



DR. MO'S WELLNESS RECOMMENDATIONS

**SAFE, NATURAL, RESEARCH-BACKED SUPPLEMENTS
MADE IN THE USA**



**“ My mission is to help you
feel your best every day - with steady
energy, restful sleep, clear thinking,
and a healthy life.**

- Dr. Mo

WELLNESS BAY

DR. MO'S CORE WELLNESS RECOMMENDATIONS

Safe, Natural, Research-Backed Supplements – Made in the USA

From Dr. Mo:

“My mission at Wellness Bay is to keep you feeling your best – with steady energy, restful sleep, strong joints, clear thinking, and a healthy gut.

I believe in supporting the body with natural ingredients so it can heal and improve on its own. Prevention is a thousand times better than treatment, which is why I designed this comprehensive wellness longevity supplement program. Each of these supplements reflects that philosophy, and they are suitable for almost all of my patients.”

What they all share:

- ✓ **Medical-grade quality** produced by Pure Encapsulations, trusted for cleaner and purer supplements than typical store brands
- ✓ **Made in Massachusetts, USA**
strict safety and purity standards
- ✓ **Support your body naturally**
not harsh chemicals
- ✓ **Special patient pricing**
only for Wellness Bay patients, always lower than retail

Made with high-quality, pure ingredients and FREE FROM:



wheat, soy, dairy, eggs · tree nuts, peanuts, sesame · gluten · GMOs (Genetically Modified Organisms) · artificial colors & sweeteners · coatings & shellacs · trans fats & hydrogenated oils · unnecessary binders, fillers & preservatives · magnesium stearate.

Disclaimer:

“These supplements are not intended to diagnose, treat, cure, or prevent any disease, are not a substitute for prescription medications, and all statements in this document have not been evaluated by the U.S. Food and Drug Administration (FDA).”

FIND WHAT FITS YOU

Your Wellness Guide by Dr. Mo

Discover the right supplements for how you feel and what you want to improve. Each product below was handpicked by Dr. Mo to help you look, feel, and live your best every day.

What You Want to Feel Better About	Recommended Supplement(s)	Page
Boost daily energy, immunity, and overall wellness	O.N.E. Multivitamin	01
Keep your heart strong and your mind sharp	O.N.E. Omega (Omega-3)	02
Sleep peacefully and wake up refreshed	Magnesium Glycinate / Best Rest	03
Move easier and keep your joints and skin youthful	Collagen JS (BioCell®)	04
Soothe your stomach , reduce bloating , and support gut balance — including diarrhea , constipation , or incontinence	Probiotic (Shelf-Stable G.I.)	05
Stay calm , focused, and resilient under stress	Ashwagandha 500 mg	06
Sharpen memory , focus, and recall	Memory Wellness (CogniPhos)	07
Regain vitality , confidence, and energy after menopause	Women's Vitality & Energy (DHEA 25 mg)	08
Ease arthritis pain , stiffness, and body aches naturally	Phyto-URIC Comfort	09
Gentle support for restful sleep & relaxation	Best Rest	10
Breathe easier during allergy season and support sinus comfort	Quercetin UltraSorb	11
Clear mucus , strengthen your lungs, and support liver detoxification	NAC (N-Acetyl-L-Cysteine)	12
Curb cravings, control appetite , and reach a healthy weight	PureLean Satiety	13
Support healthy blood pressure and better circulation	Vascular Relax	14
Balance blood sugar , cholesterol , and metabolism	Berberine UltraSorb™	15
Promote thicker hair , stronger nails , and radiant skin	Biotin 8 mg	16

Tip: Many of these supplements **work beautifully together**. Ask our team which options best fit your wellness goals and how to combine them for the best results

For your convenience, all the supplements featured here are available for purchase today at our office!



MULTIVITAMIN

(O.N.E. MULTIVITAMIN)

Do you ever feel tired, run down, or worry your diet isn't giving you all the nutrients you need?



This multivitamin may be the foundation you're missing.

Components (per capsule):

Vitamins & Nutrients			Minerals & Antioxidants		
A – 1,125 mcg	vision	immunity	Iodine – 150 mcg	thyroid	energy
C – 180 mg	immunity	collagen	Zinc – 25 mg	immunity	healing
Vitamin D3 2000 units	bones		Selenium – 70 mcg	antioxidant	thyroid
E – 20 mg	skin	cells	Manganese – 2 mg	joints	metabolism
B1 – 3 mg	energy	nerves	Chromium – 200 mcg	blood sugar	nerves
B2 – 3 mg	vision	energy	Molybdenum – 75 mcg	detox	enzymes
B3 – 20 mg	skin	cholesterol	Boron – 1 mg	bones	hormones
B6 – 4 mg	mood	nerves	Inositol – 25 mg	mood	cells
Folate – 667 mcg DFE	heart	brain	CoQ10 – 50 mg	heart	energy
B12 – 500 mcg	energy	nerves	Alpha Lipoic Acid – 50 mg	antioxidant	metabolism
Biotin – 300 mcg	hair	skin	Lutein – 3 mg	vision	antioxidant
Pantothenic Acid (B5) – 10 mg	energy	hormones	Zeaxanthin – 500 mcg	eyes	antioxidant
Choline – 25 mg	memory	liver	Lycopene – 500 mcg	heart	prostate

Science Highlight:

Daily multivitamins reduce nutrient deficiencies in older adults by up to **73%** (Thomas-Valdés, 2017). In the COSMOS trial of over 21,000 adults, they also slowed memory decline and strengthened energy, focus, and immune defense (Sesso, 2022).

From Dr. Mo:

"This is the foundation of daily health – a safety net that ensures your body has steady nutrition for long-term vitality."

Recommended Dose:

Take 1 capsule daily, preferably with food in the morning. Helps with energy and absorption.



OMEGA-3

(O.N.E. OMEGA)

Do you want to protect your heart and memory, or reduce stiffness and inflammation in your joints?



Omega-3 fatty acids can help with all of these.

Benefits



Protects heart and blood vessels health



Supports brain clarity



Reduces inflammation & joint stiffness



Promotes eye and skin health

Components (per softgel)

Nutrient	Amount	Why It Matters
Fish oil concentrate	1,250 mg	source of EPA/DHA
EPA	600 mg	heart, inflammation
DHA	600 mg	brain

Science Highlight:

Omega-3s are proven to make a real difference. In a Cochrane Review of **86** trials with over **162,000** participants, omega-3 supplements lowered the risk of heart attack by about **15%** and deaths from coronary heart disease by around **9%** (Abdelhamid, 2020). That means fewer heart attacks, longer lives — backed by strong science.



From Dr. Mo:

"If I had to choose one natural supplement for heart and brain protection, this would be it."



Recommended Dose:

Take 1 softgel daily, with a meal (especially one that has fat, for better absorption). Morning or evening is fine.



MAGNESIUM GLYCINATE

Do you struggle with poor sleep, muscle cramps,
or feeling restless at night?



Magnesium glycinate is one of the gentlest, most effective ways to restore calm.

Benefits



Promotes restful
sleep



Relieves cramps
& tension



Supports heart,
bones, mood

Components (per capsule)

Nutrient	Amount	Why It Matters
Magnesium (glycinate)	120 mg	sleep, muscles
Glycine		calm, nerves

Science Highlight:

Magnesium does more than relax you. Clinical studies show it:

- ✓ Improved sleep efficiency by **11%** in older adults with insomnia (Abbasi, 2012)
- ✓ Lowered systolic blood pressure by about 4 mmHg (Zhang, 2016)
- ✓ Reduced type 2 diabetes risk by **19%** with higher intake (Dong, 2011)

Stronger sleep, steadier blood pressure, and better metabolic health — all backed by science.

From Dr. Mo:

"As a physician, I see magnesium deficiency almost daily. Choosing the right form matters — this one is gentle on the stomach, well-absorbed, and clinically effective. It's a simple step that can make a real difference in sleep, heart health, and overall well-being"



Recommended Dose:

Take 1–2 capsules in the evening, with or without food. Best before bed to support sleep and relaxation.



COLLAGEN JS

(BIOCELL®)

Are your joints stiff, or do you wish your skin could stay firmer and healthier as you age?



Collagen JS is designed for mobility and skin vitality.

Benefits



Supports joint comfort & flexibility



Improves skin elasticity & hydration



Maintains cartilage & connective tissue

Components (per 2 capsules)

Nutrient	Amount	Why It Matters
Hydrolyzed Collagen	600 mg	joints, skin
Chondroitin Sulfate	200 mg	cartilage, mobility
Hyaluronic Acid	100 mg	hydration, mobility

Science Highlight:

Collagen peptides deliver real results. In a 24-week trial, athletes taking collagen had significant improvement in joint comfort and mobility (Clark, 2008). Another study showed collagen increased skin elasticity by **15%** and reduced wrinkles after **8 weeks** (Proksch, 2014).

From Dr. Mo:

"Many of my patients often tell me they feel less stiffness, better joint comfort, and healthier, more youthful-looking skin after just a few months of collagen. It's one of those small changes that truly makes a noticeable difference."



Recommended Dose:

Take 2 capsules daily, with or without food. Can be taken any time of day, consistency matters most.



PROBIOTIC (SHELF-STABLE G.I.)

Do you experience bloating, digestion issues, or want to strengthen your immune system naturally?



A daily probiotic may restore the balance you need.

Benefits



Restores healthy gut
bacteria



Reduces bloating &
discomfort



Strengthens immunity

Components (per capsule – 10B CFU)

Strain	Why It Matters
Bifidobacterium lactis (BI-04)	digestion, immunity
Lactobacillus acidophilus (La-14)	gut balance
Lactobacillus salivarius (Ls-33)	bloating, defense
Lactobacillus casei (Lc-11)	digestion, lining
Streptococcus thermophilus (St-21)	lactose, gut support
Bifidobacterium bifidum (Bb-06)	gut balance, immunity

Science Highlight:

Probiotics don't just improve digestion — they help with real conditions. In people with Irritable Bowel Syndrome (IBS) — a common gut disorder causing bloating, abdominal pain, constipation, or diarrhea — probiotics have been shown to ease overall symptoms (Ford, 2014).

They also cut antibiotic-related diarrhea by **42%** (Hempel, 2012) and strengthen immunity, gut barrier protection, and even metabolic health like weight, cholesterol, and blood sugar (Kort, 2022).

From Dr. Mo:

"Gut health influences everything — digestion, immunity, even mood. This is one of the simplest ways to protect your health."

Recommended Dose:

Take 1 capsule daily, best on an empty stomach (morning or bedtime) for maximum effectiveness.



ASHWAGANDHA 500 MG

**Are you struggling with stress, anxiety,
poor sleep, or brain fog?**



Ashwagandha may naturally restore your calm, energy, and clarity.

Benefits



Calms stress & anxiety



Improves sleep &
restores energy



Supports focus &
resilience

Components (per capsule)

Nutrient	Amount	Why It Matters
Withania somnifera 2.5% root extract	500 mg	stress, sleep focus, resilience

Science Highlight:

Ashwagandha reduced stress & anxiety by **44%** and improved sleep & energy in 12 weeks (Chandrasekhar, Indian J Psychol Med 2012).



From Dr. Mo:

"My patients love this one – calmer mood, better sleep, and more energy."



Recommended Dose:

Take 1 capsule daily, with food, preferably in the evening if used for sleep, or in the morning if taken mainly for stress/energy. You can take up to a total of 2 capsules per day at least 6 hours apart needed.



MEMORY WELLNESS

Stay Sharp. Stay Confident. Stay You

Supplement: CogniPhos (by Pure Encapsulations)

Why Patients Love CogniPhos?



Sharper memory — recall names, words, and stories more easily



Clearer focus — stay attentive during conversations and tasks



More brain energy — feel mentally “switched on” each day



Long-term protection — supports healthy brain aging and resilience

Components (per 2 capsules)

Nutrient	Amount	Why It Matters
Citicoline (Cognizin®)	125 mg	Boosts memory scores by 15–20% in clinical trials
Phosphatidylserine (Sharp-PS®)	100 mg	Strengthens brain cell communication and recall
Acetyl-L-Carnitine	500 mg	Fuels brain energy and supports cognitive endurance
Vitamin B6	10 mg	Produces neurotransmitters for mood & focus
Zinc	5 mg	Supports brain metabolism and overall balance

Science Highlight:

Citicoline (Cognizin®) – In a landmark study, older adults improved memory test scores by **15–20%** in just 12 weeks, recalling more words and stories compared to placebo. (Nakazaki 2021; Bonvicini 2023)

Phosphatidylserine (Sharp-PS®) – Clinical trials show sharper focus, stronger recall, and better daily function in older adults with memory concerns. (Duan 2025; Richter 2013; Vakhapova 2010)

From Dr. Mo:

“I recommend CogniPhos for patients who want to stay sharp and independent. The research is supportive, and I’ve seen firsthand how it helps people feel more confident in their memory.”

Recommended Dose:

Take 2 capsules daily with food, preferably in the morning.

How Long Until Results?

Most patients begin noticing subtle changes in focus and recall within 4–6 weeks, with the clearest improvements after 8–12 weeks of daily use.



WOMEN'S VITALITY & ENERGY

DHEA (MICRONIZED 25 MG)

Do you feel tired, low in energy, or notice a drop in vitality and intimacy after menopause?



DHEA is a natural hormone precursor that declines after age 40. Replacing it may restore energy, mood, and libido.



Supports daily energy and vitality



Promotes balanced mood and well-being



Enhances libido and intimacy in postmenopausal women



Helps maintain bone density and lean muscle

Components (per capsule)

Nutrient	Amount	Why It Matters
Micronized DHEA	25 mg	Precursor to estrogen & testosterone; supports energy, mood, and sexual health

Science Highlight:

In clinical studies, women taking DHEA reported impressive improvements: sexual interest and activity increased by about 40% (Genazzani, 2011), painful intercourse dropped by 45–50% (Labrie, 2009–2010), and nearly two-thirds of women (67%) felt more energy and better mood (Morales, 1994) compared to only one-third on placebo.

Long-term trials also showed 2–3% gains in bone density (Villareal, 2000; Weiss, 2009) at the spine and hip. These results make DHEA one of the few supplements with proven benefits in postmenopausal women.

From Dr. Mo:

"After menopause, your body makes much less DHEA. I recommend this safe, medical-grade supplement for women seeking to restore energy, vitality, and intimacy."

Recommended Dose:

Take 1 capsule daily, preferably in the morning with food.

Not Recommended If You Have:

- ✗ History of hormone-sensitive cancers (breast, ovarian, uterine, prostate)
- ✗ Uncontrolled hormone-related conditions (endometriosis, fibroids)
- ✗ Pregnancy or breastfeeding



PURE ENCAPSULATIONS PHYTO-URIC COMFORT

NATURAL RELIEF FOR JOINT PAIN & STIFFNESS

Do you struggle with arthritis, stiff knees, or back pain that slows you down?



This formula blends clinically studied botanicals for effective, natural relief — safer for your stomach and kidneys than NSAIDs like ibuprofen, Aleve, or aspirin.



Supports a healthy inflammation response



Improves mobility and daily comfort



Relieves arthritis pain, stiffness & back discomfort



Safer long-term than NSAIDs (gentler on stomach & kidneys)

Key Ingredients & Proven Benefits (per 2 capsules)

- **White Willow Bark (535 mg)** – gentle, aspirin-like pain relief for arthritis and back pain.
- **Boswellia Extract (200 mg, 70% boswellic acids)** – reduced knee pain by **32%** and improved walking distance by **47%** in osteoarthritis patients (Kimmatkar, 2003).
- **5-LOXIN® Boswellia (25 mg, 30% AKBA)** – improved joint function by **40%** in just 90 days (Sengupta, 2008).
- **Turmeric Extract (100 mg, 95% curcuminoids)** – clinical studies show a **30–40%** reduction in arthritis pain compared to placebo (Daily, 2016).
- **Devil's Claw (300 mg)** – lowered back pain intensity by **23%** and improved mobility (Chrubasik, 2006).
- **DL-Phenylalanine (120 mg)** – supports your body's natural endorphins for pain relief.

From Dr. Mo:

"Many of my patients want safer, natural pain relief. Unlike daily NSAIDs that can harm the stomach and kidneys, Phyto-URIC Comfort uses botanicals with strong research and fewer long-term risks. It's an excellent option for arthritis flares, stiffness, and chronic discomfort."

Recommended Dose:

Take 2 capsules daily with meals

Not Recommended If You Have:

- ✗ Taking blood thinners or anticoagulants (aspirin, warfarin, Eliquis) → ↑ bleeding risk
- ✗ History of stomach ulcers or GI bleeding
- ✗ Pregnancy or breastfeeding



PURE ENCAPSULATIONS BEST REST

GENTLE SUPPORT FOR RESTFUL SLEEP & RELAXATION

Do you struggle with falling asleep, restless nights, or waking up unrefreshed?



Best Rest combines melatonin, calming neurotransmitters, and soothing herbal extracts clinically studied to support healthy sleep – without the hangover effect of prescription



Helps you fall asleep faster and stay asleep longer



Promotes relaxation and calmness before bedtime



Improves overall sleep quality and morning refreshment



Gentle, non-habit forming alternative to prescription sleep aids

Key Ingredients & Proven Benefits (per 2 capsules)

- Melatonin (1 mg) – Fall asleep ~7 min faster, improves sleep duration
- Valerian Root (400 mg) – Shortens time to sleep, better sleep quality
- Hops (150 mg) – With valerian, extends nightly sleep by ~20 min
- Lemon Balm (150 mg) – 80% of patients reported improved sleep
- Passionflower (100 mg) – Adds ~23 min to total sleep time in trials
- Chamomile (100 mg) – Improves sleep quality in older adults
- GABA (300 mg) & L-Theanine (50 mg) – Support calmness & relaxation
- Vitamin B6 (3.3 mg) – Aids natural serotonin → melatonin pathway

From Dr. Mo:

"Many patients want natural help for insomnia or difficulty winding down. Best Rest combines melatonin with time-tested herbs like valerian, hops, and chamomile. It's a gentle, non-habit forming option that can modestly improve sleep onset and quality without the risks of stronger medications."

Recommended Dose:

Take 2 capsules at bedtime or as directed by your physician.

Not Recommended If You Have:

- ✗ Moderate–severe liver disease (rare valerian liver concerns)
- ✗ Pregnancy or breastfeeding (safety not established)



PURE ENCAPSULATIONS QUERCETIN ULTRASORB

ALLERGY & IMMUNE DEFENSE

Do you struggle with seasonal allergies, sinus pressure, or want to strengthen your body's defenses?



Quercetin UltraSorb uses Quercefit® phytosome technology to deliver up to 20× higher absorption than standard quercetin, providing powerful support for immune health, antioxidant protection, and healthy circulation.



Eases seasonal allergy symptoms (sneezing, itchy eyes, congestion)



Promotes vascular and circulatory health



Strengthens immune response and mast cell balance



Potent antioxidant protection against oxidative stress

Key Ingredient & Proven Benefits (per capsule)

- **Quercetin Phytosome (300 mg, Quercefit®)** – Standardized to 34% quercetin
 - 20× more bioavailable than standard quercetin in human studies
 - Reduced allergy symptom scores by ~30–35% in clinical trials
 - Supports natural mast cell stabilization → ↓ histamine release
 - Demonstrated antioxidant and vascular protective effects in human studies



From Dr. Mo:

"Quercetin UltraSorb is one of my go-to natural recommendations for patients with seasonal allergies, sinus issues, and inflammation. The phytosome delivery makes it far more effective than regular quercetin, and many patients notice fewer allergy symptoms and improved respiratory comfort."



Recommended Dose:

Take 1 capsule daily with meals, or as directed by your physician.

Not Recommended If You Have:

- ✗ Advanced Chronic Kidney disease
- ✗ Pregnancy or breastfeeding (safety not well studied)



PURE ENCAPSULATIONS NAC (N-ACETYL-L-CYSTEINE)

LUNG & LIVER SUPPORT

Do you struggle with chronic cough, mucus buildup, or want to protect your liver and overall cellular health?



NAC is a powerful antioxidant precursor to glutathione, clinically shown to support respiratory health, detoxification, and immune balance.



Thins mucus and supports clear breathing in chronic bronchitis & COPD



Boosts glutathione, the body's master antioxidant for cellular defense



Protects liver health, supports detoxification pathways



Helps reduce oxidative stress from illness, medications, or toxins

Key Ingredient & Proven Benefits (per capsule)

- **N-Acetyl-L-Cysteine (600 mg)**
 - **Respiratory:** RCTs show NAC reduced COPD exacerbations by ~29% and improved sputum clearance.
 - **Liver Support:** Widely used in hospitals for acetaminophen toxicity; also studied for fatty liver and detox pathways.
 - **Antioxidant Defense:** Increases intracellular glutathione, reducing oxidative stress in chronic disease.



From Dr. Mo:

"NAC is one of my favorite supplements for patients with chronic cough, mucus congestion, or liver stress. It has decades of clinical use in hospitals and strong evidence for supporting both lungs and liver health. For many of my patients, it helps improve breathing comfort and resilience."



Recommended Dose:

Take 1 capsule daily with meals, or as directed by your physician.

Not Recommended If You Have:

- ✗ Active peptic/stomach ulcers
- ✗ Severe asthma (rare risk of bronchospasm with oral NAC)
- ✗ Pregnancy or breastfeeding (safety data limited)



PURE ENCAPSULATIONS

PURELEAN® SATIETY

CRAVING & APPETITE CONTROL

Do you struggle with food cravings, overeating, or stress-related snacking?



PureLean® Satiety combines clinically studied ingredients to help reduce appetite, manage cravings, and support emotional balance for healthy weight management.



Supports satiety and reduces cravings



Helps balance stress and emotional eating



Promotes healthy weight management when combined with



Supports healthy glucose metabolism

Key Ingredient & Proven Benefits (per capsule)

- **DNF-10® Yeast Hydrolysate (500 mg)** – Clinical studies show reduced daily calorie intake (~600 fewer kcal/day) and significant body fat reduction over 2 months.
- **Sensoril® Ashwagandha Extract (125 mg)** – Shown to lower stress scores by ~44% and reduce stress-related food cravings.
- **Chromium Picolinate (200 mcg)** – Supports insulin sensitivity and helps regulate



From Dr. Mo:

"Many patients find it hard to control cravings and emotional eating even when motivated to lose weight. PureLean Satiety works by targeting both appetite signals and stress-related triggers, making it easier to stick to healthy nutrition plans without constant hunger."



Recommended Dose:

Take 1 capsule daily with meals, or as directed by your physician.

Not Recommended If You Have:

- ✗ Pregnancy or breastfeeding (safety data limited)



PURE ENCAPSULATIONS VASCULAR RELAX

CIRCULATION & HEART SUPPORT

Do you want to support healthy blood pressure, circulation, and vascular relaxation naturally?



Vascular Relax combines botanical extracts, antioxidants, and magnesium clinically studied to promote healthy endothelial function and circulatory wellness.



Promotes healthy blood pressure & vascular relaxation



Provides potent antioxidants for vessel protection



Supports circulation and endothelial function



Helps protect against oxidative stress & vascular stiffness

Key Ingredients & Proven Benefits (per capsule)

- **Magnesium Citrate (100 mg)** – Supports vascular tone and relaxation.
- **Hawthorn Extract (250 mg)** – Traditionally used for heart health; studies show improved circulation and exercise tolerance.
- **Olive Leaf Extract (50 mg, 15% oleuropein)** – Supports healthy blood pressure and arterial function.
- **MegaNatural®-BP Grape Seed Extract (75 mg)** – Human trials show systolic BP reduction of ~6–12 mmHg.
- **Pomegranate Extract (25 mg, 40% punicosides)** – Improves arterial elasticity and antioxidant protection.
- **Lycopene (7.5 mg)** – Shown to support vascular health and reduce oxidative stress.
- **CranLoad® Blend (65 mg, cranberry + grape extract)** – Provides vascular polyphenols; studied for endothelial response and circulation.

From Dr. Mo:

"Vascular Relax is an excellent option for patients with borderline blood pressure, circulation concerns, or those seeking cardiovascular protection without prescription medications. It blends antioxidants and plant extracts with solid human data for supporting endothelial health and vascular relaxation."

Recommended Dose:

Take 2 capsules daily with meals, or as directed by your physician.

Not Recommended If You Have:



Pregnancy or breastfeeding (safety data limited)

Clinical Highlight

This product mixture can lower systolic blood pressure by up to 10 mmHg in human studies, helping support healthier circulation and vessel function.



PURE ENCAPSULATIONS BERBERINE ULTRASORB™

BLOOD SUGAR & METABOLIC HEALTH

Do you want natural support for healthy blood sugar, cholesterol, and weight management?



Berberine UltraSorb™ uses Berbevis® phytosome technology, making it up to 9× more bioavailable than standard berberine, to powerfully support cardiometabolic health.



Supports healthy blood sugar and insulin sensitivity



Promotes healthy weight and metabolism



Helps maintain healthy cholesterol and triglyceride levels



Provides antioxidant and cardiovascular protection

Key Ingredient & Proven Benefits (per capsule)

- Berberine Phytosome (550 mg, 28% berberine)
 - 9× higher absorption vs standard berberine
 - Clinical studies show fasting blood sugar reduction of 20–30 mg/dL
 - Improved A1C by ~0.7% in patients with elevated glucose
 - Shown to lower LDL cholesterol by ~20% and triglycerides by ~25% in human studies



From Dr. Mo:

"Berberine UltraSorb is one of the most effective natural tools we have for blood sugar, cholesterol, and weight control. Thanks to its advanced absorption technology, patients can achieve results with smaller doses compared to traditional berberine."



Recommended Dose:

Take 1 capsule, 1–2 times daily with meals, or as directed by your physician

Not Recommended If You Have:



Pregnancy or breastfeeding (safety data limited)



PURE ENCAPSULATIONS BIOTIN 8 MG

HAIR, SKIN & NAIL SUPPORT

Do you want to strengthen your hair, improve skin health, or support nail growth?



Biotin is an essential B-vitamin (Vitamin B7) that plays a key role in keratin production, cellular energy, and overall metabolic function.



Promotes healthy hair growth and reduces hair thinning



Supports stronger nails and helps reduce brittleness



Contributes to healthy skin and cell renewal



Aids energy metabolism of fats, proteins, and carbohydrates

Key Ingredient (per capsule)

- **Biotin (8 mg)**
 - High-dose form for maximum support
 - Improved brittle nails in **63%** of patients with biotin deficiency
 - May reduce hair shedding and thinning in individuals with low biotin or stress-related hair changes



From Dr. Mo:

"Biotin is a simple yet effective supplement that many patients ask about for hair and nail support. At 8 mg, this is a therapeutic strength that helps patients who struggle with brittle nails or increased hair loss."



Recommended Dose:

Take 1 capsule daily with meals, or as directed by your physician.

Not Recommended If You Have:

- ✗ No proven deficiency (benefit is greatest in those with low biotin or high hair/nail stress)
- ✗ Upcoming lab tests — high-dose biotin can interfere with thyroid, troponin, and hormone assays
- ✗ Pregnancy or breastfeeding — only use if recommended by your provider



WELLNESS BAY

Primary Care • Integrative Wellness

“A place where your health journey meets compassion, clarity, and science.”



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Safe • Natural • Backed by Science • Made in the USA



“Better health begins with small, mindful choices — start yours today.”

All supplements featured in this booklet
are available for purchase at our
front desk for your convenience.