

EXPERIENCE  WELLNESS
TRIVITA[®]

JULY 2019

VITAPOINTS
MEGA
BONUS
5X VITAPOINTS

EARN
5X

VITAPOINTS
ON YOUR ENTIRE ORDER

See page 3

TO CELEBRATE
OUR

20

TH ANNIVERSARY

Don't forget

ALL ORDERS
OVER \$89
RECEIVE

FREE
SHIPPING

See page 3

CALL TOLL-FREE 1-855-389-2444 OR ORDER AT TRIVITA.COM



20 Years of Wellness Wouldn't Be Possible Without You

Thank you TriVita Members for making our 20th anniversary possible! It is because of your support and trust in the mission and vision of helping people experience greater physical, emotional, and spiritual wellness!

This unique anniversary catalog features the beautiful creation of life here in Arizona. But in all its beauty, it does not compare to you as God's creation! I am reminded of Genesis 1:26 in the record of creation, *"And God said, let us make man in Our image after Our likeness"* and in verse 27, *"so God created man in His own image, in the image of God."*

You are wonderfully made! Wellness is a force of your vitality and purpose!

As you view and reflect on the beauty of creation throughout this 20th-anniversary catalog, I trust you will see yourself through a new lens of purpose, potential, and beauty.

It was out of my own health crisis that my wellness journey led me to the essentials of wellness. One by one, I discovered and applied the Essentials for Health & Wellness. My life was transformed from significant health issues to the abundance of wellness. It was the realization that I was created in His likeness, to be His Temple on earth that changed every decision I was making about wellness. I wanted others to experience this greater well-being, whole person wellness! That is why there is a TriVita!

Now 20 years later, over 3 million people have engaged with TriVita in some way to experience greater wellness. Thousands of people each month share their testimonies of greater wellness. Like Randy, "TriVita has impacted my life, and TriVita products have unquestionably changed the quality of my mom's life. My mom started taking MyoHealth, Nopalea, Omega 3 Prime, and B-12, and now she can walk throughout the neighborhood. It truly brings tears to my eyes!"

Your wellness is our purpose! It is the very reason the Ellison Family founded the company 20 years ago so that you could experience greater physical, emotional, and spiritual wellness!

This month to celebrate 20 years, we are offering our Premier Members 5X VitaPoints on every order. This is a fantastic opportunity to earn maximum points on any product you would like to add to your daily regime.

Also, I invite you to join me in helping people experience greater wellness by using our new **Give \$20 & Get \$20 referral program (see page 31)**. Our membership is growing. We believe we can make a difference in the mounting healthcare crisis, especially amongst an aging population. The body is designed to function best with nutrients and nurturing support.

I am grateful for your support and trust in this great vision and mission. Thank you!

May you experience greater wellness!



Michael R. Ellison, Founder of TriVita



EARN
5X

VITAPOINTS

ON YOUR ENTIRE ORDER WITH OUR

**20TH ANNIVERSARY
MEGA BONUS!**

TriVita is celebrating 20 years of wellness, but you're getting the gift. You'll earn 5X VitaPoints on your entire order this month as part of our Anniversary Mega Bonus!

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

These VitaPoints can be used to save on future orders with no limits on what product you purchase or how much you order. Use your points on your favorite TriVita products like B-12, Nopalea, NeuroShine, MyoHealth or any product of your choice!

Redeeming your VitaPoints is easy. Your VitaPoint balance is listed on your order receipt as well as under **MyAccount** on **TriVita.com**, making it easy to use for standard or ARP orders.

The Mega Bonus 5X VitaPoints offer expires 07-31-19 at 9 pm. Don't miss out on the huge savings! See page 28 for complete details on ARP and other Premier Membership benefits, or call 1-800-344-8797.

Don't forget! **ALL ORDERS OVER \$89 RECEIVE**

Offer valid on catalog pricing only, with standard shipping and expires 07-31-19.



CALL 1-855-389-2444 CLICK TRIVITA.COM

Your Wellness is Our Purpose!

While Arizona's most abundant natural resource is copper, we at TriVita would argue that it's actually the peace and tranquility of its gorgeous desert sunsets!

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

SATISFACTION GUARANTEE

If you are not fully satisfied with your purchase, you will receive a full refund, less shipping and handling, within 60 days of the order date. Please call our toll-free number for complete details at 1-877-850-2968, or to receive instructions for returning products for a refund.

PAYMENT

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

DELIVERY

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

FEATURED SPECIALS

Our featured specials are available by phone, fax, mail and online at TriVita.com. Featured specials expire on the date listed.

PRICING

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

TAX INFORMATION

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

NOTICE:

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

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

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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.

ABOUT THE ICONS

Many of our products provide targeted nutrition for concerns specific to a single body system or health category, while others impact multiple systems simultaneously.

The icons at the right will assist you in finding the right product for the specific areas of your personal well-being you wish to target.

Look for these icons next to the product images throughout this catalog to find complementary products, as well as help make your purchase decisions.



GLUTEN FREE PRODUCT

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



HERBAL SUPPLEMENT

Amazon Herb product ingredients are primarily sourced from the Amazon Rainforest.



VEGAN PRODUCT

Product is certified Vegan.



HEALTHY INFLAMMATION SUPPORT



ENERGY, STAMINA & PERFORMANCE SUPPORT



DIGESTION, DETOX & REGULARITY SUPPORT



STRESS MANAGEMENT SUPPORT



HEALTHY BLOOD SUGAR SUPPORT



IMMUNE SYSTEM SUPPORT



NUTRITIONAL SUPPORT



MUSCULOSKELETAL SYSTEM SUPPORT



CARDIOVASCULAR SYSTEM SUPPORT



VISION SUPPORT



BRAIN & NERVE HEALTH SUPPORT



SLEEP SUPPORT



MEN'S & WOMEN'S HEALTH SUPPORT

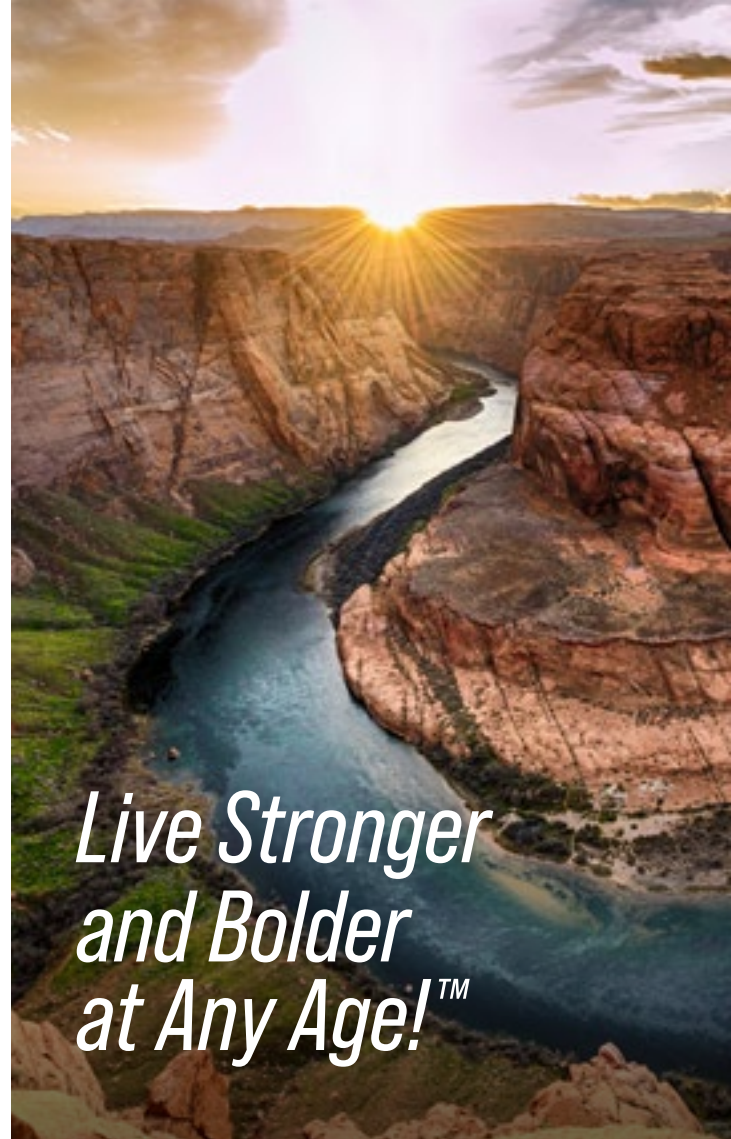
9 ESSENTIAL AMINO ACIDS

Your body can use the 21 amino acids to produce thousands of different types of proteins, but only nine of them are what we call Essential Amino Acids (EAAs) — because you must have them to live—and the body can't produce them on its own. EAAs are the cellular building blocks of life!

MyoHealth is essential for life, clinically proven to work, and guaranteed to help you perform or your money back!



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



*Live Stronger
and Bolder
at Any Age!™*

HOW CAN MYOHEALTH HELP YOU?

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 decades 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.

The patented formulation found in MyoHealth has been proven to be more effective at stimulating new muscle growth than whey protein—**3X MORE!** It's also more effective than hormone/testosterone, pharmacological, and nutritional therapy.

Daily use of MyoHealth in the recommended amount can:

- 1 Stimulate protein synthesis
- 2 Build lean muscle mass
- 3 Reduce muscle soreness & fatigue
- 4 Help improve balance
- 5 Boost stamina
- 6 Improve endurance
- 7 Improved blood flow performance
- 8 Minimize muscle tissue breakdown
- 9 Prevent muscle loss

PERFORMANCE SUPPORT

In May 2019, Arizona made lemonade the official state drink. So in a way, Lemonade MyoHealth is the state drink... sorta.



All TriVita supplements are proudly made in the United States of America, using products from vendors who comply with the highest standards of Current Good Manufacturing Practices (cGMP), and are independently tested by third-party companies commissioned by TriVita to ensure that our products are at full potency and meet all regulatory standards.



MyoHealth®

*Live stronger and bolder
at any age!™*

Easy to mix and fast-dissolving, MyoHealth is available in great-tasting Lemonade or Berry Crush flavor.

- Contains no sugar
- Contains no carbohydrates
- Has only 24 calories per serving
- Is 100% vegan
- Has no GMOs, gluten or caffeine

BERRY CRUSH POWDER:

ITEM #30910 • 6.77 oz (30 SERVINGS)

LEMONADE POWDER:

ITEM #30870 • 6.35 oz (30 SERVINGS)

CAPSULES:

ITEM #30840 • 150 CAPSULES

\$49.99

+Earn 200 VitaPoints

TriVita.com/myohealth

MyoHealth Results:



“My health kept getting worse, and it was pathetic the way I was living. But I tried the MyoHealth product, and it changed my life. I started working out consistently for the first time in years, and I can’t believe that at my age I have more muscle mass than when I played pro football.”

— Larry Kerychuk,
former pro football player and MyoHealth fan



**The results are in.
MyoHealth can bring:**

*More energy.
More balance.
More vitality.
More strength.
More mobility.*



“I’m 73 years old, and I started taking MyoHealth 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”

— Pat A.,
Member since 2017

PERFORMANCE SUPPORT

You'll need everything MyoHealth offers to hike the Arizona Trail, which stretches 800 miles along the north-south length of Arizona from the Coronado National Memorial near the US-Mexico border to the Kaibab Plateau near the Arizona-Utah border.



"I played in the NBA for 10 years. I can speak from vast experience that after the 60-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."

— John B.,
Member since 2017

MYOHEALTH[®] 2PACK



MyoHealth[®] 2Pack

SAVE \$10 over single product pricing, **PLUS** receive **FREE SHIPPING** on your entire order!

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

\$89.98

+Earn 360 VitaPoints

TriVita.com/myohealth2pck

WANT TO SAVE EVEN MORE?

Add the MyoHealth 2Pack to an Auto Replenishment Program (ARP) order.

You'll receive 1,000 VitaPoints* worth \$10 you can apply toward your next order of any TriVita product, for each month you continue to keep your ARP active.

*Maximum 1,000 VitaPoints per order. Call for more information on ARP.



Alfred Libby's Slow Dissolve B-12

For energy, mental clarity and focus

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



ITEM #30140 • 30 TABLETS

\$19.99

+Earn 80 VitaPoints

TriVita.com/b12



Premier Membership offers you perks and multiple ways to save on wellness products.

See page 28 for details.



Alfred Libby's Slow Dissolve Super B-12

3X the potency of original B-12

- 3,000 mcg of B12
- Includes Vitamin B6, folic acid, biotin and ginseng
- No artificial preservatives



ITEM #33356 • 30 TABLETS

\$24.99

+Earn 100 VitaPoints

TriVita.com/superb12



Omega3 Prime™ Premium fish oil concentrate

For brain, heart & joint support

- 1,000 mg serving contains 670 mg EPA & 125 mg DHA
- Two small, easy-to-swallow soft gels
- Natural lemon flavor



ITEM #31320 • 60 SOFT GELS

\$29.99

+Earn 120 VitaPoints

TriVita.com/omega3prime

HEALTHY AGING

Arizona's beautiful natural landscapes are among the most photographed in the world.



Essential D™ Enhanced with Vitamin D3

For whole-body wellness

- 5,000 IU of Vitamin D3
- Just one soft gel supplies the equivalent amount of Vitamin D as 50 cups of milk

ITEM #31270 • 30 SOFT GELS

\$14.99

+Earn 60 VitaPoints

TriVita.com/essentiald



Nopalea™ Healthy Inflammation support

With daily use, Nopalea may help your body:

- Support the normal and essential anti-inflammatory function performed by the immune system
- Detoxify & promote cellular health



ITEM #30710 • 30 TABLETS

\$34.99

+Earn 140 VitaPoints

TriVita.com/nopalea



Nopalea™ 4-Pack

FREE SHIPPING

ITEM #33400 • 4 BOTTLES

**\$119.99 - You Save \$20
Over Sing-Bottle Price**

+Earn 480 VitaPoints



The amount of copper on the domed roof of the Arizona State Capitol building is equivalent to 4,800,000 pennies.



Bone Growth Factor™

*Supports strong bones
and helps prevent
bone loss*

Formulated to reinforce
broad-spectrum calcium
nutrition with:

- 1,000 IU of Vitamin D3
- Vitamin K
- Ipriflavone, Boron & Silica

Bone Growth Factor's calcium
complex features microcrys-
talline hydroxyapatite
calcium (MCHC)

ITEM #30600 · 180 CAPSULES

\$34.99

+Earn 140 VitaPoints

TriVita.com/bonefactor



Receive Free
Standard Shipping
on all orders over \$89.

VALID ON CATALOG PRICING ONLY, WITH STANDARD SHIPPING.
OFFER EXPIRES 07-31-19.



CoEnzyme Q-10

*Premium potency for
cardiovascular health*

Developed to help address
the depletion of CoQ-10, an
important bioenergetic
antioxidant in the heart,
due to aging and the use of
Statin drugs.

- 50 mg of CoQ-10 in each
easy to swallow dose

ITEM #30600 · 180 CAPSULES

\$29.99

+Earn 120 VitaPoints

TriVita.com/coq10

HEALTHY AGING

Once a rowdy copper mining town, Jerome, Arizona's population dwindled to as few as 50 people after the mines closed in 1953.



Cholestria™ *Maintenance and support for healthy cholesterol*

Formulated to provide a more complete cardio picture with no toxic side-effects.

Proprietary blend features a nutrient complex, designed to support plant sterols, containing Bergamot (Citrus Bergamia), Vitamin E, CoQ-10, and a tropical blend of exotic botanical antioxidants like camu camu, and more.

ITEM #31290 • 60 SOFT GELS

\$39.99

+Earn 160 VitaPoints

TriVita.com/cholestria



HCY Guard® *Helps lower and maintain healthy homocysteine levels*

Packed with Vitamin B-6, B-12 and folate.

The proprietary blend adds complementary nutrients for even more support, including Choline, L-Cysteine and CoQ-10.

ITEM #30600 • 180 CAPSULES

\$23.99

+Earn 96 VitaPoints

TriVita.com/hcyguard



VitaCal-MagD™ K2 *Calcium complex for muscle & bone support*

A premium calcium blend combined with magnesium, Vitamin D3 and Vitamin K2.

Each serving provides:

- Calcium (500 mg)
- Magnesium (250 mg)
- Vitamin D3 (500 IU)
- Vitamin K2 (40 mcg)

Helps in the development and maintenance of bones and teeth, maintain proper muscle function, tissue formation, and energy metabolism. Vitamin K2 also helps in the absorption and use of calcium and phosphorus.

ITEM #30182 • 90 TABLETS

\$24.99

+Earn 100 VitaPoints

TriVita.com/vck2



Vital C™ Powder and Tablets

Premium formula Vitamin C to support immunity, detox and healthy aging

Vitamin C can help you look great, be active, stay healthy, and much more, supporting immune health, youthful skin, gum and bone health, joint comfort, cardiovascular health and overall vitality!

- Vital C Tablets offer 2,000 mg Crystalline C per serving, compressed into tablet form
- Vital C Powder offers 4,000 mg of free-flowing Crystalline C per serving and dissolves easily

Vital C Powder:
ITEM #30170 • 5.8 OZ.

\$24.99

+Earn 100 VitaPoints

TriVita.com/vitalcpowd

Vital C Tablets:
ITEM #30230 • 60 TABLETS

\$19.99

+Earn 80 VitaPoints

TriVita.com/vitalctabs

HEALTHY AGING

The Grand Canyon has an elevation spanning from around 2,000 feet to over 8,000 feet, allowing it to experience a variety of weather conditions. As a result, the temperature generally increases by 5.5 degrees with each 1,000-foot loss in elevation.



VitaDaily™

All the nutrients you need, none you don't

The ideal once-daily multi-vitamin that provides clean daily nutrition

Each serving provides 100% daily value of 19 essential vitamins and minerals that dissolves in 30 minutes.

- No artificial food dyes
- No fake flavoring
- No synthetic preservatives
- No mega-doses of more nutrition than your body needs just to make it look more powerful

ITEM #30203 • 30 TABLETS

\$14.99

+Earn 60 VitaPoints

TriVita.com/vitadaily



Join host Michael Ellison for the Healthy You podcast on TriVita.com

Enjoy interviews with outstanding authors and experts featuring one of the Ten Essentials (see page 30) that will help you gain insight into the simple but profound ways to enhance your wellness.

Visit TriVita.com/podcasts to listen on your computer, tablet or smartphone.



“ I trust TriVita; I have used their products for years. When the TriVita consultant recommended NeuroShine, I wasn't sure I wanted to add another supplement to my routine. But, as the consultant told me more about the product, I thought I'd give it a try. I love it! I saw a difference in my mood within days! I just felt more positive and more focused- I love NeuroShine!”

– Pat H., Member since 2001

“ I'm a long-time user of ProDigest. It's great for helping me with athletic performance and assimilation and absorption of nutrients.”

– Dawn T., Member since 2012

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

– Nancy S., Member since 2003

“ 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

“ 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 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 feel stronger after taking MyoHealth. I am very happy that my muscle loss has stopped and I am telling all my friends and family about it!”

– Lois B., Member since 2018

“ I am so happy and satisfied with Trivita. I started using Slow Dissolve B-12 vitamins and noticed a difference that night, I slept better and woke up refreshed. I take Super B-12's now with Ginseng and notice an even better result of well being.

I have recently recommended Super B-12 to one of my 96 yr old patients, and she is amazed and is feeling energetic and full of life. I highly recommend this company and all their products!”

– Ruth S., Member since 2003

“ 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

MEMBERS ARE SAYING:

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

– Margaret W., Member since 2011

“I have been using TriVita’s GlucoManage for years and never want to be without it. It helps support a healthy blood sugar level and I can tell a difference.”

– Sally L., Member since 2007

“Vision Guard has been amazing for my eyesight. It eliminated my blurry vision, improved my reading vision and halted my cataract progression.”

– Carl B., Member since 2006

“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

“My 93-year-old mother, who has Alzheimer’s/dementia, was very irritable prior to taking NeuroShine. Now she’s more calm and has longer bouts of mental clarity.”

– Diana D., Member since 2012

“If it was not for TriVita’s Nopalea and Adaptuit, I don’t know if I would be able to care for my disabled daughter. They help me, help her.”

– Gail F., Member since 2001



The Grand Canyon was declared a National Park in February of 1919 and is a mile deep, 277 miles long and 18 miles wide. While the park doesn’t include the entire canyon, it does measure in at a whopping 1,904 square miles in total—larger than the state of Rhode Island.



Prostate

Formulated for urinary comfort and prostate protection

Combines the beneficial activities of top prostate support nutrients—bringing reliable, broad-spectrum support for urinary support & prostate function, including:

- Saw Palmetto
- Lycopene
- Beta sitosterol
- Stinging nettle

ITEM #30400 • 60 CAPSULES

\$19.99

+Earn 80 VitaPoints

TriVita.com/prostate



Balanced Woman®

Gentle support during hormonal change

Developed to help gently bring a woman's hormones into balance using some of today's most popular botanicals, including:

- Wild yam
- Black Cohosh
- Dong quai
- Chasteberry
- Ginseng

ITEM #30240 • 60 CAPSULES

\$24.99

+Earn 100 VitaPoints

TriVita.com/balancedwoman



EnergyNow!®

Natural support for jitter-free energy

A unique blend of amino acids, polyphenols, botanicals and more combine to help spark clean, refreshing energy you can feel, including: Green tea extract, Cocoa bean extract, CoQ10, vitamin B, C, and more.

ITEM #30420 • 60 CAPSULES

\$24.99

+Earn 100 VitaPoints

TriVita.com/energynow

TARGETED NUTRITION

Arizona is home to 64 Mexican Gray Wolves. Its population has slowly increased since being declared endangered in 1976.



WE WANT YOU TO BE HAPPY WITH YOUR WELLNESS PRODUCTS!

If you are not fully satisfied with your TriVita purchase, you will receive a full refund, less shipping and handling, within 60 days of the original order date. Guaranteed!



Adaptuit® *Supports daily stress relief*

Formulated from a source of adaptogens that promote stress relief and well-being

- Contains L-Theanine, the unique calming compound found in green tea, but without the caffeine.
- Delicious grape flavor

ITEM #30770 • 32 OZ.

\$34.99

+Earn 140 VitaPoints
TriVita.com/adaptuit



Adaptuit® 4-Pack



ITEM #33345 • 4 BOTTLES

**\$119.99 - You Save \$20
Over Sing-Bottle Price**

+Earn 480 VitaPoints



Adaptuit Sleep® *A natural formula to aid in deep, restorative sleep*

Designed to encourage and optimize sleep by targeting mood, mindset, muscle tension and relaxation responses.

ITEM #30790 • 60 CAPSULES

\$19.99

+Earn 80 VitaPoints

TriVita.com/adaptsleep



Joint Complex™

Joint nourishment to support a more mobile, flexible you

Features a combination of vital joint support nutrients. Glucosamine, Chondroitin, and MSM are all enhanced with Boswellia, Turmeric and Cat's claw, as well as Collagen Type II.

Rejuvenate your joints today!

ITEM #30210 • 120 TABLETS

\$29.99

+Earn 120 VitaPoints

TriVita.com/glucomanage



VisionGuard™

Advanced vision formula designed to help you see life more clearly

Formulated with FloraGLO® lutein and zeaxanthin—botanical antioxidants that support better vision health.

FloraGLO is the most clinically researched lutein brand in the world trusted by doctors, and promotes vision health by:

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

VisionGuard extends the antioxidant network with additional eye-supportive botanicals, including: Bilberry, Black currant, and Grapeseed. PLUS, it includes the antioxidants alpha lipoic acid (ALA), N-Acetyl-L-Cysteine, vitamin C, natural vitamin E and zinc.

ITEM #30572 • 60 CAPSULES

\$29.99

+Earn 120 VitaPoints

TriVita.com/visionguard

TARGETED NUTRITION

Most people think of Arizona as a flat desert. But Humphreys Peak, the highest of a group of dormant volcanic peaks know as the San Francisco Peaks, reaches an elevation of 12,633 feet.



GlucoManage® Formula *Blood sugar balance to help restore healthy glucose levels*

Built on a solid vitamin and mineral foundation and enhanced with the SugarSolver™ botanical blend:

- Gymnema sylvestre
- Bitter melon
- Ginseng & cinnamon
- Banaba leaf
- Vanadyl sulfate

ITEM #30340 • 60 CAPSULES

\$29.99

+Earn 120 VitaPoints

TriVita.com/glucomanage



Promeric 95® *Natural joint comfort and support*

Formulated for maximum absorption with premium turmeric root extract containing a total 95% curcumin.

- 500 mg total curcuminoids
- Easy-to-swallow soft gels
- No allergens or GMOs

ITEM #30820 • 60 SOFT GELS

\$39.99

+Earn 160 VitaPoints

TriVita.com/promeric



Nerve Formula™ *Broad-spectrum nervous system support*

Supplying both basic and breakthrough neuronutrients. Nerve Formula is designed to help support nervous system care and cognitive function, and features Acetyl L-Carnitine, L-Taurine, Alpha lipoic acid, Lecithin, and more!

ITEM #30360 • 60 CAPSULES

\$27.99

+Earn 112 VitaPoints

TriVita.com/nerveformula



MyFloraDaily Prebiotic

Feed the healthy bacteria in your gut

Organic and non-GMO, MyFloraDaily Prebiotic helps provide the vital nutrients your gut needs to sustain the healthy balance of bacteria in your digestion system by supporting the work of a probiotic. Two 1,250 mg capsules per day provide a gentle fiber that's easily tolerated.

Works best when used with MyFloraDaily Probiotic.

ITEM #30880 • 60 CAPSULES

\$19.99

+Earn 80 VitaPoints

TriVita.com/mfdpre



NeuroShine™

Improve your mood, memory & focus

Specially formulated to support better brain health with ongoing daily use!

- Bacopa Monnieri
- Vitamin B5
- Lithium Orotate

Feel better & brighter with just one small capsule per day.

ITEM #30900 • 30 CAPSULES

\$34.99

+Earn 140 VitaPoints

TriVita.com/neuroshine



KNOW & SUPPORT YOUR BODY SYSTEMS

The human body has 9 basic systems which all must work together to maintain homeostasis. Learning more about how the body works helps you take better care and live a healthier life.

READ MORE ABOUT YOUR AMAZING BODY SYSTEMS AT
<https://www.trivita.com/the-amazing-body-systems/>

TARGETED NUTRITION

In 1863, the U.S. Congress made Arizona a U.S. territory and Arizona became a state on February 14, 1912. In that span of time, Tucson was the capitol from 1867 to 1877.



MyFloraDaily Probiotic *Help maintain healthy digestion and overall gut health*

MyFloraDaily is shelf stable, formulated with patented bio-tract technology for maximum absorption, and is guaranteed to have *10 billion Colony Forming Units (CFUs)* in every dose at time of manufacture, *5 billion* at time of one year expiration!

- 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 — allowing for an extended, controlled release of probiotic strains in the small and large intestine.
- MyFloraDaily is allergen-free (contains no milk, eggs, fish, shellfish, nuts, wheat or soy!)
- May help with occasional diarrhea
- Supports overall immune health

ITEM #30830 • 30 CAPLETS

\$39.99

+Earn 160 VitaPoints

TriVita.com/mfdpro



The saguaro cactus blossom is the official state flower. The white flower blooms on the tips of the saguaro cactus during May and June. The saguaro is the largest American cactus.



Rainforest Treasure Tea

Support for immunity and vitality

Ancient herbs combined for mental clarity, physical immunity, and natural energy with no caffeine.

ITEM #ADS3884 • 30 TEA BAGS

\$19.99

+Earn 80 VitaPoints

TriVita.com/raintea



Camu Gold

“Feel good” fruit for energy and focus

- Antioxidants
- High concentration of Vitamin C
- Variety of amino acids, beta-carotene & more

ITEM #ADS3575 • 60 CAPSULES

\$29.99

+Earn 120 VitaPoints

TriVita.com/camugold

ABOUT CAMU CAMU



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.*

*<http://www.webmd.com/vitamins-supplements/ingredientmono-1243-camu%20camu.aspx?activeingredientid=1243&activeingredientname=camu%20camu>

HERBAL SUPPLEMENTS

Red Rock State Park is a 286 acre park located in Yavapai County, Arizona. The red sandstone, dating back as far as 300 million years, was created when exposure to the atmosphere led to the iron minerals in some areas to oxidize, giving them their red and orange color.



ProDigest

Premium enzyme formula for digestive support and enhancement

Plant-based enzymes from the Amazon Rainforest to assist and enhance digestion:

- Boldo
- Anise
- Peppermint
- Carqueja
- Amylase
- Protease
- Lipase

ITEM #ADS1472 • 90 CAPSULES

\$34.99

+Earn 140 VitaPoints

TriVita.com/prodigest



Recovery

Invigorate your body after exercise or physical exertion

Formulated with a botanical blend with antioxidant, flavonoid and linolenic acid content, designed to help support your body's recovery.

ITEM #ADS2571 • 60 CAPSULES

\$29.99

+Earn 120 VitaPoints

TriVita.com/recovery



Aqua Algae

Vital nutrients for your whole-body wellness

Proprietary blend of fresh water and marine algae:

- Spirulina
- Blue Green Algae
- Bladderwrack
- Chlorella

ITEM #ADS1272 • 60 CAPSULES

\$24.99

+Earn 100 VitaPoints

TriVita.com/aquaalgae



Fiberzon Capsules

Supplemental fiber to help avoid unhealthy constipation

Contains a proprietary blend of 16 botanicals designed to support healthy regularity, including:

- Psyllium husk
- Turkish rhubarb
- Bolbo
- Hibiscus flower
- Slippery elm bark

ITEM #ADS1972 • 90 CAPSULES

\$29.99

+Earn 120 VitaPoints

TriVita.com/fiberzoncaps

*Two complementary supplements to help with regularity:
One that “makes you go,” the other “makes the going easier!”*



Fiberzon (powder)

Supports easy and painless stool elimination

Think of it as an intestinal “broom” that helps encourage easy regularity. Get the fiber you need, with a pleasant-tasting cocoa flavor, to assist you in keeping things “moving along.”

ITEM #ADS1878 • 8.99 OZ.

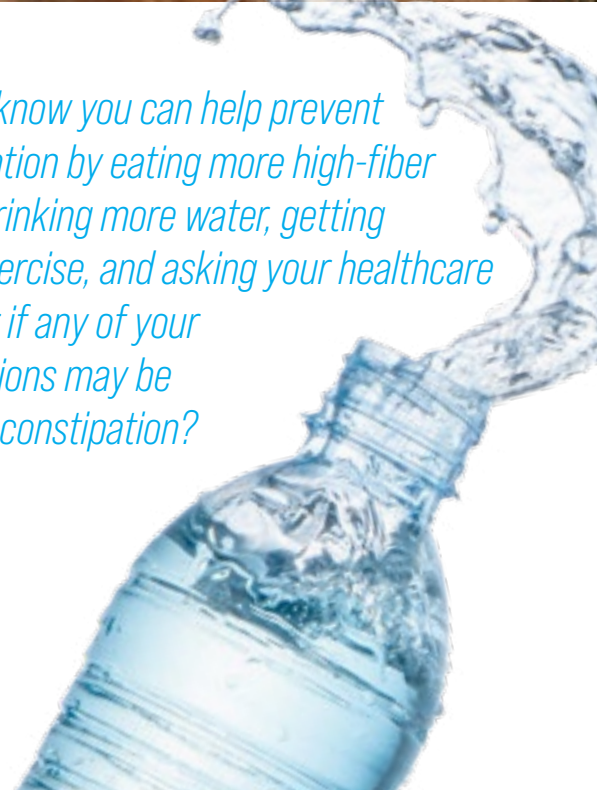
\$39.99

+Earn 160 VitaPoints

TriVita.com/fiberzonpowd



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?



HERBAL SUPPLEMENTS

The oldest intact European structure in Arizona, the San Xavier Mission was founded as a Catholic mission by Father Eusebio Kino in 1692, nine miles south of downtown Tucson, Arizona. Some 200,000 visitors come each year from all over the world to view what is widely considered to be the finest example of Spanish Colonial architecture in the U.S.



Zamu Protect™ *Antioxidant protection against free radical damage to your body*

Includes a wide array of antioxidants and botanicals that may stop or limit the damage caused by free radicals.

- Peruvian purple corn and maqui
- Camu camu
- Green tea
- Berries containing anthocyanins
- Ginkgo biloba

ITEM #31520 • 60 CAPSULES

\$19.99

+Earn 80 VitaPoints

TriVita.com/zamuprotect



Serenity *Experience the peace and tranquility of the Amazon Rainforest*

Lemon balm, Passionflower, Mulungu, Chamomile and Catuaba are just some of the botanicals found in this blend designed to help relieve stress, anxiety, and insomnia.

ITEM #ADS1371 • 60 CAPSULES

\$29.99

+Earn 120 VitaPoints

TriVita.com/serenity



Rejuvenate *Support & revitalize your energy & stamina*

Features a proprietary blend of powerful botanicals designed to help maintain a health endocrine system and support energy levels, stamina, fertility, sexual performance, and overall health.

ITEM #ADS2971 • 60 CAPSULES

\$29.99

+Earn 120 VitaPoints

TriVita.com/rejuvenate

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VITAPOINTS
&
SAVE!**



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TRIVITA

HEALTHCARE PROFESSIONALS



Scott Conard, M.D.


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

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



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.

- 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%) VitaPoints 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 **Share and earn \$20 when you send a gift card** – Send a \$20 VitaPoint gift card to friends and family for free, and receive \$20 in VitaPoints in return when they activate their card. Plus, you'll earn 5X VitaPoints on their first purchase and every purchase they make for the life of their account.
- 3 **Earn double VitaPoints with Auto Replenishment Program (ARP)** – ARP orders are sent to you automatically, 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 at any time.
- 4 **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.
- 5 **MegaBonus VitaPoint promotions** – Earn extra VitaPoints wherever you see the MegaBonus logo. 
- 6 **Exclusive offers** – Along with **FREE standard shipping on all orders over \$89**, as a Premier Member you're also eligible for exclusive offers.

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TRIVITA CLINIC
of INTEGRATIVE MEDICINE



HEALTHCARE PROFESSIONALS



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 of Integrative Medicine.



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.



BREATHE
Deeply

A healthy immune system is dependent upon deep breathing.

DRINK
Water

Feeling tired? Drink up to help your mind and body stay in balance, clear away waste and use food efficiently.



SLEEP
Peacefully

Too little sleep can set us up for premature aging, depression and other serious issues. Try for 7½-9 hours of sleep each night.

EAT
Nutritiously

Food is the primary source of nutrients that literally fuel life. Focus on vegetables and fruits, go easy on fat, salt and sugar.



ENJOY
Activity

Exercise benefits both mind and body. It can improve your mood and outlook on life, give you more energy and promote flexibility and strength.

GIVE AND
Receive Love

The nurturing you receive from loved ones helps you and your immune system stay healthy.



BE
Forgiving

Holding on to past resentments doesn't just cloud your emotional health: your physical self can suffer stomach problems, muscle aches and more.

PRACTICE
Gratitude

Focus on the positive to boost your emotional health, and reduce stress and the damage it causes.



DEVELOP
Acceptance

When you know there are things in life that you can't change, you free yourself to handle the things you can change.

DEVELOP A
Relationship with God

People who nurture their spiritual selves every day have lower blood pressure, fewer strokes and less emotional turmoil.



**NEW
PREMIER MEMBERSHIP
BENEFIT!**

SHARE — *&* — EARN

Some things in life are better shared like a home-cooked meal, a hike in the woods, and a lifetime of good health and well-being. It's easier than ever to share TriVita's quality, physician-approved products with the people you care about the most.

Our newest Premier Membership benefit allows you to **gift a \$20 gift card to a family member or friend –for free!** When they create a new TriVita account and activate their VitaPoint gift card, **you'll also receive \$20 in VitaPoints toward your next purchase.** Plus, you'll earn 20% of the total value of their first order and every product purchase for life!

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