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APRIL 2018

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Inflammation Matters to Your Health

Harvard Medical School claims C-reactive protein is the most important indicator of heart health risk

Harvard Medical School published an article on March 21, 2017, that stated, “The predictive powers of a cholesterol test only go so far. Your C-reactive protein may be a better sign of impending heart trouble.” The main point of the article that I’d like to emphasize is that managing inflammation is the single most important thing you can do to support your cardiovascular system and promote healthy aging. Good news—you can do it naturally without the use of toxic medications that actually increase inflammation.

THE TRUTH ABOUT INFLAMMATION IS OUT!

In the article published by Harvard Health Publishing, Dr. Paul Ridker, a Harvard researcher, has a lot to say about lowering your risk of heart disease just by monitoring your C-reactive protein (CRP). With one simple test, you can check your inflammation levels to evaluate your risks.

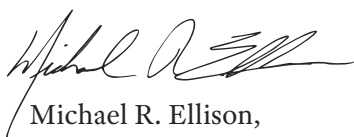
Harvard Medical School isn’t alone though, on March 23, 2000, *New England Journal of Medicine* also published an article stating CRP levels can better predict cardiovascular events such as heart attacks, strokes, bypass surgery and angioplasty. Again on November 14, 2002, *New England Journal of Medicine* concluded that CRP testing outperforms LDL cholesterol testing as a predictor of cardiovascular risk.

DON'T MISTAKE WHAT MATTERS MOST

Our mission at TriVita is to help you experience better wellness! The good news is you can do it naturally through diet, supplements and physical activity! Your lifestyle matters; smart choices enhance your health and can lower inflammation. Get exercise, even just 20 minutes of walking per day can make a difference. Avoid smoking. Eat a low inflammatory diet of vegetables and fruits including broccoli, cauliflower, cabbage, Brussels sprouts, cherries and blueberries. Cut out processed grains and aim for 25 grams of fiber per day. Eat whole, clean foods!

INFLAMMATION SUPPORT FROM THE SONORAN DESERT

Drink Nopalea! Nopalea is made from the fruit of the nopal cactus found in the Sonoran desert and is an anti-inflammatory superfood. I have so many personal testimonies from TriVita Members, friends and family members ranging in ages from 3 to 90 that have benefitted from this product. My CRP is .5! Some people say we shouldn’t talk about our family and friends, but I want you to know we believe and live by the 10 Essentials for Health and Wellness. It is why we founded TriVita 19 years ago; so many people could experience the joy of living with wellness!



Michael R. Ellison,
Founder of TriVita





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See page 9 for product information.

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All customer testimonies are from dedicated users of TriVita products. Some customers may benefit by receiving consideration or compensation for their relationship with TriVita.

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Chief Medical Officer, TriVita, Inc.;
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Paul is a passionate advocate for early detection, prevention and wellness and brings extensive healthcare education, experience and leadership to his role as the Administrator of TriVita Clinic.



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10 FOUNDATIONAL VALUES

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

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



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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.



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.

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You should consult with a healthcare provider before starting any diet, exercise or supplementation program, before taking any medication or if you have or suspect you might have an allergy or medical condition. You should not stop taking any medication without first consulting your healthcare provider. Experience Wellness is a registered trademark of TriVita Inc. Children, women who are pregnant or nursing and all individuals allergic to any foods or ingredients should consult their healthcare provider before using any product. To report a serious adverse event or obtain product information, contact 1-800-991-7116. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information in this catalog may contain errors or inaccuracies.



Healthy inflammation and immune support start here

Experience greater wellness with Nopalea™



AUTHOR BIO:

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.

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.

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.

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.

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.

This article is intended for educational purposes only.



What is inflammation?

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

WHAT CAN CAUSE INFLAMMATION?

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

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

High omega-6 fatty acids intake – This comes from popular processed oils like vegetable, safflower, canola, corn 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.³

How to combat inflammation

Exercise³

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 Better⁴

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 Supplements⁵⁻⁷

Boost your body's vitamin level by taking Vitamin A, Vitamin B6 (see *Alfred Libby's B-12*, page 23), Vitamin C (see *Vital C*, page 33), Vitamin D (see *Essential D*, page 34), Vitamin E, Vitamin K (see *VitaCal-MagD K2*, page 25), Omega 3 (see *Omega3 Prime*, page 31), Nopalea (see page 9) and Turmeric (see *Promeric 95*, page 29).

References:

- 1 http://bodyecology.com/articles/inflammation_cause_of_disease_how_to_prevent.php
- 2 <http://www.shape.com/lifestyle/beauty-style/soothe-chronic-inflammation-slow-premature-aging>
- 3 <http://kimberlysnider.com/blog/2012/09/22/9-foods-that-cause-inflammation-and-9-that-fight-it/>

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Protect your body with Nopalea

Maintaining the mobility and vitality to do what you love is essential to living a fulfilled life. Even though you stay active and try to fuel your body with the right nutrients, it may not be enough. Your body is constantly fighting off germs, bacteria and other threats that can damage your cells and hinder your health.

Inflammation is necessary for a healthy body. When cells face injury and stress, your immune system responds with inflammation to restore impaired cells and protect the healthy ones. However, if inflammation is unmanaged, it may leave you more vulnerable to adverse health conditions.

Rebalance inflammation and immune support with Nopalea

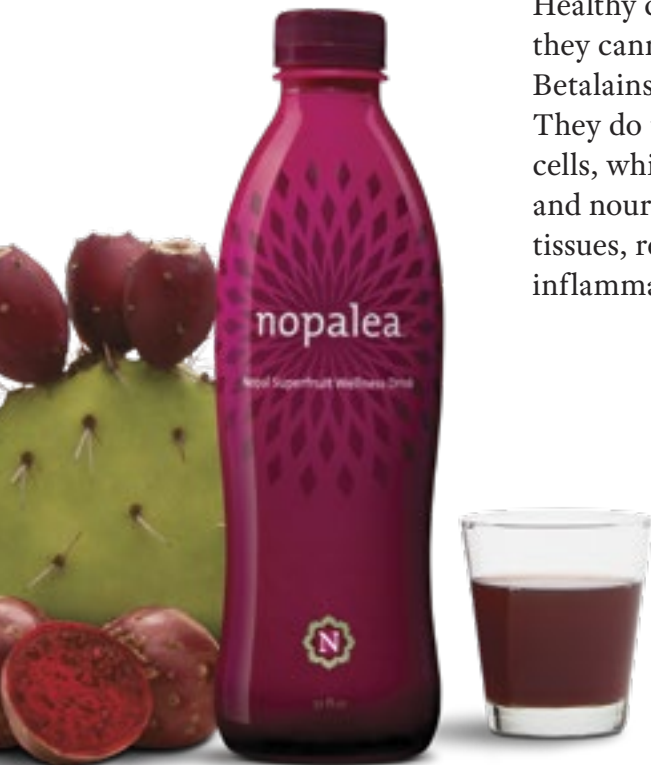
It's not possible to avoid every environmental and biological trigger, but you can support your immune system's normal and essential anti-inflammatory functions with Nopalea. Research on Nopalea has shown that it decreases inflammatory markers in the body such as CRP – C-reactive protein, which can be an indicator of inflammation.¹

Nopalea contains a high concentration of plant-based nutrients called Betalains that have potent antioxidant properties and gives Nopalea its rich ruby color. Betalains strengthen antioxidant defenses and help protect cells from oxidative damage. It does this by neutralizing your body's inner toxins and helps to reduce inflammation. Nopalea provides your body with the relief it needs today while protecting it against tomorrow's dangerous health conditions.

Protect your cells for better health

Healthy cells are in a state of balance, but when cells are under stress, they cannot repair themselves normally. When you drink Nopalea, Betalains begin to restore your body's vitality at the cellular level. They do this by helping your body reduce the toxins surrounding cells, which allow essential nutrients to reach each damaged cell and nourish it. As a result, cells are energized to replace damaged tissues, reduce reactive inflammation and rebalance the natural inflammatory response.

To enhance Nopalea's therapeutic qualities, we combined the Nopal cactus fruit with other plant-based ingredients known to have various health benefits. These ingredients include everything from beet juice and papaya to raspberry, cranberry and pomegranate. Nopalea may help to offset some of the damage caused by our modern lifestyles and lower inflammation.



References:

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



Boost your
immune system!

Nopalea

Healthy inflammation support from the Sonoran superfruit

Since we first introduced it nearly ten years ago, Nopalea has been a top product and for a good reason! Nopalea is a delicious, nutrient-dense drink originating from the fruit of the Nopal cactus (also known as prickly pear) found in the Sonoran desert. The superfruit contains potent antioxidants called Betalains that restore your body's vitality at a cellular level.

With daily use, Nopalea may help your body:

- Support the normal and essential anti-inflammatory function performed by the immune system
- Reduce inflammation
- Detoxify
- Promote cellular health

"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

"I've never felt better since I started taking TriVita products, especially Nopalea."

- Real D.,
Member since 2010



Nopalea™ Liquid 4-Pack

#33400 **\$119.99**

**SAVE \$20 OVER
SINGLE BOTTLE PRICING!**

**Plus Receive 2,000 Mega Bonus
VitaPoints worth \$20!**

Mega Bonus VitaPoint offer limited to one 4-pack per order.
Offer expires on 04-30-18 at 9 pm, EST.

Nopalea™ Liquid

#30710 **\$34.99**

Earn 140 VitaPoints!

Suggested Use: For maintenance, drink 1 ounce daily. May be mixed with water or your favorite beverage.

When taking Nopalea for the first time, drink 3 ounces in the morning and 3 ounces in the evening for 60 days. 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.



Member Spotlight

KEEP ON, KEEPING ON

Helen Swanson has lived in numerous cities and towns throughout the Midwest, and everywhere she goes she brings with her a keen sense of service.

“I’ve always tried to help people and to have a servants heart. That’s just what I do, because you never know what tomorrow’s going to bring. There are a lot of people my age with pretty severe physical problems who’re really struggling, and I try to do whatever I can to help.” In fact, several months ago she found herself trying to break up a fight in front of a bank. “It happened right in front of me—I couldn’t just ignore it. One of the men had his glasses knocked off and they landed right by my car, so I got out of my car, grabbed the glasses and told those two to knock it off.” In other words, this is a woman who stands on principle.

“I was born in Joliet, Illinois but we moved to South Bend, Indiana when I was 6 months old, so that’s where I call home. As you might guess, I’m a huge Notre Dame fan. My other love is babies. I’m planning to volunteer at the local YMCA day care because I just love being around them so much. When I’m out and I see babies I almost have a fit.”

After growing up in Indiana, Helen got a job as a teletype operator and load planner for United Airlines right out of high school in 1957. “This was back in the

days of prop planes, and I was in charge of weighing each to make sure they got off the ground. Four years later I got married, and in 1965 my husband and I moved to Sandusky, Ohio. He was with a freight company, so we moved quite a bit; first to Marshall, Michigan in 1969, then to New Berlin, Wisconsin in 1972 and finally to Hermitage, Tennessee right outside of Nashville in 1973.”

“While we were in Tennessee, I went through nurses training, and after we were divorced in 1975, I ended up moving back to South Bend in the late 70s with



“I was working late one night and I heard James Robison on TV talking about Super B-12, so I ordered a box. Well, I felt an immediate difference in my energy and my mood right from the start—and I still do. Ever since then, the first thing I do when I get up is drink a tall glass of water and take a B-12 tablet. I can’t imagine being without it.”



my son and daughter and working almost 20 years as an LPN on a medical surgery floor. It was a small hospital, but we really provided great care. By 1998 my daughter was married with a family and career of her own, and I moved to Pennsylvania to help care for my grandchildren.”

“These days I live in New Hope, Minnesota, a suburb of Minneapolis, where I’ve been for 12 years—the last 10 in an independent senior living facility. When I first moved here I worked for two home care agencies as a nursing coordinator. That was right about the

time I became a TriVita customer. I was working late one night and I heard James Robison on TV talking about Super B-12, so I ordered a box. Well, I felt an immediate difference in my energy and my mood right from the start—and I still do. Ever since then, the first thing I do when I get up is drink a tall glass of water and take a B-12 tablet. I can’t imagine being without it.”

“I have had my share of health problems, including breast cancer, and for many years I had extremely high blood pressure, too. At one time I was on about 6 different medications for that alone, and in 2009 I was put in the hospital when my numbers hit 265 over 120. Fortunately the doctors took out my adrenal glands, and now I’m down to one blood pressure medication a day, which helps because I’m very sensitive to medicine.

“I currently take Alfred Libby’s B-12, VisionGuard and Omega3 Prime, and last August I started taking MyoHealth. There’s no way to explain how MyoHealth has made me feel. I have a herniated disc in my back that was very uncomfortable, and now I can do almost anything I want. Plus, within 2 days it stemmed my appetite, and with my increased mobility I’ve lost 18-pounds. It’s just an absolutely wonderful product. Sometimes I take it in the morning and sometimes in the afternoon as well as for an energy boost. If somebody had to take everything away from me, they couldn’t take my B-12 or MyoHealth.”

Want to give the gift of wellness?

Just **call 1-800-991-7116** and let us know you’d like to ship something special to your friends or family. We’ll take it from there.

And thanks for choosing us to help you help others.

Get to Know the



Weight loss diets aren't new. From the Paleo, Vegan and Dukan diets to the well-known Atkins Diet, there are a plethora of modern low-carb diet plans that focus on maximizing health while facilitating weight loss.

But in our rush to improve our health and enhance our life, we all too often overlook the one thing we can easily change—our diet. And as we strive to achieve long-term cardio and brain health, nothing holds the potential to have a bigger impact than our diet.

The Keto Diet is a low-carb diet that focuses on limiting net carbohydrate intake in order to force the body to use more fats for fuel. High carb diets lead to excess glucose and insulin production. This can lead to several problems.

Because glucose is the easiest molecule to convert and use as energy, the body will choose glucose as it's primary energy source whenever it's available. However, with all that glucose present your body needs to produce insulin, a fat storing hormone, to evenly distribute the surplus.

With the glucose now being used as a primary energy, the fats your body would otherwise use as energy are not needed, which means they get stored...as fat. The Keto Diet functions to reverse this process by lowering the intake of carbs, thereby coaxing the body into ketosis, a natural survival technique whereby the body endures on low amounts of food. The Keto Diet gets its name from the ketones we produce while in this state, which are derived from the breakdown of fats in the liver.¹



The Keto Diet calls for a nutrient intake of:

- 70% Fats**
- 25% Protein**
- 5% Carbohydrates**

Most of your meals should be a protein with vegetables and an extra side of fat.¹

MEAL EXAMPLES:

- Chicken breast basted in olive oil, with broccoli and cheese.
- Steak topped with a knob of butter and a side of spinach sautéed in olive oil.

KETO DIET BENEFITS

Numerous studies have shown that low-carb diets are extremely helpful when it comes to weight loss, especially for individuals that are overweight or obese.² Low-carb diets have also been linked to numerous other health benefits, including the reduction of belly fat, a dangerous situation due to the proximity to our vital organs.³ A low-carb diet such as the Keto Diet works by reducing your appetite, and when you're not hungry, you ingest fewer calories.⁴

Studies have also shown that low-carb diets may minimize many major disease risk factors, including weight loss to insulin and blood pressure levels.⁵

Weight Loss

By using your body fat as an energy source, the ketogenic diet reduces your insulin levels to turn your body into a fat burning machine.¹

Control Blood Sugar

Eating fewer carbs naturally lowers your blood sugar. In fact, studies show that the ketogenic diet is a more effective means of preventing diabetes than traditional low-calorie diets.¹

Mental Focus

Lowering your carb intake not only lowers your blood sugar, it limits any sugar spikes along with it. As a result, Keto Diet devotees can experience improved focus and concentration. Along with that, studies

have shown that the high concentration of fatty acids (the Keto Diet calls for a nutrient intake of 70% fats, 25% protein and 5% carbohydrates), can beneficially impact how our brains function.¹

Increased Energy & Normalized Hunger

With a better, more reliable energy source fueling your body (fats are the most effective molecule to burn), you'll feel more energized. As an added bonus, fat is also naturally more satisfying, which leaves you feeling "full" longer.¹

Cholesterol & Blood Pressure

Compared to low-fat diets, low-carb, high-fat diets show a dramatic increase in HDL and decrease in LDL particle concentration. Low-carb diets have also been shown to treat blood pressure issues—frequently associated with excess weight or obesity—more effectively than other diets.¹

Insulin Resistance

An abundant amount of research shows that a low carb diet can lead to lower insulin levels, thereby helping many people avoid contracting Type II diabetes. However, it's equally important to realize that even people who exercise regularly can benefit from the insulin optimizing properties of many high omega-3 fatty acid foods found in the Keto Diet.¹

—continued on next page



WHAT TO EAT

- **Meats** – fish, beef, lamb, poultry, eggs, etc.
- **Leafy Greens** – spinach, kale, etc.
- **Above ground vegetables** – broccoli, cauliflower, etc.
- **High Fat Dairy** – hard cheeses, high fat cream, butter, etc.
- **Nuts and seeds** – macadamias, walnuts, sunflower seeds, etc.
- **Avocado and berries** – raspberries, blackberries, and other low glycemic impact berries
- **Sweeteners** – stevia, erythritol, monk fruit and other low-carb sweeteners
- **Other fats** – coconut oil, high-fat salad dressing, saturated fats, etc.¹

WHAT NOT TO EAT

- **Grains** – wheat, corn, rice, cereal, etc.
- **Sugar** – honey, agave, maple syrup, etc.
- **Fruit** – apples, bananas, oranges, etc.
- **Tubers** – potato, yams, etc.¹



The History of the Human Diet[†]

Until agriculture was developed around 10,000 years ago, humans got their food by hunting, gathering and fishing, during which time meat played a starring role in the evolution of the human diet. By starting to eat calorie-dense meat and marrow instead of the low-quality plant diet of apes, our direct ancestor, *Homo erectus*, took in enough extra energy to help fuel a bigger brain. This in turn has led some scientists to consider the practice as vital to our evolution, since a higher quality diet and less bulky plant fiber would have allowed these humans to have much smaller guts. The energy freed up as a result could be used by the brain, which requires 20 percent of a human's energy when resting. (By comparison, an ape's brain requires only 8 percent.) This means that from the time of *Homo erectus*, the human body has depended on a diet of energy-dense food—especially meat.

[†] Idea proposed by Leslie Aiello & paleoanthropologist, Peter Wheeler. nationalgeographic.com/foodfeatures/evolution-of-diet

Get to know the Keto Diet—continued from previous page

THE IMPORTANCE OF KETOGENIC AMINO ACIDS

Essential Amino acids are the cellular building blocks of protein.⁶ There are 20 primary amino acids in your body's proteins, 9 of which are essential to your diet because your cells can't manufacture them. By contrast, your body can produce enough non-essential amino acids to meet its needs.⁷

Glucogenic and Ketogenic Amino Acids

Amino acids can also be classified as glucogenic, ketogenic or glucogenic-ketogenic depending on how they are metabolized. As it does with carbohydrates and fats, your body metabolizes the amino acids in proteins to derive energy. Glucogenic amino acids yield glucose for energy production, while ketogenic amino acids like lysine and leucine are converted into ketone bodies via ketogenesis. Ketone bodies provide an alternative fuel source when glucose, the body's preferred energy source, is unavailable.⁸

HOW TO REACH KETOSIS

1. *Limit your carbs*
2. *Limit your proteins*
3. *Don't worry about fat intake*
4. *Drink plenty of water*
5. *Stop snacking*
6. *Start fasting*
7. *Exercise*
8. *Start supplementing¹ with Omega3 Prime (pg. 31) and MyoHealth Essential Amino Acid Complex (pg. 20-21) from TriVita*

This article is intended for educational purposes only.

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- 3 www.ncbi.nlm.nih.gov/pubmed/15533250
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- 6 Robert Wolfe, *Essential Amino Acid Solutions for Everyone* (unpublished, 2016), 29

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- 8 www.healthyeating.sfgate.com/ketogenic-amino-acids-9147.html



HEALTHCARE PROFESSIONAL BOARD

One of our 10 Foundational Values

TriVita's scientifically validated supplements are created by people with the training and skills to know what works best to promote wellness. TriVita's Healthcare Professional Board is comprised of highly credentialed and esteemed medical professionals who possess varied educational and professional experiences, allowing each board member to offer unique insights into health, wellness and supplementation.

This group of professionals are responsible for staying abreast of the latest medical developments and providing valuable recommendations based on current and emerging science, nutrition research, testing methods and industry trends. These findings influence our product formulation process, in which the Healthcare Professional Board plays a crucial role.

Product formulation is a rigorous process that includes proposing new product formulations to the advisory board for review. The board doesn't

just rubber stamp every idea; they engage in debate and discussion, ask questions and offer recommendations based on current research. From there the formulation is revised, and the process begins again. This development process is driven by discovery and innovation to create the best possible products for our Members.

In addition to helping guide new product development, TriVita's Healthcare Professional Board continually helps us review and revise our current products, each of which is scrutinized to ensure we only offer nutritional supplements backed by strong science, not passing trends.

Under the guidance of our Healthcare Professional Board, TriVita combines the latest science with a genuine passion for creating effective and innovative products and services that support physical, emotional and spiritual wellness.



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 mass. 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), which 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 contain
Dr. Wolfe's patented Essential Amino Acid formula,**

Reference:

1 healthyeating.sfgate.com/many-amino-acids-body-require-6412.html

the EAA blend in MyoHealth represents a monumental breakthrough in nutritional 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 jumpstart 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.¹

Over 20 years in the making, MyoHealth's formula was developed based on findings from the National Aeronautics and Space Administration (NASA), research funded by the National Institutes of Health (NIH) and 24 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.



Essential amino acids: The backbone of MyoHealth®

Build muscle the EAAasy way

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

What's so important about Essential Amino Acids?

- Muscle is the main reservoir of amino acids in the body¹
- Muscle needs protein to grow, but the body cannot produce protein on its own
- Essential Amino Acids are the cellular building blocks of protein¹
- Muscle is always in a state of breakdown and synthesis, or “turnover,” which is an important process to get rid of old damaged muscle fibers and replace them with new healthy fibers¹
- Muscle serves many important metabolic functions beyond supporting physical movement

MyoHealth contains the first U.S. patented Essential Amino Acid (EAA) complex that includes all 9 EAAs. But it wasn't easy getting there. The formula behind our Essential Amino Acid Complex took 30 years to develop, cost over \$20 million in research and development and underwent 24 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

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



“When I was younger, I was very active and played football in both high school and college. But as the years passed, I became more sedentary and my activity, ability and fitness level all steadily declined. At the urging of my family, I finally joined a gym, and taking MyoHealth Essential Amino Acid Complex prior to my workouts has given me the added boost I need. Plus, I feel like I recover quicker. Thanks, TriVita!”

— Kevin B.,
member since 2011

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

[FIRST-TIME BUYER]

NEW TO MYOHEALTH?



If you're ready to start living stronger, the MyoHealth 30-Day Strength Challenge is designed to get you started!

\$49⁹⁹
EARN 200 VITAPPOINTS

Buy One MyoHealth Essential Amino Acid Complex Vegan Lemonade Powder

RECEIVE ONE FREE!*

PLUS:

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

OVER
\$60.00
IN PRODUCT AND MATERIALS
FREE!*



Live it, love it and share your lifestyle improvement story.

After you complete the 30-Day Challenge, send us your story and receive a **FREE MyoHealth t-shirt**. Visit MyoHealthStories.com for more information.

CALL 1-800-991-7116 OR VISIT

* MyoHealth 30-Day Strength Challenge available to new and existing customers one time only.

20% OFF!

If you've already taken the MyoHealth® Challenge and you're ready to continue living stronger, MyoHealth is available in Lemonade Powder, Capsules and Vegan Protein Powder.

VEGAN LEMONADE POWDER

\$49.99 NOW \$39.99†

Earn 160 VitaPoints!

VEGAN CAPSULES

\$49.99 NOW \$39.99†

Earn 160 VitaPoints!

VEGAN PROTEIN SHAKE

\$59.99 NOW \$47.99†

Earn 192 VitaPoints!



“I just finished the 30-Day MyoHealth Challenge, and all I can say is WOW! I have an inflammatory condition and experience a lot of discomfort, especially in my back. Since taking MyoHealth, my discomfort has reduced dramatically and I feel stronger every day. At 68-years-old I can now walk up the stairs without holding onto the railing and feel stronger and more energetic than I have in a very long time. I love MyoHealth!”

— Ruth D.,
member since 2004

“Since I started taking MyoHealth and completed the 30-Day Challenge, I've experienced increased energy and the muscles everywhere on my body have begun taking on new dimensions. My physiotherapist of 10 years asked why I suddenly have the calf muscles of a cyclist. Little does she know that I haven't been on a bike in 20 years. MyoHealth is truly an amazing product!”

— Alain G.,
member since 2009

TRIVITA.COM TO ORDER TODAY!

†20% MyoHealth offer expires 04-30-18 at 9 pm, EST.

1-800-991-7116 or shop online 24/7 at TriVita.com



MyoHealth Vegan Protein Shake

Packed with pure plant protein fortified with Essential Amino Acids

"Since starting on MyoHealth, I'm more active, my strength training and cardio exercise have improved, and so has my energy!"

- Susan T.,
Member since 2000

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~~ **NOW \$47.99**

Offer expires 04-30-18 at 9pm, EST.

Earn 192 VitaPoints!

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

SALE



MyoHealth® Vegan Protein - Vanilla

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

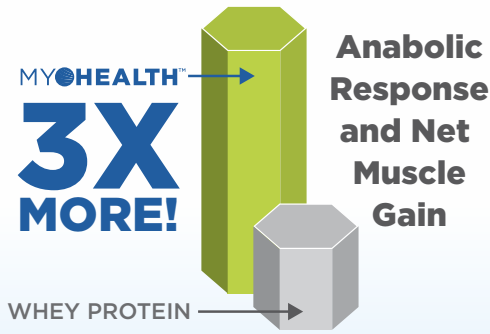
Amount per serving: Patented Amino Acid Blend 1.5 g**: L-Leucine, L-Lysine HCl, L-Valine, L-Isoleucine, L-Arginine, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan.

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



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

“As you get older you lose muscle; you just do. But since I started taking MyoHealth, I can now open lids without any additional assistance, including water bottle lids, which I never could do before. I began taking MyoHealth about a month ago, and now I’m just stronger all over. I’ve even seen my muscles become tighter and my body take on more tone. I can even run up and down stairs again. I just feel really good.

MyoHealth has surpassed my greatest expectations—and it tastes great, too! Everybody needs to be on this product.”

- Donna P.,
Member since 2010

MyoHealth[®] Essential Amino Acid Complex - Vegan Lemonade Powder

#30870 ~~\$49.99~~ **NOW \$39.99**

Offer expires 04-30-18 at 9pm, EST.

Earn 160 VitaPoints!

Suggested use: Adults, 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~~ **NOW \$39.99**

Offer expires 04-30-18 at 9pm, EST.

Earn 160 VitaPoints!

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**: L-Leucine, L-Lysine HCl, L-Valine, L-Isoleucine, 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



THE VITAMIN B-12/ENERGY LINK

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

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

- Fatigue
- Loss of balance
- Anemia
- Memory problems

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

WHY I RECOMMEND SUPPLEMENTATION

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

This article is intended for educational purposes only.

References:

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



AUTHOR BIO:

DR. SCOTT CONARD

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

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





Alfred Libby's Original Patented B-12 & Super B-12

Essential vitamin support for energy, mental clarity and focus

Why our formula matters

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

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

"When I take the Slow Dissolve B-12, I don't get the 2:00 or 3:00 p.m. crash that I used to get. After I stopped using it for a little while, I realized I needed to start taking it again."

- Pamela P.,
Member since 2000

Formulation features:

Alfred Libby's Slow Dissolve B-12

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

Alfred Libby's Slow Dissolve Super B-12

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

THIS PRODUCT IS ALSO GREAT FOR:

- CARDIOVASCULAR SYSTEM SUPPORT**
- BRAIN & NERVE HEALTH SUPPORT**

Alfred Libby's B-12 Tablets

#30140 **\$19.99**

Earn 80 VitaPoints!

Alfred Libby's Super B-12 Tablets

#33356 **\$23.99**

Earn 96 VitaPoints!



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

Alfred Libby's Slow Dissolve B-12 Tablets

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

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

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

Alfred Libby's Slow Dissolve Super B-12 Tablets

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

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

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



GlucoManage Formula

Blood sugar balance to help restore healthy glucose levels

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.¹

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

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

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

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

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

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

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

DID YOU KNOW?

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



GlucoManage® Formula

#30340 **\$29.99**

Earn 120 VitaPoints!

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



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, 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.**

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VitaCal-MagD™ K2

Calcium complex and Vitamin K2 for musculoskeletal support

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

But getting enough calcium from food alone can be a challenge.² On top of that, calcium absorption may drop by up to 20% in adulthood—and decline even further as we grow older, just when we start needing more.^{1,3}

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.^{4,5} 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.^{6,7}

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.⁸

THIS PRODUCT IS ALSO GREAT FOR:

 **CARDIOVASCULAR SYSTEM SUPPORT**

 **MEN'S & WOMEN'S HEALTH SUPPORT**

VitaCal-MagD™ K2

#30182 **\$24.99**

Earn 100 VitaPoints!

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



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:

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

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

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



Don't just
cope.

**TAKE
CONTROL.**

Adaptuit. For a more relaxed you.

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

Eleutherococcus senticosus extract 4:1 (root): Eleuthero is known to reduce cardiovascular responses to stress while helping with overall stress adaptation.¹

Schisandra chinensis extract 10:1 (Fruit): Vining shrub's berry is used in folk health practices to increase endurance, coordination, mental sharpness and work capacity.²

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

Eleutherococcus senticosus root is believed to have adaptogenic effects on the adrenal glands, whereas Rhodiola and Schisandra are believed to act as central nervous system adaptogens.⁴⁻⁹



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- 9 Panossian A, Wikman G. Pharmacology of *Schisandra chinensis* Baill: An overview of Russian research and uses in medicine. *J Ethnopharmacol* 2008;118(2):183-212.
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Adaptuit

Supports daily stress relief for a calmer, more relaxed you

CONTAINS
THE UNIQUE
CALMING
COMPOUND
L-THEANINE

Everyone has some kind of stress that they experience day in and day out, from financial and health stress to relationship, work and physical stress.

We all try our best to *adapt* to our particular stressors, but sometimes we need help.

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.

“Adaptuit helped me manage my stress during a long-term caregiving job. I took 3 oz. in the morning and 2 oz. at the end of the day and it made a big difference.”
- Mary D.,
Member since 2011

- L-Theanine is the unique, calming compound present in green tea, but without the caffeine.^{10,11}
- Adaptuit contains 125-375 mg of L-Theanine, per 1-3 fl oz. For comparison, there are approximately 25-60 mg of L-Theanine per 200 ml serving of tea.¹³

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

THIS PRODUCT IS ALSO GREAT FOR:
 ENERGY, STAMINA & PERFORMANCE SUPPORT

DELICIOUS GRAPE FLAVOR!

Adaptuit®
#30770 **\$34.99**
Earn 140 VitaPoints!
Suggested use: Drink 1 to 3 ounces daily.

Adaptuit® 4-Pack
#33345 **\$119.99**
SAVE \$20 OVER SINGLE BOTTLE PRICING!
Earn 480 VitaPoints!



Adaptuit®
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).



HCY Guard

Nutritional support to help lower and maintain healthy homocysteine levels

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

Why does HCY go out-of-range?

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

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

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

Choline: An important cofactor in homocysteine metabolism⁶

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

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

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



HCY Guard®
#30460 **\$23.99**

Earn 96 VitaPoints!

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.



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.

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

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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.^{1,2} Modern in vitro studies have found that turmeric exhibits antioxidant and anti-inflammatory properties, including the inhibition of joint inflammation.¹

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
- Non-GMO turmeric extract
- Small, easy-to-swallow soft gels
- 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.³

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.⁴

"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



THIS PRODUCT IS ALSO GREAT FOR:

HEALTHY INFLAMMATION SUPPORT

Promeric 95

#30820 **\$39.99**

Earn 160 VitaPoints!

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



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.



SHARE your WELLNESS story and INSPIRE OTHERS!

Have a great wellness story you want to share? We're looking for loyal members like yourself to tell us why you trust TriVita with your health.

And in return, we want to thank you with \$50 in VitaPoints to apply toward future purchases.*

Just email us at share@trivita.com or call 1-866-927-6897 and provide your name, a list of your favorite TriVita products and a large digital photo or two. We'll review every submission, and if you're chosen, we'll set up a short phone interview. Then, within a few months, you'll be featured as the Member Spotlight star in the TriVita catalog.

So whether you love Alfred Libby's B-12 tablets or can't do without CoEnzyme Q-10, let us know how TriVita has made a difference in your life. We look forward to hearing from you!

BE A MEMBER SPOTLIGHT STAR.

Call 1-866-927-6897 or email us at share@trivita.com.

*VitaPoint reward is only available to those members who agree to a brief phone interview, provide a large digital photo and whose story is published in the TriVita catalog or TriVita website at our discretion.



Omega3 Prime

Premium fish oil concentrate for heart, brain and joint support

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

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

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

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

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

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

Quality, every step of the way:

- Highly refined and pharmaceutically distilled to provide the most pure form of omega-3s
- Multi-level testing with traceability throughout our supply chain, all the way to the finished product
- High quality control standards that help ensure potency, limit fish oil oxidation, neutralizing fishy odor and aftertaste
- 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.

"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



THIS PRODUCT IS ALSO GREAT FOR:

- CARDIOVASCULAR SYSTEM SUPPORT**
- HEALTHY INFLAMMATION SUPPORT**

Omega3 Prime™

#31320 **\$29.99**

Earn 120 VitaPoints!

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



Omega3 Prime™

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

Amount per serving: 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.



VisionGuard

Advanced vision formula to help you see life more clearly

VisionGuard starts with FloraGLO® lutein (10 mg) and zeaxanthin (2 mg): Botanical antioxidants that support vision health,^{1,2} but decline in our eyes with age.³

These two key antioxidants:

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

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

Bilberry: Traditional eye health fruit concentrated into a 4:1 extract.⁹

Black currant: Supplies antioxidant anthocyanins and polyphenols.

Grapeseed: Standardized to 80-85% OPCs: Antioxidants tied to glare recovery.¹⁰

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

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
- Helping protect vision by absorbing harmful UV rays
- Increasing the retina’s protective macular pigment
- Reducing sensitivity to glare and blindingly bright light

VisionGuard™

#30572 **\$29.99**

Earn 120 VitaPoints!

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.



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

Other ingredients: Gelatin, vegetable magnesium stearate and silica.

References:

- 1 https://www.nei.nih.gov/sites/default/files/NEHEP-pdfs/nehep_5_year_agenda_2006.pdf
- 2 <https://nei.nih.gov/news/pressreleases/050513>
- 3 Obana A, et al. *Ophthalmology*. 2008 Jan;115(1):147-57.
- 4 Koushan K. *Nutrients*. 2013 May; 5(5): 1823-1839.
- 5 Trieschmann, et al. *Eye* (2008) 22, 132-137.

- 6 Junghans A, Sies H, et al. *Arch Biochem Biophys*. 2001 Jul 15; 391(2): 160-4.
- 7 Richer S, Stiles W, Statkute L, et al. *Optometry* 2004; 75: 216-230.
- 8 Richer S, Devenport J, et al. *Optometry*. 2007 May; 78(5): 213-9.
- 9 <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>



Vital C

The single solution to support immunity, detoxification and healthy aging

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!

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

- Nancy H.,
Member since 2003

Vital C Crystal Tablet

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

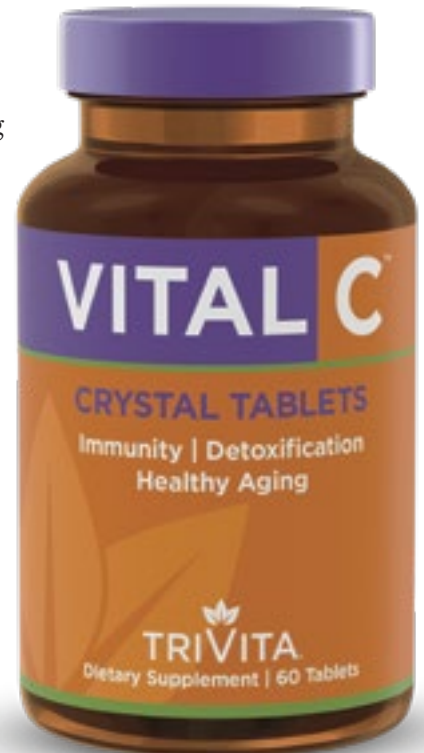
Vital C Crystal Powder

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

Feel Vitamin C's Full Potential

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

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



Vital C™ Crystal Tablets

#30230 **\$19.99**

Earn 80 VitaPoints!

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**

Earn 100 VitaPoints!

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:** 2 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.

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.



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.

- 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.



Essential D

Easy-to-swallow soft gels packed with a healthy dose of Vitamin D3

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

- Getting older.** Vitamin D gets harder to absorb and synthesize with age.¹
- Staying indoors.** Your skin needs sunlight in order to make Vitamin D.²
- Sunblock.** Using SPF 8+ may reduce the skin's Vitamin D synthesis by 95%.³
- Overweight.** Carrying extra pounds may create D insufficiency risks.⁴

DID YOU KNOW?

Just one soft gel supplies 5,000 IU of Vitamin D3: the equivalent Vitamin D amount found in 50 cups of milk!⁸

Essential D: Enhanced & absorbable Vitamin D3




Designed for easy absorption, Essential D starts with 5,000 IU of Vitamin D3 (Cholecalciferol), a bioavailable form that matches what your body produces naturally. The Essential D Proprietary Blend includes:

- Broccoli powder:** Supplies sulforaphane that may help regulate Vitamin D Receptor (VDR) genes.⁵
- Olive oil base:** Oil-based Vitamin D may be absorbed more efficiently than powder-based D.⁶

Vitamin D supports whole-body wellness:

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

THIS PRODUCT IS ALSO
GREAT FOR:

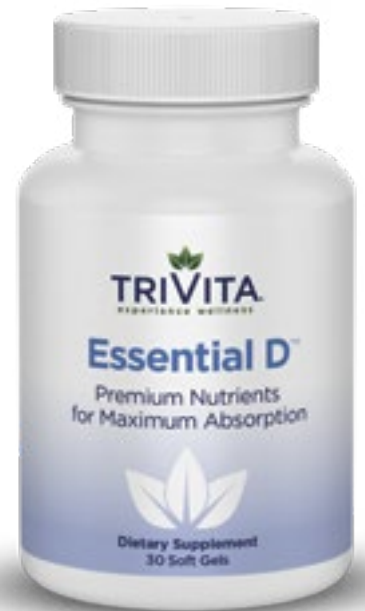
-  **ENERGY, STAMINA & PERFORMANCE SUPPORT**
-  **MUSCULOSKELETAL SYSTEM SUPPORT**
-  **NUTRITIONAL SUPPORT**

Essential D™

#31270 **\$14.99**

Earn 60 VitaPoints!

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.



Essential D™

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

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

This product contains soy.

References:

- 1 Janssen H, et al. *Am J Clin Nutr*; 2002; 75: 611-615.
- 2 <http://www.ncbi.nlm.nih.gov/pubmed/18348443>
- 3 Holick MF. *Am J Clin Nutr* 2004;80(suppl):1678S-1688S.
- 4 Vimalaswaran KS, et al. 201; *PLoS Med* 10(2): e1001383.

- 5 Schwab M, et al. *Immunology* (2008) Oct 27;125(2):241-51.
- 6 Grossmann R, et al, 2010; *Mol Nutr Food Res*. Aug; 54(8): 1055-1061.
- 7 <http://ipi.oregonstate.edu/mic/vitamins/vitamin-d>
- 8 <http://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>



Cholestria

Healthy cholesterol level maintenance and support 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.^{1,2} Cholestria supplies a high-potency 1,000 mg serving of plant-based sterol esters in each soft gel.

A more complete cardio picture

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

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

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

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

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

Help maintain your cholesterol already within normal range with Cholestria!

Cholestria™

#31290 **\$39.99**

Earn 160 VitaPoints!

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

"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 2010



Cholestria™

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

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

Contains: Soybean oil as source of natural Vitamin E.

References:

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

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.



CoEnzyme Q-10

Premium potency for cardiovascular wellness and healthy heart support

CoEnzyme Q-10 (CoQ-10) is an important “bioenergetic antioxidant” that’s concentrated in the heart. The natural aging process may deplete CoQ-10, potentially leading to low CoQ-10 status. Statin drugs may also deplete CoQ-10. This “CoQ-10 drain” may affect your heart: Low CoQ-10 has been linked to diminished cardiac energy and cardiovascular health concerns.¹⁻⁴

TriVita CoQ-10 may address these heart health concerns because it helps to replenish what statin drugs and aging may have taken away.⁵ By correcting your CoQ-10 status, you may promote this unique nutrient’s diverse range of cardio-supportive biological activities:

- CoQ-10 is necessary in adequate amounts for heart energy metabolism⁶
- CoQ-10 is a cardiovascular antioxidant that helps protect the heart and blood vessels⁷
- CoQ-10 supports the function of the blood vessel linings, potentially helping with circulation⁸
- CoQ-10 may help maintain heartbeat stability and the heart’s blood-pumping efficiency⁹
- CoQ-10 may help to maintain blood pressure that’s already within normal range¹⁰

Supplying 50 mg of quality CoQ-10 in each easy-to-swallow soft gel, TriVita CoQ-10 is a convenient way to help contribute to the CoQ-10 status that’s associated with healthy cardiovascular function.

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

- Nancy S.,
Member since 2003



THIS PRODUCT IS ALSO GREAT FOR:

 **ENERGY, STAMINA & PERFORMANCE SUPPORT**

CoEnzyme Q-10

#31161 **\$29.99**

Earn 120 VitaPoints!

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



CoEnzyme Q-10

Quantity: 60 soft gel capsules **Serving size:** 1 soft gel capsule

Amount per serving: CoEnzyme Q-10 50 mg.

Other ingredients: Rice bran oil, gelatin, glycerin, soy lecithin, yellow beeswax, titanium dioxide, 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

- 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.



Energy Now!

Natural nutritional support for the jitter-free energy you need

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

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

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

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

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

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

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

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

PLUS:

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

THIS PRODUCT IS ALSO GREAT FOR:

 BRAIN & NERVE HEALTH SUPPORT

Energy Now!®

#30420 **\$24.99**

Earn 100 VitaPoints!

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.

"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!®

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

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

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

References:

- 1 Gregersen NT, Bitz C, et al. *Br J Nutr.* 2009 Oct;102(8):1187-94.
- 2 Ichinose T et al. *Scand J Med Sci Sports.* 2011 Aug;21(4):598-605.
- 3 Murase T et al. *Am J Physiol Regul Integr Comp Physiol.* 2005 Mar;288(3):R708-15. E
- 4 Baggot MJ, Childs E, et al. *Psychopharm.* (Berl). 2013 Jul; 228(1): 109–118.
- 5 Greiwe JS et al. *J Appl Physiol* 86: 531–535, 1999.

- 6 Graber CD et al. *J Infect Dis.* 1981;143:101–5
- 7 Schwahn BC et al. *Br J Clin Pharmacol.* 2003;55:6–13.
- 8 Hansen S et al. *Taurine.* 2006;583(6):129–135.
- 9 <http://lpi.oregonstate.edu/mic/dietary-factors/coenzyme-Q10#function>



VitaDaily

A once daily multi-vitamin to support your complete nutritional needs

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.¹

ARE YOU GETTING ENOUGH?

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

- 34% 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™

#30203 **\$14.99**

Earn 60 VitaPoints!

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



VitaDaily™

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

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

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

References:

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

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



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.^{1,2}

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 corn³ and maqui⁴, which contain anthocyanins, a type of flavonoid with antioxidant effects.⁵
- Camu camu, one of the richest sources of Vitamin C.⁶
- Green Tea, which provides the best source of catechins. Catechins are more powerful than Vitamin C and E in halting oxidative damage to cells.⁷
- Bilberry⁸, raspberry⁹, blueberry¹⁰ and pomegranate⁵, which also contains anthocyanins.
- Schizandra, which has adaptogenic effects¹¹ in addition to its antioxidant properties.
- Ginkgo biloba, which contains two types of antioxidants: flavonoids and terpenoids.



Zamu Protect™

#31520 **\$19.99**

Earn 80 VitaPoints!

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

- 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>



Nopalea Daily Cleanse

A delicious tropical detox for every day, all day wellness

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

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

Bounty from the Sonoran Desert

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

Easy, convenient everyday wellness

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

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

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



Nopalea™ Daily Cleanse

#30800 **\$49.99**

Earn 200 VitaPoints!

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/>



Aqua Algae

An extraordinary blend of algae full of phytonutrients, vitamins, minerals and amino acids

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

Amazon Herb Algae includes the following four ingredients:

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



Aqua Algae

#ADS1272 **\$24.99**

Earn 100 VitaPoints!

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



Aqua Algae

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

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

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

References:

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

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

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

4 <https://natrualmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=726>

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

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

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



Camu Gold

The Amazon's nutrient-rich "feel good" fruit for enhanced energy and focus

Free radicals can cause "oxidative stress," a process prevalent in today's fast-paced society that is thought to trigger cell damage and contribute to the development of poor health. Camu camu, a low-growing shrub found throughout flooded areas of the Amazon rainforest in Peru, Brazil, Colombia and Venezuela (where its fruits and leaves are used for medicinal purposes),¹ contains antioxidants that may help protect our cells against the negative effects of these free radicals and promote overall wellness.

Many people are just now discovering the amazing benefits of the Camu Camu berry, referred to in the Amazon as a nutrient-rich "feel good" fruit. TriVita Amazon Herb™ Camu Gold offers a concentrated botanical blend of pure, organic Camu Camu, the source of a wide variety of micronutrients essential for an energetic body and sharp mind.

The ingredients in Camu Gold include:

- Antioxidants, which are known for their free radical scavenging ability²
- A high concentration of Vitamin C³ along with a variety of minerals, amino acids and phytochemicals^{4,5}
- Beta-carotene, fatty acids, protein and flavonoids²
- No preservatives or artificial ingredients, flavors or coloring

DID YOU KNOW?

Camu Camu grows in the swamps of the Amazon rainforest and produces berries that look like large cherries. One of nature's "super foods," Camu Camu is often used to stimulate the immune system and increase energy, as well as maintain healthy skin, eyes and gums.⁶



Camu Gold

#ADS3575 **\$29.99**

Earn 120 VitaPoints!

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.huffingtonpost.ca/2013/07/25/camu-camu-benefits-_n_3644392.html
- 2 <http://blog.doctoroz.com/is-this-right-for-you/camu-camu-is-this-right-for-you>
- 3 <http://www.ncbi.nlm.nih.gov/pubmed/11464674>
- 4 <http://www.rain-tree.com/camu.htm>

- 5 <http://www.sciencedirect.com/science/article/pii/S030881460901351X>
- 6 <http://www.webmd.com/vitamins-supplements/ingredientmono-1243-camu%20camu.ingredientname=camu%20camu>



Rejuvenate

A natural botanical blend to support and revitalize your energy and stamina

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

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

Rejuvenate features the following ingredients:

Maca root: A Peruvian root vegetable, sometimes called Peruvian ginseng because it has been traditionally used to promote stamina and endurance.² Maca also shows a positive influence on supporting cell integrity.³

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

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

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

THIS PRODUCT IS ALSO GREAT FOR:

 **STRESS MANAGEMENT SUPPORT**

Rejuvenate

#ADS2971 **\$29.99**

Earn 120 VitaPoints!

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



Rejuvinate

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

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

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

References:

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

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

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

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

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

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

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



Prostate

Advanced formula for urinary comfort and prostate protection

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

Saw Palmetto may influence the enzymes that regulate prostate changes.^{1,2}

Lycopene is a red plant pigment with antioxidant activity that may protect and maintain the prostate.^{3,4}

Beta sitosterol supplies a mixture of plant sterols shown to help promote urinary comfort.⁵

Stinging nettle helps to soothe the prostate and supports comfortable urinary flow.

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.⁶

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



Prostate Health Formula™

#30400 **\$19.99**

Earn 80 VitaPoints!

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.

6 http://www.cdc.gov/men/lcod/2011/LCODrace_ethnicityMen2011.pdf



Balanced Woman

The gentle support and comfort women need during hormonal change

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

Black Cohosh helps supports menopausal comfort.¹

Dong quai, an ancient Chinese folk herb, may have mild estrogen-like activity.²

Chasteberry is traditionally used for PMS, menstrual and menopausal concerns.^{3,4}

Wild yam supplies active diosgenin that may modulate estrogen and other female hormones.⁵

Ginseng's mood and sleep-supportive activities may help quality of life in menopausal women.^{6,7}

The following adult screening tests and frequency are recommended for women.^{8,9}

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®

#30240 **\$24.99**

Earn 100 VitaPoints!

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.

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

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

9 "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.



Rainforest Treasure Tea

Tasty herbal support for mental clarity, physical immunity and vitality

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

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

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

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

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

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

PLUS:

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

THIS PRODUCT IS ALSO
GREAT FOR:

 DIGESTIVE/IMMUNE
SYSTEM SUPPORT

Rainforest Treasure Tea

#ADS3884 **\$19.99**

Earn 80 VitaPoints!

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



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

– "Amazon" John Easterling

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



Rainforest Treasure Tea

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

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

References:

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

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

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

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

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

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

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

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

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

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Leanology Herbal Cleansing Tea

The perfect diet supplement for digestion, cleansing and weight management support

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

Leanology Herbal Cleansing Tea features a unique blend of herbs traditionally used to help:

Cleanse the bowels: Senna herb encourages movement, working gently overnight.³

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

Nourish the liver: The liver filters toxins; milk thistle is a popular liver support herb.⁶

Soothe the stomach: Spearmint and peppermint are traditional digestive tonics.⁷

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.

Leanology® Herbal Cleansing Tea

#30810 **\$14.99**

Earn 60 VitaPoints!

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

HOW MIGHT TOXINS AFFECT WEIGHT?

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

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



Leanology® Herbal Cleansing Tea

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

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

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

References:

1. Baillie-Hamilton PF. *J Altern Complement Med*, 2002; 8: 185.
2. Ho W, Spiegel BMR. *Gastroenterol Hepatol* (N Y), 2008; 4: 572.
3. <http://www.nlm.nih.gov/medlineplus/druginfo/natural/652.html>
4. Hook I, et al. *Int J Pharmacog*, 1993; 31: 29.
5. Fu J, et al. *Phytother Res*, 2014; 28: 1275.
6. <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.



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.

Excellent after exercise or physical exertion, Recovery features a unique botanical blend from the Rainforest:

Dong Quai: Helps stimulate blood flow and lymphatic circulation.¹

Una de Gato: A rich source of alkaloids.²

Sarsaparilla: Used as a tonic for overall health and well-being.³

Pomelo: Known for its antioxidant and lipid reduction properties.⁴

Safflower: Offers high linolenic and linoleic acids content.⁵

THE ORIGIN OF RECOVERY

Recovery combines a series of Amazon Rainforest botanicals with an ancient herbal formula developed by the monks at Shaolin Monastery in China, which is the birthplace of the Kung Fu style of martial arts.

Whether you're a professional athlete or a weekend warrior getting in an aerobic workout, turn to Recovery—and help invigorate your body for the next round.



Recovery

#ADS2571 **\$29.99**

Earn 120 VitaPoints!

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>



Bone Growth Factor

Enhanced formula to support strong bones and help prevent bone loss

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

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

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

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

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

PLUS:

Bone Growth Factor’s proprietary blend supplies:

Ipriflavone: Phytoestrogen suggested to help maintain bone mass in women.⁶

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

Silica: A mineral that may help form and mineralize organic bone matrix.⁹

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

“Bone Growth Factor has helped me take control of my health.”
- Gwen G.,
Member since 2004



THIS PRODUCT IS ALSO GREAT FOR:
MEN’S & WOMEN’S HEALTH SUPPORT

Bone Growth Factor™

#30600 **\$34.99**

Earn 140 VitaPoints!

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



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/osteo_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>



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.¹

MyFloraDaily Prebiotic

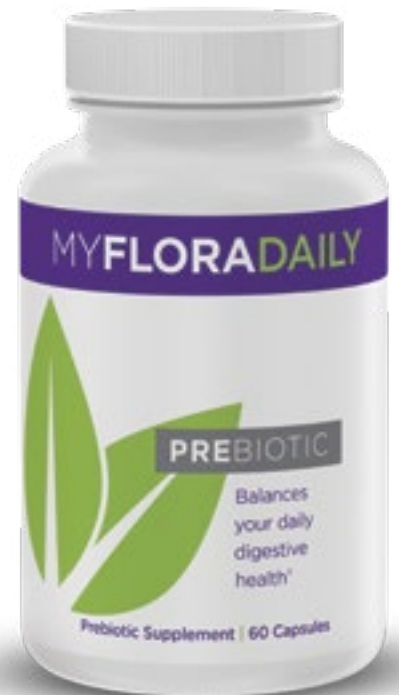
#30880 **\$19.99**

Earn 80 VitaPoints!

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-being²
- 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>



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.¹

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.²⁻⁷

Make MyFloraDaily your probiotic

- MyFloraDaily contains one of the most clinically studied probiotic strains, Lactobacillus GG, a highly resilient strain that is able to survive through the GI tract and adhere to the intestinal mucus and epithelial walls. This allows for an extended, controlled release of probiotic strains in the small and large intestine.
- MyFloraDaily is formulated with patented bio-tract technology *for maximum absorption.*
- TriVita guarantees **10 billion Colony Forming Units** (CFU - how many good bacteria are in each capsule) in every dose at the time of manufacture and 5 billion at the one year expiration date.
- 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).

MyFloraDaily Probiotic

#30830 **\$39.99**

Earn 160 VitaPoints!

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



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(Supp2):S98-S107.
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- 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-le.
- 8 <http://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/probiotics/faq-20058065>



Fiberzon Capsules

Supplemental fiber to support gentle, healthy regularity

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

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

Amazon Herb Fiberzon Capsules contain a proprietary blend of 16 botanicals designed to support healthy regularity, including:

Psyllium husk: A soluble fiber used primarily as a gentle, bulk-forming laxative.³

Turkish rhubarb: Chinese herbalists have relied on rhubarb rhizomes and roots for thousands of years. They contain powerful compounds that act as stimulant laxatives.⁴

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

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

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

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.¹

DID YOU KNOW?

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



Fiberzon Capsules

#ADS1972 **\$29.99**

Earn 120 VitaPoints!

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



Fiberzon Capsules

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

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

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

References:

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

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

3 <http://umm.edu/health/medical/altmed/supplement/psyllium#ixzz37Tbxb6YJ>

4 <https://www.mskcc.org/cancer-care/integrative-medicine/herbs/rhubarb>

5 Vila R et al. *Planta Med.*, 1999; 65: 178.

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

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



Fiberzon

Great tasting high-fiber to help support a healthier gut

Many of us don't get enough fiber in our daily diets, and the result can be sluggish and even painful elimination.¹ The fiber in a healthy diet helps keep things moving along—now, NEW Fiberzon gives you that extra fiber with a pleasant-tasting cocoa flavor. Soluble fiber in beans, fruits and oats, along with insoluble fiber (the bulk type in whole-grain products and vegetables) helps keep stools soft. Health experts agree: fiber, good nutrition, drinking plenty of liquids and enjoying regular exercise is crucial for regularity.¹

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

Add healthy fiber easily, every night

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

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

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

GREAT
COCOA
TASTE!



Fiberzon

#ADS1878 **\$39.99**

Earn 160 VitaPoints!

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



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>



Joint Complex

Maximum joint nourishment to support a more mobile, flexible you

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

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

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

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

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

Boswellia: Ayurvedic tree resin shown to support joint comfort.⁶

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

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

PLUS:

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

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

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.



THIS PRODUCT IS ALSO GREAT FOR:

 **HEALTHY INFLAMMATION SUPPORT**

Joint Complex™

#30210 **\$29.99**

Earn 120 VitaPoints!

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



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
- 4 Servaty R, et al. *Int Jour of Bio Macro* 28 (2001) 121–127.
- 5 Kim LS, et al. *Osteo and Cart* (2006) 14, 286e294.

- 6 Kimmatkar N, et al. *Phytomed.* 2003;10:3–7.
- 7 Chandran B, Goel A. *Phytother Res.* 2012;26:1719–1725.
- 8 Henrotin Y, et al. *Osteo Cart.* 18: 141–149.
- 9 Piscocya J., et al. *Inflamm. Res.* 2001;50:442–448.
- 10 Miller M, et al. *BMC Complement Altern Med.* 2006; 6: 13.
- 11 Lodish H, et al. *Molec Cell Bio.* 2000.



Nerve Formula

The perfect diet supplement to help support proper nerve function

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

Broad-spectrum nervous system support

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

Nerve Preserve features:

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

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

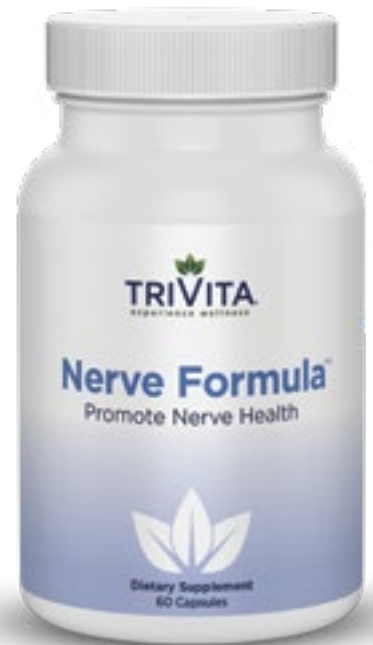
Alpha lipoic acid: “Universal Antioxidant” helps protect nerves from negative effects of free radicals (damaging molecules).³

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

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

“Nerve Formula helps me manage my foot neuropathy.”

- Willie A.,
Member since 2010



Nerve Formula™

#30360 **\$27.99**

Earn 112 VitaPoints!

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.



Nerve Formula™

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

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

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

Contains: Milk and soy ingredients.

References:

1 <http://care.diabetesjournals.org/content/28/1/89.full>
2 <http://www.jbiomedsci.com/content/17/S1/S1>

3 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2939615/>
4 <http://ajcn.nutrition.org/content/71/6/1669s.full>



Adaptuit Sleep

The natural formula to aid in deep, restorative sleep

Designed to help you sleep better

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

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

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

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

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

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

PLUS:

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

IS STRESS CAUSING YOU TO LOSE SLEEP?

Try Adaptuit™—designed to help your body adapt to stress and minimize its damaging effects. See page 27.



Adaptuit™ Sleep

#30790 \$19.99

Earn 80 VitaPoints!

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.



“After losing a member of my family, I was losing sleep. The first week I tried Adaptuit Sleep, I was able to sleep through the night and later into the morning.”

- Debbie W.,
Member since 2007



Adaptuit™ Sleep

Quantity: 60 capsules Serving size: 2 capsules

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

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

References:

- 1 <http://www.hort.purdue.edu/newcrop/ncnu02/v5-580.html>
- 2 Awad R, Arnason JT, et al. *Phytomed.* 2003;10:640–649.
- 3 Franco L, Sánchez CL, et al. *Acta Physiol Hung.* 2012 Jun;99(2):133-9.
- 4 <http://www.nature.com/npp/journal/v28/n10/full/1300230a.html#close>
- 5 Kennedy DO, Little W., et al. *Psychosom. Med.*, 2004;66:607–613.
- 6 Akhondzadeh S, Naghavi HR, et al. *Journ Clin Pharm & Ther.* 2001;26(5):363–367.

- 7 <https://ncch.nih.gov/health/passionflower>
- 8 Cooley K, Szczurko O, et al. *PLoS One*; 2009; 4(8):e6628.
- 9 <http://www.ars.usda.gov/Services/docs.htm?docid=15672>
- 10 Jahnen-Dechent W, Ketteler M. *Clin Kidney J*; 2012; 5(Suppl1):i3-i14.
- 11 Swaminathan R. *Clin Biochem Rev.*;2003;24:47–66.



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.¹

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.²
- Anise is an herb used by Amazon natives for its carminative (anti-gas) properties.³
- Peppermint has been used traditionally to help relieve symptoms of irritable bowel syndrome and indigestion.⁴
- Carqueja, an herb traditionally used to address indigestion, constipation and more.⁵

Digestive enzymes to assist and enhance digestion of foods:

- Amylase, which supports breakdown of carbohydrates such as glycogen and starches.⁶
- Protease, which supports digestion of proteins.⁷
- Lipase, which supports breakdown of fats, thereby improving their utilization.⁸
- Comes in vegetarian capsules and contains no preservatives or artificial ingredients.

"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

#ADS1472 **\$34.99**

Earn 140 VitaPoints!

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



ProDigest

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

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

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

References:

- 1 <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>



EARN VITAPOINTS...



WELCOME TO THE PREMIER MEMBERSHIP REWARDS PROGRAM!

As a member, you can now start earning VitaPoints to help save money on your favorite products—and even receive products for FREE!

- 1 Earn 5X VitaPoints when you refer friends and family** – Share the benefits TriVita products offer you with the ones you love. When you refer others, you earn 5x (20%) points on their first purchase and on every purchase they make for life! The more referrals you make, the sooner you start earning enough to get your products for free!
- 2 Earn 2X VitaPoints with Auto Replenishment Program (ARP)** – Upgrade to ARP and receive double points (8%) with every delivery. ARP means no more worrying about running out of your favorite products or reordering because ARP orders are sent to you once monthly and guaranteed at the lowest advertised price. There's no obligation and you can cancel or change your order at any time.
- 3 Earn VitaPoints on personal product purchases** – You automatically receive points equal to 4% of the total value of your purchase on every product purchase you make.
- 4 Mega Bonus VitaPoint promotions** – Earn extra VitaPoints wherever you see the MegaBonus logo.



Along with FREE standard shipping on all orders over \$89, as a Premier Member you're also eligible for exclusive offers and gifts.



Premier Membership is free and makes buying TriVita products more affordable. VitaPoints are redeemable online or by phone. To check your VitaPoints balance, either visit TriVita.com, sign in and click on **My Account**, call priority customer service at **855-383-0238** or check your latest **TriVita invoice**. You may use VitaPoints as you earn them or let them accrue for up to 12 months from date of issue.

TRIVITA. COM UPDATE



You asked. We listened.

All-new “MyAccount”

The TriVita.com has been updated to make managing your wellness experience more convenient.

Member Dashboard:

- View your most recent orders
- View your VitaPoint total
- Review your membership status

Manage Your Contact Information:

- Update your shipping and billing address independently
- Update your email address and phone number

View your order history:

- View all your previous transactions
- Track current orders

Manage Your Auto Replenishment (ARP) Orders:

- Create new ARP orders
- Edit your existing ARP order
 - Update your shipping address
 - Update your credit card info
 - View your next ARP ship date
 - Change your ARP order interval
 - Choose to automatically apply VitaPoints to your order
 - Add or remove products to your ARP order
 - Change product quantities
 - Skip a product on your next ARP order
- Cancel an existing ARP order



Look for the MyAccount link at the top of the TriVita website, or bookmark

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See page 58