

ENDO-MET SUPPLEMENT INGREDIENTS

Supplements are listed alphabetically.

This information is from Endo-met's website.

More information on vitamin, glandular and mineral sources, as well as additional ingredients used as fillers, can be found at the end of this list.

BETAINE HCL AND PEPSIN

Betaine HCL and Pepsin contains specific nutrients required for digestion of protein in the stomach. Hydrochloric acid is necessary to activate pepsin, the major proteolytic enzyme in the stomach. Without adequate hydrochloric acid and pepsin, protein digestion is impaired. Poor protein digestion can result in food allergies, flatulence and inadequate absorption of peptides and amino acids from the intestinal tract.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Thiamin (as thiamine hydrochloride)	5 mg	333%
Niacin	15 mg	75%
Vitamin B6 (as pyridoxine hydrochloride)	1.5 mg	75%
Betaine Hydrochloride	324 mg	*
Pepsin N.F.	135 mg	*

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

**Daily value not established*

VITAMIN D

One Tablet Contains:

	Amount Per Serving	% Daily Value
Vitamin D3 (as cholecalciferol)	5000 IU	1250%

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 100 tablets.

ENDO A-C

Endo A-C contains vitamin A, vitamin C, and bioflavonoid.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Vitamin A (from fish liver oil)	3333 IU	67%
Vitamin C (as ascorbic acid)	333 mg	555%
Calcium (from calcium carbonate)	33 mg	3%
Citrus Bioflavonoids Complex	333 mg	*
Rutin	33 mg	*

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

* *Daily value not established*

ENDO-DREN

Endo-Dren contains bovine adrenal nucleoprotein together with vital synergistic nutrients to aid in restoring normal adrenal response. Glandular products contain polypeptides, enzymes, and nucleoproteins which have been shown to enhance glandular function.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	100 mg	167%
Pantothenic Acid (from calcium pantothenate)	100 mg	1000%
Calcium (from calcium carbonate)	26 mg	2%
Zinc (from zinc hydrolyzed rice protein chelate)	1.25 mg	8%
Manganese (from manganese hydrolyzed rice protein chelate)	1 mg	50%
Potassium (from potassium hydrolyzed rice protein chelate)	25 mg	<1%
Bovine Adrenal Substance	100 mg	*
Bovine Liver Substance	45 mg	*
Betaine Hydrochloride	25 mg	*

The glands are low temperature processed.

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

* *Daily value not established*

ENDO-MINS

Endo-Mins is a chewable multi-nutrient formula, providing a wide range of vitamins and minerals. Endo-Mins is a fruit flavored supplement ideal for children and adults who have a difficult time swallowing pills or tablets.

One Tablet Contains

	Amount Per Serving	% Daily Value Under 4 Years of Age	% Daily Value Over 4 Years of Age
Vitamin A (as beta carotene)	2,500 IU	100%	50%
Vitamin C (as sodium ascorbate)	75 mg	187%	125%
Vitamin D (as cholecalciferol)	100 IU	25%	25%
Vitamin E (from mixed tocopherols)	15 IU	150%	50%
Thiamin (as thiamine mononitrate)	2 mg	286%	133%
Riboflavin	2 mg	250%	118%
Niacin (as niacinamide)	10 mg	111%	50%
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	714%	250%
Folic Acid	200 mcg	100%	50%
Vitamin B12 (as cyanocobalamin)	4 mcg	133%	67%
Biotin	75 mcg	50%	25%
Pantothenic Acid (as calcium pantothenate)	5 mg	100%	50%

Calcium (from calcium hydrolyzed rice protein chelate)	100 mg	12%	10%
Iodine (from iodine hydrolyzed rice protein chelate)	37.5 mcg	54%	25%
Magnesium (from magnesium hydrolyzed rice protein chelate)	50 mg	25%	12%
Zinc (from zinc hydrolyzed rice protein chelate)	10 mg	125%	67%
Selenium (from selenium hydrolyzed rice protein chelate)	8.75 mcg	*	12%
Copper (from copper hydrolyzed rice protein chelate)	0.1 mg	10%	5%
Manganese (from manganese hydrolyzed rice protein chelate)	0.25 mg	*	12%
Chromium (from chromium hydrolyzed rice protein chelate)	25 mcg	*	21%
Sodium (from ascorbate and sodium chloride)	10 mg	*	<1%
Citrus Fruit Peel Bioflavonoids Complex (10%)	7.5 mg	*	*
Papaya Fruit	6.25 mg	*	*
Pineapple (Ananas comosus {L}) Merr. Fruit	6.25 mg	*	*
Inositol	5 mcg	*	*
Choline (from choline bitartrate)	5 mcg	*	*

Other Ingredients: Fructose, stearic acid, natural flavor, magnesium stearate, sodium chloride.

Suggested Use: One tablet once or twice daily, or as directed by a physician.

How Supplied: Bottles of 90 tablets.

* *Daily value not established*

ENDO-PAN

Endo-Pan is a specifically formulated product which contains zinc, pantothenic acid, and cysteine.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Pantothenic Acid (as calcium pantothenate)	200 mg	2000%
Zinc (as zinc hydrolyzed rice protein chelate)	22.5 mg	159%
L-Cysteine (as L-cysteine hydrochloride)	50 mg	*

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 60 and 180 capsules.

* *Daily value not established*

ENZAID

Enzaid is a complete dietary aid containing starch and fat digestants, as well as proteolytic enzymes including trypsin and chymotrypsin. Emphasis is placed upon the pancreatic and liver enzymes in this product.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Betaine	60 mg	*
Pancreatin 4 X USP (porcine)	75 mg	*
Pepsin 1 X NF (porcine)	32.5 mg	*
Papain 1 X USP	49 mg	*
Mycozyme (from <i>Aspergillus oryzae</i>)	35 mg	*

Lipase (porcine)	50 mg	*
Ox Bile Extract	65 mg	*
Rennin (bovine)	15 mg	*
Glutamic Acid Hydrochloride	10 mg	*
Citrus Pectin Cellulose	12.5 mg	*
Malt Diastase	7.5 mg	*
Green Beet Root Powder	100 mg	*

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

* *Daily value not established*

EPA-DHA 300

This product contains fish oils that are rich in two long-chain fatty acids, DHA and EPA. Fatty acids of the omega-3 family stimulate production of the prostaglandin 3 series.

One Capsule Contains:

	Amount Per Serving	% Daily Value
EPA (Eicosapentaenoic Acid)	180 mg	*
DHA (Docosahexaenoic Acid)	120 mg	*
Vitamin E (Natural d-alpha tocopherol)	1 IU	3.33%
Total Omega-3 Fatty Acids	300 mg	*

Suggested Use: One capsule daily, or as directed by a physician.

How Supplied: Bottles of 90 capsules.

* *Daily value not established*

GARLIC

Garlic has a well-deserved reputation as a safe anti-bacterial and anti-fungal (anti-yeast) agent. This product is deodorized, whole, dried garlic. Only the moisture has been removed. It contains all of the allicin, amino acids, selenium, germanium and other natural ingredients normally available from raw garlic, without garlic's after odor.

One Capsule Contains:

	Amount Per Serving	% Daily Value
Garlic	500 mg	*
Equal to 1,250 mg. raw garlic		

Suggested Use: One capsule daily, or as directed by a physician.

How Supplied: Bottles of 120 capsules.

* *Daily value not established*

GB-3

GB-3 is a formula containing bile acids and synergistic factors. GB-3 acts to enhance biliary output, assisting removal of toxic metals (specifically copper) from the liver. Bile acids may also have a laxative effect.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Ox Bile	112 mg	*
Pancreatin 4 X USP (porcine)	160 mg	*
Dehydrocholic Acid	130 mg	*
Black Radish (Raphanus sativus) Root	130 mg	*

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

* *Daily value not established*

ICMN

ICMN contains three lipotropic agents, inositol, choline and methionine, along with niacinamide. Lipotropics are substances which prevent fatty degeneration of the liver, thereby improving liver function. They are referred to as methyl donors and assist in liver detoxification. Niacinamide is a form of vitamin B3 which is important for energy output.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Niacin (as niacinamide)	50 mg	250%
Inositol	200 mg	*
Choline (from choline bitartrate)	200 mg	*
Methionine	200 mg	*

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

* *Daily value not established*

LIMCOMIN

Limcomin is a multi-nutrient formula.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Vitamin A (from fish liver oil)	750 IU	15%
Vitamin C (as ascorbic acid)	50 mg	83%
Vitamin B6 (from pyridoxine hydrochloride)	10 mg	500%
Calcium (from calcium carbonate)	34 mg	3%
Magnesium (from magnesium hydrolyzed rice protein chelate)	20 mg	5%
Copper (from copper hydrolyzed rice protein chelate)	0.75 mg	37%
Zinc (from zinc hydrolyzed rice protein chelate)	8 mg	53%
Manganese (from manganese hydrolyzed rice protein chelate)	5 mg	250%

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

MAGNESIUM

Magnesium supplement.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Magnesium (from magnesium hydrolyzed rice protein chelate)	133 mg	33%

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

MANGANESE

Manganese supplement.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Manganese (from manganese hydrolyzed rice protein chelate)	15 mg	750%
Calcium (from calcium carbonate)	60 mg	6%

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

M.C.H.C

M.C.H.C. (Microcrystalline Calcium Hydroxyapatite Complex) is derived from bone and contains all the nutrients needed to assist the maintenance and regeneration of bone structures throughout the body. M.C.H.C. Calcium is prepared at a low temperature to preserve its protein content as well as its minerals.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Vitamin D3 (as cholecalciferol)	100 IU	25%
Calcium (Elemental from 500 mg M.C.H.C. and 500 mg calcium citrate)	250 mg	25%
Phosphorus (from M.C.H.C.)	65 mg	6%
Magnesium (from M.C.H.C.)	4 mg	1%
Zinc (from M.C.H.C.)	0.075 mg	<1%
Copper (from M.C.H.C.)	0.01 mg	<1%
Manganese (from M.C.H.C.)	0.045 mg	<1%
Potassium (from M.C.H.C.)	0.035 mg	<1%
Protein (from M.C.H.C. as collagen glycosaminoglycans)	125 mg	<1%
Boron (as aspartate)	750 mcg	*
Fluorapatite (from M.C.H.C.)	31 mcg	*
Silicon (from M.C.H.C.)	19 mcg	*
Strontium (from M.C.H.C.)	10 mcg	*

Suggested Use: One capsule daily, or as directed by a physician.

How Supplied: Bottles of 120 capsules.

* Daily value not established

MEGAPAN

Megapan is a multiple vitamin-mineral product. Megapan stresses those nutrients which correlate well with those effecting one's metabolic rate. These nutrients include the B-complex, particularly B1, B3, B5 and B6. Other important nutrients in Mega-Pan are vitamin C, vitamin E, manganese, zinc and chromium. Other nutrients are present in trace quantities.

One Tablet Contains

	Amount Per Serving	% Daily Value
Vitamin A (from fish liver oil)	1000 IU	20%
Vitamin C (as ascorbic acid)	200 mg	333%
Vitamin D (from fish liver oil)	50 IU	12%
Vitamin E (as d-alpha tocopheryl acetate)	40 IU	133%
Thiamin (as thiamine hydrochloride)	20 mg	1333%
Riboflavin	4 mg	235%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin concentrate)	50 mcg	833%
Biotin	10 mcg	3%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
Iodine (from kelp)	115 mcg	77%
Magnesium (from magnesium hydrolyzed rice protein chelate)	30 mg	8%
Zinc (from zinc hydrolyzed rice protein chelate)	2 mg	13%
Selenium (from L-selenomethionine)	50 mcg	72%
Manganese (from manganese hydrolyzed rice protein chelate)	2 mg	100%
Chromium (from chromium hydrolyzed rice protein chelate)	200 mcg	167%
Potassium (from potassium hydrolyzed rice protein chelate)	30 mg	<1%
para-Aminobenzoic Acid (PABA)	20 mg	*
Inositol	20 mg	*
Proprietary Blend (Pectin, Lecithin, Bioflavonoids)	10 mg	*

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

* *Daily value not established*

MELATONIN

Melatonin is a pineal gland hormone that regulates the sleep cycle. It also functions as an antioxidant.

One Capsule Contains:

	Amount Per Serving	% Daily Value
Melatonin	3 mg	*

Suggested Use: One capsule daily, or as directed by a physician.

How Supplied: Bottles of 60 capsules.

* *Daily value not established*

MOLY-CU

Moly-Cu is a molybdenum supplement.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Calcium (from calcium carbonate)	36 mg	4%
Molybdenum (from sodium molybdate)	100 mcg	133%
Black Radish Root	300 mg	*
Kelp	200 mg	*
Parsley Leaf	100 mg	*

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

* *Daily value not established*

OVA-ADREN

Ova-Adren contains a special combination of freeze-dried ovary and adrenal gland nucleoprotein with important synergetic nutrients. Glandular products contain enzymes and polypeptides which have been shown to enhance adrenal and ovary glandular activity.

Two Tablets Contain:

	Amount Per Serving	% Daily Value
Vitamin D (as ergocalciferol)	200 IU	50%
Vitamin E (as d-alpha tocopheryl acetate)	10 IU	34%
Calcium (as calcium hydrolyzed rice protein chelate)	20 mg	2%
Magnesium (as magnesium hydrolyzed rice protein chelate)	10 mg	2%
Copper (as copper hydrolyzed rice protein chelate)	0.5 mg	24%
Manganese (as manganese hydrolyzed rice protein chelate)	2 mg	100%
Adrenal Substance (bovine)	20 mg	*
Damiana Leaf	50 mg	*
Ovarian Substance (bovine)	200 mg	*
Honduras Sarsaparilla Root	50 mg	*

Suggested Use: Two tablets daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

* *Daily value not established*

PARAMIN

Paramin is formulated to provide the necessary balance of calcium and magnesium. Paramin provides these essential elements in a very well absorbed form including calcium and magnesium citrate and chelate. This product also contains supportive nutrients including boron and a trace of copper to enhance the absorption and utilization of these essential minerals.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Calcium (from calcium hydrolyzed rice protein chelate and calcium citrate)	250 mg	25%

Magnesium (from magnesium hydrolyzed rice protein chelate and magnesium citrate)	150 mg	37%
Vitamin D3 (as cholecalciferol)	133 IU	32%
Boron (from boron amino acid chelate)	500 mcg	*

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

* *Daily value not established*

PROSTACINE

Prostacine contains bovine prostate nucleoprotein as well as synergistic nutrients to enhance its' effectiveness. Glandular products contain polypeptides which have been shown to enhance organ and gland activity.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	250%
Zinc (as zinc hydrolyzed rice protein chelate)	10 mg	67%
Prostate Substance (bovine)	100 mg	*
L-Alanine	25 mg	*
Glycine	25 mg	*
L-Glutamic Acid Hydrochloride	25 mg	*
Saw Palmetto Berries	80 mg	*
Pygeum	20 mg	*

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

* *Daily value not established*

PYRIDOX

Pyridox contains vitamin B6, a critical nutrient for many important physiological functions:
 - B6 is required for several steps in the glycolysis and Krebs cycle, in which energy is produced from food.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Vitamin B6 (as pyridoxine hydrochloride)	50 mg	2500%
Calcium (from calcium carbonate)	31 mg	3%

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 capsules.

RENAMIDE

Renamide contains kidney nucleoprotein together with specific synergistic nutrients.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	125 mg	208%
Magnesium (from magnesium hydrolyzed rice protein chelate)	5 mg	1%
Manganese (from manganese hydrolyzed rice protein chelate)	1 mg	50%
Bovine Kidney Substance	100 mg	*
Carbamide (as urea)	200 mg	*
Uva Ursi Leaf	200 mg	*

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

SBF FORMULA

SBF Formula is a special combination of minerals, vitamins and glandular concentrates.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Thiamin (as thiamine hydrochloride)	10 mg	667%
Magnesium (from magnesium hydrolyzed rice protein chelate and magnesium aspartate)	133 mg	33%
Copper (from copper hydrolyzed rice protein chelate)	1 mg	50%
Potassium (from potassium aspartate)	55 mg	2%
Vitamin D3 (as cholecalciferol)	100 IU	25%
Selenium (from L-selenomethionine)	50 mcg	72%
Parathyroid Substance (bovine)	140 mg	*
Thymus Substance (bovine)	50 mg	*
Magnesium Aspartate	125 mg	*
Choline Bitartrate	100 mg	*
L-Methionine	100 mg	*
L Glutathione	500 mcg	*
Potassium Aspartate	125 mg	*

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

* *Daily value not established*

SELENIUM

Selenium is a preparation of naturally chelated selenium in a vegetable culture base.

One Capsule Contains:

	Amount Per Serving	% Daily Value
Selenium (as selenium amino acid chelate)	100 mcg	143%
Pea Powder	100 mg	*
Lentil Powder	50 mg	*
Millet Flour	50 mg	*
Chlorophyll (as sodium copper chlorophyllin)	1 mg	*

The peas, lentils, and millet in this product are carefully dried to preserve their natural trace nutrient content.

Suggested Use: One capsule daily, or as directed by a physician.

How Supplied: Bottles of 100 capsules.

* *Daily value not established*

STRESS PAK

Stress Pak is a specific multiple vitamin-mineral product. These nutrients include calcium, vitamin A, Vitamin B12, choline, pantothenic acid, methionine, bioflavonoids, zinc, iodine and copper.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Vitamin A (from fish liver oil)	500 IU	10%
Vitamin D (from fish liver oil)	50 IU	12%
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin E (as d-alpha tocopheryl acetate)	20 IU	67%
Thiamin (as thiamine hydrochloride)	2 mg	133%
Riboflavin	2 mg	118%
Niacin (as niacinamide)	5 mg	25%
Vitamin B6 (as pyridoxine hydrochloride)	20 mg	1000%
Folic Acid	400 mcg	100%
Vitamin b12 (as cobalamin concentrate)	100 mcg	1666%
Biotin	10 mcg	3%
Pantothenic Acid (as calcium pantothenate)	100 mg	1000%
Iodine (from kelp)	50 mcg	67%
Calcium (from calcium hydrolyzed rice protein chelate)	150 mg	15%
Magnesium (from magnesium hydrolyzed rice protein chelate)	50 mg	13%
Copper (from copper hydrolyzed rice protein chelate)	500 mcg	25%
Zinc (from zinc hydrolyzed rice protein chelate)	6 mg	39%
Selenium (from L-selenomethionine)	100 mcg	144%
Choline (from choline bitartrate)	100 mg	*
Inositol	100 mg	*
Lemon Bioflavonoids	200 mg	*

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 60 and 180 tablets.

* *Daily value not established*

SUPER VITAL E

Super Vital E contains 200 IU of natural vitamin E (d-alpha tocopherol), an important antioxidant found abundantly in the adrenal glands and other tissues of the body. Vitamin E is

known to protect the delicate mitochondria enzymes within the cells from destruction by superoxide radicals.

One Capsule Contains:

Vitamin E (as d-alpha tocopheryl)

Amount Per Serving	% Daily Value
200 IU	667%

Suggested Use: One capsule daily, or as directed by a physician.

How Supplied: Bottles of 60 and 180 tablets.

TAURINE

Taurine is an amino acid required by the central nervous system as a calming neurotransmitter. It is the most concentrated amino acid present in the heart muscle. It is also a key component of bile and as such, is needed for the digestion of fat-soluble vitamins and the control of serum cholesterol. Taurine is found in animal-based foods. It can be synthesized in the body from cysteine and methionine with the help of vitamin B6. Vegetarians are more prone to have a deficiency of taurine.

One Capsule Contains:

An aminosulfonic acid which occurs naturally in high quality proteins.

Amount Per Serving	% Daily Value
500 mg	*

Suggested Use: One capsule daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 capsules.

* *Daily value not established*

THYM-ADREN

Thym-Adren contains thymus and adrenal gland nucleoprotein together with a special formula of synergetic nutrients.

One Tablet Contains:

Vitamin C (as ascorbic acid)

Calcium (from calcium carbonate)

Zinc (as zinc hydrolyzed rice protein chelate)

Copper (from copper hydrolyzed rice protein chelate)

Manganese (from manganese hydrolyzed rice protein chelate)

Thymus Substance (bovine)

Adrenal Substance (bovine)

Defatted Liver

Garlic Bulb Extract

Amount Per Serving	% Daily Value
100 mg	167%
41 mg	4%
5 mg	33%
0.25 mg	12%
0.25 mg	12%
50 mg	*
15 mg	*
50 mg	*
5 mg	*

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

* *Daily value not established*

THYRO COMPLEX

Thyro Complex is a multiple glandular product designed to support thyroid glandular activity. Thyro Complex is hormone-free and contains low-temperature freeze-dried glandular material.

One Capsule Contains:

	Amount Per Serving	% Daily Value
Iodine (from Kelp)	900 mcg	600%
Raw Thyroid Conc. (thyroxin free)	60 mg	*
Raw Adrenal Conc.	30 mg	*
Raw Pituitary Conc.	10 mg	*
Raw Spleen Conc.	10 mg	*
Kelp	180 mg	*

Suggested Use: One capsule daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 capsules.

* *Daily value not established*

VEG-EASY

Veg-Easy is a freeze-dried concentrate of vegetables to enhance the overall dietary intake of vitamins, minerals, fiber, enzymes and other phyto-chemical nutrients found in vegetables.

Supplement Facts

Serving Size: 2 Vegetable Capsules

Servings Per Container: 45

Amount Per Serving

Proprietary Blend 1,062 mg.*

n•zimes® (Proprietary Blend: amylase, protease, lipase, cellulase, papaya leaf, beet root fiber), Lactobacillus Acidophilus and Bifido longum (contains fructo-oligosaccharides), beet root, calcium gluconate, barley grass, broccoli, spirulina, wheat grass, alfalfa, spinach, cabbage leaf, green tea extract (standardized to 50% polyphenols), carrot, parsley leaf, kale, oat bran, brussels sprouts, green beet leaf, oat fiber, glucomannan, activated charcoal.

*Daily Value not established.

Other ingredients: hypromellose (vegetable capsule), vegetable magnesium stearate, chlorophyll (vegetable capsule).

Suggested Use: Two capsules daily, or as directed by a physician.

How Supplied: Bottles of 90 capsules.

ZINC

Zinc supplement.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Calcium (from calcium carbonate)	68 mg	7%
Zinc (from zinc hydrolyzed rice protein chelate)	22.5 mg	150%

Suggested Use: One tablet daily, or as directed by a physician.

How Supplied: Bottles of 90 and 180 tablets.

This material is for educational purposes only.

*The preceding statements have not been evaluated by the
Food and Drug Administration*

This information is not intended to diagnose, treat, cure or prevent any disease.

Additional Supplement Information from ARL's Website:

We receive many inquiries regarding Endo-met products. A common question is whether they are natural or synthetic products.

What Is Natural?

Today there is much emphasis on natural health and natural health products. However, the words can be deceptive and misleading. As an extreme example, Socrates died from drinking a natural herbal tea. Natural does not mean better. Nor does it mean better absorbed or better utilized.

Minerals

All minerals are natural in that they are never man-made. But eating rocks is not advised. Mineral supplements attempt to provide a mineral in a form that is most usable or absorbable.

The body absorbs minerals in a chelated form. This means bound to an amino acid. Minerals found in plant and particularly animal tissues are already chelated. This is why eating liver is the best way to absorb iron - better even than dark green vegetables.

Less expensive supplements use mineral oxides, phosphates, sulfates or gluconates. These are sometimes called weak chelates. These are not as well absorbed as true chelates. Endo-met Laboratories uses only true chelated minerals. That is, the mineral is 'cooked' and bound to amino acids derived from rice protein.

Rice is used in Endo-met products so that the supplements contain no gluten, a commonly allergic protein found in barley, wheat and rye protein. Endo-met products do not contain natural source minerals such as bone meal and rock or sea bed minerals as they are usually contaminated with heavy metals.

Minerals supplements may also be in the form of colloids. Colloids are larger, solid particles that are suspended but not dissolved in a liquid. Contrary to popular literature, colloids are not well absorbed. This is why one can safely take silver, which is toxic, when it is in a colloidal form.

Endo-met sells a colloidal silver, an excellent antibiotic and antiviral agent. However, Endo-met does not sell colloidal minerals from ancient sea beds. We have tested a number of these products, and all are high in toxic metals.

Vitamins

Vitamins vary in their preparation depending upon which vitamin one is considering, and the dosage desired. Endo-met uses only natural source vitamins A, D and E in all products. B vitamins are synthetic, or produced by bacterial fermentation. Natural source B is only available in low doses, and is often derived from yeast to which many people are allergic.

Vitamin C is natural source derived from glucose, which usually comes from corn syrup. Some companies sell vitamin C from green peppers or some other source that is not converted from glucose. It is much more expensive and not available in high doses. Those who are allergic to corn may have to buy vitamin C derived from sugar beets or other sources from another manufacturer.

Glandulars

Endo-met glandular products are from all-natural bovine sources. They are prepared by defatting the gland and freeze-drying. This is considered an excellent method of preparation that produces a pure and biologically active product.

Digestive Aids

Betaine hydrochloride is a natural product derived from beets. Pepsin is an enzyme derived from animal sources. Enz-aid and GB-3 are mainly natural source products containing enzymes derived from animal pancreas and liver sources. Dehydrocholic acid in GB-3 is a synthetic bile acid known to enhance bile flow. Several herbs are also present.

Specialty Products

Specialty products sold by Endo-met labs vary as to their source. All mineral products such as Spartan MK are prepared through a process similar to chelation. Spartan MK contains magnesium and potassium bound to aspartic acid. Burnout Formula additionally contains a natural source glutathione.

Some products such as Ginkgo Biloba are 100% herbal products. ICMN contains synthetic B vitamins and a natural source methionine. Endo-met Melatonin is synthetic. Melatonin is a pineal gland hormone. The reason synthetic is used is that eating raw animal brains carries some risk of disease.

Essential Fatty Acids

Several new Endo-met products containing essential fatty acids are Flax Oil, Super GLA 260 and EPA-DHA 300. All of these are exclusively natural products.

Binders and Fillers

All tablets use binders and fillers to produce the tablet. Endo-met uses calcium carbonate, cellulose, guar gum, silicon dioxide and magnesium stearate as fillers and binders in its tablets. All these are natural vegetable and mineral source products. The coating on Spartan MK and ICMN is a water-soluble cellulose.

Endo-met avoids the use of dicalcium phosphate, a cheap filler that binds other minerals and impairs their absorption.

Conclusion

There is exciting research underway in nutrient absorption and transport mechanisms and how to enhance them. However, beware of 'nutritional fundamentalists' who have simplistic notions about which supplements are best. Natural does not mean better. What matters is whether a

supplement delivers what the body needs in a form it can readily utilize.

Copyright © 2004