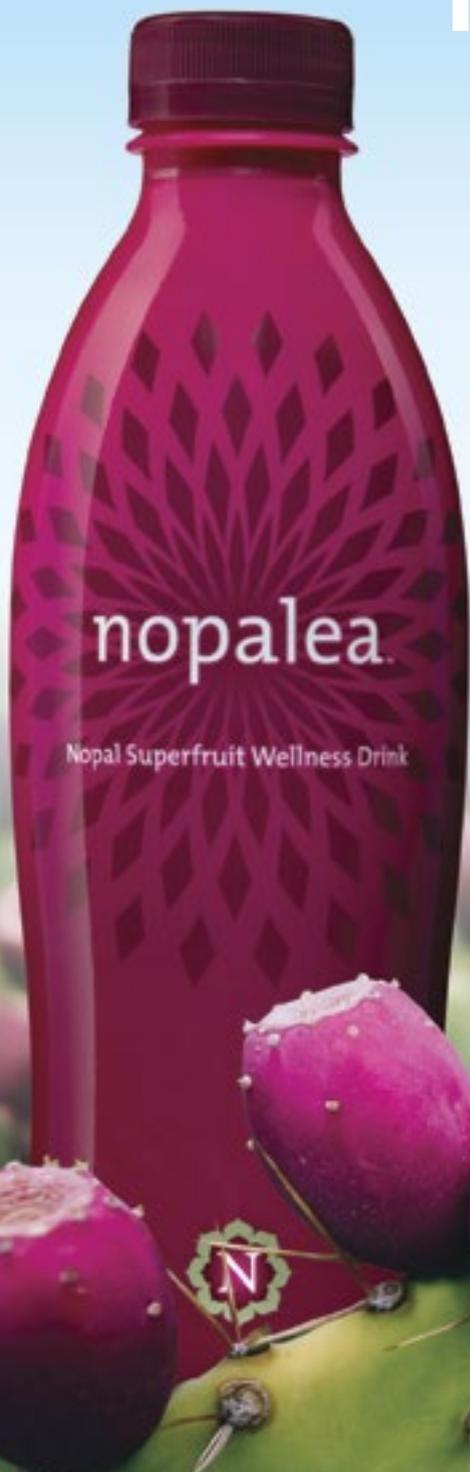


EXPERIENCE

WELLNESS

SEPTEMBER 2017

TRIVITA®



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# TEN ESSENTIALS for HEALTH & WELLNESS

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

## PHYSICAL

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

## EMOTIONAL

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

## SPIRITUAL

10. Develop a Relationship with God



## FROM THE FOUNDER

Michael R. Ellison

## WHAT YOU SHOULD KNOW ABOUT SLOWING THE AGING PROCESS

**If there is a genie in the bottle for healthy aging and slowing down the physical impact of aging, it's curbing and managing inflammation! Almost every disease associated with the aging population has a chronic inflammatory component.**

A study done in 2014 found that fragile adults have a high inflammatory profile.<sup>1</sup> But another conducted on healthy centenarians (people over 100 years old) found the opposite to be true<sup>2</sup> in that they had a low inflammatory profile, proof that if you want to age well, one of the most important things you can do is to make choices that curb and reduce inflammation.

**We all have things in our lives that promote whole-body inflammation, from chronic stress, toxins in the air and water to our food.** Even relationships can promote oxidative stress and increased inflammation. **The good news is we all have choices we can make to live a less inflammatory and a healthier lifestyle.**

Remember, disease is the body out of harmony and balance creating a deterioration of cell, system and organ function. Seek to create balance in your life, physically, emotionally and spiritually.

Make it your daily goal to curb the oxy-inflamm-aging process in order to achieve greater longevity and lower the burden of disease associated with aging. A balanced diet that forgoes processed food while focusing on everyday fare nutrient rich in antioxidants and betalains, daily physical activity and exercise, meditation and prayer will go a long way to enhance your lower inflammatory profile.

Nopalea™ is our number one dietary supplemental product for helping manage whole-body inflammation. **Nopalea is rich in the nutrients you need for helping manage inflammation and is now enhanced with beet root powder to make it even better.** It is beautiful in color and delicious in flavor. This combination is a fabulous way to start your day! See page 9.

Live life with wellness and purpose!

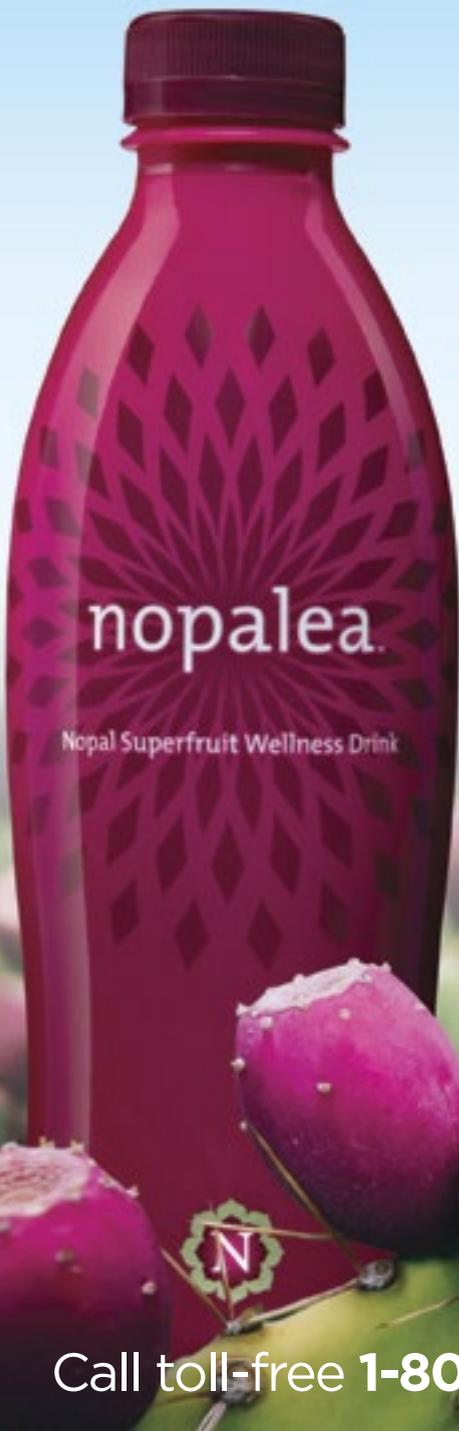
Michael R. Ellison,  
Founder of TriVita

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1. Navarette-Reyes AP, Montana-Alvarez M 2009 inflammaging. Aging inflammatory origin. *Rev Invest Clin* 61(4) : 327-336
2. Wang Gc. Casotaro V (2014) immunologic changes in frail adults *Trans Med Uni Sa* 9(1) :1-6

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Now with beet root powder.



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**Liquid**  
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## 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



### 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.



# TRIVITA 10 FOUNDATIONAL VALUES

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

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



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**Buy One MyoHealth  
Essential Amino Acid Complex  
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OVER \$60  
IN PRODUCTS & MATERIALS**

**Don't miss out on this  
special wellness opportunity!**

~See page 15 for details~

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



## GLUTEN FREE TRIVITA PRODUCTS

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



amazon herb

## 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.

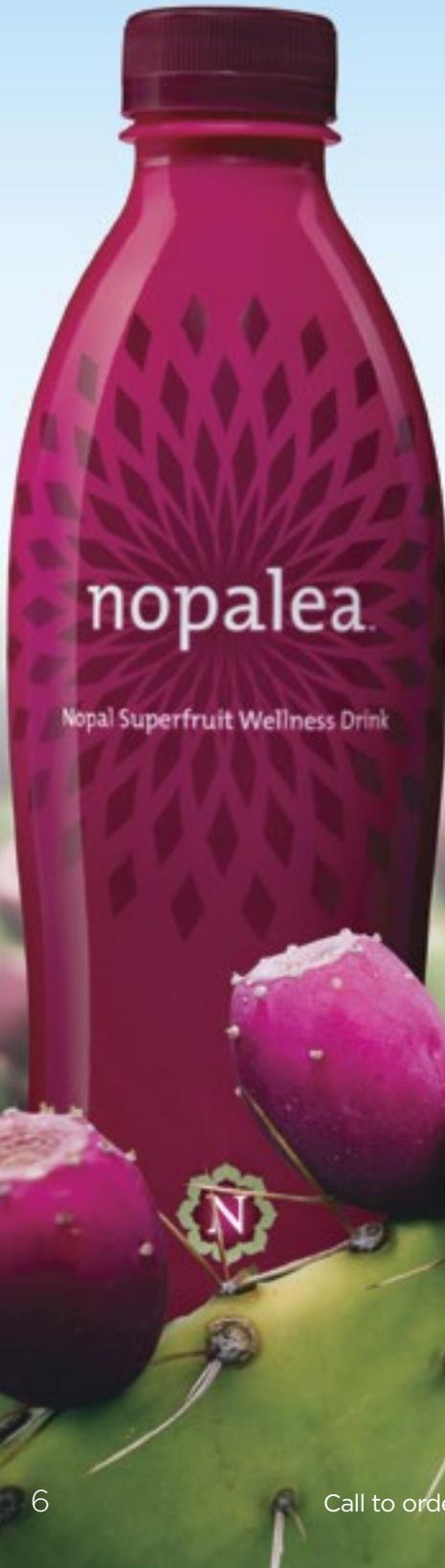


# HEALTHY INFLAMMATION AND IMMUNE SUPPORT START HERE

Experience greater wellness with Nopalea™

The fruit of the Nopal cactus has been used by indigenous cultures for many centuries for its healing properties. Many of the plant's benefits are thought to derive from a powerful class of nutrients called Betalains. Betalains are compounds found within the prickly pear (nopal) fruit that have powerful antioxidant properties. They're also what give the cactus fruit its distinctive bright red color.

After learning of the restorative qualities of the nopal fruit, which is found in the Sonoran Desert in the southwestern U.S. and in contiguous areas of northern Mexico, TriVita® went to work to create Nopalea. However, while Nopalea is derived principally from these wonderfully restorative fruits, we didn't stop there. To further enhance Nopalea's therapeutic qualities, we combined the Nopal cactus fruit with a number of other plant-based ingredients known to have various health benefits. These ingredients include everything from beet juice and papaya to raspberry, cranberry and pomegranate.



In the same way that grapes grown in a harsh environment may be richer in antioxidants, the harshness of the Sonoran Desert is part of what spurs the Nopal cactus to produce significant concentrations of beneficial antioxidants.

Nopalea has two significant health properties. Along with the other ingredients, the Nopal cactus has both antioxidant and anti-inflammatory effects. Diets rich in fruits and vegetables have been shown to contain levels of antioxidants that confer health benefits, hence the recommendation from most health experts to include several servings per day of fruits and vegetables. Nopalea combines several different ingredients to have a broad spectrum of antioxidant compounds.

At the level of our cells much of the damage that occurs is from oxidation. Our bodies need to combine oxygen with the foods we eat to efficiently create energy. This process of creating energy using oxygen produces high amounts of energy and also creates free radicals, which can harm the cells themselves. The body's immune system also uses intense bursts of reactive oxygen species to defend itself. Both of these processes create species of oxygen molecules that can damage healthy cells.

For much of human history, our diet was rich in healthy antioxidants. It is only recently that we replaced large portions of fruits and vegetables with foods like French fries and charred burgers, both of which have high levels of compounds that contribute to oxidative damage in the body. Eating more fruits and vegetables and taking products like Nopalea may help offset some of the damage to our bodies that is continually being caused by harmful foods and other chemicals we encounter on a regular basis in our modern society.

Nopalea also has anti-inflammatory effects in the body. Research on Nopalea has shown that it decreases inflammatory markers in the body such as CRP – C-reactive protein, which can be an indicator of both local and body-wide inflammatory states. Studies and customers have both demonstrated that Nopalea can improve conditions that may be related to inflammation. Many patients report they have benefited from a higher initial dose of Nopalea for the first 1-2 months, followed by a lower maintenance dose on an ongoing basis.

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For much of human history, our diet was rich in healthy antioxidants. It is only recently that we replaced large portions of fruits and vegetables with foods like French fries and charred burgers... products like Nopalea may help to offset some of the damage to our bodies that is continually being caused by both harmful foods and other chemicals we encounter on a regular basis in our modern society.

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Given the damaging effects of both inflammation and oxidation on the body, products such as Nopalea that contain healthy plant antioxidants and have been proven to reduce inflammation may be a wise choice for modern times.

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#### ABOUT THE AUTHOR

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*"I have personally used Nopalea for inflammation and find it to be very effective and well tolerated."*

**- Robert Sheeler, M.D.**

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



## 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 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 and also create more inflammation, which increases plaque formation in arteries.

**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 (small secreted proteins that affect inter-cell communication). And excess fat cells create a constant, low-grade inflammation throughout the body.

**Certain foods** – Refined carbohydrates, such as white bread and pastries, French fries, margarine, shortening and lard, certain red meats, soda and other sugar-sweetened beverages all lead to inflammation.<sup>3</sup>

## How to combat inflammation

### EXERCISE<sup>3</sup>

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.

### EAT BETTER<sup>4</sup>

Eat more foods like tomatoes, green leafy vegetables such as spinach, kale and collards, nuts like almonds and walnuts, fatty fish like salmon, mackerel, tuna and sardines, and fruits such as blueberries, cherries, strawberries and oranges.



### TAKE SUPPLEMENTS<sup>5-7</sup>

Boost your body's vitamin level by taking Vitamin A, Vitamin B6 (see *Alfred Libby's B-12*, page 25), Vitamin C (see *Vital C*, page 51), Vitamin D (see *Essential D*, page 57), Vitamin E, Vitamin K (see *VitaCal-MagD K2*, page 19), Omega 3 (see *Omega3 Prime*, page 33) and Turmeric (see *Promeric 95*, page 17).

### 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://kimberlysnider.com/blog/2012/09/22/9-foods-that-cause-inflammation-and-9-that-fight-it/>

- 4 <http://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>
- 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>

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POWDER!

## WELLNESS FROM THE SONORAN DESERT

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OFF!

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

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>

“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

Boost your  
immune  
system!

### Nopalea™ Liquid

#30710 **\$34.99**

Save \$7 NOW  
**\$27.99\***

### Nopalea™ Liquid 4-Pack

#33400 **\$119.99**

### Nopalea™ Capsules

#30717 **\$29.99**

Save \$6 NOW  
**\$23.99\***

**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 10.1 g: Nopal Fruit Puree (*Opuntia ficus-indica*), Beet Juice Powder (*Beta vulgaris*), Cranberry Powder (*Vaccinium macrocarpon*), Papaya Fruit Powder (*Carica papaya*), Orange Juice Powder (*Citrus sinensis*), Tomato Concentrate Powder (*Lycopersicon esculentum*), Strawberry Powder (*Fragaria ananassa*), Apple Powder (*Malus pumila Mill.*), Guava Powder (*Psidium guajava*), Peach Fruit Powder (*Prunus persica*), Mango Fruit Powder (*Mangifera indica*), Apricot Powder (*Prunus armeniaca*), Acerola Berry Concentrate (*Malpighia glabra L.*), Red Raspberry Powder (*Rubus idaeus*), Kiwi Fruit Powder (*Actinidia chinensis*), Lemon Juice Powder (*Citrus limon*), Pomegranate Powder (*Punica granatum*), Bilberry Fruit Extract 4:1 (*Vaccinium myrtillus*), Grape Seed Extract (*Vitis vinifera*), Green Tea Leaf Extract (*Camellia sinensis*).

**Other Ingredients:** Purified Water, Agave Nectar, Ascorbic acid, Beet root powder (*Beta vulgaris*), Potassium Sorbate (to protect freshness), Cherry Powder, Natural Flavor, Stevia Leaf Extract, Xanthan Gum and Guar Gum.

#### 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.

#### References:

1 Allegra, M., et al. *The Journal of Nutrition*, 2014; 1-8

2 Jensen; *EJNFS*, 6(1): 2015; Article no.EJNFS.2016.001

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## LIVE STRONGER AT ANY AGE™ WITH MYOHEALTH™



Whether you're an older adult looking to increase your mobility and enhance your quality of life or a weekend warrior chasing a new personal best, we'd all like to build leaner, stronger muscle. Unfortunately, we don't always have the time to eat properly or get the amount of exercise we should.

### **MORE ENERGY. MORE VITALITY. MORE STRENGTH. MORE MOBILITY.**

To ensure every year is a great year, regardless of your age, TriVita has created an exciting new breakthrough in nutrition science—the MyoHealth™ line. Initially developed to stop, restore and prevent muscle loss in astronauts and bedridden seniors, MyoHealth contains a perfectly blended mix of all nine Essential Amino Acids (EAA), and these EAAs have been proven in human clinical trials led by Dr. Robert Wolfe to help support muscle strength and function by helping your individual muscle fibers work better.

**As the first—and only—EAA complex to receive a U.S. patent,** MyoHealth represents a monumental

breakthrough in nutrition science. Amino acids play a key role in the synthesis of new protein, and each of the nine amino acids found in MyoHealth is needed to jump-start the protein molecule process. That's important because **EAA can't be produced in the body. You can only get them through diet or supplements.**

There are 20 primary amino acids in your body's proteins, 9 of which are essential to your diet because your cells cannot manufacture them. These amino acids (histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, valine, and tryptophan) are known as Essential Amino Acids.<sup>1</sup>

Over 20 years in the making, MyoHealth was developed based on findings from the National Aeronautics and Space Administration (NASA), research funded by the National Institutes of Health (NIH) and 23 human clinical trials. The research was led by Dr. Robert Wolfe, a leading authority on amino acids, a renowned expert in the fields of nutrition and muscle metabolism and a record-setting amateur athlete.

#### **Reference:**

1 [healthyeating.sfgate.com/many-amino-acids-body-require-6412.html](http://healthyeating.sfgate.com/many-amino-acids-body-require-6412.html)

# Your genes aren't your destiny

A note from Robert R. Wolfe, PhD



*Dr. Robert R. Wolfe is the current chair of the Nutritional Longevity department at the University of Arkansas, a leading authority on amino acids, a renowned expert in the fields of nutrition and muscle metabolism, and a world-class athlete who has completed over 50 marathons and held several age-group running records.*

While many people assume how they age is determined strictly by genetics, your lifestyle has a direct impact on your genes, your health and how you age. That's because we're not born with a finite amount of muscle; our muscles are in a constant state of being broken down and reproduced. Likewise, all proteins in the body are continuously breaking down and new proteins being synthesized to shed damaged muscle fibers and produce new ones.

Approximately 20% of amino acids released through the process of protein breakdown are irreversibly oxidized and therefore not available for reincorporation into newly synthesized proteins.<sup>1</sup>

In order to maintain a constant lean body mass, these amino acids must be replaced, either by synthesis or via dietary protein or amino acid intake. The rate of synthesis must also exceed the rate of breakdown to gain muscle protein. However, this process requires nutrient intake or new amino acids to provide what's needed to produce that protein.

## References:

- 1 Wolfe RR. The underappreciated role of muscle in health and disease. *Am J Clin Nutr* 84(3):475-482, Sep 2006.
- 2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4555150/>
- 3 Robert Wolfe, *Essential Amino Acid Solutions for Everyone* (unpublished, 2016), 60.

## THE MYOHEALTH™ DIFFERENCE

This muscle protein turnover is really the key to muscle metabolism, as normal nutrition is insufficient. MyoHealth™ provides the optimal formulation of essential amino acids and nutrients to stimulate the resynthesis of muscle protein and replace worn out muscle fibers with fibers that function more effectively.

Unlike MyoHealth, most alternative meal replacement options and supplements have never been clinically proven to increase muscle strength and function.

Instead, these products serve primarily as an ineffective means of caloric support. As confirmation, a recent study showed that due to the anabolic resistance of aging, dietary protein is not as effective in older adults.<sup>2</sup> That means no matter how much protein you eat, you will never achieve a balance between how much muscle protein is produced and how much is lost.

## WHAT MAKES ESSENTIAL AMINO ACIDS (EAAS) BETTER THAN WHEY PROTEIN ISOLATE?

Whey protein, a milk protein that is a by-product of the production of cheese, is the most popular protein supplement. It is a high quality protein with an excellent content and profile of EAAs. Whey protein is not a single protein; it is composed of a variety of proteins and peptides (short chains of amino acids). In the form in which whey is separated during cheese production, it contains more carbohydrate than protein. The carbohydrates are partly lactose, which creates issues for individuals who are lactose intolerant. Whey protein isolate is produced by further processing of natural whey protein and results in a product as much as 90% protein, with the rest mainly composed of carbohydrates. The addition of flavoring to whey protein isolate may add as much as 30% additional carbohydrates. As such, similar to all other protein supplements and protein food sources, whey protein is not pure protein.<sup>3</sup>



## MYOHEALTH™ ESSENTIAL AMINO ACID COMPLEX VEGAN LEMONADE POWDER AND CAPSULES

### Build muscle the EAAasy way

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

### WHAT'S SO IMPORTANT ABOUT ESSENTIAL AMINO ACIDS?

- Muscle is the main reservoir of amino acids in the body<sup>1</sup>
- Muscle needs protein to grow, but the body cannot produce protein on its own
- Essential Amino Acids are the cellular building blocks of protein<sup>1</sup>
- Muscle is always in a state of breakdown and synthesis, or “turnover,” which is an important process to get rid of old damaged muscle fibers and replace them with new healthy fibers<sup>1</sup>
- Muscle serves many important metabolic functions beyond supporting physical movement

MyoHealth contains the first U.S. patented Essential Amino Acid (EAA) complex that includes all 9 EAAs. But it wasn't easy getting there. The formula behind our Essential Amino Acid Complex took 20 years to develop, cost over \$20 million in research and development and underwent 23 human clinical trials, including NASA space flight and patient bed rest studies.

**Available in a delicious easy-to-mix lemonade flavor, MyoHealth Vegan powder includes:**

- The daily recommended dosage of 3.6 grams of EAAs per scoop
- No sugar or carbohydrates and no side effects
- Stevia, a natural sweetener
- Generally Recognized as Safe (GRAS) certified EAA formula

**MyoHealth Amino Acid Complex Vegan Capsules:**

- Clinically proven to support muscle strength and function while decreasing muscle loss
- GMO free and contain no fillers, additives or preservatives
- GRAS certified EAA blend
- Contain a perfect balance of all nine essential amino acids to help your body synthesize protein and optimize your muscle health

**References:** 1 Robert Wolfe, *Essential Amino Acid Solutions for Everyone* (unpublished, 2016), 29.

Studies show compared to whey protein isolate, faster-acting MyoHealth Vegan capsules and powder delivers



**Reference:** Katsanos CS, H Kobayashi, M Sheffield-Moore, A Aasland, RR Wolfe. A high proportion of leucine is required for optimal stimulation of the rate of muscle protein synthesis by essential amino acids in the elderly. *Am J Physiol Endocrinol Metab* 291:E381-E387, Aug 2006

## MyoHealth™ Essential Amino Acid Complex - Vegan Lemonade Powder

#30870 **\$49.99**

### Suggested use

To help maintain your energy balance, support healthy weight and live stronger at any age, mix 1 (one) scoop of MyoHealth EAA Complex lemonade powder with 8 oz. of water or your favorite beverage and dilute to taste.

*While it typically takes 4-6 weeks to see results, we recommend adding 1 (one) extra scoop during the preliminary phase to bring your body up to speed sooner.*

## MyoHealth™ Essential Amino Acid Complex - Vegan Capsules

#30840 **\$49.99**

### Suggested use

Take five (5) MyoHealth capsules daily between meals or 30 minutes before or after your exercise. Additional capsules may be taken with increased exercise.

*While it typically takes 4-6 weeks to see results, we recommend loading up on extra capsules during the preliminary phase to bring your body up to speed sooner.*



### MyoHealth™ Essential Amino Acid Complex - Lemonade Powder

**Quantity:** 180 g (6.35 oz) **Serving size:** 1 scoop (6 g)

**Amount per serving:** Patented Amino Acid Blend 3.6 G\*\*: BCAA 2:1:1 (L-Leucine, L-Isoleucine, L-Valine), L-Lysine HCl, L-Leucine, L-Arginine, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan.

**Other ingredients:** Citric acid, natural flavor, malic acid, potassium chloride, stevia extract, sodium citrate.

### MyoHealth™ Essential Amino Acid Complex - Capsules

**Quantity:** 150 capsules **Serving size:** 5 capsules

**Amount per serving:** Patented Amino Acid Blend 3.6 G\*\*: BCAA 2:1:1 (L-Leucine, L-Isoleucine, L-Valine), L-Lysine HCl, L-Leucine, L-Arginine, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan.

**Other ingredients:** hypromellose, magnesium stearate, and silica.

\*\*Reginator® - US Patent #9,364,463

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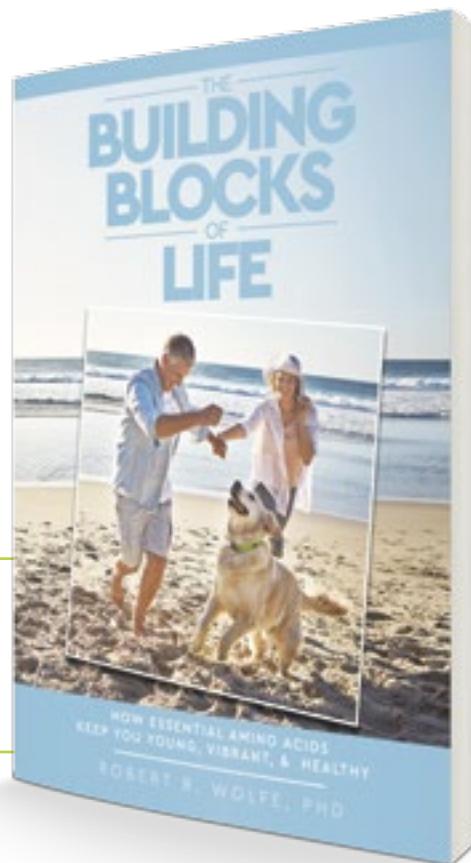
# Discover the Real Fountain of Youth

Want to be young at heart and feel young and healthy? Then you need to read *The Building Blocks of Life*, the essential book for people like you looking to learn more about the amazing difference Essential Amino Acids (EAAs) can make in your life.

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Inside this easy-to-read book you'll quickly come to understand exactly how EAAs can help you achieve the healthy lifestyle you want.

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**Robert R. Wolfe, PhD's new book, *The Building Blocks of Life*, helps you easily understand:**

## **What Are Essential Amino Acids**

There are 20 primary amino acids in your body's proteins, 9 of which are essential to your diet because your cells cannot manufacture them.<sup>1</sup>

## **How Amino Acids Affect Your Muscles**

Your body is composed of proteins that are in a constant state of breakdown and synthesis, and muscle plays a big part in maintaining the metabolism of that protein.

## **The Surprising Benefits of Stronger Muscles**

Maintaining healthy muscles is crucial for keeping your blood glucose levels in the normal range, helping fight bone loss, cancer and obesity and strengthening your heart.

## **Muscle Loss with Aging**

While we all lose muscle as we age, the loss becomes severe for approximately 30% of us. Once someone suffers from this (known as sarcopenia), the functions of daily living are severely affected.

## **Handling Hormones As You Get Older**

Hormonal change affects all of us, from the decreased secretion of estrogen after menopause, which contributes primarily to a deterioration in women's bone health, to the reduced secretion of testosterone in men.

## **The Right Formula for Living Stronger**

In America, 30% of people 65+ fail to eat the minimal daily recommended intake of protein, which is the conventional dietary source of EAAs.

## **Helping Your Body to Heal**

Muscle loss as a result of serious injury or illness is far more severe than the result of aging, where the loss of muscle mass is slow and occurs over many years. And muscle mass in critical illness is a direct contributor to survival, as well as to the speed and extent of recovery.

## **3 Easy Steps to Staying Younger**

There are 3 steps to staying younger at any age: A basic, healthy diet, the EAAs formula and regular exercise.

Reference: [1 healthyating.sfgate.com/many-amino-acids-body-require-6412.html](http://1.healthyating.sfgate.com/many-amino-acids-body-require-6412.html)

So if you're looking to maintain or improve your health, vibrancy and joie de vivre, you owe it to yourself to pick up *The Building Blocks of Life* today.

**To order your copy of *The Building Blocks of Life* for just \$5.00, call 1-800-991-7116.**

# ARE YOU UP FOR A CHALLENGE?

The MyoHealth 30-Day Strength Challenge is designed to help anyone and everyone feel stronger at any age.



## TO TAKE THE 30-DAY STRENGTH CHALLENGE:

- 1 Begin by buying one bottle of MyoHealth Vegan Lemonade Powder. When you do, you'll receive a **second bottle—FREE!**
- 2 Double your dosage (that's two servings a day) for the first 30 days to build up your body and prove the power of MyoHealth.

- 3 Live it, love it and share your lifestyle improvement story. After you complete the 30-Day Challenge, send us your story and get a **FREE MyoHealth t-shirt.** Visit [MyoHealthStories.com](http://MyoHealthStories.com) for more information.



Buy One MyoHealth Essential Amino Acid Complex Vegan Lemonade Powder

**RECEIVE ONE FREE!**

**PLUS:**

A free copy of Robert Wolfe, PhD's book *The Building Blocks of Life*, and a handy shaker bottle.

Call **1-855-338-4829**  
Visit [TriVita.com](http://TriVita.com) today  
to take the challenge!

**OVER \$60  
IN PRODUCTS  
AND MATERIALS  
FREE!**





## MYOHEALTH VEGAN PROTEIN SHAKES

### The Clinically Proven Path to Muscle Health

You work hard to make a great life for yourself and your family. But what good is all that hard work if you're too weak and frail to enjoy the fruits of your labor?

#### **A quicker, simpler, more practical and more convenient way to maintain an active lifestyle**

Building stronger, healthier muscles doesn't have to involve a rigorous exercise regime or other drastic measures. The Essential Amino Acid (EAA) complex in MyoHealth shakes has been proven in human clinical trials to support muscle strength and function in all adults. And because muscle is more compact than fat, your body is leaner, stronger and more fit.

#### **Available in a delicious easy-to-mix vanilla flavor, MyoHealth Shakes:**

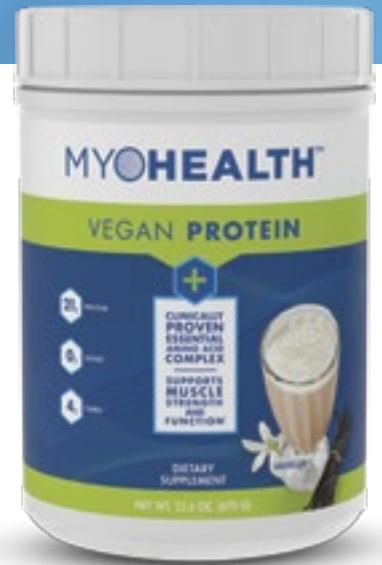
- Contain 21 grams of pure plant-based, pea & rice protein and 1.5 EAAs per serving
- Vegetarian safe
- GRAS certified EAA blend
- Clinically proven to support muscle strength and function
- First U.S. patented EAA complex to contain all 9 EAAs
- Enhance the protein synthesis process
- Low calorie

#### **PLUS:**

MyoHealth shakes help increase your metabolism and muscle strength and build stronger, leaner muscle.

#### **Does not contain:**

- Dairy, soy, gluten, lactose, caffeine, GMO, sugar, synthetics or additives, and no side-effects



### MyoHealth™ Vegan Protein - Vanilla

#30850 **\$59.99**

**Suggested Use:** Mix 1 (one) scoop of MyoHealth protein shake with 8 oz. water or your favorite beverage. Mixes best in shaker bottle.

#### COMPARED TO WHEY PROTEIN ISOLATE, THE EAA COMPLEX IN MYOHEALTH SHAKES DELIVERS:

- 3x greater anabolic response
- 3x greater net gain of muscle protein
- Faster acting



#### MyoHealth™ Vegan Protein - Vanilla

**Quantity:** 670 g (23.6 oz) **Serving size:** 1 scoop (33.5 g) (20 servings)

**Amount per serving:** Patented Amino Acid Blend 1.5 g\*\*: L-Leucine, L-Lysine HCl, L-Valine, L-Isoleucine, L-Arginine, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan.

**Other ingredients:** Protein blend (Pea protein isolate, pea protein concentrate, rice protein), natural flavors, salt, stevia blend (organic glucosylated steviol glycosides, organic rebaudioside A), guar gum, sunflower lecithin and silica.

\*\*Reginator® - US Patent #9,364,463

“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>3</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>4</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>5</sup> Joint symptoms can stem from a wide variety of health conditions and injuries—and can affect daily activity and quality of life.<sup>6</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 <http://bcm95.com/faq.html>

4 Antony B et al. *Indian J Pharm Sci*, 2008; 70: 445.

5 [http://www.cdc.gov/nchs/data/series/sr\\_10/sr10\\_260.pdf](http://www.cdc.gov/nchs/data/series/sr_10/sr10_260.pdf)

6 <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 total) 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/)

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

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

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



### 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>



## 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 Piscocoy J., et al. *Inflamm. Res.* 2001;50:442–448.
- 10 Miller M, et al. *BMC Complement Altern Med.* 2006; 6: 13.
- 11 Lodish H, et al. *Molec Cell Bio.* 2000.

#### PREMIER MEMBER?

4 ways to save money with TriVita’s Premier Membership. Find out how on page 40.



# 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, excess weight, 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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#### DISCOVER WELL-BEING IN LESS THAN 10 MINUTES

"If lifestyle choices are making us sick, lifestyle choices can make us well." Find out how on page 63.

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



## ENERGY, STAMINA & PERFORMANCE SUPPORT

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



## 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>

3 <https://www.nlm.nih.gov/medlineplus/ency/article/003088.htm>

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.
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## 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
- Shortness of breath
- Pale skin
- Anemia
- Tingling of the hands and feet
- Hallucinations

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

#### **References:**

- 1 <http://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>
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- 4 <http://www.health.harvard.edu/blog/vitamin-b12-deficiency-can-be-sneaky-harmful-201301105780>

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#### **PREMIER MEMBER?**

4 ways to save money with TriVita's Premier Membership. Find out how on page 40.

“I had been taking Super B-12 on and off since 2013. When I go off of it, I can feel the difference immediately. Now I take it regularly and I have better memory and clarity.”

- Hazel H., member since 2013

## 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
- Original berry flavor
- 100% DV of folic acid
- No artificial preservatives
- Includes Vitamin B-6

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

- 3,000 mcg of B-12
- Mixed berry flavor
- Includes Vitamin B-6, folic acid, biotin and ginseng
- 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.



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

#30140 **\$19.99**

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

#33356 **\$22.99**

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



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

#### Alfred Libby's Slow Dissolve B-12 Tablets

**Quantity:** 30 tablets **Serving size:** 1 tablet. For best results we suggest 3 tablets a day for the first 10-14 days. After that, take at least 1 to 2 B-12 tablets daily.  
**Amount per serving:** Vitamin B6 (as pyridoxine HCl) 5 mg, Folate (as folic acid) 400 mcg, Vitamin B-12 (cyanocobalamin) 1000 mcg, Biotin 25 mcg.  
**Other ingredients:** Sorbitol, mannitol, stearic acid, silica, magnesium stearate, natural flavor, stevia leaf extract, alphaketoglutaric acid, sodium starch glycolate.

#### Alfred Libby's Slow Dissolve Super B-12 Tablets

**Quantity:** 30 tablets **Serving size:** 1 tablet  
**Amount per serving:** Vitamin B6 (Pyridoxine HCl) 5 mg, Folic Acid 50 mcg, Vitamin B12 (Cyanocobalamin and Methylcobalamin) 3000 mcg, Biotin 25 mcg, L-Ornithine Alpha Ketoglutarate 25 mcg, Cocosin (cocos nucifera) (tender coconut water) 5 mg, Ginseng Powder (root) 5 mg.  
**Other ingredients:** Sorbitol, mannitol, fructose, stearic acid, silica, magnesium stearate, malic acid, natural flavor, calcium sulfate and hydroxypropyl cellulose.

Call to order Mon.-Fri.: 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:**

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- 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), 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/professional.aspx?productid=379>
- 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!®

**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.

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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>



### 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?



## 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.<sup>®</sup> 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>



### References:

- 1 <http://onlinelibrary.wiley.com/doi/10.1002/smi.914/abstract>
- 2 Panossian A, Wikman G. Pharmacology of *Schisandra chinensis* Baill: An overview of Russian research and uses in medicine. *J Ethnopharmacol* 2008;118(2):183-212.
- 3 <http://www.sciencedirect.com/science/article/pii/S0944711300800550>
- 4 Head, KA, Kelly GS. Nutrients and botanicals for treatment of stress: Adrenal fatigue, neurotransmitter, imbalance, anxiety, and restless sleep. *Alt Med Rev* 2009; 14(2):114-140.
- 5 Yan-Lin SY, Lin-De L, Soon-Kwan H. *Eleutherococcus senticosus* as a crude medicine: Review of biological and pharmacological effects. *J Med Plants Res* 2011;5(25):5946-5952.
- 6 Huang L, et al. *Acanthopanax senticosus*: review of botany, chemistry and pharmacology. *Pharmazie* 2011;66:83-97.
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“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

DELICIOUS  
GRAPE FLAVOR!

## 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 are 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



**Adaptuit®**

**Suggested use:** Drink 1 to 3 ounces daily.

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

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

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



## 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>

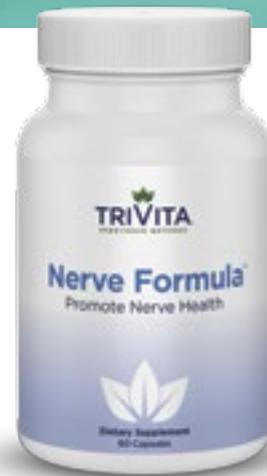
**L-Taurine:** Helps maintain nerve-to-nerve communication and nerve membrane integrity.<sup>2</sup>

**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>

*This article is intended for educational purposes only*

### References:

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### 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)

“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.

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

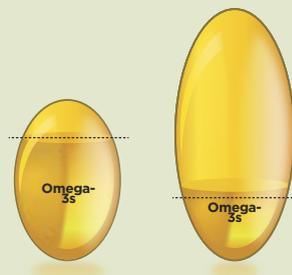


### Omega3 Prime™

#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!



**OMEGA3 PRIME  
SOFT GEL**      **COMMON  
SOFT GEL**

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



Omega3 Prime™

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

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

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

#### References:

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

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

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

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

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

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

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



## The perfect trifecta for good gut health

The importance of prebiotics, probiotics and enzymes

Good gut health isn't just a convenience. It's something we should all strive for to achieve overall health, both physical and mental. Yet not enough of us are doing all we can to ensure our digestive system is functioning at its peak. Many elements go into ensuring a well-balanced gastrointestinal (GI) tract, including the importance of supplementing your diet with prebiotics and probiotics and the role enzymes play.

### WHY DO I NEED A PREBIOTIC?

A prebiotic is a selectively fermented ingredient that allows specific changes in the composition and/or activity in the gastrointestinal microflora to promote well-being and overall health.<sup>1</sup>

Prebiotics increase the growth of beneficial bacteria in our intestinal tract.<sup>2</sup> MyFloraDaily Prebiotic from TriVita is a preferred fuel source for the primary good gut bacteria, Bifidobacteria.<sup>2,3,4</sup> And the growth of good bacteria (via either prebiotic and/or probiotic supplementation) in turn reduces the growth of bad bacteria that obstructs digestion.

Prebiotics also play a critical role in maintaining a healthy immune system because 70-80% of all immune cells are found in the lining of the intestinal tract.

**For more information about TriVita's new MyFloraDaily Prebiotic, visit page 37.**

#### References:

- 1 Gibson, G.R., Probert, H.M., Van Loo, J., Rastall, R.A., Roberfroid, M.B. Dietary modulation of the human colonic microbiota: updated the concept of prebiotics. *Nutrition Research Reviews* 2004 17:259-275.
- 2 Hidaka K, Eida T, Takizawa T, Tokunaga T, Tashiro Y. Effects of fructooligosaccharides on intestinal flora and human health. *Bifidobacteria Microflora* 1986 5(1):37-50.
- 3 Mitsuoka T, Hata Y, Takahashi Y. Effects of long-term intake of neosugar on intestinal flora and serum lipids. Translated from the Third Neosugar Research Conference, Tokyo, 1986.
- 4 Tokunaga T, Nakada Y, Tashiro Y, Hirayama M, Hidaka H. Effects of fructooligosaccharide intake on the intestinal flora and defecation in healthy volunteers. *Bifidus* 1993 350(2):143-150.
- 5 <http://ehp.niehs.nih.gov/121-a276/>
- 6 [https://www.womenshealth.gov/files/assets/docs/the-healthy-woman/digestive\\_health.pdf](https://www.womenshealth.gov/files/assets/docs/the-healthy-woman/digestive_health.pdf)

### DID YOU KNOW?

Poor diets, environmental toxins, hormonal changes and aging can all impact our digestive system, commonly resulting in problems such as:<sup>5,6</sup>

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

## HOW DO PREBIOTICS WORK WITH PROBIOTICS?

Probiotic microorganisms—one type of "good" bacteria—may help with digestion and offer protection from harmful bacteria, just as the existing "good" bacteria in your body already do.

Prebiotics are non-digestible carbohydrates we ingest that act as food for probiotics. When probiotics and prebiotics are combined, they form a synbiotic. Synbiotic means the two biotics are in sync with each other supporting your digestive health.

Fermented dairy products, such as yogurt and kefir, are considered synbiotic because they contain live bacteria and the fuel they need to thrive. While these food groups help support good GI health, supplementing with a premium prebiotic and probiotic is an effective way to ensure good gut health without the additional calories or potential allergies.

**For more information about TriVita's MyFloraDaily Probiotic, visit page 36.**

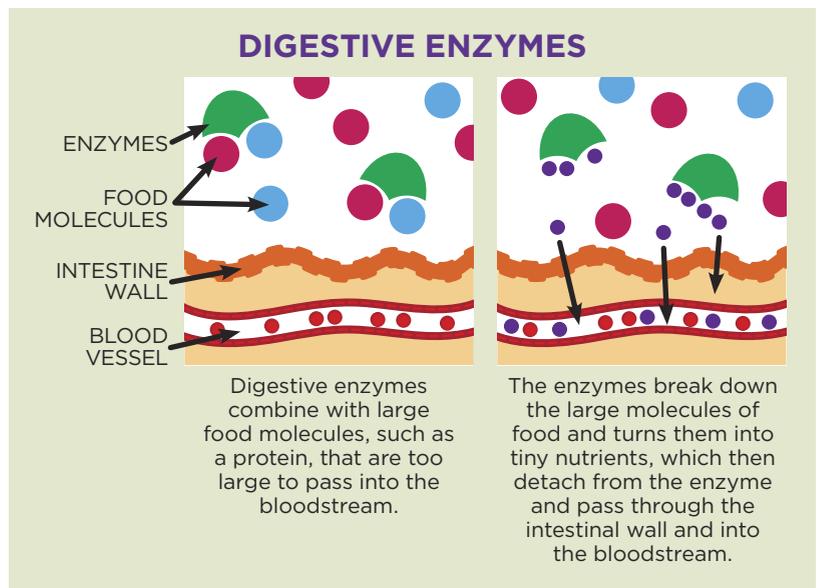
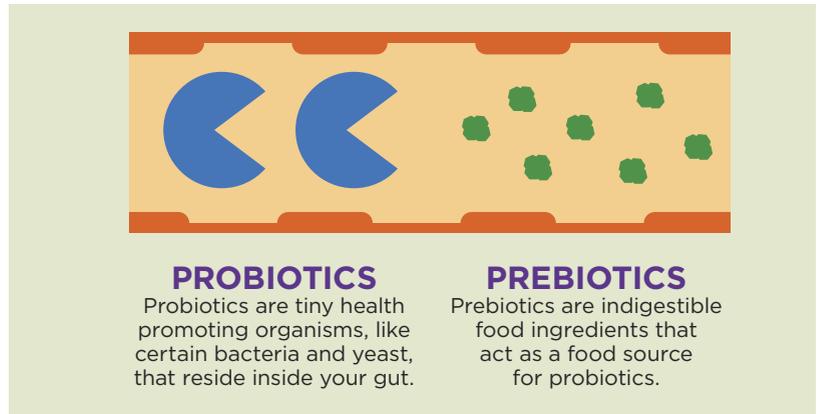
## WHAT ROLE DO ENZYMES PLAY?

Digestion is important for breaking down food into nutrients, which the body uses for energy, growth and cell repair. The digestive process works by moving food through the GI tract. It begins in the mouth with chewing and ends in the small intestine. As food passes through the GI tract, it mixes with digestive juices that contain enzymes, causing large molecules of food to break down into different nutrients. The body then absorbs these nutrients through the walls of the small intestine into the bloodstream, which delivers them to the rest of the body.<sup>1</sup>

All living things, including cells, contain enzymes, which the body produces itself. But when the body doesn't extract any enzymes from food, it must use its own

enzymes to do the work. Nutrients such as vitamins, minerals, fatty acids and proteins act as building blocks, while enzymes serve 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.

**For more information about ProDigest, TriVita's premium enzyme formula, visit page 39.**



### Reference:

1 <https://www.niddk.nih.gov/health-information/digestive-diseases/digestive-system-how-it-works>



## MyFloraDaily Probiotic

Probiotics are tiny health-promoting organisms in the gut

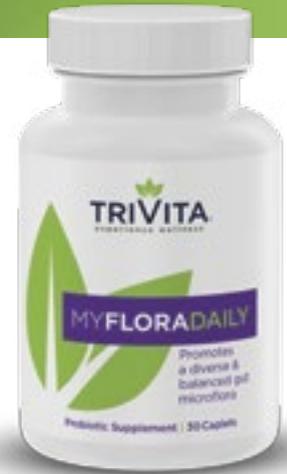
The gastrointestinal tract is the most exposed human habitat to the external environment. Every day, thousands of microorganisms and compounds derived from the digestive process come in contact with it, making the role of the gut as a protective barrier to pathogens essential.<sup>1</sup>

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.
- 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 capsule.
- 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 Probiotic.**



## MyFloraDaily Probiotic

#30830 **\$39.99**

**Suggested Use:** Adults, take one caplet, once or twice daily, or as directed by your health-care professional.

### PROBIOTICS<sup>8</sup>

- Introduce good bacteria into the gut
- Are live bacteria found in yogurt, dairy products and pills
- There are hundreds of probiotic species, all of which must compete with each other in your gut to survive
- Must be kept alive, but are susceptible to heat, stomach acid and age

### MyFloraDaily Probiotic

**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.
- 2 QUINTO EJ, et al. Probiotic lactic acid bacteria: A review. *Food and Nutrition Sciences* 2014;5:1765-1775.
- 3 Goldstein EJC, Tyrrell KL, Citron DM. Lactobacillus Species: Taxonomic complexity and controversial susceptibilities. *Clin Infect Dis* 2015;60(Suppl2):S98-S107.
- 4 Ljungh A, Wadstrom T. Lactic Acid Bacteria as probiotics. *Curr Issues Intestinal Microbiol* 2006;7:73-90.
- 5 Reid G. The Scientific basis for probiotic strains of Lactobacillus. *Applied Environ Microbiol* 1999;65(9):3763-3766.
- 6 Segers ME, Lebeer S. Towards a better understanding of Lactobacillus rhamnosus GG – host interactions. *Microbial Cell Factories* 2014;13(Suppl 1):S7.
- 7 Technical Memorandum: Bifidobacterium lactis BI-04. Danisco. TM 46-1e.
- 8 <http://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/probiotics/faq-20058065>

**NEW!**

## MyFloraDaily Prebiotic

Prebiotics feed the good bacteria in the gut

Perhaps no other body function is taken more for granted than the gastrointestinal (GI) tract. Yet if your digestive system is unable to properly break down food into nutrients, the rest of the body starts to go downhill in rapid succession.

While taking MyFloraDaily Probiotic helps keep your gut in good working order, you should also be supplementing your diet with high quality MyFloraDaily Prebiotic to give your gut the food it needs to feed the good bacteria that live in your stomach.

Organic, non-GMO MyFloraDaily Prebiotic consists of a combination of natural non-digestible fibers that are specifically utilized by healthy intestinal bacteria. This mixture makes MyFloraDaily Prebiotic vitally important for maintaining lower GI tract balance, good bacteria levels, a strong immune system and overall balanced digestive health. And all it takes is 2 (two) 1,250 mg. capsules a day.

- MyFloraDaily Prebiotic is a gentle fiber and easily tolerated compared with other fibers. The body itself does not digest these plant fibers. Instead, it uses them to promote the growth of good bacteria in the gut. The health benefits of dietary fiber have long been appreciated, and higher intakes have been linked to less cardiovascular disease.
- Other prebiotic fibers require much larger doses to show the same benefits as MyFloraDaily Prebiotic.

### WHY DO I NEED A PREBIOTIC IF I'M ALREADY TAKING A PROBIOTIC?

It's easy to get prebiotics and probiotics confused, but each play a different and equally important role in promoting digestive health. The most important thing to remember is that probiotics contain live bugs (bacteria), while prebiotics contain no bugs; they simply create the ideal conditions for the gut bugs that already exist to grow and multiply. And more healthy bacteria means you digest food more efficiently.<sup>1</sup>

**Discover the many healthy benefits of MyFloraDaily Prebiotic.**



### MyFloraDaily Prebiotic

#30880 **\$19.99**

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

#### PREBIOTICS

- Are a special form of dietary fiber that acts as a fertilizer for the good bacteria everyone already has in their gut
- Improve the good-to-bad bacteria ratio, which has a direct correlation to your mental health and overall well-being<sup>2</sup>
- Prebiotic powders are not affected by heat, cold, acid or time

#### MyFloraDaily Prebiotic

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

**Amount per serving:** Prebiotic Complex, 1,250 mg: Fructo-oligosaccharides chicory with organic blue agave inulin.

**Other ingredients:** Vegetable cellulose, vegetable stearic acid, silica and microcrystalline cellulose.

#### References:

1 <https://www.niddk.nih.gov/health-information/digestive-diseases/digestive-system-how-it-works>

2 <http://www.scientificamerican.com/article/fiber-famished-gut-microbe-linked-to-poor-health1>

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



# DIGESTION, DETOX & REGULARITY SUPPORT

## 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/>

### DISCOVER WELL-BEING IN LESS THAN 10 MINUTES

"If lifestyle choices are making us sick, lifestyle choices can make us well." Find out how on page 63.

“I’m a long-time user of ProDigest. It’s great for helping me digest food and absorb nutrients.”

- Dawn T., Member since 2012

## 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.

#### ProDigest Tip:

After a heavy meal or ingesting problem foods, try taking several ProDigest tablets to ease digestion and keep your system in top shape.



#### 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>

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Savings apply to products only; may not be used toward tax.

\*VitaPoints expire 12 months from date of issue.

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FOR MORE INFORMATION

# Leanology Herbal Cleansing Tea

Cleanse your way to a healthy weight

Did you know that weight challenges have been linked to toxins we are exposed to every day?<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!**



**Leanology®  
Herbal  
Cleansing Tea**  
#30810 **\$14.99**

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

## HOW MIGHT TOXINS AFFECT WEIGHT?

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

- Phthalates, found in plastics, have been suggested to reduce androgen levels. Low androgen contributes to weight concerns in men.<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:

1. Baillie-Hamilton PF. *J Altern Complement Med*, 2002; 8: 185.
2. Ho W, Spiegel BMR. *Gastroenterol Hepatol* (N Y), 2008; 4: 572.
3. <http://www.nlm.nih.gov/medlineplus/druginfo/natural/652.html>
4. Hook I, et al. *Int J Pharmacog*, 1993; 31: 29.
5. Fu J, et al. *Phytother Res*, 2014; 28: 1275.
6. <https://www.cancer.gov/about-cancer/treatment/cam/patient/milk-thistle-pdq>
7. Spirling LI. *J R Soc Promot Health*, 2001; 121: 62.
8. Stahlhut RW, et al. *Environ Health Perspect*, 2007; 115: 876.
9. Dirinck EL. *Diabetes Care*, 2014; 37: 1951.



## 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](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/](http://digestive.niddk.nih.gov/ddiseases/pubs/constipation/)
- [3 https://www.mskcc.org/cancer-care/integrative-medicine/herbs/rhubarb](https://www.mskcc.org/cancer-care/integrative-medicine/herbs/rhubarb)
- [4 http://umm.edu/health/medical/altmed/supplement/psyllium#ixzz37Tbxb6JY](http://umm.edu/health/medical/altmed/supplement/psyllium#ixzz37Tbxb6JY)
- Vila R et al. *Planta Med.*, 1999; 65: 178.
- Sáyago-Ayerdi SG et al. *J Agric Food Chem.*, 2007; 55: 7886.
- [7 http://umm.edu/health/medical/altmed/herb/slippy-elm#ixzz375B3rjVS](http://umm.edu/health/medical/altmed/herb/slippy-elm#ixzz375B3rjVS)
- [8 https://www.nlm.nih.gov/medlineplus/constipation.html](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>



## 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.

- **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.

#### References:

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

<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>2</sup>

*Visit your doctor or call the TriVita Clinic of Integrative Medicine (480-337-4148) 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.world-heart-federation.org/press/fact-sheets/cardiovascular-disease-risk-factors/>
- 2 <http://www.cholesterolmenu.com/cholesterol-levels-chart/>



# CARDIOVASCULAR SYSTEM

## HCY Guard

Guard your blood vessels

When homocysteine (HCY) levels go out-of-range, blood vessel and circulatory concerns seem to 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.
- 2 Wilcken DE, Wilcken B. *Ann N Y Acad Sci.*, 1998; 854:361-70.
- 3 Malinow, MR, et al. *Circ.*, 1998; 99:178-182.
- 4 Strain JJ, et al. *Nutr Soc.*, 2004; 63(4):597-603.
- 5 Morris MS, et al. *Am J Clin Nutr.*, 2008; May: 87(5):1446-54.

- 6 Friesen RW, et al. *J Nutr.*, 2007; Dec;137(12):2641-6.
- 7 Aguilar TS. *Arch Latinoam Nutr.*, 1982 Mar; 32(1):130-47.
- 8 Kumar A, et al. *Pharmac & Ther.*, 2009; 124(3):259-268.
- 9 <https://ods.od.nih.gov/factsheets/Folate-HealthProfessional/>

“I just love TriVita’s CoEnzyme Q-10! I feel much better during the day. Thank you TriVita!”

– Nancy S., member since 2003

## 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:

- 1 <http://www.health.harvard.edu/blog/statin-use-is-up-cholesterol-levels-are-down-are-americans-hearts-benefiting-201104151518>
- 2 Littarru GP, et al. *Mol Biotechnol.* 2007 Sep;37(1):31-7
- 3 <https://nccih.nih.gov/health/supplements/coq10>
- 4 Bliznakov EG. *Journ Amer Nut Assoc* Vol. 5, No. 3, Summer 2002.
- 5 Peter H. Langsjoen, M.D., F.A.c.c. Retrieved from: [http://www.fda.gov/ohrms/dockets/dailys/02/May02/052902/02p-0244-cp00001-02-Exhibit\\_A-vol1.pdf](http://www.fda.gov/ohrms/dockets/dailys/02/May02/052902/02p-0244-cp00001-02-Exhibit_A-vol1.pdf)
- 6 Folkers-K. Langsjoen-P. Langsjoen-P-H. *Biochem-Biophys-Res-Commun.* 1992 Jan 15. 182(1). P 247-53.
- 7 Bor-Jen Lee. *Nutrition Journal* 2013, 12:142.
- 8 Gao L, et al. *Atherosclerosis.* 2012 Apr;221(2):311-6.
- 9 Langsjoen-P-H, et al. *Klin-Wochenschr.* 1988 Jul 1. 66(13). P 583-90.
- 10 Rosenfeldt FL, et al. *Hum Hypertens.* 2007 Apr;21(4):297-306.
- 11 Khan, M., et al. *Journal Amer Acad Otolaryn-Head Neck Surg,* 2007 136(1), 72-77.
- 12 Ates O, et al. *Int J Ophthalmol.* 2013 Oct 18;6(5):675-9.
- 13 Anirban Chatterjee, et al. *J Indian Soc Periodontol.* 2012 Oct-Dec; 16(4): 539-542.
- 14 Cooke M, Iosia M, Buford T et al. *Journ Int Soc Sports Nutr,* March 4, 2008.
- 15 Folkers, K., & Wolaniuk, A. *Drugs Under Exper Clin Res,* 11(8), 539-545.
- 16 Russell T. Matthews, et al. *Proc Natl Acad Sci U S A.* 1998 Jul 21; 95(15): 8892-8897.
- 17 Hoppe U, et al. *Biofactors.* 1999;9(2-4):371-8.
- 18 Mizuno K, et al. *Nutrition,* Vol. 24, Issue 4, April 2008, pp. 293-9.

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

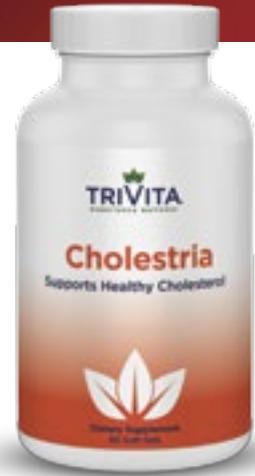
**Bergamot (Citrus Bergamia):** Citrus flavonoids, including the hesperidin found in bergamot fruit, are potent antioxidants linked to a healthy cardiovascular system.<sup>3</sup>

**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.

2 <http://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals/phytosterols#biological-activities>

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

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

5 Langsjoen PH, et al. *BioFact,* 1999 9:273-84.

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

#### PREMIER MEMBER?

4 ways to save money with TriVita’s Premier Membership. Find out how on page 40.



## 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 29.



## Adaptuit™ Sleep

#30790 **\$19.99**

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

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

### A CALM & NATURALLY RELAXING EXPERIENCE

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



### Adaptuit™ Sleep

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

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

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

### References:

- 1 <http://www.hort.purdue.edu/newcrop/ncnu02/v5-580.html>
- 2 Awad R, Arnason JT, et al. *Phytomed.* 2003;10:640–649.
- 3 Franco L, Sánchez CL, et al. *Acta Physiol Hung.* 2012 Jun;99(2):133-9.
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## IMMUNE SYSTEM SUPPORT

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



## EXERCISE FOR A STRONGER IMMUNE SYSTEM

Want a great way to help your immune system fight off infections? Just boost your daily activity. That's right: Exercise actually improves your immune system.

Any time that you are physically active, it raises your heart rate and pushes blood through your body. The fresh blood brings oxygen to the cells and pushes out the stale blood. This keeps your cells healthy and ready to fight off invaders.

### THESE 3 TIPS CAN HELP YOU STAY STRONG:

#### 1. Work up a sweat.

As our largest organ, our skin is very effective at sweating out toxins. Choose activities that you enjoy, and ideally sustain that activity for 30 minutes *after* you start to sweat.

#### 2. Focus on your breathing.

Deep breathing counts as exercise when it comes to immunity. Any time that we are physically active, it forces our body to take in more oxygen, resulting in deeper breaths. Whatever activity you're enjoying, focus on taking deep breaths to help the new oxygen get to the far areas of the lungs.

#### 3. De-stress.

Physical activity helps our bodies let go of stress. And less stress means more energy available to fight off any “bugs” that may be lurking around you.

#### Reference:

<http://www.nlm.nih.gov/medlineplus/ency/article/007165.htm>



“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.
- 3 Pussinen PJ. *Clin Diagn Lab Immunol.* 2003 Sep; 10(5): 897-902.
- 4 Saito M. Nutrition and bone health. *Clin Calcium.* 2009 Aug;19(8):1192-9.

- 5 Wang Y. *Arthritis Res Ther.* 2007;9(4):R66.
- 6 Zhang PY. *Eur Rev Med Pharmacol Sci.* 2014 Oct;18(20):3091-6.
- 7 Fusco D, et al. *Clin Interv Aging.* 2007 Sep; 2(3): 377-387.

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)



# IMMUNE SYSTEM SUPPORT

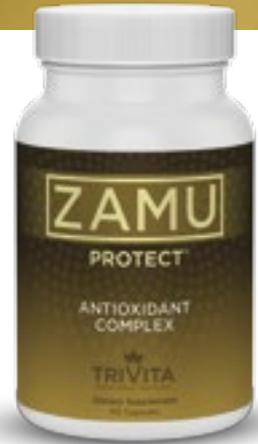
## Zamu Protect

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 terpenoids.



**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>

### PREMIER MEMBER?

4 ways to save money with TriVita's Premier Membership. Find out how on page 40.

# 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:

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

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

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

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

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

6 [http://www.ucdenver.edu/academics/colleges/pharmacy/currentstudents/OnCampusPharmDStudents/ExperientialProgram/Documents/nutr\\_monographs/Monograph-pau\\_darco.pdf](http://www.ucdenver.edu/academics/colleges/pharmacy/currentstudents/OnCampusPharmDStudents/ExperientialProgram/Documents/nutr_monographs/Monograph-pau_darco.pdf)

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

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

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

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

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



# IMMUNE SYSTEM SUPPORT

## Aqua Algae

Discover one of nature's best superfoods

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

**Spirulina:** Contains high levels of B vitamins, beta-carotene, carotenoids and minerals.<sup>1</sup>

**Blue Green Algae:** High in protein, iron and other mineral content.<sup>2</sup>

**Bladderwrack:** Contains high concentrations of iodine, and helps support thyroid health.<sup>3,4</sup>

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



### Aqua Algae

#ADS1272 **\$24.99**

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

#### Aqua Algae

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

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

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

#### References:

1 Dillon JC, Phuc AP, Dubacq JP. Nutritional value of the alga spirulina. *World Rev Nutr Diet*. 1995;77:32-46.

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

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

4 [naturalmedicines.therapeuticresearch.com/databases/food,-herbssupplements/professional.aspx?productid=726](http://naturalmedicines.therapeuticresearch.com/databases/food,-herbssupplements/professional.aspx?productid=726)

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

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

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

## Camu Gold

Clear your mind and brighten your day!

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

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

- Antioxidants—known for their free radical scavenging ability<sup>1</sup>
- High concentration of Vitamin C<sup>2</sup>
- Beta-carotene, fatty acids, protein and flavonoids<sup>1</sup>
- Contains no preservatives or artificial ingredients, flavors or coloring



### Camu Gold

#ADS3575 **\$29.99**

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

#### Camu Gold

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

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

#### References:

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

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



# 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 & Aztec marigold (*Tagetes erecta*) extract (FloraGLO®)] 2mg, Bilberry fruit 4:1 extract 100mg, Black currant fruit puree & juice powder 50mg, Grapeseed extract (80-85% oligomeric proanthocyanidins) 25 mg, Alpha-Lipoic acid 50 mg, Rutin 25 mg, Quercetin dihydrate 25 mg, Taurine 100 mg, N-Acetyl-L-Cysteine 20 mg, Glycine 10 mg.

**Other ingredients:** Gelatin, vegetable magnesium stearate and silica.

### References:

- 1 [https://www.nei.nih.gov/sites/default/files/NEHEP-pdfs/nehep\\_5\\_year\\_agenda\\_2006.pdf](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>



# 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:** 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!**

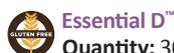


**Essential D™**  
#31270 **\$14.99**

**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>



**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:

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

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

## Balanced Woman

Maintain your grace during hormonal change

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

**Black Cohosh** helps supports menopausal comfort.<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. **May contain wheat and soy.**

#### 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.

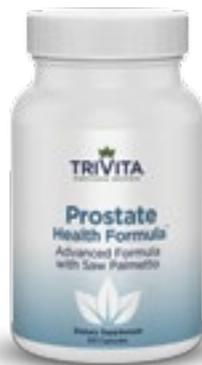
- 5 Wu WH, et al. *J Am Coll Nutr.* 2005 Aug;24(4):235-43.
- 6 Wiklund IK, et al. *Int J Clin Pharmacol Res.* 1999;19:89-99.
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## Prostate Health Formula

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:

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[www.integral-health-guide.com/lemon-essential-oil/](http://www.integral-health-guide.com/lemon-essential-oil/)  
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<https://nccih.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>

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— Rhonda Eklund

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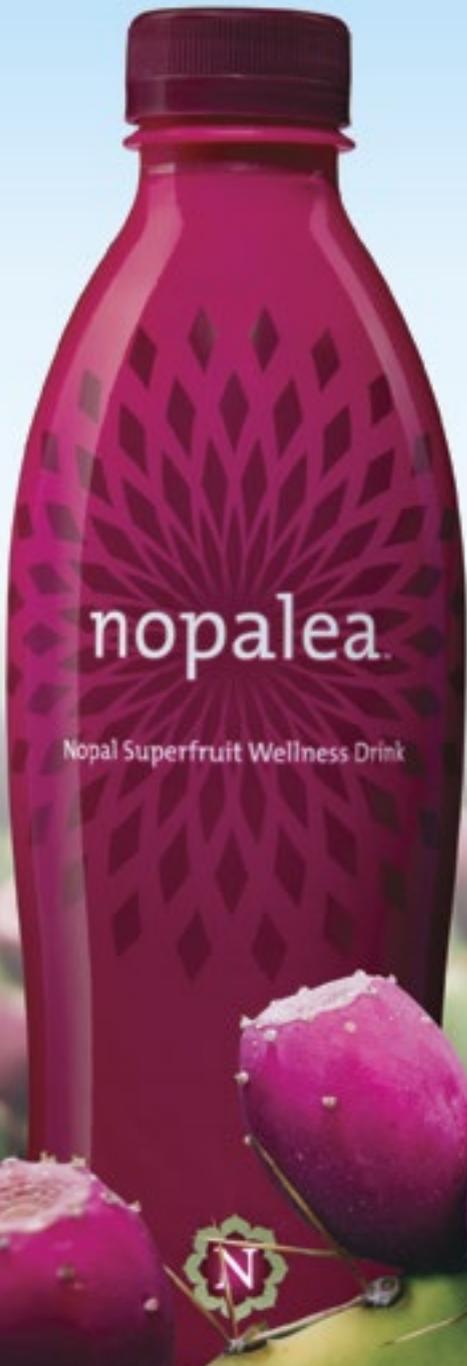
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