

STILLTHE BEST AFTER ALL THESE YEARS!

Alfred Libby's original, patented B-12 formula was breakthrough **then... and now.**

And it's available from TriVita!





Live the Life
You Were
Born to Live...
With Gusto!
See page 6

Stack-Up on VitaPoints

See page 31



Get Your Free Copy
of Harvard Medical
School's Guide to
Cognitive Fitness
plus 4-6X VitaPoints!
See page 3





On any order over \$89*
See page 3

OR ORDER AT **TRIVITA.COM**



FROM THE FOUNDER

Michael R. Ellison

THE MARVELS OF THE LITTLE PINK PILL

Now you can give your brain the extra boost it needs with the Libby original patented formula of B12, B6 and B9. (see page 13)

This little, pink pill is **power-packed**, with nutrients to help enhance your memory, improve concentration, boost your energy... and a whole lot more!

Cleveland Clinic makes a significant statement concerning the importance of B vitamins: "The B vitamins play an important role in brain health. They may help prevent dementia and boost production of neurotransmitters – chemicals that deliver messages between the neurons in the brain and body."

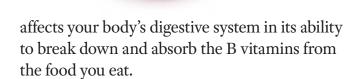
They go on to say, "without a steady supply of these nutrients, which the body does not store, we are at higher risk of cognitive decline, including memory loss and neurodegenerative diseases such as Alzheimer's."

B12 Packs a Powerful Punch...

Some additional B12 benefits include red blood cell formation, DNA synthesis, and helping promote cardiovascular health by reducing homocysteine, an amino acid that can exert harmful effects on the body.

B9 is also noted by *Harvard Medical School* expert C.H. Chan that folate is involved in protein synthesis – the very foundation of your cellular life.

To underscore what *Cleveland Clinic* says, your body can't store B12, so you must give it a steady supply every day. Also, the aging process



Daily and consistent use of the Libby original, patented formula will deliver 100% of the recommended, daily requirements for B12, B6 and B9.

When I say, "don't leave home without it," please know taking this little, pink pill is one of the most important things you can do to support your brain, cellular health and energy!

I am so grateful that our creator has supplied all the necessary nutrients and nurturing essentials, so we may live with wellness... to carry out our God-given purpose. If you have a pulse, you have a purpose!

Please also check out your opportunity to get the *Harvard Medical School* special report on cognitive function on page 3.

And you'll enjoy reading what you can do in lifestyle choices on page 6 to enhance your wellness and quality of life.

May you pursue wellness with passion and purpose!

Michael R. Ellison, Founder of TriVita

The More You Buy,



The More You \$ave...

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

Never has living healthy been SO rewarding. You get...

- Sustained mental energy and stamina
- Greater mental focus and alertness
- Improved memory and concentration
- Better mood and sense of well-being
- No stimulants
- Plus... VitaPoints!

and don't forget



ALL ORDERS OVER \$89°

See page 13 for product info



Support your mood & memory with NeuroShine! See page 17.

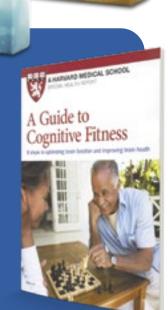
Stock up on Omega3 Prime for more brain support. See page 15.



Spend \$150 (or more) on your favorite products and get a great gift! Harvard Medical School's *A Guide to Cognitive Fitness.*

It's a \$20 value. And yours **FREE**. This 53-page guide is chocked full of amazing information. You'll also receive **FREE Shipping** and **4-6X VitaPoints** on your entire order.

Offer expires 3-31-20 or while supplies last.



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

OUR HEALTHCARE PROFESSIONALS

TRI**V**ITA



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 BernittBoard 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.



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.

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, if applicable, expire on the date listed.

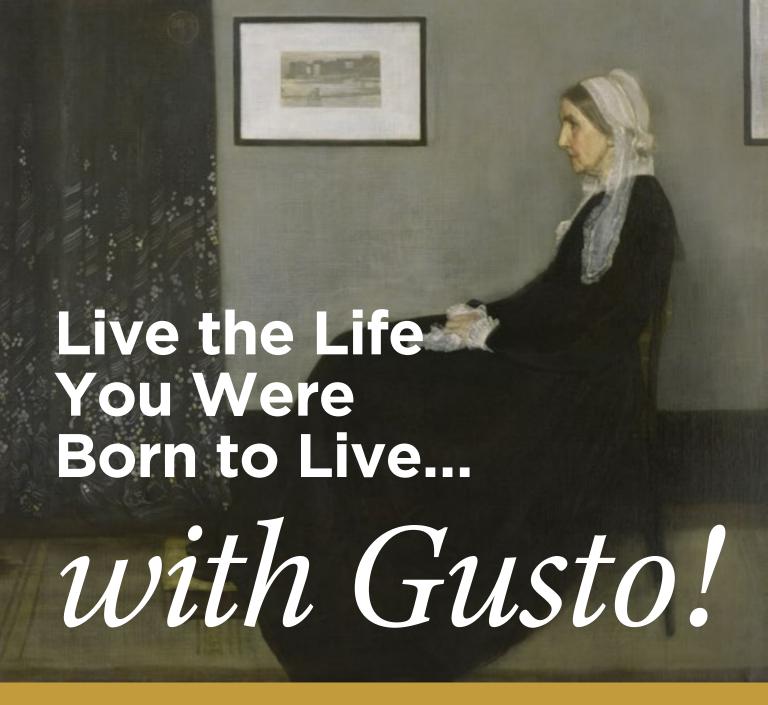
Prices listed in this catalog are current as of the date of printing. We reserve the right to change prices and limit quantities, without notice.

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.

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.





by Carolyn Permentier, Lifestyle Editor Remember the famous painting, Whistler's Mother? It was painted by James Whistler in 1871. His mother was only 67 years old, yet she appears to be relegated to her rocking chair and not too happy.

Compare her to Armand Gendreau, a skydiver at age 101. And Johanna Quas, a gymnast at age 87. Or how about Dan Pellman, who set five world records at the Senior Olympics... at 100 years young.

Now that's Vitality!

As you can see, some people are defying the 'belief' in aging. Of course, genetics play a role, but many experts are saying that our mental and emotional states – and lifestyle behavior – may be even more important to longevity.

And thanks to biotechnology and other medical advancements, scientists say we could live much longer than we ever thought possible. In fact, a 2015 article in *Time* magazine suggested that today's babies will live more than 140 years.

Yes, there are rapid advances in medicine, neuroscience and synthetic biology beneath all of these longevity projections – which are truly amazing!

But what can you do, today, to make sure you live a happy, vital, energetic life like Armand, Johanna and Dan... and do it with gusto?

I mean, would you really want to live to 120 or more, if you couldn't do all the things you love to do -- and feel good doing them?

Sleep. Nutrition. Movement. Stress-free.

"But wait a minute," you're probably saying. That's what I always hear. And you'd be right because your good health depends on how well YOU take care of your body, mind and spirit. It's all about choice – or free-will.

One area of study that's providing more understanding in the cause and prevention of losing our age-related vitality is the study of cognitive decline – decreasing brain function.

According to the *World Health Organization*, Alzheimer's and other brain diseases will affect one out of every five people at some point in life.

Let that sink in for a moment. Consider yourself and four other people in a room, and one of you will likely be affected by a brain disease, like Alzheimer's. That's stunning.

I watched my mother go through the various stages of Dementia, and it's not a pretty picture. As she slowly, then more rapidly, lost her memory. Toward the end, she didn't even know who her five kids were. She recognized our faces and was thrilled to see us, but could not remember who we were to her.

However, there is a silver lining behind this dark, dreary cloud!

Decades of research is showing us that declining brain health and cognitive loss are NOT inevitable. You can continue to learn, reason, remember and adapt your thinking processes well into old age.

The research confirms that you can retain your mental sharpness, by incorporating healthy lifestyle behaviors that will become habits:

- Adjust what/how you eat
- Get enough exercise (move that body)
- Sleep, sleep, beautiful sleep
- · Deal with life's challenges, gracefully
- Nurture important relationships

You can become a **cognitive fitness** expert, if you become fully committed to living healthy behaviors until one day you'll realize they've become a habit... it's just how you live now



As you feel better, stronger, more energetic – and your mind is sharp as a tack, life becomes a lot more fun, doesn't it?

Whatever your WHY... it's that reason that is big enough for you to be the hero in your story. We're here to help you do that because we believe that wellness is your birthright.

"The hero who can save you is in the mirror!"

When Diet & Exercise are Not Enough

Proper eating habits and exercise are absolutely essential to our bodies. But sometimes our bodies need a little extra help. That's why there's TriVita and the TriVita Clinic of

Integrative Medicine in Scottsdale, Arizona.

This month, we're focusing on brain-health supplements... and we have some amazing ones to help you age younger, feel better and live your amazing life full-out!

As I'm sure you're aware, TriVita is the ONLY place you can find Alfred Libby's original, patented formula for the 'little pink pill' that simply dissolves under your tongue... rushing into your bloodstream for faster absorption.

(This is so important for folks with gastric issues because it by-passes the intestinal tract.)

Daily and consistent use of the Libby original, patented formula delivers 100% of the recommended, daily requirements for B-12, B-6 and B-9.

Your body doesn't store B-12, but you need it every day. So you'll want to make sure you include this in your other lifestyle habits... you're worth it! We wash our bodies, brush our teeth and our hair, daily, right? We also must give our bodies the nutrients it needs (on the inside) every, single day to operate at optimum efficiency.

Of course, TriVita also offers two other brain-healthy supplements, NeuroShine and Omega3 Prime that you'll want to know about, if you don't already.

I'm so excited, I just can't hide it!

To celebrate your beautiful brain, and to help you give your brain (and the rest of your body) all the extra TLC you deserve... we have a **very special gift** for you.

We have secured copies of an incredible guide, from the *Harvard Medical School*. It's called *A Guide to Cognitive Fitness*, and we want to get it into your hands at the earliest opportunity.

It is 53 pages, chocked full of cutting-edge information that you now have the opportunity to know for yourself – no more guessing what the experts have to say about how you can support your amazing brain.

Be the Hero in Your Story

At TriVita and also at the TriVita Clinic of Integrative Medicine, we believe that only you can make decisions, based on your inner beliefs about WHO you are.

Lasting changes come from inside – not from outside influences. Make your commitment to be healthy, happy and vibrant, based on your inner values and purpose.

Do you want to live a healthy, robust life to do the things you love to do? Or to be there for your family? Or maybe you want to be able to help others in some way that's meaningful to you.



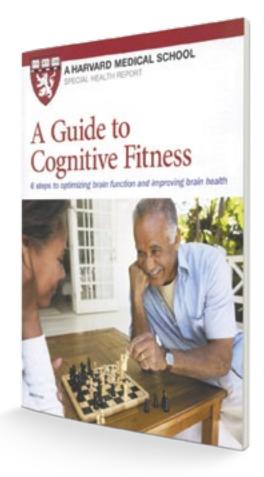
As you might imagine, a guide like this doesn't come cheap. Actually, it's a \$20 value! So we found a way that we can afford to share this incredible body of potentially life-saving information with you.

Just to whet your appetite, here's what you can expect to find in your guide when you receive it, with your order of \$150 or more:

- Cognitive fitness: Your #1 health goal
- How cognitive function is shaped over a lifetime
- Medical conditions that affect your brain
 - Heart disease and stroke
 - Diabetes
 - Obesity
 - Dementia
 - Traumatic brain injury
 - Alcohol, cigarettes, and illicit drugs
 - Over-the-counter and prescription drugs
- Step 1: Eat a plant-based diet
- Step 2: Exercise regularly
- Step 3: Get enough sleep
- Step 4: Manage your stress
- Step 5: Nurture social contacts
- Step 6: Continue to challenge your brain

And if the bird's eye view looks great... wait till you dive into the nitty-gritty, and wrap your brain (pun intended) around all of the eye-opening information you'll have at your disposal – to refer to again and again. That's why it's called a guide.

As much as we'd love to provide a copy of this guide to everyone, we simply can't afford to, due to the cost. But we think we've come up with a solution that'll work in your favor many times over.





Remember, you'll get more
VitaPoints the more you
stock up on your brain health
supplements, as well as any
others you'll need. And use
them on ANY future orders
of your choice.

PLUS, you'll get the Harvard Medical School's A Guide to Cognitive Fitness absolutely FREE when you spend \$150 or more.

In closing...

I'd like to leave you with one of my favorite quotes from Ghandi:

"Be the change you want to see in the world."

I believe that we humans are much more powerful than we realize. If you can imagine it... you can achieve it.

Imagine health. Imagine vitality. Imagine love & peace. See it, feel it, live it... with intention.

And by all means... live with **GUSTO!** Yours in joy,

Carolyn Permentier *Lifestyle Editor*



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

YOUR BODY NEEDS VITAMIN B12 TO SURVIVE

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

BENEFITS OF VITAMIN B12

Optimal levels of Vitamin B12 help support:

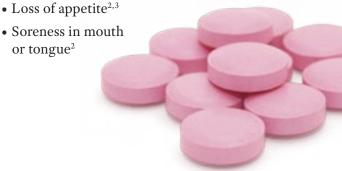
- Brain health and promotes healthy neurons¹
- Energy1
- Normal function of nerve cells1
- Red blood cell formation and may prevent anemia1,2
- Bone health and may prevent bone degeneration¹
- Vision and reduce risk of macular degeneration in aging people¹
- Improved mood1
- Normal homocysteine and cardiovascular health^{1,2}

References:

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

SIGNS OF VITAMIN B12 DEFICIENCY:

- Poor memory^{1,3}
- Mood swings and irritability3
- Weakness and fatigue^{1,2,3}
- Sensation or tingling in hands and feet^{1,2,3}
- Changes in mobility and balance1,2
- Shortness of breath or dizziness when exerting³
- Blurred vision3
- Constipation^{2,3}
- Soreness in mouth or tongue²



- 1. https://www.health.harvard.edu/blog/vitamin-b12-deficiency-can-besneaky-harmful-201301105780
- 2. https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/
- 3. https://www.webmd.com/diet/vitamin-b12-deficiency-symptomscauses#2





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

BENEFITS OF VITAMIN B6

Optimal levels of Vitamin B6 help support:

- Improve amino acid metabolism¹
- Protein synthesis1
- Brain health with cognitive development through biosynthesis of neurotransmitters¹
- Normal homocysteine levels in the blood supporting cardiovascular health¹
- Immune health1

SIGNS OF VITAMIN B6 DEFICIENCY:

- Microcytic anemia²
- Scaling on lips^{2,3}
- Cracks in the corner of the mouth^{2,3}
- Depression, confusion and weakened immune function⁴
- Irritability4
- Abnormally acute hearing²
- Poor memory⁴

Reference

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

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

BENEFITS OF FOLATE (VITAMIN B9)

Optimal levels of folate help support:

- Synthetization of new genes and cells during growth and healing process¹
- Repair to damaged genes²
- Healthy aging process³
- Reduced risk of birth defects1
- Red and white blood cell formation in bone marrow⁴
- Converting carbohydrates into energy²
- DNA and RNA production1

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

POSSIBLE SIGNS OF FOLATE DEFICIENCY:

- Accelerated aging in skin, joints, muscles, other systems and organs⁵
- Low energy⁵
- Impaired healing process⁵

- 1. https://ods.od.nih.gov/factsheets/Folate-HealthProfessional/
- 2. http://www.jhrr.org/article.asp?issn=2394-2010;year=2014;volume=1; issue=1;spage=5;epage=9;aulast=Mahmood
- 3. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1123448/
- https://www.hopkinsmedicine.org/healthlibrary/conditions/hematology_ and_blood_disorders/anemia_of_folate_deficiency_85,P00089
- 5. http://www.jhrr.org/article.asp?issn=2394-2010;year=2014;volume=1; issue=1;spage=5;epage=9;aulast=Mahmood

What's the story behind B12 and Alfred Libby?

By Scott Conard, M.D.

Alfred Libby, a pioneer in nutrients and health, patented the technology that still powers TriVita's Slow Dissolve B-12 supplements. His original formula lets the dissolving action of B12 get into the bloodstream without an injection, or swallowing a pill.

Alfred Libby was an associate of Linus Pauling, Ph.D., the 2-time Nobel Laureate and "Father of Vitamin C." Early in his career, Libby discovered the dramatic health changes that B12 could make, and worked for decades to raise awareness.

"We've given people back their lives"

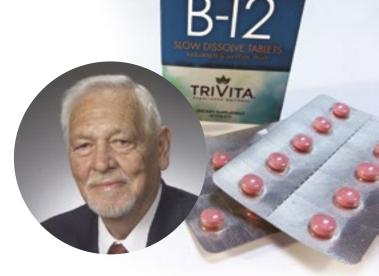
Along with B12, Libby was the "star" of TV infomercials beginning in 2000. Here, I've selected some of his memorable thoughts:

"We've given people back their lives,"

Libby said. At the time, painful and expensive injections were the only way to supplement effectively with B12. And, undiagnosed B12 deficiency caused untold damage.



Scott Conard, M.D., DABFM, FAAFP, has more than 20 years of successful clinical practice, research and leadership experience. Through his Texas-based practice and books he's authored, he empowers people to take control of their health.



"B12 deficiency, undiagnosed and untreated, wreaks havoc," he declared. This "havoc" took many forms:

- Moodiness
- Low energy
- · Lack of focus

He would talk about patients who, with Slow Dissolve B-12, went from moodiness and lethargy to enthusiasm and energy... older people, sent to nursing homes because they were disruptive and difficult, becoming "functional human beings again."

A key element in Alfred Libby's Slow Dissolve B-12 is its unique delivery system: where the tablets dissolve and get quickly absorbed into the bloodstream.

Dramatic effects, and a change of career

In my own medical practice, I found the same kinds of patient results that Libby witnessed years before. For years, my medical practice specialized in treating the elderly. Patients would come into my office complaining that they had no energy and felt "low" and they would beg for B12 "shots." After their shots they became so much more alive, so much more well, that I changed course in my career.

I switched my focus to preventive medicine, convinced that the way to make a difference in people's lives was to help them get the vitamins and nutrients they need before health issues arise.

My own experience has shown me the truth of Libby's statement: "It's so fulfilling, so gratifying to be involved with this (Alfred Libby's Slow Dissolve B-12)... and with the right company, TriVita."

On his original infomercial, Alfred Libby would gesture toward the phone banks and say, "When I see the phones light up it reminds me of the song 'You Light Up My Life.' That's how I feel when I see those lights; people's lives are lighting up."

Alfred Libby's Slow Dissolve B-12

For mental clarity, focus and energy

Optimal levels of Vitamin B12 support:1

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

Optimal levels of Vitamin B6 support:2

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

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!





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:



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 HCI) 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.

References:

- 1. https://www.healthline.com/nutrition/vitamin-b12-benefits
- 2. https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/?print=1
- 3. http://www.jhrr.org/article.asp?issn=2394-2010;year=2014;volume=1; issue=1;spage=5;epage=9;aulast=Mahmood
- 4. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1123448

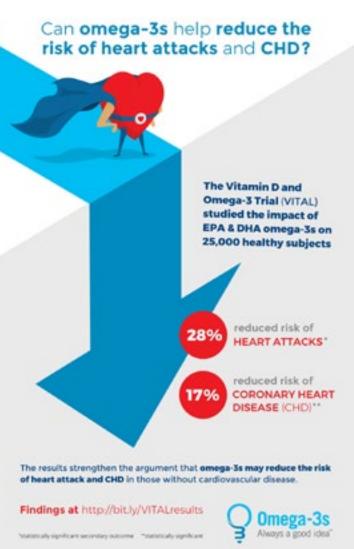


Alfred Libby's Slow Dissolve Super B-12 Tablets Quantity: 30 tablets Serving size: 1 tablet

Amount per serving: Vitamin B6 (Pyridoxine HCI) 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.





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 brain, heart 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; in later years they protect against cognitive decline; 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:

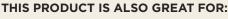
- Highly refined and pharmaceutically distilled to provide the most pure form of omega-3s
- High quality control standards that help ensure potency, limit fish oil oxidation, neutralizing fishy odor and aftertaste

Omega3 Prime[™] #31320 **\$29.99**

Receive 120 VitaPoints!

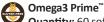
Suggested use: Adults, as a dietary supplement take 2 soft gels daily.





CARDIOVASCULAR SYSTEM SUPPORT

HEALTHY INFLAMMATION SUPPORT



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.

- 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%203%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.

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

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

CC Since taking NeuroShine, my mother has shown improvements in her ability to focus."

- Donna E., Member since 2004

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

- Judith H., Member since 2006

(C) 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



HELPS IMPROVE: Mood & Memory' • Focus & Concentration' Cognitive Performance



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!



Dietary Supplement | 30 Capsules



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 $^{\circ}$) 450 mg.

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

- 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/

PUTTING NOPALEA TO THE TEST

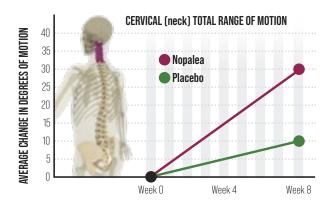
Your quality of life depends on your ability to remain active. Since we introduced Nopalea over ten years ago, we've heard from thousands of Members who've had terrific experiences using the product.

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

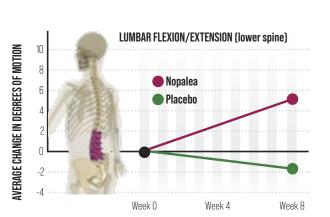
placebo-controlled clinical study on the effectiveness of Nopalea. Study results showed that consumption of Nopalea improved mobility, flexibility, and range of motion in the neck, back and joints. The outcomes also indicated it could help improve the overall quality of life.

NOPALEA STUDY TEST RESULTS

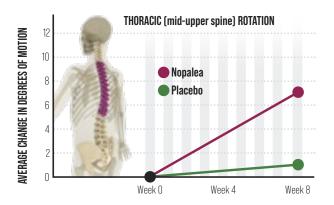
Reference: †Jensen, G. Evaluation of Activity Levels, Inflammatory Markers, and Overall Wellness. 2019.



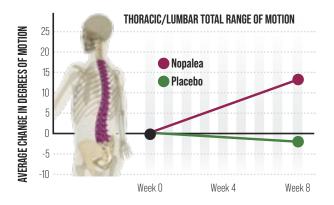
Cervical Total Range of Motion (ROM). Level of statistical significance when comparing all participants consuming Nopalea (pink) versus participants consuming the placebo (green).



Lumbar Flexion/Extension. Levels 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).



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 1440 VitaPoints!

Nopalea[™] Single Bottle

#30710 \$34.99

Receive 140 VitaPoints!



 $\begin{tabular}{ll} \textbf{Suggested Use:} For maintenance, drink 1 ounce daily. May be mixed with water or your favorite beverage. \end{tabular}$

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).

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

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

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

CC 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. Cholestria supplies a high-potency 1,000 mg serving of plant-based sterol esters in each soft gel.

"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

A more complete cardio picture

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

Citrus Bioflavonoids Extract: Potent antioxidants beneficial to support lipid-lowering and 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.







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

Amount per serving: Vitamin E (as d-alpha tocopherol) 3.4 mg, Plant-based Sterol Esters 1,000 mg, Cholestria™ Proprietary Blend 79 mg: Citrus bioflavonoids Extract (fruit), Tocotrienol and Tocopherol (Elaeis guineensis palm fruit), TriVita Tropical Blend (Green Coffee Bean Extract (Coffee arabica bean), Acerola (Malpighia glabra cherry), Camu Camu Extract (Myrciaria dubia berry), Quercetin, Acai Extract (Euterpe oleracea fruit pulp), Mangosteen Extract (Garcinia mangostana hull), Coenzyme Q-10

Other Ingredients: Bovine Gelatin, Glycerin, Soybean Oil, Yellow Beeswax, Lecithin, Purified Water, Titanium Dioxide and Riboflavin Contains: Soy

- 1 Plosch T, et al. Journ Nutr. 2006; 2135.
- 2 http://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals/ phytosterols#biological-activities
- 3 Assini JM, et al. Curr Opin Lipidol. 2013;24:34-40.

- 4 Vasanthi HR, et al. Genes Nutr. 2012;7(1):19-28.
- 5 Langsjoen PH, et al. *BioFact*, 1999 9:273-84.
- 6 Rundek, T. et al. Arch Neurol. 2004 Jun; 61(6): 889-892.



According to the World Health Organization (WHO), chronic inflammatory-related diseases are your greatest health risk.

Thanks to Silverite, you can get a good night's rest without harmful chemicals and inflammation-promoting toxins.



Change Your Pillow, Change Your Life!

TriVita is partnering with Silverite[™] to bring awareness to the importance of better sleep environments for better health.

5 Hidden Dangers of Conventional Pillows



Everyone sleeps with a pillow, but some pillows are better than others. Over 98% of pillows sold contain toxic foam and allergic down.

Here are five of the most common dangers lurking in your bedding:

- Flame Retardants Foam is one of the most commonly used synthetic fillings in pillows today. Many people choose foam pillows because they mold to the shape of the body and offer a more comfortable experience. However, polyurethane is a flame retardant found in foam and is known to emit polybrominated-diphenyl-ethers (PBDEs). PBDEs are known to be hormone disruptors and are linked to certain health risks.
- Fungi According to a 2005 study, the average pillow contains millions of fungal spores. One of the most concerning fungi identified in the study was Aspergillus fumigatus, which is known for causing infection in people with conditions like asthma and leukemia. This fungus may also be responsible for worsening symptoms of allergic sinusitis and asthma.
- Formaldehyde It's widely known that foam emits a formaldehyde gas, which is a known carcinogen in humans.
- Down Animal dander contributes to allergies, ear, nose, throat and lung challenges. It is also the perfect breeding ground for fungi, bacteria and dust mites.
- Drug Resistance A discovery of drug-resistant fungi called Aspergillus, makes fungi very difficult to eliminate from pillows and other household items.

Reducing the Toxins in Your Bed is Simple with Silverite™

Silverite embraces the age-old secret of maintaining a healthy sleep environment using sustainable and natural fabrics and fibers to help protect your rest and health.



Silver-Infused Pillow Cases

Using safe and innovative technology, silver is infused into the cotton cover of each Silverite Perfect Pillow. Silver is naturally antimicrobial and antibacterial, making it the perfect alternative to artificial chemicals and fillers.



Luxurious Kapok Filling

Kapok is an abundant, natural fiber with the feel of cashmere that allows you to sleep peacefully on a chemical-free pillow. The Silverite Perfect Pillow's kapok filling is sustainable, eco-friendly and water/pest resistant.



Adjustable for Your Comfort

The Silverite Perfect Pillow allows for a tailored fit for your ultimate comfort. The kapok fiber can easily be removed or added to ensure the right level of comfort and support for a perfect night's rest.

the Si

Start sleeping better now with the Silverite Perfect Pillow!

#61062 **\$123.99 You Save \$30.96, Plus Get Free Shipping!**

Call 1-800-991-7116 or visit TriVita.com/Pillow

HURRY! Offer may be discontinued without notice.

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.







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.

- 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 bloodpumping 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:



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.

- 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.



FOR MEN & WOMEN WHO ARE READY TO:

- Stimulate protein synthesis
- 2 Build lean muscle mass
- 8 Reduce muscle soreness and fatigue
- 4 Help improve balance
- 6 Boost stamina
- 6 Improve endurance
- Improve blood flow performance
- 8 Help balance blood sugar levels
- Minimize muscle tissue breakdown
- 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)



– Larry Kerychuk, former pro football player and MyoHealth fan

MyoHealth Results:

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



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!

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**

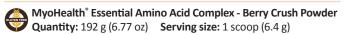
- The daily recommended dosage of 3.6 grams of EAAs per scoop
- No sugar or carbohydrates and no side effects
- Delicious easy-to-mix Berry Crush or Lemonade flavor
- Stevia, a natural sweetener
- Generally Recognized as Safe (GRAS) certified EAA formula

Berry Crush #30910 or **Lemonade** #30870 **\$49.99 Receive 200 VitaPoints!**



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.



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



Since starting on
MyoHealth, I'm more
active, my strength
training and cardio
exercise have improved
and so has my energy!"

- Susan T., Member since 2000



I 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

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.

MY HEALTH 2 PACK



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



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

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





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

Visit
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	2 X	\$8.00	
\$100 - \$149.99	3 X	\$18.00	
\$150 - \$179.99	4 X	\$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...



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.

Don't just cope...

TAKE CONTROL.

adaptuit

Daily Stress Relief! Premium Adaptogen Complex 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:





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 1440 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).

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Energy Now!

Natural nutritional support for the jitter-free energy you need

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

Green tea extract: Rich in catechin polyphenol antioxidants, green tea may stimulate energy metabolism and optimize energy utilization.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 HCI (DMG): Amino acid that may promote healthy oxygen utilization in tissues; popular for physical performance support.⁶

Trimethylcglycine HCI (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:



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.

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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.

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



1-800-344-9431 • wellnesscoach@trivita.com

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}

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.

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.

THIS PRODUCT IS ALSO GREAT FOR:



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, Tumeric 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.

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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 maculadamaging 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

 $FloraGLO @is a registered trademark of Kemin Industries, Inc. \\ OPTISHARP @is a trademark of DSM$

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.



GLUTEN FREE

VisionGuard™

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

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

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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:

OENERGY, STAMINA & PERFORMANCE SUPPORT



ONUTRITIONAL SUPPORT

Essential D™

#31270 **\$14.99**

Receive 60 VitaPoints!

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







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.

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- ${\it 8~http://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/}\\$

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.

"Nerve Formula helps me manage my foot neuropathy."

> - Willie A., Member since 2010

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[™]

#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.





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.

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

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

Fiberzon Capsules

Supplemental fiber to 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

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

depression or to relieve pain.1

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

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- 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:

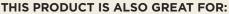
- 500 mg total curcuminoids
- Non-GMO turmeric extract
- Small, easy-to-swallow soft gels
- No allergens

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





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.





Quantity: 60 soft gels Serving size: 2 soft gels

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

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

References

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

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

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

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



ESSENTIAL VITAMINS & MINERALS



TABLET
THAT
DISSOLVES



MINUTES

WITH VITADAILY - - YOU DON'T GET-

ARTIFICIAL FOOD DYES

FAKE FLAVORS

SYNTHETICPRESERVATIVES



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.





Quantity: 30 tablets Serving size: 1 tablet

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

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

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

Vital C

The single solution to support immunity, detoxification and healthy aging

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

Vital C Crystal Tablet

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

Vital C Crystal Powder

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

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

> - Nancy H., Member since 2003

Feel Vitamin C's Full Potential

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

- Immune health1
- Bone health4
- Healthy aging⁷

- Youthful skin²
- Joint comfort⁵
- Overall vitality!

- Gum health³
- Cardiovascular health6

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.

- 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.

- 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. Amazon Herb Rejuvenate features a proprietary blend of four powerful botanicals straight from the Amazon designed to help maintain a healthy endocrine system and support energy levels, stamina, endurance and overall health. It is also traditionally known to support fertility and sexual performance.

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

Rejuvenate features the following ingredients:

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

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

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

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



Rejuvenate

#ADS2971 **\$29.99**

Receive 120 VitaPoints!

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







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.

- 1 http://www.ncbi.nim.nih.gov/pubmed/17200939
- 2 https://naturalmedicines.therapeuticresearch.com/databases/food,-herbssupplements/professional.aspx?productid=555
- 3 http://www.ncbi.nim.nih.gov/pubmed/17333395
- 4 https://naturalmedicines.therapeuticresearch.com/databases/food,-herbssupplements/professional.aspx?productid=361
- 5 De Oliverira F. Pfaffia paniculata (Martius) Kuntze-Braziian gneseng. Rev Bras Farmacog. 1986;1:86-92.
- 6 http://www.ncbi.nim.nih.gov/pubmed/14681845
- 7 https://naturalmedicines.therapeuticresearch.com/databases/food,-herbssupplements/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, but Fiberzon may be a solution.

Add healthy fiber easily, every night

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

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

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

Fiberzon

#ADS1878 **\$39.99**

Receive 160 VitaPoints!

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





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.

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

"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.

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





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.

- 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.

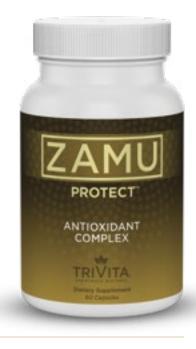
Zamu Protect[™]

#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.







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.

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

Warrior

Helps the body perform at peak level

Amazon Herb Warrior was developed to support physical and mental activity, making it an excellent choice before your favorite sport or exercise program. Warrior combines Chinese herbs and Amazon botanical ingredients in a unique formula that contains no preservatives or artifical flavors — and comes in a vegetarian capsule:

Muira Puama: The bark and roots of Muira Puama have been used traditionally for a variety of purposes including nerve health, digestive health and joint health.¹

Catuaba: An herb used to reduce tiredness² and to improve sexual performance.³

Dong Quai: A Chinese herb that may stimulate blood flow and lymphatic circulation.⁴

Chen Xiang root: An evergreen plant known for its antioxidant effect.⁵

Warrior

#ADS3271 **\$29.99** Receive 120 VitaPoints!

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





Warrior

Quantity: 60 capsules Serving size: 2 capsules

Ingredients: Proprietary blend 760 mg: Muira Puama (Ptychopetalum olacaides stem), Sarsaparilla (Smilax officinalis root), Catuaba (Trichilia catigua bark), Wild Yam (Dioscorea root), Astragalus (root), Rehmannia (root), Costus (root), Dong Quai (root), Gua Lou Ren/Snakegourd (Tricosanthes semen seed), Licorice (Glycyrrhiza glabra root), Tangerine Peel/Chen Pi (Citrus reticulata), Fennel/Xiao Hui Ziang (Feniculum vulgare seed), Aquilaria/Agarwood/Chen Xiang root.

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

References:

- 1 http://healthlibrary.epnet.com/GetContent.aspx?token=882325a2-3bd2-4d3a-ab7a-b37d6ee56dce&chunkiid=104599
- 2 https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/c/catuaba/bottom-line.aspx
- 3 http://www.webmd.com/vitamins-supplements/ingredientmono-396-CATUABA.aspx?activeIngredientId=396&activeIngredientName=CATUABA
- 4 http://therapy.epnet.com/nat/GetContent.asp?siteid=EBSCO&chunkiid=21668
- 5 http://connection.ebscohost.com/c/articles/32920759/antioxidant-activity-ethyl-acetate-extract-aquilaria-agallocha-nitrite-induced-methaemoglobin-formation



IMMUNE SYSTEM SUPPORT

Una de Gato

Strong immune system support

Una de Gato (Cat's Claw) is a woody vine that is native to the Amazon Rainforest.. The Peruvian Asháninka priests used the herb to ward off poor health. Una de Gato contains:

• Phyto-chemicals such as oxindole alkaloids,² and Proanthocyanidins and phenotic acids³ known for their antioxidant properties.



Una de Gato

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

Ingredients: Cat's Claw 760 mg.

Other ingredients: Vegetable capsule, rice husk concentrate.

References

- 1 http://www.ncbi.nlm.nih.gov/pubmed/11397448
- 2 http://www.ncbi.nlm.nih.gov/pubmed/15649515
- $3\ https://public.health.oregon.gov/HealthyEnvironments/EnvironmentalExposures\ ToxicSubstances/Pages/index.aspx$



Una de Gato

#ADS3071 **\$19.99**

adults take 2 capsules daily.

Receive 80 VitaPoints!

Suggested use: As a dietary supplement,

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. High in antioxidants for immune support.

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." Inner bark supplies lapachol that helps immune and microbial balance.

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. Its antioxidants may offer diverse immune support. Its antioxidants

PLUS:

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

THIS PRODUCT IS ALSO GREAT FOR:



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).

- 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

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 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.

> Serenity #ADS1371 **\$29.99**

Receive 120 VitaPoints!

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





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.

- 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/
 - 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 paraguarlensis leaf and stem).

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

- 1 http://www.blacksmithinstitute.org/files/FileUpload/files/Environmental%20 Contaminants%20and%20the%20Immune%20System.pdf
- 2 http://www.ncbi.nlm.nih.gov/pubmed/11464674
- 3 https://naturalmedicines.therapeuticresearch.com/databases/food,-herbssupplements/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,-herbssupplements/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,-herbssupplements/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.

ProDigest

#ADS1472 **\$34.99**

Receive 140 VitaPoints!

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

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

> - Dawn T., Member since 2012



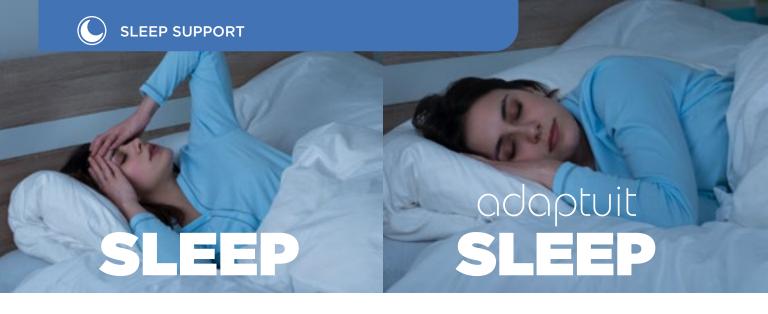


Quantity: 90 capsules **Serving size:** 3 capsules

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-glucanse from Aspergillus niger & Trichoderma longibrachiatum), Bromelain (from Pineapple Anansus comosus leaf), Glucoamylase (from Aspergillus niger), Lipase (from Rhyzopus oryzae), Invertase (from Saccharomyces cerevisiae).

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

- 1 http://www.acam.org/blogpost/1092863/180732/Digestive-Health--Total-Body-Hoalth
- 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



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** for more information about this product.



#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

THIS PRODUCT IS ALSO GREAT FOR:



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 has helped me take control of my health."

> - Gwen G., Member since 2004



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.

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

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



WHAT OUR

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



Chara Vaur TriVita

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/reviews, 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 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 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

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

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

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



PHYSICAL

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

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.

EMOTIONAL

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

SPIRITUAL

Develop a Relationship with God



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.





SOURCE CODE

ID NUMBER

The More You Buy,

The More You \$ave, The More You Get!

Spend \$150 (or more) on your favorite TriVita wellness products and get:



Harvard Medical School's

A Guide to Cognitive Fitness.

It's a \$20 value. And yours FREE.

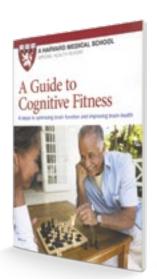


You'll also receive **FREE Shipping** on your entire order.



And you'll **Get 4-6X VitaPoints** you can redeem on future orders!

See page 3





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 18

MORE POINTS... ALWAYS!

