

Pittsburgh Alternative Health, Inc.

Environmental Support Basics PM Pack

Dietary Supplement Program

30 packets

Distributed by:

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Supplement Facts

Serving Size 1 Packet (4 capsules, 3 softgels, 1 tablet) • Servings Per Container 30

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

**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.

Suggested Use: 1 packet with evening meal. To complete dietary needs, consider the addition of MultiMinerals.

Each packet contains 1 oval, red/brown **CoEnzyme Q₁₀** softgel, 1 large, white **Glutathione Support** capsule, 1 large, beige **Liver Support** capsule, 2 oblong, clear **Marine Fish Oil** softgels, 1 small round, white **Selenium Complex** tablet, 1 large, medium brown **Flavonoid Complex** capsule, and 1 small, white **Vitamin D₃** capsule.

Do not use if full-bottle shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. KEEP OUT OF REACH OF CHILDREN.

PLEASE NOTE: The tablets in these packets may darken or develop dark spots over time as a result of contact with softgel capsules. This is caused by transfer of moisture from the softgels and does not affect the potency of the products.

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

