



# Para Tone

Vitamin, Mineral & Herbal Multi-Nutrient

*A distinctive multi-nutrient supporting energy levels and production, healthy stress response, and further supports digestive, cognitive, immune and thyroid function.*

## Nutritional Therapy

Bioactive Bioavailable Quality Ingredients

Para Tone is designed to provide sympathetic support. It contains a synergistic blend of vitamins, minerals and herbs including vitamin B5 to support energy production and stress response, activated forms of vitamin B6 and B9, bioflavonoids, amino acids and the specially selected herbs *Eleutherococcus senticosus*, *Brassica oleracea* var. *Italica*, *Withania somnifera*, *Capsicum annum*, *Zingiber officinale* and *Piper nigrum*.

### What you need to know about this supplement

- Supports healthy stress response in the body and assists in coping with environmental stress (pantothenic acid)
- Maintains healthy thyroid gland function (iodine)
- Aids thyroid hormone production (selenium)
- Maintains energy production (pantothenic acid, thiamine, biotin, iodine, pyridoxine, nicotinamide, manganese)
- Supports energy levels (pantothenic acid, pyridoxine, nicotinamide, *Eleutherococcus senticosus*)
- Helps convert fats and carbohydrates into energy (biotin)
- Maintains nervous system function (thiamine, pyridoxine, nicotinamide, pantothenic acid, ascorbic acid, zinc)
- Maintains cognitive function (*Eleutherococcus senticosus*, iodine, zinc).
- Maintains focus and clarity (*Eleutherococcus senticosus*)
- Maintains healthy immune system function (zinc, pyridoxine, selenium, ascorbic acid, d-alpha-tocopherol)
- Supports healthy blood circulation in traditional Western Herbal Medicine (*Capsicum annum*). Supports heart health (thiamine).
- Improves digestive weakness and relieves symptoms of indigestion in traditional Western Herbal Medicine (*Zingiber officinale*, *Capsicum annum*).
- Reduces flatulence and excess intestinal gas (*Capsicum annum*)
- Relieves colic and abdominal spasm in traditional Western Herbal Medicine (*Zingiber officinale*).
- Assists the metabolism of proteins (levomefolic acid)
- Antioxidant; reduces free radicals formed in the body (ascorbic acid, d-alpha-tocopherol, selenium, manganese, and zinc).
- Maintains general health and wellbeing (levomefolic acid, thiamine, biotin, iodine, pyridoxine, selenium, nicotinamide, pantothenic acid, ascorbic acid, d-alpha-tocopherol, manganese and zinc)

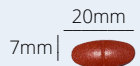


For Practitioner Dispensing Only

### Specifications



90 Film Coated Tablets



Description: Brown speckled

Dosage Adults: Take 1 tablet, 3 times daily with water, or as directed by your healthcare professional.

Vegan friendly

Blended, tableted and packaged in Australia



### Allergen & Free From

Ingredients in this product have been formulated without gluten, wheat, yeast, egg, gelatin, fish, molluscs, crustaceans, milk products, peanuts, tree nuts, sesame, bee products, artificial preservatives, colours or flavours.

## Each Tablet Contains:

Thiamine hydrochloride	2.54 mg
Equiv. Thiamine (Vitamin B1)	2 mg
Nicotinamide	20 mg
Calcium pantothenate	9.83 mg
Equiv. Pantothenic acid (Vitamin B5)	9 mg
Pyridoxal 5-Phosphate monohydrate	3.14 mg
Equiv. Pyridoxine (Vitamin B6)	2 mg
Levomefolate glucosamine	90 mcg
Equiv. Levomefolic acid (5-MTHF)	50 mcg
Ascorbic acid (Vitamin C)	60 mg
d-alpha tocopheryl acetate	7.35 mg
Equiv. d-alpha-tocopherol (Vitamin E 10 IU)	6.71 mg
Biotin	80 mcg
Inositol	50 mg
Quercetin	50 mg
Potassium (as Potassium sulfate)	35 mg
Zinc (as zinc glycinate monohydrate)	3 mg
Manganese (as manganese (II) glycinate)	1 mg
Iodine (as Potassium iodide)	70 mcg
Selenium (as selenomethionine)	20 mcg
Levocarnitine fumarate	178.6 mg
Equiv. Levocarnitine	100 mg
Tyrosine	10 mg
Lysine hydrochloride	12.5 mg
Equiv. Lysine	10 mg
Serine	5 mg
<i>Eleutherococcus senticosus</i> ext. dry conc.	50 mg
Derived from minimum dry root	750 mg
Stand. to contain eleutherosides	40 mcg
<i>Brassica oleracea</i> var. <i>Italica</i> ext. dry conc.	37.5 mg
Derived from dry herb	750 mg
<i>Withania somnifera</i> ext. dry conc.	25 mg
Derived from dry root	250 mg
<i>Zingiber officinale</i> rhizome ext. dry conc.	10 mg
Derived from minimum dry rhizome	250 mg
Stand. to contain gingerols	1 mg
<i>Capsicum annuum</i> ext. dry conc.	8.33 mg
Derived from dry fruit	50 mg
<i>Piper nigrum</i> fruit ext. dry conc.	16 mcg
Derived from minimum dry fruit	400 mcg
Stand. to contain Piperine	15.2 mcg

Vitamin E is from a naturally derived source.

## Warnings

If symptoms persist, talk to your health professional.

This medicine contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded. Vitamins and minerals can only be of assistance if dietary intake is inadequate.

## Excipients

calcium carbonate, calcium hydrogen phosphate, calcium sulfate, Carnuba Wax, citric acid, colloidal anhydrous silica, croscarmellose sodium, hypromellose, iron oxide red, macrogol 8000, magnesium stearate, maltodextrin, microcrystalline cellulose, purified water, silicon dioxide, Sunflower Oil

# Work with the Specialists!

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