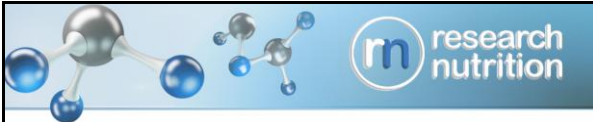




evidence-based healthcare solutions

The Research Nutrition Difference



Research Nutrition is an Australian company which globally sources the highest quality nutritional solutions and functional testing services for healthcare practitioners to promote optimal ageing, improved clinical efficacy and personalised test results.

Research Nutrition is proud to bring you an exclusively Australian range
that you can trust.

What is unique about our supplement range?



Research Nutrition developed the range with our manufacturers after identifying a long standing need in Australian natural and integrative Healthcare practice for a premium quality range of highly evidence-based products, made available exclusively to health practitioners. Our objective is to deliver products of the highest purity and efficacy.



What We Offer

The highest grade clinical products that are:

- ✓ Exclusively clinician-only
- ✓ Developed in Australia for Australia
- ✓ The most hypo-allergenic formulations possible for your most sensitive patients
- ✓ Made using minimal excipients - chosen from only the most natural choices



Our Values



QUALITY

○

We seek and use the **highest grade** ingredients and materials available



Our Commitment

- We develop evidence-based products that aim to make a difference in people's wellbeing
- We go to extensive lengths to source the most ethical, highest quality and unadulterated raw ingredients

 researchnutrition



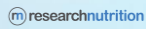
PURITY

○

Employing the **highest purity standards** in manufacturing and sourcing

Raw Ingredient Purity

- We are committed to setting a higher standard of purity
- Dietary supplement manufacturers have many options when purchasing ingredients for their products, including purchasing pure ingredients or those that have had other ingredients added to them to facilitate manufacturing
- Quality standards are adhered to and continuously measured to maintain manufacturing excellence



Excipients and Absorption

- Lubricants from machinery are an example of additives that can form a film around ingredients to assist manufacture speed
- However this film may interfere with optimum timing, release and absorption of active ingredients in certain circumstances and individuals
- We have developed our own manufacturing processes focused on quality to avoid the use of such potentially compromising additives



ACTIVITY AND EFFICACY

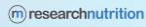
Unique, well researched formulations, using the most active

available and appropriate ingredients available to the Australian market



Premium Formulations

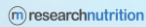
- We select the most scientifically validated forms of nutrients for their intended purposes
- Premium quality nutrients may reduce the digestive and metabolic burden and enhance biological activity and utility
- Premium Quality Forms = Reduced Negative Reactions & Greater Efficacy



Why don't we use tablets?

TABLETS REQUIRE:

- X Binders, lubricants, coatings, colourants, dyes, disintegrants and other excessive or potentially harsh and unnecessary excipients.
- X Some use pharmaceutical glaze or vegetable protein, (frequently derived from potentially allergenic sources).
- X We only use tableting technology when it is advantageous to do so, and we have been able to avoid these issues (e.g. our specialist hypoallergenic sublingual lozenges).



Capsules vs. Tablets

Research Nutrition capsules are:

- Made without compacting aids, therefore vastly superior in bio-availability to tablets
- Easily dissolved at the optimum rate for their intended use
- Not reliant on good levels of HCL and other digestive enzymes (often compromised in patients needing supplements) to function correctly

Tablets X-Ray

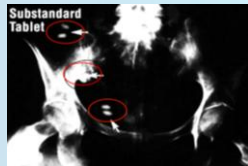
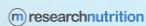



Image from the U.S.P website: Calcium supplements taken for 3 days have failed to disintegrate, and are shown here in the colon.





HYPOALLERGENIC

Developed to meet the needs of even the most sensitive patients –


no harsh or irritating excipients

for patient comfort, safety and efficacy

Be Aware of Hidden Additives

Example: Vitamins


- Manufacturers can purchase 100% pure Vitamin **OR** purchase a cheaper more readily available manufacturers version of the Vitamin which contains additives (e.g. 95% Vitamin, 5% corn starch, lactose or other allowable fillers) to improve its handling and cost properties, not necessarily patient effectiveness or tolerance.
- BOTH can be labelled as the same ingredient.** *They don't have to tell you* which type they've used on the label, as ingredients are only required to be listed if they are added at the time the product is manufactured into the final dosage form.




Negative Affects of Additives

Unnecessary additives may have a detrimental affect on people who have:

- Intolerances e.g. Lactose
- Reduced or compromised health status
- Impaired or sensitive digestion
- Allergies or sensitivities

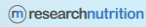




The Research Nutrition Difference



- Full Transparency - what is on the bottle, is what is in the product.
- Many commercially sourced supplement ingredients are diluted with substances that act as fillers, stabilisers or preservatives
- Research Nutrition go to great lengths to globally source highly active, stable and truly pure raw ingredients
- All capsules use only fresh, pure, hypoallergenic, vegetarian capsules



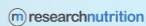


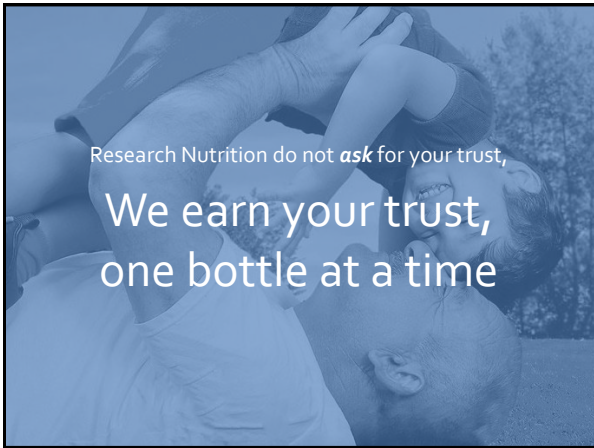
INTEGRITY AND TRUST

Uncompromising
integrity,
supporting
the natural health
industry as a whole

How to Earn Trust?

- ✓ Tell the Truth
- ✓ Deliver on your promises
- ✓ Stand behind your products
- ✓ Don't Compromise






Don't Compromise – Ask your supplier the right questions!


- ✓ Are the ingredients *pure*?
- ✓ Are the excipients listed on the label?
- ✓ Are the ingredients in their most appropriate form?
- ✓ Do the ingredients work synergistically in the body?

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ETHICS AND SUSTAINABILITY



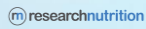
A conscience for what is beneficial to the **consumer** and the **community** at large



Why do we make so many singles?

Research Nutrition believes in a holistic and targeted approach to healthcare, that supports the unique expression of health and vitality in **each individual**.

Singles offer the flexibility of individualising treatment needs to be adapted for the specific circumstances and in response to any personal test results.



Our Methodology

- ✓ Cost vs. Quality – we do not compromise
- ✓ Our aim is to assist in providing optimum care for patients
- ✓ Helping all Australians to live a healthy and vibrant life



Summary



Product Range

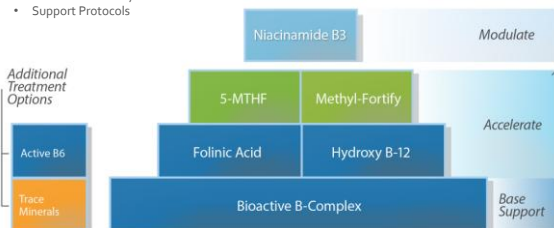
Research Nutrition Products Contain



B Vitamin Hierarchy

Use this versatile range for:

- General Nutrient Support
- Clinically Focused Single Nutrient Supplementation
- Customised Methylation
- Support Protocols



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B VITAMINS

BioActive B Complex



- ✓ Well-balanced, broad-spectrum B vitamin support
- ✓ Pure and potent low-ecipient formula
- ✓ Provides highly bioactive forms without causing excess over-stimulation
- ✓ Folinic acid readily converts to methylfolate without delivering excess external methyl groups



B VITAMINS

BioActive B Complex



Each Vegetarian Capsule Contains:

Thiamine Hydrochloride.....	56 mg
Equiv. to Thiamine.....	50 mg
Riboflavin-5-Phosphate sodium.....	25 mg
Equiv. to Riboflavin.....	20 mg
Nicotinamide (Niacinamide).....	350 mg
Calcium Pantothenate.....	218 mg
Equiv. to Pantothenic Acid.....	200 mg
Pyridoxal-5-Phosphate.....	29.2 mg
Equiv. to Pyridoxine.....	20 mg
Calcium Folate.....	540 mcg
Equiv. to Folinic Acid.....	500 mcg
Hydroxocobalamin.....	500 mcg
Choline Dihydrogen Citrate.....	175 mg
Inositol.....	100 mg
Biotin.....	500 mcg

Excipients: Colloidal Anhydrous Silica.

Store below 25°C in a dry, dark place.



B VITAMINS

Folinic Acid



- ✓ Folinic acid readily converts to methylfolate without delivering excess external methyl groups
- ✓ Folinic acid demonstrates greater metabolic activity than folic acid as a source of folate, with reduced potential for side effects
- ✓ Contributes to the normal growth of the foetus during pregnancy



B VITAMINS

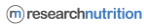
Folic Acid



Each Vegetarian Capsule Contains:
Calcium Folate.....540 mcg
Equivalent to Folic Acid.....500 mcg

Excipients: Tapioca Starch, Microcrystalline Cellulose, Leucine, Colloidal Anhydrous Silica.

Store below 25°C in a cool, dry, dark place.



Sublingual Hydroxy B12



- ✓ Provides a stable and naturally-occurring form of vitamin B12
- ✓ Readily absorbed, even when digestion is compromised
- ✓ Converts to methylB12 in the body, without introducing external methyl groups
- ✓ Supports the methylation cycle without over-stimulation



Sublingual Hydroxy B12



Each Lozenge Contains:
Hydroxocobalamin.....1,000mcg

Excipients: Xylitol, Colloidal Anhydrous Silica.

Store below 25°C in a cool, dry, dark place.

Do not use if seal around cap is broken or missing.



L-5MTHF



- ✓ Provides a methylated and metabolically active form of folate
- ✓ Bypasses the biochemical steps normally required by other folates
- ✓ Demonstrates greater metabolic activity than folic acid as a source of folate, with reduced potential for side effects

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B VITAMINS

L-5MTHF



Each Vegetarian Capsule Contains:
Calcium L-5-methyltetrahydrofolate..... 550 mcg
Equiv. Levomefolic acid (L-5MTHF)..... 500 mcg

Excipients: Leucine, Tapioca Starch, Microcrystalline Cellulose, Colloidal Anhydrous Silica.

Store below 25°C in a cool, dry, dark place.

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B VITAMINS

Methyl Fortify



- ✓ A balanced and synergistic blend of methylation-supportive B vitamins
- ✓ Provides the externally methylated forms of folate and vitamin B12
- ✓ Activated forms of vitamin B2 and B6 provide crucial co-factor support for the proper metabolism of folate, B12 and methylation

 researchnutrition

B VITAMINS

Methyl Fortify



Each Vegetarian Capsule Contains:

Riboflavin-5-Phosphate sodium.....	31.7 mg
Equiv. to Riboflavin.....	25 mg
Pyridoxal-5-Phosphate.....	29.2 mg
Equiv. to Pyridoxine.....	20 mg
Calcium L-5-methyltetrahydrofolate.....	550 mcg
Equiv. Levomefolic acid (L-5MTHF).....	500 mcg
Methylcobalamin.....	1,000 mcg
Choline Dihydrogen Citrate.....	300 mg

Excipients: Leucine, Microcrystalline Cellulose, Tapioca Starch, Colloidal Anhydrous Silica.

Store below 25°C in a cool, dry, dark place.



B VITAMINS

Niacinimide B3



- ✓ The primary circulating form of vitamin B₃
- ✓ Nicotinamide is a non-flushing source of vitamin B₃
- ✓ Essential to the formation of NAD and NADP, involved in over 400 enzyme reactions in the body
- ✓ Assists the metabolism of carbohydrates, fats, and proteins



B VITAMINS

Niacinimide B3



Each Vegetarian Capsule Contains:

Nicotinamide (Niacinamide).....	250 mg
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Excipients: Leucine, Tapioca Starch, Microcrystalline Cellulose, Colloidal Anhydrous Silica.

Store below 25°C in a cool, dry, dark place.



B VITAMINS

Active B6



- ✓ The most 'activated' supplemental form of vitamin B6
- ✓ Involved in the metabolism of nearly all amino acids, as a coenzyme for reactions such as transamination and decarboxylation and the production of non-essential amino acids
- ✓ An important coenzyme for neurotransmitter biosynthesis
- ✓ May assist in the maintenance of normal healthy nerve and brain function



B VITAMINS

Active B6



Each Capsule Contains:
Pyridoxal-5-Phosphate.....50 mg
Equivalent to Pyridoxine.....34.2 mg

Excipients: Microcrystalline Cellulose, Leucine, Silicon dioxide, Vegetarian Capsule.

FOR PRACTITIONER DISPENSING ONLY
Directions for use: Adults take 1-2 capsules daily or as prescribed by your healthcare practitioner.
If symptoms persist consult your healthcare practitioner.
Vitamin supplements should not replace a balanced diet.
WARNING - this product contains pyridoxal-5-phosphate which may be dangerous when used in large amounts or for a long time.



B VITAMINS

Pantothenic B5



- ✓ Involved in over 100 cellular reactions
- ✓ Essential for the production of ATP/energy from the metabolism of carbohydrates, proteins and fats
- ✓ May assist in the healthy synthesis and metabolism of lipids: e.g. essential fatty acids and steroid hormones



B VITAMINS

Pantothenic B5



Each Vegetarian Capsule Contains:
Calcium Pantothenate.....545.85 mg
Equiv. to Pantothenic Acid.....500 mg

Excipients: Leucine, Microcrystalline Cellulose,
Tapioca Starch, Colloidal Anhydrous Silica.

Store below 25°C in a cool, dry, dark place.



MINERALS

Tri-Factor



- ✓ Synergistic combination of zinc, B6 and magnesium
- ✓ Highly absorbable citrate mineral forms
- ✓ Contains the bio-active form of vitamin B6, pyridoxal-5-phosphate
- ✓ May improve mood, sleep and neurological function



MINERALS

Tri-Factor



Each Vegetarian Capsule Contains:
Magnesium Citrate.....634.9 mg
Equivalent to Magnesium.....100 mg
Pyridoxal-5-Phosphate.....21.9 mg
Equivalent to Pyridoxine.....3.5 mg
Zinc Citrate (Dihydrate).....37.3 mg
Equivalent to Zinc.....12 mg

Excipients: Leucine, Microcrystalline Cellulose, Colloidal Anhydrous Silica.

FOR PRACTITIONER DISPENSING ONLY

Directions for use:
Adults take 1-3 capsules daily or as prescribed by your healthcare practitioner.
If symptoms persist consult your healthcare practitioner.

Vitamin supplements should not replace a balanced diet.

WARNING - Contains Zinc which may be dangerous if taken in large amounts or for a long period.

Pack Size: 60 capsules | AUST-L: 280001

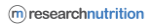


MINERALS

Magnesium Citrate



- ✓ Magnesium citrate is a highly absorbed source of magnesium
- ✓ Magnesium may help the body to metabolise carbohydrates, fats and proteins
- ✓ Magnesium may help in the development and maintenance of teeth and bones
- ✓ Magnesium may help maintain muscle and vascular function (including heart and lungs)



MINERALS

Magnesium Citrate



Each Capsule Contains:
Magnesium citrate.....866 mg
Equivalent to elemental Magnesium...140 mg
Excipients: Vegetarian Capsule.

FOR PRACTITIONER DISPENSING ONLY
Directions for use:
Adults take 1-4 capsules daily or as prescribed by your healthcare practitioner.
If symptoms persist consult your healthcare practitioner.
Vitamin and/or mineral supplements should not replace a balanced diet.



MINERALS

TraceMins Complex



- ✓ Unique, all-in-one broad spectrum trace mineral supplement
- ✓ Appropriately-balanced formula minimises micronutrient imbalances
- ✓ Highly absorbable mineral forms
- ✓ For general nutritional support as well as for focused cofactor supplementation



MINERALS

TraceMins Complex

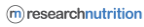


Each Vegetarian Capsule Contains:

Zinc Citrate.....	62.2 mg
Equiv. elemental Zinc.....	20 mg
Manganese (II) Glycinate.....	7.4 mg
Equiv. elemental Manganese.....	2 mg
Molybdenum Trioxide.....	90 mcg
Equiv. elemental Molybdenum.....	60 mcg
Selenomethionine.....	130 mcg
Equiv. elemental Selenium.....	50 mcg
Chromium Nicotinate.....	200 mcg
Equiv. elemental Chromium.....	25 mcg

Excipients: Tapioca Starch, Microcrystalline Cellulose, Leucine, Colloidal Anhydrous Silica.

Store below 25°C in a dry, dark place.



MINERALS

Fe-Restore



- ✓ Highly absorbable/bioavailable form of iron
- ✓ Gentle on the digestive system
- ✓ Involved in healthy red blood cell and haemoglobin synthesis
- ✓ Involved in electron transport and the maintenance of energy levels



MINERALS

Fe-Restore



Each Vegetarian Capsule Contains:

Iron (II) Glycinate.....	93.6 mg
Equivalent to elemental Iron.....	24 mg

Excipients: Microcrystalline Cellulose, Leucine.

FOR PRACTITIONER DISPENSING ONLY

Directions for use: Adults take 1 capsule daily or as prescribed by your healthcare practitioner.

Drink plenty of water.

Not for the treatment of medical iron deficiency conditions.

If symptoms persist consult your healthcare practitioner.



MINERALS

Iodine and Tyrosine



- ✓ Research Nutrition's Iodine and Tyrosine is produced without flowing agents that can inhibit bioavailability
- ✓ Consolidated elemental and amino acid support for overall maintenance of healthy thyroid function
- ✓ Combined support for the prevention of common nutritional deficiencies of Iodine and Tyrosine



MINERALS

Iodine and Tyrosine



Each Capsule Contains:
L-Tyrosine.....500 mg
Iodine (as Potassium Iodide).....225 mcg

Excipients: Hypromellose (derived from cellulose) capsule, Silicon Dioxide.

FOR PRACTITIONER DISPENSING ONLY
Directions for use: Adults take 1 capsule daily or as prescribed by your healthcare practitioner.

If symptoms persist consult your healthcare practitioner.

Mineral supplements should not replace a balanced diet.

Do not exceed the stated dose unless advised by your healthcare practitioner.



SPECIALISED PRODUCTS

Curcutex



- ✓ Soy-free
- ✓ Full Curcumin Complex
- ✓ Highly Absorbable Phytosome Technology
- ✓ Anti-inflammatory Properties (supporting gut, skin, brain, etc.)



SPECIALISED PRODUCTS

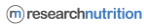
Curcutex



Each Vegetarian Capsule Contains:
Meriva® Curcumin Phytosome.....500mg
Equivalent to Curcumin.....90mg
Excipients: Leucine, Colloidal Anhydrous Silica.

FOR PRACTITIONER DISPENSING ONLY
Directions for use:
Adults take 1-6 capsules daily or as prescribed by your healthcare practitioner.
If symptoms persist consult your healthcare practitioner.

Pack Size: 60 capsules | AUST-L: 279999



SPECIALISED PRODUCTS

Mito-Charge



- ✓ Supports cellular efficiency throughout the body
- ✓ Supports healthy mitochondrial energy production
- ✓ Assists optimal exercise performance
- ✓ Promotes muscular recovery and ATP levels post exercise



SPECIALISED PRODUCTS

Mito-Charge



Each Scoop (7.4g) Contains:

Ribose.....	4,600 mg
Propionyl L-Carnitine.....	1,000 mg
Calcium Pyruvate.....	667 mg
Equiv. to Calcium.....	100 mg
Magnesium Citrate.....	635 mg
Equiv. to Magnesium.....	100 mg
Calcium Pantothenate.....	65.5 mg
Equiv. to Pantothenic Acid....	60 mg
Nicotinamide.....	50 mg
Taurine.....	50 mg
Biotin.....	1 mg

Excipients: Malic Acid, Colloidal Anhydrous Silica, Stevia.



SPECIALISED PRODUCTS

Medi Restore



- ✓ A complete source of 100% organic protein
- ✓ 28 grams of protein per double scoop serve
- ✓ Dairy/Whey and Soy free
- ✓ Vegan friendly
- ✓ Great taste – high compliance



GASTROINTESTINAL WELLBEING



DETOXIFICATION SUPPORT



INFLAMMATION SUPPORT



SPECIALISED PRODUCTS

Each Level Scoop (22.88g) Contains:

Medi Restore Vanilla

Oryza sativa (Rice) seed extract concentrate	10,000 mg	Magnesium Citrate	322 mg
equiv. Oryza sativa dry seed	100,000 mg	equiv. elemental Magnesium	50 mg
Pisum sativum (Pea) seed extract concentrate	3,320 mg	Calcified Lithothamnion Species (Red Algae)	357 mg
equiv. to Pisum sativum dry seed	33,200 mg	equiv. to elemental Calcium	50 mg
L-Glutamine	1,500 mg	Zinc Citrate Dihydrate	46 mg
L-Glycine	1,500 mg	equiv. elemental Zinc	15 mg
Leins (Larch) Arabinoxylactan	4,000 mg	Manganese Glycinate	3,760 mcg
Taurine	350 mg	equiv. elemental Manganese	1,000 mcg
Ascorbic Acid (Vitamin C)	250 mg	Selenomethionine	130 mcg
Palm Tocotrienols Complex (Mixed Vitamin E)	110 mg	equiv. elemental Selenium	50 mcg
Choline Dihydrogen Citrate	30 mg	Chromium Nicotinate	200 mcg
Thiamine Hydrochloride	20 mg	equiv. elemental Chromium	25 mcg
equiv. to Thiamine	17.8 mg	Molybdenum Trioxide	75 mcg
Riboflavin-5-Phosphate Sodium	5 mg	equiv. elemental Molybdenum	50 mcg
equiv. to Riboflavin	3.93 mg	Potassium Iodide	65 mcg
Nicotinamide	50 mg	equiv. elemental Iodine	50 mcg
Calcium Pantothenate	50 mg	Silybum marianum (Milk Thistle) extract (80% Silymarin)	250 mg
equiv. to Pantothenic Acid	50 mg	equiv. Silybum marianum dry seed	10,500 mg
Pyridoxal-5-Phosphate	15 mg	Punica granatum (Pomegranate Husk) extract	200 mg
equiv. Pyridoxine	10.26 mg	equiv. Punica granatum dry peel	4,000 mg
Calcium L-5-methyltetrahydrofolate	220 mcg	Camellia sinensis leaf (Matcha Green Tea) powder	250 mg
equiv. Levomefolic acid (L-5MTHF)	200 mcg	equiv. Caffeine	4.5 mg
Hydroxocobalamin	200 mcg	Zingiber officinale (Ginger) root powder	135 mg
Biotin	50 mcg		
Cholecalciferol (Vitamin D3)	(400 IU) 10 mcg		

Excipients:
Medium Chain Triglycerides, Hypromellose, Xanthan Gum, Xylitol, Monk Fruit Extract, Stevia, Natural Vanilla Flavour, Colloidal Anhydrous Silica.



MORE FROM RESEARCH NUTRITION

RN Compounding Powders



INCREDIBLY PURE SINGLE COMPOUNDS

Research Nutrition sources only the highest quality raw ingredients to deliver this unique range.

For more information on these ingredients go to prac_researchnutrition.com.au and click on Clinical Resources.
