FOUR PILLARS

complete daily nutritional supplement*

pharmax

To enjoy optimum health, nutritional science recognizes that alongside a well-balanced diet, it is beneficial to supplement with the following essential nutrients:

1. **vitamins and minerals**
2. **omega-3 fatty acids**
3. **antioxidants**
4. **probiotics**

Pharmax Four Pillars is the most convenient way to create a solid nutritional foundation by providing the required daily levels of essential nutrients in four easy-to-take capsules or tablets.

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Pharmax Four Pillars is the most convenient way to create a solid nutritional foundation by providing the required daily levels of essential nutrients in four easy-to-take capsules or tablets.*

1. **vitamins and minerals**
   Nutrients required by virtually all body functions and key contributors to the maintenance of good health.*
2. **omega-3 fatty acids**
   Helps support cognitive health and brain function, as well as maintain and support cardiovascular health.*
3. **antioxidants**
   Neutralizes harmful oxidation that damages cellular integrity and body tissues.*
4. **probiotics**
   Live “friendly” bacteria to help balance the intestinal tract.*

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

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1. **vitamins and minerals** — 30 tablets
2. **omega-3 fatty acids** — 30 soft-gel capsules
3. **antioxidants** — 30 tablets
4. **probiotics** — 30 vegetable capsules

Pack size: 30 day supply

Recommended adult intake: One serrated strip, containing two tablets and two capsules, taken once daily with a protein containing meal or as professionally directed. Take at least 2-3 hours before or after taking antibiotics or other medications.

Risk information: If you have an immune-compromised condition or auto-immune disease; or if you are taking corticosteroids, do not use. If you are pregnant or breastfeeding, consult your healthcare practitioner prior to use. If symptoms of digestive upset occur, worsen or persist beyond three days; or if you develop symptoms of liver trouble, discontinue use and consult your healthcare practitioner.

Safety-sealed for your protection and for product freshness. Do not use if the blister pack has been tampered with. Store in a cool, dry place.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

vitamins & minerals

Supplement Facts
Serving Size 1 Tablet

Amount per serving		%DV
Vitamin A (vitamin A acetate)	1500 IU	30%
Vitamin C (magnesium ascorbate/ ascorbic acid/ manganese ascorbate)	150 mg	250%
Vitamin D (cholecalciferol)	400 IU	100%
Vitamin E (*d*-alpha tocopheryl succinate)	50 IU	167%
Vitamin K_1 (phylloquinone)	80 mcg	100%
Thiamin (thiamin hydrochloride)	12.5 mg	833%
Riboflavin	12.5 mg	735%
Niacin (niacinamide)	25 mg	125%
Vitamin B_6 (pyridoxine hydrochloride)	12.5 mg	625%
Folic acid	200 mcg	50%
Vitamin B_{12} (hydroxocobalamin)	500 mcg	8333%
Biotin	300 mcg	100%
Pantothenic acid (calcium *d*-pantothenate)	50 mg	500%
Calcium (dibasic calcium phosphate dihydrate/ calcium carbonate/ calcium citrate)	244 mg	24%
Iron (iron malate)	7.5 mg	42%
Phosphorus (dibasic calcium phosphate dihydrate)	97 mg	10%
Iodine (potassium iodide)	150 mcg	100%
Magnesium (magnesium oxide/ magnesium ascorbate)	25.4 mg	6%
Zinc (zinc citrate)	75 mg	50%
Selenium (selenomethionine)	100 mcg	143%
Copper (copper gluconate)	1 mg	50%
Manganese (manganese ascorbate)	2.5 mg	125%
Chromium (chromium polynicotinate)	120 mcg	100%
Molybdenum (potassium molybdate)	75 mcg	100%
Potassium (potassium citrate)	12.5 mg	<1%
Boron (boron hydrolysed vegetable (rice) protein chelate)	500 mcg	†
Nickel (nickel sulfate hexahydrate)	12.5 mcg	†
Silicon (silicon dioxide)	13 mg	†
Vanadium (vanadyl sulfate)	25 mcg	†
Choline (choline bitartrate)	20 mg	†
Inositol	5 mg	†

† % Daily Value (DV) not established

Other ingredients: Magnesium stearate, acacia gum, hypromellose, croscarmellose sodium, titanium dioxide, glycerin

omega-3 fatty acids

Supplement Facts
Serving Size 1 Capsule

Amount per serving		%DV
Calories	15	
Calories from Fat	10	
Total Fat	1 g	2%*
Cholesterol	10 mg	4%*
Eicosapentaenoic acid (EPA)	395 mg	†
Docosahexaenoic acid (DHA)	265 mg	†
Total omega-3 (EPA, DHA & other omega-3's provided as sardine & anchovy oil)	750 mg	†

* % Daily Values (DV) are based on a 2,000 calorie diet
† % Daily Value not established

Other ingredients: Fish gelatin, glycerin, orange oil, natural mixed tocopherols

antioxidants

Supplement Facts
Serving Size 1 Tablet

Amount per serving		%DV
Total Carbohydrate	<1 g	<1%*
Vitamin A (100% as beta-carotene)	8325 IU	167%
Vitamin C (ascorbic acid)	250 mg	417%
Vitamin E (*d*-alpha tocopheryl succinate)	50 IU	167%
Folic acid	600 mcg	150%
Calcium (dibasic calcium phosphate dihydrate)	63 mg	6%
Phosphorus (dibasic calcium phosphate dihydrate)	48 mg	5%
Silicon (silicon dioxide)	13 mg	†
N-Acetyl-L-cysteine	80 mg	†
DL-alpha-Lipoic acid	40 mg	†
Coenzyme Q_{10} (yeast fermentation)	30 mg	†
Quercetin (from *Sophora japonica* flower)	20 mg	†
Ellagic acid (from *Punica granatum* hull)	7 mg	†
Lutein (from *Tagetes erecta* flower)	1.5 mg	†
Lycopene (from *Lycopersicon esculentum* fruit)	1.5 mg	†
Natural mixed carotenoids (from *Dunaliella salina* algae)	150 mcg	†
Bilberry (*Vaccinium myrtillus*) fruit extract (4:1) (equivalent to 180 mg fresh fruit)	45 mg	†
Blackberry (*Rubus fruticosus*) fruit extract (4:1) (equivalent to 100 mg fresh fruit)	25 mg	†
Black currant (*Ribes nigrum*) fruit extract (4-5:1) (equivalent to 100 - 125 mg fresh fruit)	25 mg	†
Sweet cherry (*Prunus avium*) fruit extract (3:1) (equivalent to 0.075 ml fresh fruit juice)	25 mg	†
Watercress (*Nasturtium officinale*) whole plant	20 mg	†
Green tea (*Camellia sinensis*) leaf std. extract (40% catechins)	30 mg	†
Grape (*Vitis vinifera*) skin std. extract (40% anthocyanidins)	7 mg	†
Maritime pine (*Pinus pinaster*) bark std. extract (65% procyanidins)	3 mg	†

* % Daily Values (DV) are based on a 2,000 calorie diet
† % Daily Value not established

Other ingredients: Cellulose, magnesium stearate, acacia gum, hypromellose, croscarmellose sodium, beet juice, titanium dioxide, glycerin

probiotics

Supplement Facts
Serving Size 1 Capsule

Amount per serving		%DV
Calcium (calcium carbonate)	232 mg	23%
Magnesium (magnesium oxide)	160 mg	40%
Silicon (silicon dioxide)	4 mg	†
HLC Consortium	2.5 billion viable cells	†
Lactobacillus acidophilus (CUL-60)		
Lactobacillus acidophilus (CUL-21)		
Bifidobacterium bifidum (CUL-20)		
Bifidobacterium animalis subsp. lactis (CUL-34)		

† % Daily Value (DV) not established

Other ingredients: Hypromellose, glyceryl behenate, magnesium stearate

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Exp.

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Made in the UK for Seroyal USA
Pittsburgh, PA 15275
1-888-737-6925

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BARCODE LOCATION
883196 20350

Code FP01-6