



# The Science





# Fat & Weight Loss



## *The Science behind weight loss.*

Supported by the following ingredients

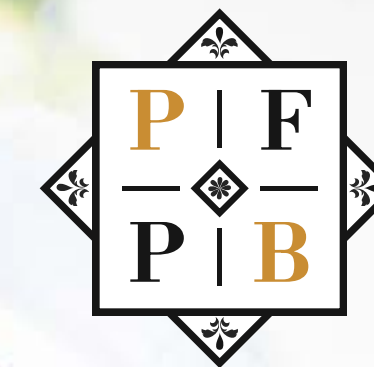
- **Flaxseed and fiber** - satiety, digestion and healthy fats (omega 3)
- **Green Tea Extract** - thermogenic
- **Inositol** - metabolic syndrome
- **Quercetin** - blood sugar control
- **Ashwagandha** - blood sugar and cortisol control
- **Olive Leaf** - blood sugar control
- **Digestive Enzymes, Postbiotic** - digestion
- **Velositol** - increased muscle for faster metabolism
- **Maitake** - Metabolic health
- **Pine Bark** - blood sugar control
- **Creatine** - blood sugar control
- **Resveratrol** - activates AMPK
- **Leucine** - promotes leptin
- **Whey Protein, Milk Protein** - satiety



STOP  
LIGHT GO



# Cardio Health



## *The Science behind cardio health.*

Supported by the following ingredients

- **Olive Leaf Extract** - lower blood pressure and cholesterol)
- **S7** - nitric oxide
- **Hawthorn Berry Extract** - helps lower blood pressure and cholesterol)
- **Resveratrol** - nitric oxide
- **Mushrooms** - cordyceps, metabolic health - Reishi, metabolic health - Shiitake, lowers stress (cortisol)
- **Grape Seed Extract** - blood flow and blood pressure
- **Pine Bark Extract** - blood flow and blood pressure
- **L-Citrulline** - blood flow



STOP  
LIGHT GO



# Muscle Strength



## *The Science behind Muscle Strength*

Supported by the following ingredients

- **Creatine Monohydrate** - boosts protein formation, IGF-1 and cell volumeization of muscle
- **L-Leucine** - increased muscle protein synthesis
- **L-Citrulline** - increases exercise capacity
- **Ashwagandha** - enhances physical performance, strength and oxygen
- **Velositol** - improves strength, muscle fibers, explosive power
- **Whey & Milk Protein** - muscle protein synthesis, essential amino acids
- **Green Tea** - exercise performance and recovery
- **Quercetin** - recovery
- **Grapeseed** - recovery
- **Digestive Enzyme** - more nutrients from food
- **Postbiotic** - more nutrients from food





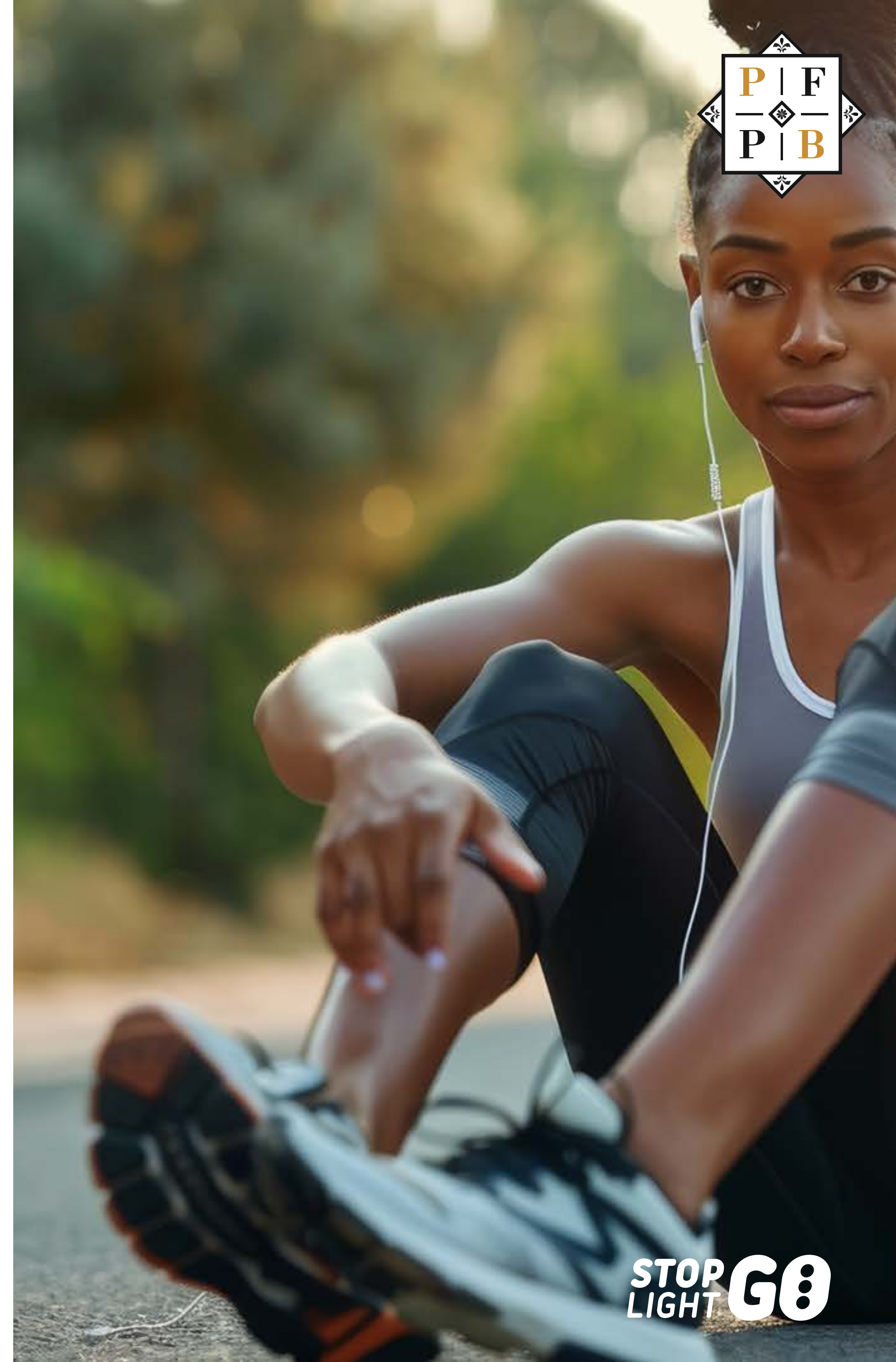
# Endurance & Recovery



## *The Science behind Endurance & Recovery*

Supported by the following ingredients

- **Cordyceps Mushroom** - endurance, oxygen delivery and ATP synthesis
- **L-Citrulline** - increases exercise capacity and blood flow)
- **Creatine Monohydrate** - increases ATP
- **L-Leucine** - muscle protein synthesis and recovery
- **Ashwagandha** - recovery and VO2 max
- **Whey** - muscle protein synthesis, recovery, essential amino acids
- **Milk Protein** - muscle protein synthesis, recovery, EAA and bioactive peptides
- **Green Tea Extract** - recovery from reduced oxidative stress
- **Fiber** - blood sugar control and digestion
- **Inositol** - blood sugar control
- **Quercetin** - endurance, recovery and blood sugar control
- **Olive leaf** - blood flow, nitric oxide, blood sugar control
- **Grapeseed** - blood flow, wound healing, recovery
- **Digestive Enzymes** - nutrient absorption
- **Postbiotic** - nutrient absorption



STOP  
LIGHT GO



# Gut Health



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## *The Science behind Gut Health*

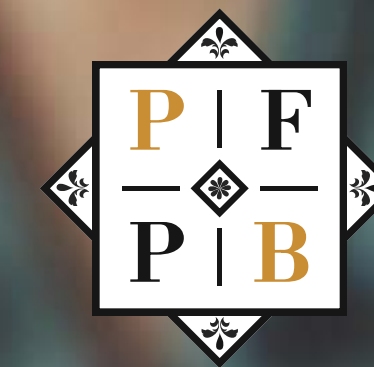
Supported by the following ingredients

- **Flaxseed** - digestion, nutrient absorption
- **Fruits and Vegetables** - better digestion and absorption
- **Hawthorn Berry Extract**
- **Mushrooms - Reishi, Shiitake** - adaptogens, overall metabolic health
- **Olive Leaf Extract** - gut health
- **Digestive Enzymes, Postbiotic** - nutrient absorption, helps leaky gut





# Cholesterol & Blood Sugar



## *The Science behind Cholesterol & Blood Sugar*

Supported by the following ingredients

- **Olive Leaf Extract** - positive effect on arteriosclerosis, lowers cholesterol
- **Hawthorn Berry Extract** - improves cholesterol levels and heart function
- **Grape Seed Extract** - reduced oxidative damage (cholesterol)
- **Vitamin K2**
- **Pine Bark** - balances blood sugar
- **Resveratrol** - positively affects blood fats, decreases bad cholesterol, increased good cholesterol, increases insulin sensitivity
- **Flaxseed & Fiber blend** - blood sugar, lowers cholesterol
- **Mushrooms - Reishi, Shiitake** - metabolic health





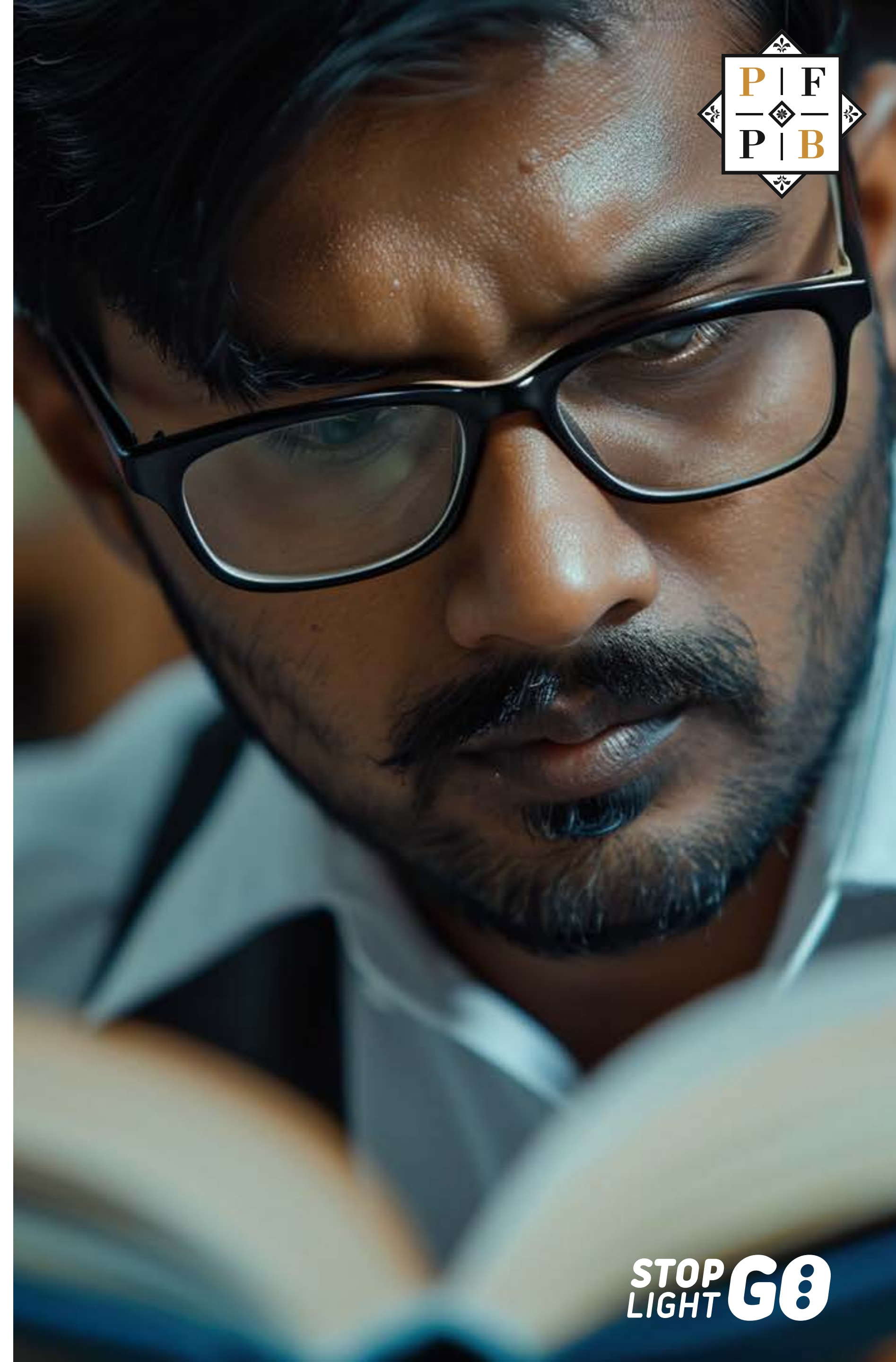
# Cognitive Health



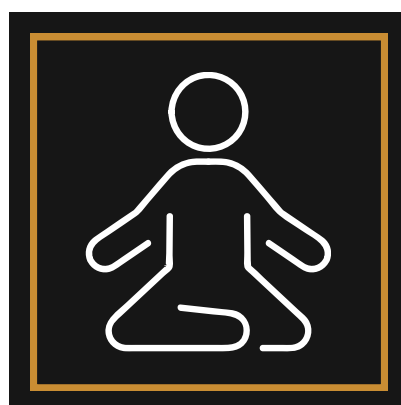
## *The Science behind Cognitive Health*

Supported by the following ingredients

- **Lion's Mane Mushroom** - memory and cognition
- **Ashwagandha** - reduce stress, improve cognitive functioning, executive functioning, attention, reaction time, performance on cognitive tasks, immediate and general memory, attention, information-processing speed
- **Pine Bark Extract** - boost healthy brain functioning, antioxidant, reduce oxidative stress
- **Creatine Monohydrate** - ATP synthesis
- **MCT** - fuels the brain
- **Quercetin** - antioxidant, anti-inflammatory, may help protect against brain disorders
- **Resveratrol** - protects telomeres, antioxidant, anti-inflammatory, interferes with beta amyloids
- **Vitamins and Minerals**
- **Ashwagandha** - helps reduce stress, anxiety, depression, improves cognition, increase oxygenation)
- **Green tea** - EGCG protects from oxidative stress, decreases heavy metal actions, increased brain function, improve task performance
- **Grape Seed Extract** - improved blood flow, antioxidant, anti-inflammatory, inhibit beta-amyloid peptides
- **L-citrulline** - helps to utilize and maximize oxygen and blood flow for improved cognition







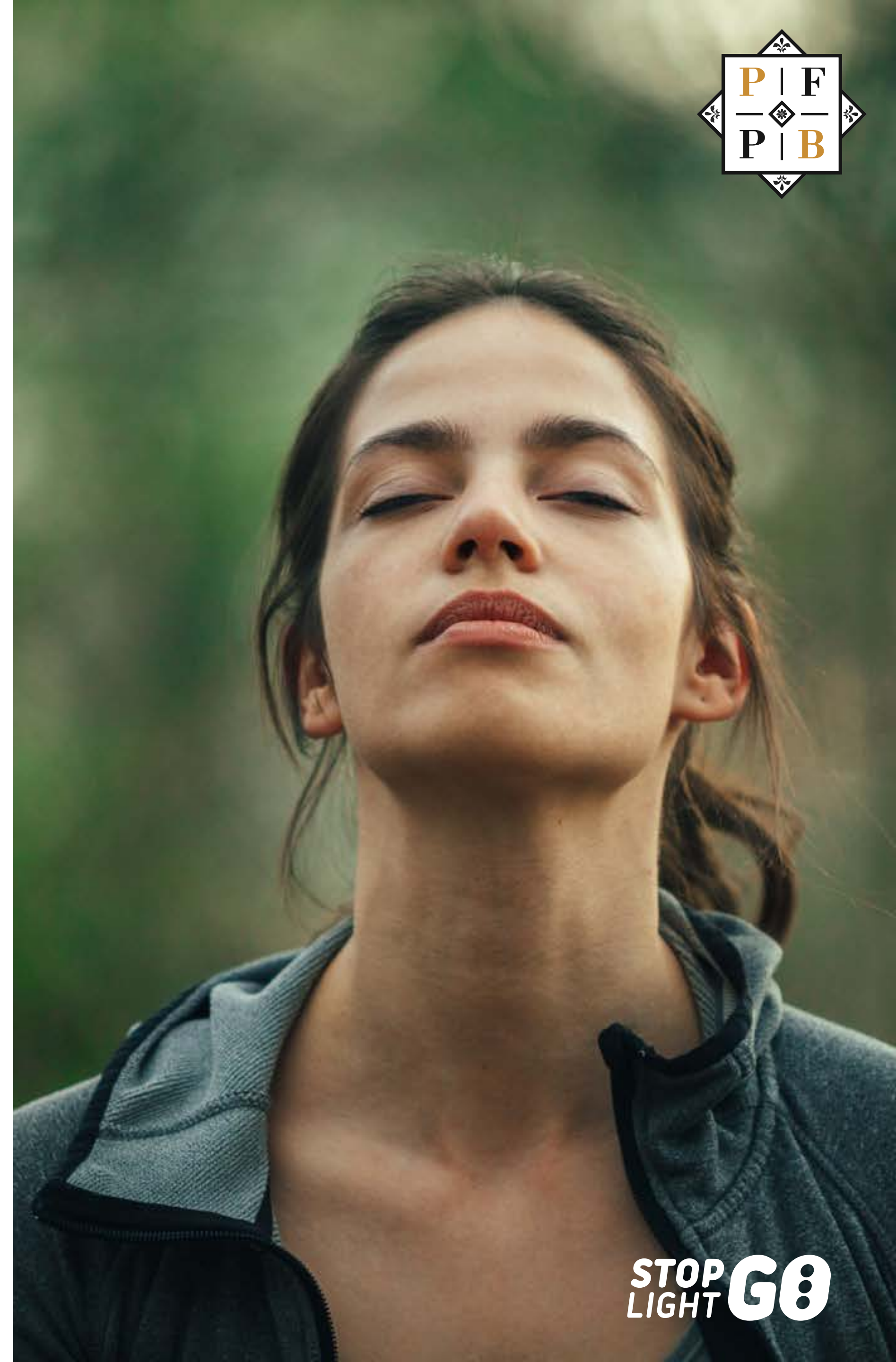
# Mood & Stress Levels



## *The Science behind Mood & Stress Levels*

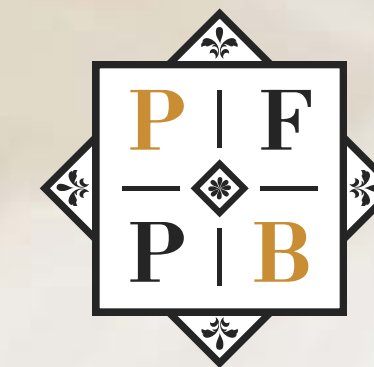
Supported by the following ingredients

- **Ashwagandha** - reduces stress, anxiety, cortisol, depression. Improves sleep quality
- **Inositol** - lowers anxiety, improves sleep
- **Lion's Mane Mushroom** - improves mood and sleep, reduces depression and anxiety
- **MCT** - brain fuel
- **Creatine** - increases ATP, phosphocreatine stores, dopamine, memory and recall ability
- **Vitamins & Minerals** - improve mood and reduce anxiety
- **S7** - increases ATP-fuels the brain
- **Green Tea** - EGCG protects cells from oxidative damage
- **Resveratrol** - contains polyphenols which are high in antioxidants and protects the brain
- **Quercetin**





# Immune Health



## *The Science behind Immune Health*

Supported by the following ingredients

- **Mushrooms - Reishi, Shiitake, Turkey Tail** - balance and restore immune system, reduce systemic inflammation
- **Quercetin** - high in antioxidants, reduces inflammation, increase zinc absorption to boost immune system
- **Pine bark** - high in antioxidant, reduces time of colds and boosts overall immunity
- **Hawthorn berry** - rich source of polyphenols that boost immune system
- **Green Tea** - powerful antioxidant EGCG
- **Vitamins & Minerals**
- **Fruits & Vegetables**
- **L-Citrulline** - helps fight off infections
- **Whey Protein** - boosts glutathione production, primary antioxidant
- **Digestive Enzymes, Postbiotics** - supports the immune system





## Skin & Hair

### *The Science behind Skin & Hair*

Supported by the following ingredients

- **Resveratrol** - telomere length, antioxidant, anti-inflammatory
- **Inositol** - boost growth, reduce frizz, healthier hair
- **Biotin** - nutrient with highest levels in hair
- **Green Tea** - improves skin health, elasticity, moisturizing. Lowers sun damage, acne, bumps
- **Grape Seed Extract** - improves collagen synthesis, increased blood flow, reduces oxidative damage
- **Olive Leaf Extract** - increased blood flow, reduces oxidative stress
- **Mushrooms - Antrodia, Chaga, Royal Sun Agaricus, King's Trumpet, Reishi, Shiitake, Turkey Tail** - antioxidant, lowers oxidative damage
- **Flaxseed** -Omega 3 fatty acids
- **Hawthorn** - blood flow, antioxidant, anti-inflammatory, reduces signs of aging
- **Pine Bark Extract** - antioxidant, blood flow, reduces inflammation and sun damage
- **Fiber** - improves beneficial bacteria
- **Postbiotic, Digestive Enzymes.**



### Supplement Facts

Serving Size: 2 scoops (42 g)  
Servings per Container: 20

	Amount per Serving	% Daily Value
Calories	130	
Total Fat	3 g	4%†
Saturated Fat	3 g	15%†
Cholesterol	25 mg	8%
Total Carbohydrate	12 g	4%†
Dietary Fiber	7 g	25%†
Total Sugars	1 g	*
Includes <1 g Added Sugars		1%†
Protein	15 g	30%†
Vitamin A (as retinyl palmitate)	900 mcg	100%
Vitamin C (as ascorbic acid)	91 mg	101%
Vitamin D (as cholecalciferol)	20 mcg (800 IU)	100%
Vitamin E (as d-alpha-tocopheryl succinate)	15 mg	100%
Vitamin K (as phyloquinone)	120 mcg	100%
Thiamin (as thiamin hydrochloride)	1.2 mg	100%
Riboflavin	1.3 mg	100%
Niacin (as niacinamide)	16 mg	108%
Vitamin B6 (as pyridoxine hydrochloride)	1.7 mg	100%
Folate (as folic acid)	665 mcg DFE	166%
	400 mcg Folic acid	
Vitamin B12 (as cyanocobalamin)	25 mcg	1042%
Biotin	30 mcg	100%
Pantothenic acid (as D-calcium pantothenate)	5 mg	100%
Choline (as choline bitartrate)	20 mg	4%
Calcium	370 mg	28%
Iron	20.7 mg	115%
Phosphorus	60 mg	5%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	200 mg	48%
Zinc (as zinc oxide)	11 mg	100%
Selenium (as selenium glycinate complex)	55 mcg	100%
Copper (as copper gluconate)	0.9 mg	100%
Manganese (as manganese sulfate)	2.3 mg	100%
Chromium	1,000 mcg	2857%
Molybdenum (as sodium molybdate)	45 mcg	100%
Sodium	160 mg	7%
Potassium (as potassium citrate)	140 mg	3%

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

Store in cool & dry place

### Supplement Facts

Serving Size: 2 scoops (42 g)  
Servings per Container: 20

	Amount per Serving
Flaxseed powder (omega 3)	1000 mg*
Inositol	25 mg*
Quercetin dihydrate (from <i>Sophora japonica</i> flower)	25 mg*
Japanese knotweed extract (root) Polygonum cuspidatum (50% resveratrol)	25 mg*
Ashwagandha root, stem & leaf extract	25 mg*
Olive leaf extract	25 mg*
Green Tea extract (90% polyphenols, 45% EGCG)	25 mg*
<b>Fruit and Vegetable blend</b>	<b>500 mg*</b>
<b>Fruits</b> [apple fruit, blueberry pomace, raspberry pomace, blueberry fruit, grape pomace, amla fruit, pineapple fruit juice, tomato fruit, orange fruit juice, cherry fruit juice, lemon fruit juice, cranberry fruit, pear fruit juice, noni fruit, blackcurrant fruit juice, goji ( <i>Lycium barbarum</i> ) berry juice, papaya fruit juice, acai ( <i>Euterpe oleracea</i> ) berry juice, peach fruit, elderberry fruit, pomegranate fruit juice, blackberry fruit, strawberry fruit juice]	
<b>Vegetables</b> [spinach leaf, broccoli florets, carrot root, spirulina, sweet potato root, cabbage leaf, green pea bean, zucchini fruit, ginger root, beet root, kale leaf, onion bulb, garlic bulb, green bell pepper fruit, red bell pepper fruit, reishi mushroom, shiitake mushroom, maitake mushroom, barley sprout, broccoli sprout, cauliflower florets, chlorella].	
<b>Organic 10 Mushroom blend</b>	<b>50 mg*</b>
Agaricus blazei, Antrodia camphorata, Chaga ( <i>Inonotus obliquus</i> ), Cordyceps militaris, King Trumpet ( <i>Pleurotus eryngii</i> ), Lion's Mane ( <i>Hericium erinaceus</i> ), Maitake ( <i>Grifola frondosa</i> ), Shiitake ( <i>Lentinula edodes</i> ), TurkeyTail ( <i>Trametes versicolor</i> ) and Reishi ( <i>Ganoderma lucidum</i> ).	
<b>S7 Blend</b>	<b>50 mg*</b>
Green coffee bean extract, green tea leaf extract, turmeric root extract, blueberry fruit, broccoli florets, tart cherry fruit, kale leaf.	
Grape seed extract 95% (95% proanthocyanidins)	50 mg*
Hawthorne Berry extract (2% vitexin)	50 mg*
Pine Bark extract 95% (95% proanthocyanidins)	50 mg*
L-Citrulline	1000 mg*
L-Leucine	2000 mg*
Creatine monohydrate	3000 mg*
Vitamin K2 (as menaquinone-7)	90 mcg*
Medium chain triglycerides (MCT) oil powder	3571 mg*
PoZiBio™ Lactobacillus paracasei	50 mg*
<b>Fiber Blend</b> Fiberest™ resistant dextrin, oat hull fiber, pea fiber, psyllium seed husk, xanthan gum, microcrystalline cellulose, apple pectin.	<b>7.5 g*</b>
<b>Protein blend</b> Milk protein concentrate, whey protein concentrate.	<b>18.5 g*</b>
<b>Digestive Enzyme Blend</b>	<b>50 mg*</b>
Amylase, protease 4.5, phytase, beta-glucanase, xylanase, bromelain, cellulase, pectinase, alpha-galactosidase, hemicellulase, lipase.	
<b>Protein Booster</b>	<b>2000 mg*</b>
VELOSITOL® amylopectin chromium complex consisting of amylopectin from waxy maize, chromium histidinate and chromium picolinate.	

**Other ingredients:** Natural flavors, rebaudioside M (from sugarcane), sea salt, dicalcium phosphate, potassium citrate, ferrous fumarate. **Contains:** Milk, Soy.

