

COMPLEMENTARY MEDICINE
**PRODUCT
CATALOGUE**
June 2026



TAKING STEPS IN PROTECTING YOUR HEALTH

Max Biocare is an Australian bioscience and healthcare innovator with global presence, bringing **25+ years' experience** to the development of tailored, science-led health solutions.

Our expertise spans phytochemistry, pharmaceutical science, natural product supplements, nutraceuticals, cosmeceuticals and veterinary health.

Our Scale and Capability

- **Established:** 2000
- **Product origin:** made in Australia & Western Europe in TGA's GMP licensed facilities
- **Expertise:** 150 years' combined experience in pharmaceutical & nutrition science
- **R&D strength:** 100% of R&I scientists are doctoral-level
- **R & D investment:** 30%+ of revenue reinvested into research & innovation commitments at our Research Parks in Gippsland and **GMP-licensed** research and manufacturing facility in Port Melbourne.

Products Categories

Our focus:

- maternal & child health (family health), &
- healthy ageing.

Brain, Heart & Cardiovascular Health
Chewable & Children's Health
Gastrointestinal Health
Immune Health
Muscle & Skeletal Health
Preconception, Pregnancy & Post-Delivery
Sexual & Reproductive Health Range
PMS & Menopause Range
Skin & Personal Care

Validated Performance

Products safety and efficacy proven with ongoing scientific testing including clinical trials.



Scan to find out more about our peer-reviewed publications on clinical trials

Global Markets



Quality You Can Trust

A robust Quality Management System, based on pharmaceutical principles, underpins safety, consistency and product performance.

Ingredient Quality and Standards

- **Supplier qualification:** rigorously screened and approved.
- **Pharmacopoeial alignment:** BP, USP, Ph. Eur. and USP-NF (where applicable)
- **Proprietary ingredients:** Patented/trademarked ingredients are selected for their quality/clinical studies.

Batch testing

Our batch testing requirements go beyond Australian standards and are designed to support compliance across all export markets.

Ongoing Stability: designed to meet Climatic Zone IVb, one of the most demanding global standards and more stringent than Australian requirements.

INGREDIENT QUALITY AND STANDARDS

We are highly selective about the sources and grades of raw materials used across our formulations. We carefully select ingredients from reputable suppliers worldwide, supported by supplier assessment and approval processes appropriate to regulated manufacturing.

Compendial compliance (pharmacopoeial standards):

Where applicable, our ingredient selection aligns with recognised pharmacopoeial standards, including

- BP/ Ph. Eur
- USP/ USP–NF

Pharmacopoeial monographs are publicly available standards that include defined specifications—tests and acceptance criteria—to help assess ingredient quality (e.g., identity/strength/purity) throughout shelf life.

Premium proprietary ingredients:

Many ingredients used in our therapeutic products are proprietary ingredients which are branded, patented, or otherwise protected ingredients selected for their superior quality, performance, or clinical support designed to enhance quality and performance.



PRODUCTS BY CATEGORIES

Health Category	Colour Code	Product Name	Vegan	Vegetarian	Halal	Made In	Page
Brain, Heart & Cardiovascular Health Range		Neurocard Max				Australia	7
		PM Branin				Australia	8
		PM Remen®	•	•		Australia	9
		Rejufort®				Australia	10
Chewable & Children's Health Range		Auscalmax®				Australia	12
		KiddieCal®				Italy*	13
		Dasbrain®				Italy*	14
		IQShield Max®				Italy*	15
Gastrointestinal Health Range		Livaform®	•	•		Australia	17
		Osmiltin®			•	Australia	18

*Uses patented technology only available in Italy

Information in this catalogue is subject to revision. Please refer to product labels for the current information.

PRODUCTS BY CATEGORIES

Health Category	Colour Code	Product Name	Vegan	Vegetarian	Halal	Made In	Page
Immune Health Range		Maxucosa®	•	•	•	Australia	20
Muscle & Skeletal Health Range		Tregocel®	•	•		Australia	22
		Bonlutin				Australia	23
		Reduze				Australia	24
		Extra Bonecare Forte		•		Australia	25
		Magcaldi®		•		Australia	26
		PM NextG Cal®		•		Australia	27
Preconception, Pregnancy & Post-Delivery Range		Abricotis®		•		Australia	28
		PM Procure				Australia	30
		PM Procure Diamond				Australia	31
		Procure Diamond Plus				Italy*	32
Sexual & Reproductive Health Range		Belmarita	•	•		Australia	33
		Femme-F	•	•		Australia	35
		Homme-F®		•		Australia	36
PMS & Menopause Range		Red-Life for Women®	•	•		Australia	37
		Belle Dame				Australia	39
Blood Health		PM H-Regulator				Australia	40
		IronUp®		•		Australia	42
		Ausfebis®	•	•		Australia	43

*Uses advanced softgel technology available in Italy



Brain, Heart & Cardiovascular Health Range

Healthy heart equals healthy brain. Our brain, heart & cardiovascular health range is formulated to support cognitive function, provide stress relief, support heart circulation and cardiovascular system function.



Neurocard Max

Maintain/Support Cardiovascular System, Brain Health & Cognitive Function



Pack size:

60 soft capsules

SKU:

PM132-60UC/2/F/1

Manufactured in Australia

Highlights

- A comprehensive formula for Cardiovascular & Brain Health
- **Bacomind®**, a clinically trialled extract of Bacopa (Brahmi), used in traditional herbal medicines for thousands of years to support memory and lower stress
- **VivoMega™**, a proprietary fish oil extract, produced from sustainable international fisheries, tested for purity

Benefits

- Support cardiovascular system function, heart health & blood circulation
- Support brain health, cognitive and mental function
- Support eye health
- Support healthy neuromuscular system and function
- Antioxidant

Direction:

- Children (4-8 years): 1 capsule daily
- Children (9+ years): 1-3 capsules daily
- Adults: 1-2 capsules twice daily
- With meals, or as directed by a healthcare professional

Caution: Always read the label. Follow the directions for use. Contains fish products, soya bean products and sulfites. Do not take this product if allergic to any of its composition. Do not use during pregnancy and breastfeeding. Keep out of reach of children.

- *Bacopa monnieri* has been used in the Ayurvedic system of herbalism for hundreds of years, part of formulas that have been used as brain tonics
- BacoMind® is a patented, clinically tested memory and cognition enhancing extract, standardised with 9 different bioactive ingredients derived from the brahmi plant
- Used for improving memory and age related neurodegenerative issues, and investigated in 20 publications involving adults and children
- BacoMind® is the first brand of brahmi extract to receive GRAS status by the United States FDA

Ingredients: Each soft capsule contains

Concentrated fish Omega-3 triglycerides	400mg
<i>Equiv. Docosahexaenoic acid (DHA)</i>	96mg
<i>Equiv. Eicosapentaenoic acid (EPA)</i>	144mg
<i>Bacopa monnieri</i> (Brahmi) whole plant (Bacomind®) ext. dry conc. equiv. to minimum dry	5mg 90mg
Heavy magnesium oxide	124.3mg
<i>equiv. Magnesium</i>	75mg
Calcium carbonate	125mg
<i>equiv. Calcium</i>	50mg
Folic acid (vitamin B9)	100mcg

PM Branin®

Maintain/Support Brain, Cognitive Function, Memory & Learning



Pack size:
90 hard capsules

SKU:
PM001-90BL/A1

Manufactured in Australia

Highlights

- A single herb formulation to support learning, memory, and cognitive function
- ***Bacopa monnieri* (Brahmi)** is well-studied for improving cognitive function
- Helpful during study periods or high mental workload

Benefits

- Support cognitive/mental function
- Support learning and information processing
- Support memory and brain function
- Improve memory recall

Direction:

Children (from 6 years +): 1 capsule daily

Adults: 2 capsules daily

Or as directed by a healthcare professional

Ingredients: Each hard capsule contains	
Bacopa monnieri (<i>Brahmi</i>) leaf ext. dry conc.	150mg
<i>equiv. to dry</i>	3g (3,000mg)

Caution: Always read the label. Follow the directions for use. Contains sulfites. Do not take this product if allergic to any of its composition. Do not use during pregnancy and breastfeeding. Do not use if cap seal is broken. Keep out of reach of children.

- *Bacopa monnieri* has been used in the Ayurvedic system of herbalism for hundreds of years, part of formulas that have been used as brain tonics
- It has been studied for its neuroprotective and cholinergic-supporting properties, generating clinical interest in conditions associated with cognitive decline
- Research in children with ADHD has reported improvements in attention span, self-control and behavioural measures over longer-term use

PMRemem®

Maintain/Support Blood Circulation, Cardiovascular, Brain Function & Memory



Pack size:

180 film coated tablets

SKU:

PM028-180BL/A1

Manufactured in Australia



Highlights

- A single herb formulation to support healthy blood circulation, cognitive function, and memory recall
- Made with **standardised *Ginkgo biloba*** extract
- Suitable for **vegans** and vegetarians

Benefits

- Support healthy blood circulation
- Support blood flow to the peripheral areas of the body (legs, hands, and feet)
- Support cardiovascular system health
- Support blood vessel dilation and capillary health
- Improve cognitive performance
- Support brain function, memory/mental recall

Direction:

- Adults: 2-3 tablets daily
- With meals, or as directed by a healthcare professional

Ingredients: Each film coated tablet contains	
<i>Ginkgo biloba</i> leaf ext. dry conc.	120mg
<i>equiv. to dry</i>	6g (6,000mg)

Caution: Always read the label and follow the directions for use. If symptoms persist, talk to your health professional. Contains soya bean products. Do not take this product if allergic to any of its composition. Do not use during pregnancy or breastfeeding. Do not use if cap seal is broken. Keep out of reach of children.

Rejufort®

Maintain/Support Healthy Cardiovascular System Function, Energy & Skin Health



Pack size:

60 soft capsules

SKU:

PM129-60UC/3/F/1

Manufactured in Australia

Benefits

- Support heart health and healthy cardiovascular system function
- Promote healthy blood circulation
- Support blood vessel health
- Enhance energy levels and support energy production
- Promote skin health

Highlights

- A complex formulation containing **clinical levels** of medicinal herbal ingredients and micronutrient scientifically validated to support cardiovascular health
- Featuring proprietary sources of ingredients, including Marine DHA & EPA triglycerides (**VIVOMEGA®**), a high purity, bioavailable form of omega-3 and folic acid (**Quali-B®**), which are both produced under European pharmaceutical GMP conditions
- Antioxidant support from CoQ10, grape-seed and Hawthorn

Direction:

- Adults: 1-2 capsules daily
- Or as directed by a healthcare professional

Caution: Always read the label. Follow the directions for use. Do not take while on warfarin therapy without medical advice. Warning: Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible. Contains fish products, soya bean products and sulfites. Do not take this product if allergic to any of its composition. Do not use during pregnancy and breastfeeding.

Keep out of reach of children.

Ingredients: Each soft capsule contains:

Concentrated fish Omega-3 triglycerides	416.67mg
equiv. Docosahexaenoic acid (DHA)	100mg
equiv. Eicosapentaenoic acid (EPA)	150mg
equiv. Total omega-3 marine triglycerides	250mg
Ubidecarenone (Co-Enzyme Q10)	30mg
Pyridoxine hydrochloride	7.6mg
equiv. Pyridoxine (vitamin B6)	6.25mg
Folic acid (vitamin B9)	100mcg
Vitis vinifera (Grape) seed ext. Dry conc. Equiv. to dry	100mg 12g
Crataegus monogyna (Hawthorn berry) fruit ext. dry conc. equiv. to dry	10mg 40mg



Chewable and Children's Health Range

Our chewable range offers a versatile option for families. Suitable for children and adults, they offer an alternative for individuals that have difficulty swallowing tablets/capsules. Our children's health range helps your little ones meet their nutritional needs to support development, learning and immune health



Auscalmax

Support Bone, Muscle & Teeth Health/Strength



Pack size:

30 chewable soft capsules

SKU:

PM085-30BL/A2

Manufactured in Australia



Highlights

- Formulated with **hydroxyapatite** (MCHA), **vitamins K2 and D3** to support healthy bone development and growth, and to enhance teeth and muscle strength.
- Delicious strawberry and vanilla flavoured **chewable capsules**. Perfect for children or those with difficulty swallowing capsules/tablets.

Benefits

- Assist healthy bone development, growth, and building
- Support bone and teeth health
- Support bone strength and muscle function
- Support calcium absorption in bones

Direction:

- Children (1-9 years): 1 capsules daily
- Children (>9 years and Adults: (incl. Pregnant and breastfeeding women): 2-5 capsules daily
- Or as directed by a health professional

Caution: Always read the label and follow the directions for use. Do not take while on warfarin therapy without medical advice. Vitamins and minerals should not replace a balanced diet. Contains phenylalanine, soya bean products, sucralose and sulfites. Do not take this product if allergic to any of its composition. Do not use if cap seal is broken. Keep out of reach of children.

Ingredients: Each chewable soft capsule contains:	
Hydroxyapatite (Microcrystalline)	250mg
<i>equiv. Calcium</i>	60mg
<i>equiv. Phosphorus</i>	27.5mg
Calcium hydrogen phosphate	475mg
<i>equiv. Calcium</i>	140mg
<i>equiv. Phosphorus</i>	108mg
Total Calcium	200mg
Menaquinone 7 (vitamin K2 as vitaMK7®*)	10mcg
Colecalciferol (vitamin D3 200IU)	5mcg

*VitaMK7® is a Registered Trademark of Gnosis S.p.A.

KiddieCal®

Maintain/Support Bone Health, Strength & Development



Pack size:

50 chewable soft capsules

SKU:

PM106-50BL/A1

Manufactured in Italy



Highlights

- Supports children's calcium needs during growth and development
- Formulated with vitamin D and K for calcium uptake in bones
- Delicious *strawberry chewable soft capsules*

Benefits

- Support healthy bone development/growth/building
- Support bone mass/density/integrity
- Support healthy teeth
- Support calcium absorption in bones
- Help prevent dietary calcium and vitamin D deficiency

Direction:

- Children (1-3 years): 1 capsule daily
- Children (3+ years) and Adults (incl. Pregnant and breastfeeding women): 1-2 capsules twice daily
- Or as directed by a healthcare professional

Caution: Always read the label and follow the directions for use. Do not take while on warfarin therapy without medical advice. Contains galactose, sucralose, sulfites and soya bean products. Do not take this product if allergic to any of its composition. Do not use if cap seal is broken. Keep out of reach of children

Ingredients: Each chewable soft capsule contains:

Calcium	200mg
<i>from Calcium hydrogen phosphate</i>	678mg
Colecalciferol	5mcg
<i>equiv. vitamin D3</i>	200IU
<i>Phytomenadione (vitamin K1)</i>	30mcg

Dasbrain®

Maintain/Support Brain & Central Nervous System Function & Development



Pack size:
45 chewable soft capsules

SKU:
PM143-45BL/A1

Manufactured in Italy



Highlights

- Clinically proven, pharmaceutical-grade omega-3
- Delicious **orange flavoured chewable** capsules.
- Perfect for children or those with difficulty swallowing capsules/tablets.

Benefits

- Support cognitive function and healthy brain and central nervous system development
- Support healthy cardiovascular system function
- Help maintain healthy eye development
- Support healthy pregnancy and foetal development
- Help promote maternal postnatal health

Direction

- Children (6+ months) and Adults (including pregnant & breastfeeding women): 1 capsule daily
- Or as directed by a healthcare professional

Caution: Always read the label and follow the directions for use. Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester. If you are concerned about the health of yourself or your baby, talk to your health practitioner. Contains fish products, soya bean products, sucralose and sulfites. Do not take this product if allergic to any of its composition. Do not use if cap seal is broken. Keep out of reach of children

Ingredients: Each chewable soft capsule contains:

Docosahexaenoic acid (DHA)*	260mg
Eicosapentaenoic acid (EPA)*	60mg
<i>equiv. Omega-3 marine triglycerides</i>	320mg
<i>*from natural fish oil</i>	1g (1,000mg)

- **Clinically proven** to improve cognition and memory in children
- Responsibly sourced fish oil refined in Iceland, **purified and tested** for heavy metals and contaminants

IQShield Max®

Maintain/Support Immune, Digestive & Brain Health



Pack size:

30 chewable soft capsules

SKU:

PM136-30BL/A2

Manufactured in Italy



Highlights

- With **clinically studied Wellmune®**, beta-glucan at therapeutic dose (35mg)
- **VivoMega**, a high purity source of fish oil
- Delicious **natural orange flavoured** chewable capsules
- Perfect for children or those with difficulty swallowing capsules/tablets

Benefits

- Support healthy immune system function
- Support cognitive/mental function
- Support digestive system health
- Support eye health
- Anti-inflammatory
- Antioxidant/reduce free radical formed in the body

Direction

- Children (1-8 years): 1 capsule daily
- Children (9+ years) & Adults: 1-2 capsules daily
- Or as directed by a healthcare professional

*For children under 5, puncture the capsules and squeeze contents onto foods or into mouth

Caution: Always read the label and follow the directions for use. Contains fish products, soya bean products and sucralose. Do not take this product if allergic to any of its composition. Do not use if cap seal is broken. Keep out of reach of children.

Ingredients: Each chewable soft capsule contains:

Beta-glucan from <i>Saccharomyces cerevisiae</i> cell wall ext. dry conc. equiv. to fresh (as Wellmune®*)	26.25mg 35mg 175mg
Concentrated fish Omega-3 triglycerides Contains Omega-3 marine triglycerides	500mg 335mg
<i>equiv. Docosahexaenoic acid (DHA)</i>	250mg
<i>equiv. Eicosapentaenoic acid (EPA)</i>	50mg
Iodine (as Potassium iodide)	60mcg
Zinc (as Zinc amino acid chelate)	2.5mg

*Wellmune® is a registered trademark of Kerry Group.

- **Wellmune®** at 35mg/day in (the same amount contained in one capsule of IQShield Max®) has been shown in **clinical trials to reduce cold duration**, frequency of episodes and the need for antibiotics in 1-4 yr old toddlers.

*Meng et al. 2016; Li et al. 2014;Pontes et al. 2016



Gastrointestinal Health Range

Gastrointestinal health is important for fundamental functions such as digestion and metabolism. Our gastrointestinal range includes formulations for liver detox, digestive function, and antioxidant support.



Livaform®

Maintain/Support Liver & Digestive Health



Pack size:

60 film coated tablets

SKU:

PM067-60UC/4

Manufactured in Australia



Highlights

- Comprehensive liver support with **standardised Milk Thistle**
- **Vegan suitable**

Benefits

- Assist natural body cleansing/detoxification process
- Support natural liver cleansing/detoxification process
- Help improve body metabolism/metabolic rate
- Support healthy digestive system function
- Support healthy liver function
- Antioxidant/reduce free radicals formed in the body

Direction

- Adults only: 1 tablet twice daily
- Or as directed by a healthcare professional

Caution: Always read the label and follow the directions for use. Contains phenylalanine and soya bean products. Do not take this product if allergic to any of its composition. Do not use during pregnancy and breastfeeding. Keep out of reach of children.

Ingredients: Each tablet contains:

<i>Silybum marianum</i> (Milk thistle) seed ext. dry. conc. stand. equiv. to minimum dry equiv. <i>Flavanolignans calc. as silybin</i>	9.38g 156.29mg 9.38g 125mg
d-alpha-Tocopheryl acid succinate equiv. <i>Vitamin E</i>	27.5mg 33IU
Taurine	50mg
<i>Schisandra chinensis</i> fruit ext. dry conc. equiv. to dry	150mg 750mg
<i>Cynara scolymus</i> (Globe artichoke) leaf ext. dry conc. stand. equiv. to minimum fresh equiv. <i>Caffeoylquinic acids calc. as cynarin of Cynara scolymus</i>	675mg 15mg 675mg 750mcg

Osmiltin®

Maintain/Support Liver & Digestive Health



Pack size:

60 soft capsules

SKU:

PM053-60UC/6/F/4

Manufactured in Australia



Highlights

- Advanced liver support with **phosphatidylcholine** and antioxidant cofactors
- Formulated to support liver detoxification and regeneration
- Halal-suitable**

Benefits

- Hepatoprotectant/protect the liver
- Support healthy liver function and health
- Maintain natural liver cleansing and detoxification processes
- Support healthy digestive system function
- Antioxidant/reduce free radicals formed in the body.
- Support general health and wellbeing

Direction

- Adults only: 1-2 capsules twice daily
- Or as directed by a healthcare professional

Caution: Always read the label and follow the directions for use. This product contains selenium, which is toxic in high doses. A daily dose of 150 micrograms of selenium from dietary supplements should not be exceeded. Contains soya bean products and sulfites. Do not take this product if allergic to any of its composition. Do not use during pregnancy and breastfeeding. Keep out of reach of children.

Ingredients: Each soft capsule contains:

Phosphatidyl choline (PC) from Lecithin	175mg 500mg
<i>Schisandra chinensis</i> fruit exr. dry. Conc. equiv. to dry	25mg 100mg
<i>Cynara scolymus</i> (Globe artichoke) leaf extr. dry conc. equiv. to dry	25mg 1.25g
d-alpha-Tocopherol equiv. Vitamin E	6.71mg 10IU
Pyridoxine hydrochloride equiv. Pyridoxine (vitamin B6)	2.43mg 2mg
Folic acid (vitamin B9)	100mcg
Cyanocobalamin (vitamin B12)	10mcg
Colecalciferol equiv. vitamin D3	5mcg 200IU
Selenomethionine equiv. Selenium	75mcg 30mcg
Taurine	50mg



Immune Health Range

Immune health is important for our wellbeing and protecting our bodies from illness. Our immune health range helps to support your body's immune system and provides a source of antioxidants.



Maxucosa®

Maintain/Support Healthy Immune System Function



Pack size:

30 **VEGAN** hard capsules

SKU:

PM117-30BL/A3

Manufactured in Australia



Highlights

- Vegan friendly
- **Maritech®** fucoidan:
- Validated to be safe and beneficial in a clinical trial for breast cancer, and more than **30 research studies** of anticancer properties
- The ONLY **CERTIFIED ORGANIC fucoidan** by both USDA and ACO
- The only fucoidan ingredient that has FDA GRAS approval, notified and assessed for safety, toxicity and bioavailability
- Derived from sustainably sourced and fully traceable wild *undaria pinnatifida* seaweed
- Manufactured in Tasmania (Australia) using proprietary solvent-free extraction methods to preserve the integrity of the native fucoidan composition ensuring it is free from solvent residues and harmful chemicals.
- Non-GMO, ICCV **HALAL certified**

Benefits

- Hepatoprotectant/protect the liver
- Support healthy liver function and health
- Maintain natural liver cleansing and detoxification processes
- Support healthy digestive system function
- Antioxidant/reduce free radicals formed in the body.
- Support general health and wellbeing

Direction

- Adults only: 1-2 capsules twice daily
- Or as directed by a healthcare professional

Ingredients: Each **VEGAN** hard capsule contains:

Fucoidan (Maritech®*) from <i>Undaria pinnatifida</i> whole plant extract dry concentrate standardised equiv. to dry	500mg 588mg 7.056g
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**Maritech® is a registered trademark of Marinova Pty Ltd.*

Caution: Always read the label and follow the directions for use. This product contains selenium, which is toxic in high doses. A daily dose of 150 micrograms of selenium from dietary supplements should not be exceeded. Contains soya bean products and sulfites. Do not take this product if allergic to any of its composition. Do not use during pregnancy and breastfeeding. Keep out of reach of children.



Muscular & Skeletal Health

The musculoskeletal system (bones, joints and muscles) allows us to perform every day physical activities. Our muscular & skeletal health range helps to support bone and joint health as well as muscle function.



Tregocel®

Maintain/Support Immune System and Liver Health



Pack size:

60 film coated tablets

SKU:

PM079-60BL/AS1

Manufactured in Australia



Highlights

- A **clinically trialed** natural herbal formula designed to help with immune, liver, cardiovascular health, and mild osteoarthritis
- Contains **Meriva®**, a bioactive form of curcumin that is 29-fold more absorbable than unformulated curcuminoids
- **Vegan** friendly

Benefits

- Support immune, digestive system and liver health
- Support cardiovascular system function
- Anti-inflammatory
- Support joint health/joint mobility. Decrease/relieve symptoms of mild arthritis/mild osteoarthritis/mild joint pain
- Antioxidant/Reduce free radicals formed in the body.
- Analgesic/Anodyne/relieve pain

Direction

- Adults: 1-2 tablets daily
- Or as directed by a healthcare professional

Caution: Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional. Contains lactose and soya bean products. Do not take this product if allergic to any of its composition. Do not use if cap seal is broken. Keep out of reach of children.

Ingredients: Each film coated tablet contains:

Meriva® Curcuma longa Phospholipid Complex (9024160 Indena Curcuma longa extract)*	500mg
containing <i>Curcuma longa</i> rhizome extract	100mg
equivalent to fresh <i>Curcuma longa</i> rhizome standardised to contain curcuminoids	16.5g
	100mg

Extracts dry conc. equiv. to dried:

<i>Boswellia serrata</i> (Frankincense) gum oleoresin ext. dry conc. Stand. equiv. to dry	125mg
equiv. <i>Boswellic acid</i>	500mg
	81.25mg
<i>Harpagophytum procumbens</i> (Devil's claw) root ext. Dry conc. equiv. to dry	83.33mg
	500mg
<i>Apium graveolens</i> (Celery) seed ext. dry conc. equiv. to dry	50mg
	500mg
<i>Zingiber officinale</i> (Ginger) rhizome ext. dry conc. equiv. to dry	15mg
	165mg

Tregocel® has been investigated in a prospective, multicentre clinical trial in Poland on participants aged 40–88 years old suffering from mild knee osteoarthritis for an average of 1.8 years, with the longest sufferer having lived with the condition for more than 17 years. Findings includes reduction in use of prescription pain relief, improved walking distance, decrease in pain, stiffness & improved mobility. Publications available at maxbiocare.com/publications/ or scan the QR code.



Bonlutin®

For the Relief of Mild Arthritis & Joint Pain



Pack size:

100 soft capsules

SKU:

NRG001-100BL/A2

Manufactured in Australia



Highlights

- Combination of glucosamine, fish oil and chondroitin
- Provides 500mg fish oil per capsule
- Easy to swallow soft gel capsules

Benefits

- Anti-inflammatory
- Relieve/reduce mild joint pain and stiffness
- Relieve/reduce mild joint aches and pains
- Relieve/reduce symptoms of mild arthritis/mild osteoarthritis
- Help maintain/support healthy joint cartilage growth/production
- Help promote joint health

Direction

- Adults only: Take 1-2 capsules , 3 times daily (3-6 capsules per day)
- Or as directed by a healthcare professional

Caution: Always read the label and follow the directions for use. If symptoms persist, talk to your health professional. Contains 64.6mg potassium per capsules. If you have kidney disease or are taking heart or blood pressure medicines, consults your doctors or pharmacist before use. Keep out of reach of children. Contains crustacean products, fish products, soya bean products and sulfites. Do not take this product if allergic to any of its composition. Do not use if cap seal is broken.

Ingredients: Each soft capsule contains:

Natural fish oil	500mg
Containing Omega-3 marine triglycerides	150mg
<i>equiv. Docosahexaenoic acid (DHA)</i>	60mg
<i>equiv. Eicosapentaenoic acid (EPA)</i>	90mg
Glucosamine sulfate potassium chloride	500mg
<i>equiv. Glucosamine</i>	296mg
<i>equiv. Potassium chloride</i>	125mg
Shark sodium chondroitin sulfate	11.1mg
<i>equiv. Chondroitin sulfate</i>	10mg

Reduze

For the Relief of Mild Arthritis & Joint Pain



Pack size:

90 hard capsules

SKU:

AB003-90BL/A1

Manufactured in Australia



Highlights

- Combines glucosamine, chondroitin with plant extracts
- Easy to swallow capsule form

Benefits

- Anti-inflammatory/Analgesic
- Reduce/relieve mild joint pain
- Reduce/relieve symptoms of mild arthritis/osteoarthritis
- Support joint health, mobility/flexibility

Direction

- Adults only: 2 capsules, 2-3 times daily (4-6 capsules daily), with or after meals
- Or as directed by a healthcare professional

Caution: Always read the label and follow the directions for use. If symptoms persist, talk to your health professional. Contains 64.6mg potassium per capsule. If you have kidney disease or are taking heart or blood pressure medicines, consult your doctor or pharmacist before use. Keep out of reach of children. Contains crustacean, fish products, hydroxybenzoates and sulfites. Do not take this product if allergic to any of its composition. Do not use during pregnancy and breastfeeding. Do not use if cap seal is broken.

Ingredients: Each hard capsule contains:

Glucosamine sulfate potassium chloride	500mg
<i>equiv. Glucosamine</i>	295mg
<i>equiv. Potassium chloride</i>	125mg
Shark chondroitin sulfate	10mg
<i>Zingiber officinale</i> (Ginger) rhizome ext. dry conc.	40mg
<i>equiv. to dry</i>	200mg
<i>Phellodendron amurense</i> stem bark extr. dry conc <i>equiv. dry</i>	10mg 50mg

Extra Bonecare^{Forte}

Maintain/Support Bone Health/Strength



Pack size:

60 film coated tablets

SKU:

AB003-90BL/A1

Manufactured in Australia



Benefits

- Support healthy bone development/growth/building
- Support bone/healthy teeth
- Support calcium absorption into bones
- Support bone health/repair/strength
- Support bone mineralisation

Highlights

- Comprehensive calcium supplement containing **3 forms of bioavailable calcium; including Microcrystalline Hydroxyapatite (MCHA)**, a clinically trialed natural bone extract with levels of calcium, phosphorus and bone minerals similar to naturally occurring bone, and easily absorbed
- Contains a selection of 7 key micronutrients including vitamin K₁ & K₂ involved in processes that control bone development, calcium uptake and bone mineral composition
- Formulated for all age groups, including pregnant & breastfeeding women and the elderly

Direction

- Adults (incl. Pregnant and breastfeeding women): 1 tablet, 3 times daily, with meals, or as directed by a healthcare professional
- Children (2+ years): ½ to 2 tablets daily
- Children (1-2 years): ¼ tablet daily, crushed into powder form, or mixed with food

Caution: Always read the label and follow the directions for use. Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester. Do not take while on warfarin therapy without medical advise. Vitamins and minerals can only be of assistance if dietary intake is inadequate. Contains phenylalanine. Do not take this product if allergic to any of its composition. Contains magnesium, which may have a laxative effect of cause diarrhoea. Keep out of reach of children.

Ingredients: Each film coated tablet contains:

Hydroxyapatite equiv. Calcium	208.33mg 50mg
Calcium phosphate equiv. Calcium	382.09mg 133.73mg
Calcium citrate tetrahydrate equiv. Calcium	315.2mg 66.43mg
Total Calcium	250.16mg
Heavy magnesium oxide equiv. Magnesium	200mg 120.61mg
Zinc amino acid chelate equiv. Zinc	10mg 2mg
Manganese amino acid chelate equiv. Manganese	15mg 1.5mg
Colecalciferol equiv. Vitamin D3	5mcg 200IU
Folic acid (vitamin B9)	90mcg
Phytomenadione (vitamin K1)	40mcg
Menaquinone 7 (vitamin K2)	5mcg

Magcaldi®

Maintain/Support Bone Health/Strength & Healthy Neuromuscular Function



Pack size:

60 film coated tablets

SKU:

PM076-60UC/3/F/3

Manufactured in Australia



Highlights

- Provide **calcium citrate**, a well-absorbed form of calcium, to support bone strength and density
- Includes **magnesium and vitamin D3** to assist calcium uptake, utilisation and support healthy neuromuscular function
- **Vegetarian** suitable

Benefits

- Assist healthy bone development/growth/building
- Support bone and teeth health
- Support bone density
- Support calcium absorption in bones
- Help promote bone healing/repair
- Promote bone strength and help promote bone mineralisation

Direction

- Children (6-9 years): 1 tablet daily
- Children (9-18 years): 2 tablets daily
- Children (9+ years) and Adults (including pregnant and breastfeeding women): 1-2 tablets twice daily, with or after meals
- Or as directed by a healthcare professional

Caution: Always read the label and follow the directions for use. Vitamins and minerals can only be of assistance if dietary intake is inadequate. Do not take this product if allergic to any of its composition. Keep out of reach of children.

Ingredients: Each film coated tablet contains:	
Calcium citrate tetrahydrate equiv. Calcium	1.1862g 250mg
Heavy magnesium oxide equiv. Magnesium	132.76mg 80mg
Colecalciferol equiv. Vitamin D3	6.2mcg 250IU

PMNextG Cal®

Maintain/Support Bone Health/Strength



Pack size:

90 hard capsules

SKU:

PM018-90BL/A2

Manufactured in Australia



Highlights

- Provide **calcium citrate**, a well-absorbed form of calcium, to support bone strength and density
- Includes **magnesium and vitamin D3** to assist calcium uptake, utilisation and support healthy neuromuscular function
- **Vegetarian** suitable

Benefits

- Assist healthy bone development/strength/building
- Support bone health and flexibility
- Support bone healing/repair/strength
- Help support bone mineralisation

Direction

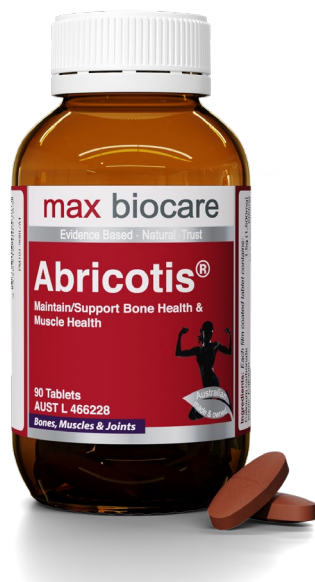
- Children (1-3 years): 2-3 capsules daily
- Children (4-13 years): 2-4 capsules daily
- Teenager (13 years+) and Adults: 2-6 capsules daily
- Pregnant and lactating women: maximum 4 capsules daily
- Or as directed by a healthcare professional

Caution: Always read the label and follow the directions for use. Vitamins and minerals should not replace a balanced diet. Contains soya bean products and sulfites. Do not take this product if allergic to any of its composition. Do not use if cap seal is broken. Keep out of reach of children.

Ingredients: Each hard capsule contains:	
Hydroxyapatite (Microcrystalline)	500mg
equiv. Calcium	120mg
equiv. Phosphorus	55mg
Colecalciferol	2mcg
equiv. Vitamin D3	80IU
Phytomenadione (vitamin K1)	8mcg

Abricotis®

Maintain/Support Bone Health



Pack size:

90 hard capsules

SKU:

PM018-90BL/A2

Manufactured in Australia



Highlights

- High strength calcium formulation, easy **once daily** dosing
- **500IU vitamin D3** in each tablet for calcium absorption
- **Vegetarian** suitable

Benefits

- Support bone health
- Assist healthy bone development/growth/building
- Support muscle health
- Help promote absorption of dietary calcium
- Maintain calcium and vitamin D levels in the body

Direction

- Children (6-9 years): 1 tablet daily
- Children (10+ years) & Adults (Including pregnant & breastfeeding women): 1-2 tablets daily
- Or as directed by a healthcare professional

Caution: Always read the label and follow the directions for use. Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester. Vitamins and minerals can only be of assistance if dietary intake is inadequate. Do not take this product if allergic to any of its composition. Do not use if cap seal is broken. Keep out of reach of children

Ingredients: Each film coated tablet contains:

Calcium carbonate equiv. Calcium	1.5g (1,500mg) 600mg
Colecalciferol equiv. vitamin D3	12.5mcg 500IU



Preconception, Pregnancy & Postpartum

Women have higher nutritional demands during preconception, pregnancy and breastfeeding. Our preconception, pregnancy & post-delivery range is formulated to support the mother's increase in nutritional requirements as well as the baby's health



PMProcare

Support Preconception, Pregnancy & Postnatal Health



Pack size:

60 soft capsules

SKU:

PM044-60BL/A1

Manufactured in Australia



Highlights

- Multivitamin and mineral complex **with omega-3 fish oil DHA & EPA**
- Suitable for preconception, pregnancy, lactation
- Also suitable for adults (women and men) for daily nutrient and omega-3 intake

Benefits

- Support preconception health and healthy pregnancy
- Support healthy foetal development
- Help promote maternal postnatal health
- Support red blood cell health
- Help to prevent neural tube defects such as spina bifida and/or anencephaly

Direction

- Adults only: 1 capsules daily with a meal
- Or as directed by a healthcare professional

Caution: Always read the label and follow the directions for use. Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester. If you are concerned about the health of yourself or your baby, talk to your health practitioner. Vitamins and minerals can only be of assistance if dietary intake is inadequate. Contains fish products, soya bean products, and sulfites. Do not take this product if allergic to any of its composition. Do not use if seal is broken or missing. Keep out of reach of children

Ingredients: Each soft capsule contains:

Natural fish oil (Tuna)	500mg
equiv. Docosahexaenoic acid (DHA)	130mg
equiv. Eicosapentaenoic acid (EPA)	30mg
Pyridoxine hydrochloride	5mg
equiv. Pyridoxine (vitamin B6)	4.12mg
Iron (as Ferrous fumarate)	5mg
Calcium (as Calcium hydrogen phosphate)	46mg
Colecalciferol (vitamin D3 100IU)	2.5mcg
Thiamine nitrate (vitamin B1)	5mg
Riboflavine (vitamin B2)	5mg
Nicotinamide	5mg
Folic acid (vitamin B9)	400mcg
Iodine (as Potassium iodide)	75mcg
Ascorbic acid (vitamin C)	50mg
d-alpha-Tocopherol (vitamin E 10IU)	6.71mg
Cyanocobalamin (vitamin B12)	10mcg
Carotenoids calc. as Betacarotene (of <i>Dunaliella salina</i>) 1mg	1mg
from <i>Dunaliella salina</i> cell ext. soft conc. stand.3.34mg	3.34mg
equiv. to fresh 25mg	25mg
Magnesium (as heavy magnesium oxide)	28.5mg
Zinc (as zinc sulfate monohydrate)	8mg

PMProcare Diamond

Support Preconception, Pregnancy & Postnatal Health



Pack size:

30 soft capsules

SKU:

PM029-30BL/A2

Manufactured in Australia



Highlights

- **One-a-day** comprehensive preconception, pregnancy & breastfeeding multivitamin and mineral formula **including Omega-3 DHA and EPA**
- With 24mg of iron as Ferrous fumarate

Benefits

- Support preconception health and healthy pregnancy
- Support healthy foetal development
- Help promote maternal postnatal health
- Support red blood cell health
- Help to prevent neural tube defects such as spina bifida and/or anencephaly

Direction

- Adults only: 1 capsules daily with a meal
- Or as directed by a healthcare professional

Caution: Always read the label and follow the directions for use. Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester. If you are concerned about the health of yourself or your baby, talk to your health practitioner. Vitamins and minerals can only be of assistance if dietary intake is inadequate. Contains fish products, soya bean products, and sulfites. Do not take this product if allergic to any of its composition. Do not use if seal is broken or missing. Keep out of reach of children

Ingredients: Each soft capsule contains:

Concentrated fish Omega-3 triglycerides equiv. Docosahexaenoic acid (DHA)	500mg 216mg
equiv. Eicosapentaenoic acid (EPA)	45mg
Pyridoxine hydrochloride equiv. Pyridoxine (vitamin B6)	5mg 4.12mg
Iron (as Ferrous fumarate)	24mg
Calcium (as Calcium hydrogen phosphate)	59mg
Colecalciferol (vitamin D3 200IU)	5mcg
Thiamine nitrate (vitamin B1)	5mg
Riboflavine (vitamin B2)	5mg
Nicotinamide	5mg
Folic acid (vitamin B9)	500mcg
Iodine (as Potassium iodide)	200mcg
Ascorbic acid (vitamin C)	50mg
d-alpha-Tocopherol (vitamin E 10IU)	6.71mg
Cyanocobalamin (vitamin B12)	10mcg
Carotenoids calc. as Betacarotene (of <i>Dunaliella salina</i>)	1mg
from <i>Dunaliella salina</i> cell ext. soft conc. stand. equiv. to fresh	3.34mg 25mg
Pantothenic acid (as Calcium pantothenate)	4.5mg
Magnesium (as Heavy magnesium oxide)	30mg
Zinc (as Zinc sulfate monohydrate)	8mg

Procare Diamond^{Plus}

Support Preconception, Pregnancy & Postnatal Health



Pack size:

30 soft capsules

SKU:

PMI30-30BL/A1

Manufactured in Italy



Highlights

- **The only one-a-day,** comprehensive preconception, pregnancy & breastfeeding formula on the market providing **22 nutrients, including Omega-3 DHA at 300mg,** and all 8 B-vitamins, per capsule

- Patented, **clinically proven**, highly absorbable & low side-effect iron source (Ferrochel®*)
- With 2 forms of Vitamin K – K1, plus clinically trialled, highly absorbable, purified form of K2 (menaquinone 7) for bone mineralisation & blood vessel health

Benefits

- Support preconception health and healthy pregnancy
- Support healthy foetal development
- Help promote maternal postnatal health
- Support red blood cell health
- Help to prevent neural tube defects such as spina bifida and/or anencephaly

Direction

- Adults only: 1 capsules daily with a meal
- Or as directed by a healthcare professional

Caution: Always read the label and follow the directions for use. Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester. If you are concerned about the health of yourself or your baby, talk to your health practitioner. Vitamins and minerals can only be of assistance if dietary intake is inadequate. Contains fish products, soya bean products, and sulfites. Do not take this product if allergic to any of its composition. Do not use if seal is broken or missing. Keep out of reach of children

Ingredients: Each soft capsule contains:

Concentrated fish Omega-3 triglycerides equiv. Docosahexaenoic acid (DHA)	600mg
equiv. Eicosapentaenoic acid (EPA)	300mg
Iron (as Iron (II) glycinate) from Ferrous bisglycinate chelate 20% (Ferrochel®)*	60mg
Iodine (as Potassium iodide)	15mg
Folic acid (vitamin B9)	75mg
Cyanocobalamin (vitamin B12)	150mcg
Zinc (as Zinc sulfate monohydrate)	400mcg
Colecalciferol equiv. vitamin D3	3.9mcg
Carotenoids calc. as Betacarotene (of Dunaliella salina) from Dunaliella salina cell ext. soft conc. stand. equiv. to fresh	15mg
Calcium (as Calcium hydrogen phosphate)	15mcg
Magnesium (as Heavy magnesium oxide)	600IU
Thiamine nitrate (vitamin B1)	3mg
Riboflavin (vitamin B2)	10mg
Nicotinamide (vitamin B3)	75mg
Pyridoxine hydrochloride equiv. Pyridoxine (vitamin B6)	50mg
Ascorbic acid (vitamin C)	6.71mg
d-alpha-Tocopherol equiv. vitamin E	10IU
Pantothenic acid (as Calcium pantothenate)	5mg
Biotin (vitamin B7)	200mcg
Phytomenadione (vitamin K1)	30mcg
Menaquinone 7 (vitamin K2)	20mcg

Belmarita®

Support Postnatal Health/Post-Partum Tonic



Pack size:

60 film coated tablets

SKU:

PM044-UC60/4/F3

Manufactured in Australia



Highlights

- Post-partum tonic for after birth skin and tissue recovery
- Contains a standardised turmeric extract with BioPerine® to enhance bioavailability
- Helps reduce inflammation and oxidative stress during recovery

Benefits

- Support skin health and wound healing
- Support skin repair/healing/regeneration
- Support body tissue repair/regeneration
- Antioxidant/reduce free radicals formed in the body
- Support healthy immune system function
- Support healthy blood circulation
- Anti-inflammatory

Direction:

- Adults: 1-2 tablets daily
- Or as directed by a healthcare professional

Caution: Always read the label and follow the directions for use. If symptoms persist, talk to your health professional. If you are concerned about the health of yourself or your baby, talk to your health practitioner. Vitamins and minerals can only be of assistance if dietary intake is inadequate. Contains phenylalanine and soya bean products. Do not take this product if allergic to any of its composition. In very rare cases, Curcuma species may harm the liver. Stop use and see a doctor if you have yellowing skin/eyes or unusual: fatigue, nausea, appetite loss, abdominal pain, dark urine, or itching. Not permitted for use in children aged below 2 years. Keep out of reach of children.

Ingredients:

Each film coated tablet contains:

<i>Curcuma longa</i> (Turmeric) rhizome ext. dry conc. stand. 157.89mg equiv. to dry equiv. Curcuminoids	10.1g 150mg
<i>Piper nigrum</i> (Black pepper) fruit ext. dry conc. stand. 3.5mg equiv. to dry 56mg equiv. Piperine (BioPerine®) (of <i>Piper nigrum</i>) 3.33mg	56mg 3.33mg
Biotin	37.5mcg
Calcium ascorbate dihydrate equiv. Ascorbic acid (vitamin C)	121.04mg 100mg
Zinc amino acid chelate equiv. Zinc	62.5mg 12.5mg



Sexual & Reproductive Health Range

Sexual and reproductive health have important roles in our physical and mental wellbeing. Our sexual & reproductive health range is designed specifically to support libido, performance, fertility and wellbeing.



Femme-F

Maintain/Support Female Reproductive System Health



Pack size:

60 film coated tablets

Sku: PM075-60BL/A1

Manufactured in Australia



Highlights

- A unique combination of green tea, chasteberry and important micronutrients designed to support preconception and reproductive system health
- Vegan friendly

Benefits

- Support female reproductive system health. Helps enhance preconception health.
- Maintain female healthy hormonal balance/ regulate healthy menstrual cycle
- Reduce/relieve symptoms of premenstrual tension/menstrual cycle irregularity/irregular periods/menstrual spasms/cramps
- Aid healthy red blood cell production. Antioxidant

Direction:

- Adults: 1 tablet twice daily
- Or as directed by a healthcare professional.

Caution: Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional. Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester. This product 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. Adults only. Contains 14.6mg total caffeine per tablet. A cup of instant coffee contains approximately 80mg of caffeine.

Ingredients: Each film coated tablet contains:

Extracts dry conc. equiv. to dried:

<i>Vitex agnus-castus</i> (Chasteberry) fruit	200mg
<i>Camellia sinensis</i> (Green tea) leaf	1.95g

Plus:

Sodium selenate equiv. Selenium	84µg 35µg
d-alpha-Tocopheryl acid succinate equiv. vitamin E	86.059mg 100IU
Folic acid (vitamin B9) (Quali®-B)	250µg
Ascorbic acid (vitamin C)	375mg
Pyridoxine hydrochloride equiv. Pyridoxine (vitamin B6)	3.7mg 3mg
Cyanocobalamin (vitamin B12)	12µg
Zinc amino acid chelate equiv. Zinc	37.5mg 7.5mg

Caffeine intake more than 200mg per day is not recommended during pregnancy or breastfeeding. *Vitex agnus-castus* may affect hormones and medicines such as oral contraceptives. Consult your health professional before use. Contains soya bean products. Do not take this product if allergic to any of its composition. Do not use if cap seal is broken. Keep out of reach of children.

Homme-F®+

Maintain/Support Male Reproductive System Health



Pack size:

60 film coated tablets

Sku:PMI39-60BL/A1

Manufactured in Australia



Highlights

- Combining medicinal herbs, antioxidants and essential micronutrients to support **sperm function** and vitality
- Antioxidant protection and L-carnitine for improved sperm health and motility
- Contains **clinically verified, high-purity lycopene (redivivo™)** with proven stability

Benefits

- Support reproductive system health
- Support semen health
- Support sperm health and production
- Antioxidant/reduce free radicals formed in the body
- Support energy levels

Direction:

- Adults: 1 tablet twice daily
- Or as directed by a healthcare professional

Caution: Always read the label and follow the directions for use. Do not take while on warfarin therapy without medical advice. The recommended dose of this medicine provides small amounts of caffeine. This product 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. Contains soya bean products and sulfites. Do not take this product if allergic to any of its composition. Do not use during pregnancy and breastfeeding. Do not use if cap seal is broken. Keep out of reach of children.

Ingredients: Each film coated tablet contains:

Camellia sinensis (Green tea) leaf ext. dry conc. equiv. to dry	50mg 600mg
Ganoderma lucidum (Reishi) fruiting body ext. dry conc. equiv. to dry	50mg 1g
Lycopene (redivivo™)*	2mg
Levocarnitine tartrate	250mg
Selenium (as Selenomethionine)	35mcg
d-alpha-Tocopheryl acid succinate (vitamin E 14IU)	11.56mg
Folic acid (vitamin B9)	90mcg
Zinc (as Zinc amino acid chelate)	6.25mg
Colecalciferol (vitamin D3 100IU)	2.5mcg

**redivivo™ is a trademark of DSM*

RED-LIFE for WOMEN®

Maintain/Support Healthy Sexual Function



Pack size:

60 film coated tablets

Sku:

PM061-60BL/A2

Manufactured in Australia



Highlights

- With Horny Goat Weed, Korean Ginseng, Chasteberry and nutrient cofactors
- Formulated to support healthy female sexual function, libido, energy and circulation
- Hormone-free, vegan formula

Benefits

- Aphrodisiac/promote healthy libido
- Support healthy sexual function
- Support female healthy hormonal balance
- Relieve fatigue/weariness/feeling of weakness
- Support healthy blood circulation
- Support cardiovascular system health

Direction:

- Adults only: 1-2 tablets twice daily, once in the morning with breakfast and once 30 minutes before bed
- Or as directed by your healthcare professional

Caution: Always read the label and follow the directions for use. If symptoms persist, talk to your health professional. Vitex agnus-castus may affect hormones and medicines such as oral contraceptives. Consult your health professional before use. Vitamins and minerals can only be of assistance if dietary intake is inadequate. Contains sulfites. Do not take this product if allergic to any of its composition. Do not use during pregnancy and breastfeeding. Do not use if cap seal is broken. Keep out of reach of children.

Ingredients: Each film coated tablet contains:

Epimedium sagittatum (Horny goat weed) leaf ext. dry conc. equiv. to dry	50mg 1g (1,000mg)
Vitex agnus-castus (Chasteberry) fruit ext. dry conc. equiv. to dry	10mg 100mg
Panax ginseng (Korean ginseng) root ext. dry conc. equiv. to dry	50mg 500mg
Tyrosine	250mg
Calcium hydrogen phosphate dihydrate equiv. Calcium	450mg 103.5mg
Folic acid (vitamin B9)	90mcg
Cyanocobalamin (vitamin B12)	5mcg



PMS & Menopause

Women experience physical and hormonal changes at different stages in their life. Our PMS & menopause range provides herbal formulations to support women's health, and provide relief from PMS and menopausal symptoms.



Belle Dame

Supporting Women's Health



Pack size:

30 soft capsules

Sku:

PM071-30BL/A5

Manufactured in Australia

Highlights

- **Clinically proven**, peer reviewed publications showing efficacy in menopausal symptoms, skin, and cardiovascular health
- Combined benefits of four botanical ingredients
- Convenient one-a-day softgel capsules

Benefits

- Helps enhance skin health
- Support skin integrity/structure
- Antioxidant/reduce free radicals formed in the body
- Support healthy cardiovascular system function
- Helps in the maintenance of healthy blood lipids/blood fats
- Helps maintain healthy cholesterol
- Support female healthy hormonal balance during the reproductive cycle
- Decrease/relieve menstrual cycle irregularity
- Reduce/relieve symptoms of menopause

Direction: 1 capsule per day

Caution: Always read the label and follow the directions for use.

Warning: In very rare cases, black cohosh has been associated with liver failure. If you are experiencing yellowing of the skin or whites of the eyes, dark urine, nausea, vomiting, unusual tiredness, weakness, stomach or abdominal pain, and/or loss of appetite, you should stop using this product and see your doctor. Vitex agnus-castus may affect hormones and medicines such as oral contraceptives. Consult your health professional before use. Contains soya bean products and sulfites. Do not take this product if allergic to any of its composition. Do not use during pregnancy and breastfeeding. Do not use if cap seal is broken. Keep out of reach of children.

Ingredients: Each soft capsule contains:

Isoflavones (calc. as daidzin/ein, genistin/ein, glycitin/ein) from Glycine max (Soya bean) seed ext. dry conc. stand. equiv. to minimum fresh	100mg 263.16mg 39.47g
Actaea racemosa (Black cohosh) root & rhizome ext. dry conc. equiv. to dry	80mg 264mg
Vitex agnus-castus (Chasteberry) fruit ext. dry conc. equiv. to dry	40mg 400mg
Evening Primrose Oil equiv. gamma-Linolenic acid equiv. Linoleic acid	500mg 50mg 325mg

- Investigated in a double-blind, placebo controlled study in 110 post-menopausal women to validate its efficacy and safety for menopausal symptoms, cardiovascular health, antioxidant status, skin integrity (scaliness/roughness), and skin integrity (elasticity, wrinkles).

View:

- <https://rb.gy/wkxewi>; <https://rb.gy/rbmjex>;
- And <https://rb.gy/0nalaf>.

PMH-Regulator®

Support Healthy Female Hormonal Balance



Pack size:

30 hard capsules

SKU:

PM024-30BL/A3

Manufactured in Australia

Highlights

- Dual-action hormonal balance formula combining Soy Isoflavones and Chasteberry
- Clinically relevant extract strengths for targeted women's health support

Benefits

- Support health female hormone balance during the reproductive cycle
- Relieve menstrual cycle irregularity
- Relieve menstrual cramps and pain
- Relieve symptoms of PMS: breast tenderness, irritability, acne
- Relieve symptoms of menopause: night sweats, hot flushes, irritability / aggression.

Direction:

- Adults only: 1-2 capsules daily, with a meal
- Or as directed by a healthcare practitioner

Caution: Always read the label and follow the directions for use. If symptoms persist, talk to your health professional. Vitex agnus-castus may affect hormones and medicines such as oral contraceptives. Consult your healthcare professional before use if taking hormonal medicines. Contains soya bean products and sulfites. Do not take this product if allergic to any of its composition. Do not use during pregnancy and breastfeeding. Do not use if cap seal is broken. Keep out of reach of children.

Ingredients: Each hard capsule contains:

Vitex agnus-castus (Chasteberry) fruit ext. dry conc. equiv. to dry	20mg 200mg
Isoflavones (calc. as daidzin/ein, genistin/ein, glycitin/ein) (Glycine max) from Glycine max (Soya bean) seed ext. dry conc. stand. equiv. to dry	80mg 200mg 32g

Blood Health

Blood health is fundamental to energy, vitality, and overall wellbeing. Our range is designed to support healthy blood function, nutrient transport, and efficient nutrient absorption.



IronUp®

Maintain/Support Blood Health



Pack size:

30 soft capsules

SKU:

PM025-30BL/A4

Manufactured in Australia

Highlights

- **Clinically trialled** formulation in pregnant women
- **5–7 times better absorption** than iron sulfate, with fewer gastrointestinal side effects
- Formulated with **Ferrochel®** iron bisglycinate, a clinically studied, highly bioavailable and well-tolerated form of iron
- Includes active folate forms to support RBC formation and pregnancy nutrition

Benefits

- Support health blood circulation
- Assist red blood cell production
- Support blood health and haemoglobin synthesis
- Help enhance absorption of dietary iron levels in the body
- Support healthy foetal development
- Help to prevent neural tube defects such as spina bifida and/or anencephaly

Direction:

- 1 capsule daily, with or after a meal
- Or as directed by a healthcare professional

Caution: Always read the label and follow the directions for use. Not for the treatment of iron deficiency conditions. Vitamins and minerals should not replace a balanced diet. Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester. Do not exceed the stated dose except on medical advice. If you have had a baby with a neural tube defect/spina bifida, seek specific medical advice. Contains soya bean products and sulfites. Do not take this product if allergic to any of its composition. Do not use if seal is broken or missing. Keep out of reach of children.

Each soft capsule contains:

Iron (as Iron (II) glycinate)	24mg
from Ferrous bisglycinate chelate 20% (Ferrochel®)*	120mg
Folic acid (vitamin B9)	400mcg
Folinic acid (as Calcium folinate)	100mcg
Ascorbic acid (vitamin C)	50mg
Thiamine nitrate (vitamin B1)	5mg
Riboflavine (vitamin B2)	5mg
Pyridoxine hydrochloride (vitamin B6)	6.08mg
equiv. Pyridoxine (vitamin B6)	5mg
Cyanocobalamin (vitamin B12)	10mcg

**Ferrochel ® is a trademark of Balchem Corporation or its subsidiaries.*

- Published RCT*: IronUp® was evaluated in pregnant women with iron deficiency.
- Improved iron absorption, iron status and blood cell counts over the study period.
- Significantly fewer gastrointestinal side effects compared with ferrous fumarate.

*Bumrungpert et al. Nutrients 2022, 14(3):452;
<https://doi.org/10.3390/nu1403045>



Ausfebis®

Maintain/Support Blood Health



Pack size:

30 film coated tablets

SKU:

PM087-30BL/A3

Manufactured in Australia

Highlights

- Formulated with **Ferrochel®** iron bisglycinate, a clinically studied, highly bioavailable and well-tolerated form of iron
- **5–7 times better absorption** than iron sulfate, with fewer gastrointestinal side effects
- Includes active folate forms to support RBC formation, including during pregnancy
- **Vegan** friendly

Benefits

- Support health blood circulation
- Assist red blood cell production
- Support blood health and haemoglobin synthesis
- Help enhance absorption of dietary iron levels in the body
- Support healthy foetal development
- Help to prevent neural tube defects such as spina bifida and/or anencephaly

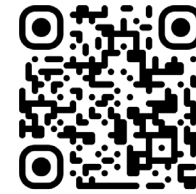
Direction:

- 1 tablet daily, with or after a meal
- Or as directed by a healthcare professional

Caution: Always read the label and follow the directions for use. Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester. Do not exceed the stated dose except on medical advice. If you have had a baby with a neural tube defect/spina bifida, seek specific medical advice. Not for the treatment of iron deficiency conditions. Vitamins and minerals can only be of assistance if dietary intake is inadequate. Contains sulfites. Do not take this product if allergic to any of its composition. Do not use if seal is broken or missing. Keep out of reach of children.

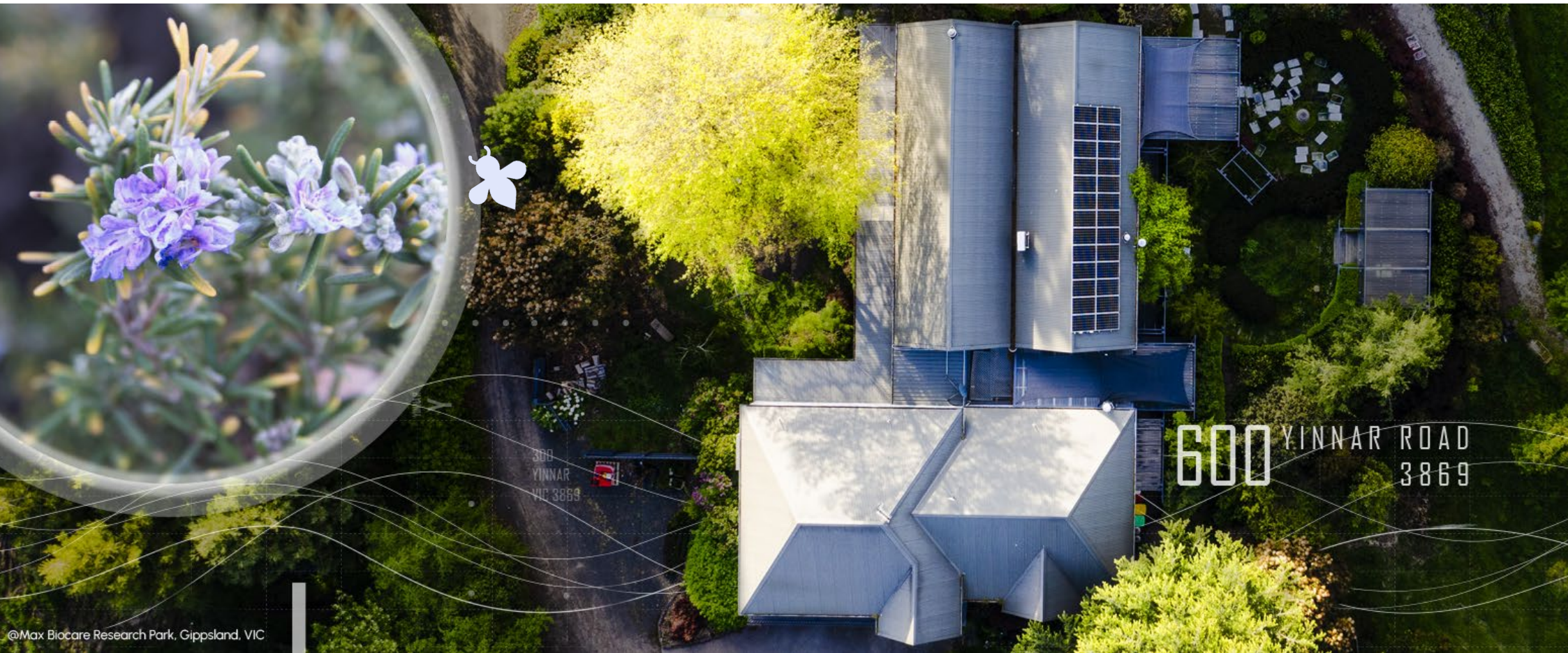
Each film coated tablet contains:	
Iron (as Iron (II) glycinate)	24mg
from Ferrous bisglycinate chelate 20% (Ferrochel®)*	120mg
Folic acid (vitamin B9)	400mcg
Ascorbic acid (vitamin C)	100mg
Calcium folinate equiv. Folinic acid	127mcg
	100mcg

**Ferrochel® is a trademark of Balchem Corporation or its subsidiaries.*



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