



Zifam



Caring for Well-being

Forged in 1997, Zifam Pinnacle embarked amid a humble band of four with an exclusive vision to improve the health and well-being of all through the essence harnessed from nature. Charged as a company and individuals to make a difference in everything from products to services, Zifam is driven within the vision to inspire people to live better lives through natural alternatives. Zifam produced Protec - an antioxidant formulation, designed to improve the well-being of the consumer. This inaugural product has elevated the foundation of clinical based, scientifically researched formulations that bring the essence of nature into the homes of many. Every product is explored and established with strong scientific evidence of efficacy by qualified in house practitioners to infuse the healing powers of nature into befitting compositions. With this traditional knowledge, we extend a more natural approach to healthy living. This uncompromising dedication to superior evidence based natural supplements ensures prescribers and patrons total confidence in the proficiency of our creations.



Locally manufactured in Smithfield NSW, under stringent quality controls and assurance of highest international standards, guarantees Zifam as a preferred choice. Zifam's manufacturing wing CMPS (Contract Manufacturing and Packaging Services PTY LTD) is accredited with Good Manufacturing Practices based on WHO format by Therapeutic Goods Administration (Department of Health) Australia. All constituents are sourced from credible sources around the globe to assure their quality and competence. All raw ingredients are rigorously tested to ensure consistency of active components while minimizing or eliminating any harmful contaminants.



Zifam Pinnacle has established an environmentally family friendly commonality who emit a defined level of ethics, enthusiasm and commitment not just to customers and colleagues but also to the community and world everywhere. With Australia as operating headquarters, Zifam has an elite field force of over 600, with over 80 brands across various therapeutic segments being manufactured in Australia, India and Europe by large WHO GMP approved facilities. As the product mix dictates, Zifam serves a vast and varied consumer base in its target markets. This entails not only the use of the latest multimedia technology but also the latest marketing concepts, fine tuned to the customer's needs.

Zifam's obligation to improve the lives of others through innovative and distinct designed well-being products, bestow a longer, healthier life harnessed by the embrace of the essence nature brings.

Worldwide Presence



Zifam Pinnacle was conceived with an impetuous spirit and immovable objective:
To bestow pure and noble quality products that are scientifically supported,
Australian owned and manufactured, while administering a superior condition
of life through nature's answers.



Caring for Children



Infant Coleze

Natural and Tasty Formulation for Colic Relief

Each capsule contains:

Dill Seed Oil	4.50 mg
Fennel Oil	4.50 mg

Dill Seed Oil

- ◆ Dill seeds have been used as a household remedy to relieve digestive problems such as stomachache, indigestion and flatulence.¹
- ◆ Dill water is believed to have a soothing effect and is given to babies to treat gripe, relieve hiccups and colic.¹

Fennel Oil

- ◆ Decreases intensity of infant colic.²
- ◆ Studies have shown, 65 % of infants treated with fennel oil based formulations, have experienced relief of colic symptoms.²
- ◆ Reduces crying duration.²



30 Capsules



Always read the label before use

References:
Adapted from:

1 International Journal of Pharmacy and Pharmaceutical Sciences 2014;6(4): 11-13

2 Alternative Therapies 2003; 9(4): 58-61

AUST L 240512

Infant-D

The Sunshine Vitamin for Babies

Each capsule contains:

Cholecalciferol	10 µg
Equiv. to Vitamin D ₃	400 IU

Effect on Bone

- ◆ Supports healthy bone growth, helps calcium absorption

Possible Role in Allergy

- ◆ Improving Vitamin D levels in early infancy may reduce the development of allergies in high-risk infants by inhibiting cytokine profiles associated with allergy.³

400 IU is the recommended safe dose.⁴

Always read the label before use

30 Capsules



Zifam-v Milk Calcium

Chewable

AUST L 261265

Natural Calcium and Vitamin D for Growing Bones

Each capsule contains:

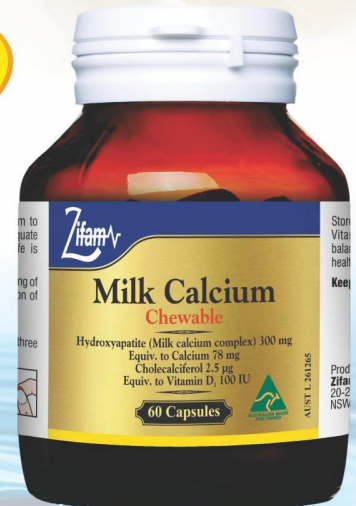
Hydroxyapatite (Milk calcium complex)	300 mg
Equiv. to Calcium	78 mg
Cholecalciferol	2.5 µg
Equiv. to Vitamin D ₃	100 IU

Calcium and Vitamin D

- ◆ For children between the ages of 1-3 years, the recommended dose of Calcium is 500 mg / day.
- ◆ Vitamin D helps in Calcium absorption.
- ◆ Helps in the development of strong healthy bones.

Always read the label before use

60 Capsules



3. Prostaglandins Leukot Essent Fatty Acids. 2014 Jul-Aug;91(1-2):49-60. 4. Plos One 7(9): e43909

Mega 3

Chewable

AUST L 227658

Supports Healthy Brain Development in Children

Each capsule contains:

Fish oil - natural	750 mg
Equiv. to Eicosapentaenoic acid	135 mg
Equiv. to Docosahexaenoic acid	90 mg

Omega 3 in Children

- ◆ Improves cognitive abilities in children.⁵
- ◆ Helps with development and functionality of the brain and nervous systems.⁶

Always read the label before use

60 Capsules



Cod Liver Oil

Chewable

AUST L 267792

DHA Rich Natural Supplement for Children

Each capsule contains:

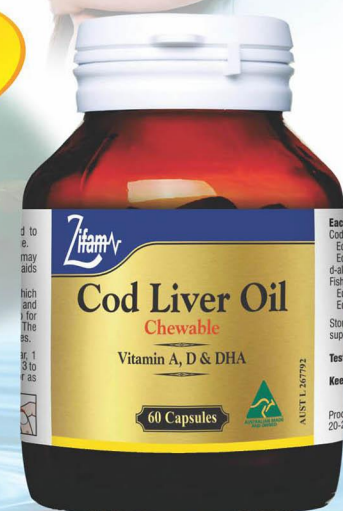
Cod-liver oil	333 mg
Equiv. to Vitamin A	333 RE
Equiv. to Cholecalciferol (Vitamin D3)	33.3 IU
d-alpha Tocopherol (Vitamin E)	4.4 mg
Fish oil - natural (Tuna oil)	120 mg
Equiv. to Docosahexaenoic acid	30 mg
Equiv. to Eicosapentaenoic acid	6 mg

Docosahexaenoic Acid (DHA)

- ◆ Studies suggest that DHA supplements appear to improve reading and behaviour in healthy but underperforming children within mainstream schools.⁶

Always read the label before use

60 Capsules



5. Prostaglandins Leukot Essent Fatty Acids. 2014 Jul-Aug;91(1-2):49-60. 6. Plos One 7(9): e43909

Vita-Kid

Chewable

AUST L 121670

Chewable and Tasty Multivitamin for Children

Each tablet contains:

Folic acid	30 mcg	Calcium hydrogen phosphate	43 mg
Cyanocobalamin (Vit. B12)	4.5 mcg	Equiv. to Calcium	9.9 mg
Biotin	50 mcg	Zinc amino acid chelate	1 mg
Copper gluconate	23 mcg	Equiv. to Zinc	100 mcg
Equiv. to Copper	3.1 mcg	Dolomite	10 mg
d-alpha tocopheryl acid succinate (Natural Vit. E)	4.13 mg	Equiv. to Calcium	2.2 mg
Calcium pantothenate	8.25 mg	Equiv. to Magnesium	1.1 mg
Equiv. to Pantothenic acid (Vit. B5)	7.4 mg	Ascorbic acid (Vit. C)	75 mg
Ferrous fumarate	3 mg	Retinyl palmitate	1.375 mg
Equiv. to Iron	1 mg	Equiv. to Vitamin A	2500 IU
Potassium gluconate	12 mg	Nicotinamide	13.486 mg
Equiv. to Potassium	2 mg	Thiamine Nitrate (Vit. B1)	1.059 mg
		Riboflavin (Vit. B2)	1.20 mg
		Pyridoxine Hydrochloride (Vit. B6)	1.059 mg
		Cholecalciferol (Vit. D3)	10 mcg

Vitamins and Micronutrients

- ◆ Supplementation with micronutrients improved plasma micronutrient concentrations within 12 months.⁷
- ◆ Multiple micronutrients supplementation may result in improvements in verbal learning and memory scores.⁷

Always read the label before use

60 Tablets



About Lactoferrin – A Multifunctional Molecule

Lactoferrin is a glycoprotein with unique immune-modulating and multifunctional properties:

Role as Immunity Support

- ◆ Lactoferrin possesses various immune-modulatory properties
- ◆ Lactoferrin may support the proliferation, differentiation, and activation of immune system cells and strengthen the immune response.
- ◆ Lactoferrin also acts as an anti-inflammatory factor

Role in Anemia

- ◆ Lactoferrin helps increase iron absorption; regulates systemic iron homeostasis, resulting in increasing hemoglobin levels
- ◆ Research suggest that a total increase in Hemoglobin after 2 months with Lactoferrin was higher as compared to an iron salt
- ◆ Lactoferrin had considerably better acceptability and fewer gastrointestinal side-effects

Caring for Women



Facia

For Healthy Glowing Skin

Each capsule contains:

Equisetum arvense extract equiv. to dry stem	160 mg	Lycopersicon esculentum extract Equiv. to dry fruit	20 mg
Vitis vinifera extract equiv. to dry seed	600 mg	Silica - colloidal anhydrous (Total Silicon from all sources)	6 mg 6.1 mg
Ascorbic acid (Vitamin C)	15 mg		
Manganese amino acid chelate Equiv. to Manganese	10 mg 2 mg		
Biotin	5 mg		
Zinc amino acid chelate Equiv. to Zinc	25 mg 5 mg		
Chromic chloride	50 mcg		
Calcium pantothenate (Vitamin B ₅)	25 mg		

Equisetum Arvense Extract

- ◆ Known to possess anti-aging, anti - wrinkle and moisturizing properties.¹

Vitis Vinifera Extract

- ◆ Anti-oxidant properties.²

Marine Collagen

- ◆ Collagen assists in maintaining the firmness and elasticity of the skin.³

Vitamin and Minerals (includes Biotin, Ascorbic Acid and Silica)

- ◆ Supports skin, hair and nail health

60 Capsules



Always read the label before use

References:

Adapted from:

1. Asian Journal of Pharmaceutical and Clinical Research 2010;3(3): 146-150

2. Journal of Drug Delivery & Therapeutics; 2014, 4(2), 102-104

3. Journal of Orofacial Research 2012;2(3):153-159

ZifaM[®] Lactofer

AUST L 242671

Unique Formulation for Iron Deficiency Anemia

Each capsule contains:

Iron (II) glycinate (Ferrous bisglycinate)	92 mg
Equivalent Iron	24 mg
Folic acid	500 mcg
Lactoferrin – Bovine	50 mg

60 Capsules

Lactoferrin

- ◆ Increases iron absorption.⁴
- ◆ Regulates systemic iron homeostasis.⁴
- ◆ Helps increase hemoglobin.⁵
- ◆ Studies indicate that a total increase in Hemoglobin after 2 months with Lactoferrin, was higher as compared to iron salt.⁵
- ◆ Better acceptability.⁵
- ◆ Fewer gastrointestinal side-effects.⁵

Always read the label before use



Eposoft

AUST L 123467

Relief from Symptoms of Premenstrual Syndrome

Each capsule contains:

Evening Primrose Oil	1000 mg
Equiv. to gamma linolenic acid	100 mg
d-alpha Tocopherol (Natural Vitamin E)	5.03 mg
Equiv. to d-alpha Tocopherol	7.5 IU

100 Capsules

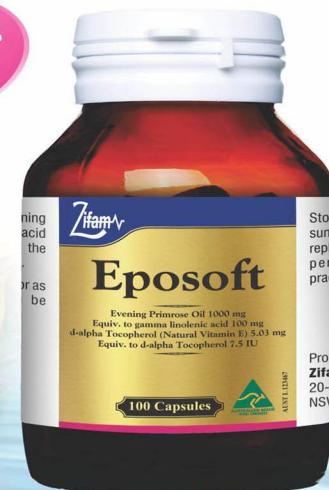
Evening Primrose Oil

- ◆ Low PE1 levels → Increased sensitivity to estrogen → Severe symptoms of PMS⁶
- ◆ Evening Primrose oil → Modulates PGE1 → Improves symptoms of PMS⁷

Vitamin E

- ◆ Vitamin E may be considered safe and effective in improving symptoms of cyclic mastalgia.⁸

Always read the label before use



AUST L 156892

Menofem

The Complete Menopause Companion

Each capsule contains:

Actaea racemosa (Black cohosh) extract equiv. to dry root and rhizome	200 mg	Magnesium oxide	8.77 mg
Trifolium pratense (Red Clover) extract equiv. to dry herb top	1 g	Equiv. to Magnesium	5 mg
Equiv. to Isoflavones (of Trifolium pratense)	30 mg	Calcium carbonate	416.67 mg
		Equiv. to Calcium	150 mg

60 Capsules



Cimicifuga Racemosa

- ◆ Improves vasomotor, physical, psychiatric and sexual symptoms of menopause.⁹

Trifolium Pratense

- ◆ Improves cholesterol levels in menopausal women.¹⁰

Magnesium and Calcium

- ◆ Helps support bone health.

Always read the label before use

AUST L 173108

Momcal

A Calcium and Vitamin D Supplement for Mothers

Each capsule contains:

Calcium Carbonate	625 mg
Equiv. to Elemental Calcium	250 mg
Vitamin D3 (Cholecalciferol)	400 IU

60 Capsules



Calcium Carbonate

- ◆ Calcium Carbonate supplements contain 40% of elemental calcium.¹¹
- ◆ Calcium Carbonate provides a greater amount of elemental calcium which consequently requires reduced dosage compared with other forms of calcium.¹¹

Vitamin D

- ◆ The sun exposure required to achieve suitable Vitamin D levels may at times be difficult to achieve. To assist with improving the required levels of Vitamin D, it is recommended to consume the following doses.¹²
 - Under 70 years: at least 600 IU per day
 - Over 70 years: at least 800 IU per day

Always read the label before use

9. Chinese Medicine 2013; 8(20):1-7

10. Gynecological Endocrinology 2008; 24(11): 620-624

11. Nutr Clin Pract 2007 22: 286 - 296

12. Osteoporosis Australia 2012;1:1-4

Natocare Plus

DHA & EPA Enriched Pregnancy Support

Each capsule contains:

Fish oil - Natural	500 mg	Cyanocobalamin (Vitamin B12)	1.3 mcg
Equiv. to Docosahexaenoic acid (DHA)	125 mg	Cholecalciferol	5 mcg
Equiv. to Eicosapentaenoic acid (EPA)	25 mg	Equiv. to Cholecalciferol (Vitamin D3)	200 IU
Nicotinamide (Vitamin B3)	9 mg	Folic acid	0.25 mg
Ascorbic acid (Vitamin C)	30 mg	d-alpha-tocopherol (Natural Vitamin E)	3.5 mg
Calcium carbonate	50 mg	Equiv. d-alpha-tocopherol	5.22 IU
Equiv. to Calcium	20 mg	Potassium Iodide	98.3 mcg
Biotin	15 mcg	Equiv. to Iodine	75 mcg
Iron (II) glycinate (Ferrous bisglycinate)	45.9 mg	Betacarotene	2.4 mg
Equiv. to Iron	12 mg	Copper gluconate	4.67 mg
Zinc oxide	6.82 mg	Equiv. to Copper	0.65 mg
Equiv. to Zinc	5.5 mg	Manganese amino acid chelate	25 mg
Magnesium oxide-Heavy	83 mg	Equiv. to Manganese	2.5 mg
Equiv. to Magnesium	50 mg		
Selenomethionine	81.25 mcg		
Equiv. to Selenium	32.5 mcg		
Chromium picolinate	121 mcg		
Equiv. to Chromium	15 mcg		
Thiamine hydrochloride (Vitamin B1)	0.8 mg		
Riboflavin (Vitamin B2)	0.7 mg		
Calcium pantothenate	2.73 mg		
Equiv. to Pantothenic acid (Vitamin B5)	2.5 mg		
Pyridoxine hydrochloride	1.16 mg		
Equiv. to Pyridoxine (Vitamin B6)	950 mcg		



DHA & EPA Supplementation - Benefits for Mother

- ◆ Potential to prevent Membrane Rupture and Preterm Labor.¹³
- ◆ Reduced risk of pre-term delivery (Early delivery of baby).¹⁴
- ◆ DHA supplementation may reduce maternal stress during late pregnancy.¹⁵

DHA & EPA Supplementation – Benefits for a Healthy Childhood

- ◆ May assist in increasing pregnancy duration.¹⁶
- ◆ May assist in increasing visual acuity.¹⁶
- ◆ May help to reduce risk of food allergies & eczemas.¹⁷
- ◆ May decrease the incidence of respiratory symptoms in children with a history of maternal allergy.¹⁸

With Additional Benefits of Valuable Multivitamins and Minerals

60 Capsules



Always read the label before use

Ferosorb

Unique Iron Formulation Combined with Hematinic Vitamins

Each capsule contains:

Iron (ii) glycinate (Ferrous bisglycinate)	92 mg
Equivalent to elemental iron	24 mg
Ascorbic acid (Vitamin C)	100 mg
Cyanocobalamin (Vitamin B12)	500 mcg
Folic acid	500 mcg

Ferrous Bisglycinate

- ◆ A unique iron salt stabilised by binding the iron salt to an amino acid glycine.
- ◆ This stability facilitates:
 - Increased iron absorption.¹⁹
 - Less gastrointestinal side effects.¹⁹
 - Minimal interactions with Phytates.¹⁹
- ◆ May help in prevention of Iron deficiency and Iron deficiency Anemia.²⁰

Vitamin B12 (Cyanocobalamin)

- ◆ Important role in Erythropoiesis (Red Blood Cells' formation).²¹

Folic Acid

- ◆ May protect pregnant women against the potential development of Neural Tube Defects (NTDs) in their offspring.²²

Vitamin C

- ◆ Vitamin C (Ascorbic acid) may increase gastrointestinal iron absorption in iron deficiency states.²²

60 Capsules



Always read the label before use

Urisol

A Solution for Healthy Urinary System

Each sachet contains:

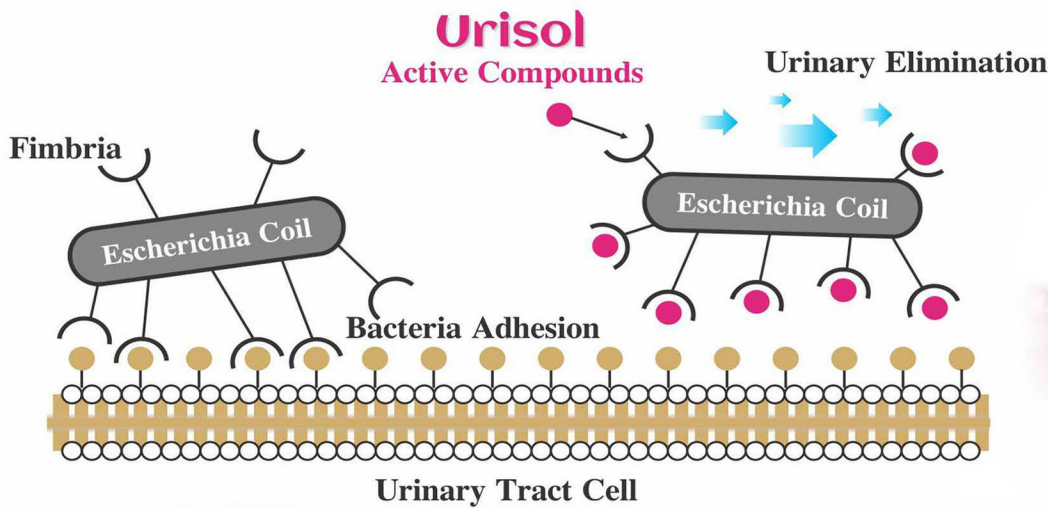
Vaccinium macrocarpon (Cranberry) Fruit extract dry conc.
Equiv. to Vaccinium Macrocarpon fresh fruit

360 mg
216 g

Benefits of Cranberry

- ◆ May be beneficial in Urinary Tract Infection (UTI) Prophylaxis.²³
- ◆ May help in the prevention of Non-severe Lower Urinary Tract Infections (LUTIs).²⁴

Potential Action of Cranberry in Promoting Healthy Urinary System



- ◆ Cranberry contains Proanthocyanidin (which possess strong inhibitory activity against mannose-resistant adhesins of urinary E coli) → Block the attachment of bacterial fimbriae to the urothelial mucosa²⁵ → Reduce bacterial adhesion in urinary tract.

Each Pack contains 10 Sachets



Always read the label before use

23. American Family Physician 2004;70(11):2175-2177 24. European Review and Medical Pharmacology Science 2015;19-77-80 25. Canadian Family Physician 2012;58:398-399

Caring for Men



Facia Men

Natural Care for Alopecia

Each capsule contains:

Serenoa repens (Saw palmetto) Standardised extract equivalent to dry fruit	960 mg	Nicotinamide (Vitamin B3)	5 mg
(Fatty acids 68 mg)		Calcium pantothenate (Vitamin B5)	20 mg
Cucurbita pepo seed oil fixed	200 mg	Biotin	2.5 mg
Vitamin A (Retinyl palmitate 0.278 mg) (Equivalent Retinol 151.75 RE)	505 IU	Natural Vitamin E (d-alpha-tocopherol 3.36 mg)	5 IU
Riboflavin (Vitamin B2)	2 mg	Cysteine hydrochloride Equiv. to Cysteine	45.6 mg 35 mg
		Zinc amino acid chelate Equiv. to Zinc	10 mg 2 mg

Serenoa Repens

- ◆ Used in the prevention and treatment of Androgenic Alopecia (Male Type Baldness).¹
- ◆ Devoid of adverse effects unlike synthetic 5 alpha - reductase inhibitors.¹

Cucurbita Pepo

- ◆ Positive anabolic effect on hair growth in patients with mild to moderate male pattern hair loss.²
- ◆ Possible effects of 5 alpha - reductase inhibition.²

Marine Collagen

- ◆ Collagen helps to maintain firmness and elasticity of skin.³

Cysteine Hydrochloride

- ◆ Keratin has the highest cysteine content of all natural proteins.⁴
- ◆ Supports healthy hair

Vitamins and Zinc

- ◆ Vitamin E: Potent anti-oxidative agent.⁵
- ◆ Biotin: Supports hair, skin and nail health.⁶



60 Capsules



Always read the label before use

AUST L 141419

Prostez

For Benign Prostate Enlargement

Each capsule contains:

Serenoa repens extract equiv. to dry fruit	1.6 g	Cucurbita pepo extract equiv. to dry seed	1 g
Vitis vinifera extract equiv. to dry seed	1.5 g	Zinc amino acid chelate Equiv. to Zinc	15 mg 4.5 mg
Crataegus monogyna extract equiv. to dry fruit	140 mg	Lycopersicon esculentum extract equiv. to dry fruit	100 mg

60 Capsules

Serenoa Repens

Additive Effects with Pharmacotherapy:

- ◆ Studies have indicated that the combination treatment of Serenoa Repens and Tamsulosin was found to be more effective than Tamsulosin monotherapy in reducing storage symptoms in Benign Prostatic Hyperplasia (BPH) patients after 6 months and up to 12 months of treatment.⁷
- ◆ Patients have experienced symptomatic improvement presented in the form of changes in International Prostate Symptom Score (IPSS).⁷



Always read the label before use

AUST L 166461

Tri Bull

Increased Sexual Performance

Each tablet contains:

Tribulus terrestris ext. Equiv. to Dry root	5 g
Tribulus terrestris ext. Equiv. to Dry fruit	7.5 g
Avena sativa ext. equiv. to dry seed	2.5 g
Zinc sulfate monohydrate Equiv. to Zinc	40 mg 14.6 mg

60 Tablets

Avena Sativa

- ◆ Nerve Tonic.⁸
- ◆ Nourishes nerves → Increases tactile sensation of the genital area → Increases pleasure.⁹

Tribulus Terrestris

- ◆ **Protodioscin** - a phytochemical agent from Tribulus Terrestris, has been clinically proven to improve sexual desire and enhance erection.¹⁰
- ◆ Often referred to as herbal Viagra.¹¹



Always read the label before use

AUST L 229702

Max Dura

Enhanced Performance

Each capsule contains:

Tribulus terrestris extract equiv. to dry fruit	3.75 g	Paullinia cupana (Guarana) extract equiv. to dry seed	400 mg
Tribulus terrestris extract equiv. to dry root	3.75 g	Contains caffeine	10 mg
Epimedium sagittatum extract equiv. to dry leaf	1 g	Panax ginseng extract equiv. To dry root	105 mg
		Ginkgo biloba Extract equiv. to dry leaf	250mg

Ginkgo Biloba

- ◆ Enhances energy levels.¹²
- ◆ Alleviates antidepressant-induced sexual dysfunction.¹²

Always read the label before use

60 Capsules



AUST L 81486

Vitaginseng

Boosts Vitality

Each capsule contains:

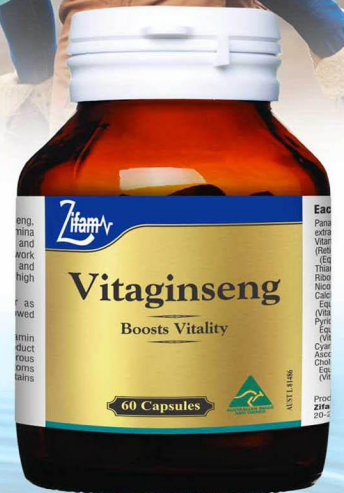
Panax ginseng (Korean ginseng) extract equiv. to dry root	200 mg	Folic acid	400 mcg
Vitamin A (Retinyl palmitate 2.2 mg) (Equivalent Retinol 1.2 mg)	4000 IU	Calcium hydrogen phosphate	352 mg
Thiamine nitrate (Vitamin B1)	2 mg	Equiv. to Calcium	81 mg
Riboflavin (Vitamin B2)	2 mg	Cupric sulfate pentahydrate	2 mg
Nicotinamide (Vitamin B3)	15 mg	Equiv. to Copper	512 mcg
Calcium Pantothenate	10 mg	Ferrous sulfate -dried	16.5 mg
Equiv. to Pantothenic acid (Vitamin B5)	9 mg	Equiv. to Iron	5.3 mg
Pyridoxine hydrochloride	1 mg	Lecithin	82 mg
Equiv. to Pyridoxine (Vitamin B6)	850 mcg	Magnesium sulfate-dried	35.5 mg
Cyanocobalamin (Vitamin B12)	1 mcg	Equiv. to Magnesium	4.4 mg
Ascorbic acid (Vitamin C)	60 mg	Manganese sulfate monohydrate	3.1 mg
Cholecalciferol	10 mcg	Equiv. to Manganese	1 mg
Equiv. to Cholecalciferol (Vitamin D3)	400 IU	Potassium sulfate	9 mg
dl- alpha tocopheryl acetate	11 mg	Equiv. to Potassium	4 mg
Equiv. to dl-alpha tocopheryl acetate (Natural Vitamin E)	11 IU	Rutin	20 mg
		Zinc oxide	1.25 mg
		Equiv. to Zinc	1 mg

Panax Ginseng

- ◆ Panax Ginseng is a very popular agent worldwide.¹³
- ◆ Often referred to as an Adaptogen.¹⁴
- ◆ Reviewed data suggest that Ginseng has varied actions and effects on the body that support resistance to biochemical and physical stressors, improve vitality and longevity, and enhance mental capacity.¹⁴

Always read the label before use

60 Capsules



12. Journal of Marital and Sex Therapy, 1998 24(2): 139-143 13. Asian J Androl 2007; 9 (2): 241-244 14. Alt Med Review 2009; 14(2): 172-176

Caring for Family



K2Q

Improves Arterial Stiffness

Each capsule contains:

Menaquinone 7 (Vitamin K2)	42 mcg
Ubidecarenone (Coenzyme-Q10)	150 mg
d-alpha-tocopherol (Vitamin E)	33.6 mg
Equivalent d-alpha-tocopherol	50 IU
Linseed (Flaxseed) oil	500 mg

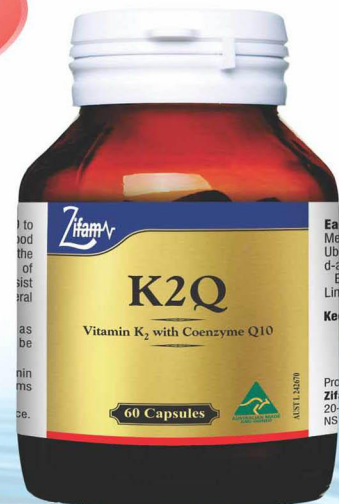
Vitamin K2 (Menaquinone)

- ◆ Anti – Atherosclerotic Properties
 - Menaquinone (MK-7) supplements improve arterial stiffness in healthy individuals¹
- ◆ Cardiovascular Benefits of Vitamin K2 (Menaquinone)
 - Lowers development of Metabolic Syndrome²
 - Could protect against Coronary Heart Disease (CHD)³
 - May prevent cardiovascular disease⁴

Coenzyme Q 10

- ◆ Potential Benefits of Coenzyme Q10 supplementation
 - May help improve LDL-C/HDL-C and TC/HDL-C ratios⁵

30 & 60
Capsules



Always read the label before use

Spectra E

Complete Spectrum of Vitamin E

Each capsule contains:

Tocopherols concentrate - Mixed (Low-alpha type) 400 mg
 Tocotrienols complex - Palm 25 mg

- ◆ The combined formulation of Tocopherols and Tocotrienols provides broad spectrum anti-oxidant properties across different tissues in the human body
- ◆ The following table gives a brief general summary of tissue-specific benefits of various Tocopherol and Tocotrienol elements⁶



Potential Benefits of Tocopherols and Tocotrienols^{1*}

Area of Protection	Tocopherol				Tocotrienol			
	Alpha	Beta	Delta	Gamma	Alpha	Beta	Delta	Gamma
Heart				✓				✓
Cholesterol							✓	✓
Mental Health					✓			
Cell membrane protection from free radical attack	✓	✓	✓	✓	✓	✓	✓	✓

- ◆ Studies suggest modest improvements in HDL cholesterol with Tocotrienol based formulation⁷

30 & 60 Capsules



AUST L 227659

ZiQ

Mitochondrial Antioxidant combined with Vitamin E for Better Absorption

Each capsule contains:

Ubidecarenone (Coenzyme Q10)	150 mg
Fish oil- natural	500 mg
Equiv. to Eicosapentaenoic acid (EPA)	90 mg
Equiv. to Docosahexaenoic acid (DHA)	60 mg
d-alpha-Tocopherol	33.6 mg
Equiv. to d-alpha-Tocopherol (Natural Vitamin E)	50 IU

Vitamin E may serve as a lipophilic carrier for absorption of Coenzyme Q10

Migraine Prophylaxis

- ◆ Studies indicate Coenzyme Q10 supplements resulted in reduction of Migraine Frequency by 55.3 %⁸

Male Infertility

- ◆ Improves sperm health⁹ and may have beneficial effect on pregnancy rate⁹

Healthy Heart

- ◆ Benefits cardiovascular health¹⁰
- ◆ Relieves statin-induced muscle pains¹¹

Always read the label before use

30 Capsules



AUST L 260527

Zi Mag

For Relief of Symptoms of Muscle Cramps and Dysmenorrhea

Each tablet contains:

Magnesium aspartate dihydrate	500 mg
Equivalent to Magnesium	37.4 mg

Benefits of Magnesium

- ◆ Magnesium is the second most abundant intracellular divalent cation and is a cofactor for more than 300 metabolic reactions in the body¹²
- ◆ Magnesium supplements may be effective in Migraine, Dyspepsia and Constipation¹²
- ◆ It may also improve symptoms of leg cramps and dysmenorrhea¹²

Always read the label before use

50, 100 & 250 Tablets



Zifam Krill Oil

AUST L 266657

For Healthy Cholesterol Enriched with Antioxidant Support

Each capsule contains:

Euphausia superba oil 1 g

- ◆ Krill oil is a compilation of phospholipids (primarily phosphatidylcholine), EPA, DHA, Astaxanthin, Vitamin A, Vitamin E and various Fatty Acids.¹³
- ◆ Studies indicate Krill oil was found to be effective for improving total cholesterol, triglycerides, LDL, and HDL parameters.¹⁴

60 Capsules



Always read the label before use

Mega 3

AUST L 62642

Fish Oil for Healthy Cholesterol

Each capsule contains:

Fish oil-natural	1000 mg
Equiv. to Docosahexaenoic acid (DHA)	120 mg
Equiv. to Eicosapentaenoic acid (EPA)	180 mg

Fish Oil

- ◆ The beneficial effects of omega-3 fatty acids include anti-arrhythmic, blood triglyceride-lowering, anti-thrombotic and anti-inflammatory results with endothelial relaxation properties.¹⁵

60 Capsules



Always read the label before use

Era DN

May assist with Symptomatic Relief of Painful Neuropathy

Each capsule contains:

Evening primrose oil 1000 mg	Pyridoxine hydrochloride	2.5 mg
Equiv. to Gamma-linolenic acid 100 mg	Equiv. to Pyridoxine (Vitamin B6)	2 mg
Cyanocobalamin (Vitamin B12) 1500 mcg	Folic acid	85 mcg

Evening Primrose Oil

- ◆ Essential Fatty Acids present in Evening Primrose Oil like Gamma-Linolenic acid (GLA) are important constituents of membrane phospholipids, including the mitochondrial membrane, which enhance the integrity and fluidity of the membrane.¹⁶
- ◆ Helps improve symptoms of Diabetic Neuropathy.¹⁶

Folic Acid, Cyanocobalamin, Pyridoxine

- ◆ Help reduce homocysteine levels, which contribute to development of atherosclerosis

Clinical Manifestations of Vitamin B12 Deficiency

- ◆ Vitamin B12 deficiency may present with the following clinical manifestations depicted vastly across different tissues of the body.¹⁷

◆ Hematologic

Megaloblastic anemia
Pancytopenia (leukopenia, thrombocytopenia)

◆ Neurologic

Paresthesias
Peripheral neuropathy
Combined systems disease (demyelination of dorsal columns and corticospinal tract)

◆ Psychiatric

Irritability, personality change
Mild memory impairment, dementia
Depression
Psychosis

◆ Cardiovascular

Possible increased risk of myocardial infarction and stroke



60 Capsules



Always read the label before use

Reviz

For Healthy Cardiovascular Function

Each capsule contains:

Crataegus monogyna extract equiv. to dry fruit flesh	400 mg
Fallopia japonica extract equiv. to dry stem	9 g
Equiv. to Resveratrol (of Fallopia japonica)	29.4 mg
Magnesium oxide - Heavy	50 mg
Equiv. to Magnesium	30 mg
Biotin	2 mg
R, S-Alpha lipoic acid	300 mg
Silica - colloidal anhydrous	5 mg

Polygonum cuspidatum extract (PCE)

- ◆ The PCE-containing resveratrol has a comprehensive suppressive effect on oxidative and inflammatory stress.¹⁸

Crataegus

- ◆ Crataegus can help to improve endothelial function and to reduce the production of inflammatory markers.¹⁹

Magnesium

- ◆ Conditions that may lead to hypomagnesemia include poorly-controlled diabetes mellitus; chronic malabsorptive problems (e.g., Crohn disease); medication use (e.g., diuretics, antibiotics); alcoholism; and older age.
- ◆ Magnesium is one of the minerals responsible for regulating bone metabolism, nerve transmission, cardiac excitability, neuromuscular conduction, muscular contraction, vasomotor tone, and blood pressure



30 & 60
Capsules



Always read the label before use

Naturally Better

Natural Sugar Substitute - Sweet Taste with Low Glycemic Index

Sugar – The Sweet Culprit

- ◆ Excessive sugar intakes have become a major health concern all over the world. The majority of our society is at risk for a high number of precarious health conditions that can lead to various chronic cardio-metabolic diseases.²⁰
- ◆ Sugar is one of the major factors influencing up to 35% of peoples daily calorie intake. There is a fundamental need for an alternative sweetener in place of sugar, or other chemical sweeteners.²⁰

Studies have reported the health benefits of Stevia and its possible role for improvement in various chronic diseases.²⁰



Naturally better

Natural Sugar Substitute - Sweet Taste with Low Glycemic Index

Natural Sugar Substitute

Research suggests Stevia has the following qualities:

- ◆ Stevia leaf is 10 times sweeter than refined sugar but contains no carbohydrates or calories.²¹
- ◆ Steviol contains sweet diterpenoid glycosides and is 300 times sweeter than sucrose.²¹
- ◆ Steviol is safe when used as a sweetener.²¹
- ◆ Suitable for diabetics.²¹

Calorie Free • Healthy Sugar Substitute • Natural and Safe

Available in
5g, 90g, 250g, 500g



Always read the label before use

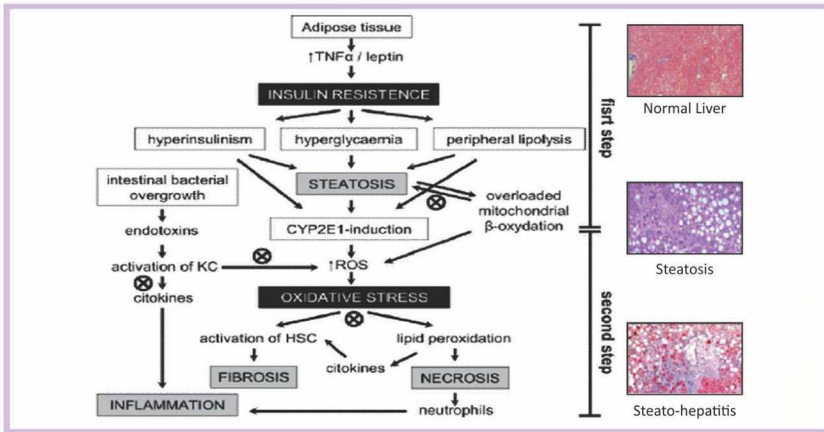
Zi Liv

For a Healthy Liver and Gall Bladder

Each capsule contains:

Silybum marianum (Milk thistle) extract equivalent to dry seed	7.5 g	Andrographis paniculata extract equivalent to dry leaf	500 mg
Taraxacum officinale (Dandelion) extract equivalent to dry root	250 mg	Curcuma longa (Turmeric) extract equivalent to dry root	1.5 g
Schisandra chinensis extract equivalent to dry fruit	125 mg	Inositol	125 mg
Astragalus membranaceus extract equivalent to dry root	100 mg	Choline bitartrate	125 mg
Cynara scolymus (Globe artichoke) extract equivalent to dry leaf	1.5 g	Taurine	75 mg
		Ascorbic acid (Vitamin C)	50 mg

◆ The following image depicts pathogenic mechanisms in the histological progression of Non Alcoholic Fatty Liver Disease (NAFLD) and the potential site of action of Silymarin at various levels (depicted in crossed circle)²²



(CYP2E1: cytochrome P450 2E1, ROS: reactive oxygen species, HSCs: hepatic stellate cells, KC: Kupffer cells)

- ◆ Antioxidant, Anti-fibrotic, Anti-inflammatory and Anti-carcinogenic properties²³
- ◆ Research indicates reduction in biochemical, inflammatory and ultrasonic indices of hepatic steatosis.²⁴

Taraxacum Officinale Ext

- ◆ May help improve Gall bladder function (Cholagogue).²⁵

Cynara Scolymus Ext

- ◆ Hepato-protective, Anti- hepatotoxic and Hypo-cholestromic actions.²⁶

Curcuma longa Ext

- ◆ May help improve AST* and ALT** levels.²⁷

Always read the label before use

*AST Aspartate Aminotransferase; ** ALT Alanine Aminotransferase
22. Hepat Mon. 2011;11(3):173-177 23. Journal of Pharmaceutical Science and Technology Vol. 2 (10), 2010,348-355

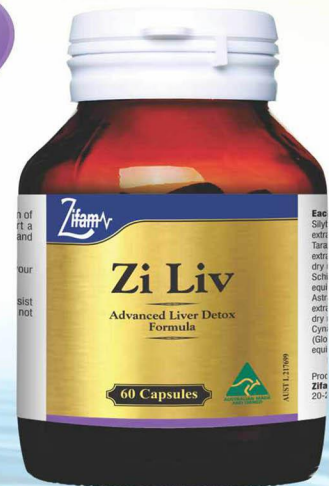
24. World J Hepatol 2013 March 27; 5(3): 109-113

25. Alt Med Review 1999;4(2):112-114

26. Bilim ve Genclik Dergisi 2013;1(2):45-48

27. BMC Complementary and Alternative Medicine 2013;13(58):1-7

60 Capsules



AUST L 196274

1000 D

Vitamin D for Adults

Each capsule contains:

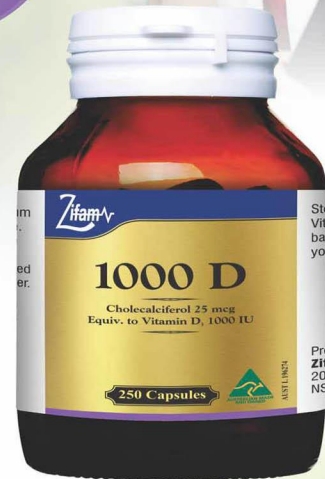
Cholecalciferol	25 mcg
Equiv. to Vitamin D ₃	1000 IU

60, 130 & 250 Capsules

Recent Highlights on Vitamin D

- ◆ Vitamin D deficiency is a common underdiagnosed condition.
- ◆ Studies suggest that vitamin D is important for reducing the risk of type 1 diabetes mellitus, cardiovascular disease, certain cancers, cognitive decline, depression, pregnancy complications, autoimmunity, allergy, and even frailty.
- ◆ The blood level of 25(OH)D is the best method to determine vitamin D status.
- ◆ Vitamin D deficiency during pregnancy may influence fetal “imprinting” that may affect chronic disease susceptibility soon after birth as well as later in life.
- ◆ An effective strategy to prevent vitamin D deficiency and insufficiency is to obtain some sensible sun exposure, ingest foods that contain vitamin D, and take a vitamin D supplement.

Always read the label before use



AUST L 259980

Cincro

For Healthy Glucose Metabolism

Each tablet contains:

Cinnamomum cassia extract	66.67 mg	Chromium chloride	770 mcg
Equiv. to dry stem bark	1 g	Equiv. to chromium	150 mcg
Chromium picolinate	402 mcg	(Total elemental chromium 200 mcg)	
Equiv. to chromium	50 mcg	Ascorbic acid (Vitamin C)	75 mg
		Biotin	5 mg

Benefits of Cinnamon Cassia

- ◆ Cinnamon Cassia improves Insulin Resistance.²⁸
- ◆ Research results indicate that Cinnamon Cassia may help improve Fasting Blood Sugar²⁹ and HbA1c (Glycosylated Hemoglobin).³⁰
- ◆ Beneficial in patients with Type 2 Diabetes³¹, Metabolic Syndrome³¹ and Prediabetes.³²
- ◆ Due to its insulin sensitizing properties, research has also suggested its role in improving menstrual cyclicity in women with PCOS (Polycystic Ovarian Syndrome).³³

30 Tablets



Always read the label before use

28. Diabetes Obesity Metabolism 2012; 14(6): 493-499
32. Journal of Med Food 2011;14(9):884-889

29. Diabetes Care 2003;26:3215-3218
33. Am J Obstet Gynecol 2014;211:487.e1-6.

30. Journal of American Board of Family Medicine 2009;22(5):507-512

31. Journal Diabetes Science Technology 2010; 4(3):685-693

AUST L 210053

Protec Plus

Maximum Anti-oxidant Protection

Each tablet contains:

Vitis vinifera extract equiv. to dry seed	6 g	Ubidecarenone (Co-enzyme Q10)	10 mg
Equiv. to Procyanidins (of Vitis vinifera)	47.5 mg	Zinc amino acid chelate	25 mg
Silybum marianum extract		Equiv. to Zinc	5 mg
Equiv. to dry fruit	700 mg	Selenomethionine	20 mcg
R,S-alpha lipoic acid	50 mg	Equiv. to Selenium	8 mcg
Ascorbic acid (Vit. C)	150 mg	Lutein	1 mg
Calcium ascorbate	121 mg	Cysteine hydrochloride	50 mg
Equiv. to Ascorbic acid (Vit. C)	100 mg	Betacarotene	3 mg
Lycopene	1 mg		
d-alpha-tocopheryl acid succinate	82.6 mg		
Equiv. to d-alpha-tocopherol	100 IU		

60 Tablets



Silybum Marianum

- ◆ Supports Liver Health

Alpha Lipoic Acid

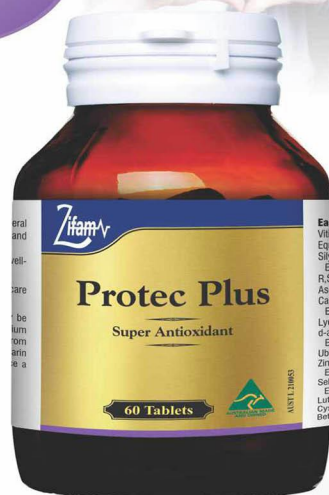
- ◆ Supports Nerve Health

Coenzyme Q10

- ◆ Mitochondrial Anti-oxidant

Lutein

- ◆ Supports eye health



Always read the label before use

AUST L 67513

Amino XL

Amino Acid Supplement

Each tablet contains:

Isoleucine	35 mg	Alanine	21 mg
Leucine	60.20 mg	Glutamine	140 mg
Lysine		Glycine	21 mg
Hydrochloride	54.95 mg	Histidine	
Phenylalanine	35 mg	hydrochloride	28 mg
Threonine	28 mg	Proline	112 mg
Valine	42 mg	Serine	35 mg
Cysteine		Tyrosine	37.45 mg
Hydrochloride	7 mg	Aspartic acid	43.40 mg

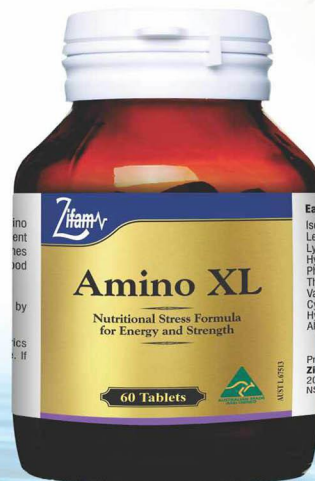
60 Tablets



Sustained Release Formulation facilitates better tolerance

Amino Acids

- ◆ Amino acids are widely considered to be subcomponents in nutritional support.
- ◆ Proteins and amino acids are fundamental to recovery and survival, not only for their ability to preserve active tissue (protein) mass but also for a variety of other cellular functions.
- ◆ Although the body adapts in some ways to starvation, metabolic stress in patients causes increased protein turnover and therefore amino acid supplement is necessary.



Always read the label before use

Optica AZ

For Healthy Vision with Astaxanthin

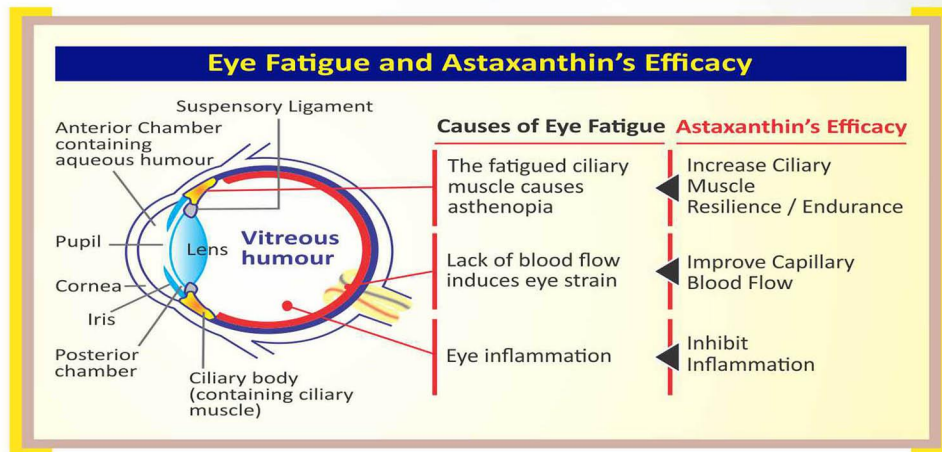
Each capsule contains:

Astaxanthin esters extracted from <i>Haematococcus pluvialis</i> Equiv. to Astaxanthin (of <i>Haematococcus pluvialis</i>)	30 mg
R,S-alpha lipoic acid	3 mg
<i>Tagetes erecta</i> extract liquid concentrate equivalent to dry flower Equiv. to zeaxanthin	250 mg
Equiv. to lutein esters calculated as lutein (of <i>Tagetes erecta</i>)	4,564 g
Zinc amino acid chelate Equiv. to Zinc	324 mg
	5.6 mg
	62.5 mg
	12.5 mg

Astaxanthin

Possible Action:³⁴

The role of astaxanthin in ocular apparatus for improving symptoms of eye fatigue may be diagrammatically represented below:



Potential Benefits of Astaxanthin

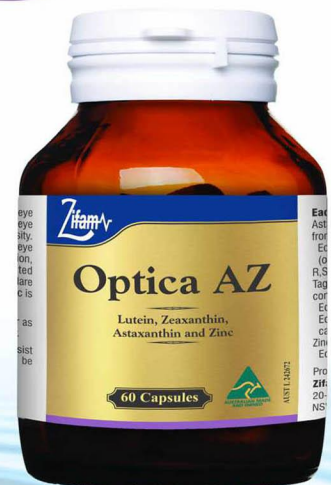
- ◆ Can alleviate symptoms related to Computer Vision Syndrome (CVS).³⁴
- ◆ Relieve eye fatigue.³⁴
- ◆ Improve quality of vision.³⁴
- ◆ Reduce eye irritation and blurred vision.³⁴
- ◆ Minimize the oxidative damage induced by Reactive Oxygen Species (ROS) in aqueous humor.³⁴

Lutein and Zeaxanthin

- ◆ Improves macular pigment, which may have a causative role in boosting visual function.³⁵
- ◆ Might prevent the progression of Age related Macular Degeneration (AMD).³⁵

Always read the label before use

60 Capsules



AUST L 264422

B active

Stress and Adrenal Support

Each capsule contains:

Rhodiola rosea extract equiv. to dry root	800 mg	Folic acid	250 µg
Ascorbic acid (Vitamin C)	70 mg	Inositol	25 mg
Thiamine hydrochloride (Vitamin B ₁)	50 mg	d-alpha-tocopheryl acid succinate	15 mg
Riboflavine (Vitamin B ₂)	15 mg	Equiv. to d-alpha-tocopheryl acid succinate (Natural Vitamin E)	18.15 IU
Nicotinamide (Vitamin B ₃)	75 mg	Biotin	50 µg
Calcium pantothenate	50 mg	Choline bitartrate	25 mg
Equiv. to Pantothenic acid (Vitamin B ₅)	45.8 mg	Magnesium oxide – heavy	16.6 mg
Pyridoxine hydrochloride (Vitamin B ₆)	25 mg	Equiv. to Magnesium	10 mg
Equiv. to Pyridoxine	20.6 mg	Potassium gluconate	50 mg
Co-methylcobalamin (Vitamin B ₁₂)	1000 µg (1 mg)	Equiv. to Potassium	8.3 mg

60 Capsules



Rhodiola

- ◆ Rhodiola Rosea exerts an anti-fatigue effect that increases mental performance, particularly the ability to concentrate, and decreases cortisol response to awakening stress in burnout patients with fatigue syndrome.³⁶
- ◆ Research conclusions indicate that Rhodiola shows anti-depressive potency in patients with mild to moderate depression.³⁷

Always read the label before use

AUST L 141420

Memory Magic

Cognitive Improvement

Each capsule contains:

Ginkgo biloba extract equiv to dry leaf	1.5 g
Centella asiatica extract equiv. to dry leaf	900 mg
Bacopa monnieri extract equiv. to dry whole plant	4 g
Glutamine	50 mg
Phenylalanine	25 mg

30 Capsules



Centalla Asiatica

- ◆ Research from trials suggest the potential of Centella asiatica to attenuate age-related decline in cognitive function and mood disorder in the healthy elderly community.³⁸

Ginkgo Biloba

- ◆ Conclusive data from systematic review and meta analysis confirm the efficacy and tolerability of Ginkgo biloba in individuals suffering from dementia.³⁹

Always read the label before use

36. Planta Med 2009; 75: 105–112 37. Nord J Psychiatry 2007; 61(5) 38. J Ethnopharmacol. 2008 Mar 5;116(2):325-32 39. Clinical Interventions in Aging 2014;9 2065–2077

AUST L 171560

Supravit

Multivitamin for Adults

Each tablet contains:

Inositol	50 mg	Chromic chloride	50 mcg
Cyanocobalamin (Vit. B12)	50 mcg	Equiv. Chromium	10 mcg
Cholecalciferol (Vit. D3)	10 mcg	Potassium gluconate	13mg
Equiv. Cholecalciferol	400 IU	Equiv. Potassium	2mg
Zinc gluconate	38.5 mg	Pyridoxine hydrochloride (Vit B6)	50 mg
Equiv. Zinc	5 mg	Equiv. Pyridoxine	43 mg
Biotin	50 mcg	Nicotinamide	50 mg
Folic acid	500 mcg	Thiamine hydrochloride (Vit. B1)	50 mg
Iron amino acid chelate	10 mg	Calcium pantothenate	50 mg
Equiv. Iron	1 mg	Equiv. Pantothenic acid (Vit. B5)	45 mg
Riboflavin (Vit. B2)	50 mg	Magnesium amino acid chelate	50 mg
Ascorbic acid (Vit. C)	250 mg	Equiv. Magnesium	10 mg
Calcium amino acid chelate	50 mg	Potassium iodide	197 mcg
Equiv. Calcium	10 mg	Equiv. Potassium	46 mcg
d-alpha-tocopheryl acid succinate	61.9 mg	Equiv. Iodine	150 mcg
Equiv. d-alpha-tocopheryl Acid succinate (Natural Vit. E)	75 IU	Betacarotene	3 mg
Manganese amino acid Chelate	5 mg	Calcium from all sources	44.48 mg
Equiv. Manganese	500 mcg		

Total Potassium Content: 2.046 mg/tablet.

- ◆ Sodium free
- ◆ No Preservative
- ◆ Sugar Free

Always read the label before use



AUST L 152584

Vitrum

A to Zinc

Each tablet contains:

Ascorbic acid (Vit. C)	75 mg	Cyanocobalamin (Vit. B12)	5 mcg
Betacarotene	3 mg	Folic acid	80 mcg
Ferrous fumarate	15.50 mg	Lysine hydrochloride	25 mg
Equiv. to Iron	5 mg	Calcium pantothenate (Vit B5)	5 mg
Cholecalciferol (Vit. D3)	10 mcg	Potassium iodide	197.40 mcg
Equiv. to Cholecalciferol	400 IU	Equivalent to Iodine	150 mcg
dl-alpha-tocopheryl acetate (Natural Vit. E)	15 mg	Copper gluconate	11.21 mcg
Equiv. to dl-alpha-Tocopheryl acetate	15 IU	Equivalent to Copper	1.50 mcg
Magnesium oxide-heavy	10 mg	Manganese amino acid chelate	10 mg
Equiv. to Magnesium	6 mg	Equivalent to Manganese	1 mg
Potassium sulfate	11.20 mg	Calcium hydrogen phosphate	172 mg
Equivalent to Potassium	5 mg	Equiv. to Calcium	40 mg
Thiamine hydrochloride (Vit. B1)	10 mg	Equiv. to Phosphorus	30 mg
Riboflavin (Vit. B2)	10 mg	Zinc amino acid chelate	25 mg
Nicotinamide (Vit. B3)	25 mg	Equivalent to Zinc	5 mg
Pyridoxine (Vit. B6)	5 mg		
Hydrochloride	4.20 mg		
Equivalent to Pyridoxine			



Combination of Multivitamins Minerals

Always read the label before use

Imunor

For Improving Immunity & Anemia Support

Each capsule contains:

Colostrum powder - bovine	75 mg
Lactoferrin - bovine	100 mg

Lactoferrin

Role in Immunity

- ◆ Research identified lactoferrin in secretions from exocrine glands and in specific granules of neutrophils.⁴⁰
- ◆ Neutrophils - one of the elements of first line defense, after degranulation are observed to be one of the main sources of Lactoferrin in blood plasma.⁴⁰
- ◆ In vitro studies also suggest that Lactoferrin possesses anti-HIV activity.⁴¹

Role in Anemia

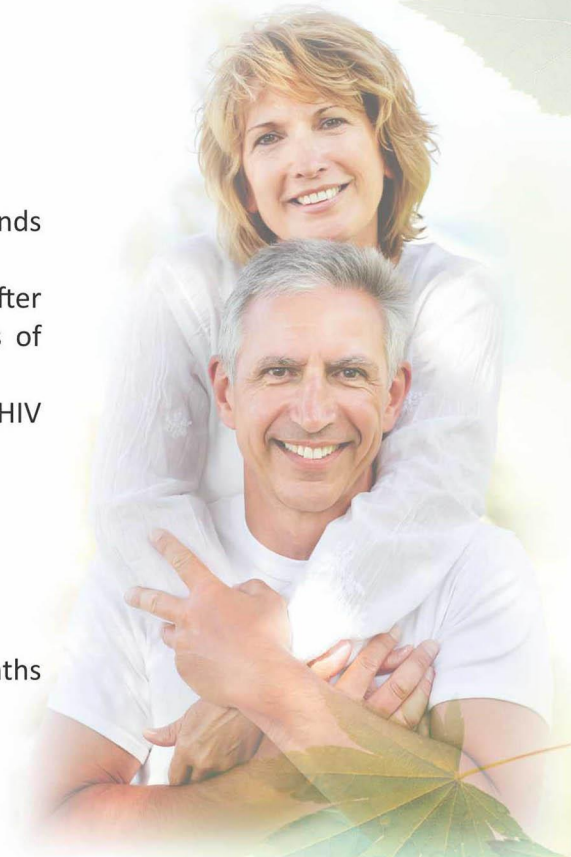
- ◆ Increases iron absorption.⁴²
- ◆ Regulates systemic iron homeostasis.⁴²
- ◆ Helps increase hemoglobin.⁴³
- ◆ Studies indicate that a total increase in Hemoglobin after 2 months with Lactoferrin, was higher as compared to iron salt.⁴³
- ◆ Better acceptability.⁴³
- ◆ Fewer gastrointestinal side-effects.⁴³

Colostrum

Colostrum contains several influences, which include immune factors and growth factors:

- ◆ Immune factors include specific antibodies which possess the ability to inhibit growth of several pathogenic microbes⁴⁴
- ◆ Prolin Rich Polypeptides (PRP) present in Colostrum has been known to stimulate the thymus to regulate the immune system in the body. PRP stimulates the weakened immune system and also stabilizes hyperactive immune system due to autoimmune diseases and allergies in the body⁴⁴

Always read the label before use



60 Capsules



Gaseze

For Relief of Symptoms of Dyspepsia

Each capsule contains:

Dill seed oil	180 mg
Fennel oil	190 mg
Peppermint oil	180 mg

Peppermint Oil

◆ Research studies indicate that 4week treatment with peppermint oil improves abdominal symptoms in patients with Irritable Bowel Syndrome (IBS)⁴⁵

Fennel Oil

◆ Fennel Oil may reduce intestinal spasms and improve motility of the small intestine⁴⁶

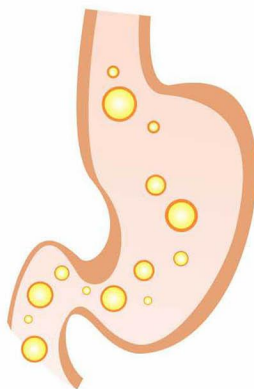
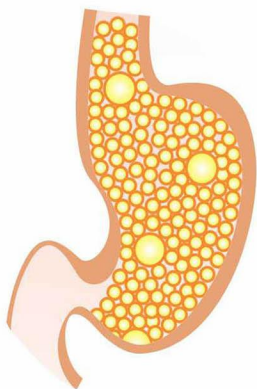


Stomach Pain

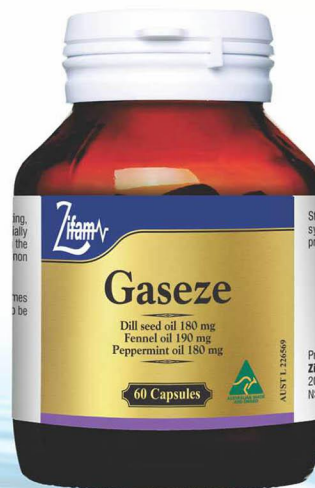
Relief with

**Trapped Gas
Bubbles Causing
You Pain & Discomfort**

Gaseze



60 Capsules



Always read the label before use

Aust L 212638

Emuflam

Anti-Inflammatory for Symptomatic Relief of Arthritis Pain

Active Ingredients (per gram):

Emu Oil	30 mg
Rosemary Oil	120 mg
Wintergreen Oil	50 mg
Equiv. to Methyl Salicylate	47.5 mg
Arnica Montana Ext.	52 mg

Emu Oil

- ◆ Enhanced transdermal penetrating activity⁴⁷

Arnica Montana

- ◆ Anti-inflammatory activity⁴⁸
- ◆ Safe, well-tolerated, and effective treatment for mild to moderate Osteoarthritis of the knee⁴⁹
- ◆ Very popular among athletes⁵⁰

Rosemary Oil

- ◆ Improves circulation when applied externally⁵¹

Always read the label before use



50 g & 100 g
Tube



AUST L 76489

Nuflam

Symptomatic Relief of Arthritis

Each capsule contains:

Glucosamine sulfate- Potassium chloride complex	667 mg
Equiv. to Glucosamine sulfate	500 mg
Chondroitin sulfate-shark	278 mg
Equiv. to Chondroitin sulfate	250 mg

Glucosamine

- ◆ Glucosamine has been known for its well-documented efficacy, making it an important therapeutic option for treating and preventing osteoarthritis⁵²

Chondroitin

- ◆ Studies indicate that Chondroitin Sulphate treatment significantly reduced the cartilage volume loss in knee OA starting at 6 months of treatment⁵³

Always read the label before use



60 Capsules



47. Nutrition. 2015 Jan;31(1):21-27
 48. ForschKomplementarmedKlassNaturheilkd. 2003;1:45-8
 49. AdvTher. 2002 Sep-Oct;19(5):209-18
 50. The Pantry Press 2003;8(10):1-4
 51. PDR for Herbal Medicines;2nd Edition:645
 52. International Journal of Pharmaceutical Compounding 1999;1:9
 53. Ann Rheum Dis. 2011; 70:982-989

AUST L 180947

Osteoflam Plus

Treats Arthritic Symptoms and Provides Pain Relief

Each tablet contains:

Glucosamine hydrochloride	953 mg
Equiv. to Glucosamine	750 mg
Green lipped mussel dried	200 mg

Glucosamine and Chondroitin

- ◆ Studies indicate that individuals who took Glu/CS had reduced loss of cartilage volume⁵⁴
- ◆ Recent research data point towards the synergistic chondroprotective effect of Chondroitin and Glucosamine⁵⁵

Green Lipped Mussel

- ◆ Green Lipped Mussel reduces pain, stiffness and quality of life in patients with osteoarthritis⁵⁶

Always read the label before use

60 Tablets



AUST L 174886

Suflex

For Natural Pain Relief in Osteoarthritis

Each capsule contains:

Boswellia serrata extract equiv. to dry gum	1.26 g
Curcuma longa extract equiv. to dry rhizome	1.5 g
Piper nigrum extract equiv. to dry fruit	250 mg
Rosa canina (Rosehip) extract equiv. to dry fruit	2.502 g

Rosa Canina

- ◆ Can alleviate symptoms of Osteoarthritis and reduce the consumption of rescue medication⁵⁷

Boswellia Serrata

- ◆ Boswellia Serrata decreased the pain in the affected knee joints, decreased swelling and improved the loss of function in terms of increased knee flexion, stairclimbing and walking distance⁵⁸
- ◆ Boswellia may also benefit patients with Osteoarthritis, Rheumatoid arthritis, Ankylosing Spondylosis and degenerative diseases of the spine.⁵⁸

Always read the label before use

60 Capsules



54. Ann Rheum Dis. 2015 Mar;74(3):547-56

55. Scientific Reports 2014; 1-9

56. The Practitioner 1980: 957-960

57. Scand J Rheumatol 2005;34:302-308

58. Phytomedicine 2003; 10: 3-7

AUST L 67511

Ozical

Chewable

Chewable and Tasty Calcium

Each tablet contains:

Hydroxyapatite (Milk calcium complex)	600 mg
Cholecalciferol	1.25 mcg
Equiv. to Vitamin D ₃	50 IU

Tasty & Chewable Orange Flavored Calcium

- ◆ Calcium helps to strengthen bone matrix
- ◆ May help in the prevention of osteoporosis

Always read the label before use

60 Tablets



AUST L 263873

Theracal

Calcium and Vitamin D Supplement for Adults

Each tablet contains:

Calcium Carbonate	1.5 g
Equiv. to Calcium	600 mg
Cholecalciferol	12.5 mcg
Equiv. Vitamin D ₃	500 IU

Calcium and Vitamin D

- ◆ Calcium Carbonate: Contains high elemental calcium 40%
- ◆ Recommended Dietary Intake of Calcium is between 1000 mg to 1300 mg per day in adults(women and men)⁵⁹
- ◆ For individuals who are risk of developing Vitamin D deficiency, 1000-2000 IU per day of Vitamin D may be recommended⁶⁰

Always read the label before use

120 Tablets



59. Osteoporosis Australia 2013;2: 1-4

60. Osteoporosis Australia 2012;1:1-4

AUST L 208209

Siesta

Natural Sleep Aid

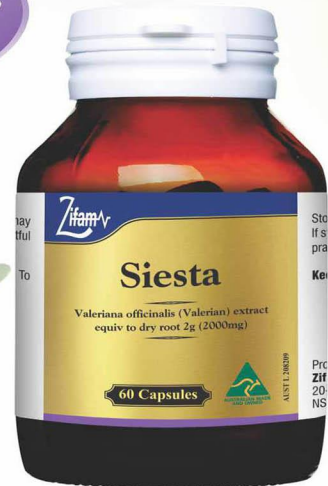
Each capsule contains:

Valeriana officinalis (Valerian) extract
equiv to dry root

2g (2000mg)



60 Capsules



Valerian

- ◆ Valerian may improve subjective experiences of sleep when taken nightly over a period of one to two weeks.⁶¹
- ◆ Studies suggest that Valerian appears to be a safe in individuals with mild to moderate insomnia.⁶¹
- ◆ Individuals suffering from mild anxiety may benefit from Valerian⁶¹

Always read the label before use

AUST L 242669

Zinner

Brain Tonic

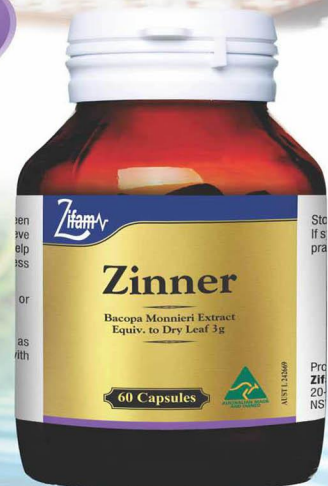
Each capsule contains:

Bacopa Monnieri ExtractEquiv. to Dry Leaf

3g



60 Capsules



Bacopa Monnieri

- ◆ Bacopa Monnieri can improve attention, cognitive processing, and working memory in healthy elderly individuals over 12 weeks⁶²
- ◆ Bacopa Monnieri may improve speed and continuity in attention⁶²
- ◆ Research indicates that Bacopa enhances cognitive performance in elderly individuals⁶³

Always read the label before use

61. Am Fam Physician 2003;67:1755-8

62. Evidence-Based Complementary and Alternative Medicine 2012;1:10

63.The Journal Of Alternative And Complementary Medicine 2008; 14(6): 707-713

AUST L 106516

Ginkgo 3000

Memory Support

Each tablet contains:

Ginkgo biloba (Ginkgo) extract equiv. to dry leaf

3g (3000mg)

Ginkgo Biloba

- ◆ Conclusive data from systematic reviews and meta-analyses confirm the efficacy and tolerability of Ginkgo biloba in individuals suffering from dementia³⁹



Always read the label before use

60 Tablets



Zifamir

AUST L 180955

St John's Wort 1800

Support for Depression

Each tablet contains:

Hypericum perforatum extract equiv. to dry herb top

1.8 g

Hypericum Perforatum

- ◆ Research suggests that combinations of St. John's Wort 1800 and tricyclic antidepressants (TCAs) compared to TCAs alone had significant effect on mild to moderate depression improvement⁶⁴
- ◆ Can improve quality of sleep and enhance energy levels⁶⁴



60 Tablets



Always read the label before use

39. Clinical Interventions in Aging 2014;9: 2065-2077

64. Jundishapur J Nat Pharm Prod.2012;7(3):106-110.

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