

SWISSE:

1. WOMEN'S HEALTH:

<u>PRODUCT</u>	<u>DOSE</u>	<u>INGREDIENTS</u>
Women's Ultivite Formula 1	1 daily	Has 50 vitamins/mineral/ antioxidants and herbs
Women's Ultivite 50 +	1 daily	Has 43 vitamins/mineral/antioxidants and herbs
Women's Ultivite 65 +	1 daily	Has 40 vitamins/mineral/antioxidants/herbs
Professional women's ultivite B	1 daily	Has 29 ingredients and high potency B vitamins
Ultiboost Iron	1 daily	20mg iron, vitamin C, B6, Spirulina and beta-carotene
Pregnancy + Ultivite	1 daily	500mg fish oil (EPA 32.5mg, DHA137.5mg) and Iodine 250mcg
Women's Ultivite gluten free	1 daily	Low allergy formula
Women's Green Ultivite	1 daily	Plant based formula with 8 ingredients
Women's Ultivite No Iron or Iodine	1 daily	Contains 48 vitamins/mineral/antioxidants and herbs
Professional Yeast care	1 three times a day	Maintains the intestinal yeast
UB High strength Cranberry	1 daily	25,000IU of cranberry
Profession Women's vitality tonic	7.5mL twice daily diluted	Chinese and western herbs for stamina
UB Liquid Iron	Adults: 10mL twice daily Taken 30 minutes before food	20 ingredients in it that gives 10mg Iron
Women's Night Ultivite	2 at dinner	Has 8 ingredients; including passionflower for sleep

2. MEN'S HEALTH:

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENTS</u>
Men's Ultivite Formula 1	1 daily	Contains 55 vitamins/mineral/antioxidants and herbs
Men's Ultivite 50 + capsules	2 daily	Contains 40 vitamins/mineral/antioxidants and herbs
Men's Ultivite 50+ tablets	1 daily	Contains 41 vitamins/mineral/antioxidants and herbs
Ultiboost Prostate	1-2 daily	Assists in the normal function of prostate
Men's Ultivite gluten free	1 daily	Contains 36 vitamins/mineral/antioxidants and herbs
Professional Men's Ultivite B	1 daily	Contains 30 vitamins/mineral/antioxidants and herbs and extra B group vitamins
Men's Green Ultivite	1 daily	Plant based formulation with tribulus for men Contains 8 vitamins/mineral/antioxidants and herbs
Men's Ultivite no iron or iodine	1 daily	Contains 34 vitamins/mineral/antioxidants and herbs
Professional Men's vitality tonic	7.5 mL twice a day diluted	Chinese and western herbs for stamina and endurance
Men's Night Ultivite	1 daily	Contains 9 vitamins/mineral/antioxidants and herbs for night-time
Men's Ultivite 65 +	1 daily	Contains 40 vitamins/mineral/antioxidants and herbs

3. KIDS AND TEEN:

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENTS</u>
Children's Ultivite	2-4 years: 1 daily, >4 years: 2 daily	Contains 21 vitamins/mineral/antioxidants and herbs
Teenage Ultivite Women's	1 daily	Contains 38 vitamins/mineral/antioxidants and herbs
Teenage Ultivite Men's	1 daily	Contains 36 vitamins/mineral/antioxidants and herbs
Ultiboost Children's Smart Fish Oil	1 daily	Omega 3 500mg: EPA: 90mg, DHA: 60mg For small children that can't chew the burstlets; pierce and squeeze the contents into their mouth

4. ENERGY:

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENTS</u>
Ultiboost Memory + Focus	1 twice a day	Gingko 3G, Brahmi 3.73G and B group vitamins
Ultivite + Energy	1 daily dissolved in water daily	B group vitamins, zinc, Vit C, Calcium, Magnesium. Dissolves so good quickly
Professional Stress + Fatigue relief liquid	7.5mL twice a day	Relieves stress and anxiety, endurance and stamina
Ultiboost Mega B +	1 daily	High dose B-Complex

5. IMMUNITY, COLD AND FLU:

<u>PRODUCT</u>	<u>DOSE</u>	<u>COMMENTS</u>
Ultiboost Inner Balance	1 daily	25 billion bacteria of the Danisco Howaru bifido that works to support a healthy immune system
Ultiboost Immune	1 twice daily initially then 1 daily	Olive leaf, zinc, magnesium, calcium, vitamin C, citrus bioflavonoids

Ultiboost Zinc +	1 daily	Zinc, vitamin A, Magnesium, Manganese, BC For healing and to boost immunity, Not to be used in pregnancy
Ultiboost High strength C	1 daily	1000mg vitamin C, CoQ10 10mg
Ultiboost High strength C efferv	1 daily in water	1000mg vitamin C alone, Effervescent tablets so work quickly
Ultiboost horseradish, garlic + C	1 twice daily	Horseradish 10G, Garlic 1.1G, Vitamin C 200mg Designed to recover quickly from colds, flu, sinus and hay fever
Ultiboost High strength olive leaf extract	7.5mL twice daily diluted	7.5G Olive leaf
Professional inner balance probiotic 100 billion	1 daily	100 billion danisco HOWARU bacteria and is suitable for kids over 1 year
Professional inner balance 50 billion	1 daily	50 billion of the Danisco HOWARU bacteria
Professional Immune response liquid	7.5mL twice daily	Echinacea, Andrographis, olive leaf and pomegranate which is an excellent antioxidant
Professional cough and cold liquid	7.5mL twice daily	Marshmallow, liquorice to soothe sore throats
Ultiboost Wellmune	1 daily	Patented ingredient Wellmune WGP to reduce upper respiratory tract symptoms in marathon runner
Ultiboost Cold sore combat	Treatment: 2 twice daily Maintenance: 1 twice daily	Lysine 500mg, andrographis and vitamin C and zinc to boost immune system too

6. SLEEP AND MOOD:

PRODUCT	DOSE	COMMENTS
Ultiboost Sleep	1-2 tablet 30 minutes to 1 hour before bed	Magnesium 6.4mg, Hops, Valerian 1.3G and liquorice
Ultiboost Mood	1-2 daily	B6, B12, folic acid, tyrosine., phenylalanine, St John's Wort, Ginseng, Gingko and Schizandra
Ultiboost Stress Relief	1 twice daily	Withania and Vitamin C 400mg
Ultiboost Relax and Sleep	2 daily 1 hour before bed	Hops 500mg, Passionflower 1.5G, Lemon Balm 750mg, Magnesium

7. EYES:

PRODUCT	DOSE	COMMENT
Macular Vision	1 twice daily	Lutein 6mg, Vitamin C 250mg, Vitamin E 250 IU, Zinc 25mg, Copper 1 mg

8. SUPER FOODS:

PRODUCT	DOSE	COMMENTS
Ultiboost Spirulina	Initially: 1-2G (half a teaspoon) daily Maintenance: 3G daily and optimal is 9G (3 teaspoons) daily	2970 mg Spirulina

9. BONES/JOINTS/MUSCLE:

PRODUCT	DOSE	COMMENTS
Ultiboost Wild Krill Oil	Arthritis: 1 daily Heart/cholesterol: 3 daily	333.33 wild Neptune krill oil
Ultiboost Odourless high strength Wild fish oil	General: 2 daily Heart/brain: 2 twice daily Joint: 3 twice daily	1.5G fish oil which is EPA 270mg and DHA 180mg
Ultiboost wild fish oil concentrate	1 daily	1.036 omega 3 which is EPA 312.6mg and DHA 208.4mg
Ultiboost wild salmon oil	Adults: general: 3 daily heart/brain: 3 twice daily joint: 3 three times a day	Omega 3 acids, 1G fish oil EPA 80mg and DHA 80ng
Ultiboost high strength deep sea krill oil 1000mg	1 daily Heart: 1-3 daily	1G krill oil EPA 130mg, DHA 75mg
Ultiboost deep sea krill oil 500mg	Joint: 1 daily Heart: 2-6 daily	500mg omega 3 EPA 65mg and DHA 37.5mg
Ultiboost odourless wild fish oil capsules	Adult: General: 3 daily Heart/brain: 3 twice daily Joint: 3 three times daily	1g fish oil EPA 180mg and DHA 120mg
Ultiboost wild fish oil liquid	Adult General: 3.5mL	870mg.mL EPA 139.2mg and DHA 87mg

	heart/brain: 7mL joint: 10.5mL	
Ultiboost high strength wild fish oil	Adult: General: 2 daily Heart/brain: 2 twice daily Joint: 3 twice daily	1.5G fish oil EPA 270mg and DHA 180mg
Ultiboost wild krill oil + fish oil concentrate joint	1 daily	WKO 333.33mg + 200mg fish oil which is EPA 110mg DHA 70mg
Professional high strength wild krill oil 1000mg	1 daily	1000mg krill oil which is EPA 142mg and DHA 85mg
Ultiboost wild krill + fish oil concentrate heart	3 daily	WKO 333.33mg + 500mg fish oil which is 200mg EPA and 130mg DHA
Ultiboost children's smart fish oil	1-2 years: 1 daily squeezed 3-12 years: 1 daily chewed	500mg fish oil EPA 90mg and DHA 60mg
Professional high concentrate omega 3	1 daily	1.5G omega 3 EPA 40mg and DHA 300mg
Ultiboost plant omega 3	1 twice daily	Derived from microalgae DHA 450mg
Ultiboost high strength wild Neptune krill oil	1 daily	1000mg WNKO EPA 142mg and DHA 85mg
Ultiboost vitamin D	1 daily	1000 IU D3
Ultiboost Magnesium	General wellbeing: Take 2 daily. PMS: take 3 daily	Magnesium 150mg
Ultiboost CoQ10	1 daily	150mg Co Q10
Ultiboost Glucosamine +	1 daily	Glucosamine sulphate 1.5G and ginger as well
Ultiboost Calcium + vitamin D	Take 2-3 daily	Calcium 333.33mg in the citrate form, D3 333 IU
Ultiboost Joints	Take 1 three times a day	Wild Neptune krill oil 100mg, Glucosamine sulphate 500mg, Boswellia
Ultiboost magnesium 300mg effervescent tablets	1 daily	Magnesium 300mg
Ultiboost calcium + D3 effervescent	1-2 daily	Calcium 500mg in the carbonate form, D3 500IU
Ultiboost cold extracted green lipped mussel	2 three times a day	500mg which contains omega 3
Ultiboost absorb well CoQ10	General wellbeing: 1 daily Heart: 1 twice daily	50mg CoQ10