

BLACKMORES

1. **ARTHRITIS/JOINT/BONE/MUSCLE:**

PRODUCT	DOSE	INGREDIENTS
Celery 3000	1-2 daily	Celery 3 G and Celery seed oil 2 mg
Glucosamine sulphate complex 1000	2 daily	Glucosamine sulphate 750mg
Glucosamine sulphate 1500mg	1 daily	Glucosamine sulphate 1500mg
Glucosamine + Fish oil	1 three times a day	Glucosamine sulphate 500mg, Omega 3's 150mg: EPA 90mg, DHA 60mg
Joint formula advanced	A twice daily	Glucosamine sulphate 750mg, Chondroitin 400mg, Manganese 1mg, Boron: 1mg
Joint formula with Glucosamine + chondroitin	1 twice daily	Glucosamine sulphate 750mg, Chondroitin 225mg, Manganese 1mg, Boron: 1mg
Cal-D	1 daily	Calcium 600mg, Vitamin D 3: 500IU
Total calcium+ Magnesium + D3	1 once to four times daily	Calcium: 229.2mg, Magnesium: 115.9mg, Zinc: 2.5mg, Manganese: 1.5mg, K1: 5mcg, D3: 200IU, vitamin C: 60mg, Folic acid: 100mcg
Vitamin D3	1 daily	Vitamin D3: 1000 IU
Joint formula advanced with MSM booster	1 teaspoon daily	Glucosamine sulphate: 1500mg, Chondroitin sulphate: 800mg, MSM: 1500mg
Vegetarian glucosamine sulphate complex	2 daily	Glucosamine sulphate: 1000mg
Flexagil pain relief cream	Apply three to four times	Comfrey 175mg/g
Magnesium compound	1 three times daily	Sodium: 64.7mg, Magnesium: 20.7mg, potassium: 11.2mg
Magnesium powder	1 teaspoon daily	Magnesium: 310mg, taurine, glutamine, Calcium: 65mg, Vitamin C: 100mg, B: 25mg, B2: 5mg, B3: 25mg, B5: 45.8mg, B6: 50mg, B12: 20mcg, Folic Acid: 150mcg, Selenium, potassium, chromium, L-Carnitine
Bio Magnesium	1 daily	Magnesium: 300mg, B6: 50mg, D3: 100IU, Manganese: 4mg, calcium ascorbate: 50mg

2. **BRAIN:**

PRODUCT	DOSE	COMMENT
Ginkgo brahmi	1 twice daily	Brahmi: 3G, Ginkgo: 3 G
Ginkgo forte	1 three times daily	Ginkgo: 2G

3. **CHILDREN'S HEALTH:**

PRODUCT	DOSE	INGREDIENTS
Kids fruity fishes	Over 1 years: 1 daily	Omega 3's: 300mg EPA: 175mg, DHA: 125mg
Kids mineral minds	2-6 yrs: 1 daily, 6-12 yrs: 2 daily	B6: 3mg, B12: 12mcg, C: 25mg, Folic acid: 100mcg, iodine: 75mcg, iron: 5mg, magnesium: 35mg, zinc: 4mg
Kids immunities	Over 2 years: 2 daily	Vitamin A: 100mcg, C: 60mg, D3: 200 IU, E: 7IU, Zinc: 2.5mg
Kids multivitamin	2-6 yrs: 1 daily, 6-12 yrs: 2 daily	18 vitamins and minerals

4. **COLD, FLU, IMMUNITY:**

PRODUCT	DOSE	INGREDIENTS
Olive leaf extract	Adult: 5 mL twice-three times daily,	Olive Leaf 5 G
Cough combat	Suitable for over 6 months; but need to speak to pharmacist	Ivy extract: 228mg
Cold and flu day/night	1 three times daily and 1 night tablet before bed	Echinacea: 4.2G, Eucalyptus oil, willowbark: 1.6G, Holy basil: 1.5G, Hops: 500mg (night time tablets)
Echinacea ACE + Zinc	1 three times daily	Echinacea: 500mg, betacarotene: 3mg, B5: 25.7mg, C: 250mg, B6, Vit E: 50IU, Zinc: 6.5mg
Echinacea forte	2 three times daily	Echinacea: 3G
Echinacea liquid	1-2 mL three times daily	Echinacea: 1G
Odourless garlic	1-2 three times daily,	Garlic: 30mg, Parsley: 20mg
Super strength horse radish	1-2 tablets twice daily	Horseradish: 1.8G, garlic: 1G, vit C: 500mg, fenugreek: 50mg

Bio C 1000mg	1 daily	Vit C: 1000mg, bioflavonoids: 25mg, hesperidin: 25mg, rutin: 50mg, Acerola: 50mg
Echinacea citrus throat lozenges	1 every 2 to 3 hours	Echinacea: 500mg, vitamin C: 46.5mg, eucalyptus oil
Sustained release C	1 daily to twice daily	Vit C: 500mg, bioflavonoids: 25mg, hesperidin: 25mg, rutin: 50mg
Bio C chewable	Adults: 1 twice daily	Vitamin C: 500mg, bioflavonoids: 10mg, rosehip: 250mg
Bio C powder	Adults: 1 gram three times daily	Vitamin C: 779mg, bioflavonoids: 40mg, rutin: 40mg, hesperidin: 20mg and Acerola: 160mg
Lyp-sine	Prevention: 2 daily, Acute: 2 twice daily	Lysine: 500mg, C: 250mg, Zinc: 10mg
Cod liver oil 1000mg	Adults: 1 three times	Codaliver: 1G; contains Vitamin A: 1000IU and D3: 100IU
Immunodefence	2 daily	Lactoferrin bovine: 100mg, D3: 400IU and Zinc 2.5mg

5. DIGESTIVE HEALTH:

PRODUCT	DOSE	INGREDIENTS
Peritone	1 daily	Cape aloes, cascara, ginger, cardamom and peppermint oil
10 day detox program	Take as per 10 day detox program	Colon care, acidophilus bifidus, milk thistle, digestive bitters; to detox intestines, stomach and liver
Kick start detox	1 three time daily for 2 weeks	Globe artichoke, burdock, bitter orange and choline
Digestive bio balance	1 daily	Lactobacillus reuteri 200 million bacteria (no refrigeration)
Colon care	1-3G at night	Senna 500mg, buckhorn, psyllium, fennel, uva ursi and agar
Milk thistle	1 three times daily	Milk thistle: 7G
Acidophilus bifidus	1 three times daily	Lactobacillus acidophilus and Bififobacterium animalis 1 billion organisms (refrigeration)

6. ENERGY:

PRODUCT	DOSE	COMMENT
Korean ginseng	1 twice daily	Korean ginseng: 500mg
Megan B complex	1 daily	B1: 50mg, B2: 30mg, B3: 100mg, B5: 50mg, B6: 50mg, B12: 50mcg, choline: 50mg, biotin: 50mcg, inositol, folic acid: 300mcg
Vitamin B 12	1 twice daily	B12: 100mcg

7. EVERYDAY HEALTH:

PRODUCT	DOSE	COMMENT
Alive Men's 50 + multivitamin	1 daily	20 fruit/vegetable powders, 27 vitamins/minerals, 5 digestive enzymes
Alive Men's multivitamin	1 daily	20 fruit/vegetable powders, 25 vitamins/minerals, 5 digestive enzymes
Alive Women's multivitamin	1 daily	20 fruit/vegetable powders, 27 vitamins/minerals, 5 digestive enzymes
Selemite B	1 daily	Selenium: 100mcg
Bio ACE Excell	1 twice daily	Grape seed: 1.2G, milk thistle: 700mg, selenium, betacarotene, B1, B5, B6, B12, Vit C, Vit E
Grape seed forte	2 daily	Grape seed 12G
Sustained release multi + antioxidant	1 daily	24 vitamins and minerals
Proactive multivitamin for 50 +	1 daily	24 vitamins and minerals including CoQ10
Men's performance multivitamin	1 daily	21 ingredients; including Tribulus, ginkgo and milk thistle
Teen multivitamin for girls	1 daily	21 ingredients; including fish oil, chromium, iodine and iron

8. EYE:

PRODUCT	DOSE	COMMENT
Lutein vision	1 daily	Marigold: 600mg, selenium: 26 mcg
Bilberry eyestrain relief	1 twice to three times daily	Bilberry: 5G
Lutein vision advanced	2 daily	Marigold: 500mg, Selenium: 50mcg, Zeaxanthin 1 mg, omega 3: 500mg
Vitamin A 5000	1 daily	Vitamin A: 5000IU
MacuVision	1 daily	Vitamin C: 250mg, Vit E: 200IU, Zinc: 40mg, Copper: 1mg

9. HEART AND CIRCULATION:

PRODUCT	DOSE	COMMENT
Cholesterol health	1 twice daily	Plant sterols: 1G, betacarotene: 1.5mg
Cardiwell omega	2 daily	Omega 3: 250mg EPA: 147mg, DHA: 103mg, CoQ10: 50mg

CoQ10 150mg	1 daily	CoQ10 150mg
COQ10 75mg	Cellular energy: 1 daily, heart health: 2 daily	CoQ10 75mg
Vitamin E 1000IU	1 daily	Vitamin E: 1000IU
Vitamin E 250IU	1 daily	Vitamin E: 250IU
Fish oil 1000	Support: 2 daily, arthritis: 4 three times daily	Omega 3: 300mg EPA: 180mg, DHA: 120mg
Flaxseed oil	2-4 caps three times daily	Flaxseed oil: 1G; contains omega 3, 6 and 9

10. MEN'S HEALTH:

PRODUCT	DOSE	COMMENT
Proseren saw palmetto	1 twice daily	Saw palmetto: 1.6G
Prostate health	1 twice daily	Saw palmetto: 1.6G, nettle: 1.1G, lycopene: 2.5mg, Vit E: 75 IU, Selenium: 50mcg, zinc: 7.5mg

11. NAILS, HAIR, SKIN:

PRODUCT	DOSE	COMMENT
Nails, hair. Skin	1 twice daily	Silica: 25mg, horsetail: 466mg, vit C: 30mg, folic acid: 150mcg, B5:20mg, Iron: 3mg, zinc: 7.5mg, manganese: 1mg, biotin: 1.3mg, betacarotene: 1mg
Silica compound	1 three rimes daily	Sodium: 200mg, silicon: 11.7mg
Radiance	1 twice daily	CoQ10, Green tea, grape seed, bioflavonoids, vitamin E, selenium and zinc
Bio Zinc	1 daily	Zinc: 25mg, Magneisum: 25mg, Manganese: 2mg, Vit A: 2500IU, B6: 50mg
Radiance by Blackmore's skin defence	2 daily	Burdock, milk thistle, zinc, copper, selenium, Vit C and B6
Skin support	2 daily	Echinacea: 500mg, calendula: 250mg, zinc: 15mg, betacarotene: 750mg

12. NUTRITIONAL OILS:

PRODUCT	DOSE	COMMENT
Omega daily liquid fish oil	General: 1-2mL daily Arthritis: 5mL daily	Omega 3: 2.8G: EPA 1.7G and DHA: 1.1G
Omega triple	General: 1 daily Arthritis: 1 three times daily	Omega 3: 900mg: EPA 528mg and DHA: 372mg
Odourless fish oil + D3	2 daily	Omega 3: 300mg: EPA: 180mg and DHA: 120mg and D3: 500IU
Lyprinol	2 twice daily for 8 weeks then 1 twice daily	Green lipped mussel: 50mg
Odourless fish oil	Gen: 2 daily, Arthritis: 4 three times daily	Omega 3: 300mg: EPA: 180mg and DHA: 120mg
Omega brain	1 twice daily	Omega 3: 600mg: EPA: 100mg and DHA: 500mg
Omega daily	1 daily	Omega 3: 600mg: EPA: 351.7mg and DHA: 248.3mg
Omega joint	1 twice daily	Omega 3: 670mg: EPA: 550mg and DHA: 120mg

13. STRESS RELIEF:

PRODUCT	DOSE	INGREDIENTS
Sleep sound formula	2 tablets 30 minutes before sleep	Valerian: 1.2G, lemon balm: 825mg, magnesium: 55mg
Executive sleep formula	1 tablet 30 minutes before sleep	Hops: 250mg, passionflower: 2G, lemon balm: 1200mg
Tranquil night	2 tablets 30 minutes before sleep	Lavender: 600mg, HOPS: 250mg, oats: 250mg
Valerian forte	1 tablet 30 minutes before sleep	Valerian: 2G
St Johns Wort	1 three times daily	St John's Wort: 1.8G
Executive B stress formula	1 twice daily	B1: 75mg, B2: 10mg, B3: 100mg, B5: 68.7mg, B6: 25mg, B12: 30mcg, biotin: 20mcg, Vitamin C: 130mg, E: 50IU, magnesium, folic acid: 150mcg, oats: 250mg, passionflower: 100mg, lecithin: 50mg, choline: 25mg, inositol: 25mg
Women's D-Stress	1 twice daily	B1: 12.5mg, B: 12.5mg, B3: 25mg, B5: 33.7mg, B6: 25mg, B12: 25mcg, C: 75mg, biotin: 37.5mg, folic acid: 150mcg, magnesium, zinc: 6mg, winter cherry: 1.5G

14. **WOMEN'S HEALTH:**

PRODUCT	DOSE	INGREDIENTS
Metabolism advantage	1 daily	22 vitamins and minerals; including chromium, and capsicum
Sugar balance	1 three times daily	14 vitamins and minerals; including chromium
i-folic	1 daily	Iodine: 150mcg, folic acid: 500mcg
Women's bio balance	1-2 daily	Lactobacillus rhamnosus + Lactobacillus reuteri: 2.3 billion organisms
Cranberry 15000	1-2 daily	Cranberry: 15000mg, Vit C: 50mg
Bio iron	1 three times daily	Iron: 5mg, vit C: 100mg, folic acid: 166.5mcg, B12: 50mcg, nettle: 100mg
Evening primrose	1-3 daily	EPO: 1G which has 100mg GLA
B6	1 daily	B6: 240mg
Vitex agnus catus	1 three times daily	Chaste tree: 660mg
Morning sickness formula	1 three times daily	B6: 25mg and ginger: 400mg
Folate	1 daily	Folic acid: 500mcg
Pregnancy and breastfeeding gold	2 daily	EPA: 25mg, DHA: 125mg, B1: 500mcg, B2: 750mcg, B6: 750mcg, B12: 1.5mcg, Vit C: 30mg, D3:250IU, Vit E 5.2IU, folic acid: 250mcg, iron: 5mg, Magnesium 30mg, zinc: 8mg, iodine: 125mcg, calcium hydrogen phosphate: 200mg
Evening primrose + fish oil	1-3 daily	EPO: 500mg which has 50mg GLA, Fish oil omega 3: 150mg EPA: 890mg and DHA: 60mg