

JUNE 2018

# BOOST YOUR ENERGY *and* **SAVE 20%\***

See page 3

**\$4  
OFF!**  
ORIGINAL  
B-12

**\$4.80  
OFF!**  
SUPER  
B-12

See page 8-9 for B-12  
product information.



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**EARN  
VITAPPOINTS  
&  
SAVE!**

**EARN 64 VITAPPOINTS ON  
EVERY BOX OF B-12, AND  
77 VITAPPOINTS ON  
SUPER B-12** See page 9

# TEN ESSENTIALS for HEALTH & WELLNESS

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

## PHYSICAL

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

## EMOTIONAL

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

## SPIRITUAL

10. Develop a Relationship with God



## Energy All Day... Every Day!

*Feeling good is such a good feeling! A little play on words but how true it is. When we feel good and have energy and vitality, everything seems better.*

To have energy all day every day, think of building a reservoir of energy. In that reservoir, you need mental energy that replaces that feeling of mental foginess and fatigue. Cellular energy is probably the least understood and most ignored by most people. In our caffeine and sugar stimulated society, we think the feelings we get from a sugar or caffeine high is the feeling of energy. Caffeine will jolt your adrenals, but that was most beneficial when saber tooth tigers roamed the earth!! While it has short-term effects, it is not what you get from cellular energy which is the healthy sustainable energy. The all-day... everyday energy.

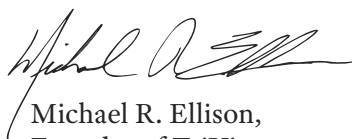
**There are three products we are offering this month that will increase your energy reservoir with added benefits that help support many functions in your body.** They are Alfred Libby's original patented B-12 formula, CoEnzyme Q-10 and Energy Now!. These three products will support all-day, everyday energy.

Essential B-12 is known as the feel-good vitamin, but it has significant benefits that go beyond just feeling good. It is an essential vitamin as it also helps make red blood cells which bring oxygen to your organs and cells, and is necessary to support the nervous system and brain plus a host of other benefits.

**CoEnzyme Q-10 (CoQ10)** is a natural substance that helps fight oxidative stress and prevent tissue damage at the cellular level. You may not know much about your mitochondria, but your mitochondria, or cellular energy factories, need CoQ10. It also helps slow the effects of aging. So if you are past 50 years of age, this will be an essential supplement for your energy reservoir. Also, I want to make you aware that if you are on statin drugs, your CoQ10 levels could be compromised.

Start your day with **Energy Now!** as a natural jump-start to releasing energy. Take it before breakfast to get immediate results. The combination of the natural ingredients found in Energy Now! is a sure way to help fill your energy reservoir.

**Now combine those three products with your God-given purpose, and you will live a more energetic and engaging life...all day and every day.**



Michael R. Ellison,  
Founder of TriVita

# BOOST YOUR ENERGY AND **SAVE 20%\***

ON ALFRED LIBBY'S ORIGINAL PATENTED FORMULA  
**B-12 & SUPER B-12**

**\$4  
OFF!**  
ORIGINAL  
B-12

**\$4.80  
OFF!**  
SUPER  
B-12

See page 8-9 for  
product information.



\*Offer expires  
06-30-18 at  
9 pm, EST





**Save 20%\*** on companion products, too! See pages 26 & 27

**FREE SHIPPING**

**ON EVERY ORDER OVER \$89**

Offer valid on catalog pricing only, with standard shipping and expires 06-30-18, at 9 pm, EST.

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

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

1-800-991-7116 or shop online 24/7 at [TriVita.com](https://TriVita.com)



## OUR HEALTHCARE PROFESSIONALS



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

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

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



### **Paul Bernitt**

Board Certified Doctor of Holistic Health

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.



### **Ankit Chander, MD, MD (H)**

Board Certified Integrative Medicine  
Licensed Doctor of Homeopathy

Dr. Chander's clinical interests include interdisciplinary approaches to pain, hormone replacement and early detection/management of diabetes & cardiovascular disease.

## MEDICAL ADVISOR



### **Jarir G. Nakouzi, M.D.**

An international consultant, Dr. Nakouzi completed his residency in the Yale University Program of Internal Medicine. His private practice takes an integrative approach to chronic diseases.



## 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](http://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.

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

### PAYMENT

TriVita accepts debit cards and all major credit cards, including Visa, MasterCard, Discover and American Express. You may also mail a personal check, money order or postal order (be sure to include applicable shipping, handling and taxes). We also accept electronic check—just call and your order can be deducted from your checking account securely without the delay in mailing your order. When sending check or money order, please add your member ID found in the blue box on the back cover of this catalog.

### DELIVERY

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

### FEATURED SPECIALS

Our featured specials are available by phone, fax, mail and online at [TriVita.com](http://TriVita.com). Featured specials expire on the date listed.

### PRICING

Prices listed in this catalog are current as of the date of printing. We reserve the right to change prices and limit quantities, without notice.

### TAX INFORMATION

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

### SATISFACTION GUARANTEE

If you are not fully satisfied with your purchase, you will receive a full refund, less shipping and handling, within 60 days of the order date. Please call our toll-free number for complete details at 1-877-850-2968, or to receive instructions for returning products for a refund. The information provided in this catalog is for informational purposes only and is not intended as a substitute for advice from your physician or other healthcare professional, or any information contained on or in any product label or packaging. You should not use this information for diagnosis or treatment of any medical condition or for prescription of any treatment. These products are not intended for infants or children less than 10 years of age.

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.

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# B-12 RESEARCH

## B VITAMINS AND DEPRESSION

An exciting new study showed that supplementing anti-depression medication with B vitamins significantly improved treatment outcomes for older adults suffering with depression.

Scientists from the University of Western Australia (UWA) set out to discover if supplementation with Vitamin B-12, B-6 and folic acid could enhance response to anti-depression treatment over the course of a year. In their study, 153 participants with established depression were given anti-depressant medication along with a B vitamin supplement or placebo.

Publishing their results in *The British Journal of Psychiatry*, researchers reported that although the B vitamins didn't significantly affect treatment after 12 weeks, they did improve treatment outcomes after 52 weeks of use, even helping to prevent relapse of symptoms.

"The risk of relapse was significantly reduced among participants who took the B vitamins. Previous work had suggested that certain vitamins could have a role in preventing depression, but this is the first time that we have been able to demonstrate unequivocally that we can improve the treatment of depression by supplementing medication with B vitamins," said Winthrop Professor Osvaldo Almeida, research director of UWA's Center for Health and Aging.<sup>1</sup>

### References:

<sup>1</sup> Almeida, O.P., et al (2014). B vitamins to enhance treatment response to antidepressants in middle-aged and older adults: results from the B-VITAGE randomized, double-blind, placebo-controlled trial. *The British Journal of Psychiatry*, published online ahead of print September 25, 2014. DOI: 10.1192/bjp.bp.114.145177

<sup>2</sup> <http://dx.doi.org/10.1017/S0029665113002735>

## B-12 DEFICIENCY A RISK FACTOR FOR FALLING?

Citing past research that associated nutritional status with the risk of falling, Irish scientists from Trinity College, University of Ulster and St. James's Hospital, set out to determine if Vitamin B-12 deficiency in particular had any effect on falling risk in older adults (extensive data show Vitamin D and calcium play a role in prevention of falls).

Researchers recruited 4,939 older Irish adults from the Trinity, Ulster, Department of Agriculture (TUDA) observational study to assess B-12 status and the risk of falling. Blood samples were taken and lifestyle questionnaires administered to determine participants' respective B-12 levels and history of falls.

Of the nearly 5,000 recruits, 36.3% reported a fall within the past year; researchers found there was a significant link between B-12 deficiency and the risk of falling. Researchers suggest the results show the potential importance of B-12 status in the prevention of falls, and underscore the importance of addressing B-12 deficiency in older adults. Their study appeared in the *Proceedings of the Nutrition Society*.<sup>2</sup>



# 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.





# VITAMIN B-12 FACTOIDS

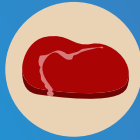
## TYPICAL FOOD SOURCES<sup>1</sup>



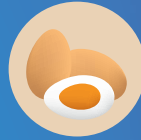
Shellfish



Fish



Meat



Eggs

## BENEFITS OF B-12<sup>2</sup>



Energy



Mood Boost



Mental Clarity



Healthy  
Skin & Hair



Better  
Digestion



Helps Prevent  
Anemia

## SIGNS OF B-12 DEFICIENCY<sup>3</sup>



Mood  
Disorder



Fatigue/  
Low Energy



Anemia



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

Alfred Libby's Original Patented B-12 & 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!

## 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
- Includes Vitamin B-6, folic acid, biotin and ginseng
- No artificial preservatives

## THIS PRODUCT IS ALSO GREAT FOR:

**CARDIOVASCULAR SYSTEM SUPPORT**

**BRAIN & NERVE HEALTH SUPPORT**

## References:

- 1 <https://www.webmd.com/diet/vitamin-b12-deficiency-symptoms-causes#1>
- 2 <http://www.b12-vitamin.com/benefits/>
- 3 <https://www.webmd.com/diet/qa/what-are-the-symptoms-of-vitamin-b12-deficiency>



ENERGY, STAMINA &  
PERFORMANCE SUPPORT

*“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

*“After not taking it for a while, I realized how superior TriVita’s Super B-12 is over others. With Super B-12, I sleep better, have more energy and vitality and less fatigue.”*

- Clita Eckler, member since 2001

*“My whole family takes Super B-12. It gives all of us a jolt of energy.”*

- Ivone Ventura, member since 2013

# SAVE 20%!

## Alfred Libby’s B-12 Tablets

#30140 ~~\$19.99~~

**NOW JUST \$15.99**

**You Save \$4.00**

Earn 64 VitaPoints!

**SALE**

## Alfred Libby’s Super B-12 Tablets

#33356 ~~\$23.99~~

**NOW JUST \$19.19**

**You Save \$4.80**

Earn 77 VitaPoints!

Offer expires 6-30-18 at 9 pm, EST

**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.





FEEL BETTER  
and BRIGHTER  
with  
**NeuroShine™**

*Mood, memory, cognitive function and brain health continue to be some of the most-discussed topics as we grow older. This is due to the fact that research scientists are expanding knowledge in the field of brain health backed by the ever-increasing demand for more natural solutions such as scientifically validated dietary supplements.*

The brain serves as a go-to-get source for the various functions in our body system such as hearing, taste and smell, vision and the entire body balance. In addition, our brain plays an important role in controlling our behavior, mood and memories. Therefore, it is equally important for our brain to balance this function and research shows that a

regular intake of certain dietary supplements in combination with exercise and diet such as the MIND Diet are some of the best ways to support the functioning of the brain and our mood; not only to make us feel brighter and better<sup>1</sup> but also healthier.

An outbreak of recent nutritional science news with a particular emphasis on mood and brain function reflects the increasing interest in non-drug, natural interventions to help support that our brain is healthy and performs better as we age. **Given the present state of our society where senile dementia like Alzheimer's disease, Depressive disorder and other related variations are of greater concerns, this heightened interest of the populace to find a more effective and natural solution to brain health is timely.** Particularly with the soaring costs of health care, increasing rate of Alzheimer, heightened occurrence of Bipolar Disorder (also called Manic Depressive Disorder), and the aging population which places more priorities than ever on changing lifestyle and prevention.



Over the years, however, pantothenic acid also called Vitamin B5, BacoMind, a standardized and branded form of Bacopa Monnieri and Lithium Orotate, have been shown to play a major role in brain health function and mood management,<sup>1,2,3</sup> and these are ingredients that can be integrated into our diets and taken as dietary supplements.

### A 3-IN-1 SUPPLEMENT FOR BRAIN HEALTH AND MOOD MANAGEMENT

Dietary supplements, and the ingredients from which they are produced, with their bioavailability and



level of absorption, provide us with amazing natural product choices that have been clinically confirmed for their effectiveness to improve cognitive functions, manage mood and improve brain functions.

From BacoMind and Lithium Orotate to the varieties of natural cognitive supplements that can be derived from the pantothenic acid and other natural sources, individuals are now particularly interested in the effective methods of managing their mood and improving their cognitive function. Many people are increasingly wary of consuming the common prescription pharmaceutical drugs to enhance the proper functioning of the brain, as they are commonly produced from the combination of synthesized materials like amphetamine salts which can lead to severe health issues like disruption of sleep patterns, anxiety, depression, psychosis, loss of appetite and death.

To meet the demands of the growing population for natural brain health solutions, TriVita is happy to announce the introduction of NeuroShine— a 3-in-1 dietary supplement that helps improve focus and concentration, supports mood, memory function and enhances cognitive performance.<sup>1,2,3</sup>



### NEUROSHINE — WHY DO YOU NEED IT?

*“As a primary care physician, I encourage my patients to take responsibility for their brain health. I recommend that if they want to experience healthy aging of the brain, they should modify their diet, receive the proper amount of sleep and get regular physical activity. I also recommend adequate dietary supplementation to cover any nutrients that may be missing from their diet.*

*After reviewing the NeuroShine formula and the science behind each of the three ingredients, I’m confident that people who seek to optimize brain health can benefit by supporting their mood, memory and cognitive function with this product.”*

**Ankit Chander, MD, MD (H)**  
Board Certified Integrative Medicine  
Licensed Doctor of Homeopathy



### BacoMind® (Bacopa Monnieri)

As it supports mood, helps with psychological stress and supports the functioning of the brain including the memory, Bacopa Monnieri, (BacoMind®) has been especially reported to aid adults in cognitive performance. For instance, positive results were recorded in a double-blind placebo; an age-related memory impairment test. BacoMind® was found to enhance the cognitive functions including focus and concentration, and verbal memory.<sup>2</sup>

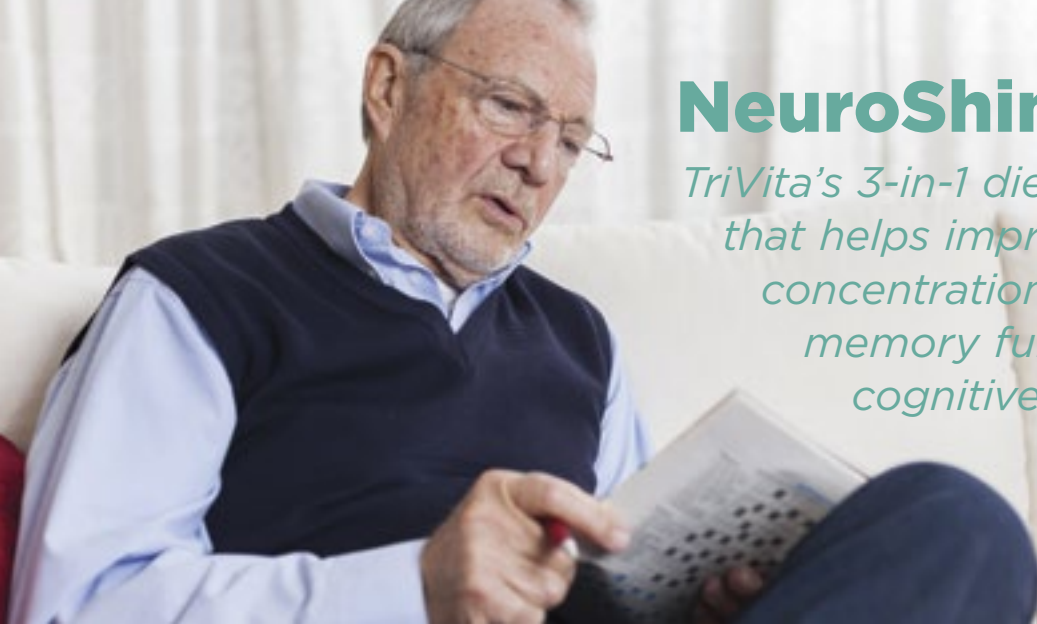
### Vitamin B5 (Pantothenic Acid)

Similar to the other Vitamin B categories, Vitamin B5, also called pantothenic acid, has been discovered to play an essential role in the regulation and synthesis of several biochemical pathways. It is popularly known for its energy metabolism and its contribution to the proper functioning of the brain. This vitamin is also required as an important precursor of Coenzyme A category (an essential enzyme for energy and protein metabolism).<sup>3</sup>

—Continued on next page

# NeuroShine

*TriVita's 3-in-1 dietary supplement that helps improve focus and concentration, supports mood, memory function and enhances cognitive performance.<sup>1,2,3</sup>*



## Lithium Orotate

As scientists continue to study the effects of Lithium Orotate, studies have also shown that low doses of lithium consumed has positive benefits on the brain and mood. In fact, one particular study reported communities that had micro amounts of lithium in the drinking water experienced less suicide, homicide and violent crimes versus communities with no lithium in the drinking water.<sup>4</sup>



One study compared the low environmental dose range of lithium of 300 micrograms to placebo in a group of patients who had Mild Cognitive Impairment, a condition that can deteriorate to Alzheimer's Disease in some who have it. Those given the low dose lithium stabilized and did not lose cognitive function while the group on placebo had continued deterioration.<sup>5</sup>

The research borne out of the environmental findings indicate numerous benefits from lithium at low microgram level of doses.

## References:

- 1 <https://www.ncbi.nlm.nih.gov/pubmed/19407280>
- 2 <https://www.ncbi.nlm.nih.gov/pubmed/20590480>
- 3 <http://lpi.oregonstate.edu/mic/vitamins/pantothenic-acid>

## WHY NEUROSHINE?

**For every box of NeuroShine, you have a supplement with the combinative power of pantothenic acid, BacoMind and Lithium Orotate.** These ingredients are specifically packaged to form a single, yet powerful and confirmed dietary supplement. Each of these ingredients works with each other in amazing and unique ways. Lithium is the oldest and best treatment for the protection of the brain. As it also supports reducing decline in cognitive performance, and is known as one of the best and most effective mood stabilizers available today in the market.<sup>6</sup>

Included in NeuroShine at twice the Recommended Daily Allowance, Pantothenic Acid is needed for the synthesis of some essential neurotransmitters in focus and attention. It is also effective for the metabolism of energy in the brain and the entire body system.<sup>1</sup> BacoMind is present in NeuroShine in its standardized and patented form as it adds an extra level of protection to ensure that the required level of active ingredients in the herbal product are present. Its protective role as a good antioxidant also gives NeuroShine its competitive edge in the market.<sup>2</sup> The combination of these three active ingredients offers an amazing and synergistic formulation to support brain health and function in several ways that complement each other.

Each box of NeuroShine provides 30 capsules and support for brain health and function, mood and concentration.

- 4 <https://www.ncbi.nlm.nih.gov/pubmed/1699579>
- 5 <https://www.ncbi.nlm.nih.gov/pubmed/22746245>
- 6 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4063497/>



## NeuroShine

# Feel better & brighter with one capsule per day

Brain disorders are on the rise, so caring for your brain isn't something you can afford to ignore. Diminished brain health influences every aspect of your life from mood and health, to relationships and productivity. It's important to understand how to properly take care of your brain for a fulfilling and healthy life.

NeuroShine was developed to support the healthy development of brain cells and promotes protection against neuro-degeneration. NeuroShine contains three ingredients: BacoMind® (Bacopa Monnieri), an aquatic plant that has been shown to enhance memory and cognitive function,<sup>1</sup> Pantothenic Acid (Vitamin B5), which has been discovered to play an essential role in the regulation and synthesis of several biochemical pathways,<sup>2</sup> and Lithium Orotate (500 mcg), a specific salt of lithium that makes users feel better and brighter.<sup>3</sup>

### With ongoing daily use, NeuroShine supports better brain health

- **Bacopa Monnieri** has been used in traditional Ayurvedic medicine for centuries to promote memory and longevity<sup>1</sup>
- **Vitamin B5** supports overall energy production and is needed for the synthesis of some essential nutrients<sup>2</sup>
- **Lithium Orotate**, a specific form of lithium salt, delivers all the benefits of lithium without the risk of dangerous side-effects due to its increased bioavailability over other products on the market<sup>4</sup>
- Unlike pharmaceutical lithium, Lithium Orotate is effective in extremely small amounts (500 mcg)<sup>3</sup>

More than 5 million Americans are living with Alzheimer's disease, and the number continues to grow every day.<sup>5</sup> However, there are simple steps you can take to positively influence how healthy your brain is and improve neuroplasticity (brain flexibility).

Taking NeuroShine, in combination with regular exercise and a healthy diet can support mood and memory, improved focus and concentration and overall cognitive performance.



### NeuroShine™

#30900 **\$34.99**

**Earn 140 VitaPoints!**

**Suggested use:** Adults, take 1 capsule per day with or without food.  
DO NOT EXCEED RECOMMENDED DOSE!

BacoMind® is a trademark of Natural Remedies Private Limited



NeuroShine™

**Quantity:** 30 capsules **Serving size:** 1 capsule

**Amount per serving:** Pantothenic acid (as D-calcium pantothenate) 10 mg, Lithium (as lithium orotate) 500 mcg, Bacopa monnieri leaf extract (BacoMind®) 450 mg.

**Other Ingredients:** Hypromellose, silica, vegetable magnesium stearate, rice flour.

#### References:

1 <https://www.ncbi.nlm.nih.gov/pubmed/22746245>

2 <http://pi.oregonstate.edu/mic/vitamins/pantothenic-acid>

3 <https://www.ncbi.nlm.nih.gov/pubmed/20590480>

4 <http://www.bipolar-lives.com/lithium-orotate.html>

5 <https://www.alz.org/facts/>



# Member Spotlight

## IN THE PURSUIT OF WELLNESS

*“I have hope again and am motivated to continue my health journey. With TriVita there, I feel like I am not alone in this!”*

Laura Burford, Member since 2004, hardly ever visited the doctor. She always felt “fine” and never saw the need, until she received routine health screening at work; Laura was diagnosed with diabetes and hypertension. After this diagnosis, she followed her doctor’s recommendations, but she knew she needed to do more.

“In the last ten years, things caught up with me. That was a whole process because I was in denial and I was angry. I had a lot of knee pain that turned out to be severe stage osteoarthritis. I couldn’t believe it; I just took my health for granted. I wasn’t doing anything to keep it and a lot of wrong things that hurt my health.”

From that point on, Laura was dedicated to learning how to fuel her body and live a healthier life. “I found a couple of reputable companies that I thought I could trust and started taking some supplements. Then I saw an ad about TriVita and Alfred Libby’s Slow Dissolve B-12 for energy. I ordered some and what a



Laura and friend, Susan  
at Cannon Beach

life changer! I got the Super B-12, and I haven’t been without it since and never want to be.”

After seeing that first program about TriVita’s Slow Dissolve B-12, Laura began reading the monthly catalogs and learning more about the body. From there she tried different products, “I added Nopalea to try and Adaptuit because stress has always been a problem for me. Then I ordered Nerve Formula because of my diabetes. These products really helped me feel better along with physical therapy. I want to save my own parts as long as possible rather than having surgery. The Adaptuit has helped me have a better attitude so that I can nurture the relationships in my life and work.”

By the winter of 2016, Laura began feeling rundown and learned she had anemia. She was losing hair, her nails were splitting and lacked the energy she usually had. While her doctors tried to identify the source of her anemia they discovered an ulcer and benign tumor. To make matters worse, while preparing to undergo a small bowel resection, they found several large tumors on her ovaries and uterus. “It felt like a whack-a-mole game. What was going to pop up next?” And something did; “My piriformis muscle was swollen and pressing on my sciatic nerve. It was the worst pain I’ve ever experienced. I went to

*“I sound like a real mess, and I have felt that way too, but the great TriVita products and the encouragement and knowledge I am getting from them help me know that I can overcome and be healthy so I can enjoy my life.”*

physical therapy and realized that I had stopped taking the Nerve Formula and gotten lax about taking Nopalea. Now I know the value of stretching and won't stop taking Nerve Formula and Nopalea again.”

In addition to these longtime favorites, Laura started using MyoHealth to help her regain the muscle she's lost. “It is truly helping me feel stronger and able to exercise. This is amazing because I was sedentary for so long. My last surgery is behind me, and I want to make this my year of wellness! I am increasing my strength, mobility and overall health. It's like my job now to be as healthy as I can so I can live a good life and help others!”

“I sound like a real mess, and I have felt that way too, but the great TriVita products and the encouragement and knowledge I am getting from them help me know that I can overcome and be healthy so I can enjoy my life.



Laura and friend, Judy at Honey Bee

Even though I had wonderful doctors and surgeons and I am grateful for how much they have helped me, I would much rather spend my time and money on these products so I can live a healthy and productive life.”

For anyone looking to improve their health, Laura offers this advice, “First of all, never give up hope! Find what you can, for

me, it is faith and believing that He is the healer. But I also know that I have to do my part. I have a responsibility to do what I can to build my health even though it's a long process. We all have struggles, but everything can get better if we learn what we need to do and apply it. A lot of people are just like I was, they just don't know.”

### **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.**



# 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.

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.<sup>1</sup> Once the fight is over, the inflammation-triggering substances are supposed to retreat. When they don't, it destroys the balance in your body and makes you more susceptible to aging and disease.<sup>2</sup>

### WHAT CAN CAUSE INFLAMMATION?

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

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

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

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

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

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

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

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

## How to combat inflammation

### Exercise<sup>3</sup>

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

### Eat Better<sup>4</sup>

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



### Take Supplements<sup>5-7</sup>

Boost your body's vitamin level by taking Vitamin A, Vitamin B6 (see *Alfred Libby's B-12*, page 9), Vitamin C (see *Vital C*, page 59), Vitamin D (see *Essential D*, page 38), Vitamin E, Vitamin K (see *VitaCal-MagD K2*, page 33), Omega 3 (see *Omega3 Prime*, page 39),

Betalains (see *Nopalea*, page 19) and Turmeric (see *Promeric 95*, page 31).

### References:

- 1 [http://bodyecology.com/articles/inflammation\\_cause\\_of\\_disease\\_how\\_to\\_prevent.php](http://bodyecology.com/articles/inflammation_cause_of_disease_how_to_prevent.php)
- 2 <http://www.shape.com/lifestyle/beauty-style/soothe-chronic-inflammation-slow-premature-aging>
- 3 <http://kimberlysnider.com/blog/2012/09/22/9-foods-that-cause-inflammation-and-9-that-fight-it/>

- 4 <http://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>
- 5 <http://www.webmd.com/vitamins-and-supplements/inflammation-fighting-vitamins#2>
- 6 <http://umm.edu/health/medical/altmed/supplement/omega3-fatty-acids>
- 7 <http://www.webmd.com/vitamins-supplements/ingredientmono-662-TURMERIC.aspx?activeIngredientId=662&activeIngredientName=TURMERIC>



# 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

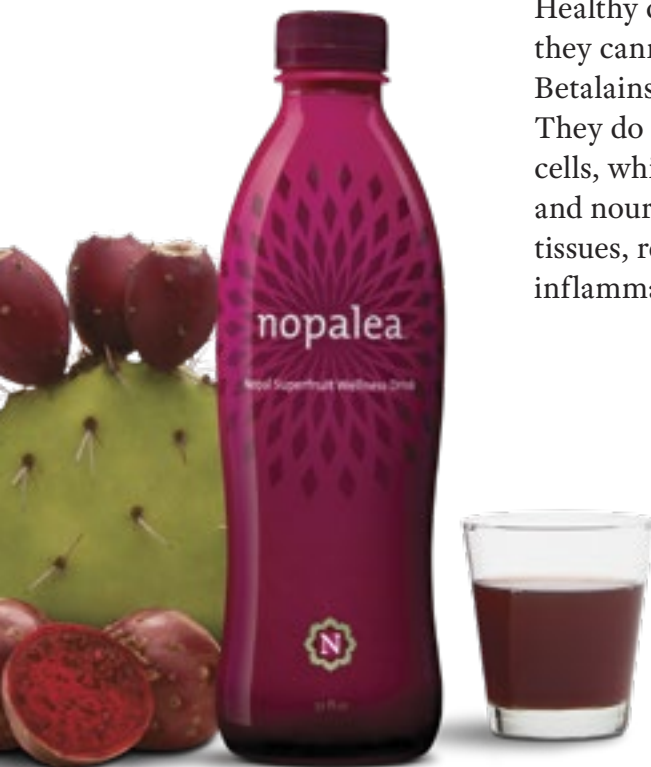
It's not possible to avoid every environmental and biological trigger, but you can support your immune system's normal and essential anti-inflammatory functions with Nopalea. Research on Nopalea has shown that it decreases inflammatory markers in the body such as CRP – C-reactive protein, which can be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

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



## 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



*Boost your immune system!*

### Nopalea™ Liquid 4-Pack

#33400 **\$119.99**

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

**Earn 480 VitaPoints!**

### 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.







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

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.

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



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

MyoHealth contains the first U.S. patented Essential Amino Acid (EAA) complex that includes all 9 EAAs. But it wasn't easy getting there. The formula behind our Essential Amino Acid Complex took 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



## 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**

**Earn 240 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.



### 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**

MYOHEALTH™ **3X MORE!**

WHEY PROTEIN



**Anabolic Response and Net Muscle Gain**

**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**

Earn 200 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**

Earn 200 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

# UNIQUE DELIVERY SYSTEMS



## One of our 10 Foundational Values

Nutritional supplements include a wide variety of ingredients from vitamins and minerals to botanicals. While supplements vary in purpose and function, it's the form that allows each product's active ingredients to shine and produce results. Unlike other supplements that can be difficult to absorb, TriVita's supplements are developed for maximum absorption and effect.

There are four primary delivery systems for supplements: capsule, tablet, liquid and powder. Hard shell capsules and tablets are the two most common delivery systems, each with their own benefits. Hard shell capsules are available in a variety of sizes and are easier to swallow than traditional tablets. In addition to hard shell capsules, TriVita also offers softgels. Softgels are typically made from gelatin; however, vegetarian options are also available. Softgels are the ideal delivery system for fat-soluble nutrients, such as Vitamin D, and oil-based supplements like fish oil. Softgels are easy to swallow and offer the benefit of consuming a supplement without having the associated taste and smell, for example with fish oils.

We utilize a variety of tablet types with our products, including slow dissolve tablets which are used in our Alfred Libby's Slow Dissolve B12 and Super B12. These particular tablets are designed to stay in the

mouth until they are fully dissolved. This delivers nutrients quickly by being absorbed through the lining of the mouth rather than the stomach or small intestines, which studies have shown can lead to increased bioavailability. Another type of tablet we use is time-release tablets, as found in our Vital C Tablets, which allow the active ingredients to be released slower and more steadily into the body.

For those that struggle to swallow pills, liquid and powder products are excellent alternatives. Liquid concentrates require skillful design to avoid contamination and dilution while ensuring adequate consumption of the active ingredients. For liquid products to maintain their efficacy and freshness, they should be refrigerated after opening. Similar to liquid products, powdered supplements require meticulous care to ensure the end result is effective and tastes great. Formulated powders typically contain flavors to create a pleasant experience for the user when added to water or other beverages. It may seem like a simple task, but finding the right formula takes precision.

TriVita strives to offer products with a variety of functions and purposes that meet our customers' personal preferences. And each of our products is paired with a delivery system that improves bioavailability and creates the best experience.

# MYOHEALTH® 2PACK

**SAVE!**

If you're ready to start living stronger, the 2Pack offers the best value!

**\$89<sup>98</sup>**  
EARN 360 VITAPOINTS

**SAVE \$10.00**  
OVER SINGLE PRODUCT PRICING!

**PLUS:**

**FREE SHIPPING**

on your entire order!

MyoHealth 2Pack includes your choice of two capsules, two lemonade powder or one of each.



**More convenience. More savings.**

You can save even more by adding the MyoHealth 2Pack to your ARP order. **With each 2Pack ARP order, you'll receive 1,000 VitaPoints<sup>†</sup> worth \$10 to use on a future order.**

**CALL 1-800-991-7116 OR VISIT [TRIVITA.COM](http://TRIVITA.COM) TO ORDER**

<sup>†</sup>Maximum 1,000 VitaPoints per order. See page 58 for more information on ARP.





## 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.<sup>1-4</sup>

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

- CoQ-10 is necessary in adequate amounts for heart energy metabolism<sup>6</sup>
- CoQ-10 is a cardiovascular antioxidant that helps protect the heart and blood vessels<sup>7</sup>
- CoQ-10 supports the function of the blood vessel linings, potentially helping with circulation<sup>8</sup>
- CoQ-10 may help maintain heartbeat stability and the heart’s blood-pumping efficiency<sup>9</sup>
- CoQ-10 may help to maintain blood pressure that’s already within normal range<sup>10</sup>

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

**THIS PRODUCT IS ALSO GREAT FOR:**

 **ENERGY, STAMINA & PERFORMANCE SUPPORT**

### CoEnzyme Q-10

#31161 ~~\$29.99~~ **NOW JUST \$23.99**

**You Save \$6.00**

**Earn 96 VitaPoints!**

Offer expires 6-30-18 at 9 pm, EST

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

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

- Nancy S.,  
Member since 2003

**SALE**

**20% OFF!**



#### CoEnzyme Q-10

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

**Amount per serving:** CoEnzyme Q-10 50 mg.

**Other ingredients:** Rice bran oil, gelatin, glycerin, soy lecithin, yellow beeswax, titanium dioxide, annatto color and tocopherols.

#### References:

- 1 <http://www.health.harvard.edu/blog/statin-use-is-up-cholesterol-levels-are-down-are-americans-hearts-benefiting-201104151518>
- 2 Littarru GP, et al. *Mol Biotechnol.* 2007 Sep;37(1):31-7
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- 7 Bor-Jen Lee. *Nutrition Journal* 2013, 12:142.
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## 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.<sup>1-3</sup>

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

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

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

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

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

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

*"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

THIS PRODUCT IS ALSO GREAT FOR:

 BRAIN & NERVE HEALTH SUPPORT

**Energy Now!®**

#30420 ~~\$24.99~~  
**NOW JUST \$19.99**  
**You Save \$5.00**

**Earn 80 VitaPoints!**

Offer expires 6-30-18 at 9 pm, EST

**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.

**SALE**

**20% OFF!**



 **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
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- 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>



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.<sup>1</sup>

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

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

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



### References:

- 1 <http://onlinelibrary.wiley.com/doi/10.1002/smi.914/abstract>
- 2 Panossian A, Wikman G. Pharmacology of *Schisandra chinensis* Baill: An overview of Russian research and uses in medicine. *J Ethnopharmacol* 2008;118(2):183-212.
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- 5 Yan-Lin SY, Lin-De L, Soon-Kwan H. *Eleutherococcus senticosus* as a crude medicine: Review of biological and pharmacological effects. *J Med Plants Res* 2011;5(25):5946-5952.
- 6 Huang L, et al. *Acanthopanax senticosus*: review of botany, chemistry and pharmacology. *Pharmazie* 2011;66:83-97.
- 7 Cicero AFG, et al. Effects of Siberian Ginseng on elderly quality of life: A randomized clinical trial. *Arch Gerontol Geriatr* 2004;Suppl 9:69-73.
- 8 Mocan A, et al. Comparative studies on polyphenolic composition, antioxidant and antimicrobial activities of *Schisandra chinensis* leaves and fruits. *Molecules* 2014;19:15162-15179.
- 9 Panossian A, Wikman G. Pharmacology of *Schisandra chinensis* Baill: An overview of Russian research and uses in medicine. *J Ethnopharmacol* 2008;118(2):183-212.
- 10 Nobre AC, Rao A, Owen GN. *Asia Pac J Clin Nutr* 2008;17(S1):167-168.
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Adaptuit

# Supports daily stress relief for a calmer, more relaxed you

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

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

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

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

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

*“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

CONTAINS  
THE UNIQUE  
CALMING  
COMPOUND  
L-THEANINE

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®  
Daily Stress Relief†  
Premium Adaptogen Complex

TRIVITA  
EVIDENCE-BASED WELLNESS  
Dietary Supplement  
32 fl oz (946 ml)



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).



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

### These two key antioxidants:

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

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

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

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

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

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

### Why does VisionGuard use FloraGLO® lutein?<sup>11</sup>

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](https://www.nei.nih.gov/sites/default/files/NEHEP-pdfs/nehep_5_year_agenda_2006.pdf)
- 2 <https://nei.nih.gov/news/pressreleases/050513>
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- 5 Trieschmann, et al. *Eye* (2008) 22, 132–137.

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- 11 <http://www.kemin.com/products/floraglo>



## Promeric 95

# Formulated with turmeric for natural joint comfort and support

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

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

### Made from premium turmeric root extract

Promeric 95's premium turmeric root extract has a total 95% curcumin with essential oils from turmeric rhizome for maximum absorption. Curcumin imparts most of turmeric's therapeutic properties. Each serving provides:

- 500 mg total curcuminoids
- 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.<sup>3</sup>

In one study, the turmeric extract used in Promeric 95 was up to seven times more bioavailable than unformulated curcumin. Residual curcumin was detected in the blood eight hours after ingestion.<sup>4</sup>

*"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://ncctih.nih.gov/health/turmeric/ata glance.htm>  
3 <http://bcm95.com/faq.html>  
4 Antony B et al. *Indian J Pharm Sci*, 2008; 70: 445.





## 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.<sup>1</sup>

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

**Gymnema sylvestre:** Ayurvedic herb that may enhance insulin's performance.<sup>2</sup>

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

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

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

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

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

### DID YOU KNOW?

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



## GlucOManage® Formula

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

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

### References:

- 1 <http://diabetes.niddk.nih.gov/dm/pubs/insulinresistance/>
- 2 Shanmugasundaram ER, et al. *J Ethnopharmacol.*, 1990;30:281.
- 3 Wong CM, et al. *J Ethnopharmacol.*, 1985;13:313.
- 4 Welihinda J, et al. *J Ethnopharmacol.*, 1986;17:277.
- 5 Vuksan V, et al. *Arch Intern Med.*, 2000;160:1009.

- 6 Medagama A, et al. *Nutr J.*, 2014;13:102.
- 7 Ulbricht C, et al. *J Herbal Pharmacother.*, 2007;7(1):99.
- 8 Brichard SM, et al. *Diabete Metab.*, 1991;17(5):435.
- 9 Gruzewska K, et al. *J Physiol Pharmacol.*, 2014;65(5):603.
- 10 Cecei F, et al. *J Neural Transm.*, 1989;76:109.



## 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.<sup>1</sup> Calcium intake, when combined with sufficient Vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis. But getting enough calcium from food alone can be a challenge.<sup>2</sup> On top of that, calcium absorption may drop by up to 20% in adulthood—and decline even further as we grow older, just when we start needing more.<sup>1,3</sup>

### Calcium complex for musculoskeletal health

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

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

### Each serving provides:

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

**Magnesium (250 mg):** Magnesium plays a role in bone formation, bone mineralization and calcium transport, and regulates muscle function.<sup>4,5</sup> It also helps convert Vitamin D to the active form in the body.

**Vitamin D3 (500 IU):** The body requires Vitamin D to absorb calcium properly. Too little Vitamin D may result in soft, thin and brittle bones.<sup>6,7</sup>

**Vitamin K2 (40 mcg):** K2 may support bone mineralization and in one 3-year study, it was associated with stronger bones and improved markers of bone health when taken at higher daily doses.<sup>8</sup>

#### 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:

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

- 4 <http://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>
- 5 <http://ods.od.nih.gov/factsheets/Magnesium-Consumer/>
- 6 [http://www.niams.nih.gov/Health\\_Info/Bone/Bone\\_Health/Nutrition/](http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Nutrition/)
- 7 <https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>
- 8 <https://ods.od.nih.gov/factsheets/VitaminK-Consumer/>



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

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

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

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

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

### PLUS:

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

### IS STRESS CAUSING YOU TO LOSE SLEEP?

Try Adaptuit™—designed to help your body adapt to stress and minimize its damaging effects. See page 29.



### Adaptuit™ Sleep

#30790 **\$19.99**

**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://ncchh.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.<sup>1</sup>

### ProDigest helps support the digestive system and features:

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

### Digestive enzymes to assist and enhance digestion of foods:

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

*"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>



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.<sup>1</sup>

### ARE YOU GETTING ENOUGH?

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

- 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>



## 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.<sup>1,2</sup> Cholestria supplies a high-potency 1,000 mg serving of plant-based sterol esters in each soft gel.

### A more complete cardio picture

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

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

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

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

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

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

## Cholestria™

#31290 **\$39.99**

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

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

### References:

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

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

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

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

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

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





## 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.<sup>1</sup>
- Staying indoors.** Your skin needs sunlight in order to make Vitamin D.<sup>2</sup>
- Sunblock.** Using SPF 8+ may reduce the skin's Vitamin D synthesis by 95%.<sup>3</sup>
- Overweight.** Carrying extra pounds may create D insufficiency risks.<sup>4</sup>

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

### Essential D: Enhanced & absorbable Vitamin D3

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

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

### Vitamin D supports whole-body wellness:

- Bone density
- Immune function
- Cognitive health
- DNA repair & maintenance
- Muscle health
- Heart health
- Cellular metabolism
- Colon, prostate and breast health<sup>7</sup>

#### THIS PRODUCT IS ALSO GREAT FOR:

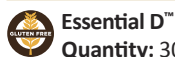
- ENERGY, STAMINA & PERFORMANCE SUPPORT**
- MUSCULOSKELETAL SYSTEM SUPPORT**
- NUTRITIONAL SUPPORT**

### 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://lpi.oregonstate.edu/mic/vitamins/vitamin-d>
- 8 <http://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>



## Omega3 Prime

# Premium fish oil concentrate for brain, heart 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;<sup>1</sup> in later years they protect against cognitive decline;<sup>2</sup> and throughout our lives they optimize brain cells for healthy function.<sup>3-5</sup>

The problem? Most of us don't get enough EPA or DHA.<sup>6</sup> Fish oil supplements can help, but the market is littered with inferior products that may be rancid and fishy (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.



### 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.



## 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 follow<sup>1</sup>—suggesting the importance of balanced HCY for heart health.

### Why does HCY go out-of-range?

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

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

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

**Choline:** An important cofactor in homocysteine metabolism<sup>6</sup>

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

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

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



**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.

- 5 Morris MS, et al. *Am J Clin Nutr.*, 2008; May; 87(5):1446-54.
- 6 Friesen RW, et al. *J Nutr.*, 2007; Dec;137(12):2641-6.
- 7 Aguilar TS. *Arch Latinoam Nutr.*, 1982 Mar; 32(1):130-47.
- 8 Kumar A, et al. *Pharmac & Ther.*, 2009; 124(3):259-268.





## Zamu Protect

# Promotes antioxidant protection against free radical damage

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

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

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



### Zamu Protect™

#31520 **\$19.99**

**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](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>

# SHARE your WELLNESS story INSPIRE others EARN \$50 in VitaPoints!



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](mailto: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 MyoHealth, 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](mailto:share@trivita.com).**

\*VitaPoint reward is only available to those members who sign a release form, agree to a brief phone interview and whose story is published in the TriVita catalog or TriVita website at our discretion.



## 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.<sup>1-7</sup>

### Amazon Herb Algae includes the following four ingredients:

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



### 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),<sup>1</sup> 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 ability<sup>2</sup>
- A high concentration of Vitamin C<sup>3</sup> along with a variety of minerals, amino acids and phytochemicals<sup>4,5</sup>
- Beta-carotene, fatty acids, protein and flavonoids<sup>2</sup>
- 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.<sup>6</sup>



### 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](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.aspx?activeingredientid=1243&activeingredientname=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.<sup>1</sup> 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.<sup>2</sup> Maca also shows a positive influence on supporting cell integrity.<sup>3</sup>

**Suma:** Understood as an adaptagen<sup>4</sup> that helps support body function,<sup>5</sup> 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.<sup>6</sup>

**Stevia:** Traditionally used as an anti-hyperglycemic agent, Stevia has beneficial effects on glucose metabolism.<sup>7</sup>

THIS PRODUCT IS ALSO  
GREAT FOR:



## Rejuvenate

#ADS2971 **\$29.99**

**Earn 120 VitaPoints!**

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



### Rejuvenate

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

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

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

### References:

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

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

**Lycopene** is a red plant pigment with antioxidant activity that may protect and maintain the prostate.<sup>3,4</sup>

**Beta sitosterol** supplies a mixture of plant sterols shown to help promote urinary comfort.<sup>5</sup>

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

### The following adult screening tests and frequency for men are recommended by the U.S. Preventive Services Task Force (USPSTF) based on solid scientific evidence.<sup>6</sup>

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

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



### 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](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.<sup>1</sup>

**Dong quai**, an ancient Chinese folk herb, may have mild estrogen-like activity.<sup>2</sup>

**Chasteberry** is traditionally used for PMS, menstrual and menopausal concerns.<sup>3,4</sup>

**Wild yam** supplies active diosgenin that may modulate estrogen and other female hormones.<sup>5</sup>

**Ginseng's** mood and sleep-supportive activities may help quality of life in menopausal women.<sup>6,7</sup>

### The following adult screening tests and frequency are recommended for women.<sup>8,9</sup>

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

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

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

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

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

### PLUS:

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

**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](http://www.ucdenver.edu/academics/colleges/pharmacy/currentstudents/OnCampusPharmDStudents/ExperientialProgram/Documents/nutr_monographs/Monograph-pau_darco.pdf)

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

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

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

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

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



## 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?<sup>1</sup> Poor digestion may also contribute to weight concerns.<sup>2</sup> Leanology Herbal Cleansing Tea may help by supplementing your diet with botanical nutrition for both cleansing and digestion—adding new layers of support to your healthy diet and exercise program.

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

**Cleanse the bowels:** Senna herb encourages movement, working gently overnight.<sup>3</sup>

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

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

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

### PLUS:

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

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

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



### Leanology® Herbal Cleansing Tea

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

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

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

### References:

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





## 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.<sup>1</sup>

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

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

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

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

#### 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 Officialis root), Samambaia (Polypodium Lepidopteria), 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.<sup>1</sup>

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

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

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

**Vitamin K:** Low K intake has been linked with bone breakdown (resorption).<sup>5</sup>

### PLUS:

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

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

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

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

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

*"Bone Growth Factor 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/osteovs\\_low\\_bone\\_mass.htm](http://www.health.ny.gov/diseases/conditions/osteoporosis/osteovs_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.<sup>1</sup>

### MyFloraDaily Prebiotic

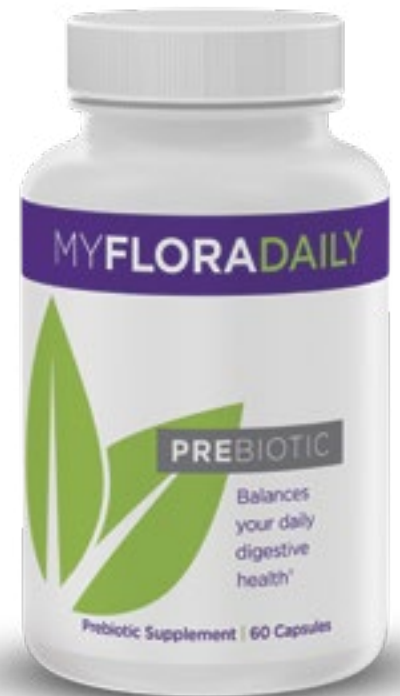
#30880 **\$19.99**

**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-being<sup>2</sup>
- Prebiotic powders are not affected by heat, cold, acid or time



#### MyFloraDaily Prebiotic

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

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

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

#### References:

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

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





## MyFloraDaily Probiotic

# Probiotics are tiny health-promoting organisms in the gut

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

In order to maintain healthy digestion, you need to supplement your diet with a probiotic. MyFloraDaily helps support intestinal/gastrointestinal health, promotes a diverse and balanced gut microflora, may help with occasional diarrhea and supports overall immune health.<sup>2-7</sup>

### Make MyFloraDaily your probiotic

- MyFloraDaily contains one of the most clinically studied probiotic strains, *Lactobacillus GG*, a highly resilient strain that is able to survive through the GI tract and adhere to the intestinal mucus and epithelial walls. This allows for an extended, controlled release of probiotic strains in the small and large intestine.
- MyFloraDaily is formulated with patented bio-tract technology *for maximum absorption.*
- TriVita guarantees **10 billion Colony Forming Units** (CFU - 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.
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- 6 Segers ME, Lebeer S. Towards a better understanding of *Lactobacillus rhamnosus GG* – host interactions. *Microbial Cell Factories* 2014;13(Suppl 1):S7.
- 7 Technical Memorandum: *Bifidobacterium lactis BI-04*. Danisco. TM 46-1e.
- 8 <http://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/probiotics/faq-20058065>



## 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.<sup>1</sup>

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

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

**Psyllium husk:** A soluble fiber used primarily as a gentle, bulk-forming laxative.<sup>3</sup>

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

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

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

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

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

### DID YOU KNOW?

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



## Fiberzon Capsules

#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#ixzz37Tbx6JY>

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.

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

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.<sup>1</sup> The fiber in a healthy diet helps keep things moving along—now, NEW Fiberzon gives you that extra fiber with a pleasant-tasting cocoa flavor. Soluble fiber in beans, fruits and oats, along with insoluble fiber (the bulk type in whole-grain products and vegetables) helps keep stools soft. Health experts agree: fiber, good nutrition, drinking plenty of liquids and enjoying regular exercise is crucial for regularity.<sup>1</sup>

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

### Add healthy fiber easily, every night

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

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

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

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.<sup>1,2</sup>

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

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

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

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

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

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

### PLUS:

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

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

### 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](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.<sup>1</sup>

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

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

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

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

*“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>




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- 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.

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## 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.

*"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
- 2,000 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 health<sup>1</sup>
- Youthful skin<sup>2</sup>
- Gum health<sup>3</sup>
- Bone health<sup>4</sup>
- Joint comfort<sup>5</sup>
- Cardiovascular health<sup>6</sup>
- Healthy aging<sup>7</sup>
- Overall vitality!

Try 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 like TriVita's Vital C can make!



### 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

#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.

#### References:

- 1 Wintergerst ES, et al. *Ann Nutr Metab.* 2006;50(2):85-94.
- 2 Telang PS. *Indian Dermatol Online J.* 2013 Apr-Jun; 4(2): 143-146.
- 3 Pussinen PJ. *Clin Diagn Lab Immunol.* 2003 Sep; 10(5): 897-902.
- 4 Saito M. Nutrition and bone health. *Clin Calcium.* 2009 Aug;19(8):1192-9.
- 5 Wang Y. *Arthritis Res Ther.* 2007;9(4):R66.

- 6 Zhang PY. *Eur Rev Med Pharmacol Sci.* 2014 Oct;18(20):3091-6.
- 7 Fusco D, et al. *Clin Interv Aging.* 2007 Sep; 2(3): 377-387.



#### 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.



#### 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.





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