



- Milk thistle is most effective when taken before or after meals.
- Silybum marianum.
- Milk thistle supports antioxidant processes throughout the body. It is also beneficial for liver detoxification, digestion, immune health, and promoting healthy blood sugar already within the normal range.

## Food Sources

Milk thistle can also be consumed as a tea, and is commonly found in in 'detox' teas.

## Safety Info

Milk thistle is generally well tolerated but can cause mild digestive upset or allergic reaction.

Milk thistle interacts with some medications. We have accounted for some interactions in your Quiz, but we always recommend checking with your healthcare provider before starting any new supplements.

Milk thistle in large doses can be toxic, so keep away from children and consult a healthcare practitioner if you have any concerns about what dose is right for you.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		%DV
Milk Thistle Extract ( <i>Silybum marianum</i> ) (standardized to 80% silymarin) (seed)	250 mg	**
Milk Thistle (seed)	250 mg	**

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule)

## Health Impact Categories

- Digestion
- General Wellness
- Hair, Skin & Nails
- Healthy Aging
- Heart Health
- Immune Support & Balance

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# Mushroom Brain Support



- Mushrooms are best taken before a meal.
- This special blend of mushrooms focuses on brain health. The Lion's Mane stimulates growth of brain cells, and can improve cognition. Both Chaga mushroom and Lion's Mane also elicit both anti-inflammatory and antioxidant activity to assist with healthy aging, mood and stress support.

## Food Sources

Although most mushrooms can be eaten as food, Lion's Mane and Chaga are not commonly found in grocery stores due to their unpleasant taste and texture.

## Safety Info

Mushrooms are typically well tolerated but can cause mild digestive upset or allergic reaction in some individuals.

Mushroom blends have been used throughout history for supporting overall immunity, vitality and longevity.

The phytochemicals in Lion's Mane include hericenones and erinacines. These compounds stimulate the growth of brain cells.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		%DV
Lions Mane (fruiting bodies)	200 mg	**
Chaga (fruiting bodies)	200 mg	**

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule), Brown Rice Flour, Maltodextrin.

## Health Impact Categories

- General Wellness
- Healthy Aging
- Healthy Inflammatory Response
- Memory & Brain Health
- Mood & Stress

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# Mushroom Immune Blend



- Mushrooms are best taken before a meal.
- Maitake Mushroom (*Grifola frondosa*), Reishi Mushroom (*Ganoderma lucidum*), Shiitake Mushroom (*Lentinus edodes*).
- This special blend of mushrooms supports the immune system through various ways. Reishi acts on the white blood cells, while the Maitake and Shiitake mushrooms stimulate cellular and humoral immune function. Powerful antioxidants phytochemicals also help to prevent damage to the cells to assist with healthy aging.

## Food Sources

Mushrooms are fungi that can be eaten cooked or raw. Although most can be eaten as food, shiitake and maitake are more commonly enjoyed in meals or snacks than reishi.

## Safety Info

Mushrooms are typically well tolerated but can cause mild digestive upset or allergic reaction in some individuals.

Mushroom blends have been used throughout history for supporting overall immunity, vitality and longevity.

Mushrooms have prebiotic properties, which can be beneficial for digestive health.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		%DV
Maitake Mushroom ( <i>Grifola frondosa</i> ) (fruiting bodies)	200 mg	**
Reishi Mushroom ( <i>Ganoderma lucidum</i> ) (fruiting bodies)	200 mg	**
Shiitake Mushroom ( <i>Lentinus edodes</i> ) (fruiting bodies)	200 mg	**

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule), Brown Rice Flour, Maltodextrin.

## Health Impact Categories

- Digestion
- Healthy Aging
- Healthy Inflammatory Response
- Immune Support & Balance

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# NAC



- NAC is best taken with meals containing protein.
- NAC is an amino acid important for producing glutathione which plays an important role in liver function, antioxidant defense, and immune support.

## Food Sources

NAC can be found most notably in onions.

## Safety Info

NAC in large doses can be toxic, so keep away from children and consult a healthcare practitioner if you have any concerns about what dose is right for you.

NAC may reduce the efficacy of some pain medications.

Supplementing with NAC can help support your natural glutathione level to maintain healthy levels and support antioxidant processes.

The antioxidant properties of NAC helps to decrease the amount of oxidative stress within the body, supporting a healthy inflammatory response & reducing damage to tissues and cells.

NAC may also be beneficial to decrease mucus production.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		%DV
N-Acetyl Cysteine (NAC)	600 mg	**

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule), Oat Fibre, Berberine (colour).

## Health Impact Categories

- Healthy Aging
- Healthy Inflammatory Response
- Heart Health
- Immune Support & Balance
- Memory & Brain Health
- Mood & Stress
- Strength & Fitness

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# Omega-3



- Omega-3 is fat-soluble, and therefore is best absorbed when taken with a meal.
- Taking Omega-3 with other fat soluble vitamins and nutrients can help increase their absorption.
- Omega-3 fatty acids are important for maintaining cell membranes & functioning. They support cardiovascular, brain, joint, skin health & assist with decreasing inflammation in the body.

## Food Sources

Omega-3 fatty acids can be found in cold-water fatty fish, nuts and seeds, and plant based oils.

## Safety Info

Omega-3 levels can be measured in your blood by a healthcare practitioner, but this is not commonly done.

Omega-3 in large doses can be toxic and cause problems with blood clotting, so keep away from children and consult a healthcare practitioner if you have any concerns about what dose is right for you.

Omega 3s can provide essential proteins and nutrients to hair follicles and assist in decreasing follicle inflammation, as well as nourishing the hair, skin, and nails.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving		%DV*
Calories	12	
Calories From Fat	10	
Total Fat	1.2 g	2%
Polyunsaturated	1 g	**
Monounsaturated	0.2 g	**
Cholesterol	12 mg	3%
Omega-3 Fatty Acids	720 mg	**
EPA (Eicosapentaenoic Acid)	432 mg	**
DHA (Docosahexaenoic Acid)	288 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* % Daily Value (DV) not established.

**Other Ingredients:** Gelatin, Glycerol, Water, Natural Lemon Flavor.

**Contains:** Fish (anchovy).

## Health Impact Categories

- Bone & Joint Health
- General Wellness
- Hair, Skin & Nails
- Healthy Inflammatory Response
- Heart Health
- Memory & Brain Health
- Mood & Stress
- Strength & Fitness
- Weight Management

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# Probiotics



- Probiotics are best when taken with food.
- Probiotics are important for restoring healthy gut flora, promoting bowel health, and regulating the digestive system. Probiotics are also important for supporting immune and brain health.

## Food Sources

Probiotics can be found in fermented foods, miso soup, kefir, sauerkraut, sourdough bread, tempeh, yogurt, kimchi, kombucha, pickles, and natto.

## Safety Info

Probiotics may be contraindicated in immunocompromised individuals. Consult your healthcare practitioner before starting any new supplements.

Probiotics may cause digestive upset.

Probiotics are live microorganisms - healthy bacteria and yeast - that live within the gastrointestinal tract.

Different strains of bacteria present in probiotics can be used in combination in order to achieve multifactorial health benefits.

Healthy bacteria that form the microbiome (or gut flora) help protect against bad bacteria, such as with food poisoning.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	%DV
<b>13 Strain Probiotic</b>	15 Billion CFU*** / 150 mg **
L. Acidophilus, L. Salivarius, L. Plantarum, L. Rhamnosus, B. Lactis, B. Bifidum, L. Fermentum, L. Reuteri, B. Longum, L. Gasserii, B. Animalis, L. Paracasei, B. Breve	

\*\* % Daily Value (DV) not established.

\*\*\* At the time of manufacture.

**Other Ingredients:** Cellulose (vegetable capsule), Brown Rice Flour, Inulin, Beetroot (colour)

## Health Impact Categories

- Digestion
- General Wellness
- Immune Support & Balance
- Memory & Brain Health
- Mood & Stress
- Weight Management

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# Resveratrol Blend



- Resveratrol is most effective when taken before or after meals.
- Vitis vinifera & Polygonum cuspidatum.
- Resveratrol is beneficial for heart health, decreasing inflammation, cognition, weight management, skin health and healthy aging.

## Food Sources

Dietary sources of Resveratrol include: red wine, grapes, peanuts, and some berries.

## Safety Info

Resveratrol is generally well-tolerated, however, can cause mild digestive upset in higher doses.

Resveratrol in large doses can be toxic, so keep away from children and consult a healthcare practitioner if you have any concerns about what dose is right for you.

Current research suggests that Resveratrol activates specific genes that decrease risk of conditions related to premature aging.

Resveratrol can assist in healthy blood sugar regulation already within the normal range by decreasing inflammation and improving insulin sensitivity.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		%DV
Red Wine Extract (skin and pulp) (providing minimum 20% total polyphenols)	150 mg	**
Resveratrol (from 60 mg of a 50% std. <i>Polygonum cuspidatum</i> root extract)	100 mg	**
Grape Seed Extract (standardized to 95% polyphenols)	75 mg	**

\*\* % Daily Value (DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule), Oat Fibre

## Health Impact Categories

- General Wellness
- Hair, Skin & Nails
- Healthy Aging
- Heart Health
- Immune Support & Balance
- Memory & Brain Health
- Weight Management

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# Vitamin A



- Vitamin A is fat-soluble and is best absorbed when taken with a meal.
- Absorption of fat soluble vitamins can be enhanced when taken with healthy fats, oils, or fish oil supplements.
- Vitamin A is an essential micronutrient for tissue health, growth and development, immune function, and reproduction.

## Food Sources

Dietary sources of active vitamin A include: meat (specifically liver), dairy, fish, and fortified cereals. Provitamin A (beta-carotene) sources include: carrots, broccoli, cantaloupe and squash.

## Safety Info

Vitamin A in large doses can be toxic, so keep away from children and consult a healthcare practitioner if you have any concerns about what dose is right for you.

Vitamin A can interact with some medications. We have accounted for some, as per the lifestyle questionnaire you completed, and adjusted your recommendation. However, it may be indicated to discuss supplementation with your healthcare provider to ensure it's right for you.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Vitamin A (as retinyl pamate)	3000 mcg	330%

\*\* % Daily Value (DV) not established.

**Other Ingredients:** Calcium Carbonate, Microcrystalline Cellulose (MCC), Hypromellose (HPMC), Vegetable Magnesium Stearate, Natural Colours.

## Health Impact Categories

- Hair, Skin & Nails
- Healthy Aging
- Immune Support & Balance
- Sleep or Energy

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# Vitamin B12



- Vitamin B12 is a water-soluble vitamin and is best absorbed when taken before a meal, with water.
- Vitamin B12 can affect sleep, so it's best taken early in the day.
- Vitamin B12 is an essential vitamin to cognition, energy, and the nervous system. Formulated with the bioavailable methylated form to maximize benefit for your health needs.

## Food Sources

B12 can be found in food such as meats & fish.

## Safety Info

B12 levels can be measured in your blood by a healthcare practitioner to help confirm ideal dosing.

Vitamin B12 can interact with some common medications. We have accounted for some, as per the lifestyle questionnaire you completed, and adjusted your recommendation. However, it may be indicated to discuss supplementation with your healthcare provider to ensure it's right for you.

Vitamin B12 is the only water-soluble vitamin that the body stores, but has no upper limit of intake and very low potential for toxicity.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Vitamin B12 (as methylcobalamin)	5000 mcg	208330%

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Calcium Carbonate, Microcrystalline Cellulose (MCC), Hypromellose (HPMC), Vegetable Magnesium Stearate, Natural Colours.

## Health Impact Categories

- General Wellness
- Hair, Skin & Nails
- Healthy Aging
- Healthy Inflammatory Response
- Heart Health
- Memory & Brain Health
- Mood & Stress
- Sleep or Energy
- Strength & Fitness
- Weight Management

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# Vitamin C



- Vitamin C is water-soluble and is easily absorbed by the body. It can be taken with or away from food.
- Vitamin C is both a powerful antioxidant but also contributes to immune health, skin health (collagen), and gut health!

## Food Sources

Vitamin C can be found in raw fruits and vegetables such as red peppers and oranges.

## Safety Info

High doses of vitamin C could contribute to the formation of kidney stones and individuals with a renal disease should consult a healthcare professional before supplementing with vitamin C.

Vitamin C can interact with some medications. We have accounted for some, as per the lifestyle questionnaire you completed, and adjusted your recommendation. However, it may be indicated to discuss supplementation with your healthcare provider to ensure it's right for you.

Vitamin C supplementation can affect the accuracy of some lab tests, ask your healthcare provider if you should discontinue it a few days before having your tests done.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		%DV
Vitamin C (as ascorbic acid)	500 mg	560%
Citrus Bioflavonoids	100 mg	**

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule), Turmeric Root (colour).

## Health Impact Categories

- Hair, Skin & Nails
- Healthy Aging
- Heart Health
- Immune Support & Balance
- Sleep or Energy

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# Vitamin D



- Vitamin D is fat-soluble and is best absorbed when taken with a meal.
- Absorption of fat soluble vitamins can be enhanced when taken with healthy fats, oils, or fish oil supplements.
- Vitamin D is produced when the skin is exposed to UV rays from the sun, but it can also be taken as a supplement and is found in some foods. It is essential in the maintenance of bone structure, cell growth, immune function, and mood.

## Food Sources

Vitamin D can be found in fatty fish, some dairy products, mushrooms, and fortified foods.

## Safety Info

Vitamin D in low doses is generally safe and well-tolerated. Vitamin D levels can be measured in your blood by a healthcare practitioner to help confirm ideal dosing.

Vitamin D can interact with some medications. We have accounted for some, as per the lifestyle questionnaire you completed, and adjusted your recommendation. However, it may be indicated to discuss supplementation with your healthcare provider to ensure it's right for you.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Vitamin D3 (as cholecalciferol)	125 mcg	625%

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Calcium Carbonate, Microcrystalline Cellulose (MCC), Hypromellose (HPMC), Vegetable Magnesium Stearate, Sunflower Lecithin, Natural Colours.

## Health Impact Categories

- General Wellness
- Hair, Skin & Nails
- Healthy Aging
- Healthy Inflammatory Response
- Immune Support & Balance
- Bone & Joint Health
- Mood & Stress
- Strength & Fitness
- Weight Management

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# Vitamin E



- Vitamin E is fat-soluble and is best absorbed when taken with a meal.
- Absorption of fat soluble vitamins can be enhanced when taken with healthy fats, oils, or fish oil supplements.
- Vitamin E is a powerful antioxidant assisting with cell repair and cellular damage. Vitamin E also plays a role in supporting the immune system and cardiovascular health.

## Food Sources

Vitamin E can be found in foods such as nuts and seeds, vegetable oils, green leafy vegetables, and fortified cereals.

## Safety Info

Vitamin E in large doses can be toxic & increase risk of bleeding, so keep away from children and consult a healthcare practitioner if you have any concerns about what dose is right for you.

Vitamin E can interact with some medications. We have accounted for some, as per the lifestyle questionnaire you completed, and adjusted your recommendation. However, it may be indicated to discuss supplementation with your healthcare provider to ensure it's right for you

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		%DV
Vitamin E (as mixed tocopherols and tocotrienols)	270 mg	1800%

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Hypromellose (HPMC), Sunflower Lecithin.

## Health Impact Categories

- Bone & Joint Health
- Healthy Aging
- Healthy Inflammatory Response
- Heart Health
- Immune Support & Balance
- Memory & Brain Health

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# Zinc



- Zinc is a mineral and is best absorbed when taken with food.
- Zinc absorption can be inhibited by foods such as whole-grain breads & cereals.
- The Autumn formulation also contains copper, to reduce risk of copper deficiency with long-term zinc supplementation.
- Zinc is an essential mineral, meaning that the body does not produce it's own Zinc. It is important for immune function, skin & digestive health.

## Food Sources

Zinc can be found in meat, shellfish, nuts and seeds. Examples of these include beef, oysters, crab, lobster, cashews, and pumpkin seeds.

## Safety Info

Zinc levels can be measured in your blood by a healthcare practitioner to help confirm ideal dosing and safety.

Zinc in large doses can be toxic, so keep away from children and consult a healthcare practitioner if you have any concerns about what dose is right for you.

Zinc can cause mild digestive upset if taken on an empty stomach. It can also impact iron and medication absorption. Take Zinc 4-6 hours away from these.

## Nutritional Info

### Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		%DV
Zinc (from zinc glycinate chelate)	30 mg	270%
Copper (as copper gluconate)	4 mg	440%

\*\* % Daily Value (%DV) not established.

**Other Ingredients:** Cellulose (vegetable capsule), Brown Rice Flour, Spirulina (colour).

## Health Impact Categories


- General Wellness
- Hair, Skin & Nails
- Healthy Inflammatory Response
- Immune Support & Balance
- Memory & Brain Health
- Mood & Stress
- Strength & Fitness

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We're here for you

 1-866-728-8866

 [support@tryautumn.com](mailto:support@tryautumn.com)

We're also very social

Find us below as Autumn DNA

