



PureSpectrum

A Targeted Guide For Children's Health

- Optimal Daily Wellness*
- Immune and GI Function*
- Healthy Digestion*
- Relaxation and Cognitive Health*



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Daily Wellness: Vitamins and Minerals

Achieving a full-spectrum of nutrients is critical for a child's optimal physical, cognitive and social development. Choosing nutrient-dense vegetables, fruits, whole grains, healthy fats and proteins, as tolerated, provides the basic building blocks for health. However, numerous factors can compromise nutrient status:

- Taste preferences
- Food sensitivities or allergies
- Digestive difficulties
- Special metabolic needs

Furthermore, a child's self-selection or special diet can result in suboptimal levels of certain nutrients. For example, gluten-free diets can be lower in essential B vitamins and casein-free diets can be lower in calcium. It is always recommended to work with a healthcare professional to assess current dietary practices and advise on any necessary changes and/or dietary supplements.

Note:

Some sensitive children may respond better when given supplemental single nutrients, while others can tolerate combination formulas. If a child is extremely sensitive, lower potency formulas are suggested. In all cases, it is recommended to start slowly. Start protocols with half or a quarter of the recommended dosage for several days before increasing to the recommended amounts.



PurePals **CHEWABLE TABLET**

(formerly PureBears)

- Multivitamin/mineral formula with choline and citrus bioflavonoids
- Supports healthy cognitive function, mood and immune defense*
- No added sugar, fructose or artificial flavors or sweeteners
- Easy to chew, naturally-flavored cherry tablets

two tablets contain **V**

| | |
|--|------------|
| calories | 6 |
| total carbohydrate | 2 g |
| sugars | 0 g |
| xylitol | 2 g |
| vitamin A (29% as vitamin A, 71% mixed carotenoids) | 3,500 i.u. |
| ascorbyl palmitate (fat-soluble vitamin C) | 40 mg |
| vitamin C (ascorbic acid) | 250 mg |
| calcium (citrate/ascorbate) | 100 mg |
| vitamin D ₃ | 400 i.u. |
| vitamin E (d-alpha tocopheryl succinate and mixed tocopherols) | 30 i.u. |
| thiamine (B ₁) | 3 mg |
| riboflavin (B ₂) | 1.7 mg |
| niacinamide/niacin | 14 mg |
| pyridoxine HCl (B ₆) | 2 mg |
| folic acid | 400 mcg |
| cyanocobalamin (B ₁₂) | 6 mcg |
| biotin | 300 mcg |
| pantothenic acid (B ₅) | 12 mg |
| iodine (kelp) | 15 mcg |
| magnesium (aspartate/ascorbate) | 40 mg |
| zinc (aspartate) | 2 mg |
| selenium (amino acid chelate) | 40 mcg |
| copper (amino acid chelate) | 0.2 mg |
| manganese (amino acid chelate) | 2 mg |
| chromium (picolinate) | 40 mcg |
| molybdenum (amino acid chelate) | 5 mcg |
| potassium (aspartate) | 10 mg |
| citrus bioflavonoids | 10 mg |
| boron (citrate) | 20 mcg |
| vanadium (krebs cycle chelate) | 3 mcg |
| choline bitartrate | 40 mg |
| other ingredients: natural cherry flavor, cellulose, silica, magnesium silicate, Lo Han (Momordica grosvenori fruit extract), maltodextrin | |

Ages 2 to 3, take 1 tablet per day, with a meal.

Ages 4 and up, take 2 tablets per day, with meals.

| | quantity | order code |
|----------------------------------|----------|------------|
| PurePals (natural cherry flavor) | 90 | PUBC9 |

Also available, PurePals (with iron)

With 10 mg iron (tri-glycinate) per serving.

B-Complex liquid

- Provides a balanced combination of B vitamins
- Promotes healthy mental function*
- Supports optimal carbohydrate, fat and protein metabolism for balanced energy support*
- Natural fruit-flavored liquid

2 full droppers (4 ml (0.13 fl oz)) contain **V**

| | |
|---|---------|
| thiamine HCl (B ₁) | 4 mg |
| riboflavin 5' phosphate (activated B ₂) | 4 mg |
| niacinamide (B ₃) | 10 mg |
| pyridoxine HCl (B ₆) | 5 mg |
| vitamin B ₁₂ (formulated with methylcobalamin) | 500 mcg |
| pantothenic acid (calcium pantothenate) (B ₅) | 10 mg |
| other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, strawberry juice concentrate, natural orange flavor, xanthan gum, citric acid, purified stevia extract, potassium sorbate | |

1-2 droppers daily, with or between meals.

| | quantity | order code |
|-----------------------------------|--------------------|------------|
| B-Complex liquid (29 servings) | 116 ml (3.9 fl oz) | BCL1 |



Junior Nutrients

- Comprehensive multivitamin/mineral formula
- Support for healthy cognitive function, mood and immune defense*
- Small size capsules for easy swallowing

four vegetable capsules contain  V 2

| | |
|--|------------|
| vitamin A (25% as vitamin A acetate, 75% mixed carotenoids)..... | 5,000 i.u. |
| (providing beta carotene, lycopene, lutein and zeaxanthin) | |
| ascorbic acid | 275 mg |
| ascorbyl palmitate (fat-soluble vitamin C)..... | 20 mg |
| calcium (as DimaCal® di-calcium malate)..... | 85 mg |
| vitamin D ₃ | 800 i.u. |
| d-alpha tocopherol succinate (vitamin E)..... | 70 i.u. |
| vitamin K ₁ | 90 mcg |
| thiamine HCl (B ₁) | 3 mg |
| riboflavin (B ₂) | 1.7 mg |
| riboflavin 5'phosphate (activated B ₂) | 1.7 mg |
| niacinamide | 20 mg |
| pyridoxine HCl (B ₆)..... | 2.5 mg |
| pyridoxal 5' phosphate (activated B ₆)..... | 2.5 mg |
| folate (as Metafolin®, L-5-MTHF)..... | 400 mcg |
| methylcobalamin (B ₁₂) | 200 mcg |
| biotin..... | 300 mcg |
| pantothenic acid (calcium pantothenate) (B ₅) | 10 mg |
| iodine (potassium iodide)..... | 150 mcg |
| magnesium (as di-magnesium malate) | 85 mg |
| zinc (citrate)..... | 15 mg |
| selenium (selenomethionine)..... | 70 mcg |
| manganese (citrate) | 2 mg |
| chromium (polynicotinate)..... | 120 mcg |
| molybdenum (as TRAACS® molybdenum glycinate chelate)..... | 75 mcg |
| choline bitartrate..... | 50 mg |
| inositol..... | 50 mg |

MacularSynergy Complex

| | |
|------------------|---------|
| lutein..... | 3 mg |
| zeaxanthin | 500 mcg |


Consult a physician for children under the age of 4.

Ages 4 to 13, take 2 capsules per day, with a meal.

Ages 14 and up, take 4 capsules per day, with meals.

| | quantity | order code |
|------------------|----------|------------|
| Junior Nutrients | 120 | JUN1 |

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

 is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

DimaCal® is a registered trademark of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

Zinc liquid 15 mg

- Promotes the body's defense system*
- Supports nutrient digestion and metabolism*
- Great-tasting naturally flavored liquid

4 ml (0.13 fl oz) (2 full droppers) contains V

zinc (gluconate).....15 mg
 other ingredients: purified water, apple juice concentrate, cranberry juice concentrate, purified stevia extract, potassium sorbate, citric acid

servings per container: 30

Children ages 4 and up, take 2 ml (1 full dropper), with a meal.

Ages 18 and up, take 4 ml (2 full droppers), with a meal.

| | quantity | order code |
|-------------------|------------------|------------|
| Zinc liquid 15 mg | 120 ml (4 fl oz) | Z15L |



PureClear

- Offers 15 grams of hypo-allergenic rice protein enhanced with amino acids for high biological value
- Provides a wide range of vitamins and minerals for comprehensive support*
- Supports healthy liver and GI function*
- Naturally-flavored and sweetened formula

each scoop contains **V**

| | | |
|--|-------------|-------------|
| calories..... | V: 130 | C: 140 |
| calories from fat..... | V: 10 | C: 15 |
| fat..... | V: 1 g | C: 1.5 g |
| saturated fat..... | <0.5 g | |
| sodium..... | | 25 mg |
| carbohydrate..... | | 15 g |
| dietary fiber..... | | 3 g |
| sugars..... | V: 4 g | C: 5 g |
| protein..... | | 15 g |
| vitamin A (as palmitate)..... | | 1,500 i.u. |
| vitamin C (from calcium ascorbate)..... | | 30 mg |
| calcium (citrate)..... | | 200 mg |
| vitamin D ₃ | | 800 i.u. |
| d-alpha tocopherol acetate (vitamin E)..... | | 15 i.u. |
| vitamin K ₁ | | 40 mcg |
| thiamine (mononitrate) (B ₁)..... | | 2 mg |
| riboflavin (B ₂)..... | | 2 mg |
| niacinamide..... | | 10 mg |
| pyridoxine HCl (B ₆)..... | | 3.5 mg |
| folic acid..... | | 200 mcg |
| methylcobalamin (B ₁₂)..... | | 6 mcg |
| biotin..... | | 150 mcg |
| pantothenic acid (calcium pantothenate) (B ₅)..... | | 5 mg |
| iodine (from potassium iodide)..... | | 75 mcg |
| magnesium (glycinate)..... | | 200 mg |
| zinc (glycinate)..... | | 7.5 mg |
| selenium (selenomethionine)..... | | 35 mcg |
| copper (as copper amino acid chelate)..... | | 1 mg |
| manganese (glycinate)..... | | 1 mg |
| chromium (niacinate)..... | | 60 mcg |
| molybdenum (as molybdenum amino acid chelate)..... | | 38 mcg |
| inositol..... | | 100 mg |
| choline bitartrate..... | | 100 mg |
| taurine (free-form)..... | | 150 mg |
| l-glutamine (free-form)..... | | 1,000 mg |
| glycine (free-form)..... | V: 2,000 mg | C: 1,500 mg |
| l-valine (free-form)..... | | 300 mg |
| l-methionine (free-form)..... | | 175 mg |
| l-lysine HCl..... | | 525 mg |
| l-threonine (free-form)..... | | 170 mg |
| l-isoleucine (free-form)..... | | 180 mg |
| l-tryptophan (free-form)..... | | 60 mg |

other ingredients: rice protein concentrate, natural flavors, cocoa powder (chocolate flavor only), tapioca maltodextrin, xanthan gum, purified stevia extract

serving size: 41 g (1 scoop)

servings per container: 15

Children ages 4 and up, add 1 serving to 8 oz. water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir or blend until smooth.

****WARNING: Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision.**

| | quantity | order code |
|---------------------|----------|------------|
| PureClear | | |
| Vanilla Bean Flavor | 615 g | PCPV6 |
| Chocolate Flavor | 615 g | PCPC6 |

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Cognitive Support: Essential Fatty Acids and Beyond

Diets of children are often lacking in the omega-3 essential fatty acids, which are critical for brain development and function. These fatty acids promote maturation of the central nervous system, including healthy neurotransmission.

Fish oil also supports blood flow and nutrient delivery to the brain. Consumption of fish oil by breast-fed infants and pregnant mothers has demonstrated support for cognitive development and mental processing in young children. Preliminary research reveals that fish oil supplementation may support healthy cognitive function in older children as well. Higher intakes have been positively associated with mental performance.*

Other nutrients, including choline and herbal extracts, can offer additional support for neural function and relaxation. More specifically, research has indicated that phosphatidylcholine promotes essential cell signaling, cell nutrient transport and memory and has the potential to moderate occasional stress. Lemon balm, L-theanine and L-tyrosine have demonstrated the potential to promote emotional well-being and relaxation. Studies have also shown that ginkgo biloba may enhance the flow of oxygen and blood to the brain.*

DHA Enhance

- Ultra-pure molecularly distilled fish oil concentrate
- Provides a 2:1 ratio of DHA to EPA to enhance cognitive function, positive mood and healthy sleep patterns*
- Supports respiratory and immune health*
- Convenient, chewable, flavored capsule

each softgel capsule contains 10 sq

| | |
|---|--------|
| calories | 5 |
| calories from fat..... | 5 |
| total fat..... | 0.5 g |
| fish oil concentrate (anchovies, herring, sardines, cod, salmon, tuna)..... | 600 mg |
| providing (typical): | |
| DHA (docosahexaenoic acid)..... | 100 mg |
| EPA (eicosapentaenoic acid)..... | 50 mg |
| other ingredients: natural lemon flavor, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols), gelatin capsule | |

Ages 4 and up, take 1-4 capsules per day, in divided doses, with or between meals. Capsules may be chewed or swallowed. Chewed capsules can be swallowed or expelled.

| | quantity | order code |
|-------------|----------|------------|
| DHA Enhance | 180 | DHE1 |
| | 90 | DHE9 |



DHA liquid

- Vegetarian, algae-derived DHA in a convenient liquid form
- Promotes neural and cognitive function*
- Supports normal inflammatory balance*
- Great-tasting natural citrus flavor

1 ml (0.03 fl oz) provides **V**

| | |
|----------------------------------|--------|
| calories | 10 |
| calories from fat | 10 |
| total fat | 1 g |
| DHA (docosahexaenoic acid) | 280 mg |

other ingredients: natural fruit and vanilla flavors, mixed tocopherols, sunflower lecithin, proprietary antioxidant blend

serving size: 1 ml (0.03 fl oz)

servings per container: 30

1/2–1 dropper per day, with a meal.

| | quantity | order code |
|------------|-----------------|------------|
| DHA liquid | 30 ml (1 fl oz) | DHAL |

 is a trademark of Martek Biosciences Corporation.

Cognitive & Calming

- Promotes relaxation, emotional well-being and mental function*
- Provides phosphatidylcholine essential for neurotransmitter function and memory*
- Enhances the flow of oxygen and blood to the brain*

each vegetable capsule contains  **V 2**

| | |
|---|--------|
| Melissa officinalis (lemon balm) extract (leaf) | .40 mg |
| (standardized to contain 5% rosmarinic acid) | |
| soy lecithin | .60 mg |
| (standardized to contain 20% phosphatidylcholine) | .12 mg |
| L-theanine | .20 mg |
| L-tyrosine (free-form) | .50 mg |
| Ginkgo biloba extract (leaf) (50:1) | .20 mg |
| (standardized to contain 24% ginkgoheterosides and 6% terpene lactones) | |
| grape (Vitis vinifera) seed extract | .10 mg |
| (standardized to contain 92% polyphenols) | |
| ascorbyl palmitate (fat-soluble vitamin C) | .5 mg |

Ages 4 to 11, take 1 capsule per day, with or between meals.

Ages 12 and up, take 2 capsules per day, in divided doses, with or between meals.

| | quantity | order code |
|---------------------|----------|------------|
| Cognitive & Calming | 120 | CAC1 |
| | 60 | CAC6 |



Digestive Health: Enzymes

Proper gastrointestinal (GI) function is essential for nutrient absorption and utilization. Nutrient assimilation depends on proper digestion of food into small particles. This process occurs through the secretion of various enzymes, mainly in the small intestine, that act to break down specific components of food. Individuals with food sensitivities or digestive difficulties may need enzymatic support for optimal digestion. Enzyme supplementation can also support bowel regularity for efficient toxin elimination, as well as help relieve occasional bloating or gas.*



Gluten/Dairy Digest

- Enzyme blend for healthy gluten and dairy digestion*
- Contains dipeptidyl peptidase IV (DPP-IV) activity designed to break down gluten*
- Assists digestion of casein and beta-lactoglobulin milk proteins*
- Enhances lactose digestion to help relieve occasional bloating or gas*

each vegetable capsule contains  **v 2**

| | |
|--|------------|
| BioCore® DPP-IV..... | 100 mg |
| protease (endo/exopeptidase)..... | 30,000 HUT |
| protease (exopeptidase)..... | 500 DPP-IV |
| protease (endo/exopeptidase)..... | 8.5 AP |
| BioCore® Dairy..... | 105 mg |
| protease (endo/exopeptidase)..... | 630 BLGU |
| lactase..... | 1,000 ALU |
| (hypo-allergenic plant fiber added to complete capsule volume) | |

Children ages 4 and up: ½-1 capsule as needed, with a meal.

Ages 18 and up: 1-2 capsules as needed, with a meal.

| | quantity | order code |
|---------------------|----------|------------|
| Gluten/Dairy Digest | 60 | GDD6 |

BioCore® is a trademark of National Enzyme Company.

If you are on a controlled diet and/or under the care of a healthcare professional for dairy and/or gluten digestion, continue to follow those recommendations. This product is not intended to substitute for the recommendations of a health professional.



Immune Function: Probiotics and Immune Supportive Nutrients

A healthy GI tract is also important for proper gut associated lymphoid tissue (GALT) function and development. The GALT helps protect intestinal mucosa from allergens and toxins and is a major component of the body's immune system. It is estimated that more than 70% of the body's B lymphocytes are found in the GALT. Providing probiotics can promote GI epithelial cell health and microflora balance to support healthy GALT composition, and in turn, support barrier function and immune health.*

Nutrients and herbal extracts offer additional immune support that may be needed by some sensitive individuals. These ingredients can promote healthy lymphocyte function, macrophage and NK cell activity to enhance the body's natural immune defenses.*

PureProbiotic (allergen-free)

- Unique dairy-free, soy-free, gluten-free probiotic blend providing 5 billion CFU per capsule
- Promotes healthy microflora balance and GI integrity for immune defense*
- Supports healthy immune cell function*
- Maintains bowel regularity*

one vegetable capsule contains  v 3

probiotic blend.....5 billion CFU providing:

Lactobacillus acidophilus (LA02 strain)
 Lactobacillus plantarum (LP01 strain)
 Lactobacillus rhamnosus (Lr-32 strain)
 Bifidobacterium bifidum (BB01 strain)
 Bifidobacterium lactis (BI-04 strain)
 Bifidobacterium breve (BR03 strain)

other ingredients: rice starch

This formula requires refrigeration to maintain culture viability.

Children ages 4 and up: 1 capsule per day, with or between meals.

Ages 18 and up: 2 capsules per day, with or between meals.

Powder may be removed from capsule and mixed into cold food or beverage.

| | quantity | order code |
|-------------------------------|----------|------------|
| PureProbiotic (allergen-free) | 60 | PPA6 |



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Ora-Probiotic

- Chewable 6-strain probiotic formula providing 3 billion CFU per tablet
- Supports a healthy microflora balance in the oral cavity, nasopharynx, throat and adenoid tissue*
- Provides the highly researched *S. salivarius* BLIS K12 for enhanced microbial defense and immune system function support*
- Promotes upper respiratory tract health and cytokine balance in the oral cavity*
- Great-tasting grape flavor

each chewable tablet contains **V**

probiotic blend.....3 billion CFU

providing:

- Streptococcus salivarius BLIS K12
- Lactobacillus salivarius
- Lactobacillus plantarum
- Lactobacillus rhamnosus
- Lactobacillus reuteri
- Bifidobacterium lactis

Contains milk

other ingredients: lactitol, inulin, cane sugar, dextrose, natural grape flavor, citric acid, glyceryl dibehenate, natural vanilla flavor and other natural flavors, purified stevia extract

This formula requires refrigeration to maintain culture viability.

Children ages 2 and up: chew slowly 1 tablet per day.

Ages 18 and up: chew slowly 1-2 tablets per day, in divided doses.

| | quantity | order code |
|---------------|----------|------------|
| Ora-Probiotic | 60 | OPB6 |



Immune Support Liquid

- Provides immune enhancing anthocyanins, flavonoids and polysaccharides*
- Supports immune cell function and healthy immune mediator release*
- Maintains healthy histamine release*
- Naturally flavored liquid formula

1 teaspoon (5 ml/0.18 fl oz) contains V

| | |
|--|------------|
| zinc (gluconate)..... | 3 mg |
| beta-carotene..... | 2,500 i.u. |
| hesperidin methyl chalcone..... | 30 mg |
| elderberry extract (fruit)..... | 150 mg |
| arabinogalactan (Larix spp.) extract..... | 75 mg |
| lemon balm (Melissa officinalis) extract (leaf)..... | 50 mg |
| (standardized to contain 5% rosmarinic acid) | |
| aloe vera (Aloe barbadensis) extract (inner fillet) (200:1)..... | 10 mg |
| (standardized to contain 10% polysaccharides) | |
| stevia..... | 37 mg |
| other ingredients: purified water, natural glycerin, natural grape flavor, citric acid, xanthan gum, potassium sorbate | |

Ages 4 to 8, 1/2 tsp per day, with a meal. Can be mixed with juice.

Ages 8 to 18, 1 tsp per day, with a meal.

Ages 18 and up, 1–2 tsp per day, in divided doses, with meals.

Refrigerate after opening.

| | quantity | order code |
|-----------------------|------------------|------------|
| Immune Support Liquid | 120 ml (4 fl oz) | ISL |





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