

EXPERIENCE  WELLNESS  
**TRIVITA**®

JUNE 2019

# 20% OFF\* B-12 AND COENZYME Q-10

IT'S TIME TO INCREASE YOUR  
ENERGY, MENTAL CLARITY, AND  
CARDIOVASCULAR HEALTH.

STOCK-UP FOR THE SUMMER  
AND RECEIVE

**FREE SHIPPING**

ON YOUR ORDER OF \$99 OR MORE\*

\*See page 3 for offer details



CALL **1-800-344-8797** CLICK **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



## YOU CAN LIVE THRIVING, NOT JUST SURVIVING, WITH THE TINY PINK PILL!

TriVita is all about helping you thrive, and living life at your best. Feeling good is such a good feeling!

The Alfred Libby B formula is a powerful pink pill offering three essential (what your body needs but does not make) nutrients. These essential nutrients are vitamins B12, B6, and B9. All three with loading phases to help you thrive and live life the way you want to feel.

**Feeling your best begins with proper nutrient support at the cellular level.** Here is what the National Institute of Health (NIH) says, “Vitamin B-12 is a nutrient that helps keep the nerve and blood cells healthy. It also helps make DNA, the genetic material in all cells.” Vitamin B12 also helps prevent anemia which makes people feel tired and weak.

**This is what we have been saying at TriVita for twenty years. Your body needs these essential nutrients to help you thrive. Merely surviving is not an enjoyable way to live.** Thousands of TriVita Members buy this product, and many of them have been doing so for the last 15-20 years. But it is not just about feeling good and added energy, as so much more is happening.

Here is what Mayo Clinic says on their website, “Vitamin B6 (pyridoxine) is important for normal brain development and for keeping the nervous system and immune system healthy.” Vitamin B6 also helps make hemoglobin which carries oxygen to your cells. It also produces serotonin to help relax and create less anxiety and irritability.

**Also, be aware that B-vitamin deficiencies take away the feeling of thriving. According to NIH, tiredness and weakness, constipation, anemia, nerve issues such as numbness and tingling of the hands and feet, balance issues, confusion, poor memory, and cognitive decline can develop with a deficiency.**

How is deficiency possible? NIH reports, many older adults do not have enough hydrochloric acid in their stomach to absorb the vitamin B12 naturally present in food. So, people over 50 should get most of their B12 from fortified foods or supplements because in most cases, their bodies can absorb it more easily from these sources.

**TriVita’s original patented Libby formula not only provides large amounts of B12 and B6 but also offers the essential B9 nutrient missing from most other supplements. It is the powerful tiny pink pill that delivers all three essential nutrients.**

Each of you has a particular purpose for your lives, whether it’s supporting others in encouragement and special interests or how you are serving the family, community, and even nationally.

I trust your summer is full of doing the things you love and are purposed to do, enjoying the life you have chosen to live, and thriving with wellness!

Michael R. Ellison,  
Founder of TriVita



# 20% OFF\* B-12 AND COENZYME Q-10

## Alfred Libby's B-12

#35140 ~~\$21.99~~ **\$17.59**

**You Save \$4.40**

Earn 70 VitaPoints!

See page 9 for product info

## CoEnzyme Q-10

#31161 ~~\$32.99~~ **\$26.39**

**You Save \$6.60**

Earn 106 VitaPoints!

See page 10 for product info



VISIT [TRIVITA.CA/B12PACK](http://TRIVITA.CA/B12PACK) TO FIND OUT HOW YOU CAN **SAVE 30% ON B-12!**

**IT'S TIME TO INCREASE YOUR ENERGY, MENTAL CLARITY, AND CARDIOVASCULAR HEALTH WITH A 20% SAVINGS!**

**FREE SHIPPING** ON YOUR ORDER OF \$99 OR MORE.\*  
Valid on catalog pricing only, with standard shipping.

**\*HURRY! OFFERS EXPIRE 06-30-19**

CALL **1-800-344-8797** CLICK **TRIVITA.CA**

## 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 Director 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:



### Share Your Product Experience

At TriVita, we love hearing from our Members. Calling, emailing, and chatting with our dedicated Wellness Consultants is a fantastic way to have your voice heard. And now we're providing a way for you to help other TriVita Members and others interested in our products.

*By rating your favorite products and leaving a review, you can share your experience with thousands that are also looking to live with greater health and well-being. It's simple to do and can help others decide which products are right for them.*

## TO LEAVE A PRODUCT REVIEW:

Visit [www.TriVita.ca/Reviews](http://www.TriVita.ca/Reviews), enter the name of the product you wish to review in the Search Products box, then share your experience with others.

You can also review products you love on the individual product pages on the website.

We can't change the world, but with your help, we can change someone's world! Join us in our mission of sharing greater wellness for life purpose.

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\*Visit [TriVita.CA](http://TriVita.CA) for more information on this product.

## 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 13 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.



TRIVITA'S 3-IN-1 SLOW DISSOLVE

# B-12

## THE TINY PINK PILL THAT PACKS A PUNCH

B Vitamins are a group of nutrients that are instrumental in maintaining important metabolic and physiologic functions.

### YOUR BODY NEEDS VITAMIN B12 TO SURVIVE

Vitamin B12 is an essential vitamin. That means your body cannot produce it on its own and must absorb it through regular intake from diet and supplements.

### BENEFITS OF VITAMIN B12

Optimal levels of Vitamin B12 help support:

- Red blood cell formation and may prevent anemia<sup>1,2</sup>
- Bone health and may prevent bone degeneration<sup>1</sup>
- Vision and reduce risk of macular degeneration in aging people<sup>1</sup>
- Improved mood<sup>1</sup>
- Brain health and promotes healthy neurons<sup>1</sup>
- Energy<sup>1</sup>
- Normal function of nerve cells<sup>1</sup>
- Normal homocysteine and cardiovascular health<sup>1,2</sup>

#### References:

1. <https://www.healthline.com/nutrition/vitamin-b12-benefits>
2. <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>

### SIGNS OF VITAMIN B12 DEFICIENCY:

- Weakness and fatigue<sup>1,2,3</sup>
- Sensation or tingling in hands and feet<sup>1,2,3</sup>
- Changes in mobility and balance<sup>1,2</sup>
- Shortness of breath or dizziness when exerting<sup>3</sup>
- Blurred vision<sup>3</sup>
- Mood swings and irritability<sup>3</sup>
- Constipation<sup>2,3</sup>
- Loss of appetite<sup>2,3</sup>
- Poor memory<sup>1,3</sup>
- Soreness in mouth or tongue<sup>2</sup>



#### References:

1. <https://www.health.harvard.edu/blog/vitamin-b12-deficiency-can-be-sneaky-harmful-201301105780>
2. <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>
3. <https://www.webmd.com/diet/vitamin-b12-deficiency-symptoms-causes#2>

# VITAMIN B6—AN UNSUNG HERO

Vitamin B6 is an important compound that helps your body carry out over 100 critical processes that help maintain good health.

## **BENEFITS OF VITAMIN B6**

Optimal levels of Vitamin B6 help support:

- Improved amino acid metabolism<sup>1</sup>
- Protein synthesis<sup>1</sup>
- Brain health with cognitive development through biosynthesis of neurotransmitters<sup>1</sup>
- Normal homocysteine levels in the blood supporting cardiovascular health<sup>1</sup>
- Immune health<sup>1</sup>

### Reference:

1. <https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/?print=1>

## **SIGNS OF VITAMIN B6 DEFICIENCY:**

- Microcytic anemia<sup>1</sup>
- Scaling on lips<sup>1,2</sup>
- Cracks in the corner of the mouth<sup>1,2</sup>
- Depression, confusion and weakened immune function<sup>3</sup>
- Irritability<sup>3</sup>
- Abnormally acute hearing<sup>1</sup>
- Poor memory<sup>3</sup>

### Reference:

1. <https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/>  
2. <https://pi.oregonstate.edu/mic/vitamins/vitamin-B6>  
3. <http://pennstatehershey.adam.com/content.aspx?productId=107&pid=33&gid=000337>

# YOUR GO-TO HEALTH ESSENTIAL

Vitamin B9, commonly known as folate or folic acid, is essential to human growth, development and long-term health.

## **BENEFITS OF FOLATE (VITAMIN B9)**

Optimal levels of folate help support:

- Synthesis of new genes and cells during growth and healing process<sup>1</sup>
- Repair to damaged genes<sup>2</sup>
- Healthy aging process<sup>3</sup>
- Reduced risk of birth defects<sup>1</sup>
- Red and white blood cell formation in bone marrow<sup>4</sup>
- Converting carbohydrates into energy<sup>2</sup>
- DNA and RNA production<sup>1</sup>

### References:

1. <https://ods.od.nih.gov/factsheets/Folate-HealthProfessional/>  
2. <http://www.jhrr.org/article.asp?issn=2394-2010;year=2014;volume=1;issue=1;spage=5;epage=9;aulast=Mahmood>  
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1123448/>  
4. [https://www.hopkinsmedicine.org/healthlibrary/conditions/hematology\\_and\\_blood\\_disorders/anemia\\_of\\_folate\\_deficiency\\_85,P00089](https://www.hopkinsmedicine.org/healthlibrary/conditions/hematology_and_blood_disorders/anemia_of_folate_deficiency_85,P00089)

Signs of low levels of folate (Vitamin B9) are more difficult to detect, which is why it's important to work with your healthcare provider.



## **POSSIBLE SIGNS OF FOLATE DEFICIENCY:**

- Accelerated aging in skin, joints, muscles, other systems and organs<sup>1</sup>
- Low energy<sup>1</sup>
- Impaired healing process<sup>1</sup>

### References:

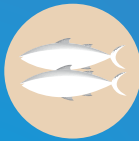
1. <http://www.jhrr.org/article.asp?issn=2394-2010;year=2014;volume=1;issue=1;spage=5;epage=9;aulast=Mahmood>

## VITAMIN B12 FACTOIDS

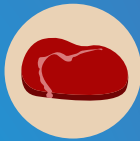
### TYPICAL FOOD SOURCES<sup>1</sup>



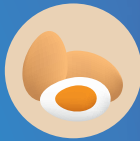
Shellfish



Fish



Meat



Eggs

### BENEFITS OF B12<sup>2</sup>



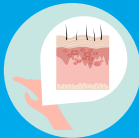
Energy



Mood Boost



Mental Clarity



Healthy  
Skin & Hair



Better  
Digestion



Helps Prevent  
Anemia

### SIGNS OF B12 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 B12 delivery system that delivers B12 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 B12 you need when you need it!

### Formulation features:

#### Alfred Libby's Slow Dissolve B-12

- 1,000 mcg of B12
- 400 mcg of folic acid
- Includes Vitamin B6 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

*“Your high standards and high quality are first rate, and I’ve never taken anything before or since that had the immediate and lasting impact Alfred Libby’s B-12 has made.”*

- Keith R., Member since 2000

**20%  
OFF!**

Offer Expires  
06-30-19

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

- Ivone V., Member since 2013

VISIT [TRIVITA.CA/B12PACK](http://TRIVITA.CA/B12PACK) TO FIND OUT HOW YOU CAN **SAVE 30% ON B-12!**

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

#35140 ~~\$21.99~~ **\$17.59**

**You Save \$4.40**

Earn 70 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.



## 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.

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

- Nancy S.,  
Member since 2003



**THIS PRODUCT IS ALSO GREAT FOR:**

**ENERGY, STAMINA & PERFORMANCE SUPPORT**

**CoEnzyme Q-10**  
#31161 ~~\$32.99~~ **\$26.39**  
**You Save \$6.60**  
**Earn 106 VitaPoints!**

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



### CoEnzyme Q-10

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

**Amount per serving:** CoEnzyme Q-10 50 mg.

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

**Contains soy.**

#### References:

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

# MYOHEALTH® 2PACK

**\$SAVE!**

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

**\$107<sup>98</sup>**  
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 an Auto Replenishment Program (ARP) order. **You'll receive 1,200 VitaPoints\* worth \$12 you can apply toward your next order of any TriVita product, for each month you continue to keep your ARP active.**

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

\*Maximum 1,200 VitaPoints per order. Call for more information on ARP.



# LIVE STRONGER AND BOLDER 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 [healthyeating.sfgate.com/many-amino-acids-body-require-6412.html](http://healthyeating.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 EAAsy 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 or Berry Crush 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 73 years old, and I started taking MyoHealth Essential Amino Acids about six months ago after listening to Dr. Wolfe's testimony. I've renovated my own house, put in a fence in my backyard and I work with my daughters cleaning houses every day. It's important for me to have the strength and endurance I need to continue doing the things I love and have always done no matter my age.”

— Pat A.  
Member since 2017

## 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.



# Building stronger, leaner muscles and keep them that way with 9 Essential Amino Acids

## MyoHealth® Essential Amino Acid Complex Vegan Powder

#30910 **Berry Crush** or  
#30870 **Lemonade**  
**\$59.99**

Earn 240 VitaPoints!

**Suggested use:** Adults, mix 1 (one) scoop of MyoHealth EAA Complex 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.*

**SPECIAL  
2PACK  
PRICING  
AVAILABLE**  
SEE PAGE 11



### MyoHealth® Essential Amino Acid Complex - Berry Crush Powder

**Quantity:** 192 g (6.77 oz) **Serving size:** 1 scoop (6.4 g)

**Amount per serving:** Patented Amino Acid Blend 3.6 G\*\***:** BCAA 2:1:1 (L-Leucine, L-Isoleucine, L-Valine), L-Lysine HCl, L-Leucine, L-Arginine, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan.

**Other ingredients:** Citric acid, Natural Flavour, DL-Malic acid, Natural Raspberry Ravour, Natural Lemon Flavour, Steviol glycosides, Rebaudioside A, Beet Root powder (colour).

### 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



## 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)
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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>



**Be honest.**

**When was the last time you  
*really talked with  
someone* about your  
personal wellness?**



Athletes have coaches. Musicians have coaches. Just about every professional has someone who helps guide them on their journey to achieving their goals.  
**And so can you!**

Wellness coaches focus on helping you recognize and achieve what you want out of life. They help you overcome challenges and set you on the path to greater wellness. **They don't simply tell you what to do, they help you discover ways to do what you desire to do**—whether it's dealing with relationships, loneliness and loss, stress management, productivity, fatigue and insomnia, nutrition and weight management, or general body system support.

**TriVita's Wellness Coaches can provide you with a personalized plan that helps you achieve your personal health and wellness goals!**

**Call or email today for your  
FREE 30-minute consultation  
with one of our experienced  
and friendly wellness coaches.**

**1-800-344-9431 • [wellnesscoach@trivita.com](mailto:wellnesscoach@trivita.com)**



TriVita Wellness Coaches are accredited by the International Coach Federation, the only globally-recognized, independent credentialing program for coach practitioners, via their Continuing Coach Education program.



# INFLAMMATION... Why should I care? about it.

Inflammation isn't just a trendy topic or an inconsequential fact of life. Inflammation is necessary, yes; but chronic inflammation can do more than cause minor aches and pains.

It can rob you of your vitality, health, and ultimately suck the joy out of life.

Protect yourself from being shortchanged by debilitating inflammatory responses and take control of your health. You have the power to live with energy, vitality, and true wellness.

# SIGNS *&* SYMPTOMS

Symptoms of inflammation can vary depending on whether the reaction is acute or chronic. Learn the ten most identifiable symptoms of inflammation.

## 1 *Pain*

Chemicals that stimulate nerve endings are released making the area more sensitive. The brain signals that something is out of balance or abnormal. Pain can occur in the chest, abdomen, joints, or muscles. Lingering, unexplained, and random pain is a lead indicator.

## 2 *Loss of Mobility*

Stiffness, soreness, or loss of function in the area inflamed is a common sign.

## 3 *Swelling*

A buildup of fluid can result in swelling or puffiness.

## 4 *Heat*

An inflamed area may feel warm to the touch, or fever may develop as the result of more blood flowing to the area.

## 5 *Redness*

Capillaries in the inflamed area begin to fill with more blood.

## 6 *Fatigue*

Studies show that inflammation interacts with the brain and nervous system in ways that cause decreased energy levels and fatigue.

## 7 *Digestive Issues*

Signs of poor digestion or digestive problems include gas, bloating, constipation, diarrhea, and acid reflux. These can be caused by an imbalance of the bacteria in the intestines as a response to inflammation.

## 8 *High Blood Glucose*

Research suggests that high levels of inflammation can alter how your body reacts to insulin and contributes to type 2 diabetes.

## 9 *Gum Disease or Infections*

Gum disease, or gingivitis, is inflammation of the gums. In early stages, bacteria builds up resulting in inflamed gums and can advance to periodontitis.

## 10 *Brain Fog or Memory Lapse*

One of the most common symptoms of brain inflammation is fuzzy thinking, disturbances mood, and memory function.

### References:

- 1 <https://www.healthline.com/health/chronic-inflammation#effects-on-the-body>
- 2 <https://www.ncbi.nlm.nih.gov/books/NBK493173/>
- 3 <https://www.medicalnewstoday.com/articles/248423.php>
- 4 <https://www.ncbi.nlm.nih.gov/books/NBK279298/>



## WHY DOES INFLAMMATION CREATE PHYSICAL DISCOMFORT?

The feeling of discomfort, distress, stiffness, pain, and even agony is common depending on the severity of inflammation. The type of discomfort may vary from constant, steady, throbbing, pulsating, stabbing, or pinching.

Inflammation-related discomfort primarily occurs because of swelling in the area pushing against the nerve endings sending signals to the brain all is not well. There are even other biochemical processes that may occur during inflammation affecting how the nerves behave which can enhance pain.

## IDENTIFYING HEALTHY ACUTE INFLAMMATION AND UNHEALTHY CHRONIC INFLAMMATION

Acute inflammation is a healthy immune response triggered by harmful bacteria, some toxins, or injury. This response protects and improves the healing process by releasing antibodies, proteins, and increased blood flow to the affected area. Acute inflammation is associated with a rapid onset and can last a few days or even weeks.

Chronic inflammation is generally caused by pathogens the body cannot breakdown, including viruses, foreign organisms such as toxins that remain in systems and organs, or an overactive immune response. The onset is slow with a duration of months or years creating tissue death, thickening, and scarring. Long term inflammation can lead to diseases, accelerating aging, and even death.

## WHAT CAN I DO TO HELP MANAGE HEALTHY INFLAMMATION?

### 1 FOODS TO EAT

One of the most powerful ways to combat inflammation is through a healthy, balanced diet. Dr. Frank Hu, professor of nutrition and epidemiology in the Department of Nutrition at the Harvard School of Public Health says, “Many experimental studies have shown that components of foods or beverages may have anti-inflammatory effects.”

#### Eat more foods like:

- Leafy Greens – Kale, spinach, arugula
- Fatty Fish – Salmon, tuna, mackerel
- Olive Oil
- Nuts – walnuts, almonds, pistachios
- Fruits – Blueberries, strawberries, cherries
- Tomatoes

### 3 PHYSICAL EXERCISE

There’s a growing body of research showing that inflammation-related diseases can be treated through physical exercise rather than pharmacology. And you don’t need to spend hours in the gym to see results. Just

### 2 FOODS TO AVOID

If you have chronic inflammation or want to avoid increasing inflammation levels, there are certain foods you should absolutely avoid!

#### Eat less of these foods:

- Refined Carbs – White bread, pastries, crackers
- Fried Foods – French fries, chips
- Sugar – Table sugar, high-fructose corn syrup, and sugar-containing foods and drinks like candy and soda
- Processed or Convenience Foods – Frozen meals, fast food, cookies, processed meats

#### Reference:

<https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>

keep moving with moderate daily exercise alongside a balanced anti-inflammatory diet, and you’re on your way to healthy aging with more wellness and less illness!

Reference: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3492709/>

*For educational purposes only.*



## Nopalea

# Healthy antioxidant support from the Sonoran superfruit

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 short time 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™ Single Bottle

#30710 **\$42.99**

Earn 172 VitaPoints!

### Nopalea™ 4-Pack

#33400 **\$149.99**

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

Earn 600 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.

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™

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.



Don't just cope...

# TAKE CONTROL.



*“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

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. That's why there's Adaptuit!



## Adaptuit

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

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


- **Eleutherococcus senticosus extract 4:1 (root):** Eleuthero is known to reduce cardiovascular responses to stress while helping with overall stress adaptation.<sup>1</sup>
- **Schisandra chinensis extract 10:1 (Fruit):** Vining shrub's berry is used in folk health practices to increase endurance, coordination, mental sharpness and work capacity.<sup>2</sup>
- **Rhodiola rosea root extract 4:1:** Russia's "Golden Root" herb may help both physical and mental performance while reducing fatigue under stressful conditions.<sup>3</sup>

*Eleutherococcus senticosus* root is believed to have adaptogenic effects on the adrenal glands, whereas *Rhodiola* and *Schisandra* are believed to act as central nervous system adaptogens.<sup>4-9</sup>

## ADAPTUIT ALSO CONTAINS THE UNIQUE CALMING COMPOUND L-THEANINE—AND HAS A DELICIOUS GRAPE FLAVOR!

- Adaptuit contains 125-375 mg of L-Theanine (the unique, calming compound present in green tea, but without the caffeine.<sup>10,11</sup>) per 29.5–88.7 ml. For comparison, there are approximately 25-60 mg of L-Theanine per 200 ml serving of tea.<sup>13</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>12,13</sup>

### THIS PRODUCT IS ALSO GREAT FOR:

 **ENERGY, STAMINA & PERFORMANCE SUPPORT**



### Adaptuit® 4-Pack

#33345 **\$149.99**

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

**Earn 600 VitaPoints!**

### Adaptuit®

#30770 **\$42.99**

**Earn 172 VitaPoints!**

**Suggested use:** Drink 30 to 60 ml daily.



### 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.

### References:

- 1 <http://onlinelibrary.wiley.com/doi/10.1002/smi.914/abstract>
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- 6 Huang L, et al. *Acanthopanax senticosus*: review of botany, chemistry and pharmacology. *Pharmazie* 2011;66:83-97.
- 7 Cicero AFG, et al. Effects of Siberian Ginseng on elderly quality of life: A randomized clinical trial. *Arch Gerontol Geriatr* 2004;Suppl 9:69-73.
- 8 Mocan A, et al. Comparative studies on polyphenolic composition, antioxidant and antimicrobial activities of *Schisandra chinensis* leaves and fruits. *Molecules* 2014;19:15162-15179.
- 9 Panossian A, Wikman G. Pharmacology of *Schisandra chinensis* Bail: An overview of Russian research and uses in medicine. *J Ethnopharmacol* 2008;118(2):183-212.
- 10 Nobre AC, Rao A, Owen GN. *Asia Pac J Clin Nutr* 2008;17(S1):167-168.
- 11 Juneja LR, et al. *Trends in Food Sci Technol* 1999;10:199-204.
- 12 Mu W, Zhang T, Jiang B. *Biotech Advances* 2015;33:335-342.
- 13 Kakuda T, et al. *Biosci Biotechnol Biochem* 2000;64(2):287-293.



## 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>

### 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://pi.oregonstate.edu/mic/vitamins/vitamin-d>





## 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/>




Premier | MEMBERSHIP



## 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 (8%) on your entire order?** There is no obligation and you can cancel or change your order any time.
- 3 Earn VitaPoints on personal product purchases** – You automatically receive points equal to 4% of the total value of your purchase on every product purchase you make.
- 4**  **Mega Bonus VitaPoint promotions** – Earn extra VitaPoints wherever you see the MegaBonus logo.

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



**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.



## Vital C

# An antioxidant for the maintenance of good health

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

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:

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- 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

# Everything you need, nothing you don't. One small tablet, once per day!

TriVita has crafted the ideal once daily multi-vitamin for anyone who wants *clean daily nutrition* without all the “bad stuff” found in many multi-vitamins on the market.

**1 TABLET**  
Formulated to help make your life healthy and easy!

## WITH VITADAILY —YOU DO GET—

**100%**  
DAILY  
VALUE



**19**  
ESSENTIAL  
VITAMINS &  
MINERALS



**1**  
TABLET  
THAT  
DISSOLVES



**30**  
MINUTES

## WITH VITADAILY —YOU DON'T GET—

**ARTIFICIAL**  
FOOD DYES

**FAKE**  
FLAVORS

**SYNTHETIC**  
PRESERVATIVES



### MEGA-DOSES

THAT OFFER MUCH MORE NUTRITION THAN YOUR BODY NEEDS, SIMPLY TO MAKE IT LOOK MORE POWERFUL.



**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>

### 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).

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



## 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.

# FEEL IT IN YOUR GUT

## *The importance of healthy internal bacteria*

It's vitally important to have a healthy immune system, but all too often the importance of healthy internal bacteria is overlooked.

From birth through adulthood, our gut microbiota becomes more diverse, and this diversity is imperative for proper development and overall health.<sup>1,2</sup> When we are in good health and maintain a consistent diet, our gut microflora tend to remain stable during adulthood.<sup>1,3,4</sup> But as

we age into seniority, these same microflora become less active and the number of potentially pathogenic bacteria in our gut may increase, while the number of good microflora may decrease.<sup>1,2,4</sup>

MyFloraDaily is a leading probiotic supplement that provides four strains of lactic acid producing bacteria<sup>5</sup> to help promote a diverse and balanced gut microflora and support overall gastrointestinal health.

### DID YOU KNOW?

- Probiotics are considered a foundational supplement. That means everyone should take a probiotic since they contain healthy internal bacteria, an important factor for maintaining healthy digestion and immune systems.
- When you are traveling or eating foods where your system needs a little extra support, probiotics can make a huge difference in how you feel.
- Probiotic foods include yogurt, sauerkraut, kefir and kimchi.<sup>6</sup>
- Having the right gut bacteria has been linked to numerous health benefits, including weight loss.<sup>7</sup>
- Probiotics have also been shown to reduce systemic inflammation, a leading cause of many diseases.<sup>8</sup>

#### References:

- 1 Mariat D, et al. The Firmicutes/Bacteroidetes ratio of the human microbiota changes with age. *BMC Microbiology* 2009;9(123):10.1186/1471-2180-9-123.
- 2 Conlon MA, Bird AR. The impact of diet and lifestyle on gut microbiota and human health. *Nutrients* 2015;7:17-44.
- 3 Ahang YJ, et al. Impacts of gut bacteria on human health and diseases. *Int J MOI Sci* 2015;16:7493-7519.
- 4 Saraswati S, Sitaraman R. Aging and the human gut microbiota—from correlation to causality. *Front in Microbiol* 2015;10.3389/fmicb.2014.00764.

- 5 Picard C, et al. Review article: bifidobacteria as probiotic agents — physiological effects and clinical benefits. *Alimnt Pharmacol Ther* 2005;22:495-512.

6 <https://authoritynutrition.com/probiotics-101/>

7 <http://www.fitnessmagazine.com/weight-loss/tips/advice/gut-bacteria/>

8 <http://www.ffhdj.com/index.php/ffhd/article/view/2>





## MyFloraDaily Probiotic

# Healthy Gut = Healthy Immune System

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>

- 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.

### 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 with maximum absorption.
- 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.

#### 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.
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