

Pittsburgh Alternative Health, Inc.

## Functional Support Basics

Dietary Supplement Program

60 packets

Distributed by:

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[www.PittsburghAlternativeHealth.com](http://www.PittsburghAlternativeHealth.com)



## Supplement Facts

Serving Size 1 Packet (3 tablets, 2 capsules, 1 softgel) • Servings Per Container 60

| Amount Per Packet   | % Daily Value    | Amount Per Packet  | % Daily Value                 |
|---|------------------|--|-------------------------------|
| Calories  | 10               | Copper (as copper glycinate chelate***)  | 1 mg 50%                      |
| Calories from Fat   | 10               | Manganese (as manganese glycinate chelate***)  | 5 mg 250%                     |
| Total Fat   | 1 g 2%†          | Chromium (50% as chromium polynicotinate**** and 50% as chromium nicotinate glycinate chelate***)                      | 100 mcg 83%                   |
| Saturated Fat   | 0 g 0%†          | Molybdenum (as molybdenum glycinate chelate***)  | 75 mcg 100%                   |
| Polyunsaturated Fat   | 1 g *            | Potassium (as potassium aspartate-ascorbate complex)   | 50 mg 1%                      |
| Vitamin A (33% (3,750 I.U.) from fish liver oil and 67% (7,500 I.U.) as natural carotenes (alpha, beta, beta-cryptoxanthin, zeaxanthin, and lutein) from <i>D. salina</i> ) | 11,250 I.U. 225% | Boron (as boron aspartate-citrate)   | 1 mg *                        |
| Vitamin C (as calcium ascorbate and magnesium-potassium ascorbate complex)  | 600 mg 1000%     | Vanadium (as bisglycinate oxovanadium)   | 50 mcg *                      |
| Vitamin D <sub>3</sub> (as cholecalciferol)   | 1,400 I.U. 350%  | Choline (as choline bitartrate)  | 75 mg *                       |
| Vitamin E (as d-alpha tocopheryl succinate and as mixed tocopherols d-alpha, d-beta, d-delta, d-gamma) from soy   | 205 I.U. 683%    | Inositol   | 25 mg *                       |
| Vitamin K (as vitamin K <sub>1</sub> phytonadione)  | 30 mcg 38%       | <i>para</i> -Aminobenzoic Acid USP   | 25 mg *                       |
| Thiamine (as thiamine hydrochloride USP)  | 50 mg 3333%      | Citrus Bioflavonoids (85% as citrus bioflavonoid complex, min. 50% bioflavonoids and 15% as hesperidin methylchalcone) | 50 mg *                       |
| Riboflavin USP  | 25 mg 1471%      | Alpha-Lipoic Acid  | 50 mg *                       |
| Niacin (75% as niacinamide USP and 25% as niacin USP)   | 100 mg 500%      | N-Acetyl-L-Cysteine USP  | 150 mg *                      |
| Vitamin B <sub>6</sub> (as pyridoxine hydrochloride USP)  | 25 mg 1250%      | Taurine USP  | 50 mg *                       |
| Folate (50% as folic acid (5-formyltetrahydrofolate) and 50% as 5-methyltetrahydrofolate)   | 400 mcg** 100%   | L-Cysteine   | 50 mg *                       |
| Vitamin B <sub>12</sub> (50% as methylcobalamin and 50% as 5-adenosylcobalamin)   | 100 mcg 1667%    | L-Methionine   | 25 mg *                       |
| Biotin USP  | 150 mcg 50%      | Trimethylglycine (betaine)   | 150 mg *                      |
| Pantothenic Acid (as d-calcium pantothenate USP)  | 200 mg 2000%     | Milk Thistle ( <i>Silybum marianum</i> ) fruit, dried extract, min. 80% silymarin                                      | 200 mg *                      |
| Calcium (76% as calcium citrate-malate and 24% as calcium ascorbate)  | 250 mg 25%       | Marine Fish Oil Concentrate  | 1,000 mg *                    |
| Iodine (from kelp)  | 75 mcg 50%       | Supplying the following  | Compound Weight† FFA Weight‡‡ |
| Magnesium (75% as magnesium aspartate-ascorbate complex and 25% as magnesium glycinate chelate***)  | 250 mg 63%       | Omega-3 fatty acids:   |                               |
| Zinc (as zinc glycinate chelate***)   | 10 mg 67%        | Eicosapentaenoic acid (EPA)  | 300 mg 270 mg *               |
| Selenium (as selenium amino acid complex)   | 100 mcg 143%     | Docosahexaenoic acid (DHA)   | 200 mg 180 mg *               |

†Percent Daily Values are based on a 2,000 calorie diet.

\*Daily value not established.

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

\*\*Amount of active isomers from mixed isomer forms.

\*\*\*Albion Laboratories

\*\*\*\*ChromMate® brand InterHealth N.I. Covered by one or more U.S. Patents 4,923,855, 4,954,492 and 5,194,615.

†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 twice daily with food.

Each packet contains 1 large, beige **Liver Support** capsule, 1 oblong, clear **Marine Fish Oil** softgel, 3 oblong, yellow **Multiple Vitamins & Minerals** tablets, and 1 small, white **Vitamin D<sub>3</sub>** capsule.

Do not use if neckband shrinkwrap is 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.

**ChromMate**

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