

EXPERIENCE WELLNESS

FEBRUARY 2017

TRIVITA®

HEART HEALTHY
SAVINGS

SAVE UP TO
\$39.99

ON HEART HEALTHY
PRODUCTS FROM TRIVITA

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

This year has already started with a burst of energy to expand our wellness offerings to TriVita members to help fulfill our promise. When the body has the right balance of nutrients and nurturing, it releases the healing power within! You can live with greater wellness in 2017!

The core of a healthy life is a healthy heart. This month, we are featuring the cardiovascular body system and have our heart health products offered at a special packaged price. See page 3 to learn more about these outstanding products. I take them each day to support my own heart health. The heart is a muscle and as such, can be improved with the right balance of nutrients and nurturing. Don't settle for just a pharmaceutical approach! Make heart health a priority of your daily lifestyle choices!

The American Heart Association, and most all top cardiologists, promotes healthy lifestyle choices as a way to have a healthy heart, which includes supporting the circulatory system. It is a complex system that you depend on every day to enjoy health. It is amazing to think the average person has approximately 100,000 miles of arteries, veins and capillaries in which 2000 gallons of blood pass through each day! Your health depends on this system in so many ways that it is not possible to list in such a short article. The good news is you can support and strengthen your cardiovascular system with nutrients and nurture it with physical activity!

I want to encourage you to connect your wellness to your purpose in life. The why, vitality and wellness are important to you. If you want to improve quality of life, start with improving health and wellness!

May 2017 be filled with health and wellness! I hope you will inspire others to join you!

Michael R. Ellison,
Founder of TriVita

Three great heart healthy products

BUY ANY 3 FEATURED
HEART SUPPORT PRODUCTS
GET 4th ONE FREE

Stock up and save big on TriVita's
featured heart healthy products.



Omega3 Prime™
#31320 **\$29.99**

Ultra-potent 1,000 mg of
omega-3 per serving

Natural lemon flavor
(no fishy taste)

See page 19



Cholestria™
#31290 **\$39.99**

1,000 mg of plant sterols
per soft gel

Features citrus bergamot,
CoQ-10 and a blend of
exotic botanicals

See page 10



HCY Guard®
#30460 **\$23.99**

Vitamin B-6, B-12 and folic acid
in precise ratios to support
homocysteine levels

Proprietary blend of
nutrients, including choline,
L-Cysteine and CoQ-10

See page 8

CALL TOLL-FREE 1-800-991-7116 NOW

***Call-in offer only.** Expires 2-28-17 at 8 p.m. EST. Choose any combination of Omega3 Prime, Cholestria or HCY Guard.
Fourth free product must be of equal or lesser value than the highest priced product in order.

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 2-28-17.
Savings apply to products only; may not be used toward tax.

FOR A COMPLETE LIST OF TRIVITA PRODUCTS, SEE PAGE 5

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.

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Call to order Mon.-Fri.: 8 am-8 pm, EST. **1-800-991-7116** or shop online 24/7 at **TriVita.com**



OUR 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.



Robert Sheeler, M.D.

Dr. Robert Sheeler is a Board Certified Family Physician who spent a substantial part of his career at Mayo Clinic in Rochester, MN. In addition to Family Medicine, he is also Board Certified in Integrative Medicine and Urgent Care, and is certified in Functional Medicine, and as a sub-specialist in Headache Medicine.

OUR 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.



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




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*Visit TriVita.com for more information on this product.

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 **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.



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/>
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- 3 <http://www.world-heart-federation.org/press/fact-sheets/cardiovascular-disease-risk-factors/>
- 4 <http://www.cholesterolmenu.com/cholesterol-levels-chart/>



CARDIOVASCULAR SYSTEM

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 **\$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.
- 2 Wilcken DE, Wilcken B. *Ann N Y Acad Sci.*, 1998; 854:361-70.
- 3 Malinow, MR, et al. *Circ.*, 1998; 99:178-182.
- 4 Strain JJ, et al. *Nutr Soc.*, 2004; 63(4):597-603.
- 5 Morris MS, et al. *Am J Clin Nutr.*, 2008; May: 87(5):1446-54.

6 Friesen RW, et al. *J Nutr.*, 2007; Dec;137(12):2641-6.

7 Aguilar TS. *Arch Latinoam Nutr.*, 1982 Mar; 32(1):130-47.

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

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 **\$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:

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Call to order Mon.-Fri.: 8 am-8 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 **\$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:

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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

References:

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

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



VitaCal-MagD™ K2

#30182 **\$24.99**



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

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3 MOVES FOR A HEALTHY HEART

Try these poses to stretch the entire torso area and stimulate blood flow for a healthy heart.



1. BIG TOE POSE

Stand tall with feet hip-width apart. Inhale, then exhale folding forward to grab your big toes or hang forward and grab your opposite elbows. Hold for five deep breaths.

2. HEAD-TO-KNEE FORWARD BEND

From a seated position with legs fully extended forward, bend the right knee outward to a 90-degree angle and press the right foot into the inner left thigh. Grab the left shin or foot and fold forward slowly. Stay here for five breaths and switch sides.



3. BRIDGE POSE

Lie on your back. Bend your knees with your feet on the floor hip-width apart. Bring your feet as close to the sitting bones as possible. Press your feet and arms into the floor and lift your hips up. Hold for five deep breaths.



AUTHOR BIO: JOLENE GORING

TriVita Director of Nutrition & Fitness

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

Look for more healthy recipes, health and fitness tips from Jolene in future issues of the TriVita catalog.

Reference: <http://www.health.harvard.edu/blog/more-than-a-stretch-yogas-benefits-may-extend-to-the-heart-201504157868>



Heart Healthy Easy Bake Cajun Salmon with Roasted Cauliflower & Broccoli

Salmon provides heart healthy Omega-3, and eating cruciferous veggies is associated with a reduced risk of cardiovascular disease.¹

HERE'S WHAT YOU NEED:

Roasted Cauliflower & Broccoli:

- 1 head cauliflower, chopped into florets
- 1 head broccoli, chopped into florets
- 2 Tablespoons avocado oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1 teaspoon garlic, minced
- 1/2 lemon, juiced

Cajun Salmon:

- 2 (4-oz) salmon fillets
- 2 Tablespoons Cajun seasoning blend
- 1/2 lemon, sliced

1. Preheat the oven to 425 degrees F. On a rimmed baking sheet combine the cauliflower and broccoli florets with the oil, salt, black pepper and garlic. Roast for 20 minutes, until lightly charred. Toss with lemon juice.

2. Reduce the oven temperature to 400 degrees F. Rub the salmon fillets with the Cajun seasoning. Place on a baking sheet and roast for 15 minutes, until flaky. Serve with lemon slices. Enjoy!

Reference: 1 <https://www.ncbi.nlm.nih.gov/pubmed/21593509>



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:

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.³

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 lard

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 oranges



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://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>
- 4 <http://umm.edu/health/medical/altmed/supplement/omega3-fatty-acids>
- 5 <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 source

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

Vitamin C - oranges, guava and red peppers

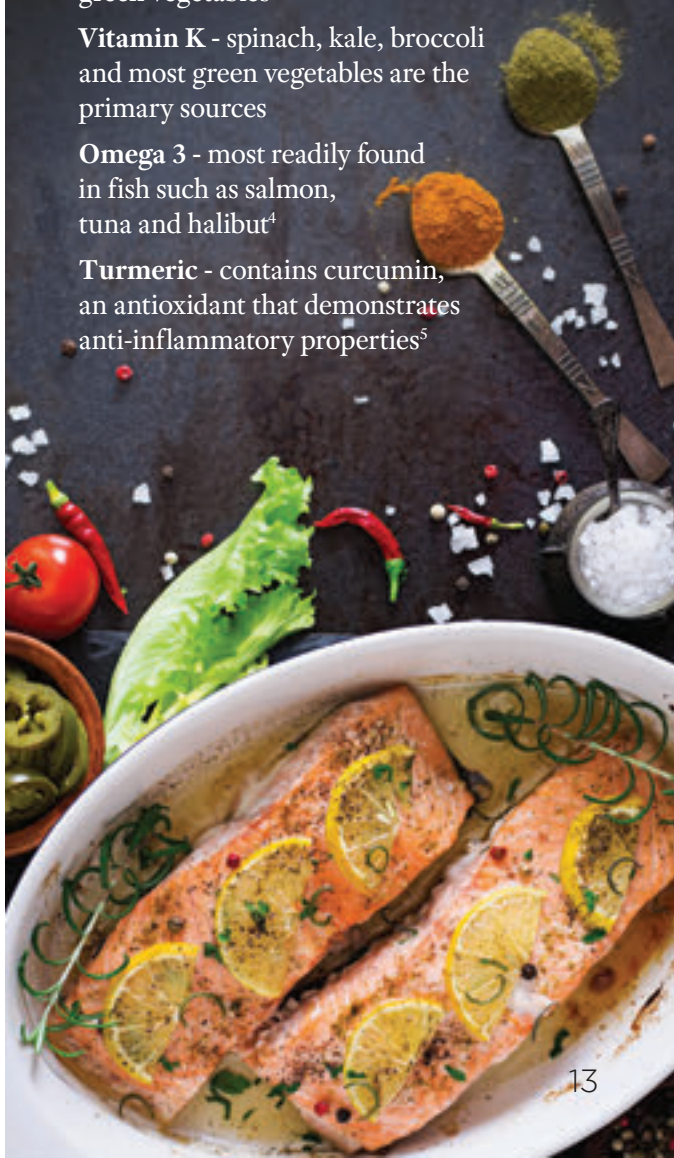
Vitamin D - found in fish, beef and egg yolks

Vitamin E - found in nuts, seeds and green vegetables

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

Omega 3 - most readily found in fish such as salmon, tuna and halibut⁴

Turmeric - contains curcumin, an antioxidant that demonstrates anti-inflammatory properties⁵





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 42 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.

**NOPALEA 4-PACK:
SAVE \$20 OVER SINGLE BOTTLE PRICE
AND GET FREE SHIPPING!** See page 3 for details.



Nopalea™ 4-Pack

#33400

\$119.99



Nopalea™ Liquid

#30710

\$34.99



Nopalea™ Capsules

#30717

\$29.99



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: 3-6 capsules

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.

References:

- 1 Allegra, M., et al. *The Journal of Nutrition*, 2014; 1-8
- 2 <http://WebMD.com/arthritis/about-inflammation#1>
- 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

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.

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.

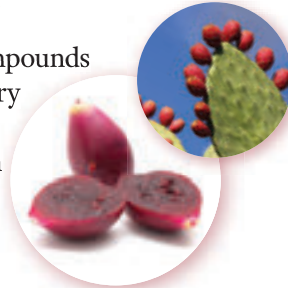
Betalains are hard to get in your diet. Fortunately, Nopalea contains a high concentration of Betalains.

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.





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.

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 **\$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>



OMEGA-3: ONE KEY to STAYING HEALTHY

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

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

OMEGA-3 AND 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 elsewhere.⁹

Omega-3 health facts:

- 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.¹⁰⁻¹¹

DIETARY SOURCES OF POLYUNSATURATED FATS

Omega-6 fatty acids

- Sunflower seeds
- Sunflower, soybean, sesame oils
- Nuts (walnuts, pecans, pine nuts)
- Corn/Safflower oil



Omega-3 fatty acids

- Oily fish (salmon, sardines)
- Spinach and broccoli
- Eggs and lean meats (beef/chicken)
- Plant sources (flaxseed, walnuts, soybeans and canola oil)

This article is intended for educational purposes only

Omega3 Prime

All omega-3 fish oil is not created equal

The presence of EPA and DHA may positively affect many aspects of cardiovascular function including inflammation or vascular issues.¹² (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.

What makes Omega3Prime unique?

Omega3Prime™ 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.

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

- Multi-level testing with traceability throughout our supply chain
- The highest quality control standards to limit fish oil oxidation
- Independent third-party laboratory analysis to verify our product is clean, pure and potent
- Sustainability to preserve the long-term health of oceans by sourcing our omega-3 fish oil from Friend of the Sea suppliers, a non-profit non-governmental organization focused on conserving marine habitats and resources

Remember, bigger isn't better. Fresher is better. Get the fish oil you need—TriVita Omega3Prime!



Omega3 Prime™

#31320 **\$29.99**

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

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.¹³



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 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://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 www.andjrnl.org/article/s2212-2672.13j01672-9.pdf
- 7 <http://umm.edu/health/medical/altmed/supplement/omega3-fatty-acids>
- 8 12 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://www.hsph.harvard.edu/nutritionsource/omega-3-fats/>
- 11 Papanikolaou Y, et al. *Nutr J* 2014;13:31.
- 12 <http://advances.nutrition.org/content/3/1/1.full>
- 13 <http://www.detroitnews.com/story/life/food/2015/01/20/oxidized-oils-food-may-harmful-health/21773393/>

Call to order Mon.-Fri.: 8 am-8 pm, EST. **1-800-991-7116** or shop online 24/7 at **TriVita.com**



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

TriVita Director of Nutrition & Fitness

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>

Rejuvenate

A vitalizing botanical blend

A NATURAL BOTANICAL BLEND TO SUPPORT AND REVITALIZE YOUR ENERGY, STAMINA AND SEXUAL PERFORMANCE

With age, we may experience fatigue and decreased stamina and sexual performance, thanks to complex changes to the endocrine system.¹ Amazon Herb Rejuvenate features a proprietary blend of four powerful botanicals straight from the Amazon designed to help maintain a healthy endocrine system and support energy levels, stamina, endurance and overall health.

Rejuvenate features the following ingredients:

Maca root: A Peruvian root vegetable, sometimes called Peruvian ginseng because it has been traditionally used to promote stamina and endurance.² Maca also shows a positive influence on supporting cell integrity³

Suma: Understood as an adaptagen⁴ that helps support body function,⁵ native peoples have long used Suma to promote robust health.

Muira Puama: Its bark and roots have been used traditionally for a variety of purposes including nerve, digestive and joint health.⁶

Stevia: Traditionally used as an anti-hyperglycemic agent, Stevia has beneficial effects on glucose metabolism.⁷



Rejuvenate
#ADS2971 **\$29.99**

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

“Amazon John” Easterling has spent years developing herbal blends from the Amazon rain-forest that address the most pressing health challenges of modern life. With the Amazon Herb line, TriVita brings his knowledge of these botanical treasures directly to you.



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 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=555>

3 <http://www.ncbi.nlm.nih.gov/pubmed/17333395>

4 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=361>

5 De Oliverira F. *Pfaffia paniculata* (Martius) Kuntze-Brazilian ginseng. *Rev Bras Farmacog.* 1986;1:86-92.

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

7 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=682>

PREMIER MEMBER?

Take advantage of TriVita's new Premier Membership ARP. Find out how on page 42.

Call to order Mon.-Fri.: 8 am-8 pm, EST. **1-800-991-7116** or shop online 24/7 at **TriVita.com**



DID YOU KNOW?

You could have a B-12 deficiency if you:¹

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

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:²

- 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.

References:

- 1 <http://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>
- 2 <http://www.cdc.gov/ncbddd/b12/manifestations.html>



The Vitamin B-12 / Energy link

Vitamin B-12 plays a key role in metabolism—all the physical and chemical processes in the body that convert or use energy. These body functions include everything from breathing and blood circulation to contracting muscles and eliminating waste.

B-12 also helps form red blood cells and keeps our central nervous system running. When we don't get enough of this powerhouse vitamin, a whole host of physical and mental problems can ensue, such as:

- Fatigue
- Loss of balance
- Anemia
- Memory problems

Ideally, we'd get all of the B-12 we need from animal products such as eggs, meat, milk, poultry and shellfish. However, very few of us eat ideally. Plus, as time passes, the body is less able to absorb all the B-12 it needs.

WHY I RECOMMEND SUPPLEMENTATION

B-12 plays a critical role in metabolism, and metabolism affects both our physical and mental functioning. In my own practice, time and again I've seen many patients make remarkable turnarounds once their B-12 deficiency was diagnosed and corrected.

This article is intended for educational purposes only.

References:

- <http://ods.od.nih.gov/factsheets/vitaminb12>
<http://www.nlm.nih.gov/medlineplus/ency/article/002403.htm>



AUTHOR BIO:

DR. SCOTT CONARD

Chief Medical Officer, TriVita, Inc.
President, TriVita Clinic of Integrative Medicine

Diplomate American Boards of Family Medicine & Integrative and Holistic Medicine, Scott Conard, M.D., has more than 20 years of successful clinical practice, research and leadership experience.

Alfred Libby's Slow Dissolve B-12 and Super B-12

WHY OUR FORMULA MATTERS

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

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

FORMULATION FEATURES

Alfred 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

Alfred 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



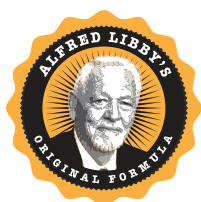
Alfred Libby's Slow Dissolve B-12 Tablets

#30140 **\$19.99**

Alfred Libby's Slow Dissolve Super B-12 Tablets

#33356 **\$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.



ABOUT 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.

Alfred Libby became involved with TriVita shortly after the company began, and they joined in an ongoing effort to bring his special, one-of-a-kind expertise, discoveries and teachings to the entire TriVita wellness community.

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



Alfred 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 10-14 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.



Alfred 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.

Call to order Mon.-Fri.: 8 am-8 pm, EST. **1-800-991-7116** or shop online 24/7 at **TriVita.com**



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.

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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!



Energy Now!®

#30420 **\$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:

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LOOKING OUT *for* WHAT'S INSIDE



The Important Role of the Digestive System

by Paul Bernitt, Board Certified Doctor of Holistic Health

Our essential body systems can be broken up into nine separate and distinct categories. One of the most important is the digestive/immune system, which is responsible for the digestion of food, absorption of nutrients, elimination of waste and overall immunity. If any of these functions are compromised, the entire body—including the mouth, teeth, salivary glands, tongue, esophagus, stomach, small and large intestines, liver, gallbladder, spleen and rectum—can quickly be jeopardized.

“Gut health is key to feeling healthy, looking healthy and being healthy.”

HORMONES AND HUNGER

Leptin is comprised of fat cells responsible for telling the brain you're full. Ghrelin is primarily released in the stomach, causing hunger and increasing appetite. When we eat constantly, Leptin has no chance to be released, leading to an increase in Ghrelin and in turn causing constant pangs of hunger.¹

◀◀ *Eating highly processed foods can lead to micro-nutrient deficiencies, which can also lead to constant hunger.*

Reducing portion sizes/ meals and eating whole foods will decrease Ghrelin levels, increase Leptin and lead to longer satiation while giving your digestive system a chance to recover. ▶▶



The digestive system, which helps the body process food for metabolism, consists of the gastrointestinal (GI) tract (a series of hollow organs joined in a long, twisting tube from mouth to anus), liver, pancreas, and gallbladder.²

The gut essentially acts as your body’s gatekeeper, accepting helpful compounds and evicting harmful ones. Digestion begins in the mouth by breaking food into small particles, so chewing your food thoroughly allows your digestive organs to function optimally. It’s also important to taste your food, as tasting sends signals to the brain to release digestive fluids.³

As food enters the GI tract, it mixes with digestive juices that break down nutrients, easing passage through the tract lining for the body’s use. Waste materials also pass through the tract, becoming stool to be excreted.³ The GI tract has a wide variety of “friendly bacteria” (aka gut flora or microbiome), which help with digestion. Crucial in gut and overall body health, the traditional “American diet” of fatty processed foods acts to weaken and destroy these floras, leaving us vulnerable to disease.

Conditions that indicate your digestive immune system is out of balance:	
COMMON	ADVANCED
Gas	Irritable bowel syndrome
Heartburn	Candida
Constipation	Leaky gut
Diarrhea	Gallstones
Trouble swallowing	Auto-immune deficiency



People often take antacids to calm their heartburn. However, many antacids contain aluminum, which is known to excrete calcium from the body, leading to constipation and more serious side effects such as osteoporosis.⁴ In place of antacids, consider alkalizing foods such as spinach, kale, wheat grass and blueberries or alkalizing drinks such as green tea and mineral water.

THE ROLE OF ENZYMES

By the age of 30, half of your stomach acid has already depleted due to growth cessation. With each subsequent passing decade, you lose half of whatever stomach acid remains, putting enzymes into a pivotal role in the breakdown of food. All living things, including cells, contain enzymes. When the body doesn’t extract any enzymes from food (which are lost in heating and processing), it must use its own enzymes to do the work. Nutrients such as vitamins, minerals, fatty acids and proteins are building blocks, while enzymes act as workers that create cellular structure. Without enzymes, nutrients may be present for the cellular structure, but there is insufficient action to organize them into healthy cells.



Maintaining good physical health and weight, eating clean and natural foods and supporting the gut flora are all things we can do to enhance our body’s natural defenses and mechanisms in order to remain healthy.

The next time you eat something, keep in mind the importance of your digestive system and how it relates to the status of your other systems—and your overall quality of life.

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.

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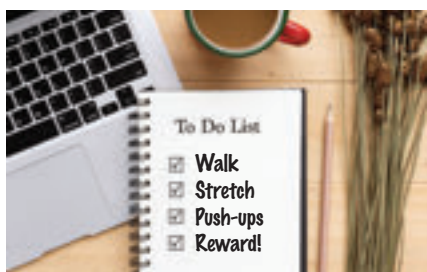
5 SNEAKY WAYS TO BURN CALORIES AT WORK

How can you squeeze in a little exercise when most of your hours are spent sitting at a desk, meeting in the conference room, and preparing for big presentations? Read on to find out when you can squeeze in exercise and how to do it.



WHEN DOING MINDLESS TASKS

Admit it: everything you do at work doesn't require an amazing amount of brainpower. Take advantage of the easy tasks by **multitasking with some exercise**. The easiest option is to flex and squeeze your body. With any part of your body you can get rid of a few calories by simply flexing them as you work. As you grow accustomed to the flexing, you may find it to be a great way to work your way through a long, difficult meeting.



EVERY TIME YOU FINISH A TASK

When you first get to work, **make a to-do list**. This will help keep you on track and will also set you up for exercise rewards. Each time you cross a task off your list, **give yourself an exercise reward**. This could be walking a couple laps around the office, standing up and doing a couple quick stretches, or closing your office door and knocking out a dozen push-ups. **Know what your reward of the day will be and go for it.**

1 ON THE WAY TO WORK

To shed some calories before clocking in, you have a number of options depending on your situation.



- bike or walk to work
- perform seated calf raises on the bus or train
- park your car at the far end of the parking lot
- once you get to your building, take the stairs.

2

3

WHEN YOU NEED TO COMMUNICATE

Helpful as email may be, there is a way to communicate with your colleagues that actually keeps your body moving.

- Getting out of your seat and **walking to your coworker's office to talk** things through.
- Have to make a few phone calls? **Stand up as you talk and pace back and forth.**



4

5

AT THE TOP OF THE HOUR

A great way to sneak a little calorie burning into your routine is to **get up every hour**. And your exercising doesn't need to be super intense. All you need to do is stand up. **Do this for five minutes, eight times a day, and you will drop 100 calories a day.** That's right—all you have to do to stand up for your health is stand up!

Nopalea Daily Cleanse

Because our world is a toxic place

Everyday, toxins surround us. In the air we breathe, the food we eat and the water we drink—even in our offices and homes—our health is threatened by daily assaults from chemicals, pollutants and impurities.¹

If you're concerned about how toxins may be affecting you, you'll want to know about Nopalea Daily Cleanse. It brings you the goodness of the famed Nopal cactus, a plant that thrives in some of the harshest environments on earth.

Bounty from the Sonoran Desert

The ingredients in TriVita formulations come from all over the world. Right in our own Arizona backyard, we found native Sonoran Desert plants that offer beneficial properties. We tapped the expertise of local botanists, and the native people, to focus ultimately on the remarkable Nopal cactus.

Easy, convenient everyday wellness

From the leaf of the Nopal cactus, we've extracted an exclusive formula that's easy-to-use and easy to include in your daily routine.

To enjoy the delicious tropical fruity taste every day, mix one scoop of powder into eight or more ounces of water every morning, with or without food. To put the unique formula of Nopalea Daily Cleanse to even better use, take a second serving in the evening for your first 30 days.

Don't confuse Nopalea Daily Cleanse with other much stronger products designed for occasional use. Make Nopalea Cleanse part of your daily wellness routine.



Nopalea™ Daily Cleanse

#30800 \$49.99

Suggested Use: Mix one scoop into eight or more ounces of water every morning, with or without food. For a deeper cleanse, add a second serving every evening for the first 30 days.



Nopalea Daily Cleanse

Quantity: 7.9 oz (225 g) **Serving size:** 1 scoop (7.5 g)

Amount per serving: Dietary Fiber [as Psyllium (Seed) Powder, Fibersol®-2 Soluble fiber (soluble corn fiber), Xanthan Gum] 1 g, Magnesium (as Magnesium Oxide) 85 mg, Proprietary blend; 2,560 mg Nopal (*Opuntia* spp. leaf) Powder, Beet (*Beta vulgaris* root) Juice Powder, Cranberry (*Vaccinium macrocarpon* fruit) Extract, Milk Thistle (*Silybum marianum* seed) Extract, Sage (*Salvia officinalis* & *S. miltiorrhiza* leaf) Extract, Turmeric (*Curcuma longa* rhizome) Extract, Artichoke (*Cynara scolymus* leaf) Extract, Black Tea (*Camellia sinensis* leaf) Powder, Aloe Vera (*Aloe barbadensis* inner leaf) Juice Powder, Bergamot Orange (*Citrus bergamia* fruit) Powder, Burdock (*Arctium lappa* root) Powder, Dandelion (*Taraxacum officinale* root) Extract, Green Tea (*Camellia sinensis* leaf) Extract, Chinese Rhubarb (*Rheum palmatum* root) Powder, Licorice (*Glycyrrhiza glabra* root) Extract, Senna (*Cassia angustiflora* and *C. acutifoliae* leaf) Extract, Sheep Sorrel (*Rumex acetosella* aerial parts) Powder, Slippery Elm (*Ulmus rubra* bark) Powder, Uva-ursi (*Arctostaphylos uva-ursi* leaf) Extract.

Other ingredients: Cane sugar, natural flavor, citric acid, malic acid, steviol glycosides (*Stevia rebaudiana* leaf extract).

Fibersol®-2 is a registered trademark of Matsutani Chemical Industry Co., Ltd.

Reference:

1 <http://toxtown.nlm.nih.gov/>

PREMIER MEMBER?

Take advantage of TriVita's new Premier Membership ARP. Find out how on page 42.

Call to order Mon.-Fri.: 8 am–8 pm, EST. 1-800-991-7116 or shop online 24/7 at TriVita.com



Feel it in your gut

The importance of healthy internal bacteria

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

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

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

MyFlora Daily is a leading probiotic supplement that provides four strains of lactic acid producing bacteria⁵ to help promote a diverse and balanced gut microflora and support overall gastrointestinal health.

DID YOU KNOW?

- Probiotics are considered a foundational supplement. That means everyone should take a probiotic since they contain healthy internal bacteria, an important factor for maintaining healthy digestion and immune systems.
- When you are traveling or eating foods where your system needs a little extra support, probiotics can make a huge difference in how you feel.
- Most probiotics on the market don't guarantee their potency. Look on the label for "at time of production." That likely indicates few if any of the probiotic strains will be left by the time you take it.
- Probiotic foods include yogurt, sauerkraut, kefir and kimchi.⁶
- Having the right gut bacteria has been linked to numerous health benefits, including weight loss.⁷
- Probiotics have also been shown to reduce systemic inflammation, a leading cause of many diseases.⁸

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MyFloraDaily

How a high-quality probiotic can help

The gastrointestinal tract is the most exposed human habitat to the external environment. Every day, thousands of microorganisms and compounds derived from the digestive process come in contact with it, making the role of the gut as a protective barrier to pathogens essential.¹

However, as we reach middle age our immune system becomes less efficient. This applies to the microbiota of the gut as well. In order to maintain healthy digestion, you need to supplement your diet with a probiotic. MyFloraDaily helps support intestinal/gastrointestinal health, promotes a diverse and balanced gut microflora, helps with occasional diarrhea and supports overall immune health.²⁻⁷

MAKE MyFloraDaily YOUR PROBIOTIC

- MyFloraDaily contains one of the most clinically studied probiotic strains, Lactobacillus GG, a highly resilient strain that is able to survive through the GI tract and adhere to the intestinal mucus and epithelial walls. This allows for an extended, controlled release of probiotic strains in the small and large intestine.
- All the probiotic strains found in MyFloraDaily have been antibiotic-resistance tested and genetically identified to confirm strain identity. (Many competitive probiotic brands do not disclose the specific strains(s) in the product, even though strain identification ensures a higher quality product since the health benefits of probiotics are strain-specific.)
- While many competitive probiotic brands need to be refrigerated to maintain the number of probiotic strains, **MyFloraDaily is shelf stable.**
- MyFloraDaily is allergen-free (no milk, eggs, fish, shellfish, nuts, wheat or soy).

Strengthen and support your digestive and immune systems with MyFloraDaily.



MyFloraDaily

#30830 **\$39.99**

Suggested Use: Adults, take one caplet, once or twice daily, or as directed by your healthcare professional.

DID YOU KNOW?

- MyFloraDaily is formulated with patented bio-tract technology *for maximum absorption.*
- TriVita guarantees **10 billion Colony Forming Units (CFU)** in every dose at the time of manufacture and 5 billion at the one year expiration date.
- CFU tells you how many good bacteria are in each caplet.

MyFloraDaily

Quantity: 30 caplets **Serving size:** 1 caplet

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

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

References:

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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!



Fiberzon Capsules

#ADS1972 **\$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:

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PREMIER MEMBER?

Take advantage of TriVita's new Premier Membership ARP. Find out how on page 42.

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.



Fiberzon

#ADS1878 **\$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



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.

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DIGESTION/IMMUNE SYSTEM SUPPORT

ProDigest

We often take our digestion for granted, but this complex system turns the food we eat into nutrients that our bodies need for energy, growth and cell repair.¹

Stress, eating processed foods and aging all make it hard for our digestive system to work properly. The digestive system then becomes challenged, and bloating, gastrointestinal discomfort and indigestion may result.²

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 food digestion.³
- Anise, used by Amazon natives for its carminative (anti-gas) properties.⁴
- Peppermint, used traditionally for gastrointestinal discomfort.⁵
- Carqueja, an herb traditionally used to address indigestion, constipation and more.⁶

Digestive enzymes to assist and enhance digestion of foods:

- Amylase, which supports breakdown of carbohydrates such as glycogen and starches.⁷
- Protease, which supports digestion of proteins.⁸
- Lipase, which supports breakdown of fats, thereby improving their utilization.⁹

Comes in vegetarian capsules and contains no preservatives or artificial ingredients.



ProDigest

#ADS1472 **\$34.99**

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

DID YOU KNOW?

Poor diets, environmental toxins, hormonal changes and aging can all impact our digestive system, commonly resulting in problems such as:^{10,11}

- Bloating
- Gas
- Heartburn
- Diarrhea
- Nausea
- Vomiting



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 Anansus 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 <http://digestive.niddk.nih.gov/ddiseases/pubs/yrdd/>
- 2 <http://www.acam.org/blogpost/1092863/180732/Digestive-Health--Total-Body-Health>
- 3 <https://naturalmedicines.therapeuticresearch.com/databases/food-herbs-supplements/professional.aspx?productid=593>
- 4 <https://naturalmedicines.therapeuticresearch.com/databases/food-herbs-supplements/professional.aspx?productid=582>
- 5 <https://naturalmedicines.therapeuticresearch.com/databases/food-herbs-supplements/professional.aspx?productid=705>
- 6 <http://www.webmd.com/vitamins-supplements/ingredientmono-1127-CARQUEJA.aspx?activeIngredientId=1127&activeIngredientName=CARQUEJA>
- 7 <https://www.princeton.edu/~achaney/tmve/wiki100k/docs/Amylase.html>
- 8 <http://www.britannica.com/EBchecked/topic/479818/peptolytic-enzyme>
- 9 <http://umm.edu/health/medical/altmed/supplement/lipase>
- 10 <http://ehp.niehs.nih.gov/121-a276/>
- 11 http://www.womenshealth.gov/publications/our-publications/the-healthy-woman/digestive_health.pdf

PREMIER MEMBER?

Take advantage of TriVita's new Premier Membership ARP. Find out how on page 42.

Vital C

Alfred 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!

Alfred 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

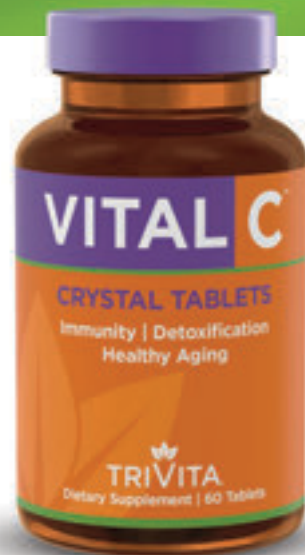
FEEL VITAMIN C'S FULL POTENTIAL

Alfred 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 Alfred Libby's ORIGINAL Vital C for year-round vitality and more!



Vital C™ Crystal Tablets

#30230 **\$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 **\$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.

3 Pussinen PJ. *Clin Diagn Lab Immunol.* 2003 Sep; 10(5): 897-902.

4 Saito M. Nutrition and bone health. *Clin Calcium.* 2009 Aug;19(8):1192-9.

5 Wang Y. *Arthritis Res Ther.* 2007;9(4):R66.

6 Zhang PY. *Eur Rev Med Pharmacol Sci.* 2014 Oct;18(20):3091-6.

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DIGESTION/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 **\$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.

Reference:

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



Essential D™

#31270 **\$14.99**



This product is also essential for Nutritional Support - Page 47

PREMIER MEMBER?

Take advantage of TriVita's new Premier Membership ARP. Find out how on page 42.

Leanology Herbal Cleansing Tea

Cleanse your way to a healthy weight

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 features a unique blend of herbs traditionally used to help:

Cleanse the bowels: Senna herb encourages movement, working gently overnight³

Flush the urinary tract: Mild, time-tested diuretic herbs dandelion and astragalus^{4,5}

Nourish the liver: The liver filters toxins; milk thistle is a popular liver support herb⁶

Soothe the stomach: Spearmint and peppermint are traditional digestive tonics⁷

PLUS:

A touch of zero-calorie stevia leaf adds natural sweetness to the whole blend, so it brews up into a great-tasting tea you can enjoy.

With cleansing and digestive support in one delicious hot beverage, Leanology Herbal Cleansing Tea is made to promote a “clean inner slate.” It could be just the thing for your healthy weight.

Support clean weight management with Leanology Herbal Cleansing Tea!



Leanology® Herbal Cleansing Tea

#30810 **\$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.

HOW MIGHT TOXINS AFFECT WEIGHT?

Two of the more widely used chemical classes suggested by researchers to play a role in weight management include:

- Phthalates, found in plastics, have been suggested to reduce androgen levels. Low androgen contributes to weight concerns in men.⁸
- POPs (Persistent Organic Pollutants), found in food products, seem to disrupt the endocrine system, which plays a key role in regulating weight.⁹



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.
3. <http://www.nlm.nih.gov/medlineplus/druginfo/natural/652.html>
4. Hook I, et al. *Int J Pharmacog*, 1993; 31: 29.
5. Fu J, et al. *Phytother Res*, 2014; 28: 1275.
6. <http://www.nlm.nih.gov/medlineplus/druginfo/natural/138.html>
7. Spirling LI. *J R Soc Promot Health*, 2001; 121: 62.
8. Stahlhut RW, et al. *Environ Health Perspect*, 2007; 115: 876.
9. Dirinck EL. *Diabetes Care*, 2014; 37: 1951.



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 **\$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>

2 Miyake M, et al. *Biosci Biotechnol Biochem*. 2008 Jul;72(7):1781-8.

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.

5 <http://ip.aaas.org/tekindex.nsf/2a9c4e44835b04ea85256a7200577a64/dd28016296c8808d85256af0006b4b0d/Body/M1>

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>

8 Campos AH. *Nephron*. 1999;81(4):393-7.

9 <http://ip.aaas.org/tekindex.nsf/2a9c4e44835b04ea85256a7200577a64/c1498ae4165dad8285256af0006b4adf/Body/M1?OpenElement>

10 Gonzalez JG, et al. *J Ethnopharmacol*. 1982 Jan;5(1):73-7.

11 Kloucek P. *J Ethnopharmacol*. 2007 May 4;111(2):427-9.

Aqua Algae

Discover one of nature's best superfoods

Amazon Herb Aqua Algae features a proprietary blend of fresh water and marine algae. Believed to be one of nature's best superfoods, these extraordinary algae contain many beneficial phytonutrients, including the pigments phycocyanin (blue) and chlorophyll (green). A rich whole-food source, algae is also packed with nutrients such as chlorophyll, vitamins, minerals and amino acids.¹⁻⁷

Amazon Herb Algae includes the following four ingredients:

- **Spirulina:** An algae that contains high levels of various B vitamins, beta-carotene, carotenoids and minerals, including calcium, iron, magnesium, manganese, potassium and zinc. Spirulina is also a good source of gamma-linolenic acid (GLA),¹ and along with other related products may help support the immune system.²
- **Blue Green Algae:** Blue Green Algae is high in protein, iron and other minerals. Blue Green Algae is also being researched for its potential effects on the immune system.³
- **Bladderwrack (Fucus):** A brown seaweed of the Fucaceae family that grows on the coast of the Atlantic and Pacific Oceans of South America,⁴ Bladderwrack contains high concentrations of iodine. As a result, it's been used traditionally to support thyroid health.⁴⁻⁵
- **Chlorella:** A single-cell green algae that grows in fresh water, Chlorella contains amino acids, peptides, protein, chlorophyll, vitamins and minerals.⁶ Interest has grown in Chlorella, specifically in using it to support the immune system and detoxification.⁷

A wild harvested blend of freshwater and marine algae



Aqua Algae

#ADS1272 **\$24.99**

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



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 <https://natrualmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/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://natrualmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=907>

PREMIER MEMBER?

Take advantage of TriVita's new Premier Membership ARP. Find out how on page 42.

Call to order Mon.-Fri.: 8 am-8 pm, EST. **1-800-991-7116** or shop online 24/7 at **TriVita.com**



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.
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- 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 counter-acting the effects of caffeine.^{12,13}

Experience calm today and help reduce stress with Adaptuit!



Adaptuit®
#30770 **\$34.99**



Adaptuit®
4-Pack
#33345 **\$119.99**

**NEW DELICIOUS
GRAPE FLAVOR!**



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).



INTRODUCING THE NEW TRIVITA AUTO REPLENISHMENT PROGRAM (ARP)

Guaranteed lowest advertised catalog price!

As a Premier Member, you already enjoy special benefits such as monthly promotions and a dedicated support system. Now, members who choose to have their order automatically replenished will receive the following outstanding features:


- Guaranteed lowest advertised catalog pricing on your ARP order, including the featured special (if product is contained in your ARP order)
- Premier Membership Points are always applied to ARP orders
- The option to set your ARP order on a monthly, bi-monthly or quarterly basis

ARP ALSO INCLUDES THIS AMAZING BONUS

EVERY ORDER OVER \$89
SHIPS FREE

PLUS *save*
MORE!

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



* See page 3 for details

Best of all, as a Premier Member, **these rewards come at no extra cost.** That means no added fees or obligations—just added benefits.

If you have any questions about ARP or Premier Membership, please contact TriVita CARE at **1-800-991-7116**.

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.

DELIVERY

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

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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.

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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.

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The information in this catalog may contain errors or inaccuracies. Experience Wellness™ is a registered trademark of TriVita Inc.



Getting to the Common Causes of Inflammation

I have been asked many times what system of the body does inflammation belong. The answer is none—inflammation is systemic. By that I mean if you have it, then it's generally everywhere. It knows no boundaries and is well known as a cause of disease when uncontrolled. However, some inflammation is needed to help the body heal.

There are 3 ways to control inflammation:

1. Identify and remove the cause
2. Break the cycle of inflammation
3. Promote healing

Common causes and triggers for inflammation

- Poor posture and lifting
- Sedentary lifestyle
- Uncontrollable stress
- Food and environmental sensitivities
- Injury
- Smoking
- Toxicity
- Unhealthy weight
- Weather and seasons

Common whole foods that can cause inflammation include milk, eggs, wheat, soy, nuts, shellfish and peanuts. To minimize your risk of inflammation, focus on healthy activities, quit smoking, maintain a healthy weight and manage your day-to-day stress, which can contribute to poor habits such as excessive sweets, inactivity, substance abuse and weight gain.

However, the best way to empower yourself is by reading food labels. When you know what you're putting into your body, you can make better choices. Many of the hidden additives found in many modern processed and refined foods include high concentrations of sugar, salt, preservatives, saturated fats, flavor enhancers, dyes, hormones, anti-biotics, herbicides and pesticides, as well as genetically modified (GMO) elements. While the times have changed dramatically as it relates to food, our bodies have not. Never in the history of humanity have we been exposed to so much manufactured food, and a lot is yet to be learned about how these changes are influencing the inflammatory responses in the body. So say no to processed foods and yes to a personalized food diet to keep your risk low and your inflammation in line.



AUTHOR BIO:

PAUL BERNITT

Director of TriVita Clinic of Integrative Medicine

Paul Bernitt is a Doctor of Holistic Health, Master Herbalist, Holistic Wellness Practitioner and Holistic Nutrition Specialist.



FIND OUT HOW THE TRIVITA CLINIC OF INTEGRATIVE MEDICINE CAN GET YOU ON A BETTER PATH TO OPTIMAL WELLNESS.

Call 1-888-669-5036 or visit TriVitaClinic.com for more information. Most insurance plans accepted.



TEST *your* HEART SMARTS

How much do you know about the human heart?
Put yourself to the test with this heart-healthy quiz.

- 1 Cholesterol's partner in heart-health crime is:**
 - A. High blood pressure
 - B. Inflammation
 - C. High blood sugar
 - D. Tachycardia
- 2 Which of the following tests are recommended to keep your heart healthy?**
 - A. Blood pressure
 - B. Blood fats
 - C. Blood sugar
 - D. Blood vessel inflammation
 - E. All of the above
- 3 Excessive levels of homocysteine (HCY) have been linked to:**
 - A. Heart attacks
 - B. Osteoporosis
 - C. Alzheimer's disease
 - D. Stroke
 - E. All of the above
- 4 Cutting out just one _____ a day can start you on the road to a healthier heart.**
 - A. Drink
 - B. Cigarette
 - C. Nap
 - D. Apple
- 5 Lack of sleep can trigger the release of _____ thought to play a role in heart disease, including C-reactive protein.**
 - A. Endorphins
 - B. Proteins
 - C. Lipids
 - D. Sheep
- 6 One in _____ deaths in the United States is due to heart disease.**
 - A. Ten
 - B. Five
 - C. Three
 - D. Six
- 7 The heart beats about this many times each day:**
 - A. 50,000
 - B. 80,000
 - C. 100,000
 - D. 120,000
- 8 The top number in your blood pressure measurement represents the pressure in the artery when the heart beats and is called:**
 - A. Systolic pressure
 - B. Diastolic pressure
 - C. Beat pressure
 - D. Peer pressure

Answers: 1.=B, 2.=E, 3.=E, 4.=B, 5.=B, 6.=B, 7.=C, 8.=A



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 **\$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/>

2 Shanmugasundaram ER, et al. *J Ethnopharmacol.*, 1990;30:281.

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9 Gruzewska K, et al. *J Physiol Pharmacol.*, 2014;65(5):603.

10 Cecei F, et al. *J Neural Transm.*, 1989;76:109.

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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.

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

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 **\$14.99**

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



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 **\$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/>



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.

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.

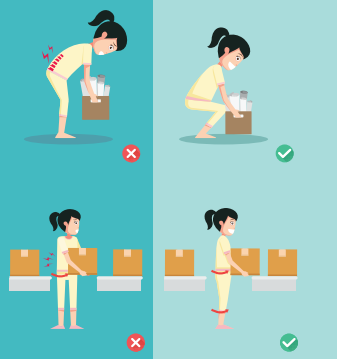
“To maintain good posture while sitting, avoid leaning forward and take frequent breaks to encourage proper circulation.”

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.

HOW TO KEEP YOUR MUSCULOSKELETAL SYSTEM HEALTHY

PROPER TECHNIQUE WHEN LIFTING IS VITALLY IMPORTANT TO STAYING INJURY-FREE¹. 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 back²



Follow a nutrient-dense diet featuring protein to develop lean muscle mass³ 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 D⁴
- Calcium⁴
- Magnesium⁵
- Amino Acids⁶



Begin by beginning a regular physical exercise routine

- Include a weight-bearing exercise regimen twice a week⁷
- Focus on stretching⁸ and strengthening your core muscles⁹



Risk factors associated with Musculoskeletal system conditions

- Obesity¹⁰
- Poor posture¹¹
- pH imbalance¹²
- Micro nutrient deficiencies⁵
- Increased inflammation¹³
- Stress¹⁴
- Toxicity¹⁵



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 http://www.physio-pedia.com/Cardinal_Planes_and_Axes_of_Movement
 2 <https://ehs.okstate.edu/modules3/back/A3-back.htm>
 3 <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/>
 4 <https://www.foh.hhs.gov/whatwedo/wellness/corestrength.html>
 5 http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Nutrition/
 6 <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>
 7 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3806175/>
 8 <http://www2.gsu.edu/~wwwfit/hyper.html>
 9 <http://www.ncbi.nlm.nih.gov/pubmed/18785063>
 10 <http://www.ncbi.nlm.nih.gov/pubmed/16866972>
 11 <http://www.cdc.gov/niosh/docs/2014-131/default.html>
 12 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3195546/>
 13 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1552097/>
 14 <http://www.apa.org/helpcenter/stress-body.aspx>
 15 <http://www.atsdr.cdc.gov/substances/toxsubstance.asp?toxid=34>



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 **\$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_ground5.php

4 Servaty R, et al. *Int Jour of Bio Macro* 28 (2001) 121–127.

5 Kim LS, et al. *Osteo and Cart* (2006) 14, 286e294.

6 Kimmatkar N, et al. *Phytomed.* 2003;10:3–7.

7 Chandran B, Goel A. *Phytother Res.* 2012;26:1719–1725.

8 Henrotin Y, et al. *Osteo Cart.* 18: 141–149.

9 Piscocoy J., et al. *Inflamm. Res.* 2001;50:442–448.

10 Miller M, et al. *BMC Complement Altern Med.* 2006; 6: 13.

11 Lodish H, et al. *Molec Cell Bio.* 2000.

PREMIER MEMBER?

Take advantage of TriVita’s new Premier Membership ARP. Find out how on page 42.

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 **\$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/ata glance.htm>
- 3 Priyadarsini KI. *Molecules*, 2014; 19: 20091.
- 4 <http://bcm95.com/faq.html>

- 5 Antony B et al. *Indian J Pharm Sci*, 2008; 70: 445.
- 6 http://www.cdc.gov/nchs/data/series/sr_10/sr10_260.pdf
- 7 <https://www.nlm.nih.gov/medlineplus/ency/article/003261.htm>



MUSCULOSKELETAL SYSTEM

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 **\$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>
- 4 Pines A, et al. *Curr Med Res & Op*. 1984;8,10:734-42
- 5 Macdonald H, et al. *Am J Clin Nutr*. 2008; 87:5, 1513-20

- 6 Gennari C, et al. *Calcif Tissue Int*. 1997;61 Suppl 1:S19-22.
- 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 **\$24.99**

Suggested Use: Adults, take 3 tablets once 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 <https://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/>

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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 **\$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:

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<http://umm.edu/health/medical/altmed/herb/peppermint>
www.integral-health-guide.com/lemon-essential-oil/
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<https://ncch.nih.gov/health/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>



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.^{2,3}

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.^{4,5}

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).⁶



References:

- 1 <http://sleepfoundation.org/medic-center/press-release/national-sleep-foundation-2013-international-bedroom-poll>
- 2 <http://sleep-foundation.org/how-sleep-works/how-much-sleep-do-we-really-need>
- 3 <http://www.nia.nih.gov/health/publication/good-nights>

- 4 Akerstedt, T. (2006) Psychosocial stress and impaired sleep. *Scand J Work Environ Health*, 32(6), 493-501.
- 5 <http://www.apa.org/news/press/releases/stress/2013/sleep.aspx>
- 6 http://www.brighamandwomens.org/about_bwh/publicaffairs/news/pressreleases/PressRelease.aspx?sub=0&PageID=1962

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 41.



Adaptuit™ Sleep

#30790 \$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:

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- 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>
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- 7 <http://www.nlm.nih.gov/medlineplus/druginfo/natural/871.html>
- 8 Cooley K, Szczerko O, et al. *PLoS One*; 2009; 4(8):e6628.
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- 11 Swaminathan R. *Clin Biochem Rev.*;2003;24:47–66.



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:

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

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 **\$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 **\$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.
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- 4 Giovannucci, E. *Journal of Nutrition.* 2005; 135: 2030S-2031S.
- 5 Berges RR. *Lancet.* 1995 Jun 17;345(8964):1529-32.



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 **\$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 & Aztec marigold (*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.
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Jolene Goring, TriVita Chief Nutritionist & Fitness Director

Series airs on the TRAVEL CHANNEL
THURSDAYS | 6:30am CST/7:30am EST/PST



“TriVita has made a clear commitment to whole person wellness, which deeply resonates with my desire to help people achieve optimal health by taking control of their lives. I’m very impressed with their pledge to advance the science and with their understanding that to heal we need to achieve a balance of body, mind and spirit. For these reasons and more, I’m honored to be TriVita’s new Chief Science Officer.”

–Robert Sheeler, M.D.



THERE’S A NEW CHIEF SCIENCE OFFICER IN TOWN

If you weren’t already aware, Robert Sheeler, M.D. has joined TriVita as our new Chief Science Officer, and we couldn’t be more excited to have him on board.

Originally from Washington D.C., Dr. Sheeler grew up in a household full of intrigue as both his parents were government spys; his father worked as a linguist for the OSS (the predecessor to the CIA in World War II), and his mother as a high clearance librarian for the CIA, where she coordinated information for different regions.

Despite this provocative background, Dr. Sheeler chose another route, and began his medical journey at Grinnell College in Iowa where he graduated Phi Beta Kappa with honors degrees in chemistry and biology. He then moved onto medical school at UC San Diego and followed his dream to practice in a rural area by taking his first job in Ladysmith, Wisconsin as a family physician at Marshfield Clinic. A stint at the Midelfort Clinic in Eau Claire followed, where he rose to the Head of the Urgent Care Center.

However, his transition to academic medicine came when he was hired at the Mayo Clinic in Rochester in 1990, initially as a family physician and soon thereafter to run the Mayo Urgent Care Center. In the late 1990s he became the Associate Editor and a year later the Editor of the Mayo Clinic Health Letter, which at the time had a subscription base of approximately 700,000 readers. He also taught in the medical school, teaching students how to perform physicals before eventually becoming

the Family Medicine Clerkship Director, a position he held until his departure in 2016. He also taught on the Pharmacology faculty at Mayo Medical School. In the early 2000s, Dr. Sheeler joined the Mayo Clinic Formulary group where he served as the Vice Chair while simultaneously running the Neuropsychiatric Medication Group, another post he continued to hold through 2016.

DR. SHEELER’S LONG LIST OF ACHIEVEMENTS INCLUDE THE FOLLOWING BOARD CERTIFICATIONS:

- American Board of Family Medicine (ABFM)
- American Board of Integrative and Holistic Medicine (ABIHM)
- American Board of Integrative Medicine (ABOIM)
- American Board of Urgent Care Medicine (ABUCM)
- Institute For Functional Medicine
- National Board of Medical Examiners (NBME)
- North American Menopause Society (NAMS)
- United Council for Neurologic Subspecialties (UCNS)

FROM TRADITIONAL TO INTEGRATIVE MEDICINE

Trained in the western tradition of medicine, Dr. Sheeler branched out from family medicine to become a headache specialist in 2010, and as he expanded and accumulated more experience and knowledge he delved deeper into a career-long interest in complimentary, integrative, leading-edge medicine, which included everything from hypnosis and meditation to Reiki and T'ai Chi.

This transition also included advanced training and certification in Functional Medicine, an area widely regarded as the leading edge of modern medicine. Rather than treating symptoms, Functional Medicine looks at the underlying cause, whether that is heavy metal toxicity or an inflammatory disorder.

But it wasn't until Dr. Sheeler experienced some changes in his own life that the transition really gained momentum. Spurred by frequent migraine spells, he introduced supplements into his diet and began taking more responsibility for his own health. Familiar with the harsh side effects that accompany many neurological medicines, he searched for a kinder, gentler remedy, eventually settling on an herbal medicine that, with the help of neuro biofeedback, soon left him virtually headache-free.

The process reinforced his healthier behavior and sparked further exploration into other traditions and cultures that he first experimented with following a severe neck injury and a less than satisfactory traditional medicine recovery regime in 2005. This involved integrative medicine such as acupuncture, yoga, herbalism and mind-body work, and he soon gained insight into a higher level of healing.

“Food and nutrition is stronger than medicine’ is a traditional Chinese phrase that I apply to my practice of medicine,” says Sheeler. “You can see that with things like diabetes. If you eat right and you lose weight early in the process, your diabetes may go away, and that fits with functional medicine, too. The things we call diseases are an outgrowth of what we do—how we live, how we work, what we eat and where we live. Food and nutrition is stronger than medicine, and the next level up is Qi Gong, a powerful system of energy healing, which is in turn stronger than nutrition. At the very top of the pyramid is spiritual healing. Through these experiential practices, people become more connected to themselves, their community and their environment.”



THE BEST OF BOTH WORLDS

While his methodology is cutting-edge, Dr. Sheeler's medical philosophy is more reminiscent of a bygone era. “I believe first and foremost in forming a relationship with my patients; finding out who they are, what they believe in and what they're looking for in order to best determine how I can be of service. But in order to deliver relationship-based care, doctors need enough time to get to know the person they're treating. I like to tell my patients that my office is like a buffet: I tell you what I've got and you tell me what you want.”

The general populace seems to be coming around to Dr. Sheeler's school of thought, with patients taking more responsibility for their health and looking at a broader array of services such as chiropractic care and acupuncture alongside traditional care and herbs along with or instead of pharmaceutical agents.

“I call things like acupuncture, herbal medicine and Native American philosophies smooth stones. They've been around for centuries and survived generation after generation for a reason—they work and they're safe—much like a smooth stone in a river. And I love combining these traditional medicines that have worked for eons with the cutting edge methodologies that we continue to develop through our efforts in bio-chemistry and genetics.”

Best of all, the true beneficiaries of his extensive medical knowledge are TriVita members like you. Please join us in welcoming Dr. Sheeler to TriVita.



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