

INGREDIENTS:

The following is a list of the ingredients that may appear in your IDNutrition order. Every IDNutrition order is customized based on your personal response to the IDAssessment, so the ingredients used in each order are also unique.

Alpha Lipoic Acid
 Amylase (103 DU)
 Banaba Leaf (Dried Extract 1% Corosolic Acid)
 Biotin
 Bitter Melon (Momordica Charantia) Extract
 Boron (as Glycinate)
 Broccoli (BroccoPhane®) (Brassica Oleracea)(Sprout)(0.4% Sulforaphane)
 Bromelain (1,350,000 PU)
 Calcium (Crustacean Shellfish)
 Calcium (from Ascorbate, Carbonate, Citrate, Dicalcium Phosphate, Hydroxyapatite)
 Chaste Tree Berry Extract (Vitex Agnus-Castus) (0.5% Agnuside & 0.5% Aucubin)
 Choline
 Chromium (as TRAACS Chromium Nicotinate Glycerinate Chelate)
 Chromium (Chromate)(from Chromium Polynicotinate)
 Chymotrypsin-25 (25 USP)
 Copper (from Glycinate Chelate)
 CoQ10 (Ubiquinone)
 Cyracos® Lemon Balm
 DHEA (Dehydroepiandrosterone)
 Di-Indolyl-Methane (DIM)
 DL-Phenylalanine
 Docosahexaenoic Acid (DHA-from Marine Fish Oil)
 EGCG
 Eicosapentaenoic Acid (EPA-from Marine Fish Oil)
 Elderberry Extract
 Evening Primrose Oil
 Folate (50% 6(S)-5-Methyltetrahydrofolic Acid, Glucosamine Salt and 50% Folinic Acid Calcium Salt)
 GABA
 Gamma Linolenic Acid (GLA)
 Ginkgo Biloba
 Glucosamine Sulfate (Crustacean Shellfish)
 Glutathione (reduced)
 Glycine
 Grape Seed Extract (Vitis Vinifera) (95% Proanthocyanidins)
 Gymnema Sylvestre Extract (Gymnemasylvestre) (leaves) (std. to 25% Gymnemic Acids)
 IDLife Proprietary Blend: Curcumin, EGCG, Quercetin and Broccoli Seed Extract
 IDN Plant Enzyme Blend containing Amylase, Cellulase, Lipase and Protease
 Inositol (Myo-Inositol)
 Iodine (from Kelp)
 Iron (as Ferrochel® (Ferrous Bisglycinate Chelate))

L-Alanine
 L-Carnitine Tartrate
 L-Glutamic Acid
 L-Theanine
 L-Tyrosine
 Lactoferrin
 Lipase (10LU/mg)
 Lipase (162 FIP)
 Magnesium (from Citrate, Glycinate, Maleate, Oxide)
 Manganese (from Gluconate)
 Milk Thistle Extract (Silybum Marianum) std. to 80% Silymarin
 Molybdenum (from Sodium Molybdate)
 N-Acetyl-Cysteine
 Niacin (Vitamin B3)
 PABA
 Pancreatin EN (15,200 USP) (Protease)
 Pantothenic Acid (from Calcium Pantothenate)
 Papain (1,800,000 PU)
 PARACTIN® (A. Paniculata Extract)
 Peptizyme SP-EN (5,000 SPU)
 Potassium (from Citrate)
 Probiotic Proprietary Blend (4 billion cfu/capsule) (L. Acidophilus, L. Plantarum, B. Lactis, B. Breve, L. Casei, L. Paracasei, and S. Thermophilus)
 Protease (35 HUT/mg)
 Pygeum Bark Extract (3% Phytosterols)
 Quercetin

Rhodiola Rosea (root)(3% Rosins & 1% Salidroside)
 Riboflavin (Vitamin B2)
 Rose Hips Powder
 Rutoside
 Saw Palmetto Extract (Serenoa Repens) (Fruit)
 Selenium (from Selenomethionine)
 Sensoril® from Ashwagandha (Withania Somnifera)
 Silicon (as Horsetail)
 Sodium (from Spirulina)
 Spirulina (Arthrospira Maxima)
 Suntheanine (L-Theanine)
 Thiamin (Vitamin B1)
 Tocotrienols
 Trypsin-75 (1800 USP)
 Turmeric 95%
 Vanadium (from Vanadyl Sulfate)
 Vitamin A (Natural Carotenoids, Retinol Palmitate, Beta-Carotene)
 Vitamin B12 (Methylcobalamin)
 Vitamin B6 (Pyridoxine Hydrochloride)
 Vitamin C (Ascorbic Acid)
 Vitamin D (from Cholecalciferol)
 Vitamin E (from mixed Tocopherol)
 Vitamin K1 + K2 (Phytionadione, Menaquinone-7)
 Vitamin K2 (as Menaquinone MK-7)
 Zinc (from Citrate and Gluconate)
 Zinc (Optizinc®)

