



"Get healthy,
lose weight

DR. BERG'S PRODUCT CATALOG





Dr.Berg

THE KNOWLEDGE DOC™

IT'S NOT "LOSE WEIGHT TO GET

Three powerful
to blow away resistance to weight loss:



Healthy Keto™



Intermittent



Healthy

A Message from Dr. Berg

"I'm busting the myth that you must first lose weight to get healthy. More than just losing weight, your goals should be getting healthy, making sure you get as many nutrients as you can from what you eat, and making sure you only eat quality food."

Dr. Berg

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Dr. Berg®

THE KNOWLEDGE DOC

Supplements And Powders

Recharge.





Dr. Berg®

THE KNOWLEDGE DOC™

REDUCE STRESS

Adrenal & Cortisol Support

Price: \$36.99



Supplement Facts

Serving size: 1 capsule
Servings per container: 60

	Amount per Serving	%DV*
Vitamin C (from zinc ascorbate, magnesium ascorbate)	13 mg	14%
Magnesium (from magnesium ascorbate)	2 mg	<1%
Zinc (from zinc ascorbate)	2 mg	18%
Selenium (from selenomethionine)	25 mcg	45%
Manganese (from manganese citrate)	1 mg	43%
Chromium (from chromium polynicotinate)	100 mcg	285%
Chloride (from potassium chloride)	8 mg	<1%
Potassium (from potassium chloride, potassium citrate, potassium aspartate)	33 mg	<1%
Nutritional yeast	200 mg	**
Ashwagandha root extract (<i>Withania somnifera</i>)	200 mg	**
Camu camu juice powder	55 mg	**
Holy basil leaf powder (<i>Ocimum tenuiflorum</i>)	30 mg	**
<i>Rhodiola rosea</i> root extract	25 mg	**
<i>Rehmannia</i> root powder (<i>Rehmannia glutinosa</i>)	25 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Vegetable capsule, stearic acid, microcrystalline cellulose, magnesium stearate (vegetable source)

Dr. Berg's Adrenal & Cortisol Support promotes healthy hormone balance

Your adrenal glands are the central factor in your innate hormone balance. Adrenal & Cortisol Support gives you the nutritional support for healthy adrenal glands and cortisol levels. This powerful product boosts your resilience to stress, so you stay calm, focused, and energetic all day long. Balanced hormones also encourage quality sleep, a healthy body weight, and a lifted mood.

HIGHLIGHTS

- Supports your natural resilience to physical and mental stress
- Helps instantly melt away stress and promotes whole-body calming
- Revitalizes fatigued adrenals with powerful nature-made nutrients
- Promotes relaxation for deep, quality sleep
- Encourages healthy body weight and metabolism
- Boosts your overall energy and mood

USAGE

Take 1 capsule three times per day.

Signs that you might benefit from this adrenal support:

- Chronic stress
- You are constantly stressed and are easily angered, frustrated, and always "on edge."
- You'd like to feel more energetic and focused throughout the day.
- You have trouble losing weight and want to support normal sleep cycles.

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

REDUCE STRESS

Adrenal Glandular

Price: \$24.99



Supplement Facts

Serving size: 1 capsule
Servings per container: 60

	Amount per Serving	% DV*
Grass-fed adrenal bovine powder (freeze-dried)	300 mg	**

*Percent Daily Values are based on a
2000 calorie diet.

**Daily Value not established.

Other ingredients: Microcrystalline cellulose,
vegetable capsule, magnesium stearate (vegetable
source)

Dr. Berg's Adrenal Glandular formula reduces adrenal fatigue

Adrenal Glandular Formula leverages the power of one simple ingredient—adrenal gland extract—to support your adrenal glands and reduce adrenal fatigue. Each potent capsule promotes relaxation and stress reduction so you can get back to feeling like yourself.

HIGHLIGHTS

- Supports a healthy immune system
- Promotes normal hormone balance
- Support normal weight loss
- Increases resistance to stress and adrenal fatigue
- Combats brain fog and boosts focus

USAGE

Take 1 capsule three times per day.

Signs that you might benefit from this adrenal support:

- Fatigue
- Aches
- Brain fog
- Low tolerance to stress
- Irritability
- Insomnia

Don't love it? Return it for a full refund within 30 days.

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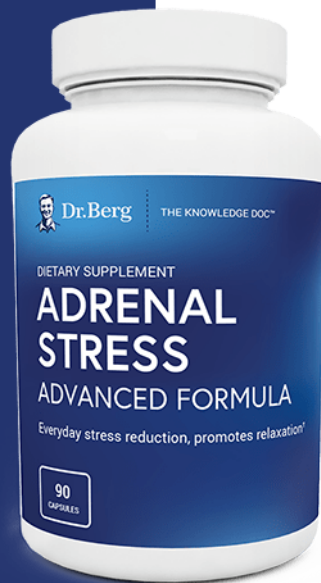
Dr. Berg®

THE KNOWLEDGE DOC

REDUCE STRESS

Adrenal Stress Advanced Formula

Price: \$41.99



Supplement Facts

Serving size: 1 capsule
Servings per container: 60

	Amount per Serving	% DV*
Grass-fed adrenal bovine powder (freeze-dried)	300 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Microcrystalline cellulose, vegetable capsule, magnesium stearate (vegetable source)

Adrenal Stress Advanced Formula is designed to relieve your body by supporting normal hormones.

Stress exhausts your body and your mind. Adrenal Stress Advanced Formula is designed to help you relieve your body. It does this by supporting normal hormones and promoting "happy" mood signals. You use this natural power to re-set an overworked mind and a stressed body.

HIGHLIGHTS

- Supports healthy adrenal glands
- Supports healthy cortisol hormones
- Promotes healthy inflammation levels
- Supports menopause
- Helps to relieve stress

USAGE

Take 1 capsule with food three times per day as a dietary supplement.

Signs that you might benefit from powerful adrenal support:

- Negative cognitive changes from stress, especially a low tolerance to stress.
- Negative mood changes
- History of chronic stress

Don't love it? Return it for a full refund within 30 days.

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Dr. Berg®

THE KNOWLEDGE DOC

DIGESTION

Advanced Digestive Formula

Price: \$25.99



Supplement Facts

Serving size: 1 tablet

Servings per container: 90

	Amount per Serving	% DV*
Betaine HCl	100 mg	**
Proprietary blend	525 mg	**
Organic apple cider vinegar, ginger root extract 4:1 (<i>Zingiber officinale</i>), peppermint leaf extract (<i>Mentha piperita</i>), anise (seed), fennel seed extract 4:1		

* Percent Daily Values are based on a 2000 calorie

** Daily Value not established.

Other ingredients: Microcrystalline cellulose, silicon dioxide, magnesium stearate (vegetable source)

Advanced Digestive formula supports healthy nutrient absorption using natural herbs and pH balancers.

Support a healthy digestive system with Advanced Digestive Support. This incredible formula helps you enjoy a meal without the fear of experiencing gas, bloating, and digestive stress. Advanced Digestive Support contains powerful natural ingredients, including ginger, peppermint, anise, fennel, and apple cider vinegar, to support healthy digestion.

HIGHLIGHTS

- Supports your stomach's natural acidity with apple cider vinegar and betaine hydrochloride
- Promotes healthy digestion with ginger, peppermint, anise, and fennel
- Addresses frequent bloating, gas, and digestive stress
- Gives you peace of mind when enjoying foods you love

USAGE

Just 1 with a meal, either before or after. Additional capsules can be taken depending on how much you experience discomforts such as:

- Indigestion
- Bloating

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



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REDUCE STRESS

Aromatherapy Sleep Lotion

Price: \$19.95



INGREDIENTS: *Aloe barbadensis* (aloe) leaf juice*, *Butyrospermum parkii* (shea) nut extract*, hydroxyethyl acrylate/sodium acryloyldimethyl taurate copolymer, magnesium chloride, *Lavandula angustifolia* (lavender) oil, water and *Chamomilla recutita* (chamomile) flower extract, l-ascorbic acid, *Malpighia glabra* (acerola)*, *Pelargonium graveolens* (Egyptian geranium) oil, *Boswellia carterii* (frankincense) oil, gamma-aminobutyric acid, dimethylethanolamine (DMAE bitartrate), phenoxyethanol and ethylhexylglycerin

***Organic ingredients**

Dr. Berg's Aromatherapy Sleep Lotion offers an easy way to relax your mind while providing long-lasting skin moisture.

Relax and sleep soundly with Dr. Berg's Aromatherapy Sleep Lotion. This unique formula is infused with ten soothing oils and nutrients that gently calm and rejuvenate the body and mind. We use natural ingredients to provide long-lasting moisture and comfort. If you want to support a blissful night of sleep and beautiful skin, our Aromatherapy Sleep Lotion is perfect for you.

HIGHLIGHTS

Quality sleep and downtime are essential for exercise recovery, hormone balance, focus, and overall happiness and wellbeing. Many people struggle to calm their minds in the evening before bed, making it difficult to settle into a restful sleep.

USAGE

Dr. Berg's Aromatherapy Sleep Lotion is right for you if:

- You struggle to get 7 to 8 hours of sleep
- You often feel tense or stressed in the evening before bed
- You want to support a healthy sleep cycle
- You experience skin dryness, cracking, or peeling
- You need an easy and convenient way to help support healthy skin



Dr. Berg®

THE KNOWLEDGE DOC

IMMUNE

Bacti-Cleanse

Price: \$34.99



Supplement Facts

Serving size: 2 tablets

Servings per container: 30

	Amount per Serving	% DV*
Zinc (from zinc picolinate)	10 mg	91%
Vitamin D (as D3 cholecalciferol)	50 mcg	250%
Proprietary blend	1050 mg	**
Garlic bulb extract (5% allicin), oregano leaf extract (30% thymol), <i>Echinacea purpurea</i> extract (4% polyphenols), sweet wormwood aerial extract (<i>Artemisia annua</i>), baical skullcap root extract, cloves		

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Microcrystalline cellulose, silicon dioxide, magnesium stearate (vegetable source)

Natural-sourced phytonutrients, vitamins, minerals, and antioxidants help support your immune system and combat microbes.

Reenergize your immune system and support your microbial balance with Dr. Berg's Bacti-cleanse. Whether you're traveling, at work, or spending time with family, Bacti-cleanse is the best way to support your natural resistance to germs. This proprietary formula combines six phytonutrient-rich herbal extracts with vitamin D3 and zinc to help combat harmful microbes and excess

HIGHLIGHTS

- Promotes a healthy immune system
- Supports normal inflammation levels
- Boosts antioxidants
- Supports your resistance to bacteria, fungi, and parasites

USAGE

Take two tablets each day at any time if:

- You experience stomach bugs, sinus infections, or UTIs
- You want to promote a balanced microbiome
- You struggle to get enough antioxidants in your diet
- You want to support healthy levels of inflammation

Don't love it? Return it for a full refund within 30 days.

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IMMUNE

Advanced Immune Support

Price: \$32.99



Supplement Facts

Serving size: 1 vegetable capsule

Servings per container: 90

	Amount per Serving	% DV*
Vitamin C (from camu camu)	70 mg	78%
Freeze-dried black elder extract (elderberry)	50 mg	**
Vitamin D (as D3 cholecalciferol)	125 mcg (5000 IU)	625%
Zinc (from zinc sulfate)	20 mg	182%

*Percent Daily Values are based on a 2000 calorie

**Daily Value not established.

Other ingredients: Vegetable capsule, microcrystalline cellulose, magnesium stearate (vegetable source)

Keep your immune system strong with Dr. Berg's top-choice Advanced

This is our most powerful product for supporting a healthy immune system. For daily immune defense, get powerful multi-level support from vitamin C, elderberry, vitamin D3

HIGHLIGHTS

- Provides an easy way to support a healthy immune system and strengthen your natural defenses
- Four key immune boosters--vitamin C, elderberry, vitamin D, and zinc--provide you with excellent immune support
- Professionally formulated for maximum absorption
- Formulated and manufactured in the U.S.A. under the strictest quality control standards

Take 1-3 capsules per day with or without meals.

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

VITAMINS & MINERALS

Blood Sugar Support

Price: \$36.99



Supplement Facts

Serving size: 1 capsule
Servings per container: 120

	Amount per Serving	%DV*
Chromium (as chromium polynicotinate)	50 mcg	143%
Potassium (as potassium citrate)	8 mg	<1%
Bitter melon (<i>Momordica charantia</i>) (fruit extract 4:1)	25 mg	**
Trace mineral complex	25 mg	**
Green tea (<i>Camellia sinensis</i>) (leaf extract, 98% polyphenols)	25 mg	**
Gymnema (<i>Gymnema sylvestre</i>) (leaf powder)	75 mg	**
Nutritional yeast	50 mg	**
Organic goat's rue (<i>Galega officinalis</i>) (dried herb)	25 mg	**
Berberine HCl powder	75 mg	**
Ceylon cinnamon (<i>Cinnamomum zeylanicum</i>) (bark powder)	50 mg	**
Benfotiamine	50 mg	**
Grass-fed bovine pancreas (freeze-dried and desiccated)	66 mg	**

**Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Vegetable capsule, calcium silicate, microcrystalline cellulose, magnesium stearate (vegetable source)

Dr. Berg's Blood Sugar Support Advanced Formula supports normal blood sugars.

Blood Sugar Support is a very comprehensive blend of 10 powerful ingredients. Each ingredient in itself could create a positive effect; however, the synergistic effect of all 10 together can greatly help your body.

HIGHLIGHTS

- Helps support normal blood sugars
- Supports a healthy pancreas
- Reduces cravings

USAGE

3 capsules per day.

Signs that you could benefit from this formula:

- Blood sugar problems (especially if you are diabetic)
- Dawn phenomenon (high blood sugars in the a.m.)

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

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BEAUTY

Clean Lather Shampoo

Price: \$14.95



INGREDIENTS: *Aloe barbadensis* (aloe) leaf juice*, cocamidopropyl betaine, decyl glucoside, propanediol, xanthan gum, tapioca starch, cellulose gum, DL-panthenol, galactoarabinan, *Emblica officinalis* (amla) oil*, Matrixyl 3000, mica (and) titanium dioxide, *Mentha piperita* (peppermint) oil*, *Melaleuca alternifolia* (tea tree) leaf oil, *Eucalyptus globulus* (eucalyptus) leaf oil, *Rosmarinus officinalis* (rosemary) oil*, *Malus domestica* fruit cell culture extract, *Argania spinosa* (argan) kernel oil*, oat amino acids, glycerin (and) water (and) *Serenoa serrulata* (saw palmetto) fruit extract, biotin, benzyl alcohol (and) salicylic acid (and) sorbic acid, phenoxyethanol and ethylhexylglycerin

Clean Lather Shampoo

Rescue and replenish your hair with Dr. Berg's Clean Lather Shampoo. Clean Lather soaks deep into roots to give you visibly nourished and restored strands. Infused with amla oil and biotin, our shampoo effortlessly strengthens your hair and promotes fullness and shine with each use.

HIGHLIGHTS

- Supports your natural hair growth
- Infused with biotin to improve body and shine
- Organic amla oil to strengthen and reduce oxidative stress
- Paraben-free
- Sulfate-free
- Balanced pH
- Zero animal testing
- Cruelty-free
- Made in the USA

USAGE

- Naturally support lush, healthy hair
- Strengthen and repair hair strands
- Gently cleanse and freshen
- Soothe your scalp
- Fight frizz, split ends, and breakage

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

BEAUTY

Clean Shine Conditioner

Price: \$14.95



INGREDIENTS: *Aloe barbadensis* (aloe) leaf juice*, behentrimonium methosulfate (and) cetearyl alcohol, diheptyl succinate (and) capryloyl glycerin/sebacic acid copolymer, DL-panthenol, galactoarabinan, *Citrus sinensis* (orange) oil*, Matrixyl 3000, *Eucalyptus globulus* (eucalyptus) leaf oil, *Melaleuca alternifolia* (tea tree) leaf oil, biotin, water (and) glycerin (and) *Serenoa serrulata* (saw palmetto) fruit extract, oat amino acids, *Argania spinosa* (argan) kernel oil*, *Emblica officinalis* (amla) oil*, *Rosmarinus officinalis* (rosemary) leaf oil*, *Malus domestica* fruit cell culture extract (and) xanthan gum (and) lecithin, *Mentha piperita* (peppermint) oil*, gluconolactone (and) sodium benzoate, phenoxyethanol

Clean Shine Conditioner

Moisturize and rejuvenate your hair with Dr. Berg's Clean Shine Conditioner. Clean Shine soaks deep into roots to give you beautiful, nourished, and silky strands. Infused with amla oil and biotin, our conditioner effortlessly silks your hair and promotes fullness and shine with each use. Paraben-free, sulfate-free, cruelty-free, balanced pH, safe for the environment, and made in

HIGHLIGHTS

- Supports your natural hair growth
- Infused with biotin to improve body and shine
- Organic amla oil to strengthen and reduce oxidative stress
- Paraben-free
- Sulfate-free
- Balanced pH
- Zero animal testing
- Cruelty-free
- Made in the USA

USAGE

Clean Shine Conditioner is right for you if...

- You struggle with damaged or dull-looking hair
- You want to combat unmanageable or frizzy hair
- You experience split ends, brittleness, or thinning
- You want to use natural ingredients to promote hair growth
- You have beautiful hair and want to keep it looking great

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



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THE KNOWLEDGE DOC

BEAUTY

Clear Skin

Price: \$19.95



Supplement Facts

Serving size: 2 capsules
Servings per container: 30

	Amount per Serving	% DV*
Vitamin D (as D3 cholecalciferol)	25 mcg (1000 IU)	125%
Vitamin E (as d-alpha tocopheryl succinate)	168 mg (200 IU)	1120%
Zinc (from zinc gluconate)	2.5 mg	23%
Selenium (from l-selenomethionine)	0.5 mcg	1%
Copper (from copper bisglycinate)	0.125 mg	14%
Chromium (from chromium picolinate)	4 mcg	12%
Proprietary blend	436 mg	**
Green tea leaf extract (<i>Camellia sinensis</i>), bromelain, milk thistle extract (<i>Silybum marianum</i>), berberine (<i>Berberis vulgaris</i>) seed extract		

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Vegetable capsule, microcrystalline cellulose, silicon dioxide, stearic acid, magnesium stearate (vegetable source)

Beautiful, clear skin starts within.

Dr. Berg's Clear Skin capsules are the best way to promote beautiful, healthy skin—from the inside out. Clear Skin combines ten powerful skin-clearing botanicals, vitamins, and minerals that help combat excess inflammation, hormones, clogged pores, bacteria, and scarring associated with acne. Unlike many harsh topical acne products, our easy-to-swallow capsules gently and efficiently address the root causes of acne. There's no better

HIGHLIGHTS

- High-quality nutrients
- Easy-to-swallow capsules
- 60 capsules in each bottle
- Supports clear, healthy skin from the inside out
- Promotes normal sebum production
- Supports the skin's resistance to microbes
- Combats inflammation and oxidative stress

USAGE

Using Clear Skin is easy. Take two easy-to-swallow capsules each day at any time.

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



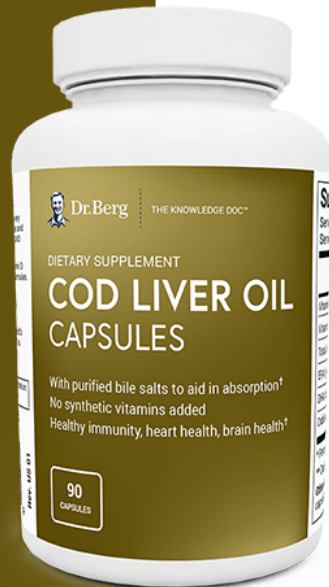
Dr. Berg®

THE KNOWLEDGE DOC™

VITAMINS & MINERALS

Cod Liver Oil

Price: \$24.99



Supplement Facts

Serving size: 3 capsules
Servings per container: 30

	Amount per Serving	% DV*
Vitamin A (from cod liver oil)	1062 mcg RAE	118%
Vitamin D (from cod liver oil)	8 mcg	44%
Total fatty acids	94 mg	**
EPA (eicosapentaenoic acid)	44 mg	**
DHA (docosahexaenoic acid)	50 mg	**
Ox bile extract (45% cholic acid)	15 mg	**

* Percent Daily Values are based on a 2000 calorie

** Daily Value not established.

Other ingredients: Microcrystalline cellulose, gelatin capsule, magnesium stearate (vegetable source)

These Cod Liver Oil Capsules are rich in health-promoting omega-3 fatty acids, as well as vitamins A and D, with purified bile salts to aid in absorption.

Dr. Berg's Cod Liver Oil provides you with a convenient source of natural DHA and EPA omega-3 fatty acids to support your immune system, heart, and brain--and provide many other research-backed health benefits.

HIGHLIGHTS

- Great way to get your omega 3 fats
- Supports a healthy heart
- Supports a healthy immune system
- Supports a healthy brain and eyes
- Helps fight inflammation
- Supports healthy skin
- Supports healthy blood pressure
- Supports healthy lipids and triglyceride levels
- Supports a healthy liver

USAGE

Take three servings (three capsules) of Dr. Berg's Cod Liver Oil daily with food. You can take them all at once or preferably space them out throughout the day for maximum absorption.

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



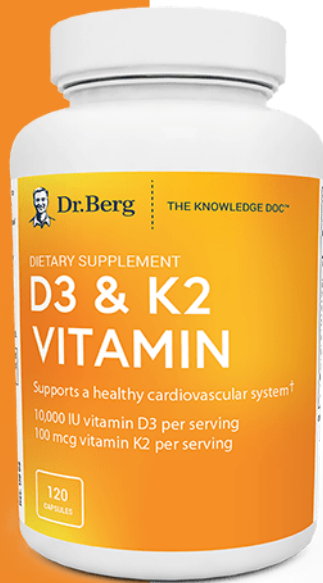
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THE KNOWLEDGE DOC

VITAMINS & MINERALS

D3 & K2 Vitamin

Price: \$34.99



Supplement Facts

Serving size: 1 vegetable capsule
Servings per container: 120

	Amount per Serving	% DV*
Vitamin D (as D3 cholecalciferol)	250 mcg 10,000 IU	1250%
Vitamin K2 (from MK-7, menaquinone-7)	100 mcg	83%
Vitamin B6 (from pyridoxal 5-phosphate)	30 mg	1765%
Zinc (from zinc sulfate)	20 mg	182%
Magnesium (from magnesium citrate)	25 mg	6%
Medium-chain triglycerides	10 mg	**
Oxbile (45% cholic acid)	5 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Microcrystalline cellulose, vegetable capsule

D3 & K2 Vitamin helps your body absorb and transport calcium to the correct places.

Our D3 & K2 vitamin supplement gives you an easily digestible, healthy source of these vitamins. They work together in the correct dosage to support normal joint motion, a happy mood, and maintenance of normal cardiovascular function.

HIGHLIGHTS

- Use calcium to support normal joint function
- Supports healthy bones and teeth
- Supports a healthy immune system
- Supports your mood, so you feel uplifted and positive more often

USAGE

- Take 1 to 4 capsules daily with a meal.
- Signs that you might benefit from D3 and K2:
- Pain and inflammation
 - Lowered mood
 - Weak immune system

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



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VITAMINS & MINERALS

Digest

Price: \$21.99



Supplement Facts

Serving size: 2 tablets

Servings per container: 90

Amount per Serving		
Betaine HCl	500 mg	**
Apple cider vinegar	300 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients:

Microcrystalline cellulose, apple pectin, stearic acid, magnesium stearate (vegetable source), silicon dioxide

Support healthy digestion with Digest Formula Extra Strength.

This supplement is perfect for those experiencing gas, bloating, and indigestion. We combined two powerful stomach acidifiers in one supplement to help reduce digestion discomfort. Each bottle contains 180 extra-strength tablets. This is the perfect addition to a heavy meal to support

HIGHLIGHTS

- Support your natural digestive processes
- Promote a settled stomach after heavy meals
- Support normal nutrient absorption
- Support a healthy microbiome
- Promote an overall smooth-running digestive system

USAGE

As a dietary supplement, take 2 to 3 tablets per day with meals.

Signs that you might benefit from D3 and K2:

- Bloating after a meal
- Gas, burping, or indigestion
- Lack of stomach acidity

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



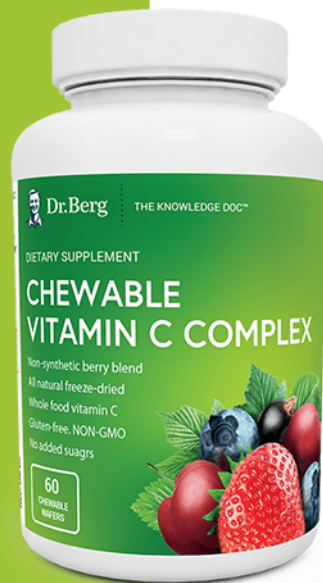
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THE KNOWLEDGE DOC™

VITAMINS & MINERALS

Chewable Vitamin C Complex

Price: \$29.99



Supplement Facts

Serving size: 1 wafer

Servings per container: 60

	Amount per Serving	% DV*
Vitamin C	100 mg	111%
Proprietary blend	830 mg	**
Organic freeze-dried acerola cherry fruit		
Organic freeze-dried strawberry fruit		
Organic freeze-dried acai berry fruit		
Organic freeze-dried blueberry fruit		

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Chewable Vitamin C Complex is a delicious chewable whole food made from organic berries.

This 100% natural whole vitamin C complex is made from four organic nutrient-rich berries: acerola cherries, acai berries, strawberries, and blueberries.

HIGHLIGHTS

- Great natural source of whole-food vitamin C
- Made with organic berries
- Supports a healthy immune system
- Tastes great and it's good for kids as well

USAGE

One wafer supplies 100 mg of vitamin C (more than the Daily Value). Chew one or two tablets daily, with or without food.

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



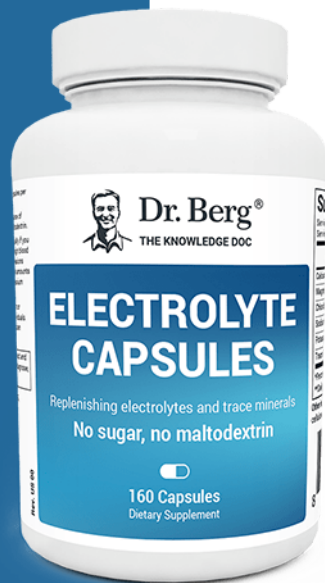
Dr. Berg®

THE KNOWLEDGE DOC

VITAMINS & MINERALS

Electrolyte Capsules

Price: \$20.99



Supplement Facts

Serving size: 5 capsules

Servings per container: 32

	Amount per Serving	%DV*
Calcium (from calcium lactate)	95 mg	7%
Magnesium (from magnesium citrate)	125 mg	30%
Chloride (from pink Himalayan salt)	1,495 mg	65%
Sodium (from pink Himalayan salt)	460 mg	20%
Potassium (from potassium citrate)	875 mg	19%
Trace mineral complex	25 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Vegetable capsule, microcrystalline cellulose, magnesium stearate (vegetable source)

Chewable Vitamin C Complex is a delicious chewable whole food made from organic berries.

Dr. Berg's Electrolyte Capsules are an excellent source of electrolytes, with 875 mg of potassium in each serving. The electrifying combination of five crucial electrolytes and a powerful trace mineral complex offers complete day-to-day support for energy, endurance, and hydration.

HIGHLIGHTS

- Excellent source of five crucial electrolytes
- Easy-to-swallow vegetable capsules
- 875 mg of potassium in each serving
- Added trace mineral complex for maximum benefits
- Incredible value with 32 servings in each bottle
- Zero unnecessary additives, fillers, or synthetic ingredients
- Promotes electrolyte balance without interrupting your fast
- Helps reduce fatigue and brain fog
- Supports healthy muscle and cardiovascular function
- Helps combat dehydration and overhydration

USAGE

As a dietary supplement, take 5 capsules per day with or without meals

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



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ENERGIZE

Electrolyte Powder Pomegranate & Cherry

Price: \$35.99



Supplement Facts

Serving size: 1 scoop, approx. 6.4 g / 0.22 oz
Servings per container: approx. 50

	Amount per Serving	% DV*
Calcium (from calcium lactate)	75 mg	6%
Magnesium (from magnesium citrate)	120 mg	29%
Chloride (from pink Himalayan salt)	60 mg	3%
Sodium (from pink Himalayan salt)	40 mg	<2%
Potassium (from potassium citrate)	1,000 mg	21%
Trace mineral complex	100 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Citric acid anhydrous (non-GMO form), natural pomegranate and cherry flavors, malic acid, organic stevia Reb A 98%

Dr. Berg's Electrolyte Powder Cherry Pomegranate

Dr. Berg's Electrolyte Powder Cherry Pomegranate is a powerful support for hydration, muscle function, and energy. With 1000 mg of potassium per serving, this formula is a highly potent

HIGHLIGHTS

- Supports electrolyte balance without breaking your fast
- Promotes normal muscle function
- Helps combat dehydration

USAGE

One wafer supplies 100 mg of vitamin C (more than the Daily Value). Chew one or two tablets daily, with or without food. Electrolyte powder is right for you if:

- You struggle to eat 7-10 cups of vegetables daily
- You feel tired and worn down—especially after workouts
- You want to support healthy electrolyte levels (without added sugar)
- You want a refreshing beverage that won't break your fast
- You experience brain fog or poor focus



Dr. Berg®

THE KNOWLEDGE DOC

ENERGIZE

Electrolyte Powder Lemonade

100 Servings

Price: \$44.99



Supplement Facts

Serving size: 1 scoop, approx. 6.4g
Servings per container: 100

	Amount per Serving	% DV*
Calcium (from calcium lactate)	75 mg	6%
Magnesium (from magnesium citrate)	120 mg	29%
Chloride (from pink Himalayan salt)	60 mg	2%
Sodium (from pink Himalayan salt)	40 mg	2%
Potassium (from potassium citrate)	1,000 mg	21%
Trace mineral complex	100 mg	**

*Percent Daily Value is based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Citric acid (non-GMO form), natural lemonade flavor, malic acid, organic stevia

Dr. Berg's Electrolyte Powder supports hydration, healthy muscles, and high energy.

Now it's DOUBLE the size (but not the price) with a delicious raspberry and lemon flavor! 1000 mg of potassium per serving and NEW Pink Himalayan Salt added for sodium, chloride and trace minerals – better than any electrolyte powder on the market. Your body requires 4,700 mg of potassium a day or 7-10 cups of veggies. Our healthy electrolyte drink helps you get to that goal.

HIGHLIGHTS

- Powers up your workout and life. 13x more electrolytes than sports drinks.
- Electrolytes support your cells with energy and normal hydration.
- Potassium helps your body transport energy normally.
- ZERO fattening carbs, sugar, or maltodextrin.
- Tastes more refreshing than energy drinks.
- Great for your whole family.

USAGE

Depending on your current condition, take a capsule after each meal, or one per day if your digestion is currently normal.

Signs that you may need gallbladder support:

- Bloating
- Right shoulder pain, tightness or stiffness
- Full feeling or tightness under the right lower rib cage



Dr. Berg®

THE KNOWLEDGE DOC

ENERGIZE

Electrolyte Powder Lemonade

Price: \$33.99



Supplement Facts

Serving size: 1 scoop, approx. 6.3 g / 0.22 oz
Servings per container: approx. 50

	Amount per Serving	% DV*
Calcium (from calcium lactate)	75 mg	6%
Magnesium (from magnesium citrate)	120 mg	29%
Chloride (from pink Himalayan salt)	60 mg	<2%
Sodium (from pink Himalayan salt)	40 mg	<2%
Potassium (from potassium citrate)	1,000 mg	21%
Trace mineral complex	100 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Citric acid (non-GMO form), natural lemonade flavor, malic acid, organic stevia Reb A 98%

Dr. Berg's Electrolyte Powder supports hydration, healthy muscles, and high energy.

The formula is mixed with potassium -- the often missed ingredient for peak performance. This electrifying combination supports energy levels from your tiniest cells to your full-body workouts.

HIGHLIGHTS

- Electrolytes support your body with energy
- This electrolyte powder supports your body to work
- Supports you with energy to crush your next gym session
- Zero sugar, carbs, or maltodextrin
- Quicker reflexes

USAGE

- Mix one scoop in a 16-ounce (450 ml) glass of water.
- Signs that you might benefit from Electrolyte Powder Lemonade:
- Weakness
 - Tiredness
 - Anxiety
 - Constipation

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

ENERGIZE

Electrolyte Powder Orange

Price: \$33.99



Supplement Facts

Serving size: 1 scoop, approx. 6.2 g / 0.22 oz
Servings per container: approx. 50

	Amount per Serving	% DV*
Calcium (from calcium lactate)	75 mg	6%
Magnesium (from magnesium citrate)	120 mg	29%
Chloride (from pink Himalayan salt)	60 mg	2%
Sodium (from pink Himalayan salt)	40 mg	<2%
Potassium (from potassium citrate)	1,000 mg	21%
Trace mineral complex	100 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Citric acid anhydrous (non-GMO form), natural orange flavor, malic acid, organic stevia Reb A 98%

Dr. Berg's Electrolyte Powder helps your body maintain clean, steady energy levels.

Dr. Berg's Electrolyte Powder is the perfect combination of electrically conducting minerals and trace minerals. Electrolytes, when dissolved in water, create charged elements ready to hydrate the body cells and energize the body. These active minerals assist in nerve conduction as well as muscle contraction and relaxation.

HIGHLIGHTS

- Contains no maltodextrin or sugar
- Boosts your energy levels
- Contains plenty of potassium to improve your endurance and performance
- Unique formula alleviates muscle cramps and supports optimal muscle and nerve function
- Supports your body, allowing it to work normally

USAGE

Take one scoop (approximately 6.1 g / 0.22 oz.) of electrolyte formula and dissolve it in 16 ounces (450 ml) of water. Take one scoop two times per day, every day. For children, take one half to one scoop per day.



Dr. Berg®

THE KNOWLEDGE DOC

ENERGIZE

Electrolyte Powder Packets

Price: \$27.99



Supplement Facts

Serving size: 1 packet, approx. (6.8 g / 0.24 oz)
Servings per packet: 1

	Amount per serving	% DV*
Calcium (from calcium lactate)	75 mg	6%
Magnesium (from magnesium citrate)	120 mg	29%
Chloride (from pink himalayan salt)	60 mg	2%
Sodium (from pink himalayan salt)	40 mg	<2%
Potassium (from potassium citrate)	1,000 mg	21%
Trace mineral complex	100 mg	**

*Percent Daily Values are based on the 2000 Calorie Diet.

**Daily Value not established.

Ingredients: citric acid anhydrous (non-GMO form), natural lemonade and raspberry flavors, malic acid, organic stevia rebA 98%.

Dr. Berg's Electrolyte Powder packets support energy levels from your tiniest cells to your full-body workouts in a convenient, travel-friendly form.

Dr. Berg's Electrolyte Powder is the perfect combination of electrically conducting minerals and trace minerals. Electrolytes, when dissolved in water, create charged elements ready to hydrate the body cells and energize the body. These active minerals assist in nerve conduction as well as muscle contraction and relaxation.

HIGHLIGHTS

- Contains no maltodextrin or sugar
- Boosts your energy levels
- Contains plenty of potassium to improve your endurance and performance
- Unique formula alleviates muscle cramps and supports optimal muscle and nerve function
- The real reason you're tired could be a lack of electrolytes. Healthy energy levels can be influenced by electrolytes and minerals. This electrolyte powder supports your body, allowing it to work normally.

USAGE

Take 1 packet (approximately 6.5 g / 0.23 oz) of electrolyte formula and dissolve it in 16 ounces (450 ml) of water.

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

ENERGIZE

Electrolyte Powder Raspberry & Lemon 100 Servings

Price: \$44.99



Supplement Facts

Serving size: 1 scoop, approx. 6.9 g
Servings per container: approx. 100

	Amount per Serving	%DV*
Calcium (from calcium lactate)	75 mg	6%
Magnesium (from magnesium citrate)	120 mg	29%
Chloride (from pink Himalayan salt)	60 mg	2%
Sodium (from pink Himalayan salt)	40 mg	<2%
Potassium (from potassium citrate)	1,000 mg	21%
Trace mineral complex	100 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Citric acid anhydrous (non-GMO form), natural lemonade and raspberry flavors, malic acid, organic stevia Reb A 98%

Dr. Berg's Electrolyte Powder supports hydration, healthy muscles, and high energy.

Now it's DOUBLE the size (but not the price) with a delicious raspberry and lemon flavor! 1000 mg of potassium per serving and NEW Pink Himalayan Salt added for sodium, chloride and trace minerals – better than any electrolyte powder on the market. Your body requires 4,700 mg of potassium a day or 7-10 cups of veggies. Our healthy electrolyte drink helps you get to that goal.

HIGHLIGHTS

- Powers up your workout and life. 13x more electrolytes than sports drinks.
- Electrolytes support your cells with energy and normal hydration.
- Potassium helps your body transport energy normally.
- ZERO fattening carbs, sugar, or maltodextrin.
- Tastes more refreshing than energy drinks.
- Great for your whole family.

USAGE

Depending on your current condition, take a capsule after each meal, or one per day if your digestion is currently normal.

Signs that you may need gallbladder support:

- Bloating
- Right shoulder pain, tightness or stiffness
- Full feeling or tightness under the right lower rib cage



Dr. Berg®

THE KNOWLEDGE DOC

ENERGIZE

Electrolyte Powder Raspberry Lemon

Price: \$33.99



Supplement Facts

Serving size: 1 scoop, approx. 6.9 g / 0.24 oz
Servings per container: approx. 50

	Amount per Serving	% DV*
Calcium (from calcium lactate)	75 mg	6%
Magnesium (from magnesium citrate)	120 mg	29%
Chloride (from pink Himalayan salt)	60 mg	2%
Sodium (from pink Himalayan salt)	40 mg	<2%
Potassium (from potassium citrate)	1,000 mg	21%
Trace mineral complex	100 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Citric acid anhydrous (non-GMO form), natural lemon and raspberry flavors, malic acid, organic stevia Reb A 98%

Dr. Berg's Electrolyte Powder supports hydration, healthy muscles, and high energy.

Dr. Berg's Electrolyte Powder supports hydration, healthy muscles, and high energy. The formula contains potassium—the often-missed ingredient for peak performance. This electrifying combination supports energy levels from your tiniest cells to your full-body workouts. And does it

HIGHLIGHTS

- Contains no maltodextrin or sugar
- Boosts your energy levels
- Contains plenty of potassium to improve your endurance and performance
- Unique formula alleviates muscle cramps and supports optimal muscle and nerve function
- Supports a normal and healthy-functioning body

USAGE

Take 1 scoop (approximately 6.8 g / 0.22 oz) of electrolyte formula and dissolve it in 16 ounces (450 ml) of water. Take one scoop two times per day, every day. For children, take ½ to one 1 scoop per day.

Signs that you might benefit from these electrolytes:

- Fatigue
- Low endurance with exercise
- Leg cramps



Dr. Berg®

THE KNOWLEDGE DOC

ENERGIZE

Electrolyte Powder Tangerine

Price: \$35.99



Supplement Facts

Serving size: 1 scoop, approx. 6.4 g / 0.22 oz
Servings per container: approx. 50

	Amount per Serving	% DV*
Calcium (from calcium lactate)	75 mg	6%
Magnesium (from magnesium citrate)	120 mg	29%
Chloride (from pink Himalayan salt)	60 mg	3%
Sodium (from pink Himalayan salt)	40 mg	<2%
Potassium (from potassium citrate)	1,000 mg	21%
Trace mineral complex	100 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Citric acid anhydrous (non-GMO form), natural tangerine flavor, malic acid, organic stevia Reb A 98%

Dr. Berg's Electrolyte Powder Tangerine

Dr. Berg's Electrolyte Powder Tangerine is a powerful support for hydration, muscle function, and energy. With 1000 mg of potassium per serving, this formula is a highly potent source of electrolytes. The electrifying combination of five vital electrolytes and a trace mineral complex

HIGHLIGHTS

- No unnecessary additives, fillers, or synthetic ingredients
- Supports electrolyte balance without breaking your fast
- Promotes normal muscle function
- Helps combat dehydration

USAGE

Take 1 scoop (approximately 6.8 g / 0.22 oz) of electrolyte formula and dissolve it in 16 ounces (450 ml) of water. Take one scoop two times per day, every day. For children, take ½ to one 1 scoop per day.

Signs that you might benefit from these electrolytes:

- You struggle to eat 7-10 cups of vegetables daily
- You feel tired and worn down—especially after workouts
- You want to support healthy electrolyte levels (without added sugar)
- You want a refreshing beverage that won't break your fast
- You experience brain fog or poor focus
- You need an easy and convenient way to boost your energy

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

ENERGIZE

Electrolyte Sports Drink Raspberry & Lemon

Price: \$33.99



Supplement Facts

Serving size: 1 scoop, approx. 7.2 g / 0.24 oz
Servings per container: approx. 45

	Amount per Serving	% DV*
Calcium (from calcium lactate)	75 mg	6%
Magnesium (from magnesium citrate)	120 mg	29%
Chloride (from pink Himalayan salt)	75 mg	3%
Sodium (from pink Himalayan salt)	50 mg	3%
Potassium (from potassium citrate)	1,000 mg	21%
Trace mineral complex	100 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Natural raspberry and lemon flavors, citric acid (non GMO form), malic acid, stevia.

Dr. Berg's Electrolyte Sports Drink has a delicious natural raspberry and lemon flavor, sweetened with stevia, to hydrate you without the added sugars found in most sports drinks.

Dr. Berg's Sports Drink is perfect for carb-conscious active people and athletes because it contains NO sugar and NO maltodextrin, just a proprietary blend of minerals designed to restore commonly depleted electrolytes—including 1000 mg of potassium.

HIGHLIGHTS

- Helps you recover electrolytes and rehydrate fast
- Contains no sugar or maltodextrin, no artificial flavoring, and non-GMO ingredients for clean, guilt-free sports hydration
- Restores salt and trace minerals depleted by your workout
- Formula is potassium-rich: most sports drinks are majorly lacking in potassium
- Put your athletic endurance into a higher gear. Electrolyte powder supports you with the energy to crush your next gym session

USAGE

To use Dr. Berg's Sports Drink, take 1 scoop and dissolve it in water, almond milk, coconut milk, or other liquids. Many people take the sports drink 30 minutes before a workout, during intense workouts, or after workouts.



Dr. Berg®

THE KNOWLEDGE DOC

REDUCE STRESS

Electrolyte Variety Pack

Price: \$26.95



Supplement Facts

Serving size: 1 stick pack
Servings per container: 28

	Amount per Serving	%DV*
Calcium (from calcium lactate)	75 mg	6%
Magnesium (from magnesium citrate)	120 mg	29%
Chloride (from pink Himalayan salt)	60 mg	3%
Sodium (from pink Himalayan salt)	40 mg	2%
Potassium (from potassium citrate)	1,000 mg	21%
Trace mineral complex	100 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other Ingredients: Citric acid (non-GMO form), natural flavors, malic acid, organic stevia Reb A 98%

Electrolyte Variety Pack

Dr. Berg's Electrolyte Powder Variety Pack is incredible for recharging your energy, hydration, and muscles anywhere you go. With seven delicious flavors—including lemonade, raspberry-lemon, strawberry-lemon, tangerine, orange, grape, and cherry-pomegranate—you get a variety of refreshing electrolyte drinks to choose from.

HIGHLIGHTS

- Replenish electrolytes
- Promote muscle health
- Maintain high energy levels
- Support heart health
- Reduce irritability and brain fog
- Fight off headaches and migraines

USAGE

Right for you if:

- You struggle to eat 7 to 10 cups of vegetables each day
- You feel worn down and tired—especially after exercise
- You want to support normal electrolyte levels without consuming added sugar
- You occasionally experience brain fog or poor focus
- You want a refreshing beverage that won't interrupt your keto and IF plan
- You need an easy and convenient way to boost your energy while on the go

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

REDUCE STRESS

Estrogen Balance With Dim

Price: \$36.99



Supplement Facts

Serving size: 2 vegetable capsules
Servings per container: 30

	Amount per Serving	% DV*
Vitamin E (from d-alpha tocopheryl succinate)	134 mg (200 IU)	893%
Calcium (from calcium d-gluconate)	4 mg	<1%
Black cohosh (Cimicifuga racemosa) root powder	200 mg	**
Ashwagandha (Withania somnifera) root powder	100 mg	**
Stinging nettle (Urtica dioica) leaf powder	100 mg	**
Diindolylmethane (DIM)	100 mg	**
Brussels sprouts powder	50 mg	**
Cabbage powder	50 mg	**
Chasteberry (Vitex agnus-castus) fruit powder	50 mg	**
Turmeric powder (Curcuma longa)	50 mg	**
Sea kelp (organic)	50 mg	**
Black pepper (Piper nigrum) fruit 50:1 extract (BioPerine™)	2.5 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Vegetable capsule, microcrystalline cellulose, magnesium stearate (vegetable source), stearic acid

Dr. Berg's Estrogen Balance with DIM supports healthy hormones that keep you happy, energetic, and relaxed.

Dr. Berg's Estrogen Balance with DIM (Diindolylmethane) supports healthy hormones that keep you happy, energetic, and relaxed. As your hormones improve, so can your skin, weight, mood, and energy.

HIGHLIGHTS

- Supports healthy hormones, which affect your mood, energy, muscles, and skin
- Helps with the discomforts of pre-menopause, menopause, and post-menopause
- Promotes healthy skin, which is influenced by your hormones
- Aids in supporting weight loss

USAGE

This product is highly potent. Start with 1 capsule per day. If you tolerate it well and want to increase the effects, increase to 2 capsules per day (taken at any time of day).

Signs that you may need hormonal support:

- Estrogen dominance signs
- Hot flashes
- Acne

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

DIGESTION AIDS

Friendly Bacteria Probiotic Liquid

Price: \$37.99



Supplement Facts

Serving size: 1 Tbsp (15 ml)

Servings per container: 32

	Amount Per Serving	% DV*
Calories	0	
Total Carbohydrates	0.5 g	<1%
Sodium	35 mg	<1%
Friendly bacteria Probiotic blend	15 g	**
<i>Lactobacillus fermentum, Bacillus subtilis, Bifidobacterium animalis, Bifidobacterium bifidum, Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus bulgaricus, Lactobacillus casei, Lactobacillus plantarum, Lactococcus lactis, Saccharomyces cerevisiae and Streptococcus thermophilus.</i>		

** Daily Value not established.

Other Ingredients: Liquid fermentation product of water, organic sugarcane molasses, organic juice concentrates (blueberry, cherry, pomegranate)

Dr. Berg's Friendly Bacteria Probiotic Liquid supplements your body with 12 live probiotic strains that support a healthy digestive system.

Friendly Bacteria Probiotic Liquid gives you 12 powerful probiotic strains that support healthy digestive function. Are you living with indigestion, bloating, gas, and digestive discomfort? These are common signs of an unbalanced microbiome. Ingesting good bacteria and fungi

HIGHLIGHTS

- Supports healthy digestion and normal nutrient absorption
- Helps you maintain regular bowel movements
- Supports a healthy immune system
- Deodorizes bowel

USAGE

Start out by taking ½ to 1 teaspoon (2.5 to 5 ml) of probiotic liquid in a small glass of water before bed. As your body gets used to it, gradually increase to 1 tablespoon (15 ml) per serving. Some people can experience a detoxification reaction if they take too much too quickly. If that is the case, stop taking the product until you don't have any more signs of reaction. And then reintroduce just a little at a time, increasing your serving very slowly. Signs that you may need probiotic support:

- Constipation
- Chronic diarrhea
- Gut inflammation
- History of antibiotics, malabsorption

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



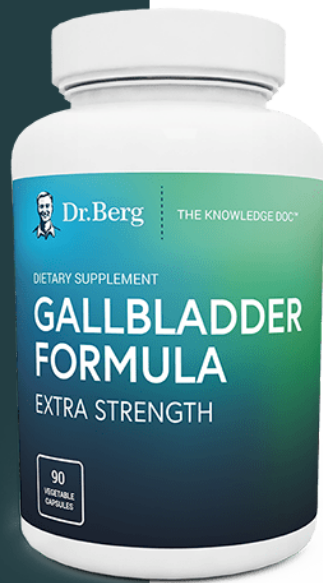
Dr. Berg®

THE KNOWLEDGE DOC

VITAMINS & MINERALS

Gallbladder Formula

Price: \$36.99



Supplement Facts

Serving size: 2 vegetable capsules
Servings per container: 45

	Amount per Serving	%DV*
Pancreatin 4x	200 mg	**
Betaine hydrochloride	400 mg	**
Ox bile extract	200 mg	**
Conjugated bile salts	100 mg	**
Stone root (<i>Collinsonia canadensis</i>)	100 mg	**
Pepsin 1:3000	60 mg	**
Slippery elm bark (<i>Ulmus rubra</i>)	40 mg	**
Choline (from choline bitartrate)	40 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Silica, magnesium stearate (vegetable source), vegetable capsule

Dr. Berg's Gallbladder Formula Extra Strength is designed to support healthy digestion and promote normal bile.

Gallbladder Formula helps support a healthy gallbladder and provide bile salts; a shortage of these can cause bloating and digestive stress. Bile helps your body break down complicated fats and absorb fat-soluble vitamins. Whether or not your gallbladder has been removed, you can support your body's digestive health by supplementing bile and other digestive enzymes.

HIGHLIGHTS

- Helps your body break down complicated fats and absorb fat-soluble vitamins
- Helps you maintain a normal digestive environment by supporting your liver, stomach enzymes, stomach acid, and pancreas
- Helps relieve digestive discomfort, constipation, and bloating
- Helps maintain healthy absorption of fat-soluble vitamins like A, D, K1, and K2

USAGE

Depending on your current condition, take a capsule after each meal, or one per day if your digestion is currently normal.

Signs that you may need gallbladder support:

- Bloating
- Right shoulder pain, tightness or stiffness
- Full feeling or tightness under the right lower rib cage



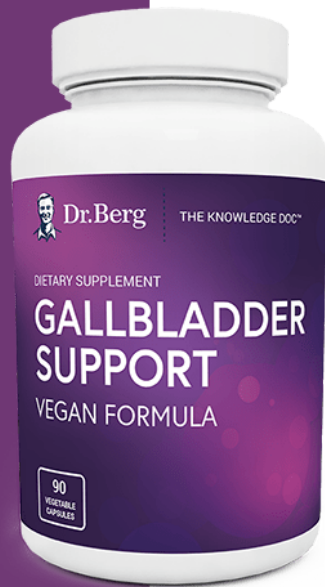
Dr. Berg®

THE KNOWLEDGE DOC

VITAMINS & MINERALS

Gallbladder Vegan

Price: \$32.99



Supplement Facts

Serving size: 2 vegetable capsules

Servings per container: 45

	Amount per Serving	%DV*
VegPanzyme Plus™ (vegan)	200 mg	**
Betaine hydrochloride	400 mg	**
Stone root (<i>Collinsonia canadensis</i>)	100 mg	**
Artichoke leaf extract 4:1	100 mg	**
Peppermint leaf extract	100 mg	**
VegPeptase™ 1:3000 (vegan)	60 mg	**
Ginger root extract 4:1	50 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Vegetable capsule, microcrystalline cellulose, silica, magnesium stearate (vegetable source)

Gallbladder Support Vegan is a vegan-friendly supplement made to promote healthy digestion and normal bile levels.

Gallbladder Support Vegan Formula is a daily supplement that combines seven vegan-friendly ingredients to target the uncomfortable symptoms of low bile. This formula is perfect for those who want to support healthy digestion and reduce occasional bloating, indigestion, gas, and uncomfortable bowel movements.

HIGHLIGHTS

- Supports normal bile levels in those without a gallbladder
- Promotes a healthy digestive system
- Helps reduce occasional bloating, gas, and discomfort after eating
- Supports normal fat-soluble nutrient levels
- Promotes regular bowel movements
- Helps dissolve gallstones naturally
- 100% vegan-friendly capsules (easy to swallow!)

USAGE

Depending on your current condition, take a capsule after each meal, or one per day if your digestion is currently normal.

Signs that you may need gallbladder support:

- Bloating
- Right shoulder pain, tightness or stiffness
- Full feeling or tightness under the right lower rib cage

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

VITAMINS & MINERALS

Hair Formula

Price: \$39.99



Supplement Facts

Serving size: 2 vegetable capsules
Servings per container: 45

	Amount per Serving	% DV*
Vitamin C (from acerola cherry)	40 mg	44%
Vitamin D3 (as cholecalciferol)	13 mcg(533IU)	66%
Vitamin B12 (as methylcobalamin)	1.6 mcg	66%
Calcium (as calcium lysinate)	30 mg	2%
Vitamin B2 (riboflavin)	66 mcg	51%
Zinc (as zinc monomethionine)	0.334 mg	3%
Copper (as copper bisglycinate)	0.667 mg	74%
Selenium (as L-selenomethionine)	36 mcg	66%
Folate (as 5-methyltetrahydrofolate-calcium)	266 DFE mcg	66%
Biotin	666 mcg	2222%
Saw palmetto extract	200 mg	**
Horsetail herb powder (whole plant)	200mg	**
Korean Red Ginseng powder (root)	600mg	**

*Percent Daily values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Vegetable capsule, silicon dioxide, magnesium stearate (vegetable source)

Hair Formula is the ultimate nutritional support for strong and healthy hair

Hair Formula replenishes an aging body with the nutrients that support strong, thick, and healthy hair. Collagen is the protein foundation of healthy hair, nails, and skin. This formula is packed full of vitamins, trace minerals, and herbs that naturally support healthy

HIGHLIGHTS

- Replenishes vital hair nutrients
- Targets pesky split ends
- Contains stinging nettle root, a natural DHT blocker known to fend off hair loss
- Gives you powerful support for healthy hair, skin, and nails.

USAGE

Take 2 capsules per day as a dietary supplement.

Signs that you might benefit from the nutrients in this formula:

- Excessive hair loss
- Brittle and dry hair



Dr. Berg®

THE KNOWLEDGE DOC

BEAUTY

Impeccable Face Cream

Price: \$25.40



INGREDIENTS: *Aloe barbadensis* (aloe) leaf juice*, *Cocos nucifera* (coconut) oil, emulsifying wax, niacinamide, glycerin*, *Mangifera indica* (mango) seed butter*, glyceryl stearate, stearic acid, *Simmondsia chinensis* (jojoba) seed oil*, *Butyrospermum parkii* (shea) butter*, salicylic acid, *Melaleuca alternifolia* (tea tree) leaf oil*, *Citrus paradisi* (grapefruit) seed oil, sodium hyaluronate, bakuchiol, tocopheryl acetate, tetrasodium EDTA, phenoxyethanol, ethylhexylglycerin

A small dab of Dr. Berg's Impeccable Face Cream gently restores moisture while protecting your skin from bacteria, clogged pores, and inflammation.

Dr. Berg's Impeccable Face Cream was formulated to help your skin look clear and vibrant. If you struggle with dryness, clogged pores, inflammation, skin stress, or redness, this daily face cream is perfect for you. Impeccable Face Cream is made with organic ingredients that are gentle and effective on all skin types

HIGHLIGHTS

- Gently restores moisture while protecting your skin from bacteria, clogged pores.
- Doesn't feel greasy and is safe for acne-prone skin and inflammation

USAGE

Impeccable face cream is right for you if:

- You struggle with acne
- You experience dryness, inflammation, or redness
- You want to replace your harsh skin cream with a gentle and effective alternative
- You want to keep your skin looking beautiful and vibrant
- You want something that is effective for all skin types

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

ENERGIZE

Keto Energy

Price: \$34.99



Supplement Facts

Serving size: 2 vegetable capsules
Servings per container: 30

	Amount per Serving	%DV*
Vitamin A (from carrot)	450 mcg RAE	50%
Vitamin C (from orange, blueberry, cranberry, apple, beet and strawberry)	30 mg	33%
Vitamin D (from shiitake mushroom)	10 mcg	50%
Vitamin E (from tomato)	7.50 mg	30%
Vitamin K1 (from spinach)	40 mcg	33%
Vitamin B1 (thiamine; from orange 0.75 mg, as thiamine pyrophosphate 2 mg, as benfotiamine 100 mg)	102.75 mg	8563%
Vitamin B2 (riboflavin; from broccoli)	0.85 mg	66%
Vitamin B3 (niacin; from tomato)	10 mg	62.5%
Vitamin B5 (pantothenic acid; from shiitake mushroom)	5 mg	100%
Vitamin B6 (pyridoxine; from carrot)	1 mg	59%
Vitamin B7 (biotin; from spinach and shiitake mushroom)	150 mcg	500%
Vitamin B9 (folate; from spinach and beet)	0.200 mg DFE	> 1%
Vitamin B12 (as methylcobalamin)	2.4 mcg	100%
Magnesium (from magnesium Krebs cycle powder)	50 mg	12%
Potassium (from potassium Krebs cycle powder and beet)	50 mg	**
Alpha-lipoic acid	200 mg	**
Nutritional yeast	150 mg	**
Proprietary whole food blend (spinach, broccoli, carrot, beet, tomato, shiitake mushroom, apple, cranberry, orange, blueberry and strawberry)	225 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

** Daily Value not established.

Other ingredients: Vegetable capsule, microcrystalline cellulose, magnesium stearate (vegetable source)

Keto Energy supports healthy energy levels from the ground up.

Keto Energy gives you a steady supply of clean keto-friendly energy. Coffee, energy drinks, and caffeine pills all start with a quick burst of energy and end with a steep groggy decline. Boost your energy and mental clarity naturally by supporting your built-in powerhouses—also known as

HIGHLIGHTS

- Supports healthy mitochondria—the “batteries” of your body
- Helps you maintain constant clean energy levels without the crash
- Supports energy and endurance during exercise and work
- Boosts mental clarity and focus
- Reduces stress
- Provides a 100% keto-friendly source of micronutrients

USAGE

Take 2 capsules in the morning with or without food. You could also take 2 before your workout and even more if you are stressed.



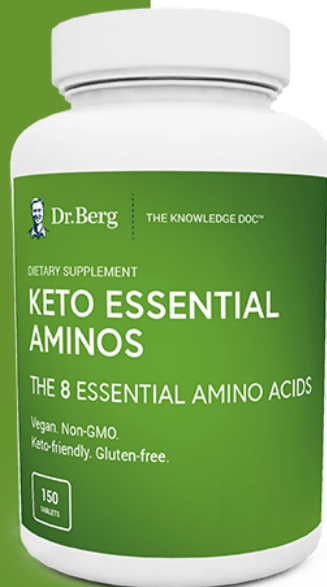
Dr. Berg®

THE KNOWLEDGE DOC

HEALTHY KETO

Keto Essential Aminos

Price: \$39.99



Supplement Facts

Serving size: 5 tablets

Servings per container: 30

Amount per Serving			% DV*
L-leucine, L-valine, L-isoleucine,			
L-lysine HCL, L-phenylalanine,			
L-threonine, L-methionine, L-tryptophan			
5000 mg			**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Keto Essential Aminos contains all eight essential amino acids that the body needs to support, repair, and maintain its muscular, skeletal, enzymatic, and hormonal systems.

Athletic activities can drain your amino acid reserves. The key is recovery. Amino acids are the recovery nutrients and building blocks that are used to build healthy muscles, tendons, ligaments, hormones, and enzymes. Dr. Berg's Keto Essential Aminos help support your body recovery

HIGHLIGHTS

- Contains all 8 essential amino acids in the ratios needed for maximum usability
- Helps replenish protein loss
- Supplies the vital protein you need without a spike in blood sugar or additional protein waste
- Supports muscle mass as a post-workout supplement
- Works around gut problems by providing amino acids in an easily-absorbable form

USAGE

Take 5 to 10 tablets daily without a meal (at least 20 to 30 minutes before eating or 1 to 2 hours after eating). As an exercise aid, try taking your serving 20 minutes prior to physical activity. For exercise recovery, take your serving after your workout.



Dr. Berg®

THE KNOWLEDGE DOC

VITAMINS & MINERALS

Keto Shake Cocoa Flavor

Price: \$59.99



Nutrition Facts

Servings Per Container: approx. 60
Serving Size: 1 scoop, approx. 11 g

Amount per Serving

Calories

43

% Daily Value*

Total fat <1 g	1%
Saturated fat <1 g	2%
Trans fat <1 g	**
Sodium 113 mg	5%
Total carbohydrate 3 g	1%
Dietary fiber 3 g	12%
Total sugars <1 g	**
Includes 0 g added sugars	**
Protein 4 g	
Vitamin D 0 mcg	0%
Calcium 9 mg	<1%
Iron 1 mg	7%
Potassium <1 mg	<1%
Zinc 3 mg	31%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Daily Value not established.

Burn fat and support your Healthy Keto lifestyle with Dr. Berg's Keto Shake.

Our Keto Shake is perfect for on-the-go nourishment, supporting workout recovery, and replacing unhealthy desserts. It's also gluten-free, vegan, non-GMO, soy-free, 100% keto-friendly, and only 43 calories per serving! Every chocolaty sip will help satisfy your cravings and boost your energy.

HIGH HIGHLIGHTS

- Delicious chocolaty flavor
- Helps keep you feeling full between meals
- 4g of protein in each serving
- No added sugar or harmful chemicals
- Added MCTs derived from coconut oil to support weight loss
- Vegan, dairy-free, soy-free, gluten-free, and whole-food sourced

USAGE

Dr. Berg's Keto Shake with MTCs is right for you if:

- You are on the keto diet and want a shake that supports ketosis and fat-burning
- You are trying to lose weight and could use support to healthily skip a meal and stay away from fast food
- You lead a busy life, are always on the go, can't always cook, or need an occasional



Dr. Berg®

THE KNOWLEDGE DOC

HEALTHY KETO

Keto Fasting Tea Unsweetened

Price: \$19.95



Nutritional Facts

28 servings per container

Serving Size: 1 tea bag (2.25g)

Propriety Blend of Herbs:

Rooibos
Organic Ginger
Cinnamon
Organic Stevia
Garcinia Cambogia Powder
Red Panax Ginseng

Daily Value not established for
any of the above ingredients.

Dr. Berg's Keto Fasting Tea helps fight the distractions that make dieting tough.

Keto and intermittent fasting are some of the best ways to lose weight... but they aren't always easy. Giving up sugary drinks and not being allowed to eat for big chunks of the day also doesn't help. This unique blend of herbs makes losing weight easier. It provides you with natural full-body support: keeps your appetite suppressed, fights irritability, and supports normal blood sugars--so

- HIGHLIGHTS**
- Supports normal blood sugars, which affect your organs, energy level, and mood
 - Helps with appetite and craving control to promote weight-loss efforts
 - Great way to make fasting easier
 - Supplies antioxidants for additional health benefits
 - Can help you fast longer

USAGE

This herbal tea comes ready to steep in convenient little tea packets. Simply place a teabag in a cup of hot water and steep for 4 to 5 minutes. The longer the steep, the stronger the brew. To get the most out of each teabag, reuse each teabag once.



Dr. Berg®

THE KNOWLEDGE DOC

HEALTHY KETO

Keto Fasting Tea Sweetened

Price: \$19.95



Nutritional Facts
28 servings per container
Serving Size: 1 tea bag (2.25g)

Propriety Blend of Herbs:

Rooibos
Organic Ginger
Cinnamon
Garcinia Cambogia Powder
Red Panax Ginseng

Daily Value not established for any of the above ingredients.

Dr. Berg's Keto Fasting Tea helps fight the temptations that make dieting tough; sweetened with organic stevia.

Keto and intermittent fasting are some of the best ways to lose weight... but they aren't always easy. Giving up sugary drinks and not being allowed to eat for big chunks of the day also doesn't help. This unique blend of herbs makes losing weight easier. It provides you with natural full-body support: keeps your appetite suppressed, fights irritability, and supports normal blood sugars--so you can stay happy as you get fit.

HIGHLIGHTS

- Supports normal blood sugars, which affect your organs, energy level, and mood
- Helps with appetite and craving control to promote weight-loss efforts
- Great way to make fasting easier
- Supplies antioxidants for additional health benefits
- Can help you fast longer
- Sweetened with organic Stevia

USAGE

This herbal tea comes ready to steep in convenient little tea packets. Simply place a teabag in a cup of hot water and steep for 4 to 5 minutes. The longer the steep, the stronger the brew. To get the most out of each teabag, reuse each teabag once.



Dr. Berg®

THE KNOWLEDGE DOC

ENERGIZE

Magnesium Plus

Price: \$24.95



Supplement Facts

Serving size: 5 capsules
Servings per container: 30

	Amount per Serving	%DV*
Magnesium (from magnesium glycinate)	400 mg	95%
Vitamin B6 (from pyridoxal 5-phosphate)	30 mg	1765%
Vitamin D (from D3 cholecalciferol)	25 mcg (1000 IU)	125%

*Percent Daily Values are based on a 2000 calorie diet.
**Daily Value not established.

Other ingredients: Vegetable capsule, microcrystalline cellulose, magnesium stearate (vegetable source)

Dr. Berg's Magnesium Glycinate

Magnesium is an essential mineral you need daily to stay in good health. It plays a vital role in hundreds of processes throughout your body, from your cardiovascular system to your digestive system to your circadian rhythm. Yet, 75% of Americans do not meet their daily magnesium

HIGHLIGHTS

- Support relaxation and sleep
- Promote cardiovascular health
- Increase resistance to stress
- Normalize blood pressure
- Boost energy and mood
- Support a healthy digestive system
- Encourage joint and muscle health
- Supports healthy bones

USAGE

Magnesium Plus is right for you if:

- You struggle with low energy
- You occasionally feel stressed out
- You want to support a healthy cardiovascular system
- You occasionally experience difficulty sleeping
- You need an easy and convenient way to help support relaxation
- You experience other common signs of low magnesium

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Mct Oil

Price: \$12.95



Supplement Facts

Serving size: 1 Tablespoon (15 mL)

Servings per container: 32

	Amount per Serving	% DV*
Calories	126	
Total fat (g)	14	22%
Saturated fat (g)	14	70%
Trans fat (g)	0	
Total sugars (g)	0	
Carbohydrates (g)	0	
Caprylic acid triglycerides		**

*Percent Daily Values are based on a 2000 calorie diet.

** Daily Value not established.

Dr. Berg's MCT Oil "Brain and Body Fuel" is a brain-power-boosting and hunger-reducing energy source when you're on a very low carb diet (paleo, keto, etc.) or when you're fasting.

Dr. Berg's MCT Oil is a 100% non-GMO source of medium-chain triglyceride oil that is made entirely from coconuts with no palm oil. Dr. Berg's MCT Oil is made from fresh coconuts and contains a mix of capric and caprylic acids, two natural, friendly fats that are transformed into ketones and are readily absorbed by the body.

HIGHLIGHTS

- Supports brain, heart, and immune health anytime, especially while fasting or on a low-carb diet
- Provides a clean energy boost at any time to stay focused longer and feel fuller for hours
- Can be excellent for those with compromised digestive systems because it is easily absorbed

USAGE

Dr. Berg's MCT Oil has virtually no taste or smell, so it can be added to a wide range of drinks or foods. Some people add Dr. Berg's MCT Oil to their coffee, tea, or smoothies.

A serving of one teaspoon (7.5 mL) per day is recommended to start.

- Allows you to fast longer without really interfering with the state of ketosis
- Great for transitioning into Ketosis by giving your brain ketones.



Dr. Berg®

THE KNOWLEDGE DOC

ENERGIZE

Natural Vitamin B1

Price: \$23.99



Supplement Facts

Serving size: 1 capsule
Servings per container: 60

	Amount per Serving	%DV*
Allithiamine	50 mg	**

*Percent Daily Values are based on a 2000 calorie

**Daily Value not established.

Other ingredients: Vegetable capsule, microcrystalline cellulose, magnesium stearate (vegetable source)

Natural Vitamin B1

Vitamin B1 is essential for a healthy body. It helps promote energy production, normal blood sugar levels, a healthy cardiovascular system, concentration, and a lifted mood. Food and beverages with tannins and sulfites—including tea, coffee, red wine, and dried fruit—can block the absorption of vitamin B1. In turn, this can lead to vitamin B1 deficiency.

HIGHLIGHTS

- Highly bioavailable vitamin B1 (allithiamine)
- Easy-to-swallow capsules
- Supports energy production
- Promotes a healthy heart
- Boosts concentration and memory
- Combats brain fog
- Supports normal blood sugar levels
- 30-day money-back guarantee

Right for you if:

- You struggle with vitamin B1 deficiency
- You experience low energy levels or poor concentration
- You want to support a healthy heart
- You want to promote normal blood sugar levels
- You need a convenient and natural way to supplement vitamin B1
- You experience other common signs of vitamin B1 deficiency

USAGE

Using Natural Vitamin B1 is simple! Take one easy-to-swallow capsule each day whenever it's most convenient.

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

REDUCE STRESS

Nutritional Yeast Flakes

Price: \$24.95



Nutrition Facts

Servings per container: approx. 14
Serving size: 2 tbsp., approx. 16 g

Amount per Serving	
Calories	32
	%DV*
Total Fat 0.8 g	1%
Saturated Fat 0.1 g	1%
Unsaturated Fat 0.6 g	1%
Trans Fat 0.1 g	1%
Cholesterol 0 mg	0%
Total Carbohydrates 6 g	2%
Dietary Fiber 6 g	11%
Total Sugars 0 g	
Protein 11 g	
Vitamin D 0 mcg	0%
Calcium 55 mg	4%
Iron 0 mg	0%
Potassium 0 mg	0%
Vitamin C 0 mg	1%
Thiamine (vitamin B1) 0.32 mg	27%
Riboflavin (vitamin B2) 0.96 mg	74%
Niacin (vitamin B3) 5.92 mg	37%
Pantothenic acid (vitamin B5) 1.6 mg	32%
Vitamin B6 0.48 mg	28%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Daily Value not established.

Nutritional Yeast Flakes

Get a boost of flavor and nutrients with Dr. Berg's Nutritional Yeast Flakes. Our nutritional yeast is non-fortified and packed with nature-made minerals and B vitamins. Sprinkle some on your favorite foods to bring home-cooked dishes to life. Each bag contains 14 delicious servings. Made

HIGHLIGHTS

- High-quality nutritional yeast flakes
- Livens up savory dishes
- 14 servings in each bag
- Promotes healthy hair, skin, and nails
- Supports fast metabolism
- Boosts energy
- Relieves stress
- Supports your natural resistance to microbes

USAGE

Sprinkle desired amount on your salad, scrambled eggs, soups, kale chips, stews, broths, cottage cheese, and many other foods for a boost in natural B vitamins.

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

REDUCE STRESS

Nutritional Yeast Tablets

Price: \$26.99



Supplement Facts

Serving size: 7 tablets

Servings per container: approx. 38

Amount per Serving	%DV*
Calories 22	
Total Fat <1 g	<1%
Total Carbohydrate 2 g	1%
Protein 9 g	17%
Nutritional yeast 5.6 g	**
Vitamin B12 (nutritional yeast, methylcobalamin) 1.8 mcg	78%

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Nutritional Yeast Tablets give you all eight B vitamins naturally, in a convenient and tasty form.

Dr. Berg's Nutritional Yeast gives you all eight B vitamins in a convenient and tasty natural form. Unlike synthetic options, these will absorb easily to begin supporting your health in minutes.

HIGHLIGHTS

- Gives you a potent source of B vitamins (no synthetic ingredients!)
- Supports keto-adaptation
- Fights off fatigue, stress, and tension—especially related to B vitamins
- 100% vegetarian

USAGE

Take 3 tablets three times per day, with or without meals.



Dr. Berg®

THE KNOWLEDGE DOC

ENERGIZE

Organic Cruciferous Support 250

Price: \$41.99



Supplement Facts

Serving size: 1 tablet

Servings per container: 250

	Amount per Serving	% DV*
Proprietary blend	450 mg	**
Organic freeze-dried beet (root)		
Organic freeze-dried Brussels sprout (sprout)		
Organic freeze-dried collard green (leaf)		
Organic freeze-dried asparagus (shoot & stem)		
Organic freeze-dried kale (leaf)		
Organic freeze-dried parsley (leaf)		
Organic freeze-dried red radish (root)		
Organic freeze-dried cabbage (leaf)		
Organic freeze-dried garlic (bulb)		
Organic freeze-dried turmeric (root & rhizome)		

*Percent Daily values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Organic gum acacia

Whole Cruciferous Superfood is our hand-picked blend of phytonutrient-rich vegetables.

Whole Cruciferous Superfood is our proprietary blend of 11 phytonutrient-packed superfoods, including kale, cabbage, Brussels sprouts, collard greens, beets, asparagus, red radish, parsley, garlic, turmeric, and sea kelp. Each bottle contains 250 easy-to-swallow vegetable capsules. Cruciferous Superfood is the extra boost you need to support healthy liver function and

HIGHLIGHTS

- Contains 11 superfoods, including 6 cruciferous vegetables
- Supports healthy liver function
- Helps you feel energetic, refreshed, and vibrant
- Supports your natural ability to get rid of harmful toxins
- Contains a wide range of powerhouse phytonutrients
- Supports a nourished and healthy body with organic vegetables
- Promotes a healthy body and mind

USAGE

Take 1 to 2 capsules three times per day for a total of 3 to 6 capsules per day.



Dr. Berg®

THE KNOWLEDGE DOC

ENERGIZE

Organic Cruciferous Support 90

Price: \$31.99



Supplement Facts

Serving size: 1 tablet

Servings per container: 90

	Amount per Serving	% DV*
Proprietary blend	450 mg	**
Organic freeze-dried beet (root)		
Organic freeze-dried Brussels sprout (sprout)		
Organic freeze-dried collard green (leaf)		
Organic freeze-dried asparagus (shoot & stem)		
Organic freeze-dried kale (leaf)		
Organic freeze-dried parsley (leaf)		
Organic freeze-dried red radish (root)		
Organic freeze-dried cabbage (leaf)		
Organic freeze-dried garlic (bulb)		
Organic freeze-dried turmeric (root & rhizome)		

*Percent Daily values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Organic gum acacia

Whole Cruciferous Superfood is our hand-picked blend of phytonutrient-rich vegetables.

Whole Cruciferous Superfood is our proprietary blend of 11 phytonutrient-packed superfoods, including kale, cabbage, Brussels sprouts, collard greens, beets, asparagus, red radish, parsley, garlic, turmeric, and sea kelp. Each bottle contains 250 easy-to-swallow vegetable capsules. Cruciferous Superfood is the extra boost you need to support healthy liver function and

HIGHLIGHTS

- Contains 11 superfoods, including 6 cruciferous vegetables
- Supports healthy liver function
- Helps you feel energetic, refreshed, and vibrant
- Supports your natural ability to get rid of harmful toxins
- Contains a wide range of powerhouse phytonutrients
- Supports a nourished and healthy body with organic vegetables
- Promotes a healthy body and mind

USAGE

Take 1 to 2 capsules three times per day for a total of 3 to 6 capsules per day.



Dr. Berg®

THE KNOWLEDGE DOC

ENERGIZE

Raw Wheatgrass Juice Powder

Price: \$41.99



Supplement Facts

Serving size: 1 teaspoon (2.5 g)

Servings per container : 60

	Amount per Serving	%DV*
Calories	8	**
Calories from fat	0	0%
Total fat	0 g	0%
Saturated fat	0 g	**
Cholesterol	0 g	0%
Total carbohydrate	1 g	<1%
Protein	1g	2%
Organic raw wheatgrass juice powder (Triticum aestivum)	2.5 g	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Contains NO sugar, salt, starch, yeast, corn, soy, milk, egg, shellfish or preservatives.

Dr. Berg's Raw Wheatgrass Juice Powder is concentrated vegetable juice that is packed with antioxidants and nutrients to help keep you strong and healthy.

Raw Wheatgrass Juice Powder is an extremely nutrient-dense supplement made from fresh wheatgrass. Our wheatgrass is grown on the ancient sea beds of Utah, home of some of the richest soil known to man. Wheatgrass juice has the power to support your body's natural ability

HIGHLIGHTS

- Provides a potent source of vitamins, minerals, beta-carotene, and chlorophyll
- Supports healthy antioxidant levels to fend off free radicals
- Promotes healthy red blood cell levels with natural chlorophyll
- Supports a healthy immune system
- Provides high amounts of health-promoting phytonutrients
- Gives you a natural boost of energy and vitality

USAGE

Dissolve 1 scoop (1 teaspoon or 2.5 g) into an 8 oz (250 ml) cup of water or smoothie once per day. Do not add to a hot liquid, because the heat will neutralize active enzymes in this product. Signs that you might benefit from this product:

- Low energy and vitality
- Any chronic inflammatory condition
- History of poor eating habits

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

ENERGIZE

Raw Wheatgrass Juice Powder (Lemon Flavor)

Price: \$43.99



Supplement Facts

Serving size: 1 scoop (2.7 g)

Servings per container: 60

	Amount per Serving	%DV*
Calories	8	**
Calories from fat	0	**
Total fat	0 g	**
Saturated fat	0 g	**
Cholesterol	0 g	**
Total carbohydrate	1 g	**
Protein	1 g	**

Organic wheatgrass proprietary blend: organic wheatgrass juice powder (Triticum aestivum) and organic KAMUT® Brand wheatgrass juice powder.

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Organic natural lemon lime flavor, organic stevia Reb. A

Dr. Berg's Raw Wheatgrass Juice Powder (Lemon Flavor) is concentrated vegetable juice, packed with antioxidants and nutrients to help keep you strong and healthy.

Our Raw Wheatgrass Juice Powder gives you a potent on-the-go source of natural vitamins and minerals. We source our wheatgrass from the ancient sea beds of Utah, home of some of the richest soil known to man. Whether you're traveling, visiting family, attending meetings, or taking a

HIGHLIGHTS

- One of the most concentrated nutrients you can consume
- Fills your body with nutritious vitamins, minerals, and chlorophyll
- Antioxidants promote good health
- Natural lemon flavor has smooth, delicious taste
- Grown in rich soil of ancient seabed of West Utah
- Highest quality soil guarantees maximum nutrients
- 100% organic, pure, raw, vegan, gluten-free, and non-GMO
- Easy on-the-go nutrition

USAGE

Dissolve 1 teaspoon (2.5 g) into an 8 oz. (250 ml) glass of water or a smoothie. Take daily on an empty stomach.

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Scalp & Hair Follicle Serum

Price: \$29.99



INGREDIENTS: Jojoba seed oil (*Simmondsia chinensis*), grape seed oil (*Vitis vinifera*), castor seed oil (*Ricinus communis*), flax seed oil (*Linum usitatissimum*), avocado oil (*Persea gratissima*), rosemary oil (*Rosmarinus officinalis*), ginger root oil (*Zingiber officinale*), clove flower oil (*Eugenia caryophyllus*), thyme oil (*Thymus vulgaris*), lavender oil (*Lavandula angustifolia*), atlas cedarwood oil (*Cedrus atlantica*), bhringraj oil (*Eclipta alba*), sesame seed oil (*Sesamum indicum*), tea tree leaf oil (*Melaleuca alternifolia*), garlic oil (*Allium sativum*), vitamin D (as cholecalciferol) and vitamin E (as tocopheryl acetate)

Introducing Scalp and Hair Follicle Serum

Dr. Berg's Scalp and Hair Follicle Serum is a 100% natural daily scalp oil used to support hair that looks healthy, thick, and silky. This easy-to-use serum gives you the confidence you need to take on the day with gorgeous hair.

HIGHLIGHTS

- High-quality blend of essential oils and vitamins
- Potent source of antioxidants and phytonutrients
- Supports your natural hair growth
- Helps your hair look silky, shiny, and strong
- 100% natural ingredients
- Easy-to-use

USAGE

For best results, apply the oil to your scalp and gently massage it in with your fingertips using a circular motion for 10 to 15 minutes. Use the oil left on your palms to coat the rest of your hair. Leave the hair serum on overnight and wash it off with shampoo the next day.



Dr. Berg®

THE KNOWLEDGE DOC

VITAMINS & MINERALS

Sea Kelp Enhanced

Price: \$32.99



Supplement Facts

Serving size: 1 capsule
Servings per container: 90

	Amount per Serving	% DV*
Iodine	200 mcg	133%
Proprietary blend	271 mg	**
Red marine algae (<i>Porphyra umbilicalis</i>), Klamath blue-green algae (<i>Aphanizomenon flos-aquae</i>), sea kelp (<i>Laminaria digitata</i>)		

*Percent Daily Values are based on a 2000 calorie diet.

** Daily Value not established.

Icelandic Sea Kelp supports normal thyroid and reproductive health as well as normal female hormone levels

Sourced from the pristine waters of Iceland, our Icelandic Sea Kelp supplies you with a potent source of iodine—a mineral lacking in most diets. This plant-based nutrient is an incredible support for healthy thyroid function, energy levels, metabolism, and overall vitality.

HIGHLIGHTS

- Supports a healthy thyroid gland and metabolism
- Boosts mental clarity and focus
- Promotes female reproductive health
- Supports healthy muscle control
- Improves mood and energy level

USAGE

Take 1 to 3 capsules in the morning with food.

Signs that you may need this product:

- Sluggish thyroid
- Estrogen dominance
- Fatigue and brain fog

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

REDUCE STRESS

Sinus & Lung Support

Price: \$24.99



Supplement Facts

Serving size: 1 capsule
Servings per container: 60

	Amount per Serving	% DV*
Grass-fed thymus bovine powder (freeze-dried)	150 mg	**
Grass-fed lymphatic bovine powder (freeze-dried)	150 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Microcrystalline cellulose, vegetable capsule, magnesium stearate (vegetable source)

Introducing: Dr. Berg's Sinus and Lung Support

Support your respiratory system with Dr. Berg's Sinus and Lung Support. This formula was designed to nourish your respiratory system with two powerful grass-fed superfoods. Each bottle contains a 60-day supply of nutrient-packed capsules. If you need an extra boost to help promote normal sinus and lung function and support a healthy respiratory system, this formula is perfect

HIGHLIGHTS

- High-quality grass-fed bovine powder
- Supports sinus and lung health
- Promotes normal immune function
- Stimulate normal T-cell production
- Easy-to-swallow
- One month supply in each bottle
- Zero unnecessary chemicals, additives, or synthetic ingredients
- 30-day money-back guarantee

USAGE

As a dietary supplement, take 1 capsule per day.
Sinus and Lung Support is right for you if...

- You struggle with sinus and lung inflammation
- You want a potent immune system support
- You experience seasonal allergies
- You need an easy way to support a healthy respiratory system

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

REDUCE STRESS

Sleep Aid Regular Formula

Price: \$41.99



Supplement Facts

Serving size: 1 capsule
Servings per container: 90

	Amount per Serving	% DV*
Vitamin C (from acerola cherry)	3 mg	3%
Niacin (from niacinamide)	18 mg	112%
Calcium (from calcium lactate)	7 mg	<1%
Magnesium (from magnesium citrate)	8 mg	2%
Fo-ti root extract (24:1)	119 mg	**
L-theanine	100 mg	**
Tryptophan	100 mg	**
Glycine	25 mg	**
DMAE (dimethylaminoethanol, from DMAE bitartrate)	25 mg	**
GABA (gamma-aminobutyric acid)	25 mg	**
Rehmannia root powder (Rehmannia glutinosa)	25 mg	**
L-glutamine	25 mg	**
Choline (from choline bitartrate)	4 mg	**
Adrenal substance (suprarenal, bovine)	10 mg	**
Adrenal pituitary substance (bovine)	500 mcg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Gelatin capsules, magnesium stearate (vegetable source)

Dr. Berg's Sleep Aid Regular Formula provides stress relief so you can naturally drift off to sleep.

Sleep Aid Formula gives you full support for deep, calming sleep. Our sleep aid directly promotes stress relief by providing a powerful and natural support for healthy adrenal gland function. This allows you to gently drift off into a deep sleep without harsh sedation.

HIGHLIGHTS

- Supports regular sleep cycles so you can get deep, calming sleep
- Natural support of adrenal glands
- Helps you feel sharp, happy, and energized every morning

USAGE

As a dietary supplement, take 1 capsule per day before bed. Most people do well taking it about half an hour before bedtime.

Signs that you might benefit from this supplement:

- Sleep problems
- Fatigue
- This formula supports deeper sleep without your feeling groggy in the a.m.



Dr. Berg®

THE KNOWLEDGE DOC

REDUCE STRESS

Sleep Aid Vegan Formula

Price: \$23.99



Supplement Facts

Serving size: 1 vegetable capsule

Servings per container: 30

	Amount per Serving	% DV*
Vitamin C (from acerola cherry)	3 mg	3%
Niacin (from niacinamide)	18 mg	112%
Calcium (from calcium lactate)	7 mg	<1%
Magnesium (from magnesium citrate)	8 mg	2%
Foti root extract (24:1)	119 mg	**
L-theanine	100 mg	**
Tryptophan	100 mg	**
Glycine	25 mg	**
Acetyl-L-carnitine	25 mg	**
DMAE (dimethylaminoethanol, from DMAE bitartrate)	25 mg	**
GABA (gamma-aminobutyric acid)	25 mg	**
Rehmannia root powder (Rehmannia glutinosa)	25 mg	**
L-glutamine	25 mg	**
Choline (from choline bitartrate)	4 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Vegetable capsule, magnesium stearate (vegetable source)

Dr. Berg's Sleep Aid Vegan Formula is the only 100% vegan aid that provides targeted stress relief so you can sleep guilt-free all night.

Sleep Aid Vegan Formula gives you a 100% vegan-friendly support for deep, calming sleep. Our sleep aid directly promotes stress relief by providing a powerful and natural support for healthy adrenal gland function. This allows you to gently drift off into a deep sleep without harsh

HIGHLIGHTS

- Supports regular sleep cycles so you can get deep, calming sleep
- Natural support of adrenal glands
- Helps you feel sharp, happy, and energized every morning
- 100% vegan

USAGE

As a dietary supplement, take 1 capsule per day before bed. Most people do well taking it about ½ hour before bedtime.

Signs that you might benefit from this supplement:

- Sleep problems
- Fatigue
- This formula supports deeper sleep without your feeling groggy in the a.m.

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

VITAMINS & MINERALS

Trace Minerals Enhanced

Price: \$36.99



Supplement Facts

Serving size: 1 vegetable capsule
Servings per container: 60

	Amount per Serving	%DV*
Zinc (as zinc bisglycinate chelate)	10 mg	90%
Manganese (as manganese amino acid chelate)	2 mg	86%
Chromium (as chromium nicotinate glycinate chelate)	34 mcg	97%
Selenium (as selenium glycinate complex)	50 mcg	90%
Molybdenum (as molybdenum amino acid chelate)	44 mcg	97%
Copper (as copper orotate)	890 mcg	98%
Iodine (from sea kelp)	50 mcg	33%
Trace mineral complex	100 mg	**
Boron (as boron glycinate)	1 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

** Daily Value not established.

Other ingredients: Microcrystalline cellulose, vegetable capsule, magnesium stearate (vegetable source), calcium silicate, medium-chain triglyceride oil powder

Trace Minerals Enhanced provide whole-body support so you can feel healthy and energetic.

Trace Minerals Enhanced is a powerful combination of trace minerals that supports your whole body. Countless bodily functions require trace minerals. They affect everything from aging cells to energy levels to stress. Low levels of trace minerals could be the reason you feel like you need a major energy boost.

HIGHLIGHTS

- Contains 8 powerful trace minerals that promote healthy body functions
- Helps fend off brain fog and fatigue
- Boosts energy, focus, and mood by supporting normal hormone function
- Promotes vibrant skin, healthy hair, and strong nails
- Encourages graceful aging of the mind and body
- Promotes healthy metabolism and body weight

USAGE

Take 1 capsule once or twice a day with or without food.

Signs that you may need minerals:

- Brittle nails and hair
- Low testosterone
- History of poor eating habits

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

ENERGIZE

Turmeric Latte Golden Milk

Price: \$24.95



Supplement Facts

Servings per container approx. 35
Serving size 1 scoop, approx. 5 g

Amount per Serving	%DV*	Amount per Serving	%DV*
Calories 25		Proprietary Blend (3213 mg)	**
Total Fat 1 g	1%	Coconut oil powder, organic turmeric,	
Saturated Fat 1 g	5%	coconut milk powder, organic cinnamon,	
Sodium 5 mg	<1%	organic ginger, guar gum, organic amla,	
Total Carbohydrate 3 g	1%	organic gotu kola, organic ashwagandha,	
Dietary Fiber 1 g	4%	organic clove, organic cardamom, organic	
Total Sugars 0 g	0%	nutmeg	
Calcium 9.1 mg	<1%	*Percent Daily Values are based on a 2000	
Iron 0.50 mg	3%	calorie diet. Your daily values may be higher	
Potassium 18.2 mg	<1%	or lower depending on your calorie needs.	
		**Daily Value not established.	

Other ingredients: Organic inulin agave, pumpkin flavor, vanilla flavor, stevia, Himalayan pink salt
CONTAINS COCONUT

Make a delicious habit your body will thank you for

Veggie Solution Raspberry Lemon is a delicious way to sneak more vegetables into your diet. Preparing and consuming 7 cups of vegetables a day is not practical for many people. Veggie Solution allows you to conveniently and cost-effectively boost your daily nutrients and support a healthy body.

HIGHLIGHTS

- High-quality superfood blend
- Organic ashwagandha for additional benefits
- Lowers stress and relaxes the mind
- Improves performance, energy, and focus
- Helps reduce free radical damage
- Combats brain fog and improves your mood
- Promotes normal insulin sensitivity
- 100% keto-friendly
- Easy to prepare—just add hot water!
- 35 servings in each container

USAGE

As a dietary supplement, add 1 scoop to your choice of water or almond milk. Heat over medium flame for 4 to 5 minutes. Whisk until blended and enjoy this hot beverage.

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg®

THE KNOWLEDGE DOC

ENERGIZE

Veggie Solution Raspberry Lemon Flavored (Sweetened)

Price: \$39.99



Nutrition Facts

Servings per container: approx. 110
Serving size: 1 scoop, approx. 2.5 g

Amount per Serving	
Calories	7
%DV*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Total Cholesterol 0 mg	0%
Sodium 0.7 mg	0%
Total Carbohydrates 0.5 g	<1%
Dietary Fiber 0.2 g	<1%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 1.2 g	
Vitamin D 0 mcg	0%
Calcium 6.2 mg	<1%
Iron 1.06 mg	6%
Potassium 27 mg	<1%
Vitamin B12 2.4 mcg	112%

Ingredients: Organic spirulina powder, organic Moringa leaf powder, natural raspberry and lemonade flavors, organic freeze-dried strawberry powder, organic freeze-dried blueberry powder, organic stevia

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Daily Value not established.

Veggie Solution is the perfect way to give your diet a boost of nutrient-rich vegetables—naturally flavored with raspberry and lemon.

Veggie Solution Raspberry Lemon is a delicious way to sneak more vegetables into your diet. Preparing and consuming 7 cups of vegetables a day is not practical for many people. Veggie Solution allows you to conveniently and cost-effectively boost your daily nutrients and support a healthy body.

HIGHLIGHTS

- Supports a healthy body with high-quality vegetable nutrients
- Promotes healthy gut and bowel function with natural plant fiber
- Supplies the equivalent of 3 cups of greens in every scoop
- Contains phytonutrients that support healthy muscles, bones, and joints
- Boosts your energy, mood, and weight loss
- Naturally sweetened and flavored

USAGE

Mix 1 scoop (9.8 g) into 16 oz. (450 ml) of water twice per day. Using a shaker bottle can help to make the mixture smooth.



Dr. Berg®

THE KNOWLEDGE DOC

What Is Healthy Keto™?

Our entire lives, we've been told the primary source of energy in the body is glucose (sugar) which is found in many carbohydrates. This has been proven false. There is a cleaner, more efficient source of fuel for your body called

Ketones—Clean Energy for Your Body

When your body burns fat, the fat breaks down into substances known as ketones. Ketones can fuel your body and were the body's original food source. Ketosis is a state in which your body is using ketones as its primary energy source.

Think of ketones as the source of energy for an electric car: you get smooth, quiet and clean

Healthy Keto Explained

I coined the term "Healthy Keto." It means ketosis done the healthy, sustainable way. It's based on this key principle of the Dr. Berg program: You don't lose weight to get healthy. Rather, you get healthy to lose weight.

More than just losing weight, your goals should be getting healthy, making sure you get as many nutrients as you can from what you eat, and making sure you only eat quality food. Ketosis allows you to run your body on a cleaner fuel, and that is far better than a carb diet.

What About Calories?

Most diets emphasize that weight loss is about your calories. This is emphasizing the wrong thing. The purpose of eating is not to provide calories. The purpose of food is to sustain life; it's to provide your body with nourishment. Want to lose weight? Get healthy

Best regards,

Dr. Eric Berg





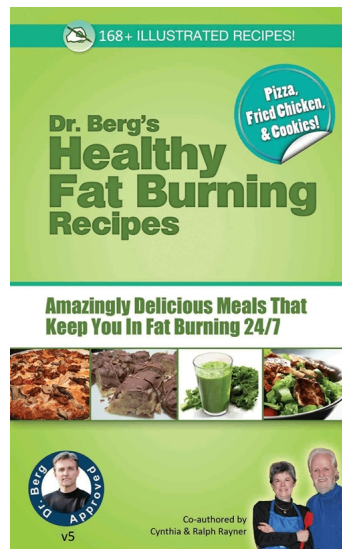
Dr. Berg®

THE KNOWLEDGE DOC

Products And Education

Master the Basics





Price: \$9.95

Dr. Berg's Healthy Fat Burning Recipes (Digital Ebook)

Dr. Berg's Healthy Fat Burning Recipes digital ebook puts pleasure and ease back into your weight-loss journey.

Dr. Berg's Healthy Fat Burning Recipes: This ebook contains over 119 delicious fat-burning recipes with pictures. You will never have to wonder what to eat again. These recipes are incredibly delicious and extremely healthy too. Includes 94 full recipes and 11 tasty treats. Delicious support

HIGHLIGHTS

- Unbelievably delicious keto meals; eating these feels like cheating!
- Lots of variety: keto recipes for familiar favorites, unique side dishes, and delicious ways to get your vegetables in.
- Dishes that combine weight-loss foods with other ingredients designed to give you comprehensive nutrition.
- Includes desserts, drinks, and wholesome treats that taste like carbs without the carbs.
- Help for busy people who need recipes to keep Healthy Keto® going
- Lots of ideas to show friends and family that Healthy Keto tastes great!



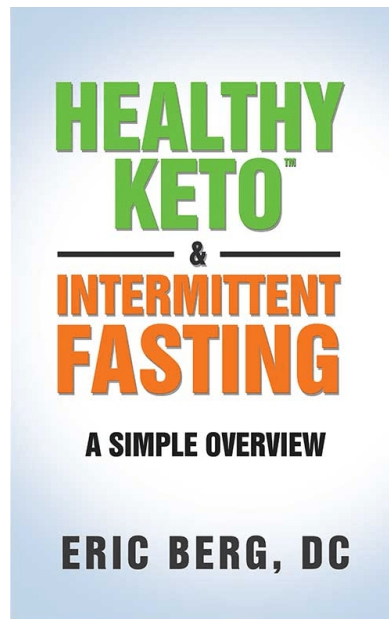
Price: \$9.95

Dr. Berg's Keto Recipes Complete Edition (Digital Ebook)

Dr. Berg's Keto Recipes Complete Edition digital ebook gives you access to keto-friendly meals

These recipes are the definitive guide to feeding yourself on keto. They are delicious, varied, easy to make, and surprisingly similar to your current "pleasure foods." This ebook lets you discover recipes you genuinely enjoy and makes sure you never get bored with keto. Tasty foods motivate you to stick to your plan and keep on being your new healthy self.

- HIGHLIGHTS
- Access to Dr. Berg's keto-friendly meals
 - Tremendous variety with many options, so you can easily make keto foods
 - Outstanding recipes for desserts, birthday parties, and all sorts of alternative meals
 - Includes meals to please children
 - Recipes created from scratch by Dr. Berg's chef



Price: \$9.95

Healthy Keto & Intermittent Fasting (Booklet)

Healthy Keto & Intermittent Fasting is a short, sweet illustrated introduction to both subjects, including a revelation: the greatest enemy to weight loss.

This booklet simplifies weight loss for one and all. Get the story quickly: it includes explanations, pictures, and the basics of keto and intermittent fasting. You'll also get advice on common problems, like as how to fight cravings. In an hour or less, you can feel more in control of your

- HIGHLIGHTS
- Short and sweet information on how to do keto and IF
 - Meant for everyone to read before they start keto; get the story within 45 minutes
 - What to eat, in an easy-to-read form with colored illustrations
 - Summary of the key strategies using intermittent fasting



Price: \$9.95

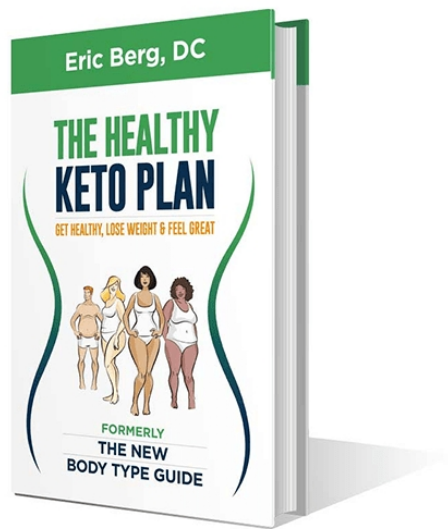
Ketogenic Desserts (Digital Ebook)

Ketogenic Desserts ebook offers some sweet solutions to your sugar cravings.

One of keto's biggest challenges is the idea of giving up desserts, which can make you cheat on your diet. Unfortunately, keto makes you hyper-sensitive to carbohydrates, so the pure sugar in most desserts is exceptionally bad for you. Use these surprisingly delicious and easy-to-make

HIGHLIGHTS

- Unbelievably delicious dessert and treat recipes
- Recipes easy to make, even if you have no previous cooking or baking experience
- These help you fight every sugar craving. Just make them once, store them in the freezer and take them out whenever you get the urge to break your diet.



Price: \$17.65

The Healthy Keto Plan (Book)

The Healthy Keto Plan tells you the full story of what you need to do to be healthy and how to make the breakthroughs that allow you to lose weight.

Empower yourself by understanding keto: Knowing how your body burns fat, why keto works, and other concepts helps you transform your health more easily. Learn to make your own decisions about eating, cooking, and dieting. Learn how weight loss works, what you need to be healthy, and why fat isn't coming off your body even if you have been trying to lose weight. This book includes explanations, pictures, and practical advice, like how to fight cravings. Feel more in control of your

- HIGHLIGHTS
- Tells how to break through any slow metabolism
 - Tells how to get your body into a super-healthy state
 - Teaches acupuncture techniques to get rid of stress
 - Gives you pleasure food recipes that are healthy
 - Helps you overcome cravings, blood sugar, stress
 - Helps you customize your results based on your body type
 - Presents the complete knowledge on how to do Healthy Keto® and IF correctly
 - Gives you a deeper understanding of the keto plan
 - Supplies all the Q and A on keto



Price: \$36.00

Dr. Berg's Healthy Keto & Intermittent Fasting Exclusive Membership

Dr. Berg's Healthy Keto & Intermittent Fasting Membership gives you advice, knowledge, and simple tips that support a healthier new version of you.

This exclusive membership is the most comprehensive program for healthy weight loss. Dr. Berg's broad coverage of health info makes you an expert on your body. He teaches you his 25 years worth of secrets, advanced strategies, and techniques to get your body and your health back to where they need to be. This membership plan will empower you to make your keto diet easy,

HIGHLIGHTS

- Practical solution to "slip-ups"
- Examples and case studies tell you how to stick with your diet and fight cravings and other obstacles
- Tasty eating: You will love every bite of your keto transformation; discover delicious recipes full of ingredients you love
- The Healthy Keto Plan uses pictures, graphs, and quick definitions to teach you about your

USAGE

- This exclusive membership might be just what you need if you are:
- New to keto and intermittent fasting and need details on how to do it healthily
 - Would like to enhance results to know all the key strategies
 - Plateaued or stalled on keto and need better information



Price: \$59.95

Dr. Berg's New Book On Video & Audio

Certification program for keto coaching, the adaptable business that pays you to improve lives

Get healthy and lose with Dr. Berg's best-selling book, *The New Body Type Guide*, with audio and video. This digital book set includes mini audio and video seminars on each chapter to help break down and explain the most important concepts. As a bonus, you'll also get a digital copy of Dr. Berg's latest books, *The Healthy Keto Plan* and *Healthy Keto and Intermittent Fasting: A Simple Overview*. If you're ready to overcome a slow metabolism, melt away stress, fight cravings, and transform your health, this audio and video book set is perfect for you!

HIGHLIGHTS

- The definitive guide that holds your hand to keto success.
- All your keto-questions answered.
- Advanced knowledge and quick tips.
- Engaging video seminars summarize key chapters.
- Listen while you drive, walk your dog, or do chores.



Price: \$149.90

Healthy Keto Summit (Digital Recordings)

Three years of the Healthy Keto Summits in a single bundle.

Discover the latest keto and intermittent fasting (IF) updates, techniques, and troubleshooting strategies, specifically designed to unleash your dream body—and help you keep it!

HIGHLIGHTS

- Catches you up on the 2018, 2019, and 2020 Summits if you missed one of the live events
- Gives you info direct from the top keto experts
- Contains the latest keto and intermittent fasting updates



Price: \$34.99

Dr. Berg's Amazing Neck & Back Self-Massage Tool

Dr. Berg's Amazing Neck & Back Self-Massage Tool gives you a way to physically release the stress from your body, instantly.

Work and life can exhaust you. Instead of typical solutions like overeating unhealthy foods, drinking alcohol, or taking prescription medicines, try massaging your stress away. This self-massage tool gives you an instant way to physically release the stress from your body.

HIGHLIGHTS

- Makes it easy to reduce stress
- Permits you to get wonderful rest
- Excellent for neck, low back, and foot discomfort
- Different widths for different techniques
- Techniques provided in comprehensive booklet

USAGE

Use the massage tool according to the directions to:

- Reduce neck pain
- Reduce stress and enhance quality of sleep
- Reduce stress and promotes relaxation



Price: \$12.00

The Amazing Shaker Bottle

Dr. Berg's Amazing Neck & Back Self-Massage Tool gives you a way to physically release the stress from your body, instantly.

Mix up a healthy and refreshing shake with Dr. Berg's Shaker Bottle. This bottle is perfect for shaking up our Wheatgrass Juice Powder, Kale Shake, and Electrolyte Powder. With the weighted mixing ball, you can say goodbye to clumps and lumps in your drink. Our Shaker Bottle is easy to

HIGHLIGHTS

- With 24 oz/700 ml Marker
- Weighted Mixing Ball
- Black Screw-on Lids
- Convenient Carry Handle
- BPA Free

USAGE

These clear plastic shaker bottles feature black screw on caps with convenient carry handle, a lid that snaps tight to secure your contents, and a weighted mixer that makes blending your protein supplement that much easier.

No more clumps, lumps or particles that float around. This product is perfect for the Organic Wheatgrass Juice Powder, Our Meal Replacement and even for the instant Kale Shake.

Plus, it is a BPA-free plastic container — and dishwasher safe. No leaking because it has a leak-proof lid.



Dr. Berg

THE KNOWLEDGE DOC™

Packages And Kits

Complete Wellness Solutions





Price: \$170.21

Adrenal Body Type Package

The Adrenal Body Type Package promotes energy and resilience as you

Tracking down your body's source of weight gain can be a challenge. In many cases, supporting your adrenals may also support your weight-loss efforts. Although this is not well-known, your adrenals create the hormones that give you normal energy levels. Irritability, poor sleep, exhaustion, and low energy may all be signs that your adrenals

HIGHLIGHTS

- A hand-picked combination of products designed to support the Adrenal body type
- Complete adrenal support kit
- Designed to rejuvenate your metabolism



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PACKAGES &



Price: \$78.98

Adrenal Kit

The Adrenal Kit includes Sleep Aid and Adrenal & Cortisol Support for

Although this is not well-known, your adrenals create the hormones that give you normal energy levels. Such things as irritability, poor sleep, exhaustion, and low energy may all be

HIGHLIGHTS

- Comprehensive adrenal support
- Helps you rest through the night
- Lets you wake up refreshed
- Supports a stronger you: rejuvenated, awake, and stress-free

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr.Berg

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PACKAGES &



Price: \$103.37

Daily Immunity Kit

Daily Immunity Kit contains three powerful products to help you build a

Full of the perfect ingredients to build immune system strength, this combo kit contains D3&K2, Friendly Bacteria Liquid Probiotic, and Enhanced Trace Minerals.

HIGHLIGHTS

- Contains trace minerals, which play an important role in metabolism, breathing, hormone production, and all other bodily functions
- Vitamin D supports the health of your immune system
- Contains Liquid Probiotic which supports healthy digestion and immunity

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



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PACKAGES &



Price: \$60.99

Digestive Kit

The Digestive Kit supports balanced bile levels and stomach acidity using

The Digestive Kit promotes balanced bile and stomach acidity. It's all too common to

HIGHLIGHTS

- Includes Gallbladder Formula and Advanced Digestive Formula
- Helps fight off bloating, indigestion, and digestive stress
- Supports the breakdown and absorption of nutrients
- Promotes a healthy pancreas and gallbladder
- Supports healthy stomach pH levels

USAGE

Take 2 to 4 Digest Formula tablets before each meal to help with breakdown of proteins and the absorption of minerals. Take 1 Gallbladder Formula after each meal to improve bile release and support a healthy pancreas.

Signs that you might benefit from this digestive support kit:

- History of chronic digestive stress
- Bloating and indigestion

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg

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PACKAGES &



Price: \$91.77

Immune Booster Kit

Dr. Berg's Immune Booster Kit is the ultimate support for a healthy immune

This booster kit is the best combination of products for comprehensive immune support. Do you feel exhausted and stressed? It's never been more important to support your

HIGHLIGHTS

- Contains three immune-boosting products: D3&K vitamin, Chewable Vitamin C, and Enhanced Trace Minerals
- Supports the immune system and gives a comprehensive boost to vitality
- Chewable Vitamin C includes four health superstars: acerola cherry, acai berry, strawberries, and blackberries
- Contains trace minerals, which play an important role in metabolism, breathing, hormone production, and all other bodily functions

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



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PACKAGES &



Price: \$57.93

Keto Combo

Keto Combo combines the two ingredients you need most for a fast,

A smart gift to yourself to celebrate starting keto: this combo of Dr. Berg's Electrolyte Powder and Nutritional Yeast Tablets is an excellent support for the Keto diet.

HIGHLIGHTS

- Zero sugar, carbs, or maltodextrin make this Electrolyte Powder a perfect pairing for the keto diet
- Dr. Berg's Electrolyte Powder supplies vital potassium to avoid tiredness and stress as your body adjusts
- Nutritional Yeast Tablets support keto-adaptation by reducing keto fatigue and nervous tension caused by B1 shortage

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Price: \$127.72

Keto Kit

The Keto Kit helps you avoid “keto flu” discomforts and promotes whole-day

The contents of this kit could make the difference between a successful keto transformation and a disappointment. Keto is a powerful tool when you understand it, but requires time and the right information. Your diet switch also puts stress on your body -- right down to every cell. This comprehensive kit gives you the guides and supplements

HIGHLIGHTS

- Contains the best combination of products for anyone starting out on keto
- Supports transition into keto
- Helps you "get healthy to lose weight"
- Gives you the perfect combination of tools to do a healthy ketogenic diet
- Allows you to read the booklet, which will take you less than an hour to get started, then study the bigger book to fill in the details



Price: \$164.26

Liver Body Type Package

The Liver Body Type Package promotes energy and the refreshing effects of

As a Liver body type, you have your own special requirements to get healthy and lose excess weight. The products in this kit are chosen to support your health in the ways you

HIGHLIGHTS

- A hand-picked combination of products designed to support the Liver body type.
- The kit is designed to rejuvenate your metabolism and support your specific body type
- With this kit, you will receive a package that includes a new combination of supplements: Raw Wheatgrass Juice Powder (lemon), Cruciferous Superfood,



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PACKAGES &



Price: \$165.7

Ovary Body Type Package

The Ovary Body Type Package gives you a comprehensive approach to

As an Ovary body type, you have your own special requirements to get healthy and lose excess weight. The products in this kit are chosen to support your health in the ways you

HIGHLIGHTS

- A hand-picked combination of products designed to support the Ovary body type.
- Designed to rejuvenate your metabolism and support your specific body type
- Includes Wheatgrass Juice Powder, Estrogen Balance with DIM, Cruciferous

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Price: \$113.97

Stress Kit

Dr. Berg's Stress Kit promotes healthy sleep and normal energy so you have

This kit gives adrenal support to combat chronic stress. Poor sleep may be causing fatigue and a bad mood. This comprehensive kit supports healthy sleep from multiple angles: biological diet, mental support, and physical relaxation. It's designed to promote normal sleep cycles and support irritability, brain fog, grogginess, and menopause.

HIGHLIGHTS

- Contains tools to help racing thoughts and wakefulness in the middle of the night
- Supports nightly relaxation by targeting your body's important pressure points
- Supplements promote biological mood and rest support by focusing on adrenals
- Supports better sleep: a 2015 study showed acupressure supported sleep in menopausal women by 22% (Reference: <https://www.ncbi.nlm.nih.gov/pmc/articles/>



Dr.Berg

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PACKAGES &



Price: \$162.41

Thyroid Body Type Package

The Thyroid Body Type Package is designed to rejuvenate your metabolism

As a Thyroid body type, you have your own special requirements to get healthy and lose excess weight. The products in this kit are chosen to support your health in the ways you

- HIGHLIGHTS**
- A hand-picked combination of products designed to support the Thyroid body type.
 - The Thyroid Body Type Package is designed to rejuvenate your metabolism



Dr. Berg

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PACKAGES &



Price: \$349

Complete Keto & Intermittent Fasting Kit

19 Health-boosting products packed into one

What you put in your body will make or break your health. This comprehensive kit includes everything you need to take control of your health. It contains 12 of my most popular

HIGHLIGHTS

- 9 products
- 2 books
- 7 digital courses

Don't love it? Return it for a full refund within 30 days.

Call (703) 354-7336 to order



Dr. Berg

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PACKAGES &



Price: \$89.98

It's The Double Sizes Bundle!

Now it's **DOUBLE** the size (but not the price) with a delicious **NEW** lemonade

1000 mg of potassium per serving and NEW Pink Himalayan Salt added for sodium, chloride, and trace minerals -- better than any electrolyte powder on the market. Your body

HIGHLIGHTS

- Electrolytes support your body with energy. 1,000 mg of potassium energizes your mind, cells, and muscles
- Healthy energy levels require electrolytes and other minerals. This electrolyte powder supports your body to work normally
- Electrolyte powder supports you with energy to crush your next gym session
- Zero sugar, carbs, or maltodextrin make this Electrolyte Powder a perfect pairing for the keto diet. You'll feel ready for every workout without knocking yourself out of the keto diet



Dr.Berg

THE KNOWLEDGE DOC™

PACKAGES &



Price: \$29.90

Clean Lather Shampoo And Clean Shine

The perfect combination for combating frizzy, thin, and damaged hair

Dr. Berg's Clean Lather Shampoo and Clean Shine Conditioner bundle is a well-balanced hair-cleansing and moisturizing system designed to promote beautiful, full hair for all hair types. It gently soothes your scalp with aloe while providing nutrients, antioxidants, and moisture with biotin and amla oil. Clean Lather and Clean Shine leave your hair easier to manage, shinier, and stronger with each use. Peppermint, tea tree, eucalyptus, and rosemary oils give you that long-lasting clean and fresh feeling you only get with the

HIGHLIGHTS

- Supports your natural hair growth
- Infused with biotin to improve body and shine
- Organic amla oil to strengthen and reduce oxidative stress
- Paraben-free
- Sulfate-free
- Balanced pH
- Zero animal testing
- Cruelty-free

Don't love it? Return it for a full refund within 30 days.

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