



PUREWISE

# CLINICALLY VALIDATED FORMULATIONS

PHARMACIST FORMULATED SUPPLEMENTS FUELED BY SCIENCE



USA Manufacturer

[purewisenaturals.com](http://purewisenaturals.com)



## HEART HEALTH

Our combination of CoQ10, Resveratrol and Red Yeast Rice helps provide entire cardiovascular support. This trio of clinically supported ingredients possess powerful antioxidant properties to protect against free radical damage, inflammation, and aging. Research also suggests that this combination helps lower blood pressure, reduce cholesterol levels, and improve blood flow for overall heart health and cardiovascular wellness.



**Reduces cholesterol\***



**Improves circulation and blood flow\***



**Lowers blood pressure\***



**Protects blood vessels\***

## Supplement Facts

Serving Size: 2 Softgels  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Red Yeast Rice ( <i>Monascus purpureus</i> )	1,200 mg	*
Asian Knotweed Root Extract (containing 100 mg Trans-Resveratrol)	200 mg	*
Coenzyme Q10 (as Ubiquinone)	100 mg	*

\*Daily Value not established.

Other Ingredients: Olive oil, softgel (gelatin, glycerin purified water and carob extract), sunflower lecithin and natural beeswax.

### CLINICAL REFERENCES

- (1) Scientific Reports 10: 2769, 2020 Feb 17.
- (2) Methodist DeBakey Cardiovascular Journal 15(3): 192-199, 2019 Jul 1.
- (3) Experimental Biology and Medicine 240(5): 669-681, 2014 Oct 30.
- (4) Antioxidants 9(10): 960, 2020 Oct 8.
- (5) American Journal of Physiology - Heart and Circulatory Physiology 313(1): H95-H65, 2017 Jul 1.

\*See references at the end of document





## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 90

	Amount Per Serving	% Daily Value
Vitamin C (Ascorbic Acid)	75 mg	83.5%
Vitamin E (d-Alpha Tocopheryl Acetate)	5.52 mg (7.5IU)	37%
Biotin	150 mcg	500%
Magnesium (Oxide)	62.5 mg	15%
Zinc (Oxide)	3.75 mg	34%
Manganese (Amino Acid Chelate)	0.5 mg	21.5%
Chromium (Picolinate Amino Acid Chelate)	33.5 mcg	95.5%
Cinnamon (herb powder)	50 mg	*
Guggul (10% guggulsterones)	50 mg	*
Bitter Melon (10:1 extract)	50 mg	*
Licorice Extract (<3% DGL)	25 mg	*
Gymnema Sylvestre (herb powder)	25 mg	*
Alpha-Lipoic Acid	15 mg	*
Banaba (1% extract)	12.5 mg	*
Yarrow Leaf (herb powder)	12.5 mg	*
Juniper Berries (herb powder)	12.5 mg	*
Huckleberry (herb powder)	12.5 mg	*
White Mulberry Leaf (herb powder)	12.5 mg	*
L-Taurine	12.5 mg	*
Cayenne (40K HU)	5 mg	*
Vanadium (Vanadyl Sulfate)	0.5 mg	*

\*Daily value not established.

Other Ingredients: Vegetable Cellulose, Rice Flour, Microcrystalline Cellulose, Magnesium Stearate.

Manages blood sugar levels\*  
Lowers insulin resistance\* • Decreases glucose levels\* • Fights sugar cravings\*

Dietary Supplement | 90 Capsules

## GLUCOSE SUPPORT

Glucose Support is specially formulated to promote blood sugar control. Our synergistic blend of minerals, herbs, spices, and antioxidants (including Chromium, Cinnamon, Bitter Melon, and Vanadium) is designed to help maintain healthy blood glucose levels, lower blood sugar, increase insulin production and sensitivity, curb sugar cravings, and maintain a healthy weight.

### CLINICAL REFERENCES

- (1) Diabetes Technology & Therapeutics, 8(6), 677–687, 2006 Dec.
- (2) Frontiers in Endocrinology, 12: 669448, 2021 May 3.

\*See references at the end of document



Manages blood sugar levels\*



Decreases glucose levels\*



Lowers insulin resistance\*



Fights sugar cravings\*



## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin D (as Cholecalciferol)	20 mcg	100%
Vitamin B6 (as Pyridoxine HCl)	1.7 mg	100%
Folate (as L-Methylfolate)	400 mcg DFE (240 mcg Folic Acid)	100%
Vitamin B12 (as Methylcobalamin)	2.4 mcg	100%
Benfotiamine	300 mg	*
Alpha-Lipoic Acid	600 mg	*
Acetyl L-Carnitine (from Acetyl L-Carnitine HCl)	50 mg	*
Turmeric Root Powder	25 mg	*
Broccoli Powder (aerial parts)	25 mg	*
Ashwagandha Root Powder	25 mg	*

\*Daily value not established.

Other Ingredients: Hypromellose, Rice Flour, Vegetable Magnesium Stearate.

### CLINICAL REFERENCES

- (8) International Journal of Endocrinology, 1–8, 2012 Jan 26.
- (9) Biomedicine & Pharmacotherapy 144: 112308, 2021 Dec.
- (10) Nutrients, 12(8), 2221, 2020 Jul 25.
- (11) Neurophysiologie Clinique, 48(3), 130, 2018 Jun.

\*See references at the end of document



## NERVE SUPPORT

Nerve Support helps promote a healthy neurological system, optimal nerve function and improved circulation from your fingers to your toes to help you stay comfortable throughout the day. Our comprehensive formula includes a powerful blend of vitamins, amino acids, herbs, and antioxidants that help combat neuropathy, including Alpha-Lipoic Acid, Acetyl-L-Carnitine, Folate, Turmeric, Ashwagandha and other nerve-supporting ingredients.



Healthy nervous system function\*



Relieves pain and discomfort\*



Lowers inflammation\*



Antioxidant support\*





## COGNITIVE SUPPORT

Our Cognitive Support supplement is developed to deliver key nutrients for brain and nerve function. Formulated with L-Methylfolate, which provides essential support for DNA and neurotransmitter synthesis, amino acid metabolism, and mood regulation. Other ingredients include SAM-e, Choline, and other essential B vitamins which function as all-inclusive nutrition and support for a healthy brain and nervous system.



**Supports well-being\***



**Improves mood\***



**Manages stress levels\***



**Promotes focus and concentration\***

## Supplement Facts

Serving Size: 1 Tablet  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Protein	Less than 1g	
Vitamin B6 (as Pyridoxine Hydrochloride)	1.7 mg	100%
Folate (as L-Methylfolate)	165 mcg DFE (100 mcg Folic Acid)	42%
Vitamin B12 (as Cyanocobalamin)	2.4 mcg	100%
Choline (as Choline Bitartrate)	110 mg	20%
SAM-e (S-Adenosyl-L-Methionine Disulfate Tosylate)	400 mg	*

\*Daily value not established.

Other Ingredients: Cellulose Gel, Methacrylic Acid Copolymer, Sodium Starch Glycolate, Magnesium Stearate, Silicon Dioxide, Color Added, Triethyl Citrate.

## CLINICAL REFERENCES

- (12) The Primary Care Companion for CNS Disorders, 15(4), 2013 Aug 29.
- (13) CNS Spectrums, 25(6), 750-764, 2019 Dec 13.
- (14) Biomedicine & Pharmacotherapy, 146, 112541, 2022 Feb.
- (15) Annals of General Psychiatry, 19(1), 2020 Sep 5.

\*See references at the end of document



## MEMORY SUPPORT

Fuel brain performance with Purewise Memory Support. Our supplement is formulated with Vitamins B6 and B12, L-Methylfolate, Phosphatidylserine, and Coffee Fruit Extract – a powerful combination designed to support memory, focus, learning, and concentration.



**Supports brain health\***



**Improves cognitive function\***



**Promotes focus and concentration\***



**Antioxidant support\***

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin B6 (as Pyridoxine Hydrochloride)	1.7 mg	100%
Folate (as L-Methylfolate) (400 mcg Folic Acid)	680 mcg DFE	170%
Vitamin B12 (as Cyanocobalamin)	2.4 mcg	100%
Coffee Fruit Extract (Coffea Arabica)	200 mg	*
Phosphatidylserine	100 mg	*

\*Daily value not established.

Other Ingredients: Hydroxypropyl Methylcellulose, Titanium Dioxide, Carrageenan, Pectin, Microcrystalline Cellulose, Rice Bran, Silicon Dioxide, Magnesium Stearate.  
**CONTAINS SOY.**

### CLINICAL REFERENCES

- (16) Frontiers in Neuroscience, 15: 661198, 2021 Apr 14.
- (17) Molecules, 23(12): 3305, 2018 Dec 13.

\*See references at the end of document





## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 45

	Amount Per Serving	% Daily Value
Vitamin B6 (as Pyridoxine HCl)	20 mg	1294%
Magnesium (as magnesium oxide [250mg] and magnesium glycinate [10mg])	152 mg	36%
L-Theanine	210 mg	*
GABA	200 mg	*
Valerian Root Extract (Valerian Affinalis)	160 mg	*
Chamomile Leaf Extract (Matricaria Chamomilla)	150 mg	*
Passionflower Extract (Passiflora incarnata)	100 mg	*
Lemon Balm Extract (Melissa officinalis)	100 mg	*
5-HTP Complex	50 mg	*
Melatonin	6 mg	*

†Percent DV based on 2,000 calorie diet.

\*Daily Value not established.

Other Ingredients: Hypromellose (Capsule), Magnesium Stearate, Silicone Dioxide.

## SLEEP SUPPORT

Sleep Support is powered by Melatonin, Magnesium, GABA, essential vitamins, and potent herb and plant extracts that aid in sleep, mood, relaxation, and more. Our supplement is packed with compounds that boost serotonin production, improve mood, and support stress relief. Take two capsules before bedtime to get restful, consistent, proper sleep without causing dependency or waking up drowsy the next morning.

### CLINICAL REFERENCES

- (18) Journal of Research in Medical Sciences, 17(12): 1161–1169, 2012 Dec.
- (19) Nutrition Journal, 13(1), 2014 Nov 7.
- (20) Journal of Neurology, 269(1): 205–216, 2021 Jan 8.

\*See references at the end of document



Promotes restful sleep\*



Lengthens sleep time\*



Enhances sleep quality\*



Promotes relaxation\*



## Supplement Facts

Serving Size: 3 Capsules  
Servings Per Container: 40

	Amount Per Serving	% Daily Value
Glucosamine HCl	1200 mg	*
Chondroitin	450 mg	*
Hyaluronic Acid	100 mg	*
MSM (Methyl-Supfonyl Methane)	50 mg	*
Turmeric Root Extract 4:1 (Curcuma Longa)	80 mg	*
Turmeric Root Extract (95% Curcuminoids)	20 mg	*
Bromelain	50 mg	*
Organic Ginger Root (Zingiber Offinale)	23 mg	*
Collagen Type II	2 mg	*
Vitamin C (Ascorbic Acid)	50 mg	*

\*Daily Value not established.

Other Ingredients: Vegetable Cellulose (Capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

## PAIN MANAGEMENT

Enjoy a more active lifestyle at any age with Purewise Pain Management! Our advanced formula features Glucosamine, Chondroitin, MSM Complex, Turmeric, and Bromelain to provide total joint and inflammation support, build cartilage, and reduce inflammation. Also includes Hyaluronic Acid, Collagen, and Vitamin C help to naturally lubricate your joints, ease joint pain, and increase mobility and flexibility.

### CLINICAL REFERENCES

- (21) Journal of Medicinal Food, 19(8): 717–729, 2016 Aug.
- (22) BMJ Open Sport & Exercise Medicine, 7(1): e000935, 2021 Jan.
- (23) Journal of Medicinal Food, 24(4): 436–440, 2021 Apr 1.
- (24) Trials, 20(1), 2019 Apr 11.

\*See references at the end of document



**Lowers inflammation\***



**Promotes muscle relaxation\***



**Relieves pain and discomfort\***



**Antioxidant support\***





## WEIGHT MANAGEMENT

Our Weight Management supplement works to help to optimize your digestive system from the inside out. Each capsule is packed with powerful, science-backed ingredients: plant extracts, herbs, prebiotics and probiotics that help balance your digestive system, supercharge your metabolism, support gut health, curb your unhealthy cravings, provide a boost of energy, and help you achieve weight loss results.



**Promotes optimal digestion\***



**Provides lasting energy\***



**Boosts metabolism\***



**Restore Digestive Balance\***

## Supplement Facts

Serving Size: 1 Vegetable Capsule  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
<b>Weight Management Blend</b>	410 mg	*
Greenselect Phytosome (Green Tea Leaf Extract, Sunflower Lecithin)	300 mg	*
Organic Apple Cider Vinegar	100 mg	*
Capsimax Cayenne Pepper Extract (2% capsaicinoids)	10 mg	*
<b>Prebiotic Blend</b>	150 mg	*
Organic Acacia Senegal	50 mg	*
Organic Chicory Root	50 mg	*
Organic Jerusalem Artichoke Root	50 mg	*
<b>Probiotic Blend</b>	45 mg	*
<b>Total Probiotic Activity</b>	<b>15 Billion CFU</b>	*
<i>Lactobacillus plantarum</i>		
<i>Lactobacillus rhamnosus</i>		
<i>Lactobacillus acidophilus</i>		
<i>Bifidobacterium lactis</i>		
<i>Lactobacillus gasseri</i>		
<i>Bifidobacterium infantis</i>		
<b>Digestive Enzyme Blend</b>	<b>20 mg</b>	*

\*Daily Value not established.

Other Ingredients: Rice Flour, Vegetable Capsule (Hypromellose, Gellan Gum), Rice Hull Extract, Gum Arabic, and Sunflower Oil.

## CLINICAL REFERENCES

- (25) Current Medical Science, 38(1): 174–183, 2018 Feb.
- (26) Obesity Science & Practice, 8(3): 387–397, 2021 Oct 22.
- (27) Microorganisms, 8(8): 1148, 2020 Jul 29.
- (28) Clinical Nutrition, 35(3): 592–599, 2016 Jun.

\*See references at the end of document



## IMMUNE SUPPORT

Immune Support is an advanced blend of nutrients designed to provide comprehensive support for your immune system. Our formula includes powerful antioxidants and anti-inflammatories such as Quercetin, Vitamin C and N-Acetyl Cysteine that protect against free radical damage, and promote optimal immune and respiratory function. Vitamin D, Zinc, and Elderberry also contribute to maintaining immune system reserves, defense, and recovery.



**Supports optimal immune function\***



**Promotes healthy respiratory function\***



**Potent antioxidant protection\***



**Maintains normal inflammatory response\***

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid USP)	600 mg	667%
Vitamin D (D3 as Cholecalciferol)	62.5 mcg (2,500 IU)	313%
Zinc (as Zinc Bisglycinate Chelate)	25mg	227%
Elderberry (10:1) Fruit Extract	250 mg	*
N-Acetyl-L-Cysteine USP	600 mg	*
Quercetin Dihydrate	250mg	*

\*Daily Value not established.

Other Ingredients: Hypromellose (Natural Vegetable Capsules), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

## CLINICAL REFERENCES

- (29) Nutrients, 8(4): 182, 2016 Mar 24.
- (30) Journal of International Medical Research, 32(2): 132-140, 2004 Apr.
- (31) Journal of Manipulative and Physiological Therapeutics, 22(8): 530-533, 1999 Oct.
- (32) The American Journal of Clinical Nutrition, 91(5): 1255-1260, 2010 Mar 10.

\*See references at the end of document



## Supplement Facts

Serving Size: 1 Vegetable Capsule  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Cranberry 30% Extract (fruit)	200 mg	*
Astragalus 70% (4:1) Extract (root)	100 mg	*
Birch Leaf Powder	50 mg	*
Buchu Leaf Powder	50 mg	*
Goldenrod Herb Powder (Solidago virgaurea)	50 mg	*
Horsetail Herb Powder	50 mg	*
Juniper Berry Powder	50 mg	*
Gravel Root Powder (Eupatorium purpureum)	50 mg	*
Uva Ursi Leaf Powder	25 mg	*
Stinging Nettle Leaf Powder	25 mg	*
Java Tea 0.1% Extract (leaf)	5 mg	*
Proprietary Herbal Blend	25 mg	*
Cinnamon Bark Powder (Cinnamomum cassia), Ginger Root Powder, Turmeric Rhizome Powder, Green Tea Leaf Powder, Rosemary Leaf Powder, Grape Seed Extract, Wild Blueberry Fruit Powder, Red Raspberry Fruit Powder, Cranberry Fruit Powder, Strawberry Fruit Powder.		

\*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Rice Flour, Vegetable Magnesium Stearate, Silicon Dioxide.

### CLINICAL REFERENCES

- (33) Clinical Infectious Diseases, 38(10): 1413–1419, 2004 May 15.  
 (34) The American Journal of Clinical Nutrition, 103(6): 1434–1442, 2016 Jun 1.  
 (35) Frontiers in Pharmacology, 13, 2022 Mar 1.

\*See references at the end of document



## KIDNEY SUPPORT

Purewise Kidney Support contains 21 potent herbs and extracts to help maintain your kidney health. Each capsule contains Cranberry Extract, Astragalus, Birch Leaf, Juniper Berry, Uva Ursi Leaf, Nettle Leaf Extract, and other powerful herbal ingredients that offer comprehensive health benefits including healthy functions of kidneys, bladder, and urinary tract.



Optimal bladder function\*



Promotes kidney function\*



Supports urinary tract health\*



Cleansing and detoxification\*



## RESPIRATORY HEALTH

Support your lungs in the best way possible with Purewise Respiratory Health! This advanced formula has 10 active ingredients which work to support, protect, cleanse, and detox your bronchial system. Each capsule contains a comprehensive combination of vitamins, herbs, enzymes, and antioxidants that work together to support healthy lungs and bronchial airways, promote comfortable breathing, and relief from allergies and inflammation.



**Supports the bronchial system\***



**Promotes comfortable breathing\***



**Advanced sinus and allergy relief\***



**Lung cleansing and detoxification\***

## Supplement Facts

Serving Size: 1 Vegetable Capsule  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin C (from calcium ascorbate)	125 mg	139%
Menaquinone	50 mcg	*
Butterbur 15% Extract (Petasites hybridus) (root)	37.5 mg	*
Quercetin	50 mg	*
Bromelain 2400GDU	25 mg	*
Citrus Bioflavonoids 50% Complex	125 mg	*
Feverfew 4:1 Extract (Leaf)	25 mg	*
Stinging Nettle 4:1 Extract (root)	25 mg	*
Pine Bark 95% Extract	25 mg	*
Cordyceps 7% Extract (mycelium)	250 mg	*

\*Daily Value not established.

Other Ingredients: Hydroxypropyl methylcellulose, rice powder, vegetable magnesium stearate, silicon dioxide.

## CLINICAL REFERENCES

- (36) Pharmacological Research, 62(3): 237–242, 2010 Sep. 7.
- (37) Iranian journal of pharmaceutical Research: IJPR, 16(Suppl): 112–118, 2017.
- (38) Biomedical Reports, 5(3): 283–288, 2016 Jul 18.
- (39) Evidence-Based Complementary and Alternative Medicine, 2016: 1–8, 2016.

\*See references at the end of document



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- (1) Sungthong, B., Yoothaekool, C., Promphamorn, S., & Phimarn, W. (2020, February 17) Efficacy of red yeast rice extract on myocardial infarction patients with borderline hypercholesterolemia: A meta-analysis of randomized controlled trials. *Scientific Reports*, 10(1) <https://doi.org/10.1038/s41598-020-59796-5>
- (2) Cicero, A. F., Fogacci, F., & Banach, M. (2019, July 1) Red Yeast Rice for Hypercholesterolemia. *Methodist DeBakey Cardiovascular Journal*, 15(3), 192. <https://doi.org/10.14797/mdcj-15-3-192>
- (3) Salloum, F. N., Sturz, G. R., Yin, C., Rehman, S., Hoke, N. N., Kukreja, R. C., & Xi, L. (2014, October 30) Beetroot juice reduces infarct size and improves cardiac function following ischemia–reperfusion injury: Possible involvement of endogenous H2S. *Experimental Biology and Medicine*, 240(5), 669–681. <https://doi.org/10.1177/1535370214558024>
- (4) dos S. Baião, D., da Silva, D. V. T., & Paschoalin, V. M. F. (2020, October 8) Beetroot, A Remarkable Vegetable: Its Nitrate and Phytochemical Contents Can be Adjusted in Novel Formulations to Benefit Health and Support Cardiovascular Disease Therapies. *Antioxidants*, 9(10), 960. <https://doi.org/10.3390/antiox9100960>
- (5) Notay, K., Incognito, A. V., & Millar, P. J. (2017, July 1) Acute beetroot juice supplementation on sympathetic nerve activity: a randomized, double-blind, placebo-controlled proof-of-concept study. *American Journal of Physiology-Heart and Circulatory Physiology*, 313(1), H59–H65. <https://doi.org/10.1152/ajpheart.00163.2017>

## GLUCOSE SUPPORT

- (6) Broadhurst, C. L., & Domenico, P. (2006, December) Clinical Studies on Chromium Picolinate Supplementation in Diabetes Mellitus—A Review. *Diabetes Technology & Therapeutics*, 8(6), 677–687. <https://doi.org/10.1089/dia.2006.8.677>
- (7) A Marton, L. T., Pescinini-e-Salzedas, L. M., Camargo, M. E. C., Barbalho, S. M., Haber, J. F. D. S., Sinatora, R. V., Detregiachi, C. R. P., Girio, R. J. S., Buchaim, D. V., & Cincotto dos Santos Bueno, P. (2021, May 3) The Effects of Curcumin on Diabetes Mellitus: A Systematic Review. *Frontiers in Endocrinology*, 12. <https://doi.org/10.3389/fendo.2021.669448>

## NERVE SUPPORT

- (8) Mijnhout, G. S., Kollen, B. J., Alkhalaf, A., Kleefstra, N., & Bilo, H. J. G. (2012) Alpha Lipoic Acid for Symptomatic Peripheral Neuropathy in Patients with Diabetes: A Meta-Analysis of Randomized Controlled Trials. *International Journal of Endocrinology*, 2012, 1–8. <https://doi.org/10.1155/2012/456279>
- (9) Esposito, C., Ugo Garzarella, E., Santarcangelo, C., Di Minno, A., Dacrema, M., Sacchi, R., Piccinocchi, G., Piccinocchi, R., & Daglia, M. (2021, December) Safety and efficacy of alpha-lipoic acid oral supplementation in the reduction of pain with unknown etiology: A monocentric, randomized, double-blind, placebo-controlled clinical trial. *Biomedicine & Pharmacotherapy*, 144, 112308. <https://doi.org/10.1016/j.biopha.2021.112308>
- (10) Julian, T., Syeed, R., Glasgow, N., Angelopoulou, E., & Zis, P. (2020, July 25) B12 as a Treatment for Peripheral Neuropathic Pain: A Systematic Review. *Nutrients*, 12(8), 2221. <https://doi.org/10.3390/nu12082221>
- (11) Bouattour, N., Sakka, S., Farhat, N., Kacem, H. H., Hdiji, O., Dammak, M., & Mhiri, C. (2018, June) Vitamin B12 deficiency neuropathy: A clinical and electrophysiological study. *Neurophysiologie Clinique*, 48(3), 130. <https://doi.org/10.1016/j.neucli.2018.05.007>

## COGNITIVE SUPPORT

- (12) Shelton, R. C., Manning, J. S., Barentine, L. W., & Tipa, E. V. (2013, August 29) Assessing Effects of L-Methylfolate in Depression Management. *The Primary Care Companion for CNS Disorders*, 15(4) <https://doi.org/10.4088/pcc.13m01520>
- (13) Jain, R., Manning, S., & Cutler, A. J. (2019, December 13) Good, better, best: clinical scenarios for the use of L-methylfolate in patients with MDD. *CNS Spectrums*, 25(6), 750–764. <https://doi.org/10.1017/s1092852919001469>
- (14) Lam, N. S. K., Long, X. X., Li, X., Saad, M., Lim, F., Doery, J. C., Griffin, R. C., & Galletly, C. (2022b, February) The potential use of folate and its derivatives in treating psychiatric disorders: A systematic review. *Biomedicine & Pharmacotherapy*, 146, 112541. <https://doi.org/10.1016/j.biopha.2021.112541>
- (15) Cuomo, A., Beccarini Crescenzi, B., Bolognesi, S., Goracci, A., Koukouna, D., Rossi, R., & Fagiolini, A. (2020, September 5) S-Adenosylmethionine (SAMe) in major depressive disorder (MDD): a clinician-oriented systematic review. *Annals of General Psychiatry*, 19(1) <https://doi.org/10.1186/s12991-020-00298-z>

## MEMORY SUPPORT

- (16) Zhang, X., Bao, G., Liu, D., Yang, Y., Li, X., Cai, G., Liu, Y., & Wu, Y. (2021, April 14) The Association Between Folate and Alzheimer's Disease: A Systematic Review and Meta-Analysis. *Frontiers in Neuroscience*, 15. <https://doi.org/10.3389/fnins.2021.661198>
- (17) Tardiolo, G., Bramanti, P., & Mazzon, E. (2018, December 13) Overview on the Effects of N-Acetylcysteine in Neurodegenerative Diseases. *Molecules*, 23(12), 3305. <https://doi.org/10.3390/molecules23123305>

## SLEEP SUPPORT

- (18) Abbasi, B., Kimiagar, M., Sadeghnia, K., Shirazi, M. M., Hedayati, M., & Rashidkhani, B. (2012, December) The effect of magnesium supplementation on primary insomnia in elderly: A double-blind placebo-controlled clinical trial. *Journal of Research in Medical Sciences: The Official Journal of Isfahan University of Medical Sciences*, 17(12), 1161–1169.
- (19) Costello, R. B., Lentino, C. V., Boyd, C. C., O'Connell, M. L., Crawford, C. C., Sprengel, M. L., & Deuster, P. A. (2014, November 7) The effectiveness of melatonin for promoting Fatemeh, G., Sajjad, M., Niloufar, R., Neda, S., Leila, S., & Khadijeh, M. (2021, January 8) Effect of melatonin supplementation on sleep quality: a systematic review and meta-analysis of randomized controlled trials. *Journal of Neurology*, 269(1), 205–216. <https://doi.org/10.1007/s00415-020-10381-w>

## PAIN MANAGEMENT

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- (22) Paultre, K., Cade, W., Hernandez, D., Reynolds, J., Greif, D., & Best, T. M. (2021, January) Therapeutic effects of turmeric or curcumin extract on pain and function for individuals with knee osteoarthritis: a systematic review. *BMJ Open Sport & Exercise Medicine*, 7(1), e000935. <https://doi.org/10.1136/bmjsem-2020-000935>
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## WEIGHT MANAGEMENT

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