

## Environmental Support Basics AM and PM Packs

Cells and tissues are vulnerable to daily damage from chronic stress associated with environmental pollution, lifestyle, illness, medications, metabolic activity, and the aging process. The body's ability to mount an appropriate and effective defense as well as repair damage that may occur is critical to staying healthy. Environmental Support Basics AM and PM Packs are comprehensive nutritional supplements that deliver a broad array of vitamins, antioxidants, fatty acids, and other dietary agents that aid liver detoxification, assist immune function, facilitate energy production, support biological processes, and help protect against oxidative damage associated with environmental influences.

Each Environmental Support Basics AM Pack contains the following nutritional products:

- 1 Liver Support capsule
- 1 Flavonoid Complex capsule
- 1 Vitamin D<sub>3</sub> capsule
- 2 Marine Fish Oil softgels
- 1 B<sub>12</sub>-Folate tablet
- 1 Green Tea Extract capsule
- 1 B-Complex tablet

Each Environmental Support Basics PM Pack contains the following nutritional products:

- 1 Liver Support capsule
- 1 Flavonoid Complex capsule
- 1 Vitamin D<sub>3</sub> capsule
- 2 Marine Fish Oil softgels
- 1 CoEnzyme Q<sub>10</sub> softgel
- 1 Glutathione Support capsule
- 1 Selenium Complex tablet

**Liver Support:** Liver Support capsules provide specific nutrients that protect and assist the liver in carrying out its crucial functions related to detoxification, digestion, and energy production.

- **Milk Thistle** is a common herb containing the active ingredient silymarin, a powerful liver protective compound with antioxidant properties. Silymarin helps the liver work more effectively by preventing harmful toxins from entering cells and by exerting powerful antioxidant protection that interrupts the course of free radical damage.
- **N-Acetyl-L-Cysteine (NAC)** provides cellular antioxidant protection and is the major precursor for intracellular production of glutathione, a crucial antioxidant produced in the liver that deactivates free radicals. Our body's ability to produce glutathione declines with age and exposure to environmental toxins can also increase demand for antioxidant protection from glutathione. In addition, NAC is used by the liver to help neutralize environmental pollutants and other toxins.
- **Alpha-Lipoic Acid** plays an important role in the generation of cellular energy and has the unique capability of providing antioxidant protection within both the fat and water portion of cells.
- **L-Methionine and L-Cysteine** are two amino acids used by the body to increase glutathione levels and provide support against harmful toxins.
- **Taurine** is an important amino acid with the ability to deactivate toxins. Taurine also works to regulate a number of processes throughout the body including heart rhythm, blood pressure, and visual function.
- **Trimethylglycine**, also known as betaine, has been shown effective against the development of a fatty liver that can occur with the ingestion of alcohol. It is also a key methyl donor, a compound needed for many biological reactions.

**Flavonoid Complex:** Also known as bioflavonoids, flavonoids, are natural substances found in berries, grapes, citrus fruit, tea, and other plants that possess extremely valuable antioxidant activity and numerous other health benefits. This product provides full-spectrum extracts, rather than isolated bioflavonoids, so that the complete phytonutrient profile of the plant and their synergistic interactions are preserved. The highly concentrated full-spectrum extracts in Flavonoid Complex provide a wide range of activities that helps maintain a healthy capillary and circulatory system, support collagen formation, assist immune function, aid liver detoxification mechanisms, and help guard body tissues against attack by free radical agents.

- **Pycnogenol® Pine Bark Extract** is a potent scavenger of free radicals involved in inflammatory processes and supports elasticity and integrity of collagen in joints, capillaries, blood vessels, and skin.

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- **Red Grape Extract** has a unique range of beneficial compounds such as flavonols, anthocyanidins, and resveratrol that can help prevent oxidation (free radical attack) of protein, DNA, and LDL cholesterol thus helping to maintain the function and integrity of cells and tissues.
- **Bilberry Extract** is a rich source of anthocyanidins, which are especially helpful in protecting against oxidative damage in the sensitive capillaries of the eye. They also increase vitamin C in cells and support capillary stability and blood flow, effects that are important to eye health.
- **Green Tea Extract** is a concentrated source of catechins that help support immune responsiveness, enzyme function, cholesterol metabolism, hormone production, and appear to protect the skin from UV damage.
- **Ginkgo Biloba** contains glycoside and lactone constituents that help protect nerve cell membranes, mitochondria, and biochemical processes against oxidative damage.
- **Citrus Bioflavonoid Complex** is a concentrated source of quercetin, hesperidin, and naringin derived from citrus fruit peels. These compounds support immune function and exert powerful antioxidant properties that help maintain overall cell integrity.

**Vitamin D<sub>3</sub>:** Vitamin D is a fat-soluble vitamin known as the sunshine vitamin because adequate exposure to sunlight allows the body to produce vitamin D on its own. However, increasing evidence suggests that average vitamin D intake and blood levels are too low. People with malabsorption conditions, impaired kidney function, or limited sun exposure are at highest risk. The most well understood function of vitamin D is the maintenance of normal blood levels of calcium and phosphorus to form and maintain strong, healthy bones. Vitamin D is also recognized to play a role in other physiologic functions such as glucose metabolism, neuro-muscular function, and normal cell differentiation. These packs offer an effective means to attain the body's daily needs of this important vitamin.

**Marine Fish Oil:** This high-potency supplement provides omega-3 EPA and DHA fatty acids derived from ultra-purified fish oil. Often called the "good fats," omega-3 fatty acids exert important favorable actions on maintaining a normal balance of fatty acid derivatives called eicosanoids that help regulate inflammatory responses. Omega-3 fatty acids have also been shown to modulate serum triglyceride levels and support heart, lung, joint, skin, brain, and nerve functions. This product has been highly refined by purification and distillation methods to remove contaminants and concentrate EPA and DHA content, thus making it safe for everyday use.

**B<sub>12</sub>-Folate (AM Pack Only):** B<sub>12</sub>-Folate contains a high concentration of vitamin B<sub>12</sub> balanced with two active "body-ready" natural forms of folate instead of the synthetic form known as folic acid. Both of these water-soluble B-vitamins work together and need to be supplied in the diet in adequate amounts to support nervous system function and help maintain normal levels of the potentially toxic amino acid homocysteine. Vitamin B<sub>12</sub> and folate also play an integral role in DNA synthesis and thus are essential to cell division and proper functioning of virtually all tissues in the body. This product is provided as sublingual tablets that dissolve within a few minutes in the mouth. These tablets may also be swallowed whole if desired.

**Green Tea Extract (AM Pack Only):** Green Tea Extract supplies significant amounts of catechin polyphenols, natural compounds in tea that provide antioxidant protection, increase energy expenditure, and inhibit membrane lipid peroxidation. Catechins are the most abundant class of polyphenols in tea. The principle and most active catechin in green tea is epigallocatechin gallate (EGCG). This product contains significantly higher amounts of EGCG compared to most green tea extracts. It provides 95% polyphenol content supplying 40% catechins as EGCG.

**B-Complex (AM Pack Only):** B vitamins are essential for optimal health and functioning of numerous biochemical reactions in the body. They are required in the diet on a daily basis to support energy production, brain, liver and nerve cell function, and muscle tone in the GI tract. This high-potency B-Complex vitamin supplement is uniquely formulated to provide amounts and sources of B vitamins that are efficiently utilized and well-tolerated by the body.

**CoEnzyme Q<sub>10</sub> (CoQ<sub>10</sub>) (PM Pack Only):** CoQ<sub>10</sub> is possibly the body's most important fat-soluble antioxidant that defends tissues from reactive, oxidative damage. Also known as ubiquinone, CoQ<sub>10</sub> is found in the membranes of every cell in the body. CoQ<sub>10</sub> is an essential component of the energy producing mitochondria power packs of cells. The heart, kidneys, liver, and muscles contain the body's highest tissue concentrations of CoQ<sub>10</sub>. Levels of CoQ<sub>10</sub> progressively fall with age, especially in individuals aged 40 or older, which could possibly contribute to the aging process. This product contains the pure, natural, trans form of coenzyme Q<sub>10</sub> which is the only form that has been utilized and supported by clinical research.

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**Glutathione Support (PM Pack Only):** This dietary supplement provides three natural sulfur-containing compounds important to the body's antioxidant defense mechanisms. The combination of nutrients in Glutathione Support have beneficial antioxidant and detoxifying properties that help protect against free radical damage caused by factors such as aging, environmental pollution, illness, smoking, poor diet, and excessive sunlight.

**Selenium Complex (PM Pack Only):** Selenium is an essential trace element that plays a key role in many functions throughout the body. Selenium is an essential constituent of the enzyme glutathione peroxidase, which scavenges free radicals and reduces cellular peroxides into water and other harmless molecules. Glutathione peroxidase levels are closely tied to selenium status, thus inadequate levels of selenium may lead to a decreased defense mechanism against oxidative damage. In addition, selenium helps protect tissues against damage from exposure to certain heavy metals including mercury, cadmium, and lead and has been shown to assist the immune system in the production of antibodies.

Environmental Support Basics AM and PM Packs can be taken by anyone who wish to assist the liver in its detoxification actions, enhance immune system function, help protect cells against the effects of environmental and metabolic stress, and support many other biological processes crucial to maintaining optimal health.

**Suggested Use:** One Environmental Support Basics AM packet with morning meal and one Environmental Support Basics PM packet with evening meal. To complete dietary needs, consider the addition of MultiMinerals.

**Environmental Support Basics AM Pack formula:**

Supplement Facts			
Serving Size 1 Packet (4 capsules, 2 tablets, 2 softgels) • Servings Per Container 30			
Amount Per Packet		% Daily Value	
Calories	20		
Calories from Fat	20		
Total Fat	2 g	3%†	
Saturated Fat	0 g	0%†	
Polyunsaturated Fat	2 g	*	
Vitamin D <sub>3</sub> (as cholecalciferol)	1,000 I.U.	250%	
Vitamin E (as mixed tocopherols d-alpha, d-beta, d-delta, d-gamma) from soy	10 I.U.	33%	
Thiamine (as thiamine hydrochloride USP)	50 mg	3333%	
Riboflavin USP	50 mg	2941%	
Niacin (80% as niacinamide USP and 20% as niacin USP)	50 mg	250%	
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride USP)	50 mg	2500%	
Folate (50% as folic acid (5-formyltetrahydrofolate) and 50% as 5-methyltetrahydrofolate)	1,200 mcg**	300%	
Vitamin B <sub>12</sub> (96% as cyanocobalamin and 4% as methylcobalamin)	2,600 mcg	43333%	
Biotin USP	1,500 mcg	500%	
Pantothenic Acid (as d-calcium pantothenate USP)	200 mg	2000%	
Choline (as choline bitartrate)	100 mg	*	
Inositol	100 mg	*	
para-Aminobenzoic Acid USP	50 mg	*	
Citrus Bioflavonoids (as citrus bioflavonoid complex, min. 50% bioflavonoids)	125 mg	*	
Alpha-Lipoic Acid	50 mg	*	
N-Acetyl-L-Cysteine USP	150 mg	*	
Taurine USP	50 mg	*	
L-Cysteine	50 mg	*	
L-Methionine	25 mg	*	
Trimethylglycine (betaine)	150 mg	*	
Bilberry ( <i>Vaccinium myrtillus</i> ) fruit, dried extract, min. 25% anthocyanosides	60 mg	*	
Ginkgo ( <i>Ginkgo biloba</i> ) leaf, dried extract, min. 24% ginkgo flavone glycosides and 6% terpene lactones	40 mg	*	
Green Tea (81% <i>Camellia sinensis</i> leaf, dried extract, min. 40% epigallocatechin gallate, min. 95% polyphenols and 19% <i>Camellia sinensis</i> leaf, dried extract, min. 50% catechins polyphenols)	930 mg	*	
Milk Thistle ( <i>Silybum marianum</i> ) fruit, dried extract, min. 80% silymarin	300 mg	*	
Pycnogenol*** Pine Bark ( <i>Pinus maritima</i> ), dried extract	5 mg	*	
Red Grape ( <i>Vitis vinifera</i> ) seeds, skin, and stems, dried extract with resveratrol	100 mg	*	
Marine Fish Oil Concentrate	2,000 mg	*	
Supplying the following Omega-3 fatty acids:	Compound Weight‡	FFA Weight‡‡	
Eicosapentaenoic acid (EPA)	600 mg	540 mg	*
Docosahexaenoic acid (DHA)	400 mg	360 mg	*

Other Ingredients: Gelatin, Vcaps™ vegetarian capsule (hydroxypropyl methylcellulose, water), mannitol, cellulose, carboxymethylcellulose sodium, glycerin, vegetable stearine, stearic acid, water, L-leucine, magnesium stearate, silicon dioxide, natural citrus flavor, and cellulose coating.

\*\*Amount of active isomers from mixed isomer forms.  
 \*\*\*Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product is protected by one or more U.S. patents #4,689,360 / #5,720,956 / #6,372,266 and other international patents.  
 ††Amounts reported as weight of the fatty acid compound.  
 †††Amounts reported as free fatty acid (FFA) equivalents by weight in accordance with voluntary CRN Monograph.

†Percent Daily Values are based on a 2000 calorie diet.  
 \* Daily value not established

**Environmental Support Basics PM Pack formula:**

<b>Supplement Facts</b>			
Serving Size 1 Packet (4 capsules, 3 softgels, 1 tablet) • Servings Per Container 30			
<b>Amount Per Packet</b>		<b>% Daily Value</b>	
Calories	20		
Calories from Fat	20		
Total Fat	2 g	3%†	
Saturated Fat	0 g	0%†	
Polyunsaturated Fat	2 g	*	
Vitamin A (as natural carotenes (alpha, beta, beta-cryptoxanthin, zeaxanthin, and lutein) from <i>D. salina</i> )	1,295 I.U.	26%	
Vitamin C (as L-ascorbic acid USP)	10 mg	17%	
Vitamin D <sub>3</sub> (as cholecalciferol)	1,000 I.U.	250%	
Vitamin E (as mixed tocopherols d-alpha, d-beta, d-delta, d-gamma) from soy	40 I.U.	133%	
Selenium (50% as sodium selenate and 50% as L-selenomethionine)	200 mcg	286%	
Citrus Bioflavonoids (as citrus bioflavonoid complex, min. 50% bioflavonoids)	125 mg	*	
Alpha-Lipoic Acid	50 mg	*	
Coenzyme Q <sub>10</sub> (as ubiquinone)	30 mg	*	
N-Acetyl-L-Cysteine USP	450 mg	*	
Taurine USP	550 mg	*	
L-Glutathione (reduced)	50 mg	*	
L-Cysteine	50 mg	*	
L-Methionine	25 mg	*	
Trimethylglycine (betaine)	150 mg	*	
Bilberry ( <i>Vaccinium myrtillus</i> ) fruit, dried extract, min. 25% anthocyanosides	60 mg	*	
Ginkgo ( <i>Ginkgo biloba</i> ) leaf, dried extract, min. 24% ginkgo flavone glycosides and 6% terpene lactones	40 mg	*	
Green Tea ( <i>Camellia sinensis</i> ) leaf, dried extract, min. 50% catechins (polyphenols)	180 mg	*	
Milk Thistle ( <i>Silybum marianum</i> ) fruit, dried extract, min. 80% silymarin	300 mg	*	
Pycnogenol®** Pine Bark ( <i>Pinus maritima</i> ), dried extract	5 mg	*	
Red Grape ( <i>Vitis vinifera</i> ) seeds, skin, and stems, dried extract with resveratrol	100 mg	*	
Marine Fish Oil Concentrate	2000 mg	*	
Supplying the following Omega-3 fatty acids:	Compound Weight††	FFA Weight†††	
Eicosapentaenoic acid (EPA)	600 mg	540 mg	*
Docosahexaenoic acid (DHA)	400 mg	360 mg	*

Other Ingredients: Gelatin, Vcaps™ vegetarian capsule (hydroxypropyl methylcellulose, water), rice bran oil, cellulose, carboxymethylcellulose sodium, glycerin, stearic acid, water, yellow beeswax, magnesium stearate, L-leucine, silicon dioxide, annatto extract, natural citrus flavor, titanium dioxide, and cellulose coating.

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††Amounts reported as weight of the fatty acid compound.

†††Amounts reported as free fatty acid (FFA) equivalents by weight in accordance with voluntary CRN Monograph.

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

This product was made in a GMP and ISO 9001:2000 registered facility.