

PURE NORTH VITALITY PACKS

1 packet per day

Vitamin C 1000 mg – Promotes Healthy Bones, Cartilage And Connective Tissue

Vitamin C helps in the development and maintenance of bones, cartilage, teeth and gums, and in the formation of connective tissue and wound healing. An antioxidant for the maintenance of good health. (1 per packet)



Each Tablet Contains:

Vitamin C (ascorbic acid)..... 1000 mg
 Citrus bioflavonoids (*Citrus limon, sinensis, paradisi, reticulata, aurantiifolia*) (fruit) 100 mg
 Rosehips 4:1 extract (*Rosa canina*) (fruit) 100 mg

Non-medicinal ingredients: Croscarmellose sodium, coating (carbohydrate gum [cellulose], glycerin), silica, vegetable grade magnesium stearate (lubricant).

Recommended adult dose: 1 tablet daily or as directed by a health care practitioner.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans.

Vitamin B12 Methylcobalamin – Protects the Brain and Nervous System

Methylcobalamin is the form of vitamin B12 that is active in the central nervous system. The liver may not convert cyanocobalamin, the common supplemental form of vitamin B12, into adequate amounts of methylcobalamin needed for proper neuronal functioning. The sublingual tablets dissolve quickly and easily under the tongue for quick absorption into the bloodstream. Vitamin B12 supplementation is of particular importance to vegetarians and those suffering from vitamin B12 deficiency. (1 (180 size) bottle per box)



Each Tablet Contains:

Vitamin B12 (Methylcobalamin)..... 500 mcg

Non-medicinal ingredients: Mannitol, croscarmellose sodium, vegetable grade magnesium stearate (lubricant), natural cherry flavour.

Recommended Adult Dose: 1 tablet per day or as directed by a health care practitioner. Dissolve under the tongue.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans.

Vitamin D3 Drops – Brain and Heart Food, Helps Strengthen Bone, Mood and Prevents Major Disease

Vitamin D is a pro-hormone now widely recognized to be essential to many great body systems and physiological processes and may be one of the most common nutrient deficiencies in the world. In particular, vitamin D has been shown to improve immune function, stabilize moods and support improved bone density. (1 bottle per box)



Each Serving/Drop (0.03 mL) Contains:

Vitamin D3 (Cholecalciferol)..... 25 mcg (1000 IU)

Minimum Recommended Dose:

Shake before use. Participants should stay on the dose previously recommended by a Pure North physician until further notice.

Contraindications: Caution is advised for individuals with a hypersensitivity to any of the ingredients, sarcoidosis, lymphoma, tuberculosis, hypercalcemia, or renal impairment. Health Canada's daily recommended upper limit is 4000 IU/day.

Contains no artificial preservatives, colours or sweeteners and no corn, dairy, starch, wheat, yeast or GMOs.

OptiMega-3™ – Brain and Heart Food

A pharmaceutical grade fish oil concentrate that is molecularly distilled, which guarantees purity and safety from lipid peroxides, environmental pollutants like PCBs, dioxins, and heavy metals such as mercury. This is the only fish oil in the world to have achieved the highest USP standard verifying the quality and consistency of the fish oil. The purity of the fish oil greatly minimizes any fishy taste, repeat or odour. This fish oil provides one of the highest available concentrations of EPA and DHA in the 2:1 ratio used in the majority of scientific studies that reported clinical benefits. (1 per packet)



Each Softgel Contains:

Fish Oil Concentrate (Molecularly Distilled, Ultra Purified) (Anchovy, Sardine and/or Mackerel) 1200 mg
 Omega-3 Fatty Acids..... 700 mg
 Eicosapentaenoic Acid (EPA)..... 420 mg
 Docosahexaenoic Acid (DHA)..... 280 mg

Minimum Recommended Dose: 1 Vitality Packet per day (1 softgel).

Physician Recommended: For cardiovascular support, cognitive health and reducing serum, triglycerides, mood balance and reducing pain of arthritis take one extra softgel per day.

Contraindications: Individuals with an allergy to fish or seafood should use caution, though fish oil is rarely allergenic. Both benefits and risks have been documented for those at risk of, or being treated for cardiac arrhythmias, consultation with a health care provider is recommended. Pregnant and nursing women are often advised to consume a minimum of 300 mg DHA per day.

DHA is recognized as essential to neurological development, no dosage recommendations have been made for children or infants.

Contains no artificial preservatives, colours or sweeteners and no corn, dairy, soy, starch, gluten, wheat, yeast or GMOs.

Probiotic-Pro BB536® – Healthy Digestion and Fights Infection

BB536® (*Bifidobacterium longum*) is a special proprietary probiotic strain that has prolonged stability and exceptional biological value. BB536® is truly a shelf stable probiotic that resists digestive secretions for a successful delivery to the large intestine in a living state. The unique culturing method of this probiotic is what makes it the most shelf stable strain in the world. BB536® is one of the most researched probiotic strains in the world supported by more than 70 scientific reports, including 35 human clinical trials. (1 per packet)



Each Capsule Contains:

BB536® *Bifidobacterium longum*..... 10 billion cfu*
 *cfu: colony forming units.

Guaranteed 10 billion active cells at the time of expiry.

Minimum Recommended Dose: 1 Vitality Packet per day (1 capsule)

Contraindications: Use caution if you are experiencing nausea, fever, vomiting, bloody diarrhea or severe abdominal pain. Do not use if you have an immune-compromised condition (e.g. AIDS, lymphoma, patients undergoing long term corticosteroid treatment) without supervision by a health care professional.

Contains milk casein. It is not recommended for those with milk or casein allergies. Children over 12 can take half the recommended adult dose if able to swallow capsules.

Contains no artificial preservatives, colours or sweeteners and no corn, dairy, soy, gluten, wheat or GMOs.

Cell Protector™ – Whole Body Wellness

A breakthrough organic whole food supplement of highly researched and scientifically backed ingredients to nourish, protect and support your cellular and DNA health. Cell Protector™ is your true insurance policy for healthy aging and whole body wellness in an increasingly stressful and toxic world. (2 per packet)



Each Capsule Contains:

Bio-Organic Nutrients
 Selenium (SeMC from Sprouted Garlic)..... 27.5 mcg

Synergized® Organic Ingredients

Organic Cruciferous Sprout Protectors 182.5 mg
 (Broad Spectrum of Fully Active Glucosinolates & Myrosinase Enzymes) Fresh Freeze-Dried Sprouts: Broccoli*, Upland Cress*, Daikon*, Red Radish*, Cauliflower*, Cabbage*, Arugula*
 Organic Concentrated Herbal Protectors..... 162.5 mg
 Turmeric Rhizome Extract (95% Curcuminoids), Milk Thistle Extract from Organic Seed (70% Silymarin), Schizandra Berry Extract* (2% Schisandrins), Pomegranate Fruit Extract* (15% Punicalagins), Ginger Rhizome Extract* (1.5% Gingerols & Shogaols)
 Organic Superfood Protectors 150 mg
 (Broad Spectrum of Fully Active Glucosinolates & Myrosinase Enzymes) Fresh Freeze-Dried: Watercress Leaf*, Wasabi Rhizome, Cilantro Leaf*, Caper Berries*, Sprouted Garlic (Selenium)
 Organic Live Juice Protectors 37.5 mg
 Artichoke Juice*, Black Radish Juice*, Dandelion Juice*

*Certified Organic

Non-medicinal Ingredients: Trace minerals, vegetarian capsule (carbohydrate gum [cellulose], purified water).

Minimum Recommended Dose: 1 Vitality Packet per day (2 capsules).

Gluten, dairy, additive and GMO free.

Synergized® is a Registered trademark of The Synergy Company™

Recommended Storage: Keep in a cool and dark environment (do not refrigerate).

Because the Vitality Packs have been designed to accommodate the general population, your health care practitioner may recommend that you take a higher dose of the included supplement. If additional supplements are required, please feel free to contact the Pure North office at 403.457.5077 to have an extra bottle of such supplements sent to you. Please discuss your supplement intake with your family doctor if you have any medical concerns. Pure North is recommending dosing levels beyond levels currently medically recommended with a basis coming from their ongoing research and data collection.

PURE NORTH VITALITY PACKS

1 packet per day

Vital 2 Platinum – Nutrients, Vitamins and Minerals

A broad spectrum and highly bioavailable multinutrient formula that provides the nutritional foundation needed for the modern environment. Containing physiologically relevant doses of key nutrients in their bioactive forms, the 42 nutrients support and enhance function of the cardiovascular system (28), blood sugar control (13), antioxidant activity (19), immune system (16), digestive tract (6), heavy metal reduction (15), mental health (16) and metabolism (16). This complete multinutrient also provides key antioxidants and mitochondrial bioenergetic enhancers – more than most existing multivitamin and mineral formulas. (2 per packet)



Each Tablet Contains:	Per Tablet	Daily Dose
Vitamin A (palmitate)	113.35 mcg RAE (375 IU)	226.7 mcg (750 IU)
Beta carotene	680 mcg	1360 mcg
Vitamin B1 (thiamine HCl)	25 mg	50 mg
Benfotiamine	6 mg	12 mg
Vitamin B2 (riboflavin 5-phosphate)	2.5 mg	5 mg
Vitamin B3 (niacin)	20.6 mg	41.2 mg
Vitamin B3 (niacinamide)	33.3 mg	66.6 mg
Pantothenic acid (calcium-d-pantothenate)	25 mg	50 mg
Vitamin B6 (pyridoxal 5-phosphate)	5 mg	10 mg
Biotin	75 mcg	150 mcg
5-Methyltetrahydrofolic acid (folic acid)	100 mcg	200 mcg
Vitamin B12 (methylcobalamin)	750 mcg	1500 mcg
Vitamin C	125 mg	250 mg
Vitamin D3 (cholecalciferol)	25 mcg (1000 IU)	50 mcg (2000 IU)
Mixed tocopherols	25 mg	50 mg
Mixed tocotrienols	2.5 mg	5 mg
Vitamin K2	45 mcg	90 mcg
Choline (bitartrate)	25 mg	50 mg
Inositol	12.5 mg	25 mg
Calcium (HVP* chelate)	31.25 mg	62.5 mg
Magnesium (HVP* chelate)	75 mg	150 mg
Manganese (citrate)	0.42 mg	0.84 mg
Zinc (citrate)	8 mg	16 mg
Selenium (selenomethionine)	50 mcg	100 mcg
Copper (HVP* chelate)	0.22 mg	0.44 mg
Iodine (Ascophyllum nodosum) (whole plant)	37.5 mcg	75 mcg
Iodine (potassium iodide)	37.5 mcg	75 mcg
Chromium (polynicotinate)	125 mcg	250 mcg
Molybdenum (citrate)	100 mcg	200 mcg

Each Tablet Contains:	Per Tablet	Daily Dose
Vanadium (citrate)	10 mcg	20 mcg
Boron (citrate)	41.7 mcg	83.4 mcg
Curcumin Phytosome® extract (<i>Curcuma longa</i> (root)/phosphatidylcholine complex) (18% curcuminoids)	10 mg	20 mg
Rosemary extract (<i>Rosmarinus officinalis</i>) (leaf) (6% carnosic acid)	2.5 mg	5 mg
Bilberry extract (<i>Vaccinium myrtillus</i>) (fruit) (25% anthocyanidins)	12.5 mg	25 mg
Lutein (<i>Tagetes erecta</i>) (marigold flower)	1.5 mg	3 mg
Zeaxanthin (<i>Tagetes erecta</i>) (marigold flower)	0.5 mg	1 mg
LYC-O-MATO® lycopene (<i>Lycopersicon esculentum</i>) (fruit) (5% lycopene)	0.33 mg	0.66 mg
Ubiquinol (microorganism) (as Kaneka Q+ CoQ10)	12.5 mg	25 mg
Alpha-lipoic acid	75 mg	150 mg
Hesperidin (<i>Citrus sinensis</i>) (fruit)	4.2 mg	8.4 mg
N-acetyl-L-cysteine	62.5 mg	125 mg

*HVP: Hydrolyzed Vegetable Protein

Minimum Recommended Dose: 1 Vitality Packet per day (2 tablets)

Contains no artificial preservatives, colours or sweeteners and no dairy, wheat, gluten, yeast, and GMO free.

Contraindications: While no specific contraindications are known, this product should be avoided by individuals with a history of hypersensitivity to any of its ingredients. Vitamin D supplementation should be done with caution in those with hypercalcemia or granulomatous diseases, such as sarcoidosis. Because this product does not contain iron, it may not be suitable for use during pregnancy and lactation. Not recommended for children under 12. Children over 12 can take half the recommended adult dose if able to swallow tablets.

Contains no artificial preservatives, colours or sweeteners and no dairy, wheat, gluten, yeast or GMOs.

Because the Vitality Packs have been designed to accommodate the general population, your health care practitioner may recommend that you take a higher dose of the included supplement. If additional supplements are required, please feel free to contact the Pure North office at 403.457.5077 to have an extra bottle of such supplements sent to you. Please discuss your supplement intake with your family doctor if you have any medical concerns. Pure North is recommending dosing levels beyond levels currently medically recommended with a basis coming from their ongoing research and data collection.