



NationalAllergy®  
For A Healthier You

**Ingredient Lists for Logos Nutritionals Products**  
**Components Of Dr. Burgstiners Wellness Protocol**

**Complete Thymic Formula™**

Six (6) Captabs Contain		% USA RDA*	
<b>THYMIC FACTORS &amp; GLANDULARS (Derived from Bovine Sources)</b>			
Raw Thymus	(spray/freeze dried)	1,200 mg	**
Raw Spleen	(spray/freeze dried)	260 mg	**
Raw Lymph	(spray/freeze dried)	130 mg	**
Raw Bone Marrow	(spray/freeze dried)	130 mg	**
Raw Pituitary	(spray/freeze dried)	20 mg	**
<b>VITAMIN/MINERAL NUTRIENTS</b>			
Vitamin A	(Beta Carotene)	5,000 IU	100
Vitamin D	(Colecalciferol)	400 IU	100
Vitamin C	(Ascorbic Acid, buffered & esterified)	1,000 mg	1,664
Vitamin E	(d-Alpha tocopherol succinate)	460 IU	1,533
Folic Acid		400 mcg	100
Vitamin B-1	(Thiamine Mononitrate)	85 mg	5,666
Vitamin B-2	(Riboflavin)	25 mg	1,470
Niacinamide		50 mg	250
Vitamin B-6	(Pyridoxine Hydrochloride)	25 mg	1,250
Vitamin B-12	(Methylcobalamin)	50 mcg	833
Biotin		300 mcg	100
Pantothenic Acid	(Calcium Pantothenate)	50 mg	500
Calcium	(Carbonate)	150 mg	15
Iodine	(Kelp)	150 mcg	100
Magnesium	(Gluconate)	100 mg	25
Copper	(Protein/Gluconate)	2.6 mg	130
Zinc	(Protein/Gluconate)	45 mg	300
Selenium	(Protein/Chelate)	165 mcg	235
Potassium	(Gluconate)	50 mg	**
Manganese	(Gluconate)	5 mg	250
Chromium	(Picolinate)	50 mcg	41.6
Boron		1 mg	**

## HERBS AND OTHER INGREDIENTS

Hesperidin		5	mg	**
Inositol		250	mg	**
Citrus Bioflavonoids		25	mg	**
Choline	(Bitartrate)	100	mg	**
Betaine HCL		25	mg	**
Octacosanol		375	mcg	**
PABA	(Para Amino Benzoic Acid)	25	mg	**
Rutin		25	mg	**
Trypsin	(1:75)	50	mg	**
Bromelain	(1:1200MCU)	100	mg	**
Papain	(600)	40	mg	**
Atragalus	(70% extract)	168	mg	**
Iris Versicolor extract	(Blue Flag Root extract)	260	mg	**
Cat's Claw		84	mg	**
L-Lysine		525	mg	**
Amino Acid Complex +		25	mg	**

### Preparation:

This product is prepared in a natural base containing: Alfalfa leaf extract, Deoxyribonucleic acid, ribonucleic acid, Watercress, Lecithin extract, Glutamic acid, Apple pectin, Yogurt culture, Acidophilus, and Kelp.

GLUTEN, SUGAR, STARCH, SALT AND PRESERVATIVE FREE. NATURAL PROTECTIVE COATING UTILIZED.

Store at room temperature to maintain freshness. Do not refrigerate.

Suggested Use: Take with food, three tabs in the morning, three in the evening.

KEEP THIS AND ALL DIETARY SUPPLEMENTS OUT OF THE REACH OF CHILDREN. DO NOT USE IF PRINTED SAFETY SEAL AROUND BOTTLE CAP OR PRINTED INNER SEAL IS MISSING OR BROKEN.

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## Essential Digestion™

One (1) Capsule Contains			% USA RDA*
Proprietary Blend	259	mg	*
Lipase	625	FCCPU	**
Papain (sulfite free)	1,000,000	FCCPU	**
Bromelain	500,000	FCCPU	**
Fibrazyme™	125	MU	**
Protease	2400	HUT	**
Amylase	50	DU	**
Ginger Rhizome Extract			
FOS (Fructooligosaccharides)			
L-Glutamine			**
Betaine HCl			**

## Fennel Seed

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\* Daily Value not established

Other ingredients: Rice bran, vegetable cellulose, purified water.

### Directions:

Directions: Take one (1) capsule with meals as a dietary supplement or as prescribed by your health care practitioner. Essential Digestion™ is a comprehensive blend of vegetable based enzymes designed to enhance absorption of vital nutrients. It is fortified with ginger, fennel, L-glutamine and Betaine HCl to promote healthy digestion. In addition, probiotics (FOS) are added to support the growth of beneficial intestinal bacteria and inhibit the growth of harmful bacteria. \*

KEEP THIS AND ALL DIETARY SUPPLEMENTS OUT OF THE REACH OF CHILDREN. DO NOT USE IF PRINTED SAFETY SEAL AROUND BOTTLE CAP OR PRINTED INNER SEAL IS MISSING OR BROKEN.

Heat destroys enzymes! Do not mix in hot beverages or food.

This product is free of yeast, corn, wheat, lactose, citrus, milk, egg and fish products. No sugar, salt, artificial coloring, flavoring or preservatives added. Ingredients in this product are derived from natural sources.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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## Essential Flora™

**Ingredients** - Each capsule is a 500mg Proprietary Blend of the following probiotics:

**Lactobacillus salivarius** - This particular microorganism has the unique ability to eradicate the dreaded *Helicobacter pylori* (H. Pylori) bacteria, which is considered a major cause of peptic ulcers. It interferes with the normal defenses against stomach acid and/or produces a toxin that contributes to peptic ulcer formation. The traditional treatment involves antibiotics, but this does not always eradicate to organism and is often accompanied by harmful side effects. It can also become resistant to antibiotics. L. salivarius was discovered by researchers to be able to produce a high amount of lactic acid and thus completely inhibit the growth of H. pylori and reduce associated inflammatory response. It is also effective against pathogenic organisms such as *Salmonella typhimurium*.

**Lactobacillus casei** - This microorganism is reported in Microbiology and Immunology to have the most potent protective activity against the potentially lethal *Listeria* bacteria than any other bacteria. About 30% of those infected with *Listeria* die. *Listeria* bacteria infect shellfish, birds, spiders and mammals (including cows) in all areas of the world. It is transmitted to humans by direct contact with infected animals or their secretions, by breathing infected dust, or through contact contaminated sewage or soil. It is most commonly transmitted through consumption of contaminated dairy products and raw vegetables. The most common form of *Listeriosis* is meningitis (infection of the membranes covering the brain and spinal cord), which if left untreated can result coma and death. L. casei is being studied for use as a vaccine against sexually transmitted diseases, and also for use with tumors in cancer patients.

**Lactobacillus paracasei** - This lactic acid bacteria (LAB) is both acid and bile resistant and thus survives the journey from the mouth through the gastrointestinal tract and into the intestines very well. Recent research indicates that L. paracasei is effective in the prevention and treatment of certain types of diarrhea. Research studies also have focused on L. paracasei's ability to alter the activity of the intestinal micro flora, modulate the immune system, and perhaps reduce the risk of some cancers.

**Bifidobacterium lactis** - Research studies have shown B. lactis has significant immunological effects. This strain resists acid digestion and the action of bile salts, survives intestinal transit and reaches the colon in significant numbers. This strain also helps constipation, helps prevent diarrhea, especially in children, and decreases chronic inflammation of the sigmoid colon. In addition, its antimicrobial properties decrease the effects of negative bacteria, especially clostridia.

**Lactobacillus brevis** - Research studies have shown that L. brevis decreases intestinal permeability, improves intestinal microflora, and has a positive effect on the intestinal immune system.

**L. rhamnosus** - This is one of the most thoroughly studied probiotic strains. Its advantages in the treatment of gastrointestinal disorders are well documented. It has been associated with the alleviation or prevention of disorders such as lactose intolerance, viral and bacterial diarrhea, adverse effectors of abdominal radiotherapy, constipation, inflammatory bowel disease, and food allergy according to Applied Environmental Microbiology, Jan. 1999. It has been shown to inhibit the growth of tumors. It is an organism of human origin that survives in the gastrointestinal tract, and has evidence proving its ability to inhibit the formation of human colon cancers. L. rhamnosus has demonstrated an increased resistance to vaginitis and urinary tract infections. More recently, there has been evidence linking a lactobacilli vaginal deficiency with sexually transmitted diseases including AIDS. It has also been shown to inhibit the growth of a variety of bacterial species. One researcher reports, "L. rhamnosus may be considered as one of the most important lactobacilli, if not the best."

**Lactobacillus bulgaricus** - This bacteria is not a colonizer, but it is a great help to the resident bacteria that set up colonies in your intestines. It is especially famous for alleviating digestive problems and taming runaway appetites, but everyone can benefit greatly from it. L. bulgaricus is recommended for overall support of the friendly bacteria. It enhances the digestibility of milk products and other proteins, helps to produce natural antibiotic substances, and to clean the colon without disrupting friendly bacteria.

**Lactobacillus gasseri** - This super strain has been shown to be the most effective against the widest number of pathogens. It produces extremely effective natural antibiotic substances that can inhibit 11 known disease-causing bacteria. It has also been proven to inhibit yeast infections, improve chronic constipation and/or diarrhea aid in nutrient uptake and prevent food poisoning by targeting the harmful bacteria. The DDS strain is highly recommended for overall daily maintenance. It fights candida overgrowth, and is helpful to those with food, chemical or environmental sensitivities. It adheres naturally to the walls of the intestine without harming the intestinal wall.

**Streptococcus thermophilus** - The antioxidant activity of this strain scavenges the body for free radicals which increase in the body as a result of aging, stress, antibiotics, consumption of sugar, antibiotics, chlorinated water and other chemicals and toxins. It displays anti tumor activity especially as related to colon cancer cell growth. It has been shown to inhibit ulcer formation in rats, and is effective in the treatment of diarrhea as well as intestinal and vaginal infections.

**Bifidobacteria breve** - This unique microorganism proved effective in lowering cholesterol by 104 points in a three-month study performed at the G.B. Pant hospital in New Delhi, India. There was a highly significant reduction in the LDL cholesterol levels, and a small but significant increase in HDL cholesterol levels. Use of this microorganism is an attractive alternative to drug therapy since there are no side effects. It also provides "an excellent preventative effect against various diseases of the intestine", according to one researcher.

**Bifidobacteria longum** - Researchers report that B. longum was able to eliminate the nitrates commonly found in foods ingested by humans. Normal levels of nitrates ingested by humans not able to destroy this strain. It may also significantly inhibit the development and growth of colon, liver and breast cancers in laboratory animal models.

**Bifidobacteria bifidum** - This microorganism has the ability to protect the body against rotavirus diarrhea and is a supportive therapy for intestinal infections and intestinal disturbances. It has also been reported to have immune strengthening properties, especially in relation to colon health and its suppressive effect on tumors. It is well tolerated without side effects, and reduces the inflammatory response of the colon and stimulating the body's fluid immunity.

**Bifidobacteria infantis** - This strain is part of an important group of microorganisms, which are considered to exert a range of biological activities related to human health. One aspect is the inhibitory effect of B. infantis on invasive pathogenic bacteria such as E-coli. Results of studies show that it is able to exert more than one mechanism of inhibition, which is important with regard to protection of gastroenteritis. Although the mechanism of the anti tumor activity is unclear, it clearly produces compounds with anti proliferative activity useful in the prevention and therapy of solid tumors like breast cancer.

**Lactococcus lactis** - L. lactis is a natural antibiotic, which reduces the ability of pathogenic bacteria to grow and cause infection. It is especially effective against the bacteria Listeria monorytogenes, which cause severe food poisoning.

**Lactobacillus plantarum** - This strain is the dominating bacterial species in most naturally fermented foods. It is an excellent alternative to antibiotics, and makes use of its potential to block receptor sites for gram-negative bacteria. L. plantarum is capable of metabolizing semi resistant fibers, such as onions, garlic, artichoke, wheat, oat, rye, bacteria bananas, and yeast. It is also an important tool in anti-microbial defense and is effective both against extra-and intercellular pathogens.

**Lactobacillus acidophilus** - By far the most important bacterial resident of the small intestine is L. acidophilus. This is the colonizer, the inhabitant that constitutes the first line of defense against alien invaders as well as opportunistic organisms like yeasts. It even helps to keep your heart healthy by lowering the levels of cholesterol in the blood. When present in significant numbers, they prevent pathogens from lining the intestinal walls. If too many colonies of intestinal bacteria build up, nutrient absorption can be blocked. Fortunately, when the walls are crowded with acidophilus colonizers, there is no room for newcomers.

**Other Ingredients** - Cellulose, rice flour, & magnesium stearate.

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This product is free of yeast, corn, wheat, lactose, citrus, milk, egg and fish products. No sugar, salt, starch, artificial coloring, flavoring or preservatives added. Ingredients in this product are derived from natural sources.

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## Liver CS Plus™

Serving Size: 2 Capsules – Each Capsule  
Contains

Alpha Lipoic Acid	175 mg
Phosphatidyl Choline	56 mg
Inositol	35 mg
Milk Thistle Extract (Seed) 80% Silymarins	350 mg
Turmeric Extract (Rhizome)	140 mg
Dandelion Extract (Root)	126 mg
Artichoke Leaf Extract	98 mg
Schizandra Extract (Fruit)	49 mg
Blupearum Extract	42 mg
Proprietary Blend of:	210 mg
- Dessicated Liver Extract*	
- Andrographis Paniculata Extract (Fruit) *	
- Picrorhiza Kurroa (Root) – 10% Kutkins*	
- Phyllanthus Amarus – 4.5% Bitters*	
- Bioperine™ Black Pepper Extract (Fruit)*	

Other Ingredients: Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate, Stearic Acid, Croscarmellose, Titanium Dioxide, Hydroxypropylcellulose, Caramel, Carmine.

Other Ingredients: Rice starch, ascorbic acid. \*Daily value not established

\*These statements have not been reviewed by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. Persons with serious illness should consult a qualified physician.

**Directions:** For best results, take two tablets daily with water. One in the morning and one in the evening.

*Not recommended for pregnant or lactating women.*

Store at controlled room temperature to maintain freshness. Do not refrigerate. Free of sugar, starch, yeast, salt, wheat, corn or milk. No preservatives, artificial flavors or colors added. Natural protective coating utilized.

*Do not use if painted safety seal around bottle cap or printed inner seal is missing or broken. Keep out of reach of children.*

Bioperine™ is a registered trademark of Sabinsa, Inc. - U.S. Patent #'s 5,536,506 and 5,744,161 (1998)

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## Essential Omegas™

### One (1) softgel contains

Calories	10
Calories from fat	10
Total Fat	1 g
Total Saturated Fat	0.6 g
Vitamin E (as dl-alpha-tocopherol)	10 IU
CLA (conjugated linoleic acid 70% from safflower oil)	300 mg
GLA (gamma linoleic acid from borage oil)	250 mg
ALA (alpha linoleic acid from flax seed oil)	150 mg
EPA (eicosapentaenoic acid / fish oil)	125 mg
DHA (docosahexaenoic acid / fish oil)	180 mg
Omega 3-6-9 blend (from fish oil and borage seed oil)	75 mg

Ingredients: Safflower oil, cold expeller pressed borage oil, flaxseed oil, gelatin, glycerin, and purified water.

- Molecularly distilled
- Deep sea cold water fish oil
- PCB and mercury free

Allergen warning: Contains fish (fish oil)

Contains no sugar, starch, yeast, artificial colors, flavors or preservatives. Suggested use: As a dietary supplement, take 1 to 3 softgels daily with food, or as directed by a healthcare professional.

A balanced blend of full spectrum fats that are essential to cardiovascular, nervous system and skin health.

**CAUTION:** Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should

consult a physician before using this or any dietary supplement.

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## MagnifiCal™

### Three (3) capsules contain

Magnesium (as citrate, oxide and malate)	441 mg
Calcium (as citrate and micronized hydroxyappetite)	147 mg
Strontium (amino acid chelate)	42 mg
Horsetail extract (8% silica)	105 mg
Zinc (amino acid chelate)	21 mg
Boron	3 mg
Vitamin D-3 (cholecalciferol)	588 IU
Vitamin K-2 (menaquinone 7)	31.5 mcg
Vitamin B-6 (pyridoxine HCL)	63 mg
Arginine	42 mg
Iodine (potassium iodide)	231 mcg
Bromelain (2400 GDU)	147 mg
Betaine HCl	63 mg
Bioperine	10.5 mg

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