

BIOGLAN

1. ARTHRITIS, JOINT + HEALTH:

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENTS</u>
Accelerex fish oil + glucosamine	15mL daily	3000mg omega 3 1500mg glucosamine
Accelerex tablets	2 daily	3 x faster pain relief than glucosamine alone Glucosamine HCL 750mg Amino acids 350 IU of D3, boron, creatine and manganese
Accelerex pain EASE cream	Apply to the area 4 to 6 times daily	Rosemary 90m Arnica 230mg Sandalwood 3.5mg Emu-oil 20mg
Accelerex painEASE spray	Apply to the area 4 to 6 times daily	Rosemary 60mg Arnica 125mg Eucalyptus 6mg
Odourless fish oil 1000mg	General: 1 three times daily, joint: 2 three times daily	1000mg fish oil which has EPA 180mg and DHA 120mg
Odourless fish oil 1500mg	General: 2 daily Cardio: 2 daily Joint: 4 twice daily	1500mg fish oil which has EPA 270mg and DHA 180mg
Red krill oil Triple action 500mg	General: 1 daily, heart/cholesterol: 2 twice daily	Has 500mg krill oil
Red krill oil Double strength 1000mg	1-2 daily	1000mg krill oil
Super omega 3 double strength	General: 1 daily	1200mg fish oil which has EPA 360mg and DHA 240mg
Super flex glucosamine liquid 1500mg	15mL daily	1500mg glucosamine HCL
Super flex glucosamine capsules	1 daily	1500mg glucosamine HCL
Super flex mobility plus	2 daily	Glucosamine HCL 750mg and Chondroitin 600mg
Super flex vegetarian glucosamine 1500mg	1 daily	Glucosamine HCL 1500mg
One-A-Day super fish oil	1 daily	500mg fish oil which has EPA 165mg and DHA 110mg
Super fish oil advance	1 to 3 daily.	500mg fish oil which has EPA 165mg and DHA 110mg Plus D3 250IU and iodine
Super fish oil super strength	1 daily	750mg omega 3 which has EPA 247.5mg and DHA 165mg
Red krill oil + glucosamine	1 daily	

2. BONE AND MUSCLE HEALTH:

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENTS</u>
Bioactive magnesium	1 daily	325mg magnesium
Calcium bone builder	1 to 3 daily	Calcium is 334mg, D3 134IU, Magnesium, zinc, manganese and more
Vitamin D3	1 daily	1000 IU D3 one daily

3. COLD AND FLU:

<u>PRODUCTS</u>	<u>DOSE</u>	<u>COMMENTS</u>
Airborne immunity	2 daily for 5 to 7 days for a cold. Then down to 1 daily	Garlic 2000mg, Echinacea 750mg, Olive leaf 100mg, Zinc, vitamin C and citrus bioflavonoids
Calcium C powder	1G daily (0.25 teaspoon)	Non acidic vitamin C, 826mg vitamin C
Echinacea high potency 5000mg	2 four times daily	Echinacea 2.5G, Vitamin C 125mg, Vitamin E 30 IU, zinc and beta-carotene
Mega garlic, C + horseradish	1-2 twice daily	Garlic 300mg, Horseradish and vitamin C 500mg, Fenugreek and marshmallow
Throat clear honey + lemon/original	1 every 2 to 3 hours. Maximum of 8 per day	Echinacea, vitamin C, eucalyptus, peppermint, anise oil, zinc, thyme.
Vitamin C 1000mg	1 daily, up to 2 daily when cold	1000mg vitamin c

4. DIGESTION:

<u>PRODUCTS</u>	<u>DOSE</u>	<u>COMMENTS</u>
IBx IBS + Indigestion	1-2 twice daily	Slippery elm, artichoke, tumeric, chamomile, lemon palm and peppermint
ProbiomaX 50 Super strength	1 daily	50 billion good bacteria
DigestEZE	1 three times daily before food	Contains digestive enzymes
Intense Cleanse	Detox program	Slippery elm, milk thistle, rosemary, amino acids, and more
Probiotic	1 daily	25 billion good bacteria Fridge free probiotic

5. ENERGY:

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENTS</u>
CoQ10 50mg	1 daily	1 daily
Executive B stress relief	1 morning	High b group vitamins, vitamin C, magnesium and zinc plus more
Mega B	1 daily	B-group vitamins
Mega multi	1-2 daily	26 ingredients
GinSyndergy plus Rhodiola	2 daily	Rhodiola, Siberian ginseng, Korean ginseng, withania
Men's dual action multi	1 morning	29 ingredients. Has a bilayer where it has an immediate and sustained release design
Men's multi + krill oil	1 daily	Multi vitamin, Krill oil
Stat guard	1 daily	CoQ10 100mg, Vitamin E 200IU, Zinc 14mg
Stat guard forte	1 daily	CoQ10 150mg, Vitamin E 200 IU, Zinc 14mg
Women's multi	1 morning	29 ingredients
Women's multi + krill oil	1 daily	

6. GENERAL HEALTH:

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENTS</u>
Brahmi + Ps + Gingko FOCUS	1 to 3 daily	Brahmi 2.4G, Gingko 2.9G, Lecithin and gotu kola
Chia omega 500mg	1 to 2 daily	
Chia omega double strength 1000mg	1 daily	
Cholesterol guard	General: 2 daily cholesterol: 2 to 3 daily	500mg krill oil, 50mg CoQ10, Vitamin E 100IU, Zinc 7mg
Daily repair hair, skin and nails	1 daily	12 ingredients, Selenium, silica, vit E and beta-carotene
Gingko biloba 2000mg	1 daily	1 daily
Melatonin	1 to 3 daily. Insomnia: 3-5 tablets 30 minutes before bed	Homeopathic range
SAMe	1 to 3 daily	SAMe and folic acid and B6, 12
Sleep well travel pack	Jetlag, insomnia	melatonin, cofea Arabica, ataphysagria
ResveratoX 200 super strength	1 daily	resveratrol, vitamin C, beta-carotene, vitamin E, selenium, citrus bioflavonoids
Vitamin E 1000IU	1 daily	1000 IU
Super 3 omega 3 brain power	2 daily	750mg omega 3, gingko, brahmi, zinc, B12, 6, vitamin c, magnesium plus more
Pros-8	1 daily	Saw palmetto 3.35G, Zinc, selenium, tumeric, resveratrol, pomegranate, vitamin E and lycopene
Pure cranberry 10,000mg	1-2 daily	Cystitis relief

7. KIDS:

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENTS</u>
Kids gummies multi for girls	2-3 years: 1 daily Over 4 years: 2 daily	Contains 9 vitamins, Spinach, tomato carrot, beetroot, and artichoke.
Kids gummies multi for boys	2-3 years: 1 daily Over 4 years: 2 daily	Contains 9 vitamins, Spinach, tomato carrot, beetroot, and artichoke.
Kinds gummies omega 3 fish oil	Over 2 years: 2 daily	EPA 14mg and DHA 32mg
Kids probiotic choc balls	1 daily	1 billion probiotics

8. SUPER FOODS:

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENTS</u>
Acai + berry powder	1-2 teaspoons daily	
Chlorophyll liquid	5-15mL in the morning before food	
Spirulina powder	Initially: 0.5 teaspoon daily	

	Maintenance: 1 teaspoon daily Optimal: 3 teaspoon daily	
Chia seeds	Contains B12, 5, 3,2,1, beta-carotene, potassium and sodium	