

ETHICAL NUTRIENTS

1. PROBIOTICS:

PRODUCT	DOSE	COMMENT
Eczema relief	Adult: 2 daily Child: 1 daily	10 billion of the LGG strain of probiotic
Eczema Shield	Mothers: 4G in last two months pregnancy Children: 0.5 teaspoon daily	20 billion of the LGG strain of probiotic, taken during pregnancy and breastfeeding to reduce the risk of eczema
Gastro Relief	Treatment: Adult: 1-2 twice daily Children 3months-12 years: 1 twice daily Prevention: 1 daily	5 billion LGG strain and 5 billion if the saccharomyces cereusia strain
IBS support	Children > 5 years : 1 daily	20 billion of the lactobacillus plantarum strain
Inner health plus powder	0.5 teaspoon in water twice daily	15 billion good bacteria
Inner health Candex	1 daily	40 billion good bacteria
Inner health plus dairy free	1.5 G twice daily	Gluten and dairy free, 15 billion of the bacteria
Inner health plus for kids	> 3 months: 2.6G daily If on antibiotics then take twice daily	13.5 billion bacteria, Mix into juice or milk or water
Travel bug	Prevention: 1 daily at breakfast starting 5 days before leaving Treatment: 1-2 twice daily 3months-12 years: 1 twice daily	5 billion saccharomyces cereusia strain

2. FISH OIL, ARTHRITIS, PAIN RELIEF:

PRODUCT	DOSE	COMMENT
Back pain control	Acute: 1 scoop in 200mL water four times daily. Maintenance: 1 scoop twice daily	Contains 150mg of magnesium
Glucosamine joint ease	1-2 daily	Glucosamine sulphate 1G
Hi strength evening primrose oil	Adults: 1 to 3 daily 6-12: 1-2 daily	1.3G evening primrose oil which is 123.5G GLA
High strength fish oil capsules	Arthritis, cholesterol and brain: 2 twice daily heart: 2 daily Maintain heart/cardio: 1 daily	1.2G Omega 3 which has EPA 463mg and DHA 231mg
High strength liquid fish oil	Arthritis, cholesterol and brain: 5 mL daily. General wellness: 1.25 mL daily	4.6G omega 3 which has EPA 1.9G and DHA 927mg
High strength fish oil for kids	>1 year: 2.5mL daily	2.3G omega 3 which has EPA 209mg and DHA 1G
Injuraid	1-3 daily	
Joint ease combination	1 twice to three times daily	Glucosamine sulphate, chondroitin, zinc, manganese and copper
Pain relief	Acute: 2 three times daily. Maintenance: 1 twice daily	Turmeric and boswellia Used for joint, muscle, arthritis and period pain
Primrose, fish oil + Vitamin E	Arthritis, heart, skin: 4 three times daily	Fish oil 500mg which has EPA 90mg and DHA 60mg Evening primrose oil 500mg which has GLA 50mg Vitamin E 50IU

3. HIGH ABSORPTION MINERALS:

PRODUCT	DOSE	COMMENT
Ethical bone builder with D tablets	1 three times daily	Calcium 366.5mg, Boron, Vitamin K, D3 333.33IU
Ethical bone builder with D powder	1 scoop in 100mL water daily	Calcium 1000mg, D3 1000IU, Boron, vitamin K Can give to kids over 1 year old

Iron max	1 daily	Iron 24mg, Vitamin C 80mg, Vitamin B6, B12 and folic acid
Iron plus	1 daily	Contains 20mg iron, chickweed, vitamin C 165mg, thiamine, beta-carotene, pyridoxine, B12, folic acid
Mega magnesium tablets	1 daily. Stress/cramps: Take 2 daily.	Magnesium 200mg, zinc, B6, chromium, selenium.
Mega magnesium powder	1 scoop twice daily	Magnesium 300mg, taurine, vitamin C 300mg, calcium 67.6mg, vitamin K, B6
Relax and recharge	2 scoops in 200mL twice daily	Magnesium 300mg, b-group vitamins, zinc, iodine, selenium, rhodiola
Zinc fix	2G daily	Contains 22.5mg of zinc
Zinc maintain	1G daily	45mg of zinc

4. IMMUNE:

PRODUCT	DOSE	COMMENT
Bioflavonoids + vitamin C	Over 2 years: 1 twice daily	Vitamin C 500mg, Citrus bioflavonoids 500mg
Chesty cough relief	2-4 years: 5mL >5 years: 7.5mL every 4 hours for both	For a wet and chesty cough
Cold and flu relief	2 three times daily. runny nose/congestion: 1 three times daily	Horseradish 2G, elderflower 2G, white flower 1G
Extra C powder/tabs	1 daily	Powder:638.5mg, Tablets: 980mg vitamin C
Immune defence	Prevention: 1 daily. Treatment: 1 twice daily	Not to be used in pregnancy. Andrographis. Ginseng, Echinacea, zinc, vitamin
Lysine	Prevention: 1 daily for Treatment: 1 twice daily.	Astragalus 2G, lysine 800mg, vitamin C 250mg and zinc 12mg
Sinus + hay fever relief	1 daily or 1 twice daily	Olive leaf 2.5G, horseradish 2G, eyebright 500mg
Sore throat relief	>5 years: 5 sprays every 2 hours	Marshmallow, calendula, sage, thyme, clove bud oil and peppermint oil

5. MALE AND FEMALE HEALTH:

PRODUCT	DOSE	COMMENT
Healthy hair, skin, nails	1 daily	Kelp, silica 107mg, zinc 15mg, vitamin E 15 IU, born and beta-carotene. 10 ingredients in total
Hot flush fix	1 three times daily for 3 weeks and then 1 daily for maintenance	
Menopause support	1 daily	16G soybean, 520mg black cohosh
PMS relief	1 twice daily	Chaste tree 1G, zizyphus 1G, B6 25mg, chromium
Pregnancy support	1 daily	Iron 24mg, 500mcg folic acid. No fish oil
Prostrate health	1 daily	Saw palmetto 3.2G, Nettle 2.4G
Tribulus male performance	2 twice daily	Male performance and sexual function and desire Increases sperm production Tribulus 5G, vitamin C, E, zinc, B12, selenium and folic acid.
Urinary tract support	5 tablets four times daily	Cherokee rose, china root, Japanese climbing fern

6. CARDIOVASCULAR, SLEEP, ENERGY SUPPORT:

PRODUCT	DOSE	COMMENT
Cholestrienol	1 night	Maintains cholesterol and improves the LDL: HDL and TGS. Citrus bioflavonoids, and vitamin E complex
High strength Q10 absorb 6 x 100mg	1 daily	6 x absorption of 100mg CoQ10
High strength Q10 absorb 6 x150mg	1 daily	6 x absorption of 150mg CoQ10
Sleep enhance	2 tablets 30 minutes before sleep	Chinese ginseng. Reduces the time to fall asleep and increases the duration of it
Clinical strength St John's wort	1 three times a day	1.35G of St Johns Wort
Ginseng 5 exhaustion relief	1 twice daily	5 types of ginseng: Korean, Siberian, Indian, Chinese and American
Memory booster	1 twice daily	Brahmi 4.5G
Stress + anxiety relief	Stress: 1 daily Anxiety: 2 twice daily	Lactium PURE 200mg
Super B daily stress +	1 daily or twice daily in acute	High strength vitamin B

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7. BUMS, TUMS AND DETOX:

PRODUCT	DOSE	COMMENT
Chromium sugar balance	1 twice daily	Chromium 125mcg, cinnamon, ALA
Digestion plus	1 daily	Digestive enzymes that mimic natural enzymes in the body Do not lie down for 15 to 20 minutes after taking
Heartburn control	2 daily	Aloe Vera, liquorice, zinc, pinellia and phellodendran
Heartburn relief	2 once to three times daily	Meadowsweet, calcium carbonate
Laxeze	Laxative: 2 twice daily Maintenance: 1 daily	Dandelion, ginger, kelp, cascara sagrada
Liver detox and support	1 daily Detox: 2 daily	Milk thistle 14 G, schizandra, turmeric, B6, B12, selenium, taurine, rosemary.
Rehydrate	Same as hydralyte	sodium: 75mmol, potassium: 20 mmol, chloride: 65 mmol citrate: 10 mmol, glucose: 10 mmol
Weight loss support	1 twice daily	green tea 11.3G
Spirulina berry boost	1 scoop in 100mL water once day	1000mg spirulina, flaxseed, capsicum and blueberry

8. NUTRITIONAL PROTECTION :

PRODUCT	DOSE	COMMENT
Antioxidant selenium protect	1 daily	Contains 7 ingredients that are all antioxidants to maintain collagen and heart health.
Daily D	1 daily	1000 iu vitamin D
Natural Vitamin E	Over 2: 1 daily	500 IU for vitamin E
Resveratrol age defence	1 daily	anti-aging, healthy heart, healthy BGL, protect the skin from free radical damage
Super multi	1 daily	22 ingredients, Iron 4.5mg
Super multi plus	1 daily	28 ingredients, Iron 5mg
Vision defence	1 daily	Lutein 5mg, Blackcurrant 32G, Zeoxanthin 1mg