

PRODUCT	BENEFITS	MORE INFO & DOSING RECOMMENDATIONS
IHB CORE DIM \$30 (30 caps)	<ul style="list-style-type: none"> Supports Estrogen Balance & Metabolism Increases Free Testosterone 	1 capsule Daily
IHB CORE METHYL \$45 (60 caps)	<ul style="list-style-type: none"> Supports Methylation & diminishes inflammation Helps normalize B Vitamin Levels Promotes energy 	1 capsule daily.
IHB CORE MULTI <i>Previously Mitocore</i> \$60 (120 caps)	<ul style="list-style-type: none"> Supports Immune Function Aids in Chronic Fatigue Supports Detox **CORE SUPPLEMENT 	2 capsules daily.
IHB CORE PROBIOTIC \$40 (30 caps)	<ul style="list-style-type: none"> Aids in healthy digestion & elimination Enhances immune system Aids in enhancing mood & energy and decreasing inflammation 	1 capsule daily
IHB CORE K2+D3 \$55 (60 caps)	<ul style="list-style-type: none"> Imperative for bone health, heart health, and breast tissue health **CORE SUPPLEMENT 	1 capsule Daily
IHB CORE MAX K2+D3 \$35 (30 caps)	<ul style="list-style-type: none"> Imperative for bone health, heart health, and breast tissue health **CORE SUPPLEMENT 	1 capsule Daily
IHB CORE THYROID \$50 (120 caps)	<ul style="list-style-type: none"> Thyroid Support Hormone Balance Beneficial to metabolic rate & energy production, burning fat & sugar metabolism 	2 capsules daily.
IHB BEAUTY \$35 (60 caps)	<ul style="list-style-type: none"> Provides Key Nutrients for Skin, Hair and Nails Enhances Collagen Formation Thickens and Strengthens Hair and Nails Promotes Hormone Balance 	2 capsules Daily.
IHB HerBalance PROBIOTIC \$40 (30 caps)	<ul style="list-style-type: none"> Helps maintain a healthy vaginal microflora and supports urogenital tract health 	1 capsule Daily.
IHB STRESS <i>Previously TruAdapt</i> \$40 (60 caps)	<ul style="list-style-type: none"> Strengthens the Body's Stress Response and Improves Stress Resilience Improves Memory, Focus and Attention Supports healthy cortisol & energy levels 	2 capsules daily
IHB PROSTATE <i>Previously Prostatrol Forte</i> \$40 (60 caps)	<ul style="list-style-type: none"> Promotes Healthy Urinary Tract Flow and Frequency Supports prostate health 	1 capsule daily.
IHB OMEGA \$45 (60 caps)	<ul style="list-style-type: none"> Supports Cardiovascular Health and Blood Sugar Metabolism Supports Cognitive Function and Development Supports Healthy Skin, Joints and Connective Tissues 	1 capsule daily

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IHB UT PREVENT <i>Previously UT Defense</i> \$40 (30 caps)	<ul style="list-style-type: none"> Provides Support for Healthy Urinary Tract Function Supports Healthy Microbial Balance in the Urinary Tract Helps Maintain a Healthy Mucosal Surface in the Urinary Tract 	1-2 capsules daily
IHB SELENIUM <i>Previously Reacted Selenium</i> \$25 (90 caps)	<ul style="list-style-type: none"> Boosts Antioxidant Reserve and Maintains Normal Inflammatory Balance Promotes Cardiovascular & prostate Health Supports thyroid health Decreases TPO antibodies 	1 capsule daily.
IHB IgGMUNE <i>Previously SBI Protect</i> \$90 (120 caps)	<ul style="list-style-type: none"> Provides Concentrated Immunoglobulins to Enhance Mucosal Immunity Stimulates the Body's Normal Gut Repair Mechanisms Helps Maintain Microbial Balance 	2-4 capsules daily.
IHB IMMUNE <i>Previously OrthoMune</i> \$55 (120 caps)	<ul style="list-style-type: none"> Broad-Spectrum Support for Healthy Immune Function Support Healthy Respiratory Function Maintains Normal Inflammatory Balance 	2 capsules daily
IHB CURCUMIN \$60 (60 caps)	<ul style="list-style-type: none"> Maintains Normal Inflammatory Balance Immune Support 	1-2 capsules daily
IHB IODINE+ \$25 (90 caps)	<ul style="list-style-type: none"> Supports Thyroid Health Supports Healthy Synthesis of Thyroid Hormones Helps Maintain Healthy Breast Tissue 	1 capsule daily
IHB EXCITE \$65 (60 caps)	<ul style="list-style-type: none"> May help promote sexual desire, testosterone production and healthy testosterone metabolism May help support healthy erectile function Beneficial for both male and female 	2 capsules daily
IHB DEEP SLEEP \$60 (60 caps)	<ul style="list-style-type: none"> Supports quality sleep Promotes calming of brain activity 	1-2 capsules at bedtime
IHB NOx \$60 (120 caps)	<ul style="list-style-type: none"> Supports optimal blood pressure Helps maintain endothelial cell elasticity Helps preserve coronary arteries Enhances circulating nitric oxide levels Aids in erectile dysfunction 	4 capsules daily
IHB METABOOST \$50 (60 caps)	<ul style="list-style-type: none"> Helps Enhance Metabolic Activity and Efficiency Aids in Supporting Optimal Weight and Reducing Cravings Supports Healthy Cardiometabolic Function 	2 capsules daily
IHB LIPOBLAST \$55 (60 caps)	<ul style="list-style-type: none"> Supports Healthy Liver Function and Fat Metabolism Protects the Liver from Toxins and Oxidative Stress Helps Maintain Healthy Blood Pressure Levels 	2 capsules daily
IHB METABOLIC SUPPORT \$60 (90 caps)	<ul style="list-style-type: none"> Maintains Healthy Cholesterol Levels Supports Blood Sugar Balance Multidimensional Support for Cardiometabolic Health 	3 capsules daily

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IHB DIGEST \$40 (90 caps)	<ul style="list-style-type: none"> • Supports Healthy Digestion and Maximizes Nutrient Absorption • Supports Gastric Acid Balance and Digestive Function • Provides Protease-Rich Digestive Enzymes for Improved Protein Breakdown • Helps Maintain Healthy Gastrointestinal Flora 	1-2 capsules before each meal
IHB GLUCOBALANCE - CHOCOLATE <i>Previously GlycemaCORE</i> \$70 (1 container/ 30 scoops)	<ul style="list-style-type: none"> • Helps Maintain Normal Blood Sugar Levels • Supports Healthy Body Weight and Metabolism • Promotes a Feeling of Fullness and Reduces Cravings • Strengthens Cardiovascular Health 	2 scoops daily (Start with 1 scoop daily for the first 2 weeks, then work your way to 2 scoops daily)
IHB FOCUS \$65 (60 caps)	<ul style="list-style-type: none"> • Strengthens the Body's Stress Response and Improves Stress Resilience • Improves Memory, Focus and Attention • Supports Healthy Cortisol and Energy Levels • Improves Mental and Physical Performance • Supports Cognitive Health 	2 capsules daily
IHB BALANCE \$35 (60 caps)	<ul style="list-style-type: none"> • Helps maintain healthy menstrual cycle • Promotes healthy progesterone to estrogen balance • Supports normal prolactin levels • Promotes healthy testosterone levels 	1 capsule daily
DNA HEALTH BPC 157 RAPID \$165 (60 caps)	<ul style="list-style-type: none"> • Tendon and injury repair • Soft tissue muscle repair • Reflux/Ulcer • General inflammation & Immune support 	1 capsule daily
DNA HEALTH BPC 157 SLOW \$165 (60 caps)	<ul style="list-style-type: none"> • Inflammatory Bowel • Crohn's, Ulcerative Colitis • Gut permeability/Leaky gut 	1 capsule daily
DNA HEALTH CALM <i>Previously Serene</i> \$85 (30 caps)	<ul style="list-style-type: none"> • Anxiety • Stress Response 	1-2 capsules daily.
Arterosil \$100 (60 caps)	<ul style="list-style-type: none"> • Promotes a healthy heart • Maintains a healthy arterial wall • Beneficial for Erectile Dysfunction, hypertension, elevated inflammation & cholesterol, and cardiovascular prevention & protection 	2 capsules Daily
Formula 30A CBD \$80 (30 caps)	<ul style="list-style-type: none"> • Promotes healthy sleep patterns • Aids in Anxiety/Mood • Helps with inflammation 	1-2 capsules Nightly
Formula 30A CBG \$80 (30 caps)	<ul style="list-style-type: none"> • May aid in mood (anxiety, depression, energy, brain fog) • Helps with inflammation • Antibacterial properties 	1 capsule daily

NUTRACEUTICAL INFO SHEET

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<p>Ferrasorb</p> <p>\$25 (60 caps)</p>	<ul style="list-style-type: none"> Ferrasorb provides iron in chelated form for optimal absorption, plus the active forms of folate and vitamins B6 and B12 – essential for blood-building – and vitamin C to enhance iron's absorption 	<p>1-2 capsules daily</p>
<p>Magnesium CitraMate</p> <p>\$25 (90 caps)</p>	<ul style="list-style-type: none"> Magnesium is essential for the health of the heart and blood vessels, brain, bones, muscles, and lungs This is a combination of magnesium citrate and magnesium malate. Malate pairs with magnesium to provide benefit for fatigue and 	<p>1-2 capsules daily</p>
<p>Magnesium Bisglycinate</p> <p>\$55 (60 scoops)</p>	<ul style="list-style-type: none"> Glycine is a neurotransmitter that promotes relaxation and stress reduction in the body – making Magnesium Bisglycinate a good choice for pre-bedtime supplementation to support restful sleep Magnesium Bisglycinate is a great-tasting powder that can be mixed with water, juice, or with another powdered supplement 	<p>1 scoop daily (preferably before bedtime)</p>