

## For your info...

Our products are constantly changing based on both the needs of our patients and research on different products.

If there is a product that you would like to see, let one of the Doctor's know, or ask the front desk staff.

Additionally, if there are products out that are not listed, feel free to ask questions to our knowledgeable staff members.



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# Our Supplements



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# Other Products



## Essential Oil Diffusers

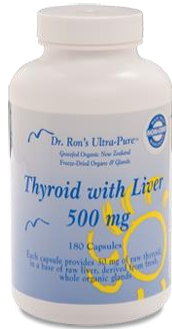
Use an essential oil diffuser to improve your health, increase your energy, or to help you sleep better. Essential oils can have very positive effects on mood and mental well-being, and also provide very therapeutic benefits.



## Solar Recover – Save Your Skin

A great way to moisturize skin, and can be used as a spray for heat and cold. This spray is a complete rehydrating mixture that can truly, save your skin!

# Thyroid with Liver



## Why take Thyroid?

The thyroid supplement is not a hormonal thyroid support, the only ingredient is freeze-dried thyroid tissue from healthy, grass fed bovine. Because the human thyroid gland has such a large effect on the body, it is important to keep it optimally healthy to maintain its function. Those with hypothyroidism benefit greatly from this supplement. However, it is beneficial for numerous reasons, some of which may include:

- Maintenance of metabolism
- Proper brain development
- Improve low levels of fatigue
- Improve memory

## What about Liver?

The capsules sold here at Hayes are raw thyroid in a base of raw liver. This means that the nutrients of both the thyroid and liver organs are provided in one capsule. There are two hormones, T3 and T4, created in the thyroid that are converted to their active forms in the liver. Therefore ensuring the liver is functioning properly ensures the thyroid is functioning efficiently.

# Our Products & Services

## Dr. Ron's Ultrapure



Dr. Ron's began in 2000 to provide patients with additive free supplements. All supplements from this company are free of lubricant, fillers, binders, and coatings to ensure the purest nutrients and maximum absorption. For more information visit [www.drrons.com](http://www.drrons.com)

## Green Pasture



Green Pasture provides high quality Cod Liver Oil & other oils. Committed to producing the purest oils, no additives are put into their products. For more information visit [www.greenpasture.org](http://www.greenpasture.org)

## Vital Proteins



Vital Proteins has a unique approach to incorporating collagen into diets and nutrition as a whole. Their products are produced without GMO's and any hormones such as rBGH.

For more information visit [www.vitalproteins.com](http://www.vitalproteins.com)

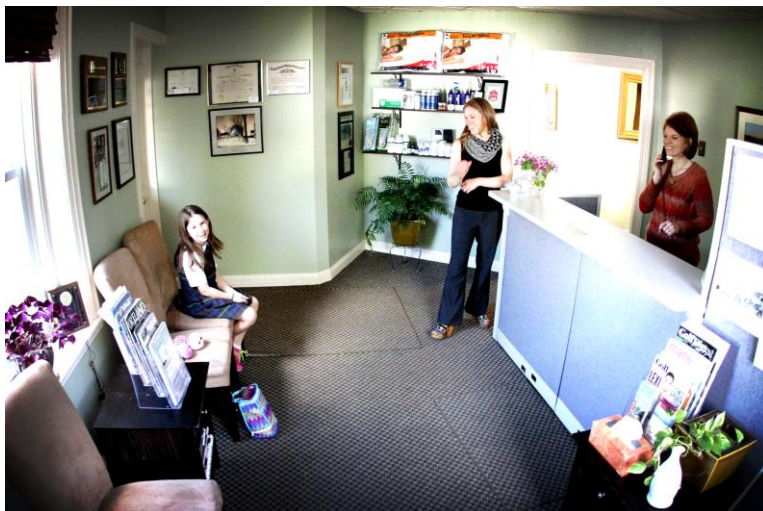
# Why Take Supplements?

## Background on Supplements

Most individuals begin taking dietary supplements or vitamins, and don't understand why. The best thing to do before beginning to take a new supplement is to do your research, discuss it with your doctor, and figure out what the benefits of supplements are for you.

## Benefits of Supplements

Supplements may help you get adequate amounts of essential nutrients, but shouldn't be taken to replace a nutritious diet. Scientific evidence has shown that some dietary supplements are beneficial to overall health, and managing some health conditions. Read on to find out what supplements we sell at Hayes Chiropractic Center, and how you can benefit from them.



# Probiotics & Prebiotics



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*“Individuals with higher levels of GI distress have been found to have a lower variety of helpful bacteria in the intestines”*

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## What are probiotics?

When your GI tract isn't functioning at peak performance, you may experience signs of distress including abdominal discomfort/bloating, indigestion/nausea, or irregular bowel patterns. This distress can be the result of an imbalance in the makeup of healthy bacteria found in the intestines.

Ongoing medical studies are supporting the use of gut-friendly bacteria for daily health. These bacteria play an important role in how our body stays healthy, including immune system function, vitamin production, and even emotional health.

Ask one of the Doctors for more information, or to see if you could benefit from probiotics.

# Milk Thistle Extract



## What is Milk Thistle Extract?

Milk thistle extract is a natural remedy that can be used for a wide variety of ailments of the liver. It works by protecting the liver from many toxins, including drugs that may cause damage at high doses. It is also shown to help the liver repair itself by growing new cells. Here are some things Milk Thistle has been suggested to help with:

- *Liver disease*.....Most clinical studies have shown an improvement in liver function after taking milk thistle, especially in people with cirrhosis.
- *Viral Hepatitis*....Improvements in liver function have been shown in some studies of those with viral hepatitis, especially hepatitis C. Milk thistle may be used as an alternative method for those who don't respond to traditional therapies.
- *Cancer*.....The active ingredient “silymarin”, and other active ingredients, in milk thistle may have anti-cancer effects. It is possible that it may stop cancer cells from dividing a reproducing, and work synergistically with chemotherapy. However, more research is needed.

# Cod Liver Oil



## Why take Cod Liver Oil?

Fermented Cod Liver Oil is different because rather than being extracted through the use of heat, which can damage or remove nutrients, it is extracted through fermentation. Fermented Cod Liver Oil is created in small batches and offers the complete spectrum of nutritional quality.

Fermented Cod Liver Oil contains vitamins and nutrients such as:

- Vitamin A – benefit immune system function & eye health
- Vitamin D – benefit bone and tooth health
- Vitamin K2 – plays role in blood clotting, preventing heart disease, prevent and may reverse osteoporosis
- EPA and DHA – play a role in proper fetal development, improved cardiovascular health

Cod Liver Oil serves an important function in modern diets because it is a consistent source of vitamins and nutrients. Primitive peoples consumed large amounts of these nutrients from foods such as pastured butter, egg yolks, organ meats, shellfish, fatty fish and animal fats, as well as other non-modern foods, such as intestines, brain, lungs, thymus, fish liver, fish heads, fish eggs and fat from game animals. It is difficult for modern individuals to obtain and eat these foods, so Cod Liver Oil is a fantastic way to receive the nutrients.



# L-Glutamine

## What is L-Glutamine?

Glutamine is one of the most abundant amino acids in the body, and is typically found in the muscles and made in the lungs. However, during times of stress the body may use more glutamine than it can make. L-Glutamine is what enterocytes (the cells in your GI system) use for fuel, and is what is found in chicken soup to boost the immune system.

Some benefits of taking L-glutamine include:

- Strengthening of the immune system
- Recovery from injury or illness
- Recovery from stress



# Astaxanthin

## What is Astaxanthin?

Astaxanthin is a carotenoid that occurs naturally in things like algae, salmon, lobster, and crab. Found in high concentrations in the muscles of salmon, it is theorized that it assists in helping these fish maintain their endurance to swim upstream. This powerful antioxidant is often called an “internal sunscreen”

Just a small list of Astaxanthin’s benefits include:

- Pain and Inflammation Relief
- Reduce fatigue
- Support eye and skin health

# Collagen



## Collagen Peptides

Collagen peptides are natural short chain amino acids found in skin, nails, hair, bones, cartilage and joints. This supplement is naturally derived and, compared to gelatin, dissolves in both cold and hot liquids. A few benefits of collagen peptides are reduction in joint pain and younger looking skin.

## Collagen Whey

This supplement provides a complete protein source as well as the benefits of collagen, as stated above. Collagen whey has additional benefits of increasing athletic performance, like many protein powders, by assisting with rebuilding muscle, and improving protein delivery to the muscles.

## Beef Gelatin

Gelatin has many benefits that can be observed throughout many body systems. Some of these benefits include:

- Gut Health – Gelatin can assist with this by improving the lining of the digestive system and absorbing water and fluids, thus preventing bloating.
- Lowers joint pain – Those with osteoarthritis, joint pain, and bone related problems can benefit from gelatin supplementation, by decreasing inflammation.
- Skin health – Gelatin (specifically collagen) has positive effects on cellular rejuvenation.

# Doc's Friendly Flora



## Probiotic Formula

This supplement contains two very important microbes in its probiotic formula:

- *Lactobacillus*  
Often found in foods such as raw yogurt, this bacterium can be very beneficial for general digestion problems, inflammatory bowel disease, constipation, and many more.
- *Bifidobacterium*  
The species of bacterium used in this probiotic supplement are *B. longum*, known for its ability to aid in digestion, and *B. lactis*, known for its ability to stimulate an immune response.

By colonizing your body's intestinal system with these beneficial microbes, the body will flourish as they multiply. A number of systems respond well to this supplement, including the GI tract, the immune system, as well as better skin.

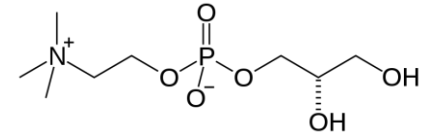


# Oil of Oregano

**Oil of Oregano** is known for its ability to fight colds due to its antimicrobial properties. It is also a powerful antioxidant with intestinal cleaning benefits. Here are some reasons you may benefit from oil of oregano:

- GI problems – Some evidence shows that oil of oregano has antifungal or antiviral properties. This could be beneficial for some gastrointestinal issues.
- Urinary tract infections – Oregano oil can help in treating urinary tract infections for the same reasons as GI troubles, the antifungal and antiviral properties.

# GPC Liquid



## What is GPC Liquid?

GPC is an abbreviation for glycerphosphocholine, and is a supportive nutrient for the brain, kidneys, muscles, testes, and other organs. It is a building block for the cells, and without this nutrient supplied to the brain, individuals could not think, sleep, or remember. GPC liquid may be able to enhance cognitive function in a variety of individuals.

## How does it work?

GPC is a form of choline, an important molecule for the transport of nutrients, and is also a source of phospholipids (the building blocks of cells). It is incredibly effective at increasing the levels of acetylcholine in the brain. Acetylcholine is necessary for cognitive function, and assists in storing and recalling memories, as well as communication between neurons (brain cells).

GPC is water soluble, and when ingested enters the brain very quickly, where it gets to work protecting neurons and increasing secretion of acetylcholine. With this knowledge it is now easy to see why GPC is such an important nutrient to have within the body, and the brain.

# Quercetin + Nettles

This supplement is often taken as a way to reduce the negative effects of allergies. Though, not a replacement for an allergic reaction to a food or substance, they can help diminish symptoms such as sneezing, wheezing, and runny nose associated with seasonal allergies as well as pollen or dust.



## What is Quercetin?

Quercetin is one of several flavonoids that have effects on mast cells and basophils. Mast cells are found in the connective tissue in the body and are filled with basophil granules. These cells are responsible for releasing histamine and other substances during inflammatory reactions. Histamine is what causes you to have a runny nose and watery eyes when exposed to an allergen. Quercetin can have a positive effect on reducing these symptoms.

## What are Nettles?

Nettles promote a more balanced inflammatory response in the body. It has the ability to interrupt the production and actions of inflammation producing cells and hormones. It is easy to see how Quercetin and Nettles can work hand in hand to reduce inflammation in the body. Nettles also contain high amounts of vitamin A & C, potassium, iron, and manganese.



# Methyl-Mate

## What is Methyl-Mate?

Methylcobalamin, or Methyl B12, is a form of vitamin B12 that is more readily absorbed and utilized than other forms of B12. Methyl-mate is ultra-concentrated and adequate levels are needed in the body to maintain the health of many different systems.

- Nerve endings and protection of myelin sheaths which cover the nerve endings
- Proper digestion and absorption of foods
- Protein synthesis
- Prevention of anemia by helping to develop healthy red blood cells
- Metabolizing fats and carbohydrates for energy

# Emulsi D3 Synergy

## What is it?

This supplement is a highly concentrated and bioavailable liquid Vitamin D formulation. This particular supplement contains both Vitamin D and Vitamin K. Here are some benefits of these vitamins:

- Bone and arterial health
- Maintaining immune function
- K1 and K2 support deposition of calcium into bone, instead of soft tissues



# Doc's Best



## Multivitamin

This multi-vitamin contains a wide variety of vitamins, minerals, and antioxidants. Some of these include:

- *Mixed Tocopherols*.....These are compounds that have very high levels of vitamin E activity. Vitamin E is a fat soluble vitamin, and also an antioxidant. It is important for brain, eye, and muscle health.
- *Beta Carotene*.....This is a pigment found in plants, which gives them their color. In the body, this nutrient is converted to Vitamin A, which is beneficial for vision and immune system functioning.
- *Vitamin K2* .....Vitamin K2 plays an important role in moving calcium throughout your body. Whether this be to your bones and teeth, or away from arteries and soft tissues. This vitamin works in conjunction with other nutrients, such as calcium and vitamin D.
- *Alpha Lipoic Acid*.....This nutrient is antioxidant that is formed naturally in the body. The R form, which is used in this supplement, is a naturally occurring form responsible for playing a role in energy production in the body.



# Iodine Complex

## What is Iodine Complex?

Iodine complex contains iodine and potassium iodide extracted from kelp. Iodine is widely recognized for its benefits regarding the thyroid gland, which needs the nutrient in order to function properly. It is important to keep the thyroid functioning properly because the hormones produced in the gland regulate metabolic function, growth, and development.

# Sea Vegetables Plus

## What is in Sea Vegetables Plus?

Recommended by Dr. Ron himself to be taken with Iodine Complex, this supplement contains a variety of trace minerals necessary for thyroid health. The minerals in this supplement, sodium alginate, the amino acid l-tyrosine, and iodine, act as natural detoxifiers of heavy metals and other toxins in the body. Here is some more information about these minerals:

- *Sodium Alginate*.....This is a natural substance extracted from the walls of seaweed and kelp. It is known as a “chelator” which means it removes heavy metal toxins from the bloodstream by binding with them.
- *L-tyrosine*.....This amino acid is used within the body to produce noradrenaline (a stress hormone) and dopamine (the happiness hormone). Using it supplementally may have positive effects on the body by replenishing depleted stores of these hormones.

# Magnesium



## Magnesium Taurate

Magnesium Taurate found naturally in stomach bile and is often used as a supplement to treat magnesium deficiency. Taurate specifically is thought to help speed absorption of magnesium and allow a more stable form to be ingested.

Other purpose of Magnesium Taurate:

- Cardiac conditions and heart function
  - Helps the heart relax as well as receive more blood, preventing things like heart palpitations
- Enhancing quality of sleep
  - Assists in relaxing muscles, as well as reducing the levels of cortisol – the stress hormone
- Reducing levels of anxiety

## Magnesium Lotion

Magnesium can also be absorbed through the skin. Topical forms of magnesium are generally a great way to increase your body stores, and tend to be more readily absorbed. Some benefits reported from using magnesium as a lotion include:

- Increased relaxation of muscles
- Improvement in skin conditions such as psoriasis, eczema, and dermatitis

# Magnesium



## Mag Max

Mag Max contains both magnesium citrate and magnesium glycinate. The citrate and glycinate forms of magnesium are particularly well absorbed in the body. In these forms magnesium is bonded to citrate and glycine, respectively.

- Glycine is a relaxing neurotransmitter, and thus when it is bonded to magnesium increases the relaxing properties of the element.
- Magnesium Citrate is more commonly used in the formation of laxatives.

## Why take Magnesium?

Magnesium is an extremely abundant element on the planet, and may be used as a supplement if someone has a deficiency. Some symptoms of a Magnesium deficiency include:

- Chocolate cravings
- Issues with sleep
- Tight and sore muscles
- Symptoms of anxiety and depression
- Loss of appetite, nausea, or vomiting