

SUPPLEMENTS can be an alternative to pharmaceutical **DRUGS** that may **IMPROVE** your **HEALTH**.

SUPPLEMENT	BENEFITS
ACIDOPHILUS & PROBIOTICS	The “good” bacteria that may help with digestion and may aid in maintaining a healthy immune system. Can relieve symptoms associated with upset stomach, especially after antibiotic use.
ALOE VERA DISTILLATE	May help in maintaining a healthy digestive tract. Can bring relief to conditions such as IBS, diarrhea, heartburn, acid reflux, chronic constipation, and Chohn’s Disease.
B-12	Promotes healthy nerve cells and red blood cells while improving energy.
BROMELAIN	May aid in digestion and help reduce inflammation.
BODY BALANCE	Liquid multivitamin easily absorbed into body.
CAL APATITE	Comprehensive bone support formula featuring calcium-rich microcrystalline hydroxyapatite concentrate (MCHC), a complex crystalline compound that promotes healthy bone formation and may fight bone thinning. Complete bone nutrition.
CATS CLAW	Anti-inflammatory supplement. Immuno-stimulant properties may help the body fight off infections and protect against degenerative diseases. May also reduce the risk of stroke and heart attack by lowering blood pressure, increasing circulation, reducing heart rate and controlling cholesterol.
CHROMIUM PICOLINATE	Essential for a healthy metabolism, especially as age progresses. Proposed benefits: increased energy, balances blood sugar levels, better carbohydrate metabolism.
CRANTRATE	May promote a healthy urinary tract by keeping correct PH in your urinary tract.
DHEA	Hormone that protects against age-related decline. Supports a healthy circulatory system and joint/bone health. May improve mood and alleviate melancholy.
ESSENTIAL OILS & EPA-DHA	May promote circulation and good skin, hair and nail growth, and a healthy heart.
ESTER C	A powerful antioxidant that functions within the blood stream and inside cells to promote cell membrane strength and improved immune system function. May aid in relieving symptoms of cold and flu and anti-inflammatory effects.
EVENING PRIMROSE	May aid in relieving the symptoms of menopause. Omega 3, 6, and 9. Excellent for maintaining healthy joints.
FORMULA 303	Natural muscle relaxant that may be used to relieve muscle spasm, pulled muscles, tightness in muscles, leg cramps, backache or back sprain, PMS and menstrual cramps, tension and stress, nervousness. Sleep aid.

SUPPLEMENT	BENEFITS
GAN MAO LING	May help to prevent cold and flu if taken at onset of symptoms.
GARLIC TABS	Claims to lower serum cholesterol and triglycerides while raising HDL-cholesterol.
GLUCOSAMINE 90	Promotes joint and cartilage health. Do not take if allergic to shellfish.
L-LYSINE 100	A critical amino acid the body needs in order to grow properly and repair tissue. May aid in relieving symptoms associated with fever blisters and herpes.
MELATONIN	May aid in facilitating healthy sleep and depression symptoms.
MSM	Glucosamine alternative for joint and cartilage health. Promotes anti-inflammatory properties for people with inflammatory arthritis.
NATURAL CALM (MAGNESIUM)	Liquid form of magnesium. Promoted as a natural muscle relaxant that relaxes nerves and muscles, helps with leg cramps, balances calcium intake and restores healthy magnesium levels.
ORCHEX	Promotes adrenal support for natural stress relief.
POTASSIUM	Used to aid in preventing formation of kidney stones that are caused by high levels of calcium or uric acid in the urine.
RED YEAST RICE	Has been used to lower bad cholesterol, LDL & triglycerides. Increases HDL.
SAW PALMETTO	Used to treat an enlarged prostate or benign prostatic hyperplasia (BPH).
SUPER FOOD	Powder form. Highly potent source of vitamins, minerals and herbs derived from rich plant sources for immune support. 100% digestible and easily assimilates.
BIO FREEZE	May be used as an effective pain reliever formulated to provide a variety of benefits for therapy, pain relief, exercise/training and overall comfort.

DISCLAIMER: The information included in this guide is a general overview of specific supplements and may or may not reflect specific remedies, treatments and/or claims associated with any one supplement. Scenic Health Alliance reserves the right to change, update and alter this guide at any time without advanced notice.

Be smart. Diversify your nutrient intake.

Adding a multivitamin with minerals and other nutritional supplements to a wellbalanced selection of foods is a great investment in good health.

Any good investment manager will tell you not to put all your financial eggs in one basket. The same goes for getting the nutrients a body needs to stay healthy and help prevent disease. A well-balanced diet is essential and should be complemented with nutritional supplements to help guarantee healthy returns!

