

# CORE RESTORE 7-DAY KIT



## RECOMMENDED USE

- Helps to support liver function
- Helps to maintain the body's ability to metabolize nutrients
- Provides antioxidants for the maintenance of good health
- Bulk-forming laxative that promotes bowel movements by increasing bulk volume and water content

## LIVER SUPPORT

### The Proven Efficacy of the Core Restore Program

The purpose of the Core Restore program is to help support healthy liver function, maintain the body's ability to metabolize nutrients and aid healthy elimination.

### The Liver: Open 24 Hours a Day

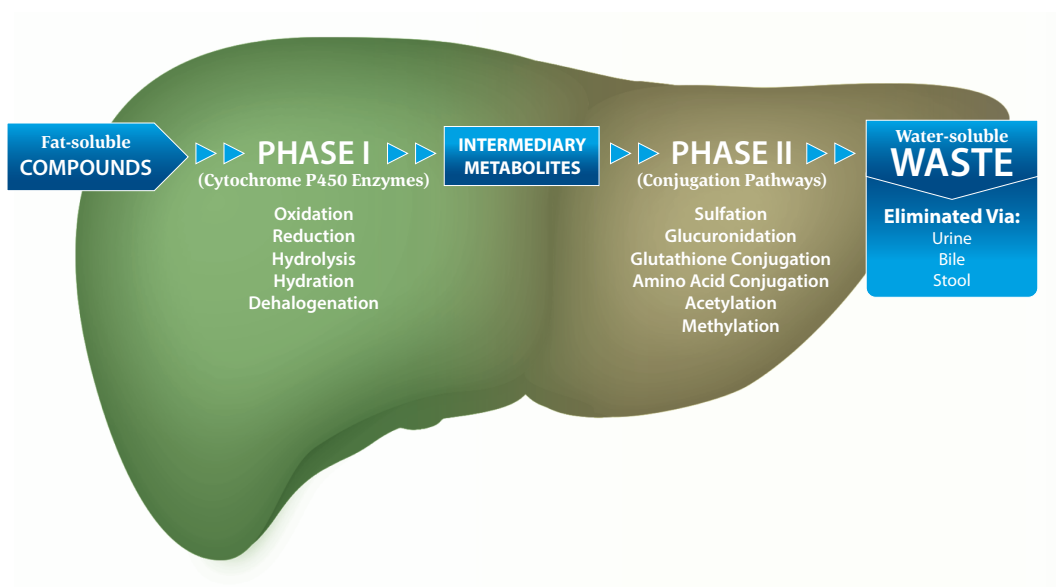
The liver is the main organ used to clear out fat-soluble toxins, assimilating and packaging nutrients for use while detoxifying hundreds of chemicals in two distinct phases. This process is called biotransformation. Most of the environmental compounds the body is exposed to are fat-soluble. These substances are attracted to the body's fat cells, which serve as a type of insulation and protect the rest of the body from their effects.

### Phase I

A series of enzymes chemically change fat-soluble compounds into substances called intermediary metabolites. Intermediary metabolites must then go through Phase II quickly to become water-soluble.

### Phase II

Specific molecules are then attached to the intermediary metabolites. This process makes the intermediary metabolites water-soluble so they can be eliminated through the urine and stool. The Core Restore program helps to support healthy liver function and contains psyllium, which serves as a bulk-forming laxative, promoting bowel movements by increasing bulk volume and water content for healthy excretion.



## Products Included in the Core Restore Kit:

### CORE Support

CORE Support includes N-acetyl cysteine, an immediate precursor to glutathione, an antioxidant that reduces the oxidative effect of free radicals. The formula also includes psyllium, a bulk-forming laxative, to promote bowel movements by increasing bulk volume and water content. In addition, CORE Support provides an antioxidant vegetable extract blend and polyphenols.

### Medicinal Ingredients (per 18.75 g scoop)

Magnesium (Magnesium citrate USP).....	50 mg
Rice protein ( <i>Oryza sativa</i> , Seed).....	9.4 g (6.6 g Protein)
Psyllium ( <i>Plantago ovata</i> , Husk) [Organic].....	2.58 g
Glycine USP.....	250 mg
Vegetable blend.....	250 mg
Broccoli ( <i>Brassica oleracea</i> var. <i>italica</i> , Sprout).....	82.5 mg
Onion ( <i>Allium cepa</i> , Bulb) extract.....	72.5 mg (40:1, QCE 2.9 g)
Tomato ( <i>Solanum lycopersicum</i> , Fruit).....	28.35 mg
Broccoli ( <i>Brassica oleracea</i> var. <i>italica</i> , Edible vegetable part).....	32.5 mg
Carrot ( <i>Daucus carota</i> , Root).....	13.25 mg
Spinach ( <i>Spinacia oleracea</i> , Leaf).....	7 mg
Kale ( <i>Brassica oleracea</i> var. <i>viridis</i> , Leaf).....	6.75 mg
Brussels sprout ( <i>Brassica oleracea</i> var. <i>gemmifera</i> , Sprout).....	0.5 mg
Taurine USP.....	125 mg
L-Glutamine USP.....	75 mg
Acetylcarnitine (N-Acetyl-L-Carnitine Hydrochloride).....	53 mg
N-Acetyl-L-cysteine USP.....	62.5 mg
DL-alpha Lipoic acid.....	30 mg
Green tea ( <i>Camellia sinensis</i> , Leaf) extract.....	25 mg (30:1, QCE 750 mg) (45% Epigallocatechin 3-gallate)
Rosemary ( <i>Rosmarinus officinalis</i> , Leaf) extract.....	25 mg (10:1, QCE 250 mg)
Schisandra ( <i>Schisandra chinensis</i> , Fruit) extract.....	25 mg (10:1, QCE 250 mg)
Ellagic acid ( <i>Punica granatum</i> , Fruit pericarp).....	12.5 mg

### Non-Medicinal Ingredients

Potassium citrate USP, Flavour (Natural), Brownrice syrup, Silicon dioxide, Rebaudioside A [Organic], Ascorbyl palmitate.

### Recommended Dose

**Adults:** Take 2 scoops 2 times per day. Mix 2 scoops with 1.5-2 cups of liquid (water, milk, fruit juice or similar aqueous beverage), stir briskly and drink immediately. Effects observed 12-24 hours after first dose, and may take 2-3 days. Take with food/meals. Take a few hours before or after taking other medications or natural health products. Ensure to drink enough fluid before, during and after exercise.

### PhytoCore

PhytoCore includes choline and L-methionine to help support liver function; L-methionine is also a source of an essential amino acid for the maintenance of good health and for protein synthesis. The formula includes milk thistle, which is used in Herbal Medicine to help relieve digestive disturbances. Also included in the formula is the Complete Turmeric Matrix with standardized amounts of curcuminoids, turmerin protein and volatile oils, which are a source of antioxidants for the maintenance of good health.

### Medicinal Ingredients (per capsule)

Choline (Choline bitartrate).....	24 mg
Dandelion ( <i>Taraxacum officinale</i> , Root) extract.....	75 mg (4:1, QCE 300 mg)
Artichoke ( <i>Cynara cardunculus</i> , Leaf) extract.....	48.33 mg (4.5:1, QCE 217.485 mg)
Inositol NF.....	46.67 mg
L-Methionine USP.....	46.67 mg
Milk thistle ( <i>Silybum marianum</i> , Seed) extract.....	43.33 mg (50:1, QCE 2166.5 mg) (80% Silymarin)
Garlic ( <i>Allium sativum</i> , Bulb).....	33.33 mg
Turmeric ( <i>Curcuma longa</i> , Rhizome) extract.....	33.33 mg (25:1, QCE 833.25 mg) (50% Curcuminoids)

### Non-Medicinal Ingredients

Hypromellose, Microcrystalline cellulose, Magnesium stearate, Silicon dioxide.

### Recommended Dose

**Adults:** Starting on the third day of the program, take 1 PhytoCore capsule 6 times per day, in divided doses, or as recommended by your healthcare practitioner.

### Alpha Base Capsules without Iron

Alpha Base Capsules without Iron are a complete multivitamin and mineral. The formula includes efficacious doses of antioxidants, including vitamins C and E and selenium to protect cells from free radical damage. Alpha Base also includes fully reacted Albion® chelated minerals for enhanced bioavailability.

### Medicinal Ingredients (per capsule)

Vitamin A (Vitamin A palmitate).....	187.5 mcg RAE (625 IU)
Beta-carotene ( <i>Blakeslea trispora</i> , Whole).....	750 mcg (1,250 IU)
Vitamin C (Calcium ascorbate USP, Ascorbic acid USP).....	125 mg
Vitamin D (D3 Cholecalciferol).....	6.25 mcg
Vitamin E (d-alpha-Tocopheryl acid succinate USP).....	16.75 mg AT
Vitamin K1.....	12.5 mcg
Thiamine (Thiamine hydrochloride USP).....	6.25 mg
Riboflavin USP.....	6.25 mg
Niacin USP (Nicotinic acid).....	3.125 mg

Niacinamide USP .....	3.125 mg
Vitamin B6 (Pyridoxine hydrochloride USP) .....	9.25 mg
Folate (Quatrefolic , L-5-Methyltetrahydrofolic acid, Glucosamine salt) .....	100 mcg
Vitamin B12 (Methylcobalamin) .....	125 mcg
Biotin .....	50 mcg
Pantothenic acid (Calcium-d-pantothenate USP).....	37.5 mg
Calcium (DimaCal™ Dicalcium malate, Calcium ascorbate USP, Calcium D-pantothenate USP).....	25 mg
Iodine ( <i>Ascophyllum nodosum</i> , Thallus, <i>Laminaria digitata</i> , Whole) .....	28 mcg
Magnesium (TRAACS™ Magnesium lysinate glycinate [Magnesium bisglycinate, Magnesium lysyl glycinate, Dimagnesium malate]) .....	50 mg
Zinc (TRAACS™ Zinc bisglycinate).....	3 mg
Selenium (Selenium glycinate) .....	25 mcg
Copper (TRAACS™ Copper (II) bisglycinate) .....	0.25 mg
Manganese (TRAACS™ Manganese (II) bisglycinate) .....	0.5 mg
Chromium (Chromium (III) nicotinate).....	60 mcg
Molybdenum (TRAACS™ Molybdenum (VI) bisglycinate).....	6.25 mcg
Choline (Choline bitartrate) .....	4.75 mg
Inositol NF .....	12.5 mg
Rutin ( <i>Styphnolobium japonicum</i> , Flower).....	6.25 mg
Boron (Boric acid) .....	375 mcg
Glycine.....	1.428 mg
Vanadium (Vanadyl Sulfate).....	45.5 mcg
Vitamin K2 (Menaquinone 7) (MenaQ7®PRO).....	3.125 mcg

## Non-Medicinal Ingredients

Hypromellose, Magnesium stearate, Stearic acid, Potassium citrate USP.

## Recommended Dose

**Adults:** Take 2 Alpha Base without Iron capsules 2 times per day with food, or as recommended by your healthcare practitioner. Take a few hours before or after taking other medications or natural health products. Ensure to drink enough fluid before, during, and after exercise.

## Risk Information

Consult a health care practitioner immediately if you experience chest pain, vomiting, difficulty in breathing after taking this product. Consult a health care practitioner if symptoms persist or worsen or if laxative effect does not occur within seven days. Consult a health care practitioner prior to use if you are taking antiplatelet medication, blood thinners or protease inhibitors and/or if you have gallstones, kidney stones, stomach ulcers, excess stomach acid, a seizure disorder, an iron deficiency, diabetes, liver or gall bladder diseases, liver or kidney disorder/disease, intestinal obstruction, or if you have symptoms such as abdominal pain, nausea, vomiting or fever (as these could be signs of other serious conditions) and/or if you have a history of non-melanoma skin cancer, or

if you have been diagnosed with estrogen-dependent cancer. Stop use and consult a health care practitioner if you develop symptoms of liver trouble such as yellowing of the skin/eyes (jaundice), stomach pain, dark urine, sweating, nausea, unusual tiredness, loss of appetite and/or if you experience sweating, paleness, chills, headache, dizziness and/or confusion (as these may be symptoms of serious low blood sugar) and or if hypersensitivity/allergy occurs. Do not use if you have difficulty swallowing, are experiencing a sudden change in bowel habits that has persisted for more than 2 weeks, undiagnosed rectal bleeding, failure to defaecate following the use of another laxative product, are pregnant or breastfeeding, are taking antibiotics or nitroglycerin and/or if you have diabetes mellitus in which blood sugar is difficult to regulate, or if you have a bile duct obstruction. May cause digestive problems, temporary gas, bloating and/or diarrhoea and/or a mild and transient flushing of the skin if sensitive to nicotinic acid. Rare, unpredictable cases of liver injury associated with green tea extract-containing products have been reported.

To be sure this product is right for you always read and follow the label.

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