



Men's Health Protocol*

Objective	Product Recommendation	Dosage	Key Ingredients
Supports healthy bladder strength and urinary tract function*	Bladder Manager™	1 capsule daily. When starting to use Bladder Manager, it's recommended to take 1 capsule twice daily for the first two or three days, or as recommended by your healthcare practitioner.	Angelica (<i>Angelica archangelica</i>) Leaf Extract
Provides support for healthy levels of the critical cortisol hormone, for a more balanced response to life's challenges**	Cortisol Stress Support†^	Women: 1 capsule, one to two times daily. Men: 1 capsule, one to three times daily, or as recommended by your healthcare practitioner.	Vitamin C (as ascorbic acid), Thiamin (B1) (from thiamin HCl), Riboflavin (Vitamin B2), Niacin (Vitamin B3) (from niacinamide and as niacin), Vitamin B6 (from pyridoxal-5-phosphate), Folate (from (6S)-5-methyltetrahydrofolic acid, glucosamine salt), Vitamin B12 (as methylcobalamin), Biotin, Pantothenic acid (from d-calcium pantothenate), DHEA (dehydroepiandrosterone)(micronized)
Supports healthy estrogen and androgen levels and protects prostate cells from the risks of oxidative stress and damage**	DIM + Curcumin	1 capsule daily with food. May increase to 1 capsule twice daily, or as recommended by a healthcare practitioner.	Curcumin (<i>Curcuma longa</i>) Rhizome Extract (BCM-95®/Curcugreen®) enhanced with turmeric essential oil and standardized for curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin), French Grape (<i>Vitis vinifera</i>) Seed Extract (VX1®) standardized to contain ≥ 99% polyphenols and ≥80% OPCs, BR-DIM® (a proprietary, enhanced bioavailability complex containing starch, a minimum 25% diindolylmethane [30 mg], Vitamin E, phosphatidylcholine, silica)
Provides a daily foundation with bioavailable B vitamins, chelated minerals, and other critical nutrients	Essential Multivitamin	2 tablets daily, or as recommended by a healthcare practitioner. May increase to 2 tablets twice daily. 1 tablet daily for children ages 12 and up.	Complete Multivitamin & Mineral Formula with 30 Premium Nutrients. Bioavailable B vitamins, including: B6 as pyridoxal-5-phosphate (P-5-P), B12 as methylcobalamin, and folate (from calcium-L-5-methyltetrahydrofolate). Chelated minerals, including: chromium, magnesium, manganese, molybdenum, and zinc in Albion® bisglycinate and glycinate chelate forms. Critical nutrients, including: Vitamin A (as retinyl palmitate), vitamin D3 (as cholecalciferol), vitamin E (as d-alpha and mixed tocopherols), and vitamin K2 [as menaquinone-7 (MK-7 as Mena Q7™)]. Please see our product page at euromedicausa.com for a complete ingredient list.
Provides omega-3s, phospholipids, and peptides to support cardio strength and vascular elasticity, brain function, mood, and overall eye health*	EurOmega-3®	Adults: 1-2 tablets daily. Children (6 years old and up): 1 tablet daily, or as recommended by your healthcare practitioner.	Omega-3 Phospholipid Peptide Complex: Featuring Phospholipids, Omega-3 [DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid)] and bioactive peptides extracted from Atlantic Salmon (<i>Salmo salar</i>), in a balanced ratio as found in salmon; not chemically altered or artificially spiked with DHA/EPA
Supports nitric oxide production for healthy blood flow and circulation*	Healthy Circulation*	1 capsule daily. May take 1 capsule two to four times daily for additional support, or as recommended by your healthcare practitioner.	Red Sage (<i>Salvia miltiorrhiza</i>) Root Powder (HRS65™), Korean Red Ginseng (<i>Panax ginseng</i>) Root Powder (HRG80™) containing rare, noble ginsenosides

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MenaQ7™ is a trademark of NattoPharma ASA, Norway. ^Occasional stress or anxiety. †Supports healthy levels already within normal range.
*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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