



*An exclusive practitioner only
product range that you can trust.*



March 2024



PRODUCT CATALOGUE

**fx
MED**

Ph 0800 439 630 | www.fxmed.co.nz
support@fxmed.co.nz | techsupport@fxmed.co.nz



WE CARE ABOUT YOUR PATIENTS.

RN Labs deliver premium-grade practitioner-only supplements, formulated using minimal excipients for optimum patient outcomes. Our objective is to assist in providing the best possible care for patients, by delivering products of the highest purity, quality and efficacy.



UNPARALLELED PURITY STANDARDS

We only select ingredients from suppliers that can guarantee purity, proven by testing. Our quality standards are adhered to and continuously measured to maintain manufacturing excellence.



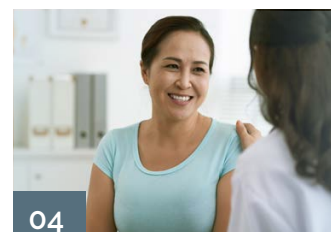
LOW-EXCIPIENT MANUFACTURING

There are allowable fillers in widespread use which facilitate easier manufacturing - these are not required to be listed on the label. Unnecessary fillers and excipients may have a detrimental effect on people who have a compromised health status.



CLINICAL VALIDATION

RN Labs will always select the most scientifically validated forms of nutrients for their intended purposes. Premium quality nutrients enhance biological activity and utility, and may reduce potential digestive or metabolic burdens.



UNCOMPROMISING INTEGRITY

RN Labs products are designed to individualise treatment needs. We believe in a holistic and targeted approach to healthcare, that supports the unique expression of health and vitality in each individual.

**AT RN LABS, WE DO NOT ASK FOR YOUR TRUST.
WE EARN YOUR TRUST, ONE BOTTLE AT A TIME.**

RN Labs: Full Label Transparency

Why Care About Excipients?

Excipients can cause intolerance reactions in sensitive individuals, and can potentially also interact or interfere with the efficacy and function of some of the active ingredients in a product (as well as potentially diluting their overall potency).

It is therefore always desirable to minimise the number and amount of excipients used, as well as to select only the most benign and necessary excipients available.

Producing this type of formulation requires extensive development work to achieve, and yields products that often represent greater value, and are more effective and suitable for sensitive patients, so that they can be taken and prescribed with greater clinical confidence in all individuals.

Why worry if there's something in your prescribed supplements that's interfering with your patient's optimum wellness?

With RN Labs, there's one less thing to worry about - knowing that you are giving your patient a pure, hypoallergenic product that you and your patient can rely on. It's that simple.



RN Labs will always list the full form description for each ingredient (for maximum clarity of the form and potency being provided).

RN Labs will always offer capsules over tablets (except when necessary as in lozenges), as tablets by their very nature require binders and tableting aids.

Each Vegetarian Capsule Contains:

Thiamine Hydrochloride.....	56 mg
Equiv. to Thiamine.....	50 mg
Riboflavin-5-Phosphate sodium.....	25 mg
Equiv. to Riboflavin.....	20 mg
Nicotinamide (Niacinamide).....	150 mg
Calcium Pantothenate.....	218 mg
Equiv. to Pantothenic Acid.....	200 mg
Pyridoxal-5-Phosphate.....	29.2 mg
Equiv. to Pyridoxine.....	20 mg
Calcium Folate.....	540 mcg
Equiv. to Folic Acid.....	500 mcg
Hydroxycobalamin.....	500 mcg
Inositol.....	100 mg
Biotin.....	500 mcg

Excipients: Leucine, Colloidal Anhydrous Silica

RN Labs have always provided full label transparency – meaning everything in the bottle is listed on the label.

The few excipients that RN Labs select to use are either neutral, or even beneficial. Examples include:

- Hypromellose / Microcrystalline Cellulose (pure plant fibre)
- Leucine (primary amino acid in protein)
- Colloidal Silica (inert mineral)



Other companies may only list the simplified vitamin terminology and quantities.

Each Capsule Contains:

Vitamin B1.....	50 mg
Vitamin B2.....	20 mg
Vitamin B3.....	150 mg
Vitamin B5.....	200 mg
Vitamin B6.....	20 mg
Folate.....	500 mcg
Vitamin B12.....	500 mcg
Inositol.....	100 mg
Biotin.....	500 mcg

All capsule & tablet products (and powder, liquid formulas that aren't single ingredients) will have excipients. However, many products will not present them on the label.

Some commonly used excipients have higher potential for interfering interactions and reactions, such as: Stearates/Stearic Acid, Polyethylene Glycol (PEG or Macrogol), Carageenan, Sugars (Fructose, Lactose, etc.), Artificial Flavours, Artificial Vitamins (dl-alpha-tocopherol), etc.

Contents

Product Range

RN Labs Product Guide	5
Active B6	6
Adaptex	7
AdrenaForte	8
Andro Fortify	9
BioActive B-Complex	10
Berbersorb	11
Bergastat	12
Cal:Mag 1:1	13
Core Nutrients with Collagen	14
Curcutex	16
Estro Fortify	18
Fe-Restore	19
Folinic Acid	20
GI Defence	21
Iodine & Tyrosine	22
InflamaSoothe Trio	23
L-5MTHF	24
Lipotropex	25
Magnesium Citrate	26
Magnesium Glycinate	27
Methyl Fortify	28
Micro Clear	29
Medi Metabolic	30
Medi Restore	32
Micronised PEA	34
Mito-Charge Powder	36
Mixed Mag Forte	37
Niacinamide B3	38
Nicotinamide Riboside NR	39
Pantothenic B5	40
Progest Fortify	41
Quercesorb	42
Selenium	43
Sublingual Hydroxy-B12	44
Thyro Fortify	45
TraceMins Complex	46
Tri-Factor	47
Zinc Glycinate	48

Powder Range

5-HTP Powder	50
Ascorbic Acid Powder	52
Cal-D-Glucarate Powder	54
CDP-Choline Powder	56
Citrulline Powder	58
DIM Powder	60
D-Mannose Powder	62
Glutamine Powder	64
Glycine Powder	66
Inositol Powder	68
Lysine Powder	70
L-Theanine Powder	72
Magnesium L-Threonate Powder	74
NAC Powder	76
Taurine Powder	78
Dosage Quick Reference Guide	80
Additional Resources	81

RN Labs Product Guide



ADRENAL & ENERGY

- | | |
|------------------------------|--------------------------------|
| • Adaptex | • Iodine & Tyrosine |
| • AdrenaForte | • Mito-Charge |
| • Fe-Restore | • Medi Restore |
| • Pantothenic B5 | • Medi Metabolic |
| • Niacinamide B3 | • Core Nutrients with Collagen |
| • Nicotinamide Riboside (NR) | • BioActive B-Complex |
| • Thyro Fortify | |



GUT & NERVOUS SYSTEM

- | | |
|---------------------|--------------------------------|
| • GI Defence | • Micro Clear |
| • TraceMins Complex | • Mixed Mag Forte |
| • Active B6 | • Magnesium Glycinate |
| • Medi Restore | • Core Nutrients with Collagen |
| • Tri-Factor | • Bergastat |
| • Zinc Glycinate | • Medi Metabolic |
| • Cal:Mag 1:1 | |



HORMONES & METABOLISM

- | | |
|--------------------------------|---------------------|
| • Lipotropex | • Fe-Restore |
| • TraceMins Complex | • Tri-Factor |
| • Iodine & Tyrosine | • Magnesium Citrate |
| • Pantothenic B5 | • Cal:Mag 1:1 |
| • Active B6 | • Mixed Mag Forte |
| • Medi Restore | • Andro Fortify |
| • Estro Fortify | • Progest Fortify |
| • Berbersorb | • Zinc Glycinate |
| • Core Nutrients with Collagen | • Thyro Fortify |
| | • Medi Metabolic |



IMMUNITY & INFLAMMATION

- | | |
|--------------------------------|------------------|
| • Curcutex | • Tri-Factor |
| • Quercesorb | • Medi Restore |
| • TraceMins Complex | • GI Defence |
| • Selenium | • Zinc Glycinate |
| • Core Nutrients with Collagen | • Micronised PEA |
| • InflamaSoothe Trio | • Medi Metabolic |



METHYLATION

- | | |
|------------------------------|------------------|
| • BioActive B-Complex | • Active B6 |
| • Sublingual Hydroxy-B12 | • Folinic Acid |
| • Methyl Fortify | • L-5MTHF |
| • Nicotinamide Riboside (NR) | • Niacinamide B3 |



SKIN & HAIR

- | | |
|--------------------------------|------------------------------|
| • Pantothenic B5 | • Active B6 |
| • Tri-Factor | • Medi Restore |
| • TraceMins Complex | • Niacinamide B3 |
| • Zinc Glycinate | • Nicotinamide Riboside (NR) |
| • Core Nutrients with Collagen | |
| • Thyro Fortify | |



Active B6 60 capsules	AUST-L: 357138
Each Capsule Contains:	
Pyridoxal-5-Phosphate	50 mg
Equivalent to Pyridoxine	34.2 mg
Excipients: Leucine, Microcrystalline Cellulose, Hypromellose (Capsule), Colloidal Anhydrous Silica.	
Suitable for vegans.	

Active B6

RN Labs Active B6 is a yeast-free, biologically active form of vitamin B6. Pyridoxal-5-Phosphate is the metabolically active form of vitamin B6 found in the body, and is known to be necessary for the transformation and utilisation of amino acids for many functions in the body, including energy production and neurotransmitter synthesis. Activated B6 plays a crucial role in supporting the Methylation and Transsulfuration pathways and is involved in the production of hemoglobin, intrinsic factor, and is a vital component in the formation of the myelin sheath that surrounds nerve cells.

- ✓ The most 'activated' supplemental form of vitamin B6
- ✓ Involved in the metabolism of nearly all amino acids, as a coenzyme for reactions such as transamination and decarboxylation and the production of non-essential amino acids
- ✓ An important coenzyme for neurotransmitter biosynthesis
- ✓ May assist in the maintenance of normal healthy nerve and brain function
- ✓ May assist in the management of pre-menstrual tension/syndrome
- ✓ May help reduce the severity of nausea and vomiting during pregnancy
- ✓ Required in heme biosynthesis (Porphyrin pathway) and the formation of hemoglobin
- ✓ Required for conversion of homocysteine to Cysteine in the transulfation pathway
- ✓ Required for the conversion of folates in the methylation cycle

SUGGESTED USE

Adults take 1-2 capsules daily

STATEMENTS & WARNINGS

This product contains Pyridoxal-5-Phosphate which may be dangerous when used in large amounts or for a long time.

If pregnant, consult your healthcare practitioner before using this product.

KNOWN SIDE EFFECTS

The use of supplemental P5P has not been associated with toxicity, although the inactive form, pyridoxine, has been associated with peripheral neuropathy.

FAQ

As a source of Vitamin B6, Is Pyridoxal-5-phosphate associated with peripheral neuropathy like Pyridoxine HCL?

The active form of B6, Pyridoxal-5-phosphate has not been associated with peripheral neuropathy, as Pyridoxine salts have been.

The label warning is a TGA requirement applied to all forms of Vitamin B6 regardless of chemical composition.

METABOLICALLY ACTIVE FORM

For vitamin B6 to be utilised by the body, it must first be converted to P5P in the liver. Individuals with compromised liver function may not be able to efficiently make this conversion, and consequently may be at risk of a vitamin B6 deficiency. Out of 31 patients with impaired liver function, 22 had significantly lower plasma P5P levels than normal. Supplementing with RN Labs Active B6 ensures patients receive the most bioactive form of vitamin B6.

Schaumburg, H, Kaplan, J, Windebank, A, Vick, N, Rasmus, S, Pleasure, D & Brown, MJ 1983, 'Sensory neuropathy from pyridoxine abuse. A new megavitamin syndrome', The New England Journal of Medicine, vol. 309, pp. 445-8.

Labadarios, D, Rossouw, JE, McConnell, JB, Davis, M & Williams, R 1977, 'Vitamin B6 deficiency in chronic liver disease - evidence for increased degradation of pyridoxal-5-phosphate', Gut, vol. 18, pp. 23-7.



Adaptex

RN Labs Adaptex (Adaptogen Complex) delivers a synergistic blend of botanical adaptogens for supporting the maintenance of a healthy stress response.

- ✓ Supports healthy stress response in the body
- ✓ Promotes physical endurance capacity
- ✓ Regulates nervous system and immune system function
- ✓ Promotes mental wellbeing
- ✓ Promotes adaptive resilience during times of physical and mental demand
- ✓ Can be used in conjunction with laboratory hormone test results (e.g. High Cortisol, and/or High Cortisol metabolites)
- ✓ Provides highly bioavailable forms of Calcium and Magnesium

Adaptex 60 capsules	AUST-L: 373633
Each Capsule Contains:	
Withania Somnifera (Ashwagandha) Root Extract	200 mg
From Withania Somnifera Dry Root	4 g
Eleutherococcus Senticosus (Siberian Ginseng) Root Extract	150 mg
From Eleutherococcus Senticosus Dry Root	2.25 g
Centella Asiatica (Gotu Kola) Whole Plant Extract	100 mg
From Centella Asiatica Dry Whole Plant	1 g
Ocimum Tenuiflorum (Holy Basil) Leaf Extract	100 mg
From Ocimum Tenuiflorum Dry Leaf	1 g
Rhodiola Rosea Root Extract	100 mg
From Rhodiola Rosea Dry Root	800 mg
Excipients: Leucine, Hypromellose (Capsule), Silicified Microcrystalline Cellulose, Maltodextrin (Corn), Colloidal Anhydrous Silica. Suitable for vegans.	

STRESS ADAPTATION

Several studies have shown Withania to support stress adaptation.

In one study, Cortisol levels were reduced compared with placebo, in which participants also showed improvement in sleep quality, while another study trailing Withania for its stress relieving activity concluded it to have a positive effect in 65 healthy stressed adults.

Results showed statistically significant reductions in the Hamilton Anxiety Rating Scale (HAM-A) and the Depression, Anxiety, and Stress Scale -21 (DASS-21). Reductions in morning Cortisol were also seen.

Gotu Kola has been shown to be effective in attenuating the acoustic startle response (ASR), which may be supportive during times of stress.

Holy Basil (also known as Tulsi), is an indigenous herb to the Indian continent. It has a long history of use in the Ayurvedic System of Medicine as an adaptogen, to improve resilience under ongoing or long term stress. Many studies have shown favourable clinical outcomes for lifestyle-related chronic maladaptation states.

IMMUNE SUPPORT

Rhodiola Rosea showed significant benefit in burnout affected patients with stress-related fatigue when compared with the control group.

Exposure to stressors increases Cortisol levels, which is directly associated with physical exhaustion.

During chronic stress where levels of Cortisol are extremely high, the body can experience immune suppression along with muscle wastage and inflammatory responses.

IMPROVED COGNITIVE FUNCTION

One trial revealed Siberian Ginseng to be beneficial for stress adaptation (relative to the control group) when they were subjected to stressful cognitive tasks, and experienced a significant improvement in total mood.

* References Available On Request

SUGGESTED USE

Adults take 1-3 capsules per day, with or without food, depending on clinical goals and responses, and according to practitioner judgement.

KNOWN SIDE EFFECTS

Given the potential for Withania and Siberian Ginseng to lower excessive blood sugar levels, monitoring blood glucose in those taking anti-diabetic medications would be prudent.

Rhodiola Rosea has demonstrated CYP450 inhibitory activity. It is therefore recommended to monitor the efficacy of doses of any other co-prescribed medications.

STATEMENTS & WARNINGS

Avoid use during pregnancy and lactation.



AdrenaForte

RN Labs AdrenaForte delivers a synergistic botanical formulation that supports the maintenance of healthy Cortisol levels and Cortisol activity in the body, when deficient.

May assist in alleviating the symptoms of low mental and physical energy, low blood pressure, low adrenal output and stress capacity.

- ✓ Promotes adrenal output in under functioning states
- ✓ Supports mental and physical stress capacity
- ✓ Supports alert cognitive function
- ✓ Increases mental and physical stamina and endurance
- ✓ Can be used in conjunction with laboratory hormone test results (e.g. low Cortisol)

AdrenaForte 60 capsules	AUST-L: 373634
Each Capsule Contains:	
Panax Ginseng Root Extract	200 mg
From Panax Ginseng Dry Root	2 g
Ginkgo Biloba Leaf Extract	100 mg
From Ginkgo Biloba Dry Leaf	5 g
Glycyrrhiza Glabra (Licorice) Root Extract	75 mg
From Glycyrrhiza Glabra Dry Root	600 mg
Sodium Ascorbate	113 mg
Equiv. Ascorbic Acid (Vitamin C)	100 mg
Excipients: Leucine, Hypromellose (Capsule), Silicified Microcrystalline Cellulose, Colloidal Anhydrous Silica. Suitable for vegans.	

SUGGESTED USE

Adults take 1-4 capsules per day, with or without food, depending on clinical goals and responses, and according to practitioner judgement.

Doses can be divided throughout the day if required, however the primary dose is best taken earlier in the day, due to its potential for stimulating effects and to support the natural diurnal rhythm of adrenal output.

KNOWN SIDE EFFECTS

Licorice may cause elevated blood pressure after extended use (e.g. 2 weeks). Avoid use in those with existing high blood pressure, and incorporate regular washout periods in those who may develop elevated blood pressure from licorice supplements.

STATEMENTS & WARNINGS

Use in Pregnancy: Avoid use.

Panax Ginseng may be stimulating to some individuals.

IMPROVED STRESS PARAMETERS

One study evaluated the effect of Panax Ginseng on malondialdehyde (MDA) serum levels during eustress on healthy volunteers.

Baseline data were obtained and then one month after the study, the participants were followed with respect to induction of psychological stress through daily psychomotor performance task and visual working memory accuracy testing. Stress was assessed by malondialdehyde (MDA) serum levels.

Panax Ginseng led to a significant reduction in MDA serum levels, when under perceived stress, while the control group had significant increase in MDA levels during perceived stress.

Panax Ginseng produced significant reduction in oxidative stress and augmented eustress level in healthy volunteers 1 month after therapy.

CORTISOL SYNTHESIS & IMMUNITY

Vitamin C may be important during times of stress and poor adrenal output, by supporting suppressed immune function, antioxidant defences, endurance, connective tissue integrity, and the synthesis of Cortisol via the 11 β -Hydroxylation of 11-Deoxycortisol.

IMPROVED COGNITIVE FUNCTION

Recent studies have shown the nootropic effect of Panax Ginseng. Following 8 weeks of supplementation, the Panax Ginseng group showed greater magnitude of enhanced cognitive scores relative to the placebo group.

INCREASING CORTISOL FUNCTION

Licorice has been shown to increase Cortisol availability to tissues in the hours following oral administration. As Licorice inhibits the 11 β -Hydroxysteroid Dehydrogenase (11 β -HSD) enzyme, modification of 11 β -HSD activity may attenuate the fluctuations of glucocorticoid levels throughout the day.

MENTAL ALERTNESS & CLARITY

Ginkgo Biloba leaf extract has been shown to improve the Speed of Attention factor and other cognitive performance indicators, which may support those experiencing mind fog, mental sluggishness or impaired recall in depleted states.

* References Available On Request



Andro Fortify

RN Labs Andro Fortify is a synergistic blend of high purity botanicals for supporting healthy sexual function and hormone levels, such as Testosterone.

- ✓ Maintains Testosterone levels in both men and women
- ✓ Provides antioxidant and anti-inflammatory support
- ✓ Supports healthy sexual function
- ✓ Can be used in conjunction with laboratory hormone test results (e.g. Low Testosterone)

Andro Fortify 60 capsules	AUST-L: 373636
Each Capsule Contains:	
Tribulus Terrestris Root Extract	150 mg
From Tribulus Terrestris Dry Root	7.5 g
Equiv. to 45% Furostanol Saponin (Protodioscin)	68 mg
Tribulus Terrestris Fruit Extract	100 mg
From Tribulus Terrestris Fruit Extract	5 g
Equiv. to 40% Furostanol Saponins	40 mg
Pinus Radiata (Pine) Stem Bark Extract	100 mg
From Pinus Radiata Dry Stem Bark	10 g
Excipients: Leucine, Hypromellose (Capsule), Silicified Microcrystalline Cellulose, Colloidal Anhydrous Silica.	
Suitable for vegans.	

SUGGESTED USE

Adults take 1-4 capsules per day, with or without food, depending on clinical goals and responses, and according to practitioner judgement.

KNOWN SIDE EFFECTS

Tribulus and Pine Bark are generally considered safe and well tolerated.

STATEMENTS & WARNINGS

Use in Pregnancy: Due to the potential for Tribulus to alter hormone levels, it would be advisable to avoid dosing during pregnancy.

TESTOSTERONE LEVELS

In a study of 30 ageing male patients presenting with partial androgen deficiency, Tribulus Terrestris has been shown to support Testosterone and healthy sexual function, by increasing Testosterone levels.

In this study, 750 mg/day of Tribulus Terrestris divided into 3 doses, each of 250 mg, to serve as an endogenous testosterone enhancer for a duration of 3 months to evaluate its effect. The results showed a statistically significant difference in average level of Testosterone, in study participants.

5-ALPHA REDUCTASE INHIBITION

It is believed that androgen dependant diseases are associated with an overproduction of 5 alpha-dihydrotestosterone in many tissues. Pine Bark extract has shown potent 5-alpha reductase inhibiting activity.

This demonstrates important clinical relevance for both men and women.

PROSTATE PROLIFERATION

Terrestrosin D (TED) from Tribulus has demonstrated anti-proliferative and antiangiogenic activity.

Oligomeric proanthocyanidin complexes (OPC) found in Pine Bark, have shown some anti-proliferative effects on prostate cells.

SEXUAL FUNCTION IN MEN

A clinical study of 40 men between 25-45 with erectile dysfunction demonstrated a combination of Pine Bark extract (40mg taken 2-3 times per day), combined with 1.7 g of Arginine per day over 3 months, yielded normal erectile function in 92% of study participants.

Whereas only 5% of study participants saw improvement in their symptoms after taking Arginine alone for a month. Therefore a combination of Pine Bark extract along with Arginine and/or Citrulline may provide a clinical strategy for supporting male sexual function.

* References Available On Request



BioActive B-Complex

RN Labs BioActive B-Complex is a pure, balanced and hypoallergenic source of metabolically active forms of B complex vitamins, which have been demonstrated to support a range of metabolic processes, including energy production, detoxification processes, neurological health, stress response and hormone balance.

The bioactive, yet unmethylated, forms are used to support optimal activity, without causing over-stimulation, particularly in sensitive patients.

Providing a highly versatile foundation to further supplementation (including the methylated vitamin forms).

- ✓ Well-balanced, broad-spectrum B vitamin support
- ✓ Pure and potent low-exciptient formula
- ✓ Provides highly bioactive forms without causing excess over-stimulation
- ✓ Folinic acid readily converts to methylfolate without delivering excess external methyl groups
- ✓ Hydroxy-B12 converts to methyl-B12 in the body, without introducing external methyl groups
- ✓ Provides a highly versatile foundation to further supplementation (including methyl forms)
- ✓ Provides a non-flushing form of vitamin B3
- ✓ Provides a form of vitamin B6 not associated with peripheral neuropathy

BioActive B Complex 60 capsules		AUST-L: 391937
Each Capsule Contains:		
Thiamine Hydrochloride	56 mg	
Equiv. to Thiamine	50 mg	
Riboflavin Sodium Phosphate	25 mg	
Equiv. to Riboflavin	20 mg	
Nicotinamide (Niacinamide)	150 mg	
Calcium Pantothenate	218 mg	
Equiv. to Pantothenic Acid	200 mg	
Pyridoxal-5-Phosphate	29.2 mg	
Equiv. to Pyridoxine	20 mg	
Calcium Folate	540 micrograms	
Equiv. to Folinic Acid	500 micrograms	
Hydroxocobalamin	500 micrograms	
Inositol	100 mg	
Biotin	500 micrograms	
Excipients: Leucine, Hypromellose (Capsule), Colloidal Anhydrous Silica. Suitable for vegans.		

SUGGESTED USE

Adults take 1 capsule daily

STATEMENTS & WARNINGS

This product contains Pyridoxal-5-Phosphate which may be dangerous when used in large amounts or for a long time.

KNOWN SIDE EFFECTS

In doses typically administered for therapeutic purposes, folinic acid is considered non-toxic. At doses over 10mg daily, gastrointestinal complaints, insomnia, irritability, and fatigue have been reported.

MEDICATION INTERACTIONS

The activity of various B vitamins may affect, or be affected by, the presence of certain medications, including anticonvulsant, anti-inflammatory medications, and Warfarin. Qualified consultation is advised when using these concomitantly.

HYDROXOCOBALAMIN VS. CYANOCOBALAMIN

Hydroxocobalamin and cyanocobalamin were compared for their efficacy in lowering elevated blood methylmalonic acid and urine homocysteine in cobalamin-deficient patients.

Each patient did experience a significant decrease in urine methylmalonic acid excretion while receiving cyanocobalamin, but levels remained at least 10 times normal. Cyanocobalamin treatment resulted in a decrease of plasma homocysteine to near normal in one patient but had no effect on plasma homocysteine in another patient.

Each patient was then switched to hydroxocobalamin where they experienced a decrease in methylmalonic acid levels to the limits of detection. Plasma homocysteine values while taking hydroxocobalamin also remained significantly decreased at < 5 nmol/ml in all patients.

In one patient, who continued to receive cyanocobalamin therapy for more than 1 year, growth rates (height, weight, and head circumference) were very poor. After initiation of hydroxocobalamin, growth parameters normalised with growth rates returning above normal.

Authors concluded that cyanocobalamin treatment is inadequate in the treatment of patients with cobalamin C disease, and appropriate management should include only the hydroxocobalamin form of cobalamin.

Andersson, HC & Shapira, E 1998, 'Biochemical and clinical response to hydroxocobalamin versus cyanocobalamin treatment in patients with methylmalonic acidemia and homocystinuria (cblC)', The Journal of Pediatrics, vol. 132, pp. 121-4.



Berbersorb

RN Labs Berbersorb delivers metabolically active Berberine in a phytophospholipid complex for maximum absorption, specifically to assist in the maintenance of healthy blood sugar levels.

- ✓ **Phytosome® form (Phytophospholipid complex) ensures efficient absorption specifically for metabolic benefits of Berberine**
- ✓ **May help support insulin function within metabolic syndromes**
- ✓ **May help support management of ovarian cysts and fertility**
- ✓ **Supports healthy blood glucose management**

Berbersorb 60 capsules	AUST-L: 390318
Each Vegetarian Capsule Contains:	
Berbevis® Berberine Phytosome®	250 mg
containing Berberis aristata root dry ext. concentrate	105 mg
equivalent to dry Berberis aristata root	5.52 g
standardised to contain Berberine	75 mg
Excipients: Pea powder, Lecithin (Sunflower), Hypromellose (Capsule), Vitis vinifera (Grape) seed extract, Leucine, Microcrystalline Cellulose, Hypromellose, Colloidal Anhydrous Silica.	
Suitable for vegans.	



SUGGESTED USE

Adults take 1-2 capsules, once or twice per day with food depending on clinical goals and responses, and according to practitioner judgement.



KNOWN SIDE EFFECTS

In some cases high doses of Berberine may have transient gastrointestinal symptoms, however it is generally well tolerated, in its Phytosome® form within recommended doses.



STATEMENTS & WARNINGS

Not recommended for use by pregnant and lactating women.

TARGETED ABSORPTION

Phytosome® form (Phytophospholipid complex) allows for the absorption and sustained release of quantities of Berberine hydrochloride required for effective metabolic support.

A study by Petrangolini et al. (2021) found that the solubility of Berberine Phytosome® form demonstrated an increase of solubility in simulated gastric and intestinal fluids and an improved bio accessibility at intestinal level along with a lower cytotoxicity. The pharmacokinetic profile of the oral administration to healthy volunteers confirmed that Berberine Phytosome significantly ameliorated berberine absorption, in comparison to conventional berberine extracts, without any of the commonly observed side effects, such as gastrointestinal irritation.

The Berberine plasma concentrations observed with both doses of Phytosome® form of Berberine were higher than those of standard Berberine supplement administration. Furthermore, Berberine Phytosome® improved Berberine bioavailability significantly, around 10 times on molar basis and with observed dose linearity.

INTERACTION BETWEEN METFORMIN & BERBERINE

Clinical trials assessing Berberine, combined with Metformin have demonstrated significantly decreased HbA1c levels with less adverse effects, compared with Metformin alone.

The combination of Metformin and Berberine exerted synergistic lipid-lowering effects on HepG2 cells by reducing total lipid content, triglyceride level, and the expression of the genes involved in lipogenesis.

SUPPORTING OVARIAN CYSTS AND FERTILITY

Berberine may play a role in PCOS management and treatment strategies. One study found after 60 days of supplementation with a phytosomal® Berberine formulation in PCOS females, there was a statistically significant decrease in insulin resistance, CRP, TNF-, Triglycerides, Testosterone, Body Mass Index (BMI), Visceral Adipose Tissue (VAT), fat mass, GAGS and CADI scores, and a statistically significant increase in sex hormone-binding globulin (SHBG).

At a cellular level, the inhibitory effect of Berberine on mitochondrial enzymes is probably responsible for many of its biological activities, including the activation of low-density lipoprotein receptor (LDLR), AMP-activated protein kinase (AMPK) and insulin receptor (InsR); these biological activities contribute to ameliorate peripheral blood metabolic profiles, e.g. by reducing plasma lipids and glucose levels, thus improving signs and symptoms of metabolic disorders.

* References Available On Request



Bergastat

RN Labs Bergastat is a highly absorbable Bergamot extract in Phytosome form.

This scientifically studied formula has been shown in clinical trials to reduce serum cholesterol and improve blood markers of lipid metabolism, while also supporting liver function.

Bergamot phyto-phospholipid is synergistically paired with Artichoke extract for maximum efficacy, to assist in the maintenance of healthy Cholesterol and support overall cardiovascular system health.

- ✓ Scientifically proven formula
- ✓ Synergistic blend provides optimised efficacy
- ✓ Innovative approach to cholesterol management
- ✓ Works via natural body processes
- ✓ Calabrian sourced Bergamot juice extract (delivers unique polyphenol actives)
- ✓ Helps maintain healthy blood lipids
- ✓ Phytosome form ensures maximum absorption
- ✓ Supports cardiovascular system health

Bergastat 60 capsules	AUST-L: 416221
Each Vegetarian Capsule Contains:	
Vazguard Bergamot Phytosome	500 mg
containing <i>Citrus limon</i> (Bergamot)	
fruit juice extract dry concentrate	200 mg
from <i>Citrus limon</i> (Bergamot) fresh fruit juice	12 g
standardised to contain total Flavones	80 mg
<i>Cynara scolymus</i> dry leaf extract concentrate	100 mg
from dry <i>Cynara scolymus</i> (Globe Artichoke) leaf	1 g
Excipients: Leucine, Microcrystalline Cellulose, Hypromellose (Capsule), Lecithin (Sunflower), Medium Chain Triglycerides, Acacia, Maltodextrin (Corn), Liquid Glucose, Colloidal Anhydrous Silica. Suitable for vegans.	

SUGGESTED USE

1-2 capsules once or twice daily.

Typically 2 capsules are used for acute interventions.

3-4 capsules per day may be used in cases proving resistant to treatment after subsequent testing.

1 capsule per day may be sufficient as a maintenance dose in some individuals.

KNOWN SIDE EFFECTS

Bergastat is considered to be well tolerated within typical dosage ranges.

STATEMENTS & WARNINGS

FOR PRACTITIONER DISPENSING ONLY.

Store below 25°C in a cool, dry, dark place.

If symptoms persist consult your healthcare practitioner.

Safety has not been confirmed during pregnancy & lactation.

CALABRIAN BERGAMOT JUICE EXTRACT

Formisano et al (2019) sought to identify the active polyphenols in Bergamot and found a wide array of previously unidentified compounds in the juice of Calabrian Bergamot (not found in other non-juice Bergamot extracts).

Heightened clinical activity was demonstrated from these flavone compounds, making Calabrian Bergamot juice extracts the preferred form of Bergamot supplementation for metabolic purposes.

Indena's proprietary Phytosome® technology (Vazguard®) provides a powerful delivery mechanism for the potent polyphenolic compounds found in Calabrian Bergamot juice extract, increasing absorption and reducing quantities required for clinical efficacy.

GLOBE ARTICHOKE LEAF EXTRACT

Cynara scolymus (Globe Artichoke) extracts have been shown in numerous studies (as reviewed by Sahebkar et al 2018) to possess plasma lipid lowering effects (especially of LDL, while sparing HDL - demonstrating direct metabolic actions).

Authors such as Mocelin et al (2016) have also studied these effects in comparison to statin medications in animals, and found lower markers of inflammation (such as IL-6 and TNF-α), further contributing to antiatherogenic potential, and ultimately attributed these metabolic actions to the unique array of polar flavanoid compounds present in high quality Artichoke extracts.



Cal:Mag 1:1

RN Labs Cal:Mag 1:1 contains a balanced combination of bioavailable Electrolytes, for synergistic and comprehensive metabolic support. This formulation ensures that both Calcium and Magnesium are present in the required amounts to perform their interconnected physiological actions, such as maintaining optimum bone health.

Magnesium is a necessary nutrient for the assimilation of Calcium into bones, as well as for activating Vitamin D in kidneys. Without the presence of adequate Magnesium, a high Calcium intake may increase the risk of arterial calcification (CVD) and Kidney Stones.

Cal:Mag 1:1 60 capsules	AUST-L: 373902
Each Capsule Contains:	
Magnesium Citrate	484 mg
Equiv. to elemental Magnesium	75 mg
Calcium Citrate Tetrahydrate	356 mg
Equiv. to elemental Calcium	75 mg
Excipients: Leucine, Hypromellose (Capsule), Colloidal Anhydrous Silica Suitable for vegans.	

- ✓ Responsibly Balanced Calcium Formula (with equal dose of supportive Magnesium)
- ✓ Supports Calcium status in cases of restricted diets
- ✓ Minimises chances of excess Calcium imbalances from supplementation
- ✓ Provides synergistic support for bones and teeth
- ✓ Promotes balanced metabolism of electrolytes
- ✓ Helps better protect Cardiovascular System during Calcium supplementation
- ✓ Provides highly bioavailable forms of Calcium and Magnesium



SUGGESTED USE

Adults take 1-6 capsules daily.



KNOWN SIDE EFFECTS

No known side effects.



STATEMENTS & WARNINGS

High Dose/Long-Term Calcium supplementation may require assessment of serum electrolytes to confirm maintenance within healthy ranges.

Assessment of sufficient fat-soluble vitamins (such as Vitamin D, Vitamin A and Vitamin K) may also be required to ensure optimum metabolism of Calcium.

It may be advisable to avoid elemental doses of Calcium greater than 500mg per day without appropriate testing.

If symptoms persist consult your healthcare practitioner.

THE BENEFITS OF CALCIUM CITRATE

Calcium Citrate has shown significantly greater reduction in markers of bone resorption in comparison to Calcium Carbonate in post-menopausal women.

Calcium Citrate has shown beneficial changes in circulating lipids (increased HDL, decreased LDL).

* References Available On Request



SUGGESTED USE

Adults take 16g (approx. 1 level scoop) mixed with at least 200ml water daily, or as directed by a healthcare practitioner.

KNOWN SIDE EFFECTS

Due to the potency and quantities of therapeutic ingredients, doses may need to be divided throughout the day or taken with food for maximum absorption, digestive comfort, and efficacy.

STATEMENTS & WARNINGS

FOR PRACTITIONER DISPENSING ONLY.

Contains therapeutic doses of nutrients.

Contains zinc which may be dangerous if taken in large amounts or for a long period.

This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.

If pregnant, consult your healthcare practitioner before using this product.

WHY DOES THE FORMULA CONTAIN VEGETABLE OIL?

Please note that the Total Fat content of the formula is predominantly delivered via healthy medium chain triglycerides (from coconut) that assist with energy production. Only a minute trace of vegetable oil (micrograms) is included as a necessary carrier of Vitamin D (and therefore does not notably contribute to the overall energy content or fatty acid balance of the formula).

Core Nutrients with Collagen

RN Labs Core Nutrients with Collagen is a comprehensive and synergistic blend of essential nutrients for preventing nutrient deficiencies, supporting collagen formation, connective tissue synthesis, and gastrointestinal membrane health, as well as calming inflammation, assisting liver detoxification, quenching free radicals, helping with energy production, managing a healthy stress response and nervous system function.

Core Nutrients with Collagen is designed to be suitable for even the most sensitive individuals, so that essential nourishment can be achieved within any clinical program, especially those requiring dietary restrictions and the elimination of foods due to intolerances.

Powerful therapeutic doses provide clinical benefits beyond dietary needs alone, and helps consolidate multiple supplement categories into a single easy-to-take formula, making a tasty and cost-effective solution for a wide variety of clinical situations.

- ✓ Great tasting natural vanilla flavour
- ✓ Provides clinical doses of essential nutrients
- ✓ Helps nourish depleted body systems
- ✓ Provides gentle detoxification support
- ✓ Formulated for sensitive patients
- ✓ Supports connective tissue including GiT mucosa
- ✓ Supports nervous system resilience and stress response
- ✓ Assists healthy blood glucose management

Core Nutrients with Collagen delivers a nutritionally balanced and pleasantly palatable combination of essential nutrients that has been thoughtfully formulated to be suitable for even the most sensitive patients.

It delivers therapeutic doses of core nutrients to provide extra clinical support, above and beyond addressing any nutritional gaps for patients on restrictive diets.

The inclusion of gentle and readily absorbable pure collagen peptides helps provide additional nourishment and support to sensitive patients needing essential nutrients during periods of growth, or tissue repair and recovery.

Core Nutrients with Collagen provides a therapeutic dose of nutrients that work together to assist energy production such as B vitamins, which are well known for their biochemical activity throughout the body for a variety of important processes.

B vitamins have been shown to play a key role in alleviating perceived mental and physical fatigue including poor cognition and low mood.

Many nutrients in this formula such as Zinc, Vitamin C, Manganese, as well as hydrolysed collagen contribute towards strength and regeneration of tissues.

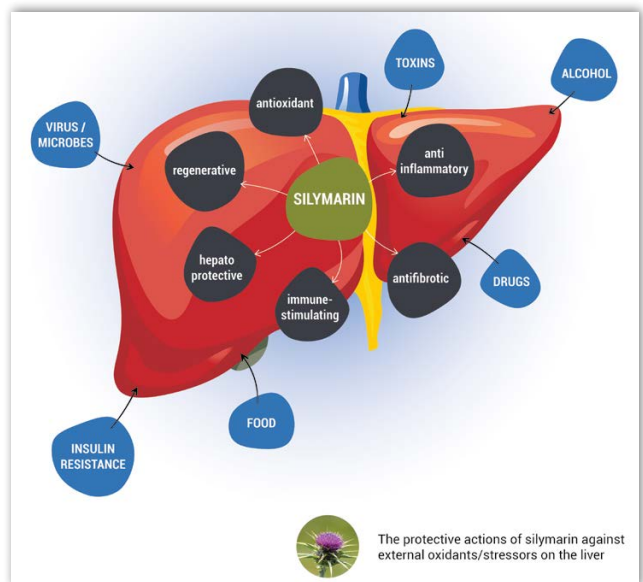
One study revealed just 250mg of elemental Magnesium for three months provided sufficient amounts to improve glycaemic control in patients with Type 2 Diabetes Mellitus (T2DM).

Similarly, a systematic review was conducted evaluating the use of Zinc in patients with Diabetes Mellitus using doses between 30-50mg elemental Zinc per day for an average of three to six months. Results of this review saw significant improvements in glucose and lipid metabolism.

Supplement Facts

Core Nutrients with Collagen 448 grams		AUST-L: 395936
Each 16g Dose (Approx. 1 Level Scoop) Contains:		
Hydrolysed Collagen (Bovine)	10 g	
Glycine	1.5 g	
Taurine	350 mg	
Ascorbic Acid (Vitamin C)	250 mg	
Choline Bitartrate	30 mg	
Thiamine Hydrochloride	21.6 mg	
equiv Thiamine	17 mg	
Riboflavin Sodium Phosphate	6.58 mg	
equiv Riboflavin	5 mg	
Nicotinamide (Niacinamide)	50 mg	
Calcium Pantothenate	54.6 mg	
equiv Pantothenic Acid	50 mg	
Pyridoxal-5-Phosphate Monohydrate	15.7 mg	
equiv Pyridoxine	10 mg	
Levomethfolate Glucosamine	360 micrograms	
equiv Levomefolic acid (L-5MTHF)	200 micrograms	
Hydroxocobalamin	200 micrograms	
Biotin	50 micrograms	
Colecalciferol	10 micrograms	
equiv Vitamin D3	400 IU	
Magnesium Citrate	330 mg	
equiv elemental Magnesium	50 mg	
Calcified Lithothamnion Species (Red Algae)	156 mg	
equiv elemental Calcium	50 mg	
Zinc Citrate Dihydrate	47 mg	
equiv elemental Zinc	15 mg	
Manganese Gluconate	8.1 mg	
equiv elemental Manganese	1 mg	
Selenomethionine	125 micrograms	
equiv elemental Selenium	50 micrograms	
Chromium Nicotinate	194 micrograms	
equiv elemental Chromium	24 micrograms	
Molybdenum Trioxide	75 micrograms	
equiv elemental Molybdenum	50 micrograms	
Potassium Iodide	66 micrograms	
equiv elemental Iodine	50 micrograms	
Silybum marianum (Milk Thistle) extract dry conc.	150 mg	
stand to contain Silymarin	120 mg	
equiv Silybum marianum dry fruit	10.5 g	
Zingiber officinale (Ginger) rhizome extract dry conc.	50 mg	
equiv Zingiber officinale dry rhizome	500 mg	
Excipients: Medium Chain Triglycerides (MCTs), Glycine, Siraitia grosvenorii (Monk Fruit) extract, Natural Vanilla Flavour, Colloidal Anhydrous Silica, Vegetable Oil, dl-alpha-tocopherol (Vitamin E).		

Nutritional Panel Serving Size: 16 g (1 scoop)		
	Quantity per 16 g serve	Quantity per 100 g
Energy	237 kJ (57 Cal)	1481 kJ (354 Cal)
Protein	11.85 g	74.06 g
Fat, Total	1 g	6.25 g
- Saturated	1 g	6.25 g
Carbohydrate, Total	0.08 g	0.5 g
- Sugars	0 g	0 g
Fibre	0.05 g	0.31 g
- Soluble	0	0 g
- Insoluble	0.05 g	0.31 g
Note: Nutritional Panel is not printed on the Core Nutrients with Collagen label due to TGA product guidelines (as a natural medicine rather than a food)		



OPTIMISING NATURAL DETOXIFICATION

Silymarin flavonolignans found in Milk Thistle extract are understood to have an affinity for hepatic tissue. A meta-analysis on 587 patients across 8 randomised control trials (RCTs) found significant reductions in alanine aminotransferase (ALT) and aspartate aminotransferase (AST) in Silymarin treatment groups compared to other interventions.

Silymarin has been shown to be well tolerated, even in those with fatty liver disease.

It also demonstrates antioxidant, hepatoprotective, restorative and blood glucose balancing actions.

Selenium is also a key nutrient for liver health due to its place in Glutathione conjugation and free radical scavenging. Selenomethionine plays an important role in protecting against oxidative stress.

One study indicated that antioxidant therapy such as 50ug Selenium and 500mg Vitamin C over four months, provided adequate levels to improve antioxidant defences and liver function tests when compared to placebo.



Curcutex 60 capsules		AUST-L: 371893
Each Capsule Contains:		
Curcumin	90 mg	
From Meriva® Curcumin Phytosome®	500 mg	
Stand. to contain Curcuminoids (Total)	100 mg	
Equiv. <i>Curcuma Longa</i> Fresh Rhizome	15 g	
Excipients: Leucine, Hypromellose (Capsule), Lecithin (Sunflower), Microcrystalline Cellulose, Silicified Microcrystalline Cellulose, Colloidal Anhydrous Silica. Suitable for vegans.		

SUGGESTED USE

Adults take 1-6 capsules daily

KNOWN SIDE EFFECTS

At doses typically administered for therapeutic purposes curcumin is not associated with toxicity.

SCIENTIFIC EVIDENCE

Meriva® is supported by 18 clinical trials confirming its safety and efficacy, and demonstrating effectiveness for joint health and a healthy inflammatory response after exercise and similar exertion.

Clinical studies conducted with Meriva® on patients demonstrated significant improvements to joint health related to stiffness, physical function and overall quality of life.

Curcutex

RN Labs Curcutex delivers a highly absorbable form of curcumin, using soy-free proprietary Meriva®* phytosome complex technology. Curcumin has been shown to significantly reduce oxidation, inflammation and pain, offering the potential to support a broad range of health conditions.

* Soy-Free Meriva uses Sunflower Phospholipids instead of typical Soy-based Phytosome/Liposome technology.

* Curcuminoids include: Curcumin, Bisdemethoxycurcumin, Demethoxycurcumin.

- ✓ Soy-free
- ✓ Full Curcumin Complex
- ✓ Highly Absorbable Phytosome Technology
- ✓ Anti-inflammatory Properties (supporting gut, skin, brain, etc.)
- ✓ Antioxidant Properties (supporting vascular, mitochondria, etc.)
- ✓ Anti-spasmodic Properties
- ✓ May Assist Muscle Recovery
- ✓ May Reduce Joint Pain and Stiffness

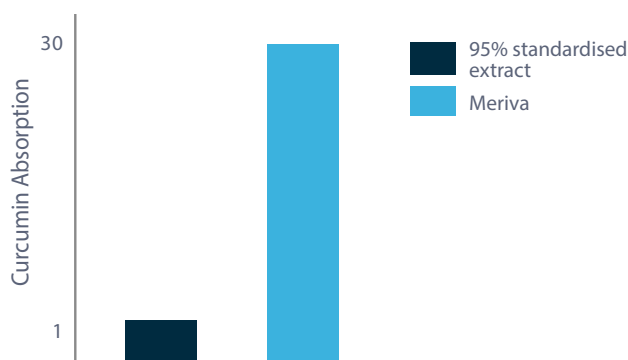
ABSORPTION

A randomised, double-blind, crossover study investigating the absorption of Meriva at a dose of 209 mg and 376 mg compared to 1799 mg uncomplexed curcuminoids.

Data analysis revealed Curcumin was 18 times more bioavailable in the Meriva formulation, than from the corresponding unformulated curcuminoid mixture. Additionally Meriva yielded demethoxycurcumin and bisdemethoxycurcumin plasma concentrations 50- to 60-fold higher than that of the unformulated curcuminoid mixture.

Overall curcuminoid absorption was 29 times higher for Meriva than the reference and was absorbed approximately twice as fast.

Cuomo, J, Appendino, G, Dern, A, Schneider, E, Templeton, J, McKinnon, T, Brown, M, Togni, S, & Dixon, B 2011, 'Comparative Absorption of a Standardized Curcuminoid Mixture and its Lecithin Formulation', Journal of Natural Products, vol. 74, no. 4, p. 664-9.



The Power of Phytosomes

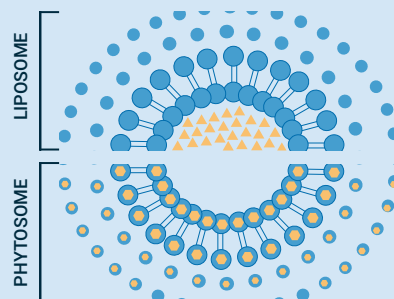


The nutrients Curcumin, Bergamot, Quercetin, and Berberine have a wide range of well-known clinical benefits. However, the bioavailability of these botanical extracts can be erratic and poor.

Using Indena's Phytosome® technology, we can optimise the bioavailability of these useful ingredients.

The Difference Between Phytosomes & Liposomes

Phytosome® technology is a relatively recent lipid-based vesicular delivery system which can be used to decrease problems associated with solubility and bioavailability. Liposomes have their active ingredient inside the hydrophilic cavity or within the layers of membranes while in phytosomes, those components are a part of the membrane itself.



▲ Non water soluble (entrapped) polyphenol

● Non water soluble (entrapped) polyphenol

GLUTEN FREE

DAIRY FREE

EGG FREE

YEAST FREE

SOY FREE

SUGAR FREE

NO
HARSH
ADDITIVES

VEGAN

To find out more visit: fxmed.co.nz/prachub



Estro Fortify 60 capsules	AUST-L: 373053
Each Capsule Contains:	
Actaea Racemosa (Black Cohosh) Rhizome Extract	100 mg
From <i>Actaea Racemosa</i> Dry Rhizome	400 mg
Asparagus Racemosus (Shatavari) Root Extract	100 mg
From <i>Asparagus Racemosus</i> Dry Root	600 mg
Trifolium Pratense (Red Clover) Herb Top Extract	50 mg
From <i>Trifolium Pratense</i> Dry Flowering Top	200 mg
Pinus Radiata (Pine) Bark Extract	15 mg
From <i>Pinus Radiata</i> Dry Stem Bark	1.5 g
Excipients: Leucine, Microcrystalline Cellulose, Hypromellose (Capsule), Maltodextrin (Corn), Colloidal Anhydrous Silica.	
Suitable for vegans.	

SUGGESTED USE

Adults take 1 capsule once or twice per day, with or without food, according to practitioner judgement, depending on clinical goals and responses.

STATEMENTS & WARNINGS

Theoretically, taking large amounts of Black Cohosh with hepatotoxic medications and/or during compromised liver function, may increase the risk of liver damage (e.g. due to inhibition of CYP450 enzymes).

Avoid use during pregnancy and lactation.

KNOWN SIDE EFFECTS

The evidence that Black Cohosh causes liver damage is not conclusive. Until more is known, monitor patients who take Black Cohosh for signs of compromised liver function.

Estro Fortify

RN Labs Estro Fortify delivers a synergistic botanical formulation that supports healthy Estrogen activity.

May assist in the reduction of low Estrogen symptoms such as hot flushes & sleep disturbances during menopause and perimenopause. Formulated to also support healthy hormonal levels in women of reproductive age.

- ✓ Supports Estrogen activity in the body
- ✓ Reduces low Estrogen symptoms
- ✓ Provides menopausal and perimenopausal hormonal support
- ✓ Can be used in conjunction with laboratory hormone test results (e.g. Low Estrogen and metabolites)

REDUCTION OF HOT FLUSHES

Numerous randomised, double-blind, placebo-controlled trials in healthy pre and postmenopausal women, have shown *Cimicifuga Racemosa* (Black Cohosh) to significantly reduce severity and number of hot flushes.

Some studies assessing the effectiveness of Black Cohosh using the Kupperman index, which in addition to hot flushes, includes parameters such as sweating, insomnia, nervousness, vertigo, asthenia/weakness, joint & muscular pain, headache and palpitations, have also demonstrated improvements.

These studies often report fewer side effects than is frequently associated with other hormonal treatments.

SLEEP IMPROVEMENT

In a double-blind, placebo-controlled study of 170 perimenopausal women, given Pine Bark or placebo twice daily over a period of 3 months.

It was shown that Pine Bark significantly improved all symptoms associated with perimenopause and found to be especially effective for improving vasomotor and insomnia/sleep problem symptoms, which were significantly better after 4 and 12 weeks than with placebo.

RED CLOVER

Red clover is well known for its isoflavone content, and has been shown to decrease the occurrence of menopausal symptoms.

SHATAVARI

Shatavari is regarded as a wonder herb within Ayurvedic medicine, having been used as a rejuvenative female reproductive tonic for centuries.

* References Available On Request



Fe-Restore

RN Labs Fe-Restore is a pure and hypoallergenic source of highly absorbable iron.

Unlike other forms of supplemental iron, iron bisglycinate does not cause common side effects, and therefore provides optimum bioavailability and ease of prescribing.

- ✓ Highly absorbable/bioavailable form of iron
- ✓ Ideal for when iron requirements are increased, such as during pregnancy, early adolescents, female reproductive cycle, and vegetarian diets
- ✓ Gentle on the digestive system
- ✓ Involved in healthy red blood cell and haemoglobin synthesis
- ✓ Supports healthy pregnancy
- ✓ Involved in electron transport and the maintenance of energy levels

Fe-Restore 30 capsules	AUST-L: 383257
Each Capsule Contains:	
Iron (II) Glycinate	129 mg
Equivalent to elemental Iron	24 mg
Excipients: Hypromellose (Capsule), Leucine, Microcrystalline Cellulose, Colloidal Anhydrous Silica. Suitable for vegans.	

ABSORPTION + MINIMAL SIDE EFFECTS

Compliance with iron supplementation, especially among pregnant women, is poor, due in part to the commonly associated side effects.

Iron deficiency anaemia during pregnancy affects 12% of pregnant women in Australia, and is associated with an increased risk of prematurity, low birth weight, and maternal morbidity.

Out of 453 women using iron supplements, containing various forms of iron (ferrous fumarate, ferrous sulfate, ferric polymaltose, and ferric bisglycinate), during pregnancy, almost half (45%) reported at least one adverse effect (particularly constipation and nausea).

Ferric bisglycinate was associated with the fewest side effects (21.2%), compared to ferrous fumarate and ferrous sulfate, which caused the most (56.3% and 53.7%, respectively). 83 women discontinued their prescribed iron preparation, mainly due to side effects. Compliance rates were the highest for the ferric bisglycinate, due to its favourable absorption and tolerance characteristics.

Pasricha, SRS, Flecknoe-Brown, SC, Allen, KJ, Gibson, PR, McMahon, LP, Olynyk, JK, Roger, SD, Savoia, HF, Tampi, R, Thomson, AR, Wood, EM & Robinson, KL. 2010, 'Diagnosis and management of iron deficiency anaemia: a clinical update', The Medical Journal of Australia, vol. 193, no. 9, pp. 525-32.

Melamed, N, Ben-Haroush, A, Kaplan, B & Yagev, Y. 2007, 'Iron supplementation in pregnancy—does the preparation matter?', Archives of Gynecology and Obstetrics, vol. 276, pp. 601-4.

SUGGESTED USE

Adults take 1 capsule daily.

STATEMENTS & WARNINGS

Iron supplementation is not recommended in patients with haemochromatosis. Iron is considered safe during pregnancy. Serum iron testing is highly recommended for monitoring iron status before and during iron supplementation.

KNOWN SIDE EFFECTS

At the recommended doses typically administered for therapeutic purposes, iron bisglycinate is considered non-toxic. Due to its highly favourable absorption characteristics, digestive distress is unlikely.

MEDICATION INTERACTIONS

Concomitant use of iron supplements with ACE inhibitors, levodopa/carbidopa, quinolone/tetracycline antibiotics, L-thyroxine, antacids, H2-receptor antagonists, PPIs, cholestyramine, penicillamine or sulfasalazine may result in reduced absorption and efficacy of the medication, the iron, or both. Take any such medications 2 hours before or 4-6 hours after iron supplement intake.

FAQ

Do you need vitamin C to improve absorption of Iron?

This concept is relevant to food sources of iron. In Fe-Restore the iron is in a bisglycinate form, therefore already chelated to support optimal absorption, and does not require Vitamin C.



Folinic Acid 120 capsules	AUST-L: 394271
Each Capsule Contains:	
Calcium Folate	543 micrograms
Equiv. to Folinic Acid	500 micrograms
Excipients: Microcrystalline Cellulose, Hypromellose (Capsule), Leucine, Colloidal Anhydrous Silica. Suitable for vegans.	

SUGGESTED USE

Adults take 1 capsule daily

STATEMENTS & WARNINGS

Folate is considered safe during pregnancy.

KNOWN SIDE EFFECTS

In doses typically administered for therapeutic purposes, folinic acid is considered non-toxic. At doses over 10mg daily, gastrointestinal complaints, insomnia, irritability, and fatigue have been reported.

MEDICATION INTERACTIONS

The activity of folinic acid may affect, or be affected by, the presence of certain medications, including anticonvulsant and anti-inflammatory medications. Qualified consultation is advised when using these concomitantly.

Folinic Acid

RN Labs Folinic Acid is a pure and hypoallergenic source of metabolically active, yet unmethylated and therefore less over-stimulating form of folate.

Providing a gentle and invaluable basis to folate supplementation for a broad range of clinical applications.

- ✓ Folinic acid readily converts to methylfolate without delivering excess external methyl groups
- ✓ Folinic acid demonstrates greater metabolic activity than folic acid as a source of folate, with reduced potential for side effects
- ✓ Contributes to the normal growth of the foetus during pregnancy
- ✓ May support normal stress and cognitive function through healthy neurotransmitter production
- ✓ Supports the healthy formation and maturation of red blood cells
- ✓ Supports the synthesis and repair of DNA and normal cellular division
- ✓ Plays an important role in supporting methylation reactions
- ✓ Supports normal, healthy cardiovascular function, and improves vascular endothelial function

ACTIVE FORM

Oral folates are available in a number of supplemental forms. Administration of the folinic acid form bypasses the deconjugation and reduction steps required for the synthetic form, folic acid.

Folinic acid subsequently appears to be a more metabolically active form of folate than folic acid, capable of supporting levels of the coenzyme forms of the vitamin in circumstances where folic acid has little to no effect.

Additionally, folinic acid, as an active but unmethylated form of folate, may be better tolerated by certain individuals with impediments to folate and methylation metabolism (including those with MTHFR polymorphisms) if taken in appropriate doses.

Kelly, GS 1998, 'Folates: Supplemental Forms and Therapeutic Applications', Alternative Medicine Review, vol. 3, no. 3, pp. 208-220.



GI Defence

RN Labs GI Defence is a break-through gut support formula that is great tasting, multi-faceted, and clinically potent.

GI Defence harnesses the power of Amla to support gut membrane integrity and healing and calm mild digestive symptoms.

The ingredients in GI Defence can promote healthy flora, supports detoxification processes, and help regulate inflammatory/immune response.

- ✓ Light and silky consistency for ease of administration and tolerance
- ✓ Provides a source of prebiotic fibre for healthy intestinal flora
- ✓ Mild, pleasant taste and appearance
- ✓ Helps to support and regulate healthy immune function and inflammatory response
- ✓ Clinical potencies of active ingredients
- ✓ Provides additional benefits for symptom relief
- ✓ Supports healthy gut membrane integrity

GI Defence 210 grams	AUST-L: 337394
Each 6g Dose (Approx. 1 Scoop) Contains:	
Glutamine	2,500 mg
Larix (Larch) Arabinogalactan	1,500 mg
Phyllanthus emblica (Amla) fruit extract	1,000 mg
Equiv. to dry fruit	10,000 mg
Pectin (Apple)	250 mg
Ascorbic Acid (Vitamin C)	125 mg
Althaea officinalis (Marshmallow) root extract	200 mg
Equiv. to dry fruit	400 mg
Polaprezinc (Zinc Carnosine)	73.26 mg
Equiv. to elemental Zinc	15.75 mg
Excipients: Glycine, <i>Siraitia grosvenorii</i> (Monk Fruit) extract, Malic Acid, Natural Lemon Flavour, Colloidal Anhydrous Silica, <i>Stevia rebaudiana</i> leaf extract (Stevia). Sugar free - all-natural low-calorie sweeteners. No colours, preservatives or artificial flavours. Suitable for vegans.	

IMPORTANCE OF AMLA IN REVIEW

Amla has traditionally been utilised to regulate various molecular pathways. Extensive research has identified the following gut-specific actions that Amla provides: antioxidant and free radical scavenging, analgesic, anti-inflammatory, anti-ulcerogenic, tissue/wound healing, antidiarrheal, antispasmodic, antimicrobial, and immunomodulatory.

Bhandari, P., & Kamdod, M. (2012). Emblica officinalis (Amla): A review of potential therapeutic applications. *International Journal of Green Pharmacy*, 6(4), 257–269. <https://doi.org/10.4103/0973-8258.108204>.

Chatterjee, A., Chatterjee, S., Biswas, A., Bhattacharya, S., Chattopadhyay, S., & Bandyopadhyay, S. K. (2012). Gallic Acid Enriched Fraction of Phyllanthus emblica Potentiates Indomethacin-Induced Gastric Ulcer Healing via e-NOS-Dependent Pathway. 2012. <https://doi.org/10.1155/2012/487380>



SUGGESTED USE

Adults take 1-3 scoops mixed with 200ml of water per day, or as directed by a healthcare practitioner.

3 scoops per day is maximum therapeutic dose

2 scoops per day is effective gut treatment and/or detoxification support.

1 scoop per day is a maintenance protocol.

NOTE: Due to the clinical potency of this formula, some symptoms may be experienced when taking this product.

It is common for gastrointestinal symptoms to occur when undertaking any gut-repair program or making changes to the diet. Typically these subside over time.

Drinking sufficient water for hydration as well as eating wholefoods in the diet can assist this process.

Starting with partial doses may be necessary for patients with particularly sensitive stomachs.

To avoid nausea symptoms from zinc, ensure adequate hydration and avoid taking on an empty stomach.



STATEMENTS AND WARNINGS

If symptoms persist consult your healthcare practitioner.

Vitamin and/or mineral supplements should not replace a balanced diet.

Contains zinc which may be dangerous if taken in large amounts or for a long period.

If pregnant, consult your healthcare practitioner before using this product.



KNOWN SIDE EFFECTS

Caution is advised in patients taking anticoagulants and/or anti-thrombotic medication with Amla dosage >500mg.



Iodine & Tyrosine 60 capsules	AUST-L: 360738
Each Capsule Contains:	
L-Tyrosine	500 mg
Iodine (as Potassium Iodide)	225 micrograms
Excipients: Hypromellose (Capsule), Colloidal Anhydrous Silica. Suitable for vegans.	



SUGGESTED USE

Adults take 1 capsule daily



STATEMENTS & WARNINGS

If pregnant, consult your healthcare practitioner before using this product.

It is advised to monitor the use of iodine supplementation in patients taking thyroid medication, such as thyroxine.



KNOWN SIDE EFFECTS

Those with a known 'allergy' to Iodine should avoid use of this product. If unknown, monitor for signs of allergic reaction such as nausea, vomiting, itching, or flushing.

Iodine & Tyrosine

RN Labs Iodine and Tyrosine is made without flowing agents that can inhibit bioavailability. The thyroid hormones regulate the metabolism of proteins, fats, and carbohydrates, affecting how humans use these compounds to produce energy. The thyroid hormones are also essential to the proper development and differentiation of all cells of the human body (affecting multiple systems and aspects of body function). The thyroid hormones are comprised largely of the amino acid L-tyrosine and the element iodine. Thus, a deficiency of either or both, could contribute to suboptimal thyroid hormone levels.



RN Labs Iodine and Tyrosine is produced without flowing agents that can inhibit bioavailability



Combined support for the prevention of common nutritional deficiencies of Iodine and Tyrosine



Consolidated elemental and amino acid support for overall maintenance of healthy thyroid function



May assist in the maintenance of general wellbeing

IODINE DEFICIENCY

Inadequate intake of Iodine in Australia is likely contributed to by poor soil iodine content, reductions in seafood consumption and changes to sanitation practices in the processing of dairy products (which previously contributed at least 50% of daily Iodine intake). Since the 1990s (when Australia's Iodine status was last considered sufficient), widespread deficiency (and its associated health consequences) have been well documented. Implications appear to be most relevant (but not limited) to the maintenance of healthy Thyroid function, and subsequent physiological processes.

Ahad, F & Ganie, SA 2010, 'Iodine, Iodine metabolism and Iodine deficiency disorders revisited', Indian Journal of Endocrinology & Metabolism, vol. 14, no. 1, pp. 13-7.
Li, M & Eastman, CJ 2012, 'The changing epidemiology of iodine deficiency', Nature Reviews Endocrinology, vol. 8, pp. 434-40.



InflamaSoothe Trio 60 capsules		AUST-L: 390938
Each Vegetarian Capsule Contains:		
Palmitrol (PEA)		150 mg
Casperome® Boswellia Phytosome®		125 mg
Contains <i>Boswellia serrata</i> gum ext.		42 mg
Equiv. to <i>Boswellia serrata</i> dry gum		378 mg
Equiv. Boswellic Acids		31 mg
Meriva® Curcumin Phytosome®		125 mg
Contains <i>Curcuma longa</i> rhizome ext. dry conc.		25 mg
Equiv. to <i>Curcuma longa</i> dry rhizome		4.125 g
Equiv. Curcuminoids		25 mg
Excipients: Leucine, Hypromellose (Capsule), Lecithin (Sunflower), Microcrystalline Cellulose, Calcium Hydrogen Phosphate Dihydrate, Colloidal Anhydrous Silica		
Suitable for vegans.		

InflamaSoothe Trio

RN Labs InflamaSoothe Trio delivers a synergistic formulation that helps reduce oxidation, inflammation and pain, offering the potential to support a broad range of inflammatory health conditions.

- ✓ Synergistic blend of potent anti-inflammatory compounds
- ✓ May help relieve muscle aches and joint pain/stiffness
- ✓ Micronised and phytosomal forms ensure maximum clinical efficacy at lower doses
- ✓ May reduce severity of menstrual cramps
- ✓ Capable of targeting numerous types of chronic pain

IMPROVING JOINT FUNCTION

A three-month study of Curcumin Phytosome, showed a decrease in joint pain and improvement in joint function in 50 osteoarthritis (OA) patients. Since OA is a chronic condition requiring prolonged treatment, the long-term efficacy and safety of Curcumin Phytosome were investigated in a longer (eight month) study involving 100 OA patients.

Significant improvements of both the clinical and biochemical end points were observed for Curcumin Phytosome compared to the control group.

This, coupled with an excellent tolerability, suggests that Curcumin Phytosome is worth considering for the long-term complementary management of osteoarthritis.

IMPROVING OSTEOARTHRITIC PAIN

Osteoarthritis (OA) is one of the most common degenerative diseases of joints. Oral *Boswellia serrata* extracts, taken alone or in combination with other ingredients, appears to reduce pain and improve function in osteoarthritis.

Randomised, controlled trials in patients with knee osteoarthritis have shown a reduction in pain and improved function when compared with placebo (reduction in pain was first reported within 7 days of treatment). Providing further evidence on the efficacy of *Boswellia serrata* extract in the management of pain and inflammatory conditions.

SUGGESTED USE

Adults take 1-4 capsules per day, with or without food.

TGA guidelines specify a maximum of 600mg of PEA per day (4 capsules) due to limitations in study data available. However, practitioners retain the right to make dosing recommendations according to their own clinical judgement, knowledge of the case at hand, or their own further research. Some practitioners have used considerably more especially during intensive dosing periods.

GA guidelines specify a maximum dosing duration of 21 days due to limitations in study data available. However, PEA has a long history of being used by practitioners for extended periods.

STATEMENTS & WARNINGS

FOR PRACTITIONER DISPENSING ONLY.

This product is intended for adults only.

Avoid during pregnancy and lactation.

KNOWN SIDE EFFECTS

At typical doses Curcumin, PEA and Boswellia are generally well tolerated.



L-5MTHF

RN Labs L-5MTHF is a pure and highly bioavailable form of folate. Directly facilitating methyl group donation in the body, L-5MTHF supports numerous metabolic processes for optimum healing, development, detoxification, mental health and wellbeing.

- ✓ Provides a methylated and metabolically active form of folate
- ✓ Bypasses the biochemical steps normally required by other folates
- ✓ Demonstrates greater metabolic activity than folic acid as a source of folate, with reduced potential for side effects
- ✓ Contributes to the normal growth of the foetus during pregnancy
- ✓ Supports healthy red blood cell formation
- ✓ May support normal stress and cognitive function through healthy neurotransmitter production
- ✓ Plays an important role in supporting healthy methylation
- ✓ Supports healthy homocysteine levels
- ✓ Supports healthy cardiovascular and vascular endothelial function

L-5MTHF 120 capsules	
Each Capsule Contains:	
Levomefolate Glucosamine	902 micrograms
Equiv. Levomefolic acid (L-5MTHF)	500 micrograms
Excipients: Microcrystalline Cellulose, Hypromellose (Capsule), Leucine, Colloidal Anhydrous Silica.	
Suitable for vegans.	

SUGGESTED USE

Adults take 1 capsule daily

STATEMENTS AND WARNINGS

Folate is considered safe during pregnancy.

KNOWN SIDE EFFECTS

In doses typically administered for therapeutic purposes, 5-MTHF is considered non-toxic. At doses over 10mg daily, gastrointestinal complaints, insomnia, irritability, and fatigue have been reported.

Whilst some concern exists that supplementation with high doses of folic acid could mask a vitamin B12 deficiency, supplementation with 5-MTHF appears to sidestep this potential problem. Since 5-MTHF can only be converted to 5,10-methylenetetrahydrofolate (involved in DNA synthesis) after participating in homocysteine recycling with vitamin B12, 5-MTHF will not mask a B12 deficiency.

MEDICATION INTERACTIONS

The activity of 5-MTHF may affect, or be affected by, the presence of certain medications, including anticonvulsants and anti-inflammatory medications. Qualified consultation is advised when using these concomitantly.

ABSORPTION

A study comparing the bioavailability of [6S]-5-MTHF (L-5MTHF) and folic acid (a form used in many dietary supplements) found significantly greater absorption of [6S]-5-MTHF over folic acid in healthy individuals.

This study was conducted on females profiled for genotypes with the homozygous 677C>T mutation, which was compared to individuals without this mutation.

They found an increase in plasma folate irrespective of the gene mutation, therefore, research suggests [6S]-5-MTHF is a highly absorbable form of supplementation for the general population.

Prinz-Langenohl R, Brämswig S, Tobolski O, Smulders YM, Smith DE, Finglas PM, Pietrzik K. 2009. [6S]-5-methyltetrahydrofolate increases plasma folate more effectively than folic acid in women with the homozygous or wild-type 677C-->T polymorphism of methylenetetrahydrofolate reductase, British Journal of Pharmacology, vol. 158, no. 8, pp. 2014-2021.

Pentieva, K, McNulty, H, Reichert, R, Ward, M, Strain, JJ, McKillop, DJ, McPartlin, JM, Connolly, E, Molloy, A, Krämer, K & Scott, JM 2004, 'The short-term bioavailabilities of [6S]-5-methyltetrahydrofolate and folic acid are equivalent in men', Journal of Nutrition, vol. 134, pp. 580-5.

Houghton, LA, Sherwood, KL, Pawlosky, R, Ito, S & O'Connor, DL 2006, '[6S]-5-methyltetrahydrofolate is at least as effective as folic acid in preventing a decline in blood folate concentrations during lactation', American Journal of Clinical Nutrition, vol. 83, pp. 842-50.



Lipotropex

RN Labs Lipotropex is a foundational nutritional liver support formula, that supports optimal liver function, is clinically versatile, and tastes great.

It contains a synergistic blend of high quality ingredients that can be taken with minimal potential for interference with other aspects of clinical care.

- ✓ Foundational nutraceutical liver support
- ✓ Maintain/support healthy bile production
- ✓ Facilitates liver detoxification processes
- ✓ Pleasant taste & appearance for maximum compliance
- ✓ Assists metabolism of lipids throughout the body

IMPORTANCE OF LIPOTROPICS

Lipotropic compounds are those that help catalyse the breakdown of fat during metabolism in the body. A lipotropic nutrient promotes or encourages the mobilisation of fat from the liver. Lipotropics are necessary for the maintenance of a healthy liver, and for burning fat for additional energy thus easing the burden on the liver in processing lipids. Without lipotropics, fats and bile can become trapped in the liver, contributing to issues such as Non-Alcoholic Fatty Liver Disease (NAFLD), cirrhosis, hypercholesterolemia, Type 2 DM and obstructed fat metabolism.

Lipotropics differ from cholagogues and choleretics in that the latter are gastrointestinal agents that merely trigger the flow and production of bile (respectively), whereas Lipotropics provide the actual substrates necessary to produce bile and metabolise fats.

Spiridonov, N. A. (2012)
Murakami et al. (2016)

Lipotropex 300 grams	AUST-L: 338266
Each Level Scoop (3g) Contains:	
Taurine	500 mg
Glycine	450 mg
Inositol	350 mg
Acetyl Levocarnitine Hydrochloride	350 mg
Choline Bitartrate	250 mg
Silybum marianum (Milk Thistle) ext.	250 mg
From minimum dry fruit (seed)	17.5 g
Contains std. Silymarin	200 mg
Ascorbic Acid (Vitamin C)	125 mg
Selenomethionine	37 micrograms
Equiv. to Selenium	15 micrograms
Excipients: Glycine, Colloidal Anhydrous Silica, Natural Lemon Lime Flavour, Siraitia grosvenorii (Monk Fruit) extract, Stevia rebaudiana leaf extract (Stevia).	
Suitable for vegans.	

SUGGESTED USE

Adults take 3g (1 scoop) mixed with water (can be sipped from a water bottle). Multiple serves can be taken throughout the day as needed, or as directed by a healthcare practitioner.

Note: Those with liver congestion, bile and gallbladder congestion, poor lipid digestion, etc. are all cases that could benefit from use of this formula over time, however may initially experience nausea. In such conditions it is recommended to start at a lower dose and to slowly increase the dosage over time as tolerated.

KNOWN SIDE EFFECTS

All ingredients are considered well tolerated.

STATEMENTS & WARNINGS

If symptoms persist consult your healthcare practitioner.

Vitamin and/or mineral supplements should not replace a balanced diet.

This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.

If pregnant, consult your healthcare practitioner before using this product.



Magnesium Citrate 90 capsules 180 capsules		AUST-L: 323775
Each Capsule Contains:		
Magnesium Citrate	970 mg	
Equiv. to elemental Magnesium	150 mg	
Excipients: Colloidal Anhydrous Silica, Hypromellose (Vegetarian Capsule)		
Suitable for vegans.		

SUGGESTED USE

Adults take 1-4 capsules daily.

STATEMENTS & WARNINGS

If pregnant, consult your healthcare practitioner before using this product.

KNOWN SIDE EFFECTS

Gas, bloating or diarrhoea may occur in some individuals taking magnesium supplements. This can occur at varying amounts depending on the individual and resolved when the amount is reduced.

Magnesium Citrate

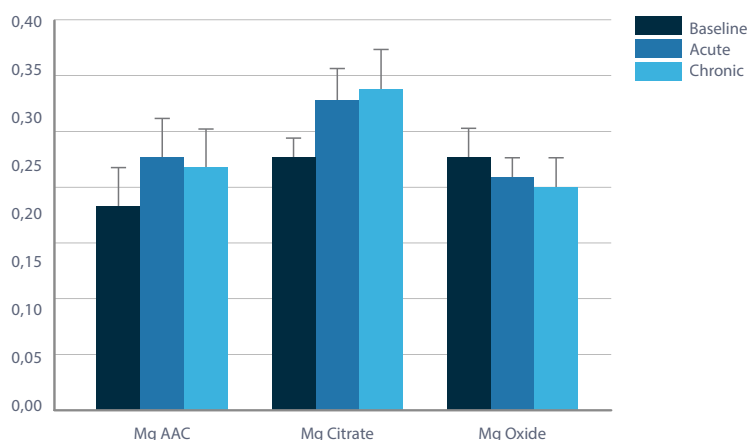
RN Labs Magnesium Citrate is a highly-absorbed citrate chelate form of magnesium. Magnesium is present in all cells of the body and is involved in over 300 enzymatic processes, including energy production. May assist with muscular cramps of the legs (during pregnancy, nocturnal). May assist in reducing migraine frequency.

- ✓ Magnesium citrate is a highly absorbed source of magnesium
- ✓ Magnesium may help maintain muscle and vascular function (including heart and lungs)
- ✓ Magnesium may help the body to metabolise carbohydrates, fats and proteins
- ✓ Magnesium may assist with muscular cramps of the legs (during pregnancy, nocturnal)
- ✓ Magnesium may help in the development and maintenance of teeth and bones
- ✓ Magnesium may assist in reducing migraine frequency
- ✓ Magnesium may help reduce airway reactivity

ABSORPTION

A study comparing the bioavailability of magnesium citrate with magnesium oxide and amino acid chelates (forms found in many dietary supplements) found significantly greater absorption of magnesium citrate than magnesium oxide in healthy individuals. The same researchers found magnesium citrate to be 55-percent soluble in water; whereas, magnesium oxide is virtually insoluble. The more water-soluble a mineral chelate is, the more absorbable it is in the body. Therefore, research suggests magnesium citrate is a highly absorbable form for supplementation.

Walker, AF, Marakis, G, Christie, S & Byng, M 2003, 'Mg citrate found more bioavailable than other Mg preparations in a randomised, double-blind study', Magnesium Research, vol. 16, no. 3, pp. 183-91.





Magnesium Glycinate

RN Labs Magnesium Glycinate is a highly absorbed glycinate chelate form of magnesium, delivering magnesium for over 300 enzymatic processes in the body, including supporting brain and nervous system health.

- ✓ Magnesium Glycinate is a highly absorbed source of magnesium
- ✓ Magnesium Glycinate may help support healthy muscle and cardiovascular function
- ✓ Magnesium Glycinate may support brain and nervous system health
- ✓ Magnesium may assist with muscle cramps

Magnesium Glycinate	
90 capsules 180 capsules	AUST-L: 383255
Each Capsule Contains:	
Magnesium Glycinate	750 mg
Equiv. elemental Magnesium	150 mg
Excipients: Hypromellose (Capsule), Leucine, Colloidal Anhydrous Silica.	
Suitable for vegans.	



SUGGESTED USE

Adults take 1-4 capsules daily.



STATEMENTS & WARNINGS

If pregnant, consult your healthcare practitioner before using this product.

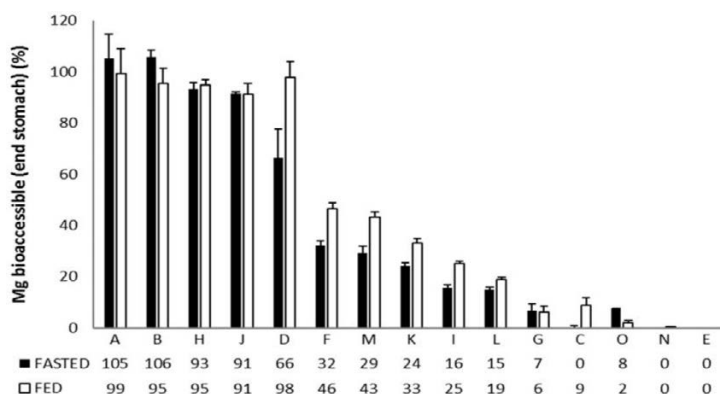


KNOWN SIDE EFFECTS

Gas, bloating or diarrhoea may occur in some individuals taking magnesium supplements. This can occur at varying amounts depending on the individual and resolved when the amount is reduced.

ABSORPTION

Studies comparing the bioavailability of organic magnesium compounds (which includes organic acid-bonded and amino acid bonded compounds) versus inorganic magnesium compounds (which include other carbon-free salts) have demonstrated the absorption of organic magnesium compounds to be far superior than that of inorganic compounds. Therefore, research suggests Magnesium Glycinate, as an amino acid chelate, is a highly absorbable form, able to effectively address supplementation requirements. The delivery of similar ingredients can also be affected by tableting vs capsules, excipients, and other supplement ingredients, highlighting the importance of using pure, high dissolution supplements for maximum clinical efficacy.





Methyl-Fortify 60 capsules		AUST-L: 270112
Each Vegetarian Capsule Contains:		
Riboflavin Sodium Phosphate		31.7 mg
Equiv. to Riboflavin		25 mg
Pyridoxal-5-Phosphate (P5P)		29.2 mg
Equiv. to Pyridoxine		20 mg
Levomefolate Calcium		550 micrograms
Equiv. to Levomefolic acid (L-5MTHF)		500 micrograms
Mecobalamin (co-methylcobalamin)		1000 micrograms
Choline Dihydrogen Citrate		300 mg
Excipients: Leucine, Microcrystalline Cellulose, Tapioca Starch, Colloidal Anhydrous Silica.		
Suitable for vegans.		

SUGGESTED USE

Adults take 1 capsule daily

STATEMENTS AND WARNINGS

This product contains Pyridoxal-5-Phosphate which may be dangerous when used in large amounts or for a long time.

KNOWN SIDE EFFECTS

In doses typically administered for therapeutic purposes, 5-MTHF is considered non-toxic. At doses over 10mg daily, gastrointestinal complaints, insomnia, irritability, and fatigue have been reported.

Whilst some concern exists that supplementation with high doses of folic acid could mask a vitamin B12 deficiency, supplementation with 5-MTHF appears to sidestep this potential problem. Since 5-MTHF can only be converted to 5,10-methylenetetrahydrofolate (involved in DNA synthesis) after participating in homocysteine recycling with vitamin B12, 5-MTHF will not mask a B12 deficiency.

Methyl Fortify

RN Labs Methyl Fortify contains a balanced and synergistic blend of methylfolate (L-5MTHF), methyl-B12, and choline, each serving as an external source of methyl (CH₃) groups to the body.

Activated vitamin B2 and B6 provide additional cofactor support for optimum metabolism.

Invaluable for delivering highly focused clinical methylation support, and the optimisation of cardiovascular, neurological and detoxification function.

- ✓ A balanced and synergistic blend of methylation-supportive B vitamins
- ✓ Provides the externally methylated forms of folate and vitamin B12
- ✓ Activated forms of vitamin B2 and B6 provide crucial co-factor support for the proper metabolism of folate, B12 and methylation
- ✓ Provides a therapeutic dose of choline for support of the alternate BHMT homocysteine methylation pathway
- ✓ May help to support the maintenance of normal, healthy homocysteine levels via remethylation back to methionine
- ✓ Provides vitamin B6 for conversion of homocysteine to cysteine via the transsulfation pathway
- ✓ Supports the synthesis of glutathione
- ✓ Vitamin B2 is a component of glutathione reductase and a crucial cofactor in the activity of MTHFR
- ✓ Choline may support normal lipid metabolism
- ✓ Choline assists in the synthesis of SAME
- ✓ Choline serves as a valuable precursor for the synthesis of acetylcholine and phosphatidylcholine

HOMOCYSTEINE AND 5-MTHF

A study examined the effect of oral treatment with 15mg per day of 5-methyltetrahydrofolate (5-MTHF) for 12 weeks, on homocysteinaemia and endothelial function in 19 patients undergoing peritoneal dialysis and compared them, for the same period of time, to a control group of patients on peritoneal dialysis.

Plasma homocysteine concentrations fell by 30% after oral treatment with 5-MTHF. Endothelial function improved significantly after oral 5-MTHF treatment. A worsening of basal values was observed in the control group. These results confirm a positive outcome in reducing atherosclerosis via these independent mechanisms.

Baragetti I, Raselli S, Stucchi A, Terraneo V, Furiani S, Buzzi L, Garlaschelli K, Alberghini E, Catapano AL, Buccioni G, 2007. Improvement of endothelial function in uraemic patients on peritoneal dialysis- a possible role for 5-MTHF administration, Molecular Genetics & Metabolism, vol. 84, no. 4, pp. 371-373.



MEDICATION INTERACTIONS

The activity of various B vitamins may affect, or be affected by, the presence of certain medications, including anticonvulsant and anti-inflammatory medications. Qualified consultation is advised when using these concomitantly.



FURTHER READING

The Power of Choline for Methylation - visit [RN Labs.com.au](https://rnlabsonline.com.au) > Blog > Methylation



Micro Clear 60 capsules	AUST L 367197
Each Capsule Contains:	
Arctostaphylos Uva-Ursi Leaf Extract	200 mg
Equiv. to min <i>Arctostaphylos Uva-Ursi</i> dry leaf	4.5 g
Lythrum Salicaria Herb Extract	200 mg
Equiv. to min <i>Lythrum Salicaria</i> dry herb	2 g
Berberis Vulgaris Stem Bark Extract	100 mg
Equiv. to min <i>Berberis Vulgaris</i> dry stem bark	1 g
Olea Europaea (Olive) Leaf Extract	100 mg
Equiv. to min <i>Olea Europaea</i> dry leaf	1 g
Stand. to contain Oleuropein	24 mg
Punica Granatum Fruit Peel Extract	100 mg
Equiv. to min <i>Punica Granatum</i> dry fruit peel	5 g
Excipients: Leucine, Hypromellose (Capsule), Maltodextrin (from Non-GM Corn), Silicified Microcrystalline Cellulose, Colloidal Anhydrous Silica, Ascorbyl Palmitate (Vitamin C). Suitable for vegans.	

SUGGESTED USE

Adults take 1-3 capsules between or before meals (2-6 per day) for a period of short term use, to provide targeted inhibition and reduction of undesirable intestinal organism populations.

STATEMENTS AND WARNINGS

FOR PRACTITIONER DISPENSING ONLY.

This product is not intended for use during pregnancy.

KNOWN SIDE EFFECTS

Intolerances to any of the botanical ingredients is rare at typical doses.

Microbial eradication can precipitate a wide variety of symptoms. Adjusting and alternating doses may assist with 'die-off' effects.

Micro Clear

RN Labs Micro Clear is a potent combination of botanicals to provide a targeted yet comprehensive anti-microbial effect.

It is ideal for individuals needing to address bowel flora imbalances revealed through clinical stool testing.

It works to inhibit intestinal bacterial overgrowth and helps modulate flora populations.

- ✓ Provides targeted yet comprehensive botanical actions against certain organisms. (Revealed through live culture sensitivity testing).
- ✓ Contains herbs that display antiparasitic activity
- ✓ Broad spectrum activity against gram positive and gram negative bacteria
- ✓ Inhibits small intestinal bacterial overgrowth (SIBO).

INGREDIENT HIGHLIGHTS

Uva Ursi has been shown to possess superior anti-microbial efficacy over other botanicals against a number of common microbial pathogens (i.e. *Staphylococcus aureus*, *Bacillus subtilis*, *E. coli*, *Enterobacter*, *Helicobacter pylori*, *Klebsiella*, *Shigella sonnei*, *Shigella flexneri*, *Pseudomonas aeruginosa*, *Ureaplasma urealyticum*, *Mycoplasma hominis*, and *Enterococcus* species). It is often one of the few botanicals that retains efficacy against organisms that have developed notable resistance to other commonly used herbal treatments.

Purple Loosestrife (*Lythrum Salicaria*) is a potent botanical with powerful antimicrobial benefits. A notable study showed that Purple Loosestrife had one of the highest levels of activity among those tested, especially against *Candida albicans*. Other studies have also shown its strong efficacy against *Micrococcus luteus*, *Bacillus subtilis*, *Escherichia coli*, *Pseudomonas aeruginosa*, MDR *Pseudomonas aeruginosa*, *Staphylococcus aureus*, MRSA, *Staphylococcus epidermidis*, and attribute much of its mechanism of action to a tannin principle.

Barberry (*Berberis Vulgaris*) may have an antibacterial effect against gram negative and gram positive bacteria, and is an astringent, antimicrobial, antiprotozoic, ameobocidal, and bitter tonic.

Olive Leaf Extract has antibacterial properties.

Pomegranate (*Punica Granatum*) Fruit Peel Extract has antiparasitic properties.

Kemper, 1999; Tolmacheva, 2014.
Boling et al, 2020



SUGGESTED USE

Take 41g (approx. 2 scoops) mixed with at least 250ml water once or twice per day, or as directed by a healthcare practitioner.



STATEMENTS & WARNINGS

FOR PRACTITIONER DISPENSING ONLY.

Contains Zinc which may be dangerous if taken in large amounts or for a long period.

This product contains Selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of Selenium from dietary supplements should not be exceeded.

If pregnant, consult your healthcare practitioner before using this product.

Contains therapeutic doses of nutrients.

Ensure appropriate justifications and investigations have been made before exceeding 6 scoops per day (including evaluation of all other supplements taken).

Not intended to replace a balanced diet.

- ✓ Rich chocolate taste helps maintain compliance
- ✓ Smooth and filling formula supports satiety
- ✓ Assists with curbing of cravings
- ✓ Supports healthy body composition
- ✓ Therapeutic doses for optimal efficacy
- ✓ Holistically formulated meal replacement
- ✓ Supports healthy blood glucose management
- ✓ Provides a source of prebiotic fibre
- ✓ Supports healthy detoxification/liver function
- ✓ Helps lower inflammation
- ✓ Supports energy metabolism
- ✓ Approx. 20g protein per 41g serve

IMPORTANCE OF PROTEIN IN REVIEW

Amino acids sufficiency is understood to support whole-body homeostasis. Due to new developments of amino acid biochemistry and nutrition, a paradigm shift in nutrition has now led to recognition of the dietary essentiality of both nutritionally essential as well as nutritionally non-essential amino acids. This is attributable to the numerous biological processes in which they play important roles, including: regulation of gene expression, cell signaling pathways, digestion and absorption of dietary nutrients, DNA and protein synthesis, proteolysis, metabolism of glucose and lipids, endocrine status, male and female fertility, acid-base balance, antioxidant status, detoxification of xenobiotics and endogenous metabolites, neurotransmission and immunity.

Hou, Y, Yin, Y & Wu, G 2015, 'Dietary essentiality of "nutritionally non-essential amino acids" for animals and humans', *Experimental Biology and Medicine*, vol. 240, no. 8, pp. 997-1007

The Medi Metabolic Jump Start Program

Help your patient on their journey to better health with this dietary guide and workbook.

The Medi Metabolic Jump Start has been designed by the RN Labs expert panel of nutritionists. The program consists of a recommended dietary guide and nutritional shakes to optimise the body's natural metabolic health.

The program is suggested as an introduction or reset to improve long-term nutritional behaviour patterns. It focuses on supporting healthy blood sugar regulation, liver function and intake of metabolic supportive vitamins, minerals, and phytonutrients.

Visit www.fxmed.co.nz/prachub to find an e-copy of the Medi Metabolic Jump Start Patient Guide via the Resources Hub, or you can request a complimentary printed copy with every tub of Medi Metabolic ordered.



Common signs this program might be right for your patient include signs of a sub-optimal metabolism, such as:

- Weight gain or difficulties losing excess weight
- Fatigue
- Sleep disturbance
- Menstrual irregularities
- Digestive problems
- Mood changes
- Increased hunger or appetite
- Imbalanced blood sugar levels
- Imbalanced cholesterol levels
- Brain fog or difficulties concentrating



Medi Restore

RN Labs Medi Restore is a great tasting, highly concentrated nutritional support formula.

The formula is comprised of low allergen, synergistic ingredients to support numerous body processes and systems including digestion, detoxification, immune function, inflammatory balance, tissue repair and healthy weight management.



SUGGESTED USE

Take 22g (approx. 3 scoops) mixed with at least 200ml water once or twice per day, or as directed by a healthcare practitioner

STATEMENTS AND WARNINGS

Contains zinc which may be dangerous if taken in large amounts or for a long period.

This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.

Contains caffeine (7.5mg total caffeine per 22g serve). A cup of instant coffee contains approximately 80mg of caffeine. Caffeine intake more than 200mg per day is not recommended during pregnancy or breastfeeding. Doses of caffeine over 10mg per day are for adults only.

If pregnant, consult your healthcare practitioner before using this product.

Contains therapeutic doses of nutrients.

Ensure appropriate justifications and investigations have been made before exceeding 6 scoops per day (including evaluation of all other supplements taken).

FAQ: IS MEDI RESTORE VEGAN?

While the rice & pea protein in Medi Restore is of a vegan source, the overall product is not strictly vegan due to the vitamin D3, which is derived from lanolin (sheep's wool). All other ingredients in Medi Restore are vegan.

WHY DOES THE FORMULA CONTAIN VEGETABLE OIL?

Please note that the Total Fat content of the formula is predominantly delivered via healthy medium chain triglycerides (from coconut) that assist with energy production. Only a minute trace of vegetable oil (micrograms) is included as a necessary carrier of Vitamin D (and therefore does not notably contribute to the overall energy content or fatty acid balance of the formula).

WILL THE CAFFEINE IN THIS PRODUCT BE A PROBLEM FOR ME?

The caffeine content of a standard 22g serve of Medi-Restore is only around 7mg. This is equivalent to around 10-23% of a cup of green tea. Therefore this formula should be well tolerated by those who can readily consume small portions of green tea.

Medi Restore 616 grams	AUST-L: 383954
Each 22g Dose (Approx. 3 Scoops) Contains:	
<i>Oryza sativa</i> (Rice) seed extract dry concentrate	10 g
equiv. <i>Oryza sativa</i> dry seed	110 g
<i>Pisum sativum</i> (Pea) seed extract dry concentrate	3.32 g
equiv. <i>Pisum sativum</i> dry seed	16.6 g
Glutamine	1.5 g
Glycine	1.5 g
Larix (Larch) Arabinogalactan	1 g
Taurine	350 mg
Ascorbic Acid (Vitamin C)	250 mg
Choline Bitartrate	30 mg
Thiamine Hydrochloride	21.6 mg
equiv. Thiamine	17 mg
Riboflavin Sodium Phosphate	6.58 mg
equiv. Riboflavin	5 mg
Nicotinamide (Niacinamide)	50 mg
Calcium Pantothenate	54.6 mg
equiv. Pantothenic Acid	50 mg
Pyridoxal-5-Phosphate Monohydrate	15.7 mg
equiv. Pyridoxine	10 mg
Levomefolate Glucosamine	360 micrograms
equiv. Levomefolic acid (L-5MTHF)	200 micrograms
Hydroxocobalamin	200 micrograms
Biotin	50 micrograms
Colecalciferol	10 micrograms
equiv. Vitamin D3	400 IU

Magnesium Citrate	330 mg
equiv. elemental Magnesium	50 mg
Calcified Lithothamnion Species (Red Algae)	156 mg
equiv. elemental Calcium	50 mg
Zinc Citrate Dihydrate	46.6 mg
equiv. elemental Zinc	15 mg
Manganese Gluconate	8.1 mg
equiv. elemental Manganese	1 mg
Selenomethionine	125.4 micrograms
equiv. elemental Selenium	50 micrograms
Chromium Nicotinate	193.6 micrograms
equiv. elemental Chromium	24 micrograms
Molybdenum Trioxide	77 micrograms
equiv. elemental Molybdenum	50 micrograms
Potassium Iodide	66 micrograms
equiv. elemental Iodine	50 micrograms
<i>Silybum marianum</i> (Milk Thistle) extract	150 mg
stand. to contain Silymarin	120 mg
equiv. <i>Silybum marianum</i> dry fruit	10.5 g
<i>Camellia sinesis</i> leaf (Matcha Green Tea) powder	250 mg
equiv. Caffeine	7.5 mg
<i>Zingiber officinale</i> (Ginger) rhizome extract dry concentrate	135 mg
equiv. <i>Zingiber officinale</i> dry rhizome	1.35 g
Excipients: Medium Chain Triglycerides (MCTs), Natural Vanilla Flavour, Xanthan Gum, Glycine, Colloidal Anhydrous Silica, <i>Siraitia grosvenorii</i> (Monk Fruit) extract, <i>Stevia rebaudiana</i> leaf extract (Stevia), Vegetable Oil, dl-alpha-tocopherol (Vitamin E).	
Suitable for vegetarians.	

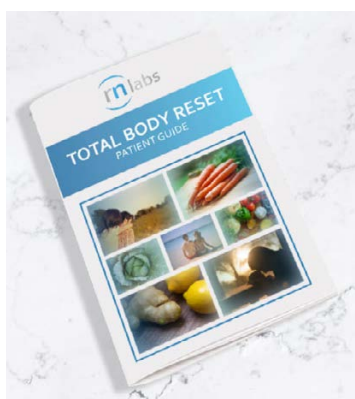
Nutritional Panel			Serving Size: 22 g (3 scoops)
	Quantity per 22 g serve	Quantity per 100 g	
Energy	335 kJ (80 Cal)	1523 kJ (363 Cal)	
Protein	14 g	63.56 g	
Fat, Total	1.83 g	8.3 g	
- Saturated	1.1 g	4.99 g	
Carbohydrate, Total	0.63 g	2.86 g	
- Sugars	0 g	0 g	
Fibre	2.71 g	12.3 g	
- Soluble	0.41 g	1.86 g	
- Insoluble	1.3 g	5.9 g	
Note: Nutritional Panel is not printed on the Medi Restore label due to TGA product guidelines (as a natural medicine rather than a food)			

- ✓ Great taste to assist high compliance
- ✓ Smooth and easy digestion
- ✓ A complete source of protein
- ✓ Supports overall health and wellbeing
- ✓ Supports healthy digestive function and gut membrane integrity
- ✓ Provides a source of prebiotic fibre for healthy intestinal flora
- ✓ Supports healthy detoxification and liver function
- ✓ Provides anti-inflammatory support
- ✓ Helps to support healthy immune function
- ✓ Maintains healthy muscles
- ✓ FODMAP friendly
- ✓ Dairy/Whey and Soy Free
- ✓ Free from artificial colours, preservatives, and flavours
- ✓ 14 grams of protein per 22g serve (28g per double serve)

IMPORTANCE OF PROTEIN IN REVIEW

Amino acids sufficiency is understood to support whole-body homeostasis. Due to new developments of amino acid biochemistry and nutrition, a paradigm shift in nutrition has now led to recognition of the dietary essentiality of both nutritionally essential as well as nutritionally non-essential amino acids, due to the numerous biological processes in which they play important roles, including: regulation of gene expression, cell signaling pathways, digestion and absorption of dietary nutrients, DNA and protein synthesis, proteolysis, metabolism of glucose and lipids, endocrine status, male and female fertility, acid-base balance, antioxidant status, detoxification of xenobiotics and endogenous metabolites, neurotransmission and immunity.

Hou, Y, Yin, Y & Wu, G 2015, 'Dietary essentiality of "nutritionally non-essential amino acids" for animals and humans', *Experimental Biology and Medicine*, vol. 240, no. 8, pp. 997-1007



The Total Body Reset Program

Help your patient on their journey to better health with this dietary guide & workbook.

The Medi Restore Total Body Reset program consists of recommended dietary suggestions and nutritional shakes that will assist your patient's natural healing and regeneration. The program works by optimising key body systems: detox, inflammation, and digestive health.

The complimentary patient guide provided serves as the patient's own workbook, assisting them through each stage of this 4 week program.

Visit www.fxmed.co.nz to find an e-copy of the Patient Guide via the Products/Brands section or the Resource section of the Practitioner Hub (log in to access), or you can request complimentary printed copies with your next FxMed order.

CASE STUDY

A 27 year old female patient presented with severe bloating, food intolerances (gluten and dairy), lack of energy, low mood, and occasional IBS. She also felt run down and would occasionally be sick for an entire day.

The patient was advised to undertake multiple dietary changes, including reducing portion sizes, ceasing all alcohol consumption, and increasing fruit and vegetable intake. She was also advised to be more fastidious in ensuring trace amounts of gluten and dairy were not in the food she purchased.

Medi Restore was prescribed to help with inflammation, stool regularity, and portion control. The patient consumed Medi Restore as a snack 1-2 times per day. It was consumed either as part of a healthy smoothie or mixed with water.

After just one month, the patient reported feeling better than they had in their whole life, with reduced bloating and regular bowel motions. The patient also reported feeling lighter, more energised, and had experienced an improvement in her mood.

The patient continues to take Medi Restore on a daily basis as a healthy snack or meal replacement.



Micronised PEA 120 capsules	AUST-L: 389342
Each Capsule Contains:	
Palmitrol (Palmitoylethanolamide)	300 mg
Excipients: Leucine, Hypromellose (Capsule), Microcrystalline Cellulose, Calcium Hydrogen Phosphate Dihydrate, Colloidal Anhydrous Silica.	

SUGGESTED USE

TGA guidelines specify a maximum of 600mg per day (2 capsules) due to limitations in study data available. However, practitioners retain the right to make dosing recommendations according to their own clinical judgement, knowledge of the case at hand, or their own further research. Some practitioners have used considerably higher doses especially during loading periods.

STATEMENTS & WARNINGS

FOR PRACTITIONER DISPENSING ONLY.

May interact with other prescription analgesic medicines.

This product is intended for adults only.

Safety has not been confirmed during pregnancy & lactation.

TGA guidelines specify a maximum dosing duration of 21 days due to limitations in study data available. However, PEA has a long history of being used by practitioners for extended periods. Practitioners are advised to follow their own research and judgement to support longer term chronic pain cases.

KNOWN SIDE EFFECTS

PEA is generally well tolerated.

Micronised PEA

RN Labs Micronised PEA provides a high purity, highly bioavailable source of micronised Palmitoylethanolamide for maximum clinical efficacy supporting pain and inflammation.

- ✓ Possesses potent anti-inflammatory properties
- ✓ Clinically proven micronised form
- ✓ May help provide relief in situations of chronic pain (e.g. neurogenic, digestive, inflammatory, pelvic, muscular, etc.)

IMPROVED NEUROPATHIC PAIN PERCEPTION

Studies show that where there is pain, tissue inflammation & damage within the nervous system, muscular & skeletal, integumentary, digestive, immune & lymphatic, renal and urinary systems, the application of PEA can be beneficial. This is due to PEA's binding capacity to neuronal receptors to modulate neuropathic and chronic pain, as well as inhibiting inflammation.

A study conducted by Esposito & Cuzzocrea demonstrated that PEA was able to modulate tissue injury associated with spinal cord trauma with significantly reduced spinal cord inflammation, with significantly ameliorated recovery of motor function through repeated administration 30 minutes before and 1 and 6 hours after trauma occurred.

IMPROVEMENT OF OSTEOARTHRITIC PAIN

Osteoarthritis (OA) is one of the most common degenerative diseases of joints. The Temporomandibular Joint (TMJ) is one of these joints. There are currently no disease modifying agents available in treating OA. Pain management is one of the key areas of focus in management of this condition, however, a major concern in the management of these patients is the risk of serious side effects of chronic Non-Steroidal Anti-Inflammatory drug (NSAID) use.

A triple-blind randomised controlled trial compared the anti-inflammatory pain effects of Ibuprofen and PEA. Patients received 300mg of PEA in the morning and 600mg in the evening for 7 days, followed by a further 7 days of 300mg given twice daily. This was compared to 600mg of Ibuprofen administered twice daily for 2 weeks. The results showed a significantly greater decrease in pain after 2 weeks with the patients receiving PEA compared to Ibuprofen.

ADJUNCTIVE THERAPY IN DEPRESSIVE DISORDERS

PEA affects endocannabinoid signalling through PPAR- activation and affects indirect regulation of microglial cannabinoid type 2 receptor expression, with several studies illustrating the beneficial effects of PEA as a neuronal anti-inflammatory.

In a double-blinded RTC conducted by Ghazizadeh-Hashemi et al., 600mg of PEA administered twice daily in addition to Citalopram for 6 weeks was shown to significantly improve depressive symptoms with rapid onset of antidepressant effects compared to the placebo group who only received Citalopram alone.



Inflammatory Support



A synergistic formulation which supports a broad range of inflammatory health conditions.

- ✓ Synergistic blend of natural anti-inflammatory compounds
- ✓ Combines palmidrol (PEA) with Casperome[®] Boswellia phytosome[®] and Meriva[®] curcumin Phytosome[®] proprietary extracts
- ✓ Micronised and phytosomal forms ensure maximum clinical efficacy at lower doses
- ✓ May help support muscle aches and joint pain/stiffness
- ✓ Provides support for menstrual cramps



High purity, highly bioavailable source of micronised Palmitoylethanolamide for maximum clinical efficacy supporting pain and healthy inflammatory levels.

- ✓ Possesses natural anti-inflammatory properties
- ✓ May help provide support in situations of chronic pain (e.g., neurogenic, digestive, inflammatory, pelvic, muscular, etc.)
- ✓ Clinically proven micronised form



To find out more visit: fxmed.co.nz/prachub

Mito-Charge Powder

RN Labs Mito-Charge powder has been formulated to provide synergistic and bioavailable ingredients for supporting optimal mitochondrial performance and efficiency.

Mito-Charge is suitable for multiple clinical applications that seek to support core cellular functions.

- ✓ Supports cellular efficiency throughout the body
- ✓ Supports healthy mitochondrial energy production
- ✓ Assists optimal exercise performance
- ✓ Promotes muscular recovery and ATP levels post exercise
- ✓ Aids healthy cardiac function
- ✓ Supports sleep, energy and general wellbeing in those experiencing fatigue
- ✓ Uniquely balanced and synergistic formula
- ✓ Great tasting (naturally sweet & tangy - no artificial sweeteners or flavours added)
- ✓ Provides convenient and flexible dosing



Mito-Charge Powder 210 grams	AUST-L: 394750
Each Scoop (7.5g) Contains:	
Ribose	4.6g
Acetyl Levocarnitine Hydrochloride	1g
Nicotinamide Riboside Chloride	100 mg
Equiv. Ribose	52 mg
Calcium Pyruvate	666 mg
Equiv. Calcium	100 mg
Magnesium Citrate	647 mg
Equiv. Magnesium	100 mg
Calcium Pantothenate	65 mg
Equiv. Pantothenic Acid	60 mg
Taurine	50 mg
Biotin	1 mg
Excipients: Malic Acid, Colloidal Anhydrous Silica Suitable for vegans.	



SUGGESTED USE

Adults take 1 scoop mixed with water or juice 1–3 times daily



STATEMENTS AND WARNINGS

If pregnant, consult your healthcare practitioner before using this product.

Contains monosaccharide Ribose. Ribose in large amounts may lower blood sugar levels. Caution should be exercised in those with insulin medicated diabetes. Whilst the body requires sufficient Biotin for normal foetal development, supplementing more than 500 mcg per day may not be advisable during pregnancy due to metabolic/hormone influences.



KNOWN SIDE EFFECTS

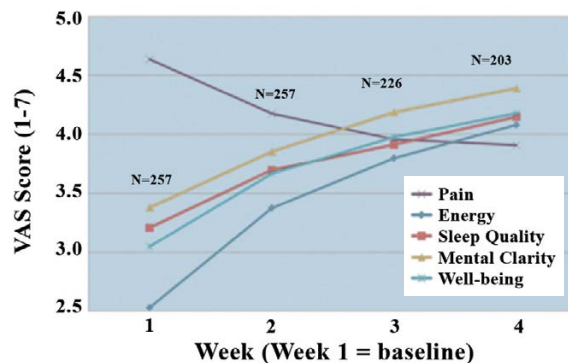
In large amounts the acidity of malic acid may cause gastrointestinal cramping and discomfort. As with all acid foods avoid brushing teeth immediately after taking to protect dental enamel.

RIBOSE IN CFS AND FIBROMYALGIA

A group of 203 participants diagnosed with Fibromyalgia and/or Chronic Fatigue Syndrome completed a trial to determine the impact of Ribose supplementation. Practitioners directed patients to take D-ribose at a dose of 5 grams, three times a day for the duration of the study. Improvements began in the first week of treatment, and continued to increase at the end of the 3 weeks of treatment. D-ribose treatment led to highly clinically significant improvements ($p < .0001$) in all categories:

- 61.3 % increase in energy
- 37% increase in overall well being
- 29.3% improvement in sleep
- 30% improvement in mental clarity
- 15.6% decrease in pain

Teitelbaum, J., Jandrain, J & McGrew, R 2012, 'Treatment of Chronic Fatigue Syndrome and Fibromyalgia with D-Ribose- An Open-label, Multicenter Study', The Open Pain Journal, vol. 5, no.1, pp. 32-37.





Mixed Mag Forte

A highly versatile nutrient, Magnesium supports over 300 biological reactions in the body, with certain forms of Magnesium being more readily utilised by some physiological processes over others.

RN Labs' great-tasting Mixed Mag Forte Powder contains highly absorbable forms of Magnesium for optimal utilisation by various physiological systems. The presence of multiple chelators enhances and diversifies the affinity of the delivered magnesium to numerous tissues in the body.

- ✓ 300mg of Elemental Mg per serve!
- ✓ Includes Orotate form for Cardiovascular Support
- ✓ More convenient than capsules for high dosing
- ✓ Taurine provides additional cellular transport support
- ✓ Multiple Forms of Magnesium
- ✓ Delicious lemon flavour
- ✓ Facilitates diverse absorption mechanisms
- ✓ Palatable 'not-too-sweet' sugar-free formula
- ✓ Supports multiple metabolic pathways
- ✓ Easy to combine with other ingredients and formulas

MULTIPLE FORMS, MULTIPLE ACTIONS

The presence of multiple forms of Magnesium maximises the uptake potential in the body, due to the ability of various uptake mechanisms being utilised.

Magnesium Orotate particularly supports extracellular and Cardiovascular tissues, cardiac rhythm and maintaining normal blood pressure.

Taurine assists intracellular transport of Magnesium (especially when other intracellular mechanisms are compromised).

Baragetti I, Raselli S, Stucchi A, Terraneo V, Furiani S, Buzzi L, Garlaschelli K, Alberghini E, Catapano AL, Bucciati G, 2007, Improvement of endothelial function in uraemic patients on peritoneal dialysis- a possible role for 5-MTHF administration, Molecular Genetics & Metabolism, vol. 84, no. 4, pp. 371-373.

Mixed Mag Forte 180 grams		AUST-L: 367672
Each 3g Dose (Approx. 2 Scoops) Contains:		
Magnesium Citrate	1,295 mg	
Equiv. to elemental Magnesium	200 mg	
Magnesium Glycinate Dihydrate	641 mg	
Equiv. to elemental Magnesium	75 mg	
Magnesium Orotate Dihydrate	381 mg	
Equiv. to elemental Magnesium	25 mg	
Taurine	250 mg	
Glycine	150 mg	
Excipients: Malic Acid, <i>Siraitia grosvenorii</i> (Monk) Fruit Extract, Natural Lemon Flavour, Colloidal Anhydrous Silica, <i>Stevia rebaudiana</i> leaf extract (Stevia). Suitable for vegans.		

SUGGESTED USE

Adults take 3-9 grams (2-6 included scoops) daily

KNOWN SIDE EFFECTS

Excess intake may have a laxative effect (reduce and space out doses as required to ameliorate).



Niacinamide B3

RN Labs Niacinamide B3 is a pure and hypoallergenic source of non-flushing vitamin B3 with a host of potential clinical applications stemming from its universal role throughout human body metabolism, such as for supporting cellular mitochondrial energy production and anti-ageing, detoxification, skin protection, and calming of neurological over-excitation (including from overmethylation).

- ✓ The primary circulating form of vitamin B3
- ✓ Nicotinamide is a non-flushing source of vitamin B3
- ✓ Essential to the formation of NAD and NADP, involved in over 400 enzyme reactions in the body
- ✓ Assists the metabolism of carbohydrates, fats, and proteins
- ✓ May help calm the nervous system
- ✓ May assist in maintaining healthy stomach acid levels
- ✓ May assist in the detoxification of alcohol and the recycling of glutathione
- ✓ Enhances mitochondrial quality, function and lifespan
- ✓ Nicotinamide may assist in the consumption of excessive methyl groups in the body
- ✓ Provides protective effects against skin damage caused by UV radiation
- ✓ 250mg capsule provides optimum dosing flexibility

Niacinamide B3 120 capsules	AUST-L: 394754
Each Vegetarian Capsule Contains:	
Nicotinamide (Niacinamide)	250 mg
Excipients: Microcrystalline Cellulose, Hypromellose (Capsule), Leucine, Colloidal Anhydrous Silica. Suitable for vegans.	

SUGGESTED USE

Adults take 1-4 capsules daily.

KNOWN SIDE EFFECTS

The use of supplemental nicotinamide at doses of 1,000mg or less has not commonly been associated with side effects.

Note, however, that the alternate form, niacin, has been associated with skin flushing, itching, and burning sensations at high doses.

FAQ

What dose of B3 is required to quench excess methyl groups?

For the average person, between 200-500 mg of vitamin B3 will likely begin quenching excess methyl groups, however more may be needed to have acutely noticeable effects.

If in the rare case an individual is very sensitive to B3 in this regard, it is easily possible to split the capsule and titrate the dose up to optimum efficacy.

THE AGEING BRAIN

The right amount of nicotinamide improves choline retention and may assist in the consumption of excess circulating methyl groups.

This optimisation of nicotinamide and choline/methyl group availability is important for brain function and the prevention of degenerative neurological conditions.

Williams AC, Hill LJ, Ramsden DB, 2012, Nicotinamide, NAD(P)(H), and Methyl-Group Homeostasis Evolved and Became a Determinant of Ageing Diseases: Hypotheses and Lessons from Pellagra, Current Gerontology and Geriatrics Research, vol. 2012, no. 302875, pp. 24.



Nicotinamide Riboside NR 60 capsules		AUST-L: 419551
Each Vegetarian Capsule Contains:		
Nicotinamide Riboside Chloride	300 mg	
Equiv. Ribose	155 mg	
Excipients: Hypromellose (Capsule), Colloidal Anhydrous Silica. Suitable for vegans.		



SUGGESTED USE

Adults take 1 capsule daily, or as prescribed by a healthcare practitioner.



KNOWN SIDE EFFECTS

FOR PRACTITIONER DISPENSING ONLY.

Not recommended for use during pregnancy and lactation. Not to be taken by children under 12 years old.

Contains ribose, which is a sugar.

Generally well tolerated.

Nicotinamide Riboside NR

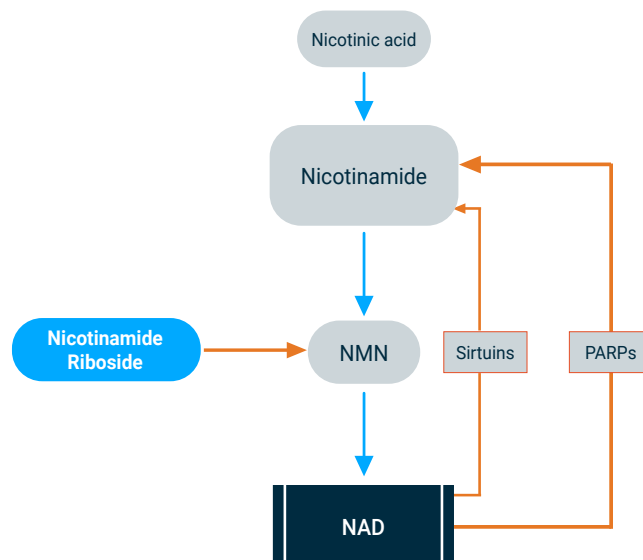
RN Labs Nicotinamide Riboside delivers a highly bioavailable, well tolerated, non-flushing form of Vitamin B₃, that serves as an active precursor to NAD⁺ in the body.

Nicotinamide Riboside has been shown to support numerous metabolic pathways including energy production, cognition, cardiovascular health, and more.

- ✓ Supports systemic NAD⁺ metabolism
- ✓ Well tolerated at high doses
- ✓ Encourages healthy cognitive and neuromuscular function
- ✓ Reduces inflammatory cytokines
- ✓ Enhanced bioavailability
- ✓ Supports cardiovascular and arterial health
- ✓ May support healthy ageing
- ✓ May support energy production

CARDIOVASCULAR HEALTH

In a randomised, placebo-controlled, cross-over trial patients were treated with 500mg twice daily for 6 weeks. Results revealed a reduction in carotid-femoral pulse wave velocity and an average of 10mmHg reduction in mildly elevated systolic blood pressure. Therefore, indicating a potential therapeutic use for NR in the prevention of aortic stiffness and its potential for comorbidities associated with cardiovascular disease. The mechanism of action is believed to be via activation of Sirtuin 1 (SIRT-1) pathway as a result of increased NAD⁺.



Adapted from Braidly N, Liu Y. 2020



Pantothenic B5

RN Labs Pantothenic B5 is a pure and hypoallergenic source of vitamin B5 for flexible dosing within focused clinical applications, such as optimising skin integrity and healing, adrenal health and stress resilience, healthy hormone and energy metabolism.

- ✓ Involved in over 100 cellular reactions
- ✓ Essential for the production of ATP/energy from the metabolism of carbohydrates, proteins and fats
- ✓ May assist in the healthy synthesis and metabolism of lipids: e.g. essential fatty acids and steroid hormones
- ✓ Essential for the production of certain neurotransmitters, such as acetylcholine and melatonin
- ✓ Especially required for the production of cortisol and cortisone, and may be beneficial for supporting healthy adrenal function and the ability to adequately respond to stress
- ✓ May assist in supporting healthy skin and healing
- ✓ May assist in supporting healthy hair growth
- ✓ 500mg capsule provides optimum dosing flexibility

Pantothenic B5 120 Capsules

AUST-L: 407112

Each Vegetarian Capsule Contains:

Calcium Pantothenate 546 mg

Equiv. to Pantothenic Acid 500 mg

Excipients: Leucine, Hypromellose (Capsule), Microcrystalline Cellulose, Colloidal Anhydrous Silica.

Suitable for vegans.

SUGGESTED USE

Adults take 1-6 capsules daily

KNOWN SIDE EFFECTS

High doses of vitamin B5 have not commonly been associated with side effects. Although doses of 10-20 grams may cause diarrhoea.

MEDICATION INTERACTIONS

Patients on Warfarin may be at increased risk of bleeding if they substantially increase their intake of vitamin B5.

Vitamin B5 may increase the effects of anti-cholinesterase inhibitors.

Caution is advised when using these concomitantly.

PANTOTHENIC ACID & SKIN MEMBRANES

Results suggest that pantothenic acid may regulate epidermal barrier function through the proliferation and differentiation of keratinocytes directly or indirectly via the synthesis of KGF and type IV collagen.

In addition to pantothenic acid's ability to support the harmonisation of steroid hormone metabolism, there are numerous mechanisms that can be particularly helpful in the healing and maintenance of clear, healthy skin and membranes.

Kobayashi D, Kusama M, Onda M, Nakahata N. 2011, The effect of pantothenic acid deficiency on keratinocyte proliferation and the synthesis of keratinocyte growth factor and collagen in fibroblasts, Journal of Pharmacological Sciences, vol. 115, no. 2, pp. 230-234.



Progest Fortify

RN Labs Progest Fortify is a synergistic blend of high purity botanicals for supporting healthy hormone balance and reducing the symptoms of premenstrual tension.

- ✓ Supports balanced female reproductive hormones
- ✓ Promotes healthy Progesterone production
- ✓ Relieves symptoms of premenstrual tension
- ✓ Formula allows for flexible and individualised dosing
- ✓ Can be used in conjunction with laboratory hormone test results (e.g. Low Progesterone)

Progest Fortify 60 capsules	AUST-L: 235362
Each Capsule Contains:	
<i>Vitex Agnus-Castus</i> (Chaste Tree) Fruit Extract	125 mg
From <i>Agnus-Castus</i> Dry Fruit (Berry)	1.25 g
<i>Passiflora Incarnata</i> (Passion Flower) Herb Top Extract	25 mg
From <i>Passiflora Incarnata</i> Dry Herb Top	500 mg
Excipients: Leucine, Microcrystalline Cellulose, Hypromellose (Capsule), Maltodextrin (Corn), Colloidal Anhydrous Silica.	
Suitable for vegans.	

DOPAMINERGIC ACTIVITY

Vitex Agnus-Castus is thought to exert some of its effects via binding to the dopaminergic D2 receptors, modulating hormonal activity and indirectly normalising Progesterone.

In a placebo controlled crossover double-blind study of 20 healthy men, *Vitex* had different effects on prolactin release at different concentrations. Men received doses of 120 mg, 240 mg or 480 mg of a *Vitex* extract daily for 14 days. There was a significant increase in prolactin level in men receiving the lowest dose, but a slight reduction in prolactin level in those receiving the higher doses.

ADDRESSING ESTROGEN DOMINANCE

Increasing Progesterone levels may alleviate symptoms stemming from excessive Estrogen levels. Both hormones may be assessed by laboratory hormone testing.

IMPROVING PREMENSTRUAL TENSION

Vitex Agnus-Castus has shown to be helpful in improving symptoms of PMS including irritability, mood alteration, anger, headache, breast fullness and other premenstrual symptoms such as bloating.

IMPROVEMENTS ON FEMALE FERTILITY HEALTH MARKERS

One study found that concentrations of FSH and estradiol were significantly decreased, as well as estradiol levels on ovulation day, in patients receiving *Vitex Agnus-Castus*. It was also found that the average time of serum positive β -HCG test was decreased.

Ovulation day, endometrial thickness, chemical and clinical pregnancy rates in the experimental group were significantly higher than the control group throughout the course of treatment.

* References Available On Request

SUGGESTED USE

Adults take 1-4 capsules per day, with or without food, depending on clinical goals and responses, and according to practitioner judgement.

STATEMENTS & WARNINGS

Increased Progesterone production may increase the capacity to fall pregnant.

Avoid use during pregnancy and lactation.

KNOWN SIDE EFFECTS

Vitex Agnus-Castus is considered safe and well tolerated. Any side effects associated are generally transient and mild.

Gastro-intestinal irritation and headaches are sometimes reported.

Interactions: *Vitex Agnus-Castus* may affect female reproductive hormones and medicines such as oral contraceptives. Consider the goals of the patient before use.

Because of its action on dopaminergic receptors, caution should be used when patients are taking Dopamine agonists and anti-psychotic medications.



Quercesorb 60 Capsules	AUST-L: 342174
Each Capsule Contains:	
Quercetin Dihydrate	85 mg
From Quercetin® Quercetin Phytosome®	250 mg
Excipients: Lecithin (Sunflower), Leucine, Hypromellose (Capsule), Maltodextrin (Potato), Microcrystalline Cellulose, Colloidal Anhydrous Silica.	
Suitable for vegans.	

SUGGESTED USE

Adults take 1-6 capsules daily.

STATEMENTS & WARNINGS

FOR PRACTITIONER DISPENSING ONLY.

If symptoms persist consult your healthcare practitioner.

If pregnant, consult your healthcare practitioner before using this product.

Digoxin - avoid concurrent use.

At doses typically administered for therapeutic purposes quercetin is not associated with toxicity.

KNOWN SIDE EFFECTS

Induces CYP1A1 therefore may alter metabolism of compounds that share this enzyme pathway.

Quercesorb

RN Labs Quercesorb delivers a highly absorbable & bioavailable form of Quercetin using patented phytosome technology.

Quercesorb offers greater clinically effective delivery of active ingredients. Scientific studies demonstrate that Phytosome formulations show better solubility, pharmacokinetic and efficacy characteristics than non-phytosome formulations.

Quercetin has been shown to significantly reduce oxidation, inflammation, pain, moderate histamine and support the immune system. It therefore has the potential to support a broad range of health conditions related to areas such as allergy, skin inflammation, anti-viral defense, cardiovascular health, weight management & metabolic function, as well as novel uses for exercise recovery in athletes.

- ✓ Patented Phytosome technology (using sunflower lecithin).
- ✓ Mast cell stabilisation and histamine management.
- ✓ Up to 20 times greater quercetin absorption.
- ✓ Provides anti-inflammatory, antioxidant & analgesic support.
- ✓ Evidenced by clinical studies.
- ✓ Supports natural anti-viral defences.

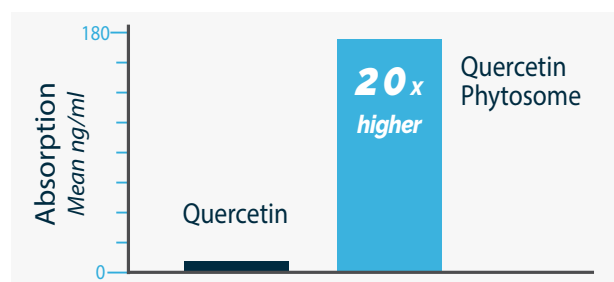
IMPORTANCE OF PHYTOSOME ABSORPTION

Many beneficial properties have been described for quercetin. It is found to possess several beneficial biological activities, such as antioxidant, anti-inflammatory, immune modulation and antiviral properties.

Rigorous human studies, backed-up by pre-clinical trials, have proven Phytosome formulations offer optimised solubility, pharmacokinetic profiles and effectiveness, compared to non-formulated botanical extracts. Phytosome technology helps overcome the major drawback of quercetin's poor solubility and low oral absorption.

A study conducted by Riva et al., demonstrated that Quercetin Phytosome was found to facilitate the attainment of very high plasma levels of quercetin—up to 20 times more than usually obtained following a dose of quercetin and it did not have any notable side effects. These results suggest that Quercetin Phytosome allows the oral administration of quercetin in a safe and bioavailable manner, thus facilitating the effective utilisation of this natural compound to treat various human conditions.

Riva et al. (2018)
Kumar et al. (2017)





Selenium 60 capsules	AUST L 389882
Each Vegetarian Capsule Contains:	
Selenomethionine	373 micrograms
Equiv. to elemental Selenium	150 micrograms
Excipients: Leucine, Hypromellose (Capsule), Microcrystalline Cellulose, Colloidal Anhydrous Silica.	
Suitable for vegans.	

SUGGESTED USE

Adults take 1 capsule per day, or as instructed by a healthcare practitioner.

STATEMENTS & WARNINGS

FOR PRACTITIONER DISPENSING ONLY.

Safety has not been confirmed during pregnancy & lactation.

Selenium is toxic in high doses, it is recommended that a daily dose of 150 micrograms for adults of selenium from dietary supplements not be exceeded.

Selenium

RN Labs Selenium capsules help to prevent dietary selenium deficiency, for the maintenance of healthy thyroid hormones, antioxidant support and the support of detoxification processes.

- ✓ Selenomethionine is an easily absorbed and utilised form of Selenium
- ✓ Supports healthy thyroid hormone metabolism
assists activation of Thyroxine (T₄) to Triiodothyronine (T₃)
- ✓ Supports production of Glutathione for natural liver detoxification processes
- ✓ Supports antioxidant functions in the body
as a cofactor for glutathione peroxidase activity
- ✓ Supports immune system defences
assists inhibition of viral and bacterial infections

SELENOMETHIONINE ABSORPTION

One study measured the effects of different forms of Selenium on plasma biomarkers (including selenium concentration, selenoprotein P concentration, and glutathione peroxidase activity) as well as urinary selenium excretion. Supplementation with Selenomethionine, and high-Selenium yeast raised the plasma selenium concentration in a dose-dependant manner, whilst Selenite did not. The higher urinary selenium excretion or Selenomethionine, determined that this form is better absorbed than Selenite.

A review found that organic Selenium forms (such as Selenomethionine) increased blood selenium concentration more rapidly and to a greater extent than inorganic forms (such as selenite or selenate).

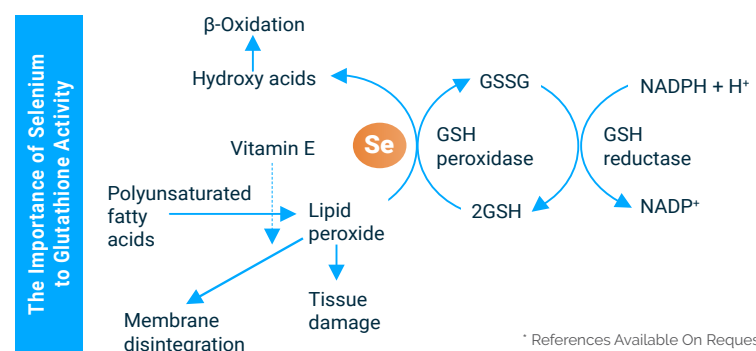
ANTIOXIDANT SUPPORT

Selenium supplementation has demonstrated an effective increase in serum Selenium, and subsequently increasing the antioxidant enzyme Glutathione Peroxidase (GSH-Px) activity, for which Selenium is an essential component.

THYROID HORMONE METABOLISM

Selenium, as Selenoproteins, contribute to thyroid hormone biosynthesis and metabolism, antioxidant defence and control of redox processes in thyrocytes. Selenium has, in particular, a significant role in converting inactive thyroid hormone T₄ to T₃ to be utilised by the body.

SELENIUM AS A CO-FACTOR



* References Available On Request

Sublingual Hydroxy-B12

RN Labs Sublingual Hydroxy-B12 is a pure and hypoallergenic form of vitamin B12.

Delivered in a stable, great-tasting, and highly-absorbable lozenge that won't over-stimulate even the most sensitive patients, when taken at appropriate doses, whilst effectively supporting clinically focused vitamin B12 needs.

- ✓ Provides a stable and naturally-occurring form of vitamin B12
- ✓ Readily absorbed, even when digestion is compromised
- ✓ Converts to methyl B12 in the body, without introducing external methyl groups
- ✓ Supports the methylation cycle without over-stimulation
- ✓ Supports healthy homocysteine levels and cardiovascular function
- ✓ Vitamin B12 is required for the synthesis of myelin
- ✓ Supports normal stress and cognitive function through healthy neurotransmitter production
- ✓ Supports healthy blood formation
- ✓ Supports energy production and reduced fatigue
- ✓ Ideal for those with specific vitamin B12 needs, such as: in digestive conditions, the elderly, and vegetarian diets
- ✓ Great-tasting, sugar-free formula, provides oral health benefits



Sublingual Hydroxy-B12 120 Lozenges		AUST-L: 322298
Each Lozenge Contains:		
Hydroxocobalamin	1,000 micrograms	
Excipients: Xylitol, Microcrystalline Cellulose, Colloidal Anhydrous Silica.		
Suitable for vegans.		

SUGGESTED USE

Adults take 1-5 lozenges daily.

Note: whilst it is best to hold the sublingual lozenge in the mouth for as long as is practical to maximise trans membrane absorption, if the lozenge is immediately chewed/swallowed, it will still be passively absorbed similarly to almost all oral B12 supplementation.

KNOWN SIDE EFFECTS

High doses of vitamin B12 have not commonly been associated with side effects. However, doses of Xylitol higher than the recommended dose range may result in bloating or diarrhoea in some individuals.

FAQ

Why Hydroxy over Methyl?

Hydroxocobalamin is relatively stable compared to Methylcobalamin (which readily oxidises back to Hydroxocobalamin – after losing its methyl group in the mouth).

The potential for supplemental methyl B12 to dissociate to hydroxy B12 in the mouth is commonly understood pharmacologically (rather than being extensively studied in any clinical trials). Leading Hydroxy B12 to perhaps be considered the more stable option.

SUBLINGUAL ABSORPTION

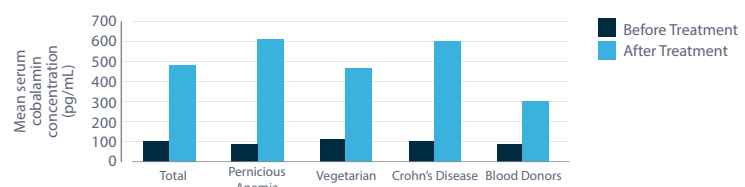
In a prospective open-labelled study seeking to determine if oral sublingual B12 administration can provide an alternative to intramuscular injection, 18 patients with cobalamin deficiency of various causes were treated with 1,000mcg sublingual cobalamin preparation for 2-4 weeks.

After washout, a significant increase in serum cobalamin concentration (as much as four-fold compared with the pretreatment concentration) was seen in most patients, with a mean change of more than double pretreatment levels. No patient experienced side effects.

The authors concluded that sublingual cobalamin is an effective, safe, and convenient treatment, which provides rapid restoration of serum cobalamin concentrations and should be considered as an alternative method of administration.

In a follow up case study, Chalmers, Bain & Costello concluded that "Oral Hydroxocobalamin therapy has an important place in the maintenance therapy of patients with cobalamin deficiency syndromes and with cobalamin cofactor synthesis disorders, it is preferred to intramuscular injections by patients, and deserves to receive wider publicity and use".

Lederle FA, 1991, 'Oral cobalamin for pernicious anaemia: medicine's best kept secret?', JAMA, vol. 265, pp. 94-5.
 Elia M 1998, 'Oral or parenteral therapy for B12 deficiency', Lancet, vol. 352, pp. 1721-2.
 Delpre G, Stark P & Niv Y, 1999, 'Sublingual therapy for cobalamin deficiency as an alternative to oral and parenteral cobalamin supplementation', Lancet, vol. 354(9180), pp. 740-1.
 Chalmers, RA, Bain, MD & Costello, I 1999 Paediatric Metabolism Unit, Department of Child Health, St George's Hospital Medical School, London SW17 0RE, UK.





Thyro Fortify

RN Labs Thyro Fortify is a synergistic blend designed to support thyroid gland health and functioning, and healthy thyroid hormone synthesis, as well as supporting energy levels in the body.

- ✓ Supports healthy thyroid gland function and thyroid hormones
- ✓ May be helpful during pregnancy to support healthy thyroid gland function
- ✓ Helps maintain functions influenced by thyroid health such as metabolism, hair and skin health, weight management, cognitive development and adrenal health.

Thyro Fortify 60 capsules	AUST L 401058
Each Vegetarian Capsule Contains:	
Tyrosine	400 mg
Zinc Citrate Dihydrate	46.7 mg
Equiv. Zinc	15 mg
Pyridoxal-5-Phosphate Monohydrate	15 mg
Equiv. Pyridoxine	9.6 mg
Potassium Iodide	327 micrograms
Equiv. Iodine	250 micrograms
Hydroxocobalamin	250 micrograms
Selenomethionine	124 micrograms
Equiv. Selenium	50 micrograms
Menaquinone 7 (Vitamin K2)	45 micrograms
Excipients: Leucine, Hypromellose (Capsule), Microcrystalline Cellulose, Colloidal Anhydrous Silica, Maltodextrin (Corn).	
Suitable for vegans.	

SUGGESTED USE

Adults take 1 capsule per day, or as instructed by a healthcare practitioner.

STATEMENTS & WARNINGS

FOR PRACTITIONER DISPENSING ONLY.

Selenium is toxic in high doses, it is recommended that a daily dose of 150 micrograms for adults of selenium from dietary supplements not be exceeded.

Safety has not been confirmed during pregnancy and lactation.

Those with a known 'allergy' to iodine should avoid use of this product. If unknown, monitor for signs of allergic reaction such as nausea, vomiting, itching, or flushing.

THYROID HORMONE COFACTORS

Iodine is utilised by thyroid cells alongside Thyroglobulin (Tg) to form Thyroxine (T4) and small amounts of Triiodothyronine (T3).

Selenium, as Selenoproteins, contribute to thyroid hormone biosynthesis and metabolism, antioxidant defence and control of redox processes in thyrocytes. Selenium, in particular, has a significant role in converting the inactive T4 to active T3 for use in peripheral tissues.

One double-blind placebo-controlled trial by Olivieri et al, found that with a significant improvement of selenium indices (following selenium supplementation) there was a decrease in T4. Compared with the placebo group which had serum selenium, erythrocyte glutathione peroxidase activity and thyroid hormones unchanged. Therefore, the authors concluded that selenium status influences thyroid hormones.

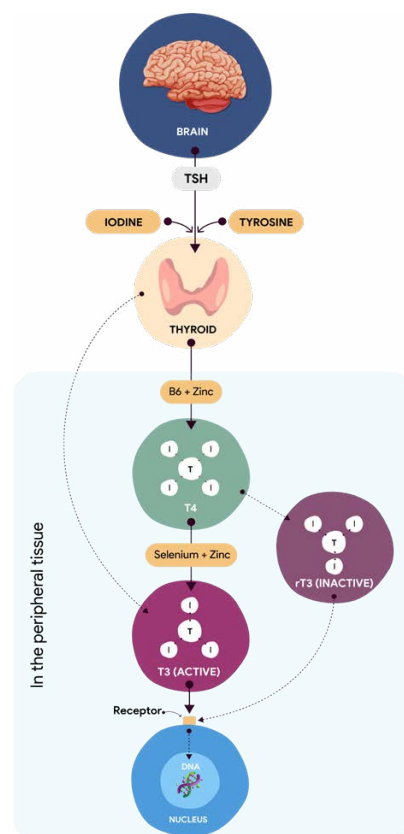
A study by Kobayashi and colleagues, found that selenium supplementation in patients with abnormal thyroid levels, resulted in a significantly decreased TSH, improved free T4/ free T3 ratio, and increased free T3.

T4/T3 AND WEIGHT MANAGEMENT

Liu and colleagues examined the relationship between thyroid hormone levels (free triiodothyronine [T3], free thyroxine [T4], total T3, total T4 and thyroid stimulating hormone [TSH], and anthropometric measurements and biochemical parameters.

Assessed at baseline, 6 months, and 24 months, were 569 overweight and obese participants, aged 30-70 years with normal thyroid function.

Higher levels of free T3 and free T4 were significantly associated with greater weight loss at 6 months and 24 months alongside weight loss diets (TSH levels did not predict weight loss).





TraceMins Complex

RN Labs TraceMins Complex is a uniquely balanced, synergistic and comprehensive formula, containing highly bioavailable forms of all primary trace elements, suitable for multiple clinical applications. Trace mineral supplementation may play an important role in hormone health, maintaining healthy blood glucose levels, energy production, antioxidant mechanisms, and immune health.

- ✓ Unique, all-in-one broad spectrum trace mineral supplement
- ✓ Supports healthy metabolism, insulin function and blood sugar management
- ✓ Appropriately-balanced formula minimises micronutrient imbalances
- ✓ Provides preferable chromium nicotinate form
- ✓ Highly absorbable mineral forms
- ✓ Supports energy production
- ✓ For general nutritional support as well as for focused cofactor supplementation
- ✓ Supports antioxidant status and detoxification
- ✓ Provides combination endocrine support, including Zn and Se for thyroid hormone conversion
- ✓ Supports healthy neurotransmitter function
- ✓ Supports fertility/steroid hormone production
- ✓ Supports healthy immune system, tissue integrity and healing

TraceMins Complex 90 Capsules		AUSTL: 373064
Each Vegetarian Capsule Contains:		
Zinc Citrate Dihydrate	62.2 mg	
Equiv. Zinc	20 mg	
Manganese (II) Glycinate	7.4 mg	
Equiv. Manganese	2 mg	
Molybdenum Trioxide	90 mcg	
Equiv. Molybdenum	60 mcg	
Selenomethionine	130 mcg	
Equiv. Selenium	50 mcg	
Chromium Nicotinate	200 mcg	
Equiv. Chromium	25 mcg	
Excipients: Leucine, Hypromellose (Capsule), Tapioca Starch, Microcrystalline Cellulose, Calcium Hydrogen Phosphate Dihydrate, Colloidal Anhydrous Silica.		



SUGGESTED USE

Adults take 1-2 capsules daily.



STATEMENTS AND WARNINGS

This product contains selenium, which is toxic in high doses. A daily dose of 150mcg, for adults, of selenium from dietary supplements should not be exceeded.

Supplementing high doses of zinc (e.g. ≥50mg) for a sustained period of time may decrease copper levels in the body.



KNOWN SIDE EFFECTS

Consumption of zinc-containing supplements on an empty stomach may cause nausea or gastrointestinal cramping. In such cases, consume with food and/or reduce dose.

ABSORPTION

A study comparing the absorption of zinc from zinc citrate, zinc gluconate and zinc oxide found that zinc citrate and zinc gluconate had significantly higher absorption (61.3% and 60.9%, respectively) than zinc oxide (49.9%). Three participants had little or no absorption from zinc oxide.

Zinc citrate demonstrated the highest absorption potential of all forms tested.

Wegmüller R, Tay F, Zeder C, Brnic M, Hurrell RF, 2014, Zinc Absorption by Young Adults from Supplemental Zinc Citrate Is Comparable with That from Zinc Gluconate and Higher than from Zinc Oxide, The Journal of Nutrition, vol. 144, no. 2, pp. 132-136.



FAQS

Why does the formula not contain boron or vanadium?

As the formula stands it is well balanced, synergistic and comprehensive, for ultimate cofactor support, long term, without causing other nutritional imbalances. Boron and vanadium are not necessarily ideal long term. Due to their potential to accumulate and their affects on metabolism and hormones, they may not be appropriate for universal and ongoing supplementation. However they do still have their benefits when used in specific and monitored clinical situations.

Why does RN Labs not use Chromium in a picolinate form?

Chromium nicotinate has demonstrated more positive and potentially safer outcomes, than the picolinate form (such as in weight management).



Tri-Factor

RN Labs Tri-Factor provides a synergistic blend of key nutrient cofactors (zinc, B6, magnesium) in highly bioavailable forms. Involved in hundreds of enzymatic processes, these combined cofactors can support numerous biological processes such as neurotransmitter production, membrane fatty acid metabolism, detoxification and energy production.

- ✓ Synergistic combination of zinc, B6 and magnesium
- ✓ May promote healthy hormonal balance
- ✓ Highly absorbable citrate mineral forms
- ✓ May reduce symptoms of premenstrual syndrome
- ✓ Contains the bio-active form of vitamin B6, pyridoxal-5-phosphate
- ✓ May support fatty acid metabolism in skin via delta-6-desaturase activity.
- ✓ May improve mood, sleep and neurological function
- ✓ May support the reduction of urinary pyrroles and porphyrins

Tri-Factor 60 Capsules	AUST-L: 373901
Each Vegetarian Capsule Contains:	
Magnesium Citrate	645 mg
Equivalent to Magnesium	100 mg
Pyridoxal-5-Phosphate	21.9 mg
Equivalent to Pyridoxine	15 mg
Zinc Citrate (Dihydrate)	37.3 mg
Equivalent to Zinc	12 mg
Excipients: Leucine, Hypromellose (Capsule), Microcrystalline Cellulose, Colloidal Anhydrous Silica.	

PREMENSTRUAL SYNDROME SUPPORT

A double-blind placebo-controlled clinical trial carried out over four months evaluated the effects of magnesium 250mg/day, magnesium 250mg /day and vitamin b6 40 mg/day or placebo in a group of women experiencing PMS.

The results indicated magnesium plus vitamin B6 had the greatest affect on the mean score of PMS, whilst placebo had the least, suggesting a synergistic affect of magnesium and B6 therapy.

Fathizadeh, N, Ebrahimi, E, Valiani, M, Tavakoli, N & Yar, MH 2010, 'Evaluating the effect of magnesium and magnesium plus vitamin B6 supplement on the severity of premenstrual syndrome', Iranian Journal of Nursing and Midwifery Research, vol. 15, no. 1, pp. 401-5.

SUGGESTED USE

Adults take 1-3 capsules daily.

STATEMENTS AND WARNINGS

Supplementing high doses of Zinc (e.g. >50mg) for a sustained period of time may decrease copper levels in the body.

KNOWN SIDE EFFECTS

Gas, bloating or diarrhoea may occur in some individuals taking magnesium supplements. This can occur at varying amounts depending on the individual and resolved when the amount is reduced.

Consumption of zinc-containing supplements on an empty stomach may cause nausea or gastrointestinal cramping. In such cases, consume with food and/or reduce dose.

The use of supplemental P5P has not been associated with toxicity, although the inactive form, pyridoxine, has been associated with peripheral neuropathy.



Zinc Glycinate 120 capsules	AUST L 389803
Each Vegetarian Capsule Contains:	
Zinc Glycinate	125 mg
Equiv. to elemental Zinc	25 mg
Excipients: Leucine, Glycine, Hypromellose (Capsule), Microcrystalline Cellulose, Citric Acid, Colloidal Anhydrous Silica.	
Suitable for vegans.	

Zinc Glycinate

RN Labs Zinc Glycinate is a highly bioavailable Zinc capsule that can assist in replenishing nutritional Zinc deficiencies and improve immunity.

Zinc Glycinate has been shown to support neuroendocrine function and aid blood glucose metabolism.

- ✓ Enhanced bioavailability and tolerance
- ✓ Broad spectrum support
- ✓ Helps prevent dietary Zinc deficiency
- ✓ Improves immune system health and function
- ✓ Assists in the synthesis of neurotransmitters
- ✓ Supports neuroendocrine function
- ✓ Assists with blood glucose metabolism

ENHANCED BIOAVAILABILITY

Studies demonstrate enhanced absorption and reduced gastrointestinal discomfort of Zinc glycinate when compared to alternate forms such as Sulphate or Gluconate. Zinc Glycinate showed a 43.4% increase in absorption compared to Zinc Gluconate when measuring serum levels with 7.5mg Zn taken twice daily, demonstrating Zinc Glycinate to be a superior choice for replenishing Zinc levels.

IMPROVED IMMUNE FUNCTION

Zinc is required for hundreds of enzymatic reactions throughout the body. It is widely known for its place in supporting immunity. One study found Zinc to be involved in maintaining homeostasis during an immune response by modulating inflammatory cytokines and oxidative stress. Zinc plays a key role in regulating signalling pathways between innate and adaptive immunity, including supporting the balance between Th1 and Th2 cells. Therefore, maintaining adequate zinc levels can be considered a prime consideration for a healthy and balanced immune system.

BETTER BLOOD GLUCOSE CONTROL

Zinc sufficiency is positively correlated with improved balance and control of blood glucose levels as well as decreased HbA1C levels therefore reducing the risk of Type 2 Diabetes Mellitus (T2DM). Oh et al. revealed 50mg of elemental zinc daily for 4 weeks showed a significant improvement in HbA1C levels for diabetic patients.

MOOD, BEHAVIOUR AND COGNITION

Studies suggest Zinc could be a prominent addition in the treatment of behavioural, cognitive and depressive disorders due to its ability to correct abnormal synthesis of neurotransmitters. Salari et al. found that 50mg elemental zinc for 12 weeks showed a significant reduction in mean depression scores, when compared with placebo using the Beck Questionnaire.

Studies have suggested its use in the treatment of Anorexia Nervosa (14mg elemental zinc daily for 2 months). This dose showed regulation of Gamma-Amino Butyric Acid (GABA) levels and had significantly positive clinical effects.

*References available on request

SUGGESTED USE

Adults take 1 capsule 1-2 times per day, with or after food, or as prescribed by your healthcare practitioner.

STATEMENTS AND WARNINGS

FOR PRACTITIONER DISPENSING ONLY.

It is advisable to monitor blood Zinc and Copper levels during any prolonged supplementation, in order to prevent potential copper deficiencies/ imbalances.

Supplemental Zinc is commonly considered acceptable for use during pregnancy and lactation.

Avoid prolonged use without wash out periods.

KNOWN SIDE EFFECTS

Taking zinc before meals on an empty stomach may result in nausea.

Taking with meals, as well as lowering and/or dividing doses may help reduce this effect.

rn labs

POWDERS



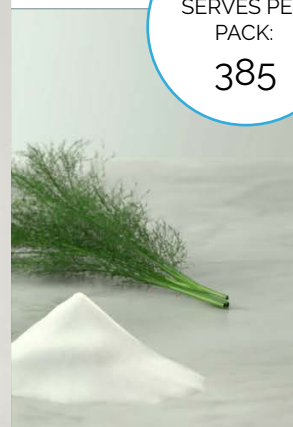
OFFER YOUR PATIENTS A CUSTOMISED
FORMULA THAT'S AS UNIQUE AS THEY ARE



5-HTP POWDER

PURE PHARMACEUTICAL-GRADE 5-HYDROXY TRYPTOPHAN (5-HTP)

5-HTP is an intermediate precursor to Serotonin in the body. It is used clinically to support balanced neurotransmitters, mood, sleep, appetite, peristalsis, among other uses.



APPROX.
SERVES PER
PACK:
385

PACK SIZE 25 g	SCOOP SIZE 0.15 ml	AMOUNT PER SCOOP 65 mg	DENSITY (g/ml)* 0.45	EXTEMPORANEOUS USE ONLY
-------------------	-----------------------	---------------------------	-------------------------	----------------------------

*Density values are subject to change. Always read the density value on the label when prescribing or visit tiny.cc/DEN for updated densities.



UNPARALLELED PURITY STANDARDS

RN Labs define the highest level of purity, quality and innovation.

These pure compounds are additive-free, so are suitable for even the most sensitive individuals.

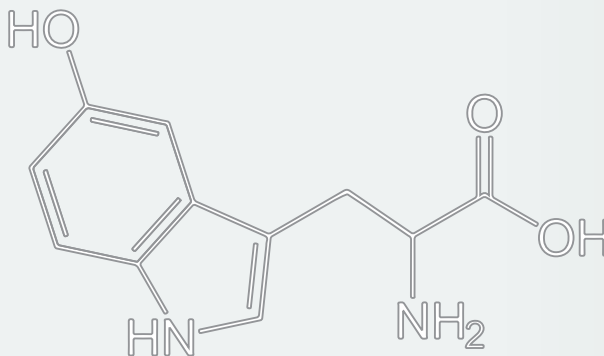
CLINICAL EFFICACY

Each bottle is clearly labelled with ingredient density, to facilitate ease of dosage calculations, and a scoop may be provided to assist with accurately determining patient doses according to your clinical judgement.

UNCOMPROMISING INTEGRITY

We are committed to improving the health of your clients. We always choose the most scientifically validated forms of nutrients available that are based on clinical research.

5 - HYDROXY TRYPTOPHAN (5 - HTP)



INGREDIENT INFORMATION

COMMON DOSAGE RANGE: 50MG - 300MG/DAY

(It is advisable to begin supplementation at the low end of the dose range, increasing if required).

KEY FEATURES

- ✓ 5-HTP as a converted form of Tryptophan is an intermediate precursor to Serotonin
- ✓ 5-HTP effectively crosses the Blood Brain Barrier (BBB)
- ✓ Unlike Tryptophan 5-HTP will not convert to neurotoxic Quinolinates or Kynurenates
- ✓ Sufficient Serotonin levels may be particularly important in conditions affecting the Neuroendocrine, Gastrointestinal, Musculoskeletal and Immune Systems
- ✓ 5-HTP may assist with managing carbohydrate cravings, satiety and digestive regularity

DOSING CONSIDERATIONS

Can be taken with or without food.

The conversion of 5-HTP relies on sufficient activated B6, making concomitant supplementation beneficial.

STATEMENTS AND WARNINGS

Due to the risk of reaching excessively elevated Serotonin levels, 5-HTP is contraindicated in those taking SSRI (or any other Serotonin modifying) medications. Diminish use in all other individuals who present with any symptoms of dizziness, agitation, tremor, tachycardia or diarrhoea following administration.

5-HTP has not been extensively tested for its effects during pregnancy. Health practitioners may prefer to avoid its use during pregnancy or lactation, unless confident that its impact can be reasonably deemed to be safe or beneficial.

Practitioners should conduct ongoing research and take care to follow their practitioner association guidelines for appropriate administration of these compounding ingredients.

KEY ASSOCIATED CLINICAL TESTS

Organic Acid Test (OAT)
(e.g. 5-HIAA Serotonin metabolites)

NeuroBasic Profile
(formerly Neuro-Biogenic Amines Basic)

Comprehensive Neurotransmitter Profile
(formerly Neuro-Biogenic Amines Comprehensive)

This resource has been made for your convenience, however does not replace your own clinical research and judgement. It remains the responsibility of health practitioners to uphold all professional obligations in the care and treatment of patients.

ASCORBIC ACID POWDER

PURE PHARMACEUTICAL-GRADE ASCORBIC ACID

Ascorbic Acid (Vitamin C) is an essential cofactor in many biochemical processes including: collagen synthesis, antioxidant recycling, immunity, energy production, detoxification, adrenal function, dopamine conversion, and therefore may be used for numerous clinical uses, including the stabilisation of nutritional formulas.



APPROX.
SERVES PER
PACK:
100

PACK SIZE
100 g

SCOOP SIZE
1 ml

AMOUNT PER SCOOP
1 g

DENSITY (g/ml)*
1

EXTEMPORANEOUS
USE ONLY

*Density values are subject to change. Always read the density value on the label when prescribing or visit tiny.cc/DEN for updated densities.



UNPARALLELED PURITY STANDARDS

RN Labs define the highest level of purity, quality and innovation.

These pure compounds are additive-free, so are suitable for even the most sensitive individuals.

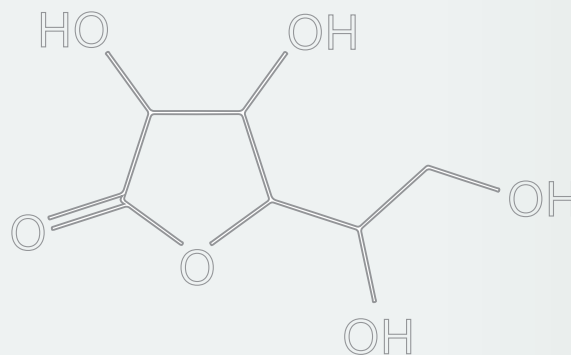
CLINICAL EFFICACY

Each bottle is clearly labelled with ingredient density, to facilitate ease of dosage calculations, and a scoop may be provided to assist with accurately determining patient doses according to your clinical judgement.

UNCOMPROMISING INTEGRITY

We are committed to improving the health of your clients. We always choose the most scientifically validated forms of nutrients available that are based on clinical research.

ASCORBIC ACID



INGREDIENT INFORMATION

COMMON DOSAGE RANGE: 250MG – 5G/DAY

(It is advisable to begin supplementation at the low end of the dose range, increasing if required).

KEY FEATURES

- ✓ Ascorbic acid (Vitamin C) is an essential co-factor involved in the synthesis of collagen and maintenance of healthy bones, cartilage and teeth
- ✓ Antioxidant properties protects cells from reactive oxygen species and may contribute to reduced risk of free radical damage
- ✓ May support healthy immune function
- ✓ May support healthy adrenal function and response to physiological stressors
 - ✓ Assists in the synthesis of neuro-hormones particularly cortisol, norepinephrine and epinephrine

STATEMENTS AND WARNINGS

Haemochromatosis patients should not exceed a daily intake of 200mg of vitamin C.

Excessive supplementation may result in diarrhoea and gastrointestinal distress (reduce doses accordingly).

Ascorbic Acid has not been extensively tested for its effects during pregnancy. Health practitioners may prefer to avoid its use during pregnancy or lactation, unless confident that its impact can be reasonably deemed to be safe or beneficial.

Practitioners should conduct ongoing research and take care to follow their practitioner association guidelines for appropriate administration of these compounding ingredients.

KEY ASSOCIATED CLINICAL TESTS

DUTCH Adrenal
Organic Acids Test (OAT)

DOSING CONSIDERATIONS

Mild, sour taste and well tolerated.
Can be taken with or without food.

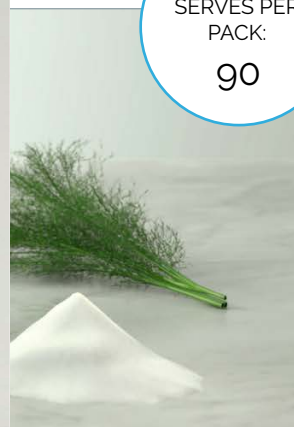
Medications, such as aspirin and corticosteroids, may lower vitamin C levels.

This resource has been made for your convenience, however does not replace your own clinical research and judgement. It remains the responsibility of health practitioners to uphold all professional obligations in the care and treatment of patients.

CAL-D-GLUCARATE POWDER

PURE PHARMACEUTICAL-GRADE CALCIUM D-GLUCARATE

Calcium-D-Glucarate is sometimes used by healthcare practitioners to promote optimum liver function, detoxification and reduce excess hormone levels, among other uses.



APPROX.
SERVES PER
PACK:
90

PACK SIZE 50 g	SCOOP SIZE 1 ml	AMOUNT PER SCOOP 550 mg	DENSITY (g/ml)* 0.55	EXTEMPORANEOUS USE ONLY
-------------------	--------------------	----------------------------	-------------------------	----------------------------

*Density values are subject to change. Always read the density value on the label when prescribing or visit tiny.cc/DEN for updated densities.



UNPARALLELED PURITY STANDARDS

RN Labs define the highest level of purity, quality and innovation.

These pure compounds are additive-free, so are suitable for even the most sensitive individuals.

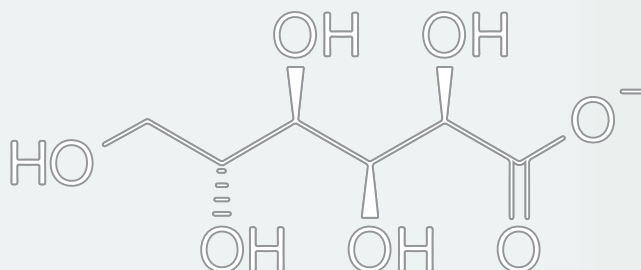
CLINICAL EFFICACY

Each bottle is clearly labelled with ingredient density, to facilitate ease of dosage calculations, and a scoop may be provided to assist with accurately determining patient doses according to your clinical judgement.

UNCOMPROMISING INTEGRITY

We are committed to improving the health of your clients. We always choose the most scientifically validated forms of nutrients available that are based on clinical research.

CALCIUM D-GLUCARATE



INGREDIENT INFORMATION

COMMON DOSAGE RANGE: 300MG – 3G/DAY

(It is advisable to begin supplementation at the low end of the dose range, increasing if required).

KEY FEATURES

- ✓ Calcium-D-glucarate is the calcium salt of D-glucaric acid, a substance produced naturally in small amounts by mammals, including humans.
- ✓ Calcium-D-glucarate demonstrates detoxification properties, supporting the excretion of potentially toxic compounds.
- ✓ Phase II detoxification facilitates excretion of chemical carcinogens, steroid hormones, and other lipid-soluble toxins via conjugation with glucuronic acid in the liver (glucuronidation), allowing water soluble excretion into the intestinal lumen.
- ✓ Calcium-D-glucarate has been shown to inhibit beta-glucuronidase, an enzyme produced by colonic microflora, capable of deconjugating bound toxins, making it possible for them to be reabsorbed rather than excreted.
- ✓ Elevated beta-glucuronidase activity has been associated with an increased risk for various cancers, particularly hormone-dependent cancers such as breast, prostate, and colon cancers (potentially due to accumulation of excess hormones and toxins).
- ✓ Calcium-D-glucarate's inhibition of beta-glucuronidase activity allows the body to successfully excrete excess hormones (such as oestrogens) before they can be reabsorbed, reactivated and recirculated within the body.

STATEMENTS AND WARNINGS

Many drugs and hormones are metabolised in the liver via glucuronidation therefore, taking calcium-D-glucarate may increase elimination of these substances, possibly reducing their effectiveness.

Cal-D-Glucarate has not been extensively tested for its effects during pregnancy. Health practitioners may prefer to avoid its use during pregnancy or lactation, unless confident that its impact can be reasonably deemed to be safe or beneficial.

Practitioners should conduct ongoing research and take care to follow their practitioner association guidelines for appropriate administration of these compounding ingredients.

KEY ASSOCIATED CLINICAL TESTS

Urine Steroid Hormone Assessment
Comprehensive Stool Analyses

This resource has been made for your convenience, however does not replace your own clinical research and judgement. It remains the responsibility of health practitioners to uphold all professional obligations in the care and treatment of patients.

CDP-CHOLINE POWDER

PURE PHARMACEUTICAL-GRADE CITICOLINE (CDP-CHOLINE)

Cytidine Diphosphate Choline (CDP-Choline or Citicoline) is a specialised nucleotide form of Choline found naturally in the body, where it provides enhanced cholinergic and neuroprotective activities. Supplemental CDP-Choline is a highly bioavailable form of Choline that is often used when nervous system supportive actions are required.



Pure Pharmaceutical-Grade CDP-Choline (99%) • Colloidal Anhydrous Silica (1%)

PACK SIZE	SCOOP SIZE	AMOUNT PER SCOOP	DENSITY (g/ml)*	EXTEMPORANEOUS USE ONLY
25 g	1 ml	570 mg	0.57	

*Density values are subject to change. Always read the density value on the label when prescribing or visit tiny.cc/DEN for updated densities.



UNPARALLELED PURITY STANDARDS

RN Labs define the highest level of purity, quality and innovation.

These pure compounds are additive-free, so are suitable for even the most sensitive individuals.

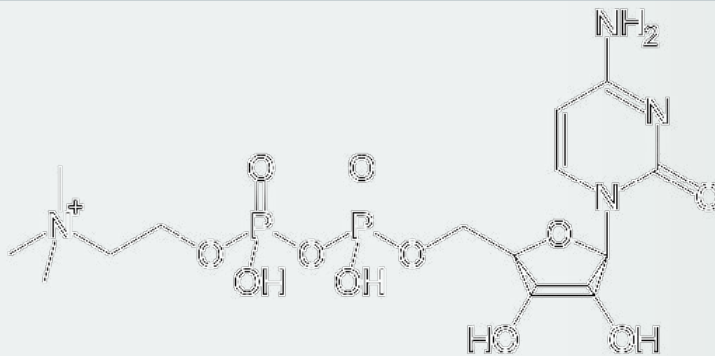
CLINICAL EFFICACY

Each bottle is clearly labelled with ingredient density, to facilitate ease of dosage calculations, and a scoop may be provided to assist with accurately determining patient doses according to your clinical judgement.

UNCOMPROMISING INTEGRITY

We are committed to improving the health of your clients. We always choose the most scientifically validated forms of nutrients available that are based on clinical research.

CITICOLINE (CDP-CHOLINE)



INGREDIENT INFORMATION

COMMON DOSAGE RANGE: 500MG - 2000MG/DAY

(It is advisable to begin supplementation at the low end of the dose range, increasing if required).

KEY FEATURES

- ✓ High purity
- ✓ Highly bioavailable source of Choline
 - ✓ Supports structural integrity of neuronal membranes
 - ✓ Supports acetylcholine activity
- ✓ Supports phospholipid synthesis and preservation
 - ✓ Supports cognitive function

STATEMENTS AND WARNINGS

FOR PRACTITIONER DISPENSING ONLY.

CDP-Choline has not been extensively tested for its effects during pregnancy.

Practitioners should conduct ongoing research and take care to follow their practitioner association guidelines for appropriate administration of these compounding ingredients.

KNOWN SIDE-EFFECTS

CDP-Choline is generally safe and well tolerated when administered orally. Digestive upset may occur when taking large doses.

GENERAL CONSIDERATIONS

CDP-Choline is rapidly absorbed, and highly bioavailable. It is metabolised in the gut wall and liver to choline and cytidine, and disperses throughout the body, passing through the blood brain barrier and into the central nervous system.

Continued administration has been shown to increase brain concentrations of the three major brain cell membrane phospholipids (phosphatidylcholine, phosphatidylethanolamine, and phosphatidylserine). Phospholipids play an essential role in synthesising neurotransmitters and regulating cell membranes proper functioning, which contributes to improved mental energy, increased acuity and promotes healthy brain function.

CDP-Choline can provide a sparing effect on systemic choline reserves, and inhibit the breakdown of these key membrane phospholipids.

CDP-Choline acts on multiple neurotransmitter levels, and in particular, may increase the activity of Dopamine and Noradrenaline, within its neurotransmission supportive activities.

Higher choline intake has been related to higher cognitive function. This includes reducing the cognitive deficit associated with ageing.

Increases in glutathione synthesis may also be involved within these neuro-supportive activities.

References available on request.

This resource has been made for your convenience, however does not replace your own clinical research and judgement. It remains the responsibility of health practitioners to uphold all professional obligations in the care and treatment of patients.

CITRULLINE POWDER

PURE PHARMACEUTICAL-GRADE L-CITRULLINE

Citrulline is an amino acid counterpart to Arginine and Ornithine in the Urea cycle, and can raise blood levels of all three, whilst being better absorbed and metabolised, thus commonly replacing the need to supplement with Arginine or Ornithine.

Citrulline is used clinically to support vascular perfusion and tissue blood flow, Nitric Oxide vasodilatation in associated cases that require support for cardiovascular and sexual functions, etc.



PACK SIZE 100 g	SCOOP SIZE 1 ml	AMOUNT PER SCOOP 550 mg	DENSITY (g/ml)* 0.55	EXTEMPORANEOUS USE ONLY
--------------------	--------------------	----------------------------	-------------------------	----------------------------

*Density values are subject to change. Always read the density value on the label when prescribing or visit tiny.cc/DEN for updated densities.



UNPARALLELED PURITY STANDARDS

RN Labs define the highest level of purity, quality and innovation.

These pure compounds are additive-free, so are suitable for even the most sensitive individuals.

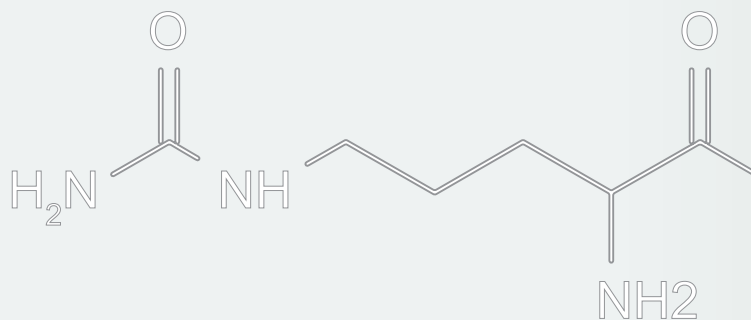
CLINICAL EFFICACY

Each bottle is clearly labelled with ingredient density, to facilitate ease of dosage calculations, and a scoop may be provided to assist with accurately determining patient doses according to your clinical judgement.

UNCOMPROMISING INTEGRITY

We are committed to improving the health of your clients. We always choose the most scientifically validated forms of nutrients available that are based on clinical research.

L-CITRULLINE



INGREDIENT INFORMATION

COMMON DOSAGE RANGE: 500MG - 3G/DAY

(It is advisable to begin supplementation at the low end of the dose range, increasing if required).

KEY FEATURES

- ✓ L-Citrulline is an amino acid supporting tissue blood flow and vascular perfusion
- ✓ May support Nitric Oxide synthesis superior to Arginine
- ✓ May support Ammonia recycling via increased metabolism to Urea

DOSING CONSIDERATIONS

Mild, sour taste and well tolerated.
Can be taken with or without food

STATEMENTS AND WARNINGS

Due to Citrulline's potential effect on blood pressure and vascular dilation, the doses of certain medications that also affect the vascular system and blood pressure may need to be adjusted.

Citrulline has not been extensively tested for its effects during pregnancy. Health practitioners may prefer to avoid its use during pregnancy or lactation, unless confident that its impact can be reasonably deemed to be safe or beneficial.

Practitioners should conduct ongoing research and take care to follow their practitioner association guidelines for appropriate administration of these compounding ingredients.

KEY ASSOCIATED CLINICAL TESTS

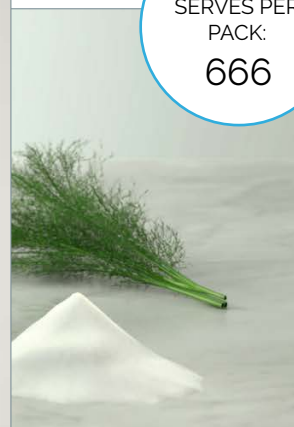
Urine Amino Acids
Organic Acids Test (OAT)

This resource has been made for your convenience, however does not replace your own clinical research and judgement. It remains the responsibility of health practitioners to uphold all professional obligations in the care and treatment of patients.

DIM POWDER

PURE PHARMACEUTICAL-GRADE DI-INDOLYL-METHANE (DIM)

Di-Indolyl-Methane (DIM) is a Brassica vegetable metabolite sometimes used by healthcare practitioners to promote favourable hormone metabolism and balance.



APPROX.
SERVES PER
PACK:
666

PACK SIZE 50 g	SCOOP SIZE 0.15 ml	AMOUNT PER SCOOP 75 mg	DENSITY (g/ml)* 0.5	EXTEMPORANEOUS USE ONLY
-------------------	-----------------------	---------------------------	------------------------	----------------------------

*Density values are subject to change. Always read the density value on the label when prescribing or visit tiny.cc/DEN for updated densities.



UNPARALLELED PURITY STANDARDS

RN Labs define the highest level of purity, quality and innovation.

These pure compounds are additive-free, so are suitable for even the most sensitive individuals.

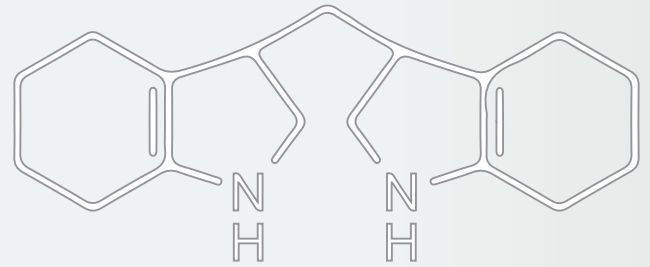
CLINICAL EFFICACY

Each bottle is clearly labelled with ingredient density, to facilitate ease of dosage calculations, and a scoop may be provided to assist with accurately determining patient doses according to your clinical judgement.

UNCOMPROMISING INTEGRITY

We are committed to improving the health of your clients. We always choose the most scientifically validated forms of nutrients available that are based on clinical research.

DI-INDOLYL-METHANE (DIM)



INGREDIENT INFORMATION

COMMON DOSAGE RANGE: 100MG - 300MG

(It is advisable to begin supplementation at the low end of the dose range, increasing if required).

KEY FEATURES

- ✓ DIM is a metabolite derived from the Brassica family of vegetables.
- ✓ A portion of ingested Indole-3-carbinol (I3C) from Brassica vegetables can be converted and absorbed in the small intestine as the dimer, DIM, an acid catalysed stable compound.
- ✓ The amount of DIM that can be formed from I3C is variable, and is dependant on numerous gastrointestinal and physiological conditions. Furthermore IC3 can also convert to alternate and less desirable metabolites other than DIM.
- ✓ DIM has been shown to selectively bind to oestrogen receptors, yet may act as an oestrogen antagonist at certain physiological concentrations, potentially providing a regulatory role.
- ✓ DIM promotes oestrogen metabolism down the more 'protective' 2-OH phase 1 pathway, reducing the amount of oestrogen metabolised into the more proliferative or DNA destabilising 4-OH and 16-OH pathways, in those with high levels of these metabolites.
- ✓ This more favourable regulation and metabolism of oestrogens may confer both short and long term benefits in numerous hormone influenced conditions, risks and disease states.

STATEMENTS AND WARNINGS

Doses over 300mg may be associated with headaches and gastrointestinal complaints.

DIM has not been extensively tested for its effects during pregnancy.

Because of its potential effect on hormones, health practitioners may prefer to avoid its use during pregnancy or lactation, unless confident that its impact can be reasonably deemed to be safe and beneficial.

Practitioners should conduct ongoing research and take care to follow their practitioner association guidelines for appropriate administration of these compounding ingredients.

KEY ASSOCIATED CLINICAL TESTS

DUTCH Complete / DUTCH Sex Hormone Metabolites

This resource has been made for your convenience, however does not replace your own clinical research and judgement. It remains the responsibility of health practitioners to uphold all professional obligations in the care and treatment of patients.

D-MANNOSE POWDER

PURE PHARMACEUTICAL-GRADE D-MANNOSE

D-Mannose is a natural glyconutrient used by healthcare practitioners to inhibit urinary tract infections, and promote intestinal, metabolic and immune health, among other uses.



PACK SIZE 50 g	SCOOP SIZE 1 ml	AMOUNT PER SCOOP 680 mg	DENSITY (g/ml)* 0.68	EXTEMPORANEOUS USE ONLY
-------------------	--------------------	----------------------------	-------------------------	----------------------------

*Density values are subject to change. Always read the density value on the label when prescribing or visit tiny.cc/DEN for updated densities.



UNPARALLELED PURITY STANDARDS

RN Labs define the highest level of purity, quality and innovation.

These pure compounds are additive-free, so are suitable for even the most sensitive individuals.

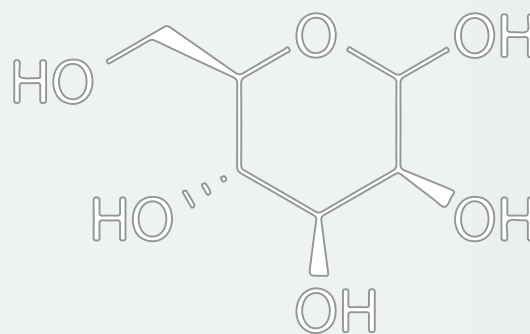
CLINICAL EFFICACY

Each bottle is clearly labelled with ingredient density, to facilitate ease of dosage calculations, and a scoop may be provided to assist with accurately determining patient doses according to your clinical judgement.

UNCOMPROMISING INTEGRITY

We are committed to improving the health of your clients. We always choose the most scientifically validated forms of nutrients available that are based on clinical research.

D-MANNOSE



INGREDIENT INFORMATION

COMMON DOSAGE RANGE: 500MG - 2G/DAY

(It is advisable to begin supplementation at the low end of the dose range, increasing if required).

KEY FEATURES

- ✓ D-Mannose is a naturally occurring saccharide
- ✓ D-Mannose can inhibit and assist resolution of urinary tract infections, as part of both treatment and prevention protocols.
- ✓ The mechanism of action for D-Mannose yielding this effect, relates to the inhibition of bacterial adherence (e.g. E. coli) to uroepithelial cells, facilitating the flushing out of bacteria during urination.

KEY ASSOCIATED CLINICAL TESTS

Comprehensive Microbial Stool Analysis

STATEMENTS AND WARNINGS

D-Mannose is generally very well tolerated

D-Mannose has not been extensively tested for its effects during pregnancy. Health practitioners may prefer to avoid its use during pregnancy or lactation, unless confident that its impact can be reasonably deemed to be safe or beneficial.

Practitioners should conduct ongoing research and take care to follow their practitioner association guidelines for appropriate administration of these compounding ingredients.

This resource has been made for your convenience, however does not replace your own clinical research and judgement. It remains the responsibility of health practitioners to uphold all professional obligations in the care and treatment of patients.

GLUTAMINE POWDER

PURE PHARMACEUTICAL-GRADE L-GLUTAMINE

As the most abundant amino acid in circulation, Glutamine is conditionally essential, to support the synthesis of protein, muscle mass, neurotransmitters, energy, ammonia metabolism, GIT membrane integrity, along with numerous other clinical uses.



PACK SIZE 200 g	SCOOP SIZE 2.5 ml	AMOUNT PER SCOOP 1.5 g	DENSITY (g/ml)* 0.6	EXTEMPORANEOUS USE ONLY
--------------------	----------------------	---------------------------	------------------------	----------------------------

*Density values are subject to change. Always read the density value on the label when prescribing or visit tiny.cc/DEN for updated densities.



UNPARALLELED PURITY STANDARDS

RN Labs define the highest level of purity, quality and innovation.

These pure compounds are additive-free, so are suitable for even the most sensitive individuals.

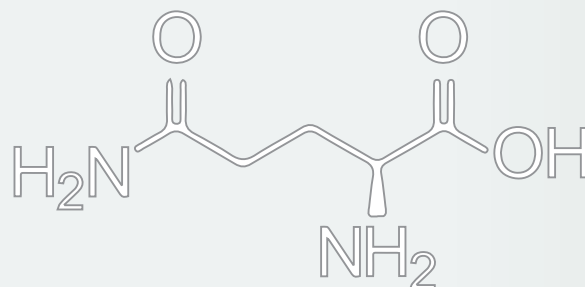
CLINICAL EFFICACY

Each bottle is clearly labelled with ingredient density, to facilitate ease of dosage calculations, and a scoop may be provided to assist with accurately determining patient doses according to your clinical judgement.

UNCOMPROMISING INTEGRITY

We are committed to improving the health of your clients. We always choose the most scientifically validated forms of nutrients available that are based on clinical research.

L-GLUTAMINE



INGREDIENT INFORMATION

COMMON DOSAGE RANGE: 1G-10G/DAY

(It is advisable to begin supplementation at the low end of the dose range, increasing if required).

KEY FEATURES

- ✓ L-Glutamine is the most abundant amino acid in the body and is conditionally essential to support the synthesis of protein and muscle mass
- ✓ Glutamine provides fuel for a healthy intestinal membrane and lymphocyte function
 - ✓ Functions as a precursor for glutathione synthesis
- ✓ Supports neurotransmitter production
 - ✓ May support immune response (esp. during increased times of stress or intense training)
- ✓ May support balanced blood sugar management and metabolism

KEY ASSOCIATED CLINICAL TESTS

Organic Acids Test (OAT)
Comprehensive Stool Analysis
Intestinal Barrier Assessments

STATEMENTS AND WARNINGS

Excess supplementation may promote ammonia production in those with compromised liver function (titrate doses and provide ammonia metabolism support).

Glutamine has not been extensively tested for its effects during pregnancy.

Health practitioners may prefer to avoid its use during pregnancy or lactation, unless confident that its impact can be reasonably deemed to be safe or beneficial.

Practitioners should conduct ongoing research and take care to follow their practitioner association guidelines for appropriate administration of these compounding ingredients.

DOSING CONSIDERATIONS

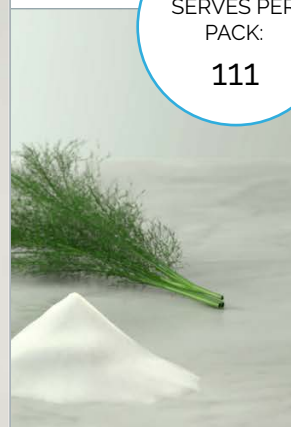
Bland and palatable taste profile
Can be taken with or without food
Synergistic co-prescriptions with zinc and B6 may be required for optimum nervous system response

This resource has been made for your convenience, however does not replace your own clinical research and judgement. It remains the responsibility of health practitioners to uphold all professional obligations in the care and treatment of patients.

GLYCINE POWDER

PURE PHARMACEUTICAL-GRADE GLYCINE

As the simplest amino acid, Glycine can provide a sweet taste to foods, drinks and formulas, without delivering any carbohydrate, whilst also supporting glucose regulation, detoxification, connective tissue synthesis, Serine metabolism, brain function, sleep quality, cardiac function, and numerous other clinical uses.



APPROX.
SERVES PER
PACK:
111

PACK SIZE 100 g	SCOOP SIZE 1 ml	AMOUNT PER SCOOP 900 mg	DENSITY (g/ml)* 0.9	EXTEMPORANEOUS USE ONLY
--------------------	--------------------	----------------------------	------------------------	----------------------------

*Density values are subject to change. Always read the density value on the label when prescribing or visit tiny.cc/DEN for updated densities.



UNPARALLELED PURITY STANDARDS

RN Labs define the highest level of purity, quality and innovation.

These pure compounds are additive-free, so are suitable for even the most sensitive individuals.

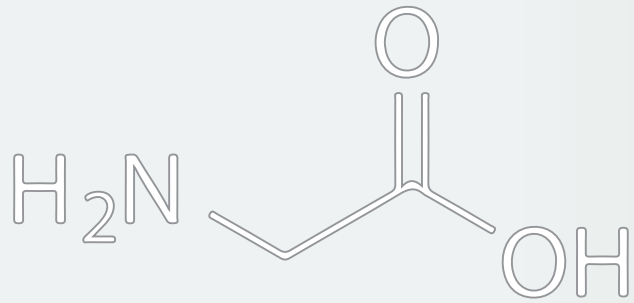
CLINICAL EFFICACY

Each bottle is clearly labelled with ingredient density, to facilitate ease of dosage calculations, and a scoop may be provided to assist with accurately determining patient doses according to your clinical judgement.

UNCOMPROMISING INTEGRITY

We are committed to improving the health of your clients. We always choose the most scientifically validated forms of nutrients available that are based on clinical research.

GLYCINE



INGREDIENT INFORMATION

COMMON DOSAGE RANGE: 1G-15G / DAY

(It is advisable to begin supplementation at the low end of the dose range, increasing if required).

KEY FEATURES

- ✓ Glycine is the simplest amino acid structure
- ✓ Serves as a carbohydrate-free sugar/sweetener replacement
- ✓ May assist with existing blood sugar balance and metabolism
- ✓ Key substrate for the detoxification of benzenes, phenols and salicylates
- ✓ May support the synthesis of healthy connective tissue
- ✓ Neuro-inhibitory to the CNS may provide anxiolytic properties
- ✓ Promotes deeper sleep patterns and greater growth hormone production

DOSING CONSIDERATIONS

Easily mixed into drinks and food (hot or cold).

Easily mixed into other supplement formulas for enhanced function.

STATEMENTS AND WARNINGS

Glycine has not been extensively tested for its effects during pregnancy. Health practitioners may prefer to avoid its use during pregnancy or lactation, unless confident that its impact can be reasonably deemed to be safe or beneficial.

Practitioners should conduct ongoing research and take care to follow their practitioner association guidelines for appropriate administration of these compounding ingredients.

KEY ASSOCIATED CLINICAL TESTS

Chemical, Toxin and Hepatic function profiles

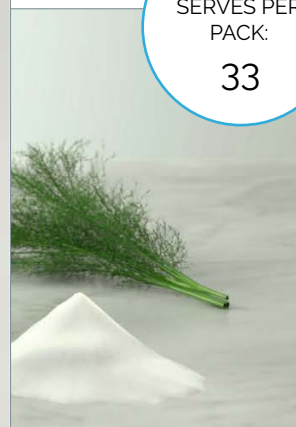
Neurological and Stress-related profiles

This resource has been made for your convenience, however does not replace your own clinical research and judgement. It remains the responsibility of health practitioners to uphold all professional obligations in the care and treatment of patients.

INOSITOL POWDER

PURE PHARMACEUTICAL-GRADE INOSITOL

Inositol (Myo-Inositol) is sometimes referred to as 'Vitamin B8' and used by healthcare practitioners to promote female fertility, insulin sensitivity & nervous system calmness, among other uses.



APPROX.
SERVES PER
PACK:
33

PACK SIZE 100 g	SCOOP SIZE 5 ml	AMOUNT PER SCOOP 3 g	DENSITY (g/ml)* 0.6	EXTEMPORANEOUS USE ONLY
--------------------	--------------------	-------------------------	------------------------	----------------------------

*Density values are subject to change. Always read the density value on the label when prescribing or visit tiny.cc/DEN for updated densities.



UNPARALLELED PURITY STANDARDS

RN Labs define the highest level of purity, quality and innovation.

These pure compounds are additive-free, so are suitable for even the most sensitive individuals.

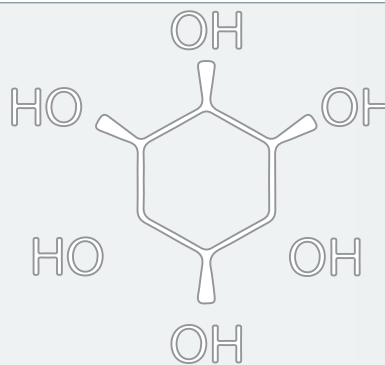
CLINICAL EFFICACY

Each bottle is clearly labelled with ingredient density, to facilitate ease of dosage calculations, and a scoop may be provided to assist with accurately determining patient doses according to your clinical judgement.

UNCOMPROMISING INTEGRITY

We are committed to improving the health of your clients. We always choose the most scientifically validated forms of nutrients available that are based on clinical research.

INOSITOL



INGREDIENT INFORMATION

COMMON DOSAGE RANGE

METABOLIC/PCOS: 2-4 G/DAY | NERVOUS SYSTEM: UP TO 16 G/DAY

(It is advisable to begin supplementation at the low end of the dose range, increasing if required).

KEY FEATURES

- ✓ Inositol has been referred to as 'vitamin B8' and identified as an important dietary and cellular constituent.
- ✓ A change in CNS availability of Inositol may produce altered brain signalling and eventually lead to the development of neurological disorders.
- ✓ Studies evaluating the effectiveness of Inositol indicate it may be effective in the treatment of depression, Alzheimer's disease, panic disorder, obsessive compulsive disorder, autism, post-traumatic stress disorder, and pain control.
- ✓ There are nine isomers of Inositol, of which Myo-Inositol is the most abundant isomer in the central nervous system of mammals.
- ✓ Notably Myo-Inositol at more moderate doses can also improve elevated triglycerides and glucose via favourable alterations to insulin function and metabolism, proving potentially invaluable in those with diabetes, PCOS, metabolic syndrome, cardiovascular disease etc.

STATEMENTS AND WARNINGS

Inositol is generally well tolerated
Inositol has not been extensively tested for its effects during pregnancy.

Because of its potential effect on metabolism, health practitioners may prefer to avoid its use during pregnancy or lactation, unless confident that its impact can be reasonably deemed to be safe and beneficial.

Practitioners should conduct ongoing research and take care to follow their practitioner association guidelines for appropriate administration of these compounding ingredients.

KEY ASSOCIATED CLINICAL TESTS

Hormone Assessment

NeuroBasic Profile
(formerly Neuro-Biogenic Amines Basic)

Comprehensive Neurotransmitter Profile
(formerly Neuro-Biogenic Amines Comprehensive)

Serum insulin / HbA1C / Glucose
Measurements

DNA SNP analyses (metabolism,
hormones, insulin function etc.)

This resource has been made for your convenience, however does not replace your own clinical research and judgement. It remains the responsibility of health practitioners to uphold all professional obligations in the care and treatment of patients.

LYSINE POWDER

PURE PHARMACEUTICAL-GRADE L-LYSINE

Lysine is a key essential amino acid required for collagen synthesis and muscle mass. It is used clinically to support wound healing, vascular protection and inhibit herpes virus replication, among other uses.



APPROX.
SERVES PER
PACK:
161

PACK SIZE 100 g	SCOOP SIZE 1 ml	AMOUNT PER SCOOP 620 mg	DENSITY (g/ml)* 0.62	EXTEMPORANEOUS USE ONLY
--------------------	--------------------	----------------------------	-------------------------	----------------------------

*Density values are subject to change. Always read the density value on the label when prescribing or visit tiny.cc/DEN for updated densities.



UNPARALLELED PURITY STANDARDS

RN Labs define the highest level of purity, quality and innovation.

These pure compounds are additive-free, so are suitable for even the most sensitive individuals.

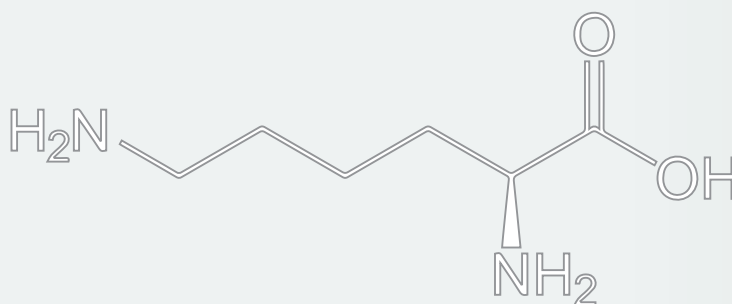
CLINICAL EFFICACY

Each bottle is clearly labelled with ingredient density, to facilitate ease of dosage calculations, and a scoop may be provided to assist with accurately determining patient doses according to your clinical judgement.

UNCOMPROMISING INTEGRITY

We are committed to improving the health of your clients. We always choose the most scientifically validated forms of nutrients available that are based on clinical research.

L-LYSINE



INGREDIENT INFORMATION

COMMON DOSAGE RANGE: 500MG - 3G/DAY

(It is advisable to begin supplementation at the low end of the dose range, increasing if required).

KEY FEATURES

- ✓ L-Lysine has one of the highest amino acid requirements in the body
- ✓ Key amino acid in collagen and connective tissue synthesis
- ✓ May inhibit glycation and therefore preserve cellular lifespan
- ✓ Lysine supports wound healing and vascular protection
- ✓ May be useful in inhibiting herpes virus replication

STATEMENTS AND WARNINGS

Lysine has not been extensively tested for its effects during pregnancy. Health practitioners may prefer to avoid its use during pregnancy or lactation, unless confident that its impact can be reasonably deemed to be safe or beneficial.

Practitioners should conduct ongoing research and take care to follow their practitioner association guidelines for appropriate administration of these compounding ingredients.

DOSING CONSIDERATIONS

Acceptable taste profile (with slight saltiness due to Hydrochloride form)

Can be taken with or without food

Makes ideal co-prescription with Vitamin C to amplify all its main uses

KEY ASSOCIATED CLINICAL TESTS

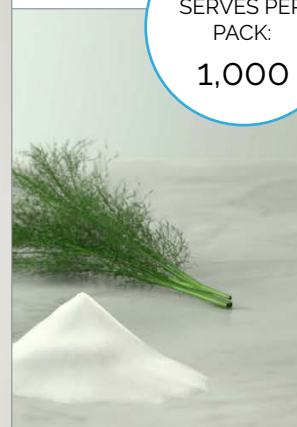
Homocysteine and other
Vascular-relevant tests

This resource has been made for your convenience, however does not replace your own clinical research and judgement. It remains the responsibility of health practitioners to uphold all professional obligations in the care and treatment of patients.

L-THEANINE POWDER

PURE PHARMACEUTICAL-GRADE L-THEANINE

L-Theanine is a non-dietary amino acid derived from tea that is used by healthcare practitioners to calm the nervous system without sedation, enhance focus, and regulate nitric oxide, among other uses.



APPROX.
SERVES PER
PACK:
1,000

PACK SIZE 50 g	SCOOP SIZE 0.15 ml	AMOUNT PER SCOOP 50 mg	DENSITY (g/ml)* 0.33	EXTEMPORANEOUS USE ONLY
-------------------	-----------------------	---------------------------	-------------------------	----------------------------

*Density values are subject to change. Always read the density value on the label when prescribing or visit tiny.cc/DEN for updated densities.



UNPARALLELED PURITY STANDARDS

RN Labs define the highest level of purity, quality and innovation.

These pure compounds are additive-free, so are suitable for even the most sensitive individuals.

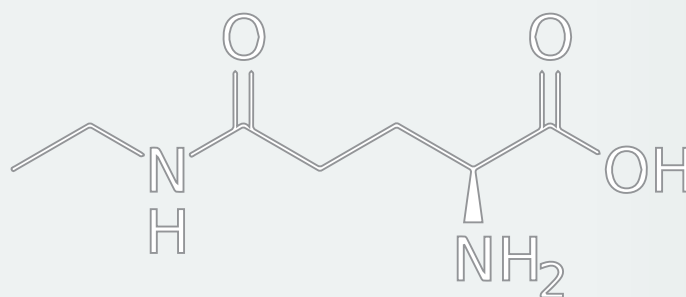
CLINICAL EFFICACY

Each bottle is clearly labelled with ingredient density, to facilitate ease of dosage calculations, and a scoop may be provided to assist with accurately determining patient doses according to your clinical judgement.

UNCOMPROMISING INTEGRITY

We are committed to improving the health of your clients. We always choose the most scientifically validated forms of nutrients available that are based on clinical research.

L-THEANINE



INGREDIENT INFORMATION

COMMON DOSAGE RANGE: 100MG-200MG / DAY

(It is advisable to begin supplementation at the low end of the dose range, increasing if required).

KEY FEATURES

- ✓ L-Theanine is a unique amino acid present almost exclusively in the tea plant (*Camellia sinensis*).
- ✓ L-Theanine is a water-soluble compound and when ingested orally is absorbed in the small intestine.
- ✓ L-Theanine has demonstrated the ability to cross the blood-brain barrier and in animal studies has been observed when reaching the brain, to increase both serotonin and dopamine production.
- ✓ L-Theanine induces alpha-brain wave activity, which correlates with a perceived state of conscious relaxation.
- ✓ L-Theanine administration has demonstrated a dose-dependent calmed and relaxed, yet focused, state of mind without sedative effects.

STATEMENTS AND WARNINGS

L-Theanine is generally well tolerated.

L-Theanine increases the activity of doxorubicin, idarubicin, pirarubicin, cisplatin, and irinotecan in tumour cells.

L-Theanine has not been extensively tested for its effects during pregnancy.

Because of its potential effect on neurotransmitters, health practitioners may prefer to avoid its use during pregnancy or lactation, unless confident that its impact can be reasonably deemed to be safe and beneficial.

Practitioners should conduct ongoing research and take care to follow their practitioner association guidelines for appropriate administration of these compounding ingredients.

KEY ASSOCIATED CLINICAL TESTS

Adrenal Hormone Assessment

NeuroBasic Profile
(formerly Neuro-Biogenic Amines Basic)

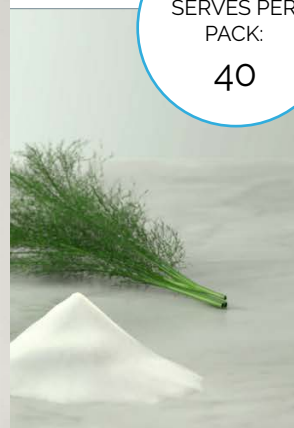
Comprehensive Neurotransmitter Profile
(formerly Neuro-Biogenic Amines Comprehensive)

This resource has been made for your convenience, however does not replace your own clinical research and judgement. It remains the responsibility of health practitioners to uphold all professional obligations in the care and treatment of patients.

MAGNESIUM L-THREONATE POWDER

PURE PHARMACEUTICAL-GRADE MAGNESIUM THREONATE

An extremely bioavailable form of magnesium, Magnesium Threonate is the optimum form of magnesium for Nervous System delivery. Magnesium Threonate can readily cross the Blood Brain Barrier and serve as a neurological cofactor in cognitive, mood and stress related functions, whilst also supporting magnesium levels in the entire body.



APPROX.
SERVES PER
PACK:
40

PACK SIZE 50 g	SCOOP SIZE 2.5 ml	AMOUNT PER SCOOP 1.25 g (100mg Mg)	DENSITY (g/ml)* 0.5	EXTEMPORANEOUS USE ONLY
-------------------	----------------------	---------------------------------------	------------------------	----------------------------

*Density values are subject to change. Always read the density value on the label when prescribing or visit tiny.cc/DEN for updated densities.



UNPARALLELED PURITY STANDARDS

RN Labs define the highest level of purity, quality and innovation.

These pure compounds are additive-free, so are suitable for even the most sensitive individuals.

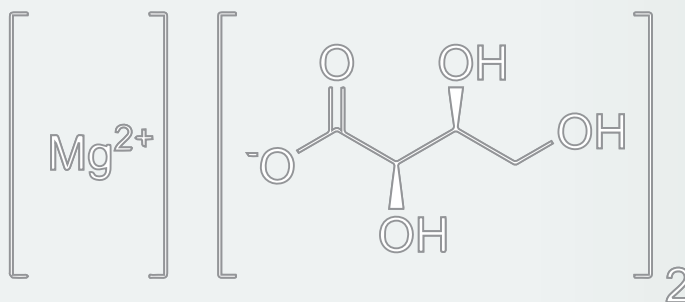
CLINICAL EFFICACY

Each bottle is clearly labelled with ingredient density, to facilitate ease of dosage calculations, and a scoop may be provided to assist with accurately determining patient doses according to your clinical judgement.

UNCOMPROMISING INTEGRITY

We are committed to improving the health of your clients. We always choose the most scientifically validated forms of nutrients available that are based on clinical research.

MAGNESIUM THREONATE



INGREDIENT INFORMATION

COMMON DOSAGE RANGE: 1.25G - 4.8G / DAY
(100MG - 400MG ELEMENTAL MG)

(It is advisable to begin supplementation at the low end of the dose range, increasing if required).

KEY FEATURES

- ✓ Highly bioavailable form of Magnesium
- ✓ Particular ability to cross Blood Brain Barrier
- ✓ Provides specialised support for Neurological functions (mood, cognition, stress, sleep, etc.)
- ✓ Still serves as a highly effective source of Mg for all other clinical situations requiring Magnesium

STATEMENTS AND WARNINGS

Magnesium Threonate has not been extensively tested for its effects during pregnancy. Health practitioners may prefer to avoid its use during pregnancy or lactation, unless confident that its impact can be reasonably deemed to be safe or beneficial.

Practitioners should conduct ongoing research and take care to follow their practitioner association guidelines for appropriate administration of these compounding ingredients.

DOSING CONSIDERATIONS

Excellent taste properties for a Magnesium salt.

Dissolves readily.

May require greater than typical volumes to achieve higher doses (due to naturally low Mg concentration)

KEY ASSOCIATED CLINICAL TESTS

FBC Mg

Organic Acid Test (OAT)

This resource has been made for your convenience, however does not replace your own clinical research and judgement. It remains the responsibility of health practitioners to uphold all professional obligations in the care and treatment of patients.

NAC POWDER

PURE PHARMACEUTICAL-GRADE N-ACETYLCYSTEINE (NAC)

N-Acetyl-Cysteine (NAC) is a sulphur-bearing amino acid key to numerous metabolic processes, including the synthesis of Glutathione, antioxidant and detoxification functions, as well as the regulation of various neurological and inflammation/immune mechanisms.



APPROX.
SERVES PER
PACK:
142

PACK SIZE 100 g	SCOOP SIZE 1 ml	AMOUNT PER SCOOP 700 mg	DENSITY (g/ml)* 0.700	EXTEMPORANEOUS USE ONLY
--------------------	--------------------	----------------------------	--------------------------	----------------------------

*Density values are subject to change. Always read the density value on the label when prescribing or visit tiny.cc/DEN for updated densities.



UNPARALLELED PURITY STANDARDS

RN Labs define the highest level of purity, quality and innovation.

These pure compounds are additive-free, so are suitable for even the most sensitive individuals.

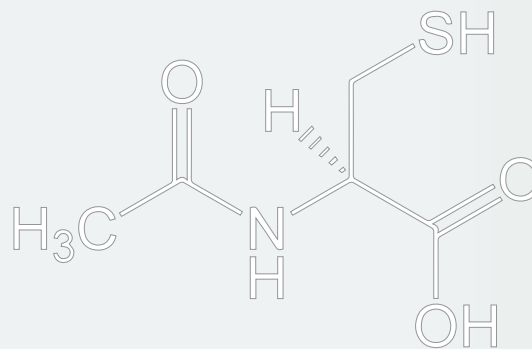
CLINICAL EFFICACY

Each bottle is clearly labelled with ingredient density, to facilitate ease of dosage calculations, and a scoop may be provided to assist with accurately determining patient doses according to your clinical judgement.

UNCOMPROMISING INTEGRITY

We are committed to improving the health of your clients. We always choose the most scientifically validated forms of nutrients available that are based on clinical research.

N-ACETYL-CYSTEINE (NAC)



INGREDIENT INFORMATION

COMMON DOSAGE RANGE: 700MG - 2800MG/DAY

(It is advisable to begin supplementation at the low end of the dose range, increasing if required).

KEY FEATURES

- ✓ Highest purity
- ✓ Improved palatability
- ✓ Consciously sourced
- ✓ Non animal origin
- ✓ Supports glutathione synthesis & detoxification
- ✓ Powerful mucolytic agent
- ✓ Scavenger of free radicals
- ✓ Supports antiviral defenses

STATEMENTS AND WARNINGS

If pregnant, consult your healthcare practitioner before using this product.

NAC is safe and well tolerated when administered orally, with mild gastrointestinal symptoms being reported at doses >3g per day.

Avoid use in those with active peptic ulcers. Appropriate dosing may be resumed when sufficient ulcer healing has been achieved.

Practitioners should conduct ongoing research and take care to follow their practitioner association guidelines for appropriate administration of these compounding ingredients.

DOSING CONSIDERATIONS

Can be taken with or without food. Sufficient levels of Glycine, Glutamine, Zinc, Selenium and B-vitamins such as B3 & B5 (as well as recycling antioxidants such as vitamin C) are needed for optimum production and utilisation of Glutathione. (Consider combined supplementation if deficiency of any of these is suspected).

KEY ASSOCIATED CLINICAL TESTS

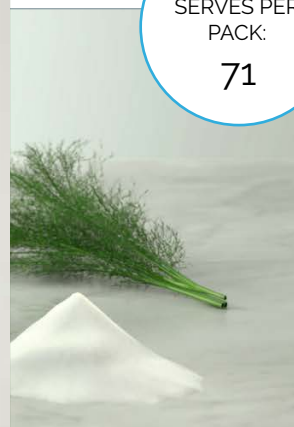
Organic Acids Test (OAT)
DUTCH Complete™ (Oxidative markers)
Hepatic Detoxification Profile

This resource has been made for your convenience, however does not replace your own clinical research and judgement. It remains the responsibility of health practitioners to uphold all professional obligations in the care and treatment of patients.

TAURINE POWDER

PURE PHARMACEUTICAL-GRADE TAURINE

Taurine is a key sulfur-bearing amino compound that supports bile conjugation, detoxification, mineral balance, glucose management, brain function, glutamate balance, cardiac function, blood flow, along with numerous other clinical uses.



APPROX.
SERVES PER
PACK:
71

PACK SIZE 50 g	SCOOP SIZE 1 ml	AMOUNT PER SCOOP 700 mg	DENSITY (g/ml)* 0.7	EXTEMPORANEOUS USE ONLY
-------------------	--------------------	----------------------------	------------------------	----------------------------

*Density values are subject to change. Always read the density value on the label when prescribing or visit tiny.cc/DEN for updated densities.



UNPARALLELED PURITY STANDARDS

RN Labs define the highest level of purity, quality and innovation.

These pure compounds are additive-free, so are suitable for even the most sensitive individuals.

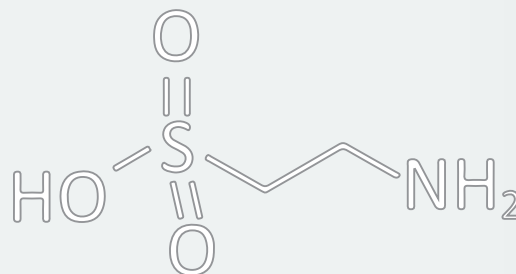
CLINICAL EFFICACY

Each bottle is clearly labelled with ingredient density, to facilitate ease of dosage calculations, and a scoop may be provided to assist with accurately determining patient doses according to your clinical judgement.

UNCOMPROMISING INTEGRITY

We are committed to improving the health of your clients. We always choose the most scientifically validated forms of nutrients available that are based on clinical research.

TAURINE



INGREDIENT INFORMATION

COMMON DOSAGE RANGE: 500MG - 3G/DAY

(It is advisable to begin supplementation at the low end of the dose range, increasing if required).

KEY FEATURES

- ✓ Taurine is a conditionally essential sulfur-bearing amino acid
- ✓ Supports bile acid conjugation resulting in increased cholesterol solubility and excretion
- ✓ Assists in detoxification
- ✓ Taurine may support cardiac function and modulate cellular calcium flux
- ✓ Supports healthy digestive and gall bladder function
- ✓ May assist in balancing glutamate and neuro-excitation (having a calming effect)
- ✓ May assist in glucose management
- ✓ May assist in the transport of electrolyte balance between cells (esp. calcium and magnesium)

KEY ASSOCIATED CLINICAL TESTS

Organic Acids Test
Hepatic Detoxification Profile / LFT
NeuroBasic Profile
(formerly Neuro-Biogenic Amines Basic)
Comprehensive Neurotransmitter Profile
(formerly Neuro-Biogenic Amines Comprehensive)

STATEMENTS AND WARNINGS

Taurine may alter the metabolism of Lithium medications (adjust doses accordingly).

Taurine has not been extensively tested for its effects during pregnancy. Health practitioners may prefer to avoid its use during pregnancy or lactation, unless confident that its impact can be reasonably deemed to be safe or beneficial.

Practitioners should conduct ongoing research and take care to follow their practitioner association guidelines for appropriate administration of these compounding ingredients.

DOSING CONSIDERATIONS

Acceptable taste profile (one of most the palatable sulfur sources).

Can be taken with or without food.

Synergistic co-prescription with Calcium and Magnesium may provide enhanced results.

This resource has been made for your convenience, however does not replace your own clinical research and judgement. It remains the responsibility of health practitioners to uphold all professional obligations in the care and treatment of patients.

DOSAGE QUICK REFERENCE GUIDE

INGREDIENT	PACK SIZE	BASIC SCOOP SIZE	AMOUNT PER BASIC SCOOP	DENSITY (G/ML)*	NO. OF BASIC SCOOPS PER BOTTLE
5-HTP Powder	25g	0.15ml	65mg	0.45	385
Ascorbic Acid Powder	100g	1ml	1.0g	1.0	100
Cal-D-Glucarate Powder	50g	1ml	550mg	0.55	90
CDP-Choline Powder	25g	1ml	570mg	0.57	43
Citrulline Powder	100g	1ml	550mg	0.55	181
DIM Powder	50g	0.15ml	75mg	0.5	666
D-Mannose Powder	50g	1ml	680mg	0.68	73
Glutamine Powder	200g	2.5ml	1.5g	0.6	133
Glycine Powder	100g	1ml	900mg	0.9	111
Inositol Powder	100g	5ml	3g	0.6	33
L-Lysine Powder	100g	1ml	620mg	0.62	161
L-Theanine Powder	50g	0.15ml	50mg	0.33	1000
Magnesium L-Threonate Powder	50g	2.5ml	1.25g	0.5	40
NAC Powder	100g	1ml	700mg	0.7	142
Taurine Powder	50g	1ml	700mg	0.7	71

**NOTE: THESE ARE NOT RECOMMENDED DOSES.
PRACTITIONERS MUST USE THEIR OWN JUDGEMENT TO DECIDE ON MULTIPLES OF SCOOPS WHEN PRESCRIBING.**

ADDITIONAL RESOURCES

PRODUCT DATASHEETS

Product datasheets are available for all products found in this catalogue. Available on the FxMed Practitioner Hub:
fxmed.co.nz/prachub/resources

[illegible]

MEDI METABOLIC JUMP START PROGRAM

Medi Metabolic Jump Start Guides for Patient and Practitioner (included with datasheet) are both available from the FxMed Practitioner Hub: fxmed.co.nz/prachub/resources

TOTAL BODY RESET GUIDE

Total Body Reset Guides for Patient and Practitioner (included with datasheet) are both available from the FxMed Practitioner Hub: fxmed.co.nz/prachub/resources

PATIENT GUIDE

MEDI METABOLIC JUMP START

m labs

A graphic for the 'TOTAL BODY RESET PATIENT GUIDE'. At the top left is the 'fx MED' logo, with 'fx' in a stylized script and 'MED' in bold blue capital letters. At the top right is the 'm labs' logo, with a blue circle containing a white 'm' followed by 'labs' in a sans-serif font. Below the logos, the title 'TOTAL BODY RESET' is written in large, bold, white capital letters, and 'PATIENT GUIDE' is written below it in smaller, white capital letters. The bottom section of the graphic is a collage of seven images: a person in a field, a bunch of carrots, a green vegetable in a bowl, a person in a yoga pose, a bowl of sliced vegetables, ginger and lemons, and a silhouette of a person in a yoga pose.



TOTAL BODY RESET

PRACTITIONER GUIDE

Step 1



ABOUT MEDI RESTORE

Explore the Medi Restore Kit, the Formulas and the Program to your patient (including their goals and expectations).

Step 2



SHOPPING LIST

Review the list of the suggested Shopping List to the end of your patient's appointment.

Step 3



MEAL PLAN AND RECIPES

Review the Meal Plan and Recipes regarding the amount of shakes per day and the number of snacks per shake to take.

Step 4



REINTRODUCTION DIET

Make any changes of measure to which body should be reintroduced back into the diet after the initial program, and follow the instructions of the diet and the reintroduction program.

NOTE



REINTRODUCTION DIET

This protocol is provided as a guide to assist you in forming your comprehensive and effective treatment plan. This diet plan is not intended to replace your patient's individualized care, and in each instance your professional judgment and your patient's specific health condition must be taken into account. Your patient's health condition, personal goals, lifestyle, medical history, and the body's response to the diet plan will all be taken into account by the patient in the final decision on whether you should be reintroduced to the diet. It is suggested that you consult your patient's physician before we assist that they proceed with the diet plan.

Disclaimer: This guide is not intended to replace the Practitioner's professional opinion.

NOTES

[illegible]



Ph 0800 439 630 | www.fxmed.co.nz

 support@fxmed.co.nz | techsupport@fxmed.co.nz