

Date _____

Patient Name _____

Formula Name _____

Doctor _____

Notes _____

Personalized Nutrients Ingredients

Ingredients		Vitamins	Dose	Vitamin E (as d-Alpha Tocopheryl Succinate)	
Amino Acids	Dose	Adenosylcobalamin (Vitamin B-12)		Vitamin E (as Mixed Tocopherols)	
Acacia Fiber		Benfotiamine		Vitamin E (as Tocotrienols) DeltaGold® 35 CWD	
Acetyl L-Carnitine (as Acetyl L-Carnitine HCL)		Biotin		Vitamin K1	
Alpha Ketoglutaric Acid (AKG)		Choline Bitartrate		Vitamin K2 (as Menaquinone-7)	
Amylase (Food Grade)		Citicoline (CDP-choline)			
Creatine Monohydrate		Folate (as Folic Acid)		Probiotics	Dose
DL-Phenylalanine		Folate (as Quatrefolic® L-5-Methyltetrahydrofolate, glucosamine salt)		Bacillus Clausii (100 Billion CFU/G)	
L-Alanine		Folinic Acid (Folate)		Bacillus Coagulans (200 Billion CFU/G)	
L-Arginine (as L-Arginine HCl)		Hydroxocobalamin (Vitamin B-12)		Bacillus Mesentericus (100 Billion CFU/G)	
L-Asparagine Monohydrate		Inositol		Bacillus Subtilis (100 Billion CFU/G)	
L-Aspartic Acid		Inositol Hexanicotinate			
L-Carnitine Tartrate		Inositol Hexaphosphate (IP6)		Minerals	Dose
L-Carnosine		L-5-methyltetrahydrofolate, calcium salt		Boron (as Boron Citrate)	
L-Citrulline		Methylcobalamin (Vitamin B-12)		Calcium (as Calcium Citrate)	
L-Glutamine		Niacin (as Niacinamide)		Calcium (as Calcium Glycinate)	
L-Glutathione (reduced)		Nicotinic Acid (Niacin)		Calcium (as Microcrystalline Hydroxyapatite Calcium)	
L-Glycine		PABA (Para-Aminobenzoic Acid)		Calcium D-Glucarate	
L-Histidine (as L-Histidine HCl)		Pantesin HF55 (Pantethine 55%)		Calcium Disodium EDTA	
L-Isoleucine		Pantothenic Acid (as Calcium Pantothenate)		Calcium HMB (beta-hydroxy-beta-methylbutyrate)	
L-Leucine		Riboflavin (as Riboflavin 5 Phosphate)		Chromium (as Chromium Polynicotinate)	
L-Lysine (as L-Lysine HCl)		Thiamine (as Thiamine Mononitrate)		Copper (as Albion® Copper Bisglycinate Chelate)	
L-Methionine		VitaCholine® B90 IP		Copper (as Copper Gluconate)	
L-Ornithine (as L-Ornithine HCl)		Vitamin A (as Beta Carotene)		Iodine (as Potassium Iodide)	
L-Phenylalanine		Vitamin A (as Vitamin A Palmitate)		Iron (as Ferrous Bisglycinate Chelate)	
L-Proline		Vitamin A (Mixed Carotenoids)		Lithium (as Lithium Orotate)	
L-Serine		Vitamin B-6 (as Pyridoxal 5 Phosphate)		Magnesium (Albion® Magnesium Bisglycinate Chelate Buffered)	
L-Theanine		Vitamin B-6 (as Pyridoxine HCl)		Magnesium (as DiMagnesium Malate)	
L-Threonine		Vitamin C (as Liposomal Pureway-C)™		Magnesium (as Magnesium BHB)	
L-Tryptophan		Vitamin C (as Ascorbic Acid)		Magnesium (as Magnesium Citrate)	
L-Tyrosine		Vitamin C (as Ascorbyl Palmitate)		Magnesium (as Magnesium L-Threonate)	
L-Valine		Vitamin C (as Sodium Ascorbate)		Magnesium (as Magnesium Taurinate)	
N-Acetyl L-Tyrosine		Vitamin D3 (as Cholecalciferol)		Malic Acid	
N-Acetyl-L-Cysteine (NAC)		Vitamin E (as d-Alpha Tocopheryl Acetate)		Manganese (as Manganese Glycinate)	
Taurine				Molybdenum (as Albion® Molybdenum)	

Glycinate Chelate)		Gugulipid 7.5%		guineensis extract)	
NutraFeast® High Selenium Yeast 2000		Gugulipid Extract		Tribulus (Tribulus terrestris L.) Fruit Extract (40% Saponins)	
Potassium (as Potassium Citrate)		Hyaluronic Acid		Trimethyl Glycine (TMG) - Betaine Anhydrous	
Potassium Bicarbonate		Hydrolyzed Collagen		Turkey Tail	
Selenium (as L-Selenomethionine)		HydroPeach		Verisol	
Strontium(as Strontium Citrate)		Indole-3-Carbinol (I3C)		Vinpocetine 99%	
Vanadium (as Vanadyl Sulfate)		Lactase Powder		Zeaxanthin	
Zinc (as Albion® Zinc Bisglycinate Chelate)		Lecithin (sunflower)			
Zinc (as Zinc Gluconate)		LeptiCore®		Botanicals	Dose
Zinc (as Zinc Picolinate)		Lutein		Agaricus Extract	
Zinc (as Zinc Sulfate)		Luteolin		Aloe Vera Gel	
Zinc Carnosine		Lycobeads® (Lycopene, tomato extract)		Amla Powder	
		Melatonin		AnaGain Nu	
Nutraceuticals	Dose	Micro PQQ		Apple Extract 30% Polyphenols	
1,3 Beta Glucan 85% (BGF-Immune®)		Microcrystalline Cellulose (MCC)		Arjuna 10:1	
5-HTP		MSM (Methylsulfonylmethane - OptiMSM®)		Artichoke (Cynara scolymus) Flower Extract (5% Polyphenols)	
Adrenal Concentrate		Nattokinase(2,000 FU/100mg)		Ashwagandha (Withania somnifera) Root Extract	
Algae Powder (Green)		Natural Caffeine 98% (From Green Tea)		Astragalus Extract	
Alpha Lipoic Acid		Nicotinamide Riboside Chloride (NR)		Bacopa Monnieri Extract	
Apigenin 98%		Omega-3 DHA/EPA (AvailOm® High DHA) 3:1		Banaba (Lagerstroemia speciosa L.) Leaf Extract (1% Corosolic Acid)	
Apple Cider Vinegar		Omega-3 EPA/DHA (AvailOm® High EPA) 2:1		Beet Root Extract (SaBeet®)	
Astaxanthin		Organic Coconut Cream Powder		Berberine Extract (Berberis aristata) root extract (97% Berberine HCl)	
Betaine HCl		Organic Coconut Milk Powder		Bergamot (Citrus bergamia) 40% Polyphenol Fraction	
Bioferrin		PEA (Palmitoylethanolamide)		Bilberry (Vaccinium myrtillus) Fruit Extract (25% Anthocyanins)	
Bioflavonoid Complex (Lemon (Citrus lemon - 90% Bioflavonoids)		PharmaGABA		BioPerine® (from Black Pepper (Piper nigrum)	
Bovine Thyroid Tissue Powder		Phosphatidylcholine (from Sunflower Lecithin)		Bitter Melon Extract	
Bromelain 2400 GDU		Phosphatidylserine		Black Cohosh Extract	
Catalase		Plant Sterols (95% Phytosterols)		Black Cumin Powder (Nigella Sativa)	
Chondroitin Sulfate		Policosanol 95%		Black Walnut Hull Extract 10:1	
Citric Acid		Porcine Kidney Powder		Blueberry Extract Powder	
Citrus Pectin		Precipitated Silicon Dioxide		Boswellin® (Boswellia Serrata Extract)	
CoQ10 (Ubiquinone)		Pregnenolone		Burdock Root Extract	
CoQ10 Blend (for powder formulas)(Sunflower lecithin)		Pterostilbene		California Poppy	
D-Ribose		Relora®		Camu Camu (20% Vitamin C)	
DHA (Omega-3 algae)		SAM-e		Careflow® Mango	
DHEA (Dehydroepiandrosterone)		Sea Salt		Cat's Claw (Uncaria tomentosa) Bark Extract (3% Oxindole Alkaloids)	
Dihydroberberine		Shiitake		Celery Seed Extract	
Diindolylmethane (DIM)		Shilajit Extract		Chaga Gold	
Ellagic Extract 90%		SOD (Prickly Pear Cactus)			
Extramel® (SOD-B)		Strawberry Carmi			
Gama Aminobutyric Acid (GABA)		Sytrinol (Citrus sinensis L. & palm Elaeis			
Gamma Oryzanol 97%					
Glucosamine Sulfate (as Glucosamine Sulfate Potassium)					
Guar Gum					

Chamomile		Kudzu (Pueraria lobata) Root Extract (40% Isoflavones)		Reishi Mushroom Powder	
Chaste Tree Berry Extract		Larch Arabinogalactan Powder		Resveratrol (Polygonum cuspidatum) Root Extract	
Chitosan		Lavender Extract		Rhodiola (Rhodiola rosea) Root Extract (4% Rosavins, 1% Salidroside)	
Chlorella (Chlorella vulgaris) Whole Plant		Lemon Balm Extract		Rhubarb (Rheum) Root Extract 10:1	
Cinnamon - Cinnulin PF® (Cinnamomum burmannii) Bark Extract		LibiFem® Fenugreek Extract		Rosemary Extract	
Cissus Quadrangularis (Acticissus®)		Licorice (Glycyrrhiza glabra) Root Extract		Saffron Extract (.3% Safranal)	
Clove Extract Powder 4:1		Lion's Mane (Hericium Erinaceus)		Saw Palmetto (Sereinoa serrulata) Fruit Extract (45% Total Fatty Acids)	
Coleus Forskohlii Extract 10%(Forslean®)		Maca Extract 10:1		Schisandra Berry Extract	
Cordyceps (Cordyceps sinensis) Extract (8% Cordycepic Acid)		Magnolia Bark Extract (2% Honokiol)		Shatavari Extract	
Dandelion Root Extract		Magnolia Bark Extract (90% Honokiol)		Skullcap Root Extract (90% Baicalin)	
Danshen (Red Sage)		Maitake (TD-Fraction)		Skullcap Root Extract(30% Baicalin)	
Dichrostachys Glomerata Powder		Marshmallow Root		Spermidine (Wheat Germ Extract)	
Echinacea		Mastic Gum Powder		Spirulina	
Elderberry Extract 4:1		Milk Thistle (Silybum marianum) Seed extract (80% Silymarin)		Tart Cherry Powder	
Eleuthero (Acanthopanax senticosus) Stem and Root Extract (0.8% Eleutherosides)		Monk Fruit Extract		Tongkat Ali (EuryGold 5®) (Eurycoma longifolia) Root Extract	
Epimedium Extract 8:1 (Horny Goat Weed)		Moringa Leaf Powder		TrueBroc® SGS Broccoli Seed Extract (13% Glucoraphanin)	
ETAS 50		Mucuna Pruriens (98% L-Dopa)		Turmeric Extract - LONGVIDA® Optimized (from Curcuma longa root)	
Evodiamine (Evothin™)		Muira Puama Root Extract 10:1		Turmeric Extract (Curcuma longa) C3	
Fenugreek Extract (50% Saponins UV)		Naringin Extract		Uvae Ursi (Bearberry Extract)	
Fisetin 98%		Nettle (Urtica dioica L.) Root Extract 4:1		Valerian Extract (0.8% valerenic acids)	
Fucoidan		Noni Fruit Extract 4:1		Wild Lettuce Powder	
Garlic (Allium sativum) Bulb Extract (1% Allicin)		Nopal Fruit Powder		Willow Bark Dry Extract	
Genistein 98% (Natural)		Olive (Olea europaea) Leaf Extract (20% Oleuropein)		Witch Hazel Extract	
Ginger (Zingiber officinale R.) Rhizome Extract (5% Gingerols)		Oregano (Origanum vulgare) Leaf Extract 10:1		Wormwood(Artemisia Absinthium)	
Ginkgo (Ginkgo biloba) Leaf Extract (24% Ginkgo flavonoglycosides/6% Terpene Lactones)		Oregon Grape (Berberis aquifolium) Root Extract 4:1		Yucca Root Extract	
Goat's Rue		Organic Calendula Flower Powder			
Goldenrod Extract Powder 4:1		Organic Flax Seed (Linum usitatissimum)			
Gotu Kola		Panax Ginseng 5% Powdered Extract			
Grape (Vitis vinifera) Seed Extract (95% Proanthocyanidins)(France)		ParActin®			
Grapefruit Seed Extract		Parsley Leaf Powder			
Green Coffee Bean Extract 50%		Passionflower (Passiflora incarnata L.) Aerial Powder			
Green Tea (Camellia sinensis) Leaf Extract (50% EGCG)		Pau D'Arco Powder			
Gymnema (Gymnema sylvestre) Leaf Extract (25% Gymnemic Acid)		PeakO2®			
Hawthorn (Crataegus pinnatifida Bge.) Berry Extract 10:1		Pine Bark Extract			
Hibiscus Flower Extract 5%		Pomegranate (Punica granatum) Fruit Extract (30% Punicalagins)			
Holy Basil Extract 2%		Psyllium Husk Powder			
Hops Extract		Pueraria Mirifica Root Powder			
Horsetail 7% Silica		Quercetin (Sophora japonica)			
Hyssop Herb Powder (Organic)		Red Clover Extract			
		Red Yeast Rice Powder			

Flavors	Dose
Magnasweet	
Natural Vanilla Creamy	
Organic Coconut Sugar	
Organic Pineapple Fruit Powder	
Strawberry (Powder Pure)	
Strawberry Flavor Blend	
Strawberry Fruit Powder	

Macros	Dose
Coconut MCT Powder 70% - Vegan	
Rice Protein (RisaPro1000®)	