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| **Supplement** | **Relevant Indications** | **Warnings/Risks** |
| Orthoplex BioOmega Capsules | May help to support the brain and nervous system  May help to down regulate inflammatory mediators | No warnings included on record. |
| Pure Oil Innovation Vitamin D 1000IU | May support immune function  May help to regulate inflammatory mediators | Vitamins should not replace a balanced diet  OR  Vitamins can only be of assistance if the dietary vitamin intake is inadequate |
| Orthoplex Cognisense – Nutrients for Brain Health | May help to support normal healthy brain function  May help to support normal neuronal function  May help to support healthy cognitive, memory and neurotransmitter function | Vitamins should not replace a balanced diet  OR  Vitamins can only be of assistance if the dietary vitamin intake is inadequate  Recommended daily amount of vitamin A from all sources is 700 micrograms retinol equivalents for women and 900 micrograms retinol equivalents for men  Do not take while on warfarin therapy without medical advice  Products containing [insert name of sugar alcohol(s)] may have a laxative effect or cause diarrhoea  Several warnings regarding pregnancy – removed due to irrelevance to study |
| Otrhoplex MagOpticell | Helps relieve nervous tension, stress and mild anxiety.  May assist in the maintenance of normal mitochondrial function and energy production | Vitamins should not replace a balanced diet  OR  Vitamins can only be of assistance if the dietary vitamin intake is inadequate  Seek professional advice before long term use  If symptoms persist consult your healthcare practitioner  This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not  be exceeded  Vitamins and minerals can only be of assistance if dietary intake is inadequate OR Vitamin and/or mineral supplements should not replace a balanced  diet |
| Orthoplex Ultra Buffered C Powder | Possesses antioxidant properties  May assist in the maintenance of a healthy immune system | If symptoms persist consult your healthcare practitioner  Adults only OR Not to be used in children under two years of age without medical advice  Vitamins can only be of assistance if the dietary vitamin intake is inadequate OR Vitamin supplements should not replace a balanced diet  WARNING: May be dangerous if taken in large amounts or for a long period. OR WARNING: Contains zinc which may be dangerous if taken in large  amounts or for a long period  Vitamins and minerals can only be of assistance if dietary intake is inadequate OR Vitamin and/or mineral supplements should not replace a balanced  diet |
| Pure Innovation Zinc Citrate | May help to support immune function  Possesses antioxidant activity  Helps to support brain and nervous system function  Zinc plays an important role in nervous system development  May help to support cellular DNA structure | Vitamins and minerals can only be of assistance if dietary intake is inadequate OR Vitamin and/or mineral supplements should not replace a balanced diet  WARNING: May be dangerous if taken in large amounts or for a long period OR WARNING: Contains zinc which may be dangerous if taken in large  amounts or for a long period |