

APRIL 2017



# TRIVITA®

**FIGHT  
INFLAMMATION**  
*and* **FEEL  
BETTER**

*"I had back and nerve issues  
and Nopalea helped a lot.  
It's the only product that  
worked. I've now been  
taking it for 8 years."*

- Brigida P.  
Member since 2004



EVERY ORDER  
OVER \$89  
**SHIPS FREE!**  
see page 3

**20% OFF NOPALEA™**  
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

A 'first time ever' offer is always exciting for me to announce. This month we are offering a special 20% off Nopalea® on single bottle pricing up to eight bottles. (see page 3) But, it is not the offer that is most exciting. It is the hope that more people can participate in including generous amounts of Nopalea each day to help manage their inflammation! We all have it, and we all must manage it!

People are more motivated to deal with inflammation when it can be either felt or seen. But what about the rising inflammation level in your body when it cannot be seen or felt? This may be the biggest single sabotaging effect of your future health. I encourage you not to wait for it to be felt or seen. Target your nutrients in foods and supplements that help manage inflammation. Also, talk to your physician about including an annual C-reactive protein (CRP) test. By focusing on your inflammatory markers, you are taking better control of your health outcomes, especially as you age past 50 years old.

Know your clinical health numbers!! They indicate your state of health beyond sight and feel. You can become more pro-active and can enjoy better health through the aging process by simply managing inflammation. Nopalea is formulated around the efficacy of the Nopal Cactus red tuna fruit, which is an inflammatory reducing food. History tells how in ancient days, the Pima Indians made it a part of their diet. I consider the benefits of the Nopal cactus one of the greatest contributors to my health. There are foods that heal and foods that create illness. Choose your foods wisely and enjoy wellness in abundance.

I also want to draw your attention to the new **VitalityPlanner** (see page 58 for more info) which includes the Dr. Sheeler 30 day lifestyle program and the HomeDoc clinical data guide. It is outstanding! This may be the most empowering tool you will experience to enjoy a future life of greater wellness. **I am giving you a free access promo code TVP0417U** so don't stop at seeing the \$49.99 price tag. After taking the assessment, call our CARE team and ask for a free consultation to support your health goals.

May you enjoy a wonderful life with wellness!

Michael R. Ellison,  
Founder of TriVita

# 20% OFF NOPALEA™ LIQUID AND CAPSULES!

*Up to 8 single bottles of Nopalea liquid for healthy inflammation, boosted by Nopalea Capsules for on-the-go convenience.*



**Nopalea**  
#30710  
~~\$34.99~~  
**Now \$27.99**  
Limit 8 bottles

**Nopalea Capsules**  
#30717  
~~\$29.99~~  
**Now \$23.99**

\*Offer expires 4-30-17 at 9 pm EST.



ORDER TODAY. CALL 1-800-991-7116, OR SHOP ONLINE 24/7 AT TRIVITA.COM

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

**PLUS** *save*  
**MORE!**

**\$119+ ORDER = \$10 OFF +**

**\$150+ ORDER = \$20 OFF +**



\*Offer valid on catalog pricing only, with standard shipping and expires 4-30-17. 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.

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

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





## OUR HEALTHCARE PROFESSIONALS



### **Scott Conard, M.D.**

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

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



### **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.



### **Jolene Goring**

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

## 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.



# 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.



## 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.<sup>1</sup> 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.<sup>2</sup>

### 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.<sup>3</sup>

**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 CAUSE INFLAMMATION<sup>4</sup>**

- 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<sup>4</sup>**

- 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](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://kimberlysnnyder.com/blog/2012/09/22/9-foods-that-cause-inflammation-and-9-that-fight-it/>
- 5 <http://www.webmd.com/vitamins-and-supplements/inflammation-fighting-vitamins#2>
- 6 <http://umm.edu/health/medical/altmed/supplement/omega3-fatty-acids>
- 7 <http://www.webmd.com/vitamins-supplements/ingredientmono-662-TURMERIC.aspx?activeIngredientId=662&activeIngredientName=TURMERIC>

## **THE RIGHT SUPPLEMENTS TO REDUCE INFLAMMATION**

**Vitamin A** - one of the easiest vitamins to find, with milk as the main source<sup>5</sup>

**Vitamin B6** - readily found in beef, turkey, fish and vegetables<sup>5</sup>

**Vitamin C** - oranges, guava and red peppers<sup>5</sup>

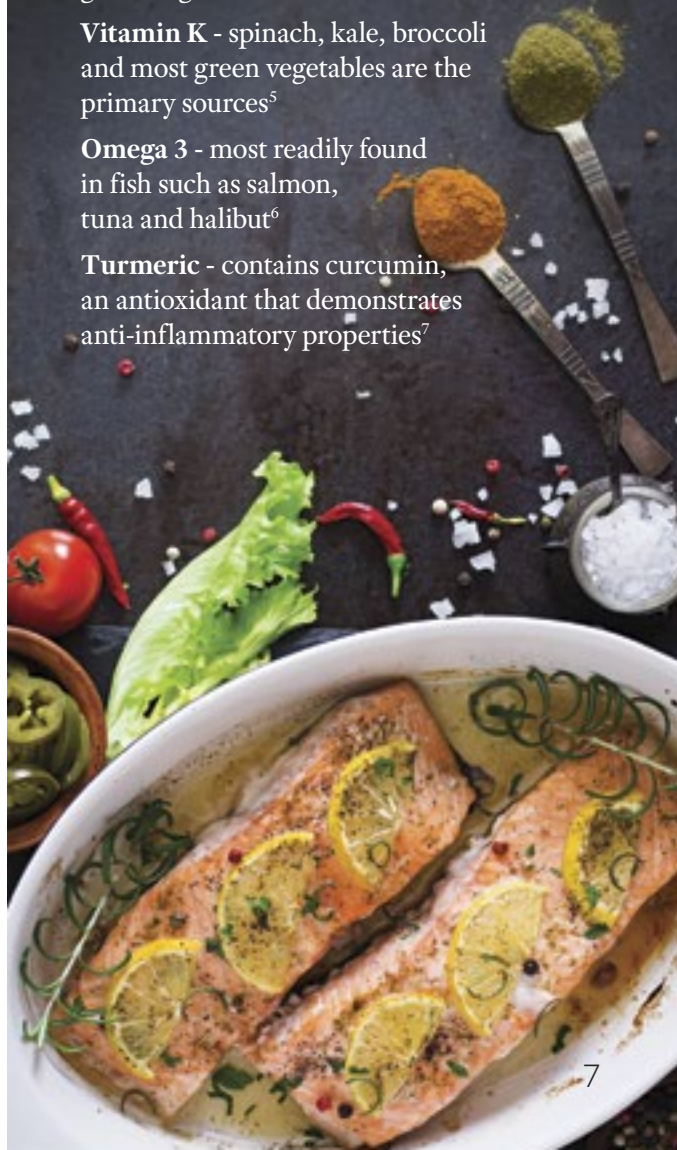
**Vitamin D** - found in fish, beef and egg yolks<sup>5</sup>

**Vitamin E** - found in nuts, seeds and green vegetables<sup>5</sup>

**Vitamin K** - spinach, kale, broccoli and most green vegetables are the primary sources<sup>5</sup>

**Omega 3** - most readily found in fish such as salmon, tuna and halibut<sup>6</sup>

**Turmeric** - contains curcumin, an antioxidant that demonstrates anti-inflammatory properties<sup>7</sup>







# HEALTHY INFLAMMATION SUPPORT



## **NOPALEA™**

Supports the normal and essential anti-inflammatory function performed by the immune system and may help lower inflammation.<sup>1</sup>

Nopalea is a delicious nutrient-rich drink originating from the fruit of the nopal cactus (also known as prickly pear) found in the Sonoran Desert. According to a study in the *European Journal of Nutrition & Food Safety*: “The fruit share some constituents with the stems, and contain additional unique polyphenols and Betalain pigments... and anti-inflammatory activities.”<sup>2</sup>

### **WHAT ARE BETALAINS?**

These plant-based compounds not only give the nopal fruit its distinctive bright red color, but they also contain anti-inflammatory properties.

Because the Sonoran Desert is the most extreme desert in the world, the prickly pear cactus needs the unique nutritional profile of Betalains in order to survive in its extreme environment.

How about you? Are you affected by inflammation? Nopalea and these nutrients from the Sonoran Desert may help you experience greater wellness.



**Pictured at right:**  
Fruit from the prickly pear cactus harvested from the Sonoran Desert.  
For more information visit [TriVita.com](http://TriVita.com).

**References:**  
1 Allegra, M., et al. *The Journal of Nutrition*, 2014; 1-8  
2 Jensen; *EJNFS*, 6(1): 2015; Article no.EJNFS.2016.001

# WELLNESS FROM THE SONORAN DESERT

From ancient traditions to modern science

TriVita has a tradition of developing innovative wellness products, and the ingredients we use in our formulations come from all over the world. Yet right in our own Arizona backyard we found that native plants in the Sonoran Desert offer beneficial properties. We tapped the expertise of local botanists and the indigenous peoples to focus ultimately on the remarkable prickly pear (nopal) cactus and its fruit.

The ancient peoples have long known about the benefits of the prickly pear cactus. They actually ate the prickly pear fruit as part of their daily diet, which explains why they flourished with a long lifespan and vibrant good health. Today, this vast desert continues to provide an abundance of prickly pear fruit that we can use to enhance our health, just like the traditional native people do.

**NOPALEA™ HAS NEVER BEEN SO AFFORDABLE!**



**Buy 4 bottles of Nopalea for only \$111.96**

**GET FREE SHIPPING!**

(see pg 3)



**Nopalea**

#30710

~~\$34.99~~

**Now \$27.99**

Limit 8 bottles.

\*Offer expires 4-30-17 at 9 pm EST.



**Nopalea Capsules**

#30717

~~\$29.99~~

**Now \$23.99**



## BOOST YOUR IMMUNE SYSTEM WITH NOPALEA CAPSULES

If you just started taking Nopalea and are looking to give your immune system an added boost, consider adding a few Nopalea Capsules to your daily intake. They're easy to swallow and easy to take with you when you're on the go, wherever you go. And just like Nopalea liquid, every capsule is packed with nutrients to support your immune system and help lower inflammation.

*Order a bottle today and jump-start your wellness journey!*

**Suggested Use:** When taking Nopalea for the first time, drink 3 ounces in the morning and 3 ounces in the evening for 60 days. For maintenance, drink 1–3 ounces daily depending on your body's needs. May be mixed with water or your favorite beverage. Keep refrigerated.



### 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.

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



## FOR MORE ENERGY, FEED YOUR BODY’S ENERGY “FACTORIES”

Ready to feel better, have more energy and focus, and increase your ability to be active without getting tired? Then you’re ready for a mitochondrial makeover.

What are mitochondria? They are structures inside all of your cells (except red blood cells) that turn the food you eat into energy; there are trillions of these energy “factories” in the human body—and if you’re like most people, you need more of them!

Most of us start life with healthy mitochondria, but a number of factors can deplete or damage the supply. These include poor lifestyle habits, including a poor diet, stress, a sedentary lifestyle, free radical damage and exposure to infections, allergens and toxins. Unless we take care of our general health—and our mitochondria—we are more likely to feel tired and suffer from foggy brain.

### TAKE CARE OF YOUR MITOCHONDRIA, AND THEY’LL TAKE CARE OF YOU

Eating a well-balanced diet and reducing stress are two keys to improved mitochondrial health. Targeted supplementation may also help reverse mitochondria depletion. Many adults are deficient in one or more important nutrients, so you might consider supplementing with a high quality multivitamin for improved mitochondrial health, especially CoQ-10.

#### References:

Crane FL. *J Am Coll Nutr*, 2001; 20: 591.  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC21173/>





# EASY WAYS TO BOOST YOUR ENERGY

Lacking in energy? Don't rely on stimulants or other artificial methods to kick-start your day. Regain your vitality with these simple tips.

## STAND UP STRAIGHT

A simple adjustment to your posture may help improve your energy levels, along with boosting your mood, according to research from San Francisco State University.<sup>1</sup> So keep your head up and your shoulders back.

## TAKE A NAP

A short “power” nap (no longer than 20 minutes), may increase your alertness and performance. If you have trouble falling asleep at night, limit your naps or take them earlier in the day.<sup>2</sup>

## EVALUATE YOUR MEDS

Some medications may cause fatigue, including antihistamines, blood pressure medicines, sleeping pills, steroids and diuretics.<sup>3</sup> If you suspect medication may be causing fatigue, consult with your healthcare provider.

## REDUCE STRESS

This health thief can also leave us fatigued and lacking in energy. Help manage stress with deep breathing, regular physical activity and a healthful diet.<sup>4,5</sup>

## SPLISH SPLASH

For a quick pick-me-up, slip into the restroom and splash some cold water on your face. This brisk energizer will perk you up in no time.

## GET MOVING

Though it may seem counterintuitive, regular exercise can increase energy. One study put a number on it: just 20 minutes of low-intensity aerobic exercise three times a week for six weeks increased participants' energy levels by 20%—and reduced their fatigue by a whopping 65%.<sup>6</sup>

## HAVE YOUR THYROID CHECKED

An underactive thyroid gland, which produces the hormone that regulates metabolism, can lead to fatigue, among other symptoms.<sup>7</sup> If you experience persistent fatigue, ask your healthcare provider about checking your thyroid function.

## NOSH ON THIS

Although sugary and carb-laden snacks can give you a quick burst of energy, it won't last. Instead, opt for a healthier snack that includes protein: pair peanut butter with an apple or cheese with whole-wheat crackers.

### References:

1 <http://news.sfsu.edu/research-posture-yields-insight-treating-depression>

2 <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/strategies>

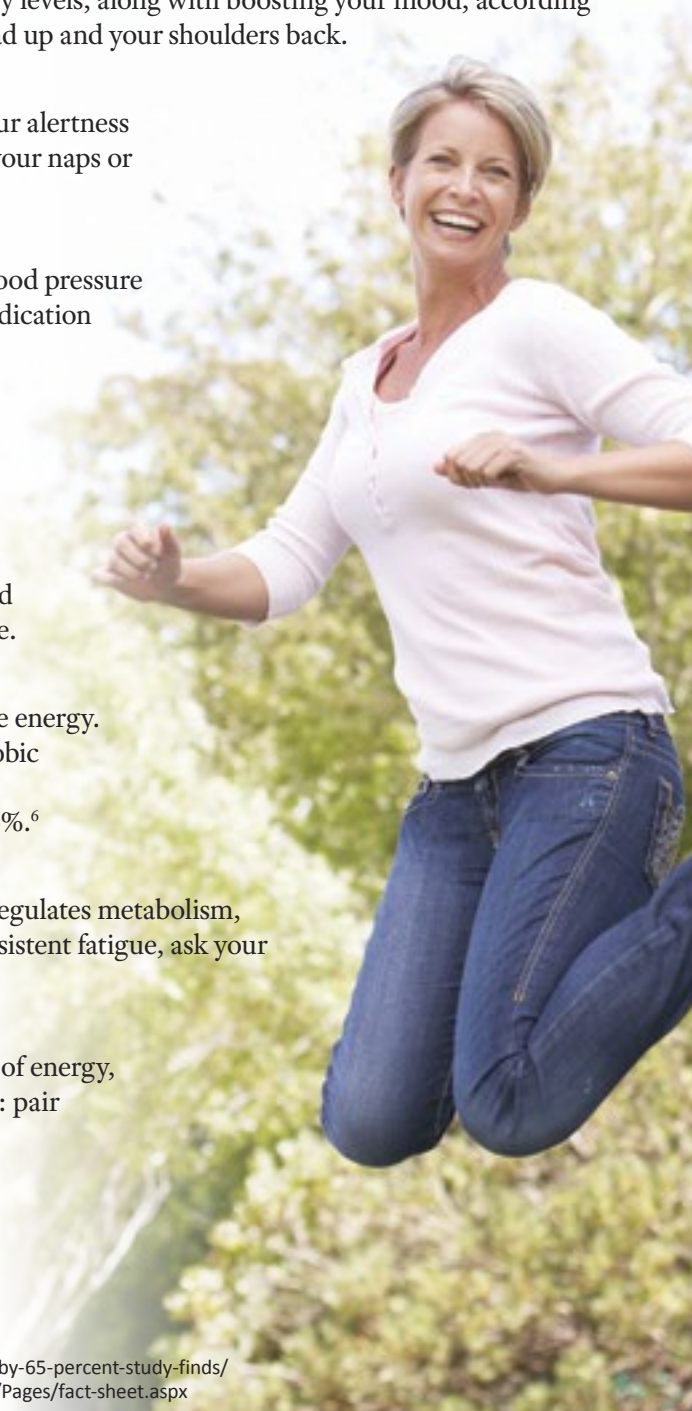
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4 <http://www.nlm.nih.gov/medlineplus/ency/article/003211.htm>

5 <http://www.healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/manage-stress>

6 <http://news.uga.edu/releases/article/low-intensity-exercise-reduces-fatigue-symptoms-by-65-percent-study-finds/>

7 <http://www.niddk.nih.gov/health-information/health-topics/endocrine/hypothyroidism/Pages/fact-sheet.aspx>





## “B” IN THE KNOW

Vitamin B-12 plays a key role in human health, including metabolism—and that means all the physical and chemical processes in the body that convert or use energy. Below, some important things to know about B-12 deficiency.

### **B-12 in your diet? It may not matter.**

As we age, it becomes increasingly difficult to absorb B-12 from food: as many as 10% to 30% of older people may be unable to absorb B-12 from their diet. This may be the leading cause of B-12 deficiency in adults.<sup>1,2</sup>

### **It could be age—or a B-12 deficiency**

Many of us expect certain “age-related” signs and symptoms. However, many of these symptoms may be a manifestation of B-12 deficiency: loss of concentration, memory loss, disorientation, weakness, tiredness, symptoms of dementia and more.<sup>3</sup>

### **Check your medicine cabinet**

Long-term use of metformin (a diabetes drug) and proton pump inhibitors (used for acid reflux and peptic ulcer disease) has been associated with B-12 deficiency.<sup>4</sup>

#### **References:**

- 1 Ryan-Harshman M et al. *Canadian Family Physician*, 2008; 54: 536.
- 2 Andres E et al. *European Journal of Internal Medicine*, 2003; 14: 221.
- 3 Baik HW et al. *Annual Review in Nutrition*, 1999; 19: 357.
- 4 Kolber MR et al. *Canadian Family Physician*, 2014; 60: 111.

## Over 50?

Chances are you're B-12 deficient<sup>1</sup>

### **VITAMIN B-12 FOR MENTAL CLARITY, FOCUS AND ENERGY**

Vitamin B-12 is a nutrient that is essential for life and healthy aging. It is required for metabolism, a process that encompasses all the physical and chemical processes in the body that convert or use energy. This includes breathing, blood circulation, muscle contraction, food digestion and brain/nerve function.<sup>2,3</sup> Signs of low Vitamin B-12 levels include weakness, fatigue, motor disturbances and a range of behavioral changes including mood and personality.<sup>4</sup> Therefore, supplementing with Vitamin B-12 may help support mental clarity, focus and energy.

### **You could have a B-12 deficiency if you:<sup>1</sup>**

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

### **Get the B-12 you need**

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

### **KEY SIGNS OF DEFICIENCY**

The Centers for Disease Control and Prevention (CDC) warns healthcare providers to watch their patients for these signs of low Vitamin B-12 levels:<sup>4</sup>

- 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.

---

#### **PREMIER MEMBER?**

Take advantage of TriVita's new Premier Membership ARP. Find out how on page 59.

# Alfred Libby's Original Patented B-12 and Super B-12

## WHY ALFRED LIBBY'S SLOW DISSOLVE?

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

## 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.



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



## Alfred Libby's Original Patented B-12 Tablets

#33298

**\$19.99**

## Alfred Libby's Original Patented Super B-12 Tablets

#33357

**\$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.

### 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, alphanetoglutaric 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.

#### References:

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

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

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

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

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





## Rejuvenate

A vitalizing botanical blend

Rejuvenate is designed to help maintain a healthy endocrine system and support energy levels, stamina, endurance and overall health.

**Maca root:** A Peruvian root vegetable that has been traditionally used to promote stamina and endurance.<sup>1</sup>

**Suma:** Understood as an adaptogen<sup>2</sup> that helps support body function and sexual vitality.<sup>3</sup>

**Muira Puama:** Its bark and roots help enhance nerve, digestive and joint health.<sup>4</sup>

**Stevia:** Has beneficial effects on glucose metabolism.<sup>5</sup>



**Rejuvenate™**  
#ADS2971 **\$29.99**

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



**Rejuvenate™**

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

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

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

**References:**

- 1 <http://healthlibrary.epnet.com/GetContent.aspx?token=882325a2-3bd2-4d3a-ab7a-b37d6ee56dce&chunkid=104590>
- 2 <http://healthlibrary.epnet.com/GetContent.aspx?token=882325a2-3bd2-4d3a-ab7a-b37d6ee56dce&chunkid=21877#ref1>
- 3 <http://www.webmd.com/vitamins-supplements/ingredientmono-361-SUMA.aspx?activeIngredientId=361&activeIngredientName=SUMA>
- 4 <http://healthlibrary.epnet.com/GetContent.aspx?token=882325a2-3bd2-4d3a-ab7a-b37d6ee56dce&chunkid=104599>
- 5 <http://www.ncbi.nlm.nih.gov/pubmed/14681845>

## Recovery

Excellent after exercise or physical exertion

Recovery is formulated with a specially selected assortment of plants with antioxidant, flavonoid and linolenic acid content, designed to help support your body's recovery. Its proprietary blend of botanicals from the Rainforest includes:

**Dong Quai:** Helps stimulate blood flow and lymphatic circulation.<sup>1</sup>

**Una de Gato:** A rich source of alkaloids.<sup>2</sup>

**Sarsaparilla:** Used as a tonic for overall health and well-being.<sup>3</sup>

**Pomelo:** Known for its antioxidant and lipid reduction properties.<sup>4</sup>

**Safflower:** Offers high linolenic and linoleic acids content.<sup>5</sup>



**Recovery™**  
#ADS2571 **\$29.99**

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



**Recovery™**

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

**Amount per serving:** Proprietary Blend 760 mg: Dong Quai (root), Aquilaria, Agarwood (Chen Xiang root), Pomelo Peel (Citrus Grandis) Ju Hong, Safflower (Hong Hua) Flower, Sarsaparilla (Smilax Officinalis root), Samambaia (Polypodium Lepidopteria), Dalbergia Wood (Jiang Xiang) (Fragrant Rosewood), Orange Peel (Citrus Aurantium) ZHI KE, Peach Kernel (Tro Ren seed), Camu Camu (Myrciaria Dubia whole fruit), Cat's Claw (Uncaria Tomentosa bark).

**Other ingredients:** Vegetable capsule, rice husk concentrate.

**References:**

- 1 <http://therapy.epnet.com/nat/GetContent.asp?siteid=EBSCO&chunkid=21668>
- 2 <http://www.ncbi.nlm.nih.gov/pubmed/11397448>
- 3 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/s/sarsaparilla/professional.aspx>
- 4 <http://www.ncbi.nlm.nih.gov/pubmed/23561168>
- 5 <http://www.webmd.com/vitamins-supplements/ingredientmono-96-safflower.aspx?activeingredientid=96&activeingredientname=safflower>

“ I take Energy Now about one hour prior to riding my bike every morning to support my energy level. It makes a big difference!”

- Leneau N., member since 2001

## 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.<sup>1-3</sup>

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

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

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

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

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

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

### 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:

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

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

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

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

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

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

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

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

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



# 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.

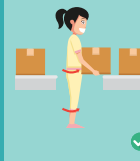
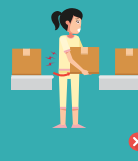
*“To maintain good posture while sitting, avoid leaning forward and take frequent breaks to encourage proper circulation.”*

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-FREE<sup>1</sup>. 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 back<sup>2</sup>





**Follow a nutrient-dense diet featuring protein to develop lean muscle mass<sup>3</sup> 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 D<sup>4</sup>
- Calcium<sup>4</sup>
- Magnesium<sup>5</sup>
- Amino Acids<sup>6</sup>



**Begin by beginning a regular physical exercise routine**

- Include a weight-bearing exercise regimen twice a week<sup>7</sup>
- Focus on stretching<sup>8</sup> and strengthening your core muscles<sup>9</sup>



**Risk factors associated with Musculoskeletal system conditions**

- Obesity<sup>10</sup>
- Poor posture<sup>11</sup>
- pH imbalance<sup>12</sup>
- Micro nutrient deficiencies<sup>5</sup>
- Increased inflammation<sup>13</sup>
- Stress<sup>14</sup>
- Toxicity<sup>15</sup>



**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](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/](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/~www/fit/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.<sup>1,2</sup>

**Chondroitin:** Found in connective tissues, chondroitin attracts water like a magnet—helping “shock-absorbing” cartilage to stay plump, hydrated and cushy.<sup>3,4</sup>

**MSM:** This organic sulfur is a key structural nutrient found in healthy cartilage.<sup>5</sup>

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

**Boswellia:** Ayurvedic tree resin shown to support joint comfort.<sup>6</sup>

**Turmeric:** Supplies antioxidant curcumin; helps protect joint cartilage.<sup>7,8</sup>

**Cat’s claw:** Amazonian herb traditionally used to support joints.<sup>9,10</sup>

### 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.<sup>11</sup>

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\\_grounds.php](http://www.histology.leeds.ac.uk/tissue_types/connective/connective_grounds.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 Piscocya 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 59.

“My knee was aching, but only one week after I began taking Promeric 95, I noticed a big difference. I highly recommend Promeric 95!”

- Lonna L., member since 2003

## Promeric 95

Formulated with turmeric for natural joint comfort and support

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.<sup>1,2</sup> Modern in vitro studies have found that turmeric exhibits antioxidant and anti-inflammatory properties, including the inhibition of joint inflammation.<sup>1</sup>

### MADE FROM PREMIUM TURMERIC ROOT EXTRACT

Promeric 95's premium turmeric root extract has a total 95% curcumin with essential oils from turmeric rhizome for maximum absorption. Curcumin imparts most of turmeric's therapeutic properties. 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.<sup>4</sup>

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.<sup>5</sup>



### 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).<sup>6</sup> Joint symptoms can stem from a wide variety of health conditions and injuries—and can affect daily activity and quality of life.<sup>7</sup>

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



#### Promeric 95

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

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

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

#### References:

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

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

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

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](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 has helped me take control of my health.*”

- Gwen G., member since 2004

## 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.<sup>1</sup>

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.<sup>2-4</sup> 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).<sup>5</sup>

### PLUS:

#### Bone Growth Factor's proprietary blend supplies:

**Ipriflavone:** Phytoestrogen suggested to help maintain bone mass in women.<sup>6</sup>

**Boron:** Required for bone metabolism and may enhance bone mineralization.<sup>7,8</sup>

**Silica:** A mineral that may help form and mineralize organic bone matrix.<sup>9</sup>

**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.<sup>10</sup>



#### 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](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

## Premium calcium blend with Vitamin K2

Calcium plays a crucial role in maintaining strong bones, supporting their structure and function.<sup>1</sup> Calcium intake, when combined with sufficient Vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis.

But getting enough calcium can be a challenge, with many people failing to get the calcium they need from food alone.<sup>2</sup> On top of that, calcium absorption may drop by up to 20% in adulthood—and decline even further as we grow older, just when we start needing more.<sup>1,3</sup>

### CALCIUM COMPLEX FOR MUSCULOSKELETAL HEALTH

Featuring a premium calcium blend combined with magnesium, Vitamin D3 and Vitamin K2, VitaCal-MagD K2:

- Helps in the development and maintenance of bones and teeth
- Helps to maintain proper muscle function, including the heart muscle
- Helps in energy metabolism, tissue formation
- Helps in the absorption and use of calcium and phosphorus

#### Each serving provides:

**Calcium (500 mg):** VitaCal-MagD K2 features two types of calcium: calcium citrate and calcium carbonate.

**Magnesium (250 mg):** Magnesium plays a role in bone formation, bone mineralization and calcium transport, and regulates muscle function.<sup>4,5</sup> 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.<sup>6,7</sup>

**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.<sup>8</sup>

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

#### VitaCal-MagD™ K2

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

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

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

#### References:

- 1 <https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/>
- 2 <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm152626.htm>
- 3 <http://www.nutrition.tufts.edu/index.php?q=research/modified-mypyramidolder-adults>
- 4 <http://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>

- 5 <http://ods.od.nih.gov/factsheets/Magnesium-Consumer/>
- 6 [http://www.niams.nih.gov/Health\\_Info/Bone/Bone\\_Health/Nutrition/](http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Nutrition/)
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### VitaCal-MagD™ K2

#30182 **\$24.99**

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

#### WHY VITAMIN 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 formula. Vitamin K2 stays in the body longer, which results in higher blood levels (7-8 times higher than K1) with regular intake.<sup>9</sup>



## 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.

TriVita's Adaptuit. For a more relaxed you.

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.<sup>1</sup>

**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.<sup>2</sup>

**Rhodiola rosea root extract 4:1:** Russia's "Golden Root" herb may help both physical and mental performance while reducing fatigue under stressful conditions.<sup>3</sup>

*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.<sup>4-9</sup>



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“Adaptuit helped me manage my stress during a long-term caregiving job. I took 3 oz. in the morning and 2 oz. at the end of the day and it made a big difference.”

- Marie D., member since 2011

## Adaptuit® with L-Theanine

Daily stress relief for a calmer, more relaxed you

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.

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<sup>10,11</sup>
- 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.<sup>13</sup>

L-Theanine has been shown to have positive effects on human health, such as promoting a feeling of calm, immune system support, and potentially counteracting the effects of caffeine.<sup>12,13</sup>

**Experience calm today and help reduce stress with Adaptuit!**



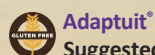
**Adaptuit®**  
#30770 **\$34.99**



**Adaptuit®**  
**4-Pack**  
#33345 **\$119.99**

**EVERY ORDER OVER \$89 SHIPS FREE!** See page 3

**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).



# 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.



## PROTECT YOUR BRAIN ONE DAY AT A TIME

As you age, you may notice changes in the way your brain works. Although certain changes can be expected, it's never too late to support your brain health. Get started today with some small first steps and build from there.



### GET MOVING

Begin an exercise routine, such as a daily walk, with the goal of increasing the amount of time and speed—physical activity may improve connections among brain cells.



### EAT RIGHT

Add an extra serving of fruit and vegetables each day.



### TAKE CARE OF YOUR OVERALL HEALTH

Make an appointment for a health screening or a physical exam.



### STAY CONNECTED

Sign up for a class or program at your community college or community center—social activities are linked to reduced risk for some health problems, including dementia.

### ADD PURPOSE TO YOUR DAYS

Seek out volunteer opportunities that interest you—people who engage in meaningful activities say they feel happier and healthier.

[http://www.acl.gov/Get\\_Help/BrainHealth/Index.aspx](http://www.acl.gov/Get_Help/BrainHealth/Index.aspx)  
<http://www.eldercare.gov/eldercare.net/public/Resources/Brochures/docs/Brain-Health.pdf>

“Nerve Formula helps me manage my foot neuropathy.”

- Willie A., member since 2010

## 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.<sup>1</sup>

**L-Taurine:** Helps maintain nerve-to-nerve communication and nerve membrane integrity.<sup>2</sup>

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

**Lecithin & phosphatidylcholine:** Helps support neurotransmitters, important for memory and cognitive function.<sup>4</sup>

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.<sup>5</sup>



#### 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:

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# 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.<sup>1-5</sup> Further research has shown that omega-3s actually help thin the blood and lower levels of circulating fatty acids.<sup>6</sup>

## 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.<sup>7</sup> These fats are:

- Alpha-linolenic acid (ALA), an omega-3 essential fatty acid
- Linoleic acid (LA), an omega-6 essential fatty acid<sup>8</sup>

## OMEGA-3 AND HEART DISEASE

Physicians commonly prescribe omega-3s to help lower the risk of heart disease.<sup>3-5</sup> 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.<sup>6</sup> Yet, because our bodies inefficiently produce some omega-3s from marine sources, we need to obtain adequate amounts elsewhere.<sup>8</sup>

### 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<sup>9-10</sup>

### 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*

“My 93-year-old mother, who has dementia, was very irritable prior to taking Omega3 Prime. Now she’s more calm and has longer periods of clarity.”

- Dianna D., member since 2012

## Omega3 Prime

Premium fish oil for prime brain support

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

The problem? Most of us don’t get enough EPA or DHA.<sup>6</sup> Fish oil supplements can help, but the market is littered with inferior products that may be rancid and fishy, low in potency or harvested from polluted waters.

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

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

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

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

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

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




### Omega3 Prime™


#31320 \$29.99

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

**FISH OIL SOFT GELS:  
DON'T LET SIZE  
FOOL YOU!**



Omega-3s



Omega-3s

**OMEGA3 PRIME  
SOFT GEL**

**COMMON  
SOFT GEL**

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

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



Omega3 Prime™

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

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

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

#### References:

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



## CARDIOVASCULAR SYSTEM

Help guard your heart and you'll guard your health. The heart keeps blood pumping throughout the body, so it's important to keep this remarkable organ strong and the blood vessels clear. How? Eat right, enjoy exercise, don't smoke and consider essential nutrients from TriVita.



## HEALTHY FOODS, HEALTHY HEART

Heart disease is the number one cause of death for both men and women. But did you know you can lower your heart disease risk by as much as 82% simply by adopting healthy lifestyle habits? One habit you can start today is choosing a healthy diet. Below, some guidelines on what to eat, and what to avoid.

### EAT MORE OF THIS

- **Fruits and veggies:** at least half your plate should consist of these heart-healthy staples
- **Whole grains:** include whole wheat, oatmeal, brown rice, whole rye, buckwheat, millet and bulgur
- **Fat-free or low-fat dairy:** milk, cheese, yogurt and other milk products

### EAT LESS OF THIS

**Saturated fats:** make sure no more than 10% of your daily caloric intake comes from saturated fats, found in fatty meats, poultry with skin, butter, cheese and other dairy products.

**Trans fats:** found in commercial baked goods, snack foods, fried foods and margarine.

**Sodium:** check nutrition labels and avoid items with 20% or more of the Daily Value (DV) of sodium.

#### References:

<http://womenshealth.gov/publications/our-publications/fact-sheet/heart-healthy-eating.html>

- **Seafood, skinless poultry, lean meats**
- **Beans**
- **Eggs**
- **Unsalted nuts**



**Cholesterol:** found in animal-based foods such as meat and dairy. Foods with more than 20% of the DV of cholesterol are high-cholesterol foods.

**Added sugars:** limit added sugars, and keep an eye out for sugars with other names, including corn syrup, fructose, sucrose, fruit juice concentrate, dextrose, maltose, molasses, invert sugar and caramel.

<https://www.nhlbi.nih.gov/files/docs/public/heart/healthyheart.pdf>





## 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 rates<sup>4</sup>

*Visit your doctor or call the TriVita Clinic of Integrative Medicine 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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# CARDIOVASCULAR SYSTEM

## HCY Guard

Guard your blood vessels

When homocysteine (HCY) levels go out-of-range, blood vessel and circulatory concerns seem to follow<sup>1</sup>—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.<sup>2,3</sup> This may be because these three B vitamins are cofactors in HCY metabolism: They help the body to use and eliminate HCY properly.<sup>4</sup> Unfortunately, some older adults have a harder time absorbing B vitamin nutrition, and may fall short on the recommended intake for HCY support.<sup>5</sup>

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 metabolism<sup>6</sup>

**L-Cysteine:** Helps convert HCY into methionine, a beneficial amino acid<sup>7</sup>

**CoEnzyme Q-10:** Extra support for healthy blood vessels and circulation<sup>8</sup>

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.<sup>9</sup>

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



**HCY Guard®**

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

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

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

#### References:

- 1 Humphrey LL, et al. *Mayo Clin Proc.*, 2008; 83: 1203–1212.
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# 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.<sup>1-4</sup>

TriVita CoQ-10 may address these heart health concerns because it helps to replenish what statin drugs and aging may have taken away.<sup>5</sup> 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<sup>6</sup>
- CoQ-10 is a cardiovascular antioxidant that helps protect the heart and blood vessels<sup>7</sup>
- CoQ-10 supports the function of the blood vessel linings, potentially helping with circulation<sup>8</sup>
- CoQ-10 may help maintain heartbeat stability and the heart’s blood-pumping efficiency<sup>9</sup>
- CoQ-10 may help to maintain blood pressure that’s already within normal range<sup>10</sup>

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 concerns<sup>11</sup>
- Blood sugar concerns<sup>12</sup>
- Gum health<sup>13</sup>
- Exercise performance<sup>14</sup>
- Immune function<sup>15</sup>
- Cognitive health<sup>16</sup>
- Skin health<sup>17</sup>
- Physical vitality<sup>18</sup>



### 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.: 9 am-9 pm, EST. **1-800-991-7116** or **shop online 24/7 at TriVita.com**





# CARDIOVASCULAR SYSTEM

“I’ve been using *Cholestria* for nearly five years and my doctor is surprised with my test results. I recommend it to my friends and family because it works.”

- Donna S., member since 2000

## Cholestria

Maintain and support healthy Cholesterol levels—without toxic side-effects.

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.<sup>1,2</sup> *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.<sup>3</sup>

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

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

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

**Help maintain your cholesterol already within normal range with *Cholestria*!**



## Cholestria™

#31290 **\$39.99**

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



### Cholestria™

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

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

**Contains:** Soybean oil as source of natural Vitamin E.

#### References:

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

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6 Rundek, T. et al. *Arch Neurol.* 2004 Jun; 61(6): 889-892.

### PREMIER MEMBER?

Take advantage of TriVita’s new Premier Membership ARP. Find out how on page 59.

# 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 Corporate Wellness*

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.<sup>1</sup>

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



## 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.<sup>1</sup>

*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.<sup>2</sup>**

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.<sup>3</sup>

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.<sup>3</sup> 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.<sup>4</sup> 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.

### References

1 <http://www.precisionnutrition.com/leptin-ghrelin-weight-loss>

2 <http://www.webmd.com/heartburn-gerd/guide/reflux-disease-gerd-1?page=2>

3 <https://www.niddk.nih.gov/health-information/health-topics/Anatomy/your-digestive-system/Pages/anatomy.aspx>

4 <http://www.rxlist.com/antacids-page5/drugs-condition.htm>



## 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.<sup>1</sup>

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 59.

“I take Vital C Tablets year round. They just make me feel better.”

- Nancy H., member since 2003

## 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

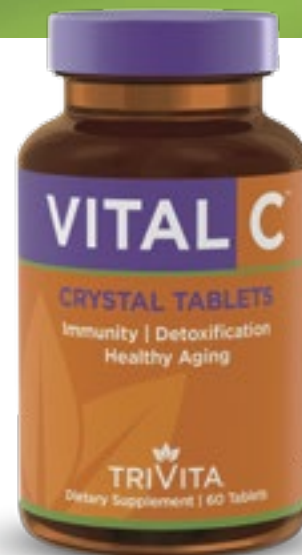
### FEEL VITAMIN C'S FULL POTENTIAL

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

- Immune health<sup>1</sup>
- Youthful skin<sup>2</sup>
- Gum health<sup>3</sup>
- Bone health<sup>4</sup>
- Joint comfort<sup>5</sup>
- Cardiovascular health<sup>6</sup>
- Healthy aging<sup>7</sup>
- 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.

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

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





## 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.<sup>1,2</sup> When we are in good health and maintain a consistent diet, our gut microflora tend to remain stable during adulthood.<sup>1,3,4</sup> 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.<sup>1,2,4</sup>

MyFlora Daily is a probiotic supplement that provides four strains of lactic acid producing bacteria<sup>5</sup> 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.<sup>6</sup>
- Having the right gut bacteria has been linked to numerous health benefits, including weight loss.<sup>7</sup>
- Probiotics have also been shown to reduce systemic inflammation, a leading cause of many diseases.<sup>8</sup>

#### References:

- 1 Mariat D, et al. The Firmicutes/Bacteroidetes ratio of the human microbiota changes with age. *BMC Microbiology* 2009;9(123):10.1186/1471-2180-9-123.
- 2 Conlon MA, Bird AR. The impact of diet and lifestyle on gut microbiota and human health. *Nutrients* 2015;7:17-44.
- 3 Ahang YJ, et al. Impacts of gut bacteria on human health and diseases. *Int J MOI Sci* 2015;16:7493-7519.
- 4 Saraswati S, Sitaraman R. Aging and the human gut microbiota—from correlation to causality. *Front in Microbiol* 2015;10.3389/fmicb.2014.00764.

5 Picard C, et al. Review article: bifidobacteria as probiotic agents — physiological effects and clinical benefits. *Alimnt Pharmacol Ther* 2005;22:495-512.

6 <https://authoritynutrition.com/probiotics-101/>

7 <http://www.fitnessmagazine.com/weight-loss/tips/advice/gut-bacteria/>

8 <http://www.ffhdj.com/index.php/ffhd/article/view/2>



# 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.<sup>1</sup>

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, may help with occasional diarrhea and supports overall immune health.<sup>2-7</sup>

### 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 BI-04, Lactobacillus casei subsp. casei Lc-11

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

#### References:

- 1 Lopetuso LR, et al. The therapeutic management of gut barrier leaking: the emerging role for mucosal barrier protectors. *Eur Rev Med Pharmacol Sci* 2015; 19:1068-1076.
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- 7 Technical Memorandum: Bifidobacterium lactis BI-04. Danisco. TM 46-1e.

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



# DIGESTION/IMMUNE SYSTEM SUPPORT

## Fiberzon Capsules™

Designed to support healthy regularity

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

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.<sup>2</sup>

Amazon Herb 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.<sup>3</sup>

**Psyllium husk:** A soluble fiber used primarily as a gentle, bulk-forming laxative.<sup>4</sup>

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

**Hibiscus flower:** Polyphenols contained in plant foods are frequently associated with dietary fiber.<sup>6</sup>

**Slippery elm bark:** Contains mucilage, a substance that becomes a slick gel when mixed with water.<sup>7</sup>

Although constipation is common among all ages and populations in the U.S., some people are more likely to become constipated, including women, older adults, non-Caucasians, people with lower incomes, those who just had surgery, and people taking medications to treat depression or to relieve pain.<sup>1</sup>

**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.<sup>8</sup>



#### Fiberzon Capsules

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

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

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

#### References:

- 1 <http://www.niddk.nih.gov/health-information/health-topics/digestive-diseases/constipation/Pages/definition-facts.aspx>
- 2 <http://digestive.niddk.nih.gov/ddiseases/pubs/constipation/>
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- 5 Vila R et al. *Planta Med.*, 1999; 65: 178.
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- 8 <https://www.nlm.nih.gov/medlineplus/constipation.html>



# 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.<sup>1</sup> 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.<sup>1</sup>

As we age, elimination troubles can become more common,<sup>1</sup> 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<sup>2</sup>
- Fenugreek, a South American plant whose seeds are used to ease constipation<sup>3</sup>
- Hibiscus Flower, an ancient medicinal resource thought to have gentle laxative properties<sup>4</sup>
- Psyllium Husk, an herb used to help lower cholesterol and to relieve constipation<sup>5</sup>

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.<sup>6</sup>



### Fiberzon

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

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

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

### References:

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

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

3 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=733#background>

4 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=211#background>

5 <https://www.nlm.nih.gov/medlineplus/druginfo/natural/866.html#OtherNames>

6 <http://www.ncbi.nlm.nih.gov/pubmed/26762459>



# DIGESTION/IMMUNE SYSTEM SUPPORT

## ProDigest

Premium enzyme formula for digestive system enhancement and support

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.<sup>1</sup>

ProDigest helps support the digestive system and features:

- A combination of various natural plant-based enzymes from the Amazon Rainforest.
- Boldo, an evergreen shrub, contains chemicals that might fight bacterial growth in the urine and stimulate the stomach.<sup>2</sup>
- Anise is an herb used by Amazon natives for its carminative (anti-gas) properties.<sup>3</sup>
- Peppermint has been used traditionally to help relieve symptoms of irritable bowel syndrome and indigestion.<sup>4</sup>
- Carqueja, an herb traditionally used to address indigestion, constipation and more<sup>5</sup>

Digestive enzymes to assist and enhance digestion of foods:

- Amylase, which supports breakdown of carbohydrates such as glycogen and starches<sup>6</sup>
- Protease, which supports digestion of proteins<sup>7</sup>
- Lipase, which supports breakdown of fats, thereby improving their utilization<sup>8</sup>

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:<sup>9,10</sup>

- Bloating
- Diarrhea
- Gas
- Nausea
- Heartburn
- 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 *Ananas comosus* leaf), Glucoamylase (from *Aspergillus niger*), Lipase (from *Rhizopus oryzae*), Invertase (from *Saccharomyces cerevisiae*).

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

### References:

- 1 <http://www.acam.org/blogpost/1092863/180732/Digestive-Health--Total-Body-Health>
- 2 <http://www.webmd.com/vitamins-supplements/ingredientmono-593-boldo.aspx?activeingredientid=593&activeingredientname=boldo>
- 3 <http://www.webmd.com/vitamins-supplements/ingredientmono-582-anise.aspx?activeingredientid=582&activeingredientname=anise>
- 4 <http://www.webmd.com/a-to-z-guides/peppermint-oil-uses-benefits-effects#1>
- 5 <http://www.webmd.com/vitamins-supplements/ingredientmono-1127-CARQUEJA.aspx?activeingredientid=1127&activeingredientName=CARQUEJA>
- 6 <https://www.princeton.edu/~achaney/tmve/wiki100k/docs/Amylase.html>
- 7 <http://www.britannica.com/EBchecked/topic/479818/peptolytic-enzyme>
- 8 <http://umm.edu/health/medical/altmed/supplement/lipase>
- 9 <http://ehp.niehs.nih.gov/121-a276/>
- 10 [http://www.womenshealth.gov/publications/our-publications/the-healthy-woman/digestive\\_health.pdf](http://www.womenshealth.gov/publications/our-publications/the-healthy-woman/digestive_health.pdf)

## 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.<sup>1-5</sup>

### 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),<sup>1</sup> and along with other related products may help support the immune system.<sup>2</sup>
- **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.<sup>2</sup>
- **Bladderwrack (Fucus):** A brown seaweed of the Fucaceae family that grows on the coast of the Atlantic and Pacific Oceans of South America, Bladderwrack contains high concentrations of iodine. As a result, it's been used traditionally to support thyroid health.<sup>3</sup>
- **Chlorella:** A single-cell green algae that grows in fresh water, Chlorella contains amino acids, peptides, protein, chlorophyll, vitamins and minerals. Interest has grown in Chlorella, specifically in using it to support the immune system and detoxification.<sup>4</sup>

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

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

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

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

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## Eating to boost metabolism

Rev-up your body's "engine" naturally

Simply defined, metabolism is the rate at which we convert calories (and oxygen) into energy. It is not only how we convert food into fuel, but also how efficiently and effectively we burn that fuel.

### Metabolism-boosting 101

Metabolism translates to much more than our ability to gain and lose weight. It defines our hormonal balance, or lack thereof, as well as our energy level, mental sharpness and our temperature.

Your metabolism is influenced by your age (it naturally slows about five percent per decade after age 40); your gender (men burn more calories at rest than women); and the proportion of lean body mass (the more muscle you have, the higher your metabolic rate tends to be).

Our bodies can burn calories from fat, protein or carbohydrates. Most of us would rather our body burn fat. However, the body wants to burn fat only when it needs energy, to avoid being wasteful. So how do we boost our metabolism naturally? There are several ways.

### Build muscle

If boosting metabolism is your goal, weight training appropriate for your age and fitness level can be very helpful. Simply having more muscle will boost your body's energy needs. Each extra pound of muscle you carry around can burn up to 50 additional calories per day, simply to maintain itself. This is without effort on your part (except to lift those weights, of course).

### Eat foods that require extra energy to digest

Protein is a great example. The body burns twice as many calories digesting high-protein foods as it does high-carbohydrate foods. This is why we should consume about four ounces of pasture-raised, organic animal meat at least one to two times daily.

### Always eat breakfast

My grandma always used to say, "The body is like a car. If you don't give it gas, it won't go." Grandma was right about breakfast being the most important meal of the day because it starts up the metabolism. During sleep, metabolism shuts down, breathing slows and heart rate decreases. It is important to eat soon after waking to let

your body know it's time to rev the engine. Otherwise, your metabolic rate will not reach its optimal level until food is consumed.



### AUTHOR BIO: CHRISTA ORECCHIO

Christa Orecchio is a Clinical and Holistic Nutritionist. She is the creator of The Whole Journey Healthy Product Review site, a TEDx speaker, the nutrition expert on FOX's weekly San Diego show, "Food as Medicine," as well as the host of "The Randy and Christa Show: News that makes you healthier," which airs nationally on DRTV.

### Eat small meals frequently

Aim for five or six small meals a day spaced apart by three hours. After three hours without food, your metabolism begins to slow down in order to keep you safe. Eating meals and snacks frequently throughout the day keeps the metabolism active. It basically retrains the body and also triggers the parasympathetic nervous versus the sympathetic (fight or flight) nervous system. This will help keep our moods happy and stress levels low because the body "feels safe" from starvation. Note: eating less than 1,200 calories per day will slow metabolism, forcing the body to conserve energy.

### Pass the hot pepper

Spicy foods like red pepper chili flakes, cayenne pepper or others that turn up the heat have metabolism-enhancing effects. They have been shown to increase metabolic rate by 20 percent for approximately 30 minutes after consumption.



### Drink up!

Water is needed (with its oxygen) for metabolism. If you are dehydrated then your metabolism cannot maintain a normal rate. Drink about 1 liter or 34 ounces of water per every 50 pounds of body weight to avoid that problem.



## 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.<sup>1</sup> High in antioxidants for immune support.<sup>2</sup>

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

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

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

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

### 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:

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

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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.



# DIGESTION/IMMUNE SYSTEM SUPPORT

## Zamu Protect

Promotes antioxidant protection against free radical damage

The body is exposed to free radicals from a variety of environmental sources such as pollution, sunlight and toxins in our air, food and water supply. In addition to these external factors, our cells also face constant threats from free radicals generated during normal metabolic processes inside the body. Free radicals cause oxidative stress, a process that triggers cell and genetic material damage, which can lead to a variety of health problems.<sup>1,2</sup>

Zamu Protect includes a wide array of antioxidants and botanicals, natural substances that may stop or limit the damage caused by highly unstable molecules such as free radicals. Zamu Protect also contains unique antioxidants from the Amazon Rainforest such as:

- Peruvian purple corn<sup>3</sup> and maqui<sup>4</sup>, which contain anthocyanins, a type of flavonoid with antioxidant effects<sup>5</sup>
- Camu camu, one of the richest sources of vitamin C<sup>6</sup>
- Green Tea, which provides the best source of catechins. Catechins are more powerful than vitamin C and E in halting oxidative damage to cells<sup>7</sup>
- Bilberry<sup>8</sup>, raspberry<sup>9</sup>, blueberry<sup>10</sup> and pomegranate<sup>5</sup>, which also contains anthocyanins
- Schizandra, which has adaptogenic effects<sup>11</sup> in addition to its antioxidant properties
- Ginkgo biloba, which contains two types of antioxidants: flavonoids and perpenoids



### 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://www.hsph.harvard.edu/nutritionsource/antioxidants/>
- 2 <http://nccam.nih.gov/health/antioxidants/introduction.htm>
- 3 <http://cms.herbalgram.org/herbalgram/issue65/article2779.html?ts=1396366391&signature=fe2aa6cdf0e8fd9b12298c7b29c56b0>
- 4 <http://altmedicine.about.com/od/herbsupplementguide/a/Maqui.htm>
- 5 <http://altmedicine.about.com/od/herbsupplementguide/a/The-Scoop-On-Anthocyanins.htm>
- 6 <http://www.ncbi.nlm.nih.gov/pubmed/11464674>
- 7 [http://www.health.harvard.edu/press\\_releases/benefit\\_of\\_drinking\\_green\\_tea](http://www.health.harvard.edu/press_releases/benefit_of_drinking_green_tea)

- 8 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=202>
- 9 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=309>
- 10 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=1013>
- 11 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=376>

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# Leanology Herbal Cleansing Tea

Cleanse your way to a healthy weight



## Leanology® Herbal Cleansing Tea

#30810 **\$14.99**

Did you know that weight challenges have been linked to toxins we are exposed to every day?<sup>1</sup> Poor digestion may also contribute to weight concerns.<sup>2</sup> 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 overnight.<sup>3</sup>

**Flush the urinary tract:** Mild, time-tested diuretic herbs dandelion and astragalus.<sup>4,5</sup>

**Nourish the liver:** The liver filters toxins; milk thistle is a popular liver support herb.<sup>6</sup>

**Soothe the stomach:** Spearmint and peppermint are traditional digestive tonics.<sup>7</sup>

### 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!**

**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.<sup>8</sup>
- POPs (Persistent Organic Pollutants), found in food products, seem to disrupt the endocrine system, which plays a key role in regulating weight.<sup>9</sup>



### 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:

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9. Dirinck EL. *Diabetes Care*, 2014; 37: 1951.

# TRIVITA CLINIC

of INTEGRATIVE MEDICINE



## WHO WE ARE

TriVita Clinic of Integrative Medicine specializes in team-based, non-invasive pain relief and personalized primary care with a philosophy and approach that goes beyond prescriptions and traditional medicine to provide hope, health and healing.

## WHAT DOES INTEGRATIVE MEDICINE MEAN?

- Personalized, team-based care
- Patient participation/shared decision making
- Prevention
- Early detection
- Lifestyle focus
- Identify and treat the cause of illness/disease
- Traditional to alternative solutions
- Benchmarked by clinical data and numbers

## WHAT WE DO

We believe that by empowering patients to actively participate and take control of their health through early detection, prevention, treatment, and the reversal of modifiable diseases, together we can help you achieve wellness for every stage of your life.

You *can* take control of your own health. We can help.

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### DELIVERY

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## 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.<sup>1,2</sup>

**Hops extract:** Flowers suggested to optimize GABA, a soothing, sleep-supportive neurotransmitter.<sup>3</sup>

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

**Passionflower extract:** Clinically suggested for its calming and relaxing properties; also helps unwind tense muscles and induce sleep.<sup>6,7</sup>

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

### PLUS:

**Magnesium 40 mg:** Most adults fail to get enough of this key mineral that helps to relax muscles and release important sleep neurotransmitters.<sup>9-11</sup>

**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 23.



## 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.

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- 2 Awad R, Arnason JT, et al. *Phytomed.* 2003;10:640–649.
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- 4 <http://www.nature.com/npp/journal/v28/n10/full/1300230a.html#close>
- 5 Kennedy DO, Little W., et al. *Psychosom. Med.*, 2004;66:607–613.
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- 7 <http://www.nlm.nih.gov/medlineplus/druginfo/natural/871.html>
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- 9 <http://www.ars.usda.gov/Services/docs.htm?docid=15672>
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- 11 Swaminathan R. *Clin Biochem Rev.*;2003;24:47–66.





# 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,<sup>1,2</sup> but decline in our eyes with age.<sup>3</sup>

### These two key antioxidants:

- Migrate naturally to the eyes, settling in the lens, macula and “high-definition” fovea<sup>4</sup>
- Act as internal sunglasses, filtering and absorbing the sun's macula-damaging UV rays<sup>5,6</sup>
- Replenish macular pigment, a protective retinal layer tied to crystal-clear vision<sup>7,8</sup>

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

**Bilberry:** Traditional eye health fruit concentrated into a 4:1 extract.<sup>9</sup>

**Black currant:** Supplies antioxidant anthocyanins and polyphenols.

**Grapeseed:** Standardized to 80-85% OPCs: Antioxidants tied to glare recovery.<sup>10</sup>



**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 & Aztecmarigold (*Tagetes erecta*) extract (FloraGLO®)] 2mg, Bilberry fruit 4:1 extract 100mg, Blackcurrant 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](https://www.nei.nih.gov/sites/default/files/NEHEP-pdfs/nehep_5_year_agenda_2006.pdf)
- 2 <https://nei.nih.gov/news/pressreleases/050513>
- 3 Obana A, et al. *Ophthalmology*. 2008 Jan;115(1):147-57.
- 4 Koushan K. *Nutrients*. 2013 May; 5(5): 1823–1839.
- 5 Trieschmann, et al. *Eye* (2008) 22, 132–137.
- 6 Junghans A, Sies H, et al. *Arch Biochem Biophys*. 2001 Jul 15; 391(2): 160-4.
- 7 Richer S, Stiles W, Statkute L, et al. *Optometry* 2004; 75: 216-230.
- 8 Richer S, Devenport J, et al. *Optometry*. 2007 May; 78(5): 213-9.
- 9 <https://www.ncbi.nlm.nih.gov/books/NBK92770>
- 10 Matsumoto H. *J Agric Food Chem*. 2003 Jun 4;51(12):3560-3
- 11 <http://www.kemin.com/products/floraglo>



# 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.<sup>1</sup>

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.<sup>2</sup>

**Bitter melon:** May mimic insulin effects while helping to maintain normal insulin release.<sup>3,4</sup>

**American Ginseng:** May help blood sugar balance by supporting efficient carb metabolism.<sup>5</sup>

**Cinnamon:** May help blood sugar by enhancing insulin performance and slowing gastric emptying.<sup>6</sup>

**Banaba leaf:** Folk herb traditionally used for blood sugar support.<sup>7</sup>

**Vanadyl sulfate:** A trace mineral with insulin-like effects that may play a role in glucose metabolism.<sup>8,9</sup>



### 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.<sup>10</sup>



#### 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.

3 Wong CM, et al. *J Ethnopharmacol.*, 1985;13:313.

4 Welihinda J, et al. *J Ethnopharmacol.*, 1986;17:277.

5 Vuksan V, et al. *Arch Intern Med.*, 2000;160:1009.

6 Medagama A, et al. *Nutr J.*, 2014;13:102.

7 Ulbricht C, et al. *J Herbal Pharmacother.*, 2007;7(1):99.

8 Brichard SM, et al. *Diabete Metab.*, 1991;17(5):435.

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

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#### PREMIER MEMBER?

Take advantage of TriVita's new Premier Membership ARP. Find out how on page 59.

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



# NUTRITIONAL SUPPORT

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

## VitaDaily

Clean, 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.<sup>1</sup>

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



## VitaDaily™

#30203 **\$14.99**

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

### ARE YOU GETTING ENOUGH?

Many Americans could use help hitting their nutritional targets for overall health.<sup>2</sup>

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



VitaDaily™

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

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

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

#### References:

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

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



# Essential D

An absorbable sunshine vitamin for life!

Many of us don't get enough Vitamin D. Causes of this deficiency may include:

**Getting older.** Vitamin D gets harder to absorb and synthesize with age.<sup>1</sup>

**Staying indoors.** Your skin needs sunlight in order to make Vitamin D.<sup>2</sup>

**Sunblock.** Using SPF 8+ may reduce the skin's Vitamin D synthesis by 95%.<sup>3</sup>

**Overweight.** Carrying extra pounds may create D insufficiency risks.<sup>4</sup>

## 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.<sup>5</sup>

**Olive oil base:** Oil-based Vitamin D may be absorbed more efficiently than powder-based D.<sup>6</sup>

### 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 health<sup>7</sup>

### 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!<sup>8</sup>



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 Grossmann 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/>



# 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.<sup>1</sup>

*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.<sup>2,3</sup>

#### References:

- 1 [http://www.cdc.gov/men/lcod/2011/LCODrace\\_ethnicityMen2011.pdf](http://www.cdc.gov/men/lcod/2011/LCODrace_ethnicityMen2011.pdf) and <http://www.statcan.gc.ca/tables-tableaux/sum-som/101/cst01/hth36b-eng.htm>
- 2 American College of Obstetricians and Gynecologists. Guidelines for women's health care; a resource manual. 3rd ed. Washington, DC: ACOG; 2007.
- 3 "Well Women Visit" The American College of Obstetricians and Gynecologist, Committee Opinion Number 534, August 2012. Carusi, Daniela "The gynecologic history and pelvic examination," UpToDate, July 7, 2014.

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

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



### 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.<sup>1,2</sup> **Lycopene** is a red plant pigment with antioxidant activity that may protect and maintain the prostate.<sup>3,4</sup> **Beta sitosterol** supplies a mixture of plant sterols shown to help promote urinary comfort.<sup>5</sup> **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.
- 2 Suzuki M. *Acta Pharmacol Sin.* 2009 Mar;30(3):227-81.
- 3 Etminan, M., et al. *Can Ep, Bio & Prev.* 2004; 13: 340-345.

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





# 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](http://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:

<https://nc.nih.gov/healthy/peppermintoil>  
<http://umm.edu/health/medical/altmed/herb/peppermint>  
[www.integral-health-guide.com/lemon-essential-oil/](http://www.integral-health-guide.com/lemon-essential-oil/)  
<http://www.ncbi.nlm.nih.gov/pubmed/18178322>

<https://nc.nih.gov/health/tea/treeoil.htm>  
<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>

# DISCOVER WELL-BEING IN LESS THAN 10 MINUTES

Take control of  
your health today

TRIVITA   
**vitalityplanner**<sup>TM</sup>

VISIT [VITALITYPLANNER.COM](http://VITALITYPLANNER.COM) NOW TO GET STARTED!



## STEP 1: ANSWER A FEW SIMPLE LIFESTYLE AND HEALTH QUESTIONS

- TriVita VitalityPlanner applies a science-based predictive technology engine to help you understand how your current lifestyle is affecting your future health



## STEP 2: REVIEW POTENTIAL OUTCOMES

- Your unique data is compared against 30,000+ peer reviewed scientific studies—drawn from over 70 million ethnically diverse populations
- Based on your data, you receive a complete overview of modifiable health risks that you have a higher than normal chance of developing



## STEP 3: RECEIVE YOUR PERSONALIZED VITALITY GUIDE<sup>TM</sup>

- Get personalized, actionable recommendations that clearly prioritize what you can do to reduce your health risks
- Learn how to use the natural power of food, activity and lifestyle to reduce your risk(s), along with customized suggestions for medical tests to monitor your health

**“If lifestyle choices are making us sick, lifestyle choices can make us well.”**

*- Michael Ellison, CEO, TriVita Companies*

Get access to the TriVita VitalityPlanner **100% FREE** (regularly \$49.99)

JUST VISIT [VITALITYPLANNER.COM](http://VITALITYPLANNER.COM) AND ENTER CODE: **TVPO417U**



# FOUR WAYS TO SAVE MONEY WITH



Premier | MEMBERSHIP

## 1 REWARD POINTS ON EVERY PURCHASE

EARN

4%

Enjoy VitaPoints equal to 4% of the product value of ALL your purchases.

**USE YOUR VITAPPOINTS AT ANY TIME FOR TRIVITA PRODUCTS.**

## 2 DOUBLE REWARDS WITH ARP

EARN

8%

### **AUTO REPLENISHMENT PROGRAM (ARP)**

Upgrade to ARP and get double rewards points (8%) on every purchase.

**NO OBLIGATIONS** - change or cancel at any time

**AUTOMATIC** - guaranteed lowest catalog pricing

### **FLEXIBLE AND CONVENIENT**

you choose when to receive your order

## 3 REFER AND BE REWARDED

EARN

20%

Refer friends and family members to TriVita and enjoy VitaPoints equal to 20% of the product value of their orders—for life!

## 4 FREE SHIPPING

EVERY ORDER OVER \$89 SHIPS FREE

**PLUS *save* MORE!**

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