



PHYSICIANS'

DESK

REFERENCE®

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Products of Unicity International, Inc.
are distributed through independent
distributors.

Products Described:

Bio-C Tablets
BIOS Life C Plus
Bios Life E (Unicity Matcha) Packets
Bios Life ProBionic PLUS Packets
Bios Life Vision Essentials Capsule
BIOS 7
Cardio-Basics Tablets
Cardio-Essentials Capsules
CM Cream
CM Plex Softgels.
Core Health Tablets
Enzygen Plus Capsules.
Immunizen Capsules
Joint Mobility Capsules
OmegaLife-3 RESOLV Softgels
Ubiquinol-CoQ10 Softgels
Unimate

BIO-C™
High Potency Vitamin C¹
DS

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DESCRIPTION

Bio-C™ is a vitamin C nutritional supplement. Bio-C™ is a yellow, water-soluble, crystalline powder pressed into a tablet. Each Bio-C™ tablet consists of a proprietary blend of ascorbyl palmitate, calcium ascorbate, ascorbic acid, magnesium ascorbate, and 37.5 mg of citrus bioflavonoids. In addition to the active ingredients, each tablet contains cellulose, stearic acid, silicon dioxide, croscarmellose sodium, and magnesium stearate.

BENEFITS AND RESEARCH

Vitamin C (ascorbic acid) is a water-soluble vitamin that is used in the body to form cartilage, collagen, muscles, and blood vessels. Vitamin C is a potent antioxidant that can protect small molecules such as proteins, carbohydrates, nucleic acids, and lipids from damage caused by free radicals that are generated through the course of normal metabolism or through exposure to external toxins and pollutants (e.g. ultraviolet radiation from the sun or smoking). Vitamin C can also regenerate other antioxidants like vitamin E. Additionally, vitamin C is required for the synthesis of carnitine, a molecule involved in the transport of fats across the mitochondrial membrane, as well as the synthesis of norepinephrine, a neurotransmitter.¹

SUGGESTED USAGE

Take one tablet, two times daily.

SAFETY AND WARNINGS

Bio-C™ is well tolerated. Some gastrointestinal discomfort may be experienced as with any dietary supplement.

HOW SUPPLIED

Available in tablets.

REFERENCES

- Carr, AC and Frei B. (1999), American Journal of Clinical Nutrition 96(6):1086-1107.
- Jacob, RA and Sotoudeh G. (2002), Nutrition in Clinical Care 5(2):66-74.
- Deruelle F, Baron B. (2008), Journal of Alternative and Complementary Medicine 14(10):1291-1298.
- Levine M, Rumsey SC, Daruwala R, Park JB, Wang Y. (1999), The Journal of the American Medical Association 281(15):1415-1423.

¹THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

BIOS LIFE® C PLUS
(BIOS LIFE® C)
Advanced Fiber and Nutrient Drink¹
DS



DESCRIPTION

Bios Life® C Plus is a fiber based, vitamin rich dietary supplement. Bios Life® C Plus contains a blend of soluble and insoluble fibers, phytosterols, policosanol, an extract of Chrysanthemum morifolium, vitamins, and minerals that when combined with a healthy diet and exercise may lower total serum cholesterol and triglyceride levels.

Bios Life® C Plus is light orange in color. It is a hygroscopic crystalline powder that is generally soluble in water. Each serving of Bios Life® C Plus contains 3.7g of fiber, 1g of phytosterols, 6mg of policosanol, and 12.5mg of an extract of Chrysanthemum morifolium. In addition to these active ingredients, each serving of Bios Life® C Plus contains maltodextrin, citric acid, orange juice powder, sucralose, and orange flavor.¹

BENEFITS AND RESEARCH

It's estimated that Americans consume 10-12g of total fiber per day, less than half the amount of the recommended daily intake. Epidemiological and clinical studies have correlated high daily fiber intake with an improvement in overall health.

Bios Life® C Plus is a dietary supplement designed to increase daily fiber intake. Each serving of Bios Life® C Plus contains 3.7g of dietary fiber. Fiber supplementation has been shown to decrease pre-prandial and postprandial glucose levels and lower LDL cholesterol and apolipoprotein B levels.

In addition to fiber supplementation, Bios Life® C Plus contains a patented blend of phytosterols, policosanol, Chrysanthemum morifolium, vitamins, and minerals. This blend of ingredients optimizes cholesterol levels through a combination of four mechanisms. First, the soluble fiber matrix prevents cholesterol reabsorption in the gastrointestinal tract through bile-acid sequestration. Second, the phytosterols reduce dietary absorption of cholesterol. Third, policosanol inhibits hepatic synthesis of cholesterol mediated through HMG-CoA reductase. Fourth, Chrysanthemum morifolium provides phytonutrients that enhance conversion of cholesterol to 7- α -hydroxycholesterol. The four mechanisms provide a synergistic approach to optimizing cholesterol levels.¹

SUGGESTED USAGE

Dissolve the contents of one packet into 8 to 10fl. oz. of water and mix vigorously. Drink immediately. For best results, use 10-15 minutes before your two largest meals.

SAFETY AND WARNINGS

Bios Life® C Plus is well tolerated. There may be mild gastrointestinal discomfort, such as increased flatulence or loose stools, during the first month of initial use due to the increased uptake of dietary fiber. This GI disturbance usually disappears within the first thirty days. If the GI discomfort persists, reduce the number of servings of Bios Life® C Plus. If the GI discomfort further persists, stop taking the product and consult your physician. Taking this product without adequate liquid can result in complications.

HOW SUPPLIED

Bios Life® C Plus is packaged in single-serving foil packets

REFERENCES

Sprecher, DL, Pearce GL. Fiber-multivitamin combination therapy: A beneficial influence on low-density lipoprotein and homocysteine. *Metabolism* 2002;51(9):1166–70.

Verdegem, PJE, Freed S, Joffe D. American Diabetes Association 65th Scientific Sessions, San Diego, CA. 2005.

Duenas V, Duenas J, Burke E, Verdegem PJE. 7th International Conference on Arteriosclerosis, Thrombosis, and Vascular Biology, American Heart Association, Denver, CO. 2006.

Verdegem, PJE. Viscous soluble fiber combined with phytosterols and policosanol reduces LDL-cholesterol and increases HDL-cholesterol in hypercholesterolemia. *Current Topics in Nutraceutical Research* 2007;5(1):1-6 US Patent 6,933,291.

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BIOS LIFE® E (UNICITY MATCHA) Supports a Healthy Metabolism¹ DS



DESCRIPTION

Bios Life® E and Unicity Matcha are flavored, powdered drink mix packets for convenience and ease of use. Bios Life® E is a nutritional supplement used to supply necessary vitamins, minerals, and electrolytes. Bios Life® E also provides energy, amino acids, and antioxidants on a daily basis. Bios Life® E contains high quality Matcha as well as green coffee bean extract.

Unicity Matcha is a blend of natural ingredients that boost energy, lower stress levels, and increase metabolism. Unicity Matcha contains high quality Matcha, guarana, and Japanese knotweed.

BENEFITS AND RESEARCH

Bios Life® E and Unicity Matcha contain refreshing ingredients that may boost energy, concentration, and metabolism while lowering stress levels. The principle ingredient in Bios Life® E and Unicity Matcha is a high quality Matcha, a uniquely grown green tea from Japan, which delivers a powerful dose of antioxidants in each serving.

Research shows that Matcha delivers as much as 137 times more antioxidants than other green or black teas available on the market. Matcha contains especially high amounts of green tea antioxidants called catechins, a class of polyphenols which may produce thermogenic effects by increasing the body's metabolism, provide more energy over a longer period of time, and even decrease muscle fatigue. Catechins and other green tea polyphenols may also protect against cell damage.

Matcha is derived from *Camellia sinensis*, one of the few plants that naturally produces high levels of L-theanine and caffeine. High levels of L-theanine and caffeine may supply an increase in energy as well as enhance cognitive ability. Research has shown that the amino acid L-theanine has a calming effect on the human brain without causing drowsiness. This relaxation, paired with the stimulant effects of caffeine and theophylline, creates a heightened mental state which improves concentration.

Matcha is a unique tea leaf because it is grown in the shade, forcing the plant to grow at a much slower rate. This greatly increases the catechins and amino acids available in an equivalent serving of Matcha green tea compared to standard tea. Additionally, because Matcha tea leaves are powdered and consumed whole and not just steeped, a cup of Matcha tea contains a larger variety and quantity of nutrients. This includes soluble and insoluble components such as chlorophyll, protein, and dietary fiber.¹

SUGGESTED USAGE

The contents of the packet can be mixed with 8-10fl. oz. of water, shaken or stirred vigorously, and consumed. Use one packet daily.

SAFETY AND WARNINGS

Bios Life® E and Unicity Matcha are generally well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced. Bios Life® E and Unicity Matcha contains moderate amounts of caffeine; as such, individuals who are sensitive to caffeine should exercise caution when using these products.

HOW SUPPLIED

Bios Life® E and Unicity Matcha are packaged in single-serving foil packets.

REFERENCES

Weiss DJ, et al. Determination of catechins in matcha green

tea by micellar electrokinetic chromatography. *J Chromatogr A*. 2003;1011(1-2):173-80.

Dulloo A, et al. Efficacy of a green tea extract rich in catechins polyphenols and caffeine in increasing 24-h energy expenditure and fat oxidation in humans. *American Journal of Clinical Nutrition*. 1999;70(6):1040-1045.

Gomez-Ramirez M, et al. The effects of L-theanine on alpha-band oscillatory brain activity during a visuo-spatial attention task. *Brain Topogr* 2009;22(1):44-51.

Cabrera C, et al. Beneficial Effects of Green Tea—A Review. *J Am Coll Nutr* 2006;25(2):79-99.

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PROBIONIC® PLUS
(Also known as Bios Life ProBionic)
Maintain a Healthy Gut!
DS

DESCRIPTION

ProBionic® Plus (Also known as Bios Life ProBionic) contain various strands of live, healthy bacteria that enter the digestive system and help balance bacterial populations in the intestinal tract. This supplement supports digestive health. The proprietary encapsulation used for ProBionic® Plus allows the healthy bacteria to be delivered to the small intestine alive, ensuring the bacteria can confer health benefits for the user.

ProBionic® Plus is a water-soluble, light-pink crystalline powder. Each packet of ProBionic® Plus contains 86mg of 11 strains probiotic blend of *Lactobacillus rhamnosus*, *Lactobacillus plantarum*, *Lactobacillus acidophilus*, *Lactobacillus gasseri*, *Lactobacillus casei*, *Lactobacillus lactis*, *Bifidobacterium longum*, *Bifidobacterium lactis*, *Bifidobacterium breve*, *Bifidobacterium HN019* and *Lactobacillus acidophilus LA14*, with a total of 5 billion cells. In addition to these live bacteria, each 2g packet also contains xylitol, strawberry concentrate powder, natural strawberry flavor, calcium phosphate tribasic, and citric acid.¹

BENEFITS AND RESEARCH

Your body needs good bacteria to help with detoxification, food digestion, waste removal, production of vitamins, and protection from harmful organisms. When the intestinal bacteria is imbalanced and unhealthy bacteria dominate, the body is less able to fight off infection resulting in inflammation. The individual strains used in ProBionic® Plus are helpful for maintaining overall gut health. The proprietary encapsulation used in ProBionic® Plus allows



allows healthy strains of bacteria to be delivered to the digestive system alive and undisturbed.¹

SUGGESTED USAGE

The contents of the packet can be taken dry, or they can be mixed with 8-10 fl. oz. of water. Use one packet daily.

SAFETY AND WARNINGS

ProBionic® Plus are generally well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

HOW SUPPLIED

ProBionic® Plus are packaged in single-serving foil packets

REFERENCES

Saggiaro A. Probiotics in the treatment of Irritable Bowel Syndrome. *J Clin Gastroenterol*. 2004;38(8):S104-106.

Del Piano M, Carmagnola S, Andorno S, et al. Evaluation of the intestinal colonization by microencapsulated probiotic bacteria in comparison to the same uncoated strains. *J Clin Gastroenterol*. 2010;44:S42-S46.

Del Piano M, Carmagnola S, Anderloni A, et al. The use of probiotics in healthy volunteers with evacuation disorders and hard stools: A double blind, randomized, placebo-controlled study. *J Clin Gastroenterol*. 2010;44:S30-S34.

Pregliasco F, Anselmi G, Fonte L, Giussani F, Schieppati S, Soletti L. A New Chance of Preventing Winter Diseases by the Administration of Symbiotic Formulations. *J Clin Gastroenterol*. 2008;42(2):224-233.

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BIOS LIFE® VISION ESSENTIALS™
Supports Healthy Eyes and Vision!
DS

DESCRIPTION

Bios Life® Vision Essentials™ is a nutritional supplement for maintaining healthy eyes.

Bios Life® Vision Essentials™ contains the following active ingredients: vitamin C, vitamin E, zinc, natural beta carotene, lutein, zeaxanthin, and anthocyanidins from wild bilberry, wild blueberry, strawberry, cranberry, grape seed extract, elderberry, and raspberry.

Bios Life® Vision Essentials™ is a purple crystalline powder. In addition to the active ingredients, each capsule contains silicon dioxide, microcrystalline cellulose, and is packaged in vegetarian capsules.



BENEFITS AND RESEARCH

Antioxidants from the carotenoid chemical family, such as beta carotene, lutein, and zeaxanthin, play an important role in eye health. Clinical studies have demonstrated that lutein and zeaxanthin are concentrated to the retina and lens of the eye. Supplementation with high levels of lutein can restore the lutein concentration in the retina. Further supplementation of vitamins C, E, and A (in the form of beta-carotene) along with zinc and copper aid with the healthy function of the eyes. Additional support for the eyes comes from a proprietary berry blend included in Bios Life® Vision Essentials™. This proprietary berry blend contains anthocyanidins, antioxidant compounds that support the vasculature within the eye.¹

SUGGESTED USAGE

Take two capsules per day.

SAFETY AND WARNINGS

Bios Life® Vision Essentials™ is well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

HOW SUPPLIED

Available in capsules.

REFERENCES

Krishnadev N, Meleth AD, Chew EY. Nutritional supplements for age-related macular degeneration. *Curr Opin Ophthalmology* 2010;21(3):184-189.
Ma L, Lin XM, Zou ZY, Xu XR, Li Y, Xu R. A 12-week lutein supplementation improves visual function in Chinese people with long-term computer display light exposure. *British Journal of Nutrition*. 2009;102(2):186-190.
Yagi A, Fujimoto K, Michihiro K, Goh B, Tsi D, Nagai H, The effect of lutein supplementation on visual fatigue: A psychophysiological analysis. *Applied Ergonomics* 2009;40(6):1047-1054.
Age Related Eye Disease Study Group. A randomized, placebo-controlled, clinical trial of high-dose supplementation with vitamins C and E, beta carotene, and zinc for age-related macular degeneration and vision loss. *Arch Ophthalmol*. 2001;119(10):1417-1436.

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BIOS 7
(Also known as Bios Life Slim®, Bios Life® S,
or Unicity Balance)
Maintain a Healthy Gut¹
DS

DESCRIPTION

Bios 7 product family consists of Bios 7, Bios Life® Slim, Slim G, Unicity Balance G, Unicity Balance C, Bios Life® S. Bios 7 is a fiber-based, vitamin rich nutritional supplement. The Bios 7 product family is light orange in color. It is a hygroscopic crystalline powder that is generally soluble in water. Bios 7 contains healthy fibers and vitamin/mineral rich ingredients that provides the same benefits as the Slim G and Balance G products plus ingredients that support the human microbiome. It also contains a proprietary polyphenol blend including yeast, apple, pomegranate and red grape extracts. Each serving contains 4g of fiber. In addition each serving contains maltodextrin, citric acid, orange juice powder, sweeteners, xanthan gum, and orange flavor.

Bios Life® Slim, Unicity Balance C, and Bios Life® S utilize Unicity® 7× technology, phytosterols, policosanol, an extract of *Chrysanthemum morifolium*, vitamins, and minerals. When combined with a healthy diet and exercise these products may lower total serum cholesterol and help achieve and maintain a healthy body weight. Each serving contains 4g of fiber, 1g of phytosterols, 750 mg of Unicity 7×6 mg of policosanol, and 12.5mg of an extract of *Chrysanthemum morifolium*. In addition to these active ingredients, each serving contains maltodextrin, citric acid, orange juice powder, sweeteners, and orange flavor. Slim G and Unicity Balance G utilize Nutri-fiber™ or Hydroxypropylmethyl cellulose, vitamins, and minerals that when combined with a healthy diet and exercise help maintain optimal blood sugar, and help achieve and maintain a healthy body weight. Each serving contains 4g of fiber and 1.25g of Nutri-fiber. In addition each serving contains maltodextrin, citric acid, orange juice powder, sweeteners, and orange flavor.¹

BENEFITS AND RESEARCH

It's estimated that Americans consume 10-12g of total fiber per day, less than half the amount of the recommended daily intake. Epidemiological and clinical studies have correlated high daily fiber intake with an improvement in overall health.

Bios 7 is a nutritional supplement designed to increase fiber intake. Each serving of Bios 7 contains four grams of fiber. Fiber supplementation has been shown to decrease preprandial and postprandial glucose levels, lower LDL cholesterol and apolipoprotein B levels, increase satiety, and facilitate weight loss.

The Bios 7 product family facilitates weight loss through five distinct mechanisms. First, the soluble fiber matrix promotes an increase in satiety. Second, they improve cholesterol levels. Reduction in LDL content removes a potent inhibitor of lipolysis. Third, these products improve blood glucose levels. Appropriate serum glucose levels help



maintain many metabolic processes in the body. Reducing insulin levels permits fatty acid oxidation to occur. Fourth, they restore appropriate leptin signaling. Fifth, the Bios 7 family reduces triglyceride levels allowing for leptin to cross the blood-brain barrier¹

SUGGESTED USAGE

Dissolve the contents of one packet into 8 to 10fl. oz. of water and mix vigorously. Drink immediately. For best results, use 10-15 minutes before your two largest meals.

SAFETY AND WARNINGS

Bios 7 family is well tolerated. There may be mild gastrointestinal discomfort, such as increased flatulence or loose stools, during the first month of initial use due to the increased uptake of dietary fiber. This GI disturbance usually disappears within the first thirty days. If the GI discomfort persists, reduce the number of servings of Bios 7. If the GI discomfort further persists, stop taking the product and consult your physician. Taking this product without adequate liquid can result in complications.

HOW SUPPLIED

Bios 7 family is packaged in single-serving foil packets.

REFERENCES

- Sprecher DL, Pearce GL. Fiber-multivitamin combination therapy: A beneficial influence on low-density lipoprotein and homocysteine. *Metabolism*. 2002;51(9):1166-1170.
- Verdegem, PJE; Freed, S and Joffe D. American Diabetes Association 65th Scientific Sessions, San Diego, CA. 2005.
- Slavin, JL. Dietary fiber and body weight. *Nutrition*. 2005;21(3):411-418.
- Delzenne NM, Cani PD. A place for dietary fibre in the management of the metabolic syndrome. *Curr Opin Clin Nutr Metab Care*. 2005;8(6):636-640
- Duenas V, Duenas J, Burke E, Verdegem PJE. 7th International Conference on Arteriosclerosis, Thrombosis, and Vascular Biology, American Heart Association, Denver, CO. 2006.
- Verdegem, PJE. Viscous soluble fiber combined with phytosterols and policosanol reduces LDL-cholesterol and increases HDL-cholesterol in hypercholesterolemia. *Curr Top Nutraceutical Res*. 2007;5(1):1-6 US Patent 6,933,291.

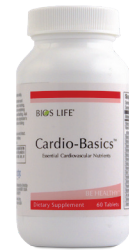
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CARDIO-BASICS™ Essential Cardiovascular Nutrients¹ DS

DESCRIPTION

Cardio-Basics™ is a nutritional supplement that combines multivitamins, minerals, and antioxidants to support the cardiovascular system.

Cardio-Basics™ is a light orange, water-soluble powder pressed into tablets. Each tablet of Cardio-Basics™ contains the following vitamins, minerals, amino acids, and antioxidants: beta-carotene (vitamin A), thiamine (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), calcium d-pantothenate (vitamin B5), pyridoxine hydrochloride (vitamin B6), folate (vitamin B9), cyanocobalamin (vitamin B12), ascorbic acid and ascorbyl palmitate (vitamin C), cholecalciferol (vitamin D), d-alpha-tocopherol (vitamin E), biotin, calcium, chromium, copper, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, sodium, zinc, L-arginine, L-carnitine, L-cysteine, L-lysine, L-proline, inositol, coenzyme Q10, and maritime pine extract. In addition to those active ingredients, each tablet also contains cellulose, croscarmellose sodium, stearic acid, silicon dioxide, and magnesium stearate.¹



BENEFITS AND RESEARCH

Cardio-Basics™ provides the vitamins, minerals, and antioxidants needed for a healthy heart. In clinical studies, participants using Cardio-Basics™ and Bio-C™ saw a significant reduction in arterial wall thickness and removal of calcification deposits when compared to the placebo group. Cardio-Basics™ provides the body with the necessary vitamins and minerals to support a healthy vascular system.¹

SUGGESTED USAGE

Take two tablets daily.

SAFETY AND WARNINGS

Cardio-Basics™ is well tolerated. Contains chromium and niacin. Do not use if pregnant, nursing, diabetic, or when taking other niacin-containing supplements.

HOW SUPPLIED

Available in tablets.

REFERENCES

- Niedzwiecki A, Rath M. Nutritional supplement program halts progression of early coronary atherosclerosis documented by ultrafast computed tomography. *Journal of Applied Nutrition*. 1996;48:67-78.
- Jeejeebhoy F, Keith M, Freeman M, et al. Nutritional supplementation with MyoVive repletes essential cardiac myocyte nutrients and reduces left ventricular size in patients with left ventricular dysfunction. *American Heart Journal*. 2002;143(6):1092-1100.
- erdgem PJE, Lonky S, Curley S. 7th Conference on

Arteriosclerosis, Thrombosis and Vascular Biology. 2005. V Lloyd-Jones D, Adams R, Carnethon M, et al. Heart Disease and Stroke Statistics—2009

Update: A Report From the American Heart Association Statistics Committee and Stroke Statistics Subcommittee Circulation. 2009;119(3):480-486.

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CARDIO-ESSENTIALS™ Caring For Your Heart DS



DESCRIPTION

Cardio-Essentials™ is a dietary supplement for the heart.

Cardio-Essentials™ contains coenzyme Q-10, L-carnitine, L-aurine, and hawthorn berry. Cardio-Essentials™ is a light tan powder. Each serving of Cardio-Essentials™ contains 100 mg of coenzyme Q-10 and 3.5 g of a blend of L-carnitine, L-aurine, and hawthorn berry. In addition to these active ingredients, each capsule also contains silicon dioxide, stearic acid, and calcium silicate.

BENEFITS AND RESEARCH

The ventricles of the heart require specific nutrients to maintain overall health. These important nutrients are included in Cardio-Essentials™: coenzyme Q10, L-carnitine, and L-aurine. In a clinical study, the combination of L-carnitine, L-aurine, and coenzyme Q10 was shown to reduce the size of the left ventricle, which is important to maintain heart health. These ingredients are known to be important in providing adequate energy for heart muscle. Cardio-Essentials™ provides adequate amounts of these ingredients, i.e. 100 mg of CoQ10. Hawthorn extract is traditionally used in supporting heart function.¹

SUGGESTED USAGE

Take three capsules twice daily with food.

SAFETY AND WARNINGS

Cardio-Essentials™ is well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

HOW SUPPLIED

Available in capsules.

REFERENCES

Lee JH, Jarreau T, Prasad A, Lavie C, O'Keefe J, Ventura A.

Nutritional assessment in heart failure patients. Congestive Heart Failure. 2011;17(4):199-203.

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CM CREAM Supports Joint Health and Mobility¹ DS



DESCRIPTION

CM Cream is an off-white cream that is insoluble in water. One gram of CM Cream contains 7.5% of cetylated fatty acids. In addition to these active ingredients, CM Cream also contains glycerin, caprylic/capric triglyceride, glyceryl stearate, PEG-100 stearate, cetearyl alcohol, tocopheryl acetate, dimethicone, phenoxyethanol, cetareth-20, citrus Aurantium bergamia (bergamot) fruit oil, benzyl alcohol, acrylates/C10-30 alkyl acrylate crosspolymer, ethylhexylglycerin, tetrasodium glutamate diacetate.

BENEFITS AND RESEARCH

Cetyl myristoleate and related fatty acids have been shown to support healthy joints. A clinical study indicated that subjects exhibited improvements in knee flexion compared to placebo. A second study indicated the cream is effective for improving knee range of motion, ability to climb stairs, rise from a chair and walk, balance, strength, and endurance.¹

SUGGESTED USAGE

Apply generously onto clean skin and gently massage until the cream disappears. Repeat 3 to 4 times daily as necessary. For maximum results, use both products concurrently.

SAFETY AND WARNINGS

CM Cream are well tolerated. As with any dietary supplement.

HOW SUPPLIED

CM Cream is available as a topical cream.

REFERENCES

Hesslink R, Armstrong D, Nagendran MV, Sreevatsan S, Barathur R. Cetylated fatty acids improve knee function in patients with osteoarthritis. Journal of Rheumatology. 2002;29(8):1708–1712.

Kraemer WJ, Ratamess NA, Anderson JA, et al. Effect of a cetylated fatty acid topical cream on functional mobility and quality of life of patients with osteoarthritis.

Journal of Rheumatology. 2004;31(4):767–774.

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CM PLEX®
Supports Joint Health and Mobility¹
DS

DESCRIPTION

CM Plex® and CM Cream are a softgel and topical cream, respectively, that contain a proprietary blend of cetylated fatty acids.

CM Plex® is an opaque oil that is insoluble in water. One softgel capsule of CM Plex® contains 350mg of vegetable sourced cetylated fatty acids. In addition to these active ingredients, each softgel capsule contains olive pomace oil, modified tapioca starch, glycerin and St. John's Bread.



BENEFITS AND RESEARCH

Cetyl myristoleate and related fatty acids have been shown to support healthy joints. A clinical study indicated that subjects exhibited improvements in knee flexion compared to placebo. A second study indicated the cream is effective for improving knee range of motion, ability to climb stairs, rise from a chair and walk, balance, strength, and endurance.¹

SUGGESTED USAGE

Apply generously onto clean skin and gently massage until the cream disappears. Repeat 3 to 4 times daily as necessary. For maximum results, use both products concurrently.

SAFETY AND WARNINGS

CM Plex® Softgels are well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced with CM Plex® Softgels.

HOW SUPPLIED

CM Plex® is available in softgels.

REFERENCES

Hesslink R, Armstrong D, Nagendran MV, Sreevatsan S, Barathur R. Cetylated fatty acids improve knee function in patients with osteoarthritis. *Journal of Rheumatology*. 2002;29(8):1708–1712.
Kraemer WJ, Ratamess NA, Anderson JA, et al. Effect of a cetylated fatty acid topical cream on functional mobility and quality of life of patients with osteoarthritis. *Journal of Rheumatology*. 2004;31(4):767–774.

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CORE HEALTH
Supports Overall Health¹
DS



DESCRIPTION

Core Health is a patent-pending multivitamin designed to maintain overall health and wellness. This product consists of three tablets, namely a Day tablet, a Night tablet, and a Genome tablet. Core Health is the flagship product of Unicity International's Genomeceutical™ line of products.

The Day tablet is a dark yellow color. The active ingredients in the Day tablet are as follows: vitamin A, beta-carotene, vitamin C, vitamin E, vitamin B1, riboflavin, niacinamide, vitamin B6, folic acid, vitamin B12, biotin, vitamin B5, iron, zinc, CoQ10, phosphatidyl serine, green tea extract (standardized to 38% EGCG), quercetin, turmeric extract (standardized to 20% total curcuminoids), and sugar cane extract (standardized to 60% octacosanol). Other ingredients in the Day tablet are as follows: Silicified microcrystalline cellulose, acacia gum, sodium carboxymethyl starch, potato starch, stearic acid, coating (dextrin, dextrose, soy lecithin, sodium carboxymethylcellulose, sodium citrate), silicon dioxide, and magnesium stearate.

The Night tablet is a light greenish color. The active ingredients in the Night tablet are as follows: vitamin D3, calcium, magnesium, L-theanine, and lavender. Other ingredients in the Night tablet are as follows: Acacia gum, potato starch, stearic acid, coating (dextrin, dextrose, soy lecithin, sodium carboxymethylcellulose, sodium citrate), silicon dioxide, and magnesium stearate.

The Genome tablet is a dark brown color. The active ingredients in the Genome tablet are as follows: vitamin K, iodine, copper, manganese, potassium, hesperidin, grape seed extract (standardized to 95% polyphenols), broccoli powder (standardized to 0.5% sulphoraphane), cranberry juice extract (standardized to 10% proanthocyanidins), apple extract (standardized to 70% polyphenols), citrus bioflavonoids (standardized to 50% flavanoids), and a proprietary Unicity Phyto Blend containing green coffee extract, broccoli sprout concentrate, green tea extract, onion extract, apple extract, quercetin, camu camu concentrate, acerola concentrate, tomato concentrate, broccoli concentrate, acai concentrate, basil concentrate, cinnamon concentrate, garlic concentrate, oregano concentrate, turmeric extract, elderberry concentrate, carrot concentrate, mangosteen concentrate, black currant extract, soybean extract, corn extract, blueberry extract, chokeberry concentrate, blackberry concentrate, raspberry concentrate,

sweet cherry concentrate, spinach concentrate, kale concentrate, bilberry extract, and brussels sprout concentrate, maltodextrin, corn starch, silicon dioxide, lecithin. Other ingredients in the Genome tablet are as follows: Silicified microcrystalline cellulose, acacia gum, sodium carboxymethyl starch, stearic acid, potato starch, coating (dextrin, dextrose, soy lecithin, sodium carboxymethylcellulose, sodium citrate), and magnesium stearate.

BENEFITS AND RESEARCH

Core Health contains efficacious amounts of vitamins and minerals known to act as cofactors in enzymatic reactions and help to maintain the thousands of chemical reactions the body performs every second. Secondary metabolites in standardized amounts from forty different botanical sources are also included. Certain plant secondary metabolites have been implicated in maintaining healthy gene expression through interaction with microRNA.

Phosphatidyl serine included in the Day tablet has been shown in the scientific literature to maintain healthy memory function. Clinical studies have shown that octacosanol can improve stamina and exercise capability in athletes. CoQ10 helps to maintain good cellular energy in the body by interaction with the mitochondria.

The Night tablet contains vitamin D3—which has been shown to help maintain healthy calcium absorption in the body. L-Theanine in the Night tablet helps in reduction and healthy maintenance of the stress response. The relaxation and sleep promoting effects of lavender flower are well known in the scientific literature.¹

SUGGESTED USAGE

Take 1 Day (D) packet (6 tablets—3 Day and 3 Genome) in the morning and 1 Night (N) packet (6 tablets—3 Night and 3 Genome) in the evening, with water. Do not exceed recommended dosage.

SAFETY AND WARNINGS

Core Health is generally well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced. Consult your doctor if you are on blood thinning medications.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

HOW SUPPLIED

Available as tablets in single-serving foil packets.

REFERENCES

Palmer JD, Soule BP, Simone BA, Zaorsky NG, Jin J, Simone NL. MicroRNA expression altered by diet: Can

food be medicinal? *Aging Res Rev.* 2014;17:16-24.
Kato-Kataoka K, Sakai M, Ebina R, Nonaka C, Asano T, Miyamori T: Soybean-derived phosphatidylserine improves memory function of the elderly Japanese subjects with memory complaints. *J Clin Biochem Nutr.* 2010;47(3):246-255.

Taylor JC, Rapport L, Lockwood GB. Octacosanol in human health. *Nutrition.* 2003;19(2):192-195.

Christakos S, Dhawan P, Porta A, Mady LJ, Seth T. Vitamin D and intestinal calcium absorption. *Mol Cell Endocrinol.* 2011;347(1-2):25-29.

Kimura K, Ozeki M, Juneja LR, Ohara H: L-Theanine reduces psychological and physiological Stress responses. *Biol Psychol.* 2007;74(1):39-45.

Hirokawa K, Nishimoto T, Taniguchi T. Effects of lavender aroma on sleep quality in healthy Japanese students. *Percept Mot Skills.* 2012;114(1):111-122.

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ENZYGEN® PLUS Supports A Healthy Digestive System¹ DS

DESCRIPTION

In digestion, enzymes liberate and break down nutrients from food that become the building blocks for cell growth and regeneration. Proper enzyme levels are crucial to a healthy body. In order to provide a balanced blend of specific enzymes and help break down foods in digestion, Enzygen® Plus contains a wide variety of unique enzymes that aid in digestion. The enzymes found in Enzygen® Plus help break down various types of fats, carbohydrates, and proteins to help convert food into useful nutrients for the body. Additionally, Enzygen® Plus helps to promote proper digestion and helps the stomach maintain proper acidity. The five basic categories of enzymes include lipase for breaking down oils and fats, cellulase to break down fibers, amylase for breaking down starches, lactase for dairy products, and protease to break down proteins. There are many different enzymes in Unicity's proprietary blend of enzymes found in Enzygen® Plus. These include different forms of amylase, protease, lipase, catalase, lactase, cellulase, hemicellulase, invertase, peptidase, bromelain, papain, superoxide dismutase, beta-glucanase, and phytase.¹



BENEFITS AND RESEARCH

Our bodies need proper levels of active enzymes in order to conduct a variety of tasks, including digestion. While

enzymes occur naturally in our bodies and in plants, they can be destroyed by pesticides, pollution, processes used to cook or irradiate foods, and chemical additives. Enzygen® Plus supplements your enzyme supply to help your body break down fats, carbohydrates, and proteins. Enzymes convert foods to useful nutrients, and complete proper digestion.

Enzymes are natural substances created in plant, animal and human cells, and they play a vital role in digestion. There are more than 2,700 identified enzymes in the human body, and each affects a unique chemical reaction. The body relies on properly functioning enzymes to assist with breathing, digestion, growth, blood coagulation, sensory perception, reproduction, and other functions.

Enzygen® Plus contains a wide variety of enzymes and other ingredients that may aid digestion by breaking down food in the digestive system, stimulating the release of essential nutrients from food.¹

SUGGESTED USAGE

Take one capsule three times daily with food.

SAFETY AND WARNINGS

Enzygen® Plus is generally well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

HOW SUPPLIED

Available in capsules.

REFERENCES

Roxas M. The role of enzyme supplementation in digestive disorders. *Altern Med Rev.* 2008;13(4):307-314.
Shastri D, Kumar M, Kumar A. Modulation of lead toxicity by *Spirulina fusiformis*. *Phytother Res.* 1999;13(3):258-60.
DerMarderosian A. (Ed.) *The review of natural products. Facts and Comparisons, Inc, St Louis* (1999).
Peirce A. *The American Pharmaceutical Association Practical Guide to Natural Medicines.* New York, NY. William Morrow and Co., 1999.

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IMMUNIZEN® Fortify Your Immune Defences¹ DS

DESCRIPTION

Immunizen® is a dietary supplement for strengthening and fortifying the immune system.

Immunizen® is a moderately water-soluble, white crystalline powder. Immunizen®



consists of a proprietary blend of colostrum, arabinogalactan, 1,3, 1,6 yeast betaglucans, and lactoferrin. In addition to the active ingredients, each 835 mg capsule of Immunizen® contains natural gelatin, stearic acid, and silicon dioxide.¹

BENEFITS AND RESEARCH

Immunizen® combines the positive immune modulating effects of colostrum, arabinogalactans, yeast betaglucans, and lactoferrin to boost your body's natural defenses to foreign antigens. Colostrum is composed of immunoglobulins that bolster the body's immune system by providing immunity against various pathogens.

Beta-glucans are generally derived from the cell walls of the yeast species *Saccharomyces cerevisiae*. Beta-glucans are potent immuno-modulating agents that prime both the innate and adaptive immune systems.¹

SUGGESTED USAGE

Take two capsules daily with water one to two hours before a meal.

SAFETY AND WARNINGS

Immunizen® is well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

HOW SUPPLIED

Available in capsules.

REFERENCES

Lilius EM, Marnila P. The role of colostrum antibodies in prevention of microbial infections. *Curr Opin Infect Dis.* 2001;14(3):295-300.
Hammarström L, Weiner CK. Targeted antibodies in dairy-based products. *Adv Exp Med Biol.* 2008;606:321-343.
Chan GCF, Chan WK, Sze DMY. The effects of β-glucan on human immune and cancer cells. *J Hematol Oncol.* 2009;2:25.

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JOINT MOBILITY™ Promotes Healthy Joints¹ DS

DESCRIPTION

Joint Mobility™ and Colla Flex are nutritional supplements for overall joint health.

Joint Mobility™ contains undenatured type II collagen, turmeric extract (95% curcumin), boswellia extract and



vitamin D3 as active ingredients, and also includes microcrystalline cellulose and silicon dioxide. Joint Mobility™ is a powder filled capsule that takes on the yellow color of turmeric. Joint Mobility is delivered in a smaller dose than traditional joint supplements. These smaller capsules are ideal for individuals who have trouble taking large capsules or pills.

BENEFITS AND RESEARCH

Many people suffer daily from joint pain and discomfort caused from years of overuse or from being obese. Joint pain and a loss of mobility can dramatically affect quality of life, making simple, everyday activity difficult and painful. The ingredients contained in Joint Mobility™ and Colla Flex work in several different ways to help maintain overall joint health. Turmeric (curcumin) and boswellia extract have been shown to downregulate the genes involved in chronic inflammation. Vitamin D3 has been shown to help increase collagen production which is needed to maintain overall joint health. Black pepper extract has been shown to block the expression of inflammatory markers in the body. The ingredients contained in these supplements have been shown to inhibit pro-inflammatory pathways and also help to prevent the breakdown of joint collagen, allowing the body to repair and heal itself.¹

SUGGESTED USAGE

Take two capsules daily.

SAFETY AND WARNINGS

Joint Mobility™ are generally well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

HOW SUPPLIED

Available in capsules.

REFERENCES

- Crowley DC, Lau FC, Sharma P, et al. Safety and efficacy of undenatured type II collagen in the treatment of osteoarthritis of the knee: a clinical trial. *Int J Med Sci* 2009, 6:312-321.
- Chandran B, Goel A. A randomized, pilot study to assess the efficacy and safety of curcumin in patients with active rheumatoid arthritis. *Phytother Res*. 2012 Nov; 26(11):1719-25.
- Dobak JI, Grzybowski J, et al. 1,25-Dihydroxyvitamin D3 increases collagen production in dermal fibroblasts. *J Dermatol Sci*. 1994 Aug;8(1):18-24.
- Kimmatkar N, Thawani V, et al. Efficacy and tolerability of Boswellia serrate extract in treatment of osteoarthritis of knee—a randomized double blind placebo controlled trial. *Phytomedicine* 2003 Jan; 10(1):3-7.
- Reuter S, Gupta S, et al. Epigenetic changes induced by curcumin and other natural compounds. *Genes Nutr* (2011) 6:93–108.

Takada Y, Ichikawa H, et al. Acetyl-11-Keto-β-Boswellic acid potentiates apoptosis, inhibits invasion, and abolishes osteoclastogenesis by suppressing NF-κB and NF-κB-regulated gene expression. *J Immunol* 2006;176:3127-3140.

Ying X, Chen X, Cheng S, Shen Y, Peng L, Xu HZ. Piperine inhibits IL-β induced expression of inflammatory mediators in human osteoarthritis chondrocyte. *Int Immunopharmacol*. 2013;17(2):293-299.

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OMEGALIFE-3™ Resolv (Also known as OmegaLife-3) Omega-3 Fatty Acid Supplementation DS

DESCRIPTION

OmegaLife-3™ Resolv (Also known as OmegaLife-3) are a blend of omega-3 fatty acids designed to help maintain healthy cardiovascular and cerebral function.



OmegaLife-3™ Resolv is a patent pending, semi-opaque, semi-viscous, fat-soluble liquid softgel. Each serving of OmegaLife-3™ Resolv contains the following active ingredients: 1000 mg eicosapentaenoic acid (EPA), 500 mg docosahexaenoic acid (DHA), and 120mg vitamin E. In addition, it also contains the inactive ingredients; beeswax, Gaultheria procumbens (wintergreen oil), soy lecithin, l-arginine, special antioxidants blend (rosemary extract, sunflower oil, mixed natural tocopherols, L-ascorbyl palmitate), fish gelatin, glycerin, purified water. OmegaLife-3™ Resolv has been molecularly distilled to ensure exceptionally pure oil to provide higher levels of EPA and DHA; in addition this product includes wintergreen oil to prevent a fishy aftertaste.¹

BENEFITS AND RESEARCH

Clinical research suggests fish oil can help support proper brain and eye health. In 2002 the FDA approved supplementation of DHA in infant formula. DHA is potentially important in fetal and infant neural development, in that DHA and arachidonic acid have been shown to be incorporated into brain and retinal cell membranes—particularly during the third trimester of pregnancy and early infant life. DHA is the predominant structural fatty acid in the central nervous system and in the retina of the eyes. EPA supports the synthesis of important compounds in the body. EPA is the precursor of thromboxane and leukotriene, compounds involved in supporting healthy circulation. They also promote healthy blood vessels.

Evidence is accumulating that increasing intakes of EPA and DHA can decrease the risk thrombosis, decrease triglyceride levels, and decrease inflammation. The U.S. Food and Drug Administration (FDA) has stated, "Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease."¹

SUGGESTED USAGE

Take four softgels daily with water.

SAFETY AND WARNINGS

OmegaLife-3 Resolve is well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced.

HOW SUPPLIED

Available in softgels.

REFERENCES

- Barter P, Ginsberg HN. Effectiveness of combined statin plus omega-3 fatty acid therapy for mixed dyslipidemia. *Am J Cardiol.* 2008;102(8):1040-1045
- Lee JH, Harris WS, et al. Omega-3 fatty acids for cardioprotection. *Mayo Clin Proc.* 2008;83(3):324-332.
- SanGiovanni JP, Chew EY, Sperduto RD, et al. The relationship of dietary omega-3 long-chain polyunsaturated fatty acid intake with incident age-related macular degeneration: AREDS report no. 23. *Arch Ophthalmol.* 2008;126(9):1274-1279.
- SanGiovanni JP, Parra-Cabrera S, Colditz GA, Berkey CS, Dwyer JT. Meta-analysis of dietary essential fatty acids and long-chain polyunsaturated fatty acids as they relate to visual resolution acuity in healthy preterm infants. *Pediatrics* 2000;105:1292-8.
- Kris-Etherton PM, Harris WS, Appel LJ. Omega-3 fatty acids and cardiovascular disease: new recommendations from the American Heart Association. *Arterioscler Thromb Vasc Biol.* 2003;23(2):151-152.

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UBIQUINOL-COQ10 Supports Cellular Energy¹ DS

DESCRIPTION

As we age, levels of CoQ10 in the body decrease, causing the degeneration of cells. Ubiquinol-CoQ10 provides essential nutrients that may benefit the heart; it also contains antioxidants that may combat free-radical damage as well as help to naturally



sustain healthy levels of CoQ10 in people as they age. Ubiquinol-CoQ10 is a highpotency formula of Ubiquinol along with sunflower oil, yellow beeswax, and sunflower lecithin to increase solubility and bioavailability. CoenzymeQ10 (CoQ10) is found naturally in the body and plays an essential role in the production of energy in all cells. CoQ10 Advanced Formula contains coenzymeQ10 along with L-carnitine and taurine, amino acids that contribute to heart health. It also contains vitamin E and vitamin B12.1

BENEFITS AND RESEARCH

Ubiquinol (CoQ10) is found naturally in the body and plays an essential role in the production of energy in all cells. The body requires a sufficient amount of CoQ10 in order to function optimally. This product may help enhance the effectiveness of the immune system. Some research has shown that a CoQ10 deficiency may contribute to possible side effects in persons taking statin medications. CoQ10 may support heart health and may assist the body in energy production in cells. CoQ10 is also an antioxidant that may protect cells from free radicals. L-Carnitine and taurine have been shown to reduce heart rate and triglyceride levels in patients with congestive heart failure, and help improve left ventricular function.¹

SUGGESTED USAGE

Take one softgel daily.

SAFETY AND WARNINGS

Ubiquinol-CoQ10 is generally well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced. Do not take while on blood thinning medication without consulting a doctor.

HOW SUPPLIED

Available in softgels.

REFERENCES

- Rosenfeldt F, Miller F, Nagley P, et al. Response of the senescent heart to stress: Clinical therapeutic strategies and quest for mitochondrial predictors of biological age. *Ann N Y Acad Sci.* 2004;1019:78-84.
- Ghidini O, Azzurro M, Vita G, Sartori G. Evaluation of the therapeutic efficacy of L-carnitine in congestive heart failure. *Int J Clin Pharmacol Ther Toxicol.* 1988;26:217-20.
- Azuma J, Sawamura A, Awata N. Usefulness of taurine in chronic congestive heart failure and its prospective application. *Jpn Circ J* 1992;56:95-9.

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UNIMATE™

Feel Good and Stay in the Game DS

DESCRIPTION

Unimate™ is a high-quality proprietary Yerba Mate extract with natural ingredients to boost your mood and your endurance. Our Yerba Mate is grown, harvested, and traditionally fire-dried and roasted in South America. It then undergoes a specialized purification and extraction process, providing 10 times the amount of bioactive compounds as normal Yerba Mate.¹



BENEFITS AND RESEARCH

Unimate™ is a rich source of vitamins, minerals, and secondary metabolites such as chlorogenic acids and triterpenoid saponins. As a member of Unicity International's Genomeceutical™ line of products, chlorogenic acids and triterpenoid saponins found in Unimate™ have been documented in the scientific literature to support healthy gene expression in the body. Clinical studies show that Unimate™ has the ability to promote a healthy mood. Psychological well-being in a group of subjects, assessed using the Oxford Happiness Questionnaire, was increased by 20% after taking Unimate™. The mode of action of this result is likely due to the ability of chlorogenic acids to support healthy mood and cognition—as previously reported elsewhere in the scientific literature.

An additional clinical study demonstrated the ability of Unimate™ to maintain healthy blood-lipid and blood glucose levels in the body. A 12% reduction of total cholesterol, 5% reduction of LDL cholesterol, and 11% reduction of triglycerides was observed in a group of subjects who took Unimate™ once daily for 30 days. Additionally, a 5% reduction in fasting blood-glucose and a 3% reduction in HbA1c levels was also observed in this same group.

Other clinical studies have validated the ability of Unimate™ to support healthy weight loss in the body due to the ability of Yerba Mate triterpenoid saponins to support healthy gene expression of anti-obesity related genes.¹

SUGGESTED USAGE

Mix contents of one packet with 8-10 oz. of hot or cold water, once per day.

SAFETY AND WARNINGS

Unimate is generally well tolerated. Unimate contains moderate amounts of caffeine; caffeine-sensitive individuals should exercise caution when using this product. Not suitable for pregnant or nursing women and children.

HOW SUPPLIED

Unimate is packaged in single-serve foil packets.

REFERENCES

- Heck CI, De Mejia EG. Yerba Mate tea (*Ilex paraguariensis*): A comprehensive review on chemistry, health implications, and technological considerations. *Journal of Food Science*. 2007;72(9):R138-R151.
- Camfield DA, Silber BY, Scholey AB, Nolidin K, Coh A, Stough C. A randomized placebo-controlled trial to differentiate the acute cognitive and mood effects of chlorogenic acid from decaffeinated coffee. *PLoS ONE*. 2013;8(12):e82897. <https://doi.org/10.1371/journal.pone.0082897>.
- Gao H, Liu Z, Qu X, Zhao Y. Effects of Yerba Mate tea (*Ilex paraguariensis*) on vascular endothelial function and liver lipoprotein receptor gene expression in hyperlipidemic rats. *Fitoterapia*. 2013;84:264-272.
- Hills P, Argyle M. The Oxford Happiness Questionnaire: A compact scale for the measurement of psychological well-being. *Personality and Individual Differences*. 2002;33:1073-1082.
- Cropley V, Croft R, Silber B, et al. Does coffee enriched with chlorogenic acids improve mood and cognition after acute administration in healthy elderly? A pilot study. *Psychopharmacology*. 2012;219:737-749.

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