

Supplement List

THE CULTR FORMULARY

CULTR
HEALTH

Vitamins

Vitamin A (Acetate)
Vitamin A (Retinyl Palmitate)
Vitamin A (Beta Carotene)
Vitamin B1 (Thiamine HCl)
Vitamin B1 (Benfotiamine)
Vitamin B2 (Riboflavin)
Vitamin B2 (Riboflavin-5'-Phosphate)
Vitamin B3 (Niacin)
Vitamin B3 (Niacinamide)
Vitamin B5 (Calcium-D-Pantothenate)
Vitamin B6 (Pyridoxine HCl)
Vitamin B6 (PSP / Pyridoxal-5'-Phosphate)
Vitamin B12 (Hydroxocobalamin)
Vitamin B12 (Methylcobalamin)
Folinic Acid **NEW**
Folic Acid
Folate (L-5-Methyltetrahydrofolate)
Biotin
Inositol (Myo-inositol)
Inositol (D-Chiro-inositol) **NEW**
Vitamin C (Ascorbic Acid)
Vitamin D3 (Cholecalciferol)
Vitamin D3 (Cholecalciferol) (vegan)
Vitamin E (D-Alpha Tocopheryl Succinate)
Vitamin E (Mixed Tocopherols)
Vitamin E (Tocotrienols)
Vitamin K1
Vitamin K2 (MK7)
Choline (Bitartrate)
Choline Cytidine Diphosphate
PABA (Para-aminobenzoic Acid)

Minerals

Boron (Citrate)
Calcium (D-Glucarate)
Calcium (Citrate)
Chromium (Picolinate)
Copper (Albion Minerals® bisglycinate chelate)
Copper (Citrate)
Iodine (from Kelp)
Iodine (from Potassium Iodide)
Iron (Albion Minerals® bisglycinate chelate)
Iron (Citrate)
Magnesium (Glycinate)
Magnesium (L-Threonate)
Magnesium (Malate)
Manganese (Albion Minerals® bisglycinate chelate)
Manganese (Citrate)
Molybdenum (Citrate)
Potassium (Citrate)
Selenium (L-Selenomethionine)
Sodium Chloride
Strontium (Citrate)
Trace Minerals
Vanadium (Citrate)
Zinc (Albion Minerals® bisglycinate chelate)
Zinc (Carnosine)
Zinc (Chelate)
Zinc (Citrate)
Zinc (Picolinate)

Marine Plants

Chlorella
Iodine (from Kelp)
Spirulina Pacifica

Nutraceuticals

1,3-Beta-Glucan 85%
Adrenal Cortex
Alpha GPC
Alpha Lipoic Acid
Andrographis Extract (30% Andrographolide) **NEW**
Astaxanthin
AvailOm 50 High DHA Fish Oil **NEW**
AvailOm 50 High EPA Fish Oil **NEW**
Berberine HCl
Betaine Anhydrous (Trimethylglycine)
Bovine Collagen Peptides (VERISOL®) **NEW**
Bovine Hydrolyzed Collagen
Broccoli Seed Extract (13% Glucoraphanin) **NEW**
Caffeine (Anhydrous)
Calcium D-Glucarate
Chondroitin Sulfate 85%
CoEnzyme Q10 (Ubiquinone)
Colostrum (30% immunoglobulins)
Creatine Monohydrate
D-Mannose
D-Ribose
DIM (Diindolylmethane)
DHEA (only available in the US)
Gamma Oryzanol
Glucosamine Sulfate
Hesperidin
Hydrolyzed Fish Collagen
Hyaluronic Acid
Inulin
L-Carnitine Tartrate
Lecithin
Lutein
Lycopene
Medium Chain Triglycerides
Melatonin
Microcrystalline Cellulose
MSM
Nicotinamide Mononucleotide (NMN)
Omega-3 Powder (from Fish Oil)
Phosphatidylcholine (Soy)
Phosphatidylserine (Sunflower)
Plant Sterols (Phytosterol)
Policosanol
Pyrroloquinoline Quinone (PQQ) **NEW**
Resveratrol 50%
SAmE
Sodium Bicarbonate
Urolithin-A **NEW**
Vinpocetine 99%
Zeaxanthin 5%

Whole Food Ingredients

Açaí Extract 4:1 **NEW**
Aloe Vera Powder
Beet Root (Red)
Black Pepper Extract
Broccoli Powder
Citrus Bioflavonoids
Elderberry Extract 10:1 **NEW**
Garlic
Ginger Root
Raspberry Ketones
Red Spinach (Powder formulas only) 9% nitrate
Soy Isoflavones 40%

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Herbs

American Ginseng (5% Ginsenosides)
Apigenin
Artichoke Leaf Powder
Ashwagandha (Sensoril®) (10% Withanolides)
Ashwagandha KSM-66® **NEW**
Astragalus
Bacopa (45% Bacosides)
Baikal Skullcap
Bamboo (70% Silica)
Barberry 4:1
Berberine 97%
Bergamot Orange PE 10:1
Bilberry (25% Anthocynidins)
Black Cohosh 4:1
Black Currant 4:1
Boswellia Serrata (65% Boswellic Acid)
Camu Camu
Cat's Claw Bark
Chamomile (1.2% Apigenin)
Chasteberry Extract (Vitex) (0.5% Agnusides)
Cinnamon 20:1
Cranberry 12:1
Dandelion Root 4:1
Echinacea Root Powder
Fenugreek (50% Saponins)
Ginkgo Biloba (22% Flavonoids Glycosides, 5.4% Terpene Lactones)
Goldenseal (5% Alkaloids)
Grape Seed Extract (95% Proanthocyanidins)
Green Coffee Bean Extract **NEW**
Green Tea Phytosome (19% Polyphenols, 13% EGCG)
Gymnema (25% Gymnemic Acid)
Hawthorne (1.8% Flavones)
Holy Basil (2.5% Ursolic Acid)
Hops **NEW**
Horny Goat Weed 10:1
Larch Arabinogalactan
Lemon Balm 4:1
Licorice Root
Longvida (Turmeric Extract) **NEW**
Maca (0.6% Glucosinolates)
Marshmallow Root
Milk Thistle (80% Silymarin)
Moringa Leaf Extract 10:1 **NEW**
Nettle Root
Olive Leaf (6% Oleuropein)
Panax Ginseng (5% Ginsenosides)
Pine Bark (95% Anthocyanin)
Pomegranate (40% Ellagic acid)
Pygeum Bark
Quercetin Phytosome
Red Yeast Rice (0.2% Monacolin-K)
Rhodiola Rosea (3% Rosavins)
Rosemary Extract
Sage Leaf 4:1
Saw Palmetto (45% Total Fatty Acid)
Shilajit **NEW**
Siberian Ginseng (0.8% Eleutherosides (B & E))
St. John's Wort (0.3% Hypericins) (3% Hyperforin)
Tongkat Ali
Tribulus Terrestris (40% Saponins)
Turmeric Root (95% Curcuminoids)
Valerian Root 10:1
White Kidney Bean Extract

Amino Acids

5-HTP (5-Hydroxytryptophan)
L-Arginine
L-Aspartic Acid
Beta Alanine
L-Carnitine Tartrate
L-Carnosine
L-Citrulline DL-Malate
L-Cystine
GABA
L-Glutamine
L-Glutathione (Reduced)
L-Glycine
L-Histidine
L-Isoleucine
L-Leucine
L-Lysine
L-Methionine
L-Ornithine
L-Phenylalanine
L-Serine
L-Taurine
L-Theanine
L-Threonine
L-Tryptophan
L-Tyrosine
L-Valine
N-Acetyl L-Carnitine
N-Acetyl L-Tyrosine
N-Acetyl Cysteine (NAC)

Probiotics

Bacillus Clausii UBBC-07
Bacillus Coagulans IDCC 1201
Bacillus Mesentericus UBBM-37
Bacillus subtilis UBBS-14
Bifidobacterium Bifidum Bb-06
Lactobacillus Acidophilus
Lactobacillus Rhamnosus Lr-32
Saccaromyces Boulardii

Enzymes

Betaine HCL
Bromelain 2,400 GDU/g
Nattokinase **NEW**
Pancreatin 8X USPs

Functional Mushrooms

Chaga (Inonotus obliquus)	GROWN IN USA
Cordyceps Militaris	GROWN IN USA
Lion's Mane (Hericium erinaceus)	GROWN IN USA
Maitake (Grifola frondosa)	GROWN IN USA
Organic Shiitake Mushroom (Lentinula edodes)	NEW GROWN IN USA
Reishi (Ganoderma lucidum)	GROWN IN USA
Turkey Tail (Coriolus versicolor)	GROWN IN USA