

PURE NORTH VITALITY PACK PREMIUM – 1 packet per day

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

An antioxidant for good health.

Vitamin C has been shown to:

- Support the development of healthy bone, cartilage, and connective tissue
- Support healthy teeth and gums
- Support healthy immune system
- Protect the body from oxidation which may reduce the risk for chronic diseases such as cardiovascular (2 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).

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

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.

Magnesium CitraMal™ Muscle & Nerve Health

Magnesium is important for many systems in the body, especially the muscles and nerves.



Magnesium has been shown to:

- Promote healthy muscle and nerve function
- Support blood glucose control
- Support blood pressure regulation
- Promote energy production
- Contribute to the structural development of bone and is required for the synthesis of DNA, RNA, and the antioxidant glutathione (1 per packet)

Each Capsule Contains:

Magnesium (citrate, malate)150 mg
Sourced from 750 mg of magnesium complex yielding 150 mg elemental magnesium.

Non-medicinal Ingredients: Malic acid, vegetarian capsule (carbohydrate gum [cellulose], purified water, titanium dioxide), microcrystalline cellulose, vegetable grade magnesium stearate (lubricant).

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

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

OptiMega-3™ Brain and Heart Food

This fish oil provides one the highest available concentrations of EPA and DHA in the 2:1 ratio used in scientific studies that reported clinical benefits.



Omega-3 Fatty Acids have been shown to:

- Improve cardiovascular risk factors such as lowering triglycerides, atherosclerotic burden (hardening of the arteries), blood pressure while improving platelet and vascular function
- Support cognitive health and mood balance
- Reduce pain from inflammatory processes such as arthritis (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 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.

Complete Probiotic Healthy Digestion and Fights Infection

Chronic digestive complaints can be a sign of imbalance between bad (pathogenic) and good (commensal) bacteria in the GI tract.



Complete Probiotic Double Strength, 10 billion active cells / 5 strains is a natural solution for chronic bowel problems. Microencapsulated - no refrigeration required.

Probiotics have been shown to:

- Support healthy gastrointestinal microbiota
- Improve symptoms of several digestive disorders such as IBS, IBD
- Prevent antibiotic-associated diarrhea
- Maintain a healthy immune system (1 per packet)

Each Capsule Contains:

10 billion* active cells of the following specially-cultured strains of probiotics:
Lactobacillus casei
(HA-108) (whole cell) 30% 3 billion cfu†
Lactobacillus rhamnosus
(HA-111) (whole cell) 25% 2.5 billion cfu†
Lactobacillus acidophilus
(HA-122) (whole cell) 15% 1.5 billion cfu†
Bifidobacterium longum subsp. *longum*
(HA-135) (whole cell) 15% 1.5 billion cfu†
Bifidobacterium breve
(HA-129) (whole cell) 15% 1.5 billion cfu†

*Guaranteed minimum 10 billion active cells per capsule at expiry date.
Guaranteed minimum 22 billion active cells per capsule at manufacture date.

† cfu: colony forming units

Non-medicinal Ingredients: Potato starch, vegetarian capsule (carbohydrate gum, purified water), vegetable grade magnesium stearate (lubricant), silica, ascorbic acid.

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

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

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 body systems and physiological processes. This may be the most common nutrient deficiency in the world.



Vitamin D has been shown to:

- Improve immune function
- Stabilize mood
- Support improved bone density
- Aid in the prevention and treatment of chronic disease, such as Type 2 Diabetes and Cancer (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.

Vitamin B12 Methylcobalamin – Protects the Brain and Nervous System

Methylcobalamin is the form of Vitamin B12 that is active in the central nervous system.



Vitamin B12 has been shown to:

- Optimize energy levels
- Maintain a healthy nervous system
- Lower homocysteine for protective cardiovascular benefits
- Aid in the production of red blood cells (1 (180 size) bottle per box)

Each Tablet Contains:

Vitamin B12 (Methylcobalamin).....1000 mcg

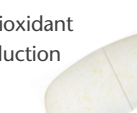
Non-medicinal Ingredients: Mannitol, croscarmellose sodium, vegetable grade magnesium stearate (lubricant), natural cherry flavour.

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.

NAC & ALA Healthy Glucose Metabolism

NAC and ALA have direct antioxidant action, and enhance the production of glutathione.



NAC & ALA has been shown to:

- Protect against metabolic syndrome and diabetes
- Protect against oxidative stress
- Promote healthy cellular function and detoxification (1 per packet)

Each Tablet Contains:

N-Acetyl-L-Cysteine (NAC)250 mg
Alpha-Lipoic Acid (ALA)300 mg

Non-medicinal Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, stearic acid, vegetable grade magnesium stearate (lubricant), coating (carbohydrate gum [cellulose], glycerin), silica, croscarmellose sodium.

Minimum Recommended Dose: 1 Packet per day (1 tablet)

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

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 PACK PREMIUM

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 41 nutrients support and enhance function of the cardiovascular system (32), blood sugar control (26), antioxidant activity (24), immune system (26), digestive tract (6), detoxification (23), mental health (29) and metabolism (32). 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)	50 mg	100 mg
Pantothenic acid (calcium-d-pantothenate)	25 mg	50 mg
Vitamin B6 (pyridoxal 5-phosphate).....	0.65 mg	1.3 mg
Biotin.....	75 mcg	150 mcg
Folate (from (6S)-5-methyltetrahydrofolate acid (MTHF), glucosamine salt, Quatrefolic®).....	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
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)	50 mcg	100 mcg
Iodine (potassium iodide).....	50 mcg	100 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
Betaine.....	25 mg	50 mg
Curcumin Phytosome® extract (<i>Curcuma longa</i> (root)/phosphatidylcholine complex) (18% curcuminoids)	30 mg	60 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
CoQ10 Ubiquinone (microorganism).....	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 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.