



Full Product Overview



Foundational Supplements

Foundational Supplements provide the four essential nutritional cornerstones supporting health's firmest foundations: **Multivitamins**, **High-RNA Superfoods**, **Essential Fats**, and **Vitamin C/Antioxidants**. Foundational Supplements provide a full range of nutrients proven by science to support excellent health.

Multivitamins



Critical nutrients provided by multivitamins include a spectrum of essential vitamins, minerals, and cofactors. These include trace minerals, fat-soluble vitamins (A, E, D, and K), coenzyme B vitamins, magnesium, and other nutrients often missing in modern diets.

1. **[Kids Chewable Mighty-Multi](#)**: Full-spectrum essential nutrients needed for building, supporting, and maintaining excellent health for your child. Includes coenzyme form vitamins and Krebs cycle bionutrients that work with young bodies to provide needed energy levels. Tastes delicious!
2. **[Mighty Multi-Vite!™](#)**: Recent nutritional research is incorporated into our top-of-the-line "Hank & Brian's™" multivitamin formula containing the highest-quality and most readily usable forms of vitamins and minerals. The formula includes methylcobalamin, folinic acid, L-5-MTHF, and Vitamins K1 & K2.
3. **[Mini Multi](#)**: "Ultrapure" Multivitamin and Multiminerals supplement containing no fillers, additives, or other excipients. Veggie capsule make Mini Multi ideal for vegans. Formulated especially for hypersensitive and/or chemically-sensitive individuals, or individuals looking for an additive-free multivitamin.
4. **[Multi Two](#)**: Our most popular HPDI-brand multivitamin. The highest-purity therapeutic multiple vitamin with minerals and cofactors—does not contain iron. The formula includes methylcobalamin, folinic acid, L-5-MTHF, and Vitamins K1 & K2. In capsules and tablets. Offers higher levels of B vitamins than Mighty Multi-Vite.

High RNA Superfoods



Dietary nucleic acids are essential nutrients required for health as proven by Dr. Benjamin Frank. We developed our Rejuvenate!™ superfoods to provide dietary nucleic acids (RNA/DNA) in sufficient quantities to support optimal health.

1. **[Chlorella](#)**: We have discontinued chlorella. As a superior substitute, we recommend chlorella-rich [Rejuvenate! Original](#), nature's most amazing high-RNA superfood!
2. **[Rejuvenate!™ Original](#)**: Unique, synergistic high-RNA formula containing chlorella, d-ribose, nutritional yeast, chia seeds, rice bran solubles, spirulina, Vitamin C, chlorella growth factor (CGF), magnesium, dulse, kelp, yeast RNA, folinic acid, and methylcobalamin (Vitamin B12). Provides nutrients supporting optimal detoxification, regeneration, repair, growth, and healing processes in your body!!

3. **Rejuvenate!™ Berries & Herbs:** A delicious, high-RNA and high-protein superfood that includes organic freeze-dried blueberries, cranberries, raspberries, and strawberries. It also includes a complete cell-protective blend of organic and wildcrafted herbs and antioxidants. REJUVENATE!™ BERRIES & HERBS is a nutritionally complete formula that contains significant amounts of RNA/DNA, protein, essential fats, fiber, a coenzyme multivitamin, and enzymes. It is the tastiest superfood we have developed, and it mixes well in smoothies, fruit juices, fruit salads, cereal dishes, and plain water.
4. **Rejuvenate!™ Plus:** A complete, high-RNA, high-protein, sweet green superfood. It is uniquely designed to provide all the nutrients you need to thrive, including high-quality protein, essential fats, vitamins (including a coenzyme form B complex), minerals, great-tasting green foods, and high-potency nucleic acids (RNA/DNA), nucleotides, nucleosides, and nucleic acid precursors (e.g., d-ribose) that build powerful health.

Essential Fats



Essential fatty acids are necessary for vibrant health. They support healthy joints, blood vessels, immunity, oxygen transport to tissues, kidney function, and other biological processes.

1. **Essential Fats Plus E:** Uniquely Balanced Omega-3 and Omega-6 fatty acids with mixed Tocotrienols and Tocopherols, and Astaxanthin. Top-selling EFA formula! Another "Hank & Brian's" exclusive!
2. **Omega Plus:** EPA and DHA from fish oils and GLA from borage seeds.

Vitamin C / Antioxidants



Combined with other antioxidants and polyphenols, Vitamin C is crucial for robust health. These groups of nutrients are immune builders, anti-microbials, detoxifiers, connective tissue builders, and stimulate key endogenous enzymes via Nrf2.

1. **Ascorbic Acid Capsules:** Vitamin C in convenient 1 gram capsules.
2. **Buffered Vitamin C Powder:** Buffered with calcium, magnesium, potassium, and zinc.
3. **Buffered Vitamin C Tablets:** Vitamin C source from calcium and magnesium ascorbate in 1 gram tablets.
4. **OPC-C™:** Super antioxidant formula contains grape extract (greater than 95% OPC) and Vitamin C buffered fully with calcium, magnesium, and zinc.
5. **PRO-C™:** Vitamin C with grape and green tea extracts, glutathione, NAC, lipoic acid, selenium, and immune supporting nutrients. Unique formulation and effective synergistic action make PRO-C™ a "Top-Of-The-Line" Best-Seller!
6. **Synergy C:** Combines buffered Vitamin C with rutin and turmeric. Performs many critical functions involving detoxification, immune enhancement and pain control along with quercetin's anti-inflammatory and antioxidant effects.
7. **Ultimate Protector™:** A next generation cell protection formula that simultaneously meets the needs for high levels of non-GMO Vitamin C, full spectrum antioxidants (high ORAC value), and protective enzyme activators (Nrf2 activators) in a single product. Provides an ORAC5.0™ value of 486,000 units per serving!

Enhancement Formulas



Enhancements provide total-body nutritional support beyond **Foundational Supplements** and are part of a complete **Foundational Supplement** program. **Enhancements** create health beyond basic essential nutrients.

1. **[Ancient Minerals Magnesium Products](#)**: See below under magnesium flakes, gel, lotion and oil.
2. **[B12 Methylcobalamin](#)**: 5 mg sublingual tablets with Vitamin B12 as methylcobalamin. This is the methylcobalamin form of B12 shown to be readily assimilable and needed for many critical functions in the body.
3. **[B-Complex-50](#)**: The highest-quality B vitamins with coenzyme forms of B1, B2, B6, B12, folate, and pantethine. Coenzyme forms mean rapid assimilation!
4. **[Bone Guardian](#)**: Nutrition for bones and joints—a synergistic calcium and magnesium formula with hydroxyapatite, magnesium diglycinate, boron, chondroitin sulfate, and more.
5. **[Bone Jour!™](#)**: Your connective tissues, nerves, and muscles depend on a wide range of nutrients in addition to calcium. Includes Vitamin D, Vitamins K1 and K2, and Strontium. A "Hank & Brian's" Exclusive! Our "Top-Of-The-Line" bone building and connective tissue support formula!!
6. Coenzyme Q10 Plus: Product discontinued. See [Ubiquinol-50](#) as a superior replacement.
7. **[Complete E](#)**: Oil extract of rice bran with approximately equal amounts of alpha and gamma tocotrienols and 31.4 IU of d-alpha tocopherol, as well as all of the other known natural tocotrienols and tocopherols. GMO and soy-free!
8. **[Cordyceps](#)**: Chinese have long used Cordyceps sinensis to promote overall good health, and modern research indicates that it supports liver, kidney, lung, heart, and immune system function. Made with Organic Cordyceps.
9. **[Digase](#)**: Digestive enzyme formula (in a veggie cap) contains a full spectrum of digestive enzymes, including proteases optimized for pHs of 3.0, 4.5 and 6.0, as well as peptidase, lipase, and carbohydrases (including amylase, glucoamylase, invertase (sucrase), maltase, alpha-galactosidase, lactase, phytase, cellulase, and hemicellulase); also includes the digestion-stimulating herbs ginger root, gentian root, and caraway seed.
10. **[Double Zinc Plus](#)**: Zinc picolinate and citrate with coenzyme active Vitamin B6.
11. **[Liquid Folic Acid](#)**: 4-oz bottle of folic acid dissolved in distilled water and buffered and stabilized with potassium ascorbate. One drop contains approximately 100 mcg of folic acid.
12. **[Folinic Acid](#)**: 800 mcg of folinic acid from a very pure form of calcium folinate. In contrast to folic acid (a synthetic form of folate), folinic acid is one of the forms of folate found naturally in foods. One-of-a-kind formula offers the natural form of folate your body recognizes and can better utilize! Top Seller!!
13. **[Ginkgo Biloba](#)**: Standardized 24 percent ginkgo biloba extract — improves blood flow in microvessels and enhances memory.
14. **[Glu-Nac Plus™](#)**: An immune builder containing reduced glutathione, n-acetyl-L-cysteine (NAC), and lipoic acid.
15. **[Immune-Assist™ Daily Formula](#)**: More than 200 different polysaccharides, derived from the enzymatic breakdown of complex organic plant material from six different species of medicinal mushrooms. These include Agaricus blazei, Cordyceps sinensis hybrid, Lentinula edodes, Grifola frondosa, Ganoderma lucidum, and Coriolus versicolor. Immune-Assist™ Daily Formula contains 500 mg per vegetarian capsule and is made in America using only USDA Certified Organic materials. Human, animal, and in vitro studies confirm that Immune-Assist™ consistently and effectively boosts immune system function.
16. **[L-5-MTHF \(\(6S\)-5-methyltetrahydrofolate\)](#)**: An important naturally occurring folate coenzyme - especially important for dealing with high homocysteine levels in the body. Can meet all of the body's needs for a folate vitamin.

17. **Magnesium Lotion (Ancient Minerals)** : An ultra-pure, highly-concentrated form of Magnesium Chloride (MgCl₂). From the ancient Zechstein seabed in Europe, and blended with certified organic vegetable glycerin, jojoba oil, coconut oil, and shea butter.
18. **Magnesium Oil (Ancient Minerals)**: Ultra-pure and highly-concentrated form of magnesium (Mg Chloride). Ideal for application across the skin for rapid absorption and healing. Fast becoming a preferred mode for boosting magnesium levels. Excellent for muscle tension, cardiovascular health, better sleep, improved energy (boosts ATP), fibromyalgia, joint health, etc. We recommend Ancient Minerals (ultra-pure) Magnesium Oil for everyday use in baths, footbaths, lotions, and directly on skin.
19. **Magnesium Flakes (Ancient Minerals)**: Ultra-pure, highly-concentrated crystals of magnesium chloride (MgCl₂) sourced from the ancient Zechstein seabed in Europe. The flakes provide high levels of magnesium (47% magnesium chloride) and trace elements. Magnesium flakes are especially beneficial when used in baths or footbaths. They are a cost-effective means to raise levels magnesium in the body via transdermal application.
20. **Magnesium Gel Plus (Ancient Minerals)**: Ultra-pure, highly-concentrated form of Magnesium Chloride (MgCl₂). Blended with certified organic, biologically-active Aloe Vera extract (200:1) that has a minimum of 10% polysaccharides. The gel provides high levels of magnesium (29% magnesium chloride) and trace elements from pure, unpolluted deposits in the ancient Zechstein seabed. It is especially useful for healing skin conditions because it safely can remain on skin for long periods of time.
21. **MSM**: Greater than 99.9% pure MSM (methylsulfonylmethane as OPTIPure®). A source of sulfur—a mineral element critical to the normal function and structure of the human body.
22. **MYO-MAG**: Magnesium and Malic Acid formula with coenzyme forms of Vitamin B1, Vitamin B2, and Vitamin B6. Enhances energy levels by supporting energy production (ATP) in the body. Works well with Magnesium Oil to boost magnesium levels in the body!
23. **N-Acetyl-L-Cysteine (NAC)**: Important antioxidant and precursor to glutathione; has mucolytic properties.
24. **Nascent Iodine**: Highly-bioavailable atomic form of iodine available in 1 ounce and 3.38 ounce tincture bottles. Provides benefits for metabolism and thyroid function, boosts energy levels, supports detoxification systems, immune function, infection fighter, and much more. Nascent Iodine wins 2009 Editor's Choice Award from NaturalNews.com, supersite of Health Ranger Mike Adams!
25. **Olive Leaf Extract**: Patented olive leaf extract. A powerful antimicrobial agent.
26. **Prescript-Assist® (P-A)**: next-generation combination of 29 probiotic microflora "Soil-Based-Organisms (SBOs)" uniquely combined with a humic/fulvic acid prebiotic that enhances SBO proliferation. One of the most effective probiotic supplements for restoring levels of gastrointestinal micro-flora compromised from antibiotics, medication, poor diet, stress, and digestive abnormalities.
27. **Prolyt**: Proteolytic enzyme formula with bromelain, the pancreatic enzymes trypsin and chymotrypsin, turmeric extract (95% curcuminoids), quercetin, and grape extract. Fights inflammation and helps protein digestion and assimilation. Full-spectrum proteolytic enzyme supplement!
28. **Quercetin Plus**: a blend of bioflavonoids/polyphenols in a veggie cap. Includes the highest-purity quercetin, rutin, oligomeric proanthocyanidins (OPC) from grape extract (derived from grape seeds, skins, and stems), VitaVeggie®, and turmeric extract (95% curcuminoids).
29. **Selenium**: The highest-quality l-selenomethionine suitable for hypersensitive individuals.
30. **Silver Biotics Polyvalent Silver**: Made using a patented method to produce nano-silver particles suspended in a medium of highly purified water. Polyvalent silver has a bioavailability of over 99%. Significantly more effective than other colloidal silver products.
31. **Tri-Mag**: Magnesium from diglycinate, Krebs cycle bionutrients and ascorbate—provides energy building blocks and synergistic nutrients.

32. [Ubiquinol-50](#): A superior coenzyme Q10 product providing 50 mg of the stabilized reduced form of coenzyme Q10 in a softgel capsule. Ubiquinol-50 includes D-limonene oil (emulsifier), caprylic acid, capric acid, and alpha-lipoic acid.
33. [Vitamin D-3 Plus](#): An advanced Vitamin D formula providing high-dose Vitamin D3, the natural form of Vitamin D produced in the body from sunlight and the best form for therapeutic purposes.

Specific Condition Formulas



Specific Condition Formulas support the body's efforts to resolve specific health issues. These include problems with joints, eyes, and prostate, as well as issues with blood sugar, allergies, cognitive function, and sleep.

1. [Adreno-Plus™](#): Glandular extracts and synergistic nutrients specifically targeted to support adrenal function.
2. [Allergy Support Plus™](#): Synergistic nutrients supporting the body naturally during allergic reactions. A thoroughly designed formula effective for all allergies!
3. [Blood Sugar Support](#) (formerly [Diabetes Support Formula](#)): Synergistic formula for diabetics, containing Gymnema sylvestre standardized extract, Pterocarpus marsupium standardized extract, bitter melon extract, alpha-lipoic acid, grape extract, magnesium, Vitamin B6, Vitamin B1, Vitamin A, zinc, manganese, biotin, vanadium, chromium, copper, and Bioperine® (black-pepper extract). Highly-effective formula supporting blood-sugar control and offering nutritional maintenance for combating diabetes and other glycemic-related conditions.
4. [L-Carnosine](#): Anti-aging and antioxidant neuropeptide.
5. [Eye & Vision Formula](#): One-of-a-kind, effective formula specifically designed to build, support, maintain, and improve the health of eyes and the visual system. Eye & Vision Formula will be particularly effective when used in conjunction with [Visual Ocuity Eye Drops](#) with 1% N-Acetyl-L-Carnosine!
6. [Hepa Plus](#): Nutritional support for liver function—includes silymarin, dandelion, lipoic acid, Vitamin B-1 (coenzyme form), NAC, ornithine, selenium, alpha-ketoglutarate, molybdenum, glycine, and taurine.
7. [I3C Plus](#): Tumor fighting substances indole-3-carbinol (I3C) and diindolylmethane (DIM), betaine hydrochloride and ascorbic acid.
8. [Intestinal Rejuvenation Formula](#): A formula designed to support the health of the gastrointestinal tract. Highly effective detoxifying and healing formula for the bowel. Cleanses the entire digestive tract by drawing toxins, clearing blockages, and supporting natural movement.
9. [Joint Health Formula](#): A synergistic formula for healthy supple joints containing glucosamine, MSM, sea cucumber, boswellia, rutin, turmeric, and grape extract plus synergistic nutrients. A formula uniquely effective for supporting, building, and maintaining joints and connective tissues!
10. [L-5-HTP \(L-5-hydroxytryptophan\)](#): A precursor of serotonin, a brain chemical involving pain, appetite, sleep, and depression control.
11. [Melatonin](#): The body's sleep hormone; also helps normalize the body's biological clock, cycles, and rhythms.
12. [Prosta Plus](#): Contains saw palmetto and stinging nettle root extracts, pumpkin seed extract, diindolylmethane (DIM), betasitosterol, pygeum (2.5%), flower pollen extract (20:1), NAC, alanine, glycine, and glutamic acid. Highly effective male formula! -- It just works!!
13. [PS-100 Plus™\(Phosphatidylserine\)](#): A nutraceutical blend of phosphatidylserine, phosphatidylcholine, phosphatidylethanolamine, phosphatidylinositol, and the fatty acids caprylic acid, capric acid, palmitic acid, oleic acid, linoleic acid, and linolenic acid. Boosts brain power and supports membrane health.

14. **Warrior Mist:** A revolutionary new and extraordinarily effective pain reliever that delivers fast pain relief directly to the source of the pain.
15. **Warrior Sleep:** A revolutionary transdermal formula that brings deep relaxation, a feeling of well-being, and sleep without drowsiness the next day.
16. **Visual Ocuity:** A natural and soothing eye drop formula including lubricants, antioxidants, and buffering agents designed to support healthy eye function. Highly effective formula and a customer favorite!

2DOCS Pet Supplements



2DOCS pet supplements are designed around the simple principle that dogs and cats are just as physiologically complex and in need of nutritional supplementation as humans. Human dietary needs aren't exactly the same as your pet, of course, but the underlying nutritional building blocks are. That's why 2DOCS pet supplements use human-grade formulas.

1. **Allergy Defense:** This product is discontinued. We suggest replacing this product with the human formula [Allergy Support Plus](#).
2. **Cell Support for Pets:** This product is discontinued.
3. **GI Defense:** This synergistic formula contains both prebiotics and probiotics, plus supporting nutrients for control of gastrointestinal distress, including diarrhea and ulcers.
4. **Joint Defense Formula (powder):** Designed to promote your pet's overall physical comfort, reduce pain, and strengthen connective tissue.
5. **Large & Small Pet Essential Fats:** A fatty acid formula containing eicosapentanoic acid (EPA) and docosahexaenoic acid (DHA) (usable forms of essential omega-3 fatty acids), gamma linolenic acid (GLA) (an essential omega-6 fatty acid), mixed tocotrienols and tocopherols (Vitamin E), and astaxanthin.
6. **Large & Small Pet Mighty-Multi:** An advanced daily formula containing the highest-quality human-grade vitamins, minerals, cofactors, and herbs.
7. **Pet Antioxidant Formula:** Carefully balanced to provide optimal protection against free radicals. Provides detoxification, immune system enhancement, strengthening of connective tissue, and reduction of inflammation.
8. **Rejuvenate! For Pets:** This product is discontinued.

Ointments / Etc.

1. **Super Salve:** Antioxidant, antibacterial, and antifungal salve for the soothing and healing relief of dry and cracked skin, chapped lips, abrasions, eczema, and insect bites. Originated for Grand Canyon river runners and hikers.

Rev. 1.2



Health Products Distributors, Inc. • 2DOCS Pet Supplements • Hank & Brian's

PO Box 5600 70 W. Camino Yucca Oracle, Arizona 85623
800.228.4265 IntegratedHealth.com