

EXPERIENCE  WELLNESS
TRIVITA[®]

AUGUST 2019

**HELP REDUCE
YOUR STRESS**

— AND —

**ENHANCE YOUR
HEART HEALTH**

adaptuit[®]

Daily Stress Relief
Premium Adaptogen Complex

Soulager le Stree quotidien
Prime Adaptogen Complexe

**SAVE
20%**

on **Adaptuit** and
Omega3 Prime.

See page 3



EVERY ORDER OVER \$99
SHIPS FREE! 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

Celebrating our 20th anniversary with our Members has been a blast! What a great time giving away cruises for two and \$1000 TriVita product packs. We have Members who have been with us since 1999 still enjoying wellness. Your wellness is our purpose!

But we are also aware of the everyday world we live in with the anxiety, stress, loneliness, and the many health issues people face today. According to a poll by the American Psychology Association, over 50% of the American population experiences heightened stress and anxiety. In Canada, the Canadian government website showed that over 3 million Canadian adults are now experiencing anxiety, mood, and mental health disorders, which significantly affects the quality of life.

Managing stress and anxiety is one of the most important things you can do for your health and well-being, especially for those over age 50. The adverse effects of extended anxiety and stress can affect the heart, brain, and nervous system. In my new book, *10 Habits of Wellness*, Chapter 2 is all about the habit of deep breathing. It is simple to do and is so effective in reducing anxiety and stress. You can even lower your blood pressure in practicing this fantastic technique.

Supplementing with Adaptuit and its powerful formula of adaptogens along with L-theanine is another proven way to help relieve stress. L-theanine with 44 mg/d per dosage was shown to safely reduce anxiety in a study published in the *Journal of Clinical Psychiatry* 2011 cited by PubMed.

I know so many people who benefit greatly from this wonderful formula as well as thousands of TriVita Members who order this product. **When you take 1-3 ounces of Adaptuit, you will feel the calming effects generally within 30 minutes.** I encourage you to do as I do, take this as a routine preparing for your restorative nightly sleep. See page 3 for offer details this month.

TriVita's Omega3 Prime is a high-quality omega product that is refined and pharmaceutically distilled to provide a pure form of omega-3 fatty acids. We not only believe in wellness for people but all of God's creation, including the ocean. TriVita supports sustainable harvesting and sourcing from Friend of the Sea (FOS) registered suppliers to conserve marine habitats and resources. **So when you take Omega3 Prime, you know it is good for your heart and brain, and good for ocean sustainability.**

I will close with one of my favorite passages of scripture, "Friend, I pray you will prosper in all things, and be in good health just as your soul prospers!"

Michael R. Ellison,
Founder of TriVita

HELP REDUCE YOUR STRESS

— AND —

ENHANCE YOUR HEART HEALTH

SAVE 20%

on **Adaptuit** and **Omega3 Prime**.

Adaptuit®

~~\$42.99~~ Now **\$34.39***

Earn 138 VitaPoints

See page 7

Omega3 Prime™

~~\$34.99~~ Now **\$27.99***

Earn 112 VitaPoints

See page 9



**ON EVERY
ORDER
OVER \$99***

* Offers valid while supplies last on catalog pricing only, with standard shipping and expires 08-31-19.



Call toll-free **1-800-344-8797** or order at 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



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.



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

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



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*Visit 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. 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.

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

20% OFF!
SAVE
\$8.60*

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.

- **Eleutherococcus senticosus extract 4:1 (root):** Eleuthero is known to reduce cardiovascular responses to stress while helping with overall stress adaptation.¹
- **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.²
- **Rhodiola rosea root extract 4:1:** Russia's "Golden Root" herb may help both physical and mental performance while reducing fatigue under stressful conditions.³

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.⁴⁻⁹

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.^{10,11}) per 29.5–88.7 ml. For comparison, there are approximately 25-60 mg of L-Theanine per 200 ml serving of tea.¹³
- 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.^{12,13}

THIS PRODUCT IS ALSO GREAT FOR:

ENERGY, STAMINA & PERFORMANCE SUPPORT



Adaptuit®

#30770 ~~\$42.99~~

NOW \$34.39

*Offer expires 08-31-19, while supplies last.

Earn 138 VitaPoints!

Suggested use: Drink 30 to 60 ml daily.

**BUY 4
SAVE \$34.40**

JUST \$137.56

Earn 550 VitaPoints!

PLUS, RECEIVE

FREE SHIPPING



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>
- 2 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.
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**NEW
PREMIER MEMBERSHIP
BENEFIT!**

SHARE *&* EARN

Some things in life are better shared like a home-cooked meal, a hike in the woods, and a lifetime of good health and well-being. It's easier than ever to share TriVita's quality, physician-approved products with the people you care about the most.

Our newest Premier Membership benefit allows you to **gift a \$20 gift card to a family member or friend – for free!** When they create a new TriVita account and activate their VitaPoint gift card, **you'll also receive \$20 in VitaPoints toward your next purchase.** Plus, you'll earn 20% of the total value of their first order and every product purchase for life!

**Share wellness with others,
earn VitaPoints and Save!**

See page at right to get started today.

Share and Earn in three easy steps:



1. Log on to **TriVita.ca** and sign-in to **“MyAccount”** in the top right corner using your Member ID and password.



2. Click **Share and Earn**.



3. Send a free \$20 Share & Earn gift card by using one of the **three sharing options** at the bottom; clickable link, email or printable PDF.

There's no limit to how many gift cards you can send, so share them with anyone you feel could benefit from TriVita's physician-approved wellness products and lifestyle programs.



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~~

NOW \$27.99

*Offer expires 08-31-19, while supplies last.

Earn 112 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.
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4 Cole GM. *J Nutr*. 2010, Apr;140(4):869-74.

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

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 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.**

TO ORDER: CALL 1-800-344-8797 CLICK [TRIVITA.CA/2PK](https://www.trivita.ca/2pk)

*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.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

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 60-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 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 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.



MyoHealth is essential for life, clinically proven to work, and guaranteed to help you perform or your money back!

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.

Build stronger, leaner muscles and keep it that way!



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



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^{1,2}
- Bone health and may prevent bone degeneration¹
- Vision and reduce risk of macular degeneration in aging people¹
- Improved mood¹
- Brain health and promotes healthy neurons¹
- Energy¹
- Normal function of nerve cells¹
- Normal homocysteine and cardiovascular health^{1,2}

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^{1,2,3}
- Sensation or tingling in hands and feet^{1,2,3}
- Changes in mobility and balance^{1,2}
- Shortness of breath or dizziness when exerting³
- Blurred vision³
- Mood swings and irritability³
- Constipation^{2,3}
- Loss of appetite^{2,3}
- Poor memory^{1,3}
- Soreness in mouth or tongue²



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 metabolism¹
- Protein synthesis¹
- Brain health with cognitive development through biosynthesis of neurotransmitters¹
- Normal homocysteine levels in the blood supporting cardiovascular health¹
- Immune health¹

Reference:

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

SIGNS OF VITAMIN B6 DEFICIENCY:

- Microcytic anemia¹
- Scaling on lips^{1,2}
- Cracks in the corner of the mouth^{1,2}
- Depression, confusion and weakened immune function³
- Irritability³
- Abnormally acute hearing¹
- Poor memory³

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 process¹
- Repair to damaged genes²
- Healthy aging process³
- Reduced risk of birth defects¹
- Red and white blood cell formation in bone marrow⁴
- Converting carbohydrates into energy²
- DNA and RNA production¹

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

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 organs¹
- Low energy¹
- Impaired healing process¹

References:

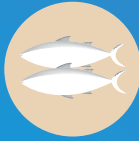
1. <http://www.jhrr.org/article.asp?issn=2394-2010;year=2014;volume=1;issue=1;spage=5;epage=9;aulast=Mahmood>

VITAMIN B12 FACTOIDS

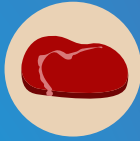
TYPICAL FOOD SOURCES¹



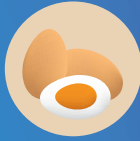
Shellfish



Fish



Meat



Eggs

BENEFITS OF B12²



Energy



Mood Boost



Mental Clarity



Healthy
Skin & Hair



Better
Digestion



Helps Prevent
Anemia

SIGNS OF B12 DEFICIENCY³



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

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

- Ivone V., Member since 2013

**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.



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

"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

Boost your immune system!

"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



BUY A 4-PACK, SAVE \$21.00

PLUS, RECEIVE

FREE SHIPPING

Nopalea™ 4-Pack

#33400 **\$149.99**

SAVE \$21 OVER SINGLE BOTTLE PRICING!

Earn 600 VitaPoints!

Nopalea™ Single Bottle

#30710 **\$42.99**

Earn 172 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™

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.



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 practitioner.



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.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/>



CoEnzyme Q-10

Premium potency for cardiovascular wellness and healthy heart support

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

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

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

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

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

- Nancy S.,
Member since 2003



THIS PRODUCT IS ALSO GREAT FOR:

ENERGY, STAMINA & PERFORMANCE SUPPORT

CoEnzyme Q-10

#31161 **\$32.99**

Earn 132 VitaPoints!

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



CoEnzyme Q-10

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

Amount per serving: CoEnzyme Q-10 50 mg.

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

Contains soy.

References:

1 <http://www.health.harvard.edu/blog/statin-use-is-up-cholesterol-levels-are-down-are-americans-hearts-benefiting-201104151518>

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

3 <https://nccih.nih.gov/health/supplements/CoQ-10>

4 Bliznakov EG. *Journ Amer Nut Assoc* Vol. 5, No. 3, Summer 2002.

5 http://www.fda.gov/ohrms/dockets/dailys/02/May02/052902/02p-0244-cp00001-02-Exhibit_A-vol1.pdf

6 Folkers-K. Langsjoen-P. Langsjoen-P-H. *Biochem-Biophys-Res-Commun.* 1992 Jan 15. 182(1). P 247-53.

7 Bor-Jen Lee. *Nutrition Journal* 2013, 12:142.

8 Gao L, et al. *Atherosclerosis.* 2012 Apr;221(2):311-6.

9 Langsjoen-P-H, et al. *Klin-Wochenschr.* 1988 Jul 1. 66(13). P 583-90.

10 Rosenfeldt FL, et al. *Hum Hypertens.* 2007 Apr;21(4):297-306.



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 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.



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.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

- 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.
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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.

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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).

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