

CENOVIS:

1. ARTHRITIS, BONES, MUSCLES:

| PRODUCT | DOSE | COMMENT |
|--------------------------------------|---|--|
| Celery 2500 | 1 to three daily | Celery 2.5G |
| Osteo Relief + MSM | Fast relief: 3 daily. Maintenance: 2 daily | Glucosamine HCL 750mg, Chondroitin 200mg, MSM 500mg |
| Mega calcium + D | 2 daily | 600mg Calcium in the carbonate form, 400 IU D3, Iron, magnesium, manganese |
| Vitamin D3 | 1 daily | 1000 IU D3 |
| Magnesium | 1-2 daily | Magnesium 325mg, manganese and B6 |
| Glucosamine 750 | 2 daily | 750mg glucosamine HCL |
| Once daily Glucosamine 1500 | 1 daily | Glucosamine HCL 1500mg |
| Joint repair glucosamine + fish oil | 1 three times daily | Glucosamine HCL 500mg, Fish oil 500mg which has EPA 90mg and DHA 60mg |
| Joint repair krill oil + glucosamine | 3 daily | Krill oil 100mg, Glucosamine HCL 500mg |
| Once daily multi + krill + fish oil | 1 daily | 28 ingredients, Not to be used in pregnancy |

2. DIGESTIVE BALANCE + DETOX:

| PRODUCT | DOSE | COMMENT |
|---------------------------------|--|---|
| Liver detox | Detox: 1 three times a day for 10 days Maintenance: 1 daily | Milk thistle 1000mg, schizandra 500mg, taurine, green tea, dandelion, globe artichoke |
| Liver support milk thistle 7000 | 3 daily | Milk thistle 7000mg |

3. KIDS HEALTH:

| PRODUCT | DOSE | COMMENT |
|------------------------------------|--|--|
| Vita fizzles multi | Over 4 years: 1 tablets in 200mL water | 13 ingredients, Strawberry flavour |
| Vita fizzles vitamin C | 4-11 years: 1 daily Over 12 years : 2 daily in 200 mL water | Orange flavour, 483 mg vitamin C, Acerola |
| Vita tingles multi + fruit + veges | 2-7 years: 1 daily 8-11 years: 2 daily | Strawberry chewable tablets, 22 ingredients and extracts from fruit and vegetables |
| Vita tingles vitamin C | 2-7 years: 1 daily chew 8-11 years: 2 daily chew | 200mg vitamin C, elderberry, orange/strawberry/carrot powder |

4. COLDS, IMMUNITY + HAYFEVER:

| PRODUCT | DOSE | COMMENT |
|-------------------------------------|-------------------------------------|--|
| Garlic | 1 twice daily | 3000mg garlic, Low odour formulation with peppermint flavour |
| Garlic + horseradish _ C complex | 2 three times daily | 300mg garlic, horseradish 500mg, vitamin 250mg, fenugreek, marshmallow |
| Mega C 1000mg orang/lemon | 1 to 3daily | 1000mg vitamin C |
| Vitamin C 250mg | Adults: 4 daily | 250mg vitamin C |
| Echinacea 5000 | 2 to 3 daily | 5000mg Echinacea |
| Allergy + hay fever relief | 2 daily | Perilla frutescens 1.5G, Vitamin C, Citrus bioflavonoids |
| Cold and flu relief with olive leaf | 1 twice daily at first sign of cold | Olive leaf: 1.75mg, 1750mg vitamin C, wellMUNE WGP plus more |
| Echinacea, garlic, zinc and c | 1 three times daily | vitamin C 500mg, Echinacea 1000mg, zinc 2mg, garlic: 100mg |
| Sugarless C 500mg | 2 daily | 500mg vitamin C |

5. SLEEP + STRESS RELIEF:

| PRODUCT | DOSE | COMMENT |
|----------------------------|----------------------------------|----------------------|
| Gingko biloba2000 | 1 three times daily | Gingko 2000mg |
| Easy sleep valerian 2000mg | 2 capsules 30 minutes before bed | 2000mg valerian |
| St johns wort 2000 | 2-3 tablets daily | 2000mg St Johns Wort |
| Chill pill | 1-2 daily | Rhodiola and hops |

6. HEART HEALTH:

| PRODUCT | DOSE | COMMENT |
|-----------------|-----------|------------------|
| Mega E 500 IU | 1 daily | 500 IU vitamin E |
| Vitamin E 250IU | 1-2 daily | 250 IU vitamin E |
| Co Q10 75mg | 1-2 daily | 75mg CoQ10 |

7. MULTI-VITAMINS:

| PRODUCT | DOSE | COMMENT |
|---|--------------------|---|
| Once daily men's multi | 1 daily in morning | 28 ingredients including fish oil |
| Once daily 50 + multi | 1 daily in morning | 28 ingredients including flaxseed oil |
| Multivitamin + minerals | 2 daily | 19 ingredients |
| Once daily women's multi | 1 daily morning | 28 ingredients including Evening primrose oil |
| Once daily women's multi + energy boost | 1 daily | Has evening primrose oil and fish oil 30 ingredients |
| Once daily men's multi + performance | 1 daily morning | 29 ingredients Has CoQ10 and ginseng |
| Once daily multi + krill + fish oil | 1 daily | 500mg fish oil, 100mg krill oil 28 ingredients |
| Once daily multi + hair | 1 daily | 29 ingredients |

8. FISH OILS:

| PRODUCT | DOSE | COMMENT |
|--------------------------------------|---|--|
| Odourless cod liver oil | 3 twice or three times daily | Cod liver 275mg which is omega 3 rich and high in Vitamin A 165 IU and 16.4 IU D3 |
| Once daily fish oil plus | 1 daily | 1000mg fish oil which has EPA 175mg and DHA 70mg plus another source which has EPA 160mg and DHA 115mg |
| Fish oil 1500mg | General: 2 daily Joint: 3 twice daily heart and brain: 2 twice daily | Fish oil 1.5G which has EPA 270mg and DHA 180mg |
| Joint repair glucosamine ++ fish oil | 1 three times daily | Glucosamine HCL 500mg Fish oil 500mg which has EPA 90mg and DHA 60mg |
| Fish oil 1000mg with omega 3 | General: 1 three times daily Cholesterol: 2 three times daily Arthritis: 3 three times daily | 1000mg fish oil which has EPA 180mg and DHA 120mg |
| Krill oil + fish oil | Arthritis/joints: 1 daily. Heart/cholesterol: 2 daily | Krill 350mg and 385mg fish oil which has EPA 153.8mg and DHA 96.3mg |
| Joint repair krill oil + glucosamine | 3 daily | Krill oil 100mg Glucosamine HCL 500mg |
| Once daily multi + krill + fish oil | 1 daily | 100mg krill oil which has EPA 89.5mg and DHA 55.5mg |

9. WOMEN'S HEALTH:

| PRODUCT | DOSE | COMMENT |
|-------------------------------------|------------------------------|--|
| Iron plus | 1 daily | Iron 5mg Folic acid, vitamin C, B6, B12 |
| Folic acid 500 mcg | 1 daily | 500mcg folic acid |
| Pregnancy and breastfeeding formula | 2 daily | Fish oil 500mg which contains EPA 35mg and DHA 135mg |
| Cranberry 10000 | 1-2 daily | Cranberry 10,000mg and vitamin C 100mg |
| Evening primrose oil 1000mg | 1 twice to three times daily | Equivalent to GLA 100mg |
| Hair, skin and nails | 1 twice daily | 43 ingredients; Contains amino acids, iron, b vitamins, zinc and A and E |

10. MEN'S HEALTH:

| | | |
|-----------------------------------|---------------|----------------------------|
| Zinc plus | 1 twice daily | 25mg zinc Manganese, B6 |
| Prostate health saw palmetto 3200 | 1 twice daily | 3.2G saw palmetto |

11. ENERGY + VITALITY:

| PRODUCT | DOSE | COMMENT |
|------------------------------|---------------------------|-------------------------------|
| Guarana 2000 + ginseng 500mg | 1 daily | 2000mg guarana, 500mg ginseng |
| B complex | Over 12: 1-2 daily | |
| Mega B | 1 daily | 11 ingredients |