

TRIVITA®

# BOOST YOUR ENERGY

with **ALFRED LIBBY'S** original

PATENTED **B-12**



See page 9

ORDERS OVER \$99

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GET PRODUCTS FOR FREE!** SEE PAGE 30

THE   
**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 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

When you are in your 50's, you are in the prime of life! After the age of 50, your prime is determined by the state of your physical, emotional and spiritual wellness.

**There is one robber, a thief of quality of life and that is illness!** It is no respecter of gender or socioeconomic status. If you have ever literally been robbed or had something stolen of financial or sentimental value, you know the feelings that go with it. Read my blog this month about the five most common health robbers of the 50 plus population and what you can do to protect yourself. Also, one of the most painful experiences my wife Susan and I had losing something of great value! Go to **blog.trivita.com**.

Protecting and promoting your health is your way of keeping the wellness robber away, and the catalog is jammed with quality products and information to help you do just that!

**I am extremely enthusiastic about MyoHealth.** See page 17 for details. MyoHealth is an absolutely amazing product. The stories people are sharing of the benefits in having these balanced essential amino acids in their daily diet is astonishing. In fact so extraordinary, the regulators would not allow me to publish these incredible stories. I am not being sensational here — I am stating an actual fact. When the body is given the right nutrients and nurturing with purposeful living, it has a fantastic ability to heal itself. We are not talking cures, we are talking healing! And only the body can heal itself. If you want a clinical scientific read on this subject, get the book, *How Healing Works* by Wayne Jonas, MD. He has worked with National Institute of Health, World Health Organization and other outstanding organizations.

**I cannot leave home without it! The power-packed tiny pink pill with three micronutrients B-12, B-6 and folic acid is still our members' favorite product after 19 years!** If you feel like the energizer bunny with a weak battery, try adding this to your daily supplements along with clean, whole foods and purposeful living. It is available now at special pricing. See page 3.

The research continues to come forward supporting true meaning and purpose in life is important to our health and well-being!

Live life with purpose and passion!!

Michael R. Ellison,  
Founder of TriVita

# Get an energy boost with Alfred Libby's Slow Dissolve B-12

**\$4<sup>40</sup> OFF!**

*That's a 20%  
savings!*



**Alfred Libby's Original  
Patented B-12 Tablets  
#35140**

**~~\$21.99~~ NOW \$17.59\***  
Earn 71 VitaPoints!

\*Offer expires 10-31-18  
at 9 p.m. EST.

See page 9 for product details.

**CALL 1-800-344-8797 OR VISIT [TRIVITA.CA](http://TRIVITA.CA) TODAY!**

## **BEST TIME TO CALL?**

**WE LOVE SPEAKING WITH YOU. THE BEST TIME  
TO CALL IS DURING OUR OFF-PEAK HOURS:**

**TUESDAY THROUGH FRIDAY FROM 3 TO 7 PM ET.**

Or visit [TriVita.ca](http://TriVita.ca) 24/7 to place your order with no delays, manage  
your ARP orders or track a package.



**FREE SHIPPING**

**ON EVERY ORDER OVER \$99**

Offer valid on catalog pricing only, with standard shipping and expires 10-31-18. at 9 pm, ET.



## 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

### 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 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.

## UPDATES:

### Best time to call

**We love speaking with you. The best time to call is during our off-peak hours:**

**Tuesday through Friday from 3 to 7 pm ET.**

Or visit [TriVita.ca](http://TriVita.ca) 24/7 to place your order with no delays, manage your ARP orders or track a package.

### Healthy Webcast You Can't Miss!

Watch the brain health webcast from TriVita Clinic of Integrative Medicine and learn how to protect your brain health with an integrative medicine approach that utilizes food, micro-nutrients and innovative treatments. Plus, watch an insightful Q&A session with Dr. Ankit Chander following the presentation. Visit [TriVitaClinicEvents.com](http://TriVitaClinicEvents.com) to view the full program.

### Don't Miss Upcoming Webcast Events

Stay tuned for more informative webcasts from TriVita Clinic of Integrative Medicine. Future presentations will cover topics such as Bone and Joint Health, Diabetes Management, Bio-identical Hormone Replacement Therapy and Heart Health. Visit [TriVitaClinic.com](http://TriVitaClinic.com) or [TriVitaClinicEvents.com](http://TriVitaClinicEvents.com) for more information.

### Earn double VitaPoints.

You probably already know you earn VitaPoints on everything you purchase, but did you know you can earn DOUBLE VitaPoints on everything you order—every product, every month, every time. **See page 31 for details** on the Premier Membership Auto Replenishment Program.

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Visit [TriVita.ca](http://TriVita.ca) for more information on our products.

## What Members are saying about MyoHealth®:

“ I have been using MyoHealth for approximately two months and have noticed a huge benefit from using it. It gives me more stamina. I feel an increase in my energy level and I sleep better.”

– Sally L., Member since 2007

“ This product is amazing! Now I can lift my grandchildren and crawl on the floor with them. I have more energy and feel really good. I feel younger because everything seems to be working better!”

– Alana T., Member since 2003

See page 15 for more.



### 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.

### 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.

### PAYMENT

TriVita accepts debit cards and 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). We also accept electronic check—just call and your order can be deducted from your checking account securely without the delay in mailing your order. 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.ca](http://TriVita.ca). 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 state. Contact a Wellness Consultant if you need assistance.

### NOTICE:

If you are pregnant, nursing or on medications, you may want to consult with a healthcare provider before using. Keep out of the reach of children. To report a serious adverse event or obtain product information, contact 1-800-344-8797. Information provided herein is for informational purposes only.

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



# B-12 RESEARCH

## B VITAMINS AND DEPRESSION

An exciting new study showed that supplementing anti-depression medication with B vitamins significantly improved treatment outcomes for older adults suffering with depression.

Scientists from the University of Western Australia (UWA) set out to discover if supplementation with Vitamin B-12, B-6 and folic acid could enhance response to anti-depression treatment over the course of a year. In their study, 153 participants with established depression were given anti-depressant medication along with a B vitamin supplement or placebo.

Publishing their results in *The British Journal of Psychiatry*, researchers reported that although the B vitamins didn't significantly affect treatment after 12 weeks, they did improve treatment outcomes after 52 weeks of use, even helping to prevent relapse of symptoms.

"The risk of relapse was significantly reduced among participants who took the B vitamins. Previous work had suggested that certain vitamins could have a role in preventing depression, but this is the first time that we have been able to demonstrate unequivocally that we can improve the treatment of depression by supplementing medication with B vitamins," said Winthrop Professor Osvaldo Almeida, research director of UWA's Center for Health and Aging.<sup>1</sup>

### References:

1 Almeida, O.P., et al (2014). B vitamins to enhance treatment response to antidepressants in middle-aged and older adults: results from the B-VITAGE randomized, double-blind, placebo-controlled trial. *The British Journal of Psychiatry*, published online ahead of print September 25, 2014. DOI: 10.1192/bjp.bp.114.145177

2 <http://dx.doi.org/10.1017/S0029665113002735>

## B-12 DEFICIENCY A RISK FACTOR FOR FALLING?

Citing past research that associated nutritional status with the risk of falling, Irish scientists from Trinity College, University of Ulster and St. James's Hospital, set out to determine if Vitamin B-12 deficiency in particular had any effect on falling risk in older adults (extensive data show Vitamin D and calcium play a role in prevention of falls).

Researchers recruited 4,939 older Irish adults from the Trinity, Ulster, Department of Agriculture (TUDA) observational study to assess B-12 status and the risk of falling. Blood samples were taken and lifestyle questionnaires administered to determine participants' respective B-12 levels and history of falls.

Of the nearly 5,000 recruits, 36.3% reported a fall within the past year; researchers found there was a significant link between B-12 deficiency and the risk of falling. Researchers suggest the results show the potential importance of B-12 status in the prevention of falls, and underscore the importance of addressing B-12 deficiency in older adults. Their study appeared in the *Proceedings of the Nutrition Society*.<sup>2</sup>





# 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.



# VITAMIN B-12 FACTOIDS

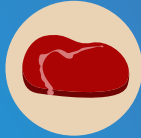
## TYPICAL FOOD SOURCES<sup>1</sup>



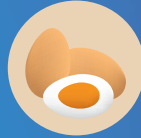
Shellfish



Fish



Meat



Eggs

## BENEFITS OF B-12<sup>2</sup>



Energy



Mood Boost



Mental Clarity



Healthy  
Skin & Hair



Better  
Digestion



Helps Prevent  
Anemia

## SIGNS OF B-12 DEFICIENCY<sup>3</sup>



Mood  
Disorder



Fatigue/  
Low Energy



Anemia



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'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!

## 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

## THIS PRODUCT IS ALSO GREAT FOR:

 **CARDIOVASCULAR SYSTEM SUPPORT**

 **BRAIN & NERVE HEALTH SUPPORT**

## References:

- 1 <https://www.webmd.com/diet/vitamin-b12-deficiency-symptoms-causes#1>
- 2 <http://www.b12-vitamin.com/benefits/>
- 3 <https://www.webmd.com/diet/qa/what-are-the-symptoms-of-vitamin-b12-deficiency>
- 4 <https://ods.od.nih.gov/factsheets/VitaminB12-Consumer/>





*“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

*“After not taking it for a while, I realized how superior TriVita’s B-12 is over others. With B-12, I sleep better, have more energy and vitality and less fatigue.”*

- Clita E., Member since 2001

*“My whole family takes TriVita’s B-12. It gives all of us energy.”*

- Ivone V., Member since 2013

**\$4<sup>40</sup>  
OFF!**

**Alfred Libby’s Original Patented B-12 Tablets**

#35140 ~~\$21.99~~

**NOW \$17.59\***

**Earn 71 VitaPoints!**

\*Offer expires 10-31-18 at 9 pm, ET.

**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.



# 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.

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.

*This article is intended for educational purposes only.*



## 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.<sup>1</sup> 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.<sup>2</sup>

### 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.<sup>3</sup>

## How to combat inflammation

### Exercise<sup>3</sup>

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 Better<sup>4</sup>

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 Supplements<sup>5-7</sup>

Boost your body's vitamin level by taking Vitamin A, Vitamin B6 (see *Alfred Libby's B-12*, page 9), Vitamin C (see *Vital C*, page 27), Vitamin D (see *Essential D*, page 28), Vitamin E, Vitamin K (see *VitaCal-MagD K2*, page 21), Betalains (see *Nopalea*, page 13), Omega 3 (see *Omega3 Prime*, page 22) and Turmeric.

### References:

- 1 [http://bodyecology.com/articles/inflammation\\_cause\\_of\\_disease\\_how\\_to\\_prevent.php](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

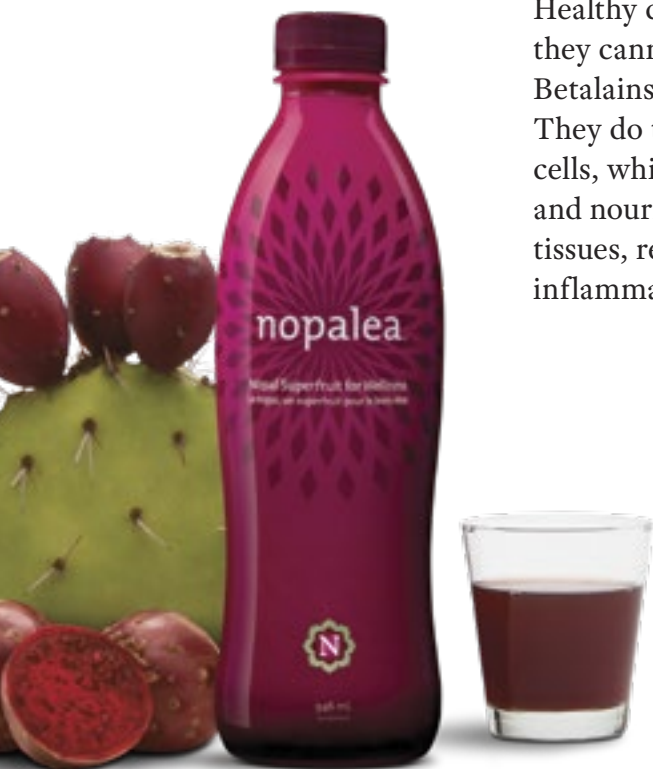
It's not possible to avoid every environmental and biological trigger, but you can support your immune system's normal and essential anti-inflammatory functions with Nopalea. Research on Nopalea has shown that it decreases inflammatory markers in the body such as CRP – C-reactive protein, which can be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

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

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 shoulder issues, so a co-worker recommended Nopalea. Now I feel good and will keep using Nopalea!"*

- Maud M., Member since 2016

*"After a few days of taking Nopalea, I was able to do things I hadn't been able to do for a whole year."*

- Joan C., Member since 2011

### Nopalea™ 4-Pack

#33400 **\$149.99**

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

**Earn 600 VitaPoints!**

### Nopalea™ Single Bottle

#30710 **\$42.99**

**Earn 172 VitaPoints!**

*Boost your  
immune  
system!*



**Suggested Use:** Take 30 mL (1 oz) daily with food/meal, or as directed by a healthcare practitioner. Consult a health care practitioner for use beyond 12 weeks.



### 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.

### References:

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

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



# 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,** 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.<sup>1</sup>

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.

**Reference:** 1 [healthyating.sfgate.com/many-amino-acids-body-require-6412.html](http://healthyating.sfgate.com/many-amino-acids-body-require-6412.html)



# What Members are saying:



*“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



*“I played in the NBA for 10 years. I can speak from vast experience that after the 30 Day Challenge my wife and I have seen the change in my body. I have improved muscle mass, lost weight and have improved overall health with a good diet, exercise and MyoHealth. My wife is now taking MyoHealth as well.”*

– John B., Member since 2017



*“I am 63 and my strength was declining at a rapid pace. However, after receiving your Vegan lemonade powder I followed the instructions and added a simple but strenuous 35 minute workout routine. The results have been amazing and now my strength is increasing by leaps and bounds. Thank you so much and God Bless all who use this wonderful product.”*

– William B., Member since 2017

*“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.”*

– Kevin B., Member since 2011



*“I’m feeling stronger than ever and my immune system seems stronger, too. My legs are now hard and toned and I walk 3 miles or more everyday. I plan to continue taking MyoHealth and getting stronger and stronger.”*

– Tessie A., Member since 2006



# 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 body<sup>1</sup>
- Muscle needs protein to grow, but the body cannot produce protein on its own
- Essential Amino Acids are the cellular building blocks of protein<sup>1</sup>
- 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 fibers<sup>1</sup>
- 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

**Reference:** 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 355 ml. of water or your favorite beverage and dilute to taste.

*While it typically takes 4-6 weeks to see results, however results vary. Ensure to drink enough fluid before, during, and after exercise.*

### 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.

*While it typically takes 4-6 weeks to see results, however results vary. Ensure to drink enough fluid before, during, and after exercise.*



**MyoHealth® Essential Amino Acid Complex - Lemonade Powder**

**Quantity:** 180 g (6.35 oz) **Serving size:** 1 scoop (5.8 g)

**Amount per serving:** Patented Amino Acid Blend\*\* L-Leucine 1297 mg, L-Isoleucine 332 mg, L-Valine 342 mg, L-Lysine (L-Lysine monohydrochloride) 555 mg, L-Arginine 319 mg, L-Threonine 297 mg, L-Phenylalanine 213 mg.

**Other ingredients:** Citric acid, Natural Flavour, DL-Malic acid, Natural Lemonade Flavour, Potassium chloride, Sodium citrate, Steviol glycosides, Rebaudioside A, Natural Black Cherry Flavour.

**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



# CRASH COURSE *in* RECOVERING

Bad things sometimes happen to good people. But adversity doesn't build character, it reveals it. For Delores Moore, she had her life turned upside down after a series of debilitating car accidents.

Delores Moore has been a TriVita Member since 2011, but her journey began long before then. Delores was in her first car accident in 1988 which resulted in serious injuries to her neck and spine. The fallout from that accident and subsequent legal battle consumed her life for the next five years and shook her vitality. "For a while I thought everything was going to be okay. I was doing everything I was supposed to do. I went to physical therapy, took supplements and medication only when I really needed it. I was still going to work because I love to teach, but it just got worse."

At the time Delores was a high school teacher in New York. "I am a natural born teacher. I have a Bachelor of Education, a Master's in Education and another Master's in Education Administration. I taught general and special

# Men Spot



education; I was a jack of all trades. They put me wherever they needed me." But after returning to work, her injuries worsened. "Every time I went to the doctor, he told me it would get worse, and it did. Finally, an MRI showed me what was going on," Delores explained.

In 2005, Delores retired as a full-time educator and moved to New Jersey where she planned to work as a substitute teacher. "They gave me a beautiful retirement party, and it's sad that these things happened. I would never have settled after that accident if I knew it was going to be like this."

# nber light



**Delores Moore**

*Member since 2011*

After moving to New Jersey, Delores was involved in two more accidents that compounded her previous injuries. “The two accidents affected my spine and legs. Then everything got worse, so I just called it in. This is a horrible nightmare but I am strong. I’m strong in my faith and what God can do. I’m just grateful that I can walk.”

For over 25 years Delores has been on a journey to recover with natural products. “My doctors always wanted to put me on these pills, but that’s a horrible life. I suffered all those years, and nothing seemed to help.”

During that time she tried different supplements and herbs, but early this year she found something that helped her. “I began taking MyoHealth after seeing the show with Dr. Wolfe. I began to feel better when a consultant told me about Nopalea. It turns out I had taken it years ago, but never stuck with it. So, I said I’d try it again in addition to the other TriVita products I was taking.”

“I take it every morning at 7 AM, and it really helps. I found my routine, and I want to let people know what I’ve gone through. I give testimonies to everyone! I’ve tried products from other companies, even some with nopal cactus, but it’s not the same. People need to understand that they need to invest in themselves. Instead of buying things you don’t need, invest in a healthy body.”

While Delores doesn’t teach in schools any longer, she has remained active in her community. She attends church, helps the children with their homework and teaches life skills.

*“Thank God for the churches. I’ll always do what I can to help others. I’ll never stop teaching. I love children, and if I can teach even once a week, I’m good. And the children need it; they need anyone that can give them any kind of time and attention. I enjoy them so much, and they enjoy me too. We have a lot of fun together!”*

Delores will continue teaching within her church and hopes to find others that are interested in volunteering their time. “A lot of parents here want me to start a program, but I need some young people that can help me. I have the knowledge, but I need the help. If it’s God’s will, it will happen.”

## **WANT TO GIVE THE GIFT OF WELLNESS?**

Just call **1-800-344-8797** and let us know you’d like to ship something special to your friends or family. We’ll take it from there.

**And thanks for choosing us to  
help you help others.**

# Not sure of your purpose? Be assured God is.



**AUTHOR BIO:**  
CHAPLAIN DONNA KAFER

Donna Kafer served as chaplain to the Arizona State Legislature for over 16 years. In addition, Donna is a motivational speaker and author.

*“And we know that in all things God works for the good of those who love him, who have been called according to His purpose.” —Romans 8:28*

So many people yearn to know what their purpose in life might be, to know exactly what God has called and equipped them to do. We all question the plan that He has for us, pondering the reason for our existence, praying for a divine spark to lead the way. We all hope that there may be something meant exclusively just for us, a unique, special life work that will be so satisfying and so ultimately rewarding that we’ll radiate with joy.

But yearning and knowing are two different things. What do we do when we don’t have a grasp of our true purpose?

I believe God would have us reach out to Him for direction and guidance, trusting in Him to reveal our purpose. We only have to look to the Bible for the revelation that our loving Father in Heaven has a plan and a purpose for each of us. Not only that, but we have

a wonderful promise that tells us so, found in one of my favorite verses:

*“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” — Jeremiah 29-11*

In order for us to find our purpose in life, to know without a shadow of a doubt what the Lord would have us do, we need only to ask Him. Prayerfully come before Him with our requests, with our hearts open to “hear” that small still voice within. I believe it helps to have pen and paper available when we pray, writing down any thoughts that may come. It also helps to list all of our dreams, our strengths, talents and gifts. Then we’ll be able to see how He has already equipped us and how He wants to direct us.

The other way to know if we’re moving in the right direction is to determine if our lives line up with the Scriptures. If they do, then we’re walking in faith and we can confidently trust He will indeed bless our honest efforts. The other simplified way to find our purpose is to discover what we truly enjoy and then do it. Just do it! Sound too easy? Perhaps, but it’s one surefire way to find out if it’s truly what we’re called to do.

Take heart, God loves you and although you may be unsure about His purpose and plan for your life, trust that He will make it infinitely clear. So in faith, with humble sincerity, seek Him and just do it!





## 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.<sup>1</sup> 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.<sup>2</sup> 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.<sup>1,3</sup>

### 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.<sup>4,5</sup> 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.<sup>6,7</sup>

**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.<sup>8</sup>

### 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/>

2 <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm152626.htm>

3 <http://www.nutrition.tufts.edu/index.php?q=research/modified-mypyramidolder-adults>

4 <http://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>

5 <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/>

8 <https://ods.od.nih.gov/factsheets/VitaminK-Consumer/>



## 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;<sup>1</sup> in later years they protect against cognitive decline;<sup>2</sup> and throughout our lives they optimize brain cells for healthy function.<sup>3-5</sup>

The problem? Most of us don't get enough EPA or DHA.<sup>6</sup> 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.

**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:

**BRAIN & NERVE HEALTH SUPPORT**

**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.



Adaptuit

# Supports daily stress relief for a calmer, more relaxed you

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<sup>1,2</sup>
- 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 tea<sup>3</sup>

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.<sup>3,4</sup>

CONTAINS THE UNIQUE CALMING COMPOUND L-THEANINE

*“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.<sup>1-4</sup>

TriVita CoQ-10 may address these heart health concerns because it helps to replenish what statin drugs and aging may have taken away.<sup>5</sup> 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 metabolism<sup>6</sup>
- CoQ-10 is a cardiovascular antioxidant that helps protect the heart and blood vessels<sup>7</sup>
- CoQ-10 supports the function of the blood vessel linings, potentially helping with circulation<sup>8</sup>
- CoQ-10 may help maintain heartbeat stability and the heart’s blood-pumping efficiency<sup>9</sup>
- CoQ-10 may help to maintain blood pressure that’s already within normal range<sup>10</sup>

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.

**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.

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

- Nancy S.,  
Member since 2003



### 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](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.



## 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.<sup>1</sup>

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.<sup>2-7</sup>

### 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.
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- 7 Technical Memorandum: *Bifidobacterium lactis BI-04*. Danisco. TM 46-1e.



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.<sup>1</sup>

### ARE YOU GETTING ENOUGH?

Many North Americans could use help hitting their nutritional targets for overall health.<sup>2</sup>

- 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>





## Vital C

# The single solution to support immunity 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 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

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

- Nancy H.,  
Member since 2003

### 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 health<sup>1</sup>
- Bone health<sup>4</sup>
- Healthy aging<sup>7</sup>
- Youthful skin<sup>2</sup>
- Joint comfort<sup>5</sup>
- Overall vitality!
- Gum health<sup>3</sup>
- Cardiovascular health<sup>6</sup>

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 like TriVita's Vital C can make!



### 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.

#### 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.

- 5 Wang Y. *Arthritis Res Ther.* 2007;9(4):R66.
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- 7 Fusco D, et al. *Clin Interv Aging.* 2007 Sep; 2(3): 377-387.



#### 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.



#### 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.



## 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.<sup>1</sup>
- Staying indoors.** Your skin needs sunlight in order to make Vitamin D.<sup>2</sup>
- Sunblock.** Using SPF 8+ may reduce the skin's Vitamin D synthesis by 95%.<sup>3</sup>
- Overweight.** Carrying extra pounds may create D insufficiency risks.<sup>4</sup>

### 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.<sup>5</sup>
- Olive oil base:** Oil-based Vitamin D may be absorbed more efficiently than powder-based D.<sup>6</sup>

### 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 health<sup>7</sup>

#### 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.

### 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/>



### 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 Vimalaswaran 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>





## 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,<sup>1,2</sup> but decline in our eyes with age.<sup>3</sup> These two key antioxidants:

- Migrate naturally to the eyes, settling in the lens, macula and “high-definition” fovea<sup>4</sup>
- Act as internal sunglasses, filtering and absorbing the sun’s macula-damaging UV rays<sup>5,6</sup>
- Replenish macular pigment, a protective retinal layer tied to crystal-clear vision<sup>7,8</sup>

### PLUS:

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

### Why does VisionGuard use FloraGLO® lutein?<sup>9</sup>

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](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>





## 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 double VitaPoints with Auto Replenishment Program (ARP)** – ARP orders are sent to you once per month and guaranteed at the lowest advertised price. Did we mention DOUBLE VITAPOINTS on your entire order? **See page at right!**
- 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.*



**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](http://TriVita.ca), sign in and click on My Account, call priority customer service at 855-383-0238 or check your latest TriVita invoice.

VitaPoints are calculated on the product total after any reductions are applied. You may use VitaPoints as you earn them or let them accrue for up to 12 months from date of issue.

# AUTO REPLENISHMENT PROGRAM (ARP)

# DOUBLE VITAPOINTS

EVERY PRODUCT. EVERY MONTH. EVERY TIME.

With your ARP order you earn **DOUBLE VITAPOINTS ON YOUR ENTIRE ORDER!** Plus, you get the convenience of having your favorite products delivered automatically, every month at the lowest price. No fuss, no worrying about running out of products and no effort.

You're in control. You can add or remove products, change monthly delivery dates and update your shipping info any time online by clicking "**My Account**" at the **top of the TriVita website** or by calling priority customer service at 855-383-0238.

## WHY USE ARP?

### WITHOUT ARP:

- Remember to place your order each month before your run out of your daily supplements.
- Hope you're home when your order is delivered.
  - CoEnzyme Q-10 = 132 VitaPoints
  - Nopalea = 172 VitaPoints
  - MyoHealth = 240 VitaPoints

**Total VitaPoints:**  
**544 worth \$5.44**  
toward your next purchase

### WITH ARP—DOUBLE THE REWARDS:

- Your order is already placed. Go for a walk, play cards or take a nap.
- You scheduled the delivery date for when you're home, so go ahead and take that day-trip today.
  - CoEnzyme Q-10 = 264 VitaPoints
  - Nopalea = 344 VitaPoints
  - MyoHealth = 480 VitaPoints

**Total VitaPoints:**  
**1088 worth \$10.88**  
toward your next purchase





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