

EXPERIENCE  WELLNESS
TRIVITA®

JANUARY 2020

NEW YEAR RESOLUTIONS:

- ✓ TAKE CONTROL OF MY HEALTH
- ✓ IMPROVE MY EMOTIONAL AND SPIRITUAL WELLNESS
- ✓ RECEIVE MORE VITAPPOINTS ON SUPPLEMENTS THAT WILL HELP ME DO BOTH!

**RECEIVE UP TO
6X VITAPPOINTS**

MORE POINTS...

ALWAYS!

See page 19



**FREE
SHIPPING**

**ON ANY ORDER
OVER \$99!**

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

Good health is a gift to be treasured and nurtured every day. TriVita joyfully shares these keys to helping you experience wellness: the essentials for 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

MORE VITAPOINTS...ALWAYS!

That is TriVita's 2020 goal for our Members. They love our loyalty VitaPoints, and our Premier Member program is now better than ever!

C.S. Lewis said, "You are never too old to set another goal or to dream a new dream." After 20 years of business, we dreamed of creating an even better Premier Member program, one that offers excellent value and convenient rewards. And now we're offering rewards up to 24% off product value, and even greater rewards for joining us in our mission of helping people experience greater wellness. **More VitaPoints...Always, is now there for you at your convenience 24/7, 365 days a year.**

Through the years, we have always tried to feature specific products and special prices at various times of the year. I have received personal letters from our members asking if there was a way any product could be ordered with pricing benefits at any time. New goal, new dream!

Today, I am thrilled to announce that you don't have to wait to order your favorite products. You can purchase what you want, when you want and receive even more VitaPoints! **Plus, every time you order, you can receive up to 24% savings in VitaPoints to redeem in the future.**

I am also thrilled to hear of the many people experiencing the benefits of Nopalea by reducing chronic inflammation. **It is one of the most important things you can do for your health!**

Join me in welcoming a new year. New are the hopes. New are the resolutions. New is the spirit in which we desire to serve you as our valued membership community, and our mission of helping people experience greater wellness.

Happy and blessed New Year!!

Michael R. Ellison, Founder of TriVita

MORE POINTS...
ALWAYS!



Premier | MEMBERSHIP

**Read all about the NEW
Premier Membership,
where you receive up to 6X
VitaPoints... Always!**

See page 19

MORE POINTS... **ALWAYS!**

Stop Waiting for Your Favorite Products to Go On Sale & Start Saving Today!

Now you can order whatever you want, whenever you want and receive up to 6X VitaPoints! Premier Membership has never been so rewarding.

See page 19 for full details on how you can receive *More Points...Always!*

MYOHEALTH®

Clinically Proven to
Support Muscle Strength & Function

**SPEND \$199.99 ON TRIVITA PRODUCTS
LIKE MYOHEALTH**



THAT'S 3200
VITAPPOINTS

worth
\$32.00



NOPALEA™

Clinically Proven to
Improve Joint Mobility & Range of Motion

**SPEND \$320 ON TRIVITA PRODUCTS
LIKE NOPALEA**



THAT'S 7680
VITAPPOINTS

worth
\$76.80



ALL ORDERS **FREE SHIPPING** **OVER \$99***

*Offer valid on catalog pricing only, with standard shipping. TriVita reserves the right to alter Premier Membership at any time.

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



Dr. 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.



TRIVITA 10 FOUNDATIONAL VALUES

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

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



PRODUCT INDEX:

Adaptuit™	25
B-12 (Alfred Libby's Slow Dissolve).....	21
CoEnzyme Q-10	28
Essential D™	26
MyFlora Daily Probiotic	23
MyoHealth® 2Pack.....	18
MyoHealth® Powder	17
Nopalea™	9
Omega3 Prime™	22
VisionGuard.....	30
VitaCal-MagD™ K2.....	27
VitaDaily™	31
Vital C™	29



UP TO 6X VITAPPOINTS ON ALL PRODUCTS... ALWAYS!

See page 19 for details.

What Members are saying about MyoHealth®:

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

– Sally L., Member since 2007

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

– Alana T., Member since 2003

See page 15 for more.



GLUTEN FREE TRIVITA PRODUCTS

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



CURRENT GOOD MANUFACTURING PRACTICES (cGMP) ASSURE THE HIGHEST QUALITY

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

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

SATISFACTION GUARANTEE

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

PAYMENT

TriVita accepts debit cards and all major credit cards, including Visa, MasterCard, Discover and American Express. You may also mail a personal check, money order or postal order (be sure to include applicable shipping, handling and taxes). We also accept electronic check—just call and your order can be deducted from your checking account securely without the delay in mailing your order. When sending check or money order, please add your member ID found in the blue box on the back cover of this catalog.

DELIVERY

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

FEATURED SPECIALS

Our featured specials are available by phone, fax, mail and online at TriVita.ca. 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.

Mobility. Flex Quality of Life

A person wearing a blue and white plaid shirt is kneeling in a garden, tending to the soil. A black dog is sitting next to them, looking towards the camera. The background is a soft-focus outdoor setting.

Inflammation and Limited Mobility

Inflammation is one of your body's defense mechanisms. Acute inflammation typically lasts just a few days. However, long-term inflammation can last for months and even years. Chronic inflammation can manifest itself in many ways; For some, symptoms can include poor sleep, fatigue, stiffness, aches, and pains.

Joint range of motion can naturally decline as you age, but it can also have several other causes. These include fractures, joint discomfort, muscle stiffness, pain, and inflammation. Loss of mobility and range of motion can inhibit your ability to perform daily tasks, live an active life, and fulfill your life's purposes.

ibility. e.



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.

PUTTING NOPALEA TO THE TEST

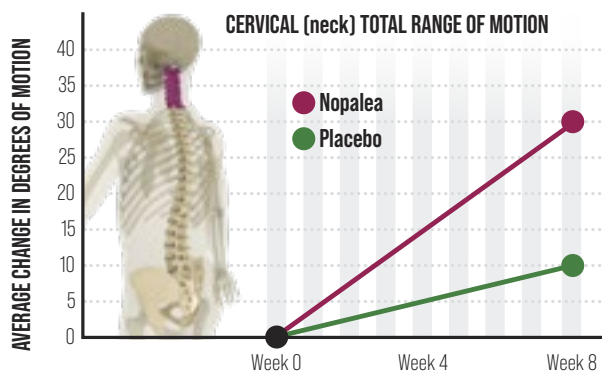
Your quality of life depends on your ability to remain active. Since we introduced Nopalea over ten years ago, we've heard from thousands of Members who've had terrific experiences using the product.

To put it to the test, we commissioned an independent randomized, double-blind,

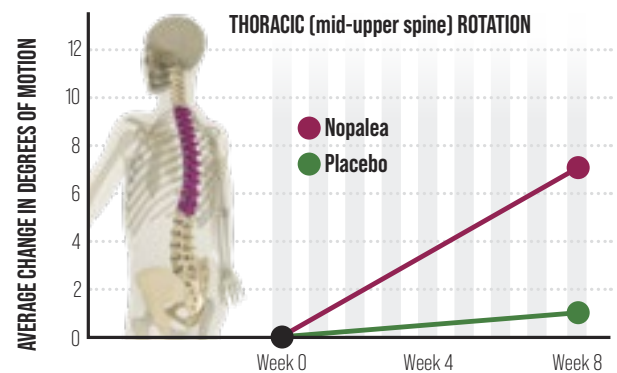
placebo-controlled clinical study on the effectiveness of Nopalea. **Study results showed that consumption of Nopalea improved mobility, flexibility, and range of motion in the neck, back and joints.** The outcomes also indicated it could help improve the overall quality of life.

NOPALEA STUDY TEST RESULTS

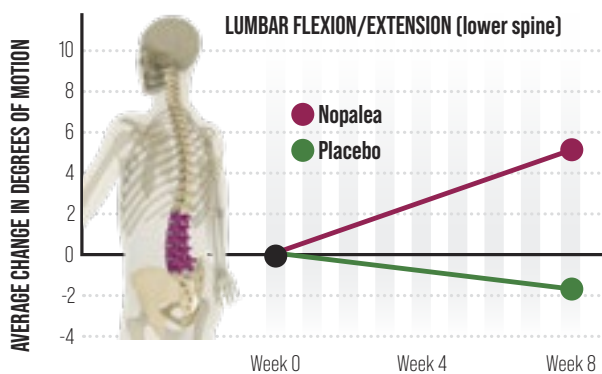
Reference: †Jensen, G. Evaluation of Activity Levels, Inflammatory Markers, and Overall Wellness. 2019.



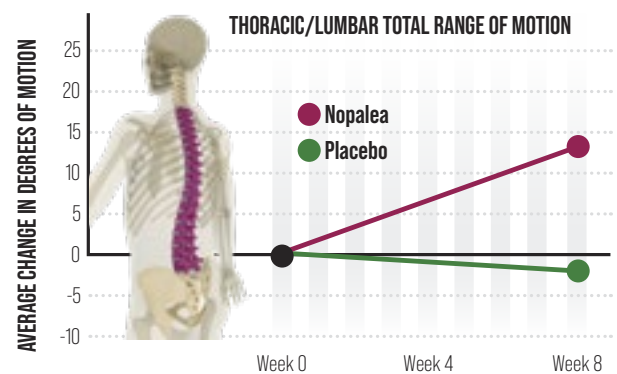
Cervical Total Range of Motion (ROM). Level of statistical significance when comparing all participants consuming Nopalea (pink) versus participants consuming the placebo (green).



Thoracic Rotation. Levels of statistical significance when comparing all participants consuming Nopalea (pink) versus participants consuming the placebo (green).



Lumbar Flexion/Extension. Levels of statistical significance when comparing all participants consuming Nopalea (pink) versus participants consuming the placebo (green).



Thoracic/Lumbar Total ROM. Levels of statistical significance when comparing all participants consuming Nopalea (pink) versus participants consuming the placebo (green).



Nopalea

Mobility. Flexibility. Quality of Life.

Nopalea is a delicious, nutrient-dense drink made with the fruit of the prickly pear cactus. It's brimming with antioxidants that support detoxification, healthy inflammation, and whole-body wellness. But it's also more than that; Nopalea is based on tradition and backed by science.

*Don't let stiff joints and limited mobility hold you back.
Restore your body's vitality and get moving!*

WITH DAILY USE, NOPALEA MAY IMPROVE YOUR QUALITY OF LIFE[†] BY HELPING YOUR BODY:

- Support the normal and essential anti-inflammatory function performed by the immune system
- Improve joint mobility and range of motion[†]
- Improve neck and back motion for greater mobility and flexibility[†]
- Lower elevated at risk levels of C-Reactive Protein[†]
- Reduce inflammation

MORE POINTS...
ALWAYS!

See page 19



Nopalea™ 4-Pack

#33400 **\$149.99**

**SAVE \$21.97 OVER
SINGLE BOTTLE PRICING!
+RECEIVE FREE SHIPPING!**

Receive 600 VitaPoints!

Nopalea™ Single Bottle

#30710 **\$42.99**

Receive 172 VitaPoints!

Suggested Use: Take 30 mL (1 oz) daily with food/meal, or as directed by a healthcare practitioner. Consult a healthcare 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.

What Members are saying:

“If it was not for Nopalea, I don't know if I would be able to care for my disabled daughter. It helps me, help her!”

– Gail F., Member since 2001

“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

“I've played golf most of my life. Around 2012 I had to quit playing due to inflammation in my body. After taking Nopalea, I'm now back on the course again. Since my health has improved, I'm having fun trying to do the same for my game!”

– Paul W., Member since 2013

“I suffered a knee injury a while ago and was already taking Nopalea at the time. My knee (and the rest of my leg) never got swollen. My doctor told me that swelling is normal during recovery and was amazed that I didn't have any. My recovery time was quick, and when he asked about it, I told him it was the Nopalea.”

– Doreen C., Member since 2005

“I had back and shoulder issues, so a co-worker recommended Nopalea. Now I feel good and will keep using it!”

– Maud M., Member since 2016

“I've been taking Nopalea for years. I love this product! If you give it a chance, it works!”

– Margaret W., Member since 2011

“Thank you, TriVita, for this remarkable product. It's the only one on the market that really works!”

– Dennis D., Member since 2006



LOWER INFLAMMATION with the Mediterranean Diet

By Dr. Paul Bernitt, DHH, Director of TriVita Clinic of Integrative Medicine

Inflammation is a natural and normal process. It is necessary for your survival and health. However, when inflammation goes unchecked, it can cause a host of issues and is linked to many of the chronic health conditions that plague modern society.

An anti-inflammatory diet is one of the most powerful ways you can combat chronic inflammation. One of the most well-rounded diets is called the Mediterranean Diet.

What is the Mediterranean Diet?

Numerous countries border the Mediterranean Sea, so there's no one "Mediterranean" Diet. But common dietary patterns share these characteristics:

- High consumption of fresh fruits, vegetables, whole grains, beans and other legumes, nuts and seeds
- Olive oil is an important fat source, and fish, namely red salmon, are primary protein sources
- Poultry, red meat and dairy products are eaten in moderation
- Tea, red wine and dark chocolate are also consumed in moderation

What to Eat

A balanced diet is essential when it comes to eating for wellness. An anti-inflammatory diet should include healthy proportions of the three macronutrients: complex carbohydrates, lean proteins and healthy fats. Below are the recommended ratios to ensure you get all the nutrients you need.

—Continued on next page

COMPLEX CARBOHYDRATES: 40% - 50%

Complex carbohydrates such as whole grains, peas, beans and vegetables provide essential vitamins, minerals and fiber. Fiber will help you regulate blood sugar and feel fuller for longer after meals. Fiber is also important for digestive health and regularity.

Eating a wide variety of foods is best as well as eating the rainbow. The color of your food can tell you a lot about its nutritional value. Fruits and vegetables come in every shade due to phytonutrients. Phytonutrients are natural chemicals that help plants fight off germs, bugs and other threats.

Red: Apples, beets, cherries, cranberries, grapes, pomegranate, raspberries, red onions, red peppers, strawberries, tomatoes, watermelon

Orange and Yellow: Cantaloupe, carrots, golden beets, grapefruit, lemons, mangoes, orange and yellow peppers, oranges, papayas, peaches, sweet potatoes, winter squash, yellow summer squash

Green: Arugula, asparagus, avocado, broccoli, Brussels sprouts, collard greens, green apples, green beans, green grapes, kale, peas, spinach, zucchini

Blue and Purple: Blackberries, blueberries, eggplant, figs, plums, prunes, red (purple) cabbage, red (purple) grapes

White and Brown: Cauliflower, daikon radish, garlic, jicama, mushrooms, onions, parsnips, potatoes

HEALTHY FATS: 30%

First things first, fats aren't bad. You've been told to avoid fat for decades, but that recommendation was misguided. Healthy sources of fats are essential for life, a healthy body and low inflammation. Dietary fat supplies your body with energy and supports cellular growth and health.

A Mediterranean-style diet contains moderate amounts of fat, much of which comes from monounsaturated sources like extra virgin olive oil and almonds, omega-3s from oily fish such as salmon and sardines, seafood and walnuts in addition to polyunsaturated fats from other nuts and seeds.

LEAN PROTEINS: 20% - 30%

It's essential to get enough protein each day. Protein is made up of amino acids, and your body uses protein to build and repair tissues, create hormones, enzymes and other chemicals, break down food and perform basic body functions.


The Mediterranean Diet is primarily a plant-based eating plan, but animal protein is eaten in small quantities. The preferred animal proteins are fish and seafood. This includes fatty fish like salmon, tuna and sardines, white fish and shellfish such as crabs, shrimp and lobster. Poultry, eggs, cheese and yogurt are also eaten, but less often, and red meat consumption is limited.

The Way You Eat Is Just as Important as What You Eat

The Mediterranean Diet is really a way of living. It focuses on wholesome foods, long meals with family and friends and enjoyment. Unsurprisingly, Americans are spending less time eating and enjoying their meals. On average, American adults spend 64.5 minutes eating and drinking as a primary activity and about 16.8 minutes eating as a secondary activity (like snacking while driving or working). In contrast, Europeans spend more than two hours eating and drinking.

Tips for Making the Most of Mealtimes:

- **Plan meals in advance** – Planning meals ahead of time will save you time and reduce your stress when it comes time to prepping, cooking and eating.
- **Share the responsibility** – Getting others involved in meal planning and prep is a great way to reduce the stress of mealtime and connect with family and friends.
- **Device-free dinners** – Use meals as an opportunity to talk to others without distractions like TV or phones.
- **Eat slowly** – Mediterranean dinners can last for hours. Eating meals in a slow and relaxed manner amplifies the social nature of sharing food and allows you the opportunity to enjoy it more.

A close-up photograph of a person's hand holding a small, brown bird. The hand is positioned palm-up, and the bird is perched on the fingers. The background is a soft, out-of-focus green. The text is overlaid on this image.

TriVita's Certified Wellness Coaches
can provide you with a

personalized plan

that helps you achieve your
personal health and wellness goals!

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.

**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



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.



LIVE STRONGER AND BOLDER AT ANY AGE™

WITH

MYOHEALTH®

FOR MEN & WOMEN WHO ARE READY TO:

- 1 Stimulate protein synthesis
- 2 Build lean muscle mass
- 3 Reduce muscle soreness and fatigue
- 4 Help improve balance
- 5 Boost stamina
- 6 Improve endurance
- 7 Improve blood flow performance
- 8 Help balance blood sugar levels
- 9 Minimize muscle tissue breakdown
- 10 Prevent muscle loss

MYOHEALTH QUICK FACTS:

- Easy to mix and fast-dissolving
- Great-tasting Lemonade or Berry Crush flavor
- No sugar or carbohydrates (only 24 calories per serving)
- Generally Recognized as Safe (GRAS) certified EAA formula
- GMO, Gluten & Caffeine-Free
- 100% Vegan formula
- Works with or without exercise (obviously, it works better with a regular exercise routine)

MyoHealth Results:

“My health kept getting worse, and it was pathetic the way I was living. But I tried the MyoHealth product, and it changed my life. I started working out consistently for the first time in years, and I can’t believe that at my age I have more muscle mass than when I played pro football.”

– Larry Kerychuk,
former pro football player
and MyoHealth fan

“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



“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



9 Essential amino acids: The backbone of MyoHealth®

Build muscle the EAAasy way

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

What's so important about Essential Amino Acids?

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

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

Available in a delicious, easy-to-mix Lemonade 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 is clinically **proven** to work, and **guaranteed** to help you perform or your money back!

MyoHealth® Essential Amino Acid Complex Vegan Powder

Berry Crush #30910 or Lemonade #30870 \$59.99

Receive 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.

Build stronger, leaner muscles and keep it that way!

SPECIAL 2PACK PRICING AVAILABLE

SEE PAGE 18



MyoHealth's 100% Vegan formula is GMO, Gluten & Caffeine-Free!



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 Flavour, 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® 2PACK

SAVE!

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

\$107⁹⁸

RECEIVE 432 VITAPOINTS

SAVE \$12.00
OVER SINGLE PRODUCT PRICING!

PLUS:

FREE SHIPPING

on your entire order!

MyoHealth 2Pack includes your choice of two Berry Crush, two Lemonade, 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. **MyoHealth 2Pack ARP orders receive 1,200 VitaPoints* worth \$12 you can apply toward a future order of any TriVita product, for each month you continue to keep your MyoHealth 2Pack ARP active.**

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

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



Premier MEMBERSHIP

MORE POINTS...
ALWAYS!

Premier Membership
is FREE and makes
buying TriVita products
more rewarding.

Visit
TriVita.ca/membership
or call
1-855-383-0238
for more information.

Stop Waiting for Your Favorite Products to Go On Sale & Start Saving Today!

As a Premier Member, now you can order *whatever you want, whenever you want* and receive up to 6X VitaPoints!

VitaPoints are valuable rewards that you can redeem toward your next purchase of TriVita products. For example:

Order Amount	VitaPoints Reward	Save Up To
\$0 - \$79.99	1X	\$3.20
\$80 - \$109.99	2X	\$8.80
\$110 - \$169.99	3X	\$20.40
\$170 - \$199.99	4X	\$32.00
\$200 - \$319.99	5X	\$64.00
\$320 or more	6X	\$76.80 or more!

Other ways to receive valuable VitaPoints

Auto Replenishment Program (ARP)

Sign up for convenient and free ARP to have your orders delivered automatically on your schedule, and receive 2X-6X VitaPoints

The rewards stack up effortlessly!

Share & Receive

Send a free \$20 gift card to a friend and receive \$20 in VitaPoints when they activate their card!

Sharing wellness has never been so rewarding!

And don't forget...

FREE SHIPPING

All orders over \$99 come with standard shipping absolutely free!

Every order receives a minimum of 4% of the total value of your purchase. VitaPoints are calculated on the product total after any reductions are applied. You may use VitaPoints as you receive them or let them accrue for up to 12 months from date of issue. **VitaPoints are redeemable online or by phone.** To check your VitaPoints balance, either visit TriVita.ca, sign in and click on My Account, call priority customer service at **855-383-0238** or check your latest TriVita invoice.

TriVita reserves the right to alter Premier Membership at any time.

THEY SAY ONLY BAD
THINGS COME IN THREES...

We beg to differ!

Alfred Libby's Slow Dissolve B-12 gives you:

- 1 Vitamin B12
- 2 Vitamin B6
- 3 Vitamin B9 (folic acid)

Combined in a tiny pink pill that dissolves
under your tongue to provide:

- 1 Energy
- 2 Mental Clarity
- 3 Focus

***So you see,
good things do
come in threes!***



Why Alfred Libby's Slow Dissolve B-12?

1

Optimal levels of Vitamin B12 support:¹

- Improved mood
- Brain health and promotes healthy neurons
- Energy
- Normal function of nerve cells

2

Optimal levels of Vitamin B6 support:²

- 100 critical processes that help maintain good health
- Brain health with cognitive development
- Cardiovascular and immune health

3

Optimal levels of Vitamin B9 (folate) support:^{3,4}

- Repair to damaged genes
- Healthy aging process
- Converting carbohydrates into energy

Alfred Libby's Slow Dissolve B-12 Tablets were formulated with his patented technology that enhances the absorption of these critical nutrients by slowly dissolving under the tongue. It is crucial to their effectiveness that you do not chew or swallow the pill whole.

Alfred Libby's Original Patented B-12 Tablets

#35140 **\$21.99**
Receive 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.

1,000 MCG OF B12
ORIGINAL BERRY FLAVOR
NO ARTIFICIAL PRESERVATIVES

MORE POINTS...
ALWAYS!

See page 19



THIS PRODUCT IS ALSO GREAT FOR:

 **CARDIOVASCULAR SYSTEM SUPPORT**

 **BRAIN & NERVE HEALTH SUPPORT**

References:

1. <https://www.healthline.com/nutrition/vitamin-b12-benefits>
2. <https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/?print=1>
3. <http://www.jhrr.org/article.asp?issn=2394-2010;year=2014;volume=1;issue=1;spage=5;epage=9;aulast=Mahmood>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1123448>



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.



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 and heart 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

In addition, according to the American Heart Association and the National Institutes of Health, omega-3s may help reduce the risk of hypertension (high blood-pressure) and coronary heart disease.^{6,7}

Several studies also demonstrate the anti-inflammatory properties of omega-3 fatty acids. Research suggests that omega-3s may help relieve joint discomfort and reduce symptoms of conditions such as rheumatoid arthritis (RA) and inflammatory bowel disease.⁸

The problem? Most of us don't get enough EPA or DHA.⁹

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

Sustainable: Ingredients sourced from Friend of the Sea suppliers – dedicated to conserve marine habitats and resources

Quality, every step of the way:

- Highly refined and pharmaceutically distilled to provide the most pure form of omega-3s
- High quality control standards that help ensure potency, limit fish oil oxidation, neutralizing fishy odor and aftertaste



THIS PRODUCT IS ALSO GREAT FOR:

BRAIN & NERVE HEALTH SUPPORT

HEALTHY INFLAMMATION SUPPORT

Omega3 Prime™

#31320 **\$34.99**

Receive 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 https://www.heart.org/HEARTORG/Encyclopedia/Heart-and-Stroke-Encyclopedia_UCM_445084_ContentIndex.jsp?title=omega%20%20fatty%20acids
 7 <https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/#h7>
 8 <https://academic.oup.com/ajcn/article/104/2/280/4668547>
 9 Kris-Etherton, et al. *Amer Journ Clin Nutr*, Vol. 71, No. 1, 179S-188S.



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****Receive 180 VitaPoints!**

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

MORE POINTS...
ALWAYS!

See page 19



MyFloraDaily Probiotic

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

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

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

References:

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

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.

- **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

ADAPUIT 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**

Receive 172 VitaPoints!

Suggested use: Drink 30 to 60 ml daily.

Adaptuit® 4-Pack

#33345 **\$149.99**

SAVE \$21.97 OVER SINGLE BOTTLE PRICING, PLUS RECEIVE FREE SHIPPING!

Receive 600 VitaPoints!



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* Baill: An overview of Russian research and uses in medicine. *J Ethnopharmacol* 2008;118(2):183-212.
- 3 <http://www.sciencedirect.com/science/article/pii/S0944711300800550>
- 4 Head, KA, Kelly GS. Nutrients and botanicals for treatment of stress: Adrenal fatigue, neurotransmitter, imbalance, anxiety, and restless sleep. *Alt Med Rev* 2009; 14(2):114-140.
- 5 Yan-Lin SY, Lin-De L, Soon-Kwan H. *Eleutherococcus senticosus* as a crude medicine: Review of biological and pharmacological effects. *J Med Plants Res* 2011;5(25):5946-5952.
- 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* Baill: 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.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**

Receive 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://lpi.oregonstate.edu/mic/vitamins/vitamin-d>

Ensure your calcium does what it's supposed to...

Vitamin K2 ensures the calcium (500 mg) in VitaCal-MagD K2 does what it's supposed to— promote the calcification of bones and prevent the calcification of blood vessels and kidneys.

Add in the benefits provided by magnesium (250 mg) and Vitamin D3 (500 IU), and you have a powerhouse of musculoskeletal support that other supplements on the market simply don't provide.

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 from food alone can be a challenge.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}



VitaCal-MagD™ K2

#30182 \$29.99

Receive 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.



MUSCULOSKELETAL SYSTEM SUPPORT

THIS PRODUCT IS ALSO GREAT FOR:



CARDIOVASCULAR SYSTEM SUPPORT



MEN'S & WOMEN'S HEALTH SUPPORT

VitaCal-MagD™ K2

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

Amount per serving: Vitamin D3 (as cholecalciferol) 500IU, Vitamin K2 (as menaquinone-7) 40 mcg, Calcium (as calcium citrate, calcium carbonate, microcrystalline hydroxyapatite, calcium bisglycinate chelate buffered) 500 mg, Phosphorus (as microcrystalline hydroxyapatite) 23.5 mg, Magnesium (as magnesium bisglycinate chelate buffered, magnesium aspartate and magnesium oxide) 250 mg, Boron (as boron citrate) 1.5 mg.

Other ingredients: Microcrystalline cellulose, coating (hypromellose, polyethylene glycol, sodium copper chlorophyllin, hydroxypropyl cellulose), stearic acid, croscarmellose sodium, magnesium stearate and silica.

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>



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**

Receive 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**

Receive 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**

Receive 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.



VisionGuard

Advanced vision formula to help you see life more clearly

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

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

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

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

PLUS:

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

Why does VisionGuard use FloraGLO® lutein?⁹

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

VisionGuard™

#30572 **\$32.99**

Receive 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).

FloraGLO® is a registered trademark of Kemin Industries, Inc. OPTISHARP® is a trademark of DSM

MORE POINTS...
ALWAYS!

See page 19



VisionGuard™

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

Amount per serving: Vitamine C (acide ascorbique) 152,9 mg, Vitamine E (succinate d'acide de d-alpha-tocophéryle) Alpha-tocophérol 33,48 mg, Zinc (citrate de zinc) 12,5 mg, Cuivre (gluconate de cuivre(II)) 500 mcg, Sélénium (sélénométhionine) 17,5 mcg, Lutéine ((3R,3'R,6'R)-bêta,epsilon-Carotène-3,3'-diol, rose d'Inde – oléorésine herbe en fleurs) FloraGLO® 5 mg, Zéaxanthine ((3R,3'R)-bêta,bêta-Carotène-3,3'-diol, rose d'Inde – oléorésine herbe en fleurs) OPTISHARP® 0,2 mg, Zéaxanthine (bêta-Carotène-3,3'-diol tout trans) 0,8 mg, Bleuet (Vaccinium myrtillus, Fruit) 50 mg, (4:1, QCE 200 mg), Extrait de pépins de raisin (Vitis vinifera, Pépins) 12,5 mg, Quercétine (2-(3,4-Dihydroxyphényl)-3,5,7-trihydroxy-4H-1-benzopyran-4-one, Quercétine dihydratée) 11,875 mg, Glycine (acide aminoacétique) 5 mg, N-acétylcystéine 10 mg, Taurine (acide 2-aminoéthanesulfonique) 50 mg, Acide alpha-lipoïque 25 mg, Rutine (3,3',4',5,7-Pentahydroxyflavone-3-rutinoside, Styphnolobium japonicum – bourgeon) 12,5 mg

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

References:

- 1 https://www.nei.nih.gov/sites/default/files/NEHEP-pdfs/nehep_5_year_agenda_2006.pdf
- 2 <https://nei.nih.gov/news/pressreleases/050513>
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- 5 Trieschmann, et al. *Eye* (2008) 22, 132–137.
- 6 Junghans A, Sies H, et al. *Arch Biochem Biophys*. 2001 Jul 15; 391(2): 160-4.
- 7 Richer S, Stiles W, Statkute L, et al. *Optometry* 2004; 75: 216-230.
- 8 Richer S, Devenport J, et al. *Optometry*. 2007 May; 78(5): 213-9.
- 9 <https://www.kemin.com/en/north-america/products/floraglo-lutein>



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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.



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