



Designs for Health
Australia Pty Ltd

ACN: 623 343 804

20th June 2025

To whom it may concern,

As requested, please find stability information for Designs for Health (DFH) products in the table below.
Temperature-sensitive products are highlighted for your convenience.

Additional comments regarding **Liposomal product range**:

All Designs for Health liposomal products have been allocated a **2-year shelf-life when stored under refrigerated conditions (2–8°C)**, with the exception of **Liposomal B12, which is stable for 2 years when stored at ambient temperature**.

While **liposomal formulations are generally temperature-sensitive**, they can maintain their quality and efficacy outside of refrigeration for short periods - provided the following conditions are met:

- The **time out of refrigeration does not exceed 10 consecutive days**
- The product **remains sealed and unopened**
- It is stored at **ambient temperatures not exceeding 25°C**

If the product appears discoloured, cloudy, or develops a “stringy” consistency, we recommend it not be used, as this may indicate degradation.

All Designs for Health liposomal products are placed on ongoing 2–3-year stability programs under both refrigerated and ambient conditions. Shelf-life and storage recommendations are reviewed and updated as needed to ensure consistent product quality and performance

Kind Regards,

Sophie Cutler

NPD & Regulatory Manager

Designs for Health Australia

1/418 Pittwater Road, North Manly NSW 2100

Ph: (02) 9136 6266 | www.designsforhealth.com.au

Designing a well Australia

Item Code	Product	Storage Conditions	Refrigerated Items	Additional Storage Instructions	Shelf Life at time of manufacture
AMC375-AU	DFH Active Muscle Collagen 375g powder	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	4 years
ALKM154-AU	DFH Alkalising Mineral Complex 154g powder	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
ANT153-AU	DFH Annatto-E™ 150, 30 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
BEV060-AU	DFH Berb-Evail™, 60 softgel capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	3 years
BSP060-AU	DFH B Supreme, 60 hard vegetarian capsules	Up to 30°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
CDG100-AU	DFH Calcium-D-Glucarate, 100g powder	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	3 Years
CJC330-AU	DFH Complete Joint Collagen, Raspberry 330g powder	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
VCP150-AU	DFH C Plus Supreme, 150g powder	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
CUR060-AU	DFH Curcum-Evail™, 60 softgel capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	3 years
VD3240-AU	DFH D3 Supreme 240 softgel caps	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
FES030-AU	DFH Ferro Supreme, 30 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	3 years
FLM030-AU	DFH FloraMyces™, 30 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
FLM060-AU	DFH FloraMyces™, 60 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
GAR060-AU	DFH Garlic Synergy, 60 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
GHM060-AU	DFH GastroMend-HP™, 60 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
GBN180-AU	DFH GI Biome Nourish 180g oral powder	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
GIX060-AU	DFH GI Microb-X™, 60 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
GIR225-AU	DFH GI Revive™, 225g powder	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
IgG050-AU	DFH IGGI Shield 50gm powder	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	3 years
IMP090-AU	DFH Immunitone Plus™, 90 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	3 years
IOD060-AU	DFH Iodine Synergy 60 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
VK2060-AU	DFH K2 Supreme, 60 hard vegetarian capsules	Up to 30°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
LPOGLU-AU	DFH Liposomal Glutathione 50 mL	Store at 2°C - 8°C	Yes	Refrigerate. Do not freeze. Time out of refrigeration should not exceed 10 consecutive days	2 years
LPOVITB12-AU	DFH Liposomal Methyl B12 50 mL	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
LPOVITC175-AU	DFH Liposomal Vitamin C 175 mL	Store at 2°C - 8°C	Yes	Refrigerate. Do not freeze. Time out of refrigeration should not exceed 10 consecutive days	2 years
LPOVITD3-AU	DFH Liposomal Vitamin D3 50 mL	Store at 2°C - 8°C	Yes	Refrigerate. Do not freeze. Time out of refrigeration should not exceed 10 consecutive days	2 years
THE050-AU	DFH L-Theanine 50g	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	3 years
LVGB120-AU	DFH LV-GB Complex 120 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years

MGT060-AU	DFH Magnesium Threonate 60g powder	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	3 Years
MYO120-AU	DFH Myo-Inositol 120g	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	3 years
NAC100-AU	DFH N-Acetyl-Cysteine, 100g powder	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	3 years
NR030-AU	DFH NR Supreme, 30 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
ORG090-AU	DFH Oil of Oregano 150 mg, 90 softgel capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	3 years
OV1250-AU	DFH OmegaVail 1250, 120 softgel capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	3 years
OVM180-AU	DFH OmegaVail Maintain 180 softgel capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	3 years
PAF300-AU	DFH PaleoFibre®, 300g powder	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
PEA042-AU	DFH PEA Supreme 300, 42 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
PRO50B-AU	DFH ProBioMed™ 50, 30 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
PRO60S-AU	DFH ProBioSpore 60 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
QUN060-AU	DFH Quercetin + Nettles 60 vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
TGH060-AU	DFH TriGandha™, 60 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
TRMAM300-AU	DFH Tri-Mag Active Muscle 300g powder	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
TMRNCHOC-AU	DFH Tri-Mag Restful Night Chocolate 210g powder	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
TMRNLL-AU	DFH Tri-Mag Restful Night Lemon Lemonade 210g	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
TMRNLL315-AU	DFH Tri-Mag Restful Night Lemon Lemonade 315g	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	3 years
TRM060-AU	DFH Tri-Mag® Supreme, 60 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	3 years
TRM120-AU	DFH Tri-Mag® Supreme, 120 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	3 years
TZS030-AU	DFH Tri-Zinc Supreme 30s	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years
UBQ060-AU	DFH Ubiquinol™ 150 mg, 60 softgel capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	3 years
WBC375-AU	DFH Whole Body Collagen, 375 g powder	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	4 years
DIG060-AU	DFH ZymeGest™, 60 hard vegetarian capsules	Up to 25°C	No	Store in a cool dry place away from direct heat and sunlight	2 years