

Pittsburgh Alternative Health, Inc.

# Environmental Support Basics AM Pack

Dietary Supplement Program

30 packets

Distributed by:

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## Supplement Facts

Serving Size 1 Packet (4 capsules, 2 tablets, 2 softgels) • Servings Per Container 30

Amount Per Packet	% Daily Value	Amount Per Packet	% Daily Value
Calories	20	N-Acetyl-L-Cysteine USP	150 mg *
Calories from Fat	20	Taurine USP	50 mg *
Total Fat	2 g 3%†	L-Cysteine	50 mg *
Saturated Fat	0 g 0%†	L-Methionine	25 mg *
Polysaturated Fat	2 g *	Trimethylglycine (betaine)	150 mg *
Vitamin D <sub>3</sub> (as cholecalciferol)	1,000 I.U. 250%	Bilberry ( <i>Vaccinium myrtillus</i> ) fruit, dried extract, min. 25% anthocyanosides	60 mg *
Vitamin E (as mixed tocopherols d-alpha, d-beta, d-delta, d-gamma) from soy	10 I.U. 33%	Ginkgo ( <i>Ginkgo biloba</i> ) leaf, dried extract, min. 24% ginkgo flavone glycosides and 6% terpene lactones	40 mg *
Thiamine (as thiamine hydrochloride USP)	50 mg 3333%	Green Tea (81% <i>Camellia sinensis</i> leaf, dried extract, 930 mg min. 40% epigallocatechin gallate, min. 95% polyphenols and 19% <i>Camellia sinensis</i> leaf, dried extract, min. 50% catechins polyphenols)	* *
Riboflavin USP	50 mg 2941%	Milk Thistle ( <i>Silybum marianum</i> ) fruit, dried extract, min. 80% silymarin	300 mg *
Niacin (80% as niacinamide USP and 20% as niacin USP)	50 mg 250%	Pycnogenol®*** Pine Bark ( <i>Pinus maritima</i> ), dried extract	5 mg *
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride USP)	50 mg 2500%	Red Grape ( <i>Vitis vinifera</i> ) seeds, skin, and stems, dried extract with resveratrol	100 mg *
Folate (50% as folic acid (5-formyltetrahydrofolate) and 50% as 5-methyltetrahydrofolate)	1,200 mcg** 300%	Marine Fish Oil Concentrate	2,000 mg *
Vitamin B <sub>12</sub> (4% as methylcobalamin and 96% as cyanocobalamin)	2,600 mcg 43333%	Supplying the following Compound FFA	
Biotin USP	1,500 mcg 500%	Omega-3 fatty acids: Weight† Weight††	
Pantothenic Acid (as d-calcium pantothenate USP)	200 mg 2000%	Eicosapentaenoic acid (EPA)	600 mg 540 mg *
Choline (as choline bitartrate)	100 mg *	Docosahexaenoic acid (DHA)	400 mg 360 mg *
Inositol	100 mg *		
para-Aminobenzoic Acid USP	50 mg *		
Citrus Bioflavonoids (as citrus bioflavonoid complex, min. 50% bioflavonoids)	125 mg *		
Alpha-Lipoic Acid	50 mg *		

Other Ingredients: Gelatin, Vcaps™ vegetarian capsule (hydroxypropyl methylcellulose, water), mannitol, cellulose, carboxymethylcellulose sodium, glycerin, vegetable stearine, stearic acid, water, L-leucine, magnesium stearate, silicon dioxide, natural citrus flavor, and cellulose coating.

\*\*Amount of active isomers from mixed isomer forms.

\*\*\*Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product is protected by one or more U.S. patents #4,689,360 / #5,720,956 / #6,372,266 and other international patents.

††Amounts reported as weight of the fatty acid compound.

†††Amounts reported as free fatty acid (FFA) equivalents by weight in accordance with voluntary CRN Monograph.

**Suggested Use:** 1 packet with morning meal. To complete dietary needs, consider the addition of MultiMinerals.

Each packet contains 1 small, round, pink **B12-Folate** tablet, 1 large, beige-pink **Green Tea Extract** capsule, 1 large, beige **Liver Support** capsule, 2 oblong, clear **Marine Fish Oil** softgels, 1 large, medium brown **Flavonoid Complex** capsule, 1 oblong, bright yellow **B-Complex** tablet, and 1 small, white **Vitamin D<sub>3</sub>** capsule.

Do not use if full-bottle shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. KEEP OUT OF REACH OF CHILDREN.

PLEASE NOTE: The tablets in these packets may darken or develop dark spots over time as a result of contact with softgel capsules. This is caused by transfer of moisture from the softgels and does not affect the potency of the products.

This product was made in a GMP and ISO 9001:2000 registered facility.

