

EXPERIENCE  WELLNESS
TRIVITA®

FEBRUARY 2020

Celebrating your *beautiful heart...* treat it well!



Good Thoughts +
Good Feelings =
HAPPY HEART

HEALTH IS WEALTH

SEE PAGE 8

RECEIVE UP TO
6X VitaPoints!

SEE PAGE 27

**FREE
SHIPPING**

ON ANY ORDER OVER \$89!*

SEE PAGE 3



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

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

ONE HEART. ONE LIFE. LOVE IT!

Again this month, we feature the 2X - 6X VitaPoints (up to 24% value) on every order at any time. No more waiting months for your favorite products to be on sale – now you can save on every order every day, along with free shipping!

With Premier Membership, you have the luxury of racking up more points on every, single product you order...all the time 24/7. And when you invite others, you will receive rewards every time a purchase is made by anyone you refer. More VitaPoints... Always.

February is heart health month, and we are featuring TriVita's heart health products. As you scan through the catalog, you will find the red hearts alongside each heart healthy product.

Please find Nopalea on page 7 for its science-backed value of helping manage chronic inflammation. It also helps lower elevated at risk C-reactive protein, which is an inflammatory marker that's especially important to know (and lower) for your cardiovascular health.

Harvard Medical School experts say you can conquer and control chronic inflammation. So with a balance of nutrients found in our heart products, along with the recommended diet in this catalog, and ample physical activity... your heart will thank you.

My motto: One Heart. One Life. Love it! Your heart is a muscle, and it will grow stronger with your daily love and care!

I would like to introduce you to Carolyn Permentier. She is our new Lifestyle Editor at TriVita. She has written an article in this month's catalog that I know you'll enjoy. It's called "Health is Wealth... How invested are you in Yours?"

I invite you to join with me in making our world better, helping yourself and others experience greater vitality!

Yours in wellness,

Michael R. Ellison, Founder of TriVita

MORE POINTS...
ALWAYS!



Premier | MEMBERSHIP

Read all about the **NEW Premier Membership**, where you receive up to **6X VitaPoints... Always!**

See page 27



**HAPPY
HEART**

No More Waiting for Your Favorite Products to Go On Sale!

Now you can order whatever you want, whenever you want and receive up to 6X VitaPoints! Premier Membership has never been so rewarding.

*See page 27 for full details on how you can receive **More Points...Always!***



NOPALEA™ – Clinically Proven to Improve Joint Mobility & Range of Motion

**SPEND \$300 ON TRIVITA PRODUCTS
LIKE NOPALEA**



**RECEIVE 6X
VITAPPOINTS**
THAT'S 7200
VITAPPOINTS

WORTH \$72.00

Redeemable on any future order

MORE POINTS...
ALWAYS!

ALL ORDERS  OVER \$89*

*Offer valid on catalog pricing only, with standard shipping. TriVita reserves the right to alter Premier Membership at any time.

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



Dr. 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.















10 FOUNDATIONAL VALUES

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

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



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



GLUTEN FREE TRIVITA PRODUCTS

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



CURRENT GOOD MANUFACTURING PRACTICES (cGMP) ASSURE THE HIGHEST QUALITY

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

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.

PUTTING NOPALEA TO THE TEST

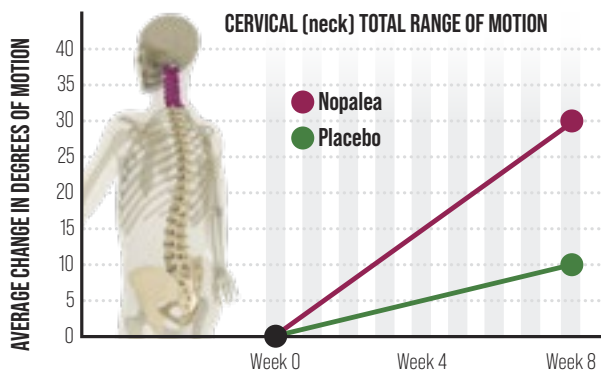
Your quality of life depends on your ability to remain active. Since we introduced Nopalea over ten years ago, we've heard from thousands of Members who've had terrific experiences using the product.

To put it to the test, we commissioned an independent randomized, double-blind,

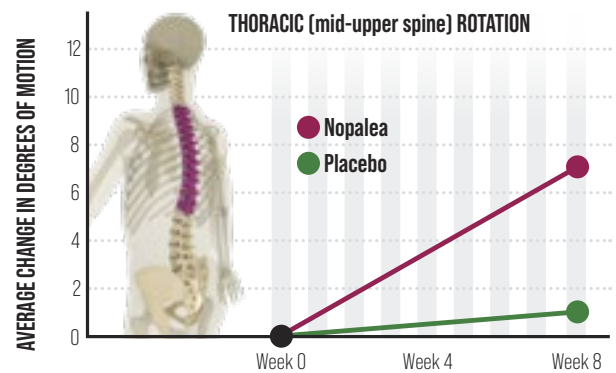
placebo-controlled clinical study on the effectiveness of Nopalea. Study results showed that consumption of Nopalea improved mobility, flexibility, and range of motion in the neck, back and joints. The outcomes also indicated it could help improve the overall quality of life.

NOPALEA STUDY TEST RESULTS

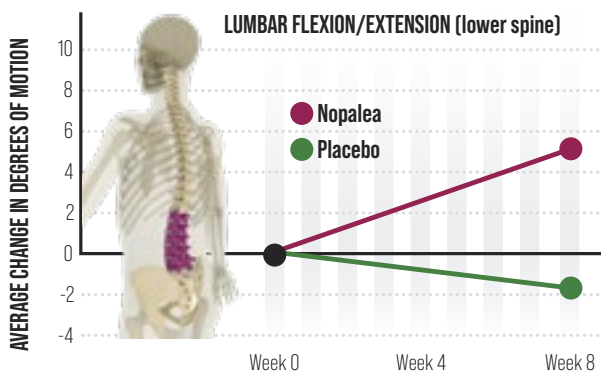
Reference: †Jensen, G. Evaluation of Activity Levels, Inflammatory Markers, and Overall Wellness. 2019.



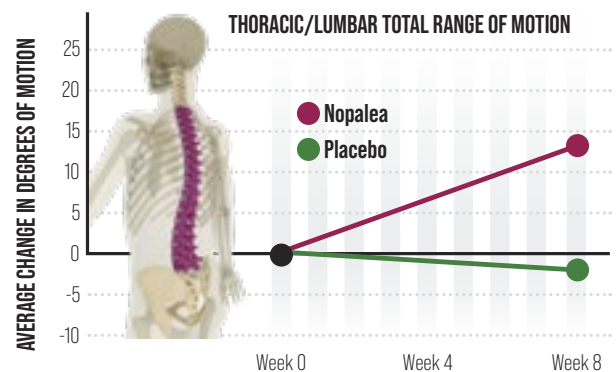
Cervical Total Range of Motion (ROM). Level of statistical significance when comparing all participants consuming Nopalea (pink) versus participants consuming the placebo (green).



Thoracic Rotation. Levels of statistical significance when comparing all participants consuming Nopalea (pink) versus participants consuming the placebo (green).



Lumbar Flexion/Extension. Levels of statistical significance when comparing all participants consuming Nopalea (pink) versus participants consuming the placebo (green).



Thoracic/Lumbar Total ROM. Levels of statistical significance when comparing all participants consuming Nopalea (pink) versus participants consuming the placebo (green).



Nopalea

Mobility. Flexibility. Quality of Life.

Nopalea is a delicious, nutrient-dense drink made with the fruit of the prickly pear cactus. It's brimming with antioxidants that support detoxification, healthy inflammation, and whole-body wellness. Nopalea is based on tradition and backed by science.

WITH DAILY USE, NOPALEA MAY IMPROVE YOUR QUALITY OF LIFE* BY HELPING YOUR BODY:

- Support the normal and essential anti-inflammatory function performed by the immune system
- Improve joint mobility and range of motion†
- Improve neck and back motion for greater mobility and flexibility†
- Lower elevated at risk levels of C-Reactive Protein†
- Reduce inflammation

"I can be more active etc.... it made a big difference in my quality of life. Try it and see for yourself."

- Germaine L.,
★★★★★
TriVita.com Product Review



Nopalea™ 4-Pack

#33400 **\$119.99**

**SAVE \$19.97 OVER
SINGLE BOTTLE PRICING!
+RECEIVE FREE SHIPPING!**

Receive 480 VitaPoints!

Nopalea™ Single Bottle

#30710 **\$34.99**

Receive 140 VitaPoints!

MORE POINTS...
ALWAYS!

See page 27

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)

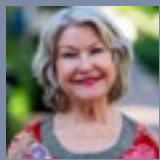
Ingredients: Proprietary Blend Total 10.1 g: Nopal Fruit Puree (*Opuntia ficus indica*), Beet Juice Powder (*Beta vulgaris*), Cranberry Powder (*Vaccinium macrocarpon*), Papaya Powder (*Carica papaya*), Orange Juice Powder (*Citrus sinensis*), Tomato Powder (*Lycopersicon esculentum*), Strawberry Powder (*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).



Health is Wealth...

How invested are you in Yours?



*by Carolyn Permentier,
Lifestyle Editor*

Most of our adult lives are focused on working, saving and investing as much money as possible for our family's future. But not nearly enough emphasis is placed on creating and maintaining our health. And when you think about – what good is accumulating financial wealth, if we're not healthy enough to enjoy our lives?

It makes no sense at all, yet this has been the case for millions of people in the Western world for a very long time. Perhaps you can relate?

Today, more than ever before in our history, people are waking up and taking back control of their health and wellbeing.

“If it’s to be, it’s up to me!”

That’s one of my personal sayings, and it applies to my health as well. I prefer to take good care of my body, so my body can take care of me.

As we all know – those of us who have lived long enough – we can mistreat (or neglect) our bodies while we’re young, without paying the piper. But sooner or later, the effects will start to show up, if we don’t **do** something different.

Little by little, imperceptible at first, we may start to notice how we get a little more agitated than we used to. Or our minds don’t seem as sharp as they once were. And if you have grandkids, I’ll bet your energy levels are not as high as when your children were young, right?

I remember my mother saying, “I’m glad the Good Lord gave me my children when I was young... because I sure don’t have the energy to do it now!” She said that on numerous occasions, as she watched me running around with my two, young sons like the Energizer Bunny.

Now that I have grandchildren of my own, I have a much better appreciation of what she meant. Life is such a great teacher, isn’t it? So we grow, we learn, and then we adapt. And when we know better, we do better.

Because I know that health is wealth, what can I do to take better care of my body? What can I give it, so I can live a long, happy and vibrant life? I put an emphasis on ‘vibrant’ because I don’t want to just live longer... I want to live healthy, while living much longer. I bet you feel the same way too!

We’re fortunate today to have so many amazing advancements in health care. We’ve come a long way and have experienced so many breakthroughs in science and medical technology.

While we’ve made great strides, there are still some very worrisome challenges to overcome. Challenges that often prevent us from living the joyful, healthy lives that we all want and deserve. The kind of health that I believe is our birthright.

As we look at these challenges, there are some very **positive** things happening that you’ll want to know about. Knowledge is power—but only when we **DO** something with that knowledge.

I want to share some information about the culprit behind many chronic diseases that continue to plague so many people... **chronic inflammation.**





CHRONIC INFLAMMATION AND WHAT YOU CAN DO ABOUT IT

First, let's distinguish between 'acute' inflammation and 'chronic' inflammation. Acute inflammation is what happens when you cut your finger or get stung by a bee – or when bacteria gets into your system some other way.

What happens? Well, first you feel the pain, swelling and redness. This is the intelligence of your body, rushing in to attack any foreign invaders. They will be quickly neutralized, and you'll feel better very soon.

But what about inflammation that your immune system fails to eliminate quickly and, instead, morphs into a condition that can last for many months – or even years?

This is called chronic inflammation. It's when your white blood cells attack nearby healthy tissues and organs (looking for the bad guys), which sets up a chronic inflammatory process.

Left unchecked, this inflammatory process plays a central role in some of the most challenging diseases of our time, according to a Harvard Medical School Guide, *Understanding Inflammation*:

- Heart disease
- Cancer
- Rheumatoid arthritis
- Asthma
- Diabetes
- Alzheimer's



WHAT DOES SCIENCE SAY ABOUT CHRONIC INFLAMMATION?

Scientists suggest many factors contribute to chronic inflammation, including genetics, exposure to environmental toxins, and lifestyle factors.

There's not much you can do about your genes. And it's an ongoing challenge to avoid toxins, like polluted air, heavy metals and pesticides... even though we do our best.

We can, however, make some lifestyle changes that are just common sense. We can make sure we eat healthy fats, instead of the unhealthy ones. We can avoid processed foods. We can exercise. And we can (and must) get plenty of sleep, so our body can restore itself.

Our body is an amazing vehicle, but it does require some TLC to run efficiently.

You've probably heard the old saying, "You are what you eat." I feel there's a lot of truth to that -- and the *British Journal of Nutrition* agrees. In their May 2016 edition, they summarized a number of studies, supporting the notion that dietary polyphenols **may lower inflammation** in the body.

Which foods are high in polyphenols, you may ask? They include:

- Onions
- Red grapes
- Green tea
- Coffee
- Turmeric
- Cherries
- Plums
- Dark, leafy green vegetables (spinach, kale, collard greens)



And the Harvard Medical School Guide, *Understanding Inflammation*, suggests a few specific foods that provide healthy doses of omega-3 fatty acids, which have LONG been shown to reduce inflammation:

- Olive oil
- Fatty fish (salmon, sardines and mackerel)
- Flaxseed oil

Now, this is amazing because omega-3s can cross the blood-brain barrier, so they may even help lower inflammation associated with Alzheimer's disease and reduce the risk of stroke.

More Ways to Combat Chronic Inflammation

In addition to eating all the healthy foods we can, we can help our body by avoiding the bad stuff. Leave off the sodas, refined carbs and processed foods as much as possible. Exercise regularly, manage your body weight (obesity is a risk factor for inflammation). Also, don't smoke. And by all means... get enough sleep!

You'll also want to see your doctor and dentist for regular check-ups. Good oral health is mandatory to prevent inflammation. (See page 13 in the Harvard guide on inflammation.) If you don't have one, just call us, and ask how to get yours.

There's a test you need to ask your doctor to run for you. Chances are s/he won't offer it, but you can be assertive and ask for it. It's very inexpensive and may reflect the level of inflammation in your body.

What test, you ask? See the next page...

CRP BLOOD TEST FOR HEART DISEASE

C-reactive protein (CRP) test has been recognized in recent decades, as a potential measure of risk for heart disease. Scientists believe that atherosclerosis is the result of the process of damage, repair, and inflammation in the linings of the arteries.

Early detection is key to knowing what's going on inside our bodies.

Even though tests for cholesterol provide a lot of useful information – about HALF of heart attacks occur in people with normal cholesterol numbers!

Several studies have shown that, among people with normal cholesterol numbers, those with increased CRP levels have a “several-fold” higher risk for heart problems.

Additional research has shown CRP to be a BETTER predictor of cardiovascular events than other inflammatory markers. These cardiac events include heart attacks, strokes, bypass surgery, and angioplasty. (See the Harvard guide for more details.)

Inflammation is no joke. The World Health Organization (WHO) ranks chronic diseases as the greatest threat to human health. And the prevalence of diseases associated with chronic inflammation is anticipated to increase persistently for the next 30 years in the United States.



A FEW STATISTICS THAT DRIVE HOME THE CONCERN:

- 125 million Americans were living with chronic conditions in 2012. And 61 million (21%) had more than one.
- Nearly 60% of Americans had at least one chronic condition in 2014
- 42% of Americans had more than one condition in 2014
- 12% of adults had 5 or more chronic conditions in 2014
- Worldwide, 3 of 5 people die due to chronic inflammatory diseases like stroke, chronic respiratory diseases, heart disorders, cancer, obesity and diabetes.

TIME TO RECLAIM RESPONSIBILITY FOR YOUR HEALTH

Our natural state is health. It is our birthright. But our lifestyle choices, environmental toxins and stresses of modern life ALL conspire to rob us of a vibrant, healthy and joyful life.

It's time to reclaim yours. Time to put more emphasis on creating health than creating financial wealth... because health is wealth!

At TriVita, our commitment is to help you enjoy a healthy physical, emotional and spiritual life.

- We want to help you take care of your body because you only get one.
- We want to inspire you toward positive emotions that play a huge part in your health.
- We want to encourage you to live a life with meaning and purpose, as you attune to your Spiritual nature.

We've created a product that many people are finding helpful to combat the effects of chronic inflammation – Nopalea. Check it out, and see what you think. We're just a phone call away, if you have any questions.

It's our honor to serve you.

Carolyn Permentier
Lifestyle Editor

P.S. I will be writing an article in the catalog each month, so if there's a special topic you would find interesting, please let our CARE team know, and they'll pass on your request to me.



Mobility. Flexibility. Quality of Life.



INFLAMMATION AND LIMITED MOBILITY

Inflammation is one of your body's defense mechanisms. Acute inflammation typically lasts just a few days. However, long-term inflammation can last for months and even years. Chronic inflammation can manifest itself in many ways; For some, symptoms can include poor sleep, fatigue, stiffness, aches, and pains.

Joint range of motion can naturally decline as you age, but it can also have several other causes. These include fractures, joint discomfort, muscle stiffness, pain, and inflammation. Loss of mobility and range of motion can inhibit your ability to perform daily tasks, live an active life, and fulfill your life's purposes.

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.

7 super foods for a healthy heart

By *Christa Orecchio*,
Clinical and Holistic Nutritionist

There are lots of things we can do to keep our hearts healthy, and eating right is one of the most important. By including more of these everyday “super foods” into your diet, you’ll be on the right track.

BLUEBERRIES

They top the list as one of the most powerful disease-fighting foods. Blueberries contain anthocyanins, the antioxidant responsible for their dark blue color. These delicious jewels are also packed with fiber, Vitamin C and heart-healthy potassium. Add them regularly to yogurt, smoothies, trail mix, salads or just eat them by themselves.

Make sure to buy organic blueberries. The conventional, non-organic type are on the “dirty dozen” list: they are likely sprayed with pesticides that permeate the entire fruit due to the vulnerability of the skin.

ALMONDS AND WALNUTS

These are two very healthy snack choices. They’re high in plant omega-3 fatty acids, Vitamin E, magnesium, folate, fiber, heart-favorable mono- and polyunsaturated fats and phytosterols.



WILD SALMON

This cold-water fish is a great source of protein and packed with heart-healthy omega-3 fatty acids that work to slash inflammation. The American Heart Association advises eating salmon and other omega-3 rich foods twice a week for benefits that go beyond heart health. Buy wild-caught salmon to avoid the lack of nutrients and less than ideal “raising conditions” that can be found in some farm-raised salmon.

OATMEAL

Oats are a nourishing whole grain and a great source of vitamins, minerals and cholesterol-lowering fiber. Research shows that oats help lower cholesterol levels and keep you regular.

Try adding oats whenever you bake. Substitute oat flour for white or wheat flour in pancakes, muffins, quick breads, cookies and coffee cakes for an added dose of fiber. Or try oats in place of breadcrumbs in dishes such as meatloaf, meatballs or breading on poultry.

KALE

Even stronger than spinach, kale is the powerhouse of the vegetable kingdom. Its rich, dark color comes from the multiple phytochemicals, vitamins, and minerals (especially folate and iron) that also fight depression and disease, promote heart health and help preserve eyesight. To top it off, kale is also the “king of calcium”: it delivers the highest absorbable form of calcium possible.

FLAXSEED

Rich in omega-3 fatty acids, cancer-fighting lignans, phytoestrogens and fiber, this powerful seed is most effective when it is ground up and stored away from light, heat and air. Studies suggest that flaxseed lowers the risk of blood clots, stroke and irregular heartbeats.





It may also help lower LDL “bad cholesterol” and triglycerides. Use it on top of salads or soup, in yogurt parfaits, smoothies or morning cereal.

BROWN RICE

Contains high levels of B-complex vitamins and magnesium, which nourish our central nervous system. Vitamin B-12 and Vitamin B-6 in particular protect against blood clots and atherosclerosis, or hardening of the arteries. Niacin (Vitamin B-3) helps increase HDL “good” cholesterol.

With only a few simple dietary additions (found in any grocery store), you will be well on your way to having more energy and taking care of that amazing heart that beats for you, every second of every single day.

References:

Salmon: http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Fish-and-Omega-3-Fatty-Acids_UCM_303248_Article.jsp#

Oats: <http://www.ncbi.nlm.nih.gov/pubmed/7840076>

Oven Roasted Kale Chips

Prep and cook time: 30 minutes

Serves 4

- 1 bunch kale (the curly-leaf variety works best for this recipe)
- 1/8 cup avocado oil or coconut oil
- 1/2 teaspoon good quality salt
- 1/2 teaspoon of 1-2 seasonings of your choice:
- Ground black pepper to taste
- Nutritional yeast flakes
- Garlic powder
- Red chili flakes
- Curry powder
- Italian herbs

Place a large, shallow roasting pan or sheet pan in the oven and pre-heat to 375 degrees.

Rinse kale, and dry completely. Remove stems, and cut into pieces approximately 3 inches wide. In a large bowl, use your hands to combine the kale with the next 3 ingredients, plus seasonings. Season to taste, coating kale evenly.

When the oven is up to temperature, carefully put the kale into the hot pan, spreading it out into one layer. It will sizzle. Roast in oven for 10 minutes and then gently stir or turn the leaves. Continue roasting another 5-7 minutes until kale is crisp and dry, but not too brown. Some leaves may be chewy instead of crisp. Serve immediately.



Wild Salmon with Rosemary Garlic Paste

Prep and cook time: 20 minutes

Serves 6

- 1/4 cup finely chopped fresh rosemary leaves
- 2 garlic cloves, chopped
- 1/2 teaspoon black peppercorns
- 3/4 teaspoon fine sea salt or coarse kosher salt
- 4 teaspoons avocado oil
- 6 wild-caught salmon fillets, 4-6 ounces each

Preheat oven to 400 degrees. Combine chopped rosemary and the next 4 ingredients in mortar and crush with pestle or blend in mini processor until coarse paste forms. Mix in oil. Rinse the salmon, pat dry with a paper towel, and place on a baking sheet. Rub the mixture over the top of the fish. Position rack in center of oven. Roast the salmon until an instant-read thermometer reaches 130 degrees. Place on platter and serve.



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



Cholestria

Healthy cholesterol level maintenance and support without toxic side-effects

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

A more complete cardio picture

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

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

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

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

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

Help maintain your cholesterol already within normal range with Cholestria!

Cholestria™
#31290 **\$39.99**

Receive 160 VitaPoints!

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

**MORE POINTS...
ALWAYS!**

See page 27

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

- Donna S.,
Member since 2010



Cholestria™

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

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

Contains: Soybean oil as source of natural Vitamin E.

References:

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

2 <http://pi.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.



HCY Guard

Nutritional support to help lower and maintain healthy homocysteine levels

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

Why does HCY go out-of-range?

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

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

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

Choline: An important cofactor in homocysteine metabolism⁶

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

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

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



HCY Guard®
#30460 **\$23.99**

Receive 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.

MORE POINTS...
ALWAYS!

See page 27



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.



CoEnzyme Q-10

Premium potency for cardiovascular wellness and healthy heart support

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

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

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

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



THIS PRODUCT IS ALSO GREAT FOR:

 **ENERGY, STAMINA & PERFORMANCE SUPPORT**

CoEnzyme Q-10

#31161 **\$29.99**

Receive 120 VitaPoints!

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



CoEnzyme Q-10

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

Amount per serving: CoEnzyme Q-10 50 mg.

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

References:

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

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

↓ EPA AND DHA OMEGA-3S MAY LOWER YOUR RISK OF CORONARY HEART DISEASE ↓



Coronary Heart Disease (CHD) kills:
370,000+ people in the U.S. each year and
7 million+ worldwide

Studies show that getting enough EPA and DHA omega-3s can benefit heart health. EPA and DHA can help maintain:



Healthy triglyceride levels



Healthy blood pressure

A recent study published in **Mayo Clinic Proceedings** found that **EPA and DHA consumption may reduce the risk of CHD, particularly in higher risk populations:**

↓ **16%** in those with high triglycerides ↓ **14%** in those with high LDL cholesterol

Expert global scientific organizations recommend **250-500mg of EPA and DHA per day for adults**

+++ There are **3 ways** to add more EPA and DHA to your diet: +++



Eat fatty fish, like salmon, tuna or sardines



Take an omega-3 supplement



Consume foods fortified with EPA and DHA



Reference: <http://alwaysomega3s.com/chd-references> | © GOED

Can omega-3s help reduce the risk of heart attacks and CHD?



The **Vitamin D and Omega-3 Trial (VITAL)** studied the impact of EPA & DHA omega-3s on 25,000 healthy subjects

28% reduced risk of **HEART ATTACKS***

17% reduced risk of **CORONARY HEART DISEASE (CHD)****

The results strengthen the argument that **omega-3s may reduce the risk of heart attack and CHD** in those without cardiovascular disease.

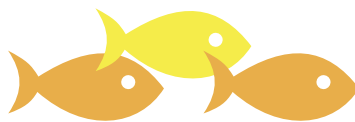
Findings at <http://bit.ly/VITALresults>

*statistically significant secondary outcome **statistically significant



HOW THEY HELP YOUR HEART

EPA & DHA omega-3s have been shown to support normal triglycerides and blood pressure, and they may also reduce the risk of cardiovascular disease.



There are more than 27,000 published studies on omega-3s, making them some of the most studied nutrients in the world.

EPA & DHA are the most important omega-3s in your diet — and you can get them from a variety of sources, including seafood, fortified foods, and dietary supplements.

References: Am J Hypertens 2014; EFSA Journal 2009; FDA Response to Martek Health Claim Petition, 2003; Fulgoni et al, 2013; Mozaffarian et al, PLoS Med. 2011; PubMed 2013.





Omega3 Prime

Premium fish oil concentrate for heart, brain and joint support

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

In addition, according to the American Heart Association and the National Institutes of Health, omega-3s may help reduce the risk of hypertension (high blood-pressure) and coronary heart disease.^{6,7}

Several studies also demonstrate the anti-inflammatory properties of omega-3 fatty acids. Research suggests that omega-3s may help relieve joint discomfort and reduce symptoms of conditions such as rheumatoid arthritis (RA) and inflammatory bowel disease.⁸

The problem? Most of us don't get enough EPA or DHA.⁹

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

Sustainable: Ingredients sourced from Friend of the Sea suppliers – dedicated to conserve marine habitats and resources

Quality, every step of the way:

- Highly refined and pharmaceutically distilled to provide the most pure form of omega-3s
- High quality control standards that help ensure potency, limit fish oil oxidation, neutralizing fishy odor and aftertaste



THIS PRODUCT IS ALSO GREAT FOR:

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

Omega3 Prime™

#31320 **\$29.99**

Receive 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 https://www.heart.org/HEARTORG/Encyclopedia/Heart-and-Stroke-Encyclopedia_UCM_445084_ContentIndex.jsp?title=omega%20%20fatty%20acids
- 7 <https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/#h7>
- 8 <https://lpi.oregonstate.edu/mic/other-nutrients/essential-fatty-acids>
- 9 Kris-Etherton, et al. *Amer Journ Clin Nutr*, Vol. 71, No. 1, 179S-188S.



LIVE STRONGER AND BOLDER AT ANY AGE™

WITH

MYOHEALTH®

FOR MEN & WOMEN WHO ARE READY TO:

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

MYOHEALTH QUICK FACTS:

- Easy to mix and fast-dissolving
- Great-tasting Lemonade or Berry Crush flavor
- No sugar or carbohydrates (only 24 calories per serving)
- Generally Recognized as Safe (GRAS) certified EAA formula
- GMO, Gluten & Caffeine-Free
- 100% Vegan formula
- Works with or without exercise (obviously, it works better with a regular exercise routine)

MyoHealth Results:

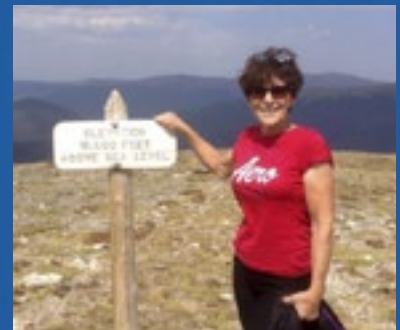


– Larry Kerychuk,
former pro football player
and MyoHealth fan

“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.”

“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 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. My wife is now taking MyoHealth as well.”

– John B., Member since 2017



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

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

MyoHealth contains the first U.S. patented Essential Amino Acid (EAA) complex that includes all 9 EAAs. But it wasn't easy getting there. The formula behind our Essential Amino Acid Complex took 30 years to develop, cost over \$20 million in research and development and underwent 25 human clinical studies, 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**
Receive 200 VitaPoints!

MORE POINTS...
ALWAYS!
See page 27

Suggested use: Adults, mix 1 (one) scoop of MyoHealth EAA Complex powder with 12 oz. of cold 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.

SAVE! SPECIAL 2PACK SAVINGS AVAILABLE
SEE PAGE 26



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

MyoHealth Results:

“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



“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



“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

MyoHealth On-The-Go!

- Clinically proven to support muscle strength and function while decreasing muscle loss
- GMO free, no fillers, additives or preservatives
- GRAS certified EAA blend
- Contains the perfect balance of all nine essential amino acids to help your body synthesize protein and optimize your muscle health

MyoHealth Vegan Capsules

#30840 **\$49.99**

Receive 200 VitaPoints!

Suggested use

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

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



MyoHealth® Essential Amino Acid Complex - Capsules

Quantity: 150 capsules Serving size: 5 capsules

Amount per serving: Patented Amino Acid Blend 3.6 G**: L-Leucine, L-Lysine HCl, L-Valine, L-Isoleucine, L-Arginine, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan.

Other ingredients: hypromellose, magnesium stearate, and silica.

MYOHEALTH® 2PACK

SAVE!

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

\$89⁹⁸

RECEIVE 720 VITAPOINTS

SAVE \$10.00
OVER SINGLE PRODUCT PRICING!

PLUS:

FREE SHIPPING

on your entire order!

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



More convenience. More savings.

You can save even more by adding the MyoHealth 2Pack to an Auto Replenishment Program (ARP) order. **MyoHealth 2Pack ARP orders receive 1,000 VitaPoints* worth \$10 you can apply toward a future order of any TriVita product, for each month you continue to keep your MyoHealth 2Pack ARP active.**

TO ORDER: CALL 1-800-991-7116 CLICK [TRIVITA.COM/2PK](https://www.trivita.com/2pk)

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



Premier MEMBERSHIP

MORE POINTS...
ALWAYS!

Premier Membership
is FREE and makes
buying TriVita products
more rewarding.

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TriVita.com/membership
or call
1-855-383-0238
for more information.

No More Waiting for Your Favorite Products to Go On Sale!

As a Premier Member, now you can order *whatever you want, whenever you want* and receive up to 6X VitaPoints!

VitaPoints are valuable rewards that you can redeem toward your next purchase of TriVita products. For example:

Order Amount	VitaPoints Reward	Save Up To
\$0 - \$59	1X	\$2.36
\$60 - \$99.99	2X	\$8.00
\$100 - \$149.99	3X	\$18.00
\$150 - \$179.99	4X	\$28.80
\$180 - \$299.99	5X	\$60.00
\$300 or more	6X	\$72.00 or more!

Other ways to receive valuable VitaPoints

Auto Replenishment Program (ARP)

Sign up for convenient and free ARP to have your orders delivered automatically on your schedule, and receive 2X-6X VitaPoints

The rewards stack up effortlessly!

Share & Receive

Send a free \$20 gift card to a friend and receive \$20 in VitaPoints when they activate their card!

Sharing wellness has never been so rewarding!

And don't forget...

FREE SHIPPING

All orders over \$89 come with standard shipping absolutely free!

Every order receives a minimum of 4% of the total value of your purchase. VitaPoints are calculated on the product total after any reductions are applied. You may use VitaPoints as you receive them or let them accrue for up to 12 months from date of issue. **VitaPoints are redeemable online or by phone.** To check your VitaPoints balance, either visit TriVita.com, sign in and click on **My Account**, call priority customer service at **855-383-0238** or check your latest **TriVita invoice**.

THEY SAY ONLY BAD
THINGS COME IN THREES...

We beg to differ!

Alfred Libby's Slow Dissolve B-12 gives you:

- 1 Vitamin B12**
- 2 Vitamin B6**
- 3 Vitamin B9 (folic acid)**

Combined in a tiny pink pill that dissolves
under your tongue to provide:

- 1 Energy**
- 2 Mental Clarity**
- 3 Focus**

***So you see,
good things do
come in threes!***



Why Alfred Libby's Slow Dissolve B-12?

1

Optimal levels of Vitamin B12 support:¹

- Improved mood
- Brain health and promotes healthy neurons
- Energy
- Normal function of nerve cells

2

Optimal levels of Vitamin B6 support:²

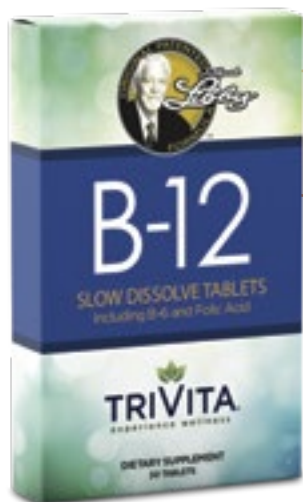
- 100 critical processes that help maintain good health
- Brain health with cognitive development
- Cardiovascular and immune health

3

Optimal levels of Vitamin B9 (folate) support:^{3,4}

- Repair to damaged genes
- Healthy aging process
- Converting carbohydrates into energy

Alfred Libby's Slow Dissolve B-12 Tablets were formulated with his patented technology that enhances the absorption of these critical nutrients by slowly dissolving under the tongue. It is crucial to their effectiveness that you do not chew or swallow the pill whole.



1,000 MCG OF B12
ORIGINAL BERRY FLAVOR
NO ARTIFICIAL PRESERVATIVES

Alfred Libby's Original B-12

#30140 **\$19.99**
Receive 80 VitaPoints!



3,000 MCG OF B12
INCLUDES BIOTIN & GINSENG
NO ARTIFICIAL PRESERVATIVES

Alfred Libby's Super B-12

#33356 **\$24.99**
Receive 100 VitaPoints!

MORE POINTS...
ALWAYS!

See page 27

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

THESE PRODUCTS ARE ALSO GREAT FOR:

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

Alfred Libby's Slow Dissolve B-12 Tablets

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

Alfred Libby's Slow Dissolve Super B-12 Tablets

Quantity: 30 tablets **Serving size:** 1 tablet
Amount per serving: Vitamin B6 (Pyridoxine HCl) 5 mcg, Folic Acid 50 mcg, Vitamin B12 (Cyanocobalamin and Methylcobalamin) 3000 mcg, Biotin 25 mcg, L-Ornithine Alpha Ketoglutarate 25 mcg, Cocosin (cocos nucifera) (tender coconut water) 5 mg, Ginseng Powder (root) 5 mg.

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

Don't just cope...

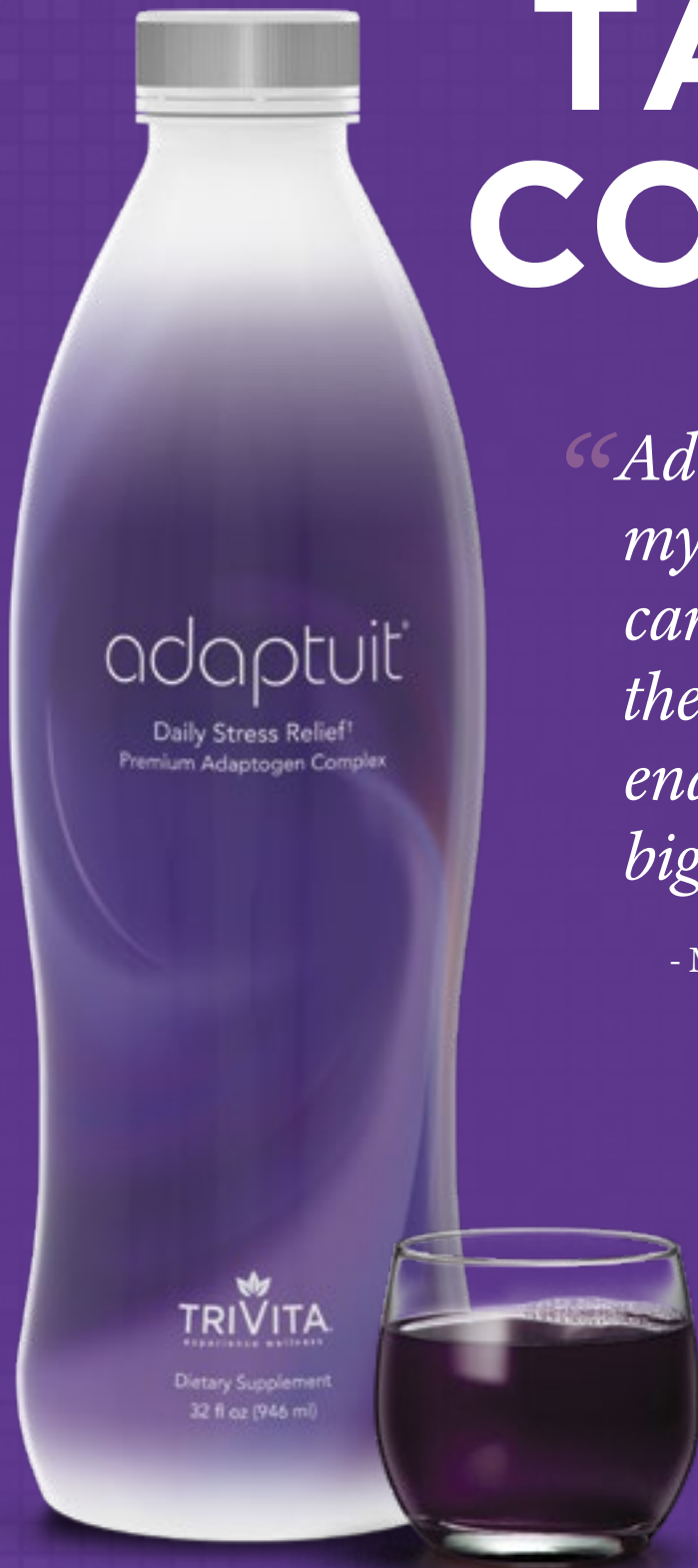
TAKE CONTROL.

“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.

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

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

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

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

THIS PRODUCT IS ALSO GREAT FOR:

 **ENERGY, STAMINA & PERFORMANCE SUPPORT**



Adaptuit®

#30770 **\$34.99**

Receive 140 VitaPoints!

Suggested use: Drink 1 to 3 ounces daily.

Adaptuit® 4-Pack

#33345 **\$119.99**

SAVE \$19.97 OVER SINGLE BOTTLE PRICING +RECEIVE FREE SHIPPING!

Receive 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.
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- 5 Yan-Lin SY, Lin-De L, Soon-Kwan H. Eleutherococcus senticosus as a crude medicine: Review of biological and pharmacological effects. *J Med Plants Res* 2011;5(25):5946-5952.
- 6 Huang L, et al. Acanthopanax senticosus: review of botany, chemistry and pharmacology. *Pharmazie* 2011;66:83-97.
- 7 Cicero AFG, et al. Effects of Siberian Ginseng on elderly quality of life: A randomized clinical trial. *Arch Gerontol Geriatr* 2004;Suppl 9:69-73.
- 8 Mocan A, et al. Comparative studies on polyphenolic composition, antioxidant and antimicrobial activities of *Schisandra chinensis* leaves and fruits. *Molecules* 2014;19:15162-15179.
- 9 Panossian A, Wikman G. Pharmacology of *Schisandra chinensis* Baill: An overview of Russian research and uses in medicine. *J Ethnopharmacol* 2008;118(2):183-212.
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- 11 Juneja LR, et al. *Trends in Food Sci Technol* 1999;10:199-204.
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- 13 Kakuda T, et al. *Biosci Biotechnol Biochem* 2000;64(2):287-293.



Energy Now!

Natural nutritional support for the jitter-free energy you need

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

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

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

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

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

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


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

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

PLUS:

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

THIS PRODUCT IS ALSO GREAT FOR:

 **BRAIN & NERVE HEALTH SUPPORT**

Energy Now!®#30420 **\$24.99****Receive 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.

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

TriVita's Certified Wellness Coaches
can provide you with a

personalized plan

that helps you achieve your
personal health and wellness goals!

*“My TriVita Wellness Coach believes in me,
has helpful information, is very thorough and
gave me the incentive I needed.”*

— Sandra H., Member since 2007

Wellness coaches 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.

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FREE 30-minute consultation
with one of our experienced
and friendly wellness coaches.**

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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.



Joint Complex

Maximum joint nourishment to support a more mobile, flexible you

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

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

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

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

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

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

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

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

PLUS:

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

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

DID YOU KNOW?

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



THIS PRODUCT IS ALSO GREAT FOR:

 **HEALTHY INFLAMMATION SUPPORT**

Joint Complex™

#30210 **\$29.99**

Receive 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
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- 9 Piscocya J., et al. *Inflamm. Res.* 2001;50:442–448.
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VisionGuard

Advanced vision formula to help you see life more clearly

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

These two key antioxidants:

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

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

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

Black currant: Supplies antioxidant anthocyanins and polyphenols.

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

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

Why does VisionGuard use FloraGLO® lutein?¹¹

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

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

VisionGuard™#30572 **\$29.99****Receive 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.



FloraGLO® is a registered trademark of Kemin Industries, Inc.
OPTISHARP® is a trademark of DSM



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

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

Other ingredients: Gelatin, vegetable magnesium stearate and silica.

References:

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

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- 7 Richer S, Stiles W, Statkute L, et al. *Optometry* 2004; 75: 216-230.
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Essential D

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

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

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

DID YOU KNOW?

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

Essential D: Enhanced & absorbable Vitamin D3

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

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

Vitamin D supports whole-body wellness:

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

THIS PRODUCT IS ALSO GREAT FOR:

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

Essential D™

#31270 **\$14.99**

Receive 60 VitaPoints!

Suggested use: Adults take 1 soft gel daily or as directed by your healthcare provider.

MORE POINTS...
ALWAYS!

See page 27



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



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 with an advanced blend of “neruonutrients” (dietary components that support the nervous system) designed for more targeted nerve concerns.

Preserve nerve health and function with:

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

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

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

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

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

“Nerve Formula helps me manage my foot neuropathy.”
- Willie A.,
Member since 2010



Nerve Formula™

#30360 **\$27.99**

Receive 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.

MORE POINTS...
ALWAYS!
See page 27

Nerve Formula™

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

Amount per serving: Vitamin A (as Retinyl Palmitate) 180 mcg, Vitamin C (as Ascorbic Acid) 75 mg, Vitamin E (as d-Alpha Tocopherol Succinate) 10 mg, Thiamin (as Thiamin Hydrochloride) 160 mg, Riboflavin 3.8 mg, Niacin (as Niacinamide) 20 mg, Vitamin B6 (as Pyridoxine Hydrochloride) 8.5 mg, Folate (as Folic Acid) 400 mcg DFE, Vitamin B12 (as Methylcobalamin) 400 mcg, Biotin (as D-Biotin) 100 mcg, Magnesium (as Magnesium Oxide) 12.6 mg, Zinc (as Zinc Glycinate) 7.3 mg, Copper (as Copper Citrate) 0.11 mg. Proprietary Blend 562 mg: Lecithin, Acetyl L-Carnitine, Horse Chestnut (Aesculus hippocastanum, fruit), Phosphatidylcholine, Colostrum, Taurine, Butcher’s Broom (Ruscus aculeatus, root), Alpha Lipoic Acid, and Betaine Hydrochloride.

Other ingredients: Capsules contain purified Water and Gelatin, Rice Hull, Calcium Phosphate, Magnesium Stearate, Calcium Silicate, and Silica.

Contains: Milk and soy. Manufactured in a facility that processes Milk, Soy, Eggs, Nuts and Wheat.

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>

How would your life change with a **better, brighter mood** and **improved focus and concentration**



According to Mental Health America, 1-in-5 adults have a mental health condition, and millions are searching for natural solutions and lifestyle choices that can help support a brighter mood, and improve their concentration and overall cognitive function.

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.

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

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

Feel Better & Brighter with One Capsule Per Day!

“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



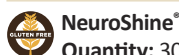
**BRAIN & NERVE
HEALTH SUPPORT**

NeuroShine®

#30900 **\$34.99**

Receive 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 monieri 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/>





Fiberzon Capsules

Supplemental fiber to help avoid unhealthy constipation

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

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

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

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

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

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

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

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

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

Fiberzon Capsules

#ADS1972 **\$29.99**

Receive 120 VitaPoints!

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

DID YOU KNOW?

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



Fiberzon Capsules

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

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

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

References:

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

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

3 <http://umm.edu/health/medical/altmed/supplement/psyllium#ixzz37Tbx6JY>

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

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

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

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

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



Promeric 95

Formulated with turmeric for natural joint comfort and support

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

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

Made from premium turmeric root extract

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

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

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

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

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

- Lonna L.,
Member since 2003

THIS PRODUCT IS ALSO GREAT FOR:

 **HEALTHY INFLAMMATION SUPPORT**

Promeric 95

#30820 **\$39.99**

Receive 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/ata glance.htm>

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



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 MUCH 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.¹

VitaDaily™
#30203 **\$14.99**
Receive 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.

"I take Vital C Tablets year round. They just make me feel better."
- Nancy H.,
Member since 2003

Vital C Crystal Tablet

- Crystalline C compressed into tablet
- Use along with Crystal Powder or alone
- 2,000 mg Vitamin C per serving

Vital C Crystal Powder

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

Feel Vitamin C's Full Potential

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

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

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



Vital C™ Crystal Powder

#30170 **\$24.99**

Receive 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**

Receive 80 VitaPoints!

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

References:

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

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

Vital C™ Crystal Tablets

Quantity: 60 tablets **Serving size:** 2 tablet

Amount per serving: Vitamin C (as sodium L-ascorbate) 2000 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.



Prostate Health Formula

Advanced formula for urinary comfort and prostate protection

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

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

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

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

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

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

The USPSTF has recommended against Prostate Specific Antigen (PSA) blood test screen.

There is insufficient evidence to recommend for or against Osteoporosis screening in males.

Talk with your healthcare professional about any personal concerns you may have.

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



Prostate Health Formula™

#30400 **\$19.99**

Receive 80 VitaPoints!

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



Prostate Health Formula™

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

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

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

References:

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

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

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

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

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

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



Balanced Woman

The gentle support and comfort women need during hormonal change

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

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

Black Cohosh helps supports menopausal comfort.¹

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

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

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

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

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



Balanced Woman®

#30240 **\$24.99**

Receive 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), and Goldenseal powder (root).

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.



Rejuvenate

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

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

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

Rejuvenate features the following ingredients:

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

Suma: Understood as an adaptogen⁴ that helps support body function,⁵ native peoples have long used Suma to promote robust health.

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

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

THIS PRODUCT IS ALSO GREAT FOR:

 **STRESS MANAGEMENT SUPPORT**

Rejuvenate

#ADS2971 **\$29.99**

Receive 120 VitaPoints!

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

MORE POINTS...
ALWAYS!

See page 27



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>



Fiberzon

Great tasting high-fiber to help support easy and painless stool elimination

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

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

Add healthy fiber easily, every night

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

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

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

GREAT
COCOA
TASTE!



Fiberzon

#ADS1878 **\$39.99**

Receive 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>



GlucoManage Formula

Blood sugar balance to help restore healthy glucose levels

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

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

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

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

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

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

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

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

DID YOU KNOW?

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



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

- Niva K., Member since 2003

GlucoManage® Formula

#30340 **\$29.99**

Receive 120 VitaPoints!

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

**GlucoManage® Formula**

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

Amount per serving: Vitamin B1 (from Thiamine HCl) 17 mg, Niacin (as Niacinamide) 30 mg, Vitamin B12 (as Cyanocobalamin) 1000 mcg, Biotin 2000 mcg, Magnesium (from Magnesium Oxide, Magnesium Glycinate) 100 mg, Zinc (from Zinc Oxide) 12.5 mg, Copper (from Copper Amino Acid Chelate) 0.5 mg, Manganese (from Manganese Citrate) 2.5 mg, Chromium (from Chromium Polynicotinate) (ChromeMate®) 200 mcg, Potassium (from Potassium Citrate) 99 mg, Deodorized Garlic Powder 25 mg, SugarSolver™ Proprietary blend 574 mg: Gymnema Sylvestre Leaf, Banaba Leaf Extract (1% Corosolic Acid), Bitter Melon Fruit Extract 4:1, American Ginseng Root, Cinnamon Bark, Alpha Lipoic Acid (ALA), 5-Hydroxytryptophan (5-HTP), Vanadyl Sulfate.

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

References:

1 <http://diabetes.niddk.nih.gov/dm/pubs/insulinresistance/>

2 Shanmugasundaram ER, et al. *J Ethnopharmacol.*, 1990;30:281.

3 Wong CM, et al. *J Ethnopharmacol.*, 1985;13:313.

4 Welihinda J, et al. *J Ethnopharmacol.*, 1986;17:277.

5 Vuksan V, et al. *Arch Intern Med.*, 2000;160:1009.

6 Medagama A, et al. *Nutr J.*, 2014;13:102.

7 Ulbricht C, et al. *J Herbal Pharmacother.*, 2007;7(1):99.

8 Brichard SM, et al. *Diabete Metab.*, 1991;17(5):435.

9 Gruzewska K, et al. *J Physiol Pharmacol.*, 2014;65(5):603.

10 Cecei F, et al. *J Neural Transm.*, 1989;76:109.



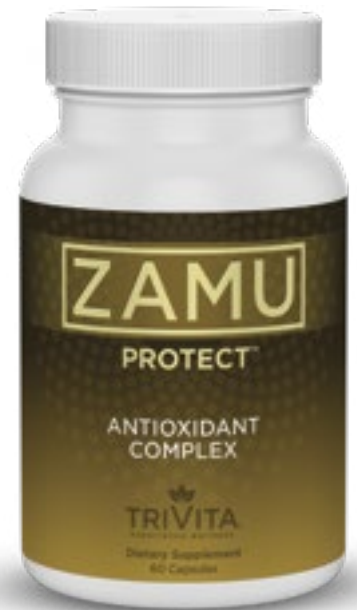
Zamu Protect

Promotes antioxidant protection against free radical damage

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

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

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



Zamu Protect™

#31520 **\$19.99**

Receive 80 VitaPoints!

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

MORE POINTS...
ALWAYS!
See page 27



Zamu Protect

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

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

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

References:

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



Recovery

Excellent after exercise or physical exertion

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

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

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

Una de Gato: A rich source of alkaloids.²

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

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

Safflower: Offers high linolenic and linoleic acids content.⁵

THE ORIGIN OF RECOVERY

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

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

Recovery#ADS2571 **\$29.99****Receive 120 VitaPoints!****Suggested use:** As a dietary supplement, adults take 2 capsules daily.**MORE POINTS...
ALWAYS!**

See page 27

**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>



Rainforest Treasure Tea

Tasty herbal support for mental clarity, physical immunity and vitality

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

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

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

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

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

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

PLUS:

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

THIS PRODUCT IS ALSO GREAT FOR:

 **DIGESTIVE/IMMUNE SYSTEM SUPPORT**

Rainforest Treasure Tea

#ADS3884 **\$19.99**

Receive 80 VitaPoints!

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



Rainforest Treasure Tea

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

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

References:

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

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



Serenity

Tranquility from the Amazon

Stress seems to be a staple of modern life: one survey found that 25% of Americans experience high levels of stress, while another 50% report moderate levels. Though occasional stress is a normal part of life, long-term stress may contribute to anxiety, depression, addiction, insomnia and more.¹

Serenity is formulated with a variety of calming botanicals from the Amazon Rainforest known to help the body reduce occasional anxiety and stress, including:

Lemon balm: A calming herb used as far back as the Middle Ages for stress and anxiety and to promote sleep.²

Passionflower: Traditionally used as a sedative, passionflower may exhibit a calming action.³

Mulungu: A calmative plant sometimes called “flor de coral” (coral flower), mulungu helps relieve simple nervous tension and sleeplessness.⁴

Chamomile: A flower known to help reduce mild tension and stress.⁵

Catuaba: An herb used for the relief of occasional sleeplessness.⁶

Comes in vegetarian capsules and contains no preservatives or artificial ingredients.

DID YOU KNOW?

Stress can take a toll on your health—both mentally and physically. Effects can include:^{7,8} anxiety, depressed mood, irritability, restlessness, digestive upset, headaches, sleeplessness and muscle tension.

Serenity

#ADS1371 **\$29.99**

Receive 120 VitaPoints!

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

MORE POINTS...
ALWAYS!

See page 27

**Serenity**

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

Ingredients: Proprietary blend 760 mg: Passion Flower (Passiflora Incarnata leaf & stem), Mulungu (Erythrina Mulungu leaf & stem), Lemon Balm (Melissa Officinalis leaf), Chamomile Flower Powder (Matricaria Recutita), Catuaba (Trichilia Catigua bark), Carqueja (Baccharis Guadlchaudiana leaf), Muira Puama (Ptychopetalum Olacoides stem).

Other ingredients: Vegetable capsule, rice husk concentrate.

References:

1 http://www.health.harvard.edu/newsletters/Harvard_Mental_Health_Letter/2011/March/understanding-the-stress-response

2 <http://umm.edu/health/medical/altmed/herb/lemon-balm>

3 <http://naturalstandard.com/databases/herbssupplements/all/passionflower.asp?>

4 http://www.scielo.br/scielo.php?script=sci_arttext&pid=S0100-879X2002000400011

5 <https://nccih.nih.gov/health/chamomile/ataglance.htm>

6 <http://www.webmd.com/vitamins-supplements/ingredientmono-396-CATUABA.aspx?activeIngredientId=396&activeIngredientName=CATUABA>

7 <http://www.nimh.nih.gov/health/publications/stress/index.shtml>

8 <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>

Ensure your calcium does what it's supposed to...

Vitamin K2 ensures the calcium (500 mg) in VitaCal-MagD K2 does what it's supposed to— promote the calcification of bones and prevent the calcification of blood vessels and kidneys.

Add in the benefits provided by magnesium (250 mg) and Vitamin D3 (500 IU), and you have a powerhouse of musculoskeletal support that other supplements on the market simply don't provide.

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

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



MUSCULOSKELETAL SYSTEM SUPPORT

THIS PRODUCT IS ALSO GREAT FOR:



CARDIOVASCULAR SYSTEM SUPPORT



MEN'S & WOMEN'S HEALTH SUPPORT

VitaCal-MagD™ K2

#30182 **\$24.99**

Receive 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/](http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm152626.htm)

[GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm152626.htm](http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm152626.htm)

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



Illumination

Sharpen your foundational health

Many factors, including environmental contaminants, can negatively impact your overall well-being.¹ This makes a healthy foundation essential. Amazon Herb Illumination features a proprietary blend of over 20 plant-based nutrients designed to support your immune system and digestive and mental health.

Immune System:

Camu Camu: A native fruit of the Amazon region containing one of the richest sources of Vitamin C found in Brazil.²

Cat's Claw: A South American herb used among indigenous peoples of Central and South America to support the function of the immune system.³

Bladderwrack: A seaweed used to support the immune system and healthy energy levels.⁴

Digestive Health:

Jatoba: A canopy tree used to support energy and gastrointestinal health.⁵

Anise Seed: Anise is one of the oldest known plants used for medicinal purposes. It is used as a digestive aid.⁶

Mental Health:

Suma: A South American plant that is used as an adaptogen to help the body adapt to stress.⁷

Catuaba: A Brazilian herb used to support healthy brain function.⁸

Other ingredients include:

Boldo leaf, Suma, Carqueja, Jurebeba, Quebra Pedra, Passion flower, Chamomile flower and Muira Puama.

**Illumination**#ADS2271 **\$29.99****Receive 120 VitaPoints!****Suggested use:** As a dietary supplement, adults take 2 capsules daily.**Illumination****Quantity:** 60 capsules **Serving size:** 2 capsules

Amount per serving: Proprietary Blend 760 mg: Camu Camu (Myrciaria dubia whole fruit), Cat's Claw (Uncaria tomentosa bark), Fucus/Bladderwrack (Fucus vesiculosus whole), Jatoba Powder (Hymenaea courbaril bark), Boldo Leaf (Peumus boldus herb), Anise Seed (Pimpinella anisum seed), Suma (Pfaffia paniculata root), Carqueja (Baccharis gaudichaudiana leaf), Jurebeba (Solanum paniculatum whole), Quebra Pedra (Phyllanthus niruri whole plant), Cavalinha/Horsetail (Equisetum arvense stem), Alfalfa (Medicago sativa aerial parts), Artichoke (Cynara scolymus leaf), Cajueiro/Cashew (Anacardium occidentale bark), Mulungu (Erythrina mulungu leaf and stem), Passion Flower (Passiflora incarnata leaf and stem), Catuaba (Trichilia catigua bark), Chamomile Flower (Matricaria recutita), Lemon Balm (Melissa officinalis leaf), Muira Puama (Ptychopetalum olacoides stem), Peppermint (Mentha piperita leaf), Sarsaparilla (Smilax officinalis root), Stevia Leaf (Stevia rebaudiana), Yerba Mate Powder (Ilex paraguariensis leaf and stem).

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

References:

1 <http://www.blacksmithinstitute.org/files/FileUpload/files/Environmental%20Contaminants%20and%20the%20Immune%20System.pdf>

2 <http://www.ncbi.nlm.nih.gov/pubmed/11464674>

3 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/c/cats-claw/professional.aspx>

4 <http://www.nlm.nih.gov/medlineplus/druginfo/natural/726.html>

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

6 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/a/anise/professional.aspx>

7 <http://www.webmd.com/vitamins-supplements/ingredientmono-361-suma.aspx?activeingredientid=361&activeingredientname=suma>

8 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=396>



ProDigest

Premium enzyme formula for digestive system enhancement and support

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

ProDigest helps support the digestive system and features:

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

Digestive enzymes to assist and enhance digestion of foods:

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

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

- Dawn T.,
Member since 2012

**ProDigest**

#ADS1472 **\$34.99**

Receive 140 VitaPoints!

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

**ProDigest**

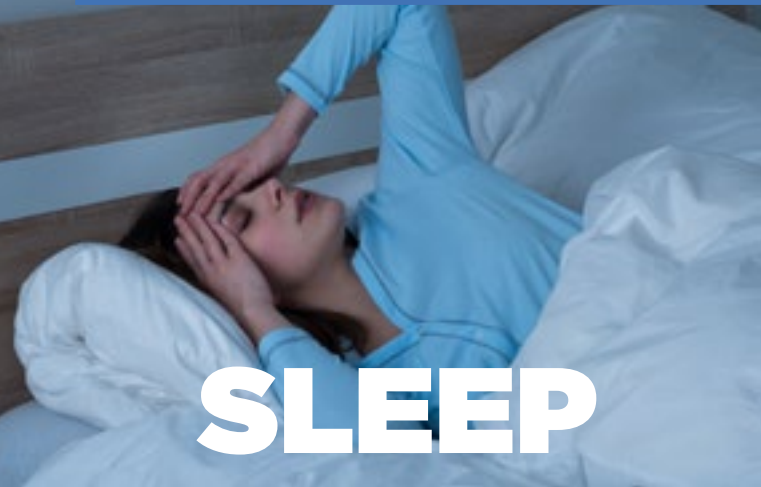
Quantity: 90 capsules **Serving size:** 3 capsules

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/proteolytic-enzyme>
- 8 <http://umm.edu/health/medical/altmed/supplement/lipase>



SLEEP



adaptuit
SLEEP

The natural formula to aid in deep, restorative sleep

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’s formula supplies a unique blend of botanicals, such as: Baikal skullcap, hops, and lemon balm extracts, as well as magnesium—all combined to help you sleep better.

“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

Visit [TriVita.com/adaptuitsleep](https://www.trivita.com/adaptuitsleep) for more information about this product.



Adaptuit™ Sleep

#30790 **\$19.99** Receive 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.



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.



Bone Growth Factor

Enhanced formula to support strong bones and help prevent bone loss

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

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

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

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

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

PLUS:

Bone Growth Factor's proprietary blend supplies:

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

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

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

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

"Bone Growth Factor has helped me take control of my health."

- Gwen G.,
Member since 2004



THIS PRODUCT IS ALSO GREAT FOR:

MEN'S & WOMEN'S HEALTH SUPPORT

Bone Growth Factor™

#30600 **\$34.99**

Receive 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:

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

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

“ 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 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



PLEASE ADD YOUR REVIEW

Share Your TriVita Product Experience

At TriVita, we love hearing from our Members. Calling, emailing, and chatting with our dedicated Wellness Consultants is a fantastic way to have your voice heard.

And now we're providing a way for you to help other TriVita Members, and others interested in our products, whenever it's convenient for you.

By rating your favorite products and leaving a review on TriVita.com, you can share your experience with thousands that are also looking to live with greater health and well-being. It's simple to do and can help others decide which products are right for them.

“ 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 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

MEMBERS ARE SAYING:

“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

“My 93-year-old mother, who has Alzheimer’s/ dementia, was very irritable prior to taking Omega3 Prime. Now she’s more calm and has longer bouts of mental clarity.”

– Diana D., Member since 2012

“VisionGuard 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

“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



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 [TriVita.com/body-systems](https://www.trivita.com/body-systems)



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.

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6X VITAPPOINTS**
ON FOUR GREAT
**HEART HEALTH
SUPPLEMENTS**
YOU SHOULDN'T GO WITHOUT!



SEE PAGE 19



SEE PAGE 21



SEE PAGE 17



SEE PAGE 18

DON'T LET STIFF JOINTS AND LIMITED MOBILITY HOLD YOU BACK.

Restore your body's vitality and get moving!



The science behind Nopalea! See page 6

MORE POINTS... ALWAYS!



Premier MEMBERSHIP

Read all about the NEW Premier Membership, More Points. More Wellness... **ALWAYS!** See page 27