HOW DO YOU DETERMINE TRUE QUALITY IN SUPPLEMENTS?

NUTRITIONAL FRONTIERS™

Making the world healthy

NUTRITIONALFRONTIERS.COM

NUTRACEUTICAL STANDARDS

FDA DSHEA

MANUFACTURING FACILITIES

cGMP

INGREDIENT SELECTION

GENERIC VS PRT

PRODUCT VS FORMULATIONS

SINGLE NUTRIENT OR COMPREHENSIVE

CLINICAL EFFICACY

WOW BRAND AMBASSADORS

GNC reaches agreement with New York Attorney General to expand testing of its herbal supplements.

By Katharyn Grant (US) on April 1, 2015

Quality Control:

Failure to follow food safety regulations

Unsanitary conditions

Adulteration and misbranding

Undeclared allergens-Cross-contamination

Failure to correct deficiencies

JAMA®

The Journal of the American Medical Association

Drs. Kathleen M. Fairfield/Robert H. Fletcher
Harvard Medical School

Because low vitamin intake has been linked to a host of illnesses, recommend that everybody—regardless of age or health status—take a daily multivitamin.

3 Things You Need to know MULTI AND FISH OIL

Potency – Amount of Ingredients

Form – Bioavailability

Purity – What else is in there?

MULTIVITAMIN

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate and 50% as beta-carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamin mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B_6 (as pyridoxine hydrochloride)	2.0 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B_{12} (as cyanocobalamin)	6 mcg	100%
Biotin	30 mcg	10%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%

Other ingredients: Gelatin, lactose, magnesium stearate, microcrystalline cellulose, FD&C Yellow No. 6, propylene glycol, propylparaben, and sodium benzoate.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (from mixed carotenoids and retinyl acetate)	3,000 mcg	333%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg	133%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447%
Vitamin K (as phytonadione USP)	120 mcg	100%
Thiamin (as thiamin mononitrate)	25 mg	2,083%
Riboflavin	15 mg	1,154%
Niacin (as niacinamide and niacin)	50 mg	313%
Vitamin B_6 (as pyridoxine HCl)	25 mg	1,471%
Folate (as calcium L-5-methyltetrahydrofolate)	1,360 mcg DFE	340%
Vitamin B_{12} (as methylcobalamin)	200 mcg	8,333%
Biotin	500 mcg	1,667%
Pantothenic Acid (as calcium D-pantothenate)	75 mg	1,500%
Choline (as choline bitartrate)	25 mg	5%
Iron (as ferrous bis-glycinate)	18 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium citrate)	40 mg	10%
Zinc (as zinc citrate)	15 mg	136%
Selenium (as selenium aspartate)	100 mcg	182%
Copper (as copper citrate)	1 mg	111%
Manganese (as manganese citrate)	0.5 mg	22%
Chromium (as chromium polynicotinate)	200 mcg	571%

Amount Per Serving	% Daily Value
Molybdenum (as molybdenum aspartate complex)	50 mcg	111%
Proprietary Phytonutrient Blend of:	400 mg	**
Citrus bioflavonoid complex [standardized to 45% hesperidin], green coffee bean extract [standardized to 45% chlorogenic acid], pomegranate whole fruit extract [standardized to 43.2 mg gall… grape seed extract [standardized to 90% oligomer… eberry (*Vaccinium* spp.) fruit extract [standardized to 20… 15% anthocyanins], green tea leaf extract [stan… % EGCG], bitter melon fruit extract, prune … 4:1 extract, Chinese cinnamon (*Cinnam*… gum Arabic tree bark and heartwood extra… rosemary extract [standardized to 7.5% min… rtichoke leaf extract [containing cynarin and ch…		
Myo-Inositol	25 mg	**
Resveratrol (from *Polygonu*…	0 mg	**
Lutein	6 mg	**
Lycopene	6 mg	**
Zeaxanthin	2 mg	**

**Daily Value not established.

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), coating [hydroxypropylmethylcellulose, medium-chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin (color)] and silica.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Frontier Multivitamin is a Complete Multivitamin delivering more than 60 well-balanced nutrients in an easy-to-swallow and absorb vegetarian capsule.

Lutemax 2020 LUTEIN & ZEAXANTHIN · Quatrefolic® · TRAACS®

Lutemax 2020 is a trademark of OmniActive Health Technologies Ltd.
TRAACS® and Albion® are registered trademarks of Albion Laboratories, Inc.
Quatrefolic® is a registered trademark of Gnosis S.p.A U.S. Patent No. 7,947,662

SUPPLEMENT FACTS

Serving Size: 4 Capsules
Servings Per Container: 30 or 60

Vitamin A (10%) Beta Carotene)	2,500 IU
Vitamin C (Ascorbic Acid)	300 mg
Calcium (as Calcium Citrate)	200 mg
Vitamin D3 (Cholecalciferol)	1,000 IU
Vitamin E	20 IU
Vitamin B1 (Thiamine)	25 mg
Vitamin B2 (Riboflavin)	12.5 mg
Vitamin B3 (Niacinamide)	47.5 mg
Vitamin B6 (as Pyridoxal-5-Phosphate Monohydrate)	24.75 mg
Folic Acid (as Quatrefolic® (equivalent to 800mcg of (6S)-5-Methyltetrahydrofolic acid, glucosamine salt))	400 mcg
Vitamin B12 (as Methylcobalamin)	300 mcg
Vitamin B5 (Pantothenic Acid)	125mcg
Biotin	15 mcg
Iodine (as Kelp (Ascophyllum Nodosum))	50 mcg
Magnesium (as TRAACS® Magnesium Biglycinate Chelate)	100 mg
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	7.5 mg
Selenium	50 mcg
Copper (as TRAACS® Copper Bisglycinate Chelate)	5 mg
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	2.5 mg
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	50 mcg
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	25 mcg
Potassium (as Albion® Potassium Glycinate Complex)	25 mg
Proprietary Superfoods Blend	**400 mg**
Cranberry Extract (Vaccinium macrocarpon), Brocolli Powder (Brassica oleracea) (sprout), Garlic Powder (Allium Sativum) (Bulb), Grape Seed Extract (95% Procyanidolic oligomers), Wheat Grass (Triticum Aestivum) (Grass), Apple Pectin, Celery Seed, Chlorella (Chlorella Pyrenoidosa), Papaya Fruit Extract 4:1, Spirulina	
N-Acetyl L-Cysteine	50 mg
Citrus Bioflavonoids	50 mg
Betaine HCl	30 mg
CoQ10 (Coenzyme Q10)(Ubidecarenone)	30 mg
Citrus Pectin	25 mg
Green Tea (50% Polyphenols) (Camellia sinensis)	25 mg
Horseradish Powder	25 mg
Lemon Bioflavanoid	25 mg
Red Beet Powder (Beta vulgaris)	25 mg
Zeaxanthin	25 mg
Choline BiTartrate	15 mg
Inositol	15 mg
Bromelain (2000GDU/g)	10 mg
Lutemax 2020 vegetarian Beadlets (25% Lutein, 5% Zeaxanthin)	10 mg
Glutamic Acid Hydrochloride	5 mg
L-Methionine	3 mg
Lycopene 5% (Lycopersicon Esculentum)	2.5 mg
Vanadyl Sulfate (20% Vanadium)	750 mcg
Boron (as Albion® Bororganic™ Glycine)	150 mcg

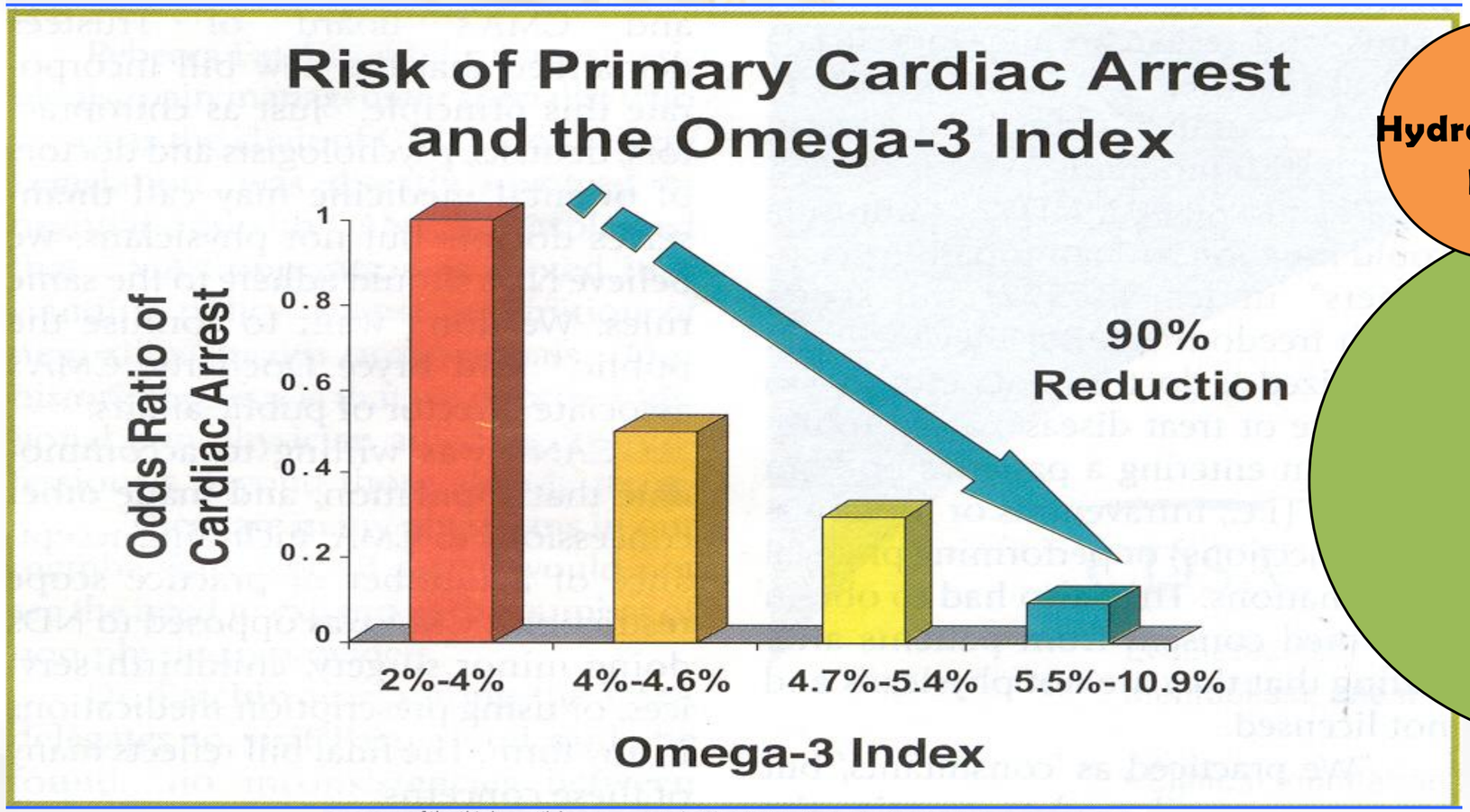
Other Ingredients: Rice Flour, Magnesium stearate, Hypromellose, Water.

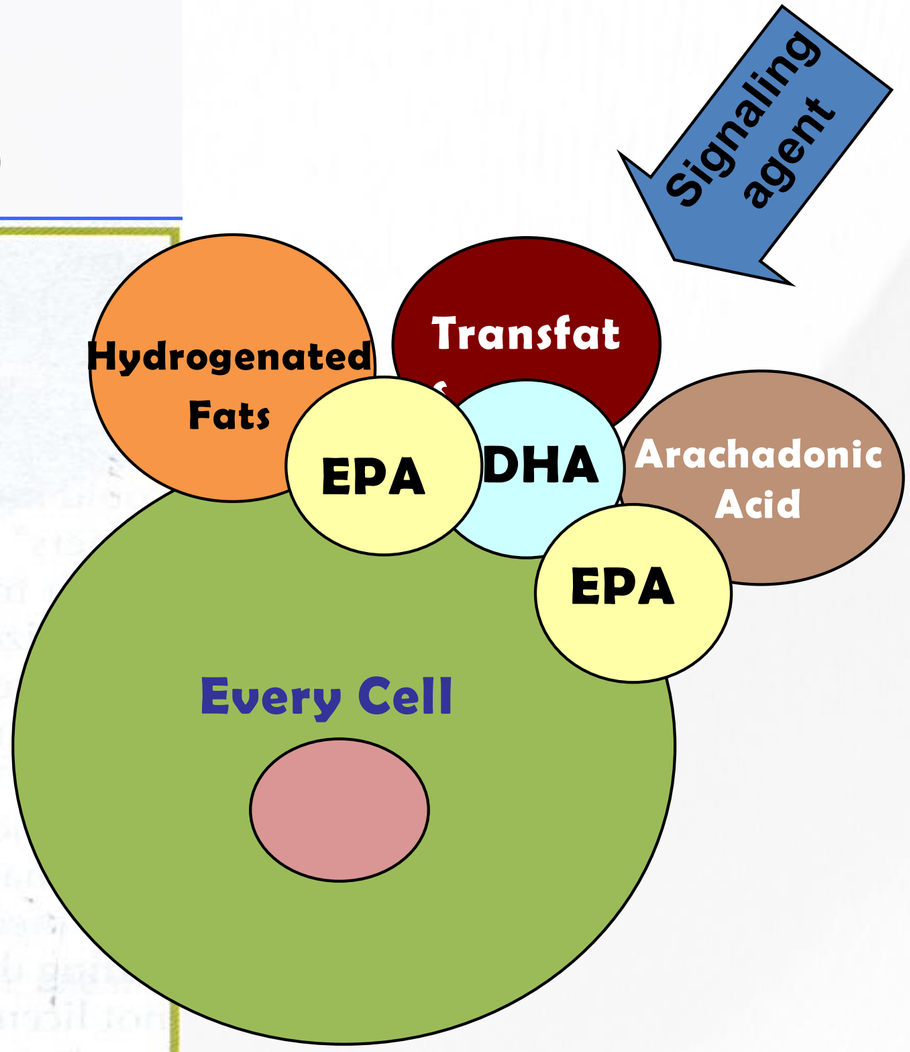
Suggested Use: As a dietary supplement, take 4 capsules daily with food. For those with average or poor health, take 4 capsules twice daily with food.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

MULTI BUNDLE

Omega-3's Reduce the Risk of Heart Attacks by up to 90%





mean of the third quartile) was associated with a 70% reduction in the risk of primary cardiac ar
0.3; 95% CI, 0.2 to 0.6). CONCLUSION--Dietary intake of n-3 polyunsaturated fatty acids from
associated with a reduced risk of primary cardiac arrest.

FISH OIL

25% OFF

Supplement Facts

Serving Size 1 Softgel

Each Softgel Contains	% Daily Value
Calories 10	
Calories from Fat 10	
Total Fat 1 g	2%**
Cholesterol 10 mg	3%**
Fish Oil Concentrate Containing 1000 mg	*
Omega-3 Fatty Acids (EPA+DHA) 250 mg	*
Other Omega-3 Fatty Acids 50 mg	*

*Daily Value not established.

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

FISH OIL

Supplement Facts

SOFTGEL
Serving Size: 2 Softgels
Softgels Per Container: 60, 120, or 240

Calories (energy)	*30*
Calories from Fat	*25*
Total Fat	*3 g*
Cholesterol	*15 mg*
Protein <1 g	
Vitamin D (as Cholecalciferol)	*1000 IU*
Highly Concentrated Omega-3 Marine Oil	*2.6 g*
EPA (Eicosapentaenoic Acid)	*960 mg*
DHA (Docosahexaenoic Acid)	*640 mg*

Ingredients: *Highly Ref ned and Concentrated Omega-3 Marine Oil as Fish Oil and Calamarine® Squid Oil, Capsule Shell (gelatin, glycerin, purif ed water), Natural Lemon Flavor, Proprietary Antioxidant Blend (consisting of natural tocopherols, rosemary extract, and ascorbyl palmitate), Cholecalciferol.*

Product vs. Formulation

$300

GI COMPLETE

$70 ONLY

POWDER
Available Bottle Size: 262 g Raspberry - 275 g Lemon Lime
Serving Size: 1 Scoop (8.7g Raspberry - 9.2g, Lemon Lime)
Servings Per Container: 30

Amount Per Serving	
L-Glutamine	5,000 mg
Galactoarabinan (Arabinogalactans)	1,000 mg
DMG HCL	500 mg
DGL (Deglyrrhizinated Licorice)	500 mg
Aloe Vera Leaf Extract (200:1)	250 mg
Slippery Elm Bark (ulmus rubra)	200 mg
Marshmallow Root (Althhaea Officinalis)	100 mg
Red Beet Powder	100 mg
Zinc Carnosine	75 mg
Stevia	60 mg

Other Ingredients (Raspberry): Natural Flavors, Citric Acid, and Silicon Dioxide
Other Ingredients (Lemon Lime): Natural Flavors, Citric Acid, Malic Acid, Silicon Dioxide, Beta Carotene

NEW 2025 HORMONE BUNDLE