

EXPERIENCE  WELLNESS
TRIVITA[®]
DECEMBER 2018



*Our gift
to you!*

EARN **MEGA** **5X**
BONUS POINTS
with the **VITAPPOINT HOLIDAY SPECIAL!**

See page 3



FREE SHIPPING ON ALL ORDERS OVER \$89

SEE PAGE 3



CALL TOLL-FREE **1-800-991-7116** OR ORDER AT **TRIVITA.COM**

THE
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 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



FROM THE FOUNDER

Michael R. Ellison

Merry Christmas!

What a joy to celebrate this annual event of the last 2000 years! For the next several weeks all around the world, people will be greeting each other, offering cheer and goodwill with a “Merry Christmas!” I love it!

One way we are celebrating Christmas is offering our Premier Members the opportunity to earn 5X VitaPoints on their entire order.

Last year this was very popular with our Members, and we are thrilled to bring it back this month. You may order any product in the catalog or online at Trivita.com to earn 5X Vita Points all through the end of December. See page 3 for details.

TriVita’s quality products are formulated to support the body’s nine systems and organs which in turn boost your wellness. Learning to care for your body with diet, supplementation and the Essentials for Health and Wellness will contribute greatly to your overall well-being.

To ensure the quality of our products, we follow strict manufacturing standards. All TriVita products are manufactured in the USA in facilities certified cGMP by the FDA. This is one of the highest standards in the world.

After manufacturing, our products are rigorously tested for any impurities that may have been picked up during the manufacturing process. We take this a step further by subjecting our products to arduous third-party testing to ensure each product’s purity and formulation meets our exacting standards. Although third-party lab testing is not required by FDA, we expect product quality, label integrity and safety for our Members.

As we end this year in celebration of Christmas, we would like to express our gratitude to each of you for allowing us to be of service. We offer you the best of our prayers and wishes for a very Merry Christmas, Happy Holidays and a prosperous and Happy New Year!

Michael R. Ellison,
Founder of TriVita



5X VitaPoints

ON ALL ORDERS



Do you know how far your points can go?

Premier Membership benefits just went to a whole new level with the 5X Mega Bonus VitaPoint special offer. Earn five times VitaPoints on your order in December so you can save big on your next order.

The 5X Mega Bonus gives you an extra \$20 in VitaPoints for every \$100 you spend.

These savings can be used on future orders with no limits on what product you purchase or how much you order. Use your points on all your favorite TriVita products like Nopalea, MyoHealth, Alfred Libby's B-12, NeuroShine, Vital C or any product of your choice!

Redeeming your VitaPoints is easy!

You can redeem your VitaPoints at TriVita.com. For your convenience your VitaPoint balance is listed on your receipt so you always know how much you can save on your next order.

The Mega Bonus Points 5X special offer expires 12-31-18, so don't miss out on this great opportunity to earn and save! See page 58 for complete details on Premier Membership or call 1-800-991-7116.



STOCK UP
& EARN
5X

Promeric 95

\$39.99

Earn 160 VitaPoints!

X5= **800** VitaPoints worth \$8.00

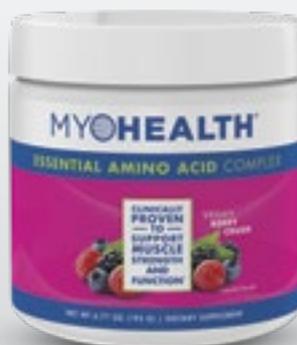


MyoHealth®

\$49.99

Earn 200 VitaPoints!

X5= **1000** VitaPoints worth \$10.00



Nopalea™ 4-Pack

\$119.99

Earn 480 VitaPoints!

X5= **2400** VitaPoints worth \$24.00



FREE SHIPPING

ON EVERY ORDER OVER \$89

Offer valid on catalog pricing only, with standard shipping and expires 12-31-18.

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

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.

UPDATES:

Healthy Webcasts You Shouldn't Miss...

TriVita Clinic of Integrative Medicine is proud to present this free, ongoing series of video webcasts, all designed to educate, delight and inform you on a variety of health-related topics—all on your computer or tablet and from the comfort of your own home. Visit TriVitaClinicEvents.com for more info.

Connecting with CARE

Our Customer CARE department is open to serve you from 8am–8pm EST, 5am–5pm PST, Mon–Fri.

- To order and speak with a Wellness Consultant, call us toll-free at **800-991-7116** or visit us online at TriVita.com.
- To service your ARP or for billing/shipping questions, please call toll-free at **877-850-2968** or send an email to memberservice@trivita.com.

Best time to call

We love speaking with you. The best time to call is during our off-peak hours:

2pm–6pm EST, 11am–3pm PST, Tue–Fri.

Or visit TriVita.com 24/7 to place your order with no delays, manage your ARP orders or track a package.

Interesting. Informative. Inspiring.

The **VitaJournal health & wellness blog** is packed full of health and wellness-related articles—updated on a regular basis. Be sure to check-out the latest postings throughout the month at blog.TriVita.com.

TRIVITA CATALOG PRODUCT INDEX:

Adaptuit®	31	MyoHealth® Powder	9
Adaptuit™ Sleep	34	MyoHealth® Capsules	10
 Aqua Algae	40	MyoHealth® Protein Shakes.....	10
B-12 (Alfred Libby's Slow Dissolve).....	15	Nerve Formula™	55
Balanced Woman®	53	NeuroShine™	27
Bone Growth Factor™	35	Nopalea™	19
 Camu Gold	44	Omega3 Prime™	21
Cholestria™	49	 ProDigest	41
CoEnzyme Q-10.....	38	Promeric 95	29
Energy Now!®	39	Prostate Health Formula™	52
 Enviro Defense	*	 Rainforest Treasure Tea	46
Essential D™	22	 Recovery	50
 Fiberzon.....	33	 Rejuvenate.....	51
 Fiberzon Capsules.....	32	 Sangre de Drago.....	*
 Fortify	*	 Serenity.....	*
GlucoManage® Formula.....	42	 Una de Gato	*
Healthy Foundation Pack.....	*	VisionGuard™	28
HCY Guard®	20	VitaCal-MagD™ K2.....	45
 Illumination.....	*	VitaDaily™.....	48
Joint Complex™	54	Vital C™	23
MyFloraDaily Prebiotic	36	 Warrior	*
MyFloraDaily Probiotic.....	37	 Zamu Protect™	43
MyoHealth® 2Pack.....	8		

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



GLUTEN FREE TRIVITA PRODUCTS

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



CURRENT GOOD MANUFACTURING PRACTICES (cGMP) ASSURE THE HIGHEST QUALITY

At TriVita we make sure that all ingredients in our products come only from vendors who comply with the highest standards of Current Good Manufacturing Practices (cGMP). Additionally, all TriVita supplements are manufactured in the United States.

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

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.

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. 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.

NOTICE:

If you are pregnant, nursing or on medications, you may want to consult with a healthcare provider before using. Keep out of the reach of children. To report a serious adverse event or obtain product information, contact 1-800-991-7116. Information provided herein is for informational purposes only.

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



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.¹

Over 20 years in the making, MyoHealth's formula was developed based on findings from the National Aeronautics and Space Administration (NASA), research funded by the National Institutes of Health (NIH) and 24 human clinical trials. The research was led by Dr. Robert Wolfe, a leading authority on amino acids, a renowned expert in the fields of nutrition and muscle metabolism and a record-setting amateur athlete.

Reference: ¹ 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 body¹
- Muscle needs protein to grow, but the body cannot produce protein on its own
- Essential Amino Acids are the cellular building blocks of protein¹
- Muscle is always in a state of breakdown and synthesis, or “turnover,” which is an important process to get rid of old damaged muscle fibers and replace them with new healthy fibers¹
- Muscle serves many important metabolic functions beyond supporting physical movement

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

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

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

- Donna P.,
Member since 2010

What Members are saying:

“I have been using MyoHealth for approximately two months and have noticed a huge benefit from using it. It gives me more stamina. I feel an increase in my energy level and I sleep better.”

- Sally L., Member since 2007

“This product is amazing! Now I can lift my grandchildren and crawl on the floor with them. I have more energy and feel really good. I feel younger because everything seems to be working better!”

- Alana T., Member since 2003

“I am in my 70's and normally take a 2-hour nap in the afternoon. After 30 days of taking MyoHealth I no longer need an afternoon nap!”

- Jean S., Member since 2018

“With MyoHealth, my legs feel better and stronger when I walk.”

- Mary C., Member since 2005

MYOHEALTH® 2PACK

SAVE!

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

\$89⁹⁸
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 powders 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[†] worth \$10 to use on a future order.**

CALL 1-800-991-7116 OR VISIT TRIVITA.COM TO ORDER

[†]Maximum 1,000 VitaPoints per order. See page 59 for more information on ARP.



Building stronger, leaner muscles never tasted so good!

You said you loved the benefits of MyoHealth, but wanted another flavor to choose from. New MyoHealth Berry Crush tastes great and provides all the same benefits as the original lemonade flavor. MyoHealth Essential Amino Acid Complex is unlike any other supplement on the market today. It features the perfect blend of all 9 essential amino acids and is backed by years of research and development.



When life gives you lemons, drink MyoHealth Berry Crush

Everyone's taste is a little different, but all muscles require the same EAAs to be healthy and strong. Don't let a little thing like flavor get in the way of your vitality! Now you can choose to enjoy the zippy lemonade powder or sip on refreshing berry crush after you finish a workout, go for a walk and anytime in between.

MyoHealth® Essential Amino Acid Complex - Vegan Powder

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

Berry Crush #30910 or Lemonade #30870 \$49.99

Earn 200 VitaPoints!

Suggested use: Adults, mix 1 (one) scoop of MyoHealth EAA Complex powder with 12 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 - Berry Crush Powder

Quantity: 192 g (6.77 oz) **Serving size:** 1 scoop (6.4 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, steviol glycosides, beet root powder (color).



STOCK UP & EARN 5X



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.

**Reginator® - US Patent #9,364,463



MyoHealth® Essential Amino Acid Complex - Vegan Capsules

- Clinically proven to support muscle strength and function while decreasing muscle loss
- GMO free, 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

#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 - 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.

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 lciithin and silica.

**Reginator® - US Patent #9,364,463



MyoHealth® Vegan Protein Shakes - Vanilla

- Contain 21 grams of pure plant-based, pea & rice protein and 1.5 EAAs per serving
- Low calorie and 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
- Does not contain dairy, soy, gluten, lactose, caffeine, GMO, sugar, synthetics or additives, and no side-effects
- MyoHealth shakes help increase your metabolism and muscle strength and build stronger, leaner muscle

#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.

What Members are saying:



“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



“I played in the NBA for 10 years. I can speak from vast experience that after the 30 Day Challenge my wife and I have seen the change in my body. I have improved muscle mass, lost weight and have improved overall health with a good diet, exercise and MyoHealth. My wife is now taking MyoHealth as well.”

– John B., Member since 2017



“I am 63 and my strength was declining at a rapid pace. However, after receiving your Vegan lemonade powder I followed the instructions and added a simple but strenuous 35 minute workout routine. The results have been amazing and now my strength is increasing by leaps and bounds. Thank you so much and God Bless all who use this wonderful product.”

– William B., Member since 2017

“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.”

– Kevin B., Member since 2011



“I’m feeling stronger than ever and my immune system seems stronger, too. My legs are now hard and toned and I walk 3 miles or more everyday. I plan to continue taking MyoHealth and getting stronger and stronger.”

– Tessie A., Member since 2006



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.¹

References:

1 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

2 <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*.²



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:

SCOTT CONARD, M.D.
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.

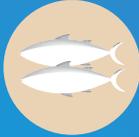


VITAMIN B-12 FACTOIDS

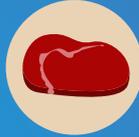
TYPICAL FOOD SOURCES¹



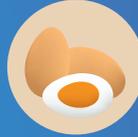
Shellfish



Fish



Meat



Eggs

BENEFITS OF B-12²



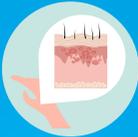
Energy



Mood Boost



Mental Clarity



Healthy
Skin & Hair



Better
Digestion



Helps Prevent
Anemia

SIGNS OF B-12 DEFICIENCY³



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>



“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 B-12 is over others. With B-12, I sleep better, have more energy and vitality and less fatigue.”

- Clita E., Member since 2001

“My whole family takes TriVita’s B-12. It gives all of us energy.”

- Ivone V., Member since 2013



STOCK UP
& EARN 5X

Alfred Libby’s B-12 Tablets

#30140 **\$19.99**

Earn 80 VitaPoints!

Alfred Libby’s Super B-12 Tablets

#33356 **\$23.99**

Earn 96 VitaPoints!

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



Alfred Libby’s Slow Dissolve B-12 Tablets

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

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

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

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.



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

WHAT CAN CAUSE INFLAMMATION?

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

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

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

Smoking (or inhaling second hand smoke) –

Smoking creates free radicals that lead to atherosclerosis and also create more inflammation, which increases plaque formation in arteries.

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

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

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

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

How to combat inflammation

Exercise³

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

Eat Better⁴

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



Take Supplements⁵⁻⁷

Boost your body's vitamin level by taking Vitamin A, Vitamin B6 (see *Alfred Libby's B-12*, page 15), Vitamin C (see *Vital C*, page 23), Vitamin D (see *Essential D*, page 22), Vitamin E, Vitamin K (see *VitaCal-MagD K2*, page 45), Omega 3 (see *Omega3 Prime*, page 21),

Betalains (see *Nopalea*, page 19) and Turmeric (see *Promeric 95*, page 29).

References:

- 1 http://bodyecology.com/articles/inflammation_cause_of_disease_how_to_prevent.php
- 2 <http://www.shape.com/lifestyle/beauty-style/soothe-chronic-inflammation-slow-premature-aging>
- 3 <http://kimberlysnnyder.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

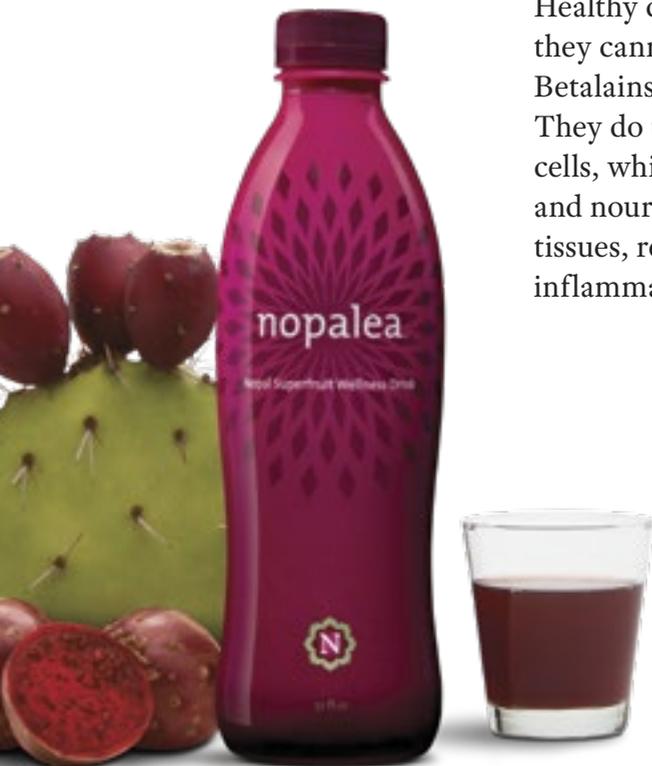
It's not possible to avoid every environmental and biological trigger, but you can support your immune system's normal and essential anti-inflammatory functions with Nopalea. Research on Nopalea has shown that it decreases inflammatory markers in the body such as CRP – C-reactive protein, which can be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

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

Protect your cells for better health

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

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



References:

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



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

Nopalea™ Liquid 4-Pack

#33400 **\$119.99**

SAVE \$20 OVER SINGLE BOTTLE PRICING!

Earn 480 VitaPoints!

Nopalea™ Liquid

#30710 **\$34.99**

Earn 140 VitaPoints!

"After a few days of taking Nopalea, I was able to do things I hadn't been able to do for a whole year."

- Joan C., Member since 2011

"I had back and shoulder issues, so a co-worker recommended Nopalea. Now I feel good and will keep using Nopalea!"

- Maud M., Member since 2016



STOCK UP & EARN 5X



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 Powder (*Carica papaya*), Orange Juice Powder (*Citrus sinensis*), Tomato Powder (*Lycopersicon esculentum*), Strawberry Powder (*Fragaria ananassa*), Apple Powder (*Malus pumila Mill.*), Guava Powder (*Psidium guajava*), Peach Powder (*Prunus persica*), Mango Powder (*Mangifera indica*), Apricot Powder (*Prunus armeniaca*), Acerola Berry Powder (*Malpighia glabra L.*), Red Raspberry Powder (*Rubus idaeus*), Kiwi Powder (*Actinidia chinensis*), Lemon Juice Powder (*Citrus limon*), Pomegranate Powder (*Punica granatum*), Bilberry Fruit Extract (*Vaccinium myrtillus*), Grape Seed Extract (*Vitis vinifera*), Green Tea Leaf Extract (*Camellia sinensis*).

Other Ingredients: Purified Water, Agave Nectar, Ascorbic Acid, Beet Root Powder, Natural Flavor, Potassium Sorbate (to protect freshness), Xanthan Gum, Stevia Leaf Extract, Guar Gum, and Fruit and Vegetable Juice (for color).



HCY Guard

Nutritional support to help lower and maintain healthy homocysteine levels

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

Why does HCY go out-of-range?

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

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

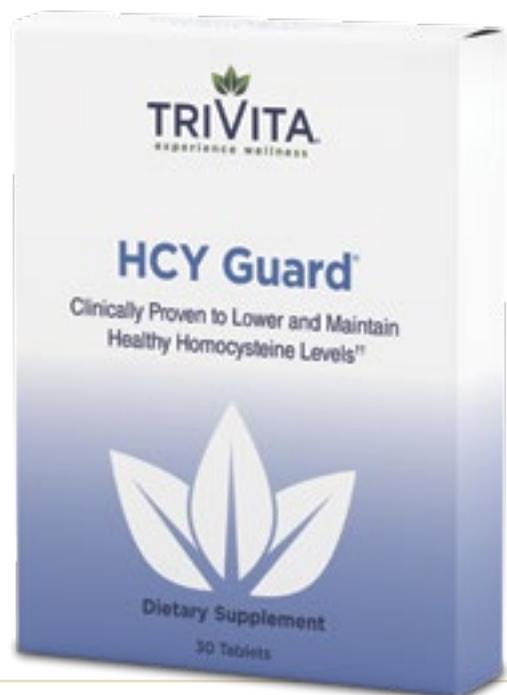
The HCY Guard proprietary blend adds complementary nutrients for even more support, including:

Choline: An important cofactor in homocysteine metabolism⁶

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

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

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



HCY Guard®

#30460 **\$23.99**

Earn 96 VitaPoints!

Suggested use: Adults and children over 10, take 1 slow dissolve tablet daily or as needed throughout the day. For best absorption do not chew or swallow whole: let dissolve in mouth or under tongue.



HCY Guard®

Quantity: 30 tablets Serving size: 1 tablet

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

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

References:

1 Humphrey LL, et al. *Mayo Clin Proc.*, 2008; 83: 1203–1212.

2 Wilcken DE, Wilcken B. *Ann N Y Acad Sci.*, 1998; 854:361-70.

3 Malinow, MR, et al. *Circ.*, 1998; 99:178-182.

4 Strain JJ, et al. *Nutr Soc.*, 2004; 63(4):597-603.

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.



Omega3 Prime

Premium fish oil concentrate for heart, brain and joint support

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

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

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

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

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

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

Quality, every step of the way:

- Highly refined and pharmaceutically distilled to provide the most pure form of omega-3s
- Multi-level testing with traceability throughout our supply chain, all the way to the finished product
- High quality control standards that help ensure potency, limit fish oil oxidation, neutralizing fishy odor and aftertaste
- TriVita promotes sustainability to preserve the long-term health of oceans, by sourcing the omega-3 fish oil from *Friend of the Sea* suppliers. Friend of the Sea (FOS) is a registered non-profit non-governmental organization (NGO) that was founded in 2006 to conserve marine habitats and resources.



THIS PRODUCT IS ALSO GREAT FOR:

 **BRAIN & NERVE HEALTH 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.



Essential D

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

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

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

DID YOU KNOW?

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

Essential D: Enhanced & absorbable Vitamin D3

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

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

Vitamin D supports whole-body wellness:

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

THIS PRODUCT IS ALSO GREAT FOR:

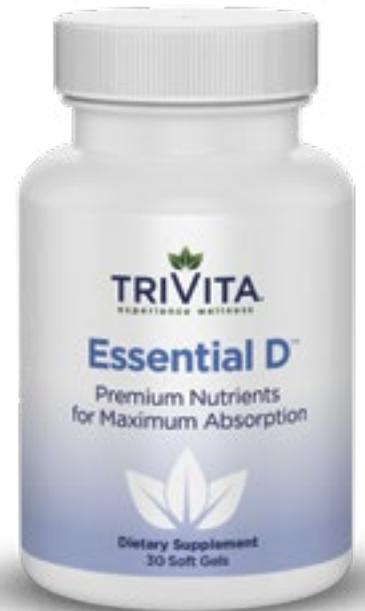
-  **ENERGY, STAMINA & PERFORMANCE SUPPORT**
-  **MUSCULOSKELETAL SYSTEM SUPPORT**
-  **NUTRITIONAL SUPPORT**

Essential D™

#31270 **\$14.99**

Earn 60 VitaPoints!

Suggested use: Adults take 1 soft gel daily or as directed by your healthcare provider. Do not exceed 2 soft gels daily unless directed by your healthcare provider.



Essential D™

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

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

This product contains soy.

References:

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

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



Vital C

The single solution to support immunity, detoxification and healthy aging

If you only take Vitamin C once in a while for immune health, you may be missing out on its full benefits. Vitamin C can help you look great, be active, stay healthy and more—supporting the vital health pathways that make life joyful.

Vital C 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

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

- Nancy H.,
Member since 2003

Feel Vitamin C's Full Potential

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

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

Try 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.



FEEL BETTER and BRIGHTER with NeuroShine™



With over 74 million Baby Boomers in the U.S., it's no surprise that brain health and cognitive function are popular topics. However, mood management and mental health awareness are on the rise as well. According to Mental Health America, one in five adults have a mental health condition, and millions are searching for natural solutions and lifestyle choices that can help support a brighter mood, better concentration and overall cognitive function.

This heightened interest in alternative solutions reflects societal concerns regarding soaring healthcare costs, heightened occurrence of mood disorders and an aging population which understands the importance of disease prevention

through lifestyle modification. Research shows that regular intake of specific dietary supplements in combination with a healthy diet, regular exercise and mindful habits can improve mood, memory, focus and overall brain health.

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

Dietary supplements are great natural alternatives to conventional treatments for mood disorders. Many people are wary of consuming prescription pharmaceutical drugs as they can lead to severe health complications like sleep disturbance, anxiety, depression, psychosis, loss of appetite and death.

To meet the growing demand for natural, safe and effective mood and mental health solutions, TriVita created NeuroShine—a 3-in-1 dietary supplement that helps improve mood, memory function, focus and concentration and enhances cognitive performance.^{1,2,3}

NEUROSHINE—WHY 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)
TriVita Clinic of Integrative Medicine
Board Certified Integrative Medicine
Licensed Doctor of Homeopathy

BacoMind (Bacopa Monnieri)

BacoMind, has been shown to support mood, help with psychological stress and brain function especially memory. Positive results were recorded in a double-blind placebo-controlled age-related memory test; BacoMind was found to enhance cognitive functions including focus, concentration and verbal memory.¹

Vitamin B5 (Pantothenic Acid)

Similar to other B vitamins, Vitamin B5 is popularly known for its role in energy metabolism and contributions to brain health. Pantothenic acid also plays an essential role in the regulation and synthesis of several biochemical pathways including the production of Coenzyme A.²



Lithium Orotate

As scientists continue to study the effects of Lithium Orotate, studies have shown that low doses of lithium have a positive impact on the brain and particularly mood. In fact, one particular study reported communities that had micro-doses of lithium in the drinking water experienced less suicide, homicide and violent crimes than neighboring communities with no lithium in the water.³

Lithium has been used for decades as an effective treatment for cognitive decline and is known as one of the best and most effective mood stabilizers available today.⁴

References:

- 1 <https://www.ncbi.nlm.nih.gov/pubmed/20590480>
- 2 <http://lpi.oregonstate.edu/mic/vitamins/pantothenic-acid>
- 3 <https://www.ncbi.nlm.nih.gov/pubmed/1699579>
- 4 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4063497/>

NeuroShine

TriVita's 3-in-1 dietary supplement that helps improve focus and concentration, supports mood, memory function and enhances cognitive performance.^{1,2,3}

References:

1 <https://www.ncbi.nlm.nih.gov/pubmed/19407280>

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

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



What Members are saying:

“I've been taking NeuroShine for two weeks. I've noticed a big difference in my mood. When I talk with people, I feel less blunt and happier overall.”

– Doris Q., Member since 2009

“I am at an age where I forget a lot. NeuroShine has helped greatly. My memory is better and I'm not as frustrated to find the right words to say.”

– Joan S., Member since 2012

“Since taking NeuroShine, my mother has shown improvements in her ability to focus.”

– Donna E., Member since 2004

“I'm 79 and NeuroShine makes me feel sharper and my brain feels more awake.”

– Judith H., Member since 2006

“I think the NeuroShine is a fabulous product and I've seen some wonderful results within the first month of using it. I've especially noticed a big difference in my mood, along with better focus and concentration. I'm getting some for my family members because I feel they will benefit from it, too!”

– Julie E., Member since 2011



NeuroShine

Feel better and brighter with just one capsule a day



STOCK UP
& EARN 5X

Your mental and emotional health affects every aspect of your life. Relationships, self-esteem, productivity and even your physical health are strongly linked to your mood and vice versa. It's important to understand how to properly take care of your brain and mind for a fulfilling and healthy life.

NeuroShine was formulated to support mood and focus, and healthy development of brain cells for increased protection against brain disorders and neurodegeneration. NeuroShine contains three ingredients: BacoMind® (Bacopa Monnieri) an aquatic plant shown to enhance memory and cognitive function;¹ Pantothenic Acid (Vitamin B5) is known as the “anti-stress” vitamin and has been discovered to play an essential role in the regulation and synthesis of several biochemical pathways;² and Lithium Orotate (500 mcg) a specific form of lithium that supports a healthy mood and makes users feel better and brighter.³

With ongoing daily use, NeuroShine supports better mood and brain health

- **Bacopa Monnieri** has been used in traditional Ayurvedic medicine for centuries to promote memory and longevity¹
- **Vitamin B5** supports overall energy production, is needed for the synthesis of some essential nutrients and is critical for the production of some hormones and neurotransmitters²
- **Lithium Orotate**, a specific form of lithium, delivers all the benefits of lithium without the risk of dangerous side-effects due to its increased bioavailability over other products on the market⁴
- Unlike pharmaceutical lithium, Lithium Orotate is effective in extremely small amounts (500 mcg)³

When your mood begins to decline, it's best to take charge and keep your mental health from getting worse. We've all experienced good and bad moods, but according to the 2017 Harris Poll Survey of American Happiness, only 33% of Americans surveyed reported being happy.

How would your life change if you could live with a clearer mind, better focus and brighter mood with just one capsule per day?

NeuroShine™

#30900 **\$34.99**

Earn 140 VitaPoints!

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



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/20590480>

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

4. <https://www.organicnewsroom.com/lithium-orotate/>



VisionGuard

Advanced vision formula to help you see life more clearly

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

These two key antioxidants:

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

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

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

Black currant: Supplies antioxidant anthocyanins and polyphenols.

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

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

Why does VisionGuard use FloraGLO® lutein?¹¹

FloraGLO is the most clinically researched lutein brand in the world, as well as the brand most trusted by doctors. A perfect choice for VisionGuard, FloraGLO promotes vision health by:

- Helping defend the eye from free radicals
- Potentially reducing the effects of aging
- Helping protect vision by absorbing harmful UV rays
- Increasing the retina’s protective macular pigment
- Reducing sensitivity to glare and blindingly bright light

VisionGuard™

#30572 **\$29.99**

Earn 120 VitaPoints!

Suggested use: Adults, take 2 capsules daily with food. Alternatively, adults take 1 capsule in the morning and 1 capsule in the evening, with food.



VisionGuard™

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

Amount per serving: Vitamin C (as ascorbic acid) 300 mg, Vitamin E (as d-alpha-tocopheryl succinate) 100 IU, Zinc (as zinc citrate) 25 mg, Selenium (as selenomethionine) 35 mcg, Copper (as copper gluconate) 1 mg, Lutein [from Aztec marigold (*Tagetes erecta*) extract (FloraGLO®)] 10 mg, Zeaxanthin [from OptiSharp™ Zeaxanthin & Aztec marigold (*Tagetes erecta*) extract (FloraGLO®)] 2 mg, Bilberry fruit 4:1 extract 100 mg, Black currant fruit puree & juice powder 50 mg, Grape seed extract (80-85% oligomeric proanthocyanidins) 25 mg, Alpha-Lipoic acid 50 mg, Rutin 25 mg, Quercetin dihydrate 25 mg, Taurine 100 mg, N-Acetyl-L-Cysteine 20 mg, Glycine 10 mg.

Other ingredients: Gelatin, vegetable magnesium stearate and silica.

References:

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

- 6 Junghans A, Sies H, et al. *Arch Biochem Biophys*. 2001 Jul 15; 391(2): 160-4.
- 7 Richer S, Stiles W, Statkute L, et al. *Optometry* 2004; 75: 216-230.
- 8 Richer S, Devenport J, et al. *Optometry*. 2007 May; 78(5): 213-9.
- 9 <https://www.ncbi.nlm.nih.gov/books/NBK92770>
- 10 Matsumoto H. *J Agric Food Chem*. 2003 Jun 4;51(12):3560-3
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Promeric 95

Formulated with turmeric for natural joint comfort and support

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

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

Made from premium turmeric root extract

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

- 500 mg total curcuminoids
- Non-GMO turmeric extract
- Small, easy-to-swallow soft gels
- No allergens

Many turmeric supplements are large and difficult to absorb. Promeric 95 soft gels are smaller than typical pills and contain essential oils naturally present in the turmeric plant; this combination of essential oils and turmeric helps aid absorption.

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.³

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

- Lonna L.,
Member since 2003



THIS PRODUCT IS ALSO GREAT FOR:

HEALTHY INFLAMMATION SUPPORT

Promeric 95

#30820 **\$39.99**

Earn 160 VitaPoints!

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



Promeric 95

Quantity: 60 soft gels Serving size: 2 soft gels

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

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

References:

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

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

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



Don't just
cope.

**TAKE
CONTROL.**

Adaptuit. For a more relaxed you.

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

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

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

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

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

Adaptuit also contains the unique calming compound L-Theanine and has a delicious grape flavor!



References:

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

- 7 Cicero AFG, et al. Effects of Siberian Ginseng on elderly quality of life: A randomized clinical trial. *Arch Gerontol Geriatr* 2004;Suppl 9:69-73.
- 8 Mocan A, et al. Comparative studies on polyphenolic composition, antioxidant and antimicrobial activities of *Schisandra chinensis* leaves and fruits. *Molecules* 2014;19:15162-15179.
- 9 Panossian A, Wikman G. Pharmacology of *Schisandra chinensis* Baill: An overview of Russian research and uses in medicine. *J Ethnopharmacol* 2008;118(2):183-212.
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- 11 Juneja LR, et al. *Trends in Food Sci Technol* 1999;10:199-204.
- 12 Mu W, Zhang T, Jiang B. *Biotech Advances* 2015;33:335-342.
- 13 Kakuda T, et al. *Biosci Biotechnol Biochem* 2000;64(2):287-293.



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.^{10,11}
- Adaptuit contains 125-375 mg of L-Theanine, per 1-3 fl oz. For comparison, there are approximately 25-60 mg of L-Theanine per 200 ml serving of tea.¹³

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

“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

adaptuit®
Daily Stress Relief®
Premium Adaptogen Complex

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!



TRIVITA
NUTRITION

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).



Fiberzon Capsules

Supplemental fiber to support gentle, healthy regularity

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

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

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

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

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

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

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

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

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

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.

DID YOU KNOW?

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



Fiberzon Capsules

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

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

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

References:

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#ixzz37Tbxb6JY>

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

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

Add healthy fiber easily, every night

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

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

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



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>



Adaptuit Sleep

The natural formula to aid in deep, restorative sleep

Designed to help you sleep better

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

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

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

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

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

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

PLUS:

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

IS STRESS CAUSING YOU TO LOSE SLEEP?

Try Adaptuit™—designed to help your body adapt to stress and minimize its damaging effects. See page 31.



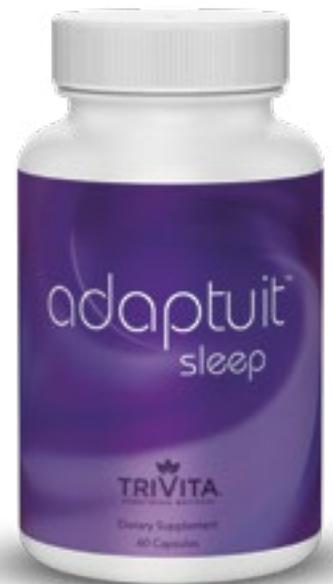
Adaptuit™ Sleep

#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.
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- 5 Kennedy DO, Little W., et al. *Psychosom. Med.*, 2004;66:607–613.
- 6 Akhondzadeh S, Naghavi HR, et al. *Journ Clin Pharm & Ther.* 2001;26(5):363–367.

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



Bone Growth Factor

Enhanced formula to support strong bones and help prevent bone loss

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

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

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

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

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

PLUS:

Bone Growth Factor’s proprietary blend supplies:

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

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

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

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

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



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

Bone Growth Factor™

#30600 **\$34.99**

Earn 140 VitaPoints!

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



Bone Growth Factor™

Quantity: 180 capsules **Serving size:** 2 capsules

Amount per serving: Vitamin C (as calcium ascorbate) 20 mg, Vitamin D (as cholecalciferol) 333.34 IU, Vitamin K (as phytonadione) 200 mcg, Vitamin B6 (as pyridoxine HCl) 0.5 mg, Folate (as folic acid) 33.34 mcg, Calcium (as calcium carbonate, microcrystalline hydroxyapatite, dicalcium phosphate, calcium citrate, calcium lactate, calcium orotate and calcium D-glucarate) 333.34 mg, Phosphorus (as microcrystalline hydroxyapatite and dicalcium phosphate) 90 mg, Magnesium (as magnesium oxide and magnesium aspartate) 133.34 mg, Zinc (as zinc aspartate) 5 mg, Copper (as copper glycinate chelate) 0.167 mg, Manganese (as manganese gluconate) 0.67 mg, Potassium (as potassium chloride and potassium amino acid complex) 33.34 mg. Proprietary blend 104.9 mg: Evening Primrose, Ipriflavone, GABA (gamma-aminobutyric acid), Inositol, Silicon (as silicon dioxide), Boron (as amino acid complex), Choline (as choline bitartrate), 5-methoxy-N-acetyltryptamine (melatonin).

Other ingredients: Vegetable capsule (hypromellose), microcrystalline cellulose and magnesium stearate.

References:

1 http://www.health.ny.gov/diseases/conditions/osteoporosis/osteo_vs_low_bone_mass.htm
 2 Moe S. *Prim Care*. 2008 Jun; 35(2): 215–vi.
 3 <http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000506.htm>
 4 Pines A, et al. *Curr Med Res & Op*. 1984;8,10:734-42
 5 Macdonald H, et al. *Am J Clin Nutr*. 2008; 87:5, 1513-20

6 Gennari C, et al. *Calcif Tissue Int*. 1997;61 Suppl 1:S19-22.
 7 Miggiano GA, Gagliardi L. *Clin Ter*. 2005 Jan-Apr;156(1-2):47-56.
 8 Hunt CD, et al. *J Bone Miner Res*. 1994;9:171–181.
 9 R. JUGDAOHSINGH. *J Nutr Health Aging*. Mar-Apr; 11(2): 99–110.
 10 <http://www.iofbonehealth.org/introduction-bone-biology-all-about-our-bones>



MyFloraDaily Prebiotic

Prebiotics feed the good bacteria in the gut

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

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

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

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

Why do I need a prebiotic if I'm already taking a probiotic?

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

MyFloraDaily Prebiotic

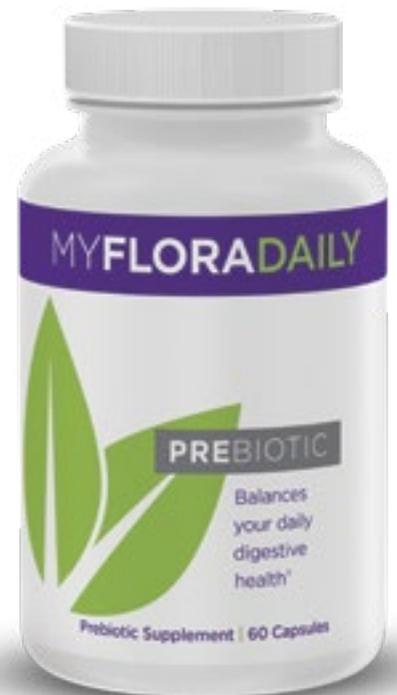
#30880 **\$19.99**

Earn 80 VitaPoints!!

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

PREBIOTICS

- Are a special form of dietary fiber that acts as a fertilizer for the good bacteria everyone already has in their gut
- Improve the good-to-bad bacteria ratio, which has a direct correlation to your mental health and overall well-being²
- Prebiotic powders are not affected by heat, cold, acid or time



MyFloraDaily Prebiotic

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

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

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

References:

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

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



MyFloraDaily Probiotic

Probiotics are tiny health-promoting organisms in the gut

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

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

Make MyFloraDaily your probiotic

- MyFloraDaily contains one of the most clinically studied probiotic strains, Lactobacillus GG, a highly resilient strain that is able to survive through the GI tract and adhere to the intestinal mucus and epithelial walls. This allows for an extended, controlled release of probiotic strains in the small and large intestine.
- MyFloraDaily is formulated with patented bio-tract technology *for maximum absorption.*
- TriVita guarantees **10 billion Colony Forming Units** (CFU - how many good bacteria are in each capsule) in every dose at the time of manufacture and 5 billion at the one year expiration date.
- While many competitive probiotic brands need to be refrigerated to maintain the number of probiotic strains, **MyFloraDaily is shelf stable.**
- MyFloraDaily is allergen-free (no milk, eggs, fish, shellfish, nuts, wheat or soy).

MyFloraDaily Probiotic

#30830 **\$39.99**

Earn 160 VitaPoints!

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



MyFloraDaily Probiotic

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

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

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

References:

- 1 Lopetuso LR, et al. The therapeutic management of gut barrier leaking: the emerging role for mucosal barrier protectors. *Eur Rev Med Pharmacol Sci* 2015; 19:1068-1076.
- 2 QUINTO EJ, et al. Probiotic lactic acid bacteria: A review. *Food and Nutrition Sciences* 2014;5:1765-1775.
- 3 Goldstein EJC, Tyrrell KL, Citron DM. Lactobacillus Species: Taxonomic complexity and controversial susceptibilities. *Clin Infect Dis* 2015;60(Supp2):S98-S107.
- 4 Ljungh A, Wadstrom T. Lactic Acid Bacteria as probiotics. *Curr Issues Intestinal Microbiol* 2006;7:73-90.
- 5 Reid G. The Scientific basis for probiotic strains of Lactobacillus. *Applied Environ Microbiol* 1999;65(9):3763-3766.
- 6 Segers ME, Lebeer S. Towards a better understanding of Lactobacillus rhamnosus GG – host interactions. *Microbial Cell Factories* 2014;13(Suppl 1):S7.
- 7 Technical Memorandum: Bifidobacterium lactis BI-04. Danisco. TM 46-1e.
- 8 <http://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/probiotics/faq-20058065>



CoEnzyme Q-10

Premium potency for cardiovascular wellness and healthy heart support

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

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

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

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

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

- Nancy S.,
Member since 2003



THIS PRODUCT IS ALSO GREAT FOR:

 **ENERGY, STAMINA & PERFORMANCE SUPPORT**

CoEnzyme Q-10

#31161 **\$29.99**

Earn 120 VitaPoints!

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



CoEnzyme Q-10

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

Amount per serving: CoEnzyme Q-10 50 mg.

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

References:

1 <http://www.health.harvard.edu/blog/statin-use-is-up-cholesterol-levels-are-down-are-americans-hearts-benefiting-201104151518>
 2 Littarru GP, et al. *Mol Biotechnol.* 2007 Sep;37(1):31-7
 3 <https://nccih.nih.gov/health/supplements/coq10>
 4 Bliznakov EG. *Journ Amer Nut Assoc* Vol. 5, No. 3, Summer 2002.
 5 Peter H. Langsjoen, M.D., F.A.c.c. Retrieved from: http://www.fda.gov/ohrms/dockets/dailys/02/May02/052902/02p-0244-cp00001-02-Exhibit_A-vol1.pdf

6 Folkers-K. Langsjoen-P. Langsjoen-P-H. *Biochem-Biophys-Res-Commun.* 1992 Jan 15. 182(1). P 247-53.
 7 Bor-Jen Lee. *Nutrition Journal* 2013, 12:142.
 8 Gao L, et al. *Atherosclerosis.* 2012 Apr;221(2):311-6.
 9 Langsjoen-P-H, et al. *Klin-Wochenschr.* 1988 Jul 1. 66(13). P 583-90.
 10 Rosenfeldt FL, et al. *Hum Hypertens.* 2007 Apr;21(4):297-306.



Energy Now!

Natural nutritional support for the jitter-free energy you need

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

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

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

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

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

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

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

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

PLUS:

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

"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 SUPPORT**

Energy Now!®

#30420 **\$24.99**

Earn 100 VitaPoints!

Suggested use: Adults: Take 2 capsules in the morning and/or afternoon. For best results, take with a glass of juice or water on an empty stomach. This should be 30 minutes before or 2 hours after food. Taking the product with food will significantly diminish its effectiveness.



Energy Now!®

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

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

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

References:

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

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

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

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

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

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

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

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

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



Aqua Algae

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

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

Amazon Herb Algae includes the following four ingredients:

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

Aqua Algae

#ADS1272 **\$24.99**

Earn 100 VitaPoints!

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



Aqua Algae

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

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

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

References:

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

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

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

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

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

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

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



ProDigest

Premium enzyme formula for digestive system enhancement and support

Stress, eating processed foods and aging all make it hard for our digestive system to work properly. The digestive system then becomes challenged, and bloating, gastrointestinal discomfort and indigestion may result.¹

ProDigest helps support the digestive system and features:

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

Digestive enzymes to assist and enhance digestion of foods:

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

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

- Dawn T.,
Member since 2012



ProDigest

#ADS1472 **\$34.99**

Earn 140 VitaPoints!

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



ProDigest

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

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

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

References:

- 1 <http://www.acam.org/blogpost/1092863/180732/Digestive-Health--Total-Body-Health>
- 2 <http://www.webmd.com/vitamins-supplements/ingredientmono-593-boldo.aspx?activeingredientid=593&activeingredientname=boldo>
- 3 <http://www.webmd.com/vitamins-supplements/ingredientmono-582-anise.aspx?activeingredientid=582&activeingredientname=anise>
- 4 <http://www.webmd.com/a-to-z-guides/peppermint-oil-uses-benefits-effects#1>
- 5 <http://www.webmd.com/vitamins-supplements/ingredientmono-1127-CARQUEJA.aspx?activeIngredientId=1127&activeIngredientName=CARQUEJA>
- 6 <https://www.princeton.edu/~achaney/tmve/wiki100k/docs/Amylase.html>
- 7 <http://www.britannica.com/EBchecked/topic/479818/peptolytic-enzyme>
- 8 <http://umm.edu/health/medical/altmed/supplement/lipase>



GlucoManage Formula

Blood sugar balance to help restore healthy glucose levels

Blood sugar balance influences how you feel every single day, affecting your vitality, mood, appetite, mental clarity and more. But many factors can knock blood sugar off-balance, including bad diet, excess weight, sedentary living and poor sleep.¹

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

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

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

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

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

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

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

DID YOU KNOW?

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



"I recommend GlucoManage to anyone dealing with blood sugar issues. This product really works!"

- Niva K., Member since 2003

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.



Zamu Protect

Promotes antioxidant protection against free radical damage

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

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

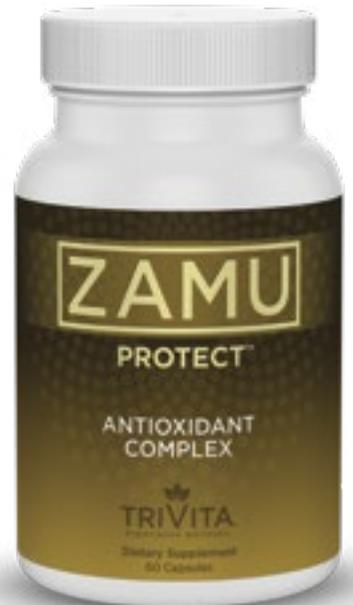
- Peruvian purple corn³ and maqui⁴, which contain anthocyanins, a type of flavonoid with antioxidant effects.⁵
- Camu camu, one of the richest sources of Vitamin C.⁶
- Green Tea, which provides the best source of catechins. Catechins are more powerful than Vitamin C and E in halting oxidative damage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

Zamu Protect™

#31520 **\$19.99**

Earn 80 VitaPoints!

Suggested use: Adults and children over the age of 12, take 2 or more capsules with food every day.



Zamu Protect

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

Amount per serving: Zamu Protect™ Proprietary Blend 505 mg: Green tea leaf extract (36% total polyphenols), (Camellia sinensis), Peruvian purple corn (Zea mays), Bilberry fruit extract 4:1 (from 2.4 mg of 100:1 extract), (Vaccinium uliginosum), Blueberry fruit extract 5:1 (from 30 mg of 10:1 extract), (Vaccinium corymbosum), Schizandra fruit (Schizandra chinensis), Red raspberry leaf (Rubus idaeus), Ginkgo Biloba leaf extract 4:1 (from 2.4 mg of 50:1 extract), Pomegranate fruit extract (20% ellagic acid), (Punica granatum), Camu Camu fruit extract (Myrciaria dubia), Maqui fruit (Aristotelia chilensis).

Other ingredients: Rice flour, gelatin, magnesium stearate and silica.

References:

- 1 <http://www.hsph.harvard.edu/nutritionsource/antioxidants/>
- 2 <http://nccam.nih.gov/health/antioxidants/introduction.htm>
- 3 <http://cms.herbalgram.org/herbalgram/issue65/article2779.html?ts=1396366391&signature=fe2aa6cdf0e8fd9b12298c7b29c56b0>
- 4 <http://altmedicine.about.com/od/herbsupplementguide/a/Maqui.htm>
- 5 <http://altmedicine.about.com/od/herbsupplementguide/a/The-Scoop-On-Anthocyanins.htm>
- 6 <http://www.ncbi.nlm.nih.gov/pubmed/11464674>
- 7 http://www.health.harvard.edu/press_releases/benefit_of_drinking_green_tea
- 8 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=202>
- 9 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=309>
- 10 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=1013>
- 11 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=376>



Camu Gold

The Amazon’s nutrient-rich “feel good” fruit for enhanced energy and focus

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

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

The ingredients in Camu Gold include:

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

DID YOU KNOW?

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



Camu Gold

#ADS3575 **\$29.99**

Earn 120 VitaPoints!

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



Camu Gold

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

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

References:

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

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



VitaCal-MagD™ K2

Calcium complex and Vitamin K2 for musculoskeletal support

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

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

Calcium complex for musculoskeletal health

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

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

Each serving provides:

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

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

Vitamin D3 (500 IU): The body requires Vitamin D to absorb calcium properly. Too little Vitamin D may result in soft, thin and brittle bones.^{6,7}

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

THIS PRODUCT IS ALSO GREAT FOR:

 **CARDIOVASCULAR SYSTEM SUPPORT**

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

VitaCal-MagD™ K2

#30182 **\$24.99**

Earn 100 VitaPoints!

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



VitaCal-MagD™ K2

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

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

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

References:

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/

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

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



Rainforest Treasure Tea

Tasty herbal support for mental clarity, physical immunity and vitality

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

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

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

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

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

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

PLUS:

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

THIS PRODUCT IS ALSO
GREAT FOR:

 DIGESTIVE/IMMUNE
SYSTEM SUPPORT

Rainforest Treasure Tea

#ADS3884 **\$19.99**

Earn 80 VitaPoints!

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



Rainforest Treasure Tea

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

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

References:

- 1 <http://ip.aaas.org/tekindex.nsf/2a9c4e44835b04ea85256a7200577a64/a4d278e2c76d06cd85256af0006b4afa/Body/M1?OpenElement>
- 2 Miyake M, et al. *Biosci Biotechnol Biochem.* 2008 Jul;72(7):1781-8.
- 3 Keplinger K. *J Ethnopharmacol.* 1999 Jan;64(1):23-34.
- 4 Sandoval M. *Free Radic Biol Med.* 2000 Jul 1;29(1):71-8.
- 5 <http://ip.aaas.org/tekindex.nsf/2a9c4e44835b04ea85256a7200577a64/dd28016296c8808d85256af0006b4b0d/Body/M1>
- 6 http://www.ucdenver.edu/academics/colleges/pharmacy/currentstudents/OnCampusPharmDStudents/ExperientialProgram/Documents/nutr_monographs/Monograph-pau_darco.pdf

- 7 <http://ip.aaas.org/tekindex.nsf/2a9c4e44835b04ea85256a7200577a64/08845c7c9d57417985256af0006b4ade/Body/M1>
- 8 Campos AH. *Nephron.* 1999;81(4):393-7.
- 9 <http://ip.aaas.org/tekindex.nsf/2a9c4e44835b04ea85256a7200577a64/c1498ae4165dad8285256af0006b4adf/Body/M1?OpenElement>
- 10 Gonzalez JG, et al. *J Ethnopharmacol.* 1982 Jan;5(1):73-7.
- 11 Kloucek P. *J Ethnopharmacol.* 2007 May 4;111(2):427-9.



SCIENTIFICALLY VALIDATED FORMULAS

One of our 10 Foundational Values

With countless vitamins and supplements available today that seem to guarantee the impossible, it's easy to feel overwhelmed and simply opt for the lowest cost product. But you can't afford to waste your money on products that don't work.

That's what sets TriVita apart. We provide our Members with high-quality nutritional products backed by scientific research. At the heart of every TriVita product is science. Our advisory panel is responsible for staying in touch with medical developments and providing valuable recommendations based on current and emerging science, nutrition research, testing methods and industry trends.

Efficacy and safety are chief concerns when formulating new products. To deliver on our product promises, we build quality into our supplements from day one. Our

product development process is driven by discovery and innovation to create exceptional products for our Members. We test our ingredients before, during and after manufacturing to ensure bioavailability and efficacy. If the product fails in any of these areas, we start over!

The health and safety of our Members is imperative, so we never take testing for granted. We always promise that our products are backed by research, our formulas are safe and effective, and our product labels are accurate to meet FDA requirements. When sourcing ingredients or suppliers, we require certificates of analysis for the ingredients we will be using. This ensures that the ingredients meet all guidance standards and requirements.

TriVita invests in science and research to help create the best health and wellness experiences possible for our Members. We are constantly evaluating our current product line and new product suggestions to find ways to improve and meet the unique needs of our Members with scientifically validated formulas.



VitaDaily

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

Ever read a typical multi-vitamin's label? You may be surprised to see artificial food dyes, fake flavors and synthetic preservatives. Keep looking, and you may find "mega-doses" that seem to have way more nutrition than you want or need.

Finally! A multi-vitamin with no "bad stuff"

VitaDaily—TriVita's once daily multi-vitamin—is here to change all that. We've crafted the ideal multi-vitamin for anyone who wants *clean* daily nutrition without unnecessary additives or excessive mega-doses that some other brands use. VitaDaily is:

Comprehensive: Supplies 100% daily value of 19 essential vitamins and minerals.

Convenient: Small and easy-to-swallow tablets; just take one every day.

Dissolvable: Dissolved in under 30 minutes.

VitaDaily is formulated to help make your life healthy and easy: Just take it once in the morning, and get on with your day!

Is your nutritional intake "suboptimal"?

Nutrient deficiency may not be the only dietary concern to worry about. Researchers have noted that "suboptimal" nutrient intake—which is above deficiency levels—may *still* be a risk factor for many health concerns. Suboptimal nutrient intake is common in adults, especially the elderly.¹

ARE YOU GETTING ENOUGH?

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

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



VitaDaily™

#30203 **\$14.99**

Earn 60 VitaPoints!

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



VitaDaily™

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

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

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

References:

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

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



Cholestria

Healthy cholesterol level maintenance and support without toxic side-effects

Cholesterol concerns? Plant sterols may help. Also known as phytosterols, plant-based sterol esters are botanical compounds that mimic cholesterol. By occupying cholesterol's "parking spaces" in the gastrointestinal tract, plant sterols may block LDL ("bad") cholesterol from being absorbed, and instead help to flush it out of the body.^{1,2} Cholestria supplies a high-potency 1,000 mg serving of plant-based sterol esters in each soft gel.

A more complete cardio picture

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

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

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

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

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

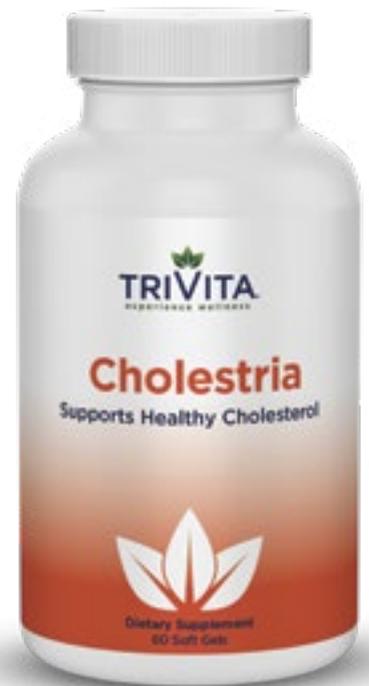
Help maintain your cholesterol already within normal range with Cholestria!

Cholestria™

#31290 **\$39.99**

Earn 160 VitaPoints!

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



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

- Donna S.,
Member since 2010



Cholestria™

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

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

Contains: Soybean oil as source of natural Vitamin E.

References:

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

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

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

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

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

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



Recovery

Excellent after exercise or physical exertion

Recovery is formulated with a specially selected assortment of plants with antioxidant, flavonoid and linolenic acid content, designed to help support your body's recovery.

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

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

Una de Gato: A rich source of alkaloids.²

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

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

Safflower: Offers high linolenic and linoleic acids content.⁵

THE ORIGIN OF RECOVERY

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

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



Recovery

#ADS2571 **\$29.99**

Earn 120 VitaPoints!

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



Recovery

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

Amount per serving: Proprietary Blend 760 mg: Dong Quai (root), Pomelo Peel (Citrus Grandis) Ju Hong, Safflower (Hong Hua) Flower, Sarsaparilla (Smilax Officinalis root), Samambaia (Polypodium Lepidopteria), 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>



Rejuvenate

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

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

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

Rejuvenate features the following ingredients:

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

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

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

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

THIS PRODUCT IS ALSO
GREAT FOR:



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.^{1,2}

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

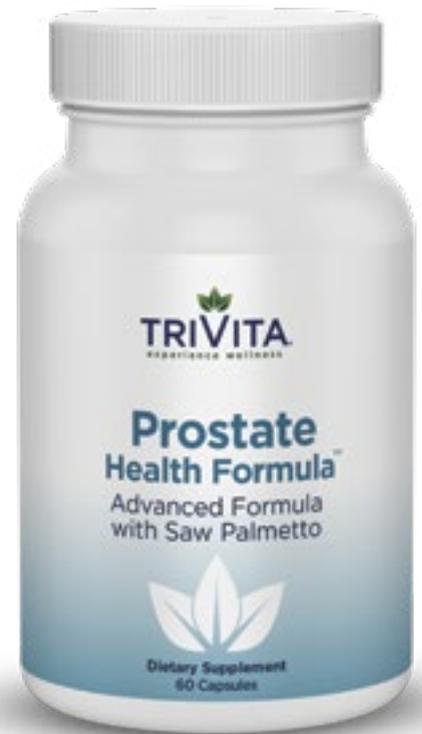
Beta sitosterol supplies a mixture of plant sterols shown to help promote urinary comfort.⁵

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

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

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

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



Prostate Health Formula™

#30400 **\$19.99**

Earn 80 VitaPoints!

Suggested use: Adult men, take 2 capsules once or twice daily with food.



Prostate Health Formula™

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

Amount per serving: Magnesium (from Magnesium Amino Acid Chelate) 50 mg, Zinc (from Zinc Gluconate) 15 mg, Selenium (from L-Selenomethionine) 50 mcg. Proprietary blend 646 mg: L-Glutamic Acid, Glycine, Saw Palmetto Berry Extract (25% Fatty Acid), Phytosterols, L-Alanine, Lycopene, Flower Pollen Extract 20:1, Nettle Root Extract 4:1, Pumpkin Seed Extract 4:1.

Other ingredients: Vegetable capsule (hypromellose), microcrystalline cellulose, maltodextrin, and magnesium stearate. **Contains:** soy.

References:

1 Buck AC. *J Urol*. 2004 Nov;172(5 Pt 1):1792-9.

2 Suzuki M. *Acta Pharmacol Sin*. 2009 Mar;30(3):227-81.

3 Etminan, M., et al. *Can Ep, Bio & Prev*. 2004; 13: 340-345.

4 Giovannucci, E. *Journal of Nutrition*. 2005; 135: 2030S-2031S.

5 Berges RR. *Lancet*. 1995 Jun 17;345(8964):1529-32.

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



Balanced Woman

The gentle support and comfort women need during hormonal change

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

Black Cohosh helps supports menopausal comfort.¹

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

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

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

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

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

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



Balanced Woman®

#30240 **\$24.99**

Earn 100 VitaPoints!

Suggested use: Adult women, take 2 capsules daily. For best results, take with juice one hour before or after food.

Balanced Woman®

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

Amount per serving: Vitamin B6 (as pyridoxine HCl) 3 mg, Pantothenic Acid (as d-calcium pantothenate) 30 mg, Calcium (as calcium citrate) 50 mg. Proprietary blend 1558 mg: Wild Yam Extract 4:1 (root), Dong Quai Extract 5:1 (root), L-Leucine, L-Valine, Fennel Seed Powder, L-Isoleucine, Black Cohosh Extract 4:1 (root), Chaste Berry Extract 10:1 (fruit), Damiana Powder (leaf), Red Grape Skin Extract (fruit), Vegetable Enzyme Blend (protease, acid-stable protease, amylase, lipase, cellulase, and glucoamylase), Licorice Extract 5:1 (root), Eleutherococcus senticosus (root), Panax ginseng (root), Motherwort (aerial parts), Cramp bark, Parsley (leaf).

Other ingredients: Gelatin, magnesium stearate and silica. **May contain wheat and soy.**

References:

- 1 Low Dog T. *Am J Med.* 2005 Dec 19;118 Suppl 12B:98-108.
- 2 Liu J.. *J Agric Food Chem.* 2001 May;49(5):2472-9.
- 3 Wuttke W, et al. *Phytomedicine.* 2003 May;10(4):348-57.
- 4 Daniele C, et al. *Drug Saf.* 2005;28(4):319-32.
- 5 Wu WH, et al. *J Am Coll Nutr.* 2005 Aug;24(4):235-43.
- 6 Wiklund IK, et al. *Int J Clin Pharmacol Res.* 1999;19:89-99.

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

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

9 "Well Women Visit" The American College of Obstetricians and Gynecologist, Committee Opinion Number 534, August 2012. Carusi, Daniela "The gynecologic history and pelvic examination," UpToDate, July 7, 2014.



Joint Complex

Maximum joint nourishment to support a more mobile, flexible you

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

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

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

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

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

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

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

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

PLUS:

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

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

DID YOU KNOW?

Stiff joints can make it hard to lead an active life. The right nutrients may help renew cartilage, lubricate joints and support flexibility—so you can enjoy your life to the fullest.



THIS PRODUCT IS ALSO GREAT FOR:

 **HEALTHY INFLAMMATION SUPPORT**

Joint Complex™

#30210 **\$29.99**

Earn 120 VitaPoints!

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



Joint Complex™

Quantity: 120 tablets **Serving size:** 2 tablets

Amount per serving: Glucosamine sulfate potassium salt 500 mg, Methylsulfonylmethane 500 mg, Boswellia resin extract 150 mg, Chondroitin sulfate sodium 125 mg, Kombu seaweed (*Laminaria japonica*) 62.5 mg, Collagen Type II (as chicken cartilage) 100 mg, Bromelain (1600 GDU/g) 50 mg, Ginger root extract 50 mg, Grapefruit seed extract 50 mg, L-Glutamine 50 mg, Cat’s Claw bark extract 50 mg, Turmeric root extract 50 mg.

Other ingredients: Calcium carbonate, microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, silica, maize starch, talc, maltodextrin, hydroxypropyl cellulose, medium chain triglycerides and pharmaceutical glaze.

Contains: Fish and crustacean shellfish products.

References:

- 1 Bassleer C, Rovati L, Franchimont P. *Osteo Cart.* 1998;6:427–434.
- 2 James C-B, Uhl TL. *Jourl Athl Train.* 2001;36(4):413–419.
- 3 http://www.histology.leeds.ac.uk/tissue_types/connective/connective_grounds.php
- 4 Servaty R, et al. *Int Jour of Bio Macro* 28 (2001) 121–127.
- 5 Kim LS, et al. *Osteo and Cart* (2006) 14, 286e294.

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



Nerve Formula

The perfect diet supplement to help support proper nerve function

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

Broad-spectrum nervous system support

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

Nerve Preserve features:

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

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

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

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

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

“Nerve Formula helps me manage my foot neuropathy.”

- Willie A.,
Member since 2010



Nerve Formula™

#30360 **\$27.99**

Earn 112 VitaPoints!

Suggested use: Adults take 1 capsule twice daily with food. Note: For optimal results, take 2 capsules three times per day for 30 days, then 2 capsules twice per day for 30 days, then 1 capsule twice daily.



Nerve Formula™

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

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

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

Contains: Milk and soy ingredients.

References:

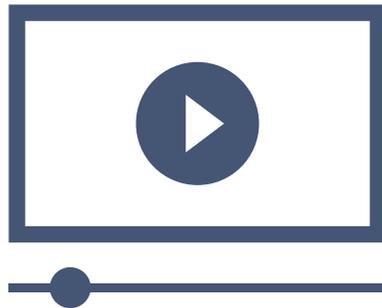
1 <http://care.diabetesjournals.org/content/28/1/89.full>

2 <http://www.jbiomedsci.com/content/17/S1/S1>

3 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2939615/>

4 <http://ajcn.nutrition.org/content/71/6/1669s.full>

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Enjoy a winter of wellness



Help your body deal with cold weather ailments

Winter weather is here, and whether you live in the far north or the Sunbelt, your body is undergoing additional stress. It could be no more than a few sniffles, or unexplained aches and pains.

It's true that winter comes with a whole new variety of health hazards that we need to be aware of and protect against. Some threats are obvious, such as heart attacks triggered by shoveling snow, while others are more subtle.

HEART ATTACK AND STROKE

Many winter heart attacks aren't caused by shoveling snow. In fact, winter heart attacks also increase in the Sunbelt where there's rarely snow. That's because winter's cold, not just snow, poses a threat. Our arteries respond to cold by constricting and making hearts work harder; that in turn can lead to heart attacks. Plus, the older you get, the harder it is to regulate body temperature, and that can also tax the heart.¹

VITAMIN D DEFICIENCY

Getting too little Vitamin D during winter is commonplace. Less sunlight results in less Vitamin D absorbed through the skin. Low levels of Vitamin D may increase the risk of a host of chronic diseases, such as osteoporosis, heart disease and multiple sclerosis, as well as infectious diseases, such as tuberculosis and even the seasonal flu.² It's difficult to get a sufficient Vitamin D supply from food alone; that's why you may want to consider taking a high quality Vitamin D supplement like TriVita's Essential D.

COLD

You can help prevent colds by washing your hands regularly. This destroys bugs that you could have picked up from touching surfaces used by other people.

FLU

Flu is a major killer of vulnerable people. People aged 65 and over and people with long-term health conditions including diabetes and kidney disease are particularly at risk.³ Talk to your healthcare provider about preventive options.

LUNG PROBLEMS

Cold weather tends to cause more respiratory problems, such as asthma and a greater risk of pneumonia. Emphysema may also worsen in the winter because cold and dry air narrows airways to make breathing more difficult.

PAINFUL JOINTS

Many people with arthritis notice that their joints become more painful in winter. That's because cold weather actually adds extra pressure and discomfort to your joints.⁴ Regular exercise may help relieve some of this pressure. Swimming is ideal exercise because it's easy on the joints.

GENERAL HEALTH RECOMMENDATIONS

Although winter makes it harder to maintain heart-healthy habits, doctors recommend engaging in regular exercise during winter. If you can't walk outside when it's too cold, you can still exercise at home, perhaps on a treadmill. For any winter activity, start slow and don't overdo it.

References:

- 1 Heart attacks. Medline Plus. National Institutes of Health. Retrieved from <http://www.nlm.nih.gov/medlineplus/heartattack.html>
- 2 Vitamin D and Health. Harvard School of Public Health. Retrieved from <http://www.hsph.harvard.edu/nutritionsource/vitamin-d/>
- 3 People at risk for developing flu-related complications, Centers for Disease Control and Prevention. Retrieved from http://www.cdc.gov/flu/about/disease/high_risk.htm
- 4 When the Weather Gets Cold—winter health problems. NIH News in Health. Retrieved from <http://newsinhealth.nih.gov/2009/January/feature1.htm>



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