

Ingredients typically used to address different health areas

Ingredient Source	Ingredient Category	Heart Health	Resistance & Diabetes	Insulin	Constipation	Muscle Repair, Energy & Recovery	Immune Health	Nervous System	Inflammatory Conditions	Digestion	Bone & Joint	Cognitive Health
Barley Or Oat Beta Glucans	Beta Glucans		✓				✓				✓	
Bromelain	Enzymes						✓				✓	
Bromelain, Lactase, Lipase And Papain	Enzymes							✓	✓		✓	
Calcium And Chromium	Minerals		✓								✓	
Calcium And Magnesium	Minerals							✓			✓	
Calcium, Chromium And Magnesium	Minerals	✓										
Calcium, Magnesium And Zinc	Minerals					✓						
Camomile, Lemon Balm And Passionflower	Herbs											✓
Carnitine	Ergogenic Aid					✓						✓
Carotenes, Bilberry And Other Fruit Pigments	Bioflavonoids	✓				✓					✓	
Cinnamon	Herb		✓									
Colostrum	Immunoglobulins						✓					
Echinacea	Herb						✓					
Encapsulated Bifidus, Lactobacillus And Acidophilus	Probiotics				✓		✓	✓	✓			
Fish Oil	Epa And Dha	✓	✓			✓	✓				✓	✓
Flaxseed	Alpha Linolenic Acid	✓	✓			✓	✓				✓	✓
Garlic	Herb						✓					
Ginger	Herb									✓		
Ginger And Tumeric	Herbs							✓		✓		
Gingko Biloba	Herb	✓					✓					✓
Ginseng	Herb											✓
Glutamine Peptide	Hydrolysed Protein					✓	✓	✓		✓		
Green Tea And Grapeseed	Botanicals						✓				✓	✓
Guarana	Herb					✓						
High Amylose Starch	Resistant Starches	✓	✓	✓			✓			✓		
Inulin, Psyllium Husk, Soy And Citrus Fibre	Dietary Fibre	✓	✓	✓			✓			✓		
Lactoferrin	Protein Isolate					✓	✓					
Lecithin	Phospholipids	✓										✓
Leucine, Isoleucine And Valine	Branched Chain Amino Acids					✓						
L-Glutamine And L-Lysine	Amino Acids					✓	✓					
L-Lysine	Amino Acid								✓			
Milk Protein Concentrates & Isolates. Soy & Egg Protein	Protein Powders					✓						
Oat, Rice And Wheat Bran	Insoluble Fibre						✓					
Olive Leaf	Herb						✓					
Plant Sterols	Cholestatins	✓										
Selenium And Zinc	Minerals						✓		✓		✓	
Slippery Elm	Herb				✓					✓	✓	
Sorbitol	Polyol				✓							
Taurine, Inositol And Glucuronolactone	Ergogenic Aids					✓						
Tumeric	Herb				✓							
Vitamin C	Vitamins										✓	
Vitamins (B Group)	Vitamins							✓				
Vitamins A, C & E	Vitamins	✓										
Vitamins A, C, E, B1, B2, B3, B5, B6 And B12	Vitamins					✓	✓					
Vitamins C And E	Vitamins											
Vitamins C, E And B6	Vitamins								✓			
Zinc	Mineral					✓						