

Abdominal Aneurysm, Severe Osteoporosis with Pain, Spontaneous Compression Fractures in His Spine, Acid Reflux and Bloating, Shortness of Breath

Patient JS 7969, a 72 year old man, presented on 12/2/98:

Within two months on the program:

- His severe pain is gone
- Feels better with more energy, can get to the phone in 2 rings now instead of 4
- Breathing is much better
- Stands taller and straighter
- Can now lie on side without fear of pain or fracture
- Weight Loss: 17 lbs
- Digestion is improved

Even with extreme osteoporosis this patient had great results and significant relief of pain with no medications.

FIRST REPORT

PATIENT: JS

DATE OF BLOOD TEST: 12/2/98

SEX: M

WEIGHT: 190

DATE OF ANALYSIS: 12/7/98

AGE: 72

BLOOD TYPE: O

Presenting symptoms: An abdominal aneurysm in '94; developed an extremely large abdominal hernia; has had severe osteoporosis with pain for four years; had a orchiectomy ten years ago; has had spontaneous compression fractures in his spine; has taken Vitamin D with Calcium, didn't help, has added Magnesium and Boron; he broke the rt. humerus 2 ½ years ago which healed well; has stomach trouble, acid and bloating; had a bone scan which was negative; upper GI was negative for ulcers; has left low back pain which started after straining with a bowel movement in late Nov., Vitamin C has helped; his latest EKG was normal; he does take Co Q-10; does have some shortness of breath

Tests Performed: Blood Test, Testosterone, Bone Density

Test Findings: Early Diabetic; Low Minerals; Low Liver Function; High Cholesterol; Thyroid Imbalance; High Sed Rate

This analysis and the recommendations are not for the purpose of treating or curing disease, i.e.: cancer, hepatitis, arthritis, diabetes, M.S., heart disease, etc. The purpose for this nutrition and lifestyle program is to create an optimum environment in which your body can heal and cure itself by eliminating foods and toxins which adversely affect the body and to provide nutrients that the body may lack.

Concerning the actual blood test results: There is a clinical and a homeostatic range. The clinical range is a wide range and test values outside of this range indicate a disease process. Test values outside the clinical range are indicated by either a "HI" or "LO" sign to the left of the result column. The homeostatic range is a more normal or healthy range and test values need to be within this range for one to have optimum health. Test values outside the homeostatic range are indicated by either a "H*" or "L*" sign to the left of the results column.

The coronary risk assessment is above average at 5.24. This is concerning the total cholesterol, which is high at 220 and the HDL cholesterol, which is low at 42. The coronary risk is determined by taking the total cholesterol and dividing it by the HDL. I recommend a coronary risk value below 4 to avoid cardiovascular problems. The total cholesterol is determined by adding the HDL, LDL, and VLDL cholesterol's together. The HDL cholesterol is the good type of cholesterol to have as it tends to keep the arteries clear. It would be good if this value were high. Recent studies have shown a correlation between a high HDL level and longevity. The LDL cholesterol is a bad type of cholesterol to have as it tends to plug the arteries up. It would be good if this value were low. Your LDL cholesterol is high at 143. Your VLDL cholesterol - close to the bottom of the page is high at 34. This is the very worst type of cholesterol to have and I like to see that value below 20. Unfortunately, the first sign for a high cardiovascular risk is sudden death. So, you can be feeling well and still have a severe cardiovascular risk. To help lower the total cholesterol, I recommend EPA/DHA at 2/day.

You have high triglycerides, low calcium/phosphorous index and low bilirubin. This is an enzyme deficiency, which is going to give you poor digestion. It is also associated with the low functioning liver. The SGOT and SGPT are low. I would like you to take Pancreatic Enzymes at 2/meal and B complex at 2/day.

You have a thyroid imbalance. Your T4 is high, T3 is low and your T7 is high. I would like you to take Norwegian Sea Kelp at 2/day.

You have a high sed rate. This indicates a localized or systemic inflammatory pathology. It could be associated with a high alkaline phosphatase, which could indicate arthritis or an old fracture. I would like you to take Vitamin C at 1/day, Beta-Carotene at 2/day and Garlic at 2/day (which will also help your high cholesterol).

You need Magnesium at 3/day, B6 at 2/day (which helps with the utilization of Magnesium), Calcium at 3/day and Vitamin D at 2/day (which will help with your osteoporosis).

Your testosterone level is quite low at 57. It needs to be at least 24 1. JS, we have ordered a special vitamin to help increase your hormone levels, specifically your testosterone. Take 6/day of Ora-M.

You have a high glucose and high hemoglobin A1C (diabetic indicator). You are clinically diabetic although you may not need insulin yet. I think that if you follow this program and a hypoglycemic diet later in this report and we get your liver functioning better, we should be able to keep this under control. Take Chromium Picolinate at 3/day.

Dietary Considerations:

Below is a list of foods and items that are strongly recommended to avoid. **READ YOUR INGREDIENT LABELS!!** Later in the report, you will find exchanges for these foods and helpful hints on implementing these new lifestyle habits.

1. Artificial Sweeteners (aspartame; saccharin; etc)
2. Processed Meats (nitrate/nitrite foods (pork); bologna; wieners; any luncheon meat w/ additives or preservatives,
3. MSG (monosodium glutamate) (found in many dressings, sauces and Chinese foods)
4. All Canned Foods and Drinks
5. Microwave Cooking (because of radiation)
6. Fried Foods
7. Hydrogenated Fats (margarine, most pre-packaged foods and dressings, "Olestra" products, etc)
8. Refined Carbohydrates (processed foods: white sugar, white flour, "unbleached or unbrominated" foods; corn syrup; "enriched" foods, etc)
9. Preservatives, additives, artificial colors, FD&C colors and dyes
10. Commercial Meats: Look for meat that is labeled "No Hormones, No Steroids, No Antibiotics, etc"
11. Shellfish and Bottom-dwellers (crab, shrimp, lobster, oyster, catfish, etc.)
12. Dairy Products (cottage cheese, yogurt, cheese, butter, sour cream, etc.) (anything with cow's milk)
13. Coffee (regular & chemically decaffeinated), Liquor (distilled), All sodas, Tea (black decaf & black regular)

People exhibiting blood type "O" do better if they avoid all dairy products. It is very important that you avoid all products made with cow's milk. You have a natural sensitivity to cow's milk, cheese, yogurt, etc.

Hypoglycemic Recommendations:

(these are for your hypoglycemic condition and should be followed closely)

1. Avoid all fruit juices.
2. Eat only one fruit and at least four fresh vegetables.
3. Eat a snack every hour and a half to two hours. (Eat by the clock. This is going to help take stress off your liver and help to maintain your glucose at a good level so it doesn't fluctuate so greatly.)

4. The snack should be 4 to 5 bites of a complex carbohydrate, protein or foods that have good fats in them such as: whole grain bread, sunflower seeds, pumpkin seeds, nuts, carrots or even a piece of chicken would be fine to eat.
5. Do this for at least the next two months or until your re-evaluation.

Exercise at least 40 minutes a day. I realize at first that you may not have the energy to do that. If you can only exercise 10 minutes twice a day or three times a day, start slow and build yourself up. I would also like you to do a muscle building exercise (step exercise) 10 minutes a day. Drink 8- 10 twelve-ounce glasses of clean water per day. I recommend using reverse osmosis for your drinking and cooking water.

JS, I don't know how much of this you are going to be able to do. You might want to start off on the vitamins at half dose because of your digestion problem. I think that if you will follow this program, we should see some improvement in just a few weeks.

I would hopefully expect to see some improvement in your osteoporosis in just a few months.

A word of caution - anytime you make drastic changes in diet, vitamin intake, or exercise, realize that you may feel somewhat worse before you feel better. It doesn't happen often, but as your body detoxifies, you may feel worse if it occurs too fast. If you do feel worse, don't panic, it will pass in probably 2-3 days. If this problem does occur, I recommend that you take half of what I recommend for three days and slowly over two weeks progress to taking the complete program.

JS, everything that I have recommended is very important and many of these things work together to get you healthier. It is important that you follow the program exactly as I have outlined so that you can get the expected results. Following the diet may not be easy, but if you don't make the dietary changes, you will not get the expected results. Likewise, if you don't take the vitamins, or only take part of them, again you will not see the expected results. Basically, if you don't make these changes, how can you expect to see results? I would rather you not do the program than only do part of it. I have helped a lot of people with some very serious problems. The purpose of this analysis is to benefit you. This is for your well being, so please do the program exactly how I have recommended so that you will achieve the best results.

Attached is a list of vitamins that have been carefully selected for your specific problems. I recommend these vitamins because they are of the highest quality. The years of experience in my practice have shown these vitamins, along with your dietary changes, to be the best in helping you achieve the necessary improvements as indicated by your blood test results.

Please keep this report for future reference and bring it with you to your next evaluation.

If we can be of any further assistance to you or your family please do not hesitate to ask. You can contact our office or online at www.Bk2Health.com.

This program is designed for a period of two months. At the end of this time a retest of your blood and testosterone level is desired to determine progress made. A hair analysis is indicated in six months.

Yours in good health,

Van D. Merkle, D.C., D.A.C.B.N., C.C.N.
VDM/vlb

Test Description	Current Result	Current Rating	Prior Result	Delta	Homeostatic		Clinical		Units
Date	12/02/98								
Glucose	114.00	HI	0.00		85.00	- 100.00	65.00	- 110.00	mg/dl
Hemoglobin A1C(Gly-Hgh)	6.70	HI	0.00		4.00	- 5.40	3.40	- 6.10	%
Uric Acid	3.90	lo	0.00		4.00	- 6.00	2.50	- 8.00	mg/dl
Blood Urea Nitrogen (BUN)	12.00	lo	0.00		13.00	- 18.00	10.00	- 20.00	mg/dl
Creatinine	1.00	Opt	0.00		0.60	- 1.00	0.50	- 1.50	mg/dl
BUN / Creatinine Ratio	12.00	lo	0.00		13.00	- 17.00	7.50	- 18.50	ratio
Sodium	142.00	Opt	0.00		140.00	- 144.00	138.00	- 146.00	meq/dl
Potassium	4.40	Opt	0.00		4.00	- 4.60	3.50	- 5.50	meq/dl
Chloride	102.00	Opt	0.00		100.00	- 106.00	96.00	- 110.00	meq/dl
Magnesium	1.90	lo	0.00		2.20	- 2.60	1.70	- 2.40	mg/dl
Calcium	9.80	Opt	0.00		9.70	- 10.10	8.60	- 10.70	mg/dl
Phosphorus	3.10	lo	0.00		3.40	- 4.00	2.40	- 4.60	mg/dl
Calcium / Albumin Ratio	2.37	Opt	#DIV/0!		2.20	- 2.50	2.03	- 2.71	ratio
Usable Calcium	7.75	lo	0.00		7.90	- 10.10	7.00	- 10.11	
Calcium-Phosphorus Index	24.03	lo	0.00		30.00	- 40.00	20.00	- 40.20	ratio
Total Protein	7.30	Opt	0.00		7.10	- 7.60	6.00	- 8.00	gm/dl
Albumin	4.13	Opt	0.00		4.00	- 4.50	3.50	- 5.00	gm/dl
Globulin	3.20	Opt	0.00		2.80	- 3.50	1.90	- 3.70	gm/dl
A / G Ratio	1.29	Opt	0.00		1.20	- 1.60	1.10	- 2.30	ratio
Total Bilirubin	0.40	lo	0.00		0.50	- 0.70	0.20	- 1.00	mg/dl
Alkaline Phospatase	114.00	hi	0.00		60.00	- 80.00	41.00	- 138.00	mu/ml
LDH	119.00	lo	0.00		120.00	- 160.00	100.00	- 225.00	mu/ml
SGOT (AST)	16.00	lo	0.00		18.00	- 26.00	0.00	- 40.00	mu/ml
SGPT (ALT)	17.00	lo	0.00		18.00	- 26.00	0.00	- 47.00	mu/ml
GGT	12.00	Opt	0.00		1.00	- 36.00	0.00	- 65.00	mu/ml
Serium Iron	51.02	lo	0.00		85.00	- 120.00	50.00	- 180.00	mcg/dl
Ferritin	118.00	Opt	0.00		25.00	- 225.00	10.00	- 325.00	ng/ml
Cholesterol	220.00	HI	0.00		150.00	- 180.00	140.00	- 200.00	mg/dl
Triglyceride	172.00	hi	0.00		80.00	- 115.00	10.00	- 195.00	mg/dl
HDL Cholesterol	42.00	lo	0.00		55.00	- 120.00	35.00	- 55.00	mg/dl
LDL Cholesterol	143.00	HI	0.00		50.00	- 110.00	65.00	- 130.00	mg/dl
VLDL	34.00	hi	0.00		5.00	- 20.00	5.00	- 40.00	mg/dl
Total Cholesterol / HDL Ratio	5.20	HI	0.00		0.00	- 4.00	0.00	- 5.00	ratio
T4	11.60	hi	0.00		7.00	- 9.00	5.50	- 13.00	mcg/dl
T3	33.03	lo	0.00		36.00	- 40.00	32.00	- 43.00	%
T7	3.83	hi	0.00		2.60	- 3.60	2.10	- 4.70	
White Blood Count	7.20	Opt	0.00		5.00	- 8.00	4.80	- 10.80	k/cumm
Red Blood Count	4.64	Opt	0.00		4.50	- 5.50	4.50	- 5.50	m/cumm
Hemoglobin	14.10	Opt	0.00		14.00	- 15.00	12.00	- 16.00	gm/dl
Hematocrit	41.90	Opt	0.00		40.00	- 47.00	37.00	- 47.00	%
MCV	90.00	Opt	0.00		85.00	- 97.00	82.00	- 99.00	cu.m
MCH	30.30	Opt	0.00		27.00	- 31.00	27.50	- 32.50	pg
MCHC	33.60	Opt	0.00		32.00	- 34.00	32.00	- 36.00	%
Platelets	243.00	Opt	0.00		175.00	- 250.00	150.00	- 450.00	k/cumm
Polys (SEGS-PMNS)	57.00	Opt	0.00		55.00	- 65.00	50.00	- 70.00	%
Lymphocytes	34.00	Opt	0.00		25.00	- 40.00	20.00	- 40.00	%
Monocytes	7.00	Opt	0.00		3.00	- 7.00	1.00	- 8.50	%
Eosinophils	2.00	Opt	0.00		0.00	- 4.00	1.00	- 5.00	%
Basophils	0.00		0.00		0.00	- 0.00	0.00	- 1.00	%
Erythrocytes Sed Rate ESR	24.00	HI	0.00		0.00	- 8.00	0.00	- 9.00	mm/HR
CRP C-Reactive Protein	0.00		0.00		0.00	- 0.00	0.49	- 0.51	mg /L
Creatine Kinase	35.00	LO	0.00		67.50	- 103.50	54.00	- 186.00	u/l

**Personal Vitamin and Supplement Program
for JS 7969**

Vitamin or Supplement	Dosage Per Unit	AM	Noon	PM	Bed
Beta Carotene (A-Caro)	25000 I.U.	1		1	
Norwegian Sea Kelp (Alga K)	500 mg.	1		1	
Vitamin C (Ascocid 1000)	1000 mg.	1			
Chromium Picolinate w/ boron	200 mcg.	1	1	1	
Vitamin D (D-Natural 5)	5000 I.U.	1		1	
B-Complex (Exstress Super)	50 mg.	1		1	
Garlic	345 mg.	1		1	
Magnesium Glycinate	100 mg.	1	1	1	
Calcium (MCHC)	250 mg.	1	1	1	
EPA/DHA (MLK 1000)	1000 mg.				2
B6 (Neuro-K-500)	500 mg.	1		1	
Raw Orchic Concentrate (Ora-M)	150 mg.	2	2	2	
Pancreatic Enzymes (Pan 10X)	1	2	2	2	

***NOTE: TO VIEW THE CONTENTS OF EACH NUTRIENT SEE *VITAMIN LISTINGS*.**

END OF FIRST REPORT

SECOND REPORT

PATIENT: JS

DATE OF BLOOD TEST: 2/16/99

DATE OF ANALYSIS: 2/25/99

DATE OF PREVIOUS TEST (S): 12/2/98

SEX: M

WEIGHT: 190

AGE: 72

BLOOD TYPE: O

Presenting Symptoms: An abdominal aneurysm in '94; developed an extremely large abdominal hernia; has had severe osteoporosis with pain for four years; had a orchiectomy ten years ago; has had spontaneous compression fractures in his spine; has taken Vitamin D with Calcium, didn't help, has added Magnesium and Boron; he broke the rt. humerus 2 ½ years ago which healed well; has stomach trouble, acid and bloating; had a bone scan which was negative; upper GI was negative for ulcers; has left low back pain which started after straining with a bowel movement in late Nov., Vitamin C has helped; his latest EKG was normal; he does take Co Q-10; does have some shortness of breath

Previous Test Findings: Early Diabetic; Low Minerals; Low Liver Function; High Cholesterol; Thyroid Imbalance; High Sed Rate

Current Test Findings: Low Liver Function; High Cholesterol; Thyroid Imbalance; Low Testosterone

This analysis and the recommendations are not for the purpose of treating or curing, disease, i.e.: cancer, hepatitis, arthritis, diabetes, M.S., heart disease, etc. The purpose for this nutrition and lifestyle program is to create an optimum environment in which your body can heal and repair itself by eliminating foods and toxins which adversely affect the body and to provide nutrients that the body may lack.

JS, we see some good improvement on this blood test. I can tell you have really changed some things. Your hemoglobin A1C (diabetic indicator) was at 6.7 and is now down to 6.2. This is a very good improvement. Although, the glucose is a little bit higher, this is based on what you ate the day before. But overall, this is a nice improvement.

We also see that your calcium/phosphorous index is better. This will help your bones.

Your cholesterol has made a nice improvement as well. Even though your total cholesterol as gone up from 220 to 239, your HDL or good cholesterol went up from 42 to 55. This has basically reduced your coronary risk from 5.2 down to 4.3.

I would like to do a bone density test on you today to determine where exactly you are as far as bone mass.

The vitamins we want you to take are: Beta-Carotene at 1/day, Norwegian Sea Kelp at 1/day, Vitamin C at 1/day, Chromium Picolinate at 3/day, Vitamin D at 2, B- Complex at 2/day, Garlic at 2/day, Magnesium at 3/day, Calcium at 3/day, B6 at 2/day, EPA/DHA at 2/day, Pancreatic Enzymes at 1/meal and Ora-M at 9/day. Concerning the Pancreatic Enzymes, I don't mind if you take 2/meal if you still need it.

I know that we didn't reduce any of your vitamins. It looks like you are headed in the right direction in most all areas. I want to keep you headed in that direction. Keep up the good work, JS.

Please keep this report for future reference.

Test Description	Current Result	Current Rating	Prior Result	Delta	Homeostatic	Clinical	Units
Date	02/16/99						
Glucose	118.00	HI	0.00		85.00 - 100.00	65.00 - 110.00	mg/dl
Hemoglobin A1C(Gly-Hgh)	6.20	HI	0.00		4.00 - 5.40	3.40 - 6.10	%
Uric Acid	3.50	lo	0.00		4.00 - 6.00	2.50 - 8.00	mg/dl
Blood Urea Nitrogen (BUN)	14.00	Opt	0.00		13.00 - 18.00	10.00 - 20.00	mg/dl
Creatinine	0.80	Opt	0.00		0.60 - 1.00	0.50 - 1.50	mg/dl
BUN / Creatinine Ratio	17.50	hi	0.00		13.00 - 17.00	7.50 - 18.50	ratio
Sodium	140.00	Opt	0.00		140.00 - 144.00	138.00 - 146.00	meq/dl
Potassium	4.20	Opt	0.00		4.00 - 4.60	3.50 - 5.50	meq/dl
Chloride	102.00	Opt	0.00		100.00 - 106.00	96.00 - 110.00	meq/dl
Magnesium	1.90	lo	0.00		2.20 - 2.60	1.70 - 2.40	mg/dl
Calcium	10.00	Opt	0.00		9.70 - 10.10	8.60 - 10.70	mg/dl
Phosphorus	3.50	Opt	0.00		3.40 - 4.00	2.40 - 4.60	mg/dl
Calcium / Albumin Ratio	2.38	Opt	#DIV/0!		2.20 - 2.50	2.03 - 2.71	ratio
Usable Calcium	8.75	Opt	0.00		7.90 - 10.10	7.00 - 10.11	
Calcium-Phosphorus Index	30.63	Opt	0.00		30.00 - 40.00	20.00 - 40.20	ratio
Total Protein	7.60	Opt	0.00		7.10 - 7.60	6.00 - 8.00	gm/dl
Albumin	4.20	Opt	0.00		4.00 - 4.50	3.50 - 5.00	gm/dl
Globulin	3.40	Opt	0.00		2.80 - 3.50	1.90 - 3.70	gm/dl
A / G Ratio	1.24	Opt	0.00		1.20 - 1.60	1.10 - 2.30	ratio
Total Bilirubin	0.50	Opt	0.00		0.50 - 0.70	0.20 - 1.00	mg/dl
Alkaline Phospatase	100.00	hi	0.00		60.00 - 80.00	41.00 - 138.00	mu/ml
LDH	117.00	lo	0.00		120.00 - 160.00	100.00 - 225.00	mu/ml
SGOT (AST)	16.00	lo	0.00		18.00 - 26.00	0.00 - 40.00	mu/ml
SGPT (ALT)	16.00	lo	0.00		18.00 - 26.00	0.00 - 47.00	mu/ml
GGT	10.00	Opt	0.00		1.00 - 36.00	0.00 - 65.00	mu/ml
Serium Iron	74.00	lo	0.00		85.00 - 120.00	50.00 - 180.00	mcg/dl
Ferritin	66.00	Opt	0.00		25.00 - 225.00	10.00 - 325.00	ng/ml
Cholesterol	239.00	HI	0.00		150.00 - 180.00	140.00 - 200.00	mg/dl
Triglyceride	144.00	hi	0.00		80.00 - 115.00	10.00 - 195.00	mg/dl
HDL Cholesterol	55.00	Opt	0.00		55.00 - 120.00	35.00 - 55.00	mg/dl
LDL Cholesterol	155.00	HI	0.00		50.00 - 110.00	65.00 - 130.00	mg/dl
VLDL	28.00	hi	0.00		5.00 - 20.00	5.00 - 40.00	mg/dl
Total Cholesterol / HDL Ratio	4.30	hi	0.00		0.00 - 4.00	0.00 - 5.00	ratio
T4	9.80	hi	0.00		7.00 - 9.00	5.50 - 13.00	mcg/dl
T3	30.00	LO	0.00		36.00 - 40.00	32.00 - 43.00	%
T7	2.94	Opt	0.00		2.60 - 3.60	2.10 - 4.70	
White Blood Count	7.70	Opt	0.00		5.00 - 8.00	4.80 - 10.80	k/cumm
Red Blood Count	4.93	Opt	0.00		4.50 - 5.50	4.50 - 5.50	m/cumm
Hemoglobin	15.40	hi	0.00		14.00 - 15.00	12.00 - 16.00	gm/dl
Hematocrit	45.00	Opt	0.00		40.00 - 47.00	37.00 - 47.00	%
MCV	91.00	Opt	0.00		85.00 - 97.00	82.00 - 99.00	cu.m
MCH	31.30	hi	0.00		27.00 - 31.00	27.50 - 32.50	pg
MCHC	34.20	hi	0.00		32.00 - 34.00	32.00 - 36.00	%
Platelets	218.00	Opt	0.00		175.00 - 250.00	150.00 - 450.00	k/cumm
Polys (SEGS-PMNS)	51.00	lo	0.00		55.00 - 65.00	50.00 - 70.00	%
Lymphocytes	38.00	Opt	0.00		25.00 - 40.00	20.00 - 40.00	%
Monocytes	6.09	Opt	0.00		3.00 - 7.00	1.00 - 8.50	%
Eosinophils	4.00	Opt	0.00		0.00 - 4.00	1.00 - 5.00	%
Basophils	1.00	hi	0.00		0.00 - 0.00	0.00 - 1.00	%
Erythrocytes Sed Rate ESR	7.00	Opt	0.00		0.00 - 8.00	0.00 - 9.00	mm/HR
CRP C-Reactive Protein	0.00	Opt	0.00		0.00 - 0.00	0.49 - 0.51	mg /L
Creatine Kinase	45.00	LO	0.00		67.50 - 103.50	54.00 - 186.00	u/l

Personal Vitamin and Supplement Program for JS 7969					
Vitamin or Supplement	Dosage Per Unit	AM	Noon	PM	Bed
Beta Carotene (A-Caro)	25000 I.U.	1			
Norwegian Sea Kelp (Alga K)	500 mg.	1			
Vitamin C (Ascocid 1000)	1000 mg.	1			
Chromium Picolinate w/ boron	200 mcg.	1	1	1	
Vitamin D (D-Natural 5)	5000 I.U.	1		1	
B-Complex (Exstress Super)	50 mg.	1		1	
Garlic	345 mg.	1		1	
Magnesium Glycinate	100 mg.	1	1	1	
Calcium (MCHC)	250 mg.	1	1	1	
EPA/DHA (MLK 1000)	1000 mg.				2
B6 (Neuro-K-500)	500 mg.	1		1	
Raw Orchic Concentrate (Ora-M)	150 mg.	2	2	2	
Pancreatic Enzymes (Pan 10X)	1	1	1	1	

***NOTE: TO VIEW THE CONTENTS OF EACH NUTRIENT SEE *VITAMIN LISTINGS*.**

END OF REPORT