

PRODUCT CATALOG

Mood & Mental Well-Being



PURITY | POTENCY | PERFORMANCE

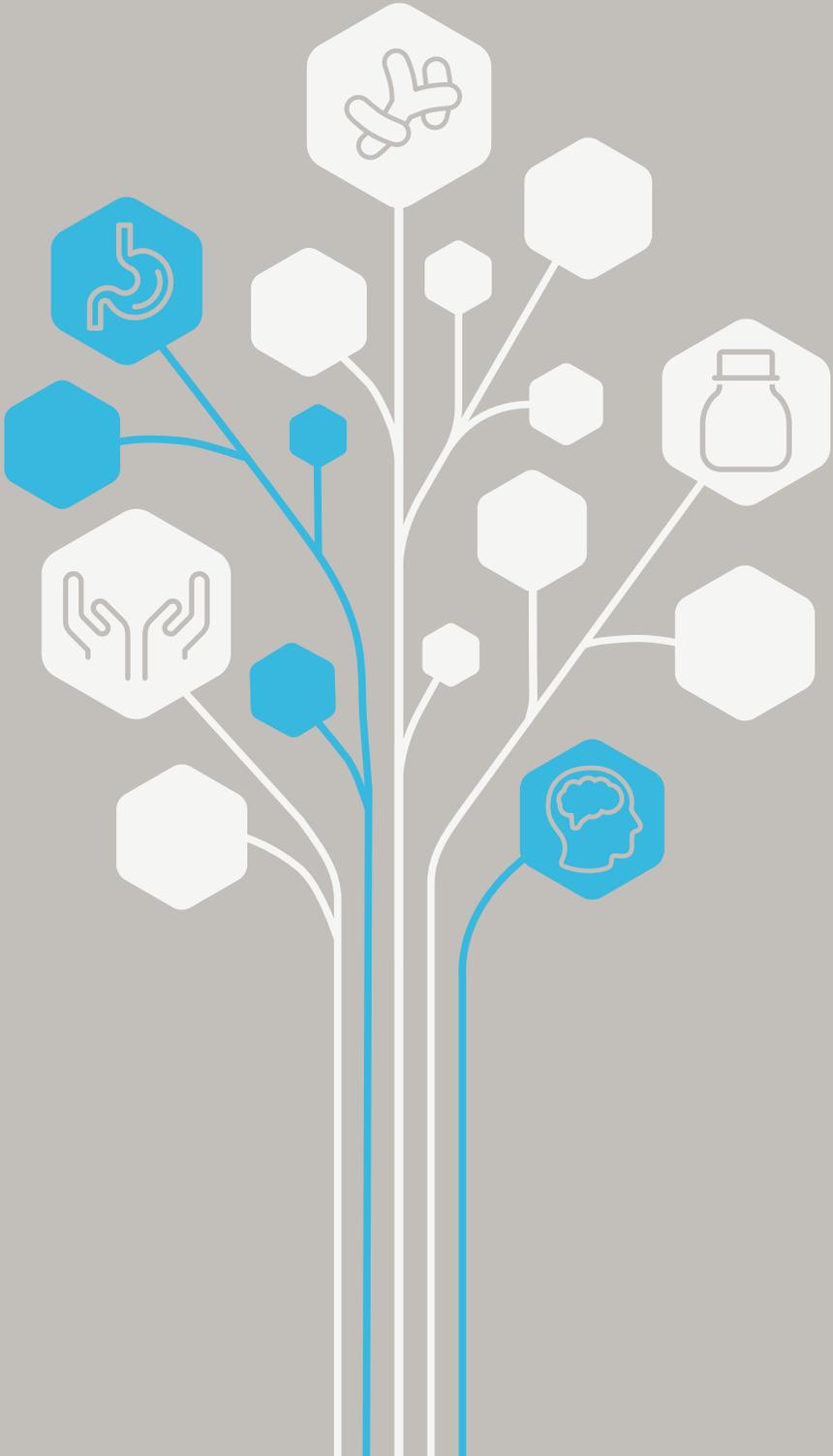


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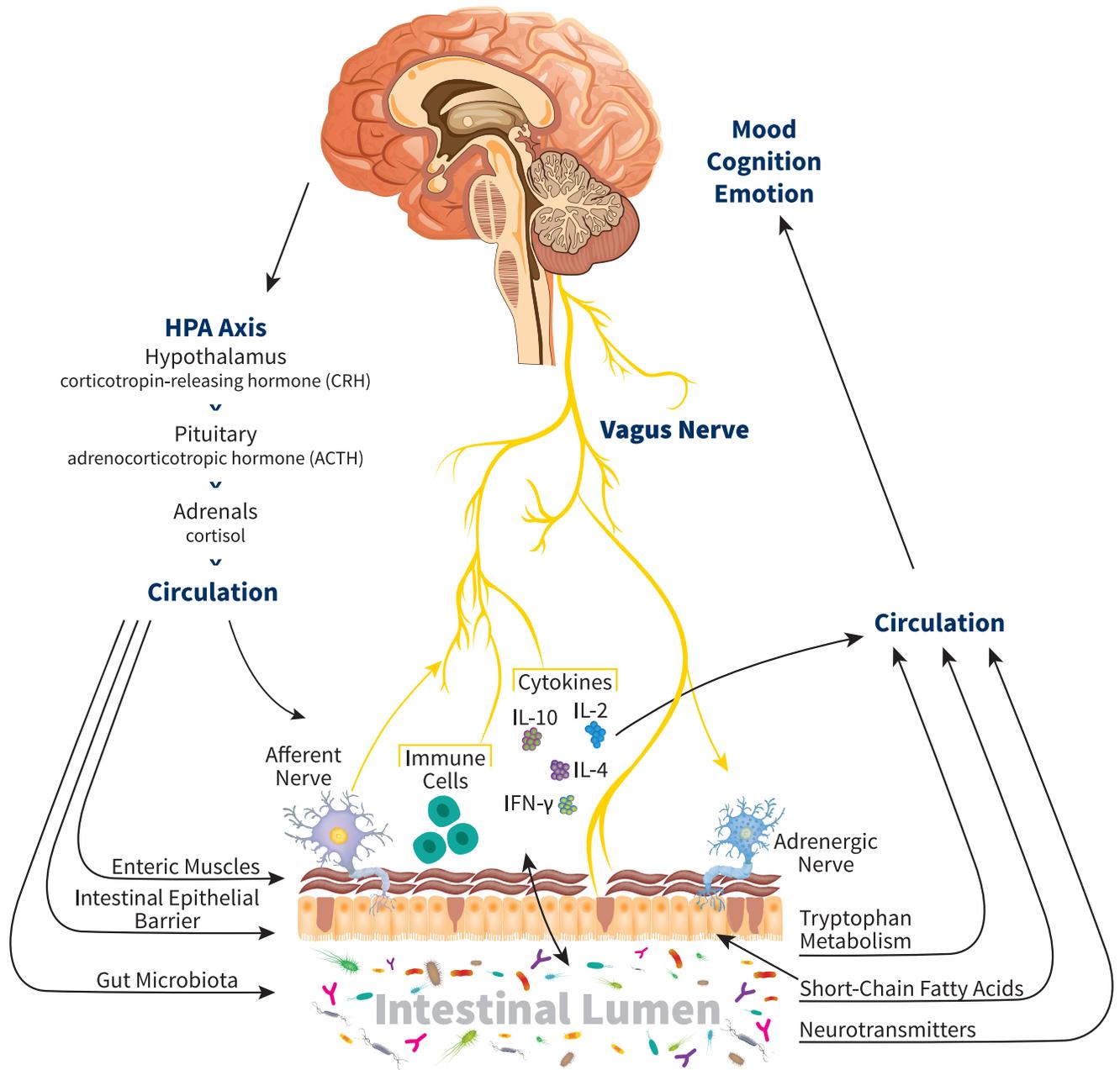
Caution: If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of reach of children.

Targeted Probiotics

The Gut-Brain Axis

The gut-brain axis is a communication network that links the central nervous system (CNS) with the enteric nervous system (ENS). The anatomical network includes the brain and spinal cord, autonomic nervous system (ANS), hypothalamic-pituitary-adrenal (HPA) axis, and the innervation of the enteric nervous system. Both neural and hormonal routes of communication allow the brain

to influence intestinal activities, including activity of functional effector cells (i.e., immune cells, epithelial cells, enteric neurons, smooth muscle cells, interstitial cells, etc.). Moreover, the gut microbiome has demonstrated a profound influence over the central and peripheral nervous systems through several mechanisms, including tight junction barrier function support, cytokine production, inflammatory modulation, and serotonin production.^{1,2}



¹These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Preclinical Evidence

To date, most of the research linking the microbiota with mood and mental well-being has come from animal models. Experimentally elevated HPA axis response in germ-free (GF) rats has been reversed by administration of monostrain, commensal *Bifidobacterium infantis*.³ Studies from three independent research groups have all shown correlated monoamine (i.e., serotonin, norepinephrine) shifts in the cerebral cortex and limbic regions of the brain.^{4,5,6} This encouraging data therefore laid the groundwork for human trials.

Clinical Findings: Ecologic BARRIER

Target gb-X™ with Ecologic BARRIER was specifically developed to exert maximum influence on the gut-brain axis. Steenbergen and colleagues studied the effects of this 5 billion CFU, multi-strain probiotic formula in a randomized, triple-blind, placebo-controlled trial. Study findings demonstrated that daily consumption significantly reduced overall cognitive reactivity to sad mood as evidenced by decreased aggressive and ruminative thoughts (LEIDS-R scale).¹⁷

Target gb-X™

Clinically demonstrated mood support:^{†5}

- Reduced cognitive reactivity to sad mood
- Decreased rumination and aggressive thoughts
- Powered by Ecologic BARRIER, a 5 billion CFU blend of 9 probiotic strains
- Protected by PROBIOACT® Technology for optimal efficacy and shelf-stability
- Hypoallergenic,⁸ non-GMO, single-serving sachets



Supplement Facts

Serving Size 1 Sachet (Approx. 2 g)
Servings Per Container 30

Amount Per Sachet	% Daily Value	
Calories	5	
Total Carbohydrate	2 g	<1%**
Sodium	70 mg	3%
Potassium (as potassium chloride)	35 mg	<1%
Ecologic BARRIER Probiotic Blend (5 billion CFU)	2 g	
<i>Lactobacillus casei</i> W56		*
<i>Lactobacillus acidophilus</i> W37		*
<i>Lactobacillus brevis</i> W63		*
<i>Lactococcus lactis</i> ssp. <i>lactis</i> W58		*
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> W52		*
<i>Lactococcus lactis</i> ssp. <i>lactis</i> W19		*
<i>Lactobacillus salivarius</i> W24		*
<i>Bifidobacterium bifidum</i> W23		*
<i>Bifidobacterium lactis</i> W51		*

*Daily Value not established.

** Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Maize starch, maltodextrin, inulin, polydextrose, vegetable protein, magnesium sulfate, and manganese sulfate.

GBX 30 sachets

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Ecologic+
inside

Neurotransmitters & Precursors

Mood-regulating neurotransmitters play a critical role in homeostasis, but have only recently been recognized for their role in gastrointestinal physiology and the gut-brain axis. We now know that neurotransmitters affect not only blood flow and mood but also influence gut motility,

nutrient absorption, the innate immune system, and the microbiome.^{†9}

Because neurotransmitters are synthesized from dietary amino acids, supplementation with both neurotransmitters and their amino acid precursors, can have a positive effect on mood and overall mental well-being.[†]

GABA

Gamma-aminobutyric acid is the major inhibitory neurotransmitter of the brain helping to keep the excitatory system from becoming overactive and thereby supporting a sense of calm and relaxation.[†]

Suggested Use: 1 capsule, 1 to 2 times daily between meals or as directed by a healthcare professional.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Capsule

GABA (Gamma-aminobutyric acid) 500 mg*

*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, and silicon dioxide.

GABA 60 capsules

5-HTP

5-Hydroxytryptophan is the immediate precursor to 5-hydroxytryptamine (serotonin). The Klaire Labs' 5-HTP formula is an extract of griffonia seed, certified Peak X-free.

5-HTP 50 mg

Suggested Use: 1 capsule, 1 to 2 times daily or as directed by a healthcare professional.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

Amount Per Capsule

L-5-Hydroxytryptophan (5-HTP) 50 mg*
(*Griffonia simplicifolia*) (seed extract)

*Daily Value not established.

Other ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, and silicon dioxide.

5HTP 100 capsules

5-HTP 100 mg

Suggested Use: 1 capsule, 1 to 2 times daily or as directed by a healthcare professional.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

Amount Per Capsule

L-5-Hydroxytryptophan (5-HTP) 100 mg*
(*Griffonia simplicifolia*) (seed extract)

*Daily Value not established.

Other ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, and silicon dioxide.

5HTP1 100 capsules



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Inositone™

Inositol is a cell membrane component that serves to signal the release of neurotransmitters, serotonin, and norepinephrine, thereby enhancing the positive influence they have on mood and emotional stability.[†]

Suggested Use: 1 scoop, 1 to 4 times daily mixed with water, juice, food, or as directed by a healthcare professional.

Supplement Facts	
Serving Size 1 Scoop (Approximately 1,106 mg)	
Servings Per Container 407	
Amount Per 1 Scoop	
Inositol	700 mg*
*Daily Value not established.	

Other ingredients: None.

IPD 15.87 oz. (450 grams) powder



L-Theanine

Theanine helps support GABA and the inhibitory system to prevent excessive neurotransmitter stimulation. This amino acid has been studied for its ability to reduce glutamate uptake and balance serotonin, dopamine, and norepinephrine excretion. Suntheanine®, the Klaire Labs brand of L-theanine, has been demonstrated to stimulate alpha brain wave activity and promote relaxation without drowsiness.[†]

Suggested Use: 1 capsule, 1 to 2 times daily or as directed by a healthcare professional.

Supplement Facts	
Serving Size 1 Capsule	
Servings Per Container 60	
Amount Per Capsule	
L-Theanine [†]	100 mg*
*Daily Value not established.	

Other ingredients: Cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, and silicon dioxide.

[†]Suntheanine® is a registered trademark of Taiyo International, Inc.



LTH 60 capsules



L-Tryptophan

Tryptophan is the precursor to the neurotransmitter serotonin. A natural relaxant, L-tryptophan helps support calm and well-being in addition to alleviating occasional sleeplessness.[†]

Suggested Use: 2 to 4 capsules one hour before bedtime on an empty stomach.

Supplement Facts	
Serving Size 4 Capsules	
Servings Per Container 22.5	
Amount Per 4 Capsules	
L-Tryptophan	2 g*
*Daily Value not established.	

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), cellulose, and magnesium stearate.

CP8901 90 capsules



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Neurotransmitters & Precursors (cont)

L-Tyrosine

Tyrosine is a precursor of catecholamines (dopamine, norepinephrine, and epinephrine). Supplementation may help to support a healthy stress response and positive mental disposition.[†]

Suggested Use: 1 capsule, 1 to 4 times daily or as directed by a healthcare professional.

Supplement Facts	
Serving Size 1 Capsule Servings Per Container 100	
Amount Per Capsule	
L-Tyrosine (free form)	500 mg*
*Daily Value not established.	

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, microcrystalline cellulose, and silicon dioxide.

TYR 100 capsules



SAMe

S-adenosylmethionine helps modulate cell membrane fluidity and neurochemical activity in the central nervous system. In numerous controlled clinical trials, these

mechanisms have been demonstrated to support positive mood and healthy brain function.[†]

SAMe 200

Suggested Use: 1 tablet, 1 to 6 times daily on an empty stomach or as directed by a healthcare professional. **Caution:** Individuals being treated for neurological conditions, including those using prescribed medications such as antidepressants, serotonin reuptake inhibitors, should consult their healthcare professional before using this product. Individuals with bipolar disorder or manic depression should not take SAMe unless under medical supervision.

Supplement Facts	
Serving Size 1 Tablet Servings Per Container 30 or 60	
Amount Per Tablet (enteric-coated)	
S-Adenosyl L-Methionine (from 400 mg of S-Adenosyl L-Methionine tosylate disulfate)	200 mg*
*Daily Value not established.	

Other ingredients: Microcrystalline cellulose, magnesium silicate, food glaze, magnesium stearate, stearic acid, magnesium hydroxide, glycerol, silicon dioxide, arginine, sodium alginate, and calcium oxide.

SAM 30 tablets SAM60 60 tablets



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Adrenal Support

A robust hypothalamic-pituitary-adrenal (HPA) axis lays the foundation for healthy stress-response, positive mood and well-being. Klaire Labs' formulations include a variety

of herbal adaptogens, well-studied for their ability to enhance resistance to stress and fatigue.[†]

Stress Support Complex

A unique blend of adaptogenic herbs and neurotransmitters for maximum stress management and relaxation.[†]

Suggested Use: For occasional stress or tension: 2 capsules two times per day. For sleep: 4 capsules at bedtime. Dosage may be adjusted to individual needs. Best taken on an empty stomach.

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 45

Amount Per 4 Capsules

GABA (gamma-aminobutyric acid)	500 mg [†]
L-Theanine (Suntheanine® [†])	400 mg [†]
Ashwagandha (<i>Withania somnifera</i>) root extract	200 mg [†]
Valerian (<i>Valeriana officinalis</i>) root extract	200 mg [†]
Passion Flower (<i>Passiflora incarnata</i>) aerial portion extract	100 mg [†]

[†]Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water).

[†]Suntheanine® is a registered trademark of Taiyo International, Inc.



CP1660 180 capsules

Adrenamin™

This formula combines the adaptogenic benefits of eleuthero and rhodiola with the revitalizing effects of cordyceps mushroom and supportive function of pantothenic acid.[†]

Suggested Use: 2 capsules, 2 times daily with food or as directed by a healthcare professional.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 60

Amount Per 2 Capsules

		% Daily Value
Pantothenic acid (as calcium D-pantothenate)	100 mg	2,000%
Calcium (87% as calcium carbonate and 13% as calcium D-pantothenate)	69 mg	5%
Cordyceps (<i>Cordyceps sinensis</i>) (mycelium) (standardized to 7% cordycepic acid)	400 mg	*
Eleuthero Extract (<i>Eleutherococcus senticosus</i>) (root) (standardized to 0.8% eleutherosides)	200 mg	*
Rhodiola Extract (<i>Rhodiola rosea</i>) (root) (standardized to 5% rosavins)	50 mg	*

^{*}Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, and silicon dioxide.

ADN 120 capsules

WARNING: This product can expose you to chemicals including lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov



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Adrenal Support (cont)

Cortisol Management

This patented blend of adaptogen formulas, Relora® and Sensoril®, provides a non-sedating approach to relaxation and effective stress management.†

Suggested Use: 1 capsule three times per day.

Supplement Facts	
Serving Size 1 Capsule	
Servings Per Container 90	
Amount Per Capsule	
Relora®† (Proprietary blend of bark extracts of <i>Magnolia officinalis</i> and <i>Phellodendron amurense</i>)	250 mg*
Honokiol	4 mg*
Sensoril®† Ashwagandha (<i>Withania somnifera</i>) root and leaf extract	85 mg*
*Daily Value not established.	

Other ingredients: Starch, vegetarian capsule (hydroxypropyl methylcellulose, water) microcrystalline cellulose, and silicon dioxide.

†Relora® is a registered trademark of InterHealth N.I. Relora® brand *Magnolia officinalis* and *Phellodendron amurense* (U.S. Patents 6,582,735 and 6,814,987).

‡Sensoril® is a registered trademark of Natreon, Inc. and is protected under U.S. Patents 6,153,198 and 7,318,938.



CP7380 90 capsules



Vitamin B

The eight B-vitamins play diverse and collaborative roles in cellular functioning and catabolic and anabolic enzyme reactions. They are involved in energy production, DNA/RNA synthesis and repair, genomic and non-genomic methylation, and the synthesis of numerous neurochemicals and signaling molecules.

A meta-analysis¹⁰ found that supplementation with B-vitamin multiples had significant benefits on mood alteration and relapse prevention.†

SINGLE B VITAMINS

Methylcobalamin (active B₁₂)

The active, methylated form of vitamin B₁₂, methylcobalamin provides reliable homocysteine metabolism support and plays a vital role in S-adenosylmethionine synthesis.† Offered as fast-dissolving tablets or a cinnamon-flavored liquid.

Methylcobalamin 5 mg

Suggested Use: Dissolve 1 tablet daily in the mouth before swallowing or as directed by a healthcare professional.

Supplement Facts	
Serving Size 1 Tablet	
Servings Per Container 60	
Amount Per Tablet	
% Daily Value	
Vitamin B ₁₂ (as methylcobalamin)	5 mg 83,333%

Other ingredients: Xylitol, mannitol, silicon dioxide, vegetable stearine, L-leucine, croscarmellose sodium, natural cherry flavor, citric acid, and magnesium stearate.

K-MB12 60 tablets



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Vitamin B (cont)

B₁₂ Liquid (Methylcobalamin) 1 mg

Suggested Use: 1 or more times daily, place 1 mL (one full dropper) in mouth, hold for thirty seconds and then swallow or as directed by a healthcare professional.

Supplement Facts

Serving Size 1 Full Dropper (1 mL)
Servings Per Container 30 or 120

Amount Per Dropper	% Daily Value	
Vitamin B ₁₂ (as methylcobalamin)	1 mg	16,667%

Other ingredients: Purified water, glycerin, cranberry and cinnamon flavoring, and ionic copper solution.

CP1180 1 fluid oz. (30 mL)

CP1181 4 fluid oz. (120 mL)



B₁₂ Liquid (Methylcobalamin) 5 mg

Suggested Use: 1 or more times daily, place 1 mL (one full dropper) in mouth, hold for thirty seconds and then swallow or as directed by a healthcare professional.

Supplement Facts

Serving Size 1 Full Dropper (1 mL)
Servings Per Container 120

Amount Per Dropper	% Daily Value	
Vitamin B ₁₂ (as methylcobalamin)	5 mg	83,333%

Other ingredients: Purified water, glycerin, cranberry and cinnamon flavoring, and ionic copper solution.

CP1185 4 fluid oz. (120 mL)



L-MethylFolate

Methylfolate is an active, highly bioavailable methylated form of folate that requires no additional metabolic steps for utilization. As such, it is the preferred choice for those with absorption issues or genetic polymorphisms.

Suggested Use: 1 capsule daily with food or as directed by a healthcare professional.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Capsule	% Daily Value	
Folate (as Metafolin® L-5-methyltetrahydrofolate)	1,700 mcg DFE	425%

Other ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, silicon dioxide, and cellulose.

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



MTF 60 capsules



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Vitamin B (cont)

B VITAMIN BLENDS

Active B Complex™

This bioavailable B-complex formulation provides maximum full-spectrum support.

Suggested Use: 1 capsule daily with food or as directed by a healthcare professional.

Supplement Facts		
Serving Size 1 Capsule		
Servings Per Container 60		
Amount Per Capsule	% Daily Value	
Thiamin (as benfotiamine)	50 mg	4,167%
Riboflavin (as riboflavin 5'-phosphate)	20 mg	1,538%
Niacin (67% as niacinamide and 33% as niacin)	60 mg NE	375%
Vitamin B ₆ (as pyridoxal 5'-phosphate)	20 mg	1,176%
Folate (as Metafolin® L-5-methyltetrahydrofolate)	680 mcg DFE	170%
Vitamin B ₁₂ (as methylcobalamin)	500 mcg	20,833%
Biotin (as D-biotin)	300 mcg	1,000%
Pantothenic Acid (as calcium D-pantothenate)	50 mg	1,000%
Calcium (83% as calcium carbonate and 17% as calcium D-pantothenate)	30 mg	2%

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water) and silicon dioxide.

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



ABC 60 capsules

Active B Trio™

A triple-B blend, this formulation supplies more targeted supplementation with the bioactive forms of vitamins B₁₂, B₆, and folate.

Suggested Use: 1 capsule daily with food or as directed by a healthcare professional.

Supplement Facts		
Serving Size 1 Capsule		
Servings Per Container 60		
Amount Per Capsule	% Daily Value	
Vitamin B ₆ (from 41 mg pyridoxal 5'-phosphate)	25 mg	1,471%
Folate (as Metafolin® L-5-methyltetrahydrofolate)	1,360 mcg DFE	340%
Vitamin B ₁₂ (as methylcobalamin)	1 mg	41,667%

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, L-leucine, and silicon dioxide.

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



ABT 60 capsules

Active B₁₂-Folate

Offered as fast-dissolving tablets, folate complements B₁₂ for homocysteine methylation and nervous system function.†

Suggested Use: Dissolve 1 tablet daily in the mouth before swallowing or as directed by a healthcare professional.

Supplement Facts		
Serving Size 1 Tablet		
Servings Per Container 60		
Amount Per Tablet	% Daily Value	
Folate (as Metafolin® L-5-methyltetrahydrofolate)	1,360 mcg DFE	340%
Vitamin B ₁₂ (as methylcobalamin)	1,000 mcg	41,667%

Other ingredients: Mannitol, vegetable stearine, silicon dioxide, croscarmellose sodium, and magnesium stearate.

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



ABF 60 tablets



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Omega-3 Fatty Acids

A significant body of evidence has linked deficiencies of omega-3 polyunsaturated fatty acids (eicosapentaenoic acid and docosahexaenoic acid) with mood alterations

related to inflammation. Dietary supplementation has demonstrated efficacy in both correcting the deficiency and supporting positive mood.^{†11}

Eicosamax®

High-potency fish oil: 70% omega-3 fatty acid content. Available as softgels (360 mg EPA; 270 mg DHA per softgel) or liquid (800 mg EPA; 600 mg DHA per 1/2 teaspoon) with no fishy taste.

Softgels

Suggested Use: 1 softgel, 1 to 3 times daily with food or as directed by a healthcare professional.

Supplement Facts			
Serving Size 1 Softgel			
Servings Per Container 60 or 120			
Amount Per Softgel		% Daily Value	
Calories		10	
Calories from Fat		10	
Total Fat	1 g		1%**
Saturated Fat	<0.5 g		<1%**
Polyunsaturated Fat	1 g		*
Marine Fish Oil Concentrate (anchovy, sardine, and/or mackerel)	1,000 mg		*
Supplying the following omega-3 fatty acids:	Compound Weight Δ	FFA Weight $\Delta\Delta$	
Eicosapentaenoic Acid (EPA)	360 mg	330 mg	*
Docosahexaenoic Acid (DHA)	270 mg	250 mg	*

*Daily Value not established.
**Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Gelatin, water, glycerin, lemon oil, rosemary oil, canola oil, soybean oil, mixed tocopherols, and citric acid.

Δ Amounts reported as weight of the fatty acid compound.

$\Delta\Delta$ Amounts reported as free fatty acid (FFA) equivalents by weight in accordance with GOED Voluntary Monograph.

EMX 60 softgels

EMX120 120 softgels

Liquid

Suggested Use: 1/2 teaspoon daily with food or as directed by a healthcare professional.

Supplement Facts			
Serving Size 1/2 Teaspoon (Approx. 2.5 mL)			
Servings Per Container 48			
Amount Per Serving		% Daily Value	
Calories		20	
Calories from Fat		20	
Total Fat	2 g		3%**
Polyunsaturated Fat	2 g		*
Marine Fish Oil Concentrate (anchovy, sardine, and/or mackerel)	2,222 mg		*
Supplying the following omega-3 fatty acids:	Compound Weight Δ	FFA Weight $\Delta\Delta$	
Eicosapentaenoic Acid (EPA)	800 mg	734 mg	*
Docosahexaenoic Acid (DHA)	600 mg	556 mg	*

*Daily Value not established.
**Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Natural mixed tocopherol vitamin E, natural lemon oil, and rosemary extract.

Δ Amounts reported as weight of the fatty acid compound.

$\Delta\Delta$ Amounts reported as free fatty acid (FFA) equivalents by weight in accordance with GOED Voluntary Monograph.

EML 4 fluid oz. (120 mL)



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Omega-3 Fatty Acids (cont)

Krill Oil

Phospholipids in Krill Oil provide for superior absorption at lower doses. Constituent astaxanthin is a powerful free radical scavenger that supports immune function.[†] Available as softgels (210 mg EPA; 160 mg DHA per 2 softgels).

Suggested Use: 2 softgels daily.

Supplement Facts		
Serving Size 2 Softgels		
Servings Per Container 30		
Amount Per 2 Softgels	% Daily Value	
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	1%**
Krill Oil Blend (K-REAL®) (Krill-derived phospholipids, fish oil, soy-derived mixed tocopherols, ascorbyl palmitate, and astaxanthin)	1 g	*
Total Omega-3 Fatty Acids	400 mg	*
Eicosapentaenoic Acid (EPA)	210 mg	*
Docosahexaenoic Acid (DHA)	160 mg	*
Astaxanthin	100 mcg	*
*Daily Value not established.		
**Percent Daily Values are based on a 2,000 calorie diet.		

Other ingredients: Gelatin, glycerin, water, and lemon oil.

Contains fish from one or more of the following species: anchovy, sardine, mackerel, tuna, menhaden, herring.

K-REAL® and MSO® are registered trademarks of Enzymotec Ltd.

MSO® is a special manufacturing technology by Enzymotec that ensures superior freshness and potency.



CP3323 60 softgels

Omega-3 Mini™

Omega-3 Mini offers a smaller softgel option with a natural lemon flavor for those who have difficulty swallowing larger capsules (150 mg EPA; 100 mg DHA per softgel).

Suggested Use: 1 softgel, 1 to 6 times daily with food or as directed by a healthcare professional.

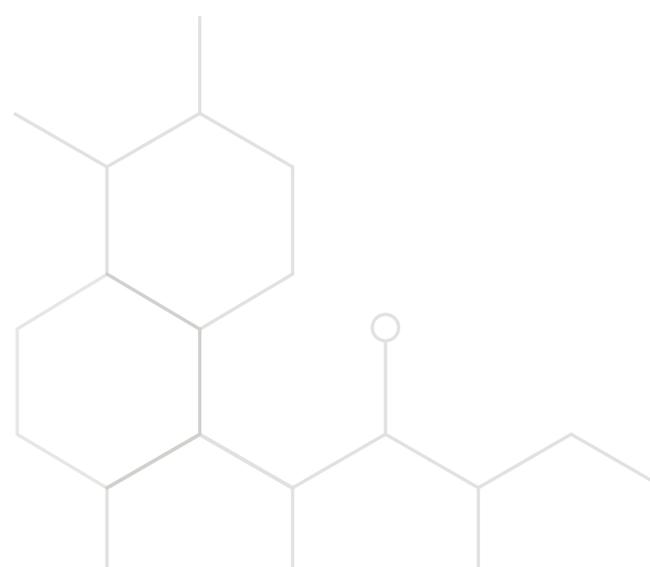
Supplement Facts		
Serving Size 1 Softgel		
Servings Per Container 100		
Amount Per Softgel	% Daily Value	
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	<1%**
Polyunsaturated Fat	0.5 g	*
Marine Fish Oil Concentrate (anchovy, sardine, and/or mackerel)	500 mg	*
Supplying the following omega-3 fatty acids:	Compound Weight Δ	FFA Weight $\Delta\Delta$
Eicosapentaenoic Acid (EPA)	150 mg	135 mg *
Docosahexaenoic Acid (DHA)	100 mg	90 mg *
*Daily Value not established.		
**Percent Daily Values are based on a 2,000 calorie diet.		

Other ingredients: Gelatin, glycerin, purified water, natural lemon oil, and natural mixed tocopherol vitamin E.

Δ Amounts reported as weight of the fatty acid compound.

$\Delta\Delta$ Amounts reported as free fatty acid (FFA) equivalents by weight in accordance with GOED Voluntary Monograph.

OM3 100 softgels



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PRODUCT CATALOG

1. Bron PA, et al. Can probiotics modulate human disease by impacting intestinal barrier function? *Br J Nutr.* 2017 Jan 14; 117(1):93-107.
2. Wallace CJK, Milev R. The effects of probiotics on depressive symptoms in humans: a systematic review. *Ann Gen Psychiatry.* 2017;16:14.
3. Desbonnet L, et al. Effects of the probiotic *Bifidobacterium infantis* in the maternal separation model of depression. *Neuroscience.* 2010;170:1179-1188.
4. Diaz Heijtz R, et al. Normal gut microbiota modulates brain development and behavior. *Proc Natl Acad Sci U S A.* 2011;108:3047-52.
5. Neufeld KA, et al. Effects of intestinal microbiota on anxiety-like behavior. *Commun Integr Biol.* 2011; 4:492-4.
6. Clarke G, et al. The microbiome-gut-brain axis during early life regulates the hippocampal serotonergic system in a sex-dependent manner. *Mol Psychiatry.* 2013; 18: 666-73.
7. Steenbergen L, et al. A randomized controlled trial to test the effect of multispecies probiotics on cognitive reactivity to sad mood. *Brain Behav Immun.* 2015 Aug;48:258-64.
8. Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, gluten, and soybeans. No artificial additives, colors, flavorings, preservatives, sugar, or salicylates used. Contains corn.
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