

## NATURE'S OWN

### BONE + MUSCLE HEALTH:

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENT</u>
Calcium, magnesium + vitamin D3	2 twice daily	Calcium 250mg, magnesium 50mg, D3 200IU
Magnesium chelate 500mg	<b>General:</b> twice daily. <b>Migraine/PMS:</b> 3 twice daily	Magnesium 200mg
Magnesium orotate 400mg	1 three times daily	29.1mg magnesium
Mega magnesium complex	1 daily	Magnesium 300mg, potassium zinc, b vitamins, C, D3, vitamin E, calcium, lecithin, horsetails and oats
Mega calcium complex	2 twice daily	250mg calcium, magnesium 125mg, D3 100 IU, zinc 2mg, boron 750mcg
Manganese chelate 200mg	1 daily	20mg manganese
Vitamin D3 1000iu	1 daily	1 daily
Rutin + bioflavonoids	2 twice daily	Maintains the structure and integrity of capillaries system reduces the risk of bruising and swelling Rutin 500mg and bioflavonoids 500mg
Joint enhance plus krill oil	3 daily	Glucosamine sulphate 500mg, chondroitin 267mg and krill oil 100mg

### COLDS + IMMUNITY:

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENT</u>
Triple strength garlic + c, horseradish, fenugreek and marshmallow	1 twice daily	900mg garlic, 500mg vitamin C, 1.5G horseradish, 50mg fenugreek 50mg marshmallow
Cold sore relief	2 daily	Lysine 500mg
Liquid olive leaf	5mL twice daily alone or diluted	1375mg olive leaf
Zinc chelate	1 daily	22mg zinc
Zinc + C	2 twice daily	Zinc 6.5mg, Vitamin C 250mg
High potency vitamin C 1000mg + rosehips	1 twice daily	Vitamin C 1000mg, Citrus bioflavonoids 40mg, Acerola 10mg
High potency vitamin C 1000mg	1 daily	1000mg vitamin C
Non acidic vitamin C 1000mg	1 twice to three times daily	1000mg vitamin C
Orange vitamin C	1 twice daily	500mg
Sugarless vitamin C	2 daily	500mg
Raspberry vitamin C	1 twice daily	500mg
Garlic + C, horseradish + fenugreek + marshmallow	2 twice daily	Garlic 300mg, Vitamin C 500mg, Horseradish 500mg, Fenugreek 50mg, Marshmallow 50mg
Garlic oil	2 daily	3000mg garlic
Garlic Arizona 1000mg odourless	2 three times daily	1000mg garlic
Echinacea complex	1 three times daily	Echinacea 1000mg, Garlic 100mg, Zinc 2 mg, Vitamin C 500mg
Echinacea 2500mg	3 daily	2500mg strength
Echinacea + C	1-2 three times daily	Echinacea 2.5G, Vitamin C 500mg, Acerola 60mg
Vitamin A 5000IU	1 daily	5000IU vitamin A
Cod liver oil fortified	1 daily	160mg cod liver oil, Vitamin A 4000IU, D3 400IU
Fenugreek 1000mg	1 three times daily	1000mg fenugreek
Ultra krill oil 1000mg	1 daily	1000mg krill oil

### DIGESTION + DETOX:

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENT</u>
Detox and cleanse	1 twice daily	Milk thistle 8000mg, Schizandra, dandelion, taurine, globe artichoke
Chromium picolinate 400mcg	1 daily	50mcg chromium
Deep sea kelp 1000mg	1 daily	Iodine 240mcg
Golden seal 500mg	1-2 twice to three times daily	
Lecithin 1200mg	2 three times daily	Aids normal liver function and nervous system
Liver tonic	3 daily	Milk thistle 7000mg
Digestive soothe	4 daily 5 minutes before food	Slippery elm 400mg
Travel well ginger 1000mg	1 30 minutes before travel	1000mg ginger

	then 1 every 2 hours. Maximum of 3 per day	
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**ENERGY + PERFORMANCE:**

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENT</u>
Super B complex	1 daily	
Vitamin B2	1 daily	
Vitamin B3	1 daily	
High strength B12	1 daily	
Siberian ginseng	1 daily	Stamina and normal energy levels, physical and mental stress
Korean ginseng	1 twice daily	Stamina and endurance
Liquid iron	10mL daily	15mg iron
Mega B	1 daily	
Memory boost ginkgo 7500mg complex	1 daily	Gotu kola, lecithin, Korean ginseng, tyrosine, ginkgo, glutamine, hawthorn
Vitamin B5	1 daily	

**EYE HEALTH:**

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENT</u>
Eye health	4 daily	Bilberry 5000mg

**FISH OIL:**

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENT</u>
Concentrated fish oil	1 daily	Omega 3 1000mg which has EPA 310mg and DHA 210mg
Omega platinum	1 daily	1400mg fish oil + 300mg krill oil which has EPA 588.5mg and DHA 296.5mg
Odourless fish oil 2000mg	<b>General:</b> 1-2 daily <b>Heart/brain:</b> 3 daily <b>Joint:</b> 5 daily	2000mg fish oil which has EPA 360mg and DHA 240mg
Odourless fish oil 1500mg	<b>General:</b> 2 daily <b>Heart/brain:</b> 2 twice daily <b>Joint:</b> 3 twice daily	1500mg fish oil which has EPA 270mg and DHA 180mg
Odourless fish oil 1000mg	<b>General:</b> 3 daily <b>Heart/brain:</b> 3 twice daily <b>Joint:</b> 3 three times daily	1000mg fish oil which has EPA 180mg and DHA 120mg
Fish oil 1000mg		
Liquid fish oil	<b>Gen/heart/brain:</b> 5 mL d <b>arthritis/joints:</b> 10mL daily.	5mL contains EPA 810mg and DHA 540mg

**HEART AND CIRCULATION:**

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENT</u>
Ginkgo biloba 2000mg	1 three times daily	2000mg ginkgo biloba
Heart health 500	1-2 daily	Natural vitamin E 500IU
Flaxseed oil	2 three times daily	1000mg flaxseed oil
Circulation support	1 twice daily	Grape seed 12,000mg
Heart health 1000	1 daily	Vitamin E 1000IU
Hi strength CoQ10	1 daily	150mg CoQ10

**JOINT, BONES + MUSCLES:**

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENT</u>
Krill + fish oil	<b>Arthritis/joint:</b> 1 daily, <b>heart/cholesterol/general:</b> 2 daily	500mg krill + 325mg Fish oil which has EPA 152mg and DHA 92.5mg
Krill oil	1 daily	333mg krill oil
Joint enhance glucosamine + chondroitin complex	2 daily	Glucosamine HCL 750mg, Chondroitin 250mg, Copper and manganese
Joint defend, glucosamine + MSM	2 daily	Glucosamine 750mg and 750mg MSM
Glucosamine 1500mg	1 daily	1500mg glucosamine HCL
Liquid glucosamine	15mL daily	5mL contains 1500mg glucosamine HCL
Glucosamine sulphate complex	2 daily	Glucosamine sulphate 1000mg
Joint swelling relief	1-2 twice daily	Celery 750mg , Juniper 500mg
Celery seed	2-3 three times daily	250mg celery seed
Joint enhance	2 daily	Glucosamine sulphate 750mg, Chondroitin 400mg
Joint enhance + krill	3 daily	Glucosamine sulphate 500mg, Chondroitin 267mg. Krill oil 100mg
Glucosamine + fish oil	1 three times daily	Fish oil 500mg which has EPA 90mg and DHA 60mg, Glucosamine HCL 600mg
Ultra krill oil	1 daily	1000mg krill oil

**MEN'S HEALTH:**

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENT</u>
Mega potency men's multivitamin	1 daily	43 ingredients of herbs/vitamins and antioxidants
Prostrate health	1 twice daily	3200mg saw palmetto

**WOMEN'S HEALTH:**

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENT</u>
Strong nails	1 daily	Biotin 300mg
Cranberry 15,000mg	1 daily	Cranberry 15000mg
Evening primrose 1000mg	<b>PMS:</b> 1 three times daily. <b>Arthritis:</b> 2 three times daily	1000mg EPO
Folic acid	1 daily	500mcg folic acid
Hair, skin, nails	1 twice daily	45 ingredients
Iron plus	1 daily	Iron 5mg, B12, folic acid, B6, vitamin C 100mg
Maxi iron	1 daily	Iron 24 mg, folic acid, vitamin C 250mg, B1, B2
Meno care	2 daily	B1, 2,3,6,folic acid, humulus, lupulus, schizandra
Meno sleep	2 daily	Humulus lupulus, zizyphus
PMS essentials	1 daily	Vitex agnus castus, black cohosh, withania, B6, magnesium
Pregnancy platinum multivitamin	1 daily	19 ingredients Fish oil No iodine
Vitamin B6	1 daily	100mg B6
Vitex agnus castus	1 daily	Regulates menstrual cycles, and symptoms of PMS
PMS nutritional support, Zinc, B6 + magnesium	1 three times daily	Zinc 5.7mg, B6 25mg, magnesium 30mg
Cranberry 5000	1 daily	
Vitamin B6	1 daily	200mg B6

**STRESS + ANXIETY:**

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENT</u>
Mood support	1 three times daily	St John's Wort 2000mg, Tyrosine 250mg, Glutamine 25mg Magnesium 25mg
St johns wort 2700mg	2 daily	2700mg st johns wort

**SLEEP MANAGEMENT:**

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENT</u>
Complete sleep calming hot drink	2-3 teaspoons into 200mL warm milk 30 to 60 seconds before bed	Lemon balm, chamomile, lactium
Complete sleep advanced	2 30 minutes before bed	Lactium, zizyphus, hops
Complete sleep	2 30 minutes before bed	Lactium and zizyphus
Valerian forte	1 30 minutes before bed with milk	2000mg valerian
Sleep ezy	2-3 1 hour before bed	Valerian 556mg, hops, chamomile, passion flower, calcium, magnesium

**MULTI-VITAMINS:**

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENT</u>
Mega potency women's multivitamin	1 daily	45 ingredients
Mega potency 50 + multivitamin	1 daily	39 ingredients
Multivitamin + fish oil	1 twice daily	18 ingredients
Balance and glow multi	1 daily	22 ingredients