



Freedom to Formulate™

Date \_\_\_\_\_  
 Patient's Name \_\_\_\_\_  
 Formula Name \_\_\_\_\_  
 Notes \_\_\_\_\_

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

See reverse side for more ingredients...



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