

PMS PAKS

PMS Paks contain a mixture of nutrients that can reduce many symptoms related to premenstrual syndrome.*

Suggested usage: adult women take 1 pack per day, for two weeks, starting one week before each period.

One pack contains:

Pyridoxal-5-Phosphate (vitamin B6)	50 mg
Magnesium (aspartate/ascorbate/oxide)	250 mg
Calcium (citrate/ascorbate/carbonate)	125 mg
Vitamin D3	12.5 IU
Boron (aspartate/citrate)	1.5 mg
Vitamin C (calcium/magnesium ascorbates)	75 mg
Glutamic Acid HCl	25 mg
Vitamin E (d-alpha tocopherol)	10 IU
Borage Seed Oil	1,000 mg
Supplying:	
Gamma Linolenic Acid	240 mg
L-Theanine	100 mg

SLIM PAKS

Slim Paks contain natural supplements that can reduce the appetite and make it harder for the body to obtain calories from fat and carbohydrates.*

Suggested usage: adults take 1 pack with at least 8 oz. of water, twice per day, 30 to 60 minutes before meals.

One pack contains:

CLA (Conjugated Linoleic Acid)	340 mg
Polyphenon 60 (green tea catechins)	0.25 mg
Garcinia Cambogia	500 mg
(Citrimax; 250 mg of hydroxycitric acid)	
Chromium GTF (polynicotinate)	100 mcg
Fiber (grain-free dietary fiber)	470 mg
Fiber sources: glucomannan, citrus pectin, carrot, apple pectin, celery, slippery elm, sodium alginate.	

Please speak to our nutraceutical counselor if you are unsure which pack formula is right for you.

1-888-THN-7284

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Pack Formulas by THN

COMPLETE

Each formula contains a complete array of high quality ingredients, equal to many bottles of supplements.

POTENT

All ingredients are at significant potencies, making each product an effective formula.

CONVENIENT

Each container replaces multiple bottles of supplements, making your life easier when you eat out or travel.

AFFORDABLE

By combining production costs, each container costs less than purchasing an equivalent formula using multiple bottles.

TOTAL HEALTH NUTRIENTS



Convenience Pak Formulas

Age-Less Paks

Osteo Paks

PMS Paks

Slim Paks

Wellness Paks

TOTAL HEALTH NUTRIENTS

RETAIL STORE: 10 am-7 pm Sunday-Thursday
304 Park Avenue South, 6th Floor (entrance on 23rd Street)
New York, NY 10010

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www.totalhealthnutrients.com

AGE-LESS PAKS

Age-Less Paks are our highest potency multi, containing 18 vitamins, 12 minerals, essential fatty acids, herbal extracts, and digestive enzymes.

Suggested usage: adults take 1 pack with breakfast and 1 pack with dinner.

One pack contains:

Vitamin A (fish liver oil)	5,000 IU
Natural Beta-Carotene (vitamin A activity)	7,500 IU
Vitamin D3 (fish liver oil)	200 IU
Vitamin E (d-alpha tocopheryl succinate)	200 IU
Vitamin K1 (phytonadione)	30 mcg
Vitamin C (L-ascorbate, corn-free)	600 mg
Vitamin B1 (thiamine mononitrate)	50 mg
Vitamin B2 (riboflavin)	25 mg
Niacin	25 mg
Niacinamide	75 mg
Pantothenic acid (d-calcium pantothenate)	200 mg
Vitamin B6 (pyridoxine HCl)	25 mg
Folic acid	400 mcg
Vitamin B12 (on ion exchange resin)	50 mcg
Biotin	150 mcg
Choline (bitartrate)	75 mg
Calcium (citrate, ascorbate)	250 mg
Magnesium (aspartate-ascorbate complex, AA chelate)	250 mg
Potassium (aspartate-ascorbate complex)	50 mg
Copper (amino acid chelate)	1 mg
Manganese (amino acid chelate)	10 mg
Zinc (amino acid chelate)	10 mg
Iodine (kelp)	75 mcg
Chromium (polynicotinate)	100 mcg
Selenium (amino acid complex)	100 mcg
Molybdenum (amino acid chelate)	75 mcg
Vanadyl Sulfate (20 mcg elemental vanadium)	100 mcg
Boron (aspartate-citrate)	1 mg
PABA (para-amino benzoic acid)	25 mg
Inositol	25 mg
Citrus bioflavonoids	50 mg
EPA (eicosapentaenoic acid)	330 mg
DHA (docosahexaenoic acid)	170 mg
GLA (gamma linolenic acid)	40 mg
Pycnogenol Pine Bark extract (85% proanthocyanidins)	5 mg
Grape Seed extract (92% proanthocyanidins)	32 mg
Red Grape Skin extract (30% anthocyanins)	50 mg
Bilberry extract (25% anthocyanosides)	60 mg
Green Tea extract (decaffeinated, 20% polyphenols)	450 mg
Ginkgo Biloba extract (24% ginkgolflavone glycosides)	40 mg
Milk Thistle extract (80% silymarin)	87 mg
Citrus Bioflavonoid complex(50% bioflavonoids)	125 mg
Vegetarian Digestive Enzyme Concentrate	112 mg
Supplying:	
Amylase (Alpha Amylase Dextrinizing Units)	1,050 DU
Protease (Spectrophotometric Acid Protease Units)	125 SAPU
Lipase (Lipase Units)	600 LU
Cellulase (Cellulase Units)	150 CU

OSTEO PAKS

Osteo Paks are similar to our Wellness Paks, except this formula has additional calcium, magnesium, boron, and vitamin D; nutrients that support bone development and maintenance.*

Suggested usage: adults take 1 pack with breakfast and 1 pack with dinner.

One pack contains:

Vitamin A (palmitate)	2,500 IU
Beta-Carotene (vitamin A activity)	3,750 IU
Vitamin C (ascorbic acid; calcium/magnesium ascorbate)	350 mg
Vitamin D-3 (cholecalciferol)	1,050 IU
Vitamin E (d-alpha tocopherol succinate)	100 IU
Thiamin (thiamin HCl)	25 mg
Riboflavin	12.5 mg
Niacin	10 mg
Niacinamide	37.5 mg
Vitamin B-6 (pyridoxine HCl)	25 mg
Folic Acid	200 mcg
Vitamin B-12 (cyanocobalamin)	25 mcg
Biotin	75 mcg
Pantothenic Acid (calcium pantothenate)	125 mg
Choline (citrate/bitartrate)	15 mg
Inositol	25 mg
PABA (para-aminobenzoic acid)	12.5 mg
Boron (aspartate/citrate complex)	1.38 mg
Calcium (citrate/carbonate/ascorbate complex)	375 mg
Chromium (organically bound with GTF activity)	50 mcg
Iodine (kelp)	50 mcg
Magnesium (aspartate/ascorbate complex)	250 mg
Manganese (aspartate complex)	5 mg
Molybdenum (Krebs chelates)	25 mcg
Potassium (aspartate complex)	25 mg
Selenium (Krebs chelates)	50 mcg
Vanadium (Krebs chelates)	12.5 mcg
Zinc (amino acid chelate)	6.3 mg
DHA (docosahexaenoic acid)	225 mg
EPA (eicosapentaenoic acid)	75 mg
GLA (gamma linolenic acid)	40 mg
Linoleic Acid	350 mg
Betaine HCl	28.5 mg
Citrus Bioflavonoids	25 mg
Glutamic Acid HCl	45 mg
L-Cysteine/N-Acetyl-L-Cysteine	50 mg
L-Methionine	3 mg
Trace Elements (from sea vegetation)	25 mcg

WELLNESS PAKS

Wellness Paks are a high potency multi containing 35 nutrients, including 17 vitamins, 11 minerals, essential fatty acids, plus many other supportive factors.

Suggested usage: adults take 1 pack with breakfast and 1 pack with dinner.

One pack contains:

Vitamin A (palmitate)	2,500 IU
Beta-Carotene (vitamin A activity)	3,750 IU
Vitamin C (calcium/magnesium ascorbate)	300 mg
Vitamin D-3 (cholecalciferol)	25 IU
Vitamin E (d-alpha tocopherol succinate)	100 IU
Thiamin (thiamin HCl)	25 mg
Riboflavin	12.5 mg
Niacin	10 mg
Niacinamide	37.5 mg
Vitamin B-6 (pyridoxine HCl)	25 mg
Folic Acid	200 mcg
Vitamin B-12 (cyanocobalamin)	25 mcg
Biotin	75 mcg
Pantothenic Acid (calcium pantothenate)	125 mg
Choline (citrate/bitartrate)	15 mg
Inositol	25 mg
PABA (para-aminobenzoic acid)	12.5 mg
Boron (aspartate/citrate complex)	0.38 mg
Calcium (citrate/ascorbate complex)	125 mg
Chromium (organically bound with GTF activity)	50 mcg
Iodine (kelp)	50 mcg
Magnesium (aspartate/ascorbate complex)	125 mg
Manganese (aspartate complex)	5 mg
Molybdenum (Krebs chelates)	25 mcg
Potassium (aspartate complex)	25 mg
Selenium (Krebs chelates)	50 mcg
Vanadium (Krebs chelates)	12.5 mcg
Zinc (amino acid chelate)	6.3 mg
DHA (docosahexaenoic acid)	225 mg
EPA (eicosapentaenoic acid)	75 mg
GLA (gamma linolenic acid)	40 mg
Linoleic Acid	350 mg
Betaine HCl	28.5 mg
Citrus Bioflavonoids	25 mg
Glutamic Acid HCl	5 mg
L-Cysteine/N-Acetyl-L-Cysteine	50 mg
L-Methionine	3 mg
Trace Elements (from sea vegetation)	25 mcg

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