

2010

# Communication System Management Product and Services Guide







## Health in Balance

*As a practitioner of integrative medicine, you believe that traditional and nontraditional healthcare can work together to provide a better quality of life for your patients. At Sanesco, we support your efforts with a research-based clinical model that greatly expands your options for patient care.*

*Sanesco specializes in addressing the underlying cause(s) of chronic disease with a proprietary system that detects neurotransmitter and hormonal imbalances and incorporates specially formulated therapies to help you manage the root cause of conditions such as depression, anxiety, insomnia, weight gain, fatigue, menopause, andropause, and a plethora of others.*

*The Sanesco approach to patient care was systematically designed to be cost-effective while improving your patients quality of life. The approach begins with testing that is simple and non-invasive; and uses Targeted Nutritional Therapy™ (TNT) that is safe with high-quality, rigorously tested, natural ingredients, used in concert to rebalance your patients neuro-endocrine system.*

*This approach, called Communication System Management, can easily be integrated into existing protocols and provide you more advanced tools to address your patients chronic symptoms, acute conditions, and also to practice effective preventive medicine.*

*This Product and Services Guide explains much about Sanesco's Communication System Management model and about the extensive support services we provide. We encourage you to take advantage of our training and education programs, and to talk to a Sanesco practice Building Specialist, so you can learn how you can help more of your patients live with their health in balance.*

## Our Vision

*Through a better understanding of the issues practitioners face every day, we believe Sanesco can help you build an improved quality of life for your patients. Our commitment to education and research sets us apart from others in the industry. We envision a world where practitioners of integrative medicine, using the research-based paradigm of the Communication System Management clinical model, can effectively identify, address, and ultimately prevent the root cause of chronic conditions.*



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*“As a classic-conventional medicine and academic doc for the past 30 years, I have watched the integrative approach become more and more embraced by my colleagues, and I see this as a moment that will improve the health of us all.”*

D.L.C., MD





Communication System Management

The true expertise Sanesco offers practitioners lies in understanding HPA-T axis function, the role it plays in the human body’s “Communication System”, and its relationship to root causes of your patients’ conditions. By assessing and correcting certain neurotransmitter and adrenal hormone imbalances, our unique *Communication System Management* (CSM) clinical model is designed to help restore function in the hypothalamic-pituitary-adrenal-thyroid (HPA-T) axis. When neurotransmitter and hormone levels are brought back into established reference ranges, patients’ symptoms are typically relieved.

Sanesco’s CSM model achieves this through the use of Targeted Nutritional Therapy products, of which the individual patient need is determined by correlating patient symptoms and demographics with lab analysis results. Whether utilized as a stand-alone treatment protocol or in tandem with other therapeutic options, use of the CSM model can significantly enhance the recovery process and minimize the likelihood of symptom recurrence.

Sanesco’s CSM clinical model represents the culmination of years of combined research and experience by a highly-qualified multi-disciplinary team of medical professionals. Many maintain active private practices and understand first-hand the challenges faced by today’s practitioners. Together they have developed the three components of the CSM model:

**1 ASSESSMENT** Sanesco’s CSM process begins with ASSESSMENT of a patient’s neurotransmitter and adrenal hormone levels with a non-invasive lab test. This first step is necessary to begin to fully understand your patient’s neuro-hormonal status.

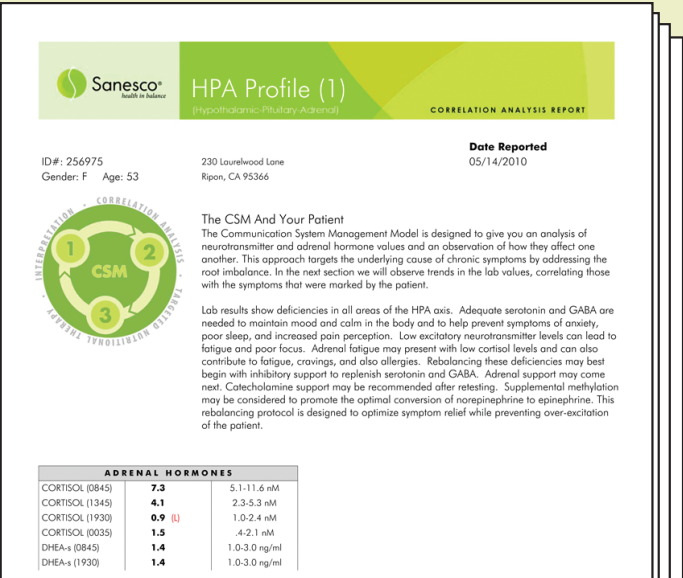
**2 CORRELATION ANALYSIS** At the heart of the CSM model is our exclusive CORRELATION ANALYSIS report. This report is generated by our clinical support team, under the guidance and supervision of the members of Sanesco’s esteemed Medical Board and Chief Medical Officer. Each individual report correlates lab values with reported patient symptoms, and factors gender and age, as well as medications and supplements being taken at the time of specimen collection.

*The result is a patient centered report, truly focusing on biochemical individuality.* It aims at providing the practitioner a better understanding of how HPA-T axis imbalances are contributing to the patient’s symptoms, and is a key tool for the development of the best therapeutic approach possible based on a non-drug Targeted Nutritional Therapy.

**3 CORRECTION** Sanesco’s protocol for CORRECTION of neuro-hormonal imbalances includes **Targeted Nutritional Therapy “TNT”** options. TNT is a clinical protocol using natural non-drug formulas specifically balanced with precursors and nutrient cofactors to give you more control in restoring neurotransmitter imbalances than typical high dose amino acid therapy. (See page 8 for more details)

“My overall health has improved tremendously since taking these supplements—Lentra, Soletra, Prolent and Somni-TR! My depression and anxiety have greatly decreased. I feel better than I have in months! Thank you!”

patient of J.M., MD



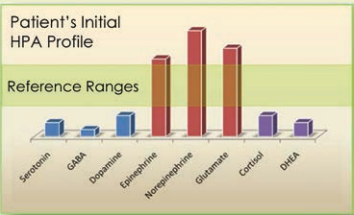
“The Correlation Analysis Report helped me to open a new window into my patients neuro-endocrine system.”

C.W., MD

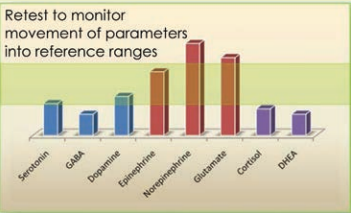
Patient checked DECREASED STAMINA and FATIGUE on questionnaire. Chronic fatigue can be caused by numerous conditions, the most common of which are 1) inadequate sleep, 2) low or high blood sugar, 3) hypothyroidism, and 4) adrenal fatigue, usually demonstrated by inadequate cortisol, particularly low morning levels (87% of patients indicating fatigue of moderate or severe intensity measure low a.m. cortisol). Low stores of excitatory neurotransmitters, such as norepinephrine, epinephrine, and glutamate, can also influence energy levels. Other reasons for fatigue involve inadequate dietary protein or B vitamins, dysregulation of mitochondrial function, anemia, depression, acute or chronic illnesses, and certain medications. Assessment of thyroid, iron status, blood sugar, diet and adrenal function are all warranted.

The complete CSM protocol consists of working with your patient through three phases of assessment and treatment:

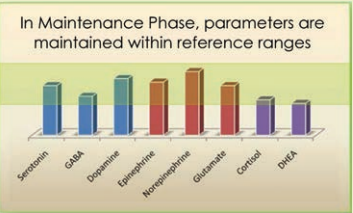
**Initial Phase** – Lab tests are performed to establish a patient’s baseline levels and identify any imbalances, and a therapeutic protocol is established. (See NeuroLab on page 18)



**Restoration Phase** - The practitioner retests the patient at regular intervals to monitor the restoration process and adjust the initial therapeutic protocol as needed. This phase may last from three to six months, depending on individual patient needs.



**Maintenance Phase** - When HP/HPA axes function has been restored, symptoms are relieved and the prevention of symptom recurrence is sought, retesting establishes the patient’s optimum levels and TNT formulas are recommended to maintain them. Annual or semi-annual testing is recommended to monitor and maintain the patient’s state of health.



Targeted Nutritional Therapy™

Inclusive with every Correlation Analysis are recommendations of specific Targeted Nutritional Therapy (TNT) formulas to address each patient’s individual needs. TNT formulas are the therapeutic instruments of the CSM model that allow the clinician to customize a natural treatment plan for the correction of each patient’s specific imbalances. The TNT line of products is designed, in most cases, not to be used individually but in concert with each other. There is truly an interplay among the formulas for the purpose of achieving balance in HPA axis function. Together, they help you create a truly effective protocol for healing your patients. They provide both a safe and efficient approach and also the ideal adjunct when drugs must be used.

The symphonic line of TNT products include Inhibitory, Excitatory, and HPA Support formulas. Inhibitory formulas are most often recommended during the Initial Phase. Excitatory formulas are usually recommended during the Restoration Phase when indicated, after the Inhibitory System has been rebuilt, or at times, in the Initial Phase if inhibition is adequate. The Support formulas can be utilized during any phase—Initial, Restoration, or Maintenance—to address a specific symptom, such as insomnia for example.

To ensure the utmost quality, efficacy and scientific rationale of products, the following features are inclusive of all TNT products to provide the highest possible nutrient bioavailability and formulary function.

- Use of acetylated amino acids when applicable to maximize uptake and absorption
- Use of only phosphoralated coenzyme form of pyridoxine (pyridoxial-5’-phosphate)
- Use of Bioperine ® (piperine), a scientifically proven, patented extract of Piper nigrum demonstrated to enhance nutrient absorption and bioavailability
- Use of standardized botanical extracts/concentrates which meet or exceed German Kommission E monographs standards for specific phytochemical markers

Sanesco formulas also contain a proprietary delivery system to optimize absorption at the GI epithelial wall. The Neuro Support Blend™ (NSB) delivery system allows for lower dosages without sacrificing effectiveness, resulting in less reactivity and increased patient compliance.



Prolent™ Inhibitory Formula

**SYNOPSIS AND REVIEW:**  
Prolent helps rebuild Serotonin and supports inhibitory neurotransmission in general, including support for GABA receptors and glycine. It also supplies cofactor Vitamin B6 in phosphorylated form.

**INDICATIONS:**  
Prolent is used in Initial, Restoration, and Maintenance phases to rebuild or maintain the inhibitory system or to continue inhibitory support while rebuilding the excitatory system. Use when serotonin is below the reference range, or serotonin function is inadequate to control elevated excitatory neurotransmitters, particularly norepinephrine and glutamate. In the scientific literature, insufficient serotonin is associated with conditions such as depression, insomnia, anxiety, carbohydrate cravings, menopausal symptoms, and increased perception of pain. Serotonin helps restore GABA inhibitory function. When GABA is elevated and serotonin is low, raising serotonin can help to normalize GABA. As one member of Sanesco’s family of inhibitory formulas, Prolent may be combined with Lentra, SomniTR, or Tranquilent for added inhibitory support. In conjunction with excitatory support, Prolent helps prevent over-excitation, especially when patients are experiencing symptoms of anxiety, nervousness, or agitated depression.

**CONTRAINDICATIONS:**  
No specific contraindications are known other than for individuals hypersensitive to any of the Prolent ingredients. Building up for a week or two with smaller doses is advisable to avoid loose stools that occur in about 10% of cases upon initial contact with 5-HTP.™

EXPLANATION OF INGREDIENTS

**Glycine** Inhibitory neurotransmitter; readily crosses blood-brain barrier.

**L-theanine** (as Suntheanine®) GABA-A receptor agonist; anxiolytic.\*

**5-hydroxytryptophan** Tryptophan metabolite and Serotonin precursor.

**Vitamin B6 as Pyridoxal-5’-phosphate** Coenzyme form of Vitamin B6 as P5P; critical for neurotransmitter production.

**NSB™** Nutrient delivery system.

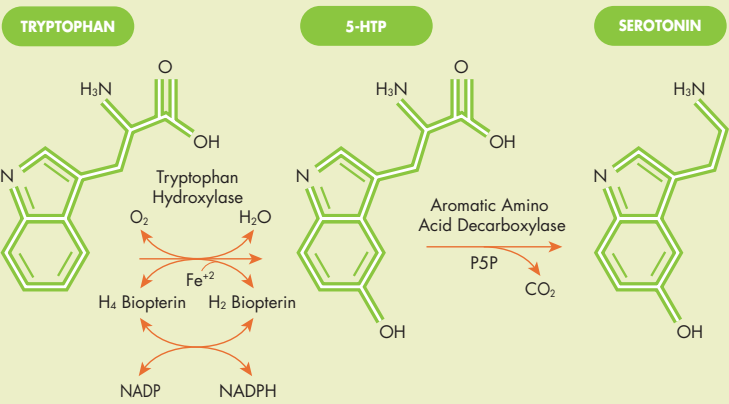
OTHER INFORMATION:

\*Suntheanine has a large body of research supporting its anxiolytic properties. Once transported across the blood-brain barrier, Suntheanine stimulates the brain’s alpha waves, providing an alert but relaxed state. It has been shown to protect against the negative effects of caffeine and ephedrine. The following structure/function claims for Suntheanine have been approved by the U.S. Food and Drug Administration: Reduces stress • Promotes relaxation without drowsiness • Improves quality of sleep • Diminishes normal symptoms of PMS •

Supplement Facts		
Serving Size: 1 Capsule		
Servings Per Container: 60		
Each Capsule Contains:		% DV
Vitamin B6 (as pyridoxal-5-phosphate)	20 mg	1000%
Glycine	150 mg	*
L-theanine (as Suntheanine®)	75 mg	*
5-hydroxytryptophan	50 mg	*
NSB™ (a proprietary blend of protease, amylase, lipase, and BioPerine® [standardized for 95% piperine from piper nigrum])	102.5 mg	*
*Daily Value (DV) not established		
Other Ingredients: Vegetable capsule, microcrystalline cellulose, vegetable magnesium stearate		
Recommended Dose: 1 or 2 capsules daily, or as directed by your clinician.		

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SEROTONIN PATHWAY





Lentra™

GABA Receptor Formula

SYNOPSIS AND REVIEW:

Lentra is a natural anxiolytic formula targeting GABA-A receptors. It is a highly effective product which activates inhibitory neurotransmission and induces relaxation and restfulness, without inducing sedation.

INDICATIONS:

Use in any phase when support is needed for the inhibitory system, particularly GABA. For example, use when assessment shows GABA below reference range or insufficient to control excitatory neurotransmitter levels (glutamate or any of the catecholamines). Research shows deficient GABA levels or function contributes to anxiety, insomnia, nervousness, irritability, and PMS symptoms. GABA functions synergistically with progesterone for a balanced and calming effect during PMS and menopause. GABA levels may elevate to compensate for low serotonin. When serotonin increases due to supplementation, GABA levels often normalize. Lentra contributes, along with Prolent, to rebalancing the inhibitory system that keeps us calm. Combined with Prolent or Tranquilent, increases available inhibitory support. Lentra may be recommended in combination with SomniTR or Tranquilent to promote sleep. When beginning excitatory support (Procite-D or Contegra), Lentra may be combined to dampen an increase in glutamate in some patients.

CONTRAINDICATIONS:

No specific contraindications known other than for individuals hypersensitive to any of the Lentra ingredients.

EXPLANATION OF INGREDIENTS

**Magnesium taurate** Source of taurine, an inhibitory amino acid molecularly bound to magnesium; GABA-A receptor; agonist and inhibitory neurotransmitter; membrane stabilization agent.

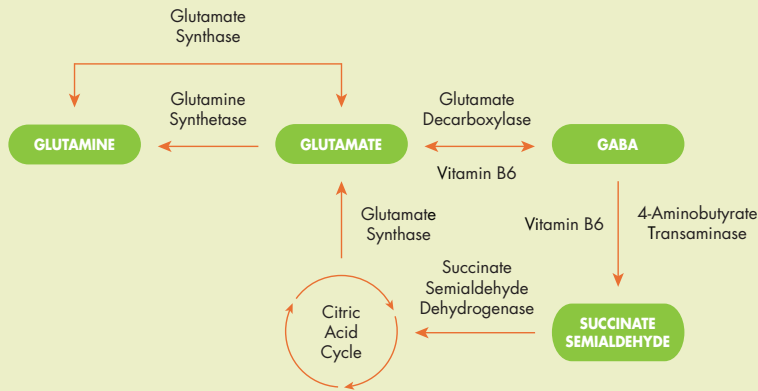
**L-theanine** (as Suntheanine®) GABA-A receptor agonist; anxiolytic.\*

**Lactium®** Excellent GABA-A receptor agonist; small, hypoallergenic peptide derived from dairy.

**Vitamin B6 as Pyridoxal-5'-phosphate** Coenzyme form of Vitamin B6 as P5P; critical for neurotransmitter production.

**NSB™** Nutrient delivery system.

GLUTAMATE – GABA PATHWAY



Supplement Facts		
Serving Size: 1 Capsule		
Servings Per Container: 30		
Each Capsule Contains:		% DV
Magnesium (as magnesium taurate)	22 mg	6%
Taurine	250 mg	*
L-Theanine (as Suntheanine®)	75 mg	*
Lactium®	75 mg	*
NSB™ (a proprietary blend of protease, amylase, lipase, and BioPerine® [standardized for 95% piperine from piper nigrum])	102.5 mg	*
*Daily Value (DV) not established		

Other Ingredients: Vegetable capsule, microcrystalline cellulose, vegetable magnesium stearate

Recommended Dose: 1 or 2 capsules daily, or as directed by your clinician.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Tranquilent™

Nutritional Support For Relaxation

SYNOPSIS AND REVIEW:

A unique, chewable, raspberry-flavored formula providing support for the inhibitory system – both serotonergic and GABAergic neurotransmission. May be used for acute situations as well as for rebalancing the inhibitory system. Doses are appropriate for use in the pediatric population.

INDICATIONS:

A unique chewable, raspberry-flavored formula providing support for the inhibitory system. Inositol and 5HTP are commonly used to support inhibitory pathways in either pediatric or adult populations. Inositol is added to the formula to resensitize receptor sites. Suntheanine in the formula has earned FDA structure/ function claims for promoting relaxation, reducing stress and nervous tension, for relief of occasional insomnia and poor sleep as well as decreasing symptoms of PMS. The low doses of 5HTP and Suntheanine in this chewable tablet are absorbed quickly when symptoms of anxiety or OCD require immediate relief. May be suggested in adults when serotonin levels are elevated due to medications or receptor insensitivity but symptoms of inhibitory insufficiency are present. For pediatric patients, Tranquilent may be suggested when inhibitory support is necessary. Tranquilent can be used for immediate relief from anxiety while Lentra is being used to increase GABA stores and receptor sensitivity. For sleep problems, because it can be chewed to promote immediate calming, it may be recommended with SomniTR or Lentra when patients indicate problems with insomnia.

CONTRAINDICATIONS:

No specific contraindications known other than for individuals hypersensitive to any of Tranquilent ingredients.

EXPLANATION OF INGREDIENTS

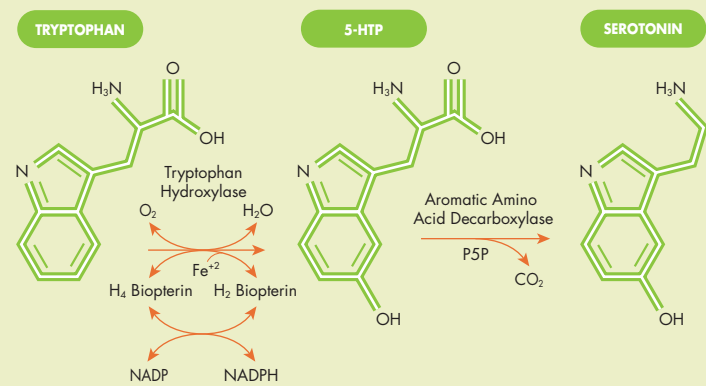
**Myo-inositol** A natural isomer of glucose, is a precursor for the second messenger system (phosphatidyl-inositol) that is used by noradrenergic, cholinergic and serotonergic receptors. It regulates numerous cellular including membrane and receptor function, promoting calm.

**L-theanine** (as Suntheanine®) Excellent GABA-A receptor agonist; anxiolytic; induces alpha waves in CNS, producing alert but calm.

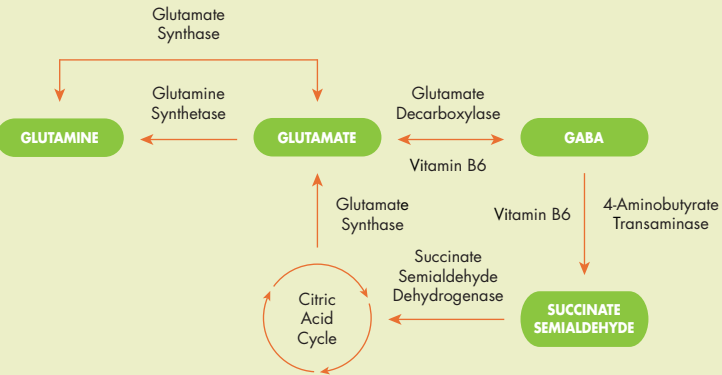
**5-hydroxytryptophan** Tryptophan metabolite and Serotonin precursor.

**Suntheanine is also an ingredient in the following Sanesco formulas:** Prolent,™ Lentra,™ Prolent Forte,™ Contegra.™

SEROTONIN PATHWAY



GLUTAMATE – GABA PATHWAY



Supplement Facts		
Serving Size: 1 Chewable Tablet		
Servings Per Container: 30		
Each Chewable Tablet Contains:		% DV
Myo-inositol (inositol)	1000 mg	*
L-theanine (as Suntheanine®)	25 mg	*
5-hydroxytryptophan (Griffonia simplicifolia)	20 mg	*
*Daily Value (DV) not established		

Other Ingredients: Microcrystalline cellulose, vegetable stearic acid, natural raspberry flavor, natural flavors, vegetable magnesium stearate, silicon dioxide and stevia.

Recommended Dose: Chew one or more tablets daily, or as directed by your clinician.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# SomniTR™

Timed-Release Sleep Formula

## SYNOPSIS AND REVIEW:

SomniTR is a time-released formula, designed to release 1mg of melatonin initially and 1mg three hours later, to help promote the ability to stay asleep. SomniTR supports melatonin prodouction and levels through multiple steps in the Serotonin-to-melatonin pathway, and also influences inhibitory GABAergic activity.

## INDICATIONS:

Melatonin deficiency is involved in prolonged sleep latency and the inability to stay asleep, circadian rhythm disorders, and jet lag. Melatonin has also been shown to reduce ACTH-stimulated cortisol production that may interfere with sleep. Disordered circadian rhythm is being studied as another cause for increased appetite stimulation and weight gain. The melatonin in SomniTR is time released to provide sustained levels for eight hours of sleep. Besides melatonin, SomniTR combines support for GABA-A receptor sites. GABA-A agonists have proven to improve quality of sleep. Other ingredients are added to the formula to support melatonin synthesis. Ideal support for patients with sleep problems in conjunction with Lentra or Tranquilent for addressing melatonin production or decreased GABA binding, based on the patient's test results and indicated symptoms.

## CONTRAINDICATIONS:

History of major depressive disorder.

## EXPLANATION OF INGREDIENTS

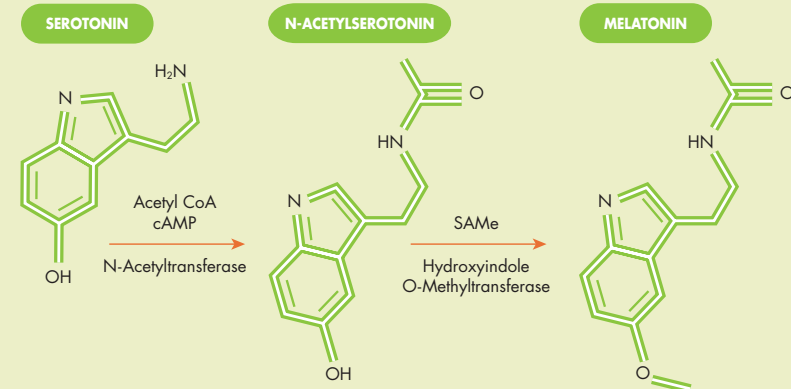
**Coleus forskohlii** A source of forskolin which increases cAMP, which promotes melatonin synthesis by contributing to the activity of Serotonin N-acetyltransferase, the enzyme that metabolizes Serotonin into the intermediate N-acetylserotonin.

**Lactium®** Excellent GABA-A receptor agonist; small, hypoallergenic peptide derived from dairy.

**Pantethine** Precursor to acetyl coenzyme A, acetyl donor in the production of N-acetylserotonin, the precursor to melatonin.

**Melatonin** Neurohormone involved with circadian rhythm regulation and sleep induction.

## MELATONIN PATHWAY



\***Lactium 90** contains sodium caseinate (10%) and Lactium, which is a milk protein hydrolyzate (90%).



## Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 30

Each Tablet Contains:		% DV
Pantothenic Acid	20 mg	200%
Calcium	56 mg	6%
ForsLean®	100 mg	*
(Coleus forskohlii extract)		
(20% forskohlin) (root)		

\*Daily Value (DV) not established

Other Ingredients: Vegetable capsule, vegetable stearic acid, microcrystalline cellulose, vegetable magnesium stearate, silicon dioxide, and glaze

Recommended Dose: 1 tablet daily, before bed time or as directed by your clinician. Allow for a full 8 hours of sleep.

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# MethylMax™

Comprehensive Methylation Support

## SYNOPSIS AND REVIEW:

A full-spectrum methylation formula for the support of all major methylation pathways. SAMe is sensitive to oxidative damage, breaking down easily in the presence of air. MethylMax is therefore enteric-coated to protect its viability and extend its shelf life.

## INDICATIONS:

SAMe, a primary methyl donor, has extensive scientific validation as an antidepressant, as well as a support for liver function and joint health. SAMe has been used as primary or adjunctive therapy in patients suffering from physical and mental fatigue and depression. Methylation support is suggested when an elevated norepinephrine/epinephrine ratio is reported.

Often recommended after inhibitory balancing has begun (Prolent and Lentra) but before introducing excitatory support (Contegra or ProciteD), especially in patients with elevated norepi/epi ratio or indicating issues with blood sugar balancing or blood pressure elevations.

## CONTRAINDICATIONS:

No specific contraindications known other than for individuals hypersensitive to any of the MethylMax ingredients. Caution should be exercised, however, when using SAMe in patients with a known history of bipolar disorder or any form of manic depression or psychosis.

## EXPLANATION OF INGREDIENTS

**S-adenosylmethionine** A source of forskolin which increases cAMP, which promotes melatonin synthesis by contributing to the activity of Serotonin N-acetyltransferase, the enzyme that metabolizes Serotonin into the intermediate N-acetylserotonin.

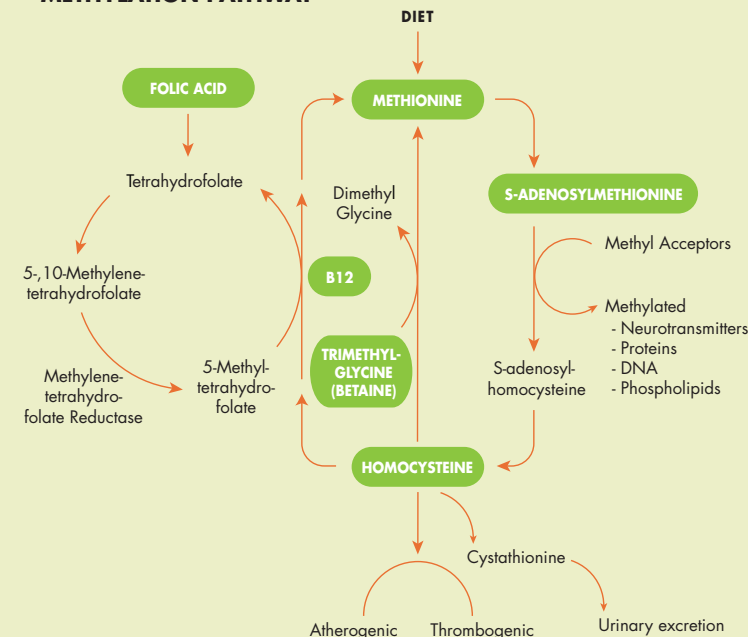
**Trimethylglycine** Excellent GABA-A receptor agonist; small, hypoallergenic peptide derived from dairy.

**Vitamin B6 as Pyridoxal-5'-phosphate** Coenzyme form of Vitamin B6 as P5P; critical for neurotransmitter production.

**Folic Acid** Cofactor in methylation reactions.

**Methylcobalamin** Coenzyme form of Vitamin B12; methyl donor; important in neurotransmitter function.

## METHYLATION PATHWAY



## Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 30

Each Tablet Contains:		% DV
Vitamin B6	15 mg	750%
(as pyridoxal-5-phosphate)		
Folic Acid	500 mg	125%
Vitamin B12	300 mg	5000%
(as methylcobalamin)		
Calcium	150 mg	15%
(as dicalcium phosphate)		
S-adenosylmehionine	200 mg	*
(active SAMe content)		
(from S, S 5-adenosylmethionine tosylate disulfate)		
Trimethylglycine	125 mg	*
(betaine anhydrous)		

\*Daily Value (DV) not established

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, vegetable stearic acid, vegetable magnesium stearate, silicon dioxide, hypromellose, glycerol triacetate

Recommended Dose: 1 or 2 tablets daily on empty stomach 30-45 minutes prior to eating, or as directed by your clinician.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



# PlenuS™

Nutritional Support for Satiety

### SYNOPSIS AND REVIEW:

Plenus is an advanced satiety product to address overeating and weight loss. It represents the forefront of satiety research by addressing hunger through several distinct pathways, including gastric messaging to the brain, neural catecholamine function, hypothalamic hunger areas, and fatty acid synthesis. Plenus is free of stimulants such as methylxanthines (caffeine, theophylline, theobromine, etc.), as well as any hidden botanical or other source of ephedrine and synephrine. Plenus utilizes dosages of ingredients used in clinical studies.

### INDICATIONS:

Suggested during neuroendocrine balancing when appetite and weight issues are indicated. In metabolic syndrome, patients with insulin resistance often have disordered appetite control with imbalance dopamine, serotonin, and/or low adrenal function. In rebalancing these patients, supporting serotonin to control carbohydrate cravings, using Plenus for appetite control and to increase lean body mass, and implementing an insulin-sparing diet can be beneficial strategies. A complete Healthy Weight Management program will typically require Prolent, Lentra, Procite-D and/or Adaptacin, depending on the patient's individual biochemical needs.

### CONTRAINDICATIONS:

No specific contraindications known other than for individuals hypersensitive to any of the Plenus ingredients.

### EXPLANATION OF INGREDIENTS

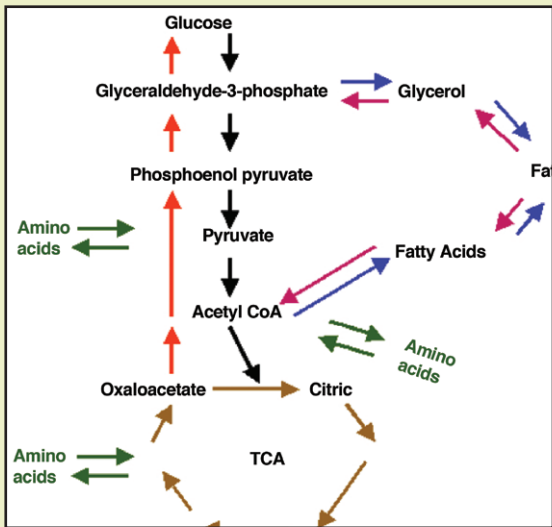
**Garcitrin®** *Garcinia cambogia*, also known as Brindall Berry, standardized for 50% hydroxycitric acids and 5% garcinol as a Ca salt, has been demonstrated to control appetite and contribute to weight loss.

**Slimaluma™** *Caralluma fimbriata*, standardized for 25% pregnene glycosides and 10% saponins, is a succulent from India closely related to *Hoodia gordonii*. Studies demonstrate appetite suppression/satiety; proposed MOA is via the hypothalamus.

**Slendesta™** Standardized extract of PI 2, standardized for 5% proteinase PI 2 inhibitors. Significantly increases levels of cholecystokinin (CCK), a peptide that decreases gastric emptying and thus promotes satiety.

**Phenylethylamine (PEA)** This metabolite of D-phenylalanine stimulates Dopamine release in the mesolimbic “pleasure centers,” associated with loss of appetite.

**NDB™** Nutrient Delivery Blend, optimizing gut absorption.



Slimaluma blocks fatty acid production through citrate Lyase enzyme and at malonyl coenzyme A production



### Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 120

Each Capsule Contains:

Plenus Proprietary Blend\* 717.5 mg

Garcitrin™ (*Garcinia cambogia*) (std. to 50% HCA and 5% garcinol Calcium salt)

Slimaluma® (*Caralluma fimbriata*) (std. to 25% pregnene glycoside and 10% saponins)

Slendesta™ Proprietary extract of white potatoes

PEA Phenylethylamine (as Phenylethylamine HCl)

NDB™ Proprietary Blend: medium chain fatty acids, cellulase I and II, lipase, and BioPerine® (standardized for 95% piperine from piper nigrum)

Other Ingredients: Vegetable capsule, rice flour, magnesium stearate, silicon dioxide

Recommended Dose: Two (2) capsules twice daily, 30 minutes before 2 heaviest meals.

\* Contact Sanesco for additional information and concentrations of the Plenus proprietary blend.

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# Adaptacin™

Comprehensive Adrenal Support

### SYNOPSIS AND REVIEW:

A formula for patients in need of adrenal support. This product utilizes the highest quality, most scientifically-validated compounds currently available. All botanicals are standardized for maximum efficacy and are classed as adaptogens. The most bioavailable forms of nutrients are utilized.

### INDICATIONS:

Adaptogens and adrenal cortex are combined to tonify the adrenal gland and improve adrenal function. Adaptogens are a class of herbs used to address adrenal imbalance and symptoms of fatigue, decreased stamina, salt cravings, sugar cravings and other indications of insulin resistance, decreased libido and focus, and chronic stress. Use Adaptacin when cortisol levels are low or fluctuating during either the initial or restoration phase of the CSM model. Typically recommended once inhibitory support (Prolent, Lentra, Tranquilent) begins, and in conjunction with excitatory support (Contegra and Procite-D) for patients with chronic fatigue, decreased stamina and or low libido, or with certain adrenal symptoms.

### CONTRAINDICATIONS:

No specific contraindications known other than for individuals hypersensitive to any of the Adaptacin ingredients. Licorice may be of concern in some individuals with hypertension. However, Adaptacin's glycyrrhizic acid content falls within the safety profile of licorice in hypertension, at a maximum dosage of 6 tablets per day.

### EXPLANATION OF INGREDIENTS

**Bovine Adrenal Cortex** Organic beef from FDA-certified, BSE-free country.

**Pantothenic Acid** A major biochemical role of pantothenic acid (Vitamin B5) is to facilitate the production of Cortisol by the adrenal cortex.

**Vitamin C** Supports adrenal hormone production.

**Ashwagandha** *Withania somnifera*, standardized for 5% withanolides; also referred to as Indian ginseng, an adrenal adaptogen, thought to attenuate the effects of chronic stress.

**Licorice** *Glycyrrhiza glabra*, standardized for 20% glycyrrhizic acid; spares Cortisol by inhibiting the enzyme (11-beta-hydroxysteroid dehydrogenase) responsible for the conversion of active Cortisol to inactive cortisone.

**Siberian Ginseng** *Eleutherococcus senticosus*, standardized for 0.8% eleutherosides; an adrenal adaptogen thought to attenuate the effects of chronic stress.

**American Ginseng** *Panax quinquefolium*, standardized for 10% ginsenosides; adrenal adaptogen, thought to attenuate the effects of chronic stress.

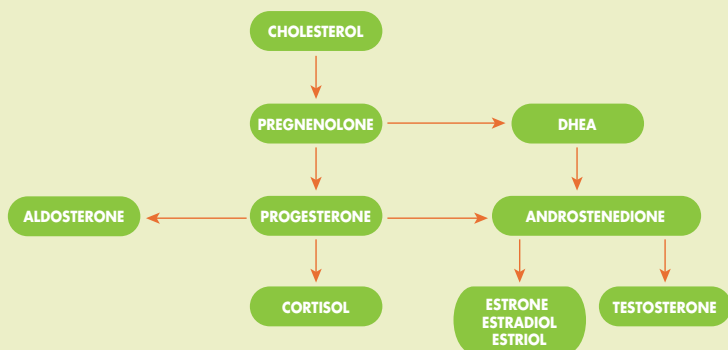
**Rhodiola** *Rhodiola rosea*, standardized for 5% rosavins and 2% salidroside; adaptogen, thought to attenuate the effects of chronic stress.

**LJ100™/Tongkat Ali** *Eurycoma longifolia*, referred to as Malaysian ginseng; standardized for 40% glycosaponins and 28% eurypeptides; adaptogen, thought to attenuate the effects of chronic stress.

**Zinc** As bis-glycinate chelate, citrate, and monomethionine for full spectrum bioavailability. Cofactor for adrenal hormone production.

**NSB™** Nutrient delivery system.

### ADRENAL CORTEX PATHWAY



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

### Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 60

Each Tablet Contains:		% DV
Vitamin C (as magnesium ascorbate)	100 mg	167%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1,000%
Calcium (as dicalcium phosphate)	60 mg	6%
Magnesium (as magnesium amino acid chelate and magnesium ascorbate)	33 mg	8%
Zinc (as monomethionine, glycinate-amino acid chelate and citrate)	10 mg	67%
Bovine adrenal cortex	300 mg	*
NSB™ (a proprietary blend of protease, amylase, lipase, and BioPerine® [standardized for 95% piperine from piper nigrum])	102.5 mg	*
Ashwagandha (Withania somnifera) (standardized for 5% withanolides)	75 mg	*
Licorice Extract (20% glycyrrhizin)	50 mg	*
Siberian Ginseng Extract (Eleutherococcus senticosus) (standardized for 0.8% eleutherosides)	50 mg	*
Panax Ginseng (standardized for 10% ginsenosides)	25 mg	*
Rhodiola Rosea (std. to 5% rosavins and 2% salidroside)	25 mg	*
Tongkat Ali (Eurycoma longifolia) (40% glycosaponins and 22% eurypeptides) (LJ100™)	25 mg	*

\*Daily Value (DV) not established

Other Ingredients: Microcrystalline cellulose, vegetable stearic acid, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, and glaze

Recommended Dose: 1 or 2 capsules daily, or as directed by your clinician.



# Contegra™

HPA Balancing Formula  
Catecholamine & Adrenals Support

SYNOPSIS AND REVIEW:

Contegra is a broad-spectrum support formula for the “wired and tired,” supporting inhibitory and excitatory neurotransmitter production, adrenal and thyroid function, and methylation pathways. It also supplies, in coenzymatic and/or phosphorylated form, B vitamins critical for proper neurotransmitter function.

INDICATIONS:

Contegra is formulated as mild support for re-establishing HPA-T axis balance. Its ingredients allow for beginning excitatory support while continuing support for inhibitory function. Contegra may be recommended when beginning excitatory support prior to more aggressive support due to continuing symptoms of anxiety, insomnia and stress. Used to address symptoms of fatigue, poor memory and focus, apathy, decreased libido and poor thyroid function. The addition of methylation support in Contegra helps prevent over-excitation as excitatory support is added to the patient’s protocol.

As balanced support for HPA-T axis function, it is often suggested after inhibitory support has begun (Prolent, Lentra, Tranquilent) but prior to more potent excitatory support (ProciteD) when patients indicate symptoms related to anxiety, agitated depression, or symptoms related to poor adrenal or thyroid function.

CONTRAINDICATIONS:

No specific contraindications known other than for individuals hypersensitive to any of the Contegra ingredients.

EXPLANATION OF INGREDIENTS

**Trimethylglycine** Methylating agent; also a source of glycine, an inhibitory amino acid neurotransmitter; TMG supports SAME production/recycling.

**L-theanine** (as Suntheanine®) GABA-A receptor agonist; anxiolytic.\*

**N-acetyl-L-tyrosine** Precursor of Dopamine, Norepinephrine, and Epinephrine; acetylated for bioavailability.

**Siberian Ginseng** Eleutherococcus senticosus, standardized for 0.8% eleutherosides; an adrenal adaptogen thought to attenuate the effects of chronic stress.

**Pantethine** Biologically active form of Vitamin B5; adrenal support nutrient.

**Vitamin B6 as Pyridoxal-5’-phosphate** Coenzyme form of Vitamin B6 as P5P; critical for neurotransmitter production.

**Folic Acid** Cofactor in methylation reactions.

**Methylcobalamin** Coenzyme form of Vitamin B12; methyl donor; important in neurotransmitter function.

**Iodine** Essential component of T3 and T4 thyroid hormones.

**NSB™** Nutrient delivery system.

HPA AXIS PATHWAY



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 60

Each Tablet Contains:		% DV
Vitamin B6 (as pyridoxal-5-phosphate)	20 mg	1000%
Folate (as folic acid)	500 mcg	125%
Vitamin B12 (as methylcobalamin)	300 mcg	5000%
Pantothenic Acid (as pantethine)	50 mg	500%
Calcium (as dicalcium phosphate)	195 mg	20%
Iodine (as potassium iodide)	150 mcg	100%
Trimethylglycine (Betaine anhydrous)	125 mg	*
NS Blend (a proprietary blend of protease, amylase, lipase, and BioPerine® [standardized for 95% piperine from piper nigrum])	102.5 mg	*
L-Theanine (as Suntheanine®)	75 mg	*
N-Acetyl L-Tyrosine	65 mg	*
Siberian Ginseng Extract (std. to 0.8% eleutherosides) (Eleutherococcus senticosus) (stem)	50 mg	*

\*Daily Value (DV) not established

Other Ingredients: *Microcrystalline cellulose, croscamellose sodium, vegetable stearic acid, vegetable magnesium stearate, silicon dioxide, hypromellose, and glycerol triacetate*

Recommended Dose:1 or 2 tablets daily, or as directed by your clinician.

# Procite-D™

Catecholamine Support

SYNOPSIS AND REVIEW:

Procite-D is a catecholamine support formula specifically targeting Dopamine while also supporting Norepinephrine, Epinephrine, and Beta-endorphin pathways. It supplies, in coenzymatic and/or phosphorylated/methylated form, B vitamins critical for proper neurotransmitter conversions.

INDICATIONS:

Procite-D supports excitatory neurotransmission through rebuilding catecholamine pathways, particularly dopamine. Catecholamine deficiencies are associated with fatigue, apathy, lack of focus, poor memory, decreased libido, and exhaustive depression. When optimized, catecholamines increase energy, focus, and a sense of well-being. Use Procite-D in the rebalancing process to increase dopamine/catecholamines after inhibitory support. Special attention should be paid to ensuring optimal serotonin levels while using Procite-D, because increasing catecholamine levels can suppress serotonin.

As a potent excitatory formula, Procite-D may be recommended along with an inhibitory formula (Prolent, Lentra, Tranquilent) to prevent over-excitation in patients who continue to demonstrate symptoms of nervousness, anxiety, or sleep problems although they clearly need to begin excitatory support for fatigue, libido, memory, focus, or other symptoms related to imbalances in the excitatory system.

CONTRAINDICATIONS:

Caution should be exercised when used in patients with a history of hypertension, bipolar, mania, or psychosis. It is contraindicated in PKU.

EXPLANATION OF INGREDIENTS

**Mucuna Pruriens** Natural source of L-dopa, precursor to Dopamine.

**DL-phenylalanine** Racemic source of “D” and “L” phenylalanine; “L” to support the catecholamine pathway and “D” to promote phenylethylamine (PEA) and thus promote Beta-endorphin production; also acts as an enkephalinase inhibitor, preventing endorphin breakdown.

**N-acetyl-L-cysteine** Antioxidant; supports catecholamine pathway.

**N-acetyl-L-tyrosine** Precursor of Dopamine, Norepinephrine, and Epinephrine; acetylated for bioavailability.

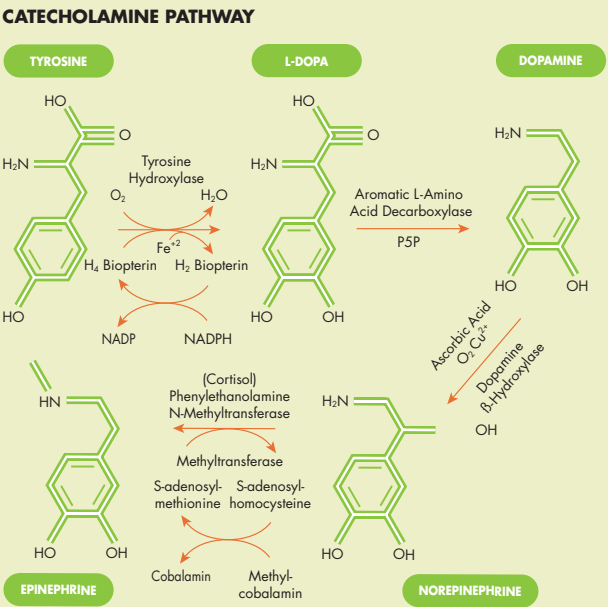
**Vitamin B6 as Pyridoxal-5’-phosphate** Coenzyme form of Vitamin B6 as P5P; critical for neurotransmitter production.

**Folic Acid** Cofactor in methylation reactions.

**Methylcobalamin** Coenzyme form of Vitamin B12; methyl donor; important in neurotransmitter function.

**Selenium** Trace element; detoxifier.

**NSB™** Nutrient delivery system.



The foremost reference laboratory for the measurement of biomarkers associated with HPA-T axis function.

NeuroLab is a leading specialist in the technology, analysis, and research of the biomarkers associated with Hypothalamic-Pituitary-Adrenal-Thyroid (HPA-T) axis function. HPA-T axis function is pivotal to optimal function of the body’s neuro-hormonal Communication System. NeuroLab specialized in HPLC and ELISA technology. As both methodologies have been developed and primarily run in Europe, all NeuroLab in-vitro diagnostics fulfill the regulations of the new European IvD directive (CE) and are both FDA and CLIA registered. The scrutiny they withstand far exceeds that which is required in the U.S. under FDA guidelines and standards. The third party scrutiny of assays include BioRad, a world leader in quality control in the areas of Immunology and Endocrinology. *For more detailed information on NeuroLab’s technology and accreditations, visit [www.NeuroLaboratory.net](http://www.NeuroLaboratory.net).*

Test Menu:

HPA Profile (Urine and Saliva)

Provides measurement of 6 primary urinary neurotransmitters: Serotonin, GABA, Glutamate, Dopamine, Norepinephrine, Epinephrine. Salivary Adrenal Hormones are also measured: 4 timed Cortisols and 2 DHEAs.

This profile assesses the six neurotransmitters that affect the hypothalamic-pituitary axis (HP) as well as the adrenal hormones cortisol and DHEAs. Since the HPA axis initiates an adrenal response, this profile allows the practitioner to assess that response and make therapeutic decisions based on the information. Neurotransmitters are measured from a single urine sample, while cortisol (X4) and DHEA (X2) are measured from four saliva samples, the first taken between 7:00 and 8:00 am and then one every five hours thereafter for the remaining three samples.

HP Profile (Urine)

Provides measurement of 6 primary urinary Neurotransmitters: Serotonin, GABA, Glutamate, Dopamine, Norepinephrine, Epinephrine.

The HP (hypothalamic-pituitary) Profile analyzes the six main neurotransmitters involved in HP axis function. The major inhibitory and excitatory neurotransmitters are included to determine the degree of balance or imbalance in the neurotransmitter response of the Communication System. The HP Profile requires one urine sample, taken two to three hours after rising, usually between 8:00 and 10:00 am.

AH Profile (Saliva)

Provides measurement of salivary Adrenal Hormones: 4 timed cortisols and 2 DHEAs.

The AH (adrenal hormone) Profile analyzes cortisol levels at four times during the day, allowing the practitioner to graph the patient’s curve against a normal adrenal curve. The circadian rhythm of adrenal tissue is best assessed at multiple times of the day to determine the adrenal gland’s ability to respond to daily stressors and therapeutic intervention. Cortisol (X4) and DHEA (X2) levels are measured from four saliva samples, the first collected between 7:00 and 8:00 am and then one every five hours thereafter for the remaining three samples.

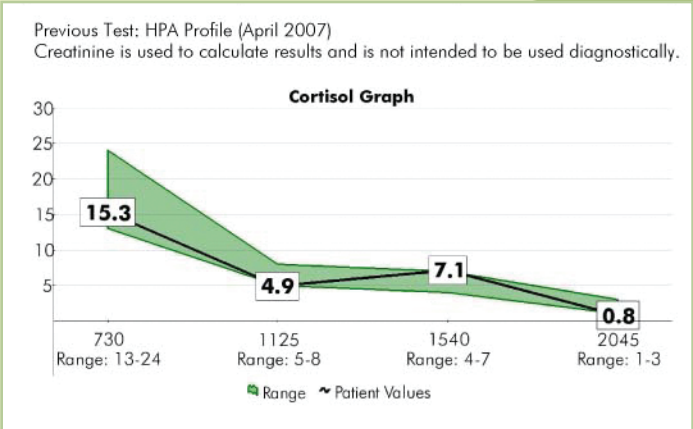
Customized profiles may be ordered. Options are available to allow the practitioner to choose from one to six neurotransmitter tests and either two cortisol levels or two cortisols and one DHEA. This option is most commonly used to retest during monitoring of the therapeutic/clinical response. Please contact the lab to discuss custom profile options. *(See Business Practices and Policies on page 20)*

NeuroLab reports feature ‘Previous Values’ for immediate reference when retesting patients to monitor therapy.

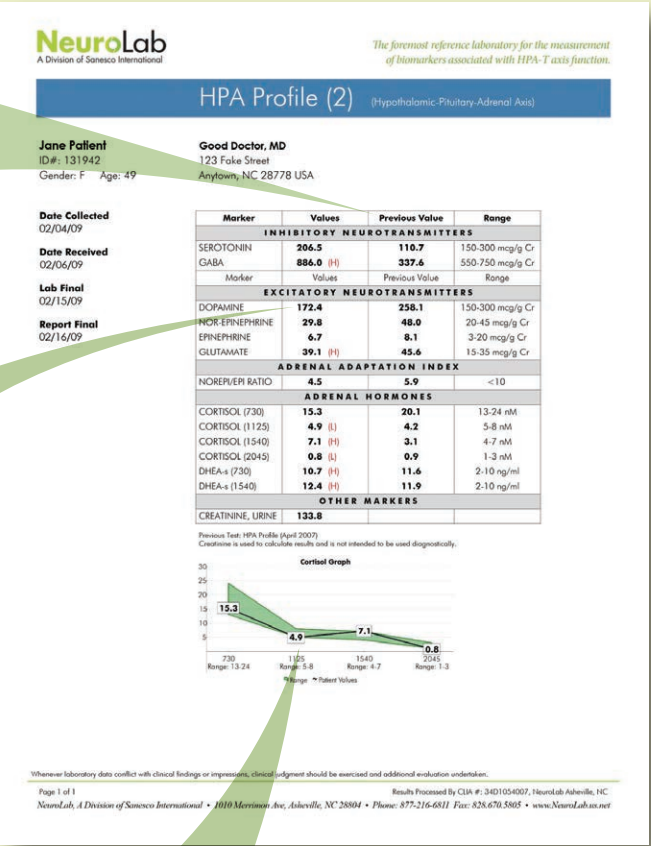
Previous Value
ROTRANSMITT
110.7
337.6
Previous Value
ROTRANSMITT
258.1
48.0
8.1
45.6

EXCITATORY NEUROTRANSMITTERS			
DOPAMINE	172.4	258.1	150-300 mcg/g Cr

NeuroLab chooses to graph the 4 point Cortisol results since the reference range varies throughout the day. This gives practitioners a complete ‘picture’ of the patients adrenal status.



NeuroLab’s collection kit boxes are specifically organized to simplify the collection process for the patients and for clinic staff. Each kit includes simple collection instructions and engaging patient literature designed to help improve patient compliance, and to help build your doctor – patient relationship.





## Business Practices and Policies

We all rely today on the technologies of email, web, and fax to conduct business, but at Sanesco we will continue to provide the person to person interaction. Our hours of operation ensure that someone is available by telephone to all regions of the US for the full course of each business day.

### Contacts

#### Sales and Customer Support

Reach a Practice Building Specialist  
866.670.5705 Press “2”  
Fax: 828.670.5805  
Email: info@Sanesco.net

#### Accounting

Billing and insurance questions  
866.670.5705 Press “4”  
Fax: 828.670.5805

#### NeuroLab

Specimen collection/technical  
877.216.6811

### Hours of Operation

<b>Sanesco:</b>	Monday — Friday	9 a.m. — 8 p.m. Eastern time
Orders may be placed by fax, email, or web contact 24 hours a day, 7 days a week.		
<b>NeuroLab:</b>	Monday — Friday	8:30 a.m. — 5:30 p.m. Eastern time



*“From my 20 years of medical practice I have a healthy frame of reference for what good customer service is in the health care industry. Sanesco is up there with the very best. They are consistently courteous, respectful and polite... I have always found a helpful attitude to resolve any problems I could present them with. They have been a superb and timely educational resource at any time I have needed them to address a patient test result or therapeutic need.”*

J. R., MD, MBA

## Business Practices and Policies, *continued*

### Shipping Policy

Orders received by 4 p.m. Eastern time are shipped the same day. Orders received after 4 p.m. Eastern time are shipped the following business day.

- Test Collection Kits: Ground Shipping is Free
- TNT Products: Ground Shipping only \$10
- TNT Product orders over \$300 – Ground Shipping is Free
- Expedited shipping rates can be quoted upon request
- Shipments to Canada incur a \$40 flat rate for standard shipping
- Alaska, Hawaii, and International shipment charges are based on weight.

### Terms

All products and services are prepaid and/or applied to a MasterCard, Visa, or American Express on file. Sanesco will provide a receipt to the patient for submission to his/her insurance carrier(s).

### Return Policy

Product returns are accepted for exchange or credit. All returns must be preapproved by Sanesco and received within 14 business days of authorization. No returns will be accepted beyond 30 days from the date of purchase. Boxes of product must be unopened and in re-saleable condition. A 15% restocking fee will apply.

### NeuroLab Turn-Around-Time

Upon receipt of your patient’s test samples, test results will be available within 7-10 business days.

### Medicare Insurance

Sanesco International, Inc. is currently processing billing of NeuroLab testing profiles for Medicare Insurance. See “Insurance Billing Policies” for details.

### Private Insurance

NeuroLab tests are reimbursed by some private insurance companies. Although Sanesco is not currently filing to patient’s insurance other than Medicare, many practices and patients are actively filing for reimbursement. We do expect to offer other insurance filing in the near future.

Patients may choose to submit a payment request to their private insurance company. For Patient Pay accounts, where patients are paying Sanesco directly, we provide a receipt with the proper billing information to the patient for submission to the private insurer.

For Doctor Pay accounts, we provide the proper billing information at the end of the month, along with our billing statement. The doctor’s office can then prepare a receipt for those patients who wish to submit the testing for insurance coverage.

## The Sanesco Advantage

When you open an account with Sanesco, you gain the support of an extensive professional team available to help in several aspects of your practice. In addition to the clinical value the CSM model provides you as a practitioner, we believe in providing an extra advantage to help you realize both the clinical and professional potential the CSM model can offer.

*The Sanesco Advantage includes the following services and support for you and your practice:*

## Multidisciplinary Medical Board

The combined knowledge of Sanesco's outstanding Medical Board supports practitioners of integrative medicine with an unprecedented level of expertise in providing clinical solutions for their patients. Comprised of physicians and naturopathic doctors that also maintain active private practices, this team understands first-hand the challenges faced by practitioners today. Together, the Medical Board represents the front line of Sanesco's commitment to offer the most advanced clinical tools available to prevent and treat the underlying causes of disease. In addition to playing key roles in clinical training and education programs, this team is also available for 1 to 1 consults and interpretations.

## Clinical Support Staff

A significant advantage to you is our capability to expertly interpret and analyze test results and advise practitioners about which Targeted Nutritional Therapy formulas are best suited to their patient's individual needs. The Clinical Support team generates an individual Correlation Analysis Report for each of your patients.

This on-demand staff is available to answer day-to-day questions concerning the interpretation of patient test results and individualized therapeutic options. Under direction of the Medical Board, the Clinical Support staff is always engaged in ongoing research of HPA-T axis function.

## Training and Education

Sanesco is committed to providing practitioners with ongoing education in the emerging field of nutritional neuroscience through expert guidance, training, teleconferences, workshops, seminars, and a library of resource materials. **Practical Application Training** (PAT) sessions combine online presentation features with telephone connection for a truly interactive training experience. Adjunct faculty present Monthly webinars sharing practical topics to help you utilize the CSM model to its fullest potential. Regional seminars and round table events present practitioners with information on the latest functional assessments and Targeted Nutritional Therapy formulas. A self-tutorial Resource Library available online includes lecture recordings, audio training sessions, white papers, articles, practice marketing guides, and patient communication tools.

## Practice Building Specialists

Sanesco's Sales and Customer Service staff is committed to provide you ongoing guidance on all the benefits the CSM model brings to your practice. Our Sales and Customer Service staff are well-trained representatives who possess extensive product knowledge about our tests and therapeutic formulas. Sanesco's team of Practice Building Specialists provides you with one point of contact for all of your clinical, technical, and day-to-day business needs.

## Marketing, Advertising, and Patient Communication

Sanesco offers a unique marketing advantage in the industry by providing you with comprehensive Marketing and Advertising support designed to help you achieve your professional goals and grow your practice. Customers receive a Marketing and Advertising Kit complete with templates for ads, press releases, newsletters, web content, presentations, and articles, and a guide to help you plan your campaign. 1 to 1 consults are available with Sansco's own Marketing management focused on the marketing and advertising needs of your practice. Patient communication tools include brochures, presentations, and articles.

## NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



1010 Merrimon Ave.  
Asheville, NC 28804

866.670.5705 (toll-free) [www.sanESCO.net](http://www.sanESCO.net)



**Sanesco®**  
*health in balance*