

Why SupraCaps?

FORMULA • QUALITY • CONVENIENCE • VALUE

FORMULA

— 45 High Quality Ingredients, including:

- ◆ 18 Vitamins
- ◆ 11 Minerals
- ◆ 10 Fruit & Herb Extracts
- ◆ Alpha-Lipoic Acid
- ◆ CoQ10
- ◆ Lutein
- ◆ Lycopene
- ◆ Quercetin
- ◆ Vinpocetine

QUALITY

- ◆ All Ingredients at Meaningful Potencies
- ◆ Organic Mineral Chelates (not inorganic mineral salts)
- ◆ Standardized Fruit & Herb Extracts
- ◆ FDA registered and GMP Certified Facility (NSF International)

CONVENIENCE

- ◆ Replaces Many Bottles of Supplements

VALUE

- ◆ Save at Least 50% over Buying Supplements Separately

The SupraCaps Formula

VITAMINS

	<u>7 CAPS</u>	<u>14 CAPS</u>
Vitamin A (vitamin A palmitate)	2,500 IU	5,000 IU
Vitamin A (natural carotenes: alpha, beta, cryptoxanthin, zeaxanthin, and lutein).	5,000 IU	10,000 IU
Vitamin D3 (cholecalciferol).	1,000 IU	2,000 IU
Vitamin E (d-alpha tocopheryl succinate plus d-beta, d-delta, d-gamma tocopherols).	100 IU	200 IU
Vitamin K (phytonadione and menaquinone-7).	60 mcg	120 mcg
Vitamin C (ascorbic acid)..	500 mg	1,000 mg
Vitamin B1 (thiamin HCl).	25 mg	50 mg
Vitamin B2 (riboflavin).	25 mg	50 mg
Vitamin B3 (niacin).	19 mg	38 mg
Vitamin B3 (niacinamide).	56 mg	112 mg
Vitamin B5 (d-calcium pantothenate).	50 mg	100 mg
Vitamin B6 (pyridoxine HCl)..	25 mg	50 mg
Vitamin B12 (methylcobalamin).	200 mcg	400 mcg
Biotin.	300 mcg	600 mcg
Folate (L-5-methyltetrahydrofolate)..	400 mcg	800 mcg
Choline (bitartrate)..	100 mg	200 mg
Inositol.	100 mg	200 mg
PABA (para-aminobenzoic acid)..	25 mg	50 mg

MINERALS

Boron (aspartate-citrate)..	1 mg	2 mg
Calcium (citrate-malate)..	200 mg	400 mg
Chromium (nicotinate glycinate chelate).	100 mcg	200 mcg
Copper (bisglycinate chelate)..	0.5 mg	1 mg
Iodine (kelp)..	150 mcg	300 mcg
Magnesium (bisglycinate chelate and magnesium oxide)..	100 mg	200 mg
Manganese (bisglycinate chelate)..	2 mg	4 mg
Molybdenum (glycinate chelate).	100 mcg	200 mcg
Selenium (L-selenomethionine).	100 mcg	200 mcg
Vanadium (bis-glycinato oxovanadium)..	50 mcg	100 mcg
Zinc (bisglycinate chelate)..	10 mg	20 mg

FRUIT & HERB EXTRACTS

Bilberry (<i>Vaccinium myrtillus</i>) 25% anthocyanosides.	50 mg	100 mg
Citrus Bioflavonoids (170 mg bioflavonoid complex and 30 mg hesperidin methylchalcone).	200 mg	400 mg
Ginger (<i>Zingiber officinale</i>) 5% gingerols.	100 mg	200 mg
Ginkgo (<i>Ginkgo biloba</i>) 24% flavone glycosides and 6% terpene lactones.. . . .	50 mg	100 mg
Grape Seed (<i>Vitis vinifera</i>) 95% proanthocyanidins.	100 mg	200 mg
Green Tea (<i>Camellia sinensis</i>) 95% polyphenols; 40% EGCG.	200 mg	400 mg
Milk Thistle (<i>Silybum marianum</i>) 80% silymarin.	100 mg	200 mg
Pomegranate (<i>Punica granatum</i>) dried fruit extract.	100 mg	200 mg
Trans-Resveratrol (<i>Polygonum cuspidatum</i>) dried root extract.	25 mg	50 mg
Turmeric (<i>Curcuma longa</i>) 95% curcuminoids.	200 mg	400 mg

OTHER NUTRIENTS

Alpha-Lipoic Acid.	100 mg	200 mg
Coenzyme Q10 (CoQ10).	50 mg	100 mg
Lutein (marigold extract).	5 mg	10 mg
Lycopene.	5 mg	10 mg
Quercetin.	100 mg	200 mg
Vinpocetine.	10 mg	20 mg

Health Properties of SupraCaps Ingredients

Vitamin A: acne; cancer (breast, lung); cataracts; immune function; psoriasis.

Beta-Carotene: cancer (breast, colorectal, gastric, ovarian, prostate); macular degeneration.

Vitamin C: allergies; asthma; cancer (gastric); cataracts; common cold; coronary heart disease; high blood pressure; immune function; infection; macular degeneration; memory loss; osteoarthritis; osteoporosis; ulcers; wound healing.

Vitamin D: cancer; multiple sclerosis; osteoporosis.

Vitamin E: angina pectoris; asthma; cancer (bladder, gastric, prostate); cataracts; coronary heart disease; immune function; infertility (male); macular degeneration; memory loss; neuropathy; osteoarthritis; Parkinson's disease; poor circulation; premenstrual syndrome; retinopathy; rheumatoid arthritis; stroke.

Vitamin K: osteoporosis.

Vitamin B1 (Thiamin): alcoholism; memory loss.

Vitamin B2 (Riboflavin): cataracts; migraine.

Vitamin B3 (Niacin/Niacinamide): cataracts; coronary heart disease (niacin); diabetes (niacinamide); high cholesterol (niacin); high triglycerides (niacin); memory loss; osteoarthritis (niacinamide); poor circulation (especially inositol hexanicotinate).

Vitamin B5 (Pantothenic Acid): high cholesterol (pantethine); rheumatoid arthritis.

Vitamin B6 (Pyridoxine): asthma; cancer (lung); carpal tunnel syndrome; coronary heart disease; high homocysteine; kidney stones; morning sickness; premenstrual syndrome.

Vitamin B12: cancer; chronic fatigue syndrome; coronary heart disease; high homocysteine; HIV/AIDS; infertility (male); memory loss.

Biotin: diabetes.

Folate (Folic Acid): cancer (breast, cervical, colorectal, pancreatic); coronary heart disease; depression; high homocysteine; infertility (male); memory loss; ulcerative colitis.

Choline: asthma; coronary heart disease; liver support (hepatitis B, C); memory loss; Parkinson's disease.

Inositol: anxiety; depression; panic disorder.

PABA: Peyronie's disease; scleroderma; vitiligo.

Boron: osteoarthritis; osteoporosis.

Calcium: cancer (colorectal); high blood pressure; high cholesterol; osteoporosis; PMS; obesity.

Chromium: coronary heart disease; diabetes; high cholesterol; low blood sugar; obesity.

Copper: immune function; osteoarthritis.

Iodine: fibrocystic breasts.

Magnesium: asthma; cardiac arrhythmias; chronic fatigue syndrome; constipation; coronary heart disease; diabetes; fibromyalgia; headache (cluster, migraine); high blood pressure; high cholesterol; kidney stones; mitral valve prolapse; multiple sclerosis; osteoporosis; premenstrual syndrome; stroke.

Manganese: osteoarthritis; osteoporosis; PMS.

Selenium: cancer (prostate); coronary heart disease; HIV/AIDS; immune function; osteoarthritis.

Molybdenum: asthma.

Vanadium: diabetes.

Zinc: acne; common cold; immune function; infertility (male); macular degeneration; memory loss; prostate problems; rheumatoid arthritis; ulcers; wound healing.

Alpha-Lipoic Acid: coronary heart disease; diabetes (insulin sensitivity and neuropathy); liver support; memory loss.

Bilberry: cancer; bruising; cataracts; coronary heart disease; retinopathy; ulcers; varicose veins.

Citrus Bioflavonoids: bruising; cancer; hemorrhoids; high cholesterol; inflammation; ulcers.

CoQ10: angina pectoris; cancer (breast); cardiomyopathy; congestive heart failure; diabetes; gum disease; headache (migraine); high blood pressure; high cholesterol; HIV/AIDS; infertility (male); mitral valve prolapse; Parkinson's disease.

Ginger: coronary heart disease; headache (migraine); high cholesterol; inflammation; morning sickness; motion sickness; nausea; osteoarthritis; rheumatoid arthritis; vertigo.

Ginkgo: coronary heart disease; glaucoma; inflammation; macular degeneration; memory loss; poor circulation; premenstrual syndrome; Raynaud's disease; retinopathy; tinnitus; vertigo.

Grape Seed: bruising; cancer; heart disease; liver support; inflammation; retinopathy; varicose veins.

Green Tea: cancer (bladder, breast, gastric, ovarian); coronary heart disease; gum disease (as tea); high cholesterol; high triglycerides; inflammation; obesity; Parkinson's disease.

Lutein: cancer (breast, colorectal, lung); cataracts; macular degeneration.

Lycopene: asthma; cancer (breast, lung, ovarian, prostate); coronary heart disease.

Milk Thistle: inflammation; liver support; psoriasis.

Pomegranate: cancer (breast, colon, prostate); coronary heart disease; high blood pressure; inflammation; osteoarthritis.

Quercetin: allergies; bruising; cancer (many kinds); cataracts; coronary heart disease; diabetes (neuropathy, retinopathy); inflammation; prostatitis.

Trans-Resveratrol: cancer; coronary heart disease; herpes; immune function.

Turmeric: cancer (colorectal); cataracts; coronary heart disease; HIV/AIDS; inflammation; rheumatoid arthritis; wound healing.

Vinpocetine: dementia; macular degeneration; memory loss; stroke (ischemic).

About SupraHealth

SupraHealth is dedicated to making available high-quality, no-compromise, nutritional supplements at fair prices.

SupraHealth was founded in 1996 by John Pillepich, Ph.D., CPhT, a nutritionist with more than 25 years of experience in the health field. Some of his experiences and qualifications include:

- Doctorate in holistic nutrition from the Clayton College of Natural Health.
- Master's degree in nutritional sciences from the University of Washington.
- Bachelor's degree in health sciences from The College at Brockport.
- Studied nutrition at Bastyr University, a naturopathic university.
- Certified pharmacy technician by the Pharmacy Technician Certification Board.
- Director of Product Development at the Princeton Bio Center (Carl C. Pfeiffer Institute), a nutrition research and treatment center founded by Carl C. Pfeiffer, Ph.D., M.D.
- Director of Research and Technical Education at a major nutritional supplement company.
- Author of *The Nutraceutical Reference Guide*, an easy-to-use book containing essential information on 86 ailments and 223 nutritional supplements.
- Coauthor of *Metabolic Mastery*, an educational product for learning human intermediary metabolism (biochemistry).
- Author of *Nutrition Discovery*, a personalized nutrition education program that combines a computerized diet analysis with a comprehensive nutrition education manual.

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