

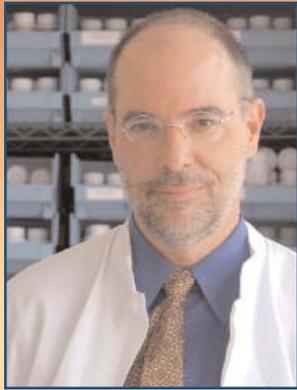


Nurture Nature.

Epigenetic Research™



POST-GENOMIC SOLUTIONS FOR NATUROPATHIC PHYSICIANS



Medicine Across the Generations

Peter D'Adamo, ND

Epigenetics is defined as "a post-genomic changes to the structure of DNA that does not involve changes to the pattern of sequencing itself." These epigenetic changes play a role in the process of cellular differentiation, allowing cells to stably maintain different characteristics despite containing the same genomic material. Evidence is rapidly accumulating which indicates that nutritional status and environmental conditions are two prime influences on epigenetic control, making it a premiere avenue of naturopathic approach.

It was with this appreciation - that a revolution was in the making, a revolution that will provide new context to fundamental underpinnings of naturopathic medicine—that I created Epigenic Research.

Although there are many types of epigenetic inheritance, the three best known are:

Methylation and demethylation.

Roughly half of all genes in mammalian genomes have cytosine-guanine (CpG) rich clusters (CpG islands) associated with the start of the gene, principally in the promoter sections. DNA methylation occurs almost exclusively at CpG nucleotides and has an important role in the regulation of gene expression and the silencing of repeat elements in the genome.

Histone modifications. Acetylation, methylation and phosphorylation of the histones—are important in transcriptional regulation and many are stably maintained during cell division. Proteins that mediate these modifications are often associated within the same complexes as those that regulate DNA methylation histone complexes, which activate gene silencing and activation through chromatin winding and unwinding.

Maternal effect. This is the phenomena where the genotype of a mother is expressed in the phenotype of its offspring, unaltered by paternal genetic influence. This is usually attributed to maternally produced molecules, such as mRNAs, that are deposited in the egg cell. Maternal effect genes often affect early developmental processes such as axis formation. Maternal-fetal interactions may play a critical role in 'anticipation' of prospective future environmental conditions which await the fetus upon birth. The maternal effect may account for Barker's "Thrifty Phenotype" theory and help explain the rising incidence of obesity and diabetes in the industrialized world.

The symbol of the company is the lowly volume control, like any that you would see on a typical appliance. It was selected because it proved to be the perfect metaphor for explaining epigenetics to my patients. Virtually everyone understands that their personal genome is immutable and permanent. But by simply explaining to them that even the most basic of their genes have tiny volume controls on them which regulate how 'loud' or 'soft' that gene is allowed to 'speak' even the most technophobic patients will understand just what is at work. When you add that initial settings of these thousands of individual volume controls is inherited - and, that through birth, adolescence and thereafter the environment is constantly adjusting and readjusting these volume controls, you have a basic thumbnail sketch of epigenetics.

Sound far-fetched? If so, just think back to some dumb thing you did as a teenager. Did you ever smoke a cigarette? Drink beyond your limit? Remember those unpleasant feelings? What happened if you persisted enough in to habituate yourself to the practice? It may have evolved from something unpleasant, to pleasant, to possibly addictive.

What had happened? Simply put, the change in environmental circumstances had sent a message which indicated a need for a reaction to a change in environmental conditions. This response may well have been the induction of a cytochrome enzyme, or a dehydrogenase. Although as doctors we might have been trained to see this as a simple stimuli-response model, in reality it is an epigenetic event.



Epigenic Research

Epigenetic Formulas



Intrinsa™

Intrinsa is a formula composed of the two most bioactive short chain fatty acids.

Butyrate, also known as n-Butanoic acid or normal butyric acid, comes from three dietary sources: unabsorbed dietary fiber that has been fermented from intestinal bacterial flora and rancid butter and cheese. It is a short chain fatty acid which helps support the health and healing of cells in the small and large intestine as well as the colon. In addition, Butyrate has been shown to be a potent inhibitor of histone deacetylation.

Caprylic Acid, also known as octanoic acid, is a medium chain fatty acid and naturally found in breast milk and coconuts. Commonly known for its anti-fungal properties, it is often used in treatment of candidiasis. Due to its size, it is readily absorbed by the intestine and enters the portal circulation, although has difficulty entering fatty cell membranes. Therefore, it is best used in conjunction with butyrate.

120 capsules

Supplement Facts	
Serving Size: 2 Capsules Servings Per Container: 60	
Amount Per Serving	%DV†
Magnesium (from Magnesium Butyrate and Caprylate).....	126 mg 31
Butyric Acid (from Magnesium Butyrate).....	500 mg*
Caprylic Acid (from Magnesium Caprylate).....	335 mg*
Larch Arabinogalactan.....	70 mg*
† - Percent Daily Value * - Daily Value Not Established	

Other Ingredients: Vegetable Cellulose, Calcium Phosphate, Magnesium Trisilicate, Silica, and Magnesium Stearate.

Histona®

Histona is a combination of *Coleus Forskohlii* Root Extract, Magnolia Bark (Houpu) and Salvia (Dan Shen). It is designed to provide a broad spectrum of cell normalization support, stress relief and anti-oxidant protection.

Forskolin is an extract of an Ayurvedic herb that resensitizes cell receptors by activating the enzyme adenylyl cyclase and increasing the levels of cyclic AMP in cells.

Magnolia bark contains magnolol and honokiol, two polyphenolic compounds that have demonstrated anti-anxiety and anti-angiogenic properties. Magnolia polyphenols have great bioavailability since they escape hepatic 'first pass' processing. Magnolol is an effective inhibitor of AGE (advanced glycation endproducts).

Salvia tanshinones and salvianolic acids have anticoagulant, vasodilatory, increased blood flow, anti-inflammatory, free radical scavenging, mitochondrial protective and other activities.

60 capsules

Supplement Facts	
Serving Size: 1 Capsule	
Amount Per Serving	%DV†
Salacia (<i>Salacia oblonga</i>) Root.....	300 mg*
Coleus Forskohlii Root Extract (standardized to 10% Forskolin).....	200 mg*
Magnolia Bark.....	200 mg*
Salvia <i>miltiorrhiza</i> Root.....	100 mg*
† - Percent Daily Value * - Daily Value Not Established	

Other Ingredients: Vegetable Cellulose, Magnesium Stearate, and Silica.

Scienca™

Scienca is an epigenetic, anti-proliferative and anti-inflammatory compound, based upon the common spice turmeric. Curcumin, long used in Indian cooking and by Ayurvedic practitioners appears to have potent epigenetic effects in the body, modifying gene expression without producing changes in DNA sequence.

Curcumin is a potent histone acetylase inhibitor, blocking the expression of class I HDACs (HDAC1, HDAC3, and HDAC8). Histone acetyltransferase (HAT) and histone deacetylase (HDAC) are the enzymes controlling the state of histone acetylation in vivo.

A secondary flavonoid quercetin is added to the formula to enhance its epigenetic effects.

60 capsules

Supplement Facts	
Serving Size: 1 Capsule	
Amount Per Serving	%DV†
Turmeric (<i>Curcuma longa</i> Root).....	460 mg*
Quercetin (from <i>Dimorphandra mollis</i> seed pods).....	50 mg*
Bromelain (1200 GDU/g).....	50 mg*
† - Percent Daily Value * - Daily Value Not Established	

Other Ingredients: Vegetable Cellulose, Magnesium Stearate and Silica.

Epigenetic Research



Helix Plus®

Helix Plus contains *Helix pomatia-aspera*, also known as the "Roman Snail." This species of snail is primarily known for possessing a lectin called Helix Pomatia Agglutinin (HPA). HPA is useful in malignant or neo-malignant states in blood type A, AB, and MM individuals. A-like cancers in these individuals, provide an opportunity for malignant cells to replicate virtually undetected by the immune system because the cell surface glycosylation products of malignant cells are similar to alpha N-acetylgalactosamine residues.

HPA recognizes N-galactosaminylated glycoproteins, binds to them and allows the immune system to recongnize the malignant cell as foreign and stage a response.

60 capsules

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving	%DV†
Edible Snail (<i>Helix aspersa</i>)	215 mg
Larch Arabinogalactan.....	35 mg

† - Percent Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable Cellulose, Silica, Magnesium Trisilicate, and Magnesium Stearate.

Nitricycle™

Nitricycle is a formula designed to optimize nitric oxide performances and recycling.

Nitric oxide controls blood pressure and prevents formation of blood clots by signaling the muscles that control relaxation and expansion of blood vessels. Nitric oxide is synthesized in neurons of the central nervous system, where it acts as a mediator with many physiological functions, including the formation of memory, coordination between neuronal activity and blood flow, and modulation of pain. Huge quantities of nitric oxide are produced in white blood cells to kill invading bacteria and parasites.

Citrulline, a coproduct of the NOS-catalyzed reaction, can be recycled to arginine in a pathway known as the citrulline-NO or arginine-citrulline pathway.

Tanshinone IIA from *Salvia miltiorrhiza* inhibits inducible nitric oxide synthase expression which may help explain its traditional use as an anti-inflammatory.

60 capsules

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	%DV†
Cordyceps	100 mg
L-Arginine	100 mg
Dragon's Blood Croton (<i>Croton lechleri</i>) Resin	50 mg
Gynostemma (<i>Gynostemma pentaphyllum</i>) Aerial Parts	50 mg
L-Citrulline	50 mg
Asian Ginseng (<i>Panax ginseng</i>) Root	50 mg
Chinese Salvia (<i>Salvia miltiorrhiza</i>) Root	50 mg

† - Percent Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable Cellulose, Magnesium Trisilicate, Silica, and Magnesium Stearate.

Rekon Pro™

Rekon Pro is a blend of herbal and homeopathic compounds known to contain Tn specific lectins or to otherwise increase anti-Tn (Thommsen Friedenreich) antibodies.

Baptisia tinctorialis in low dilutions produces a form of anti-bodies to the bacillus typhosus, i.e. the agglutinins. Thus it raises the natural bodily resistance to the invasion of the bacillary intoxication, which produces the typhoid syndrome."

Baptisia is known to possess Tn like antigenic attributes. *Lamium*, *Salvia* and *Marrubium* species are also known to induce anti-Tn, probably due to the possessing of anti-Tn specific lectins. Phyllanthus is reputed to minimize toxic reactions to *S. typhii* antibody induction.

60 capsules

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	%DV†
Wild Indigo (<i>Baptisia tinctoria</i>) Root	200 mg
Horehound (<i>Marrubium vulgare</i>) Aerial Parts	75 mg
Phyllanthus <i>amarus</i> Aerial Parts Standardized Extract (Standardized to 3% Bitter Principles)	17 mg
White Nettle (<i>Lamium album</i>) Extract	6 X
Sage (<i>Salvia officinalis</i>) Extract	6 X

† - Percent Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable Cellulose, Magnesium Trisilicate, Silica, and Magnesium Stearate.

Metabolic Conditioners



Glycoscia™

Glycoscia supports the body's natural ability to maintain health blood sugar levels and mitigate advanced glycation end products.

Quercetin, an aldose reductase inhibitor, supports the body against neuropathies and retinopathies associated with dysglycemia. *Salacia oblonga* inhibits alpha-glucosidase in the intestinal brush border. Inhibition of alpha-glucosidase decreases the breakdown of carbohydrates into absorbable monosaccharides and therefore helps support decreases in postprandial blood glucose levels. In addition, it enhances the expression of peroxisome proliferators-activated receptor (PPAR)-alpha, which helps regulate lipid utilization and storage, lipoprotein metabolism, adipocyte differentiation, and insulin action.

Reserach suggests that maitake mushroom polysaccharides (MMP) may lower blood glucose in individuals with type II diabetes. This hypoglycemic effect is thought to be due to enhancing peripheral insulin sensitivity. Resveratrol has number of beneficial health effects including neuroprotection, anti-aging, and anti-inflammatory effects.

60 capsules

Supplement Facts	
Serving Size: 1 Capsule	
Amount Per Serving	%DV†
Salacia (<i>Salacia oblonga</i>) Root	300 mg ... *
Red Sage (<i>Salvia miltiorrhiza</i>) Root	75 mg ... *
Maitake Mushroom (<i>Grifola frondosa, mycelia</i>)	50 mg ... *
Quercetin	50 mg ... *
Trans-Resveratrol (from <i>Polygonum cuspidatum</i> Root)	50 mg ... *

† - Percent Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable Cellulose, Magnesium Trisilicate, Magnesium Stearate, and Silica.

Pylora™

Pylora is comprised of seven synergistic ingredients that support gastric health.

Mastic gum helps support the prevention and healing of gastric and duodenal ulcers. The *Thalictrum* resin in mastic gum has been shown to induce morphological abnormalities and cellular fragmentation in *H. pylori* cells.

Safflower tops help provide additional support for ABO nonsecretors against *H. pylori* infestation. Bentonite clay's structure assists it in attracting and soaking up poisons on its exterior wall and then slowly drawing them into the interior center of the clay where it is held in a sort of repository. Slippery elm preparations cause reflex stimulation of nerve endings in the GI tract, leading to mucous secretion which may protect the GI tract against ulcers and excess acidity.

Bismuth acts at the site of the ulcer by coating the ulcer and protecting it from the stomach acid. The polysaccharide fucoidin in bladderwrack also serves to inhibit the growth of many unfriendly viruses and bacteria including *H. pylori*.

90 capsules

Supplement Facts	
Serving Size: 2 Capsules	
Servings per Container: 45	
Amount Per Serving	%DV†
Mastic Gum (from <i>Pistacia lentiscus</i>)	300 mg ... **
Safflower (<i>Carthamus tinctorius</i>) Tops	150 mg ... **
Bentonite Clay	150 mg ... **
Slippery Elm (<i>Ulmus fulva</i>) Bark	75 mg ... **
Bismuth (as Citrate)	50 mg ... **
Cranesbill (<i>Geranium maculatum</i>) Root	25 mg ... **
Seaweed Kelp (<i>Fucus vesiculosus</i>) Whole plant	25 mg ... **

† - Percent Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable Cellulose, Rice Flour, Magnesium Stearate, Silicon Dioxide.

Aromastat™

Aromastat is an all natural blend of herbs shown in clinical studies to inhibit the cytochrome P-450 enzyme aromatase.

By inhibiting the conversion of androstenedione and testosterone to estrogens, **Aromastat** can be used to support the body's natural hormone regulatory pathways in cases of estrogen dominance and progesterone and testosterone deficiencies.

Indole-3-Carbinols (I3C), a precursor to diindolymethane (DIM) and indole carbazole (ICZ), are primarily found in cruciferous vegetables. I3C has been shown to increase the ratio of 2-hydroxyestrone to 16 alpha-hydroxyestrone and inhibit the 4-hydroxylation of estradiol. Flavones chrysin, found in the herb *Passiflora incarnate*, and apigenin from *Matricaria recutita* (Chamomile), are potent natural aromatase inhibitors. Isoflavones found in soy, most notably genistein and diadzein, are also potent aromatase inhibitors.

60 capsules

Supplement Facts	
Serving Size: 1 Capsule	
Amount Per Serving	%DV†
Chamomile Flower Extract (<i>Matricaria recutita</i>) (Standardized to 1.2% Apigenin)	75 mg ... *
Chrysin	75 mg ... *
Turmeric (<i>Curcuma longa</i>) Root Extract (Standardized to 95% Total Curcuminoids)	10 mg ... *
Daidzein	10 mg ... *
Genistein	10 mg ... *
Indole-3-Carbinol	5 mg ... *
Glycilein	2 mg ... *

† - Percent Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable Cellulose, Magnesium Trisilicate, Silica, and Magnesium Stearate.

Our Turmeric (*Curcuma longa*) Root Extract (Standardized to 95% Total Curcuminoids) is Curcumin C3 Complex®, which is a patented product of Sabinsa Corporation.

EpiGenic Research

Detox and Anti-Adhesion



Ara Plus™

Arabinogalactans from the western larch tree, *Larix occidentalis*, are high-molecular weight polysaccharides capable of up-regulating critical aspects of the digestive and immune systems. Unlike other establishments, Epigenic Research uses only nutraceutical grade arabinogalactan in its **Ara Plus** formula.

A source of dietary fiber, larch arabinogalactans are known to increase the production of short chain fatty acids, butyrate and propionate which are critical for colon health. In addition, it serves a pre-biotic, acting to support the increase both *Bifidobacteria* and *Lactobacillus*.

Arabinogalactans have been shown to have dramatic effects on bacterial adherence and have shown immune enhancing activity in animal and in-vitro research studies including modulation of NK cell cytotoxicity. Quercetin and ascorbic acid have been added to the formula to enhance absorption and effectiveness.

90 capsules

Supplement Facts	
Serving Size: 1 Capsule	
Amount Per Serving	%DV†
Vitamin C.....	100 mg.....166
(from Mineral Ascorbates: Calcium (<1% DV†), Magnesium (<1% DV†), Sodium (<1% DV†), and Potassium (<1% DV†))	
Larch Arabinogalactan	360 mg.....*
Quercetin	120 mg.....*
† - Percent Daily Value * - Daily Value Not Established	

Other Ingredients: Vegetable Cellulose, Magnesium Trisilicate, Silica, and Magnesium Stearate.

Detoxical™

The body's detoxification systems have a daily demand placed upon them by both external and internal pollutants. For those whose systems carry the burden of additional demand, **Detoxical** may be helpful.

Detoxical is a unique blend of two synergistic ingredients. Glucaric acid is found in small amounts in our bodies and in fruits and vegetables. Calcium d-glucarate is a form of glucaric acid, which is utilized in the body to enhance the process by which the body rids itself of potentially dangerous environmental pollutants, including foreign organic compounds, fat-soluble toxins and excess steroid hormones such as estrogen.

Phyllanthus contains these two lignans, as well as alkaloids, and bioflavonoids (e.g., quercetin and catechin), and geraniin, a tannin which is an in vitro anti-viral agent. While it remains unknown as to whether all of these ingredients have an anti-viral effect, research shows that this herb acts primarily on the liver.

90 capsules

Supplement Facts	
Serving Size: 1 Capsule	
Amount Per Serving	%DV†
Calcium (from Calcium D-Glucarate™).....	24 mg2
Calcium D-Glucarate™	200 mg*
<i>Phyllanthus amarus</i> Extract (standardized to 3% Bitter Principles)	17 mg*
† - Percent Daily Value * - Daily Value Not Established	

Other Ingredients: Vegetable Cellulose, Magnesium Stearate, and Silica.

Calcium D-Glucarate™ is a trademark of Nutraceutix, Inc.

Reflect™

Reflect provides anti-adhesive therapy to lectin sensitive individuals. The formula blocks the effects of dietary lectins before they cause damage, by providing a source of free blocking monosaccharides and amino sugars

These blocking sugars which bind to dietary lectin before they can attach to the cells. The amino sugars in **Reflect** also encourage healthy bowel flora, although they do not provide a source of flora themselves. These same amino sugars are healthy enhancers of joint gliding surface and synovia as well.

Reflect is indicated in instances of compromised gut integrity (leaky gut), rapid weight gain secondary to consumption of carbohydrate based diets, and immune dysregulation.

120 capsules

Supplement Facts	
Serving Size: 2 Capsules	
Servings Per Container: 60	
Amount Per Serving	%DV†
N-Acetyl D-Glucosamine (Isolated from crab shell)	500 mg*
Sodium Alginate	400 mg*
Bladderwrack Seaweed (<i>Fucus vesiculosus</i>) Whole Plant	200 mg*
Larch Arabinogalactan	200 mg*
Gum Tragacanth	100 mg*
N-Acetyl Cysteine	100 mg*
† - Percent Daily Value * - Daily Value Not Established	

Other Ingredients: Vegetable Cellulose, Magnesium Trisilicate, Silica, and Magnesium Stearate.



Cortiguard®

This proprietary blend of adaptogenic herbs and vitamins supports the normal physiological functions of the body in the face of stress and helps prevent stress-induced exhaustion.

Bacopa monniera, Linn. (Brahmi: Scrophulariaceae), an Ayurvedic medicine, is clinically used for memory enhancing, epilepsy, and insomnia and as mild sedative. The results suggested that Brahmi is a potent antioxidant. Modern research has validated the Ayurvedic claims indicating that *Bacopa monniera* can improve performance in various learning situations. The alkaloid fraction of the root of *Boerhaavia diffusa* has a dramatic effect in buffering against elevation of plasma cortisol levels under stressful conditions. Subsequent to this buffering of cortisol, *Boerhaavia* alkaloids also prevent a drop in immune system performance.

Indicating a bi-directional adaptogenic activity, these same plant alkaloids also act to reverse the depletion of adrenal cortisol associated with adrenal exhaustion.

60 capsules

Supplement Facts	
Serving Size: 1 Capsule	
Amount Per Serving	%DV†
Vitamin C (Ascorbic Acid).....	175 mg... 291
Thiamine (Thiamine Hydrochloride).....	12.5 mg... 833
Vitamin B6 (from Pyridoxine Hydrochloride).....	15 mg... 750
Pantothenic Acid (from D-Calcium Pantothenate).....	75 mg... 750
Bacopa Leaf (<i>Bacopa monniera</i>).....	100 mg.....*
Boerhaavia 12:1 (<i>Boerhaavia diffusa</i>) Root Extract ..	50 mg.....*
Asian Ginseng (<i>Panax Ginseng</i>) Root.....	25 mg.....*
Eleuthero (<i>Eleutherococcus senticosus</i>) Root.....	25 mg.....*
Alpha-Lipoic Acid	3 mg.....*

† - Percent Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable Cellulose, Magnesium Trisilicate, Silica, and Magnesium Stearate.

Catechol®

Catechol is a blend of synergistic amino acids, vitamins, minerals and the herb *Rhodiola rosea* to support the body's natural mechanisms in breaking down excess catecholamines in response to stress. Specifically in blood type O individuals, monoamine oxidase is not as bioactive as in other blood types.

L-tyrosine and arginine have been added to support healthy dopamine levels and recycle nitric acid in the nervous system. *Rhodiola rosea* extract helps modulate the effects of excess epinephrine and norepinephrine. The proprietary blend of vitamins and minerals have been formulated to support the body's need for supply of these in stressful conditions.

60 capsules

Supplement Facts	
Serving Size: 2 Capsules	
Servings Per Container: 30	
Amount Per Serving	%DV†
Vitamin C (Magnesium Ascorbate).....	40 mg.....66
Vitamin B6 (from Pyridoxine HCl).....	15 mg.....750
Folic Acid.....	100 mcg.....25
Vitamin B12 (Methylcobalamin).....	25 mcg.....416
Magnesium (Ascorbate).....	20 mg.....5
Selenium (L-Selenomethionine).....	15 mcg.....21
L-Tyrosine.....	600 mg.....*
Rhodiola (<i>Rhodiola rosea</i>) Root Extract.....	200 mg.....*
L-Methionine.....	50 mg.....*
Trimethylglycine.....	50 mg.....*
Coenzyme Q10.....	3 mg.....*

† - Percent Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable Cellulose, Magnesium Trisilicate, Silica, and Magnesium Stearate.

Tranquility Base™

Tranquility Base is designed to help provide mental and physical relaxation, while decreasing occasional stress and anxiety. GABA (gamma amino butyric acid) is the primary central nervous system inhibitory neurotransmitter. GABA exerts anticonvulsant, sedative, and anxiolytic effects at the cellular level. GABA receptors are the primary receptor sites of benzodiazepines in the central nervous system.

Theanine is the major amino acid found in green tea and appears to be a relaxant that increases alpha-waves, producing mental and physical relaxation while decreasing stress and anxiety, without inducing drowsiness. Theanine has historically been used for its relaxing and anti-anxiety effects. It's thought that theanine might work for anxiety by increasing levels of GABA and serotonin.

Clinical research suggests that lemon balm induces a calming effect and reduces alertness. The sedative activity of German chamomile are unclear however preliminary research suggests that apigenin can bind to gamma-aminobutyric acid (GABA) receptors.

60 capsules

Supplement Facts	
Serving Size: 1 Capsule	
Amount Per Serving	%DV†
GABA (Gamma-Aminobutyric Acid).....	150 mg.....*
L-Theanine.....	150 mg.....*
Lemon Balm (<i>Melissa officinalis</i> Leaf).....	100 mg.....*
Chamomile Leaf Standardized Extract (from <i>Matricaria recutita</i> , Standardized to 1.2% Apigenin).....	75 mg.....*

† - Percent Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable Cellulose, Magnesium Trisilicate, Silica, and Magnesium Stearate.



Connectivar™

Connectivar helps support healthy vasculature and ligament strength and integrity.

Manganese, an essential trace mineral, helps to support ligament strength and maintain joint stability. It is a component of several enzyme systems and is essential for normal bone structure. *Ruscus aculeatus* (Butcher's Broom) has venotonic properties that reduce venous capacity and pooling due to the presence of its active steroidal saponin constituent, ruscogenin. Ruscogenin produces vasoconstriction through direct activation of alpha-adrenergic receptors, causing a release of noradrenaline at the vascular wall.

Rutin-Hesperidin, a citrus bioflavonoid complex, helps provide antioxidant and anti-inflammatory protection to vasculature structure. It helps maintain healthy venous tone and reduces stasis. *Centella asiatica*, Gotu Kola, improves connective tissue by increasing fibroblast activity, stimulating collagen and glycosaminoglycan synthesis, and increasing epithelial cell turnover.

60 capsules

Supplement Facts	
Serving Size: 1 Capsule	
Amount Per Serving	%DV†
Manganese (from Manganese Picolinate)	3 mg ... 150
Butcher's Broom Root Extract (from <i>Ruscus aculeatus</i> , Standardized to 10% Ruscogenins)	100 mg
Rutin-Hesperidin Complex	50 mg
Gotu Kola Leaf Extract (from <i>Centella asiatica</i> , Standardized to 10% Asiaticosides)	30 mg

† - Percent Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable Cellulose, Magnesium Trisilicate, Magnesium Stearate, and Silica.

Exakta™

Exakta is a precise proprietary blend of nutrients including vitamins, minerals, Omega 3 EPA/DHA fish oil blend essential fatty acids, and botanicals.

Exakta utilizes only highly bio-available vitamin and mineral sources, such as: Vitamin A from 100% micro-algae Beta Carotene; Vitamin C from natural source acerola berry instead of corn derived ascorbic acid and highly buffered calcium from Maerl seaweed.

To support immune system balance and provide soluble fiber and prebiotics, arabinogalactans from the western larch tree, *Larix occidentalis*, have been added. Exakta provides potent anti-oxidant support from Green Tea and four highly concentrated extracts from Elderberry, Black Cherry, Blueberry and Cranberry.

Unique to this formula is iron in a basic, cautious, bio-available form and amount to support the recommendation for pregnancy, and the typical, increased demands for seniors.

120 capsules

Supplement Facts			
Serving Size: 2 Capsules			
Servings Per Container: 60			
Amount Per Serving	%DV†	Amount Per Serving	%DV†
Vitamin A (100% w/ Beta-Carotene) (from <i>Dunaliella salina</i>)	512.5 IU	Manganese (from Manganese Citrate)	0.5 mg ... 25
Vitamin C (from Ascorbic Acid)	37.5 mg	Chromium (from Chromium Polychromate)	12.5 mcg ... 10
Vitamin D (Cholecalciferol)	37.5 IU	Molybdenum (from Sodium Molybdate)	7.5 mcg ... 10
Thiamin (from Thiamin HCl)	3.75 mg	Chloride (from Sodium Chloride)	5 mg ... < 1
Riboflavin	5 mg	Sodium (from Sodium Chloride)	3 mg ... < 1
Niacin (as Nicotinamide)	2.5 mg	Potassium (from Potassium Phosphate)	49.0 mg ... < 2
Vitamin B6 (from Pyridoxine HCl)	5 mg	Proprietary Blend	161 mg *
Folic Acid	400 mcg ... 100	(Contains: Arabinogalactan (from <i>Larix occidentalis</i> (Larch)), Berry Concentrate Blend (Contains: 4:1 Fruit Extracts of Elderberry (<i>Sambucus canadensis</i>), Black Cherry (<i>Prunus avellana</i>), and Blackberry (<i>Rubus occidentalis</i>)), Citrus Bioflavonoid Complex, Dried Green Tea Blend (standardized to 50% Polyphenol Content), Omega 3 Blend (from Fish Oil, contains EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid)), and PHBA (Para-Aminobenzoic Acid))	
Vitamin B12 (from Methylcobalamin)	7.5 mcg ... 150		
Biotin	200 mcg ... 50		
Parathionol (from D Calcium Parathionol)	5 mg ... 50		
Calcium (Seaweed Extract, Derived from <i>Lithothamnium corallioides</i> and <i>Lithothamnium calcareum</i>)	150 mg		
Iron (from Ferric Succinate)	9 mg ... 50		
Iodine (from Potassium Iodide)	37.5 mcg ... 25		
Magnesium (from Magnesium Citrate and Magnesium Oxide)	50 mg ... 12		
Zinc (from Zinc Picolinate)	7.5 mg ... 50		
Selenium (from L-Selenomethionine)	5 mcg ... 7		
Copper (from Copper Gluconate)	0.5 mg ... 25		

† - Percent Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable Cellulose, Magnesium Trisilicate, Magnesium Stearate, Vegetable Starch, 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 reach of children. In case of accidental overdose call a doctor or poison control center immediately.

Manufactured in the USA for:
North American Pharmacal, Inc.
 213 Danbury Road, Wilton, CT 06897
 Visit our website at www.4yourtype.com
 or call 1-877-226-8973

Clearcal™

Clearcal is a pure calcium supplement without any added mineral cofactors. The calcium is derived from Lithothamnium Calcareum, a Red Algae called "Maerl." Maerl is found only in the isolated areas off the pristine coast of Northwest Ireland.

Of all the sources of calcium, Maerl has one of the lowest levels of undesirable contaminants and comprises a wide variety of essential nutrients including calcium, and trace amounts of magnesium, boron, and zinc.

Its superior buffering capacity allows Maerl-based sea **Clearcal** to maintain very high rates of absorption, which results in a very high degree of bioavailability.

120 capsules

Supplement Facts	
Serving Size: 1 Capsule	
Amount Per Serving	%DV†
Calcium	500 mg ... 50
(Seaweed Extract, Derived from <i>Lithothamnium corallioides</i> and <i>Lithothamnium calcareum</i>)	

† - Percent Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable Cellulose, Magnesium Trisilicate, Magnesium Stearate, and Silica.

Test Kits and Panels



ABO and RhTest Kit

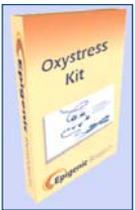


This kit comes complete with everything you need to determine ABO and Rh blood group in real time. Includes instructions, finger lancet and alcohol prep, plastic applicator sticks and testing card. Total time to results is less than five minutes.

Professional Ten Pack

Professional Ten Pack

Urinary MDA Kit



A quick and easy urine test-kit designed to measure the level of free radical stress. MDA (Malondialdehyde) is a byproduct produced when free radicals oxidize fat. MDA is excreted in the urine and is used as a standard measurement for oxidation level damage by free radicals.

Professional Ten Pack

Salivary Secretor Test



Saliva based test to determine ABH secretor status, a clinically important metabolic and immunologic polymorphism. Complete with all collection materials and prepaid mailer.

Professional Ten Pack

Biometrics Kit



This kit comes complete with everything you need to determine all measurement data needed for inclusion in SWAMI GenoType. Kit includes ruler/ protractor (D2/D4 ratio, gonial angle); PROP taster strips and controls; pre-inked mylar fingerprint sheets (dermatoglyphics, fluctuation asymmetry), hand magnifier. Instructional DVD included.

Professional Ten Pack

D'Adamo Serotype Panel (DSP)



Complete serotyping panel, assaying all major blood groups and blood group subtypes. Inclusion of this data maximizes report specificity of the **SWAMI GenoType** software.

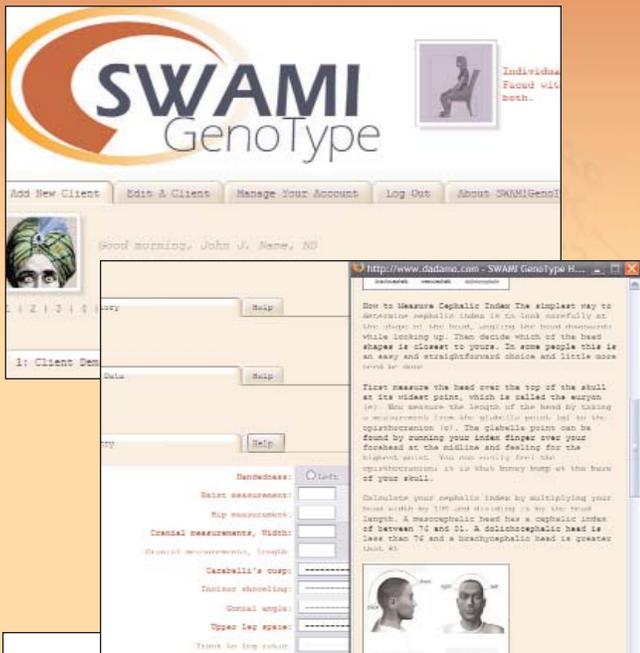
The DSP tests for the following polymorphisms:

- ABO blood group
- Rh blood group (CDE haplotypes)
- A1/A2 subtype
- MN blood groups
- Lewis blood group

Complete with all collection materials and prepaid mailer. Turnaround time for results is typically 48 hours after receipt of specimen, Phlebotomy required.

Available individually or in a specially priced Ten Pack as part of the Epigenic Development Environment (EDE), a suite of procedures, materials, software, and solutions that can provide you with almost everything needed so you can provide individualized, high value nutritional advice to your patients. (see page 12)

SWAMI GenoType Software



SWAMI GenoType™

SWAMI GenoType is a sophisticated collection, search and sort, analysis and report display software program written by Dr. Peter D'Adamo.

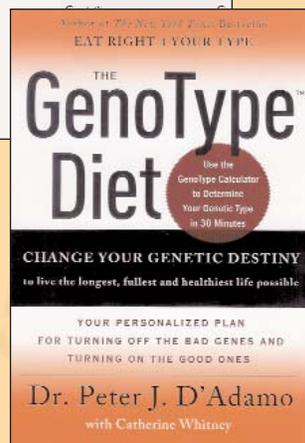
Incorporating a variety of serotyping polymorphisms, biometric measurements and dermatoglyphic data SWAMI GenoType allows you to add an astounding amount of new detail to your dietary recommendations and supply your patients with an incredibly detailed, reader friendly and versatile report, along with a complete dietary and supplement protocol.

SWAMI GenoType is designed to grow as your horizons expand. Planning on adding nutritional SNPs to your practice? Does your patient have information on their ancestral DNA haplogroups? Doing breath hydrogen determinations to check for bacterial overgrowth? No problem! Although not required, SWAMI GenoType can incorporate these data, and more!

SWAMI GenoType features an attractive, well structured user interface. Web-based, so you are always using the latest version of the software. Extensive help and information screens make getting your data into SWAMI GenoType a snap. Your patients receive a beautiful, personalized diet plan.

Plus, SWAMI GenoType is designed to synergize with Dr. D'Adamo's upcoming mass-market book **The GenoType Diet®**.

SWAMI GenoType is available to physicians as Ten Use and Thirty Use Licenses (a special Unlimited Monthly License is available for high volume facilities) and as part of the **Epigenic Development Environment** (Page 12)





How PharmaShare works:

- Simply jot down the Epigenic Research® and/or Right 4 Your Type® products you suggest for your patient on our handy order pad. Your pad includes easy ordering instructions for your patient as well as a space to clearly notate your PharmaShare ID number.
- When your patient places an order using your ID number, we immediately credit your account with PharmaShare Credits. View your credits anytime.
- You can choose to use your Credits anytime to place orders with Epigenic Research, or you can let them accumulate.
- Once a month, we'll send you a check for all credits you've accumulated.

PharmaShare™ Your Virtual Apothecary

We stock, we pack, we ship – we send you a check.

Easily and quickly order professional-only Epigenic Research® line and Right 4 Your Type® products.

Benefits to the Professional

You can easily order for your patients by phone or online 24/7 in your own online portal—or your patients can order online or by phone. If you prefer to order directly, we can easily drop-ship that order to your patient, if you like.

Once a month, we cut you a check for 30% of the retail price your patient pays.

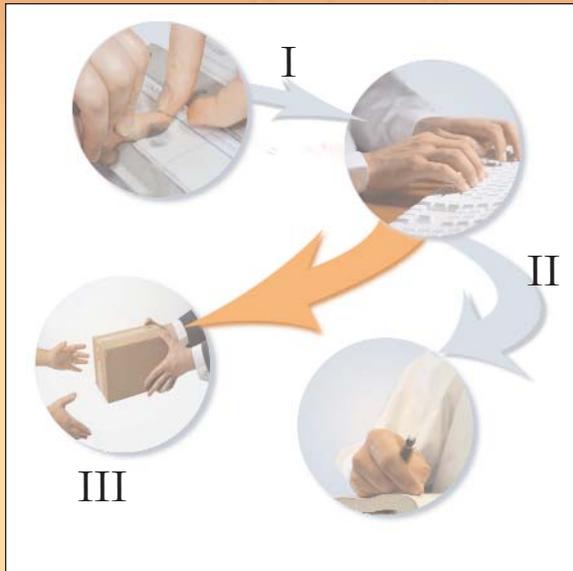
You receive a check for all products ordered by all patients you refer—month after month—even when they order other products you didn't directly suggest. Your patient is permanently linked to your unique PharmaShare ID number.

View all transactions and orders made by your patients in real time in your online PharmaShare portal!

There is no cost to your patients or to the professional for participating in the PharmaShare program.

Even better, PharmaShare is designed to knit seamlessly with SWAMI GenoType as part of the The Epigenic Development Environment (page 12) allowing you to provide completely integrated nutritional solutions for your patients.

The Epigenetic Development Environment



Here's a new opportunity to utilize an effective development environment to increase the specificity, effectiveness and scope of your nutritional counseling.

As physicians we try to insure that the information we dispense to our patients provides comprehensive and individualized recommendations and prescriptions. But in a busy practice time is a treasured commodity.

Introducing the Epigenetic Development Environment (EDE)

The EDE is a suite of procedures, materials, software, and solutions that can provide you with almost everything needed so you can provide individualized, high value nutritional advice to your patients.

Here's how the EDE works:

The EDE begins with you, the doctor. You decide which patients are better suited for this type of protocol.

From there on in, we take over, supplying you with testing material and access to the **SWAMI GenoType** software for dietary report generation and supplementation guidelines.

The EDE is accomplished in two visits: the first visit involves history, anthropometric measurements, and serotyping (I). When these results are compiled, a consultation visit is then scheduled, and the **SWAMI GenoType** software (II) is used to generate the dietary reports and supplement protocols.

Should supplements be required, you then enroll the patient in the **PharmaShare program** (III).

The patient follows the dietary protocol for a prescribed period of time. If necessary, the patient can return for a readjustment of the dietary prescriptions or supplement protocol.

To give you the maximum amount of flexibility, the EDE is available in two formats:

The EDE1 System provides you with all the biometrics (measurement and dermatoglyphic tools) and in-office testing materials (ABO, Rh, PROP, Secretor) needed for ten clients. The EDE1 also comes with a Ten Use SWAMI GenoType License.

The EDE2 System provides you with all the measurement and dermatoglyphic tools, in-office testing materials (PROP) and D'Adamo Serotyping Panels (ABO, Rh, Lewis, MN) needed for ten clients. The EDE2 also comes with a Ten Use SWAMI GenoType License.

To find out more about the EDE and how it can help your nutritional practice, please contact us and one of our sales representatives will be happy to give you a complete tour of its possibilities.

Epigenetic Research



Epigenetic Research

"If (as Freud wrote) anatomy is indeed destiny, then epigenetics – the processes involved in the unfolding development of an organism, is surely the study of that destiny."

Peter D'Adamo, ND



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