

EXPERIENCE  WELLNESS

TRIVITA[®]

FEBRUARY 2018

HEART HEALTHY SAVINGS

SAVE UP TO
\$34.99*

ON HEART HEALTHY
PRODUCTS FROM TRIVITA

See page 3



CALL TOLL-FREE 1-800-344-8797 OR ORDER AT TRIVITA.CA

TEN ESSENTIALS for HEALTH & WELLNESS

Good health is a gift to be treasured and nurtured every day. TriVita joyfully shares these keys to helping you experience wellness: the 10 essentials of physical, emotional and spiritual health.

PHYSICAL

1. Breathe Deeply
2. Drink Water
3. Sleep Peacefully
4. Eat Nutritiously
5. Enjoy Activity

EMOTIONAL

6. Give and Receive Love
7. Be Forgiving
8. Practice Gratitude
9. Develop Acceptance

SPIRITUAL

10. Develop a Relationship with God



FROM THE FOUNDER

Michael R. Ellison



The right mindset for supporting a healthy heart will lead you to better lifestyle choices and a healthier life! Think of good lifestyle choices as your prescription for wellness and quality of life.

The American Heart Association and most top cardiologists promote lifestyle choices as the most important thing you can do to support and enjoy a healthy heart. However, they will also help support the cardiovascular system, pulmonary system and your brain.

Yes, most everything we can do to promote heart health also supports your brain. They are closely connected requiring many of the same nutrients and nurturing actives to keep you living the best life.

You can live with greater wellness. Remember, if lifestyle choices can make us ill, then lifestyle choices can make us well! When the body has the right balance of nutrients and nurturing, it releases the healing power within. The Ten Essentials for Health & Wellness is a simple guide you can use to make the choices that support your wellness.

Please read the member spotlight article on page 4, featuring Rosemary and Paul Cegles on what they do to support their wellness and quality of life!

This month we are featuring heart-healthy products and a special promotion; when you buy any three of our featured products, you will receive a fourth free. There is no fine print or disclaimers. Please choose one of our featured heart support products as your free product and give your heart the added nutrients it needs to stay strong and keep on pumping!

I believe 2018 is going to be an exceptional year for our members to enjoy greater wellness. My prayer is for each of you to prosper in all that you do, be in good health as your soul prospers. **As you connect your wellness to your God-given purpose in life, you will be amazed at the joy added to your life.**

Pursue wellness and purpose with passion!

Michael R. Ellison,
Founder of TriVita

Three great heart healthy products

BUY **ANY 3** FEATURED
HEART SUPPORT PRODUCTS
RECEIVE ANY 4th ONE FREE!



Stock up and save big on TriVita's
featured heart healthy products.



Omega3 Prime™

#31320 **\$34.99**

Earn 140 VitaPoints!

Ultra-potent 1,000 mg of
omega-3 per serving

Natural lemon flavor
(no fishy taste)

See page 12

Vital C™ Crystal Tablets

#30230 **\$21.99**

Earn 88 VitaPoints!

Crystalline C
compressed into tablet

Use along with Crystal Powder
or alone

1,000 mg Vitamin C per serving

See page 13

Vital C™ Crystal Powder

#30170 **\$26.99**

Earn 108 VitaPoints!

Free-flowing crystalline C

Dissolves easily in liquid

1,000 mg Vitamin C
per serving

See page 13

CALL TOLL-FREE 1-800-344-8797 OR VISIT TRIVITA.CA

*Expires 2-28-18 at 9 p.m. EST.

FREE SHIPPING

ON EVERY ORDER OVER \$99

Offer valid on catalog pricing only, with standard shipping and expires 02-28-18.

FOLLOW TRIVITA ON YOUR FAVORITE SOCIAL NETWORK:

 facebook.com/TriVita

 twitter.com/TriVitalnc

 youtube.com/TriVitalnc

These statements have not been evaluated by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure or prevent any disease. It is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition.

All customer testimonies are from dedicated users of TriVita products. Some customers may benefit by receiving consideration or compensation for their relationship with TriVita.

1-800-344-8797 or shop online 24/7 at TriVita.ca

Member Spotlight



The Best Laid Plans

In “To a Mouse, on Turning Her Up in Her Nest With the Plough,” the Scottish poet Robert Burns writes:

*The best laid schemes o’ mice an’ men
Gang aft agley (Go often askew)*

Indeed, as many of us have undoubtedly experienced, life doesn’t always turn out the way we once envisioned it. However, if we’re lucky, sometimes the alternate scenario is even better.

Rosemary Cegles grew up in Niagara Falls, New York dreaming of sunshine and the ocean, so after finishing high school she made plans to take off for California. Lacking sufficient funds to finance the entire cross country journey, she decided to stay with her travel companion’s brother in Chicago, get a summer job and supplement her savings before setting off again in the fall. But somewhere around this time Mr. Burns’ sage couplet once again played out.

As Rosemary herself cheerfully recounts, “I never made it to California, because five months later I

married the brother. And here we are today, still together and still going strong.”

For the next six years, Rosemary and her new husband, Paul, lived in Chicago before moving to suburban Westmont and building their first house. They later relocated to nearby Naperville and now reside in Plainfield, Illinois.

Rosemary spent most of her career working with and advocating for homeless people in DuPage County, providing clothing, counseling and meals for indigent people. While very rewarding, the position was also difficult, and during this time Rosemary began dabbling in floral design as a creative outlet. Later, after returning to school, she began a second career as a professional floral designer.

“I’m not naïve about vitamins and supplements. I’ve been taking them for a long time and I’ve done a lot of research, and I trust TriVita because of the high-quality ingredients you use. And when you follow the usage directions, TriVita products do what they say they’ll do.”



“The proof is in the pudding. We’ve been taking TriVita supplements for years and I feel great...”

–Rosemary Cegles,
Member since 2004

“My husband Paul started off in the early days of Information Technology with Aamco before switching careers and becoming a community service officer for the Naperville Police. He also volunteered for a number of years with Little Friends, a Naperville organization that serves the handicapped. And if you’re a movie fan, you might have seen him on screen, as he’s appeared as an extra in a number of movies, including *Home Alone* and *The Babe*.”

“Wherever we’ve been and whatever we’ve been doing, we’ve always tried to live a wholesome lifestyle, eating healthy, exercising...the whole thing. And TriVita has been a big part of that. We first heard about TriVita after Paul saw one of your B-12 ads in 2004, and ever since we’ve gotten the catalog and

built from there. In fact, my morning regimen relies heavily on TriVita, and I’ve even got my son going on it now. (We have 3 children and 9 grandchildren, and they all ask us about vitamins.)”

“I take four bottles of water with me to work every day: two bottles of Vital C™, one bottle of Nopalea™ Daily Cleanse, and one bottle of MyoHealth Lemonade Powder. We just started taking MyoHealth recently — I start my morning with a MyoHealth Protein Shake — and it’s definitely made a difference we both can feel. The other day one of our clients at the floral shop was talking about how tired she gets and I mentioned my daily regimen. Well, my boss overheard us and piped in, ‘Do whatever she tells you to do. She’s never sick and she runs circles around us.’”

Rosemary and Paul also list B-12, CoEnzyme Q10, Omega3 Prime™, Essential D™, MyFloraDaily Prebiotic and Probiotic, Promeric 95, Bone Growth Factor™, VisionGuard™ and EnergyNow! among their favorite TriVita products. “We also take Nopalea™ and Adaptuit™, which certainly gives me a sense of calm, especially during the holidays. It probably would be easier to discuss what we don’t take, but everything works!”

And how. After a recent trip to the cardiologist, Rosemary’s doctor couldn’t believe the numbers he saw on her blood work. “He left the office, came back and just kinda looked at me before telling me that he’d never seen the good HDL at 128. So then I started telling *him* about my regimen.”

“I’m not naïve about vitamins and supplements. I’ve been taking them for a long time and I’ve done a lot of research, and I trust TriVita because of the high-quality ingredients you use. And when you follow the usage directions, TriVita products do what they say they’ll do.”

“The proof is in the pudding. We’ve been taking TriVita supplements for years and I feel great, and any symptoms Paul once had are now gone. I have a lot of energy and I’m up and down ladders and on my hands and knees most days. We both feel very blessed by TriVita.”

OUR HEALTHCARE PROFESSIONALS



Scott Conard, M.D.

Diplomate American Boards of Family Medicine & Integrative and Holistic Medicine.

Chief Medical Officer, TriVita, Inc.;
President, TriVita Clinic of Integrative Medicine



Paul Bernitt

Board Certified Doctor of Holistic Health

Paul is a passionate advocate for early detection, prevention and wellness and brings extensive healthcare education, experience and leadership to his role as the Administrator of TriVita Clinic.



Ankit Chander, MD, MD (H)

Board Certified Integrative Medicine
Licensed Doctor of Homeopathy

Dr. Chander's clinical interests include interdisciplinary approaches to pain, hormone replacement and early detection/management of diabetes & cardiovascular disease.

MEDICAL AND SCIENTIFIC ADVISOR



Jarir G. Nakouzi, M.D.

An international consultant, Dr. Nakouzi completed his residency in the Yale University Program of Internal Medicine. His private practice takes an integrative approach to chronic diseases.



10 FOUNDATIONAL VALUES

Ensuring that our Members have the best possible product experience is our top priority. It requires a strict adherence to a code of safety, quality, integrity and innovation: what we call our 10 Foundational Values. They are the very core of TriVita.

1. SCIENTIFICALLY VALIDATED FORMULAS
2. UNIQUE DELIVERY SYSTEMS
3. CONTROLLED LABORATORY STUDIES
4. PURE INGREDIENTS
5. CURRENT GOOD MANUFACTURING PRACTICES (cGMP) COMPLIANT
6. THIRD-PARTY TESTING AND CERTIFICATION
7. QUALITY-CONTROLLED PACKAGING AND PRODUCTION
8. DEDICATED TO PRODUCT INNOVATION
9. MEDICAL & SCIENTIFIC ADVISORY BOARD
10. COMPLETE CUSTOMER SATISFACTION GUARANTEE



TRIVITA CATALOG PRODUCT INDEX

| | |
|-------------------------------------------|----|
| Adaptuit™ | 27 |
| B-12 (Alfred Libby's Slow Dissolve) | 25 |
| CoEnzyme Q-10 | 28 |
| Essential D™ | 26 |
| MyFlora Daily..... | 34 |
| MyoHealth® 2Pack..... | 19 |
| MyoHealth® Lemonade Powder..... | 17 |
| Nopalea™ | 23 |
| Omega3 Prime™ SPECIAL OFFER! | 12 |
| VisionGuard™ | 31 |
| VitaCal-MagD™ K2..... | 32 |
| VitaDaily™ | 33 |
| Vital C™ SPECIAL OFFER! | 13 |

Visit TriVita.ca for more information on our products.



NEW Live Stronger at Any Age™ with the

MYOHEALTH® 2PACK

Save \$10 over single product pricing, plus receive FREE Shipping and 1,200 VitaPoints!

See page 19



GLUTEN FREE TRIVITA PRODUCTS

All TriVita products are independently tested for gluten. If you have gluten concerns, look for the gluten free symbol, located next to the product item number.



CURRENT GOOD MANUFACTURING PRACTICES (cGMP) ASSURE THE HIGHEST QUALITY

At TriVita we make sure that all ingredients in our products come only from vendors who comply with the highest standards of Current Good Manufacturing Practices (cGMP). Additionally, all TriVita supplements are manufactured in the United States.

OUR PROMISE TO YOU: YOUR TRIVITA PURCHASE IS BACKED BY OUR 60-DAY MONEY BACK GUARANTEE.

PAYMENT

TriVita accepts all major credit cards, including Visa, MasterCard, Discover and American Express. You may also mail a personal check, money order or postal order (be sure to include applicable shipping, handling and taxes). When sending check or money order, please add your member ID found in the blue box on the back cover of this catalog.

DELIVERY

Standard delivery is made by common carrier and will usually arrive in 7–10 days. Expedited shipping is available—just call our Wellness Consultants for options and rates.

FEATURED SPECIALS

Our featured specials are available by phone, fax, mail and online at TriVita.com. Featured specials expire on the date listed.

PRICING

Prices listed in this catalog are current as of the date of printing. We reserve the right to change prices and limit quantities, without notice.

TAX INFORMATION

Please comply with your Province and Federal tax laws. TriVita will remit sales tax to the appropriate place. Contact a Wellness Consultant if you need assistance.

SATISFACTION GUARANTEE

If you are not fully satisfied with your purchase, you will receive a full refund, less shipping and handling, within 60 days of the order date. Please call our toll-free number for complete details at 1-877-850-2968, or to receive instructions for returning products for a refund.

The information provided in this catalog is for informational purposes only and is not intended as a substitute for advice from your physician or other healthcare professional, or any information contained on or in any product label or packaging. You should not use this information for diagnosis or treatment of any medical condition or for prescription of any treatment. These products are not intended for infants or children less than 10 years of age.

You should consult with a healthcare provider before starting any diet, exercise or supplementation program, before taking any medication or if you have or suspect you might have an allergy or medical condition. You should not stop taking any medication without first consulting your healthcare provider.

Experience Wellness is a registered trademark of TriVita Inc. Children, women who are pregnant or nursing and all individuals allergic to any foods or ingredients should consult their healthcare provider before using any product. To report a serious adverse event or obtain product information, contact 1-800-344-8797. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

The information in this catalog may contain errors or inaccuracies. Experience Wellness™ is a registered trademark of TriVita Inc.



DEDICATED TO PRODUCT INNOVATION

One of our 10 Foundational Values

TriVita started with a simple mission: to help people experience wellness so they could pursue their life purpose. A lot has changed since 1999, but our dedication to you remains the same. For nearly two decades, TriVita has provided innovative, scientifically backed products and services to enhance your health and wellness.

When creating new products, the first step is to uncover the needs and wants of our members through product feedback and customer surveys. So, whenever we receive product recommendations or feedback about our line of supplements, we take it seriously! We also scrutinize the current marketplace to discover areas of opportunity.

Before we begin formulating new products, we then analyze the latest medical and scientific research. Our highly credentialed professionals, which can include physicians, practitioners and advisors, may review research papers, case studies and health news to create the foundation for all our products. From there, marketing and product development teams plan and develop the highest quality wellness supplements.

However, our dedication to innovation doesn't end there. At TriVita, we continually search for unique ingredients, delivery systems and techniques to apply to our products while always adhering to current best

manufacturing practices to deliver the highest level of quality. Plus, we continually reformulate our existing products to ensure they meet your needs and keep pace with the latest trends.

For nearly two decades, TriVita has provided innovative, scientifically backed products and services to enhance your health and wellness.

And you can rest assured that this mentality doesn't just apply to our supplements. We use this same innovative thinking to offer healthy resources that support long-term wellness, including VitalityPlanner, which uses cutting-edge predictive technology to provide a complete overview of potentially modifiable health risks. In addition, TriVita Clinic of Integrative Medicine offers groundbreaking medical care, resources and diagnostic tools to support your health and vitality.

At TriVita we put your health and wellness first, which is why we are so passionate about creating high quality, scientifically backed products that support your goals. Our dedication to product innovation begins and ends with you — our valued customer!

THE HEART *of the matter...*

Some interesting facts about our Circulatory System

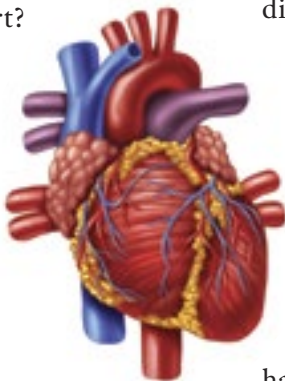
The human body's circulatory system consists of three independent systems that work together—these include the heart (cardiovascular), arteries, veins, coronary and portal vessels (systemic) and lungs (pulmonary). The circulatory system uses its massive network of veins and arteries to transport blood, oxygen and other nutrients to and from the cells in our body.

Make a fist

Want to estimate the size of your heart? Adults, clench your two fists together for an idea of the size; as for weight, this relentless pumping machine (it pumps 4,000 gallons of blood each day), weighs in at around 11 ounces.

Eye feel left out

Your heart provides nourishing blood to nearly all tissues in the body—except the corneas. Because transparency is required to properly refract light, the corneas contain no blood vessels, instead getting their nourishment from fluids in the chambers behind them.



Around the globe—2.5 times

That's how far your blood vessels would reach, if laid out end to end in a straight line (60,000 miles). Your blood vessels—consisting of arteries, veins and capillaries—transport blood to and from the heart. The largest, your aorta, is roughly the diameter of a garden hose, while the smallest capillaries would have to team up with 10 of their friends to equal the diameter of a human hair.

Give me a minute

The time it takes for the human body's roughly five liters of blood to circulate through the body—three times. In one day, your blood travels about 12,000 miles.

A short life, well-lived

A red blood cell—responsible for oxygen delivery and carbon dioxide removal—lives an average 120 days. Red blood cells represent about half of your blood; the rest is made up of plasma, white blood cells and platelets.

References:

<http://www.nhlbi.nih.gov/health/health-topics/topics/hhw/anatomy>
<http://www.livescience.com/39925-circulatory-system-facts-surprising.html>
<https://www.nei.nih.gov/health/cornealdisease>

<http://learn.fi.edu/learn/heart/index.html>
<http://www.pbs.org/wgbh/nova/body/map-human-heart.html>
<http://www.nlm.nih.gov/medlineplus/ency/anatomyvideos/000104.htm>



The hormones your heart loves

AUTHOR BIO:
BRITTANY STAM, M.D.

Dr. Brittany Stam is an obstetrician/gynecologist at MomDoc in Chandler, AZ. She completed her residency at Staten Island (NY) University Hospital. Dr. Stam practices both obstetrics and gynecology with a special interest in minimally invasive gynecologic surgery.

What is women's biggest health fear? I would say breast cancer, because one out of every eight women will be diagnosed with the disease. What we women need to remember, however, is that heart disease is the number one killer of women in the United States. Before menopause, our risk is less because of higher estrogen levels. Then, by age 55, estrogen levels plummet, causing our risk of heart disease to be equivalent to that of men.

Why does the risk rise after age 55? For decades, the theory has been that estrogen is protective to the female heart during a woman's reproductive years. In 1987, this effect was demonstrated in women in the Nurses' Health Study published in the *New England Journal of Medicine*. In that study, women who had both their ovaries removed and were not given estrogen replacement had more than twice the risk of heart disease than the women who received estrogen after surgery.

WHY OUR HEARTS LOVE ESTROGEN

Estrogen has been shown in multiple studies to be beneficial to concentrations of fat in the blood. Levels of LDL ("bad" cholesterol) decrease when estrogen is present, while levels of HDL ("good" cholesterol) increase. Having an LDL cholesterol that is too high along with an HDL cholesterol level that is too low, can increase your risk of cardiovascular disease. This imbalance leads to the formation of a substance called plaque on the inner walls of arteries. As it builds up, plaque hardens, lessening blood flow and potentially leading to heart attack, stroke and even death.

HORMONE REPLACEMENT: THE TYPE MATTERS GREATLY

Recent evidence suggests that women with healthy hearts who are in early menopause may be candidates for hormone replacement therapy (HRT). In seeking relief from menopausal symptoms (hot flashes, night sweats, etc.), such women are at low risk of harmful cardiovascular side effects. However, the type of hormones used for treatment can be critically important. If you're considering replacement therapy for estrogen and progesterone (the two hormones involved), I urge you to talk with your doctor. You could be prescribed either synthetic or bio-identical hormones: they act very differently when it comes to heart health.

One of the largest randomized clinical trials on hormones, the Women's Health Initiative (WHI), demonstrated that when progestin (the synthetic version of progesterone) was combined with synthetic conjugated estrogen, there was a substantial increase

in the risk of heart attack and stroke. These results led to early discontinuation of the trial and much hype in the media regarding the negative effect of hormones on heart health. One of the criticisms of this large study, however, was that researchers investigated the effects of man-made progestins only. We now know that synthetic progestins cause constriction of arteries and a decrease in HDL. By contrast, natural progesterone expands arteries and causes little or no reduction in HDL.

These contrasting side effects make bio-identical hormones the better choice when it comes to cardiovascular health.

When it comes to preventing heart disease in the first place, evidence suggests that HRT—at least the synthetic variety—is not recommended. Two randomized trials, the HERS and HERS II trials, examined whether synthetic estrogen and synthetic progestin altered the progression of heart disease in menopausal women who were diagnosed previously with heart disease. After four years of follow up, no reduction in heart disease risk was seen.

THE BEST "PRESCRIPTION": HEALTHY LIVING

To love your heart, remember:

- Natural hormones estradiol (a type of estrogen) and progesterone have protective effects on the heart.
- Hormone therapy does not increase heart disease risk for healthy women who have recently experienced menopause.
- According to the American College of Obstetrics and Gynecology, women without risk factors should have their cholesterol levels measured every five years beginning at age 45.

While further study is needed on HRT and the heart, there's no doubt about the best "prescription" for heart health in menopausal women: eating right, getting enough exercise, not smoking and managing stress.

This article is intended for educational purposes only.

References

- Colditz GA, Willett WC, et al. Menopause and the risk of coronary heart disease in women. *N Engl J Med*. 1987;316:1105-1110.
- Hormone therapy and heart disease. Committee Opinion No. 565. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2013;121:1407-10.
- Simon JA, Hsia J, Cauley JA, et al. Postmenopausal hormone therapy and risk of stroke: The Heart and Estrogen/progestin Replacement Study (HERS). *Circulation* 2001;103:638-42.
- Rossouw JE, Anderson GL, Prentice RL, et al. Writing Group for the Women's Health Initiative Investigators. Risks and benefits of estrogen plus progestin in healthy postmenopausal women: principal results. From the Women's Health Initiative randomized controlled trial. *JAMA*. 2002;288(3):321.
- Walsh BW, Schiff I, Rosner B, et al. Effects of postmenopausal estrogen replacement on the concentrations and metabolism of plasma lipoproteins. *N Engl J Med*. 1991;325(17):1196.



Omega3 Prime

Premium fish oil concentrate for heart, brain and joint support

Omega-3 fatty acids EPA and DHA are among the most important brain health nutrients. When we're young, omega-3s help brain development;¹ in later years they protect against cognitive decline;² and throughout our lives they optimize brain cells for healthy function.³⁻⁵

The problem? Most of us don't get enough EPA or DHA.⁶ Fish oil supplements can help, but the market is littered with inferior products that may be rancid and fishy (often masked by dark soft gels), low in potency or harvested from polluted waters.

"My 93-year-old mother, who has dementia, was very irritable prior to taking Omega3 Prime. Now she's more calm and has longer periods of clarity."

- Dianna D.,
Member since 2012

Omega3 Prime contains premium golden fish oil concentrate that is carefully formulated to be:

Potent: 1,000 mg serving is concentrated in omega-3s: 670 mg EPA and 125 mg DHA

Convenient: Just two small, easy-to-swallow soft gels make omega-3s a breeze to take

Pleasant: Natural lemon-flavored soft gels—no fishy odor or aftertaste

Quality, every step of the way:

- Highly refined and pharmaceutically distilled to provide the most pure form of omega-3s
- Multi-level testing with traceability throughout our supply chain, all the way to the finished product
- High quality control standards that help limit fish oil oxidation, neutralizing fishy odor and aftertaste
- Independent third-party laboratory analysis that verifies a clean, pure and potent fish oil product
- TriVita promotes sustainability to preserve the long-term health of oceans, by sourcing the omega-3 fish oil from Friend of the Sea suppliers. Friend of the Sea (FOS) is a registered non-profit non-governmental organization (NGO) that was founded in 2006 to conserve marine habitats and resources.



THIS PRODUCT IS ALSO GREAT FOR:

HEALTHY INFLAMMATION SUPPORT

Omega3 Prime™

#31320 **\$34.99**

Earn 140 VitaPoints!

Suggested use: Adults, as a dietary supplement take 2 soft gels daily.



Omega3 Prime™

Quantity: 60 soft gels **Serving size:** 2 soft gels

Amount per serving: Fish oil (Engraulidae-Whole, Scombridae-Whole) 0.6325 g (335 mg Eicosapentaenoic acid, 62.5 mg Docosahexaenoic acid).

Other Ingredients: Gelatin, glycerin, purified water, lemon flavour.

References:

1 Helland IB. *Pediatrics*. 2003 Jan;111(1):e39-e44.

2 Yurko-Mauro K. *Curr Alzheimer Res*. 2010 May;7(3):190-6.

3 Kotani S, et al. *Neurosci Res*. 2006; 56:159-64.

4 Cole GM. *J Nutr*. 2010, Apr;140(4):869-74.

5 Meyer BJ. *Lipids*. 2013 Sep;48(9):863-8.

6 Kris-Etherton, et al. *Amer Journ Clin Nutr*, Vol. 71, No. 1, 179S-188S.



Vital C

The single solution to support immunity, detoxification and healthy aging

If you only take Vitamin C once in a while for immune health, you may be missing out on its full benefits. Vitamin C can help you look great, be active, stay healthy and more—supporting the vital health pathways that make life joyful.



Vital C for immune health & whole-life vitality!

Alfred Libby's ORIGINAL formula is available *only* as TriVita's Vital C. Try both non-acidic, pH neutral & buffered Vital C delivery forms and see why they are so popular—experience the daily difference a quality Vitamin C formula can make!

"I take Vital C Tablets year round. They just make me feel better."

- Nancy H.,
Member since 2003

Vital C Crystal Tablet

- Crystalline C compressed into tablet
- Use along with Crystal Powder or alone
- 2 g Vitamin C per serving

Vital C Crystal Powder

- Free-flowing crystalline C
- Dissolves easily in liquid
- 1 g Vitamin C per serving

Feel Vitamin C's Full Potential

Alfred Libby's ORIGINAL formula is designed to support Vitamin C's many roles in whole-life health:

- Immune health¹
- Youthful skin²
- Gum health³
- Bone health⁴
- Joint comfort⁵
- Cardiovascular health⁶
- Healthy aging⁷
- Overall vitality!



Vital C™ Crystal Tablets

#30230 **\$21.99**

Earn 88 VitaPoints!

Suggested Use: Adults and children over the age of 10, take 2 tablets daily, with or without food.

Vital C™ Crystal Powder

#30170 **\$26.99**

Earn 108 VitaPoints!

Suggested Use: Children (9-18): Take 1g (1/4 teaspoon) once per day. Adults: Take 1g (1/4 teaspoon) two times per day. Stir into water, fruit juice or a beverage of choice.



Vital C™ Crystal Tablets

Quantity: 60 tablets **Serving size:** 2 tablets

Amount per serving: Vitamin C (sodium L-ascorbate) 2g.

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, hypromellose, hydroxypropyl cellulose, PEG-400.

References:

- 1 Wintergerst ES, et al. *Ann Nutr Metab.* 2006;50(2):85-94.
- 2 Telang PS. *Indian Dermatol Online J.* 2013 Apr-Jun; 4(2): 143-146.
- 3 Pussinen PJ. *Clin Diagn Lab Immunol.* 2003 Sep; 10(5): 897-902.
- 4 Saito M. Nutrition and bone health. *Clin Calcium.* 2009 Aug;19(8):1192-9.



Vital C™ Crystal Powder

Quantity: 165 grams **Serving size:** 1 g (1/4 teaspoon)

Amount per serving: Vitamin C (as sodium L-ascorbate) 1 g.

- 5 Wang Y. *Arthritis Res Ther.* 2007;9(4):R66.
- 6 Zhang PY. *Eur Rev Med Pharmacol Sci.* 2014 Oct;18(20):3091-6.
- 7 Fusco D, et al. *Clin Interv Aging.* 2007 Sep; 2(3): 377-387.



LIVE STRONGER AT ANY AGE™ WITH MYOHEALTH®

Whether you're an older adult looking to increase your mobility and enhance your quality of life or a weekend warrior chasing a new personal best, we'd all like to build leaner, stronger muscle mass. Unfortunately, we don't always have the time to eat properly or get the amount of exercise we should.

More energy. More vitality. More strength. More mobility.

To ensure every year is a great year, regardless of your age, TriVita has created an exciting new breakthrough in nutrition science—the MyoHealth® line. Initially developed to stop, restore and prevent muscle loss in astronauts and bedridden seniors, MyoHealth contains a perfectly blended mix of all nine Essential Amino Acids (EAA), which have been proven in human clinical trials led by Dr. Robert Wolfe to help support muscle strength and function by helping your individual muscle fibers work better.

**As the first—and only—EAA complex to contain
Dr. Wolfe's patented Essential Amino Acid formula,**

Reference:

1 healthyeating.sfgate.com/many-amino-acids-body-require-6412.html

the EAA blend in MyoHealth represents a monumental breakthrough in nutritional science. Amino acids play a key role in the synthesis of new protein, and each of the nine amino acids found in MyoHealth is needed to jumpstart the protein molecule process. That's important because **EAA can't be produced in the body. You can only get them through diet or supplements.**

There are 20 primary amino acids in your body's proteins, 9 of which are essential to your diet because your cells cannot manufacture them. These amino acids (histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, valine, and tryptophan) are known as Essential Amino Acids.¹

Over 20 years in the making, MyoHealth's formula was developed based on findings from the National Aeronautics and Space Administration (NASA), research funded by the National Institutes of Health (NIH) and 24 human clinical trials. The research was led by Dr. Robert Wolfe, a leading authority on amino acids, a renowned expert in the fields of nutrition and muscle metabolism and a record-setting amateur athlete.

WHAT THEY'RE SAYING ABOUT MYOHEALTH:

“As you get older you lose muscle; you just do. But since I started taking MyoHealth, I can now open lids without any additional assistance, including water bottle lids, which I never could do before. I began taking MyoHealth about a month ago, and now I'm just stronger all over. I've even seen my muscles become tighter and my body take on more tone. I can even run up and down stairs again. I just feel really good.

MyoHealth has surpassed my greatest expectations—and it tastes great, too! Everybody needs to be on this product.”

— Donna P.,
member since 2010

“I just finished the 30-Day MyoHealth Challenge, and all I can say is WOW! I have an inflammatory condition and experience a lot of discomfort, especially in my back. Since taking MyoHealth, my discomfort has reduced dramatically and I feel stronger every day. At 68-years-old I can now walk up the stairs without holding onto the railing and feel stronger and more energetic than I have in a very long time. I love MyoHealth!”

— Ruth D.,
member since 2004

“Since I started taking MyoHealth and completed the 30-Day Challenge, I've experienced increased energy and the muscles everywhere on my body have begun taking on new dimensions. My physiotherapist of 10 years asked why I suddenly have the calf muscles of a cyclist. Little does she know that I haven't been on a bike in 20 years. MyoHealth is truly an amazing product!”

— Alain G.,
member since 2009



“When I was younger, I was very active and played football in both high school and college. But as the years passed, I became more sedentary and my activity, ability and fitness level all steadily declined. At the urging of my family, I finally joined a gym, and taking MyoHealth Essential Amino Acid Complex prior to my workouts has given me the added boost I need. Plus, I feel like I recover quicker. Thanks, TriVita!”

— Kevin B.,
member since 2011

“Since starting on MyoHealth, I'm more active, my strength training and cardio exercise have improved, and so has my energy!”

— Susan T.,
member since 2000



Essential amino acids: The backbone of MyoHealth®

Build muscle the EAAasy way

With hundreds of companies touting thousands of supplements, how can you be sure that MyoHealth is any different than all of the other products that promise to build stronger, leaner muscle? Simple. With MyoHealth Essential Amino Acid (EAA) Complex, it starts with the perfectly blended mix of all 9 EAAs that go into every canister and the years of science that went into developing this formula.

What's so important about Essential Amino Acids?

- Muscle is the main reservoir of amino acids in the body¹
- Muscle needs protein to grow, but the body cannot produce protein on its own
- Essential Amino Acids are the cellular building blocks of protein¹
- Muscle is always in a state of breakdown and synthesis, or “turnover,” which is an important process to get rid of old damaged muscle fibers and replace them with new healthy fibers¹
- Muscle serves many important metabolic functions beyond supporting physical movement

MyoHealth contains the first U.S. patented Essential Amino Acid (EAA) complex that includes all 9 EAAs. But it wasn't easy getting there. The formula behind our Essential Amino Acid Complex took 30 years to develop, cost over \$20 million in research and development and underwent 25 human clinical trials, including NASA space flight and patient bed rest studies.

Available in a delicious easy-to-mix lemonade flavor, MyoHealth Vegan powder includes:

- The daily recommended dosage of 3.6 grams of EAAs per scoop
- No sugar or carbohydrates and no side effects
- Stevia, a natural sweetener
- Generally Recognized as Safe (GRAS) certified EAA formula



“I'm 64, slightly overweight and have had 2 knee operations. My job includes looking after a fit and energetic young autistic man and we often hike together for exercise. While it normally takes us 90 minutes and leaves me huffing and puffing and my muscles aching, since taking MyoHealth we now complete our hike in 75 minutes and I leave my young companion out of breath.”

— Bernard O.
member since 2008

MyoHealth Amino Acid Complex Vegan Capsules:

- Clinically proven to support muscle strength and function while decreasing muscle loss
- GMO free and contain no fillers, additives or preservatives
- GRAS certified EAA blend
- Contain a perfect balance of all nine essential amino acids to help your body synthesize protein and optimize your muscle health

References: 1 Robert Wolfe, *Essential Amino Acid Solutions for Everyone* (unpublished, 2016), 29.



Studies show compared to whey protein isolate, faster-acting MyoHealth Vegan capsules and powder delivers



Reference: Katsanos CS, H Kobayashi, M Sheffield-Moore, A Aasland, RR Wolfe. A high proportion of leucine is required for optimal stimulation of the rate of muscle protein synthesis by essential amino acids in the elderly. *Am J Physiol Endocrinol Metab* 291:E381-E387, Aug 2006

MyoHealth® Essential Amino Acid Complex - Vegan Lemonade Powder

#30870 \$59.99

Earn 240 VitaPoints!

Suggested use: Adults, mix 1 (one) scoop of MyoHealth EAA Complex lemonade powder with 237 ml. of water or your favorite beverage and dilute to taste.

While it typically takes 4-6 weeks to see results, we recommend adding 1 (one) extra scoop during the preliminary phase to bring your body up to speed sooner.

MyoHealth® Essential Amino Acid Complex - Vegan Capsules

#30840 \$59.99

Earn 240 VitaPoints!

Suggested use

Take five (5) MyoHealth capsules daily between meals or 30 minutes before or after your exercise. Additional capsules may be taken with increased exercise.

While it typically takes 4-6 weeks to see results, we recommend loading up on extra capsules during the preliminary phase to bring your body up to speed sooner.



See page 19 for special 2Pack savings!

MyoHealth® Essential Amino Acid Complex - Lemonade Powder

Quantity: 180 g (6.35 oz) **Serving size:** 1 scoop (6 g)
Amount per serving: Patented Amino Acid Blend 3.6 G**: BCAA 2:1:1 (L-Leucine, L-Isoleucine, L-Valine), L-Lysine HCl, L-Leucine, L-Arginine, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan.
Other ingredients: Citric acid, natural flavor, malic acid, potassium chloride, stevia extract, sodium citrate.

MyoHealth® Essential Amino Acid Complex - Capsules

Quantity: 150 capsules **Serving size:** 5 capsules
Amount per serving: Patented Amino Acid Blend 3.6 G**: L-Leucine, L-Lysine HCl, L-Valine, L-Isoleucine, L-Arginine, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan.
Other ingredients: hypromellose, magnesium stearate, and silica.
**Reginator® - US Patent #9,364,463



EARN VITAPOINTS...



WELCOME TO THE PREMIER MEMBERSHIP REWARDS PROGRAM!

As a member, you can now start earning VitaPoints to help save money on your favorite products—and even receive products for FREE!

- 1 Earn 5X VitaPoints when you refer friends and family** – Share the benefits TriVita products offer you with the ones you love. When you refer others, you earn 5x (20%) points on their first purchase and on every purchase they make for life! The more referrals you make, the sooner you start earning enough to get your products for free!
- 2 Earn 2X VitaPoints with Auto Replenishment Program (ARP)** – Upgrade to ARP and receive double points (8%) with every delivery. ARP means no more worrying about running out of your favorite products or reordering because ARP orders are sent to you once monthly and guaranteed at the lowest advertised price. There's no obligation and you can cancel or change your order at any time.
- 3 Earn VitaPoints on personal product purchases** – You automatically receive points equal to 4% of the total value of your purchase on every product purchase you make.
- 4 Mega Bonus VitaPoint promotions** – Earn extra VitaPoints wherever you see the MegaBonus logo.



Along with FREE standard shipping on all orders over \$99, as a Premier Member you're also eligible for exclusive offers and gifts.



Premier Membership is free and makes buying TriVita products more affordable. VitaPoints are redeemable online or by phone. To check your VitaPoints balance, either visit TriVita.ca, sign in and click on **My Account**, call priority customer service at **855-383-0238** or check your latest **TriVita invoice**. You may use VitaPoints as you earn them or let them accrue for up to 12 months from date of issue.

NEW

Live Stronger at Any Age™ with the

MYOHEALTH® 2PACK



\$107⁹⁸

EARN 432
VITAPPOINTS

YOU Save \$12 OVER SINGLE
PRODUCT PRICING!

Plus:

FREE SHIPPING

on your
entire order!

MyoHealth 2Pack includes your choice of two capsules, two lemonade powder tubs, or one of each.

More energy. More strength. More savings.

You can save even more by adding the MyoHealth 2Pack to your ARP order. **With each 2Pack order, you'll receive 1,200 VitaPoints* worth \$12 to use on a future order.**

*Maximum 1,200 VitaPoints per order. See page at left for more information on ARP.



Healthy antioxidant and immune support start here

Experience greater wellness with Nopalea™



AUTHOR BIO:

ROBERT SHEELER, M.D.

Dr. Robert Sheeler is a Board Certified Family Physician who spent a substantial part of his career at Mayo Clinic. In addition to Family Medicine, he is also

Board Certified in Integrative Medicine and Urgent Care, and is certified in Functional Medicine.

The fruit of the Nopal cactus has been used by indigenous cultures for many centuries for its healing properties. Many of the plant's benefits are thought to derive from a powerful class of nutrients called Betalains. Betalains are compounds found within the prickly pear (nopal) fruit that have powerful antioxidant properties. They're also what give the cactus fruit its distinctive bright red color.

After learning of the restorative qualities of the nopal fruit, which is found in the Sonoran Desert in the southwestern U.S. and in contiguous areas of northern Mexico, TriVita® went to work to create Nopalea. However, while Nopalea is derived principally from these wonderfully restorative fruits, we didn't stop there. To further enhance Nopalea's therapeutic qualities, we combined the Nopal cactus fruit with a number of other plant-based ingredients known to have various health benefits. These ingredients include everything from beet juice and papaya to raspberry, cranberry and pomegranate.

Nopalea has two significant health properties. Along with the other ingredients, the Nopal cactus has both antioxidant and anti-inflammatory effects. Diets rich in fruits and vegetables have been shown to contain levels of antioxidants that confer health benefits, hence the recommendation from most health experts to include several servings per day of fruits and vegetables. Nopalea combines several different ingredients to have a broad spectrum of antioxidant compounds.

At the level of our cells much of the damage that occurs is from oxidation. Our bodies need to combine oxygen

with the foods we eat to efficiently create energy. This process of creating energy using oxygen produces high amounts of energy and also creates free radicals, which can harm the cells themselves. The body's immune system also uses intense bursts of reactive oxygen species to defend itself. Both of these processes create species of oxygen molecules that can damage healthy cells.

For much of human history, our diet was rich in healthy antioxidants. It is only recently that we replaced large portions of fruits and vegetables with foods like French fries and charred burgers, both of which have high levels of compounds that contribute to oxidative damage in the body. Eating more fruits and vegetables and taking products like Nopalea may help offset some of the damage to our bodies that is continually being caused by harmful foods and other chemicals we encounter on a regular basis in our modern society.

Nopalea also has anti-inflammatory effects in the body. Research on Nopalea has shown that it decreases inflammatory markers in the body such as CRP – C-reactive protein, which can be an indicator of both local and body-wide inflammatory states. Studies and customers have both demonstrated that Nopalea can improve conditions that may be related to inflammation. Many patients report they have benefited from a higher initial dose of Nopalea for the first 1-2 months, followed by a lower maintenance dose on an ongoing basis.

For much of human history, our diet was rich in healthy antioxidants. It is only recently that we replaced large portions of fruits and vegetables with foods like French fries and charred burgers...products like Nopalea may help to offset some of the damage to our bodies that is continually being caused by both harmful foods and other chemicals we encounter on a regular basis in our modern society.

Given the damaging effects of both inflammation and oxidation on the body, products such as Nopalea that contain healthy plant antioxidants and have been proven to reduce inflammation may be a wise choice for modern times.



What is inflammation?

As an essential part of the body's healing process, inflammation occurs at the cellular level when the immune system tries to fight off disease-causing germs or debris from an injury and repair the injured tissue.¹ Once the fight is over, the inflammation-triggering substances are supposed to retreat. When they don't, it destroys the balance in your body and makes you more susceptible to aging and disease.²

WHAT CAN CAUSE INFLAMMATION?

The lifestyle of the western world bombards us with more inflammatory triggers than our bodies can handle. This includes:

A convenience diet – Processed foods, refined sugar, simple carbs and refined grains. Simple sugars and starches elevate insulin levels, triggering inflammation.

High omega-6 fatty acids intake – This comes from popular processed oils like vegetable, safflower, canola, corn or margarine. Omega-6 sets off inflammatory precursors, which encourage your system to overreact to normal stimuli.

Smoking (or inhaling second hand smoke) –

Smoking creates free radicals that lead to atherosclerosis and also create more inflammation, which increases plaque formation in arteries.

Too little or too much exercise – Just as a lack of exercise promotes low-grade inflammation, over-exercising puts your body in a chronic state of inflammation because your tissues can't properly rest and recover.

Stress or lack of sleep – Both situations release the hormone cortisol, creating inflammation. The longer you're under stress or get fewer than 8 hours of sleep each night, the more inflammation you create.

Excess bodyweight – Fat cells release cytokines (small secreted proteins that affect inter-cell communication). And excess fat cells create a constant, low-grade inflammation throughout the body.

Certain foods – Refined carbohydrates, such as white bread and pastries, French fries, margarine, shortening and lard, certain red meats, soda and other sugar-sweetened beverages all lead to inflammation.³

How to combat inflammation

Exercise³

Stay physically active to lower inflammation in the body. Getting 30-45 minutes of moderate-intensity aerobic exercise five or more times per week may help.

Eat Better⁴

Eat more foods like tomatoes, green leafy vegetables such as spinach, kale and collards, nuts like almonds and walnuts, fatty fish like salmon, mackerel, tuna and sardines, and fruits such as blueberries, cherries, strawberries and oranges.



Take Supplements⁵⁻⁷

Boost your body's vitamin level by taking Vitamin A, Vitamin B6 (see *Alfred Libby's B-12*, page 25), Vitamin C (see *Vital C*, page 13), Vitamin D (see *Essential D*, page 26), Vitamin E, Vitamin K (see *VitaCal-MagD K2*, page 32), Nopalea (see *page 21*), Omega 3 (see *Omega3 Prime*, page 12) and Turmeric.

References:

- 1 http://bodyecology.com/articles/inflammation_cause_of_disease_how_to_prevent.php
- 2 <http://www.shape.com/lifestyle/beauty-style/soothe-chronic-inflammation-slow-premature-aging>
- 3 <http://kimberlysnnyder.com/blog/2012/09/22/9-foods-that-cause-inflammation-and-9-that-fight-it/>

- 4 <http://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>
- 5 <http://www.webmd.com/vitamins-and-supplements/inflammation-fighting-vitamins#2>
- 6 <http://umm.edu/health/medical/altmed/supplement/omega3-fatty-acids>
- 7 <http://www.webmd.com/vitamins-supplements/ingredientmono-662-TURMERIC.aspx?activeIngredientId=662&activeIngredientName=TURMERIC>



Protect your body with Nopalea

Maintaining the mobility and vitality to do what you love is essential to living a fulfilled life. Even though you stay active and try to fuel your body with the right nutrients, it may not be enough. Your body is constantly fighting off germs, bacteria and other threats that can damage your cells and hinder your health.

Inflammation is necessary for a healthy body. When cells face injury and stress, your immune system responds with inflammation to restore impaired cells and protect the healthy ones. However, if inflammation is unmanaged, it may leave you more vulnerable to adverse health conditions.

Rebalance inflammation and immune support with Nopalea

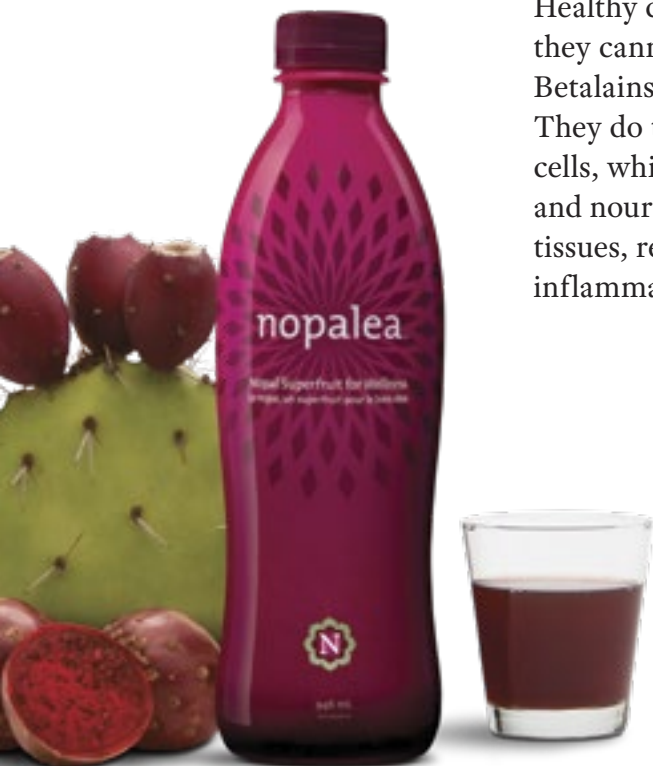
It's not possible to avoid every environmental and biological trigger, but you can support your immune system's normal and essential anti-inflammatory functions with Nopalea. Research on Nopalea has shown that it decreases inflammatory markers in the body such as CRP – C-reactive protein, which can be an indicator of inflammation.¹

Nopalea contains a high concentration of plant-based nutrients called Betalains that have potent antioxidant properties and gives Nopalea its rich ruby color. Betalains strengthen antioxidant defenses and help protect cells from oxidative damage. It does this by neutralizing your body's inner toxins and helps to reduce inflammation. Nopalea provides your body with the relief it needs today while protecting it against tomorrow's dangerous health conditions.

Protect your cells for better health

Healthy cells are in a state of balance, but when cells are under stress, they cannot repair themselves normally. When you drink Nopalea, Betalains begin to restore your body's vitality at the cellular level. They do this by helping your body reduce the toxins surrounding cells, which allow essential nutrients to reach each damaged cell and nourish it. As a result, cells are energized to replace damaged tissues, reduce reactive inflammation and rebalance the natural inflammatory response.

To enhance Nopalea's therapeutic qualities, we combined the Nopal cactus fruit with other plant-based ingredients known to have various health benefits. These ingredients include everything from beet juice and papaya to raspberry, cranberry and pomegranate. Nopalea may help to offset some of the damage caused by our modern lifestyles and lower inflammation.



References:

1 Jensen; *EJNFS*, 6(1): 2015; Article no.EJNFS.2016.001



Nopalea

Healthy antioxidant support from the Sonoran superfruit

"I've never felt better since I started taking TriVita products, especially Nopalea."

- Real D.,
Member since 2010

Since we first introduced it nearly ten years ago, Nopalea has been a top product and for a good reason! Nopalea is a delicious, nutrient-dense drink originating from the fruit of the Nopal cactus (also known as prickly pear) found in the Sonoran desert. The superfruit contains potent antioxidants called Betalains that restore your body's vitality at a cellular level.

With daily use, Nopalea may help your body:

- Support the normal and essential anti-inflammatory function performed by the immune system
- Reduce inflammation
- Detoxify
- Promote cellular health

"I had back and nerve issues and Nopalea helped a lot. It's the only product that worked. I've now been taking it for 8 years."

- Brigida P.,
Member since 2004



Boost your immune system!

Nopalea™ Liquid 4-Pack

#33400 **\$149.99**

**SAVE \$21 OVER
SINGLE BOTTLE PRICING!**

Earn 600 VitaPoints!

Nopalea™ Liquid

#30710 **\$42.99**

Earn 172 VitaPoints!

Suggested Use: Suggested Use: Adults drink 30 ml once per day. May be mixed with water or your favorite beverage. Keep refrigerated.



Nopalea™ liquid

Quantity: 946 ml **Serving size:** 30 ml

Ingredients: Proprietary Blend Total 10.1 g: Nopal Fruit Puree (*Opuntia ficus-indica*), Beet Juice Powder (*Beta vulgaris*), Cranberry Powder (*Vaccinium macrocarpon*), Papaya Fruit Powder (*Carica papaya*), Orange Juice Powder (*Citrus sinensis*), Tomato Concentrate Powder (*Lycopersicon esculentum*), Strawberry Powder (*Fragaria ananassa*), Apple Powder (*Malus pumila Mill.*), Guava Powder (*Psidium guajava*), Peach Fruit Powder (*Prunus persica*), Mango Fruit Powder (*Mangifera indica*), Apricot Powder (*Prunus armeniaca*), Acerola Berry Concentrate (*Malpighia glabra L.*), Red Raspberry Powder (*Rubus idaeus*), Kiwi Fruit Powder (*Actinidia chinensis*), Lemon Juice Powder (*Citrus limon*), Pomegranate Powder (*Punica granatum*), Bilberry Fruit Extract 4:1 (*Vaccinium myrtillus*), Grape Seed Extract (*Vitis vinifera*), Green Tea Leaf Extract (*Camellia sinensis*).

Other Ingredients: Purified Water, Agave Nectar, Ascorbic acid, Beet root powder (*Beta vulgaris*), Potassium Sorbate (to protect freshness), Cherry Powder, Natural Flavor, Stevia Leaf Extract, Xanthan Gum and Guar Gum.

Nopalea™ capsules

Quantity: 90 capsules **Serving size:** 3-6 capsules

Amount per serving: Nopal fruit puree (*Opuntia ficus-indica*, fruit) 1,800 mg.

Other ingredients: Vegetable capsule, natural colors, microcrystalline cellulose, vegetable magnesium stearate, silica.

References:

1 Allegra, M., et al. *The Journal of Nutrition*, 2014; 1-8

2 Jensen; *EJNFS*, 6(1): 2015; Article no.EJNFS.2016.001



THE VITAMIN B-12/ENERGY LINK

Vitamin B-12 plays a key role in metabolism—all the physical and chemical processes in the body that convert or use energy. These body functions include everything from breathing and blood circulation to contracting muscles and eliminating waste.

B-12 also helps form red blood cells and keeps our central nervous system running. When we don't get enough of this powerhouse vitamin, a whole host of physical and mental problems can ensue, such as:

- Fatigue
- Loss of balance
- Anemia
- Memory problems

Ideally, we'd get all of the B-12 we need from animal products such as eggs, meat, milk, poultry and shellfish. However, very few of us eat ideally. Plus, as time passes, the body is less able to absorb all the B-12 it needs.

WHY I RECOMMEND SUPPLEMENTATION

B-12 plays a critical role in metabolism, and metabolism affects both our physical and mental functioning. In my own practice, time and again I've seen many patients make remarkable turnarounds once their B-12 deficiency was diagnosed and corrected.

This article is intended for educational purposes only.

References:

<http://ods.od.nih.gov/factsheets/vitaminb12>
<http://www.nlm.nih.gov/medlineplus/ency/article/002403.htm>



AUTHOR BIO:

DR. SCOTT CONARD

*Chief Medical Officer, TriVita, Inc.
President, TriVita Clinic of
Integrative Medicine*

Diplomate American Boards of Family Medicine & Integrative and Holistic Medicine, Scott Conard, M.D., has more than 20 years of successful clinical practice, research and leadership experience.





Alfred Libby's Original Patented B-12

Essential vitamin support for energy, mental clarity and focus

Why our formula matters

Alfred Libby's Slow Dissolve B-12 Tablets were formulated with his patented technology that enhances the absorption of these critical nutrients.

While chewing and swallowing Alfred Libby's Slow Dissolve Tablets might be tempting given their sweet taste, it is crucial to their effectiveness that you allow them to dissolve completely under the tongue. You'll still get the great taste, plus the full benefit of these nutrients... his patented slow dissolve process helps to make sure you get the B-12 you need when you need it!

"When I take the Slow Dissolve B-12, I don't get the 2:00 or 3:00 p.m. crash that I used to get. After I stopped using it for a little while, I realized I needed to start taking it again."

- Pamela P.,
Member since 2000

Formulation features:

Alfred Libby's Slow Dissolve B-12

- 1,000 mcg of B-12
- 400 mcg of folic acid
- Includes Vitamin B-6 and Biotin
- Original berry flavor
- No artificial preservatives

About Alfred Libby



An associate of two-time Nobel Prize Laureate Dr. Linus Pauling, Alfred Libby pioneered the B-12 delivery system that delivers B-12 under the tongue right into the bloodstream.

Alfred Libby became involved with TriVita shortly after the company began, and they joined in an ongoing effort to bring his special, one-of-a-kind expertise, discoveries and teachings to the entire TriVita wellness community.

THIS PRODUCT IS ALSO GREAT FOR:



CARDIOVASCULAR SYSTEM SUPPORT



BRAIN & NERVE HEALTH SUPPORT

Alfred Libby's Original Patented B-12 Tablets

#35140 **\$21.99**

Earn 88 VitaPoints!

Suggested Use: Adults take 1 slow dissolve tablet daily or as directed by a healthcare professional. Let dissolve in mouth or under tongue; do not swallow whole.

Do not use if pregnant or breastfeeding. Consult a healthcare practitioner prior to use if you are taking Levodopa.



Alfred Libby's Slow Dissolve B-12 Tablets

Quantity: 30 tablets Serving size: 1 tablet.

Amount per serving: Vitamin B12 (cyanocobalamin) 1000 mcg, Folate (folic acid) 400 mcg, Vitamin B6 (pyridoxine hydrochloride) 5 mg, Biotin 25 mcg.

Other ingredients: Sorbitol, mannitol, stearic acid, silica, magnesium stearate, natural flavor, stevia leaf extract, alphaketoglutaric acid, sodium starch glycolate.



Essential D

Easy-to-swallow soft gels packed with a healthy dose of Vitamin D3

Many of us don't get enough Vitamin D. Causes of this deficiency may include:

- Getting older.** Vitamin D gets harder to absorb and synthesize with age.¹
- Staying indoors.** Your skin needs sunlight in order to make Vitamin D.²
- Sunblock.** Using SPF 8+ may reduce the skin's Vitamin D synthesis by 95%.³
- Overweight.** Carrying extra pounds may create D insufficiency risks.⁴

Essential D: Enhanced & absorbable Vitamin D3

Designed for easy absorption, Essential D starts with 1,000 IU of Vitamin D3 (Cholecalciferol), a bioavailable form that matches what your body produces naturally. The Essential D Proprietary Blend includes:

- Broccoli powder:** Supplies sulforaphane that may help regulate Vitamin D Receptor (VDR) genes.⁵
- Olive oil base:** Oil-based Vitamin D may be absorbed more efficiently than powder-based D.⁶

Vitamin D supports whole-body wellness:

- Bone density
- Immune function
- Cognitive health
- DNA repair & maintenance
- Muscle health
- Heart health
- Cellular metabolism
- Colon, prostate and breast health⁷

DID YOU KNOW?

The following people are at higher risk for Vitamin D deficiency:

- People living in nursing homes or other institutions or who are homebound
- People taking medicines that affect Vitamin D levels
- People with very dark skin

Reference: <https://www.nof.org/patients/treatment/calciumvitamin-d/>



THIS PRODUCT IS ALSO GREAT FOR:

- ENERGY, STAMINA & PERFORMANCE SUPPORT**
- MUSCULOSKELETAL SYSTEM SUPPORT**
- NUTRITIONAL SUPPORT**

Essential D™

#31270 **\$16.99**

Earn 68 VitaPoints!

Suggested use: Adults take 1 soft gel daily or as directed by your healthcare provider. Do not exceed 2 soft gels daily unless directed by your healthcare provider.



Essential D™

Quantity: 60 soft gels **Serving size:** 1 soft gel

Amount per serving: Vitamin D3 (Cholecalciferol) 1000 IU, 25 mcg.

Other ingredients: Gelatin, soybean oil, glycerin, purified water.

This product contains soy.

References:

- 1 Janssen H, et al. *Am J Clin Nutr*, 2002; 75: 611-615.
- 2 <http://www.ncbi.nlm.nih.gov/pubmed/18348443>
- 3 Holick MF. *Am J Clin Nutr* 2004;80(suppl):1678S-1688S.
- 4 Vimalaewaran KS, et al. 201; *PLoS Med* 10(2): e1001383.

- 5 Schwab M, et al. *Immunology* (2008) Oct 27;125(2):241-51.
- 6 Grossmann R, et al, 2010; *Mol Nutr Food Res*. Aug; 54(8): 1055-1061.
- 7 <http://lpi.oregonstate.edu/mic/vitamins/vitamin-d>



Adaptuit

Supports daily stress relief for a calmer, more relaxed you

CONTAINS
THE UNIQUE
CALMING
COMPOUND
L-THEANINE

Everyone has some kind of stress that they experience day in and day out, from financial and health stress to relationship, work and physical stress.

We all try our best to *adapt* to our particular stressors, but sometimes we need help.

Adaptuit with L-Theanine is formulated from a source of adaptogens that promote daily stress relief and well-being, while promoting an acute feeling of relaxation.

- L-Theanine is the unique, calming compound present in green tea, but without the caffeine^{1,2}
- Adaptuit® contains 125-375 mg of L-Theanine, per 29.5–88.7 ml. For comparison, there are approximately 25-60 mg of L-Theanine per 200 ml serving of tea³

L-Theanine has been shown to have positive effects on human health, such as promoting a feeling of calm, immune system support, and potentially counteracting the effects of caffeine.^{3,4}

“Adaptuit helped me manage my stress during a long-term caregiving job. I took 3 oz. in the morning and 2 oz. at the end of the day and it made a big difference.”

- Mary D.,
Member since 2011



THIS PRODUCT IS ALSO GREAT FOR:

ENERGY, STAMINA & PERFORMANCE SUPPORT

DELICIOUS GRAPE FLAVOR!

Adaptuit®
#30770 **\$42.99**
Earn 172 VitaPoints!
Suggested use: Drink 30 to 60 ml daily.

Adaptuit® 4-Pack
#33345 **\$149.99**
SAVE \$21 OVER SINGLE BOTTLE PRICING!
Earn 600 VitaPoints!

References:

- 1 Nobre AC, Rao A, Owen GN. Asia Pac J Clin Nutr 2008;17(S1):167-168.
- 2 Juneja LR, et al. Trends in Food Sci Technol 1999;10:199-204.
- 3 Kakuda T, et al. Biosci Biotechnol Biochem 2000;64(2):287-293.
- 4 Mu W, Zhang T, Jiang B. Biotech Advances 2015;33:335-342.

Adaptuit®
Quantity: 946 ml **Serving size:** 30 ml

Ingredients: L-Theanine 250 mg, Siberian ginseng (Eleutherococcus senticosus Root) 230 mg (4:1, QCE 920 mg), Goji (Lycium barbarum, Fruit) 66.7 mg, Rhodiola (Rhodiola rosea, Root) 50 mg (3% Rosavins, 1% Salidroside, 4:1, QCE 200 mg), Schisandra (Schisandra chinensis, Fruit) 120 mg (10:1, QCE 1200 mg), Grape (Vitis vinifera, Fruit) 16.5 mg (4000:1, QCE 66 g).

Other ingredients: Purified water, Vitis labrusca (Concord grape) fruit juice, Citric acid, Grape skin extract, Xanthum Gum, Blueberry juice powder, Potassium Benzoate, Rebaudioside A, Maltodextrin, Concord grape flavor, Ethanol, Glycerin.



CoEnzyme Q-10

Premium potency for cardiovascular wellness and healthy heart support

CoEnzyme Q-10 is an important “bioenergetic antioxidant” that’s concentrated in the heart. The natural aging process may deplete CoQ-10, potentially leading to low CoQ-10 status. Statin drugs may also deplete CoQ-10. This “CoQ-10 drain” may affect your heart: Low CoQ-10 has been linked to diminished cardiac energy and cardiovascular health concerns.¹⁻⁴

TriVita CoQ-10 may address these heart health concerns because it helps to replenish what statin drugs and aging may have taken away.⁵ By correcting your CoQ-10 status, you may promote this unique nutrient’s diverse range of cardio-supportive biological activities:

- CoQ-10 is necessary in adequate amounts for heart energy metabolism⁶
- CoQ-10 is a cardiovascular antioxidant that helps protect the heart and blood vessels⁷
- CoQ-10 supports the function of the blood vessel linings, potentially helping with circulation⁸
- CoQ-10 may help maintain heartbeat stability and the heart’s blood-pumping efficiency⁹
- CoQ-10 may help to maintain blood pressure that’s already within normal range¹⁰

Supplying 50 mg of quality CoQ-10 in each easy-to-swallow soft gel, TriVita CoQ-10 is a convenient way to help contribute to the CoQ-10 status that’s associated with healthy cardiovascular function.

“I just love TriVita’s CoEnzyme Q-10! I feel much better during the day. Thank you TriVita!”

- Nancy S.,
Member since 2003



THIS PRODUCT IS ALSO GREAT FOR:

ENERGY, STAMINA & PERFORMANCE SUPPORT

CoEnzyme Q-10

#31161 **\$32.99**

Earn 132 VitaPoints!

Suggested use: Adults and children over the age of 12, take 1 to 2 soft gels daily.



CoEnzyme Q-10

Quantity: 60 soft gel capsules **Serving size:** 1 soft gel capsule

Amount per serving: CoEnzyme Q-10 50 mg.

Other ingredients: Rice bran oil, gelatin, glycerin, soy lecithin, yellow beeswax, titanium dioxide color, tocopherols, annatto color.

Contains soy.

References:

- 1 <http://www.health.harvard.edu/blog/statin-use-is-up-cholesterol-levels-are-down-are-americans-hearts-benefiting-201104151518>
- 2 Littarru GP, et al. *Mol Biotechnol.* 2007 Sep;37(1):31-7
- 3 <https://nccih.nih.gov/health/supplements/CoQ-10>
- 4 Bliznakov EG. *Journ Amer Nut Assoc* Vol. 5, No. 3, Summer 2002.
- 5 http://www.fda.gov/ohrms/dockets/dailys/02/May02/052902/02p-0244-cp00001-02-Exhibit_A-vol1.pdf

- 6 Folkers-K. Langsjoen-P. Langsjoen-P-H. *Biochem-Biophys-Res-Commun.* 1992 Jan 15. 182(1). P 247-53.
- 7 Bor-Jen Lee. *Nutrition Journal* 2013, 12:142.
- 8 Gao L, et al. *Atherosclerosis.* 2012 Apr;221(2):311-6.
- 9 Langsjoen-P-H, et al. *Klin-Wochenschr.* 1988 Jul 1. 66(13). P 583-90.
- 10 Rosenfeldt FL, et al. *Hum Hypertens.* 2007 Apr;21(4):297-306.

“If lifestyle choices are making us ill, lifestyle choices can make us well.”

– Michael R. Ellison, CEO, TriVita Companies

Take control of your health
in less than 10 minutes with



Discover Well-Being with 3 Simple Steps

STEP 1: ANSWER A FEW SIMPLE LIFESTYLE AND HEALTH QUESTIONS

- TriVita VitalityPlanner applies a science-based predictive technology engine to help you understand how your current lifestyle is affecting your future health

STEP 2: RECEIVE YOUR PERSONAL VITALITY GUIDE™

- Learn what nutrition plan is the best for you
- Find out what your personal power foods are
- Which fitness activities will help you reach your health goals faster?
- What specific supplements are most important for you to take?

STEP 3: REVIEW POTENTIAL OUTCOMES

- Your unique data is compared against 30,000+ peer reviewed scientific studies—drawn from over 70-million ethnically diverse populations
- Get personalized, actionable recommendations that clearly prioritize what you can do to reduce your health risks

Get access to the TriVita VitalityPlanner **100% FREE**
JUST VISIT **VITALITYPLANNER.COM** AND ENTER CODE: **TVPO218C**

TriVita VitalityPlanner is not a diagnostic tool. It is a predictive analytical tool based on your lifestyle behaviors and family history. If you have current health conditions, we encourage you to contact TriVita Clinic at (888) 669-5036 or your existing primary physician.



WHAT IS HOUSE OF GIVING?

After seeing firsthand the tremendous amount of families in need around the world, Michael and Susan Ellison founded House of Giving, a non-profit organization working to fund wellness research, education and a variety of life-sustaining amenities.

For nearly two decades, House of Giving has provided clean water, basic nutrition and education to those less fortunate.

OUR MISSION

The House of Giving helps children, families and communities reach their potential by providing resources that have immediate and lasting change in their lives.

OUR VISION

Our goal is to transform lives by inspiring individuals and organizations to give to those less fortunate.

OUR VALUES

We believe in the Law of Reciprocity and that by serving others we are equally blessed.

We believe that everyone should have the opportunity to experience physical, emotional and spiritual wellness.

We are grateful for our relationships with our donors and sponsors.

We are accountable and transparent with the resources and donations we receive.

TO FIND OUT HOW YOU CAN JOIN HOUSE OF GIVING TO HELP CHILDREN, FAMILIES AND COMMUNITIES REACH THEIR POTENTIAL, VISIT OUR WEBSITE AT

HouseOfGiving.org



VisionGuard

Advanced vision formula to help you see life more clearly

VisionGuard is packed with eye-supportive antioxidants that help to:

- Maintain eyesight in conditions (associated with sunlight damage), such as cataract and age-related macular degeneration
- Reduce the risk of developing cataracts
- Improve macular pigment optical density

It all starts with FloraGLO® lutein and zeaxanthin: botanical antioxidants that support vision health,^{1,2} but decline in our eyes with age.³ These two key antioxidants:

- Migrate naturally to the eyes, settling in the lens, macula and “high-definition” fovea⁴
- Act as internal sunglasses, filtering and absorbing the sun’s macula-damaging UV rays^{5,6}
- Replenish macular pigment, a protective retinal layer tied to crystal-clear vision^{7,8}

PLUS:

Antioxidants alpha lipoic acid (ALA), N-Acetyl-LCysteine, Vitamin C, natural Vitamin E and zinc.

Why does VisionGuard use FloraGLO® lutein?⁹

The most clinically researched lutein brand in the world, FloraGLO promotes vision health by helping defend from free radicals, potentially reduce the effects of eye aging, absorbing harmful UV rays, increasing the retina’s protective macular pigment and reducing sensitivity to glare and blindingly bright light.

VisionGuard™

#30572 **\$32.99**

Earn 132 VitaPoints!

Suggested use: Adults: 1 Capsule(s) 2 time(s) per day with food/meals, a few hours before or after taking other medications.

Warning: If you experience sweating, paleness, chills, headache, dizziness and/or confusion, discontinue use and consult a healthcare practitioner (as these may be symptoms of serious low blood sugar).



VisionGuard™

Quantity: 60 capsules **Serving size:** 2 capsules

Amount per serving: Vitamin C (Ascorbic acid, Sodium ascorbate) 152.9 mg, Vitamin E (d-alpha Tocopheryl acid succinate, dl-alpha Tocopherol) 33.48 mg Alpha-Tocopherol, Zinc (Zinc citrate) 12.5 mg, Copper (Copper (II) gluconate) 500 mcg, Selenium (Selenomethionine) 17.5 mcg, Lutein ((3R,3'R,6'R)-beta,epsilon-Carotene-3,3'-diol, Tagetes erecta-Herb flowering oleoresin) 5 mg, Zeaxanthin ((3R,3'R)-beta, beta-Carotene-3,3'-diol, Tagetes erecta-Herb flowering oleoresin) 0.2 mg, Zeaxanthin (all-trans-beta-Carotene-3,3'-diol) 0.8 mg, Bilberry (Vaccinium myrtillus, Fruit) 50 mg (82.5 % Oligomeric proanthocyanidins, 2:1, QCE 25 mg), Quercetin (2-(3,4-Dihydroxyphenyl)-3,5,7-trihydroxy-4H-1-benzopyran-4-one, Quercetin dehydrate) 11.875 mg, Glycine (Aminoacetic acid) 5 mg, N-Acetyl-L-cysteine 10 mg, Taurine (2-Aminoethanesulfonic acid) 50 mg, DL-alpha-Lipoic acid 25 mg, Rutin (3,3',4',5,7-Pentahydroxyflavone-3-rutinoside, Styphnolobium japonicum – Flower bud) 12.5 mg.

Other ingredients: Magnesium stearate, Silicon dioxide, Gelatin, Black currant juice powder, Modified food starch, Glucose syrup, Sucrose, Corn Starch.

References:

- 1 https://www.nei.nih.gov/sites/default/files/NEHEP-pdfs/nehep_5_year_agenda_2006.pdf
- 2 <https://nei.nih.gov/news/pressreleases/050513>
- 3 Obana A, et al. *Ophthalmology*. 2008 Jan;115(1):147-57.
- 4 Koushan K. *Nutrients*. 2013 May; 5(5): 1823–1839.

- 5 Trieschmann, et al. *Eye* (2008) 22, 132–137.
- 6 Junghans A, Sies H, et al. *Arch Biochem Biophys*. 2001 Jul 15; 391(2): 160-4.
- 7 Richer S, Stiles W, Statkute L, et al. *Optometry* 2004; 75: 216-230.
- 8 Richer S, Devenport J, et al. *Optometry*. 2007 May; 78(5): 213-9.
- 9 <https://www.kemin.com/en/north-america/products/floraglo-lutein>



VitaCal-MagD™ K2

Calcium complex and Vitamin K2 for musculoskeletal support

Calcium plays a crucial role in maintaining strong bones, supporting their structure and function.¹ Calcium intake, when combined with sufficient Vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis.

But getting enough calcium can be a challenge, with many people failing to get the calcium they need from food alone.² On top of that, calcium absorption may drop by up to 20% in adulthood—and decline even further as we grow older, just when we start needing more.^{1,3}

Calcium complex for musculoskeletal health

VitaCal-MagD K2 features a premium calcium blend combined with magnesium, Vitamin D3 and Vitamin K2, which helps in the development and maintenance of bones and teeth, and to maintain proper muscle function (including the heart), energy metabolism and tissue formation.

Each serving provides:

Calcium (500 mg): VitaCal-MagD K2 features two types of calcium: calcium citrate and calcium carbonate.

Magnesium (250 mg): Magnesium plays a role in bone formation, bone mineralization and calcium transport, and regulates muscle function.^{4,5} It also helps convert Vitamin D to the active form in the body.

Vitamin D3 (500 IU): The body requires Vitamin D to absorb calcium properly. Too little Vitamin D may result in soft, thin and brittle bones.^{6,7}

Vitamin K2 (40 mcg): K2 may support bone mineralization and in one 3-year study, it was associated with stronger bones and improved markers of bone health when taken at higher daily doses.⁸

THIS PRODUCT IS ALSO GREAT FOR:

 **CARDIOVASCULAR SYSTEM SUPPORT**

 **MEN'S & WOMEN'S HEALTH SUPPORT**

VitaCal-MagD™ K2

#30182 **\$29.99**

Earn 120 VitaPoints!

Suggested use: Adults: 3 tablets 1 time per day. Take with food a few hours before or after taking other medications or natural health products. If you are taking blood thinners, consult a healthcare practitioner prior to use.



VitaCal-MagD™ K2

Quantity: 90 tablets **Serving size:** 3 tablets

Amount per serving: Calcium (Calcium citrate, Calcium carbonate) 166.67 mg, Magnesium (Magnesium oxide, Magnesium aspartate) 83.33 mg, Vitamin K2 13.3 mcg, Boron (Boron citrate) 116.67 mcg, Vitamin D (Cholecalciferol) 4.16 mcg (166.7 International Units).

Other ingredients: Microcrystalline cellulose, hypromellose, polyethylene glycol, sodium copper chlorophyllin, hydroxypropyl cellulose, stearic acid, croscarmellose sodium, magnesium stearate and silicon dioxide.

References:

- [1 https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/](https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/)
- [2 http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm152626.htm](http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm152626.htm)
- [3 http://www.nutrition.tufts.edu/index.php?q=research/modified-mypyramidolder-adults](http://www.nutrition.tufts.edu/index.php?q=research/modified-mypyramidolder-adults)

- [4 http://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/](http://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/)
- [5 http://ods.od.nih.gov/factsheets/Magnesium-Consumer/](http://ods.od.nih.gov/factsheets/Magnesium-Consumer/)
- [6 http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Nutrition/](http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Nutrition/)
- [7 https://ods.od.nih.gov/factsheets/VitaminD-Consumer/](https://ods.od.nih.gov/factsheets/VitaminD-Consumer/)
- [8 https://ods.od.nih.gov/factsheets/VitaminK-Consumer/](https://ods.od.nih.gov/factsheets/VitaminK-Consumer/)



VitaDaily

A once daily multi-vitamin to support your complete nutritional needs

Ever read a typical multi-vitamin's label? You may be surprised to see artificial food dyes, fake flavors and synthetic preservatives. Keep looking, and you may find “mega-doses” that seem to have way more nutrition than you want or need.

Finally! A multi-vitamin with no “bad stuff”

VitaDaily—TriVita’s once daily multi-vitamin—is here to change all that. We’ve crafted the ideal multi-vitamin for anyone who wants *clean* daily nutrition without unnecessary additives or excessive mega-doses that some other brands use. VitaDaily is:

Comprehensive: 24 vitamins and minerals.

Convenient: Small and easy-to-swallow tablets; just take one every day.

Dissolvable: Dissolved in under 30 minutes.

Is your nutritional intake “suboptimal”?

Nutrient deficiency may not be the only dietary concern to worry about. Researchers have noted that “suboptimal” nutrient intake—which is above deficiency levels—may *still* be a risk factor for many health concerns. Suboptimal nutrient intake is common in adults, especially the elderly.¹

ARE YOU GETTING ENOUGH?

Many North Americans could use help hitting their nutritional targets for overall health.²

- 34% need more Vitamin A
- 25% need more Vitamin C
- 70% need more Vitamin D
- 60% need more Vitamin E
- 38% need more Calcium
- 45% need more Magnesium



VitaDaily™

#30203 **\$16.99**

Earn 68 VitaPoints!

Suggested use: Adults: Take 1 tablet daily, preferably with food. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient.



VitaDaily™

Quantity: 30 tablets **Serving size:** 1 tablet

Amount per serving: Vitamin A (as retinyl acetate & 50% beta-carotene) 5000 IU, Vitamin C (as ascorbic acid) 100 mg, Vitamin D3 (as cholecalciferol) 1000 IU, Vitamin E (as d-alpha-tocopheryl succinate) 30 IU, Vitamin K (as phytonadione) 30 mcg, Thiamin (as thiamin mononitrate) 1.5 mg, Riboflavin 1.7 mg, Niacin (as niacin) 20 mg, Vitamin B6 (as pyridoxine HCl) 2 mg Folate (as folic acid) 400 mcg, Vitamin B12 (as cyanocobalamin) 6 mcg, Biotin 300 mcg, Pantothenic acid (as D-calcium pantothenate) 10 mg, Calcium (as calcium carbonate, calcium citrate & dicalcium phosphate) 100 mg, Phosphorus (as dicalcium phosphate) 7 mg, Iodine (from kelp) 150 mcg, Magnesium (as magnesium citrate & oxide) 25 mg, Zinc (as zinc citrate) 15 mg, Selenium (as selenomethionine) 70 mcg, Copper (as copper gluconate) 2 mg, Manganese (as manganese gluconate) 2 mg, Chromium (as chromium polynicotinate) 120 mcg, Molybdenum (as sodium molybdate) 75 mcg, Potassium (as potassium chloride) 25 mg, Choline (as choline bitartrate) 25 mg, Inositol 25 mg, Lutein 500 mcg.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, silica and film coat (hypromellose, hydroxypropyl methylcellulose, and polyethylene glycol).

References:

1 Fletcher R, Fairfield K. *JAMA*. 2002, 287(23):3127-3129.

2 <http://www.health.harvard.edu/blog/artificial-sweeteners-sugar-free-but-at-what-cost-201207165030>



MyFloraDaily Probiotic

Probiotics are tiny health-promoting organisms in the gut

The gastrointestinal tract is the most exposed human habitat to the external environment. Every day, thousands of microorganisms and compounds derived from the digestive process come in contact with it, making the role of the gut as a protective barrier to pathogens essential.¹

However, as we reach middle age our immune system becomes less efficient. This applies to the microbiota of the gut as well. In order to maintain healthy digestion, you need to supplement your diet with a probiotic. MyFloraDaily helps support intestinal/gastrointestinal health, promotes a diverse and balanced gut microflora, and supports overall immune health.²⁻⁷

Make MyFloraDaily your probiotic

- MyFloraDaily contains one of the most clinically studied probiotic strains, *Lactobacillus GG*, a highly resilient strain that is able to survive through the GI tract and adhere to the intestinal mucus and epithelial walls. This allows for an extended, controlled release of probiotic strains in the small and large intestine.
- All the probiotic strains found in MyFloraDaily have been antibiotic-resistance tested and genetically identified to confirm strain identity. (Many competitive probiotic brands do not disclose the specific strains(s) in the product, even though strain identification ensures a higher quality product since the health benefits of probiotics are strain-specific).
- While many competitive probiotic brands need to be refrigerated to maintain the number of probiotic strains, **MyFloraDaily is shelf stable.**
- MyFloraDaily is allergen-free (no milk, eggs, fish, shellfish, nuts, wheat or soy).

MyFloraDaily Probiotic

#30830 **\$44.99**

Earn 180 VitaPoints!

Suggested use: Adults, take one tablet, once daily, or as directed by your healthcare professional.

DID YOU KNOW?

- MyFloraDaily is formulated with patented bio-tract technology for maximum absorption.
- TriVita guarantees 10 billion Colony Forming Units (CFU)—the good bacteria—in every dose at the time of manufacture and 5 billion at the one year expiration date.



MyFloraDaily Probiotic

Quantity: 30 tablet **Serving size:** 1 tablet

Amount per serving: Probiotic Blend (10 Billion CFUs at time of manufacture, 5 Billion CFUs at 12 months expiry): *Lactobacillus rhamnosus GG*, *Bifidobacterium breve Bb-03*, *Bifidobacterium lactis BI-04*, *Lactobacillus casei subsp. casei Lc-11*

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose, pectin, sodium carbonate (anhydrous), stearic acid, guar gum, turmeric (color).

References:

- 1 Lopetuso LR, et al. The therapeutic management of gut barrier leaking: the emerging role for mucosal barrier protectors. *Eur Rev Med Pharmacol Sci* 2015; 19:1068-1076.
- 2 QUINTO EJ, et al. Probiotic lactic acid bacteria: A review. *Food and Nutrition Sciences* 2014;5:1765-1775.
- 3 Goldstein EJC, Tyrrell KL, Citron DM. *Lactobacillus* Species: Taxonomic complexity and controversial susceptibilities. *Clin Infect Dis* 2015;60(Supp2):S98-S107.
- 4 Ljungh A, Wadstrom T. Lactic Acid Bacteria as probiotics. *Curr Issues Intestinal Microbiol* 2006;7:73-90.
- 5 Reid G. The Scientific basis for probiotic strains of *Lactobacillus*. *Applied Environ Microbiol* 1999;65(9):3763-3766.
- 6 Segers ME, Lebeer S. Towards a better understanding of *Lactobacillus rhamnosus GG* – host interactions. *Microbial Cell Factories* 2014;13(Suppl 1):S7.
- 7 Technical Memorandum: *Bifidobacterium lactis BI-04*. Danisco. TM 46-le.

SHARE your WELLNESS story and INSPIRE OTHERS!

Have a great wellness story you want to share? We're looking for loyal members like yourself to tell us why you trust TriVita with your health.

And in return, we want to thank you with \$50 in VitaPoints to apply toward your next purchase.*

Just email us at share@trivita.com or call 1-866-927-6897 and provide your name, a list of your favorite TriVita products and a large digital photo or two. We'll review every submission, and if you're chosen, we'll set up a short phone interview. Then, within a few months, you'll be featured as the Member Spotlight star in the TriVita catalog.

So whether you love Alfred Libby's B-12 tablets or can't do without CoEnzyme Q-10, let us know how TriVita has made a difference in your life. We look forward to hearing from you!

**BE A MEMBER SPOTLIGHT STAR.
Call 1-866-927-6897 or email us at share@trivita.com.**

*VitaPoint reward is only available to those members who agree to a brief phone interview, provide a large digital photo and whose story is published in the TriVita catalog or TriVita website at our discretion.



SOURCE CODE

ID NUMBER



BUY **ANY 3** FEATURED
HEART SUPPORT PRODUCTS
RECEIVE ANY 4th ONE FREE!

Stock up and save big on TriVita's
featured heart healthy products.



See page 3
for details



Omega3 Prime™
#31320 **\$34.99**

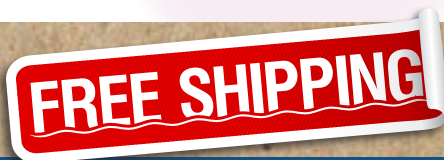


Vital C™ Crystal Tablets
#30230 **\$21.99**



Vital C™ Crystal Powder
#30170 **\$26.99**

CALL TOLL-FREE 1-800-344-8797 OR VISIT TRIVITA.CA



ON EVERY ORDER OVER \$99
Offer valid on catalog pricing only, with standard shipping and expires 02-28-18.

EARN
VITA
POINTS...



Premier | MEMBERSHIP

Premier Membership is free and makes buying
TriVita products more affordable.

See page 18