

E X P E R I E N C E W E L L N E S S

SEPTEMBER 2016



TRIVITA®

REDUCE *your*
INFLAMMATION
RENEW *your* **LIFE**

See page 4



FREE NOPALEA™ CAPSULES
(90-COUNT) WITH EVERY
NOPALEA 4-PK (see page 3)



CALL TOLL-FREE 1-800-991-7116 OR ORDER AT TRIVITA.COM

TEN ESSENTIALS for HEALTH & WELLNESS

Good health is a gift to be treasured and nurtured every day. TriVita joyfully shares these keys to helping you experience wellness: the 10 essentials of physical, emotional and spiritual health.

PHYSICAL

1. Breathe Deeply
2. Drink Water
3. Sleep Peacefully
4. Eat Nutritiously
5. Enjoy Activity

EMOTIONAL

6. Give and Receive Love
7. Be Forgiving
8. Practice Gratitude
9. Develop Acceptance

SPIRITUAL

10. Develop a Relationship with God



FROM THE FOUNDER

Michael R. Ellison

What do the ancient people of the Sonoran Desert and the modern day people have in common? The desire to thrive with wellness!

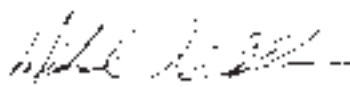
To thrive with wellness as we age is the most compelling and appealing experience possible. It supports my belief that the best defense against illness is wellness! And one of the most important contributors to aging well—how we feel, move and look—is to manage our inflammation levels. Modern science has revealed the significance of keeping our inflammation levels in a healthy range, just as the ancient people discovered instinctively to thrive.

Another common trait of the ancient people and modern civilization is the opportunity to benefit from the Nopal cactus as a healthy food and supplement choice. The Bioflavonoids and betalains in the Nopal cactus tuna fruit rank it as one of the highest rated super fruits on earth to support healthy inflammation levels.

While prolific, the tuna is seasonal and extremely difficult to harvest to make it abundantly available as a fruit of choice, like an apple or orange. Quite frankly, it is truly a wicked tuna, enveloped in spiny needles that penetrate the skin when touched. I have tried to harvest and drink the unique flavored juice only to end up with my fingers, lips and even my nose filled with these nearly invisible needles, which sting like a scorpion. But thanks to a special way of harvesting and concentrating the juice, we're able to bring an amazing dietary supplement to you in both liquid and capsule form.

This month, Trivita is making an added commitment to helping you increase your daily source of Nopalea by offering a free bottle of Nopalea capsules with each four pack purchased. So even if you're away from home, you can supplement at any time of day with Nopalea for healthy inflammation support. This will be the last time we can make this offer as it will complete all excess inventory. (See page three for offer.)

I trust each of you will enjoy the end of summer and beginning of fall with wonderful health and wellness.



Michael R. Ellison,
Founder of TriVita

TRAVELING? DON'T GO A DAY WITHOUT YOUR **NOPALEA**.™



Buy a Nopalea 4-pack, get a **FREE** bottle of Nopalea™ Capsules (90-count—a \$29.99 value!) plus **FREE** shipping.

* Limited offer, while supplies last.
Free standard shipping.
See page 6 for product information.



CALL TOLL-FREE **1-800-991-7116** OR ORDER AT **TRIVITA.COM**

EVERY ORDER OVER \$89 **SHIPS FREE**

PLUS *save*
MORE!

\$119+ ORDER = \$10 OFF +
\$150+ ORDER = \$20 OFF +

*Offer valid on catalog pricing only, with standard shipping and expires 9-30-16.
Savings apply to products only; may not be used toward tax.



FOR A COMPLETE LIST OF TRIVITA PRODUCTS, SEE PAGE 33

These statements have not been evaluated by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure or prevent any disease. It is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition.

FOLLOW US:  facebook.com/TriVita  twitter.com/TriVitalnc  youtube.com/TriVitalnc

Call to order Mon.-Fri.: 9 am-9 pm, EST. **1-800-991-7116** or shop online 24/7 at TriVita.com



HEALTHY INFLAMMATION SUPPORT

Healthy inflammation for healthy aging! Normally, the inflammatory response repairs damage and protects the body, but sometimes our body doesn't respond as it should, sending the inflammatory response into overdrive. This can contribute to adverse health conditions—even premature aging. Stay ahead of the curve by supporting your body's healthy inflammation response.



The low-grade inflammation/premature aging link

How we age results from the environmental, dietary and lifestyle events that we control and the genetics we inherit. A common feature of older tissues and most if not all age-related illnesses is long-term low-grade inflammation. Because it increases with aging, it is known as “inflammaging.”

WHAT IS INFLAMMATION?

As an essential part of the body's healing process, inflammation occurs at the cellular level when the immune system tries to fight off disease-causing germs or debris from an injury and repair the injured tissue.¹ Once the fight is over, the inflammation-triggering substances are supposed to retreat. When they don't, it destroys the balance in your body and makes you more susceptible to aging and disease.²

WHAT CAN CAUSE INFLAMMATION?

The lifestyle of the western world bombards us with more inflammatory triggers than our bodies can handle. This includes:³

A convenience diet – Processed foods, refined sugar, simple carbs, and refined grains. Simple sugars and starches elevate insulin levels, triggering inflammation.

High omega-6 fatty acids intake – This comes from popular processed oils like vegetable, safflower, canola, corn oil, or margarine. Omega-6 sets off inflammatory precursors, which encourage your system to overreact to normal stimuli.

Smoking (or inhaling second hand smoke) – Smoking creates free radicals that lead to atherosclerosis. Free radicals also create more inflammation, which increases plaque formation in arteries.

Stay physically active to lower inflammation in the body. Getting 30-45 minutes of moderate-intensity aerobic exercise five or more times per week may help reduce inflammation in the body.⁴

Too little or too much exercise – Just as lack of exercise promotes low-grade inflammation, over-exercising puts your body in a chronic state of inflammation because your tissues can't properly rest and recover.

Stress or lack of sleep – Both situations release the hormone cortisol, creating inflammation. The longer you're under stress or get fewer than 8 hours of sleep each night, the more inflammation you create.

Excess bodyweight – Fat cells release cytokines. And excess fat cells create a constant, low-grade inflammation throughout the body.

FOODS THAT INFLAME

- Refined carbohydrates, such as white bread and pastries
- French fries and other fried foods
- Soda and other sugar-sweetened beverages
- Red meat (burgers, steaks) and processed meat (hot dogs, sausage)
- Margarine, shortening, and lard⁵

FOODS THAT COMBAT INFLAMMATION

- Tomatoes
- Olive oil
- Green leafy vegetables such as spinach, kale, and collards
- Nuts like almonds and walnuts
- Fatty fish like salmon, mackerel, tuna, and sardines
- Fruits such as strawberries, blueberries, cherries, and oranges⁵



References:

- 1 http://bodyecology.com/articles/inflammation_cause_of_disease_how_to_prevent.php
- 2 <http://www.shape.com/lifestyle/beauty-style/soothe-chronic-inflammation-slow-premature-aging>
- 3 <http://livegracefully.com/the-4-root-causes-of-premature-aging-and-disease/#how-inflammation-leads-to-premature-aging-and-disease>
- 4 <http://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>
- 5 <http://www.mensanswer.com/articles/health/stabilize-prevent-inflammation-with-natural-body-defense-supplement/>
- 6 <http://umm.edu/health/medical/altmed/supplement/omega3-fatty-acids>
- 7 <http://www.livestrong.com/article/262079-how-to-use-turmeric-to-reduce-inflammation/>

THE RIGHT SUPPLEMENTS TO REDUCE INFLAMMATION

Vitamin A - one of the easiest vitamins to find, with milk as the main source⁵

Vitamin B6 - readily found in beef, turkey, fish and vegetables⁵

Vitamin C - oranges, guava and red peppers⁵

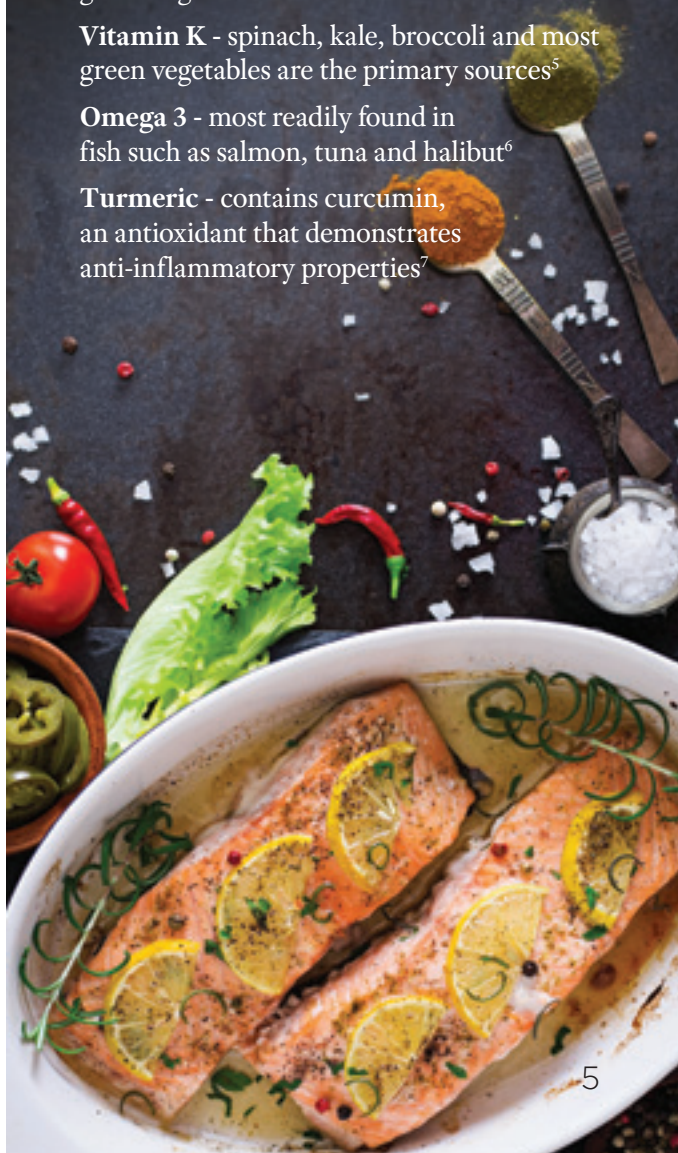
Vitamin D - found in fish, beef and egg yolks⁵

Vitamin E - found in nuts, seeds and green vegetables⁵

Vitamin K - spinach, kale, broccoli and most green vegetables are the primary sources⁵

Omega 3 - most readily found in fish such as salmon, tuna and halibut⁶

Turmeric - contains curcumin, an antioxidant that demonstrates anti-inflammatory properties⁷





HEALTHY INFLAMMATION SUPPORT

MANAGING INFLAMMATION NEVER TASTED SO GOOD

Nopalea is a delicious, nutrient-rich wellness dietary supplement that supports the normal and essential anti-inflammatory function performed by the immune system and may help lower inflammation.¹ Now, thanks to an enhanced manufacturing and bottling process, Nopalea has never tasted better. *In fact, if your Nopalea isn't fresh and great tasting, we'll refund your money, guaranteed!* (See page 34 for details.)

WHAT IS INFLAMMATION?

Inflammation is a process by which the body's white blood cells and substances they produce protect us from the effects of foreign organisms, such as bacteria and viruses.

However, in some cases, the body's defense system—the immune system—triggers an inflammatory response when there are no foreign invaders to fight off. In these instances, the body's normally protective immune system causes damage to its own tissues. The body responds as if normal tissues are infected or somehow abnormal.²

THE DANGERS OF ONGOING LOW-GRADE INFLAMMATION

Inflammation is the body's normal protective response to injury and is generally a short-term condition. Many published studies suggest ongoing low-grade inflammation may be an underlying cause of many

preventable, serious health-related conditions.³ Inflammation can go undetected for years without proper medical testing. One test to detect your inflammation markers is called a CRP test (C-reactive protein).

DON'T GO A DAY WITHOUT YOUR NOPALEA

Nopalea is available in capsule form, too, making it a quick, easy part of your travel plans so you can maintain your intake without worrying about refrigeration.

Three Nopalea capsules equals 1.28 ounces of Nopalea liquid.

NOPALEA NOW HAS A REDUCED PRICE!

We now manufacture Nopalea more efficiently than ever—and pass on the savings to you with every order!

NEW LOWER PRICE + FREE SHIPPING ON NOPALEA 4-PACK

Makes Nutritious, Great-tasting Nopalea More Affordable Than Ever!



Nopalea™ Liquid
#30710
Member
\$34.99



Nopalea™ 4-Pack
#33400
Member
\$119.99

FREE*
with Nopalea 4-Pack purchase

*Limited offer. While supplies last.



Nopalea™ Capsules
#30717
Member
\$29.99



1.28 oz



Nopalea™ liquid

Quantity: 32 fl oz Serving size: 1 fl oz (30 ml)

Ingredients: Proprietary Blend Total 9.735 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, Potassium Sorbate (to protect freshness), Cherry Powder, Natural Flavor, Stevia Leaf Extract, Xanthan Gum, Guar Gum.

Nopalea™ capsules

Quantity: 90 capsules Serving size: 3 capsules (equivalent Nopal fruit puree in 1.28 oz of Nopalea liquid)

Amount per serving: Nopal fruit puree (*Opuntia ficus-indica*, fruit) 1,800 mg. Other ingredients: Vegetable capsule, natural colors, microcrystalline cellulose, vegetable magnesium stearate, silica.

FRESH, VIBRANT AND GREAT-TASTING GUARANTEED!

FROM ANCIENT TRADITIONS...

The plants of the Sonoran Desert have helped support the indigenous people for thousands of years, providing food, habitat, clothing and medicinal resources. In our quest to identify and create more natural wellness remedies that promote healthy aging, we consulted with noted botanists and the indigenous peoples before ultimately focusing on the prickly pear (Nopal) cactus, from which delicious, nutritious Nopalea is manufactured. Prickly pear cactus have been prized by Native American and Mesoamerican cultures for millennia, and the Pima Indians still make it part of their daily diet.⁴

...TO MODERN SCIENCE

Mounting scientific studies suggest Nopal fruit may supply healthful nutrients such as vitamins, minerals, fiber and polysaccharides along with a high level of unique, potent antioxidants,⁵ called Betalains, which are shown to help the body reduce inflammation, detoxify, and assist the immune system.

WHAT ARE BETALAINS?

Betalains are plant-based compounds that contain anti-inflammatory properties. The Nopal cactus

contains a high concentration of Betalains, which help Nopal fruit survive in the intense desert environment.

Betalains are hard to get in your diet. Fortunately, Nopalea contains a high concentration of Betalains.

HOW DO THE NOPAL BETALAINS HELP FIGHT INFLAMMATION AND IMPROVE OUR HEALTH?

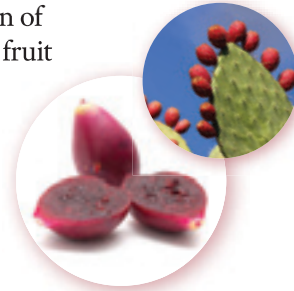
According to a study in the *European Journal of Nutrition & Food Safety*:
“The (Nopal) fruit share some constituents as the stems and contain additional unique polyphenols and Betalain-pigments...and anti-inflammatory activities.”⁶

These are not implied claims, but to be used for educational purposes only and not as a substitute for professional medical advice or treatment. Always seek the advice of your healthcare professional. Our products are not intended to diagnose, treat, cure or prevent any disease.

NEW AND IMPROVED TASTE

Suggested Use:

1. For first-time users, practice 3/3/60:
Drink 3 ounces of Nopalea every morning and evening for the first 60 days.
2. Thereafter, drink 1-3 ounces daily depending on your body's needs.
3. Try Nopalea mixed with water or your favorite beverage.
4. Keep your Nopalea refrigerated between servings.





HEALTHY INFLAMMATION SUPPORT

IMPROVED MANUFACTURING + BOTTLING = BETTER TASTE

Each delicious drop of Nopalea is loaded with wholesome goodness that promotes daily vitality and features a fresh, fruity, flavorful taste reminiscent of melons, mango and kiwi. Just as importantly, the sterile process to bring Nopalea to you—and ensure 100% product quality in every bottle—involves a rigorous formulation, bottling and testing process. That’s why if your Nopalea isn’t fresh and great tasting, we offer a 60-day money back guarantee. So if you’re not happy with your Nopalea, just notify us and we’ll send you a new bottle or refund your money, whichever you prefer. (See page 34 for details.)

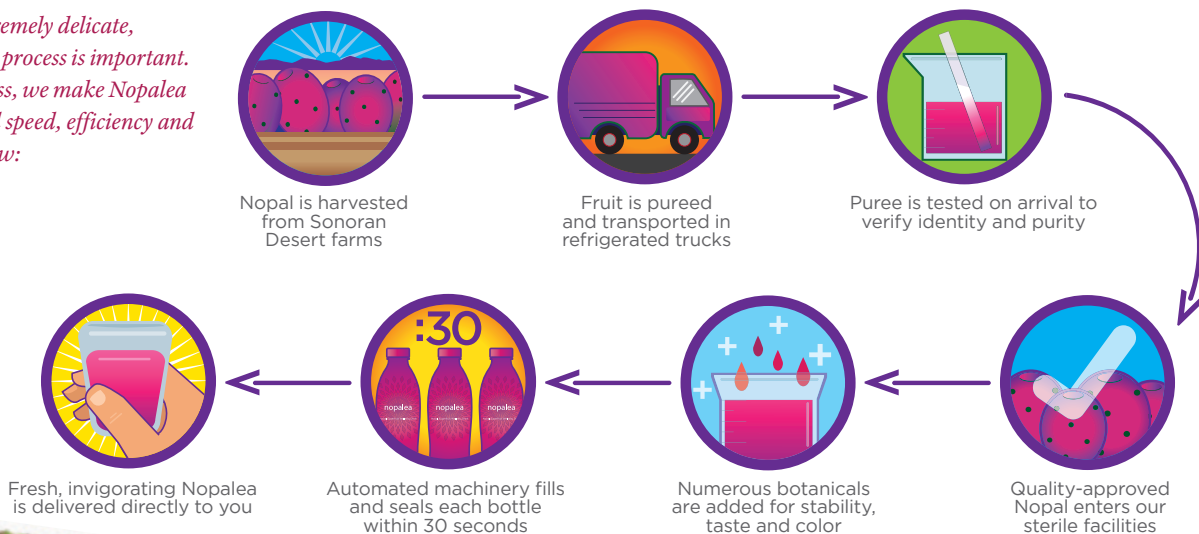
WHAT YOU SEE IS WHAT YOU GET

Recent media reports have raised the question of whether herbal and dietary supplements actually contain the ingredients listed on the label. At TriVita, our unflinching commitment to quality means that if an ingredient is listed on the label, we guarantee it’s in the bottle. We also ensure that all dietary supplement ingredients in our products come only from vendors who comply with the highest standards of Current Good Manufacturing Practices (cGMP).

Top-notch quality control processes are the backbone of TriVita’s 10 Foundational Values (see page 32) and key to safeguarding our Members. As a result, when you read a TriVita label, you can rest assured you’re getting a product manufactured in the United States with quality, integrity and pride.

FROM HARVEST TO BOTTLE

Nopal fruit is extremely delicate, so each step of the process is important. To ensure freshness, we make Nopalea with unparalleled speed, efficiency and quality. Here’s how:



RESPECTING OUR BODIES AND MOTHER NATURE

The Nopal fruit is harvested once per year. TriVita contracts with the Sonoran Natives to harvest the fruit according to time-honored traditions that demonstrate respect for the land.

References:

- 1 Allegra, M., et al. *The Journal of Nutrition*, 2014; 1-8
- 2 WebMD.com
- 3 <http://time.com/3702053/inflammation-health-effects/>
- 4 <http://pollinator.org/Resources/Opuntia.draft.pdf>
- 5 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3550841/>
- 6 Jensen; *EJNFS*, 6(1): 2015; Article no.EJNFS.2016.001



Promeric 95

Natural support for joint discomfort

Promeric 95 is formulated with turmeric, a plant used in traditional medicine to relieve joint discomfort, and still used as an anti-inflammatory agent in modern traditional and folk use.^{1,2} Turmeric's active components are called curcuminoids, and each serving of Promeric 95 offers:

- 500 mg total curcuminoids
- Non-GMO turmeric extract
- Small, easy-to-swallow soft gels
- No allergens

References:

1 <http://www.ncbi.nlm.nih.gov/books/NBK92752/>

2 <https://nccih.nih.gov/health/turmeric/ataglance.htm>



Promeric 95

#30820

Member **\$39.99**



This product is also essential for Bone, Joint & Muscle Support – Page 51

Joint Complex

Healthy joints, healthy life

You demand a lot from your joints to keep you moving through each day. But over time, the impact of everyday wear and tear and natural aging may take a negative toll on joint health.

Joint Complex contains a blend of joint-friendly nutrients, including:

- Glucosamine and chondroitin sulfate
- Boswellia, ginger, cat's claw and turmeric
- MSM, an organic sulfur compound

Reference:

http://www.niams.nih.gov/Health_Info/Kids/healthy_joints.asp#tabTwo



Joint Complex™

#30210

Member **\$29.99**



This product is also essential for Bone, Joint & Muscle Support – Page 50

Omega3 Prime

Premium fish oil concentrate

Essential to human health, we can only get omega-3s from food or supplements. But all too often, we take in more omega-6s than omega-3s—and some omega-6s can be pro-inflammatory. Omega3 Prime provides 1,000 mg of omega-3 fatty acids per serving in easy-to-swallow, lemon-flavored soft gels.

Reference:

<https://umm.edu/health/medical/altmed/supplement/omega6-fatty-acids>



Omega3 Prime™

#31320

Member **\$29.99**



This product is also essential for Brain & Nerve Health Support – Page 27



STRESS MANAGEMENT SUPPORT

Stress can cause a multitude of issues in our lives, from lack of sleep to changes in eating patterns. Sometimes, we can make changes to reduce some of life's stressors. But when that's not practical or possible, TriVita can help you find your peace with stress support supplements.



Don't just cope. Take control.

New formula Adaptuit. For a more relaxed you.

Newly formulated Adaptuit delivers some of the most important and well-known adaptogens including:

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



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.

Newly formulated Adaptuit® Now with L-Theanine.

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.

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

- L-Theanine is the unique, calming compound present in green tea, but without the caffeine.^{10,11}
- Adaptuit® contains 125-375 mg of L-Theanine, per 1-3 fl oz. For comparison, there is 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}

Experience calm today and help reduce stress with Adaptuit!

Adaptuit® 4-Pack

#33345

Member **\$119.99**



**NEW DELICIOUS
GRAPE FLAVOR!**

Adaptuit®

#30770

Member **\$34.99**



**NEW
LOWER
PRICING!**

adaptuit®
Daily Stress Relief™
Premium Adaptogen Complex

TRIVITA
NUTRITIONALS WORLDWIDE
Dietary Supplement
32 fl oz

Adaptuit®

Suggested use: Drink 1 to 3 ounces daily.

Quantity: 32 oz (946 ml) **Serving size:** 2 tbsp (1 fl oz) (30 ml)

Ingredients: L-Theanine 125 mg, Proprietary Blend Total 275 mg: Eleutherococcus senticosus root extract 4:1, Schisandra chinensis fruit extract 10:1, Blueberry Juice Powder (Vaccinium angustifolium fruit), Goji Powder (Lycium barbarum fruit), Rhodiola rosea root extract 4:1 (3% rosavins, 1% salidroside), Whole Red Grape (Vitis vinifera fruit) Extract 500:1.

Other ingredients: Purified Water, Concord Grape Juice Concentrate, Natural Flavors, Citric Acid, Grape Skin Extract (for color), Xanthan Gum, Stevia rebaudiana Leaf Extract, Potassium Benzoate (to protect freshness).



IMMUNE SYSTEM SUPPORT

Every day, it takes a strong immune system—and a healthy gut function—to keep you at optimal wellness. Help support your health and well-being with TriVita's quality supplements. With ingredients sourced from around the globe, these unique products are "must-haves."



Fortify your defenses for a healthier you

A healthy immune system produces antibodies, which attack and subdue any foreign elements that invade our bodies. An equally important part of our immune defense is inflammation, a completely natural and necessary process that also helps repel invading organisms while staving off infection and preventing further disease.¹

However, when your body is sleep deprived, nutritionally challenged or stressed out, you lack adequate reserves to fight off infection or sickness. That's why people who suffer chronic illness are unable to produce a robust inflammatory response, as their immune systems are constantly battling their afflictions. By continuously putting the immune system under attack, chronic illness causes chronic inflammation, thus compromising our overall immunity.²

To build a strong immune system and keep chronic inflammation at bay, eat the following:

- **Phytonutrients** - berries, tomatoes, oranges, green leafy vegetables, mushrooms, cabbage and soy^{3,4}
- **Carbohydrates** - whole grain such as brown rice, bulgur wheat and quinoa^{3,4}
- **Fats** - olive oil and omega-3 fatty acids inhibit excess inflammation^{3,4}

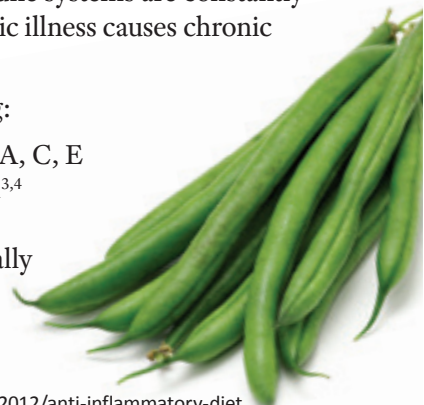


AUTHOR BIO:

SAMUEL GRIEF, M.D., CCFP, FCFP

Dr. Grief is medical director at the University of Illinois and member of TriVita's Medical & Scientific Advisory Board

- **Supplements** - Vitamins A, C, E and the mineral selenium^{3,4}
- **Proteins** - eat more vegetable protein, especially beans and soybeans^{3,4}



References:

1 <http://theadplan.com/alzheimersdietblog/foods-to-avoid/how-to-prevent-chronic-disease-through-diet-part-1/>
 2 <http://onlinelibrary.wiley.com/doi/10.1002/9781118480045.ch9/summary>

3 <http://www.drweil.com/drw/u/ART02012/anti-inflammatory-diet>
 4 <http://www.webmd.com/food-recipes/anti-inflammatory-diet-road-to-good-health>

Zamu Gold

Strong defenses for a strong body

FOUR MUSHROOMS IN ONE FORMULA

Mushrooms are used to strengthen defenses, with 200 species believed to influence immune performance.¹ Zamu Gold starts with four of the most renowned varieties:

Agaricus: Supplies ABP-AW¹, a polysaccharide suggested to enhance immune responses in early animal research.²

Cordyceps: Found to activate T-helper cells, which are key immune system cells for adaptive immune responses triggered by pathogens.³⁻⁵

Shiitake: Supplies Lentinan, a compound that appears to activate the immune system's white blood cells, T-cells and NK cells.^{6,7}

Reishi: Supplies "immune potentiator" polysaccharides believed to modulate immune function and enhance proliferation of CIK immune cells.⁸

ANTIOXIDANT REINFORCEMENTS

Daily immune system challenges unleash cell-damaging free radicals. Antioxidants help to neutralize free radicals while contributing to healthy immune cell function.⁹ Zamu Gold features:

Cinnamon: Supplies high concentrations of botanical antioxidants and helps to enhance immune responses.^{10,11}

Cocoa: Prized Aztec and Mayan botanical; now known as a rich source of flavonoid antioxidants.¹²

Camu Camu: South American superfruit helps replenish Vitamin C that declines during immune challenges.¹³

Strengthen and support your immune system 365 days a year with Zamu Gold.

Zamu Gold™

Quantity: 32 fl oz **Serving size:** 2 tbsp (1 fl oz) (30 ml)

Ingredients: Zamu Gold™ Proprietary blend 905 mg: Passion fruit juice (*Passiflora incarnata*), Açai juice, Camu Camu (*Myrciaria dubia*) extract, Agaricus (*Agaricus blazei*) extract, Cordyceps (*Cordyceps sinensis*) extract, Muira Puama (*Ptychopetalum olacoides* Benth. bark) extract, Suma (*Pfaffia* spp. root) extract, Maca (*Lepidium meyenii* Walp. root) extract, Shiitake (*Lentinula edodes*) extract, Reishi (*Ganoderma lucidum*) extract, Cinnamon (*Cinnamomum verum*) powder extract, Cocoa (*Theobroma cacao*) powder extract, Sarsaparilla (*Smilax officinalis* kunth root) extract, Catuaba (*Erythroxylum catuaba* bark) extract.

Other ingredients: Water, apple juice, pineapple juice, mango juice, natural flavor.

References:

- 1 Wasser SP, Weis AL. *Crit Rev Immunol*. 1999; 19(1):65-96.
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- 3 Chen GZ, Chen GL, et al. *Chin Med J (Engl)*. 1999; 104(1):4-8.
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- 5 <http://www.biology.arizona.edu/immunology/tutorials/immunology/page3.html>
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- 7 Kenji Ina, Takae Kataoka, et al *Anticancer Agents Med Chem*. 2013 Jun; 13(5): 681-688.
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**NEW
LOWER
PRICING!**



Zamu Gold™

#31510

Member **\$34.99**



Zamu Gold™

#33810 4-Pack

Member **\$119.99**

Suggested Use: Drink 1 to 3 ounces daily. Keep refrigerated—shake well before using—preservative free. Do not drink directly from the container.



IMMUNE SYSTEM SUPPORT

Zamu Protect

Designed to help protect your body from free radical damage

Antioxidants are natural substances that may stop or limit the damage caused by free radicals (unstable molecules). Your body uses antioxidants to stabilize the free radicals, which keeps them from causing damage to other cells.¹ Zamu Protect includes a wide array of antioxidants from a variety of ingredients:

- Camu Camu, Maqui Fruit and Purple Corn are all unique botanicals found in the Amazon Rainforest.
- Green Tea has promoted good health since ancient times.²
- Blueberry, Red Raspberry and Pomegranate are known for their antioxidant properties.³⁻⁵
- Zamu Protect also contains Schizandra Berry, Bilberry and Ginkgo Biloba.



Zamu Protect™

#31520

Member **\$19.99**



Suggested Use: Adults and children over the age of 12, take 2 or more capsules with food every day.

Zamu Protect™

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

Amount per serving: Zamu Protect™ Proprietary Blend 505 mg: Green tea leaf extract (36% total polyphenols), (Camellia sinensis), Peruvian purple corn (Zea mays), Bilberry fruit extract 4:1 (from 2.4 mg of 100:1 extract), (Vaccinium uliginosum), Blueberry fruit extract 5:1 (from 30 mg of 10:1 extract), (Vaccinium corymbosum), Schizandra fruit (Schizandra chinensis), Red raspberry leaf (Rubus idaeus), Ginkgo Biloba leaf extract 4:1 (from 2.4 mg of 50:1 extract), Pomegranate fruit extract (20% ellagic acid), (Punica granatum), Camu Camu fruit extract (Myrciaria dubia), Maqui fruit (Aristotelia chilensis).

Other ingredients: Rice flour, gelatin, magnesium stearate and silica.

References:

1 <http://familydoctor.org/familydoctor/en/prevention-wellness/food-nutrition/nutrients/antioxidants-what-you-need-to-know.html>

2 http://www.naturalstandard.com/databases/herbssupplements/green_tea.asp

3 <http://www.naturalstandard.com/databases/herbssupplements/blueberry.asp>

4 <http://www.naturalstandard.com/databases/herbssupplements/raspberry.asp>

5 <http://www.naturalstandard.com/databases/herbssupplements/pomegranate.asp>

Essential D

Help protect against Vitamin D deficiency

Vitamin D supports whole-body wellness, including immune function. The immune system needs Vitamin D to help protect against invading bacteria and viruses. Each Essential D soft gel provides 5,000 IU of Vitamin D3, the same form made by the body.



Essential D™

#31270

Member **\$14.99**



Reference:

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

PREMIER MEMBER?

Be sure to check and redeem your VitaPoints. Find out how on page 35.



Vital C

Dr. Libby's ORIGINAL Vitamin C formula

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 FOR IMMUNE HEALTH & WHOLE-LIFE VITALITY!

Dr. Libby's ORIGINAL formula is available *only* as TriVita's Vital C. 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 can make!

Vital C Crystal Tablet

- Crystalline C compressed into tablet
- Use along with Crystal Powder or alone
- 1,000 mg Vitamin C per serving

Vital C Powder

- Free-flowing crystalline C
- Dissolves easily in liquid
- 4,000 mg Vitamin C per serving

FEEL VITAMIN C'S FULL POTENTIAL

Dr. Libby's ORIGINAL formula is designed to support Vitamin C's many roles in whole-life health:

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



Try Dr. Libby's ORIGINAL Vital C...
for year-round vitality and more!



Vital C™ Crystal Tablets

#30230

Member **\$19.99**



Suggested Use: Adults and children over the age of 10, take 1 or 2 tablets daily, with or without food.

Vital C™ Crystal Powder

#30170

Member **\$24.99**



Suggested Use: Adults and children over the age of 10, take ¼ to 1 teaspoon daily, with or without food. Stir into water, fruit juice or a beverage of choice.

Vital C™ Crystal Tablets

Quantity: 60 tablets **Serving size:** 1 tablet

Amount per serving: Vitamin C (as sodium L-ascorbate) 1000 mg.

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

Vital C™ Crystal Powder

Quantity: 5.8 oz. (165 grams) **Serving size:** 1 heaping teaspoon

Amount per serving: Vitamin C (as sodium L-ascorbate) 4000 mg per teaspoon.

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.

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7 Fusco D, et al. *Clin Interv Aging.* 2007 Sep; 2(3): 377-387.



Rainforest Treasure Tea

Brew up some tribal vitality

You don't have to travel the Amazon to experience tribal vitality! Rainforest Treasure Tea brings you legendary South American herbs prized by ancient healers for their vitality and immune-supportive effects. You'll enjoy natural energy with no caffeine. Rainforest Treasure Tea features:

Jatoba: Canopy tree yields a bracing bark-tea popularly used by Brazilian lumberjacks to sustain vitality during long workdays.¹ High in antioxidants for immune support.²

Una de Gato: Woody mountain vine traditionally used by Peruvian Asháninka priests to “regulate” mind-body harmony.³ May modulate immune signals.⁴

Pau d'Arco: A flowering rainforest tree called tajy, which roughly translates to “with vitality.”⁵ Inner bark supplies lapachol that helps immune and microbial balance.⁶

Quebra Pedra: This small rainforest herb is taken in tribal traditions to support kidney and urinary health,⁷ uses that may be backed by modern research.⁸

Chuchuhuasi: Amazonian basin tree used in rituals as a “tonic” bark-tea for balance and comfort.⁹ Its antioxidants may offer diverse immune support.^{10,11}

PLUS:

A touch of zero-calorie stevia for natural sweetness and smooth flavor balance.

Brew up a mug, savor the exotic taste and herbal support of Amazon Rainforest Tea for more clarity, vitality and immunity!



Rainforest Treasure Tea

#ADS3884

Member **\$19.99**



Suggested Use: As a dietary supplement, use 1 tea bag per cup of boiling water, daily. Let steep for 5 minutes or to taste. Enjoy hot or as a refreshing iced beverage.

“I like to make a pot, watch it boil and turn from amber to rich mahogany color... until it gets that nice barky fragrance. I'll have a cup hot in the morning, and put the rest in the fridge for the afternoon.”

– “Amazon” John Easterling

John Easterling has spent years developing herbal blends from the Amazon Rainforest that address the most pressing health challenges we face today.

Rainforest Treasure Tea

Quantity: 30 tea bags **Serving size:** 1 tea bag

Ingredients: Proprietary Blend 1.7g: Jatoba (Hymenaea courbaril L. bark), Una de Gato (Uncaria tomentosa L. bark), Pau d'Arco (Tabebuia heptaphylla, Tabebuia avellanedae inner bark), Quebra Pedra (Phyllanthus niruri whole herb), Stevia (Stevia rebaudiana L. leaf), Chuchuhuasi (Maytenus spp. bark).

References:

1 <http://ip.aaas.org/tekindex.nsf/2a9c4e44835b04ea85256a7200577a64/a4d278e2c76d06cd85256af0006b4afa/Body/M1?OpenElement>

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3 Keplinger K. *J Ethnopharmacol.* 1999 Jan;64(1):23-34.

4 Sandoval M. *Free Radic Biol Med.* 2000 Jul 1;29(1):71-8.

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6 http://www.ucdenver.edu/academics/colleges/pharmacy/currentstudents/OnCampusPharmDStudents/ExperientialProgram/Documents/nutr_monographs/Monograph-pau_darco.pdf

7 <http://ip.aaas.org/tekindex.nsf/2a9c4e44835b04ea85256a7200577a64/08845c7c9d57417985256af0006b4ade/Body/M1>

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Camu Gold

Clear your mind and brighten your day!

Many people are just now discovering the amazing benefits of Camu Camu, called by many in the Amazon a nutrient-rich “feel good” fruit. TriVita Amazon Herb™ offers some of the most effective Camu Camu-based products.

TriVita's Amazon Herb Camu Gold offers a concentrated form of organic Camu Camu. The Camu Camu berry contains a wide variety of micronutrients that are essential for an energetic body and sharp mind, including:

- Antioxidants—known for their free radical scavenging ability¹
- High concentration of Vitamin C²
- Beta-carotene, fatty acids, protein and flavonoids¹
- Contains no preservatives or artificial ingredients, flavors or coloring

Camu Gold

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

Ingredients: Organic Camu Camu fruit. **Other Ingredients:** Vegetable capsule, rice husk powder.

References:

1 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249911/>

2 <http://www.ncbi.nlm.nih.gov/pubmed/11464674>



Camu Gold Capsules

#ADS3575

Member **\$29.99**



Suggested Use: Adults and children over the age of 12, take 2 capsules daily.

Aqua Algae

Discover one of nature's best superfoods

Algae is considered one of nature's richest whole food sources, dense in chlorophyll, vitamins, minerals and amino acids.¹⁻⁷

Spirulina: Contains high levels of B vitamins, beta-carotene, carotenoids and minerals.¹

Blue Green Algae: Fresh harvested: high in protein, iron and other mineral content.²

Bladderwrack: Fresh harvested: contains high concentrations of iodine, and helps support thyroid health.^{3,4}

Chlorella: Offers high amounts of amino acids, peptides, proteins, chlorophyll, vitamins and minerals. Cultivated in a controlled environment.⁵

A wild harvested blend of freshwater and marine algae

Aqua Algae

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

Amount per serving: Proprietary blend 760 mg: Spirulina (Arthrospira Platensis), Blue Green Algae (Aphanizomenon Flos-Aquae) (AFA), Bladderwrack (Leaf) (Fucus Vesiculosus), Chlorella (Chlorella pyrenoidosa).

Other ingredients: Vegetable capsule (vegetable cellulose), rice husk concentrate.

References:

1 Dillon JC, Phuc AP, Dubacq JP. Nutritional value of the alga spirulina.

World Rev Nutr Diet. 1995;77:32-46.

2 <http://therapy.epnet.com/nat/GetContent.asp?siteid=EBSCO&chunkid=21606>

3 <http://www.nlm.nih.gov/medlineplus/druginfo/natural/923.html>

4 naturalmedicines.therapeuticresearch.com/databases/food,-herbssupplements/professional.aspx?productid=726

5 <http://therapy.epnet.com/nat/GetContent.asp?siteid=EBSCO&chunkid=21591#ref1>

6 <http://www.webmd.com/vitamins-supplements/ingredientmono-907-CHLORELLA.aspx?activeIngredientId=907&activeIngredientName=CHLORELLA>

7 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbssupplements/professional.aspx?productid=907>



Aqua Algae

#ADS1272

Member **\$24.99**



Suggested Use: Adults and children over the age of 12, take 2 capsules daily.



ENERGY, STAMINA & PERFORMANCE SUPPORT

Do you sometimes feel like your “get up and go” just “got up and went”? Keep your batteries charged and powerful with TriVita’s line of energy support supplements. Life takes vitality, stamina and focus, whatever the demands on your time. Don’t just get by—get in gear toward your goals, every day.



Gain energy with exercise

Sometimes it’s hard to get off the couch and get active, but physical activity can actually help to energize you.¹ To leverage exercise for energy:

WALK MORE

Just starting out? Aim for 10,000 steps a day. If that number sounds daunting, take 100 extra steps daily and work your way up.

DO IT OFTEN

Make a point to move around every hour. If it helps, consider setting an alarm to remind you to go for a quick walk.

TRY STRETCHING, TAI CHI OR ANY OTHER SORT OF MOVEMENT THAT CREATES SPACE IN THE BODY

In addition to all the other benefits they offer, adding space makes it easier for nutrients to get to our cells and provide the fuel needed for our body to make energy.

In need of an immediate boost? Try this quick two-minute energizing routine anytime you feel tired:

- Stand up and sit down five times. This will get the blood flowing in your lower body and get your heart working to stabilize your blood pressure.



AUTHOR BIO: JOLENE GORING

Jolene Goring is a board certified holistic nutritionist, best-selling author and an expert in the field of health & fitness.

- While standing, raise your arms over your head as you breathe in to a count of four. Now slowly lower your arms, breathing out to the same count. Repeat five times.
- Grasp your hands behind your back and pull downwards to release tension in your neck and shoulders. Hold for a count of five.

Do this mini routine three times and a feeling of calm energy should fill your body. Even better, you can repeat this routine as often as you like; it acts as a reset for your body to switch from tired to energized in only two minutes.

Reference:

¹ <http://www.webmd.com/fitness-exercise/exercise-for-energy-work-outs-that-work>

Mitochondria—the key to longevity

Each of us is filled with trillions of mitochondria, the tiny factories within every cell that turn the food we eat and oxygen we breathe into energy. When communication breaks down between the central part of our cells and mitochondria, the aging process accelerates. This deterioration produces excess free radicals (damaging molecules), which in turn cause the body to operate less efficiently.

The good news is that this is not irreparable. Improving intracellular communication reverses the procedure, slows down the aging process, enhances energy, metabolism and cognitive powers and restores overall health and vitality. Plus, there's an additional benefit. Improved mitochondrial health may also help prevent a variety of age-related diseases.¹

HEALTHY MITOCHONDRIA

Because certain organs and tissue (the heart, brain and muscle) require more energy, their cells are packed with more mitochondria. Accordingly, a stronger heart is more likely to be mitochondria-dense than a weak one. Likewise, those of us with more healthy mitochondria feel better, have more energy and focus and a greater ability to maintain high levels of activity without tiring.

POOR MITOCHONDRIA

While most of us begin with healthy mitochondria, a number of factors can deplete or damage our supply. These include everything from poor lifestyle habits, stress and a sedentary lifestyle to free radical damage, exposure to infections, allergens and toxins and poor diet.

EAT WELL, FEEL BETTER

A well-balanced diet and stress reduction are two keys to better mitochondrial—and general—health, as mitochondrial deficits can also increase the risk for numerous ailments.² Targeted supplementation may also help reverse mitochondria depletion. Many adults are deficient in one or more important nutrients, so consider supplementing your diet with a high quality multivitamin, especially CoQ-10.³

Experts agree. If you take care of your mitochondria, your body will take care of you.

References:

- 1 <http://ghr.nlm.nih.gov/handbook/mutationsanddisorders?show=all>
- 2 Mitochondria and human evolution. Biochemical functions of coenzyme Q10. *Journal of the American College of Nutrition*. December 20, 2001.
- 3 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC21173/>

CoQ-10 may help heart patients

Coenzyme Q-10 (CoQ-10), a vitamin-like substance found throughout the body, may help reduce a common heart arrhythmia that afflicts many people with heart failure. That was the finding of a Chinese study published in the *Journal of Investigative Medicine*.

In a randomized trial, researchers from Wuhan University studied 128 men and women who were being treated for heart failure with different classes of drugs. Sixty-two participants received CoQ-10 daily for one year. At the end of the trial, those who had been taking CoQ-10 had a reduction in incidences of fibrillation, a heart arrhythmia that occurs in up to 27% of people with heart failure.

Reference:

http://journals.lww.com/jinvestigativemed/Abstract/2015/06000/Effect_of_Coenzyme_Q10_on_the_Indicence_of_Atrial.4.aspx



TriVita's CoEnzyme Q-10
can be found on page 45.





“B” IN THE KNOW

Vitamin B-12 is vitally important to your health. Take this quick quiz to test your knowledge.

1. Vitamin B-12 is a water-soluble vitamin that helps keep nerve and red blood cells healthy and helps make DNA.
 True False
2. Vitamin B-12 helps prevent anemia.
 True False
3. Most plant foods contain an abundance of Vitamin B-12.
 True False
4. Many adults over 50 lack the stomach acid needed to absorb the B-12 naturally present in food.
 True False
5. Symptoms of B-12 deficiency include tiredness, imbalance, depression and confusion.
 True False
6. Eating a vegetarian or vegan diet may contribute to B-12 deficiency.
 True False
7. Some medicines for acid reflux interfere with the body's ability to absorb B-12.
 True False
8. Three ounces of cooked clams has 60 times more B-12 than 3 ounces of top sirloin beef.
 True False
9. Vitamin B-12 deficiency can cause permanent nerve damage.
 True False
10. Large amounts of folic acid can hide a B-12 deficiency.
 True False

Answers:

1. True 2. True 3. False 4. True 5. True
6. True 7. True 8. True 9. True 10. True

References:

<http://ods.od.nih.gov/factsheets/VitaminB12-Consumer/>

Had your B-12 levels checked lately? There's a good chance you could be deficient

VITAMIN B-12 FOR MENTAL CLARITY, FOCUS AND ENERGY

Vitamin B-12 is a nutrient that is essential for life and healthy aging. It is required for metabolism, a process that encompasses all the physical and chemical processes in the body that convert or use energy. This includes breathing, blood circulation, muscle contraction, food digestion and brain/nerve function.^{1,2} Signs of low Vitamin B-12 levels include weakness, fatigue, motor disturbances and a range of behavioral changes including mood and personality.³ Therefore, supplementing with Vitamin B-12 may help support mental clarity, focus and energy.

You could have a B-12 deficiency if you:⁴

- Are over age 50
- Follow a vegetarian or vegan diet
- Have had gastrointestinal disorders

Get the B-12 you need

As science continues to show more and more ways that a lack of B-12 adversely affects our health, it becomes even more important that we use a supplement that effectively provides our bodies and our brains with the Vitamin B-12 they so desperately need.

KEY SIGNS OF DEFICIENCY

The Centers for Disease Control and Prevention (CDC) warns healthcare providers to watch their patients for these signs of low Vitamin B-12 levels:³

- Fatigue
- Weakness
- Fainting
- Shortness of breath
- Pale skin
- Anemia
- Tingling of the hands and feet
- Vision loss
- Hallucinations
- Heart palpitations

It's important to note that even if you have any of these signs, it does not necessarily mean that you have a B-12 deficiency. These signs could stem from many causes. However, it does mean that your healthcare provider might want to rule out B-12 deficiency as a possible culprit.



DR. ALFRED LIBBY

An associate of two-time Nobel Prize Laureate Dr. Linus Pauling, Alfred Libby pioneered the B-12 delivery system that delivers B-12 under the tongue right into the bloodstream.

PREMIER MEMBER?

Be sure to check and redeem your VitaPoints. Find out how on page 35.

Dr. Libby's Slow Dissolve B-12 and Super B-12

WHY OUR FORMULA MATTERS

Dr. Libby's Slow Dissolve B-12 Tablets were formulated with his patented technology that enhances the absorption of these critical nutrients.

While chewing and swallowing Dr. Libby's Slow Dissolve Tablets might be tempting given their sweet taste, it is crucial to their effectiveness that you allow them to dissolve completely under the tongue. You'll still get the great taste, plus the full benefit of these nutrients... his patented slow dissolve process helps to make sure you get the B-12 you need when you need it!

FORMULATION FEATURES

Dr. Libby's Slow Dissolve B-12

- 1,000 mcg of B-12
- 100% DV of folic acid
- Includes Vitamin B-6
- Original berry flavor
- No artificial preservatives

Dr. Libby's Slow Dissolve Super B-12

- 3,000 mcg of B-12
- Includes Vitamin B-6, folic acid, biotin and ginseng
- Mixed berry flavor
- No artificial preservatives

Scan here to purchase and learn more about Dr. Libby's Slow Dissolve B-12.



Dr. Libby's Slow Dissolve B-12 Tablets

#30140

Member **\$19.99**



Dr. Libby's Slow Dissolve Super B-12 Tablets

#33356

Member **\$22.99**



Suggested Use: Adults and children over 10, take 1 slow dissolve tablet daily or as directed by a healthcare professional. Let dissolve in mouth or under tongue; do not swallow whole.



NEED SOME IMMEDIATE ENERGY?

Pair Dr. Libby's B-12 with Energy Now! See page 23

Dr. Libby's Slow Dissolve B-12 Tablets

Quantity: 30 tablets **Serving size:** 1 tablet. For best results we suggest 3 tablets a day for the first 10 to 14 days. After that, take at least 1 to 2 B-12 tablets daily.

Amount per serving: Vitamin B6 (as pyridoxine HCl) 5 mg, Folate (as folic acid) 400 mcg, Vitamin B-12 (cyanocobalamin) 1000 mcg, Biotin 25 mcg.

Other ingredients: Sorbitol, mannitol, stearic acid, silica, magnesium stearate, natural flavor, stevia leaf extract, alphaketoglutaric acid, sodium starch glycolate.

Dr. Libby's Slow Dissolve Super B-12 Tablets

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

Amount per serving: Vitamin B6 (Pyridoxine HCl) 5 mcg, Folic Acid 50 mcg, Vitamin B12 (Cyanocobalamin and Methylcobalamin) 3000 mcg, Biotin 25 mcg, L-Ornithine Alpha Ketoglutarate 25 mcg, Cocosin (cocos nucifera) (tender coconut water) 5 mg, Ginseng Powder (root) 5 mg.

Other ingredients: Sorbitol, mannitol, fructose, stearic acid, silica, magnesium stearate, malic acid, natural flavor, calcium sulfate and hydroxypropyl cellulose.

References:

1 <http://www.nlm.nih.gov/medlineplus/ency/article/002403.htm>

2 <http://www.nlm.nih.gov/medlineplus/ency/article/002257.htm>

3 <http://www.cdc.gov/ncbddd/b12/manifestations.html>

4 <http://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>

Call to order Mon.-Fri.: 9 am-9 pm, EST. 1-800-991-7116 or shop online 24/7 at TriVita.com



Adaptuit

Don't let stress rob you of energy

When we're under constant stress, it puts our bodies in a state of distress that could do serious damage to our health.¹ Often that stress can result in feelings of fatigue and a lack of energy or focus.² Don't let stress rob you of your energy. Instead, turn to Adaptuit, designed to help your body adapt to stress and minimize its damaging effects.

References:

- 1 <http://www.nlm.nih.gov/health/publications/stress/index.shtm>
- 2 <http://www.nlm.nih.gov/medlineplus/ency/article/003211.htm>

NEW LOWER PRICING!



Adaptuit®

#30770
Member **\$34.99**



Adaptuit® 4-Pack

#33345
Member **\$119.99**



This product is also essential for Stress Management Support - Page 11

CoEnzyme Q-10

Energy at the cellular level

If you feel low on energy, it may be originating from all the way down at the cell level. CoEnzyme Q-10 (CoQ-10) is a vitamin-like substance found in almost all your cells and is a key element in energy production and antioxidant protection. CoQ-10 levels drop in the body as we age,¹ making us more prone to deficiency.

You may be a prime candidate for CoQ-10 supplementation if you:

- Are in your mature years
- Take statin drugs²
- Have gum problems³

Symptoms of CoQ-10 deficiency may include weakness, fatigue, heart failure, high blood pressure and chest pain. Medical experts say supplementation can help.⁴ TriVita's CoQ-10 provides 50 mg of CoQ-10 per serving.

References:

- 1 <http://www.nlm.nih.gov/medlineplus/druginfo/natural/938.html>
- 2 Passi S et al. *Biofactors*, 2003; 18: 113.
- 3 <http://umm.edu/health/medical/altmed/supplement/coenzyme-q10>
- 4 <http://www.mayoclinic.org/drugs-supplements/coenzyme-q10/background/HRB-20059019>



CoEnzyme Q-10

#31161
Member **\$29.99**



This product is also essential for Heart & Blood Vessel Support - Page 45

PREMIER MEMBER?

Be sure to check and redeem your VitaPoints. Find out how on page 35.

Energy Now!

A natural jump-start—anytime, anywhere

Energy Now's unique blend of amino acids, polyphenols, botanicals and more combine to help spark clean, refreshing energy you can feel.

Green tea extract: Rich in catechin polyphenol antioxidants, green tea may stimulate energy metabolism and optimize energy utilization.¹⁻³

Cocoa bean extract (seed): The fourth-richest dietary source of polyphenols known, cocoa also supplies active theobromine, which is tied to revitalizing effects.⁴

L-Phenylalanine & L-Tyrosine: Amino acids the body uses as “building blocks” to make brain chemicals associated with exercise and physical activity.⁵

Dimethylglycine HCl (DMG): Amino acid that may promote healthy oxygen utilization in tissues; popular for physical performance support.⁶

Trimethylglycine HCl (Betaine): Boosts blood DMG levels and helps balance stomach acids to promote efficient energy metabolism of macronutrients.⁷

Taurine: Amino acid found in the body's high-energy tissues, where it helps mitochondria to generate cellular power.⁸

Coenzyme Q-10: Necessary for mitochondria to convert macronutrients into sustained ATP energy. CoQ-10 declines with age and statin drug use.⁹

PLUS:

B vitamins for foundational energy metabolism support and Vitamin C to help optimize blood antioxidant status.

Revitalize your life with Energy Now!



LOOKING FOR MENTAL ENERGY AND FOCUS?

Try Dr. Libby's Slow Dissolve B-12. See page 21



Energy Now!®

#30420

Member **\$24.99**



Suggested Use: Adults: Take 2 capsules in the morning and/or afternoon. For best results, take with a glass of juice or water on an empty stomach. This should be 30 minutes before or 2 hours after food. Taking the product with food will significantly diminish its effectiveness.

ENERGY = ZEST FOR LIFE!

Occasional fatigue may happen more frequently with age, potentially holding back your active, happy lifestyle. Wouldn't it be great to revitalize your life whenever you're feeling run-down?

Energy Now!®

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

Amount per serving: Vitamin C (as ascorbic acid) 60 mg, Thiamin (as thiamin HCl) 1.5 mg, Riboflavin 1.7 mg, Niacin (as niacinamide) 20 mg, Vitamin B6 (as pyridoxine HCl) 10 mg, Pantothenic Acid (as d-calcium pantothenate) 10 mg, Proprietary blend 1164 mg: Green Tea Extract (36% polyphenols and catechins), Cocoa bean standardized extract (12% theobromine), L-Phenylalanine, L-Tyrosine, Trimethylglycine HCl, NN-dimethylglycine HCl, Taurine, Co-Enzyme Q10. Other ingredients: Gelatin, tricalcium phosphate, rice flour, magnesium stearate and silicon dioxide.

Please note: If you have PKU or are taking MAO inhibitors, do not use this product.

References:

1 Gregersen NT, Bitz C, et al. *Br J Nutr.* 2009 Oct;102(8):1187-94.

2 Ichinose T et al. *Scand J Med Sci Sports.* 2011 Aug;21(4):598-605.

3 Murase T et al. *Am J Physiol Regul Integr Comp Physiol.* 2005 Mar;288(3):R708-15. E

4 Baggot MJ, Childs E, et al. *Psychopharm.(Berl).* 2013 Jul; 228(1): 109-118.

5 Greiwe JS et al. *J Appl Physiol* 86: 531-535, 1999.

6 Graber CD et al. *J Infect Dis.* 1981;143:101-5

7 Schwahn BC et al. *Br J Clin Pharmacol.* 2003;55:6-13.

8 Hansen S et al. *Taurine.* 2006;583(6):129-135.

9 <http://lpi.oregonstate.edu/mic/dietary-factors/coenzyme-Q10#function>



Rejuvenate

A vitalizing botanical blend

With age, we may experience fatigue, and decreased stamina and sexual performance, thanks to complex changes to the endocrine system.¹ Rejuvenate is designed to help maintain a healthy endocrine system and support energy levels, stamina, endurance and overall health.

Maca root: A Peruvian root vegetable that has been traditionally used to promote stamina and endurance.²

Suma: Understood as an adaptogen³ that helps support body function and sexual vitality.⁴

Muira Puama: Its bark and roots help enhance nerve, digestive and joint health.⁵

Stevia: Has beneficial effects on glucose metabolism.⁶



Rejuvenate

#ADS2971

Member **\$29.99**



Suggested Use: As a dietary supplement, adults take 2 capsules daily.

Rejuvenate

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

Amount per serving: Proprietary blend 760 mg: Maca (Lepidium meyenii root), Muira Puama (Ptychopetalum olacoides stem), Suma (Pfaffia paniculata root), Stevia (Stevia rebaudiana leaf).

Other ingredients: Vegetable capsule (vegetable cellulose), rice husk concentrate.

References:

1 <http://www.ncbi.nlm.nih.gov/pubmed/17200939>

2 <http://healthlibrary.epnet.com/GetContent.aspx?token=882325a2-3bd2-4d3a-ab7a-b37d6ee56dce&chunkid=104590>

3 <http://healthlibrary.epnet.com/GetContent.aspx?token=882325a2-3bd2-4d3a-ab7a-b37d6ee56dce&chunkid=21877#ref1>

4 <http://www.webmd.com/vitamins-supplements/ingredientmono-361-SUMA.aspx?activeIngredientId=361&activeIngredientName=SUMA>

5 <http://healthlibrary.epnet.com/GetContent.aspx?token=882325a2-3bd2-4d3a-ab7a-b37d6ee56dce&chunkid=104599>

6 <http://www.ncbi.nlm.nih.gov/pubmed/14681845>

Zamu Gold

Delicious nutrient blend from the Amazon

Find yourself dragging through the day? Trust the nutrients that the people of the Amazon have trusted for centuries. Zamu Gold is derived from ingredients designed to strengthen and support your immune system. When your immune system is strong, you feel stronger, energetic and full of vitality.

NEW LOWER PRICING!



Zamu Gold™

#31510

Member **\$34.99**



Zamu Gold™ 4-Pack

#33810

Member **\$119.99**



This product is also essential for Immune System Support - Page 13



VISION SUPPORT

Vision is a gift that draws us into every moment, whether it's seeing a baby smile, viewing a breathtaking sunset or admiring a perfectly-struck golf ball. What a priceless gift—and what could deserve protection more? Let TriVita's targeted supplement help you do all you can to keep your world in focus.

WHY DOES VISIONGUARD USE FLORAGLO® LUTEIN?¹¹

FloraGLO is the most clinically researched lutein brand in the world, as well as the brand most trusted by doctors. A perfect choice for VisionGuard, FloraGLO promotes vision health by:

- Helping defend the eye from free radicals
- Potentially reducing the effects of aging in the eye
- Helping protect vision by absorbing harmful UV rays
- Increasing the retina's protective macular pigment
- Reducing sensitivity to glare and blindingly bright light

Start nourishing your eyes with VisionGuard today!

VisionGuard See life more clearly

VisionGuard starts with **FloraGLO® lutein** (10 mg) and **zeaxanthin** (2 mg): 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}

VisionGuard extends the antioxidant network with additional eye-supportive botanicals:

Bilberry: Traditional eye health fruit concentrated into a 4:1 extract⁹

Black currant: Supplies antioxidant anthocyanins and polyphenols

Grapeseed: Standardized to 80-85% OPCs: Antioxidants tied to glare recovery¹⁰



VisionGuard™

#30572

Member **\$29.99**



Suggested use: Adults, take 2 capsules daily with food. Alternatively, adults take 1 capsule in the morning and 1 capsule in the evening, with food.

PLUS:

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

VisionGuard™

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

Amount per serving: Vitamin C (as ascorbic acid) 300 mg, Vitamin E (as d-alpha-tocopheryl succinate) 100 IU, Zinc (as zinc citrate) 25 mg, Selenium (as selenomethionine) 35 mcg, Copper (as copper gluconate) 1 mg, Lutein [from Aztec marigold (*Tagetes erecta*) extract (FloraGLO®)] 10mg, Zeaxanthin [from OptiSharp™ Zeaxanthin & Aztecmarigold (*Tagetes erecta*) extract (FloraGLO®)] 2mg, Bilberry fruit 4:1 extract 100mg, Black currant fruit puree & juice powder 50mg, Grapeseed extract (80-85% oligomeric proanthocyanidins) 25 mg, Alpha-Lipoic acid 50 mg, Rutin 25 mg, Quercetin dihydrate 25 mg, Taurine 100 mg, N-Acetyl-L-Cysteine 20 mg, Glycine 10 mg.

Other ingredients: Gelatin, vegetable magnesium stearate and silica.

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 <http://www.nlm.nih.gov/medlineplus/druginfo/natural/202.html>
- 10 Matsumoto H. *J Agric Food Chem*. 2003 Jun 4;51(12):3560-3
- 11 <http://www.kemin.com/products/floraglo>



BRAIN & NERVE HEALTH SUPPORT

Think about it: a healthy brain and nerves are the control and communications centers for everything we do. Be smart about the vital nutrients you need to help support brain and nerve health, and consider TriVita's quality products. Add vital nutrients to your daily schedule: these supplements are formulated with your needs in mind.



Walk your way to a bigger, healthier brain

Still think going for a stroll isn't beneficial? Think again. Moderate physical exercise such as walking for at least 30 minutes three or more times a week:

- Increases blood flow to the brain
- Enlarges your frontal lobes (where decision-making, planning and remembering reside)
- Adds new memory-recording neurons in your hippocampus (where memory-making occurs)

Exercise also helps to replenish some of the cells lost in the aging process. In fact, moderate aerobic physical exercise—the type that makes you breathe faster and increases your heart rate—is the most powerful trigger of new cell production in the brain.

Over the last few years, several studies have shown that if there's a "magic bullet" for a healthy brain, it's walking. In one study conducted at the University of Illinois at Urbana-Champaign, a group of 60-79 year-olds were followed for six months. Half the group started walking just 15 minutes three times a week, working up to 60-minute walks three times weekly while the other half did non-stamina-building exercises

AUTHOR BIO:

PAUL E. BENDHEIM, M.D.

Dr. Bendheim is a board-certified neurologist, medical/scientific researcher, and author of *The Brain Training Revolution: A Proven Workout for Healthy Brain Aging*. Founder and chief medical officer of BrainSavers®, an organization devoted to healthy brain aging, he has lectured around the world on Alzheimer's disease and other dementias.

such as stretching and toning. At the end of the study, MRI brain scans showed that only the walkers increased their brain volume.

So take your first step toward a bigger healthier brain and hit the road today.

This article is intended for educational purposes only.

Reference:

Bendheim, PE, M.D. (2009). *The Brain Training Revolution. A Proven Workout for Healthy Brain Aging*. Naperville, IL: Sourcebooks, Inc.

Omega3 Prime

Premium fish oil for prime brain support

Omega-3 fatty acids EPA and DHA are among the most important brain health nutrients. When we're young, omega-3s help brain development;¹ in later years they protect against cognitive decline;² and throughout our lives they optimize brain cells for healthy function.³⁻⁵

The problem? Most of us don't get enough EPA or DHA.⁶ Fish oil supplements can help, but the market is littered with inferior products that may be rancid and fishy (often masked by dark soft gels), low in potency or harvested from polluted waters.

Omega3 Prime contains premium golden fish oil concentrate that is carefully formulated to be:

Potent: 1,000 mg serving is concentrated in omega-3s: 670 mg EPA and 125 mg DHA

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

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

OMEGA3 PRIME IS MADE WITH QUALITY, EVERY STEP OF THE WAY:

- Highly refined and pharmaceutically distilled to provide the most pure form of omega-3s
- Multi-level testing with traceability throughout our supply chain, all the way to the finished product
- High quality control standards that help limit fish oil oxidation, neutralizing fishy odor and aftertaste
- Independent third-party laboratory analysis that verifies a clean, pure and potent fish oil product
- TriVita promotes sustainability to preserve the long-term health of oceans, by sourcing the omega-3 fish oil from *Friend of the Sea* suppliers. Friend of the Sea (FOS) is a registered non-profit non-governmental organization (NGO) that was founded in 2006 to conserve marine habitats and resources.



Omega3 Prime™

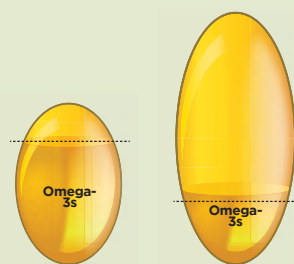
#31320

Member **\$29.99**



Suggested Use: Adults, as a dietary supplement take 2 soft gels daily.

DON'T LET SIZE FOOL YOU!



OMEGA3 PRIME
SOFT GEL

COMMON
SOFT GEL

When buying fish oil supplements, it's important to look for the amount of actual omega-3s.

Omega3 Prime soft gels are highly concentrated to supply more omega-3s than some bigger soft gels.

For mind, body and vitality, take Omega3 Prime daily!

Omega3 Prime™

Quantity: 60 soft gels **Serving size:** 2 soft gels

Amount per serving: Omega-3 Fish Oil 1,000 mg, EPA (Eicosapentaenoic Acid) 670 mg, DHA (Docosahexaenoic Acid) 125 mg, Omega-3 Other 205 mg.

Other Ingredients: Gelatin, glycerin, purified water, and lemon oil.

References:

1 Helland IB. *Pediatrics*. 2003 Jan;111(1):e39-e44.

2 Yurko-Mauro K. *Curr Alzheimer Res*. 2010 May;7(3):190-6.

3 Kotani S, et al. *Neurosci Res*. 2006; 56:159-64.

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

5 Meyer BJ. *Lipids*. 2013 Sep;48(9):863-8.

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

Call to order Mon.-Fri.: 9 am-9 pm, EST. **1-800-991-7116** or shop online 24/7 at **TriVita.com**



BRAIN & NERVE HEALTH SUPPORT

Dr. Libby's Slow Dissolve B-12 and Super B-12

Help protect against B-12 deficiency

There's no question about it: B-12 plays an important role in keeping our brain and nerves functioning properly. According to the National Institutes of Health, a B-12 deficiency may lead to confusion, mood changes, nerve problems, fatigue and more.

Dr. Libby's Slow Dissolve B-12 helps protect against B-12 deficiency. It features Dr. Libby's patented slow dissolve process, which helps enhance the absorption of these critical nutrients—so you get the B-12 you need. Also available in Super B-12 (with three times the B-12, plus ginseng).

Reference:
<http://ods.od.nih.gov/factsheets/vitaminb12-healthprofessional>



Dr. Libby's Slow Dissolve B-12

#30140

Member **\$19.99**



FOR \$3 MORE (\$22.99),
GET SUPER B-12
#33356



This product is also essential for Energy, Stamina & Performance Support – Page 21

Adaptuit

A delicious blend of 10 adaptogens

Normal brain and nerve function—as well as mental health—can be adversely affected by stress.¹ Adaptogens, plants that help increase resistance to stress, can help support our mental performance during stressful times.² Adaptuit is formulated with a powerful blend of 10 adaptogens, Aloe vera and antioxidants.

References:
1 <http://www.nlm.nih.gov/health/publications/stress/index.shtml>
2 Panossian and Wikman. *Pharmaceuticals* (Basel), 2010; 3: 188.



NEW LOWER PRICING!

Adaptuit®

#30770

Member **\$34.99**



Adaptuit® 4-Pack

#33345

Member **\$119.99**



This product is also essential for Stress Management Support – Page 11

Energy Now!

Brain running on empty?
Recharge with Energy Now!

When energy runs low, it's hard to think, move or do much of anything. Our brains need energy to thrive, but when a revitalizing nap isn't a possibility, don't reach for an energy drink; grab the power of TriVita's Energy Now!, formulated to provide natural energy support.



Energy Now!®

#30420

Member **\$24.99**



This product is also essential for Energy, Stamina & Performance Support – Page 23

Nerve Formula

Nourish your nerves & optimize whole-body wellness

Supporting far more than just our sense of touch, the nervous system is our control center and communication network—enabling sharp mental clarity, carefree physical activity and whole-body harmony. The right nutrition can help to optimize this important system.

BROAD-SPECTRUM NERVOUS SYSTEM SUPPORT

Nerve Formula starts with a balanced serving of A, C and E vitamins; B-complex vitamins; and essential minerals like zinc, copper and magnesium—important nutrients for overall nervous system health. Nerve Formula builds on this foundation of “neuronutrients” (dietary components that support the nervous system) with Nerve Preserve™: an advanced blend designed for more targeted nerve concerns.

Nerve Preserve features:

Acetyl L-Carnitine: Supports nerve fiber regeneration and helps maintain nerve comfort.¹

L-Taurine: Helps maintain nerve-to-nerve communication and nerve membrane integrity.²

Alpha lipoic acid: “Universal Antioxidant” helps protect nerves from negative effects of free radicals (damaging molecules).³

Lecithin & phosphatidylcholine: Helps support neurotransmitters, important for memory and cognitive function.⁴

Supplying both basic and breakthrough neuronutrients, Nerve Formula is designed to help support nervous system care.

Promote peak nerve performance for the active life you lead!



Nerve Formula™

#30360

Member **\$27.99**



Suggested Use: Adults take 1 capsule twice daily with food. **Note:** For optimal results, take 2 capsules three times per day for 30 days, then 2 capsules twice per day for 30 days, then 1 capsule twice daily.

DID YOU KNOW?

As we grow older, the nervous system undergoes a series of natural, age-related changes. Nerve structures waste away, nerve-to-nerve communications slow, reflexes decline and senses diminish. These age-related changes underscore the importance of proactively maintaining your healthy nervous system performance.⁵

Nerve Formula™

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

Amount per serving: Vitamin A (as palmitate) 1000 IU, Vitamin C (as ascorbic acid) 50 mg, Vitamin E (as d-alpha tocopheryl succinate) 20 IU, Thiamin (as thiamin HCl) 20 mg, Riboflavin 5 mg, Niacin (as niacinamide) 25 mg, Vitamin B6 (as pyridoxine HCl) 10 mg, Folate (as folic acid) 400 mcg, Vitamin B12 (as methylcobalamin) 1000 mcg, Biotin (as d-biotin) 1000 mcg, Magnesium (as magnesium oxide) 10 mg, Zinc (as zinc amino acid chelate) 10 mg, Copper (as copper citrate) 250 mcg, Nerve Preserve™ Proprietary blend 562 mg: Lecithin, Acetyl L-carnitine (as acetyl L-carnitine HCl), Horse chestnut (Aesculus hippocastanum L. fruit) extract, Phosphatidylcholine, Colostrum, Taurine, Butcher's Broom (root), Alpha-lipoic acid, Betaine HCl.

Other ingredients: Vegetable capsule, silicon dioxide magnesium stearate, calcium silicate and tricalcium phosphate.

Contains: Milk and soy ingredients.

References:

1 <http://care.diabetesjournals.org/content/28/1/89.full>

2 <http://www.jbiomedsci.com/content/17/S1/S1>

3 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2939615/>

4 <http://ajcn.nutrition.org/content/71/6/1669s.full>

5 <https://www.nlm.nih.gov/medlineplus/ency/article/004023.htm>



NUTRITIONAL SUPPORT

Everyone needs a base from which to achieve optimum health and wellness. We call it the healthy foundation, with TriVita's nutritional support supplements developed to be the cornerstone of your good health. Let these high-quality vitamins and minerals help you build wellness, right from the start.

VitaDaily

Complete & easy multi-vitamin nutrition

Ever read a typical multi-vitamin's label? You may be surprised to see artificial food dyes, fake flavors and synthetic preservatives. Keep looking, and you may find “mega-doses” that seem to have way more nutrition than you want or need.

Finally! A multi-vitamin with no “bad stuff”

VitaDaily—TriVita's once daily multi-vitamin—is here to change all that. We've crafted the ideal multi-vitamin for anyone who wants *clean* daily nutrition without unnecessary additives or excessive mega-doses that some other brands use. VitaDaily is:

Comprehensive: Supplies 100% daily value of 19 essential vitamins and minerals

Convenient: Small and easy-to-swallow tablets; just take one every day

Dissolvable: Outperformed other brands in lab test; dissolved in under 30 minutes

VitaDaily is formulated to help make your life healthy and easy: Just take it once in the morning, and get on with your day!

IS YOUR NUTRITIONAL INTAKE “SUBOPTIMAL”?

Nutrient deficiency may not be the only dietary concern to worry about. Researchers have noted that “suboptimal” nutrient intake—which is above deficiency levels—may *still* be a risk factor for many health concerns. Suboptimal nutrient intake is common in adults, especially the elderly.¹

Make VitaDaily your once-daily multi-vitamin for *life*.



VitaDaily™

#30203

Member **\$14.99**



Suggested Use: Adults: Take 1 tablet daily, preferably with food.

ARE YOU GETTING ENOUGH?

Many Americans could use help hitting their nutritional targets for overall health.²

- 34% of Americans need more Vitamin A
- 25% need more Vitamin C
- 70% need more Vitamin D
- 60% need more Vitamin E
- 38% need more Calcium
- 45% need more Magnesium

VitaDaily™

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

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

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

References:

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

2 <http://www.health.harvard.edu/blog/artificial-sweeteners-sugar-free-but-at-what-cost-201207165030>

Essential D

An absorbable sunshine vitamin for life!

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 5,000 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
- Muscle health
- Immune function
- Heart health
- Cognitive health
- Cellular metabolism
- DNA repair & maintenance
- Colon, prostate and breast health⁷

Don't just take Vitamin D—absorb it with Essential D!



Essential D™

#31270

Member **\$14.99**



Suggested Use: Adults take 1 soft gel daily or as directed by your healthcare provider. Do not exceed 2 soft gels daily unless directed by your healthcare provider.

DID YOU KNOW?

One Essential D soft gel = 50 cups of milk. The National Institutes of Health says, "Very few foods in nature contain Vitamin D." Many foods are fortified with D—but typically only supply tiny amounts. Essential D may help you get *more*. Just one soft gel supplies 5,000 IU of Vitamin D3: the equivalent Vitamin D amount found in 50 cups of milk!⁸

Essential D™

Quantity: 30 soft gels **Serving size:** 1 soft gel

Amount per serving: Vitamin D3 (as Cholecalciferol) 5,000 IU, Vitamin E (as d-alpha-tocopherol) 30 IU, Essential D Proprietary Blend 424 mg: Broccoli Whole Plant Powder, Tocotrienol & Tocopherol Oil, Lecithin, Olive Oil, Plant Based Sterol Esters 100 mg. Other ingredients: Yellow Beeswax, Gelatin, Glycerin, Water and Caramel (color).

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 Grossman R, et al, 2010; *Mol Nutr Food Res*. Aug; 54(8): 1055–1061.

7 <http://lpi.oregonstate.edu/mic/vitamins/vitamin-d>

8 <http://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>



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. MEDICAL & SCIENTIFIC ADVISORY BOARD
10. COMPLETE CUSTOMER SATISFACTION GUARANTEE



TRIVITA'S HEALTHCARE PROFESSIONALS



Scott Conard, M.D.

Diplomate American Boards of Family Medicine & Integrative and Holistic Medicine.

Chief Medical Officer,
TriVita, Inc.; President,
TriVita Wellness Centers



William (Bill) Wheeler, Ph.D.

With a Ph.D. in Nutrition, “Dr. Bill” Wheeler and his team have 30 years of experience formulating nutritional products. He serves as Senior Vice President of TriVita’s Formula/ Manufacturing Services.

TRIVITA'S MEDICAL & SCIENTIFIC ADVISORY BOARD

TriVita created a Medical and Scientific Advisory Board to assist our efforts in staying abreast of current scientific developments and to provide input on the latest, most effective testing methods.



Samuel N. Grief, M.D., CCFP, FCFP

Named one of “Chicago’s Top Doctors” in 2012. Dr. Grief is medical director at the University of Illinois. He received his medical degree from McGill University in Montreal, Quebec.



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.





















Daniela Radulescu, M.D.


Dr. Daniela Radulescu is a registered medical practitioner in New South Wales, Australia. She holds an advanced degree in molecular genetics, and has been involved in clinical research for more than 10 years.

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Joint Complex™ 50	 Zamu Protect™ 14
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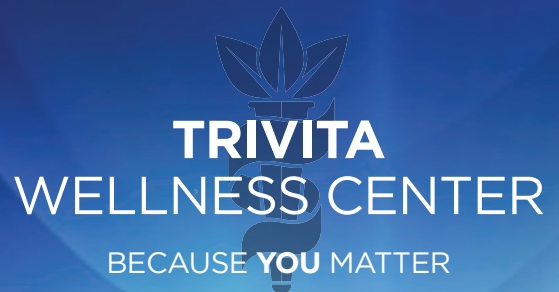
*Visit TriVita.com for more information on this product.

 **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.

 **TRIVITA'S AMAZON HERB PRODUCTS**
By purchasing Amazon Herb botanicals, you are helping to support the sustainability of the Amazon Rainforest.

 **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.

YOUR JOURNEY *to*
WELLNESS
BEGINS HERE

**TRIVITA**
WELLNESS CENTER
BECAUSE YOU MATTER

TRIVITA WELLNESS CENTER SERVICES

The TriVita Wellness Center is a fully licensed medical facility designed to bring you closer to good health—wherever you live—by combining a variety of unique health and wellness services.

BIOENERGETICS

Help detect the energetic imbalances related to nutrient deficiencies, mental or emotional stress, allergen sensitivities or hormonal imbalance that may be taking a toll.

PAIN RELIEF

Feeling run-down or suffering from aches and pains? We can help you reduce your reliance on pharmaceutical interventions by experiencing relief from pain naturally.

WEIGHT MANAGEMENT

Our physician-supervised custom weight loss and management program is designed for both in-person and remote (phone, online and email). Wherever you live, we're ready to help!

HORMONE THERAPY

Hot flashes. Night sweats. Mood swings. Lack of energy. Poor sleep. Memory loss. Our custom program uses plant-derived hormones to help restore your quality of life.

WELLNESS COACHING

Are you ready to make changes in your lifestyle to optimize your well-being? A TriVita Wellness Coach can guide you to discover your best self.

HEALTH & WELLNESS

What are your obstacles to feeling your best? We offer screenings for early detection and prevention of medical issues to help you achieve your wellness goals.

FIND OUT HOW THE TRIVITA WELLNESS CENTER CAN GET YOU ON A BETTER PATH TO OPTIMAL WELLNESS.

Call 1-888-669-5036 for more information. Most insurance plans accepted.

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

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 shipping and handling and applicable 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.

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Our featured specials are available by phone, fax, mail and online at TriVita.com. Featured specials expire on the date listed.

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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 state's tax laws. TriVita will remit sales tax to the appropriate state. Contact a Wellness Consultant if you need assistance.

SATISFACTION GUARANTEE

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The information in this catalog may contain errors or inaccuracies. Experience Wellness™ is a registered trademark of TriVita Inc. Children, women who are pregnant or nursing and all individuals allergic to any foods or ingredients should consult their healthcare professional before using any product. You should not stop taking any medication without first consulting with a healthcare professional. To report a serious adverse event or obtain product information, call 1-800-991-7116.



Premier | MEMBERSHIP

NO ADDED FEES OR OBLIGATIONS, JUST ADDED BENEFITS



REWARD POINTS ON EVERY PURCHASE

Enjoy VitaPoints equal to 4% of the product value of ALL your purchases. Use your VitaPoints at any time for TriVita products and TriVita Wellness Center services.



REFER AND BE REWARDED

Refer friends and family members to TriVita and enjoy VitaPoints equal to 20% of the product value of their orders; not once, but every time they order! Use your VitaPoints at any time for TriVita products or services at the TriVita Wellness Center.



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As a Premier Member you're also eligible for exclusive offers and access to extra VitaPoints on specially selected items.



PRIORITY CUSTOMER SERVICE

Your satisfaction is our top priority. If you have questions or concerns, we have reserved a toll-free number for Premier Members only. A Wellness Consultant is standing by to take your call.

THREE WAYS TO CHECK YOUR VITAPOINT BALANCE

1. Sign in to TriVita.com and click on My Account
2. Call Premier Member customer service
3. Check your latest TriVita invoice

REDEEMING VITAPOINTS

Redeem Points	100	500	1000	2000	2500	5000
Dollars Off Product	\$1	\$5	\$10	\$20	\$25	\$50



CALL TOLL-FREE
1-800-991-7116 OR
VISIT **TRIVITA.COM**
TO SIGN UP TODAY!



DIGESTION, DETOX & REGULARITY SUPPORT

Gut health is key to feeling healthy, looking healthy and being healthy. A properly functioning digestive system helps create a wellness balance, which enables your body to cleanse itself and stay regular. To be your best every day, get the digestive and detox support you need.



The healthy gut/healthy brain hypothesis

Writing in a recent online magazine, David Perlmutter, M.D., contends that microbiome (the bacteria that live in the intestines) play a major role in how well our brains work—or don't. Indeed, just as the brain can send signals to the stomach (like butterflies when we're nervous), so too can the gut signal the brain when it's working well.

“Nearly everything about our health—how we feel both physically and emotionally—can hinge on the state of our microbiome,” says Dr. Perlmutter, a board-certified neurologist and associate professor at the University of Miami's Miller School of Medicine.

To enhance the brain by improving the gut, Dr. Perlmutter suggests the following:

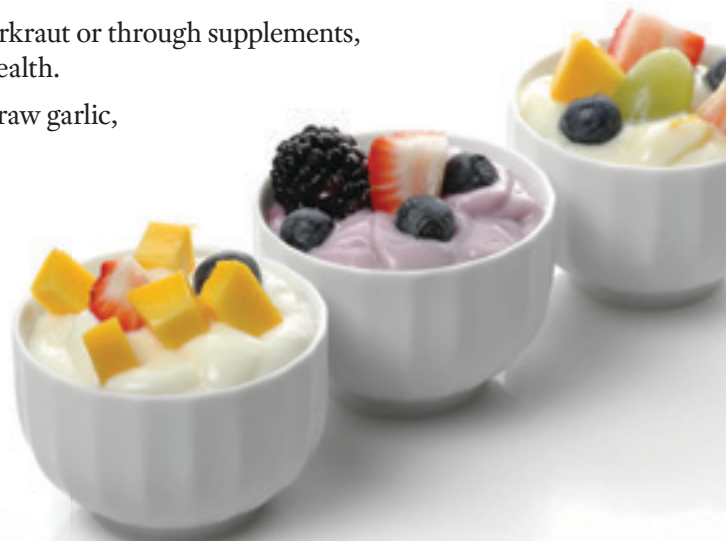
Eat probiotics. Whether through foods like yogurt and sauerkraut or through supplements, consume the live bacterial and yeast that support digestive health.

Eat prebiotics. Prebiotics “feed” helpful gut bacteria, so eat raw garlic, cooked and raw onions, leeks, chicory and jicama.

Go for fiber and lower carbs. Whole veggies and fruits help the gut do its work, while high-sugar/low-fiber foods don't.

Drink clean water. Avoid chlorine and other contaminants as well as plastic water bottles.

Within reason, enjoy dark chocolate, coffee and wine; black and green teas are also beneficial.



References:

<https://experiencelife.com/article/healthy-gut-healthy-brain/>

ProDigest

Targeted nutrients for your digestive system

Stress, eating processed foods and aging all make it hard for our digestive system to work properly. The digestive system then becomes challenged, which may result in bloating, gastrointestinal discomfort and indigestion.

ProDigest helps support the digestive system and features:

- A combination of various natural plant-based enzymes from the Amazon Rainforest.
- Boldo, an evergreen shrub, traditionally used in Peru to support good digestion.¹
- Anise, used by Amazon natives for its carminative (anti-gas) properties.²
- Peppermint, used traditionally for gastrointestinal discomfort.³
- Carqueja, an herb traditionally used to address indigestion, constipation and more.
- Also contains digestive enzymes to assist and enhance digestion of foods.



ProDigest

#ADS1472

Member **\$34.99**



Suggested Use: Take 1 capsule 3 times daily with food or as directed by a healthcare provider.

ProDigest

Quantity: 90 capsules **Serving size:** 3 capsules

Amount per serving: Proprietary Herbal Blend total 253 mg: Anise (*Pimpinella anisum* seed), Carqueja (*Baccharis trimera* leaf), Boldo (*Peumus boldus* leaf), Peppermint (*Mentha piperita* leaf). Proprietary Enzyme Blend total 219 mg: Amylase (from *Aspergillus oryzae*), Malt Diastase (from barley seed *Hordeum vulgare*), Peptidase (from *Aspergillus melleus*), Protease (from *Aspergillus oryzae*), CereCalase™ (hemicellulase, phytase and beta-glucanase from *Aspergillus niger* & *Trichoderma longibrachiatum*), Bromelain (from Pineapple *Ananas comosus* leaf), Glucoamylase (from *Aspergillus niger*), Lipase (from *Rhizopus oryzae*), Invertase (from *Saccharomyces cerevisiae*).

Other ingredients: Vegetable-based capsule (hydroxypropyl methylcellulose, purified water), rice husk concentrate.

References:

- 1 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=593>
- 2 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=582>
- 3 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=705>

Leanology Herbal Cleansing Tea

Natural herbs to help the body cleanse itself

Did you know that weight challenges have been linked to toxins we are exposed to every day?¹ Poor digestion may also contribute to weight concerns.² Leanology Herbal Cleansing Tea may help by supplementing your diet with botanical nutrition for both cleansing and digestion—adding new layers of support to your healthy diet and exercise program.

Leanology® Herbal Cleansing Tea

Quantity: 15 tea bags **Serving size:** 1 tea bag (1.2 g)

Amount per serving: Proprietary Blend: 1.2 g: Senna (*Cassia angustifolia* Vahl, leaf), Peppermint (*Mentha piperita* L., leaf), Roasted Dandelion (*Taraxacum officinale*, root), Spearmint (*Mentha spicata* L., leaf), Stevia (*Stevia rebaudiana* L., leaf), Astragalus (*Astragalus membranaceus* L., root), Milk Thistle (*Silybum marianum* L., seed).

Caffeine free. This product contains senna. Do not use if you have or develop diarrhea, loose stools, or abdominal pain.

References:

1. Baillie-Hamilton PF. *J Altern Complement Med*, 2002; 8: 185.
2. Ho W, Spiegel BMR. *Gastroenterol Hepatol (N Y)*, 2008; 4: 572.



Leanology® Herbal Cleansing Tea

#30810

Member **\$14.99**



Suggested Use: Steep one tea bag per cup for 5-7 minutes once a day, preferably in the evening. Should not be used for more than 7 consecutive days unless directed by a doctor.



DIGESTION, DETOX & REGULARITY SUPPORT

Fiberzon Capsules

Designed to support healthy regularity

Constipation is one of the most common gastrointestinal problems in the United States, affecting an estimated 42 million people. Constipation is a condition in which you have fewer than three bowel movements per week. Long term, constipation can lead to health problems such as hemorrhoids, anal fissures, rectal prolapse or fecal impaction.¹

Regular bowel movements are an important part of digestion, eliminating waste from the body, which allows food that enters the body to move through the digestive tract and supply the body with nutrients.²

A gentle, yet more aggressive formulation than Fiberzon powder, Fiberzon Capsules contain a proprietary blend of 16 botanicals designed to support healthy regularity, including:

Turkish rhubarb: Chinese herbalists have relied on rhubarb rhizomes and roots for thousands of years. They contain powerful compounds that act as stimulant laxatives.³

Psyllium husk: A soluble fiber used primarily as a gentle, bulk-forming laxative.⁴

Boldo: A perennial tree originating from the central regions of Chile, boldo leaves are widely used for supporting digestive health.⁵

Hibiscus flower: Polyphenols contained in plant foods are frequently associated with dietary fiber.⁶

Slippery elm bark: Contains mucilage, a substance that becomes a slick gel when mixed with water.⁷

Try this stimulating blend of Rainforest herbs today!

For best results, use with Fiberzon Powder—see page 39.



Fiberzon Capsules

#ADS1972

Member **\$29.99**



Suggested Use: As a dietary supplement, adults take two (2) capsules daily, or as directed by a healthcare provider.

DID YOU KNOW?

You can help prevent constipation by eating more high-fiber foods, drinking more water, getting more exercise and asking your healthcare provider if any of your medications may be causing constipation.⁸

Fiberzon Capsules

Quantity: 90 capsules **Serving size:** 2 capsules

Amount per serving: Proprietary Blend 1350 mg: Turkish Rhubarb (*Rheum palmatum* root), Psyllium Husk (*Plantago ovata*), Sangre de Drago (*Croton lechleri* bark resin), Boldo Leaf (*Peumus boldus*), Cat's Claw (*Uncaria tomentosa* bark), Camu Camu (*Myrciaria dubia*), Fenugreek Seed (*Trigonella foenum-graecum*) Extract 4:1, Hibiscus Flower (*Hibiscus sabdariffa*), Licorice Root (*Glycyrrhiza glabra*), Flax Seed (*Linum usitatissimum*), Oat Bran (Avena), Slippery Elm Bark (*Ulmus fulva*), Artichoke (*Cynara scolymus* leaf), Quebra Pedra (*Phyllanthus niruri* whole plant), Jatoba (*Hymenaea courbaril* bark), Papaya (*Carica papaya* fruit).

Other ingredients: Vegetable capsule (vegetable cellulose), rice husk concentrate

References:

1 <http://www.niddk.nih.gov/health-information/health-topics/digestive-diseases/constipation/Pages/definition-facts.aspx>

2 <http://digestive.niddk.nih.gov/ddiseases/pubs/constipation/>

3 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=214>

4 <http://umm.edu/health/medical/altmed/supplement/psyllium#ixzz37Tbx6JY>
5 Vila R et al. *Planta Med.*, 1999; 65: 178.

6 Sáyago-Ayerdi SG et al. *J Agric Food Chem.*, 2007; 55: 7886.

7 <http://umm.edu/health/medical/altmed/herb/slippy-elm#ixzz375B3rjVS>

8 <https://www.nlm.nih.gov/medlineplus/constipation.html>

PREMIER MEMBER?

Be sure to check and redeem your VitaPoints. Find out how on page 35.

Fiberzon

Works like an intestinal broom

Many of us don't get enough fiber in our daily diets, and the result can be sluggish and even painful elimination.¹ The fiber in a healthy diet helps keep things moving along—now, NEW Fiberzon gives you that extra fiber with a pleasant-tasting cocoa flavor.

Soluble fiber in beans, fruits and oats, along with insoluble fiber (the bulk type in whole-grain products and vegetables) helps keep stools soft. Health experts agree: fiber, good nutrition, drinking plenty of liquids and enjoying regular exercise is crucial for regularity.¹

As we age, elimination troubles can become more common,¹ but Fiberzon may be a solution.

ADD HEALTHY FIBER EASILY, EVERY NIGHT

With four grams of fiber (both soluble and insoluble) in each serving, mixed with water before bed, Fiberzon is a great way to add supplemental fiber to your healthy eating plan. The unique blend of Rainforest botanicals and fiber in Fiberzon helps support the body's natural elimination: think of it as an intestinal "broom" that helps encourage regularity.

PLUS—Fiberzon offers a proprietary blend of time-honored, plant-based ingredients, including:

- Boldo Leaf, an evergreen shrub, traditionally used in Chile and Peru to support good digestion.²
- Fenugreek, a South American plant whose seeds are used to ease constipation.³
- Hibiscus Flower, an ancient medicinal resource thought to have gentle laxative properties.⁴
- Psyllium Husk, an herb used to help lower cholesterol and to relieve constipation.⁵

Make pleasant-tasting Fiberzon part of your daily wellness routine.

For best results, use along with Fiberzon Capsules—see page 38

Fiberzon

Quantity: 8.99 oz (255 g) **Serving size:** 1 level scoop (Approx. 8.5 g)

Amount per serving: Calories 25, Total Carbohydrates 5 g (Dietary Fiber 4 g, Protein 1 g). Proprietary Blend 6935 mg: Psyllium Husk (*Plantago ovata*), Oat Fiber (*Avena sativa*), Fenugreek Seed (*Trigonella foenum-graecum*), Hibiscus Flower (*Hibiscus sabdariffa*), Licorice Root (*Glycyrrhiza glabra*), Boldo Leaf (*Peumus boldus*), Flax Seed (*Linum usitatissimum*), Oat Bran (*Avena sativa*), Slippery Elm Bark (*Ulmus rubra*), Cat's Claw Bark (*Uncaria tomentosa*), Artichoke Leaf (*Cynara scolymus*), Chanca Piedra, Whole Herb (*Phyllanthus niruri*), Camu Camu Fruit (*Myrciaria dubia*), Sangre de Drago Bark Resin (*Croton lechleri*), Papaya Leaf (*Carica papaya*).

Other ingredients: Cocoa, Natural Flavors, Carob Fruit (*Certonia siliqua*), Sodium Chloride, Xanthan Gum, Stevia Leaf Extract and Peppermint Oil Powder.

References:

- 1 <http://www.niddk.nih.gov/health-information/health-topics/digestive-diseases/constipation/Pages/definition-facts.aspx>
- 2 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=593>
- 3 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=733#background>

- 4 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=211#background>
- 5 <https://www.nlm.nih.gov/medlineplus/druginfo/natural/866.html#OtherNames>
- 6 <http://www.ncbi.nlm.nih.gov/pubmed/26762459>



Fiberzon

#ADS1878

Member **\$39.99**



Suggested Use: One scoop per 8 ounces pure cool water. In addition, drink 6–8 glasses of pure water daily

LOW FIBER = LESS GUT BACTERIA?

The low-fiber Western diet may be destroying beneficial gut bacteria.

A study from the Stanford University (California) School of Medicine showed that when mice treated with human gut bacteria were put on a low-fiber diet, the diversity of helpful bacteria in their intestines plummeted.⁶



CARDIOVASCULAR SYSTEM

PUMP IT UP!



Your guide to a healthy cardiovascular system

From the first day you get your drivers license, most of us are taught to keep your car engine in top shape to ensure your vehicle doesn't leave you stranded alongside the road. However, few of us receive the same guidance when it comes to keeping our body running strong.

At TriVita, we focus on whole person wellness—emotional, physical and spiritual—by helping you improve your diet, your lifestyle and your mindset. As a wellness company, we concentrate on the body's nine separate systems, each of which plays a vital role in your overall health.

When people think of a body system, many commonly default to the cardiovascular system, which consists of the heart and circulatory system.

It helps to think of your heart as a never-ending metronome, continually pumping oxygen-rich blood and nutrients to every cell each trip through your body while simultaneously removing carbon dioxide and waste products. Blood is transported from your heart through your tissues via a complex network of 20 major arteries before branching off into arterioles, and eventually capillaries, most of which are thinner than a hair. In fact, many capillaries are so tiny, only one blood cell can move through them at a time.

Once the delivery process is completed, the blood picks up carbon dioxide and begins the process of returning it through a series of wider vessels called venules. Venules eventually join to form veins, which act as the final thoroughfare by which the blood completes the circuit back to your heart before beginning the whole process again.¹

Many of the diseases your cardiovascular system helps to deter are referred to as “lifestyle diseases” because they develop over time and are related to a person's exercise habits, diet and other lifestyle choices a person makes.² The strength of your body's defense is determined by these daily decisions, from the way you live your life to the supplements you take. As such, cardiovascular conditions may be preventable and reversible through early detection and lifestyle changes.

“Cardiovascular conditions may be preventable and reversible through early detection and lifestyle changes.”



HOW TO SUPPORT YOUR CARDIOVASCULAR SYSTEM

Consider getting regular medical care and checkups with a licensed medical provider and supplementing your diet with the following nutrients:

- Omega-3 Fatty Acids
- CoQ-10
- Folic Acid B-9
- Vitamin D
- B-12
- B-6



NUMBERS THAT MATTER

Knowing and monitoring your body numbers is key to maintaining your cardiovascular health. Watch for:



- **Critically low HDL** (“healthy”) cholesterol levels of less than 40 for men and less than 50 for women
- **Critically high LDL** (“lousy”) cholesterol levels greater than 160
- **Critically high** (above 100) or **low** (below 60) heart rates⁴

Visit your doctor or call the TriVita Wellness Center (see page 34) to learn more about the importance of your body numbers today!

FOODS THAT NOURISH THE HEART AND BLOOD VESSELS

Blueberries

Improve blood vessel wall flexibility • Help withstand drastic changes in blood pressure

Potassium – optimal daily dosage of 3800 mg. Good for regulating blood pressure

Potassium rich food includes:

- Swiss chard 961 mg (per cup)
- Winter squash 896 mg
- Avocado 875 mg
- Spinach 839 mg

GET HEALTHY! START NOW!

References

- 1 <http://www.texasheart.org/HIC/Anatomy/>
- 2 <http://www.ncbi.nlm.nih.gov/books/NBK2290/>
- 3 <http://www.world-heart-federation.org/press/fact-sheets/cardiovascular-disease-risk-factors/>
- 4 <http://www.cholesterolmenu.com/cholesterol-levels-chart/>



A Key to Keeping Your Cardiovascular System Healthy

The evolution in medical research has dramatically redefined wellness and healthy lifestyle practices. Neither cholesterol nor fats are necessarily bad. In fact, while saturated fats have been shown to raise the level of cholesterol in the blood, polyunsaturated fatty acids (PUFA) such as omega-3 have been linked to healthy aging because they adjust cholesterol and triglycerides in the blood, thereby benefiting your heart and arteries.¹⁻⁶ Further research has shown that omega-3s actually help thin the blood and lower levels of circulating fatty acids.⁷

DIETARY FAT FACTS

Keep in mind that the body is fully capable of producing saturated and monosaturated fats, so there is no need for either to be supplied through your diet. However, there are two separate types of PUFAs the body is unable to make, and each of these particular fats do need to be obtained from food or supplements.⁸ These fats are:

- **Alpha-linolenic acid (ALA), an omega-3 essential fatty acid**
- **Linoleic acid (LA), an omega-6 essential fatty acid⁸**



LOWER YOUR RISK OF HEART DISEASE

Physicians commonly prescribe omega-3s to help lower the risk of heart disease.³⁻⁶ In addition, the American Heart Association recommends omega-3 fish and fish-oil supplements in varying doses depending on your health status and medical conditions.⁷ Yet, because our bodies inefficiently produce some omega-3s from marine sources, we need to obtain adequate amounts from other sources.⁹

- The typical American diet contains 14 to 25 times more omega-6 fatty acids than omega-3s, making omega-3 supplements essential for most adults.
- 84,000 heart-related deaths in the U.S. could be prevented annually with just 250 mg of omega-3 fatty acids eicosapentaenoic acid (EPA) & docosahexaenoic acid (DHA) daily, the equivalent of two 4 oz servings of seafood per week.¹²⁻¹³

This article is intended for educational purposes only.

Omega3 Prime

Is your heart getting enough omega-3s?

The presence of EPA and DHA may positively affect many aspects of cardiovascular function including inflammation or vascular issues.¹⁰ (DHA is also the primary structural component of the brain.) The problem is the average man and woman in the U.S. get only 50 and 40 percent respectively of their recommended daily allotment of omega-3s.

ALL OMEGA-3 FISH OIL IS NOT CREATED EQUAL

Omega3 Prime™ contains premium golden fish oil concentrate we carefully formulate to be:

- **Potent:** 1,000 mg of healthy fish oil are packed in every Omega3 Prime gel, including 670 mg of EPA and 125 mg of DHA
- **Tasty:** Natural lemon-flavored Omega3 Prime has no fishy smell and no fishy aftertaste.
- **Convenient:** Two small, easy-to-swallow gels each day is all it takes.



UNPLEASANT FISHY ODORS = OXIDIZED (AKA RANCID) FISH OIL

Oxygen is the enemy of fish oil freshness, so it's critical to avoid product exposure during the manufacturing and storage process. Unfortunately, many manufacturers fail to do so.

Oxidized fish is not absorbed as well by the body, which means it doesn't reliably deliver the health benefits you seek. Even worse, eating oxidized fatty acids is now thought to contribute to negative health outcomes.¹¹

GET THE FISH OIL YOU NEED—TRIVITA OMEGA3 PRIME!



Omega3 Prime™

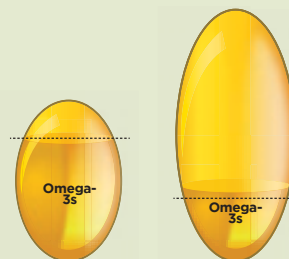
#31320

Member **\$29.99**



This product is also essential for Brain & Nerve Health Support - Page 27

DON'T LET SIZE FOOL YOU!



OMEGA3 PRIME SOFT GEL COMMON SOFT GEL

When buying fish oil supplements, it's important to look for the amount of actual omega-3s.

Omega3 Prime soft gels are highly concentrated to supply more omega-3s than some bigger soft gels.

References:

- 1 http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Saturated-Fats_UCM_301110_Article.jsp#.Vr43nvkrJQ,
- 2 <http://daa.asn.au/for-the-public/smart-eating-for-you/nutrition-a-z/unsaturated-fats/>
- 3 <http://www.mayoclinic.org/drugs-supplements/omega-3-fatty-acids-fish-oil-alpha-linolenic-acid/evidence/hrb-20059372>.
- 4 Kris-Etherton PM, Harris WS, Apple LJ. American Heart Association Nutrition Committee. Fish Consumption, fish oil, omega-3 fatty acids, and cardiovascular disease. 2002. *Circulation*. 106:2747-2757.
- 5 <http://www.nhlbi.nih.gov/guidelines/cholesterol/atp3full.pdf>.
- 6 [http://www.andjrnl.org/article/s2212-2672.13\)01672-9.pdf](http://www.andjrnl.org/article/s2212-2672.13)01672-9.pdf)
- 7 <http://umm.edu/health/medical/altmed/supplement/omega3-fatty-acids>
- 8 http://web.stanford.edu/group/hopes/cgi-bin/hopes_test/fatty-acids/#saturated-vs-unsaturated-fat
- 9 <https://chriskresser.com/why-fish-stomps-flax-as-a-source-of-omega-3/>
- 10 <http://advances.nutrition.org/content/3/1/1.full>
- 11 <http://www.detroitnews.com/story/life/food/2015/01/20/oxidized-oils-food-may-harmful-health/21773393/>
- 12 <http://www.hsph.harvard.edu/nutritionsource/omega-3-fats/>
- 13 Papanikolaou Y, et al. *Nutr J* 2014;13:31.

PREMIER MEMBER?

Be sure to check and redeem your VitaPoints. Find out how on page 35.

Call to order Mon.-Fri.: 9 am-9 pm, EST. 1-800-991-7116 or shop online 24/7 at TriVita.com



HCY Guard

Guard your blood vessels

When homocysteine (HCY) levels go out-of-range, blood vessel and circulatory concerns seem to follow¹—suggesting the importance of balanced HCY for heart health.

WHY DOES HCY GO OUT-OF-RANGE?

Among other reasons, low levels of Vitamin B-6, B-12 and folate are associated with unbalanced HCY.^{2,3} This may be because these three B vitamins are cofactors in HCY metabolism: They help the body to use and eliminate HCY properly.⁴ Unfortunately, some older adults have a harder time absorbing B vitamin nutrition, and may fall short on the recommended intake for HCY support.⁵

HCY Guard is formulated with Vitamin B-6, B-12 (as methylcobalamin) and folate in precise ratios—supplying the right B vitamin nutrition to help support your HCY levels already within normal range.

The HCY Guard proprietary blend adds complementary nutrients for even more support, including:

Choline: An important cofactor in homocysteine metabolism⁶

L-Cysteine: Helps convert HCY into methionine, a beneficial amino acid⁷

CoEnzyme Q-10: Extra support for healthy blood vessels and circulation⁸

HCY Guard is presented in pleasant-tasting soft tablets that dissolve in the mouth. This step encourages absorption to help optimize HCY Guard's nutritional support for your cardiovascular health.

Extend your cardiovascular support with HCY Guard!



HCY Guard®

#30460

Member **\$23.99**



Suggested Use: Adults and children over 10, take 1 slow dissolve tablet daily or as needed throughout the day. For best absorption do not chew or swallow whole: let dissolve in mouth or under tongue.

FOLATE STUDIES CONFIRM HEALTH BENEFITS

Folate has long been known to benefit prenatal health. However, recent studies indicated that folate may offer unexpected benefits—especially in the areas of mental and heart health.⁹

- Several studies have shown a connection between low serum folate levels and poor cognitive (thinking) function.
- Low folate status has been linked to the blues.
- Folate may help reduce cardiovascular condition risk.

HCY Guard®

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

Amount per serving: Vitamin B6 (as pyridoxine HCl) 10 mg, Folate (as folic acid) 400 mcg, Vitamin B12 (as methylcobalamin) 1000 mcg, Biotin 25 mcg. HCY Guard® Proprietary blend Total 103 mg: Inositol, Taurine, Choline bitartrate, N, N-Dimethyl Glycine, L-Lysine, CoEnzyme Q-10, L-Cysteine, DL-Methionine.

Other Ingredients: Sorbitol, xylitol, stearic acid, mannitol, citric acid, natural flavors, magnesium stearate, soy lecithin, silica and sucralose.

References:

- 1 Humphrey LL, et al. *Mayo Clin Proc.*, 2008; 83: 1203–1212.
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- 5 Morris MS, et al. *Am J Clin Nutr.*, 2008; May: 87(5):1446-54.

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8 Kumar A, et al. *Pharmac & Ther.*, 2009; 124(3):259-268.

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CoEnzyme Q-10

Support a healthy heart and more

CoEnzyme Q-10 (CoQ-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 metabolism.⁶
- CoQ-10 is a cardiovascular antioxidant that helps protect the heart and blood vessels.⁷
- CoQ-10 supports the function of the blood vessel linings, potentially helping with circulation.⁸
- CoQ-10 may help maintain heartbeat stability and the heart’s blood-pumping efficiency.⁹
- CoQ-10 may help to maintain blood pressure that’s already within normal range.¹⁰

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.

Support cardiovascular wellness with CoEnzyme Q-10!



CoEnzyme Q-10

#31161

Member **\$29.99**



Suggested Use: Adults and children over the age of 12, take 1 to 3 soft gels daily.

DID YOU KNOW?

CoQ-10 has also been studied for its potential ability to help with:

- Ringing ear concerns¹¹
- Blood sugar concerns¹²
- Gum health¹³
- Exercise performance¹⁴
- Immune function¹⁵
- Cognitive health¹⁶
- Skin health¹⁷
- Physical vitality¹⁸

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, annatto color and tocopherols.

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
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- 15 Folkers, K., & Wolaniuk, A. *Drugs Under Exper Clin Res,* 11(8), 539-545.
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- 18 Mizuno K, et al. *Nutrition,* Vol. 24, Issue 4, April 2008, pp. 293-9.

Call to order Mon.-Fri.: 9 am-9 pm, EST. **1-800-991-7116** or shop online 24/7 at **TriVita.com**



CARDIOVASCULAR SYSTEM

Cholestria

Maintain your healthy number

Cholesterol concerns? Plant sterols may help. Also known as phytosterols, plant-based sterol esters are botanical compounds that mimic cholesterol. By occupying cholesterol's "parking spaces" in the gastrointestinal tract, plant sterols may block LDL ("bad") cholesterol from being absorbed, and instead help to flush it out of the body.^{1,2} Cholestria supplies a high-potency 1,000 mg serving of plant-based sterol esters in each soft gel.

A MORE COMPLETE CARDIO PICTURE

Cholestria Proprietary Blend complements plant sterols with a nutrient complex designed to support additional aspects of cardiovascular health:

Bergamot (Citrus Bergamia): Citrus flavonoids, including the hesperidin found in bergamot fruit, are potent antioxidants linked to a healthy cardiovascular system.³

Vitamin E: Supplies tocotrienols, multi-tasking antioxidants that help protect cells and regulate a cholesterol-related enzyme called HMG-CoA reductase.⁴

CoQ-10: Concentrated in the heart, CoQ-10 supplies fat-soluble antioxidant activity that helps fight the oxidation of LDL cholesterol particles.⁵ Also, statin use may deplete CoQ-10 levels.⁶

TriVita Tropical Blend: A complex of exotic botanical antioxidants from açai, mangosteen, camu camu and more may help support cardiovascular wellness.



Cholestria™

#31290

Member **\$39.99**



Suggested Use: Adults take 1 soft gel twice daily with meals.

Help maintain your cholesterol already within normal range with Cholestria!

Cholestria™

Quantity: 60 soft gels **Serving size:** 1 soft gel

Amount per serving: Vitamin E (as d- α tocopherol mixture) 5 IU, Plant Based Sterol Esters 1,000 mg. Cholestria™ Proprietary Blend Total 79 mg: Citrus bergamia (Rind) Extract, Tocotrienol & Tocopherol (palm oil), TriVita Tropical Blend (acai, mangosteen, coffee berry, acerola, camu camu, quercetin, resveratrol, and Pterostilbene), CoEnzyme Q-10. Other ingredients: Lecithin Oil, Yellow Beeswax, Gelatin, Glycerin, Purified Water.

Contains: Soybean oil as source of natural Vitamin E.

References:

1 Plosch T, et al. *Journ Nutr.* 2006; 2135.

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3 Assini JM, et al. *Curr Opin Lipidol.* 2013;24:34-40.

4 Vasanthi HR, et al. *Genes Nutr.* 2012;7(1):19-28.

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VitaCal-MagD K2

Featuring Vitamin K2

The Rotterdam Heart Study suggests moderate to high, long-term dietary intake of Vitamin K2 is associated with better cardiovascular health. These findings may be due to Vitamin K2's role in supporting the function of proteins that are known to inhibit arterial calcification and incorporate calcium into the bone matrix.¹⁻⁴



VitaCal-MagD™ K2

#30182

Member **\$24.99**



This product is also essential for Bone, Joint & Muscle Support - Page 53

References:

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2 <https://ods.od.nih.gov/factsheets/VitaminK-HealthProfessional/>

3 Geleijnse JM, et al. *J Nutr* 2004;134:3100-5.

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HEALTHY BLOOD SUGAR SUPPORT

GlucoManage Formula

Find your balance and feel great

Blood sugar balance influences how you feel every single day, affecting your vitality, mood, appetite, mental clarity and more. But many factors can knock blood sugar off-balance, including bad diet, overweight, sedentary living and poor sleep.¹

Blood sugar levels measure circulating glucose, and insulin distributes this glucose, helping maintain the ideal balance. GlucoManage is formulated to help maintain healthy glucose levels. It's built on a solid vitamin and mineral foundation and enhanced with the SugarSolver™ botanical blend, which includes:

Gymnema sylvestre: Ayurvedic herb that may enhance insulin's performance.²

Bitter melon: May mimic insulin effects while helping to maintain normal insulin release.^{3,4}

American Ginseng: May help blood sugar balance by supporting efficient carb metabolism.⁵

Cinnamon: May help blood sugar by enhancing insulin performance and slowing gastric emptying.⁶

Banaba leaf: Folk herb traditionally used for blood sugar support.⁷

Vanadyl sulfate: A trace mineral with insulin-like effects that may play a role in glucose metabolism.^{8,9}



GlucoManage® Formula

#30340

Member **\$29.99**



Suggested Use: For optimal results, adults take 2 capsules twice daily for the first 30 days, then 1 capsule twice daily.

DID YOU KNOW?

People with blood sugar concerns may have occasional appetite control challenges. GlucoManage® is formulated with 5-HTP (5-Hydroxytryptophan) because it supports the brain chemistry of satisfaction-helping to maintain both a normal appetite and healthy weight management.¹⁰

GlucoManage® Formula

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

Amount per serving: Vitamin B1 (from Thiamine HCl) 17 mg, Niacin (as Niacinamide) 30 mg, Vitamin B12 (as Cyanocobalamin) 1000 mcg, Biotin 2000 mcg, Magnesium (from Magnesium Oxide, Magnesium Glycinate) 100 mg, Zinc (from Zinc Oxide) 12.5 mg, Copper (from Copper Amino Acid Chelate) 0.5 mg, Manganese (from Manganese Citrate) 2.5 mg, Chromium (from Chromium Polynicotinate) (ChromeMate®) 200 mcg, Potassium (from Potassium Citrate) 99 mg, Deodorized Garlic Powder 25 mg, SugarSolver™ Proprietary blend 574 mg: Gymnema Sylvestre Leaf, Banaba Leaf Extract (1% Corosolic Acid), Bitter Melon Fruit Extract 4:1, American Ginseng Root, Cinnamon Bark, Alpha Lipoic Acid (ALA), 5-Hydroxytryptophan (5-HTP), Vanadyl Sulfate.

Other ingredients: Gelatin capsule (Gelatin and water), Rice flour, Magnesium stearate. **Contains soy. Manufactured in a facility that contains tree nuts.**

References:

1 <http://diabetes.niddk.nih.gov/dm/pubs/insulinresistance/>

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Call to order Mon.-Fri.: 9 am-9 pm, EST. **1-800-991-7116** or shop online 24/7 at TriVita.com



MUSCULOSKELETAL SYSTEM

KEEP *your* MUSCULOSKELETAL SYSTEM GOING STRONG



Your guide to looking good and feeling better

As one of the nine body systems, the human musculoskeletal system plays an essential role in supporting the body, protecting vital organs and allowing you to maintain mobility and flexibility. But in order to maintain a high quality of life and the freedom to do what you want when you want, you need to continue to strengthen your musculoskeletal structure throughout your life.¹

Simply put, the human musculoskeletal system is an organ system made up of bones and muscles supported by a vast network of cartilage, tendons, ligaments, joints and other connective tissue that binds tissues and organs together. Bones connect to other bones and muscle fibers via connective tissue (tendons and ligaments), providing support and stability. Muscles keep bones in place and by contracting facilitate movement at joints, where different bones connect. The final piece in the puzzle, cartilage, prevents the bone ends from rubbing directly against each other.

With so many elements working in conjunction necessary to make even the simplest movement possible, it's easy to see that it only takes one to falter to throw the entire system out of line—and throw you into a feeling of helplessness.

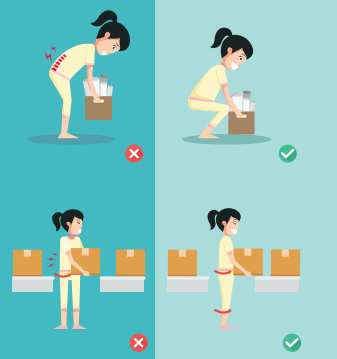
However, there are proven proactive steps you can take to keep your musculoskeletal system healthy—and keep you living a happier life.

“To maintain good posture while sitting, avoid leaning forward and take frequent breaks to encourage proper circulation.”

HOW TO KEEP YOUR MUSCULOSKELETAL SYSTEM HEALTHY

PROPER TECHNIQUE WHEN LIFTING IS VITALLY IMPORTANT TO STAYING INJURY-FREE². BE SURE TO:

- Bend your knees while keeping your back straight
- Keep objects close to your body and between the armpits and knees
- Never lift anything heavier than 20% of your body weight
- Save any pivoting, twisting or turning for the dance floor
- Engage your abdominal muscles to support your back³



Follow a nutrient-dense diet featuring protein to develop lean muscle mass⁴ and avoid foods that cause inflammation. We recommend:

- Meats such as chicken, roasted turkey and roast beef
- Fish such as salmon, tilapia and light tuna
- Mixed nuts and peanut butter
- Quinoa and navy beans
- Swiss cheese and cottage cheese



REMEMBER, NUTRIENTS ARE THE BUILDING BLOCK OF THE BODY. YOU NEED TO ADD THE RIGHT MICRONUTRIENTS FOR OPTIMAL HEALTH:

- Vitamin D⁵
- Calcium⁵
- Magnesium⁶
- Amino Acids⁷



Begin by beginning a regular physical exercise routine

- Include a weight-bearing exercise regimen twice a week⁸
- Focus on stretching⁹ and strengthening your core muscles¹⁰



Risk factors associated with Musculoskeletal system conditions

- Obesity¹¹
- Poor posture¹²
- pH imbalance¹³
- Micro nutrient deficiencies⁶
- Increased inflammation¹⁴
- Stress¹⁵
- Toxicity¹⁶



Hope, healing and health are available to each of us, and it all begins when you take the first step toward taking care of your musculoskeletal system.

Please note that this article is for educational purposes only. Be sure to consult with your primary healthcare provider before beginning any exercise routine, no matter how routine it may seem.

References:

1 https://en.wikipedia.org/wiki/Human_musculoskeletal_system
2 http://www.physio-pedia.com/Cardinal_Planes_and_Axes_of_Movement
3 <https://ehs.okstate.edu/modules3/back/A3-back.htm>
4 <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/>
5 <https://www.foh.hhs.gov/whatwedo/wellness/corestrength.html>
6 http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Nutrition/
7 <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>
8 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3806175/>

9 <http://www2.gsu.edu/~wwwfit/hyper.html>
10 <http://www.ncbi.nlm.nih.gov/pubmed/18785063>
11 <http://www.ncbi.nlm.nih.gov/pubmed/16866972>
12 <http://www.cdc.gov/niosh/docs/2014-131/default.html>
13 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3195546/>
14 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1552097/>
15 <http://www.apa.org/helpcenter/stress-body.aspx>
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MUSCULOSKELETAL SYSTEM

Joint Complex

Are stiff joints limiting your activity?

Joint Complex features some of the most important joint health nutrients in a combination designed to promote mobility in many ways, with a leading joint-support trio:

Glucosamine: A raw material for cartilage repair and regrowth; also signals the body to make new cartilage and helps enhance joint lubrication.^{1,2}

Chondroitin: Found in connective tissues, chondroitin attracts water like a magnet—helping “shock-absorbing” cartilage to stay plump, hydrated and cushy.^{3,4}

MSM: This organic sulfur is a key structural nutrient found in healthy cartilage.⁵

Joint Complex enhances this trio with herbal joint soothers, including:

Boswellia: Ayurvedic tree resin shown to support joint comfort⁶

Turmeric: Supplies antioxidant curcumin; helps protect joint cartilage^{7,8}

Cat’s claw: Amazonian herb traditionally used to support joints^{9,10}

PLUS:

Collagen Type II: The most abundant protein found in connective tissues, this collagen is concentrated in cartilage, where its fibrous structure supports strength and flexibility.¹¹

Take Joint Complex daily to help rejuvenate your joints—and reclaim the free-and-easy mobility that unlocks peak quality of life.

Nourish your joints today for an active & healthy tomorrow!



Joint Complex™

#30210

Member **\$29.99**



Suggested Use: Adults, take 2 tablets with food twice daily as a dietary supplement.

DID YOU KNOW?

Stiff joints can make it hard to lead an active life. The right nutrients may help renew cartilage, lubricate joints and support flexibility—so you can enjoy your life to the fullest.

Joint Complex™

Quantity: 120 tablets **Serving size:** 2 tablets

Amount per serving: Glucosamine sulfate potassium salt 500 mg, Methylsulfonylmethane 500 mg, Boswellia resin extract 150 mg, Chondroitin sulfate sodium 125 mg, Kombu seaweed (*Laminaria japonica*) 62.5 mg, Collagen Type II (as chicken cartilage) 100 mg, Bromelain (1600 GDU/g) 50 mg, Ginger root extract 50 mg, Grapefruit seed extract 50 mg, L-Glutamine 50 mg, Cat’s Claw bark extract 50 mg, Turmeric root extract 50 mg.

Other ingredients: Calcium carbonate, microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, silica, maize starch, talc, maltodextrin, hydroxypropyl cellulose, medium chain triglycerides and pharmaceutical glaze.

Contains: Fish and crustacean shellfish products.

References:

- 1 Bassleer C, Rovati L, Franchimont P. *Osteo Cart.* 1998;6:427–434.
- 2 James C-B, Uhl TL. *Jourl Athl Train.* 2001;36(4):413–419.
- 3 http://www.histology.leeds.ac.uk/tissue_types/connective/connective_groundS.php
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PREMIER MEMBER?

Be sure to check and redeem your VitaPoints. Find out how on page 35.

Promeric 95

Natural support for joint discomfort

Does joint stiffness limit your mobility and disrupt everyday life? You don't have to accept this as inevitable: Now there's Promeric 95—formulated with turmeric!

A plant used in traditional Ayurvedic and Chinese medicine to relieve joint discomfort, turmeric is still used as an anti-inflammatory agent in modern traditional and folk use.^{1,2} Modern in vitro studies have found that turmeric exhibits antioxidant and anti-inflammatory properties, including the inhibition of joint inflammation.¹

95% TOTAL CURCUMINOIDS WITH ESSENTIAL OILS

Promeric 95 is packed with curcuminoids—curcumin, demethoxycurcuminoid and bis-demethoxycurcuminoid—the active components of turmeric. Turmeric plants typically contain just 2%-9% of curcuminoids.³ Promeric 95, a turmeric extract, plus essential oils of the turmeric Rhizome offers 95% total curcuminoids.

Each serving provides:

- 500 mg total curcuminoids
- Small, easy-to-swallow soft gels
- Non-GMO turmeric extract
- No allergens

Many turmeric supplements are large and difficult to absorb. Promeric 95 soft gels are smaller than typical pills and contain essential oils naturally present in the turmeric plant; this combination of essential oils and turmeric helps aid absorption.⁴

In one study, the turmeric extract used in Promeric 95 was up to seven times more bioavailable than unformulated curcumin. Residual curcumin was detected in the blood eight hours after ingestion.⁵

**Don't let joint discomfort sideline you.
Live life on *your* terms with Promeric 95!**



Promeric 95

#30820

Member **\$39.99**



Suggested Use: Adults, take two soft gels, once or twice daily, or as directed by your healthcare professional.

DID YOU KNOW?

About 26% of U.S. adults suffer with long-term joint symptoms such as joint discomfort and stiffness, according to the Centers for Disease Control and Prevention (CDC).⁶ Joint symptoms can stem from a wide variety of health conditions and injuries—and can affect daily activity and quality of life.⁷

Promeric 95

Quantity: 60 soft gels **Serving size:** 2 soft gels

Amount per serving: Turmeric Root Extract 25:1 Turmeric Root Extract 25:1 (Curcuma longa) [std. to 95% Total Curcuminoids Complex with Essential Oils of Turmeric Rhizome (500 mg)] 581 mg

Other ingredients: Gelatin, sunflower oil, purified water, glycerin, sunflower lecithin, bee's wax, riboflavin, and titanium dioxide.

References:

1 <http://www.ncbi.nlm.nih.gov/books/NBK92752/>

2 <https://nccih.nih.gov/health/turmeric/ataglance.htm>

3 Priyadarsini KI. *Molecules*, 2014; 19: 20091.

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7 <https://www.nlm.nih.gov/medlineplus/ency/article/003261.htm>



Bone Growth Factor

Could your bones use an enhanced support formula?

Throughout our lives, bone is broken down (resorption) and rebuilt (formation). In younger years, this bone remodeling process is balanced. But as the body ages, bone tends to break down faster than it is formed—particularly for women—leading to bone loss.¹

Bone Growth Factor features MCHC (microcrystalline hydroxyapatite), an advanced calcium that mirrors what's found in our bones and has been suggested to help with bone remodeling.²⁻⁴ Bone Growth Factor reinforces this broad-spectrum calcium nutrition with:

1000 IU of Vitamin D3: Helps support MCHC and calcium absorption

Extra bone minerals: Phosphorus, magnesium, zinc, copper and manganese

Vitamin K: Low K intake has been linked with bone breakdown (resorption)⁵

PLUS:

Bone Growth Factor's proprietary blend supplies:

Ipriflavone: Phytoestrogen suggested to help maintain bone mass in women⁶

Boron: Required for bone metabolism and may enhance bone mineralization^{7,8}

Silica: A mineral that may help form and mineralize organic bone matrix⁹

Support your body's bone remodeling with Bone Growth Factor!



Bone Growth Factor™

#30600

Member **\$34.99**



Suggested Use: Take 2 capsules three times daily (6 capsules daily) with meals or as recommended by your healthcare provider.

DID YOU KNOW?

Bone Growth Factor's calcium complex features microcrystalline hydroxyapatite calcium (MCHC) because it closely resembles the nutritional composition of human bone and comprises up to 70% of the calcium that is found in our bones.¹⁰

Bone Growth Factor™

Quantity: 180 capsules **Serving size:** 2 capsules

Amount per serving: Vitamin C (as calcium ascorbate) 20 mg, Vitamin D (as cholecalciferol) 333.34 IU, Vitamin K (as phytonadione) 200 mcg, Vitamin B6 (as pyridoxine HCl) 0.5 mg, Folate (as folic acid) 33.34 mcg, Calcium (as calcium carbonate, microcrystalline hydroxyapatite, dicalcium phosphate, calcium citrate, calcium lactate, calcium orotate and calcium D-glucarate) 333.34 mg, Phosphorus (as microcrystalline hydroxyapatite and dicalcium phosphate) 90 mg, Magnesium (as magnesium oxide and magnesium aspartate) 133.34 mg, Zinc (as zinc aspartate) 5 mg, Copper (as copper glycinate chelate) 0.167 mg, Manganese (as manganese gluconate) 0.67 mg, Potassium (as potassium chloride and potassium amino acid complex) 33.34 mg, Proprietary blend 104.9 mg: Evening Primrose, Ipriflavone, GABA (gamma-aminobutyric acid), Inositol, Silicon (as silicon dioxide), Boron (as amino acid complex), Choline (as choline bitartrate), 5-methoxy-N-acetyltryptamine (melatonin).

Other ingredients: Vegetable capsule (hypromellose), microcrystalline cellulose and magnesium stearate.

References:

- 1 http://www.health.ny.gov/diseases/conditions/osteoporosis/osteoporosis_vs_low_bone_mass.htm
- 2 Moe S. *Prim Care*. 2008 Jun; 35(2): 215–vi.
- 3 <http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000506.htm>
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- 7 Miggiano GA, Gagliardi L. *Clin Ter*. 2005 Jan-Apr;156(1-2):47-56.
- 8 Hunt CD, et al. *J Bone Miner Res*. 1994;9:171-181.
- 9 R. JUGDAOHSINGH. *J Nutr Health Aging*. Mar-Apr; 11(2): 99-110.
- 10 <http://www.iofbonehealth.org/introduction-bone-biology-all-about-our-bones>

VitaCal-MagD K2

Now with Vitamin K2

Why K2? Vitamin K supports the normal function of proteins that remove calcium from the blood and incorporate it into the bone matrix—which is why we've added the more bioavailable form of Vitamin K—K2—to our new and improved formula. Vitamin K2 stays in the body longer, which results in higher blood levels (7-8 times higher than K1) with regular intake.¹

Calcium complex for musculoskeletal health

VitaCal-MagD K2 combines a premium calcium blend with Vitamin K2, Vitamin D and magnesium to help support overall musculoskeletal health (the system of bones, joints and muscles that gives the body form and stability).

- **Calcium (500 mg):** VitaCal-MagD K2 features four types of calcium including microcrystalline hydroxyapatite (MCHC), which makes up 70% of bone.²
- **Vitamin K2 (40 mcg):** K2 may support bone mineralization and in one 3-year study, it was associated with stronger bones and improved markers of bone health when taken at higher daily doses.^{1,3,4}
- **Magnesium (250 mg):** Many Americans don't get the recommended daily amount of this important mineral. Magnesium plays a role in bone formation, bone mineralization and calcium transport, and regulates muscle function.^{5,6} It also helps convert Vitamin D to the active form in the body.
- **Vitamin D3 (500 IU):** The body requires Vitamin D to absorb calcium properly. Too little Vitamin D may result in soft, thin and brittle bones.^{7,8}

Help get the calcium your body needs with VitaCal-MagD K2!



VitaCal-MagD™ K2

#30182

Member **\$24.99**

Suggested Use: Adults, take 3 tablets once or twice daily with meals or as directed by your healthcare professional.

DID YOU KNOW?

Fat-soluble Vitamin K plays an important role in both bone health and blood clotting. Found in a variety of foods, including green leafy vegetables, some fruits, vegetable oils, meats, eggs and cheese, it's also produced by bacteria in the colon.⁹

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 Grober U, et al. *Dermatoendocrinol* 2014;5(1):e968490.

2 <http://www.iofbonehealth.org/introduction-bone-biology-all-about-our-Bones>

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

4 <https://ods.od.nih.gov/factsheets/VitaminK-HealthProfessional/>

5 <http://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>

6 <http://ods.od.nih.gov/factsheets/Magnesium-Consumer/>

7 http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Nutrition/

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

9 <https://ods.od.nih.gov/factsheets/VitaminK-HealthProfessional/>

PREMIER MEMBER?

Be sure to check and redeem your VitaPoints. Find out how on page 35.

Call to order Mon.–Fri.: 9 am–9 pm, EST. **1-800-991-7116** or shop online 24/7 at **TriVita.com**



MUSCULOSKELETAL SYSTEM

DID YOU KNOW?

Bone loss is a real threat for Americans: 4 in 10 women and 1 in 10 men over the age of 50 will break a hip, spine or wrist due to weak and porous bones—about 1.5 million people per year suffer a fracture.¹

EASY, EVERYDAY BONE EXERCISES

Experts at the U.S. National Institutes of Health recommend weight-bearing activities like these (weight-bearing exercise is just about anything that makes you work against gravity):

- Walking
- Hiking
- Jogging
- Climbing stairs
- Tennis
- Dancing
- Weight training (buy free weights, or use large canned goods or even water bottles)

In general, aim for at least 30 minutes of physical activity on most days. Of course, check with your healthcare professional before beginning any exercise program—especially if you're 40 or older, or have health issues.

Exercise is just one part of the recommended “treatment” to help keep bones strong. Like a diet rich in calcium and Vitamin D, exercise helps our bones keep supporting us at any age.²

References:

- 1 http://www.niams.nih.gov/Health_Info/Bone/SGR/surgeon_generals_report.asp#f
- 2 <http://www.nlm.nih.gov/medlineplus/magazine/issues/winter11/articles/winter11pg15.html>

Essential D

Help protect against Vitamin D deficiency

Vitamin D plays a key role in bone health by helping the body absorb calcium, a mineral needed to build and maintain strong bones.¹ The problem is that many of us don't get enough,² causing bones to become thin, brittle and misshapen. That's where Essential D can help. Designed for easy absorption, just one easy-to-swallow Essential D soft gel provides 5,000 IU of Vitamin D, equal to 50 cups of milk.³ And Essential D contains D3, the same form of Vitamin D made by your body.

References:

- 1 <http://ods.od.nih.gov/factsheets/VitaminD-Consumer/>
- 2 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC30687971>
- 3 <http://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>



Essential D™

#31270

Member **\$14.99**



 This product is also essential for Nutritional Support - Page 31

Omega3 Prime

Premium omega-3 fish oil

You need a proper balance of essential fatty acids for a variety of functions, from building healthy cells to maintaining brain and nerve function.^{1,2} Numerous studies have also indicated that omega-3 fatty acids are essential to your health. However, the body can't make them; we must get them from our diet or supplements.³ Designed to support overall health, including joint health, Omega3 Prime features high potency, purified omega-3 fish oil in easy-to-swallow, lemon-flavored soft gels that deliver 1,000 mg of omega-3 per serving. Plus, Omega3 Prime is sourced from eco-friendly suppliers and free of mercury and contaminants.⁴

References:

- 1 <http://pcrm.org/health/health-topics/essential-fatty-acids>
- 2 <http://www.webmd.com/diet/healthy-kitchen-11/omega-fatty-acids?page=2>




Omega3 Prime™

#31320

Member **\$29.99**



 This product is also essential for Brain & Nerve Health Support - Page 27

- 3 <http://umm.edu/health/medical/altmed/supplement/omega6-fatty-acids>
- 4 [http://www.epax.com/pages/sustainable?open\\$qnfl=EcoVision](http://www.epax.com/pages/sustainable?open$qnfl=EcoVision)



MEN'S & WOMEN'S HEALTH SUPPORT

Given all the differences between men and women, it's not surprising we have different health needs, too. Consider TriVita's proprietary blends to stay on track for your foundational health, meet the unique needs that make you who you are and get the essential nutrients you need to thrive—regardless of your age or gender.



Don't wait for signs before you get screened

MEN

The following adult screening tests and frequency for men are recommended by the U.S. Preventive Services Task Force (USPSTF) based on solid scientific evidence.¹

The USPSTF has recommended against Prostate Specific Antigen (PSA) blood test screen. There is insufficient evidence to recommend for or against Osteoporosis screening in males. Talk with your healthcare professional about any personal concerns you may have

SCREENING	FREQUENCY
AAA (abdominal aortic aneurysm)	Once after age 65
Blood pressure	Every doctor visit
Colorectal cancer	After age 45 if blood pressure is >135/80
Lipid (blood fats: "good" and "bad" cholesterol, triglycerides)	After age 35

WOMEN

The following adult screening tests and frequency are recommended for women.^{2,3}

References:

1 http://www.cdc.gov/men/lcod/2011/LCODrace_ethnicityMen2011.pdf and <http://www.statcan.gc.ca/tables-tableaux/sum-som/101/cst01/hth36b-eng.htm>

2 American College of Obstetricians and Gynecologists. Guidelines for women's health care; a resource manual. 3rd ed. Washington, DC: ACOG; 2007.

3 "Well Women Visit" The American College of Obstetricians and Gynecologist, Committee Opinion Number 534, August 2012. Carusi, Daniela "The gynecologic history and pelvic examination," UpToDate, July 7, 2014.

SCREENING	FREQUENCY
Mammogram	Yearly beginning at age 40
Bone scan (DEXA)	Rarely more than every 2 years beginning at age 50 (Discuss with your healthcare provider if there's a family history)
Blood tests for diabetes, thyroid disorders and cholesterol	Every three years beginning at age 35
Lipid (blood fats: "good" and "bad" Cholesterol, triglycerides)	After age 35



MEN'S & WOMEN'S HEALTH SUPPORT

LIFE SATISFACTION LINKED TO STRONGER BONES

Life satisfaction may be just as important to healthy bones as healthy lifestyle habits, suggests research from the University of Eastern Finland.

The study measured the bone density of 1,147 people in 1999 and again in 2009. During this time their life satisfaction was also repeatedly measured. The results showed that although the women's bone density fell on average 4% over the 10-year study period, those with higher life satisfaction had up to 52% higher bone density than those who were dissatisfied. On the flip side, those whose life satisfaction decreased over the 10-year period showed a correlating bone density decrease of as much as 85% compared to those who reported enhanced life satisfaction.

References:
Rauma P et al. *Psychosomatic Medicine*, 2014; 76: 709.

VitaCal-MagD K2

Calcium complex for musculoskeletal health

VitaCal-MagD K2 combines a premium calcium blend with Vitamin K2, Vitamin D3 and magnesium to help support overall musculoskeletal health (the system of bones, joints and muscles that gives the body form and stability). Why K2? Vitamin K supports the normal function of proteins that remove calcium from the blood and incorporate it into the bone matrix. Vitamin K2 stays in the body longer, which results in higher blood levels (7-8 times higher than K1) with regular intake.

Reference:
Grober U, et al. *Dermatoendocrinol* 2014;5(1):e968490.



VitaCal-MagD™ K2

#30182
Member **\$24.99**



This product is also essential for Bone, Joint & Muscle Support - Page 53

Bone Growth Factor

Advanced formula for bones

TriVita's Bone Growth Factor is an exceptional calcium formula for older adults seeking intensive nutritional support for bone density, healthy posture and overall skeletal strength. It features nutrients designed to help protect, strengthen and stimulate bone growth.



Bone Growth Factor™

#30600
Member **\$34.99**



This product is also essential for Bone, Joint & Muscle Support - Page 52

PREMIER MEMBER?

Be sure to check and redeem your VitaPoints. Find out how on page 35.

Balanced Woman

Maintain your grace during hormonal change

Balanced Woman was developed to help gently bring a woman's hormones into balance using some of today's most popular botanicals.

Black Cohosh helps supports menopausal comfort.¹ **Dong quai**, an ancient Chinese folk herb, may have mild estrogen-like activity.² **Chasteberry** is traditionally used for PMS, menstrual and menopausal concerns.^{3,4} **Wild yam** supplies active diosgenin that may modulate estrogen and other female hormones.⁵ **Ginseng's** mood and sleep-supportive activities may help quality of life in menopausal women.^{6,7}



Balanced Woman®

#30240

Member **\$24.99**

Suggested Use: Adult women, take 2 capsules daily. For best results, take with juice one hour before or after food.

Balanced Woman®

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

Amount per serving: Vitamin B6 (as pyridoxine HCl) 3 mg, Pantothenic Acid (as d-calcium pantothenate) 30 mg, Calcium (as calcium citrate) 50 mg. Proprietary blend 1558 mg: Wild Yam Extract 4:1 (root), Dong Quai Extract 5:1 (root), L-Leucine, L-Valine, Fennel Seed Powder, L-Isoleucine, Black Cohosh Extract 4:1 (root), Chaste Berry Extract 10:1 (fruit), Damiana Powder (leaf), Red Grape Skin Extract (fruit), Vegetable Enzyme Blend (protease, acid-stable protease, amylase, lipase, cellulase, and glucoamylase), Licorice Extract 5:1 (root), Eleutherococcus senticosus (root), Panax ginseng (root), Motherwort (aerial parts), Cramp bark, Parsley (leaf).

Other ingredients: Gelatin, magnesium stearate and silica.

References:

- 1 Low Dog T. *Am J Med.* 2005 Dec 19;118 Suppl 12B:98-108.
- 2 Liu J.. *J Agric Food Chem.* 2001 May;49(5):2472-9.
- 3 Wuttke W, et al. *Phytomedicine.* 2003 May;10(4):348-57.
- 4 Daniele C, et al. *Drug Saf.* 2005;28(4):319-32.

5 Wu WH, et al. *J Am Coll Nutr.* 2005 Aug;24(4):235-43.

6 Wiklund IK, et al. *Int J Clin Pharmacol Res.* 1999;19:89-99.

7 <http://consensus.nih.gov/2005/menopausestatement.htm>

Prostate Health Formula

Your prostate isn't getting any younger

Prostate Health Formula is formulated to combine the beneficial activities of top prostate support nutrients—bringing you reliable, broad-spectrum support for urinary comfort and prostate function.

Saw Palmetto may influence the enzymes that regulate prostate changes.^{1,2} **Lycopene** is a red plant pigment with antioxidant activity that may protect and maintain the prostate.^{3,4} **Beta sitosterol** supplies a mixture of plant sterols shown to help promote urinary comfort.⁵ **Stinging nettle** helps to soothe the prostate and supports comfortable urinary flow.



Prostate Health Formula™

#30400

Member **\$19.99**



Suggested Use: Adult men, take 2 capsules once or twice daily with food.

Prostate Health Formula™

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

Amount per serving: Magnesium (from Magnesium Amino Acid Chelate) 50 mg, Zinc (from Zinc Gluconate) 15 mg, Selenium (from L-Selenomethionine) 50 mcg. Proprietary blend 646 mg: L-Glutamic Acid, Glycine, Saw Palmetto Berry Extract (25% Fatty Acid), Phytosterols, L-Alanine, Lycopene, Flower Pollen Extract 20:1, Nettle Root Extract 4:1, Pumpkin Seed Extract 4:1.

Other ingredients: Vegetable capsule (hypromellose), microcrystalline cellulose, maltodextrin, and magnesium stearate. **Contains:** soy.

References:

- 1 Buck AC. *J Urol.* 2004 Nov;172(5 Pt 1):1792-9.
- 2 Suzuki M. *Acta Pharmacol Sin.* 2009 Mar;30(3):227-81.
- 3 Etminan, M., et al. *Can Ep, Bio & Prev.* 2004; 13: 340-345.

4 Giovannucci, E. *Journal of Nutrition.* 2005; 135: 2030S-2031S.

5 Berges RR. *Lancet.* 1995 Jun 17;345(8964):1529-32.



SLEEP SUPPORT

Adequate sleep plays a major role in health and wellness. Tossing and turning or bouts of sleeplessness can keep you running on empty throughout the day. And when poor sleep habits continue, it can set your body up for long-term issues. Instead of jeopardizing your health, let TriVita's sleep support formulas help you get the rest you need.



Stop losing sleep. Start feeling better.

Less than half of North Americans say they get a good night's sleep every or almost every night.¹ While busy schedules and family obligations likely contribute to our lack of shut-eye, there may be some additional less-than-obvious reasons.

SLEEP-STEALING SNACKS

Choosing the right snacks can mean the difference between sweet slumber and a sleepless night. Fatty or sugary foods, caffeine and alcohol are best avoided before bedtime. If you must indulge, pair a complex carbohydrate (whole-grain bread, crackers, cereals) with a lean protein (low-fat cheese, lean meats such as chicken or fish).

SENIORS AND SLEEP

The National Sleep Foundation recommends 7-8 hours for those of us over 65. However, medications, illness, pain and other factors can make sleep elusive for older adults. To ensure you get the rest you need, follow a regular sleep schedule, develop a bedtime routine, keep your bedroom dark and cool and exercise on a daily basis.^{5,6}

References:

- 1 <http://sleepfoundation.org/medic-center/press-release/national-sleep-foundation-2013-international-bedroom-poll>
- 2 http://www.brighamandwomens.org/about_bwh/publicaffairs/news/pressreleases/PressRelease.aspx?sub=0&PageID=1962
- 3 Akerstedt, T. (2006) Psychosocial stress and impaired sleep. *Scand J Work Environ Health*, 32(6), 493-501.

STRESS

Long-term stress is extremely harmful, as it can interfere with your sleep and additionally set off a vicious cycle whereby stress leads to reduced and fitful sleep and lack of sleep in turn increases your stress level.^{3,4}

DIGITAL DEVICES

Spending your final waking hours on a digital device could easily sabotage your sleep, as the light emitted by the screens can adversely affect the body's natural sleep/wake patterns. This short-wavelength enriched light can make it harder to fall asleep and reduce both morning alertness and melatonin secretion (the hormone that regulates sleepiness).²



- 4 <http://www.apa.org/news/press/releases/stress/2013/sleep.aspx>
- 5 <http://sleep-foundation.org/how-sleep-works/how-much-sleep-do-we-really-need>
- 6 <http://www.nia.nih.gov/health/publication/good-nights>

Adaptuit Sleep

Help renew your body and mind nightly

DESIGNED TO HELP YOU SLEEP BETTER

Adaptuit Sleep is designed to encourage sleep onset and optimize restorative sleep stages by targeting mood, mindset, muscle tension and relaxation responses. To unlock these sleep-supportive benefits, Adaptuit Sleep supplies a unique blend:

Baikal skullcap extract (*Scutellaria baicalensis*): Traditional Native American wellness herb studied today for its calming and quieting effects.^{1,2}

Hops extract: Flowers suggested to optimize GABA, a soothing, sleep-supportive neurotransmitter.³

Lemon balm extract: Traditionally used to ease excitability and encourage sleep;⁴ more recently studied for its adaptogenic effects.⁵

Passionflower extract: Clinically suggested for its calming and relaxing properties; also helps unwind tense muscles and induce sleep.^{6,7}

Ashwagandha extract: Adaptogenic herb believed to strengthen stress resistance; may also contribute to a tranquil, peaceful mood.⁸

PLUS:

Magnesium 40 mg: Most adults fail to get enough of this key mineral that helps to relax muscles and release important sleep neurotransmitters.⁹⁻¹¹

**Restore the rest you need with Adaptuit Sleep—
and reinvigorate your days!**

IS STRESS CAUSING YOU TO LOSE SLEEP?

Try Adaptuit[®]—designed to help your body adapt to stress and minimize its damaging effects. See page 11.



Adaptuit[™] Sleep

#30790

Member **\$19.99**



Suggested Use: Adults take 2 capsules 30 minutes before bedtime or as recommended by a healthcare provider. Continue daily use until a normal sleep pattern is established, then take as needed.

Caution: Do not take prior to driving or operating machinery.

A CALM & NATURALLY RELAXING EXPERIENCE

Harsh sleep aids may “knock you out”—an effect that could carry over into the next day. Adaptuit Sleep feels different. It gently relaxes, soothing both body and mind to support deep, natural sleep. You may wake refreshed because true *quality* slumber restores, rejuvenates and regenerates.

Adaptuit[™] Sleep

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

Amount per Serving: Magnesium 40 mg, Proprietary Blend: 732 mg: Magnesium taurinate, Baikal skullcap extract (*Scutellaria baicalensis* root), Hops extract (*Humulus lupulus strobile*), Lemon balm extract (*Melissa officinalis* aerial parts), Passionflower extract (*Passiflora incarnata* L. aerial parts), Ashwagandha extract (*Withania somnifera* root)

Other ingredients: Gelatin, rice flour, vegetable magnesium stearate, silica.

References:

1 <http://www.hort.purdue.edu/newcrop/ncnu02/v5-580.html>

2 Awad R, Arnason JT, et al. *Phytomed.* 2003;10:640–649.

3 Franco L, Sánchez CL, et al. *Acta Physiol Hung.* 2012 Jun;99(2):133-9.

4 <http://www.nature.com/npp/journal/v28/n10/full/1300230a.html#close>

5 Kennedy DO, Little W., et al. *Psychosom. Med.*, 2004;66:607–613.

6 Akhondzadeh S, Naghavi HR, et al. *Journ Clin Pharm & Ther.* 2001;26(5):363–367.

7 <http://www.nlm.nih.gov/medlineplus/druginfo/natural/871.html>

8 Cooley K, Szczerko O, et al. *PLoS One*; 2009; 4(8):e6628.

9 <http://www.ars.usda.gov/Services/docs.htm?docid=15672>

10 Jahnen-Dechent W, Ketteler M. *Clin Kidney J*; 2012; 5(Suppl1):i3-i14.

11 Swaminathan R. *Clin Biochem Rev*;2003;24:47–66.



ESSENTIAL OILS

Our fast-paced lives leave little time for the serenity and relaxation we need. Soothe your senses and create a serene environment with pure essential oils—now available from TriVita. Derived from plants, these essential oils have been used for thousands of years by people around the world. Experience TriVita’s pure essential oils today.



PURE ESSENTIAL OILS

Essential oils are natural compounds found in seeds, roots, bark, flowers, stems, other parts of plants, and spices. For millennia, they have been used to refresh the senses, rejuvenate the mind and body, and much more.

The distillation process for these essence plants has been used since the 16th century and is still the preferred method of extraction. With the exception of citrus, each oil is processed primarily by steam-pressed distillation. No solvents are used in any process.

Reference:
<http://www.accessscience.com/content/essential-oils/242300>

PROUD MEMBER



TRIVITA’S ESSENTIAL OILS

For more information on TriVita Essential Oils and a list of suggested uses, call 1-800-991-7116 or visit TriVita.com.

TUARM 10 ML #31543 \$28.99

A mixture of Cinnamon leaf, Clove leaf, and Eucalyptus, Lemon and Rosemary oils. Historically, this blend was used to protect the wellness of individuals during the Middle Ages. It’s most popular for supporting wellness and protecting against environmental threats.

EUCALYPTUS (GLOBULUS) 10 ML #31541 \$19.99

Used throughout the world for a range of health benefits. Studies have shown that eucalyptus leaves contain flavonoids, plant components that have antioxidant properties.

FRANKINCENSE 10 ML #31540 \$28.99

Considered one of the most precious of the ancient oils. Historically, it has been known to offer a variety of benefits, including: spiritual calming; slowing the signs of aging when mixed with an unscented oil or lotion; and helping to keep the immune system balanced.

LAVENDER 10 ML #31542 \$25.99

The most popular essential oil in the world. Aromatherapists use lavender to help diminish symptoms of many imbalances including nervousness and fear, and for lifting and balancing moods.



LEMON

10 ML #31546 \$22.99

Used as a potent cleanser and air freshener.

Originating in Asia, lemon has been used for centuries by cultures around the world and has historically been associated with many wellness benefits.

PEPPERMINT

10 ML #31547 \$23.99

Gives a cooling sensation which has been known to have a soothing effect on the body.

Peppermint is one of the oldest European herbs used for health benefits.

TEA TREE

10 ML #31544 \$22.99

Used in household cleaning, cosmetic products and as a mold repellent.

Found mainly in Australia and New Zealand, records show the indigenous people were very familiar with tea tree's benefits. It's also been used in face washes, shampoos and massage oils.

AIRIVITA

10 ML #31548 \$28.99

An invigorating blend of Eucalyptus, Lemon, Peppermint and Rosemary oils.

With a soothing and comforting fragrance, this blend can minimize the effects of seasonal threats to maintain the feeling of easy breathing.



TriVita Essential Oils Diffuser

#31545

Member **\$49.99**

Suggested Use

Diffuser: Twist cover clockwise to remove tank cap. Fill tank with distilled or filtered water to top fill line (280 mL). Add 3-5 drops of essential oil, or more if desired, into water. (Be sure to clean diffuser thoroughly by hand after each use when using more oil.) Close tank cap and cover. Connect to the power outlet, press "mist" and enjoy!

Essential Oil: Quantity: 0.33fl oz/10 ml **Serving size:** 3-5 drops

TuArm Ingredients: lemon, rosemary, cloves, cinnamon, eucalyptus; **Eucalyptus Ingredient:** Eucalyptus; **Frankincense Ingredient:** Frankincense; **Lavender Ingredient:** French Lavender; **Lemon Ingredient:** Lemon; **Peppermint Ingredient:** Peppermint; **TeaTree Ingredient:** Tea tree; **Airivita Ingredients:** Eucalyptus, lemon, peppermint, rosemary.

TriVita Essential oils are not for oral ingesting. The various traditional historical and folk remedies, current health discoveries and uses described herein do not replace standard medical practices. TriVita will not and is not permitted to diagnose, prescribe, or make medical claims on their oils. For medical issues, always obtain an accurate diagnosis from your licensed medical practitioner before working with a certified essential oil consultant. The information provided is for reference purposes only.

References:

<https://nccih.nih.gov/healthy/peppermintoil>
<http://umm.edu/health/medical/altmed/herb/peppermint>
www.integral-health-guide.com/lemon-essential-oil/
<http://www.ncbi.nlm.nih.gov/pubmed/18178322>
<https://nccih.nih.gov/healthy/tea/treeoil.htm>

<http://www.ncbi.nlm.nih.gov/pubmed/18178322>
<http://go.galegroup.com/ps/i.do?id=GALE%7CA225739691&sid=googleScholar&v=2.1&it=r&linkaccess=fulltext&issn=10895159&p=AONE&sw=w&authCount=1&u=azstlib&selfRedirect=true>

INTRODUCING
TriVita Shield

**Personalized Wellness Care
for optimal health and well-being.**



No matter what your age, scientists are discovering that living longer and staying healthy is more a matter of our lifestyle choices than our genes.

DO YOU EVER WONDER:

- What kind of diet makes sense for me?
- What supplements does my body really need?
- What type of exercise program should I follow?

WITH TRIVITA SHIELD, YOU:

- Get clear, effective and personalized lifestyle recommendations based on your individual needs.
- Learn how to influence your genetics to help reduce your risk of preventable, lifestyle-related diseases.
- Set your goals, track your progress and see the results.

INFORMATION YOU CAN TRUST

Every week, it seems there's a new recommendation about what we should be doing to stay well. But are the findings scientifically validated? More importantly, do they apply to you?

- TriVita Shield puts control back in your hands by giving you answers based on credible science.
- Our scientifically-validated assessment tool is based on over 30,000 peer-reviewed scientific publications and pulls data from an ethnically diverse pool of over 70 million people.



TriVita Shield™
Personalized Wellness Care™

TriVita Shield

3 simple steps to personalized wellness

1

ASSESS



ONLINE PORTAL

Once you sign up at TriVitaShield.com, you'll have 24/7 access to your personalized online health portal, regardless of where you live. Your TriVita Shield assessment will help identify your risk of over 40 preventable lifestyle-related diseases, based on your medical and family history, your lifestyle and even your genetics. The advanced wellness platform will also make recommendations for the types of foods, nutrients, dietary supplements, exercise, sleep and hydration that suit you.

2

PLAN



YOUR PERSONALIZED HEALTHY LIVING PLAN™

Your Personalized Healthy Living Plan outlines and prioritizes what you can do to achieve your personal wellness goals, including recommendations regarding diet, exercise and supplements.

3

COACH



ACHIEVING YOUR GOALS

Ready to implement your plan, track your progress—and get results? With our mobile coaching app, you can take your TriVita Coach with you wherever you go. That means you get the latest updates, ongoing support and answers to your questions when you need them, right in the palm of your hand.

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one size does not fit all.
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* See page 3 for
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