Steady On

Steady On is a blend of nutrients designed to provide comprehensive general nutrition, along with precursors for the formation of neurotransmitters.* This proprietary blend is available at a fraction of the cost of all of these nutrients taken separately - all in a convenient powder form.

Suggested Use

As a dietary supplement, 1 level scoop one or two times daily, mixed with desired liquid, or as directed by a healthcare practitioner.

Variations in product color may occur. Keep in a cool, dry place, tightly capped.

Product is sold by weight, not volume. Some settling may occur.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Formulated exclusively for Allergy Research Group®
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Steady On

Total Neurological Nutrient Support*



dietary supplement 900 grams (31.7 oz.)

Supplement Facts

Amount Per Serving Calories 50 Calories from Fat 30 % Daily Value Total Fat Saturated Fat 0.4 g Cholesterol 8 mg Total Carbohydrates Dietary Fiber 1.5 a 1.5 a Sugars Protein Vitamin A (as Beta-Carotene) 1680 IU Vitamin C (as Ascorbic Acid) 440 ma Vitamin D3 (as Cholecalciferol) 130 IU Vitamin E (Mixed Tocopherols) 360 IU 1200 Vitamin K1 (as Phytomenadione) 45 mcg Thiamine (as Thiamine Hydrochloride) 22 mg Riboflavin (Vitamin B2) Niacin (as Inositol Hexanicotinate) 180 mg Vitamin B6 (as Pyridoxine Hydrochloride) 22 mg Folic Acid Vitamin B12 (as Cyanocobalamin) 22 mca d-Biotin 130 mca Pantothenic Acid 110 mg 1100° Calcium (as Calcium Citrate/Gluconate) 310 ma 31%

Amount Per Serving % Daily Value Amount Per Serving Magnesium (as Magnesium Citrate/Gluconate) L-lysine	% Daily Val 50 mg 180 mg 220 mg
Magnesium (as Magnesium Citrate/Gluconate) L-Lysine	180 mg
130 mg 33% L-Methionine	
e* Zinc (as Zinc Citrate) 13 mg 87% L-Ornithine Hydrochloride	
% Selenium (as Sodium Selenite/Selenomethionine) L-Phenylalanine	440 mg
% 90 mcg 130% L-Proline	45 mg
% Copper (as Copper Bisglycinate) 0.9 mg 45% L-Serine	42 mg
% Chromium (as Chromium Picolinate) Taurine	670 mg
% 180 mcg 150% L-Threonine	45 mg
Potassium (as Potassium Gluconate) 45 mg 1% L-Tyrosine	440 mg
% N-Acetyl-L-Cysteine	440 mg
% Beta-Carotene 7 mg † N-Acetyl-L-Cysteine Glutathione Glutathione	110 mg
% Coenzyme Q10 67 mg † Pancreatin	13 mg
% Inositol 22 mg † Papain	22 mg
% Choline 22 mg † Bromelain	22 mg
% Soy Lecithin (26% Phosphatidylcholine) 1440 mg † Grape Seed Extract	220 mg
% L-Alanine 35 mg † Garlic (1% Allicin)	45 mg
% L-Arginine 110 mg † Lutein	1.8 mg
% L-Aspartic Acid 95 mg † Lycopene	1.3 mg
% L-Carnitine 110 mg † Palmitic Acid	130 mg
% L-Cystine 11 mg † Stearic Acid	40 mg
% L-Glutamine 67 mg † Flax Seed Oil	440 mg
% Glycine 67 mg † Lipoic Acid	45 mg
% L-Histidine 22 mg † MSM (Methylsulfonylmethane)	45 mg
L-Isoleucine 45 mg † Eicosapentaenoic Acid (EPA)	160 mg
% Docosahexaenoic Acid (DHA)	110 mg

Serving Size

Servings Per Container

1 Scoop (20 a)

Other ingredients: Oat bran, rice bran, psyllium bran, apple fiber, Natural Lemon oil and Natural Lime oil flavoring, Sorbitol, Silicon dioxide.

^{*} Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.