

# NEW PRODUCT INFORMATION: CONTEGRA

Long Natural Health  
[www.longnaturalhealth.com](http://www.longnaturalhealth.com)

TARGETED FORMULATION

## HPA BALANCING FORMULA!

Ingredient	Potency/weight
Trimethylglycine.....	125 mg
L-Theanine (as Suntheanine®).....	75 mg
N-acetyl L-tyrosine.....	65 mg
Siberian Ginseng.....	50 mg
(Standardized for 0.8% eleutherosides)	
Pantethine.....	50 mg
Vitamin B6 (pyridoxal-5-phosphate).....	20 mg
Folic Acid.....	500 mcg
Vitamin B-12 (methylcobalamin).....	300 mcg
Iodine (as Potassium Iodide).....	150 mcg
NSB™ (Neural Support Blend).....	102.5 mg

## SYNOPSIS AND PRODUCT USAGE!

**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 as well as methylation pathways. It also supplies critical B vitamins in co-enzymatic and/or phosphorylated form needed for proper neurotransmitter function.

**INDICATIONS:** Contegra allows for the excitatory pathway to be supported while maintaining good inhibitory function; a formula to assist in re-establishing HPA balance in those with poor adrenal function. May be used in conjunction with Prolent, Lentra and/or MethylMax.

**CONTRA-INDICATIONS:** No specific contraindications other than individuals hypersensitive to any of its ingredients.

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.

HPA AXIS SUPPORT



To Place your order for Contegra  
or if you have any questions...

