

AHCC: Unlocking the Immune Intelligence of Shiitake Mycelia

A clinical spotlight on one of the most researched functional mushroom extracts

Medicinal mushrooms have long been celebrated for their therapeutic potential, but among the vast fungal kingdom, one particular compound has captured scientific attention for its remarkable impact on immune health: Active Hexose Correlated Compound (AHCC). Derived from the mycelia of *Lentinula edodes* (Shiitake mushroom), AHCC stands out due to its unique molecular profile, superior bioavailability and clinically supported and broad-reaching effects on immune modulation, antiviral defense, oncology support and gut-immune health.

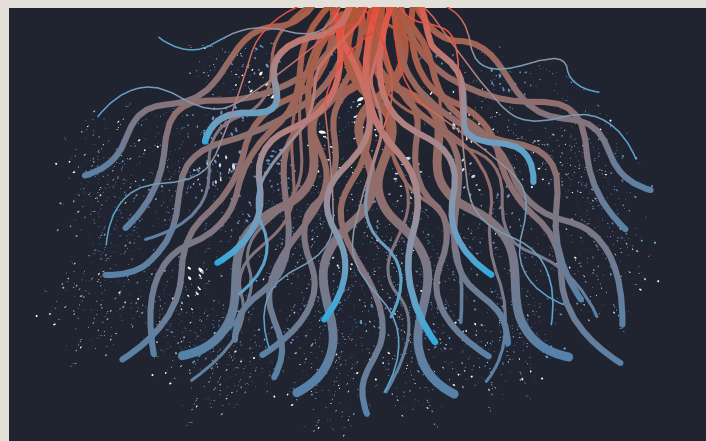
Identified through decades of research screening thousands of compounds, AHCC emerged from a mission to find the most bioactive molecules influencing immune function. Researchers discovered that acylated α -1,4-glucans – small, bioavailable polysaccharides found in Shiitake mycelia – demonstrated a unique ability to influence both innate and adaptive immune responses. These compounds are complemented by amino acids, lipids and minerals that synergistically enhance AHCC's overall bioactivity.

Backed by over 30 human, animal and in vitro studies, AHCC continues to gain traction in clinical settings for its diverse therapeutic applications and impressive safety profile.

Precision Extraction: Enhancing Bioavailability and Consistency

The efficacy of AHCC is tightly linked to its patented fermentation-based extraction process. Shiitake mycelia are cultured in a liquid nutrient medium and subjected to a specialised enzymatic fermentation that breaks down large macromolecules into smaller, low-molecular-weight bioactive compounds. This process increases solubility and absorption, making AHCC more readily available to immune cells.

Following fermentation, the extract is sterilised, filtered and freeze-dried to preserve potency and purity. The resulting compound is free of intact fungal cells, making it suitable for patients with mushroom sensitivities. This high degree of standardisation ensures batch-to-batch consistency – a critical factor for practitioners seeking reliable outcomes in clinical care.



Mechanisms of Immune Modulation

AHCC is recognised for its unique ability to support and modulate the immune system without overstimulation. Its actions span across both innate and adaptive immunity:

- **Enhancement of dendritic and monocyte function** improves antigen presentation and accelerates the activation of downstream immune responses.
- **Upregulation of NK cell activity** enhances cytotoxic responses against virus-infected and malignant cells. In one study, doses of 1–3g/day significantly increased NK cell number and activity in healthy adults.
- **Stimulation of T-cell responses**, particularly Th1 and Th17 subsets, supports viral clearance and anti-tumour immunity.
- **Cytokine modulation**, including increased IFN- γ and IL-1 β , helps calibrate immune responses and maintain inflammatory balance.

These effects are complemented by improvements in immune cell communication, leading to more effective recognition and elimination of pathogens while minimising unnecessary immune activation.

Clinical Applications

1. Viral Infections and HPV Clearance

AHCC is one of the most clinically validated natural compounds in the context of immune-mediated viral defense. In animal models and human trials, it has been shown to improve resistance to influenza, hepatitis viruses and common respiratory infections.

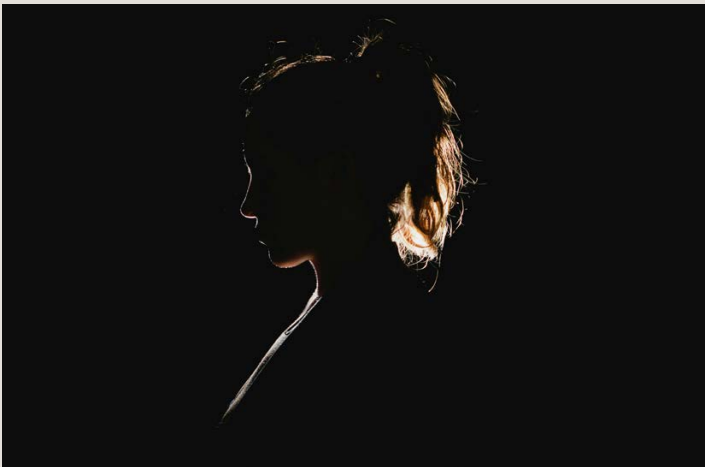
Article continues on next page...

Its strongest evidence lies in the support of persistent high-risk human papillomavirus (HPV) infections. A 2022 double-blind, placebo-controlled trial found that 3g/day of AHCC contributed to viral clearance in both in vitro and in vivo models. Pilot studies showed that HPV was cleared in 4 of 6 women receiving 3g/day over six months and in 4 of 9 women at 1g/day over eight months. These findings were supported by a 2024 observational trial that also found a reduction in cervical lesion progression when AHCC was paired with probiotic therapy. This offers a novel and well-tolerated intervention for a patient population with limited conventional treatment options.

2. Oncology Support

AHCC has a growing evidence base as an adjunctive therapy in oncology support. Its immune-priming effects are valuable both during and after conventional treatment. In patients undergoing chemotherapy or radiation, AHCC has been shown to maintain white blood cell counts, reduce immunosuppression and limit treatment-related side effects such as fatigue, nausea and liver stress.

Clinical data demonstrate improved survival outcomes in patients with gastric, colon, liver and head and neck cancers, as well as improved tolerance to standard therapies. AHCC may also improve quality of life scores by reducing treatment-associated complications such as nausea, hair loss and low white blood cell counts.



3. Autoimmune and Inflammatory Disorders

Emerging studies point to AHCC's potential for regulating immune hyperactivity. A 2023 placebo-controlled trial involving patients with multinodular goitre, often linked to autoimmune thyroiditis, found a 37% reduction in nodule volume after 110 days of supplementation with 1500mg twice daily – compared to increases in the control group.

In preclinical models of colitis and systemic inflammation, AHCC reduced inflammatory cytokines and preserved mucosal barrier integrity. These actions suggest clinical utility in supporting patients with Hashimoto's thyroiditis, IBD, rheumatoid arthritis and other autoimmune or immune-mediated conditions, particularly when immune enhancement must be carefully balanced with immune tolerance.



4. Gut-Immune Health

AHCC's prebiotic effects add another layer of therapeutic value. By selectively fostering beneficial gut bacteria, AHCC contributes to gut barrier integrity, reduces systemic inflammation and helps restore immune balance via the gut-immune axis. These properties make AHCC particularly useful in supporting conditions such as intestinal permeability (leaky gut), chronic inflammatory conditions, dysbiosis and post-infectious GI symptoms. By addressing both gut and systemic immunity, AHCC helps restore balance in patients with complex, multi-system presentations.

Clinical Dosing and Safety


For general immune support, typical dosing ranges from 1–3g per day, often divided across the day. In targeted applications – such as chronic HPV, autoimmune conditions or oncology support – clinical research supports doses of 3g/day, often maintained over 6–8 months depending on patient response and therapeutic goals. AHCC is exceptionally well tolerated, with minimal side effects (typically mild GI symptoms). It has shown no significant interactions with pharmaceuticals and is considered safe for use in vulnerable populations, including the elderly, immunocompromised patients and those undergoing conventional treatments.

Conclusion


AHCC is a uniquely potent, scientifically validated extract that embodies the therapeutic potential of medicinal mushrooms. Its broad-spectrum benefits – ranging from immune surveillance, viral clearance, autoimmune responses and gut health – position it as a valuable tool in integrative clinical practice. For practitioners seeking natural, evidence-backed ways to support immune intelligence across a range of conditions, AHCC offers both reliability and versatility. With ongoing research and growing global interest, it continues to earn its place at the forefront of immune-modulating therapies.



Article written by Jessica Sanders
BSc. (Psy), Dip Nat, Dip Med Herb
Technical Projects, FxMed



Want to learn more?
Watch AHCC – The Unique
Mushroom Extract That Packs
a Powerful Punch



Streaming on FxLearn – watch now!

CONTENTS

FXMED ANNOUNCEMENTS

NEWSLETTER SURVEY	3
NEW RESOURCES	3

FEATURED PRODUCTS

IMMUNO AHCC BY RN LABS	4
C-RLA BY RESEARCHED NUTRITIONALS	4
IMMUNE CHARGE+ THROAT SPRAY BY QUICKSILVER SCIENTIFIC	5
ULTRAZIN ZINC BY PURE ENCAPSULATIONS	5

FUNCTIONAL TESTING FEATURE

MOSAIC DIAGNOSTICS MYCOTOX PROFILE	6
------------------------------------	---

MINDFUL LIVING

ESTABLISHING OUR INNER CONNECTION	7
-----------------------------------	---

PRODUCT ANNOUNCEMENTS

NEW PRODUCTS	8
PRODUCT CHANGES, UPGRADES & DELETIONS	11
FUNCTIONAL TESTING UPDATES	12

UPCOMING FXMED HOSTED WEBINARS	12
--------------------------------	----

FXMED ANNOUNCEMENTS

Newsletter Survey

Share Your Thoughts & You Could Win!

Your feedback will help shape our future newsletters. Tell us what you enjoy, what's useful, what you'd like to see more of and how we can improve!

By taking just a few minutes to complete our FxMed Newsletter Survey, you'll go into the draw to **WIN**

a Wellness Prize Pack* featuring:

- Thorne – Daily Greens Plus
- Pure Encapsulations – Rapid Calm + Rapid Mental Energy
- Researched Nutritionals – C-RLA Vanilla Caramel



Click here to complete the survey



Entries close 1 July 2025*

* Winner will be notified via email by 7 July 2025. Wellness Prize Pack includes 1 of each product listed above.

South Pacific College of Natural Medicine – Recent Graduation & Award Ceremony

Congratulations to the graduates and the well-deserving recipients of the awards presented at the college's graduation ceremony in March. A special congratulations to **Bryn Roberts**, who received the **FxMed Contribution to College Life Award**, presented by our National Sales Manager, Amanda Green.



Pricing

Please refer to the **Practitioner Hub** for the most up-to-date pricing and current deals for each product and functional test, you may also wish to download our **June 2025 pricelist** which contains all new products launched this quarter. **Please note there has been a price increase for Mosaic Diagnostics Tests.** The pricelist will be updated again in September.

Functional Testing over Public Holidays

Public holidays can cause disruptions to our Functional Testing service, please check our email communications and functional testing webpage in the lead up to public holidays for specific instructions: **fxmed.co.nz/testing/** or email **testing@fxmed.co.nz** to enquire.

Did You Know?

That our digital newsletter is interactive? The interactive version is also available for download from the FxMed Practitioner Hub. Wherever you see the below symbols in the interactive newsletter, it indicates that there is a clickable link to a practitioner resource to view or download.

Click to view other interactive content such as websites

KEY TO SYMBOLS – AVAILABLE RESOURCES



Datasheet



Protocol



Brand Catalogue



Booklet/Guide

NEW RESOURCES

Microbiome Labs Protocols now available for Pregnancy Support & Vaginal Microbiome Support

Mentioned in the recent webinar: **Supporting Our She-Roes**
Watch now on **FxLearn.co.nz**

Choosing the Right Magnesium Formula

RN LABS MAGNESIUM COMPARISON QUICK REFERENCE GUIDE

2025 PRODUCT CATALOGUE

MICROBIOME LABS PRODUCT CATALOGUE

RESEARCHED NUTRITIONALS PRODUCT CATALOGUE

RESEARCHED NUTRITIONALS PRODUCT CATALOGUE

Available now at **hub.fxmed.co.nz/resources**

HARD COPIES AVAILABLE ON REQUEST FROM YOUR PRACTITIONER CONSULTANT

New! Immuno AHCC

Well-studied extract derived from *Lentinula edodes* (shiitake mycelia) to support immune resilience, cytokine signalling and cellular defence. Suitable for a range of clinical applications including immune compromise, viral load and immune rebalancing.

- Supports innate immune activity including NK and T-cell response
- Research supports immune defence in persistent viral and HPV-related contexts
- Shown to modulate excessive inflammatory signalling and cytokine production
- Formulated for low-excipient, vegan-friendly use in sensitive patients
- Each capsule contains 333 mg AHCC®, standardised from 2.25 g of Shiitake mycelia



Each Capsule Contains:
 AHCC®333 mg
 Contains *Lentinula edodes* (Shiitake) hyphae ext.250 mg
 Derived from *Lentinula edodes* (Shiitake) fresh hyphae...2.25 g



AHCC® is a trademark of Amino Up Co., Ltd., Japan.

Excipients: Microcrystalline Cellulose, Hypromellose (Capsule), Calcium Hydrogen Phosphate Dihydrate, Alfadex, Ascorbyl Palmitate, Maltodextrin (Corn), Colloidal Anhydrous Silica.

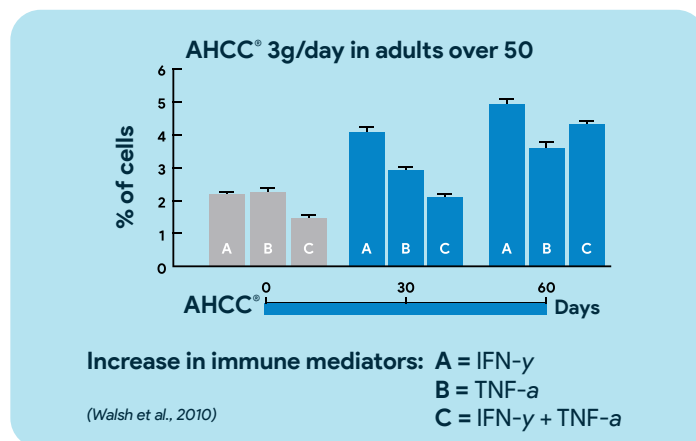
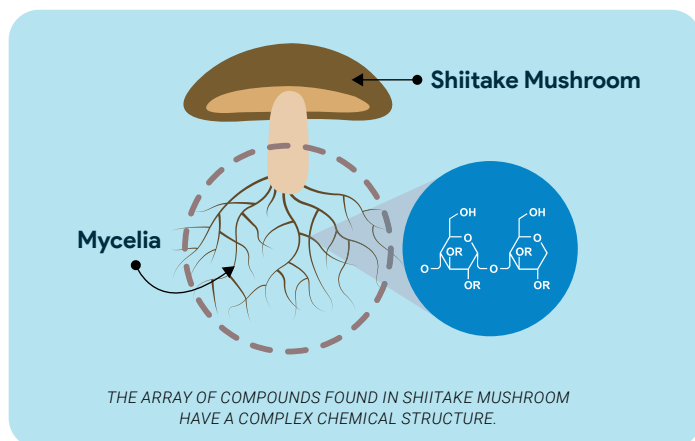


Suggested use: 2–6 capsules daily, with or without food.



AHCC INGREDIENT REVIEW SHEET

RN Labs	PRACT. PRICE	RRP	PROMO*
IMMUNO AHCC 60c	\$49.90	\$86.10	\$44.91



C-RLA™



Provides liposomal vitamin C and R-lipoic acid (RLA) in one formulation, combining two key antioxidants in a 100% sunflower phospholipid base to support mitochondrial health, redox balance and cytokine activity.

- Liposomal phosphatidylcholine base enables absorption of high-dose vitamin C beyond standard oral limits while supporting gastrointestinal comfort
- RLA is the biologically active form of alpha-lipoic acid, involved in mitochondrial enzyme function and antioxidant recycling
- Formulated to support healthy cytokine activity and antioxidant defences during oxidative stress
- Non-GMO, soy-free and vegan-friendly formula
- Each serving provides 1500mg vitamin C and 70mg RLA
- Available in Original (peppermint) and Vanilla Caramel flavours



Researched
Nutritionals
solutions for life

ORIGINAL (PEPPERMINT)

Supplement Facts		
Serving Size: 2 teaspoons (10 mL)		
Servings Per Bottle: 30		
Amount Per Serving	%Daily Value**	
Calories	5	
Carbohydrates	6 g	2%
Total Sugars less than 1g		
Vitamin C (as Sodium Ascorbate)	1500 mg	1667%
Sodium (as Sodium Ascorbate)	197 mg	9%
R-Lipoic Acid (as Sodium R-Lipoic Acid)	70 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.
 † Daily Value not established.

Other Ingredients: Allulose, deionized water, sunflower lecithin, licorice extract, peppermint oil, spearmint oil.

Suggested use: Mix 2 tsp (10ml) in water and take away from food.

Researched Nutritionals	PRACT. PRICE	RRP	PROMO*
C-RLA Original 300ml (30 serves)	\$69.95	\$107.00	\$62.96
C-RLA Vanilla Caramel 300ml (30 serves)	\$69.95	\$107.00	\$62.96

Immune Charge+® Throat Spray

Combines bioavailable zinc acetate with flavonoids and propolis to support immune defences and microbial balance in the throat and upper respiratory tract.

- Zinc acetate delivered via oral spray for local oropharyngeal immune support
- Quercetin and luteolin have been shown to contribute to epithelial barrier health and immune modulation
- Bee propolis supports healthy microbial balance in the upper airway environment
- Formulated for use during periods of heightened environmental or seasonal exposure; great for travel!
- Convenient oral spray format for targeted delivery

Quicksilver Scientific	PRACT. PRICE	RRP	PROMO*
IMMUNE CHARGE+ THROAT SPRAY 27ml	\$24.70	\$42.60	\$22.23

10% OFF*



Supplement Facts

Serving Size: 0.54 mL (3 Pumps)
Servings Per Container: 24

	Amount Per Serving	% Daily Value
Zinc (as Zinc Acetate)	0.5mg	5%
Proprietary Zinc Complex	12mg	**
Phospholipids (from sunflower seed lecithin), Zinc Acetate, Quercetin Dihydrate (from Sophora japonica flower), Luteolin extract, Propolis extract		

**Daily Value not established

Other Ingredients: Glycerin, water, ethanol, tocopherol, medium chain triglycerides, natural mint oils, natural citrus oils, natural mixed tocopherols

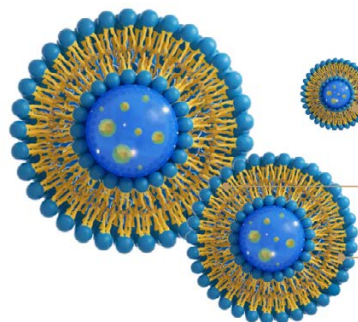
Suggested use:

Spray 3 pumps towards the back of the throat. Repeat to desired dosage.

Daily Immune Maintenance: 1 dose (3 sprays) daily.

Intensive Immune Support: 1 dose (3 sprays) every 1–2 hours when in public and/or travelling.

Quicksilver's liposomal delivery technology supports the absorption of ingredients directly to cells, bypassing the bioavailability constraints of traditional supplement delivery methods. This can only be achieved through stable chemistry methods and crafting liposomes that are small enough to easily diffuse through cell membranes.



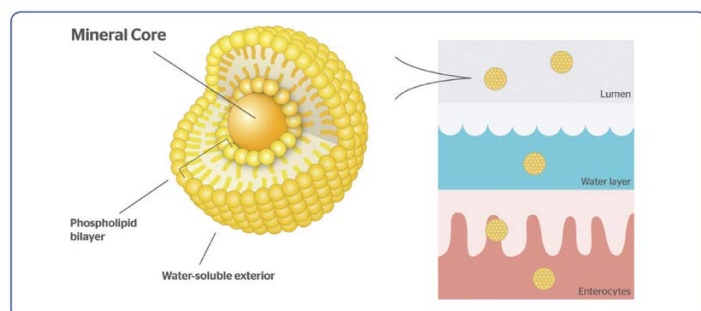
QUICKSILVER SCIENTIFIC LIPOSOMES:
less than 100nm

OTHER LIPOSOMES:
greater than 200nm

UltraZin Zinc

Utilises innovative microencapsulation technology to enhance zinc absorption and bioavailability by forming a phospholipid bilayer – similar to a liposome – that increases solubility and supports membrane transport.

- Microencapsulation protects zinc in the gastrointestinal lumen and supports increased dissolvability
- Zinc has been shown to play a role in immune function and contribute to digestive and emotional wellbeing
- Each capsule provides 30mg of zinc; vegan friendly



BUY 5 GET 1 FREE*



Professional Nutritional Supplements

Supplement Facts

Amount Per Serving

Each (size 3) vegetarian capsule contains:

Zinc (as microencapsulated zinc) 30 mg

Other ingredients: microencapsulated zinc (zinc oxide, pregelatinized rice starch, sucrose esters of fatty acids, sunflower lecithin, tricalcium phosphate, rice flour), vegetarian capsule (cellulose, water)

Suggested use: 1 capsule daily, with a meal.

Pure Encapsulations

PRACT. PRICE per bottle

RRP per bottle

5+1 FREE*

ULTRAZIN ZINC 90c

\$20.85

\$35.95

\$104.25
save \$20.85

*Buy 5 and 1 free bottle will be added to your cart automatically when ordering via the Practitioner Hub.

Mosaic Diagnostics MycoTOX Profile



Identify Hidden Mould Exposure with Precision Testing

During the winter months in New Zealand, cooler temperatures and increased indoor activities can lead to increased humidity and create an environment conducive to mould growth in homes and workplaces. This seasonal shift can carry significant health implications for susceptible individuals, particularly those with asthma, chronic fatigue, cognitive issues or immune dysregulation, and where common sources like bathrooms, basements and windowsills allow mould to thrive.

Mycotoxins are toxic metabolites produced by certain moulds – microscopic fungi found in both indoor and outdoor environments. These compounds enter the body via inhalation, skin contact or ingestion and are commonly found in contaminated foods such as cereals, nuts, dried fruits, coffee and dairy. Mould exposure, whether direct or via mycotoxins, has been linked to a wide range of symptoms and chronic conditions including cognitive dysfunction, mood disturbances, respiratory issues, infertility, inflammatory bowel disease and neurodegenerative disorders such as Alzheimer's and Parkinson's disease.

Mould thrives in dark, moist areas and may grow undetected on materials exposed to water such as plasterboard, wallpaper, carpet and dust. Because spores are microscopic and easily airborne, inhalation exposure is difficult to avoid, especially in poorly ventilated spaces.

Common Sources of Mould Exposure in the Home



Check out [FxLearn.co.nz](https://fxlearn.co.nz) for more webinars on the MycoTOX Profile, covering both foundational and advanced topics.



MOULD AND MYCOTOXIN TESTING FOR THE BODY AND HOME



The Power of the MycoTOX Profile

The MycoTOX Profile screens for 11 key mycotoxins from 40 mould species using a single urine sample. It uses advanced LC/MS technology to detect toxins at parts-per-trillion levels, with creatinine correction to reduce false positives. The test is designed to pinpoint toxic mould exposure and support targeted treatment planning.

Key Mould Species Tested

Aspergillus – Produces aflatoxins and ochratoxin A, linked to cancer, neurotoxicity and immune suppression. Found in soil, decaying matter, grains, nuts and damp indoor air.

Penicillium – Produces ochratoxin A, affecting kidneys, immunity and the nervous system. Some strains trigger allergies. Common in spoiled food and water-damaged indoor materials.

Fusarium – Produces trichothecenes and zearalenone, which disrupt immunity and hormones. Found in contaminated grains, cereal crops and agricultural dust.

Stachybotrys chartarum (black mould) – Produces toxic trichothecenes that may cause fatigue, cognitive issues and respiratory symptoms. Grows on damp plasterboard, paper and ceilings.

Benefits of the MycoTOX Profile

- **Early detection** identifies mycotoxin exposure before symptoms become severe
- **Targeted treatment** guides healthcare providers in creating personalised detox plans
- **Peace of mind** reassures individuals concerned about mould-related health issues
- **Informed decision-making** assists in choosing appropriate remediation strategies for one's environment



MycoTox Practitioner Brochure



Article written by Phoebe Wynne-Lewis
BHS&C & Comp Med, Dip Nat Med, Dip Herb Med
Technical Support, FxMed

Mosaic Diagnostics

TEST PRICE
INCL. GST

MYCOTOX PROFILE

\$589.00

Select 'Order/Authorise' from the Functional Testing Menu in the Practitioner Hub. Take advantage of our 'self-test' option at 20% off for you or a family member.

Once you receive your result, if you require support with interpreting your MycoTOX Profile or any other functional tests, please book in with Technical Support for a free half hour interpretation support appointment. You can book via the Practitioner Hub: fxmed.co.nz/prachub/booking

Please note that log-in is required to view this and the other Practitioner-only resources on this page: fxmed.co.nz/testing/mosaic-diagnostics

Technical Support: 0800 439 633 | techsupport@fxmed.co.nz

Establishing Our Inner Connection

Swadhyaya, from the Sanskrit *sva* (self) and *adhyaya* (study), refers to the disciplined practice of self-inquiry. Rooted in Indian spiritual traditions, it involves reflection, scriptural study, mindfulness, and ethical living aimed at realising our higher Consciousness (*Atman*).

A striking parallel exists in Stoicism, the ancient Greco-Roman philosophy grounded in reason, virtue, and inner freedom. While Vedanta sees the Self as divine and Stoicism sees human nature as aligned with universal reason (*logos*), both traditions emphasise self-examination, moral clarity, and personal responsibility.

Self-Study as Daily Practice

Swadhyaya is not merely reading scriptures – it's active engagement with our inner world. Through introspection, we observe thoughts, recognise ego patterns, and align with *dharma*, or cosmic order.

Epictetus, like many Stoics, stressed examining impressions and living in harmony with reason. Both traditions affirm that self-inquiry fosters ethical growth – that our inner and outer lives are deeply connected, and self-awareness is reflected in action.

Reflection and Ethical Living

Swadhyaya's aim is ethical alignment. Through self-study, we become aware of attachments and habits – cultivating humility and integrity. The goal is harmony between thought (head), emotion (heart), and action (hand).

Stoicism mirrors this. Seneca advised daily review: What did I do well? Where did I falter? Marcus Aurelius' *Meditations* served as a personal anchor to virtue and reason.

Detachment and Inner Freedom

Swadhyaya encourages witnessing the mind without attachment – seeing emotions arise without being pulled in. Over time, this creates space between impulse and action.

Stoicism trains the same detachment. The goal is *apatheia* – not apathy, but freedom from being ruled by destructive emotions. By distinguishing what's in our control (thoughts, actions) from what's not (circumstances), we cultivate calm and resilience. Both paths nurture inner sovereignty; living from awareness rather than reactivity.

Modern Relevance

In today's hyper-connected and attention-fractured world, we're drawn outward – toward distraction and comparison. Swadhyaya and Stoicism help us return to our centre.

Modern Swadhyaya may take many forms: mindfulness, journaling, therapy, or study. Similarly, Stoic practices include daily reflection, intentional living and negative visualisation (consciously imagining the loss of something you value to help build gratitude and resilience.) At their core, both traditions remind us that the answers we seek lie within – not in external success.



Practical Applications for Daily Life

Self-study doesn't require renouncing the world – just small, intentional shifts in daily habits.

- **Morning intention:** Ask, "What kind of person do I want to be today?"
- **Journaling:** Note down thoughts, struggles and insights to build clarity.
- **Mindful pauses:** Check in with your reactions. What am I feeling right now? Is this reaction helpful or habitual?
- **Evening review:** Reflect: What went well? What can I improve tomorrow?
- **Read beyond intellectual understanding:** Let spiritual/philosophical texts spark inner dialogue.
- **Build a community:** join a yoga or meditation group as this can provide companionship on the path with like-minded people.

The Purpose: Transformation, Not Just Knowledge

Though Vedanta speaks of self-realisation and Stoicism of rational living, both traditions reveal that wisdom and peace come from mastering the self.

For the spiritual seeker, it may be union with *Atman*; for the Stoic, harmony with virtue regardless of external conditions. In both, self-study is not self-absorption – it is disciplined inquiry in service of truth, peace, and the greater good.

As awareness deepens, so do compassion, justice, and resilience. These qualities enrich not just our lives but those of others. In an age of constant noise and distraction, these paths offer a quiet but radical invitation to turn inward – not to become someone new, but to rediscover the self that has been patiently waiting all along.



Article written by Amal Karl
CEO, FxMed

We'd love to hear from you if you would like to contribute an article for the Mindful Living section of our newsletter, please contact marketing@fxmed.co.nz for further details.



Advanced TUDCA

Specialised bile acid formula designed to support liver, bile duct and digestive function. Combining tauroursodeoxycholic acid (TUDCA) with BioActive Carbon® Technology, it provides targeted support for the body's natural drainage and detoxification processes.

- Features TUDCA – a water-soluble bile acid found naturally in the body; supports healthy bile flow and liver function, including all three detox phases
- BioActive Carbon® Technology supports cellular uptake and systemic activity
- Formulated with NAC to support sulphur-based detoxification and healthy glutathione levels
- May be used alone or with CellCore Protocols for optimal digestive and liver support
- Contains 350mg Advanced TUDCA blend per capsule



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving

Advanced TUDCA Blend 350 mg†
TUDCA (Tauroursodeoxycholic Acid),
N-Acetyl-L-Cysteine, BioActive Carbon®
Technology BC1 [Humic Shale (containing
Fulvic Acid)]

† Daily Value not established.

Other Ingredients: Vegetable Cellulose (Capsule),
Microcrystalline Cellulose, L-Leucine Complex, Silica.

Suggested use: 1 capsule twice daily, with or without food.

CellCore Biosciences	PRACT. PRICE	RRP	PROMO*
ADVANCED TUDCA 60c	\$103.90	\$179.20	\$93.51

Core Nutrients

Comprehensive daily formula designed to support mitochondrial function, metabolic health and cellular repair. With 32 bioavailable ingredients, it targets common nutrient gaps caused by stress, environmental exposures and suboptimal diets.

- Provides a full spectrum of vitamins, minerals, antioxidants and metabolic cofactors
- Includes active B vitamins, magnesium, selenium and alpha-lipoic acid to support energy production and redox balance
- Features PQQ, researched for its role in mitochondrial biogenesis and cellular resilience
- BioActive Carbon® Technology supports nutrient stability, absorption and utilisation
- Formulated for daily use to help maintain nutrient status and support long-term cellular function



Suggested use: 2 capsules daily,
with or without food.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	% DV
Vitamin A (as beta-carotene)	960 mcg	107%
Vitamin C (as ascorbic acid)	180 mg	200%
Vitamin D (as cholecalciferol)	25 mcg	125%
Niacin (as niacinamide)	20 mg	125%
Vitamin E (as d-alpha-tocopheryl succinate)	16.5 mg	110%
Thiamin (as thiamin hydrochloride)	15 mg	1,250%
Riboflavin (as riboflavin 5-phosphate)	15 mg	1,154%
Folate (as L-5-methyltetrahydrofolate calcium)	680 mcg DFE	170%
Vitamin B12 (as methylcobalamin)	500 mcg	20,833%
Biotin	600 mcg	2,000%
Pantothenic acid (as D-calcium pantothenate)	15 mg	300%
Choline (as choline bitartrate)	20 mg	4%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (as magnesium taurate complex, magnesium bisglycinate chelate)	50 mg	12%

Zinc (as zinc bisglycinate chelate)	15 mg	136%
Selenium (as selenium glycinate complex)	70 mcg	127%
Copper (as copper bisglycinate chelate)	0.9 mg	100%
Manganese (as manganese bisglycinate chelate)	2.5 mg	109%
Chromium (as chromium nicotinate glycinate)	200 mcg	571%
Molybdenum (as molybdenum glycinate chelate)	50 mcg	111%
Potassium (as potassium glycinate complex)	20 mg	<1%
Alpha lipoic acid	50 mg	†
Lipase and Protease blend	20 mg	†
Inositol	15 mg	†
PQQ (pyrroloquinoline quinone disodium salt)	10 mg	†
BioActive Carbon® Technology BC1 Humic Shale (containing Fulvic Acid)	10 mg	†
Lutein (from marigold flower extract)	3 mg	†
Zeaxanthin (from marigold flower extract)	1 mg	†
Lycopene	1 mg	†
Boron (as boron glycinate)	1 mg	†
Vitamin K2 (as menaquinone-7)	100 mcg	†

† Daily Value (DV) not established.

Other Ingredients: Vegetable Cellulose (Capsule), Leucine Complex, Silica, Microcrystalline Cellulose.

CellCore Biosciences	PRACT. PRICE	RRP	PROMO*
CORE NUTRIENTS 60c	\$67.80	\$117.00	\$61.02

Methyl-B Complex

Methyl-B Complex provides bioavailable B vitamins and synergistic cofactors to support methylation pathways, cellular energy production and detoxification. It is suitable for daily use and complements broader wellness protocols.

- Includes methylated B12 (methylcobalamin), folate (5-MTHF) and B6 (P5P) for efficient methylation support
- Supports homocysteine metabolism, neurological balance and redox status
- Contains betaine and choline which contribute to liver and cardiovascular function
- BioActive Carbon® Technology aids nutrient stability, absorption and utilisation
- Designed for ongoing use to support energy metabolism and methylation efficiency



Suggested use: 1 capsule daily,
with or without food.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
Thiamin (Vitamin B1) (as thiamin hydrochloride)	100 mg	8,333%
Riboflavin (Vitamin B2) (as riboflavin and riboflavin-5-phosphate)	50 mg	3,846%
Niacin (Vitamin B3) (as niacinamide)	80 mg	500%
Vitamin B6 (as pyridoxine hydrochloride and pyridoxal-5-phosphate)	50 mg	2,941%
Folate (as L-5-methyltetrahydrofolate calcium)	680 mcg DFE	170%

Vitamin B12 (as methylcobalamin)	800 mcg	33,333%
Biotin (as D-biotin)	400 mcg	1,333%
Pantothenic Acid (as D-calcium pantothenate)	0.1 mg	2%
Choline (as choline bitartrate)	30 mg	5%
Inositol	50 mg	†
Betaine Anhydrous (trimethylglycine)	120 mg	†
PABA (para-aminobenzoic acid)	25 mg	†
BioActive Carbon® Technology BC1 Humic Shale (containing Fulvic Acid)	10 mg	†

† Daily Value (DV) not established.

Other Ingredients: Vegetable Cellulose (Capsule), Leucine Complex, Microcrystalline Cellulose, Silica.

CellCore Biosciences	PRACT. PRICE	RRP	PROMO*
METHYL-B COMPLEX 60c	\$31.80	\$54.90	\$28.62

MitoActive™

Daily mitochondrial support formula combining CoQ10, PQQ and BioActive Carbon® Technology to support energy production, oxidative balance and cellular detoxification at the mitochondrial level.

- Features CoQ10 (100mg ubiquinol) and PQQ (20mg) to support mitochondrial biogenesis and ATP production
- Formulated to support fatigue, brain fog and cellular stress associated with environmental exposure
- BioActive Carbon® Technology supports nutrient stability and cellular delivery
- Designed for daily use as part of long-term vitality and cellular resilience strategies
- Suitable for ongoing use or alongside detoxification and recovery protocols

NEW
10%
OFF*



CELLCORE
BIOSCIENCES

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
Coenzyme Q10 (ubiquinol)	100 mg	†
PQQ (pyrroloquinoline quinone) disodium salt	20 mg	†
BioActive Carbon® Technology BC1 Humic Shale (containing Fulvic Acid)	10 mg	†

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose (Capsule), Silica, Leucine Complex.

Suggested use: 1 capsule daily, with or without food.

CellCore Biosciences	PRACT. PRICE	RRP	PROMO*
MITOACTIVE 60c	\$99.60	\$171.80	\$89.64

TriMag Complex™

Provides three bioavailable forms of magnesium – malate, bisglycinate and taurate – alongside cofactors to support mitochondrial energy production, nervous system balance and cardiovascular function. Suitable for daily cellular vitality support.

- Supports ATP synthesis, cellular energy and magnesium repletion
- Combines magnesium with vitamin B6 and boron for neurological and hormonal function
- Formulated to support sleep quality, mood balance and nervous system regulation
- BioActive Carbon® Technology supports magnesium utilisation and detoxification pathways
- Contains magnesium malate, bisglycinate and taurate for broad physiological support

NEW
10%
OFF*



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 60

	Amount Per Serving	% DV
Vitamin B6 (as pyridoxal 5-phosphate)	15 mg	882%
Magnesium (as TriMag Complex™ Blend of magnesium taurate complex, magnesium malate complex, and magnesium bisglycinate chelate)	240 mg	57%
BioActive Carbon® Technology BC1 Humic Shale (containing Fulvic Acid)	10 mg	†
Boron (as boron glycinate)	2 mg	†

† Daily Value (DV) not established.

Other Ingredients: Vegetable Cellulose (Capsule), Microcrystalline Cellulose, Leucine Complex, Silica.

Suggested use: 2 capsules daily, with or without food.

CellCore Biosciences	PRACT. PRICE	RRP	PROMO*
TRIMAG COMPLEX 120c	\$40.30	\$69.50	\$36.27

ReMineralize

Concentrated liquid formula featuring naturally occurring macro and trace minerals in ionic form. ReMineralize offers a simple way to replenish essential elements often lacking in modern diets.

- Full-spectrum profile with 72+ trace and ultra-trace minerals
- Ionic format supports efficient cellular uptake and electrolyte balance
- Key minerals play a role in hydration, energy metabolism and nervous system function
- Sourced from mineral-rich salt ponds in Utah, using solar evaporation and natural concentration methods
- Naturally derived ionic minerals
- Add to: water, tea, juice, smoothies/protein shakes, even soups for a mineral boost!

NEW
10%
OFF*



NEW-LOOK
LABELS

BODYBIO

Serving Size: 1/2 teaspoon
Servings Per Container: 47 (4 oz)

Amount Per Serving	% Daily Value*
Calories	5
Total Carbohydrates	1g <1%*
Magnesium	250mg 60%
Chloride	650mg 28%
Sodium	5mg <1%
Potassium	3mg <1%

* The % Daily Values are based on a 2000 calorie diet. Ingredients: Complex of macro/micro ionic sea minerals concentrate.

Suggested use: Mix up to ½ tsp into your favourite beverage. Begin with a lower dose, gradually increase as your body acclimates.

BodyBio	PRACT. PRICE	RRP	PROMO*
REMINERALIZE 118ml (47 serves)	\$35.40	\$61.05	\$31.86

Histamine Complete 15,000 HDU

Delivers a unique combination of diamine oxidase (DAO), quercetin, bromelain and stinging nettle to support histamine breakdown in the GI tract and help maintain seasonal respiratory and immune balance.

- Provides DAO (2.1mg, 15,000 HDU) from porcine kidney extract to support histamine metabolism in the gut
- Formulated with quercetin and stinging nettle to support mast cell stability and healthy cytokine signalling
- Bromelain is included to support sinus comfort and immune modulation
- Vitamin C contributes antioxidant support and histamine clearance pathways
- Suitable for use in histamine intolerance and DAO deficiency



omne
Diem®

Supplement Facts

Serving Size: 1 Capsule	Servings Per Container: 30
Amount Per Serving	%DV
Vitamin C (Ascorbic acid)	100 mg 110%
Quercetin (from Quercetin dihydrate)	200 mg **
Bromelain 2400gdu	75 mg **
Stinging nettle root extract (0.8%)	75 mg **
DAO (from DAO ^{2M} porcine kidney extract)	2.1 mg **

** Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose (low moisture), clear vegetarian capsule, hypromellose, gelatin gum (DRCaps®).

DOES NOT CONTAIN: Wheat, gluten, yeast, soy, dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

Suggested use: 1 capsule twice daily for high histamine days; 1 capsule daily for maintenance.

OmneDiem	PRACT. PRICE	RRP	PROMO*
HISTAMINE COMPLETE 15,000 HDU 30c	\$32.50	\$49.75	\$29.25

RenewGut Thrive™

3-in-1 gut formula combining collagen peptides, tributyrin and pasteurised *Akkermansia muciniphila* to support mucosal integrity, microbial diversity and balanced immune and metabolic function at the gut barrier interface.

- Collagen peptides, GutGard® DGL and zinc carnosine support gut lining, tight junctions and mucosal repair
- Black cumin and luteolin contain actives that contribute to normal histamine regulation and cytokine signalling
- Tributyrin (CoreBiome®) and *Akkermansia* support SCFA production and microbiome balance
- Formulated to address metabolic health including insulin function, thermogenesis and lipid metabolism
- Complements probiotics and builds on the RenewGut™ foundation for comprehensive GI support



Researched
Nutritionals®
solutions for life

Supplement Facts

Serving Size: 5 Capsules Servings Per Container: 30		
Amount Per Serving	%Daily Value**	
Zinc (from Tight Junction Enhancer)	15 mg	136%
Tight Junction Enhancer	1725 mg	†
Hydrolyzed collagen peptides (type I & III), N-Acetyl D-glucosamine, GutGard® deglycyrrhized licorice, Zinc Carnosine		
Mast Cell Manager	175 mg	†
Black Cumin (<i>Nigella sativa</i>) (seed), Luteolin		
ImmunoMetabolic Booster	350 mg	†
Tributyrin (as CoreBiome®), <i>Akkermansia</i> (as pasteurized <i>Akkermansia muciniphila</i>)		

** Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Gelatin (capsule), magnesium stearate.

Manufactured without milk, eggs, fish, tree nuts, peanuts, shellfish, sesame, wheat, soy and gluten. Produced in a facility that may process other ingredients containing these allergens.

Suggested use: 5 capsules upon waking, with food.

Researched Nutritionals	PRACT. PRICE	RRP	PROMO*
RENEWGUT THRIVE 150c	\$93.25	\$142.65	\$83.93

ETA late June

GUT RESILIENCE, REDEFINED:
A Triple-Action Solution for your
Patients – by Dr Sarah Daglis



Watch on FxLearn!

JULY 4 & 5, 2025

2 Day Live Workshop in Perth

DO YOU WANT A NEW WAY TO ADDRESS

MENTAL HEALTH?

Personalised Minds: Using Genomics to Transform Mental Health Care

Hosted by Carolyn Ledowsky

Register: mthfrsupport.info/mentalhealth

MTHFR
SUPPORT

Product Changes and Upgrades

BodyBio rebrand

BodyBio are in the process of rebranding and updating their product labels. You will start to notice the new look labels on products.

Nordic Naturals

DHA Infant 60ml

The Professional range **DHA Infant 60ml** has been discontinued and replaced with the retail version, **Baby's DHA 60ml**.

DHA Junior Liquid Strawberry 119ml

The Professional range **DHA Junior Liquid Strawberry 119ml** has been discontinued and replaced with the retail version, **Children's DHA Liquid Strawberry 119ml**.

Prenatal DHA 90sg

The Professional range **Prenatal DHA 90sg** has been discontinued and replaced with the retail version, which has different packaging.

Women's Nutrients 180c by Pure Encapsulations

Name is changing to **Women's Nutrients 40+**.

Cardio Elite 100ml by Quicksilver Scientific

Will become flavoured: *Orange Guava*.

AdrenaForte 60c by RN Labs

Name has changed to **Stress Forte**.

ProButyrate 120c by Tesseract

The serving size has been changed from 1 capsule per serving, to 2 capsules per serving. Suggested use is now 2 capsules, two times daily, or as recommended by your health care practitioner.

my immune support 120c by Therapure

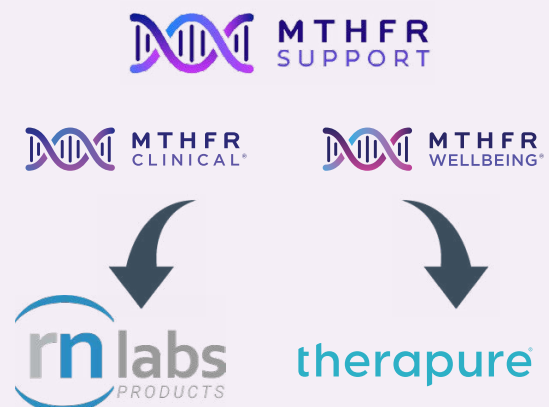
Name has changed to **my daily wellbeing**.

MTHFR Support Australia products to transition to RN Labs and Therapure

MTHFR Support Australia has recently partnered with RN Labs and Therapure. This collaboration allows Carolyn Ledowsky, founder of MTHFR Support Australia, to dedicate her focus to her true passion – education – while entrusting the manufacturing of her product range to these experienced and trusted providers.

This quarter, **folate 400 drops** will transition from MTHFR Clinical to RN Labs. **folate 100 drops**, **hydroxy B12 100 drops** and **my organic PHGG** will transition from MTHFR Wellbeing to Therapure.

We'll continue to provide quarterly updates throughout this process. Product authorisations in FxDirect will automatically transfer to the new brands, as will any favourites you've marked for clinic ordering in the Practitioner Hub.



Product Deletions

For a list of alternatives for these deleted products, please refer to the Practitioner Hub and click 'View alternatives' under the relevant product.

Ayush Herbs

Guggal-Lip Plus 90 caplets

Douglas Laboratories

C-D-Zinc 60c

Magnesium Taurate 400 120t

Molybdenum 100t

Metabolic Maintenance

Selenium 200mcg 90c

Nordic Naturals

Arctic Omega Lemon 180sg

DHA Jr. Xtra Berry Punch 90sg

Researched Nutritionals

NT Factor Energy 90t

Tesseract

BiomeAide SR 90c

Xymogen

OncoPLEX Plus Myrosinase 30c

Product	WSP	RRP	Expiry
This product is no longer available - please choose an alternative.			

Functional Testing Updates

New name! TOXDetect Profile (with Glyphosate)

Mosaic Diagnostics have upgraded the **TOXDetect Profile** to enhance its ability to assess a broader range of environmental exposures, including herbicides and personal care product chemicals.

Please refer to the **June 2025 pricelist** for updated pricing.

The following has been added.

- **8 new analytes** including a **new category of parabens**
 - » Atrazine Mercapturate (AM), Glyphosate (GLY), Bisphenol S (BPA), Butylparaben (BuP), Ethylparaben (EtP), Methylparaben (MeP), Propylparaben (PrP) and Oxybenzone (OBZ)
- **Glyphosate**, one of the most commonly used herbicides, will now be automatically included in the TOXDetect Profile due to high demand and its strong clinical relevance
 - » Its inclusion aligns with growing evidence around its link to other toxicants like 2,4-D – already included in TOXDetect – offering a more complete view of environmental toxin exposure
 - » Still available as a standalone test

Enhanced Methodology:

Upgraded glyphosate testing methodology from ELISA to LC/MS, significantly improving test performance and turnaround time consistency.

Changes to IgG Food Map with Candida + Yeast by Mosaic Diagnostics

- Fresh new report layout
- **Candida and Yeast markers** will now be included on the main report instead of on a separate report.
- Updated reference ranges based on a global dataset of 79,000 patients.
- Refined the positivity categories to include five tiers.
 - » Minimal (<25%) » High (>75–95%)
 - » Low (25–50%) » Very High (>95%)
 - » Moderate (>50–75%)

Please refer to the **June 2025 pricelist** for updated pricing.

DUTCH Tests by Precision Analytical

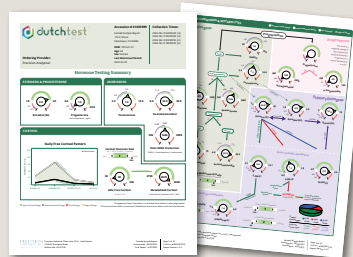
Precision Analytical are making some minor changes/updates to their DUTCH Complete, DUTCH Plus and DUTCH CM (Cycle Mapping) reports.

DUTCH Complete & DUTCH Plus Tests

The DUTCH reports are getting a fresh look and additional features! You'll recognise the classic DUTCH dials and biomarkers, but visual updates will soon improve report readability.

New report features include:

- Age-dependent ranges integrated into the androgen dials
- Implemented new reference ranges for 5b-androstanediol for females, the 2-OH-E2 & 4-OH-E2 for both males and females and the Total Oestrogens for postmenopausal women
- The addition of a 5a-Androstanediol dial on the Summary page (an important biomarker of tissue androgens)
- Expanded reporting of androgen biomarkers on the female Sex Hormone page
- The Cortisol Clearance Rate slider, a measure of glucocorticoid metabolism
- A remodelled comments section in the back of the report

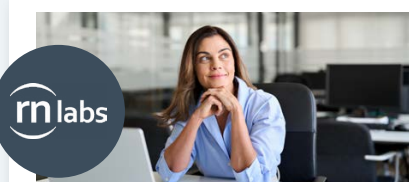


DUTCH COMPLETE SAMPLE REPORT

DUTCH CM Test

Updating branding and colours to align with their brand changes. There have been no changes to the methods (dials, graphs etc) that are used for reporting the results.

Upcoming FxMed Webinars



Navigating the Complex Intersection of ADHD, Stress & Trauma through a Nervous System Lens – Carolyn Walker

Friday 1 July, 8pm



The Essential Series: Magnesium – Amanda Pontague

Friday 11 July, 12pm



Functional Medicine Approach to Lyme Disease & Tick-borne Challenges – Dr Marty Ross, MD

Friday 12 Sept, 12pm

Visit fxlearn.co.nz for more details & to register