

EXPERIENCE  WELLNESS
TRIVITA®

FEBRUARY 2020

Celebrating your *beautiful*
heart... treat it well!



Good Thoughts +
Good Feelings =
HAPPY HEART

HEALTH IS WEALTH

SEE PAGE 8

RECEIVE UP TO
6X VitaPoints!

SEE PAGE 23

**FREE
SHIPPING**

ON ANY ORDER OVER \$99!*

SEE PAGE 3



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

ONE HEART. ONE LIFE. LOVE IT!

Again this month, we feature the 2X - 6X VitaPoints (up to 24% value) on every order at any time. No more waiting months for your favorite products to be on sale – now you can save on every order every day, along with free shipping!

With Premier Membership, you have the luxury of racking up more points on every, single product you order...all the time 24/7. And when you invite others, you will receive rewards every time a purchase is made by anyone you refer. More VitaPoints... Always.

February is heart health month, and we are featuring TriVita's heart health products. As you scan through the catalog, you will find the red hearts alongside each heart healthy product.

Please find Nopalea on page 7 for its science-backed value of helping manage chronic inflammation. It also helps lower elevated at risk C-reactive protein, which is an inflammatory marker that's especially important to know (and lower) for your cardiovascular health.

Harvard Medical School experts say you can conquer and control chronic inflammation. So with a balance of nutrients found in our heart products, along with the recommended diet in this catalog, and ample physical activity... your heart will thank you.

My motto: One Heart. One Life. Love it! Your heart is a muscle, and it will grow stronger with your daily love and care!

I would like to introduce you to Carolyn Permentier. She is our new Lifestyle Editor at TriVita. She has written an article in this month's catalog that I know you'll enjoy. It's called "Health is Wealth... How invested are you in Yours?"

I invite you to join with me in making our world better, helping yourself and others experience greater vitality!

Yours in wellness,

Michael R. Ellison, Founder of TriVita

MORE POINTS...
ALWAYS!



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

See page 23



**HAPPY
HEART**

No More Waiting for Your Favorite Products to Go On Sale!

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 23 for full details on how you can receive **More Points...Always!***



NOPALEA™ – Clinically Proven to Improve Joint Mobility & Range of Motion

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



**RECEIVE 6X
VITAPPOINTS**
THAT'S 7680
VITAPPOINTS

WORTH \$76.80

Redeemable on any future order

MORE POINTS...
ALWAYS!

ALL ORDERS  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.



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



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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 19 for more.



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

See page 23 for details.



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.

PUTTING NOPALEA TO THE TEST

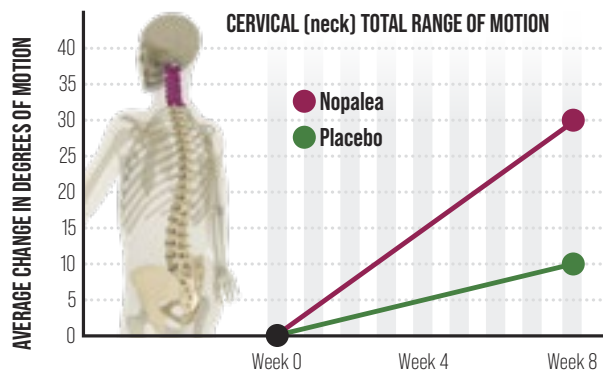
Your quality of life depends on your ability to remain active. Since we introduced Nopalea over ten years ago, we've heard from thousands of Members who've had terrific experiences using the product.

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

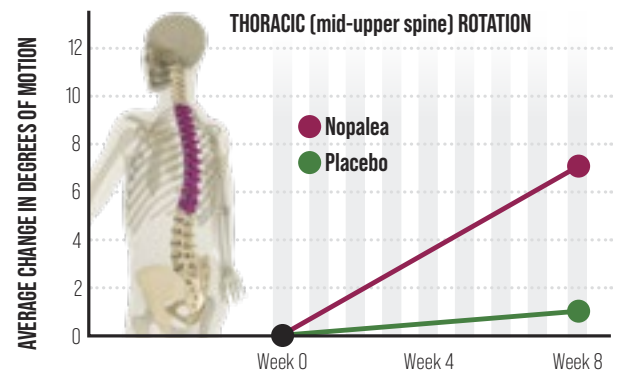
placebo-controlled clinical study on the effectiveness of Nopalea. Study results showed that consumption of Nopalea improved mobility, flexibility, and range of motion in the neck, back and joints. The outcomes also indicated it could help improve the overall quality of life.

NOPALEA STUDY TEST RESULTS

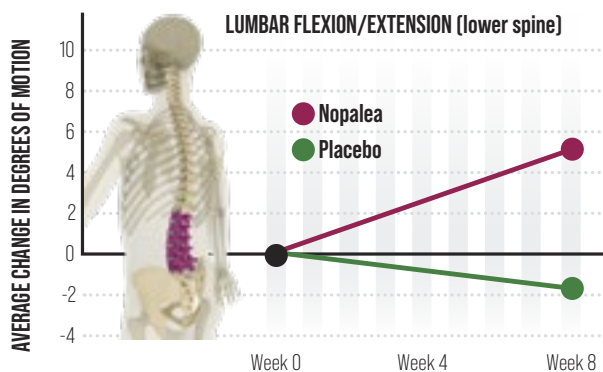
Reference: †Jensen, G. Evaluation of Activity Levels, Inflammatory Markers, and Overall Wellness. 2019.



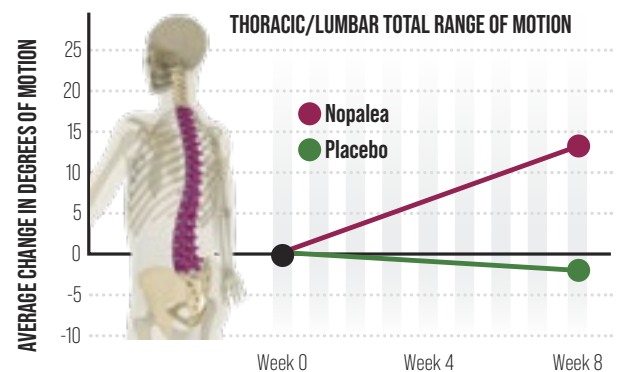
Cervical Total Range of Motion (ROM). Level of statistical significance when comparing all participants consuming Nopalea (pink) versus participants consuming the placebo (green).



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 23

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

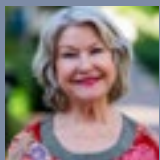
Ingredients: Proprietary Blend Total 10.1 g: Nopal Fruit Puree (*Opuntia ficus-indica*), Beet Juice Powder (*Beta vulgaris*), Cranberry Powder (*Vaccinium macrocarpon*), Papaya Fruit Powder (*Carica papaya*), Orange Juice Powder (*Citrus sinensis*), Tomato Concentrate Powder (*Lycopersicon esculentum*), 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.



Health is Wealth...

How invested are you in Yours?



*by Carolyn Permentier,
Lifestyle Editor*

Most of our adult lives are focused on working, saving and investing as much money as possible for our family's future. But not nearly enough emphasis is placed on creating and maintaining our health. And when you think about – what good is accumulating financial wealth, if we're not healthy enough to enjoy our lives?

It makes no sense at all, yet this has been the case for millions of people in the Western world for a very long time. Perhaps you can relate?

Today, more than ever before in our history, people are waking up and taking back control of their health and wellbeing.

“If it’s to be, it’s up to me!”

That’s one of my personal sayings, and it applies to my health as well. I prefer to take good care of my body, so my body can take care of me.

As we all know – those of us who have lived long enough – we can mistreat (or neglect) our bodies while we’re young, without paying the piper. But sooner or later, the effects will start to show up, if we don’t **do** something different.

Little by little, imperceptible at first, we may start to notice how we get a little more agitated than we used to. Or our minds don’t seem as sharp as they once were. And if you have grandkids, I’ll bet your energy levels are not as high as when your children were young, right?

I remember my mother saying, “I’m glad the Good Lord gave me my children when I was young... because I sure don’t have the energy to do it now!” She said that on numerous occasions, as she watched me running around with my two, young sons like the Energizer Bunny.

Now that I have grandchildren of my own, I have a much better appreciation of what she meant. Life is such a great teacher, isn’t it? So we grow, we learn, and then we adapt. And when we know better, we do better.

Because I know that health is wealth, what can I do to take better care of my body? What can I give it, so I can live a long, happy and vibrant life? I put an emphasis on ‘vibrant’ because I don’t want to just live longer... I want to live healthy, while living much longer. I bet you feel the same way too!

We’re fortunate today to have so many amazing advancements in health care. We’ve come a long way and have experienced so many breakthroughs in science and medical technology.

While we’ve made great strides, there are still some very worrisome challenges to overcome. Challenges that often prevent us from living the joyful, healthy lives that we all want and deserve. The kind of health that I believe is our birthright.

As we look at these challenges, there are some very **positive** things happening that you’ll want to know about. Knowledge is power—but only when we **DO** something with that knowledge.

I want to share some information about the culprit behind many chronic diseases that continue to plague so many people... **chronic inflammation.**





CHRONIC INFLAMMATION AND WHAT YOU CAN DO ABOUT IT

First, let's distinguish between 'acute' inflammation and 'chronic' inflammation. Acute inflammation is what happens when you cut your finger or get stung by a bee – or when bacteria gets into your system some other way.

What happens? Well, first you feel the pain, swelling and redness. This is the intelligence of your body, rushing in to attack any foreign invaders. They will be quickly neutralized, and you'll feel better very soon.

But what about inflammation that your immune system fails to eliminate quickly and, instead, morphs into a condition that can last for many months – or even years?

This is called chronic inflammation. It's when your white blood cells attack nearby healthy tissues and organs (looking for the bad guys), which sets up a chronic inflammatory process.

Left unchecked, this inflammatory process plays a central role in some of the most challenging diseases of our time, according to a Harvard Medical School Guide, *Understanding Inflammation*:

- Heart disease
- Cancer
- Rheumatoid arthritis
- Asthma
- Diabetes
- Alzheimer's



WHAT DOES SCIENCE SAY ABOUT CHRONIC INFLAMMATION?

Scientists suggest many factors contribute to chronic inflammation, including genetics, exposure to environmental toxins, and lifestyle factors.

There's not much you can do about your genes. And it's an ongoing challenge to avoid toxins, like polluted air, heavy metals and pesticides... even though we do our best.

We can, however, make some lifestyle changes that are just common sense. We can make sure we eat healthy fats, instead of the unhealthy ones. We can avoid processed foods. We can exercise. And we can (and must) get plenty of sleep, so our body can restore itself.

Our body is an amazing vehicle, but it does require some TLC to run efficiently.

You've probably heard the old saying, "You are what you eat." I feel there's a lot of truth to that -- and the *British Journal of Nutrition* agrees. In their May 2016 edition, they summarized a number of studies, supporting the notion that dietary polyphenols **may lower inflammation** in the body.

Which foods are high in polyphenols, you may ask? They include:

- Onions
- Red grapes
- Green tea
- Coffee
- Turmeric
- Cherries
- Plums
- Dark, leafy green vegetables (spinach, kale, collard greens)



And the Harvard Medical School Guide, *Understanding Inflammation*, suggests a few specific foods that provide healthy doses of omega-3 fatty acids, which have LONG been shown to reduce inflammation:

- Olive oil
- Flaxseed oil
- Fatty fish (salmon, sardines and mackerel)

Now, this is amazing because omega-3s can cross the blood-brain barrier, so they may even help lower inflammation associated with Alzheimer's disease and reduce the risk of stroke.

More Ways to Combat Chronic Inflammation

In addition to eating all the healthy foods we can, we can help our body by avoiding the bad stuff. Leave off the sodas, refined carbs and processed foods as much as possible. Exercise regularly, manage your body weight (obesity is a risk factor for inflammation). Also, don't smoke. And by all means... get enough sleep!

You'll also want to see your doctor and dentist for regular check-ups. Good oral health is mandatory to prevent inflammation. (See page 13 in the Harvard guide on inflammation.) If you don't have one, just call us, and ask how to get yours.

There's a test you need to ask your doctor to run for you. Chances are s/he won't offer it, but you can be assertive and ask for it. It's very inexpensive and may reflect the level of inflammation in your body.

What test, you ask? See the next page...

CRP BLOOD TEST FOR HEART DISEASE

C-reactive protein (CRP) test has been recognized in recent decades, as a potential measure of risk for heart disease. Scientists believe that atherosclerosis is the result of the process of damage, repair, and inflammation in the linings of the arteries.

Early detection is key to knowing what's going on inside our bodies.

Even though tests for cholesterol provide a lot of useful information – about HALF of heart attacks occur in people with normal cholesterol numbers!

Several studies have shown that, among people with normal cholesterol numbers, those with increased CRP levels have a “several-fold” higher risk for heart problems.

Additional research has shown CRP to be a BETTER predictor of cardiovascular events than other inflammatory markers. These cardiac events include heart attacks, strokes, bypass surgery, and angioplasty. (See the Harvard guide for more details.)

Inflammation is no joke. The World Health Organization (WHO) ranks chronic diseases as the greatest threat to human health. And the prevalence of diseases associated with chronic inflammation is anticipated to increase persistently for the next 30 years in the United States.



A FEW STATISTICS THAT DRIVE HOME THE CONCERN:

- 125 million Americans were living with chronic conditions in 2012. And 61 million (21%) had more than one.
- Nearly 60% of Americans had at least one chronic condition in 2014
- 42% of Americans had more than one condition in 2014
- 12% of adults had 5 or more chronic conditions in 2014
- Worldwide, 3 of 5 people die due to chronic inflammatory diseases like stroke, chronic respiratory diseases, heart disorders, cancer, obesity and diabetes.

TIME TO RECLAIM RESPONSIBILITY FOR YOUR HEALTH

Our natural state is health. It is our birthright. But our lifestyle choices, environmental toxins and stresses of modern life ALL conspire to rob us of a vibrant, healthy and joyful life.

It's time to reclaim yours. Time to put more emphasis on creating health than creating financial wealth... because health is wealth!

At TriVita, our commitment is to help you enjoy a healthy physical, emotional and spiritual life.

- We want to help you take care of your body because you only get one.
- We want to inspire you toward positive emotions that play a huge part in your health.
- We want to encourage you to live a life with meaning and purpose, as you attune to your Spiritual nature.

We've created a product that many people are finding helpful to combat the effects of chronic inflammation – Nopalea. Check it out, and see what you think. We're just a phone call away, if you have any questions.

It's our honor to serve you.

Carolyn Permentier
Lifestyle Editor

P.S. I will be writing an article in the catalog each month, so if there's a special topic you would find interesting, please let our CARE team know, and they'll pass on your request to me.



7 super foods for a healthy heart



By *Christa Orecchio,*
Clinical and Holistic Nutritionist

There are lots of things we can do to keep our hearts healthy, and eating right is one of the most important. By including more of these everyday “super foods” into your diet, you’ll be on the right track.

BLUEBERRIES

They top the list as one of the most powerful disease-fighting foods. These delicious jewels are also packed with fiber, Vitamin C and heart-healthy potassium. Add them regularly to yogurt, smoothies, trail mix, salads or just eat them by themselves.

ALMONDS AND WALNUTS

These are two very healthy snack choices. They’re high in plant omega-3 fatty acids, Vitamin E, magnesium, folate, fiber, heart-favorable mono- and polyunsaturated fats and phytosterols.

WILD SALMON

This cold-water fish is a great source of protein and packed with heart-healthy omega-3 fatty acids that work to slash inflammation.

OATMEAL

Oats are a nourishing whole grain and a great source of vitamins, minerals and cholesterol-lowering fiber. Research shows that oats help lower cholesterol levels and keep you regular.

KALE

Even stronger than spinach, kale is the powerhouse of the vegetable kingdom, containing phytochemicals, vitamins, and minerals (especially folate and iron) that also promote heart health and help preserve eyesight. To top it off, kale is also the “king of calcium”: it delivers the highest absorbable form of calcium possible.

FLAXSEED

Rich in omega-3 fatty acids, cancer-fighting lignans, phytoestrogens and fiber. Studies suggest that flaxseed lowers the risk of blood clots, stroke and irregular heartbeats. It may also help lower LDL “bad cholesterol” and triglycerides.

BROWN RICE

Contains high levels of B-complex vitamins and magnesium, which nourish our central nervous system. Vitamin B-12 and Vitamin B-6 in particular protect against blood clots and atherosclerosis, or hardening of the arteries. Niacin (Vitamin B-3) helps increase HDL “good” cholesterol.

References:

Salmon: http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Fish-and-Omega-3-Fatty-Acids_UCM_303248_Article.jsp#

Oats: <http://www.ncbi.nlm.nih.gov/pubmed/7840076>

Can omega-3s help reduce the risk of heart attacks and CHD?



The Vitamin D and Omega-3 Trial (VITAL) studied the impact of EPA & DHA omega-3s on 25,000 healthy subjects

28% reduced risk of HEART ATTACKS*

17% reduced risk of CORONARY HEART DISEASE (CHD)**

The results strengthen the argument that **omega-3s may reduce the risk of heart attack and CHD** in those without cardiovascular disease.

Findings at <http://bit.ly/VITALresults>



*statistically significant secondary outcome **statistically significant

↓ EPA AND DHA OMEGA-3S MAY LOWER YOUR RISK OF CORONARY HEART DISEASE ↓



Coronary Heart Disease (CHD) kills:

370,000+ people in the U.S. each year and **7 million+** worldwide

Studies show that getting enough EPA and DHA omega-3s can benefit heart health. EPA and DHA can help maintain:



Healthy triglyceride levels



Healthy blood pressure

A recent study published in **Mayo Clinic Proceedings** found that **EPA and DHA consumption may reduce the risk of CHD, particularly in higher risk populations:**

↓ **16%** in those with high triglycerides

↓ **14%** in those with high LDL cholesterol



Expert global scientific organizations recommend

250-500mg of EPA and DHA per day for adults

+++ There are **3 ways** to add more EPA and DHA to your diet: +++



Eat fatty fish, like salmon, tuna or sardines



Take an omega-3 supplement



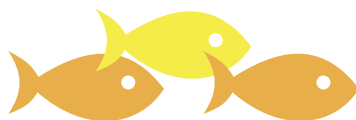
Consume foods fortified with EPA and DHA



Reference: <http://alwayssome3s.com/chd-references> | © GOED

HOW THEY HELP YOUR HEART

EPA & DHA omega-3s have been shown to support normal triglycerides and blood pressure, and they may also reduce the risk of cardiovascular disease.



There are more than 27,000 published studies on omega-3s, making them some of the most studied nutrients in the world.

EPA & DHA are the most important omega-3s in your diet — and you can get them from a variety of sources, including seafood, fortified foods, and dietary supplements.

References: Am J Hypertens 2014; EFSA Journal 2009; FDA Response to Martek Health Claim Petition, 2003; Fulgoni et al, 2013; Mozaffarian et al, PLoS Med. 2011; PubMed 2013.





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

Pleasant: Natural lemon-flavored soft gels—no fishy odor or aftertaste

Convenient: Just two small, easy-to-swallow soft gels make omega-3s a breeze to take

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.
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 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.



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.



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.
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- 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.



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 22



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 864 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.

No More Waiting for Your Favorite Products to Go On Sale!

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.

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 23



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.

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

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**

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.
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- 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.

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- 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>



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 23



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 (séléénométhionine) 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>
- 3 Obana A, et al. *Ophthalmology*. 2008 Jan;115(1):147-57.
- 4 Koushan K. *Nutrients*. 2013 May; 5(5): 1823–1839.

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



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VitaDaily™

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

Amount per serving: Vitamin A (as retinyl acetate & 50% beta-carotene) 5000 IU, Vitamin C (as ascorbic acid) 100 mg, Vitamin D3 (as cholecalciferol) 1000 IU, Vitamin E (as d-alpha-tocopheryl succinate) 30 IU, Vitamin K (as phytonadione) 30 mcg, Thiamin (as thiamin mononitrate) 1.5 mg, Riboflavin 1.7 mg, Niacin (as niacin) 20 mg, Vitamin B6 (as pyridoxine HCl) 2 mg, Folate (as folic acid) 400 mcg, Vitamin B12 (as cyanocobalamin) 6 mcg, Biotin 300 mcg, Pantothenic acid (as D-calcium pantothenate) 10 mg, Calcium (as calcium carbonate, calcium citrate & dicalcium phosphate) 100 mg, Phosphorus (as dicalcium phosphate) 7 mg, Iodine (from kelp) 150 mcg, Magnesium (as magnesium citrate & oxide) 25 mg, Zinc (as zinc citrate) 15 mg, Selenium (as selenomethionine) 70 mcg, Copper (as copper gluconate) 2 mg, Manganese (as manganese gluconate) 2 mg, Chromium (as chromium polynicotinate) 120 mcg, Molybdenum (as sodium molybdate) 75 mcg, Potassium (as potassium chloride) 25 mg, Choline (as choline bitartrate) 25 mg, Inositol 25 mg, Lutein 500 mcg.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, silica and film coat (hypromellose, hydroxypropyl methylcellulose, and polyethylene glycol).

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

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