

EXPERIENCE  WELLNESS
TRIVITA[®]
DECEMBER 2018



*Our gift
to you!*

EARN **MEGA** **5X**
BONUS POINTS
with the **VITAPOINT HOLIDAY SPECIAL!**

See page 3



FREE SHIPPING ON ALL ORDERS OVER \$99

SEE PAGE 3



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

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

Merry Christmas!

What a joy to celebrate this annual event of the last 2000 years! For the next several weeks all around the world, people will be greeting each other, offering cheer and goodwill with a “Merry Christmas!” I love it!

One way we are celebrating Christmas is offering our Premier Members the opportunity to earn 5X VitaPoints on their entire order.

Last year this was very popular with our Members, and we are thrilled to bring it back this month. You may order any product in the catalog or online at Trivita.ca to earn 5X Vita Points all through the end of December. See page 3 for details.

TriVita’s quality products are formulated to support the body’s nine systems and organs which in turn boost your wellness. Learning to care for your body with diet, supplementation and the Essentials for Health and Wellness will contribute greatly to your overall well-being.

To ensure the quality of our products, we follow strict manufacturing standards. All TriVita products are manufactured in the USA in facilities certified cGMP by the FDA. This is one of the highest standards in the world.

After manufacturing, our products are rigorously tested for any impurities that may have been picked up during the manufacturing process. We take this a step further by subjecting our products to arduous third-party testing to ensure each product’s purity and formulation meets our exacting standards. Although third-party lab testing is not required by FDA, we expect product quality, label integrity and safety for our Members.

As we end this year in celebration of Christmas, we would like to express our gratitude to each of you for allowing us to be of service. We offer you the best of our prayers and wishes for a very Merry Christmas, Happy Holidays and a prosperous and Happy New Year!

Michael R. Ellison,
Founder of TriVita



5X VitaPoints

ON ALL ORDERS



Do you know how far your points can go?

Premier Membership benefits just went to a whole new level with the 5X Mega Bonus VitaPoint special offer. Earn five times VitaPoints on your order in December so you can save big on your next order.

The 5X Mega Bonus gives you an extra \$20 in VitaPoints for every \$100 you spend.

These savings can be used on future orders with no limits on what product you purchase or how much you order. Use your points on your favorite TriVita products like Nopalea, MyoHealth, Alfred Libby's B-12, Omega3 Prime, Vital C or any product of your choice!

Redeeming your VitaPoints is easy!

You can redeem your VitaPoints at TriVita.ca. For your convenience your VitaPoint balance is listed on your receipt so you always know how much you can save on your next order.

The Mega Bonus Points 5X special offer expires 12-31-18, so don't miss out on this great opportunity to earn and save! See page 30 for complete details on Premier Membership or call 1-800-344-8797.



STOCK UP
& EARN
5X

MyFloraDaily

\$44.99

Earn 180 VitaPoints!

X5= **900** VitaPoints worth \$9.00



MyoHealth®

\$59.99

Earn 240 VitaPoints!

X5= **1200** VitaPoints worth \$12.00



Nopalea™ 4-Pack

\$149.99

Earn 600 VitaPoints!

X5= **3000** VitaPoints worth \$30.00



FREE SHIPPING

ON EVERY ORDER OVER \$99

Offer valid on catalog pricing only, with standard shipping and expires 12-31-18.

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:

Healthy Webcasts You Shouldn't Miss...

TriVita Clinic of Integrative Medicine is proud to present this free, ongoing series of video webcasts, all designed to educate, delight and inform you on a variety of health-related topics—all on your computer or tablet and from the comfort of your own home. Visit TriVitaClinicEvents.com for more info.

Connecting with CARE

Our Customer CARE department is open to serve you from 8am–8pm EST, 5am–5pm PST, Mon–Fri.

- To order and speak with a Wellness Consultant, call us toll-free at **800-344-8797** or visit us online at TriVita.ca.
- To service your ARP or for billing/shipping questions, please call toll-free at **877-850-2968** or send an email to memberservice@trivita.com.

Best time to call

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

2pm–6pm EST, 11am–3pm PST, Tue–Fri.

Or visit TriVita.ca 24/7 to place your order with no delays, manage your ARP orders or track a package.

Interesting. Informative. Inspiring.

The **VitaJournal health & wellness blog** is packed full of health and wellness-related articles—updated on a regular basis. Be sure to check-out the latest postings throughout the month at blog.TriVita.com.

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Visit 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 7 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. 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.



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.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.

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

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: Katsansos 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

MYOHEALTH® 2PACK

SAVE!

If you're ready to start living stronger, the 2Pack offers the best value!

\$107⁹⁸

EARN 432 VITAPOINTS

SAVE \$12.00
OVER SINGLE PRODUCT PRICING!

PLUS:

FREE SHIPPING

on your entire order!

MyoHealth 2Pack includes your choice of two capsules, two powders or one of each.



More convenience. More savings.

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

CALL 1-800-344-8797 OR VISIT TRIVITA.CA TO ORDER

[†]Maximum 1,200 VitaPoints per order. See page 31 for more information on ARP.



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/>

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/

7 <https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>

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



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.¹

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*.²



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.

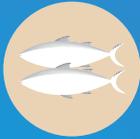


VITAMIN B-12 FACTOIDS

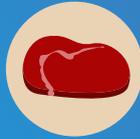
TYPICAL FOOD SOURCES¹



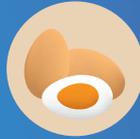
Shellfish



Fish



Meat



Eggs

BENEFITS OF B-12²



Energy



Mood Boost



Mental Clarity



Healthy
Skin & Hair



Better
Digestion



Helps Prevent
Anemia

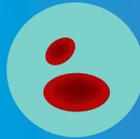
SIGNS OF B-12 DEFICIENCY³



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



STOCK UP
& EARN 5X

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.



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.

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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.
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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.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 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 15), Vitamin C (see *Vital C*, page 23), Vitamin D (see *Essential D*, page 22), Vitamin E, Vitamin K (see *VitaCal-MagD K2*, page 11), Betalains (see *Nopalea*, page 19), Omega 3 (see *Omega3 Prime*, page 20) 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

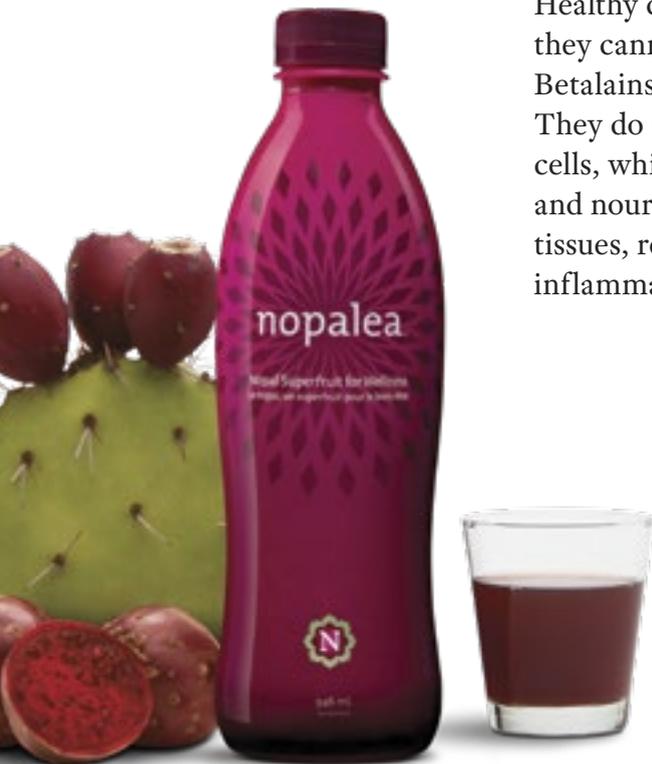
It's not possible to avoid every environmental and biological trigger, but you can support your immune system's normal and essential anti-inflammatory functions with Nopalea. Research on Nopalea has shown that it decreases inflammatory markers in the body such as CRP – C-reactive protein, which can be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

“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

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

STOCK UP & EARN 5X



Nopalea™ Single Bottle

#30710 **\$42.99**

Earn 172 VitaPoints!

Nopalea™ 4-Pack

#33400 **\$149.99**

SAVE \$21 OVER SINGLE BOTTLE PRICING!

Earn 600 VitaPoints!

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.

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding, have an iron deficiency or have a liver disorder. Stop if you develop symptoms of liver trouble such as yellowing of the skin/eyes (jaundice), stomach pain, dark urine, sweating, nausea, unusual tiredness and/or loss of appetite and consult a healthcare practitioner. Rare, unpredictable cases of liver injury associated with green tea extract-containing products have been reported (in Canada and internationally).



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



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.

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^{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}

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.





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:

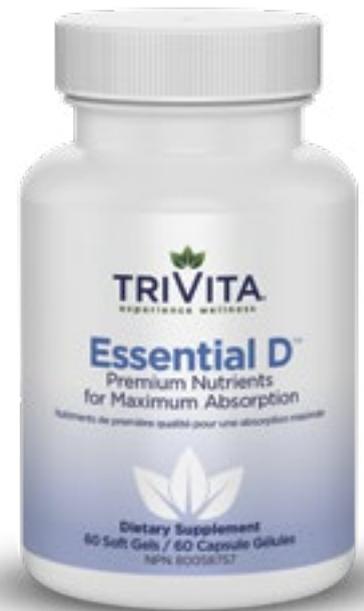
- Bone density
- Immune function
- Cognitive health
- DNA repair & maintenance
- Muscle health
- Heart health
- Cellular metabolism
- Colon, prostate and breast health⁷

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 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>



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

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.
- 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.

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.



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 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.



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.

THIS PRODUCT IS ALSO GREAT FOR:

 **ENERGY, STAMINA & PERFORMANCE SUPPORT**

CoEnzyme Q-10

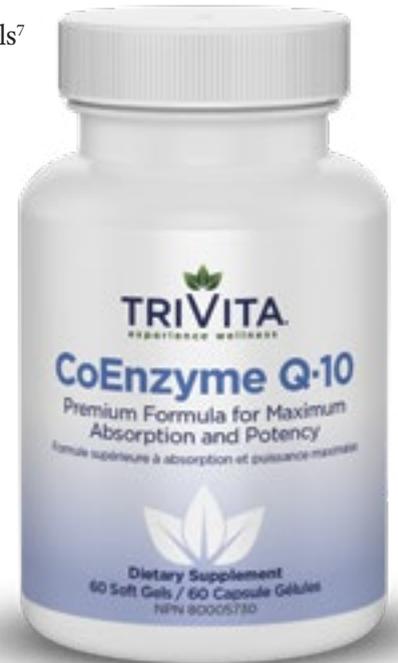
#31161 **\$32.99**

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:

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- 2 Littarru GP, et al. *Mol Biotechnol.* 2007 Sep;37(1):31-7
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- 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.
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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.

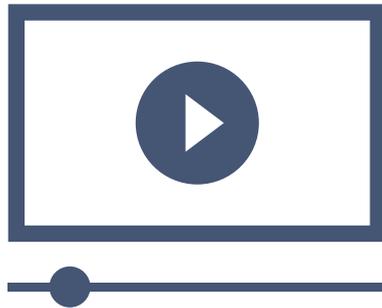
Other ingredients: Magnesium stearate, Silicon dioxide, Gelatin, Black currant juice powder, Modified food starch, Glucose syrup, Sucrose, Corn Starch.

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.
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- 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>

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TRIVITA CLINIC
of INTEGRATIVE MEDICINE



Enjoy a winter of wellness

Help your body deal with cold weather ailments



Winter weather is here, and whether you live in the far north or the Sunbelt, your body is undergoing additional stress. It could be no more than a few sniffles, or unexplained aches and pains.

It's true that winter comes with a whole new variety of health hazards that we need to be aware of and protect against. Some threats are obvious, such as heart attacks triggered by shoveling snow, while others are more subtle.

HEART ATTACK AND STROKE

Many winter heart attacks aren't caused by shoveling snow. In fact, winter heart attacks also increase in the Sunbelt where there's rarely snow. That's because winter's cold, not just snow, poses a threat. Our arteries respond to cold by constricting and making hearts work harder; that in turn can lead to heart attacks. Plus, the older you get, the harder it is to regulate body temperature, and that can also tax the heart.¹

VITAMIN D DEFICIENCY

Getting too little Vitamin D during winter is commonplace. Less sunlight results in less Vitamin D absorbed through the skin. Low levels of Vitamin D may increase the risk of a host of chronic diseases, such as osteoporosis, heart disease and multiple sclerosis, as well as infectious diseases, such as tuberculosis and even the seasonal flu.² It's difficult to get a sufficient Vitamin D supply from food alone; that's why you may want to consider taking a high quality Vitamin D supplement like TriVita's Essential D.

COLD

You can help prevent colds by washing your hands regularly. This destroys bugs that you could have picked up from touching surfaces used by other people.

FLU

Flu is a major killer of vulnerable people. People aged 65 and over and people with long-term health conditions including diabetes and kidney disease are particularly at risk.³ Talk to your healthcare provider about preventive options.

LUNG PROBLEMS

Cold weather tends to cause more respiratory problems, such as asthma and a greater risk of pneumonia. Emphysema may also worsen in the winter because cold and dry air narrows airways to make breathing more difficult.

PAINFUL JOINTS

Many people with arthritis notice that their joints become more painful in winter. That's because cold weather actually adds extra pressure and discomfort to your joints.⁴ Regular exercise may help relieve some of this pressure. Swimming is ideal exercise because it's easy on the joints.

GENERAL HEALTH RECOMMENDATIONS

Although winter makes it harder to maintain heart-healthy habits, doctors recommend engaging in regular exercise during winter. If you can't walk outside when it's too cold, you can still exercise at home, perhaps on a treadmill. For any winter activity, start slow and don't overdo it.

References:

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- 2 Vitamin D and Health. Harvard School of Public Health. Retrieved from <http://www.hsph.harvard.edu/nutritionsource/vitamin-d/>
- 3 People at risk for developing flu-related complications, Centers for Disease Control and Prevention. Retrieved from http://www.cdc.gov/flu/about/disease/high_risk.htm
- 4 When the Weather Gets Cold—winter health problems. NIH News in Health. Retrieved from <http://newsinhealth.nih.gov/2009/January/feature1.htm>



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.



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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.

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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

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- 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
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