PREMIUM ADVANCED NATURAL NUTRITIONALS

Safe&Sound®

Physician Prescribing Quick-Reference Safe & Sound® Nutritional Supplements

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Product Exceeds FDA Safety and Quality Regulations

SCIENTIFIC SAFETY BASIS FOR SAFE & SOUND® PAGE 3

Safe & Sound®
Prenatal and Nursing Vitamin and Mineral Formula

PRODUCT INFO PAGE 5

Safe & Sound®
Multi Vitamin and Mineral Formula

PRODUCT INFO PAGE 7

Safe & Sound®
GI Formula

PRODUCT INFO PAGE 9

Safe & Sound®
Digestive Enzyme #1

PRODUCT INFO PAGE 11

Safe & Sound®
Calcium Magnesium Formula

PRODUCT INFO PAGE 13

Safe & Sound®
Essential Fatty Acid Complex

PRODUCT INFO PAGE 16

Safe & Sound®
Vitamin C with Bioflavonoids

PRODUCT INFO PAGE 18

PREMIUM ADVANCED NATURAL NUTRITIONALS
Safe&Sound®
Physician Prescribing Quick-Reference

BACK TO FIRST PAGE

The Scientific Safety Basis for Safe & Sound®

"Contamination of dietary supplements is a concerning problem being discussed at length in the medical literature." [1]

Heavy metal contamination is a concern for everyone, especially during pregnancy and lactation because of the established risks for adverse outcomes in pregnancy and problems later in life.

In a recent study, 20 out of 51 samples of prenatal vitamins exceeded allowable levels of lead. The same study found arsenic above acceptable limits as well.

Microbial contamination in supplements is well documented and has resulted in illness and death.

Pesticide residues have also been found in supplements. They can result in serious long term illnesses including cancer.

Label accuracy is an ongoing problem with supplements and also well documented.

Safe & Sound® products are unique. They are manufactured and screened for heavy metals, microbials (bacteria, yeast, molds and parasites), pesticides and label accuracy and meet the most stringent safety criteria available worldwide.

Product Safety Comparison with FDA Regulations

All Safe & Sound® Products	FDA Supplement Regulations
Screened for 145 pesticides	Pesticide testing not required
Screened for heavy metals including lead, cadmium, arsenic and mercury	Heavy metal testing not required
Screened for 27 bacteria, yeasts, molds and parasites	Microbial Testing required for just 4 bacteria species
Screened for label accuracy	Label testing not required
Screened by ISO-17025 qualified laboratory	ISO Qualified lab not required. Manufacturers can test their products (conflict of interest) in their own lab.
Hypoallergenic: Contain no dairy, yeast, egg, sugar, wheat, added salt, gluten, sodium lauryl sulfate, artificial flavors, preservatives or colors	Allergenic excipients corn, soy are common and not regulated.
Fully complies with California's Proposition 65 (strictest safety standards in North America)	Required only in California.
Glass packaging: No plastic contact with product	Plastic is common and allowed by FDA
Natural vanilla flavor – Kid friendly. Capsules can be emptied and mixed with food.	Not required or common
Non-GMO	GMO ingredients not regulated

REFERENCES

[1] Gerry Schwalfenberga, Rodushkinb,c, Stephen J. Genuisd, Heavy metal contamination of prenatal vitamins. Science Direct Toxicology Reports 5 (2018) 390–395, a. University of Alberta, Canada, b Scandinavia Division of A.L.S. Laboratory Group, Sweden, c Luleå University of Technology, Sweden, d Department of Obstetrics and Gynecology, University of Alberta, Canada

[1] Nisha RaoHenry A. SpillerNichole L. HodgesThiphalak ChounthirathMarcel J. CasavantAmrit K. KambojGary A. Smith, An Increase in Dietary Supplement Exposures Reported to US Poison Control Centers, Journal of Medical Toxicology, 24 July 2017, 1-11.

[1] Consumer Reports Investigates Vitamins and Supplements, August 2012.

[1] Chen Y1, Lopez S2, Hayward DG3, Park HY3, Wong JW3, Kim SS3, Wan J2, Reddy RM1, Quinn DJ4, Steiniger D4J Agric Food Chem. 2016 Aug 10;64(31):6125-32. doi: 10.1021/acs.jafc.6b00746. Epub 2016 May 26.

Determination of Multiresidue Pesticides in Botanical Dietary Supplements Using Gas Chromatography-Triple-Quadrupole Mass Spectrometry (GC-MS/MS).

Safe & Sound® Prenatal and Nursing Vitamin and Mineral Formula

Introduction

This product provides a balanced, 100% RDA dosage of all required vitamins and minerals for a pregnant or lactating mother except less calcium and magnesium which should be supplemented separately if not provided by food or another source.

1. INDICATIONS AND USAGE
Use during pregnancy and lactation when an adulterant-free, 100% Recommended Daily Allowance (RDA) Multiple vitamin and mineral supplement is indicated.

2. DOSAGE AND ADMINISTRATION
Recommended dosage is 3 capsules per day.

3. DOSAGE FORMS AND STRENGTHS
3 capsules per day provide 100% of all required vitamin and mineral nutrients except 23% of calcium and 28% of magnesium. A separate calcium magnesium supplement is recommended.

3.1 Calcium Magnesium Supplementation

A highly absorbable Calcium magnesium supplement such as Safe & Sound® Calcium Magnesium Formula is recommended in addition to the recommended dosage above if the patient is not receiving enough calcium and magnesium from other sources to reach 100% RDA or is experiencing emesis with loss of other calcium magnesium sources. The addition of Safe & Sound® Calcium Magnesium Formula at 5 capsules per day to the recommended dosage of Safe & Sound® Prenatal and Nursing Vitamin and Mineral Formula will deliver 100% RDA of all required vitamins and minerals.

3.2 Safe & Sound Prenatal and Nursing Vitamin Mineral is supplied in gelatin capsules. Contents of the capsule are flavored with natural vanilla.

3.3 Capsules may be emptied and contents added to food or liquid if the patient is unable to swallow capsules.

4. CONTRAINDICATIONS
Do not use if patient is hypersensitive to any of the ingredients.

5. WARNINGS AND PRECAUTIONS
None.

6. ADVERSE REACTIONS
None reported.

7. DRUG INTERACTIONS
Do not use with drugs that interact with a dietary level (100% RDA) multiple vitamin mineral.

Safe & Sound® Prenatal and Nursing Vitamin and Mineral Formula

8. USE IN SPECIFIC POPULATIONS

8.1 Pregnancy
This product is formulated for and safe to use during pregnancy.

8.2 Nursing mothers.
This product is formulated for and safe to use when nursing.

8.3 Immune suppressed patient.
This product is manufactured and screened for microbial contamination (bacteria, yeast, molds and parasites) and is a safer nutritional source than unscreened products for immune suppressed including individuals with cancer, receiving cancer treatment and HIV.

8.4 Patients with chemical sensitivities.
This product is manufactured with minimal excipients and screened for heavy metals, pesticide residue and label accuracy. It is a safer alternative than unscreened products for patients with multiple chemical sensitivities. Consult the label and do not use if the patient has a known or suspected hypersensitivity to any of the ingredients.

CLINICAL STRATEGIES

For patients who cannot swallow pills or are experiencing nausea or emesis, capsules can be easily emptied and mixed with food or liquid.

If the texture of the contents is a concern, they can be ground to powder with a mortar and pestle to make them less detectable. Natural vanilla makes capsules more acceptable.

Label

Supplement Facts

Serving Size: Three capsules daily for pregnant and lactating women.
Servings per container: 60

	Per pregnant and lactating women (3 capsules)	Pregnant and lactating DV(%)
Vitamin A *(40% as beta carotene, 60% as palmitate)*	8010 IU	100%
Vitamin C *(as ascorbic acid)*	120 mg	200%
Vitamin D3 *(as cholecalciferol)*	1200 IU	300%
Vitamin E *(43% as dl-alpha tocopheryl acetate, 57% d-alpha tocopheryl acetate)*	45 IU	150%
Vitamin K *(as phytonadione)*	60 mcg	*
Vitamin B1 (thiamine) *(as thiamine hydrochloride)*	2.25 mg	132%
Vitamin B2 (riboflavin) *(as riboflavin)*	2.55 mg	128%
Vitamin B3 Niacin *(as niacin, niacinamide)*	30 mg	150%
Vitamin B6 (pyridoxine) *(as pyridoxine HCl)*	3 mg	120%
Folate *(as folic acid)*	801 mcg	100%
Vitamin B12 *(as cyanocobalamin)*	9 mcg	113%
Biotin	450 mcg	150%
Pantothenic Acid *(as d-calcium pantothenate)*	15 mg	150%
Calcium *(as calcium citrate, calcium carbonate)*	300 mg	23%
Iodine *(as potassium iodide)*	225 mcg	150%
Magnesium *(from Magnesium Citrate, Magnesium Glycinate, Magnesium Oxide, Magnesium Succinate)*	126 mg	28%
Zinc *(from zinc picolinate, zinc oxide)*	22.5 mg	150%
Selenium *(as selenomethionine)*	105 mcg	*
Manganese *(as manganese citrate)*	3 mg	*
Chromium *(as Chromium Amino acid chelate, Chromium Picolinate (Chromax®), Chromium Nicotinate)*	180 mcg	*
Molybdenum *(from molybdenum glycinate chelate)*	57 mcg	*
Potassium *(from Potassium Chloride, Potassium Citrate)*	45 mg	*
Betaine HCl	45 mg	*
Bioflavonoids *(as citrus bioflavonoids)*	7.5 mg	*
Lipase *(concentrate)*	7.5 mg	*
PABA *(as para aminobenzoic acid)*	1.5 mg	*
Boron *(as boron citrate)*	150 mcg	*
Vanadium *(as vanadyl sulfate)*	150 mcg	*

**Daily value not established.*

Other ingredients from natural sources: Gelatin, natural vanilla flavor, magnesium stearate, silicon dioxide and microcrystalline cellulose.

Chromax® is a registered trademark of Nutrition 21.

No added artificial ingredients. Contains no dairy, eggs, yeast, corn, soy, sugar, wheat, fish, sodium lauryl sulfate (SLS),added salt, artificial flavors or artificial colors.

***SCREENED FOR:**

- ✔ Heavy metals
- ✔ Pesticides
- ✔ Bacteria
- ✔ Yeast
- ✔ Molds
- ✔ Fungals
- ✔ Parasites
- ✔ Label accuracy

✔ Meets all U.S. Federal, California and VitaQual® standards.

PREMIUM ADVANCED NATURAL NUTRITIONALS
Safe&Sound®
Physician Prescribing Quick-Reference
BACK TO FIRST PAGE

Safe & Sound® Multi Vitamin and Mineral Formula

Introduction

This product provides a balanced, 100% RDA dosage of all required vitamins and minerals for adults and children except less calcium and magnesium which should be supplemented separately if not provided by food or another source.

1. INDICATIONS AND USAGE

Use when a 100% Recommended Daily Allowance (RDA) Multiple Vitamin Mineral is indicated.

2. DOSAGE AND ADMINISTRATION

Adult and child 4 years and older: Recommended dosage is 2 capsules per day.

Children under 4 years: Recommended dosage is 1 capsule per day.

3. DOSAGE FORMS AND STRENGTHS

Safe & Sound Multiple Vitamin Mineral Formula is supplied in gelatin capsules. Contents of the capsule are flavored with natural vanilla. Capsules may be emptied and contents added to food or liquid if the patient is unable to swallow capsules.

3.1 Calcium Magnesium Supplementation
A highly absorbable Calcium magnesium supplement such as Safe & Sound® Calcium Magnesium Formula is recommended in addition to the recommended dosage above if the patient is not receiving enough calcium and magnesium from other sources to reach 100%. The addition of Calcium Magnesium Formula at 5 capsules per day to the recommended dosage of Safe & Sound® Multi Vitamin and Mineral Formula will deliver 100% RDA of all required vitamins and minerals.

4. CONTRAINDICATIONS

4.1 Do not use if patient is hypersensitive to any of the ingredients.

5. WARNINGS AND PRECAUTIONS

None.

6. ADVERSE REACTIONS

None reported.

7. DRUG INTERACTIONS

Do not use with drugs that interact with a dietary level (100% RDA) multiple vitamin mineral.

Safe & Sound® Multi Vitamin and Mineral Formula

8. USE IN SPECIFIC POPULATIONS

8.1 Immune suppressed patient.
This product is manufactured and screened for microbial contamination (bacteria, yeast, molds and parasites) and is a safer nutritional source than unscreened products for immune suppressed including individuals with cancer, receiving cancer treatment and HIV.

8.2 Patients with chemical sensitivities.
This product is manufactured with minimal excipients and screened for heavy metals and pesticide residue and is a safer alternative than unscreened products for patients with multiple chemical sensitivities. Consult the label and do not use if the patient has a known or suspected hypersensitivity to any of the ingredients.

Clinical strategies

For patients who cannot swallow pills, capsules are easily emptied and mixed with food or liquid. If the texture of the contents is a concern, they can be ground to powder with a mortar and pestle to make them less detectable. Natural vanilla makes capsules more acceptable.

Label

Supplement Facts

Serving Size: Two capsules daily per adult; one capsule daily per child under four years old.
Servings per container: 90 for adults; 180 for children under four years old.

	Per adult serving (2 capsules)	Adult DV(%)*	Per child under 4 y.o. serving (1 capsule)	Child DV(%)**
Vitamin A *(40% as beta carotene, 60% as palmitate)*	5340 IU	107%	2670 IU	107%
Vitamin C *(as ascorbic acid)*	80 mg	133%	40 mg	100%
Vitamin D3 *(as cholecalciferol)*	800 IU	200%	400 IU	100%
Vitamin E *(43% as dl-alpha tocopheryl acetate, 57% d-alpha tocopheryl acetate)*	30 IU	100%	15 IU	150%
Vitamin K *(as phytonadione)*	40 mcg	50%	20 mcg	***
Vitamin B1 (thiamine) *(as thiamine hydrochloride)*	1.5 mg	100%	0.75 mg	107%
Vitamin B2 (riboflavin) *(as riboflavin)*	1.7 mg	100%	0.85 mg	106%
Vitamin B3 Niacin *(as niacin, niacinamide)*	20 mg	100%	10 mg	111%
Vitamin B6 (pyridoxine) *(as pyridoxine HCl)*	2 mg	100%	1 mg	143%
Folate *(as folic acid)*	534 mcg	134%	267 mcg	134%
Vitamin B12 *(as cyanocobalamin)*	6 mcg	100%	3 mcg	100%
Biotin	300 mcg	100%	150 mcg	100%
Pantothenic Acid *(as d-calcium pantothenate)*	10 mg	100%	5 mg	100%
Calcium *(as calcium citrate, calcium carbonate)*	200 mg	20%	100 mg	13%
Iodine *(as potassium iodide)*	150 mcg	100%	75 mcg	107%
Magnesium *(from Magnesium Citrate, Magnesium Glycinate, Magnesium Oxide, Magnesium Succinate)*	84 mg	21%	42 mg	21%
Zinc *(from zinc picolinate, zinc oxide)*	15 mg	100%	7.5 mg	94%
Selenium *(as selenomethionine)*	70 mcg	100%	35 mcg	***
Manganese *(as manganese citrate)*	2 mg	100%	1 mg	***
Chromium *(as Chromium Amino acid chelate, Chromium Picolinate (Chromax®), Chromium Nicotinate)*	120 mcg	100%	60 mcg	***
Molybdenum *(from Molybdenum Glycinate Chelate)*	38 mcg	51%	19 mcg	***
Potassium *(from Potassium Chloride, Potassium Citrate)*	30 mg	1%	15 mg	***
Betaine HCl	30 mg	***	15 mg	***
Bioflavonoids *(as citrus bioflavonoids)*	5 mg	***	2.5 mg	***
Lipase *(concentrate)*	5 mg	***	2.5 mg	***
PABA *(as para aminobenzoic acid)*	1 mg	***	0.5 mg	***
Boron *(as boron citrate)*	100 mcg	***	50 mcg	***
Vanadium *(as vanadyl sulfate)*	100 mcg	***	50 mcg	***

*Daily Value for adults and children over four. **Daily value for children under four. ***Daily value not established.

Other ingredients from natural sources: Gelatin, natural vanilla flavor, magnesium stearate, silicon dioxide and microcrystalline cellulose.

Chromax® is a registered trademark of Nutrition 21.

No added artificial ingredients.

Contains no dairy, eggs, yeast, corn, soy, sugar, wheat, fish, sodium lauryl sulfate (SLS) added salt, artificial flavors or artificial colors.

***SCREENED FOR:**

- ✔ Heavy metals
- ✔ Pesticides
- ✔ Bacteria
- ✔ Yeast
- ✔ Molds
- ✔ Fungals
- ✔ Parasites
- ✔ Label accuracy

✔ Meets all U.S. Federal, California and VitaQual® standards.

PREMIUM ADVANCED NATURAL NUTRITIONALS
Safe&Sound®
Physician Prescribing Quick-Reference

BACK TO FIRST PAGE

Safe & Sound® GI Formula

Introduction

GI Formula is a proprietary blend of 3 botanicals with anti-inflammatory properties that have been used traditionally to treat digestive tract complaints.

Note the DGL (licorice root) ingredient has had the steroidal component removed.

1. INDICATIONS AND USAGE

Traditional botanical medicine use for treatment of:

- dyspepsia
- GI inflammation
- reflux
- heartburn
- nausea
- gastric ulcers
- duodenal ulcers

2. DOSAGE AND ADMINISTRATION

Adult and child 9 years and older: Recommended dosage is 3 capsules PRN. OK to repeat as needed.
Child age 4 to 9 years: Recommended dosage is 2 capsules PRN. OK to repeat as needed.
Children under 4 years: Recommended dosage is 1 capsule PRN. OK to repeat as needed.
Children under 4 years: Recommended dosage is 1 capsule per day.

3. DOSAGE FORMS AND STRENGTHS

Safe & Sound GI Formula is supplied in gelatin capsules. Contents of the capsule are flavored with natural vanilla.

Capsules may be emptied and contents added to food or liquid if the patient is unable to swallow capsules.

4. CONTRAINDICATIONS

Do not use if patient is hypersensitive to any of the ingredients.

5. WARNINGS AND PRECAUTIONS

None.

6. ADVERSE REACTIONS

None reported.

7. DRUG INTERACTIONS

Do not use with drugs that interact with any of the ingredients.

Safe & Sound® GI Formula

8. USE IN SPECIFIC POPULATIONS

8.1 Immune suppressed patient.
This product is manufactured and screened for microbial contamination (bacteria, yeast, molds and parasites) and is a safer nutritional source than unscreened products for immune suppressed including individuals with cancer, receiving cancer treatment and HIV.

8.2 Patients with chemical sensitivities.
This product is manufactured with minimal excipients and screened for heavy metals and pesticide residue to minimize sensitivity reactions. Consult the label and do not use if the patient has a known or suspected hypersensitivity to any of the ingredients.

CLINICAL STRATEGIES

For patients with significant nausea or emesis, capsules are easily emptied and mixed with food or liquid. If the texture of the contents is a concern, they can be ground to powder with a mortar and pestle to make them less detectable, Natural vanilla makes capsules more acceptable.

For nausea, reflux and heartburn, dosage can be repeated every 5 minutes until symptoms are resolved.

For patients with nighttime reflux or heartburn, a single dose at bedtime can be helpful.

Label

Supplement Facts
Serving size three capsules
Servings per container 60

	Amount per Capsule	% Daily Value
Proprietary Blend	455 mg	*
Organic Plantain Herb (fruit)		
Deglycyrrhizinated Licorice Root Extract (3% Glycyrrhizinic Acid)		
Organic Slippery Elm Bark *(Ulmus fulva)*		

*Daily Values not established.

Other Ingredients: From natural sources: gelatin, cellulose, magnesium stearate, natural vanilla, silicon dioxide.

KEEP OUT OF REACH OF CHILDREN. If you are pregnant or nursing, or taking a prescription medicine, consult a healthcare professional before use.

Contains no sodium lauryl sulfate, dairy, eggs, yeast, corn, soy, sugar, gluten, wheat, fish, added salt, artificial flavors, artificial preservatives or artificial colors.

No irradiated ingredients.

Gluten free.

***SCREENED FOR:**

- ✔ Heavy metals
- ✔ Pesticides
- ✔ Bacteria
- ✔ Yeast
- ✔ Molds
- ✔ Fungals
- ✔ Parasites
- ✔ Label accuracy
- ✔ Meets all U.S. Federal, California and VitaQual® standards.

PREMIUM ADVANCED NATURAL NUTRITIONALS
Safe&Sound®
Physician Prescribing Quick-Reference
BACK TO FIRST PAGE

Safe & Sound® Digestive Enzyme #1

Introduction

Digestive Enzyme #1 is a proprietary gastric enzyme combination to aid in the breakdown and absorption of:

- Proteins
- Minerals
- Vitamin B12

1. INDICATIONS AND USAGE

Traditional use for treatment of:

- Gas/bloating
- Reflux
- Heartburn
- Pernicious anemia (with B12 supplementation)
- Diseases associated with poor protein absorption
- Diseases associated with poor mineral absorption
- Undigested food in stool
- Achlorhydria
- Campylobacter

2. DOSAGE AND ADMINISTRATION

Adult and child 9 years and older: 1 tablet with every meal. Take in the middle of the meal
Child age 4 to 9 years: Check with your doctor
Children under 4 years: Check with your doctor

3. DOSAGE FORMS AND STRENGTHS

Safe & Sound Digestive Enzyme #1 is supplied as a tablet flavored with natural vanilla.

4. CONTRAINDICATIONS

Do not use if patient is hypersensitive to any of the ingredients.

5. WARNINGS AND PRECAUTIONS

Check with your doctor if you have difficulty swallowing pills.

6. ADVERSE REACTIONS

None reported.

7. DRUG INTERACTIONS

Do not use with drugs that interact with any of the ingredients.

Safe & Sound® Digestive Enzyme #1

8. USE IN SPECIFIC POPULATIONS

8.1 Immune suppressed patient.
This product is manufactured and screened for microbial contamination (bacteria, yeast, molds and parasites) and is a safer nutritional source than unscreened products for immune suppressed including individuals with cancer, receiving cancer treatment and HIV.

8.2 Patients with chemical sensitivities.
This product is manufactured with minimal excipients and screened for heavy metals and pesticide residue to minimize sensitivity reactions. Consult the label and do not use if the patient has a known or suspected hypersensitivity to any of the ingredients.

CLINICAL STRATEGIES

For best results take, with every meal.

Label

Supplement Facts
Serving size 1 tablet

	Amount per Serving	% Daily Value
Proprietary Blend	705 mg	*
Betaine Hydrochloride		
L-Glutamic Acid		
Pepsin		
Intrinsic Factor		

*Daily Values not established.

Other Ingredients: From natural sources: cellulose, stearic acid, croscarmellose sodium, natural vanilla flavor, silicon dioxide, sodium starch glycolate, ethylcellulose, magnesium stearate.

KEEP OUT OF REACH OF CHILDREN. If you are pregnant or nursing, or taking a prescription medicine, consult a healthcare professional before use.

Contains no sodium lauryl sulfate, dairy, eggs, yeast, corn, soy, sugar, gluten, wheat, fish, added salt, artificial flavors, artificial preservatives or artificial colors.

No irradiated ingredients.

Gluten free.

***SCREENED FOR:**

- ✔ Heavy metals
- ✔ Pesticides
- ✔ Bacteria
- ✔ Yeast
- ✔ Molds
- ✔ Fungals
- ✔ Parasites
- ✔ Label accuracy

✔ Meets all U.S. Federal, California and VitaQual® standards.

PREMIUM ADVANCED NATURAL NUTRITIONALS Safe&Sound®
Physician Prescribing Quick-Reference
BACK TO FIRST PAGE

Safe & Sound® Calcium Magnesium Formula

Introduction

This is a very absorbable form of calcium and magnesium. The 3:1 ratio allows most patients to absorb the magnesium without developing loose stool.

1. INDICATIONS AND USAGE

Use when a highly absorbable calcium magnesium supplement is indicated.

2. DOSAGE AND ADMINISTRATION

Adults: **5 capsules per day in addition to Multi Vitamin Mineral Formula. Consult the charts below.**

Children: **Consult the charts below.**

3. DOSAGE FORMS AND STRENGTHS

Each capsule contains 200 mg elemental calcium and 65 mg elemental magnesium. 5 capsules per day plus the Safe & Sound Multi Vitamin Mineral provides approximately 100% of the RDA for most adults.

The following charts [Institute of Medicine (IOM). Food and Nutrition Board, Washington, DC: National Academy Press) specify the Recommended Dietary Allowances for calcium and magnesium from all sources.

Recommended Dietary Allowances (RDAs) for Calcium [1]

Age	Male	Female	Pregnant	Lactating
0–6 months*	200 mg	200 mg		
7–12 months*	260 mg	260 mg		
1–3 years	700 mg	700 mg		
4–8 years	1,000 mg	1,000 mg		
9–13 years	1,300 mg	1,300 mg		
14–18 years	1,300 mg	1,300 mg	1,300 mg	1,300 mg
19–50 years	1,000 mg	1,000 mg	1,000 mg	1,000 mg
51–70 years	1,000 mg	1,200 mg		
71+ years	1,200 mg	1,200 mg		

* Adequate Intake (AI)

Recommended Dietary Allowances (RDAs) for Magnesium [1]

Age	Male	Female	Pregnancy	Lactation
Birth to 6 months	30 mg*	30 mg*		
7–12 months	75 mg*	75 mg*		
1–3 years	80 mg	80 mg		
4–8 years	130 mg	130 mg		
9–13 years	240 mg	240 mg		
14–18 years	410 mg	360 mg	400 mg	360 mg
19–30 years	400 mg	310 mg	350 mg	310 mg
31–50 years	420 mg	320 mg	360 mg	320 mg
51+ years	420 mg	320 mg		

*Adequate Intake (AI)

Safe & Sound® Calcium Magnesium Formula

Safe & Sound Calcium Magnesium Formula is supplied in gelatin capsules. Contents of the capsule are flavored with natural vanilla.

Capsules may be emptied and contents added to food or liquid if the patient is unable to swallow capsules.

3.1 Calcium Magnesium
Supplementation
A highly absorbable Calcium magnesium supplement such as Safe & Sound® Calcium Magnesium Formula is recommended in addition to the recommended dosage above if the patient is not receiving enough calcium and magnesium from other sources to reach 100%. The addition of Calcium Magnesium Formula at 5 capsules per day to the recommended dosage of Safe & Sound® Multi Vitamin and Mineral Formula will deliver 100% RDA of all required vitamins and minerals.

4. CONTRAINDICATIONS
Do not use if patient is hypersensitive to any of the ingredients.

5. WARNINGS AND PRECAUTIONS
None.

6. ADVERSE REACTIONS
None reported.

7. DRUG INTERACTIONS
Do not use with drugs that interact with a dietary (100% RDA) multiple vitamin mineral.

8. USE IN SPECIFIC POPULATIONS

8.1 Immune suppressed patient.
This product is manufactured and screened for microbial contamination (bacteria, yeast, molds and parasites) and is a safer nutritional source than unscreened products for immune suppressed including individuals with cancer, receiving cancer treatment and HIV.

8.2 Patients with chemical sensitivities.
This product is manufactured with minimal excipients and screened for heavy metals and pesticide residue and is a safer alternative than unscreened products for patients with multiple chemical sensitivities. Consult the label and do not use if the patient has a known or suspected hypersensitivity to any of the ingredients.

CLINICAL STRATEGIES
For patients with significant nausea or emesis, capsules are easily emptied and mixed with food or liquid. If the texture of the contents is a concern, they can be ground to powder with a mortar and pestle to make them less detectable, Natural vanilla makes capsules more acceptable.

PREMIUM /// ADVANCED NATURAL NUTRITIONALS
Safe&Sound®
Physician Prescribing Quick-Reference
BACK TO FIRST PAGE

Label

Supplement Facts
Serving Size 3 capsules
Servings per Container 60

	Amount per Serving	% Daily Value
Calcium (elemental from 70% Calcium Citrate and 30% Calcium Carbonate)	600 mg	60%
Magnesium (elemental from magnesium oxide)	195 mg	50%

Other Ingredients: From natural sources; gelatin, natural vanilla, silicon dioxide.

KEEP OUT OF REACH OF CHILDREN. If you are pregnant or nursing, or taking a prescription medicine, consult a healthcare professional before use.

No added artificial ingredients. Contains no sodium lauryl sulfate, dairy, eggs, yeast, corn, soy, sugar, wheat, added salt, artificial flavors or artificial colors.

***SCREENED FOR:**

- ✔ Heavy metals
- ✔ Pesticides
- ✔ Bacteria
- ✔ Yeast
- ✔ Molds
- ✔ Fungals
- ✔ Parasites
- ✔ Label accuracy
- ✔ Meets all U.S. Federal, California and VitaQual® standards.

Essential Fatty Acid Complex

Introduction

Essential Fatty Acid Complex is a balanced combination of ultra-low oxidation, omega-3 EPA and DHA oils with a lesser amount of GLA from borage.

Essential fatty acids are processed out of most foods to extend shelf life but are a required element for immune system, cardiovascular health, hormones, skin, brain, blood and many critical body functions.

Essential Fatty Acid Complex is screened for heavy metals including mercury found in some fish products.

1. INDICATIONS AND USAGE
Use as a supplement when an essential fatty acid product is indicated.

2. DOSAGE AND ADMINISTRATION
Adult and child 4 years and older: Recommended dosage: 1 cap daily.
Children under 4 years: Check with your doctor

3. DOSAGE FORMS AND STRENGTHS
Safe & Sound Essential Fatty Acid Complex is supplied as a gelcap flavored with natural vanilla.

4. CONTRAINDICATIONS
Do not use if patient is hypersensitive to any of the ingredients.
Do not use if patient has a blood clotting disease.

5. WARNINGS AND PRECAUTIONS
Check with your doctor if you have difficulty swallowing pills.
Stop immediately if experiencing bruising or nosebleeds.

6. ADVERSE REACTIONS
None reported.

7. DRUG INTERACTIONS
Do not use with drugs that interact with any of the ingredients.

PREMIUM ADVANCED NATURAL NUTRITIONALS
Safe&Sound®
Physician Prescribing Quick-Reference
BACK TO FIRST PAGE

Essential Fatty Acid Complex

8. USE IN SPECIFIC POPULATIONS

8.1 Immune suppressed patient.
This product is manufactured and screened for microbial contamination (bacteria, yeast, molds and parasites) and is a safer nutritional source than unscreened products for immune suppressed including individuals with cancer, receiving cancer treatment and HIV.

8.2 Patients with chemical sensitivities.
This product is manufactured with minimal excipients and screened for heavy metals and pesticide residue to minimize sensitivity reactions. Consult the label and do not use if the patient has a known or suspected hypersensitivity to any of the ingredients.

CLINICAL STRATEGIES
For best results take with food.

Capsule may be cut and contents mixed with food if having difficulty swallowing. Natural vanilla flavor helps the oils assimilate with foods when combined.

Supplement Facts
Serving size 1 softgel capsule
Servings per container 90

	Amount per Serving	% Daily Value**
Calories	12	
Calories from fat	10	
Total fat	1.15 g	2%
Saturated fat	0.3 g	2%
Cholesterol	5 mg	2%
Sodium	0 mg	0%
Total carbohydrate	0.1 g	<1%
Protein	0.3 g	<1%
Marine lipids	1000 mg	*
EPA Eicosapentaenoic acid	180 mg	*
DHA Docosahexaenoic acid	120 mg	*
GLA Gamma Linolenic Acid from Borage Oil	30 mg	*

*Daily Values not established. **Percent Daily Values are based on 2,000 calorie diet per capsule. All ingredients are natural -cis (not -trans) form unless noted.

Other Ingredients: From natural sources: gelatin, glycerine, water, natural vanilla.
No added artificial ingredients. Contains no dairy, eggs, yeast, corn, soy, sugar, wheat, added salt, artificial flavors or artificial colors. Contains no sodium lauryl sulfate (SLS).

No irradiated ingredients.

Gluten free.

***SCREENED FOR:**

✔ Heavy metals	✔ Molds	✔ Meets all U.S. Federal, California and VitaQual® standards.
✔ Pesticides	✔ Fungals	
✔ Bacteria	✔ Parasites	
✔ Yeast	✔ Label accuracy	

BACK TO FIRST PAGE

Vitamin C with Bioflavonoids

This page is under construction and more will be coming soon

Supplement Facts
Serving Size 1 capsule

	Amount per Serving	% Daily Value
Vitamin C (as calcium ascorbate)	500 mg	555%
Citrus bioflavonoids Complex *Citrus Aurantium* (fruit peel)	100 mg	*

*Daily value not established

*SCREENED FOR:
- ✔ Heavy metals
- ✔ Pesticides
- ✔ Bacteria
- ✔ Yeast
- ✔ Molds
- ✔ Fungals
- ✔ Parasites
- ✔ Label accuracy
- ✔ No irradiated ingredients
- ✔ Gluten Free
- ✔ Non GMO
- ✔ Meets all U.S. Federal, California and VitaQual® standards.

Other Ingredients: From natural sources: Gelatin, Calcium Sulfate, Natural Mixed Berry flavor, Silica.

KEEP OUT OF REACH OF CHILDREN. If you are pregnant or nursing, or taking a prescription medicine, consult a healthcare professional before use.

Contains no dairy, eggs, yeast, corn, soy, sugar, wheat, added salt, artificial flavors or artificial colors. Contains no sodium lauryl sulfate.

Advanced Health Concepts, LLC, P.O. Box 99157 • Seattle, WA 98124

Made in the U.S.A.

Label

Supplement Facts
Serving Size 1 capsule

	Amount per Serving	% Daily Value
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***SCREENED FOR:**
- ✔ Heavy metals
- ✔ Pesticides
- ✔ Bacteria
- ✔ Yeast
- ✔ Molds
- ✔ Fungals
- ✔ Parasites
- ✔ Label accuracy
- ✔ Meets all U.S. Federal, California and VitaQual® standards.