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naturals


# Eyebright Essentials

*Give your eyes the  
support they need*



- Helps with tired, inflamed watering eyes
- Improves symptoms associated with night vision
- supplies nutrients to the optic nerve

*Sold **ONLY** in Health Food stores.*

 100% Canadian Made

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# Eyebright Essentials

450mg - 90 VegiCaps

NPN# 80065341

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**Indication:** Helps protect against cell damage caused by free radicals. Source of antioxidants. Used in herbal medicine as a blood vessel protectant.

**Eyebright** has been used for many years to help with tired, inflamed, watering eyes. The benefits to help with faulty vision were seen as early as the 14th century. Eyebright helps to strengthen all the tissues of the eye and provide support to the optic nerve that is responsible for eye sight.

**Bilberry** originates as a small shrub in Europe, US and Canada. World War I pilots used it to supplement for eye health during long flights to prevent eye fatigue and and improve night vision. Bilberries are high in anthocyanosides. Solaire Naturals Bilberry contains up to 20-25%. The extract from Bilberry helps strengthen capillaries which effect the strength of the retina in the eye. Lack of strength in capillaries can result in:

- easy bruising
- varicose veins
- poor night vision

Compromised circulation in eye health is very common with diabetes and hypertension. Some studies have shown improvement in patients supplemented with Bilberry anthocyanins improving vision and microcirculation.

**Grape Seed Extract** acts as an antioxidant that helps prevent changes in cell structure and protect against mutagens. It helps to combat again free radical damage and can enhance the effect of other antioxidants like Vitamin C.

**Bioflavonoids** cannot be produced by the body so they must be supplied in the diet. Citrus flavonoids, which include Rutin, are effective at helping to maintain healthy blood vessels while enhancing the absorption of Vitamin C. Bioflavonoids can act as an antibacterial agent that help lower cholesterol levels and promote circulation in relation to cataracts.

**Kelp** have high amounts of B vitamins, minerals and trace elements that help supply nutrients to tissue and membranes that surround the brain, sensory nerves and blood vessels.

All Solaire Naturals formula's, including Eyebright Essentials are in a vegetarian capsule that are free from additives or preservatives and contain only what is listed on the label. This formula contains **no nuts, no corn, no gluten, no soy and is 100% vegan friendly.**

| <b>Medicinal Ingredients</b> (per capsule)   |               |
|--|---------------|
| <b>Eyebright</b> ( <i>Euphrasia officinalis</i> , Herb)  | <b>150 mg</b> |
| <b>Bilberry (5:1) extract</b> ( <i>Vaccinium myrtillus</i> , Fruit)<br>Equivalent to 500 mg raw herb | <b>100 mg</b> |
| <b>Rutin</b> (from <i>Styphnolobium japonicum</i> - Flower)  | <b>50 mg</b>  |
| <b>Norwegian Kelp</b> ( <i>Ascophyllum nodosum</i> , Whole plant)                                    | <b>50 mg</b>  |
| <b>Grape Seed</b> ( <i>Vitis vinifera</i> , Seed)<br>Standardized to 25% Proanthocyanidins           | <b>50 mg</b>  |
| <b>Citrus bioflavonoids</b> (from <i>Citrus aurantium</i> - Fruit)                                   | <b>50 mg</b>  |
| Non-Medicinal Ingredients: Hypromellose, Magnesium stearate  |               |

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# Garcinia Cambogia

60% HCA

with Chromium & Potassium

*Increase Your  
Metabolism While  
You Sleep*



- Contains 60% HCA
- 50 mg per capsule
- Added chromium potassium and calcium to aid in absorption

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# Garcinia Cambogia **solaire** 60% HCA **naturals**

(with Chromium and Potassium)  
750mg - 90 capsules

NPN#: 80067093

**Indication:** Could help to temporarily increase satiety/feeling of fullness. Provides support for healthy glucose metabolism. Helps the body to metabolize carbohydrates and fats.

**History:** Garcinia Cambogia is a fruit rind extract from Indonesia also known as tamarind. It has been used for centuries to help with weight management. It contains HCA (Hydroxycitric Acid) which acts as a natural anitobesogenic to help curb your appetite.

### How does HCA work with weight management?

HCA blocks fat by inhibiting Alpha-Amylase and Alpha Glucosaidase which are enzymes that convert Carbohydrates into fat. The other effects of HCA are to act as a natural appetite suppressent and to induce thermogenesis in regards to fat oxidation. In addition to this HCA does affect serotonin levels in your brain that will also affect your mood and sleep patterns that may ease your cravings for unhealthy foods.

**Solaire Naturals Garcinia Cambogia** was designed to curb your appetite and to increase thermogenesis in your body. Delivering 60% HCA for a 1500mg per serving (2 veggie caps) or 900mg.

**Chromium picolinate** regulates blood glucose levels there by inducing feelings of hunger and sugar cravings and increased energy levels.

**Potassium** is added to help with breaking down carbohydrates and convert food into energy.

**Additional Calcium citrate** is added as a non-medicinal to act as a buffer to increase the absorption level of HCA.

Good habits to incorporate to help while taking Garcinia would be:

- follow a balanced diet for fats, proteins and carbohydrates
- exercise regularly
- avoid sugar, caffeine and alcoholic beverages

**Caution:** Consult a health care practitioner prior to use if you have a kidney disorder and/or diabetes. Do not use if you are pregnant or breastfeeding.

All Solaire Naturals formula's, including Garcinia Cambogia are in a vegetarian capsule that are free from additives or preservatives and contain only what is listed on the label. This formula contains **no nuts, no corn, no gluten, no soy and is 100% vegan friendly.**

| <b>Medicinal Ingredients</b> (per vegetable capsule)  |                |
|---|----------------|
| <b>Garcinia cambogia</b> (4:1) Fruit peel<br>Standardized to 60% Hydroxycitric acid (HCA)<br>Equivalent to 3000 mg raw herb | <b>750 mg</b>  |
| <b>Potassium</b> (Potassium citrate)  | <b>25 mg</b>   |
| <b>Chromium</b> (Chromium (III) picolinate)   | <b>100 mcg</b> |
| Non-medicinal ingredients: Calcium citrate, Microcrystalline cellulose  |                |



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# Gotu Kola

*Support Memory  
and Intellect*



- Difficulty motivating yourself mentally?
- Eliminate brain fog
- Fight mental fatigue
- Convenient veggie capsule

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# Gotu Kola

600mg - 90 VegiCaps (centellia asiatica, Leaf)

NPN#: 80063845

**Indication:** Traditionally used in Ayurveda as a Brain Tonic and to help support Memory and Intellect.

If you have problems motivating yourself mentally your not alone. Gotu Kola is a creeping marshy plant pale green in colour and is from the Hydrocotyloideae family from India. It's use traditionally has been seen in the Orient but has made its way to the western world making it one of the **top nootropics** for brain health.

In india it was used as a stimulant. In other areas it has been recommended for nervous system and dementia related disorders helping aid in memory and intelligence.

It has over a **100 year history** with Hindu's as a prevention for senility. This is due to the main ingredient being a saponins, which preserves mental clarity while inhibiting senility in old age. Gotu Kola has no equal for improving mental fatigue and can also aid in other areas including arthritis, rheumatism and blood pressure. In ancient india the leaves were used to provide spiritual awareness and mental focus even in teas to sharpen their concentration.

In **ancient times**, Gotu Kola had a reputation to expand someones mental life preventing it from degeneration beyond 50+ years. The active saponins in the leaves have a direct and energizing effect on the mind, helping with preservation of brain cells. The leaves contain other useful ingredients like Alkaloids.

**Modern day** use of Gotu Kola improves intellect and mental exhaustion while eliminating brain fog making this a favourite among professionals from all walks of life. Anyone exposed to smoking will love how it revives the blood vessels to make nerve transmission faster.

All Solaire Naturals formula's, including Gotu Kola 600mg are in a vegetarian capsule that are free from additives or preservatives and contain only what is listed on the label. This formula contains **no nuts, no corn, no gluten, no soy and is 100% vegan friendly.**

## Medicinal Ingredients (per capsule)

|   |               |
|---|---------------|
| <b>Gotu kola</b><br>(Centella asiatica, Leaf) | <b>600 mg</b> |
|---|---------------|

|  |  |
|--|--|
| Non-medicinal ingredients:<br>Hypromellose, Magnesium stearate |  |
|--|--|

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# Herbal Fibre

*Support Your  
Digestive  
Tract*



- Complete blend of soluble and insoluble sources
- Helps with relief of occasional constipation
- Aids in healthy bowel movements
- Helps to expel intestinal worms

*Sold **ONLY** in Health Food stores.*

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# Herbal Fibre **solaire naturals**

700mg - 180 VeggieCaps / 454g - Powder

NPN#: 80066759

**Indication:** Stimulant laxative. Short-term relief of occasional constipation. Promotes bowel movement (by direct action on the large intestine) Black walnut is traditionally used in Herbal Medicine to help expel intestinal worms (vermifuge/anthelmintic) and eliminate ringworm (*Tinea corporis*)

**Diet:** A healthy diet is primarily composed of fibre and even though you may eat a balanced diet, you may be unaware that you are not consuming your fair share of the proper amount of fibre. Good fibre sources are comprised of both soluble and insoluble fibre. Solaire Naturals Herbal Fibre contains a balanced blend of both types of fibre to allow you to properly absorb liquid from your intestinal tract. This allows you to excrete unwanted amounts of bile, toxins, chemicals and bacteria out of the body.

**Psyllium Husks** help prevent colitis, ulcers and hemorrhoids by reducing stress on the lower intestines. It causes an automatic detox of all toxins that have accumulated over a long period of time that can cause inflammatory responses related to the bowel. The two types of Psyllium are seed (for a bulk fibre source) and hull (mucilage for soothing and cleansing of the colon).

**Licorice Root** is considered a natural antacid that works as an antispasmodic to relax the smooth muscles within the intestine and is known to help with conditions seen with duodenal ulcers.

**Butternut Bark** has traditionally been used for chronic constipation, sluggish liver, fever and colds. It has been used for many years to rid the lower intestine of worms. Because of its high amounts of saccharin it can be very soothing to the colon as a laxative that won't cause any uncomfortable cramping or spasms that usually coincide with other laxatives.


**Black Walnut** has very good success eliminating parasites acting as an antiseptic to fight infection. It rids the intestinal tract of many tapeworms and other types of parasitic worms, treats scar tissue caused by ulcers, boils, skin rashes, eye infections, liver and bowel diseases, hemorrhoids and varicose veins.

**Chinese Rhubarb Root** has similar properties as the constituents of cascara sagrada and senna leaves but more concentrated amounts of natural plant sugars and starch that make it an effective laxative. It is known to help with a variety of effects including high blood pressure and even inflammation of the intestine making it essential as a natural alternative for diarrhea.

**Bitter Fennel** is essential in this formula due to the higher amount of petroselinic acid (60-70%). Fennel is calming for stomach acids while acting as a natural antibacterial working against intestinal parasites.

All Solaire Naturals formula's, including Herbal Fibre Formula are in a vegetarian capsule that are free from additives or preservatives and contain only what is listed on the label. This formula contains **no nuts, no corn, no gluten, no soy and is 100% vegan friendly.**

| <b>Medicinal Ingredients</b>  | per 1 tablespoon of powder                         | per vegetable capsule                              |
|---|--|--|
| <b>Psyllium</b> ( <i>Plantago ovata</i> , Husk)   | <b>7500 mg</b>                                     | <b>350 mg</b>                                      |
| <b>Black walnut</b> ( <i>Juglans nigra</i> , Unripe hull)   | <b>1400 mg</b>                                     | <b>70 mg</b>                                       |
| <b>Butternut</b> ( <i>Juglans cinerea</i> , Aged bark)  | <b>1400 mg</b>                                     | <b>70 mg</b>                                       |
| <b>Turkey rhubarb</b> ( <i>Rheum officinale</i> , Root)   | <b>1400 mg</b>                                     | <b>70 mg</b>                                       |
| <b>Bitter fennel</b><br>( <i>Foeniculum vulgare</i> subsp. <i>vulgare</i> var. <i>vulgare</i> , Seed) | <b>450 mg</b>                                      | <b>21 mg</b>                                       |
| <b>Dandelion</b> ( <i>Taraxacum officinale</i> , Root)  | <b>900 mg</b>                                      | <b>42 mg</b>                                       |
| <b>Deglycyrrhinated licorice</b> (4:1) extract<br>( <i>Glycyrrhizae</i> group - Root)                 | <b>375 mg</b><br>Equivalent to 1500 mg of raw herb | <b>19.25 mg</b><br>Equivalent to 77 mg of raw herb |

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# Magnesium Bisglycinate

*Up to 80%  
absorbability without  
the laxative effect*



- Improve cardiovascular health
- Improve sleep
- Relieve muscle cramps

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# Magnesium Bisglycinate

200mg - 100 VegiCaps

NPN# 80063346



**Indication:** Helps to maintain proper muscle function and strong bones and teeth

What are the Symptoms of Magnesium Deficiency?

#### Mild Deficiency

- Loss of appetite
- Headache
- "Brain fog"
- fatigue

#### Severe Deficiency

- Abnormal heart rhythms, palpitations
- Muscle cramps or contractions
- Fibromyalgia
- Numbness and tingling in appendages

#### Superior bioavailable chelate

Solaire Naturals Magnesium Bisglycinate contains the amino acid glycine that is "chelated" to the mineral magnesium. Magnesium Bisglycinate has been shown to have importance in maintaining the body's healthy inflammatory response in addition to benefits to the heart, muscles, bones and the body's natural metabolism.

#### Cellular level

Magnesium is present in every cell. ATP (Adenosine Triphosphate) is the major unit of energy produced in the body, but ATP is actually Magnesium-ATP. All enzymes that create or use ATP require Magnesium ions. Deficiency of Magnesium means that energy cannot be produced and tiredness and fatigue result.

#### Nerve transmission in the brain and body

Magnesium contributes to normal functioning of the nervous system for neurotransmission. Magnesium Bisglycinate opens the ion channel or Calcium flux. Low levels of Magnesium result in hyper excitability of the nerves and random firing of the nerve transmission. This can alter sleep patterns causing on going issue with insomnia.

#### Proper muscle function

Magnesium helps with muscle responses including the heart muscle as 35% of the body's total Magnesium stores are stored in muscle

#### Protein Synthesis

Magnesium is needed for over 350 enzymes that are made of proteins and in assimilation of proteins throughout the body.

#### Magnesium contributes to normal psychological function.

This is essential for anyone involved in situations of high concentration or who suffer from mental fatigue, pre-dementia, anxiety and psychological disorders

#### Magnesium Contributes to the maintenance of normal bones and teeth.

50% of the body's Magnesium is found in bone. Magnesium is needed for the absorption, transport and metabolism of calcium, helping regulate hormone that regulates bone breakdown and activating the enzyme required for the production of new bone.

**Magnesium has a role in cell division.** Low Magnesium levels are associated with increased oxidative stress and decreased cell activity.


**Magnesium contributes to electrolyte balance.** Replenishing of electrolytes can be needed due to sweating, vomiting, diarrhoea or even over hydration. Deficiency of Magnesium can impair the sodium potassium ATPase pump and calcium-blocking activity is impaired by insufficient Magnesium in the body's cells.

All Solaire Naturals formula's, including Magnesium Bisglycinate are in a vegetarian capsule that are free from additives or preservatives and contain only what is listed on the label. This formula contains **no nuts, no corn, no gluten, no soy and is 100% vegan friendly.**

### Medicinal Ingredients (per capsule)

|  |               |
|--|---------------|
| <b>Magnesium Bisglycinate</b><br>(Elemental magnesium) | <b>200 mg</b> |
|--|---------------|

|  |  |
|--|--|
| Non-Medicinal Ingredients:<br>Hypromellose, Magnesium microcrystalline |  |
|--|--|

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# Prostate Formula

*Help Relieve  
Urologic Symptoms*



- Minimize frequency and urgency
- Reduce incomplete voiding
- Helps with mild to medium BPH symptoms

*Sold **ONLY** in Health Food stores.*

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# Prostate Formula

460mg - 90 VegiCaps

A unique 7 herb prostate formula

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**Indication:** Saw palmetto is used in Herbal Medicine to help relieve the urologic symptoms (e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination) associated with mild to moderate benign prostatic hyperplasia.

Eventually every man is presented with the symptoms of BPH:

- increased frequency
- urgency
- incomplete voiding
- dribbling
- frequent night time and daytime urination

The proposed cause of BPH (Benign prostatic hypertrophy) by many medical practitioners is the theory of hormone imbalance due to too small amounts of testosterone only being converted into DHT (di-hydro-testosterone).

Solaire Naturals Prostate Formula was designed to correct the hormone balance and regulate the issues that cause BPH and calm the urinary tract, kidneys and bladder.

**Saw Palmetto** is infamous for treating prostate health in men due to the fatty acids inhibiting the enzyme 5-alpha-reductase which lowers the high levels of DHT which contribute to BPH. Various studies have clinically proven that Saw Palmetto is efficacious in treating BPH. Solaire Naturals Prostate Formula has 200mg of Saw Palmetto berries which is the most concentrated part of the plant. In this form it contains 25% fatty acids of the active form of the Saw Palmetto plant.

**Juniper** (*Juniper communis*) provides stimulation to the kidneys by flushing out the urinary tract that affects BPH. As the prostate is enlarged, extra urine is present that causes bacterial growth and infection. Juniper is effective in acting as a diuretic by using its natural oils to act as a natural antiseptic to combat bacteria growth.

**Pumpkin Seeds** have always been essential for prostate health in aiding in hormone balance and limit bacterial growth. The unique ratio of 4:1 of pumpkin seed oil in Solaire Naturals Prostate Formula allows for a proper balance of oils to help with BPH.

**Buchu** does act as a diuretic but has antibacterial and anti-inflammatory properties as well.

**Uva Ursi** is supportive as an antimicrobial while still having anti-inflammatory and diuretic support for proper prostate function.

**Cornsilk** (*Zea mays*), **Buchu** (*Agathosma betulina*) and **Uva Ursi** (*Arctostaphylos uva-ursi*) help with various issues associated with the urinary tract system and provide functions to alleviate relief with urine flow.

Cornsilk provides toxin waste removal while acting as a diuretic.

**Pygeum** (*pygeum africanum*) is a fat soluble resin which slows down the over production of DHT by the prostate cells. The pygeum and saw palmetto are main two ingredients in Solaire Naturals Prostate Formula that lower DHT concentrations and deflate the size of prostate.

All Solaire Naturals formulas, including Prostate Formula are in a vegetarian capsule that are free from additives or preservatives and contain only what is listed on the label. This formula contains **no nuts, no corn, no gluten, no soy and is 100% vegan friendly.**

| <b>Medicinal Ingredients</b> (per capsule)   |                |
|--|----------------|
| <b>Saw palmetto (4:1) fruit extract</b> ( <i>Serenoa repens</i> )<br>Standardized to 25% fatty acids, Equivalent to 800 mg raw herb  | <b>200 mg</b>  |
| <b>Juniper</b> ( <i>Juniperus communis</i> , fruit)  | <b>100 mg</b>  |
| <b>Pumpkin (4:1) seed extract</b> ( <i>Cucurbita pepo</i> ) Equivalent to 260 mg raw herb  | <b>65 mg</b>   |
| <b>Corn Silk</b> ( <i>Zea mays</i> , stigma)   | <b>50 mg</b>   |
| <b>Buchu</b> ( <i>Agathosma betulina</i> , leaf)   | <b>12.5 mg</b> |
| <b>Uva ursi (4:1) leaf extract</b> ( <i>Arctostaphylos uva-ursi</i> )<br>Equivalent to 50 mg raw herb                                | <b>12.5 mg</b> |
| <b>Pygeum (15:1) stem bark extract</b> ( <i>Pygeum africanum</i> )<br>Standardized to 3% Phytosterols, Equivalent to 300 mg raw herb | <b>20 mg</b>   |
| <b>Non-Medicinal Ingredients:</b> Hypromellose, Magnesium stearate, Silicon dioxide  |                |

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# Super Turmeric

*with Piperine*

814 mg    60 VegiCaps



Some studies have shown that combining Piperine (black pepper) with Turmeric can increase Bioavailability up to 2000%.

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# Super Turmeric with Piperine (Black Pepper)

Tumeric Rhizome and Piperine extract 814mg  
60 VegiCaps

  
solaire  
naturals

**Indication:** Traditionally used in Herbal Medicine as an anti-inflammatory to help relieve joint pain. Provides antioxidants for the maintenance of good health. Used in Herbal Medicine to aid digestion. Traditionally used in Herbal Medicine to help relieve flatulent dyspepsia (carminative). Used in Herbal Medicine as a hepatoprotectant/liver protectant. Used in Herbal Medicine to increase bile excretion by the liver (choloretic) and stimulate contraction of the gallbladder (cholagogue).

**History:** A popular ingredient in Ayurvedic Medicine, Tumeric or curcuma long has been used as a spice for centuries in Asian cuisine and is widely cultivated in India. Curcumin and other curcuminoids (chemical compounds in turmeric) offer numerous health benefits since they are powerful antioxidant, anti-inflammatory, antiseptic, anti-fungal and anti-bacterial agents.

## Health Benefits Of Black Pepper (Piperine) And Turmeric

Health benefits of any food or herb is based on its key active ingredients.

Piperine is the key chemical in black pepper. Curcumin which is a polyphenol plays the same role in turmeric.

Both these compounds have been studied to examine the potential health benefits they can offer individually or together. Here are some of their benefits:

### 1. Black pepper enhances bioavailability of Turmeric

The problem with Tumeric is its low levels of bioavailability. Most of the curcumin that is ingested from Tumeric gets metabolized before it can get absorbed. As a result, Piperine is said to help make curcumin more bioavailable. This could be because it could inhibit certain intestinal digestive enzymes. Hence, there are studies to test if co-administering curcumin with piperine could improve the bioavailability of the former.

These studies have been conducted on humans and laboratory animals. One study found that when even 2g of curcumin was ingested, its serum levels were very low. However, when 20mg piperine was added to curcumin the bioavailability increased by 2000%. The bioavailability, serum levels and levels of absorption of curcumin all improved dramatically.

**Some studies have shown that Piperine enhances the serum concentration, extent of absorption and bioavailability of curcumin up to 2000%.**

(Influence of piperine on the pharmacokinetics of curcumin in animals and human volunteers. *Shoba G, Joy D, Joseph T, Majeed M, Rajendran R, Srinivas PS.*)

### 2. Help in reducing joint pain

Piperine in black pepper can trigger TRPV1 (transient receptor potential vanilloid type-1) in the body. This triggering can reduce pain. Some studies have focused on using piperine as a new way to help with the effects of joint pain and neuropathic pain.

### 3. Is Anti-inflammatory

Tumeric has been studied for its anti-inflammatory capabilities especially in the treatment of rheumatoid arthritis, ulcerative colitis and other inflammatory conditions. Curcumin (found in turmeric) is able to inhibit the activity of cytokines and enzymes such as COX-1 and COX-2.

### 4. Digestive Health benefits

Some research has show improvement with gastric mucosal damage caused by peptic ulcers. Tumeric (curcumin) helps prevent growth of *Helicobacter pylori* bacteria which causes peptic ulcers and the protective capability of piperine.

### 5. The Nootropic effect of Tumeric

There has been numerous research on the benefit in improving memory loss and protect people from cognitive impairment improving neurodegenerative health by acting as an anti-amyloid ability that can reduce amyloid pathway. Curcumin has cognitive benefits to support brain-derived neurotrophic factor (BDNF).<sup>1</sup> BDNF promotes the growth of neurons which is how your brain transmits information.<sup>2,3</sup> BDNF is also vital for long-term memory.<sup>4</sup> In a study on healthy rats, curcumin was able to increase BDNF levels by 140%.

References:

1. <http://www.ncbi.nlm.nih.gov/pubmed/18420184>
2. <https://www.ncbi.nlm.nih.gov/pubmed/7700353>
3. <https://www.ncbi.nlm.nih.gov/pubmed/11520916>
4. <https://www.ncbi.nlm.nih.gov/pubmed/18263738>

**Caution:** Consult a health care practitioner prior to use if you are pregnant or breastfeeding, have gallstones or a bile duct obstruction, stomach ulcers or excess stomach acid, or if symptoms persist or worsen. If you are taking any other medications or natural health products, consult a health care practitioner prior to use, as piperine may alter their effectiveness

All Solaire Naturals formula's, including Super Turmeric with Piperine are in a vegetarian capsule that are free from additives or preservatives and contain only what is listed on the label. This formula contains **no nuts, corn, gluten, soy and are 100% vegan friendly.**

| <b>Medicinal Ingredients</b> (per capsule)  |               |
|---|---------------|
| <b>Turmeric (10:1) extract</b> (Curcuma longa, Rhizome)<br>Equivalent to 8000 mg raw herb | <b>800 mg</b> |
| <b>Piperine</b> (from Piper nigrum - Fruit)   | <b>14 mg</b>  |
| Non-Medicinal Ingredients: Magnesium stearate, Hypromellose                               |               |

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# BE YOUR OWN HERO.

Symons Super Mix by Solaire Naturals

Inflammatory issues can lead to long-term health concerns such as chronic pain, digestion, cardiovascular and mental health-related issues. Lack of alkalinity (low pH) could be the cause and Symons Super Mix may be the right daily super power for you.



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**Symons'**  
SUPER MIX®

## THE ALKALINITY FACTOR

### Boost your metabolism. Reduce inflammation.

Look to your alkalinity. An alkalinity level between 6-7 pH can limit inflammation in your joints, gut, skin, and brain.

Boosting your body's pH can also help you:

- Maintain bone density after age 18
- Control weight fluctuations
- Decrease inflammatory build up in your joints
- Recover better after extreme exercise and stressful lifestyles
- And much more

## SYMONS' SUPER MIX HAS ALL THE ESSENTIALS OF A DAILY MULTIVITAMIN, INCLUDING A SUFFICIENT SUPPLY OF ENERGY, PLUS:

- An excellent source of **Beta-carotene** (vitamin A)
- A whole spectrum of vitamins including vitamin C, vitamin E, and **B-complex vitamins** such as choline, folic acid, inositol, and vitamin B12
- **Anti-oxidants** such as selenium, Co Q10, and glutathione
- Flavonoids such as ipriflavone, formononetin, daidzein, and genestein
- The best-known phytonutrient source of minerals such as **calcium, magnesium, potassium** and micro minerals such as selenium and boron
- **Over 20% protein with all of the essential amino acids:** arginine, histidine, isoleucine, leucine, methionine, phenylalanine, tryptophan, and valine
- **Eight important enzymes to aid digestion** such as amylase, lipase, protease, emulsin, coagulase, invertase, peroxidase, and pectinase
- **Over 10% fibre**, making it a valuable supplement in cases of blood sugar problems including conditions associated with hypoglycaemia, high cholesterol, constipation and various gastrointestinal complaints
- Rich sources of chlorophyll—making it valuable for **anemia** – that also deodorizes and detoxifies the body while building the blood and immune system
- Phytosterols that are essential in dealing with conditions associated with **autoimmune** disorders
- Enhances the absorbability of other supplements

## SYMONS' SUPER MIX IS CRAFTED WITH QUALITY:

- Never freeze dried
- Does not contain corn, egg, yeast, dairy or gluten
- 100% Canadian-made

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