

SUGGESTED USAGE: As a dietary supplement, take 1 tablet, 1 to 2 times daily, preferably on an empty stomach. **Refrigeration recommended after opening.**

SAMe is a supplement formed in the body by an enzymatic reaction between adenosine-triphosphate (ATP) and methionine. It was discovered in 1952 in Italy and has been researched and manufactured there. SAMe works closely with folic acid and vitamin B-12 and functions as a methyl donor. This nutrient carries and donates methyl molecules necessary to facilitate the manufacture of DNA and brain neurotransmitters.* Tissue levels of SAMe are typically low in the elderly.

***This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

Warning: Individuals with bipolar (manic) depression should not take SAMe unless under professional medical supervision.

Product of India.
Integrative Wellness & Research Center Inc.
P.O. Box 382595
Germantown, TN 38183
(901) 763-7006
www.integrativewellness.org

MADE IN USA

Dr. John's Wellness Formulas

SAMe

200 mg

with B-vitamin Cofactors
Enteric Coated

30 Tablets
A Dietary Supplement

GUARANTEED POTENCY

Supplement Facts		
Serving Size 1 Tablet		
	Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxine HCl)	2 mg	100%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
SAMe (S-Adenosyl-L-Methionine) (from 400 mg of S-Adenosyl-L-Methionine Disulfate Tosylate)	200 mg	↑

† Daily Value not established.
Other ingredients: Cellulose, Croscarmellose Sodium, Methacrylic Acid, Magnesium Stearate (vegetable source), Silica, Triethyl Citrate, Stearic Acid (vegetable source), Citric Acid and Ascorbic Acid.
Vegetarian Formula.
Contains no sugar, starch, yeast, wheat, gluten, corn, soy, milk or preservatives.
CAUTION: PLEASE DISCARD THE INEDIBLE FRESHNESS PACKET ENCLOSED.

CODE 0137

PREMIUM QUALITY

CODE 3193

SUGGESTED USAGE: As a dietary supplement, take 1 softgel 1 to 2 times daily, preferably with meals.

Coenzyme Q10 is a vitamin-like compound called ubiquinone. It is an essential component of cells and is utilized by the mitochondria in the normal process of energy production. CoQ10 is constantly being used and replaced in the body. The body's natural production of CoQ10 functions as a potent antioxidant. Coenzyme Q10 is produced exclusively in Japan through a natural fermentation process.

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MADE IN USA

Dr. John's Wellness Formulas

CoQ10

50 mg

with Selenium and Vitamin E
Enhanced Absorption Base

100 Softgels
A Dietary Supplement

GUARANTEED POTENCY

Supplement Facts		
Serving Size 1 Softgel		
	Amount Per Serving	% Daily Value
Vitamin E	30 IU	100%
Selenium (from L-Selenomethionine)	70 mcg	100%
Coenzyme Q10 (CoQ10)	50 mg	↑

† Daily Value not established.
Other ingredients: Cellulose, Croscarmellose Sodium, Methacrylic Acid, Magnesium Stearate (vegetable source), Silica, Triethyl Citrate, Stearic Acid, Annatto (natural color), Beeswax, Lecithin and Titanium Oxide.
Contains no sugar, salt, yeast, wheat, gluten, corn, milk, egg, preservatives or artificial colors.

PREMIUM QUALITY

SUGGESTED USAGE: As a dietary supplement, take 2 tablets daily with meals or on an empty stomach.

Glucosamine & Chondroitin are naturally occurring structural components that have recently enjoyed growing popularity. Glucosamine is an amino sugar derived from the chitin of shellfish and is used by the body to support healthy joint structures. Chondroitin complements Glucosamine and works synergistically to provide optimal nutritional support.*

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MADE IN USA

Dr. John's Wellness Formulas

Extra Strength Glucosamine & Chondroitin

Joint Support Factors*

60 Tablets
A Dietary Supplement

GUARANTEED POTENCY

Supplement Facts		
Serving Size 2 Tablets		
Servings Per Container: 30		
	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	< 1%*
Sodium	110 mg	4%
Potassium (as Potassium Chloride)	245 mg	6%
Glucosamine Sulfate (from Glucosamine Potassium Sulfate Complex)	1.5 g (1,500 mg)	↑
Chondroitin Sodium Sulfate (from Bovine Cartilage)	1.2 g (1,200 mg)	↑

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.
Other ingredients: Cellulose, Stearic Acid, Silica and Magnesium Stearate.
Contains no yeast, wheat, gluten, corn, soy, milk, sugar, preservatives or artificial colors.
Warning: Persons with a known allergy to shellfish should not use this product.
Due to size of tablet, take with 8 oz. of water or other beverage.

PREMIUM QUALITY

SUGGESTED USAGE: As a dietary supplement, take 6 capsules daily, in 1-3 divided doses, preferably with meals.

Microcrystalline Hydroxyapatite (MCHA) is a natural compound that makes up the crystalline matrix of bone and teeth, and is the substance that gives them their rigidity. MCHA is a source of highly absorbable Calcium and Phosphorus, which are the major mineral components of bone. Dr. John's Bone Strength is a comprehensive bone support product providing 4 g (4,000 mg) of MCHA. It also contains Magnesium and Trace Minerals, as well as Vitamins C, D and K to aid in the synthesis and maintenance of bone tissue.*

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MADE IN USA

Dr. John's Wellness Formulas

BONE STRENGTH O.P.™

MICROCRYSTALLINE HYDROXYAPATITE WITH TRACE MINERALS

with Joint Support Factors*

240 Capsules
A Dietary Supplement

GUARANTEED POTENCY

Supplement Facts		
Serving Size 6 Capsules		
Servings Per Container 40		
	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	< 0.5 g	< 1%*
Protein (from MCHA and AAC)	1.8 g (1,800 mg)	4%*
Vitamin C (from Magnesium Ascorbate)	200 mg	330%
Vitamin D-3 (as Cholecalciferol)	400 IU	100%
Vitamin K-1 (as Phytonadione)	100 mcg	125%
Vitamin B-1 (from Thiamine HCl)	5 mg	330%
Calcium (from MCHA)	1.0 g (1,000 mg)	100%
Phosphorus (from MCHA)	430 mg	43%
Magnesium (from Magnesium Oxide and Ascorbate)	600 mg	150%
Zinc (from Zinc AAC)	10 mg	70%
Copper (from Copper AAC)	1 mg	50%
Manganese (from Manganese AAC)	3 mg	150%
MCHA (Microcrystalline Hydroxyapatite)	4.0 g (4,000 mg)	↑
Glucosamine Potassium Sulfate Complex	300 mg	↑
Horsetail (Equisetum arvense) (Aerial Parts)	100 mg	↑
(natural source of min. 5% water-soluble Silicates)		
Boron (from AAC)	3 mg	↑

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.
Other ingredients: Cellulose, Gelatin (capsule), Magnesium Stearate, Stearic Acid and Silica.

PREMIUM QUALITY

SUGGESTED USAGE: As a dietary supplement, take 2 Vcaps 1 to 2 times daily, preferably before meals with water.

Our Coral Calcium Plus contains an alkaline form of Calcium that can help to support a healthy serum pH. In addition, Coral Calcium contains a number of trace minerals that are important for bone health, as well as for optimal enzymatic activity. Our Coral Calcium is not harvested from living coral reefs or even from the ocean environment, but from above-ground sources in Okinawa in an ecologically friendly manner. In this Coral Calcium Plus formula, Magnesium and Vitamin D have been added because of their essential role in bone metabolism.*

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MADE IN USA

Dr. John's Wellness Formulas

Coral Calcium Plus

Sourced from Okinawa with Magnesium & Vitamin D

BONE DENSITY SUPPORT*

100 VCAPS™
A Dietary Supplement

GUARANTEED POTENCY

Supplement Facts		
Serving Size 2 Vcaps		
Servings Per Container 50		
	Amount Per Serving	% Daily Value
Vitamin D (as Ergocalciferol - a vegetarian source)	400 IU	100%
Calcium (from Fossilized Coral Calcium)	500 mg	50%
Magnesium (from Magnesium Oxide, Citrate, and Aspartate)	250 mg	60%
Fossilized Coral Calcium	1.43 g (1,430 mg)	*

* Daily Value not established.
Other ingredients: Cellulose (capsule), Silica, Magnesium Stearate (vegetable source), Maltodextrin and Mixed Tocopherols.
Contains no yeast, wheat, gluten, salt, soy, milk or preservatives.
Keep bottle tightly closed in a cool, dark and dry place.
Vcaps is a trademark of Capsugel.
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PREMIUM QUALITY