

HEART & METABOLIC SUPPORT FOR HEALTHY LIVING[‡]



PUSH YOUR POTENTIAL.

[‡]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.

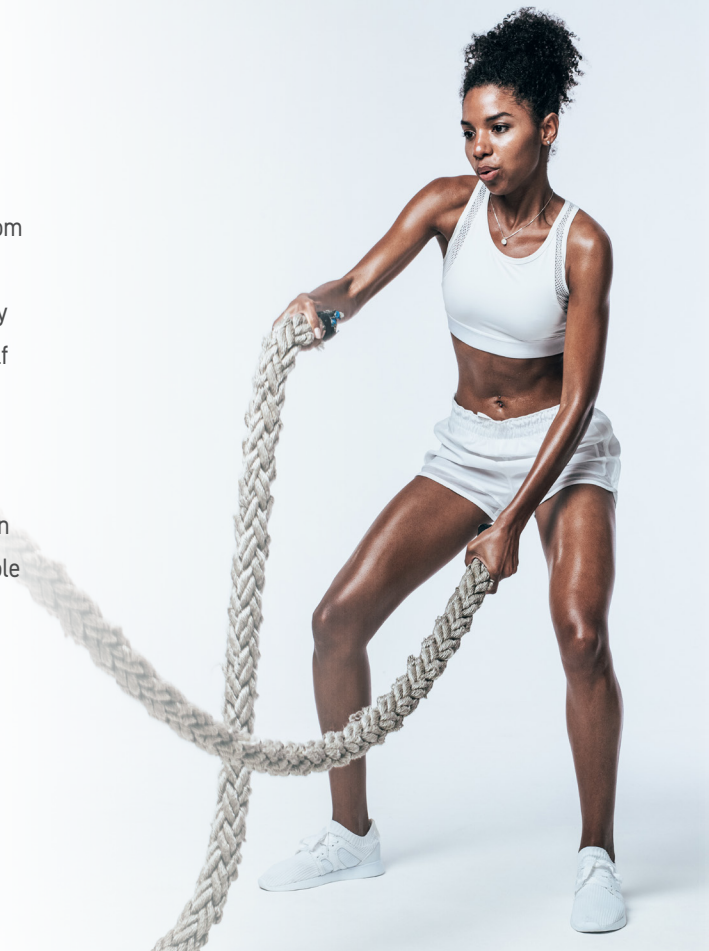
HEART & METABOLIC

Heart and metabolic health is a broad topic that touches on many areas, from vascular function to glucose and lipid metabolism to body weight. As we age, the heart and vasculature undergo decreases in blood vessel plasticity and increases in blood vessel wall thickness. The function of the heart itself also changes, resulting in a decreased efficiency in pumping blood. Normal aging also results in a loss of muscle mass and alterations in numerous metabolic pathways. Weight tends to increase while metabolic processes such as glucose metabolism decrease. The combination of these factors can be viewed together as cardiometabolic aging. Nutrition plays an intimate role in maintaining cardiovascular health.‡

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SCIENTIFIC ADVISORY BOARD



PENNY KENDALL-REED, N.D.⁺

Dr. Kendall-Reed is a specialist in metabolic & neuro-endocrine health and author of the bestseller "The New Naturopathic Diet," as well as several other co-authored works. She travels throughout Canada and the United States lecturing on metabolic and endocrine function, holds health retreats and appears regularly on television, magazine and radio. Presently, Dr. Kendall-Reed is the director of natural therapies at the Urban Wellness Clinic in Toronto.



ANGELA MAZZA, D.O.⁺

Dr. Mazza is double board-certified in internal medicine and endocrinology, diabetes & metabolism, and currently practices in the Central Florida area. She completed her fellowship in anti-aging metabolic medicine and practices integrative endocrinology on a daily basis. She sees medicine not as a "one-size-fits-all" but requiring an individualized approach through patient education and lifestyle management. She has a significant background in both basic and clinical research, and has been principal investigator on multiple large scale therapy and device trials.

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ABOUT US

For over 65 years, Douglas Laboratories[®] has been dedicated to meeting the needs of healthcare professionals. As a globally recognized leader in the development of innovative, science-based nutritional supplements, we strive to help healthcare professionals and their patients push their potential for healthy living, today and in the future.‡

HEART & METABOLIC SUPPORT PRODUCTS[‡]

Beni Koji RYR

Healthy lipid metabolism[‡]

Beni Koji RYR is rice-fermented by red yeast, called *Monascus purpureus*, to help support healthy blood lipid metabolism.‡

SUGGESTED USAGE:

2, TWICE DAILY

Serving Size 2 Capsules



Amount Per Serving	
Organic Red Yeast Rice (<i>Monascus purpureus</i>)	1,000 mg
Other ingredients: Gelatin (capsule), microcrystalline cellulose and vegetable stearate	
Formula	Size
83339	60 Capsules 120 Capsule

Berberine Balance

Cardiovascular health[‡]

Berberine Balance supplies berberine combined with alpha lipoic acid and grape seed extract for healthy blood sugar and cardiovascular support. Recent studies indicate that berberine, a naturally occurring alkaloid found in a number of plants, is an effective supplement for helping to maintain cardiometabolic health. Grape seed extract is a well-known antioxidant with heart-health benefits, and alpha lipoic acid helps to support proper insulin function.‡

SUGGESTED USAGE: 1, TWICE DAILY

Serving Size 1 Vegetarian Capsule • Servings Per Container 60



Amount Per Serving	
Berberine HCl (from <i>Berberis aristata</i> extract, root)	500 mg
Alpha Lipoic Acid	50 mg
Grape Seed Extract	50 mg
Other ingredients: Hydroxypropyl methylcellulose (capsule), hydroxypropyl cellulose, vegetable stearate, and silica	
Formula	Size
201131	60 Vegetarian Capsules

BerryCaff™ Energy

NATURAL STRAWBERRY FLAVOR

Supports mental alertness and physical performance[‡]

BerryCaff™ Energy from Douglas Laboratories offers concentrated, organic, whole coffee fruit extract from *Coffea arabica* containing naturally occurring caffeine and polyphenols to promote immediate energy and enhance cognitive performance. This formula also includes 7 plant-based ingredients clinically shown to ignite the body's nitric oxide production to support blood flow and physical performance.‡

1 SCOOP OR 1 STICK PACK IN 8-12 OZ OF WATER DAILY

Serving Size 1 Scoop (Approx. 3 g) • Servings Per Container Approx. 30
1 Stick Pack (Approx. 3 g) • Servings Per Container 20



Amount Per Serving	
Calories	10
Total Carbohydrate	2 g
Coffeeberry [®] organic whole coffee fruit extract (standardized to contain 100 mg caffeine)	143 mg
S7 [®] plant-based proprietary blend (green coffee bean extract, green tea extract, turmeric extract, tart cherry, blueberry, broccoli, kale)	50 mg

Other ingredients: Maltodextrin (tapioca), natural flavors, stevia leaf extract, monk fruit extract, citric acid, beet powder (for color), malic acid, trimagnesium citrate
Coffeeberry[®] is a registered trademark of VDF FutureCeuticals, Inc. Pat. Fcpatent.com
S7[®] is a trademark of VDF FutureCeuticals, Inc., used under license.

WARNING: Do not use if pregnant or nursing. Not intended for children or those sensitive to caffeine. The recommended dose of this product contains 100 mg of caffeine in 1 scoop, about as much as 1 cup of coffee. Monitor other sources of caffeine such as medications, foods or beverages while taking this product. Do not exceed the recommended serving.

Do not use in combination with alcohol. Take with food. If you have liver problems, consult your health professional before use. Keep out of reach of children.

Formula	Size
57780P	90 g (3.2 oz) Powder 20 Stick Packs Carton

⁺Our Medical Advisors are advisor to Atrium Professional Brands.

^{**}Valid in the USA and for online orders over \$100 only. Cannot be combined with any other promotions.

Free standard shipping will apply to entire order and become available under shipping method.

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HEART & METABOLIC SUPPORT PRODUCTS[‡]

Citrus-Q₁₀[™] 100

Energy metabolism and cardiovascular health[‡]

Citrus-Q₁₀[™] 100 supplies naturally-fermented coenzyme Q₁₀ in a great-tasting, natural citrus-flavored chewable tablet.

Citrus-Q₁₀[™] 100 contains no sugar, artificial colors or flavors and is suitable for vegetarians.

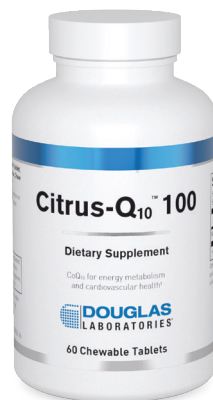
SUGGESTED USAGE: 1-4 DAILY

Serving Size 1 Chewable Tablet • Servings Per Container 60

Amount Per Serving	
Natural Coenzyme Q ₁₀	100 mg

Other ingredients: Mannitol, hydroxypropyl cellulose, ascorbyl palmitate, citric acid, natural lemon-lime flavor, povidone, silica and natural orange flavor

Formula	Size
200053	60 Chewable Tablets



QÜELL[®] Fish Oil EPA/DHA Plus D

Daily wellness, cardiovascular and immune health[‡]

QÜELL[®] Fish Oil offers supercritical CO₂ extracted oils in triglyceride form, manufactured exclusively for Douglas Laboratories[®] and is unique among other fish oils due to its supercritical extraction, purity, bioavailability and concentration. Supercritical CO₂ extraction technology ensures that omega-3 fatty acids are extracted without high temperatures, oxygen or traditional chemical solvents. The result is a fish oil of exceptional purity that can deliver concentrated amounts of EPA and DHA in one serving. QÜELL[®] Fish Oil EPA/DHA Plus D provides a 3:2 ratio of EPA to DHA plus 25 mcg (1,000 IU) of Vitamin D₃ per softgel.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Softgel

Amount Per Serving	
Calories	10
Total Fat	1.3 g
Vitamin D ₃ (as cholecalciferol)	25 mcg (1,000 IU)
Omega-3 Supercritical CO ₂ Triglyceride Concentrate	1,250 mg
Providing:	
EPA (eicosapentaenoic acid)	600 mg
DHA (docosahexaenoic acid)	400 mg

Other ingredients: Gelatin (capsule, from fish (Tilapia)), glycerin, water, natural-source mixed tocopherols and rosemary extract (leaf)

Contains: Fish Oil (anchovies, sardines, mackerel)

Formula	Size
200981	30 Softgels
	60 Softgels



QÜELL[®] Fish Oil Ultra SPM

Immune homeostasis and cardiovascular health[‡]

QÜELL[®] Fish Oil Ultra SPM contains a unique blend of marine oils concentrated for specialized pro-resolving mediators (SPMs) and docosapentaenoic acid (DPA). Each softgel provides 560 mg omega-3 fatty acids and 300 mcg SPMs to support the natural resolution of the inflammatory process[§] and restoration of immune homeostasis. The omega-3 fatty acid, DPA, further supports endogenous SPM production and cardiovascular health.[‡]

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Softgel • Servings Per Container 60

Amount Per Serving	
Calories	10
Total Fat	1 g
Cholesterol	5 mg
Supercritical CO ₂ Marine Oil Concentrate	1,090 mg
Providing:	
Total Omega-3 Fatty Acids	560 mg
EPA (eicosapentaenoic acid)	225 mg
DHA (docosahexaenoic acid)	200 mg
DPA (docosapentaenoic acid)	45 mg
Specialized Pro-Resolving Mediators (SPMs)	300 mcg

Other ingredients: Gelatin (capsule), glycerin, water, natural lemon flavor, natural-source mixed tocopherols

Contains: Fish (anchovy, squid, sardine, herring, mackerel)

◊Not all inflammation is associated with disease states. The body's inflammatory response to life's occasional, normal stressors is important for optimal health.

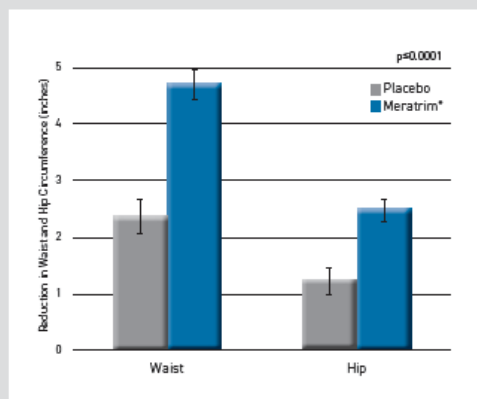
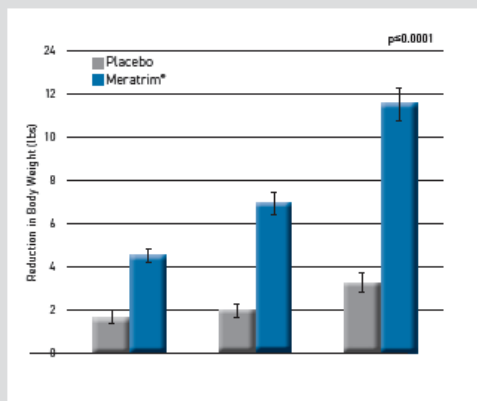
Formula	Size
202691	60 Softgels



For a full listing of our Heart & Metabolic Support Products[‡], visit douglaslabs.com/heart

METABOLIC LEAN® WITH MERATRIM®

Meratrim® is a proprietary plant extract blend for healthy weight management† derived from two plants, *Sphaeranthus indicus* and *Garcinia mangostana*, traditionally used in Southeast Asian culture. Meratrim® has been shown in two independent, randomized, double-blind, placebo-controlled clinical studies to significantly reduce body weight, BMI and waist circumference within eight weeks when used in combination with a 2,000-calorie diet and moderate exercise plan. Meratrim® significantly reduced body weight by 11.5 lbs after eight weeks, 3.5 times better than placebo, (p<0.0001) and significantly reduced waist and hip circumference by 4.7 inches.‡



Stern JS, et al. Obesity (Silver Spring). 2013 May;21(5):921-7

Metabolic Lean® Support for healthy weight management††

Metabolic Lean® is a novel healthy weight management formula that includes three clinically studied ingredients: Meratrim® plant extract, Capsimax™ capsicum extract and chromium picolinate. This special combination of ingredients may support lipolysis, thermogenic activity and insulin function. The ingredients in Metabolic Lean® may also help promote adiponectin levels which facilitate healthy fat metabolism and glucose regulation.††

SUGGESTED USAGE: 1, 30 MINUTES BEFORE BREAKFAST AND 1, 30 MINUTES BEFORE DINNER DAILY

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	
Chromium (as chromium picolinate)	100 mcg
Meratrim® Proprietary Blend (<i>Sphaeranthus indicus</i> [flower heads] extract, <i>Garcinia mangostana</i> [fruit rind] extract)	400 mg
Capsaicinoids (from Capsimax™, providing capsaicin, dihydrocapsaicin, nordihydrocapsaicin)	1 mg
Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule), vegetable stearate and silica.	

Meratrim® is a Laila Nutraceuticals trademark
Capsimax™ is a trademark of OmniActive Health Technologies.

†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

Formula	Size
202575	60 Vegetarian Capsules



Ubiquinol-QH With VESISORB® Technology Support for healthy aging and cardiovascular function‡

Ubiquinol-QH is a softgel containing 100 mg of natural ubiquinol in a patented, naturally self-assembling colloidal system called VESIsorb® technology for enhanced absorption. Ubiquinol is the biologically reduced form of ubiquinone, also known as coenzyme Q₁₀. Ubiquinol may be of special importance for older adults looking to support healthy aging and cardiovascular function.‡

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Softgel

Amount Per Serving	
Vitamin E (as d-alpha-tocopheryl)	6.7 mg
Ubiquinol (Kaneka QH™ - reduced form of CoQ ₁₀)	100 mg

Other ingredients: Gelatin (capsule), medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, glycerin and caramel color

VESIsorb® is a registered trademark of SOURCEONE GLOBAL PARTNERS.

Kaneka QH™ is a trademark of Kaneka Corporation.

Formula	Size
201899	30 Softgels
	60 Softgels

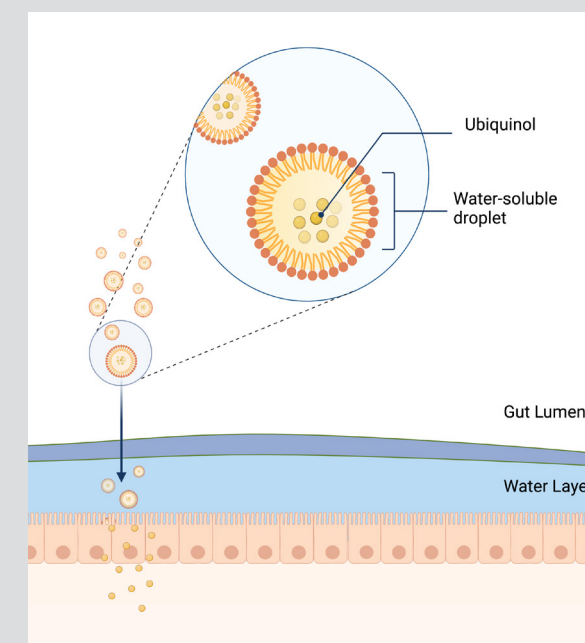


Enhanced Absorption Patented VESIsorb® Delivery System

- Developed by Vesifact, a Switzerland-based company dedicated to innovative technology and research
- Patented, lipid-based delivery system increases bioavailability of a bioactive that is fat-soluble or that has poor water solubility
- Self-assembling, colloidal system forms evenly-dispersed fluid droplets upon contact with water in the G.I. tract, each with a mean diameter of less than 100 nanometers and with the bioactive at its core
- Nanosized, water-soluble droplets, or micelles, allow the bioactive to cross the water layer of the G.I. tract for absorption
- Provides extended release of the bioactive over time

The VESIsorb® technology is broken down into three steps:

- Step 1**
Formation of the colloidal delivery system
- Step 2**
Diffusion across the unstirred water layer
- Step 3**
Transfer to the absorptive surface of the G.I. epithelium



3. Barden AE, et al. Am J Clin Nutr. 2015 Dec;102(6):1357-64.
† Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

CARDIOMETABOLIC SUPPORT[‡]

Developed with Dr. Angela Mazza^{*}

Protocol Objective:

To promote cardiometabolic health and to provide additional recommendations for hormonal health.

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS [*]	DOSING
Insulin function, blood lipids and cardiometabolic support	Patient presents with fatigue, weight gain, and difficulty losing weight	Berberine Balance Formula: 201131	1 capsule twice daily
	Physical: to include BP, weight, waist circumference +/- waist hip ratio	QÜELL® FISH OIL - EPA/DHA PLUS D Formula: 200981	1 capsule daily
	Lab: assess fasting lipid panel, fasting and post-prandial blood glucose, insulin, hemoglobin A1c, vitamin D	Ubiquinol-QH Formula: 201899	1 softgel daily
		Vitamin D 125 mcg (5,000 IU) Formula: 200562	1 tablet daily with food
Support healthy weight management[†] and fat metabolism[†]	Body weight: BMI > 25 Waist circumference: Men > 102 cm (40 in) Waist circumference: Women > 88 cm (35 in)	Metabolic Lean® Formula: 202575	1 capsule 30 minutes before breakfast and 1 capsule 30 minutes before dinner
Support hormone health in women	Patient presents with clinical signs of elevated testosterone: irregular menstrual cycles, skin or hair changes including facial hair, acne, abdominal fat, and imbalanced blood glucose levels Additional Labs: assess androgens/testosterone levels	TestoQuench™ for Women Formula: 201352	2-4 capsules daily
Support hormone health in men	Patient presents with clinical signs of low testosterone: low libido, low stamina, decreased mood, fatigue, difficulty focusing, and decreased muscle mass Additional Labs: assess androgens/testosterone levels	TestoGain™ Formula: 201397	2-4 capsules daily
Support stress management, cortisol regulation, and stress-related metabolic functions	Patient presents with increased emotional stress or physical stress, including chronic or acute illness. May have difficulty sleeping Additional Labs: cortisol assessment	Sereniten Plus Formula: 201348	1 capsule daily

Available for download at: douglaslabs.com/protocols

^{*}Dr. Angela Mazza is a retained advisor to Atrium Professional Brands.

[†]Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

[‡]Please note that patients may not require all supplements listed.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.



EASY ORDERING

Placing orders is easy, whether you do so **online** at douglaslabs.com, or by **contacting customer service**.

Customer service contact information:

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888.245.4440

customerservice@douglaslabs.com

You can speak to a customer service representative Monday–Friday: 8:30 a.m.–7:00 p.m. ET.

An automated answering service is available for after-hours ordering.

METABOLIC HORMONE

Developed with Dr. Penny Kendall-Reed, N.D.[†]

Protocol Objective:

To help manage metabolic hormones and healthy body weight using symptom assessment and supplementation.^{‡†}

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support satiety	Serum leptin, adiponectin, ghrelin	Metabolic Lean® Formula: 202575	1 capsule 30 minutes before breakfast and 1 capsule 30 minutes before dinner
	Self-reported food cravings, hunger, excessive eating, especially when stressed	Sereniten Plus Formula: 201348	1 capsule daily
Support leptin sensitivity	Serum leptin	Metabolic Lean® Formula: 202575	1 capsule 30 minutes before breakfast and 1 capsule 30 minutes before dinner
	Self-reported postprandial hunger and food cravings, especially in the evening	L-Carnosine Formula: 9873	1 capsule daily
	BMI	Sereniten Plus Formula: 201348	1 capsule daily
Support ghrelin	Serum ghrelin, BMI and self-reported hunger, cravings and excessive eating, especially when stressed	Metabolic Lean® Formula: 202575	1 capsule 30 minutes before breakfast and 1 capsule 30 minutes before dinner
		Cal/Mag 2001 Formula: 2002	2 tablets daily with food
Support melanocortin 4	Fasting glucose, HbA1c, and/or related metabolic testing Self-reported postprandial hunger and food cravings; libido	L-Carnosine, Sereniten Plus Formulas: 98731, 201348	1 capsule daily
		Metabolic Lean® Formula: 202575	1 capsule 30 minutes before breakfast and 1 capsule 30 minutes before dinner
		Cal/Mag 2001 Formula: 2001	2 tablets daily with food

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Modulate PPAR (Peroxisome Proliferator Activated Receptor)	BMI or body composition	L-Carnosine, Sereniten Plus Formulas: 98731, 201348	1 capsule daily
	Self-reported energy level, cognitive function	Resveratrol Formula: 200244	1 capsule daily
Adrenal support for hyperadrenal states	Orthostatic vital sign measurement Self-reported sleep quality Self-reported stress, irritability BMI	Sereniten Plus Formula: 201348	1 capsule daily
		Melatonin P.R. Formula: 83199	1 tablet, 1 hour before bedtime
		Sereniten Plus Formula: 201348	1 capsule daily
		GABA Formula: 80611	1 capsule daily
Adrenal support for hypoadrenal states	Orthostatic vital sign measurement Cortisol levels Self-reported sleep quality BMI	Sereniten Plus Formula: 201348	1 capsule daily
		Adrenplus-300 Formula: 7221 OR AdrenoMend™ Formula: 200529	1-2 capsules daily 2-4 capsules daily
		Melatonin Formulas: Various	6-9 mg before bed
Healthy stress response	Cortisol levels Monitor levels: DHEA Estradiol Progesterone Bioavailable testosterone	Sereniten Plus Formula: 201348	1 capsule daily
		Relora®-Plex Formula: 98739 OR GABA Formula: 80611	1 capsule, twice daily 1 capsule daily
		Sereniten Plus Formula: 201348	1 capsule daily

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*Please note that patients may not require all supplements listed.

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‡Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

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