

# Tango®

advanced nutrition



Total Body Wellness

# Improving Health Benefits with Tango Combos

Tango supplements are time-tested, foundational health formulas designed to support wellness and functional healthspan. While each formula is optimized to benefit a specific health concern, superior results may be achieved by combining formulas in specific ratios. The following table illustrates some of the most popular combinations of Tango herbal formulas. Note that many people have multiple areas that need support, and it is ok to take formulas for each. The daily dose of each supplement is listed in parentheses ( ).

Take ½ the number of capsules in the morning and ½ in the evening. Products can be taken with or away from meals. Taking with meals can help you more comfortably digest the herbal ingredients. If you are taking blood thinning medications use formulas that promote blood circulation with caution. Review them with your health care provider as needed. If you have questions about combining formulas, please call the Tango product support line at 1-866-778-2646, ext 2.

<b>Energy, Vitality</b>	<b>Vital Cell</b> (6 caps/day) – blood circulation <b>ImmunoPhase</b> (2 caps/day) – immune support
<b>Circulation</b>	<b>Vital Cell</b> (6 caps/day) blood vessel and capillary health <b>Herbal Boost</b> (2 caps/day) – blood circulation
<b>Cardiovascular</b>	<b>CardioPhase</b> (6 caps/day) heart muscle strength <b>Vital Cell</b> (2 caps/day) heart muscle blood circulation <b>Herbal Boost</b> (2 caps/day) heart muscle, circulation
<b>Memory, Cognition</b>	<b>Herbal Boost</b> (2 caps/day) – blood circulation
<b>Hair</b>	<b>PriaPlex</b> (6 caps/day) – halt hair loss, new hair growth
<b>Gums &amp; Teeth</b>	<b>GingiPhase</b> (6 caps/day) – gum health <b>OsteoPhase</b> (2 caps/day) – bone health and growth
<b>Lungs</b>	<b>BronchoPhase</b> (6 caps/day) – bronchial immune stress <b>Herbal Boost</b> (2 caps/day) – lung capillary function <b>AllerPhase</b> (4 caps/day) – upper respiratory support
<b>Blood Sugar</b>	<b>MetaPhase</b> (6-9 caps/day) – healthy blood sugar levels <b>Vital Cell</b> (6 caps/day) blood vessel and capillary health
<b>Menopause</b>	<b>FemmePhase</b> (4 caps/day) – hormonal balance,
<b>G.I. Tract</b>	<b>GastroPhase</b> (2-6 caps/day) – stomach soothing <b>Daily Movement</b> (2-6 caps/day) – occasional constipation
<b>Bones &amp; Joints</b>	<b>ArthriPhase</b> (4 caps/day) – joint comfort <b>OsteoPhase</b> (4 caps/day) – bone health and growth <b>Herbal Boost</b> (2 caps/day) – blood circulation
<b>Vision</b>	<b>OcuPhase</b> (2 caps/day) – healthy eye surface and lens
<b>Sleep</b>	<b>Sleep Cycle</b> (2 before bedtime) – sleep regulation
<b>Sinuses</b>	<b>AllerPhase</b> (2-4 caps/day) – nose & lung support <b>ImmunoPhase</b> (2-6 caps/day) – nose & throat support <b>BronchoPhase</b> (2-6 caps/day) – lung soothing support
<b>Urinary, Bladder</b>	<b>FloControl</b> (6 caps/day) - Bladder health and function <b>ProstaPhase</b> (6 caps/day) - Prostate health and function

# SleepCycle®

## Restorative, Deep, Slow Wave Sleep Formula

All-natural **SleepCycle®** combines traditional herbal extracts with state-of-the-art modern nutrients to promote healthy sleep patterns and aid in reducing restlessness and occasional sleeplessness.\* In addition to melatonin and 5-HTP, **SleepCycle** contains *Xylaria Nigripes*, a clinically researched herbal ingredient shown to support biochemical processes to aid the brain in promoting deep, restorative Slow Wave Sleep (SWS) cycles.\*

**Directions:** 2 capsules, 30 minutes before bed.

**SC60** ..... 60 caps ..... **\$33.95**



★★★★★ *"I've tried sleep aids from several natural herbal companies—drops, tinctures, under-tongue sprays and capsules—but few helped me. But after a couple of nights of SleepCycle, I sleep right through the night for at least 7 hours, which is a triumph for me."* –  
*Betty, Ottawa, Canada*

# Vital Cell®

## Anti-Aging, Thymus & Circulation Support Formula

**Vital Cell®** contains a proprietary blend of herbal extracts that have been shown to help support circulatory performance, enhance microcirculation, and maintain healthy internal organ functions.\* This synergistic blend of herbs also provides support for the immune system while improving overall health.\* Given this wide range of benefits, Vital Cell is especially well-suited for the elderly, competitive athletes and adults of all ages who experience occasional stress.\*

**Directions:** 3 capsules, 2 times per day.

**VC180** ..... 180 veggie caps ..... **\$48.95**



\* 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.



# PriaPlex® Hair Support For Men and Women

★★★★★ *"I have been taking PriaPlex for over 6 months. My hair had been thinning for a long time. Rogaine helped to keep the problem from getting worse, but didn't restore what I had. PriaPlex did what Rogaine could not. This has been amazing for me."* – Susan



**PriaPlex®** Hair Support Formula is a U.S. patented, all-natural herbal supplement shown to halt age-related hair loss and promote fuller, thicker hair growth in men and women. PriaPlex combines essence herbs traditionally used to reduce excessive hair loss, with nourishing botanicals shown to help support circulation while nourishing skin and follicles.\* By promoting healthy circulation in the tiniest blood vessels (microcapillaries), PriaPlex addresses hair health from the inside to halt hair loss and promote thicker, healthier hair, improved skin tone and vitality. Based on years of clinical evaluation, men and women can realistically expect to see signs of healthier hair in 3 to 6 months, with gradual and continued improvements over the following 12 to 18 months.

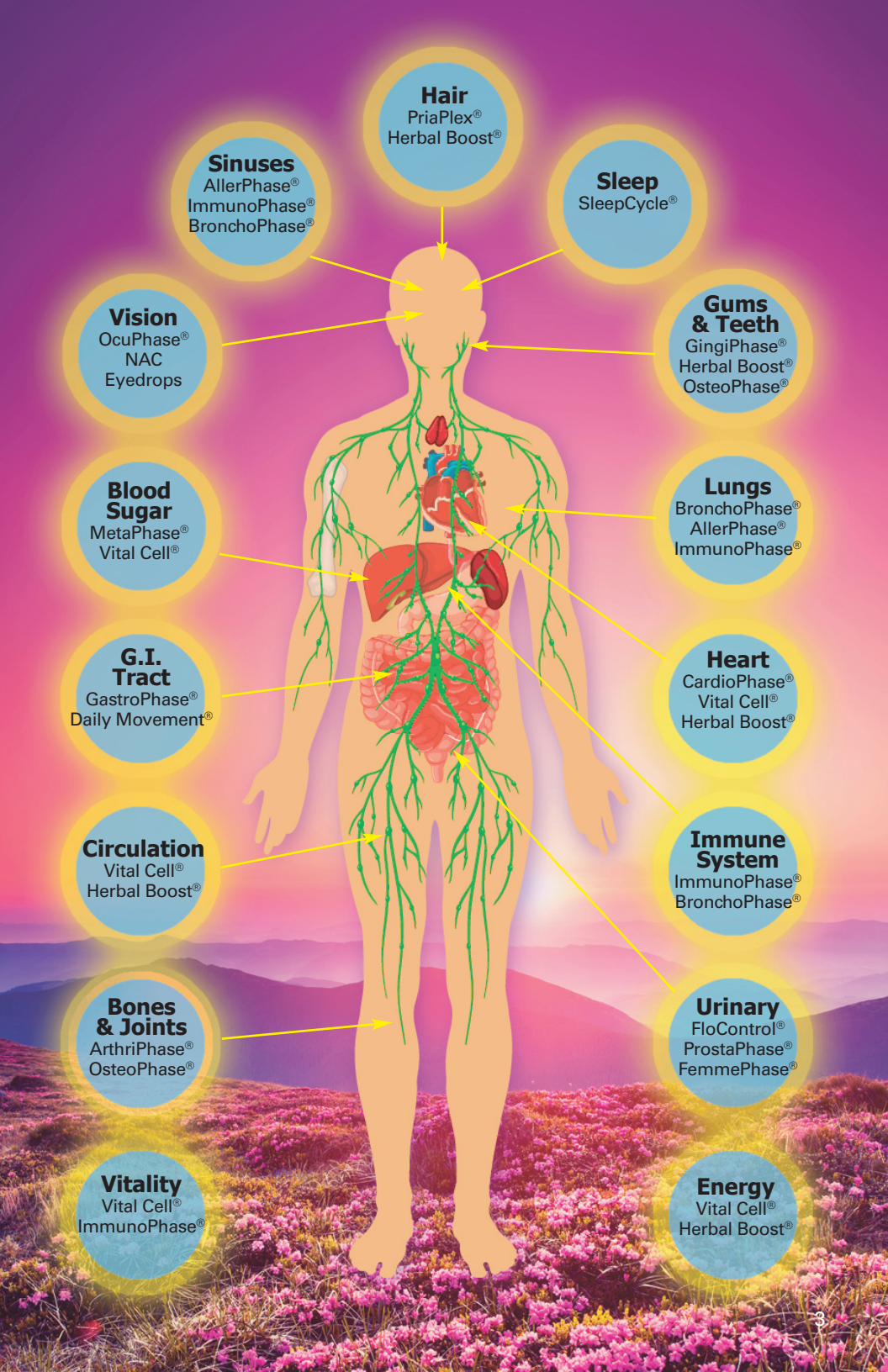
**Directions:** 3 caplets, twice daily.

**Ingredients:** Ligustrum fruit (Nu Zhen Zi), Eclipta plant (Han Lian Cao), Astragalus root (Huang Qi), Dong-Quai root (Dang Gui), Rehmannia root (Sheng Di Huang), Asian ginseng root (Panax ginseng).

**PRIA** ..... 180 caplets ..... **\$64.95**



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**Hair**  
PriaPlex®  
Herbal Boost®

**Sinuses**  
AllerPhase®  
ImmunoPhase®  
BronchoPhase®

**Sleep**  
SleepCycle®

**Vision**  
OcuPhase®  
NAC  
Eyedrops

**Gums & Teeth**  
GingiPhase®  
Herbal Boost®  
OsteoPhase®

**Blood Sugar**  
MetaPhase®  
Vital Cell®

**Lungs**  
BronchoPhase®  
AllerPhase®  
ImmunoPhase®

**G.I. Tract**  
GastroPhase®  
Daily Movement®

**Heart**  
CardioPhase®  
Vital Cell®  
Herbal Boost®

**Circulation**  
Vital Cell®  
Herbal Boost®

**Immune System**  
ImmunoPhase®  
BronchoPhase®

**Bones & Joints**  
ArthriPhase®  
OsteoPhase®

**Urinary**  
FloControl®  
ProstaPhase®  
FemmePhase®

**Vitality**  
Vital Cell®  
ImmunoPhase®

**Energy**  
Vital Cell®  
Herbal Boost®

# AllerPhase®

## All-Natural Relief From Pollen, Dust, Molds and Dander

**AllerPhase** is perfect for individuals sensitive to seasonal and perennial pollens, house dust, molds and pet dander. Our proprietary, all-natural herbal formula works to support the overall health of the respiratory system, especially during seasonal outbreaks that affect the nose, sinuses, eyes and lungs. AllerPhase also supports a healthy immune response to aid in regulating against future reactions.\*

**Directions:** Adults: 1 to 2 capsules, twice daily. Children ages 6 to 12 years: one capsule, one to two times daily.

**AP30** ..... 30 veggie caps ..... **\$39.95**

**AP60** ..... 60 veggie caps ..... **\$69.95**



# ArthriPhase®

## Soothes, Comforts and Supports Improved Joint Health

**ArthriPhase** is an advanced, front-line herbal formula designed to promote joint comfort and healthy circulatory performance. The herbs comprising this proprietary blend have been shown to work on numerous chemical pathways to soothe joint discomfort while supporting joint health to normalize imbalanced inflammatory responses. In addition to helping keep joints flexible and comfortable, ArthriPhase also supports healthy cartilage and joint integrity.\*

**Directions:** 2 capsules, 2-3 times per day.

**ARP60** ..... 60 caps ..... **\$39.95**



# BronchoPhase®

## Calming, Soothing Lung Relief

**BronchoPhase® Lung Support Formula** was developed by renowned herbalist, Dr. Jake Fratkin, to promote lung health. In addition to supporting a healthy immune response to resolve chest discomfort and soothe irritated lung tissues, BronchoPhase promotes comfortable lung function for relaxed, healthy breathing.

**Directions:** 2 capsules, up to 3 times per day. For best results may be combined with **ImmunoPhase**.

**BP60** ..... 60 veggie caps ..... **\$23.95**



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# OsteoPhase®

## Strong Bones Herbal Support Formula

**OsteoPhase®** is a unique nutritional supplement that works by helping the body keep healthy calcium levels in balance — *not* by increasing calcium intake. The proprietary blend of herbal extracts and peptides in OsteoPhase have been well-studied for their role in supporting bone health and calcium balance to aid in promoting healthy skeletal bone structure in men and women.\*

**Directions:** 1-2 capsules, 2 times per day.

**OST60** ..... 60 veggie caps ..... **\$29.95**

**OST120** ..... 120 veggie caps ..... **\$54.95**



★★★★★ *“I have been using ProstaPhase for some time and decided to let it lapse for awhile. Thought maybe it was not doing much for me. Boy, was I wrong. Quickly forgot what it was like before ProstaPhase. Urgency had increased, nighttime visits to the bathroom increased. All greatly reduced once I was back on it again.” – John G.*

## ProstaPhase® Prostate Support Formula

**ProstaPhase®** is an all-natural herbal formula designed to support prostate and urinary tract health in men. While individual herbs may benefit urinary health, the advanced combination of twelve herbs contained in ProstaPhase produce results superior to those seen with single herbs or lesser combinations. Individual circumstances can affect how soon positive changes are noticed, but most men will notice improvements (reduced urgency and frequency of urination, especially at night) within the first month of use.\*

**Directions:** 2 to 3 capsules, twice daily.

**PR120** ..... 120 veggie caps ..... **\$44.95**



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# ImmunoPhase® Advanced Immune Support

**ImmunoPhase®** is an advanced herbal formula comprised of traditional botanicals shown to support a healthy immune response and respiratory wellness.\* Formulated by renowned master herbal researcher, Dr. Dexin Yan, ImmunoPhase contains a powerful blend of natural herbs, including *Ilex*, *Isatis* and *Forsythia*, which have traditionally been used to support natural immune function and enhance immune system health without causing drowsiness.\*

**Directions:** Adults, 2 capsules, 2-3 times daily.  
Children age 6-12, 1 capsule, 3 times daily.

**IP60** ..... 60 veggie caps ..... **\$24.95**



# MetaPhase® Advanced Glucose Support

**MetaPhase®** is a unique herbal supplement designed to support and maintain healthy blood sugar levels already within the normal range.\* The proprietary blend of herbal extracts contained in MetaPhase has been shown to support healthy pancreatic function, glucose metabolism and energy production.\* MetaPhase may also assist those looking for help in controlling food cravings, particularly for hard-to-resist carbohydrates.\*

**Directions:** 1 to 3 capsules, 20 minutes before meals, 3 times daily.

**MP120** ..... 120 veggie caps ..... **\$38.95**



# OcuPhase® Soothing Eye Drops

**OcuPhase®** sterile eye drops contain NAC (N-acetylcarnosine) a naturally occurring anti-oxidant and antiglycating agent show to support eye lens health and vision by restoring transmission of light through the lens. Additionally, OcuPhase soothes dry, tired eyes with two proven, FDA approved lubricants for ophthalmic use – hydroxypropylmethylcellulose and glycerin.\* Safe for use by people with cataracts, glaucoma, age-related macular degeneration and floaters. Each box has two vials containing five milliliters each.

**Suggested Use:** For general preventive use, the recommended amount is 1–2 drops daily, or as needed.

**OCU5** ..... 10 ml ..... **\$39.95**



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# CardioPhase®

## Supports Healthy Heart Rhythm

**CardioPhase®** Heart Support Formula contains a unique blend of herbs traditionally used to maintain cardiovascular health and support normal heart rhythm.\* In addition to supporting cardiovascular performance and healthy circulation, CardioPhase contains herbs that have been shown to maintain proper electrical transmissions in support of normal cardiac rhythms.\*

**Directions:** 3 capsules, 2 times daily.

**CP180** ..... 180 veggie caps ..... **\$44.95**



★★★★★ *“I love this product! I had heart rhythm concerns and didn't want to go on the usual products. I read about CardioPhase and decided to try it. It really works! I now take 4 capsules a day and have my husband on it too (he can't take statins). His last heart scan was great! It's been 12 years since he had quadruple bypass surgery and the techs were so impressed! It's amazing what diet, exercise and things like CardioPhase can do for you!”*

– Laura A.

# Daily Movement®

## Safe and Gentle Natural Laxative Formula

This gentle and effective herbal laxative was designed by Dr. Jake Fratkin for occasional constipation and irregular bowel movements utilizing traditional approaches to regularity. Instead of the strong, harsh purgative effects commonly experienced with laxatives, **Daily Movement** works with the body to lubricate and moisten the intestines to provide a gentle, natural laxative to help maintain and promote healthy regularity.\*

**Directions:** 1 to 2 capsules, taken 1 to 3 times daily. Not recommended for pregnant or nursing women.

**DM60** ..... 60 veggie caps ..... **\$21.95**



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# FemmePhase®

## Post-Menopause Support for Hot Flashes, Cramps, Fatigue and Night Sweats

**FemmePhase®** can be taken at the earliest signs of menopause to help ease women through the transition with minimal discomfort.\* FemmePhase's all-natural herbal ingredients have been shown to provide support for a wide range of common symptoms associated with menopause, including hot flashes, cramps, occasional fatigue, night sweats, mild memory issues, mood changes and libido issues.\* Taken regularly, FemmePhase continues to support optimal endocrine, circulatory and skeletal health.\*

**Directions:** 1 to 2 capsules, two times daily.

**FEM60** ..... 60 veggie caps ..... **\$38.95**



★★★★★ *“FloControl has made such a difference for my husband. He hates running low on this product! Sometimes he adds ProstaPhase to his FloControl. Great Products! – Rebecca B.*

# FloControl®

## Natural Bladder Support Formula for Men and Women

**FloControl®** is an advanced herbal formula specifically designed to restore control of bladder functions. The proprietary blend of herbs comprising FloControl have traditionally been used to enhance bladder strength and muscle tone while promoting healthy urinary function. By supporting normal control of urine flow in men and women FloControl also supports urinary tract and bladder health. Additionally, FloControl may aid in reducing the need to wake up during the night to urinate (*nocturia*), resulting in fewer nighttime interruptions and improved sleep quality.\*

**Directions:** 2 capsules, two to three times daily.

**FC180** ..... 180 veggie caps ..... **\$48.95**



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# GastroPhase

## Soothing Relief for Nausea, Bloating and GERD

**GastroPhase®** offers soothing herbal support for excessive gas, flatulence, sour and upset stomach. Gastro-Phase also helps with occasional acid indigestion and feelings of bloating or fullness, and is perfect for stomach upset resulting from overeating and excess drinking. For travelers, GastroPhase can be taken before travel to avoid motion sickness (car, plane, train, boat, etc.), as well as when experiencing queasiness or stomach distress related to new foods.\*

**Directions:** As a dietary supplement, take 1-2 capsules, 1-3 times daily.

**GC60** ..... 60 veggie caps ..... **\$19.95**



# GingiPhase®

## Healing Periodontal and Gum Support Formula

This all-natural dental support formula delivers a sophisticated blend of traditional herbs (*Scutellaria*, *Coptidis*, and *Gallus*), shown to aid the body in addressing destructive “bio-films” often implicated in gum health issues. Another botanical ingredient, *Forsythia*, has been shown to exert inflammation-modulating properties to aid in maintaining gum health. Additional herbs support gum and bone tissue health by promoting alveolar bone growth and healthy blood circulation within the jawbone.\*

**Directions:** 3 capsules, 2-3 times per day.

**GP120** ..... 120 veggie caps ..... **\$39.95**



# Herbal Boost® Advanced Recovery Formula

**Herbal Boost** Recovery Formula was developed by Dr. Dexin Yan to aid older patients in need of extra assistance in dealing with life's harshest challenges. Dr. Yan began with the powerful tonifying herb, Cordyceps, to support physical health, healing, and recovery. He also included traditional herbs for energy production, immune function, and free radical scavenging activity. Additional herbs help to maintain the quality of blood components (red cells, white cells, platelets, and plasma) while supporting cardiovascular health and circulation. Finally, Herbal Boost includes herbs to support the major organ systems (heart, liver, kidneys, etc.) to aid in maintaining optimal health after recovery..

**Directions:** 1 to 2 capsules, twice daily.

**HB60** ..... 60 veggie caps ..... **\$39.95**



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