## FOUR PILLARS

complete daily nutritional supplement\*



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

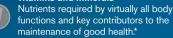
- vitamins and minerals
- omega-3 fatty acids
- antioxidants probiotics

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.

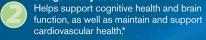








### omega-3 fatty acids



Neutralizes harmful oxidation that damages cellular integrity and body



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





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vitamins and minerals 30 tablets

omega-3 fatty acids
30 soft-gel capsules

antioxidants
30 tablets

probiotics

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

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.

WARNING: Accidental overdose of iron-containing ucts is a leading cause of fatal poisoning in children

6. Keep this product out of reach of children. In
of accidental overdose, call a doctor or poison center immediately.

Amount per serving		96
Vitamin A (vitamin A acetate)	1500 IU	3
Vitamin C (magnesium ascorbate/ ascorbic acid/ manganese ascorbate)	150 mg	25
Vitamin D (cholecalciferol)	400 IU	10
Vitamin E (d-alpha tocopheryl succinate)	50 IU	16
Vitamin K <sub>1</sub> (phylloquinone)	80 mcg	10
Thiamin (thiamin hydrochloride)	12.5 mg	83
Riboflavin	12.5 mg	73
Niacin (niacinamide)	25 mg	12
Vitamin B <sub>□</sub> (pyridoxine hydrochloride)	12.5 mg	62
Folic acid	200 mcg	5
Vitamin B <sub>12</sub> (hydroxocobalamin)	500 mcg	833
Biotin	300 mcg	10
Pantothenic acid (calcium d-pantothenate)	50 mg	50
Calcium (dibasic calcium phosphate dihydrate/ calcium carbonate/ calcium citra	ate) 244 mg	2
Iron (iron malate)	7.5 mg	4
Phosphorus (dibasic calcium phosphate dihydrate)	97 mg	1
lodine (potassium iodide)	150 mcg	10
Magnesium (magnesium oxide/ magnesium ascorbate)	25.4 mg	
Zinc (zinc citrate)	7.5 mg	5
Selenium (selenomethionine)	100 mcg	14
Copper (copper gluconate)	1 mg	5
Manganese (manganese ascorbate)	2.5 mg	12
Chromium (chromium polynicotinate)	120 mcg	10
Molybdenum (potassium molybdate)	75 mcg	10
Potassium (potassium citrate)	12.5 mg	<
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	

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		

	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		mcg	150%
	Calcium (dibasic calcium phosphate dihydrate)		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	Ť
	Coenzyme Q <sub>10</sub> (yeast fermentation)	30	mg	†
	Quercetin (from Sophora japonica flower)		mg	†
	Ellagic acid (from Punica granatum hull)	7	mg	+
2	Lutein (from Tagetes erecta flower)		mg	+
	Lycopene (from Lycopersicon esculentum fruit)		mg	+
	Natural mixed carotenoids (from Dunaliella salina algae)		mcg	†
all	Bilberry (Vaccinium myrtillus) fruit extract (4:1)	45	mg	t
	(equivalent to 180 mg fresh fruit)			
	Blackberry (Rubus fruticosus) fruit extract (4:1)	25	mg	+
	(equivalent to 100 mg fresh fruit)			
	Black currant (Ribes nigrum) fruit extract (4-5:1)	25	mg	+
	(equivalent to 100 - 125 mg fresh fruit)			
	Sweet cherry (Prunus avium) fruit extract (3:1)	25	mg	+
	(equivalent to 0.075 ml fresh fruit juice)			
	Watercress (Nasturtium officinale) whole plant		mg	+
	Green tea (Camellia sinensis) leaf std. extract (40% catechins)		mg	†
	Grape (Vitis vinifera) skin std. extract (40% anthocyanidins)		mg	t
	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			

Amount per serving		%D
Calcium (calcium carbonate)	232 mg	239
Magnesium (magnesium oxide)	160 mg	400
Silicon (silicon dioxide)	4 mg	
HLC Consortium Lactobacillus acidophilus (CUL-80) Lactobacillus acidophilus (CUL-21) Bildobacterium bilidum (CUL-20) Bildobacterium animalis suusp. lactis (CUL-34)	2.5 billion viable ce	lls
† % Daily Value (DV) not established		
	Calcium (calcium carbonate) Magnesium (magnesium oxide) Silicon (silicon dioxide) HLC Consortium Lactohacilius acidophilus (CUL-60) Lactobacilius acidophilus (CUL-21) Bilidobacterium bilidum (CUL-20) Bilidobacterium almialis subsp. factis (CUL-34)	Calcium (calcium carbonate)         232 mg           Magnesium (magnesium oxide)         160 mg           Silicon (silicon dioxide)         4 mg           HLC Consortium         2.5 billion viable ce           Lactobacilius acidophilus (CUL-80)         Lactobacilius acidophilus (CUL-21)           Bilidobacterium bilidum (CUL-20)         Bilidobacterium animalia subsp. lactis (CUL-34)

Lot

Exp.



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BARCODE LOCATION 883196 20350