

## PURE BIO TEST KIT – GUIDELINES FOR USAGE



|  |   |   |   |   |
|--|---|---|---|---|
| <b>Allergy</b><br>Ascorbic Acid<br>Bromelain<br>Calcium<br>Copper<br>I-Methionine<br>Magnesium<br>NAC<br>P5P50<br>Quercetin<br>Zinc  | <b>Anti-inflammatory</b><br>A.I. Enzymes<br>A.I. Formula<br>Black Seed Oil<br>Boswellia<br>CBD 10% Oil<br>Copper<br>Curcumin / Turmeric<br>Ginger Extract   | <b>Chemical Detox</b><br>Alpha-Lipoic Acid<br>GarliActive<br>Liver GI<br>NAC<br>Selenium<br>Vitamin E   | Pre/Probiotics<br>Strath  | Vitamin E<br>Womankind Premenstrual<br>Zinc   |
| <b>Antioxidants</b><br>Alpha Lipoic Acid<br>Antioxidant Formula<br>Ascorbic Acid<br>Bilberry with Eyebright Extract<br>Black Seed Oil<br>CoQ10<br>Gingko 50<br>Green Tea<br>Lutein Plus<br>Lycopene<br>Pycnogenols<br>Quercetin<br>Resveratrol<br>Selenium<br>Vision Support Formula<br>Vitamin A<br>Vitamin E | <b>Cardiovascular</b><br>Ascorbic Acid<br>Black Seed Oil<br>CholestePure<br>CoQ10<br>EPA/DHA<br>Flax Seed<br>Garlic Complex<br>Homocysteine Factors<br>Magnesium<br>Malic acid<br>NADH<br>Niacin/Niacitol<br>NSK-SD (Nattokinase)<br>Policosanol<br>Riboflavin<br>Taurine<br>TMG (Betaine)<br>Tocotrienols<br>Ubiquinol-QH<br>Vitamin E | <b>Energy</b><br>Ashwaganda<br>Bacopa Monniera<br>Chlorella<br>Maca<br>Malic Acid<br>Rhodiola Rosea<br>Super Greens<br>Spirulina<br>Wholistic Red Ginseng   | <b>Homocysteine</b><br>B12 Folate<br>Betaine (TriMethylGlycine)<br>Folate 400<br>Folic Acid<br>Homocysteine Factors<br>Magnesium<br>Methylcobalamin<br>P5P50  | <b>Immune System Support</b><br>Ascorbic Acid<br>Colloidal Silver<br>Mushroom Gold<br>Lymphdiaral Tincture<br>Olive Leaf Extract<br>P5P50<br>Zinc   |
|  |   | <b>Gastro-Intestinal</b><br>AC Formula II<br>AP Formula<br>Caprylic Acid<br>Colloidal Silver<br>Digestive Enzymes Ultra<br>Digestive Enzymes<br>with Betaine HCL<br>Grapefruit Seed Extract<br>ION*Gut<br>Liver GI<br>Mastic Gum<br>MicroDefense w/Oregano<br>Mixture Thyme | <b>Hormonal Regulation</b><br>Adrenal<br>Ashwaganda<br>Bacopa Monneira<br>Chromium<br>DIM 100<br>DIM-Pro 100<br>DIM Ultra<br>Glucose Support Formula<br>Herbal Female Complex<br>Iodine<br>Kelp<br>Magnesium<br>Niacitol<br>Omega 3<br>Omega 6<br>Phyto-ADR<br>Rhodiola Rosea<br>Saw Palmetto Plus<br>Thyroid Support Complex | <b>Joint support</b><br>A.I. Enzymes<br>A.I. Formula<br>Boswellia<br>Glucos Chondroitin MSM<br>Glucosamine Chondroitin<br>Glucosamine Sulphate<br>Glucosamine MSM<br>Hyaluronic Acid<br>Joint Complex |

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### **Leukotrienes**

Curcumin / Turmeric  
Ginger Extract  
Omega 3  
Omega 6  
Reduced Glutathione  
Selenium  
Silymarin  
Vitamin E  
Zinc

### **Memory / Cognitive**

Acetyl-L-Carnitine  
Black Seed Oil  
Cognitive Complex  
Ginkgo 50

### **Prostaglandins**

Ascorbic Acid  
Magnesium  
Niacitol  
Omega 3  
Omega 6  
P5P50  
Zinc

### **Liver Support – Phase I**

Beta Carotene  
Copper  
Liver GI  
Magnesium  
Selenium  
Vitamin E  
Zinc

### **Liver Support – Phase II**

Black Seed Oil  
Copper  
Folic Acid  
Glutamine  
Glycine  
Iron  
Liver GI  
Methionine  
NAC  
NADH  
Niacin  
Niacitol  
P5P50  
Phosphatidyl Choline  
Riboflavin  
Silymarin  
Turmeric / Curcumin  
Vitamin B12

### **Tissue Acidity**

Basenpulver  
Calcium  
Magnesium  
Potassium  
Synergy K  
Tri-Alkali  
Vitamin D3

### **Urinary Tract Support**

Cranberry/d-Mannose  
Lycopene  
Pygeum  
Saw Palmetto Plus

### **Weight Management**

Black Seed Oil  
Green Tea  
L-Carnitine