

EXPERIENCE  WELLNESS

# TRIVITA®

APRIL 2019



**2X ON ORDERS**  
THAT INCLUDE NOPALEA  
OR MYOHEALTH  
**OVER \$125\***

See page 3

# SAVE 20%

All MyoHealth Products  
**SAVE UP TO \$12!\***

See page 14



# SAVE 20%

**Nopalea Bottles**  
Now **\$27.99\***  
**YOU SAVE**  
**\$7 EACH!**

See page 9



**FREE SHIPPING**

**ON ALL ORDERS  
OVER \$89\***

See page 3

**ORDER TODAY!**  
CALL **1-800-991-7116**  
CLICK **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

### **MOBILITY AND INDEPENDENCE TO ENJOY LIFE AT ITS FULLEST IS EVERYONE'S DESIRE!**

Discover the keys to living a strong, steady and active life! And you will find these keys with the Harvard Medical School report, Nopalea and Myohealth combined in a Mobility and Independence Healthy Pack! Lower inflammation and muscle strength will give you greater mobility and mental agility along with Harvard's valuable tips and information to enjoy life at its fullest.

You can live stronger and bolder with pride and joy as you age. Much of living happy with vitality depends on mobility! **Dependence leads to weakness, strength leads to independence! The single most important thing you can do to enjoy mobility is to stay active. It is your fountain of youth to drink at!**

The Harvard Medical School report will give recommendations for exercise, diet, preventative care and lifestyle choices to help keep your joints limber, strengthen core muscles, and build a sense of balance to keep you moving! Plus, you'll get advice for you or the care you give to another, for aging in place, adapting and fall-proofing your home!

**Nopalea, Myohealth and Harvard Medical School's report is a complete package to learning to live the life you desire with mobility, vitality and mental agility! (See page 11 for details.)**

This special offer is priced at \$73.50 a 30% savings off the combined individual unit price of \$104.98! This offer is good until April 30th. Myohealth with 25 human clinical studies is one of the most advanced and researched formulas on the market today. Nopalea is our number one selling product with members for years affirming its anti-inflammatory benefits. Now, joined by Harvard Medical School's Dr. Scott D. Martin MD, Director, Joint Preservation, and Sports Medicine collaborating with Harvard Health Publishing offering a wealth of useful guidance in living with greater mobility and freedom to live life the way you want it to be.

**Don't let mobility fade away! Don't let inflammation and weakness rob you of the quality of life you deserve. Safeguard your freedom and Independence to live life....your way!**

I trust you will experience greater wellness and mobility as you enter spring, one of my favorite times of year.

Michael R. Ellison,  
Founder of TriVita

# 20% OFF!

**YOU SAVE \$7 EACH!**

**BUY 4 & SAVE \$28!**

**Nopalea Bottles  
Now \$27.99**

SEE PAGE 9 FOR NOPALEA  
PRODUCT INFORMATION

Offer expires 04-30-19.



VITAPPOINTS  
**MEGA BONUS**  
DOUBLE VITAPPOINTS

ALL ORDERS  
OVER \$125  
RECEIVE  
**DOUBLE  
VITAPPOINTS**

WHEN IT INCLUDES  
NOPALEA OR ANY  
MYOHEALTH PRODUCT.

Offer expires 04-30-19.



HARVARD  
MEDICAL PUBLISHING

AND

TRIVITA

BRING YOU THE

**MOBILITY &  
INDEPENDENCE** HEALTH PACK

Nopalea, MyoHealth, and  
Harvard Medical School's  
Special Report  
*Mobility and  
Independence*



**\$104.98  
VALUE!**

**YOURS FOR  
JUST \$73.50**

SEE PAGE 11

Offer expires 04-30-19.  
May not be combined with any other offer.

# 20% OFF!

**SAVE  
UP TO  
\$12!**

**MyoHealth  
Powder,  
Capsules  
and Shakes**

SEE PAGE 14  
FOR MYOHEALTH PRODUCT  
INFORMATION AND PRICING



Offer expires  
04-30-19.

**FREE SHIPPING**

**ON ALL ORDERS OVER \$89**

Offer valid on catalog pricing only, with  
standard shipping and expires 04-30-19.

## 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 Director 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:

### Wellness Coaching

TriVita's certified Wellness Coaches are waiting to help you live with better health and wellness. Unlike other coaching services, TriVita understands that physical, emotional, and spiritual balance is the key to achieving lasting well-being.

See page 24 to read more about our services and how to schedule your free 30-minute consultation.

### 3 Rs of Healthy Habits

A healthy lifestyle comes down to establishing good habits. To help you better understand the power of habits and consistency, and a handy supplementation reminder calendar, see page 58.

### Online Reviews are Live

You asked, and we listened! You now have the ability to post reviews of your favorite TriVita products on TriVita.com. Search the product you'd like to review, click on the link at the top of the page, and share your experiences with others.

### Healthy You Podcast

Are you caught up on the most recent episodes of the HealthY You podcast? Visit [TriVita.com/Podcast](http://TriVita.com/Podcast) on the 1st and 15th of each month for a new episode.

Recent episodes feature:

- Dr. Michael Arloski shared his experience with health coaching and what you can expect during coaching
- Daniel Gartenberg, Ph.D. on everything sleep!
- Dr. Lerma shared the best foods for an anti-inflammatory diet

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\*Visit [TriVita.com](http://TriVita.com) for more information on this product.



## GLUTEN FREE TRIVITA PRODUCTS

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



## CURRENT GOOD MANUFACTURING PRACTICES (cGMP) ASSURE THE HIGHEST QUALITY

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

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

### 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](http://TriVita.com). Featured specials expire on the date listed.

### PRICING

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

### TAX INFORMATION

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

### 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.



**INFLAMMATION...**

**Why  
should I care  
about it?**

Inflammation isn't just a trendy topic or an inconsequential fact of life. Inflammation is necessary, yes; but chronic inflammation can do more than cause minor aches and pains.

It can rob you of your vitality, health, and ultimately suck the joy out of life.

Protect yourself from being shortchanged by debilitating inflammatory responses and take control of your health. You have the power to live with energy, vitality, and true wellness.

# SIGNS *&* SYMPTOMS

Symptoms of inflammation can vary depending on whether the reaction is acute or chronic. Learn the ten most identifiable symptoms of inflammation.

## 1 *Pain*

Chemicals that stimulate nerve endings are released making the area more sensitive. The brain signals that something is out of balance or abnormal. Pain can occur in the chest, abdomen, joints, or muscles. Lingering, unexplained, and random pain is a lead indicator.

## 2 *Loss of Mobility*

Stiffness, soreness, or loss of function in the area inflamed is a common sign.

## 3 *Swelling*

A buildup of fluid can result in swelling or puffiness.

## 4 *Heat*

An inflamed area may feel warm to the touch, or fever may develop as the result of more blood flowing to the area.

## 5 *Redness*

Capillaries in the flamed area begin to fill with more blood.

## 6 *Fatigue*

Studies show that inflammation interacts with the brain and nervous system in ways that cause decreased energy levels and fatigue.

## 7 *Digestive Issues*

Signs of poor digestion or digestive problems include gas, bloating, constipation, diarrhea, and acid reflux. These can be caused by an imbalance of the bacteria in the intestines as a response to inflammation.

## 8 *High Blood Glucose*

Research suggests that high levels of inflammation can alter how your body reacts to insulin and contributes to type 2 diabetes.

## 9 *Gum Disease or Infections*

Gum disease, or gingivitis, is inflammation of the gums. In early stages, bacteria builds up resulting in inflamed gums and can advance to periodontitis.

## 10 *Brain Fog or Memory Lapse*

One of the most common symptoms of brain inflammation is fuzzy thinking, disturbances mood, and memory function.

### References:

- 1 <https://www.healthline.com/health/chronic-inflammation#effects-on-the-body>
- 2 <https://www.ncbi.nlm.nih.gov/books/NBK493173/>
- 3 <https://www.medicalnewstoday.com/articles/248423.php>
- 4 <https://www.ncbi.nlm.nih.gov/books/NBK279298/>



## WHY DOES INFLAMMATION CREATE PHYSICAL DISCOMFORT?

The feeling of discomfort, distress, stiffness, pain, and even agony is common depending on the severity of inflammation. The type of discomfort may vary from constant, steady, throbbing, pulsating, stabbing, or pinching.

Inflammation-related discomfort primarily occurs because of swelling in the area pushing against the nerve endings sending signals to the brain all is not well. There are even other biochemical processes that may occur during inflammation affecting how the nerves behave which can enhance pain.

## IDENTIFYING HEALTHY ACUTE INFLAMMATION AND UNHEALTHY CHRONIC INFLAMMATION

Acute inflammation is a healthy immune response triggered by harmful bacteria, some toxins, or injury. This response protects and improves the healing process by releasing antibodies, proteins, and increased blood flow to the affected area. Acute inflammation is associated with a rapid onset and can last a few days or even weeks.

Chronic inflammation is generally caused by pathogens the body cannot breakdown, including viruses, foreign organisms such as toxins that remain in systems and organs, or an overactive immune response. The onset is slow with a duration of months or years creating tissue death, thickening, and scarring. Long term inflammation can lead to diseases, accelerating aging, and even death.

## WHAT CAN I DO TO HELP MANAGE HEALTHY INFLAMMATION?

**1 FOODS TO EAT**  
One of the most powerful ways to combat inflammation is through a healthy, balanced diet. Dr. Frank Hu, professor of nutrition and epidemiology in the Department of Nutrition at the Harvard School of Public Health says, “Many experimental studies have shown that components of foods or beverages may have anti-inflammatory effects.”

### Eat more foods like:

- Leafy Greens – Kale, spinach, arugula
- Fatty Fish – Salmon, tuna, mackerel
- Olive Oil
- Nuts – walnuts, almonds, pistachios
- Fruits – Blueberries, strawberries, cherries
- Tomatoes

**3 PHYSICAL EXERCISE**  
There’s a growing body of research showing that inflammation-related diseases can be treated through physical exercise rather than pharmacology. And you don’t need to spend hours in the gym to see results. Just

**2 FOODS TO AVOID**  
If you have chronic inflammation or want to avoid increasing inflammation levels, there are certain foods you should absolutely avoid!

### Eat less of these foods:

- Refined Carbs – White bread, pastries, crackers
- Fried Foods – French fries, chips
- Sugar – Table sugar, high-fructose corn syrup, and sugar-containing foods and drinks like candy and soda
- Processed or Convenience Foods – Frozen meals, fast food, cookies, processed meats

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

keep moving with moderate daily exercise alongside a balanced anti-inflammatory diet, and you’re on your way to healthy aging with more wellness and less illness!

Reference: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3492709/>

*For educational purposes only.*



Nopalea

# Healthy inflammation support from the Sonoran superfruit

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™ Single Bottle

#30710 ~~\$34.99~~ **NOW JUST \$27.99\***

Earn 112 VitaPoints!

**BUY 4 & SAVE \$28 + RECEIVE FREE SHIPPING ON YOUR ENTIRE ORDER!\***

**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™**

**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).

# SAVE 20%

**NOPALEA  
SINGLE BOTTLES  
NOW JUST \$27.99  
YOU SAVE  
\$7 EACH\***



**PLUS, EARN  
2X VITAPOINTS\*  
ON ORDERS  
OVER \$125  
THAT INCLUDE  
NOPALEA OR  
MYOHEALTH**

\*Offer expires 04-30-19



# What Members are saying:

“If it was not for Nopalea, I don't know if I would be able to care for my disabled daughter. It helps me, help her!”

– Gail F., Member since 2001

“After a short time 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've played golf most of my life. Around 2012 I had to quit playing due to inflammation in my body. After taking Nopalea, I'm now back on the course again. Since my health has improved, I'm having fun trying to do the same for my game!”

– Paul W., Member since 2013

“I suffered a knee injury a while ago and was already taking Nopalea at the time. My knee (and the rest of my leg) never got swollen. My doctor told me that swelling is normal during recovery and was amazed that I didn't have any. My recovery time was quick, and when he asked about it, I told him it was the Nopalea.”

– Doreen C., Member since 2005

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

– Maud M., Member since 2016

“I've been taking Nopalea for years. I love this product! If you give it a chance, it works!”

– Margaret W., Member since 2011

“Thank you, TriVita, for this remarkable product. It's the only one on the market that really works!”

– Dennis D., Member since 2006



HARVARD MEDICAL PUBLISHING AND TRIVITA BRING YOU THE

# MOBILITY & INDEPENDENCE HEALTH PACK

**CELEBRATE 20 YEARS OF TRIVITA WITH 30% OFF!**

- 1 Bottle of Nopalea
- 1 Tub of MyoHealth Powder
- Harvard Medical School's Special Report: *Mobility and Independence*

**\$104.98 VALUE!**  
**Yours For Just \$73.50**  
 Offer expires 04-30-19  
 May not be combined with any other offer.



**The premier healthy inflammation super drink – Nopalea (see pg 9 for details)**  
**Build stronger, leaner muscles and keep it that way – MyoHealth (see pg 14 for details)**  
**Harvard Medical School's Special Report – *Mobility and Independence***

Harvard Medical School's *Mobility and Independence* will show you how strength and mobility relies on many body systems working together: your bones, muscles, and joints; your senses, brain, and balance system. It will help you understand common age-related changes and health conditions that cause people to begin losing their ability to move. It translates clinical and scientific knowledge about mobility into practical steps you can take to stay healthy and strong.

**CALL 1-800-991-7116    CLICK [TRIVITA.COM/MOBILITYPACK](http://TRIVITA.COM/MOBILITYPACK)**



# 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 jump-start the protein molecule process. That's important because **EAA can't be produced in the body. You can only get them through diet or supplements.**

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

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

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

# What Members are saying:

*“I’m 73 years old, and I started taking MyoHealth Essential Amino Acids about six months ago after listening to Dr. Wolfe’s testimony. I’ve renovated my own house, put in a fence in my backyard and I work with my daughters cleaning houses every day. It’s important for me to have the strength and endurance I need to continue doing the things I love and have always done no matter my age.”*

– Pat A., Member since 2017



*“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



*“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



# Build stronger, leaner muscles and keep it that way

## What's so important about Essential Amino Acids?

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

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

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

## 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 NOW \$39.99\***

**Earn 160 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).

### 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

# SAVE 20%

ALL MYOHEALTH PRODUCTS SAVE UP TO \$12!\*



PLUS, EARN 2X VITAPOINTS\* ON ORDERS OVER \$125 THAT INCLUDE MYOHEALTH OR NOPALEA

\*Offer expires 04-30-19





### 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~~ **NOW \$39.99\***

**Earn 160 VitaPoints!**

#### Suggested use

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

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



### MyoHealth® 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
- 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
- Enhance the protein synthesis process

#30850 ~~\$59.99~~ **NOW \$47.99\***

**Earn 192 VitaPoints!**

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



#### 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 lecithin and silica.

\*\*Reginator® - US Patent #9,364,463



## Joint Complex

# Maximum joint nourishment to support a more mobile, flexible you

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

**Glucosamine:** A raw material for cartilage repair and regrowth; also signals the body to make new cartilage and helps enhance joint lubrication.<sup>1,2</sup>

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

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

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

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

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

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

### PLUS:

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

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

### DID YOU KNOW?

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



THIS PRODUCT IS ALSO GREAT FOR:



### Joint Complex™

#30210 **\$29.99**

Earn 120 VitaPoints!

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



### Joint Complex™

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

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

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

**Contains:** Fish and crustacean shellfish products.

### References:

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

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



## Promeric 95

# Formulated with turmeric for natural joint comfort and support

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

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

### Made from premium turmeric root extract

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

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

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

In one study, the turmeric extract used in Promeric 95 was up to seven times more bioavailable than unformulated curcumin. Residual curcumin was detected in the blood eight hours after ingestion.<sup>3</sup>

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

- Lonna L.,  
Member since 2003



THIS PRODUCT IS ALSO GREAT FOR:

 **HEALTHY INFLAMMATION SUPPORT**

## Promeric 95

#30820 **\$39.99**

**Earn 160 VitaPoints!**

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



Promeric 95

Quantity: 60 soft gels Serving size: 2 soft gels

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

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

### References:

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

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

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



TRIVITA'S 3-IN-1 SLOW DISSOLVE

# B-12

## THE TINY PINK PILL THAT PACKS A PUNCH

B Vitamins are a group of nutrients that are instrumental in maintaining important metabolic and physiologic functions.

### YOUR BODY NEEDS VITAMIN B12 TO SURVIVE

Vitamin B12 is an essential vitamin. That means your body cannot produce it on its own and must absorb it through regular intake from diet and supplements.

### BENEFITS OF VITAMIN B12

Optimal levels of Vitamin B12 help support:

- Red blood cell formation and may prevent anemia<sup>1,2</sup>
- Bone health and may prevent bone degeneration<sup>1</sup>
- Vision and reduce risk of macular degeneration in aging people<sup>1</sup>
- Improved mood<sup>1</sup>
- Brain health and promotes healthy neurons<sup>1</sup>
- Energy<sup>1</sup>
- Normal function of nerve cells<sup>1</sup>
- Normal homocysteine and cardiovascular health<sup>1,2</sup>

#### References:

1. <https://www.healthline.com/nutrition/vitamin-b12-benefits>
2. <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>

### SIGNS OF VITAMIN B12 DEFICIENCY:

- Weakness and fatigue<sup>1,2,3</sup>
- Sensation or tingling in hands and feet<sup>1,2,3</sup>
- Changes in mobility and balance<sup>1,2</sup>
- Shortness of breath or dizziness when exerting<sup>3</sup>
- Blurred vision<sup>3</sup>
- Mood swings and irritability<sup>3</sup>
- Constipation<sup>2,3</sup>
- Loss of appetite<sup>2,3</sup>
- Poor memory<sup>1,3</sup>
- Soreness in mouth or tongue<sup>2</sup>



#### References:

1. <https://www.health.harvard.edu/blog/vitamin-b12-deficiency-can-be-sneaky-harmful-201301105780>
2. <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>
3. <https://www.webmd.com/diet/vitamin-b12-deficiency-symptoms-causes#2>

# VITAMIN B6—AN UNSUNG HERO

Vitamin B6 is an important compound that helps your body carry out over 100 critical processes that help maintain good health.

## BENEFITS OF VITAMIN B6

Optimal levels of Vitamin B6 help support:

- Improved amino acid metabolism<sup>1</sup>
- Protein synthesis<sup>1</sup>
- Brain health with cognitive development through biosynthesis of neurotransmitters<sup>1</sup>
- Normal homocysteine levels in the blood supporting cardiovascular health<sup>1</sup>
- Immune health<sup>1</sup>

### Reference:

1. <https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/?print=1>

## SIGNS OF VITAMIN B6 DEFICIENCY:

- Microcytic anemia<sup>1</sup>
- Scaling on lips<sup>1,2</sup>
- Cracks in the corner of the mouth<sup>1,2</sup>
- Depression, confusion and weakened immune function<sup>3</sup>
- Irritability<sup>3</sup>
- Abnormally acute hearing<sup>1</sup>
- Poor memory<sup>3</sup>

### Reference:

1. <https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/>
2. <https://lpi.oregonstate.edu/mic/vitamins/vitamin-B6>
3. <http://pennstatehershey.adam.com/content.aspx?productId=107&pid=33&gid=000337>

# YOUR GO-TO HEALTH ESSENTIAL

Vitamin B9, commonly known as folate or folic acid, is essential to human growth, development and long-term health.

## BENEFITS OF FOLATE (VITAMIN B9)

Optimal levels of folate help support:

- Synthetization of new genes and cells during growth and healing process<sup>1</sup>
- Repair to damaged genes<sup>2</sup>
- Healthy aging process<sup>3</sup>
- Reduced risk of birth defects<sup>1</sup>
- Red and white blood cell formation in bone marrow<sup>4</sup>
- Converting carbohydrates into energy<sup>2</sup>
- DNA and RNA production<sup>1</sup>

### References:

1. <https://ods.od.nih.gov/factsheets/Folate-HealthProfessional/>
2. <http://www.jhrr.org/article.asp?issn=2394-2010;year=2014;volume=1;issue=1;spage=5;epage=9;aulast=Mahmood>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1123448/>
4. [https://www.hopkinsmedicine.org/healthlibrary/conditions/hematology\\_and\\_blood\\_disorders/anemia\\_of\\_folate\\_deficiency\\_85,P00089](https://www.hopkinsmedicine.org/healthlibrary/conditions/hematology_and_blood_disorders/anemia_of_folate_deficiency_85,P00089)

Signs of low levels of folate (Vitamin B9) are more difficult to detect, which is why it's important to work with your healthcare provider.



## POSSIBLE SIGNS OF FOLATE DEFICIENCY:

- Accelerated aging in skin, joints, muscles, other systems and organs<sup>1</sup>
- Low energy<sup>1</sup>
- Impaired healing process<sup>1</sup>

### References:

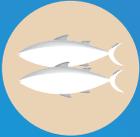
1. <http://www.jhrr.org/article.asp?issn=2394-2010;year=2014;volume=1;issue=1;spage=5;epage=9;aulast=Mahmood>

# VITAMIN B12 FACTOIDS

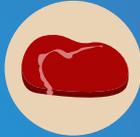
## TYPICAL FOOD SOURCES<sup>1</sup>



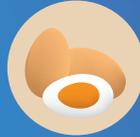
Shellfish



Fish



Meat



Eggs

## BENEFITS OF B12<sup>2</sup>



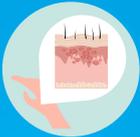
Energy



Mood Boost



Mental Clarity



Healthy  
Skin & Hair



Better  
Digestion



Helps Prevent  
Anemia

## SIGNS OF B12 DEFICIENCY<sup>3</sup>



Mood  
Disorder



Fatigue/  
Low Energy



Anemia



An associate of two-time Nobel Prize Laureate Dr. Linus Pauling, Alfred Libby pioneered the B12 delivery system that delivers B12 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 B12 you need when you need it!

## Formulation features:

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

- 1,000 mcg of B12
- Includes Vitamin B6
- No artificial preservatives
- 100% DV of folic acid
- Original berry flavor

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

- 3,000 mcg of B12
- Includes Vitamin B6, 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

*“Your high standards and high quality are first rate, and I’ve never taken anything before or since that had the immediate and lasting impact Alfred Libby’s B-12 has made.”*

- Keith R., Member since 2000

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

- Ivone V., Member since 2013

### Alfred Libby’s B-12 Tablets

#30140 **\$19.99**

Earn 80 VitaPoints!

### Alfred Libby’s Super B-12 Tablets

#33356 **\$24.99**

Earn 100 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 B12 (cyanocobalamin) 1000 mcg, Biotin 25 mcg.

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



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

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

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

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

# Don't just cope...

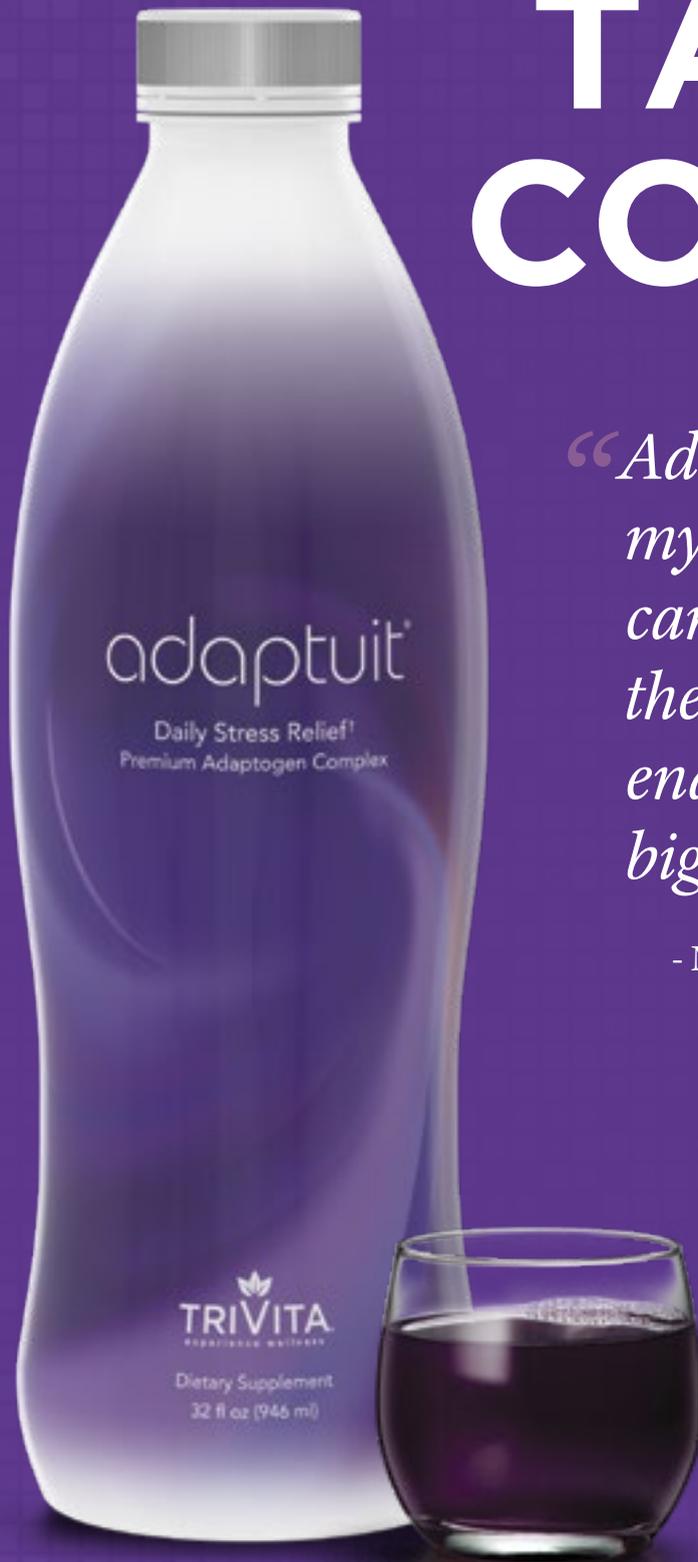
# TAKE CONTROL.

*“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

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. That's why there's Adaptuit!





## Adaptuit

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

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

- **Eleutherococcus senticosus extract 4:1 (root):** Eleuthero is known to reduce cardiovascular responses to stress while helping with overall stress adaptation.<sup>1</sup>
- **Schisandra chinensis extract 10:1 (Fruit):** Vining shrub's berry is used in folk health practices to increase endurance, coordination, mental sharpness and work capacity.<sup>2</sup>
- **Rhodiola rosea root extract 4:1:** Russia's "Golden Root" herb may help both physical and mental performance while reducing fatigue under stressful conditions.<sup>3</sup>

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

## ADAPTUIT ALSO CONTAINS THE UNIQUE CALMING COMPOUND L-THEANINE—AND HAS A DELICIOUS GRAPE FLAVOR!

- Adaptuit contains 125-375 mg of L-Theanine (the unique, calming compound present in green tea, but without the caffeine.<sup>10,11</sup>) per 1-3 fl oz. For comparison, there are approximately 25-60 mg of L-Theanine per 200 ml serving of tea.<sup>13</sup>
- L-Theanine has been shown to have positive effects on human health, such as promoting a feeling of calm, immune system support, and potentially counteracting the effects of caffeine.<sup>12,13</sup>

### THIS PRODUCT IS ALSO GREAT FOR:

 **ENERGY, STAMINA & PERFORMANCE SUPPORT**



### Adaptuit®

#30770 **\$34.99**

**Earn 140 VitaPoints!**

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

### Adaptuit® 4-Pack

#33345 **\$119.99**

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

**Earn 480 VitaPoints!**



### Adaptuit®

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

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

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

### 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.
- 10 Nobre AC, Rao A, Owen GN. *Asia Pac J Clin Nutr* 2008;17(S1):167-168.
- 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.

**Be honest.**

**When was the last time you  
*really talked with*  
*someone* about your  
personal wellness?**



Athletes have coaches. Musicians have coaches. Just about every professional has someone who helps guide them on their journey to achieving their goals.  
**And so can you!**

Wellness coaches focus on helping you recognize and achieve what you want out of life. They help you overcome challenges and set you on the path to greater wellness. **They don't simply tell you what to do, they help you discover ways to do what you desire to do**—whether it's dealing with relationships, loneliness and loss, stress management, productivity, fatigue and insomnia, nutrition and weight management, or general body system support.

**TriVita's Wellness Coaches can provide you with a personalized plan that helps you achieve your personal health and wellness goals!**

**Call or email today for your  
FREE 30-minute consultation  
with one of our experienced  
and friendly wellness coaches.**

**1-800-344-9431 • [wellnesscoach@trivita.com](mailto:wellnesscoach@trivita.com)**



24 TriVita Wellness Coaches are accredited by the International Coach Federation, the only globally-recognized, independent credentialing program for coach practitioners, via their Continuing Coach Education program.



## Omega3 Prime

# Premium fish oil concentrate for brain, heart and joint support

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

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

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

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

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

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

### Quality, every step of the way:

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

### THIS PRODUCT IS ALSO GREAT FOR:

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

### Omega3 Prime™

#31320 **\$29.99**

**Earn 120 VitaPoints!**

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



**Omega3 Prime™**

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

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

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

### References:

- 1 Helland IB. *Pediatrics*. 2003 Jan;111(1):e39-e44.
- 2 Yurko-Mauro K. *Curr Alzheimer Res*. 2010 May;7(3):190-6.
- 3 Kotani S, et al. *Neurosci Res*. 2006; 56:159-64.

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

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

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



## Essential D

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

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

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

### DID YOU KNOW?

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

### Essential D: Enhanced & absorbable Vitamin D3

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

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

### Vitamin D supports whole-body wellness:

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

THIS PRODUCT IS ALSO  
GREAT FOR:

**ENERGY, STAMINA & PERFORMANCE SUPPORT**

**MUSCULOSKELETAL SYSTEM SUPPORT**

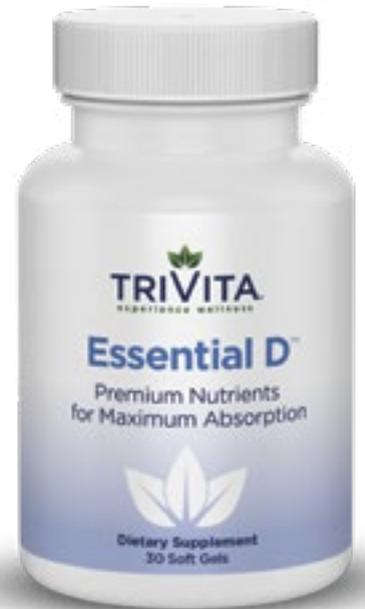
**NUTRITIONAL SUPPORT**

### Essential D™

#31270 **\$14.99**

**Earn 60 VitaPoints!**

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



Essential D™

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

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

This product contains soy.

### References:

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

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



## HCY Guard

# Nutritional support to help lower and maintain healthy homocysteine levels

When homocysteine (HCY) levels go out-of-range, blood vessel and circulatory concerns seem to follow<sup>1</sup>—suggesting the importance of balanced HCY for heart health.

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

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

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

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

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

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

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

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



### HCY Guard®

#30460 **\$23.99**

**Earn 96 VitaPoints!**

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



### HCY Guard®

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

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

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

### References:

- 1 Humphrey LL, et al. *Mayo Clin Proc.*, 2008; 83: 1203–1212.
- 2 Wilcken DE, Wilcken B. *Ann N Y Acad Sci.*, 1998; 854:361-70.
- 3 Malinow, MR, et al. *Circ.*, 1998; 99:178-182.
- 4 Strain JJ, et al. *Nutr Soc.*, 2004; 63(4):597-603.

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

# NeuroShine

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

**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

# A better mood with just one capsule a day

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;<sup>1</sup> 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;<sup>2</sup> and Lithium Orotate (500 mcg) a specific form of lithium that supports a healthy mood and makes users feel better and brighter.<sup>3</sup>

### 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 longevity<sup>1</sup>
- **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 neurotransmitters<sup>2</sup>
- **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 market<sup>4</sup>
- Unlike pharmaceutical lithium, Lithium Orotate is effective in extremely small amounts (500 mcg)<sup>3</sup>

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 small 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>

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

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

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



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

# 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.<sup>1</sup>

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



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

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.<sup>4</sup>

### **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/>



Premier | MEMBERSHIP

**EARN  
VITAPOINTS  
&  
SAVE!**

## WELCOME TO THE PREMIER MEMBERSHIP REWARDS PROGRAM!

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

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



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



**Premier Membership is free and makes buying TriVita products more affordable. VitaPoints are redeemable online or by phone.** To check your VitaPoints balance, either visit [TriVita.com](http://TriVita.com), sign in and click on **My Account**, call priority customer service at **855-383-0238** or check your latest **TriVita invoice**.

VitaPoints are calculated on the product total after any reductions are applied. You may use VitaPoints as you earn them or let them accrue for up to 12 months from date of issue.



## Nerve Formula

# The perfect diet supplement to help support proper nerve function

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

### Broad-spectrum nervous system support

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

### Nerve Preserve features:

**Acetyl L-Carnitine:** Supports nerve fiber regeneration and helps maintain nerve comfort.<sup>1</sup>

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

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

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

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

*“Nerve Formula helps me manage my foot neuropathy.”*

- Willie A.,  
Member since 2010



## Nerve Formula™

#30360 **\$27.99**

**Earn 112 VitaPoints!**

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



### Nerve Formula™

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

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

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

**Contains:** Milk and soy ingredients.

### References:

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

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



## Fiberzon Capsules

# Supplemental fiber to support gentle, healthy regularity

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

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

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

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

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

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

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

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

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

### DID YOU KNOW?

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



## Fiberzon Capsules

#ADS1972 **\$29.99**

**Earn 120 VitaPoints!**

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



### Fiberzon Capsules

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

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

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

### References:

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

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

3 <http://umm.edu/health/medical/altmed/supplement/psyllium#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/slippery-elm#ixzz375B3rjVS>

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



## Fiberzon

# Great tasting high-fiber to help support a healthier gut

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

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

### Add healthy fiber easily, every night

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

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

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

GREAT  
COCOA  
TASTE!



### Fiberzon

#ADS1878 **\$39.99**

**Earn 160 VitaPoints!**

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



#### Fiberzon

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

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

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

#### References:

- 1 <http://www.niddk.nih.gov/health-information/health-topics/digestive-diseases/constipation/Pages/definition-facts.aspx>
- 2 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=593>
- 3 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=733#background>

- 4 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=211#background>
- 5 <https://www.nlm.nih.gov/medlineplus/druginfo/natural/866.html#OtherNames>



## Adaptuit Sleep

# The natural formula to aid in deep, restorative sleep

### Designed to help you sleep better

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

**Baikal skullcap extract (*Scutellaria baicalensis*):** Traditional Native American wellness herb studied today for its calming and quieting effects.<sup>1,2</sup>

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

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

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

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

### PLUS:

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

### IS STRESS CAUSING YOU TO LOSE SLEEP?

Try Adaptuit™—designed to help your body adapt to stress and minimize its damaging effects. See page 23.



### Adaptuit™ Sleep

#30790 \$19.99

Earn 80 VitaPoints!

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

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



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

- Debbie W.,  
Member since 2007



### Adaptuit™ Sleep

Quantity: 60 capsules Serving size: 2 capsules

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

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

### References:

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

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



## Bone Growth Factor

# Enhanced formula to support strong bones and help prevent bone loss

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

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

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

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

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

### PLUS:

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

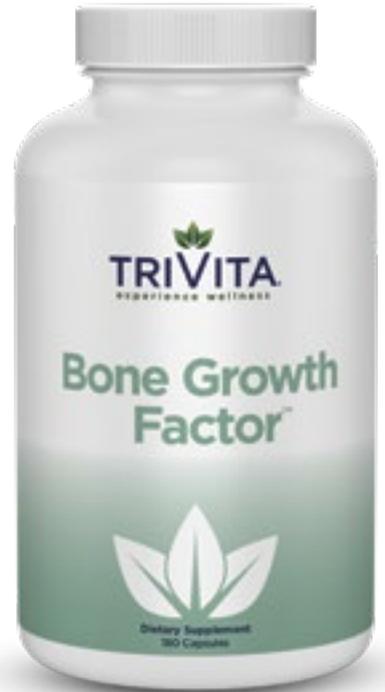
**Ipriflavone:** Phytoestrogen suggested to help maintain bone mass in women.<sup>6</sup>

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

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

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

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



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

### Bone Growth Factor™

#30600 **\$34.99**

**Earn 140 VitaPoints!**

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



#### Bone Growth Factor™

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

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

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

#### References:

- 1 [http://www.health.ny.gov/diseases/conditions/osteoporosis/osteo\\_vs\\_low\\_bone\\_mass.htm](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

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- 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.
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## MyFloraDaily Prebiotic

# Prebiotics feed the good bacteria in the gut

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

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

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

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

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

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

### MyFloraDaily Prebiotic

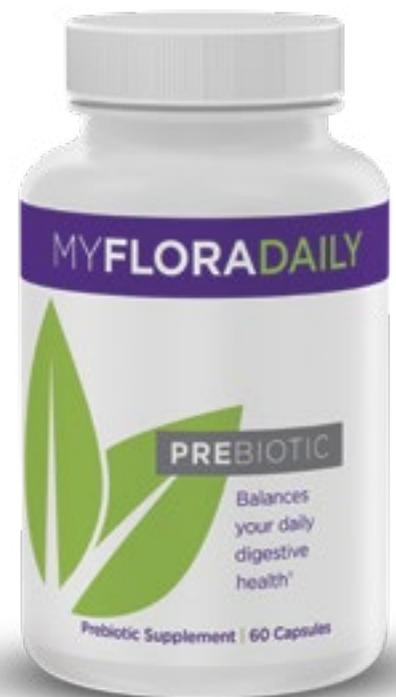
#30880 **\$19.99**

**Earn 80 VitaPoints!!**

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

### PREBIOTICS

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



#### MyFloraDaily Prebiotic

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

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

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

#### References:

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

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



## MyFloraDaily Probiotic

# Probiotics are tiny health-promoting organisms in the gut

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

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

### Make MyFloraDaily your probiotic

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

### MyFloraDaily Probiotic

#30830 **\$39.99**

**Earn 160 VitaPoints!**

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



#### MyFloraDaily Probiotic

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

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

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

#### References:

- 1 Lopetuso LR, et al. The therapeutic management of gut barrier leaking: the emerging role for mucosal barrier protectors. *Eur Rev Med Pharmacol Sci* 2015; 19:1068-1076.
- 2 QUINTO EJ, et al. Probiotic lactic acid bacteria: A review. *Food and Nutrition Sciences* 2014;5:1765-1775.
- 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-le.
- 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.<sup>1-4</sup>

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

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

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

*“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](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.<sup>1-3</sup>

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

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

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

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

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

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

### PLUS:

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

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

- Leneau N.,  
Member since 2001



**THIS PRODUCT IS ALSO GREAT FOR:**

 **BRAIN & NERVE HEALTH SUPPORT**

**Energy Now!®**

#30420 **\$24.99**

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

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

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



## Aqua Algae

#ADS1272 **\$24.99**

**Earn 100 VitaPoints!**

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



### Aqua Algae

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

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

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

### References:

1 Dillon JC, Phuc AP, Dubacq JP . Nutritional value of the alga spirulina.

*World Rev Nutr Diet* . 1995;77:32-46.

2 <http://therapy.epnet.com/nat/GetContent.asp?siteid=EBSCO&chunkid=21600>

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.<sup>1</sup>

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

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

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

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

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

- Dawn T.,  
Member since 2012



## ProDigest

#ADS1472 **\$34.99**

**Earn 140 VitaPoints!**

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



### ProDigest

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

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

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

### References:

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



## GlucoManage Formula

# Blood sugar balance to help restore healthy glucose levels

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

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

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

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

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

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

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

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

### DID YOU KNOW?

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



*"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.



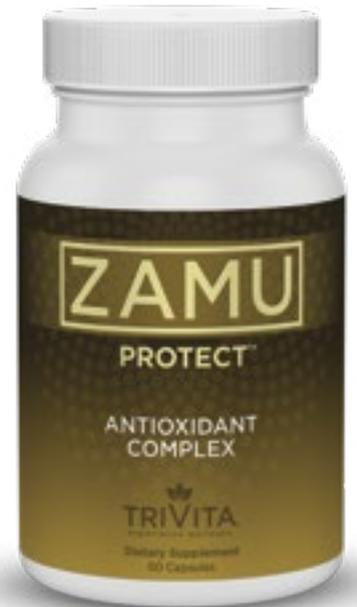
## Zamu Protect

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

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

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



### Zamu Protect™

#31520 **\$19.99**

**Earn 80 VitaPoints!**

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



### Zamu Protect

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

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

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

#### References:

- 1 <http://www.hsph.harvard.edu/nutritionsource/antioxidants/>
- 2 <http://nccam.nih.gov/health/antioxidants/introduction.htm>
- 3 <http://cms.herbalgram.org/herbalgram/issue65/article2779.html?ts=1396366391&signature=fe2aa6cdff0e8fd9b12298c7b29c56b0>
- 4 <http://altmedicine.about.com/od/herbsupplementguide/a/Maqui.htm>
- 5 <http://altmedicine.about.com/od/herbsupplementguide/a/The-Scoop-On-Anthocyanins.htm>
- 6 <http://www.ncbi.nlm.nih.gov/pubmed/11464674>
- 7 [http://www.health.harvard.edu/press\\_releases/benefit\\_of\\_drinking\\_green\\_tea](http://www.health.harvard.edu/press_releases/benefit_of_drinking_green_tea)
- 8 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=202>
- 9 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=309>
- 10 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=1013>
- 11 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=376>



## Camu Gold

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

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

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

### The ingredients in Camu Gold include:

- Antioxidants, which are known for their free radical scavenging ability<sup>2</sup>
- A high concentration of Vitamin C<sup>3</sup> along with a variety of minerals, amino acids and phytochemicals<sup>4,5</sup>
- Beta-carotene, fatty acids, protein and flavonoids<sup>2</sup>
- No preservatives or artificial ingredients, flavors or coloring

### DID YOU KNOW?

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



### Camu Gold

#ADS3575 **\$29.99**

**Earn 120 VitaPoints!**

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



### Camu Gold

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

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

### References:

- 1 [http://www.huffingtonpost.ca/2013/07/25/camu-camu-benefits-\\_n\\_3644392.html](http://www.huffingtonpost.ca/2013/07/25/camu-camu-benefits-_n_3644392.html)
- 2 <http://blog.doctoroz.com/is-this-right-for-you/camu-camu-is-this-right-for-you>
- 3 <http://www.ncbi.nlm.nih.gov/pubmed/11464674>
- 4 <http://www.rain-tree.com/camu.htm>

- 5 <http://www.sciencedirect.com/science/article/pii/S030881460901351X>
- 6 <http://www.webmd.com/vitamins-supplements/ingredientmono-1243-camu%20camu.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.<sup>1</sup> Calcium intake, when combined with sufficient Vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis.

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

### Calcium complex for musculoskeletal health

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

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

### Each serving provides:

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

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

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

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

#### THIS PRODUCT IS ALSO GREAT FOR:

 **CARDIOVASCULAR SYSTEM SUPPORT**

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

### VitaCal-MagD™ K2

#30182 **\$24.99**

**Earn 100 VitaPoints!**

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



#### VitaCal-MagD™ K2

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

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

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

#### References:

1 <https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/>

2 <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm152626.htm>

3 <http://www.nutrition.tufts.edu/index.php?q=research/modified-mypyramidolder-adults>

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

5 <http://ods.od.nih.gov/factsheets/Magnesium-Consumer/>

6 [http://www.niams.nih.gov/Health\\_Info/Bone/Bone\\_Health/Nutrition/](http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Nutrition/)

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

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



## Cholestria

# Healthy cholesterol level maintenance and support without toxic side-effects

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

### A more complete cardio picture

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

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

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

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

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

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

## Cholestria™

#31290 **\$39.99**

**Earn 160 VitaPoints!**

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

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

- Donna S.,  
Member since 2010



Cholestria™

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

**Amount per serving:** Vitamin E (as d- $\alpha$  tocopherol mixture) 5 IU, Plant Based Sterol Esters 1,000 mg. Cholestria™ Proprietary Blend Total 79 mg: Citrus bergamia (Rind) Extract, Tocotrienol & Tocopherol (palm oil), TriVita Tropical Blend (açai, 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://ipi.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.



## Rainforest Treasure Tea

# Tasty herbal support for mental clarity, physical immunity and vitality

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

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

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

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

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

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

### PLUS:

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

THIS PRODUCT IS ALSO  
GREAT FOR:

 DIGESTIVE/IMMUNE  
SYSTEM SUPPORT

## Rainforest Treasure Tea

#ADS3884 **\$19.99**

**Earn 80 VitaPoints!**

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



### Rainforest Treasure Tea

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

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

### References:

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

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

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

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

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

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

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

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

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

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

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



## Recovery

# Excellent after exercise or physical exertion

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

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

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

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

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

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

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

#### THE ORIGIN OF RECOVERY

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

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



### Recovery

#ADS2571 **\$29.99**

**Earn 120 VitaPoints!**

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



#### Recovery

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

**Amount per serving:** Proprietary Blend 760 mg: Dong Quai (root), Pomelo Peel (Citrus Grandis) Ju Hong, Safflower (Hong Hua) Flower, Sarsaparilla (Smilax 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.<sup>1</sup> Amazon Herb Rejuvenate features a proprietary blend of four powerful botanicals straight from the Amazon designed to help maintain a healthy endocrine system and support energy levels, stamina, endurance and overall health. It is also traditionally known to support fertility and sexual performance.

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

### Rejuvenate features the following ingredients:

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

**Suma:** Understood as an adaptagen<sup>4</sup> that helps support body function,<sup>5</sup> native peoples have long used Suma to promote robust health.

**Muir Puama:** Its bark and roots have been used traditionally for a variety of purposes including nerve, digestive and joint health.<sup>6</sup>

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

THIS PRODUCT IS ALSO GREAT FOR:



## Rejuvenate

#ADS2971 **\$29.99**

**Earn 120 VitaPoints!**

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



### Rejuvenate

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

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

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

### References:

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

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

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

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

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

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

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



## Prostate

# Advanced formula for urinary comfort and prostate protection

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

**Saw Palmetto** may influence the enzymes that regulate prostate changes.<sup>1,2</sup>

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

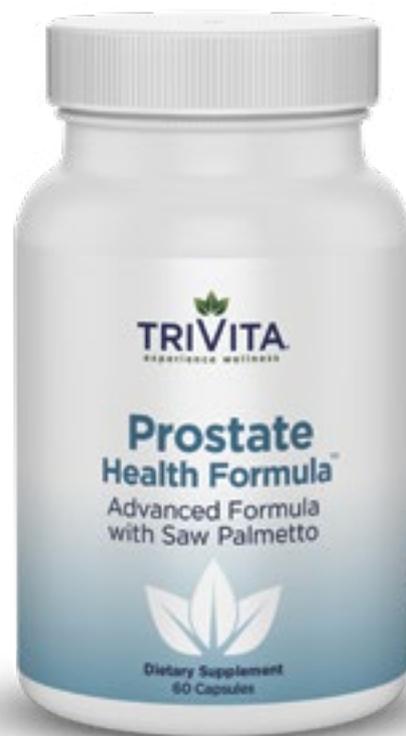
**Beta sitosterol** supplies a mixture of plant sterols shown to help promote urinary comfort.<sup>5</sup>

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

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

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

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



### Prostate Health Formula™

#30400 **\$19.99**

**Earn 80 VitaPoints!**

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



#### Prostate Health Formula™

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

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

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

#### References:

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

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

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

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

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

6 [http://www.cdc.gov/men/lcod/2011/LCODrace\\_ethnicityMen2011.pdf](http://www.cdc.gov/men/lcod/2011/LCODrace_ethnicityMen2011.pdf)



## Balanced Woman

# The gentle support and comfort women need during hormonal change

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

**Black Cohosh** helps supports menopausal comfort.<sup>1</sup>

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

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

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

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

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

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



### Balanced Woman®

#30240 **\$24.99**

**Earn 100 VitaPoints!**

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

#### Balanced Woman®

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

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

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

#### References:

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

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

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

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



## VisionGuard

# Advanced vision formula to help you see life more clearly

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

### These two key antioxidants:

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

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

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

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

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

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

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

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

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

### VisionGuard™

#30572 **\$29.99**

**Earn 120 VitaPoints!**

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



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

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

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

### References:

- 1 [https://www.nei.nih.gov/sites/default/files/NEHEP-pdfs/nehep\\_5\\_year\\_agenda\\_2006.pdf](https://www.nei.nih.gov/sites/default/files/NEHEP-pdfs/nehep_5_year_agenda_2006.pdf)
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- 5 Trieschmann, et al. *Eye* (2008) 22, 132–137.

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The VitaJournal Health & Wellness blog is packed full of health and wellness-related articles—updated on a weekly basis. Topics run the entire wellness gamut, including brain and heart health, lifestyle tips and spiritual inspiration.

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We believe you deserve a life filled with vitality and purpose because you matter, which is why the TriVita Clinic of Integrative Medicine provides health education through this free and informative Webcast series. Watch past Webcasts and set reminders for upcoming events on the Clinic events website.

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Your body has nine basic systems, each with distinct functions. Learning more about how your body works will help you take better care of it. Know and support your body systems with our new Amazing Body Systems guides. Each guide provides information about the functions of individual systems, a full list of supportive foods, supplement and activity recommendations.

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VitaDaily

# Everything you need, nothing you don't. One small tablet, once per day!

TriVita has crafted the ideal once daily multi-vitamin for anyone who wants *clean daily nutrition* without all the “bad stuff” found in many multi-vitamins on the market.

**1 TABLET**  
Formulated to help make your life healthy and easy!

## WITH VITADAILY —YOU DO GET—

**100%**  
DAILY  
VALUE



**19**  
ESSENTIAL  
VITAMINS &  
MINERALS



**1**  
TABLET  
THAT  
DISSOLVES



**30**  
MINUTES

## WITH VITADAILY —YOU DON'T GET—

**ARTIFICIAL**  
FOOD DYES

**FAKE**  
FLAVORS

**SYNTHETIC**  
PRESERVATIVES



## MEGA-DOSES

THAT OFFER WAY MORE NUTRITION THAN YOUR BODY NEEDS, SIMPLY TO MAKE IT LOOK MORE POWERFUL.



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

**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).

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



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

Try both non-acidic, pH neutral & buffered Vital C delivery forms and see why they are so popular—experience the daily difference a quality Vitamin C formula like TriVita's Vital C can make!

### Vital C™ Crystal Powder

#30170 **\$24.99**

**Earn 100 VitaPoints!**

**Suggested Use:** Adults and children over the age of 10, take ¼ to 1 teaspoon daily, with or without food. Stir into water, fruit juice or a beverage of choice.

### Vital C™ Crystal Tablets

#30230 **\$19.99**

**Earn 80 VitaPoints!**

**Suggested Use:** Adults and children over the age of 10, take 1 or 2 tablets daily, with or without food.



#### References:

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

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#### 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.



# TriVita's **3 RRRs**

## Reminders. Routines. Rewards.

Good habits are the key to a healthy lifestyle. But what does it really take to form new habits? Simply put, habits are learned behaviors that you repeat without even thinking about them. These automatic behaviors lead to either positive or negative outcomes. Some practices include brushing your teeth every morning and evening, looking both ways before crossing a street and using a turn signal while driving. There are probably tons of actions you perform throughout your day without a second thought.

You can apply this same automaticity to your overall health. Unhealthy habits such as drinking soda or watching TV to relieve stress can be replaced with new habits like drinking more water, meditating and being physically active.



Habit formation relies on consistency. Here is a basic breakdown of how habits are formed:

**Reminders**, also known as cues, tell your brain to go into “automatic mode” and perform a specific behavior. Such as, if you are trying to drink more water throughout the day seeing a water bottle on your desk or counter is a reminder to drink up.

**Routines** are the actual behaviors themselves. To continue with the example above, drinking from that bottle is the routine.

**Rewards** are the last step of this process. Rewards help reinforce the behavior (routine) and create the new habit. To use the water example, the reward for drinking water is quenching thirst and preventing dehydration.

Over time, as you automate your actions and form new habits, you'll experience greater rewards, further encouraging you to stick to your new routines. Eventually, these will become ingrained in your lifestyle.

# Consistency is vital when it comes to supplementation

Dietary supplements are designed to be taken in specific ways -typically once every day- to deliver maximum benefits. If you regularly forget to take your vitamins or give up altogether before allowing enough time for them to work, you are only shortchanging yourself.

When you initially purchase a nutritional product or supplement, the desire for change is there. First, you research products, potency and find one that best fits your needs. And typically, those first days are the easiest because you are excited about the rewards (benefits) you'll

receive. However, many people lose that spark of excitement after a few weeks. Maybe you go on vacation and forget your supplements, have a hectic schedule or just lose sight of why you ordered them in the first place. The only way to remedy this is with the three Rs - Reminders, Routines and Rewards.

**To help you identify your unique reminders, establish your routines and keep an eye on your rewards, use this simple calendar provided to track your Rs and stay motivated!**



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