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| **Supplement** | **Relevant Indications** | **Warnings/Risks** |
| Orthoplex BioOmega Capsules | May help to support the brain and nervous systemMay help to down regulate inflammatory mediators | No warnings included on record. |
| Pure Oil Innovation Vitamin D 1000IU | May support immune functionMay help to regulate inflammatory mediators | Vitamins should not replace a balanced dietORVitamins can only be of assistance if the dietary vitamin intake is inadequate |
| Orthoplex Cognisense – Nutrients for Brain Health | May help to support normal healthy brain functionMay help to support normal neuronal functionMay help to support healthy cognitive, memory and neurotransmitter function | Vitamins should not replace a balanced dietORVitamins can only be of assistance if the dietary vitamin intake is inadequateRecommended daily amount of vitamin A from all sources is 700 micrograms retinol equivalents for women and 900 micrograms retinol equivalents for menDo not take while on warfarin therapy without medical adviceProducts containing [insert name of sugar alcohol(s)] may have a laxative effect or cause diarrhoeaSeveral warnings regarding pregnancy – removed due to irrelevance to study |
| Otrhoplex MagOpticell | Helps relieve nervous tension, stress and mild anxiety.May assist in the maintenance of normal mitochondrial function and energy production | Vitamins should not replace a balanced dietORVitamins can only be of assistance if the dietary vitamin intake is inadequateSeek professional advice before long term useIf symptoms persist consult your healthcare practitioner This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should notbe exceededVitamins and minerals can only be of assistance if dietary intake is inadequate OR Vitamin and/or mineral supplements should not replace a balanceddiet |
| Orthoplex Ultra Buffered C Powder | Possesses antioxidant propertiesMay assist in the maintenance of a healthy immune system | If symptoms persist consult your healthcare practitionerAdults only OR Not to be used in children under two years of age without medical advice Vitamins can only be of assistance if the dietary vitamin intake is inadequate OR Vitamin supplements should not replace a balanced dietWARNING: May be dangerous if taken in large amounts or for a long period. OR WARNING: Contains zinc which may be dangerous if taken in largeamounts or for a long period Vitamins and minerals can only be of assistance if dietary intake is inadequate OR Vitamin and/or mineral supplements should not replace a balanceddiet |
| Pure Innovation Zinc Citrate | May help to support immune functionPossesses antioxidant activityHelps to support brain and nervous system functionZinc plays an important role in nervous system developmentMay help to support cellular DNA structure | Vitamins and minerals can only be of assistance if dietary intake is inadequate OR Vitamin and/or mineral supplements should not replace a balanced dietWARNING: May be dangerous if taken in large amounts or for a long period OR WARNING: Contains zinc which may be dangerous if taken in largeamounts or for a long period |