



Date _____
 Patient's Name _____
 Formula Name _____
 Notes _____

Freedom to Formulate™

Ingredients	Dose	Ingredients	Dose	Ingredients	Dose	Ingredients	Dose
Amino Acids		Relora®		Coleus Forskohlii Extract 10%(Forslean®)		Lemon-Lime Flavor (Gum Arabic, Natural Flavors)	
L-Asparagine Monohydrate		Mimosa pudica		Green Tea (Camellia sinensis) Leaf Extract (50% EGCG)		Orange Flavor (Gum Acacia, Natural Flavors)	
L-Isoleucine		Cissus Quadrangularis (Acticissus®)		Dandelion Root Extract			
Alpha Ketoglutaric Acid		Bergamot (Citrus bergamia) 40% Polyphenol Fraction		Astragalus Extract		Herbs	
L-Valine		Goldenrod Extract Powder 4:1		Quercetin (95% Flower Extract from Sophora japonica)		Evodiamine (Evothin™)	
L-Leucine		Yucca Root Extract		Hops Extract		Goat's Rue	
Taurine		Clove Extract Powder 4:1		Uvae Ursi (Bearberry Extract)		Pine Bark Extract	
L-Carnitine Tartrate		Red Clover Extract		Cilantro Leaves Extract		Blueberry Extract Powder	
Acetyl L-Carnitine (as Acetyl L-Carnitine HCL)		Rhubarb (Rheum) Root Extract 10:1		Ashwagandha (Withania somnifera) Root Extract		Gynostemma (Jiaogulan)	
L-Theanine		Agaricus Extract		Tribulus (Tribulus terrestris L.) Fruit Extract (40% Saponins)		Spirulina	
N-Acetyl-L-Cysteine (NAC)		Lavender Extract		Eleuthero (Acanthopanax senticosus) Stem and Root Extract (0.8% Eleutherosides)		Fucoidan	
L-Histidine (as L-Histidine HCl)		Willow Bark Dry Extract		Gymnema (Gymnema sylvestre) Leaf Extract (25% Gymnemic Acid)		Tart Cherry Powder	
L-Arginine (as L-Arginine HCl)		Elderberry Extract 4:1		Olive (Olea europaea) Leaf Extract (18% Oleuropein)		Turkey Tail	
L-Aspartic Acid		Holy Basil Extract 2%		Boswellin® (Boswellia Serrata Extract)		Indole-3-Carbinol (I3C)	
L-Proline		Lion's Mane (Hericium Erinaceus)		Kudzu (Pueraria lobata) Root Extract (40% Isoflavones)		Green Coffee Bean Extract 50%	
L-Citrulline		Damiana Leaf Extract 5:1		Hawthorn (Crataegus pinnatifida Bge.) Berry Extract 10:1		Luteolin	
L-Tyrosine		Muir Puama Root Extract 10:1		Banaba (Lagerstroemia speciosa L.) Leaf Extract (1% Corosolic Acid)		Pau D'Arco Powder	
L-Methionine		Maca Extract 10:1		Milk Thistle (Silybum marianum) Seed extract (80% Silymarin)		Witch Hazel Extract	
L-Glutamine		Arjuna 10:1		Artichoke (Cynara scolymus) Flower Extract (5% Polyphenols)		Catalase	
L-Glutathione (reduced)		LibiFem®		Bilberry (Vaccinium myrtillus) Fruit Extract (25% Anthocyanins)		Noni PE 5:1 (Organic)	
L-Phenylalanine		California Poppy		Garlic (Allium sativum) Bulb Extract (1% Allicin)		Camu Camu 20%	
DL-Phenylalanine		Fenugreek Extract (50% Saponins UV)		Marshmallow Root		Celery Seed Extract	
L-Carnosine		Black Cumin Powder (Nigella Sativa)		Oregano (Origanum vulgare) Leaf Extract 4:1		Grapefruit Seed Extract	
L-Glycine		Mucuna Pruriens (98% L-Dopa)		Rosemary Extract		Chaga Gold	
L-Alanine		Beet Root Extract (SaBeet®)		Dichrostachys Glomerata Powder		Cat's Claw (Uncaria tomentosa) Bark Extract (3% Oxindole Alkaloids)	
L-Lysine (as L-Lysine HCl)		Skullcap Root Extract(20% Baicalin)		Lemon Balm Extract		Horseail 7% Silica	
L-Ornithine (as L-Ornithine HCl)		Burdock Root Extract		KSM-66 Ashwagandha Extract		Chlorella (Chlorella vulgaris) Whole Plant	
L-Serine		Reishi Mushroom Powder		Echinacea		Chaste Tree Berry Extract	
L-Threonine		Maitake (TD-Fraction)		Moringa Leaf Powder		Black Cohosh Extract	
L-Tryptophan		Bitter Melon Extract		Panax Ginseng 5% Powdered Extract		Shatavari Extract	
		Skullcap Root Extract (90% Baicalin)		Buchu Leaf Powder		Chamomile	
Botanicals		Maitake PSX Fraction®		Zembrin		HydroCurc Curcumin	
Magnolia Bark Extract (90% Honokiol)		Genistein 98% (Natural)		Resveratrol (Polygonum cuspidatum) Root Extract		Huperzia Serrata	
Larch Arabinogalactan Powder		Tongkat Ali (EuryGold 5®) (Eurycoma longifolia) Root Extract		Magnolia Bark Extract (2% Honokiol)		Vinpocetine 99%	
Aloe Vera Gel		Cordyceps (Cordyceps sinensis) Extract (8% Cordycepic Acid)		BioPerine® (from Black Pepper (Piper nigrum) fruit extract standardized to 95%)		Parsley Leaf Powder	
Cinnamon - Cinnulin PF® (Cinnamomum burmannii) Bark Extract (3% trimeric and tetrameric Type-A Polymers)		Saw Palmetto (Serenoa serrulata) Fruit Extract (45% Total Fatty Acids)		Pomegranate (Punica granatum) Fruit Extract (30% Punicalagins)		Sunphenon XLB-100	
Relora®		Berberine Extract (Berberis aristata) root extract (97% Berberine HCl)		Organic Flax Seed (Linum usitatissimum)		Shilajit Extract (PrimaVie®)	
Mimosa pudica		Grape (Vitis vinifera) Seed Extract (95% Proanthocyanidins)(France)		Bacopa (Bacognize®)		Shiitake	
Cissus Quadrangularis (Acticissus®)		Ginkgo (Ginkgo biloba) Leaf Extract (24% Ginkgolflavoglycosides/6% Terpene Lactones)		Nettle (Urtica dioica L.) Root Extract 4:1		Monk Fruit Extract	
Bergamot (Citrus bergamia) 40% Polyphenol Fraction		Rhodiola (Rhodiola rosea) Root Extract (4% Rosavins, 1% Salidroside)		Passionflower (Passiflora incarnata L.) Aerial Powder		Gotu Kola	
Goldenrod Extract Powder 4:1		Ginger (Zingiber officinale R.) Rhizome Extract (5% Gingerols)		Turmeric Extract - LONGVIDA® Optimized (from Curcuma longa root)		Oregon Grape (Berberis aquifolium) Root Extract 4:1	
Magnolia Bark Extract (90% Honokiol)		Turmeric Extract (Curcuma longa)					
Larch Arabinogalactan Powder		Licorice (Glycyrrhiza glabra) Root Extract (20% Glycyrrhizic Acid)		Flavoring			
Aloe Vera Gel		Schisandra Berry Extract		Strawberry Flavor Blend			
Cinnamon - Cinnulin PF® (Cinnamomum burmannii) Bark Extract (3% trimeric and tetrameric Type-A Polymers)		Valerian Extract (0.8% valerenic acids)		Organic Coconut Sugar			

See reverse side for more ingredients...



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Ingredient	Dose	Ingredient	Dose	Ingredient	Dose	Ingredient	Dose
Minerals		Adrenal Concentrate		Policosanol 95%		Vitamin C (as Ascorbyl Palmitate)	
Zinc Carnosine		Beef Liver Powder		Gama Aminobutyric Acid (GABA)		Biotin	
Calcium Disodium EDTA		DHA (Omega-3 algae)		Betaine HCl		Choline (as Choline Bitartrate)	
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate Buffered)		Bovine Cartilage (BioCartilage)		Bromelain 2400 GDU		Folate (as Folic Acid)	
Lithium (as Lithium Orotate)		Stevia Extract		Citric Acid		Mixed Carotenoids	
Strontium(as Strontium Citrate)		PEA (Palmitoylethanolamide)		Bioflavonoid Complex (Lemon (Citrus lemon - 90% Bioflavonoids)		Vitamin A (as Vitamin A Palmitate)	
Zinc (as TRAACS® Zinc Bisglycinate Chelate)		LOWAT		Lutein		Thiamine (as Thiamine Mononitrate)	
Copper (as TRAACS® Copper Bisglycinate Chelate)		Astaxanthin		Melatonin		Vitamin B-6 (as Pyridoxine HCl)	
Calcium (as Calcium Glycinate)		Sea Salt		Magnasweet		Vitamin E (as d-Alpha Tocopheryl Succinate)	
Vanadium (as Vanadyl Sulfate)		Coconut MCT Powder 70% - Vegan		Zeaxanthin		Vitamin E (as d-Alpha Tocopheryl Acetate)	
Magnesium (as DiMagnesium Malate)		Natural Caffeine 98% (From Green Tea)		Lecithin (sunflower)		Vitamin K1	
Calcium (as Microcrystalline Hydroxyapatite Calcium)		Careflow® Mango		Calcium D-Glucarate			
Magnesium Creatine Chelate		Organic Coconut Cream Powder		Malic Acid		Other	
MagnaPower (Creatine)		Amylase (Food Grade)				Hibiscus Flower Extract 5%	
Magnesium Glycinate Glutamine Chelate		Lactase Powder		Probiotics		Danshen (Red Sage)	
Magnesium BHB (elemental potency)		Bioferin		Bacillus Coagulans 200 Billion CFU/g		Pueraria Mirifica Root Powder	
Calcium BHB (elemental potency)		SOD (Cactus)		Bacillus Mesentericus 100 Billion CFU/g		Microcrystalline Cellulose (MCC)	
Magnesium L-Threonate		Porcine Kidney Powder		Bacillus Subtilis 100 Billion CFU/g		Precipitated Silicon Dioxide	
Zinc Gluconate		Plant Sterols (95% Phytosterols)		Bacillus Clausii 100 Billion CFU/g		Fumaric Acid	
Vanadium Citrate		Gugulipid Extract				Acacia Fiber	
Manganese Aspartate 17%		TrueBroc® SGS Broccoli Seed Extract (13% Glucoraphanin)		Vitamin		Cranesbill (Geranium)	
Magnesium Taurinate		LeptiCore®		Vitamin B-6 (as Pyridoxal 5 Phosphate)		Magrabar	
Boron (as Boron Citrate)		Psyllium Husk Powder		Vitamin A (as Beta Carotene)		Potassium Chloride	
Calcium (as Calcium Citrate)		LJ100®		Vitamin E (as Mixed Tocopherols)		Whey Protein (IWP190®)	
Chromium (as Chromium Polynicotinate)		Glucosamine Sulfate (as Glucosamine Sulfate Potassium)		Vitamin K2 (as Menaquinone-7)		Pea Protein (Pisane®)	
Iron (as Ferrous Bisglycinate Chelate) (Ferrochel®)		Phosphatidylcholine (from Sunflower Lecithin®)		Vitamin C (as Ascorbic Acid)		Hemp Protein	
Magnesium (as Magnesium Citrate)		Alpha Lipoic Acid		Riboflavin (as Riboflavin 5 Phosphate)		Rice Protein (RisaPro1000®)	
Manganese (as Manganese Glycinate)		Trimethyl Glycine (TMG) - Betaine Anhydrous		Pantothenic Acid (as Calcium Pantothenate)		Rice Powder (Arrosweet®)	
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)		CoQ10 (Ubiquinone)		Benfotiamine			
Potassium (as Potassium Citrate)		1,3 Beta Glucan 85% (BGF-Immune®)		Vitamin D3 (as Cholecalciferol)			
Iodine (as Potassium Iodide)		MSM (Methylsulfonylmethane - OptiMSM®)		Niacin (as Niacinamide)			
Selenium (as L-Selenomethionine)		Diindolylmethane (DIM)		Methylcobalamin (Vitamin B-12)			
Zinc (as Zinc Picolinate)		Pregnenolone		Inositol			
		SAM-e		Citicoline (CDP-choline)			
Nutraceuticals		Theacrine		Inositol Hexaphosphate (IP6)			
Cacao Powder 20/22		Chondroitin Sulfate		Nicotinic Acid (Niacin)			
5-HTP		DHEA (Dehydroepiandrosterone)		Inositol Hexanicotinate			
Creatine Monohydrate		Red Yeast Rice 10:1 Powder		Nicotinamide Mononucleotide (NMN)			
Creatine Monohydrate		Phosphatidylserine		L-5-methyltetrahydrofolate, calcium salt			
Gamma Oryzanol 97%		Ribonucleic Acid (RNA)		Pantesin HF55 (Pantethine 55%)			
PharmaGABA		Citrus Pectin		Hydroxocobalamin (Vitamin B-12)			
Ellagic Extract 90%		D-Ribose		Adenosylcobalamin (Vitamin B-12)			
Guar Gum		Micro PQQ		Folinic Acid (Folate)			
Syrinol (Citrus sinensis L & palm Elaeis guineensis extract)		Nippi TruMarine Collagen		Vitamin E (as Tocotrienols) DeltaGold® 30 CWD Powder			
Apple Cider Vinegar 10%		DMAE Bitartrate		PABA (Para-Aminobenzoic Acid)			
Pterostilbene		Hydrolyzed Collagen		Vitamin C (as Sodium Ascorbate)			
Lycobeads® (Lycopene, tomato extract)		Hyaluronic Acid		Folate (as Quatrefolic L-5-Methyltetrahydrofolate, glucosamine salt)			