

EXPERIENCE  WELLNESS
TRIVITA[®]
JANUARY 2022

*Say Yes to Your Wellness
in the New Year!*

20% OFF
SUPER JOINT COMPLEX

Help reduce joint discomfort and
maintain healthy, flexible joints.

See page 3 for details



*A NEW Family Plan Creating Positive
Wellness Outcomes For a Healthier Life.*

See page 3 for details

 ALL ORDERS OVER \$89 GET FREE STANDARD SHIPPING

CALL **1-800-991-7116** VISIT **TRIVITA.COM**



FROM THE FOUNDER

Michael R. Ellison

Happy New Year!

And may you live with more joy and wellness in 2022! That is my prayer and greatest desire for you in this New Year.

I would like to invite you to listen to my podcast on that very topic. If you are interested in more joy and better brain health, then you will find my research in exploring new science of how fascinating the brain is in nurturing and pruning so you can live with more joy. See page 6.

More joy with wellness is our number one initiative for 2022! And I am pleased to announce that coming soon is our new Premier Member Plus family wellness care plan featuring telehealth in all 50 states and a WeCARE helpline for those troubling times our members may encounter. I could not be more thrilled to know this will soon be available. It is the fulfillment of the WHY we started TriVita in 1999, so you and your family could experience greater wellness. See page 3.

In the news we hear inflation, inflation, inflation. That news has not replaced the important wellness news of inflammation, inflammation, inflammation! That is the number one health risk to all humanity. It is more than a pain issue; as chronic inflammation is also a silent killer. It is the root cause of most all non-accidental deaths.

As you start the New Year, I encourage you to make a wellness goal of addressing inflammation! You have one life to live. Live it optimizing your wellness and your joy. Managing inflammation is one of the most important aspects of greater wellness. I encourage you to monitor your CRP protein blood marker.

Congratulations to Nancy Kummen on winning the fall triathlon at age 71. She is a TriVita member we featured back in April that has had outstanding results with Nopalea. Her quote was, “with Nopalea I am riding more than ever and I still feel like I can get up and run the next day!” She just proved it with her win!



Join us in making your goal in 2022 to live with more joy and greater wellness!

With gratitude,

Michael R. Ellison
Founder of TriVita

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 spiritual, emotional and physical health.

SPIRITUAL

1. Develop a Relationship with God

EMOTIONAL

2. Give and Receive Love
3. Be Forgiving
4. Practice Gratitude
5. Develop Acceptance

PHYSICAL

6. Breathe Deeply
7. Drink Water
8. Sleep Peacefully
9. Physical Activity
10. Eat Nutritiously

Say Yes to Your Wellness in the New Year!




20% OFF SUPER JOINT COMPLEX

Help reduce joint discomfort and maintain healthy, flexible joints.

See pages 8-10 for details



 **ALL ORDERS OVER \$89 GET FREE STANDARD SHIPPING**

 **ALL PRODUCTS MANUFACTURED IN A U.S.A. cGMP LICENSED FACILITY**

New!



Coming
Soon

Creating Positive Wellness Outcomes for a Healthier & Happier Life for You and Your Family

Experience wellness with TriVita's NEW Premier Membership Plus Family Plan.

This unique and personalized wellness plan is designed to help you and your family in the areas of life that matter most to you - spiritually, emotionally, and physically.

Premier Membership Plus status gives you an elevated wellness experience by offering the convenience of telehealth, nutraceutical supplements, plus TriVita's WeCARE prayer and care toll-free helpline combined all into one plan. You will also receive our popular VitaPoints that can always be redeemed on all TriVita products. Plus, a certified TriVita wellness consultant will assist and personalize your health and wellness plan for you.

Want MORE information?

CALL and learn how you can reserve your Premier Membership Plus TODAY!

1-888-460-1405

Powered by 

You and your family matter to us. Our purpose is to help you discover and access the resources and tools you need to live a healthier and happier life.

CALL 1-800-991-7116 VISIT TRIVITA.COM

OUR HEALTHCARE PROFESSIONALS



Scott Conard, MD

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

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

TRIVITA CLINIC
of INTEGRATIVE MEDICINE



Dr. Paul Bernitt

Board Certified Doctor of Holistic Health

Paul is a passionate advocate for early detection, prevention and wellness and brings extensive healthcare education, experience and leadership to his role as the Director of TriVita Clinic.



Ankit Chander, MD, MD(H)

Board Certified Integrative Medicine
Licensed Doctor of Homeopathy

Dr. Chander's clinical interests include interdisciplinary approaches to pain, hormone replacement and early detection/management of diabetes & cardiovascular disease.

MEDICAL ADVISOR



Jarir G. Nakouzi, MD

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.




TRIVITA 10 FOUNDATIONAL VALUES

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

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



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 = TriVita's Amazon Herb Products



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).



ALL PRODUCTS MANUFACTURED IN A U.S.A. cGMP LICENSED FACILITY

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

SATISFACTION GUARANTEE

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

PAYMENT

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

DELIVERY

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

FEATURED SPECIALS

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

PRICING

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

TAX INFORMATION

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

NOTICE:

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

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



HEALTHY YOU PODCAST

with Michael R. Ellison

The Pursuit of Wellness is a Lifelong Quest

Support your journey to greater health and wellness with the *Healthy You* podcast, hosted by TriVita founder and CEO Michael R. Ellison.

In each episode, Michael interviews a different health and wellness expert or shares insight to help you achieve greater physical, emotional and spiritual wellness and fulfill your life purpose.

Live With More Joy and Wellness in 2022

You will hear how joy is enduring versus happiness is of the moment. Can joy be intentional and deliberate? Joy transcends and endures all things!

Learn ways you can intentionally add joy to each day!

Michael also explores from a Biblical view the enduring and transcending power of joy! Your heart and soul can live with enduring joy even in the absence of happiness.

If you desire more joy and wellness in 2022 start the New Year with Michael Ellison as he explores new and exciting science about brain function and opening up greater possibilities for you to experience greater joy and brain health!



Direct Podcast Link!

Listen to all episodes of Healthy You at [TriVita.com/podcasts](https://www.trivita.com/podcasts)

Also available on Spotify and Apple Podcasts.





— JUST PRAY IT —

We pray for you. We pray with you.

Your prayer matters. Your wellness matters. You matter.

We invite you to join the Just Pray It movement within the TriVita community where our purpose for you is to be a source of inspiration, hope, and connection.

Let us help you find inner peace when you join Just Pray It

- Weekly Prayer Video with Michael R. Ellison, Founder of Just Pray It
- Enjoy music for meditation and prayer with Don Moen
- Listen to prayers
- Submit your prayer requests
- Share your answered prayer

By joining as a prayer member, for free, you will be part of a like-minded group of believers praying in agreement with God's words of provisions. You will also receive information on urgent needs throughout the world and special prayer events.

Explore God's blessings with our online community. We pray for you, we pray with you, and now you can share your answered prayers.

With God all things are possible!

"Whatsoever things you desire, when we pray, believe, that you shall receive them, and you shall have them."

– Mark 11:24

Visit JustPrayIt.com today!

Get Moving

with

Super Joint Complex



While we try our best to age gracefully, stiff joints accompanied by aches and pains are a natural part of the aging process. As we get older, our joints can become more susceptible to arthritis—particularly the most common form, osteoarthritis (OA).

Creaky joints and movement discomfort can be debilitating to daily life. As our joints wear down from everyday activities over the years, looking at ingredients that support the joints to improve wear and tear can help prevent joint issues from getting worse. They may even offer some relief. If you think of the body like a car, it needs routine maintenance to keep it running at its best. Especially as it ages. Luckily, there are joint health ingredients that have been heavily studied to benefit joints so you can stay active. Whether that means watering the house plants, enjoying a walk or run, or simply keeping up with your family or pets. Your joints don't have to hold you back from doing what you enjoy. After all, our bodies allow us to get out and move to experience our fullest lives and all forms of wellness.

NUTRITIONAL SUPPORT FOR HEALTHY, FLEXIBLE JOINTS

The administration of supplements to strengthen the joint cartilage matrix have become popular for joint preservation.¹ Super Joint Complex contains chondroitin sulfate, glucosamine sulfate, methylsulfonylmethane (MSM) and boswellic acid, along with

powerful phytonutrients and polyphenols. Have a look at the benefits of these joint health ingredients.

CHONDROITIN SULFATE AND GLUCOSAMINE SULFATE

Ingredients such as glucosamine and chondroitin are found naturally in the body. Clinical trials have reported a beneficial effect of chondroitin sulfate and glucosamine sulfate on pain and function.¹ Chondroitin sulfate and glucosamine sulfate have been recommended for the management of knee and hip OA.¹ Glucosamine has been used in many countries based on the increasing evidence of its effectiveness on symptoms for OA.²

MSM AND BOSWELLIC ACID

MSM is commonly integrated with other anti-arthritis ingredients including glucosamine, chondroitin sulfate and boswellic acid.³ In vitro studies suggest MSM protects cartilage.³ It's even been used in a number of combination therapies with positive results.³ Studies found significant improvements in physical function where MSM was given daily to OA communities.³ MSM in combination with boswellic acid was shown to improve knee joint function.⁴

References

1. <https://pubmed.ncbi.nlm.nih.gov/24861964/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6097075/>
3. <https://pubmed.ncbi.nlm.nih.gov/28300758/>
4. <https://pubmed.ncbi.nlm.nih.gov/26684635/>

WHY THE NEW FORMULA?

We want you to experience optimal wellness with the best results. We've improved the formulation so you're able to experience their benefits in capsules rather than tablets. A capsule can be broken down and absorbed more quickly in the body. Not only is a capsule fast-acting, but it also tends to have higher bioavailability, meaning the supplement is more likely to be absorbed into your bloodstream.

“Super Joint Complex is the unique combination of therapeutic doses of both joint tissue building and anti-inflammatory ingredients, which can help the body heal quicker.”

- Paul Bernitt, DHH Administrator of
TriVita Clinic of Integrative Medicine



WHAT'S CHANGED?

With the updated dosage of the ingredients chondroitin sulfate, glucosamine sulfate, and boswellic acid, here's a breakdown of where we've improved the formula so you're able to take the ingredients once a day rather than twice for convenience.

OLD FORMULA

- chondroitin sulfate - 125mg
- glucosamine sulfate - 500mg
- methylsulfonylmethane (MSM) - 500mg
- boswellic acid - 150mg

NEW FORMULA

- chondroitin sulfate - 150mg
- glucosamine sulfate - 1500mg
- methylsulfonylmethane (MSM) - 500mg
- boswellic acid - 210 mg
- L-Methionine and Quercetin Dihydrate - an essential amino acid and an antioxidant

OTHER INGREDIENTS FOR A ROBUST FORMULA

This supplement also contains turmeric and bromelain, which have demonstrated anti-inflammatory properties.¹ They've also been said to have potential solutions in the treatment of acute or chronic joint discomfort.¹ There is preliminary clinical evidence to support the argument that bromelain can help to reduce symptoms of OA.² One study found bromelain may be effective in helping physical symptoms and improving general well-being in healthy adults suffering from mild knee pain.²

BETTER MOBILITY FOR A BETTER QUALITY OF LIFE

We've given the old formula a revamp. With an added essential amino acid (L-Methionine) and an added plant flavonol with antioxidant properties (Quercetin Dihydrate), our new formula offers the same clean, quality ingredients. This improved product is made in compliance with strict FDA manufacturing guidelines and current good manufacturing practices (cGMP). We've reimagined this supplement so you can keep moving in the new year. If your new year's resolution is to move more, consider these joint health ingredients for better mobility and give your joints some flexibility.

References

1. <https://pubmed.ncbi.nlm.nih.gov/24473984/>
2. <https://pubmed.ncbi.nlm.nih.gov/12587686/>



Super Joint Complex - **IMPROVED!**

Improve mobility and flexibility with maximum joint nourishment



Super Joint Complex is giving you more of the beneficial joint support ingredients from the original formula so you can keep living an active life. With an improved formula, discover how the ingredients in Super Joint Complex can help reduce swelling and ease the stiffness of your joints naturally.

WHAT'S IN THE NEW FORMULA?

The new formula is a unique combination of therapeutic doses of both joint tissue building and anti-inflammatory ingredients. Glucosamine and chondroitin are found naturally in the body, but as we age these joint-building compounds begin to drop leading to a gradual breakdown of the joint tissue which can lead to discomfort and inflammation. Additional ingredients in the product include MSM, boswellia serrata, turmeric, quercetin and bromelain. These are anti-inflammatory, which can help the body heal faster.

IMPACTFUL NUTRIENTS FOR JOINT SUPPORT

Chondroitin Sulfate and Glucosamine Sulfate

- Clinical trials have reported a beneficial effect of chondroitin sulfate and glucosamine sulfate on discomfort and function.¹
- Chondroitin sulfate and glucosamine sulfate have been recommended for the management of knee and hip OA.¹

MSM and Boswellic Acid

- MSM is commonly integrated with other anti-arthritis ingredients including glucosamine, chondroitin sulfate and boswellic acid.³
- In vitro studies suggest MSM protects cartilage.³ It's been used in a number of combination therapies with positive results.³
- MSM in combination with boswellic acid was shown to improve knee joint function.⁴



THIS PRODUCT IS ALSO GREAT FOR:

HEALTHY INFLAMMATION SUPPORT

Super Joint Complex
 #30210 ~~\$29.99~~ **NOW \$23.99**
You Save \$6
Receive 96 VitaPoints!

**Offer expires 01-31-22 or while supplies last.*
Suggested use: Adults, take two (2) tablets with food twice daily as a dietary supplement.

Super Joint Complex
Quantity: 90 capsules **Serving size:** 3 capsules

Amount per serving: Glucosamine Sulfate 2KCL 1500 mg, MSM (Methylsulfonylmethane) 500 mg, Boswellia Serrata Extract (Boswellia; Gum Resin) (Std. to 50% Boswellic Acid) 210 mg, Chondroitin Sulfate 150 mg, Organic Turmeric Root Powder (Curcuma Longa) 150 mg, Quercetin Dihydrate 25 mg, L-Methionine 25 mg, Bromelain (2400 GDU/g) (from Pineapple) 25 mg, Bioperine® 5 mg.

Other ingredients: Vegetable Capsule (hydroxypropyl methylcellulose), Organic Nu-Flow®

Contains: Shellfish (Crab, Crayfish, Lobster, Shrimp) ingredients.

Bioperine® is a registered trademark of Sabinsa Corporation

References:
 1. <https://pubmed.ncbi.nlm.nih.gov/24861964/>
 2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6097075/>
 3. <https://pubmed.ncbi.nlm.nih.gov/28300758/>
 4. <https://pubmed.ncbi.nlm.nih.gov/26684635/>



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 Tablets

- 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
- New Orange Flavor

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

- Nancy H.,
Member since 2003

Feel Vitamin C's Full Potential

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

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



Try both 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!

THESE PRODUCTS ARE ALSO GREAT FOR:



Vital C™ Crystal Tablets

#30230 **\$19.99**

Receive 80 VitaPoints!

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

Vital C™ Crystal Powder

#30170 **\$24.99**

Receive 100 VitaPoints!

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



Vital C™ Crystal Tablets

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

Amount per serving: Vitamin C (as sodium L-ascorbate) 2000 mg.
Sodium (as sodium L-ascorbate) 270 mg.

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

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.

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.
Sodium (as sodium L-ascorbate) 580 mg.

Other ingredients: Citric Acid, Beta Carotene and Beet Juice (For Color), Natural Flavors and Stevia Leaf Extract.
Manufactured in a facility that processes Milk, Soy, Eggs, Nuts and Wheat.

- 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.



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 two (2) or more capsules with food every day.



Zamu Protect

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

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

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

References:

1 <http://www.hsph.harvard.edu/nutritionsource/antioxidants/>

2 <http://nccam.nih.gov/health/antioxidants/introduction.htm>

3 <http://cms.herbalgram.org/herbalgram/issue65/article2779.html?ts=1396366391&signature=fe2aa6cdf0e8fd9b12298c7b29c56b0>

4 <http://altmedicine.about.com/od/herbsupplementguide/a/Maqui.htm>

5 <http://altmedicine.about.com/od/herbsupplementguide/a/The-Scoop-On-Anthocyanins.htm>

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

7 http://www.health.harvard.edu/press_releases/benefit_of_drinking_green_tea

8 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=202>

9 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=309>

10 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=1013>

11 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=376>



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:

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



Essential D™

#31270 **\$14.99**

Receive 60 VitaPoints!

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



Essential D™

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

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

This product contains soy.

References:

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

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



Energy Now!®

Natural nutritional support for the jitter-free energy you need

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

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

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

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

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

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


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

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

PLUS:

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

THIS PRODUCT IS ALSO GREAT FOR:

 **BRAIN & NERVE HEALTH SUPPORT**

Energy Now!®#30420 **\$24.99****Receive 100 VitaPoints!**

Suggested use: Adults: Take two (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, Calcium 30 mg. Proprietary blend 1164 mg: Green Tea Extract (36% polyphenols and catechins), Cocoa bean standardized extract (12% theobromine), L-Phenylalanine, L-Tyrosine, Trimethylglycine HCl, NN-dimethylglycine HCl, Taurine, Co-Enzyme Q10. Other ingredients: Gelatin, tricalcium phosphate, rice flour, magnesium stearate and silicon dioxide.

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

References:

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

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

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

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

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

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

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

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

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



B12: THE TINY PINK PILL THAT PACKS A PUNCH



ALFRED LIBBY'S SLOW DISSOLVE FORMULA B-12

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

YOUR BODY NEEDS VITAMIN B12

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 anemia^{1,2}
- 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}

VITAMIN B6: AN UNSUNG HERO

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

BENEFITS OF VITAMIN B6

Optimal levels of Vitamin B6 help support:

- Improve amino acid metabolism³
- Protein synthesis³
- Brain health with cognitive development through biosynthesis of neurotransmitters³
- Normal homocysteine levels in the blood supporting cardiovascular health³
- Immune health³



VITAMIN B9: A “GO-TO” ESSENTIAL

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

BENEFITS OF FOLATE (VITAMIN B9)

Optimal levels of folate help support:

- Synthetization of new genes and cells during growth and healing process⁴
- Repair to damaged genes⁵
- Healthy aging process⁶
- Reduced risk of birth defects⁴
- Red and white blood cell formation in bone marrow⁷
- Converting carbohydrates into energy⁵
- DNA and RNA production⁴

References:

1. <https://www.healthline.com/nutrition/vitamin-b12-benefits>
2. <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/> 3. <https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/?print=1>
4. <https://ods.od.nih.gov/factsheets/Folate-HealthProfessional/>
5. <http://www.jhrr.org/article.asp?issn=2394-2010;year=2014;volume=1;issue=1;spage=5;epage=9;aulast=Mahmood>
6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1123448/>
7. https://www.hopkinsmedicine.org/healthlibrary/conditions/hematology_and_blood_disorders/anemia_of_folate_deficiency_85,P00089

What's the story behind B12 and Alfred Libby?

By Scott Conard, MD

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.



author bio:

Scott Conard, MD, DABFM, FAAFP

Dr. Conard 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

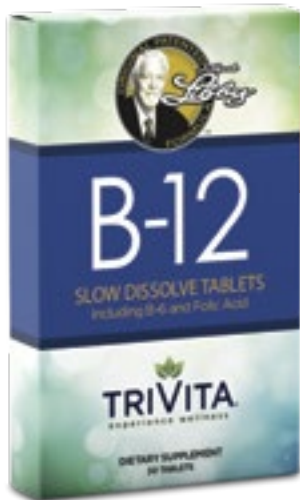
Optimal levels of Vitamin B6 support:²

- 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. Be sure to hydrate for best absorption.



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!

THESE PRODUCTS ARE ALSO GREAT FOR:

- HEALTHY INFLAMMATION SUPPORT
- CARDIOVASCULAR SYSTEM SUPPORT
- BRAIN & NERVE HEALTH SUPPORT

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

Amount per serving: Vitamin B6 (as pyridoxine HCl) 5 mg, Folate (as folic acid) 400 mcg, Vitamin B12 (cyanocobalamin) 1000 mcg, Biotin 25 mcg.

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

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>

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

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

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

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

ELDERBERRY, ZINC & VITAMIN C



With cold and flu season in full swing, your immune system needs all the help it can get to fight harmful microorganisms and keep your body healthy. Your immune system is responsible for defending the body from viruses, bacteria and other foreign invaders. If your immune system is weakened, you become more susceptible to infectious agents. That's why we've formulated a product that incorporates *Elderberry, Zinc AND Vitamin C*, three crucial ingredients that create one powerful team to defend your health and well-being.

Elderberry, Zinc and Vitamin C have all been shown to enhance the immune system's ability to respond to threats. Each of these key players contribute to immune health in very specific ways, that when combined, create a formidable defense against symptoms of illnesses.¹⁻⁴

Here's what each ingredient contributes:

- **Elderberries** contain antioxidants that strengthen the immune system's response to viruses, bacteria and other foreign invaders. Its anti-inflammatory and antioxidant properties have been used to fight cold and flu symptoms.¹
- **Zinc** is a trace mineral that has been called the "gatekeeper of immune function" as virtually all immune cells are dependent on it. The properties of zinc help regulate the immune system so that it responds appropriately.²
- **Vitamin C** is an essential nutrient that has been shown to prevent and treat respiratory and systemic infections by enhancing immune cell function, such as in white blood cells. The antioxidant properties of Vitamin C protect essential molecules in our body from damage. Vitamin C also increases antibody levels, which neutralize pathogens.³

Why Consume These Three Ingredients For Immune Health?

Taking Elderberry, Zinc and Vitamin C through a dietary supplement ensures that you are getting the nutrients you need on a daily basis. These nutrients are essential for immune function and your overall wellness. Supplementation is especially important as the standard Western diet does not contain all the nutrients our bodies require.⁴

Older individuals are especially susceptible to infections due to immunosenescence and decreased immune cell function.³ Among this demographic, a deficiency in an essential nutrient like Vitamin C is strongly predictive of all-cause mortality.³ However, older people have been observed to fare significantly better while in the hospital if they are taking supplements than if they do not.³ Because these nutrients are not created or stored naturally in the body, it is essential to supplement or implement them into your daily diet in order to reduce chances of infection.

Vitamin C supplementation has been observed to alleviate the severity, duration and frequency of the common cold.³ Older individuals supplementing Vitamin C while suffering from pneumonia reported less severe respiratory symptoms and experienced shorter stays at the hospital.³ It can even shorten the

time it takes for a wound to heal, reinforcing your body's ability to defend against viruses, bacteria and other foreign invaders from the skin level.³ Vitamin C has a myriad of benefits for immune function upon daily intake.

Zinc is essential for proper immune cell function, making sure that they attack the bad molecules in our body instead of the good ones.² Zinc deficiency, an issue that affects nearly 30 percent of the elderly population, has been associated with imbalanced immune reactions causing chronic inflammation, allergies and autoimmune diseases.² Supplementing Zinc can help basic messengers of the immune system, like cytokine molecules, efficiently attack the source of the problem instead of the body itself.²



Elderberry offers antioxidant properties that support the immune response to upper respiratory symptoms associated with common colds and the flu.¹ This trifecta of ingredients creates a supportive team for immune response. Keep reading to learn more about elderberries and the specific health benefits they have to offer!”



References

1. Tiralongo E, Wee SS, Lea RA. Elderberry Supplementation Reduces Cold Duration and Symptoms in Air-Travellers: A Randomized, Double-Blind Placebo-Controlled Clinical Trial. *Nutrients*. 2016;8(4):182. Published 2016 Mar 24. doi:10.3390/nu8040182
2. Wessels I, Maywald M, Rink L. Zinc as a Gatekeeper of Immune Function. *Nutrients*. 2017;9(12):1286. Published 2017 Nov 25. doi:10.3390/nu9121286

3. Carr AC, Maggini S. Vitamin C and Immune Function. *Nutrients*. 2017;9(11):1211. Published 2017 Nov 3. doi:10.3390/nu9111211
4. Statovci D, Aguilera M, MacSharry J, Melgar S. The Impact of Western Diet and Nutrients on the Microbiota and Immune Response at Mucosal Interfaces. *Front Immunol*. 2017;8:838. Published 2017 Jul 28. doi:10.3389/fimmu.2017.00838

Discover the Benefits of Elderberry



What is an Elderberry?

An elderberry is a small fruit that can range from a red, blue to deep purple color due to the concentrated presence of antioxidants called anthocyanins, which enhance immune response.¹ Elderberries grow in clusters and are best consumed when fully ripe or in a processed form. Our elderberry product contains fruits from the *Sambucus nigra* L. species, also known as black elderberry. Black elderberries have been traditionally used to treat influenza, common cold infections, diabetes, and other ailments.¹

What are the benefits of consuming Elderberries?

The antibacterial, antioxidant and regulatory properties of elderberries have a remarkable effect on our immune system. Extract from the elderberry plant has been observed hindering the effects of influenza viruses, inhibiting them from infecting cells as well as reducing the duration and symptoms when infection has occurred. A commercial product of elderberry extract was demonstrated to have an antibacterial effect against *Streptococcus* and other kinds of bacteria that cause infections of the upper respiratory system. Elderberries also benefit the immune system through the regulation and stimulation of cytokine molecules, which stimulate and coordinate immunity. Elderberry extract has been observed to stimulate the production of anti-inflammatory cytokines and inhibit the production of proinflammatory cytokines. The inflammation of immune response in those with chronic illnesses decreased by more than 50% when elderberry was utilized.²

Elderberry has specifically been observed to combat cold symptoms such as nasal obstruction, sore throat and cough during air travel, which can aggravate the

immune system and respiratory symptoms.³ One study found that air travelers who consume elderberry experienced less days with cold symptoms and less severe symptoms than other air travelers who did not consume elderberry. The study also concluded that elderberries help stabilize physical health during air travel due to the antioxidant properties.³ The authors of the study related the effects of elderberry to the effect of Vitamin C as far as their ability to protect cells from internal and external threats.³

Enhance your wellness with Elderberries

The beneficial effects of elderberry demonstrate the importance of consuming ingredients that support immune health. Its properties have an effect on the immune system's ability to operate and respond properly to foreign agents. It is vitally important to supply the body with the nutrients it needs to experience and maintain wellness. Elderberry also offers a variety of vitamins, such as vitamins A, B1, B2, B6, B9, C and E, and minerals such as magnesium and potassium.³ All of these incredible properties found in elderberries, especially combined with Vitamin C and Zinc, make our product an essential blend to incorporate into your immunity regiment.



References

1. Kinoshita E, Hayashi K, Katayama H, Hayashi T, Obata A. Anti-influenza virus effects of elderberry juice and its fractions. *Biosci Biotechnol Biochem.* 2012;76(9):1633-1638. doi:10.1271/bbb.120112
2. Andrzej Sidor, Anna Gramza-Michałowska. Advanced research on the antioxidant and health benefit of elderberry (*Sambucus nigra*) in food - a review. *Journal of Functional Foods.* 2015;18:941-958. doi:https://doi.org/10.1016/j.jff.2014.07.012
3. Tiralongo E, Wee SS, Lea RA. Elderberry Supplementation Reduces Cold Duration and Symptoms in Air-Travellers: A Randomized, Double-Blind Placebo-Controlled Clinical Trial. *Nutrients.* 2016;8(4):182. Published 2016 Mar 24. doi:10.3390/nu8040182



Elderberry, Zinc + Vitamin C

Three Key Ingredients to Support Your Immune System

The immune system has the tough job to fight off viruses, infections, colds and any other foreign invaders in the body. Our natural elderberry, zinc and Vitamin C supplement is a 3-in-1 capsule that contributes to immune system health and overall well-being.

Discover the benefits of these powerhouse ingredients

Elderberry, zinc and Vitamin C have all been shown to support the immune system's defense and are important players in enhancing immune response.¹⁻⁴

WHAT DO THESE INGREDIENTS DO FOR IMMUNE HEALTH?

- **Elderberry** contains potent antioxidants such as anthocyanins that are responsible for its purple hue.¹ Its antioxidant and anti-inflammatory properties have been used to fight cold and flu symptoms and reduce upper respiratory symptoms due to viral infections.^{1,4}
- **Zinc** has been cited as the “gatekeeper of immune function.”² Its anti-inflammatory and antioxidant properties help regulate the immune system.² Zinc is so important that deficiency can lead to increased susceptibility to infections.⁵
- **Vitamin C** is an essential nutrient that is vital to the function of white blood cells. In fact, Vitamin C has been shown to prevent and treat respiratory and systemic infections.³

WHY TAKING A SUPPLEMENT IS BENEFICIAL

Supplementation can help ensure you're getting enough of these nutrients in your body every day. This is especially important as the “Western-style” diet may not incorporate enough of the essential nutrients our bodies need to build our immune defense.⁶

When it comes to immune health, preparation is key! Keep your immune system running at its best with the antioxidant properties in this supplement.



See page 53

Elderberry, Zinc + Vitamin C

#31340 **\$24.99**

Receive 100 VitaPoints!

Suggested use: Adults: Take two (2) capsules once daily.



Elderberry, Zinc + Vitamin C

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

Amount per serving: Vitamin C (Ascorbic Acid), 500 mg, Zinc (as Zinc Gluconate), 20 mg, Black Elderberry Fruit Extract (*Sambucus nigra*), 1,000 mg.

Other ingredients: Vegetable Cellulose (Capsule), Magnesium Stearate, Silicon Dioxide, Microcrystalline Cellulose.

References

1. Tiralongo E, Wee SS, Lea RA. Elderberry Supplementation Reduces Cold Duration and Symptoms in Air-Travellers: A Randomized, Double-Blind Placebo-Controlled Clinical Trial. *Nutrients*. 2016;8(4):182. Published 2016 Mar 24. doi:10.3390/nu8040182
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5. Hojyo S, Fukada T. Roles of Zinc Signaling in the Immune System. *J Immunol Res*. 2016;2016:6762343. doi:10.1155/2016/6762343
6. Statovci D, Aguilera M, MacSharry J, Melgar S. The Impact of Western Diet and Nutrients on the Microbiota and Immune Response at Mucosal Interfaces. *Front Immunol*. 2017;8:838. Published 2017 Jul 28. doi:10.3389/fimmu.2017.00838

Prebiotics, Probiotics *and* Enzymes: The Trifecta *of* Gut Health

Have you ever had a bad gut feeling?

We've all felt it in an instinctive way, but we're referring specifically to your gut health. Your gut is responsible for vital functions of the human body, including your digestive and immune systems.

The bacteria located in your gut, known as the gut microbiota, assist with nutrient utilization, immune functions and metabolism.¹ A healthy gut will digest food properly and maintain your immunity because of the presence of good bacteria. Yes, there is such a thing! Good bacteria keep our gut balanced and ward off any bad bacteria that would disrupt these essential functions. Think of your gut as a community of microbiota — you want your gut run by the good kind, not the bad kind.

When bad bacteria interfere with normal gut functions, your digestive health and immune health will suffer in ways that you may not have expected. An unhealthy gut can result in trouble sleeping, unintentional weight changes, increased inflammation and physiological stress, which can affect your daily life and overall well-being.² Furthermore, because about 70 percent of the immune system is located in the gut, an imbalance of the gut microbiota indicates unbalanced immune function. Such imbalances, which often occur as a result of an immune response to the body's environment, have been associated with some diseases.³ There is an immense variety of environmental factors that can cause imbalances in the gut microbiota, from what we eat to how stressed we are. This can trigger the immune system to rapidly increase an inflammatory response, indicating that the gut is in an unhealthy state.

Good gut health is essential to balanced digestive and immune functions as well as our general wellness. There are three elements to implement for

optimal gut health - *prebiotics, probiotics and enzymes*. These elements are essential for regulating the gut and ensuring the digestive system runs smoothly. Keep reading to learn more about these three ingredients and how they benefit your body.

Prebiotics

A prebiotic can be defined as a fermented ingredient that allows specific changes in the composition and activity of the microflora in the gastrointestinal (GI) tract which benefit the health and well-being of the body. To put it simply, prebiotics allow for good bacteria to grow and thrive through the presence of fiber. While prebiotics are sometimes described interchangeably with fiber, fiber is only prebiotic if it offers benefits to the body when fermented in the GI tract.

Did you know?

*Prebiotics occur naturally in foods such as leeks, asparagus, chicory, Jerusalem artichokes, garlic, onions, wheat, oats and soybeans.*⁴

Benefits of Prebiotics

The benefits of prebiotics include improvement in gut barrier function and immune function, which can help protect against and reduce the presence of harmful bacteria.⁴ They can also help reduce the inflammation and symptoms associated with inflammatory bowel disease, enhance the body's ability to utilize essential minerals, and promote fullness, which can lead to weight loss and prevent obesity.⁴ In addition, prebiotics enhance the production of short-chain fatty acids, which provide nutrition to the cells of the colon and demonstrate anti-inflammatory, antitumorigenic and antimicrobial effects.⁵

References:

1. <https://pubmed.ncbi.nlm.nih.gov/28861741/>
2. <https://pubmed.ncbi.nlm.nih.gov/30568608/>
3. <https://pubmed.ncbi.nlm.nih.gov/26768621/>
4. <https://pubmed.ncbi.nlm.nih.gov/23609775/>
5. <https://pubmed.ncbi.nlm.nih.gov/24388214/>



Probiotics

The Food Agricultural Organization and the World Health Organization have defined probiotics as “live microorganisms which when administered in adequate amounts confer a health benefit to the host.”⁶ Probiotics are similar to the beneficial bacteria that are naturally found in the gut for digestive functions, immune functions or nutrient absorption. The benefits of probiotics were first identified in the early twentieth century when consumption of yogurt and a specific mix of bacteria were associated to extended lifespan.⁷ Today, we know far more about probiotics and the benefits they offer to the body.

Did you know?

*Probiotics occur naturally in foods such as buttermilk, yogurt, kefir, sauerkraut and pickles.*⁸

Benefits of Probiotics

The main benefit of probiotics is their balancing effect upon the gut microbiota, ensuring the presence of the good bacteria necessary for normal body function. Clinical studies have shown the positive effect of probiotics on gastrointestinal (GI) diseases, obesity, type II diabetes and even allergic diseases. Probiotics have also been demonstrated to increase the immunity of the body. They can help counteract and inhibit the activity of pathogenic gut microbiota introduced from contaminated foods or the environment. They are often used to help restore the natural balance of the gut microbiota following the use of antibiotics.

Enzymes

The digestive system breaks down food so that the body can use the nutrients and convert it into energy, growth and cell repair. The process of breaking down food starts with enzymes, which are located in the mouth, stomach and small intestine. Digestive enzymes are responsible for turning food into nutrients and delivering them to the body for use. A shortage of digestive enzymes will leave much-needed nutrients wasted and can lead to malnutrition and poor digestion.⁹

References:

6. https://www.who.int/foodsafety/fs_management/en/probiotic_guidelines.pdf
7. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1482314/>
8. <https://pubmed.ncbi.nlm.nih.gov/28914794/>

As we get older, our bodies produce less digestive enzymes.⁹ The three main enzymes found in our digestive system are amylase, protease and lipase. Amylase breaks down carbs into simple sugars, protease supports the digestion of proteins and lipase supports the breakdown of fats. Since our bodies produce less enzymes as we age, supplementing these enzymes may help our bodies break down foods. Studies have found that supplementing with digestive enzymes have beneficial effects on the body, such as improving nutritional status where there may have been a deficiency before.¹⁰

Prebiotics, Probiotics and Enzymes Working Together

Flora Complete, TriVita’s 3-in-1 gut health supplement, helps to promote a healthy gut so you can experience overall wellness. It’s important to consider a prebiotic, probiotic and enzyme supplement to ensure your gut is getting and utilizing the nutrients it needs to stay in balance. Flora Complete contains 60 billion colony-forming units (CFU), a digestive enzyme complex and an organic prebiotic complex — all in one capsule. See page 14 for more information.

One key benefit of the Flora Complete is the delivery form: a delayed release capsule. This ensured that the probiotics can be delivered to the small intestine without being killed off by the stomach acid. Delivering these essential ingredients further into the digestive process helps achieve the optimal results for your gastrointestinal microflora.

A smooth-running digestive system is especially important during seasonal celebrations when you may be overindulgent with delicious treats and heavy food. If you are having issues with your digestive system, consider the benefits of prebiotics, probiotics and enzymes.

9. <https://pubmed.ncbi.nlm.nih.gov/4935696/>

10. <https://pubmed.ncbi.nlm.nih.gov/11369177/>



Flora Complete

The trinity for good gut health in one capsule

It's important to consider a prebiotic, probiotic and enzyme supplement because they can help ensure your gut is getting the nutrients it needs for a balanced system. You may not know that poor gut health can be linked to issues that include sleeping troubles, unintentional weight changes and increased inflammation.¹

Why Flora Complete?

- It contains 60 billion colony-forming units (CFU), has a digestive enzyme complex and an organic prebiotic complex.
- Comes in delayed release capsules allowing the probiotics to be delivered to the small intestine for optimal results rather than be killed off in stomach acid.

PREBIOTIC BENEFITS:

- Promotes fullness which can help with weight loss.²
- Improvement in gut barrier function, which can help protect against harmful bacteria, and host immunity.²
- Reduce the inflammation and symptoms associated with inflammatory bowel disease.²

PROBIOTIC BENEFITS:

- Demonstrated positive effect on gastrointestinal (GI).³
- Demonstrated to increase the body's immunity.³

ENZYME BENEFITS:

- The three main enzymes are amylase, protease and lipase and are necessary to turn food into nutrients for the body.

**THIS PRODUCT IS ALSO GREAT FOR:**

 **IMMUNE SYSTEM SUPPORT**

 **HEALTHY INFLAMMATION SUPPORT**

Flora Complete#30950 **\$34.99**

Receive 140 VitaPoints!

Suggested Use: Adults, take one (1) capsule daily, or as directed by your healthcare professional.**Flora Complete****Quantity:** 30 capsules **Serving size:** 1 capsule

Ingredients: Multi Strain 60 Billion CFU (at time of manufacture) Probiotic Complex, 154 mg: *Lactobacillus plantarum* (Lp-115), *Lactobacillus bulgaricus* (Lb-87), *Streptococcus thermophilus*, *Bifidobacterium longum* (BI-05), *Lactobacillus acidophilus* (La-14), *Lactobacillus casei* (Lc-11), *Lactobacillus salivarius* (Ls-33), *Lactobacillus rhamnosus*, *Bifidobacterium lactis* and *Bifidobacterium bifidum* (Bb-02), *Bifidobacterium lactis* (BI-04). Organic Prebiotic Complex, 150 mg: Organic Blue Agave Heart (*Agave tequilana*) (90% Inulin), Organic Jerusalem Artichoke Root. Digestive Enzyme Complex, 200 mg: Amylase (200 SKB), Glucoamylase (2 AG), Lipase (150 FIP), Protease (500 HUT), Maltase (30 DP), Cellulase (100 CU), Bromelain (2 GDU), Lactase (60 ALU), Papain (400 TU).

Other Ingredients: EMBO CAPS® AP (Acid Resistant Hypromellose Capsule), Magnesium Stearate, Silicon Dioxide, Microcrystalline Cellulose.

References

1. Li Y, Hao Y, Fan F, Zhang B. The Role of Microbiome in Insomnia, Circadian Disturbance and Depression. *Front Psychiatry*. 2018 Dec 5;9:669. doi: 10.3389/fpsy.2018.00669. PMID: 30568608; PMCID: PMC6290721.
2. Slavin J. Fiber and prebiotics: mechanisms and health benefits. *Nutrients*. 2013 Apr 22;5(4):1417-35. doi: 10.3390/nu5041417. PMID: 23609775; PMCID: PMC3705355.
3. Markowiak P, Śliżewska K. Effects of Probiotics, Prebiotics, and Synbiotics on Human Health. *Nutrients*. 2017 Sep 15;9(9):1021. doi: 10.3390/nu9091021. PMID: 28914794; PMCID: PMC5622781.



Fiberzon Capsules

Supplemental fiber to help avoid constipation

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

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

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

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

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

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

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

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

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

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**#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.

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

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

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

References:

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

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

3 <http://umm.edu/health/medical/altmed/supplement/psyllium#ixzz37Tbxb6JY>

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

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

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

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

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



ProDigest

Premium enzyme formula for digestive system enhancement and support

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

ProDigest helps support the digestive system and features:

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

Digestive enzymes to assist and enhance digestion of foods:

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

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

— Dawn T.,
Member since 2012

**ProDigest**

#ADS1472 **\$34.99**

Receive 140 VitaPoints!

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

**ProDigest**

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

Amount per serving: Proprietary Herbal Blend total 253 mg: Anise (Pimpinella anisum seed), Carqueja (Baccharis trimera leaf), Boldo (Peumus boldus leaf), Peppermint (Mentha piperita leaf). Proprietary Enzyme Blend total 210 mg: Amylase (from Aspergillus oryzae), Malt Diastase (from barley seed Hordeum vulgare), Peptidase (from Aspergillus melleus), Protease (from Aspergillus oryzae), CereCalase™ (hemicellulase, phytase and beta-glucanase from Aspergillus niger & Trichoderma longibrachiatum), Bromelain (from Pineapple Ananas comosus leaf), Glucoamylase (from Aspergillus niger), Lipase (from Rhizopus oryzae), Invertase (from Saccharomyces cerevisiae).

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

References:

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



Fiberzon

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

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

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

Add healthy fiber easily, every night

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

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

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



See page 53

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 (*Croton siliqua*), Sodium Chloride, Xanthan Gum, Stevia Leaf Extract and Peppermint Oil Powder.

References:

- 1 <http://www.niddk.nih.gov/health-information/health-topics/digestive-diseases/constipation/Pages/definition-facts.aspx>
- 2 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=593>
- 3 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=733#background>
- 4 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=211#background>
- 5 <https://www.nlm.nih.gov/medlineplus/druginfo/natural/866.html#OtherNames>



Keep Your Immune System Thriving

By Ankit Chander, MD, MD(H)

Understanding the immune system can help benefit overall health as we learn how the immune system deals with bacteria and viruses. Additionally, learning what activities, foods and supplements positively influence the immune system is beneficial to overall health and well-being.

What is the immune system?

The immune system is spread throughout the body and is focused in certain key organs. It works as a whole-body system as its primary function is to patrol the entire body. The immune system can trigger inflammation, however, not all inflammation is bad. If you get a paper cut, inflammation is part of the healing process as it's an organized immune response. Inflammation becomes a bad thing when it no longer has an organized response. This is referred to as a cytokine storm.

What causes inflammation to get out of control? There are many reasons why this can happen, but some of the most common include stress, extra fat tissue and leaky gut. The body has one trillion immune cells and making sure they remain balanced

is key when dealing with inflammation. A balanced immune system is healthy, strong and creates an organized immune response.

Food for thought

About 70 percent of the immune system lies in the gut and small and large intestines. That's why good gut health means good immune health. It's important to look at what foods to avoid and examine healthy alternatives for favorite additives.

Probiotic foods are great for supporting the immune system and the beneficial bacteria in probiotics are found in the gut. One of the more prominent foods that offer probiotics is yogurt, but if you have a dairy intolerance then yogurt should be avoided. An alternative would be fermented foods as they are generally high in probiotics. Other beneficial foods include oatmeal that contains prebiotics, and green foods like cabbage and avocado. Blueberries, sweet potatoes and green tea are other great examples of foods that contain the nutrients the immune system needs to thrive.

If you think about diet as a whole, then you can incorporate beneficial nutrients and foods into your diet plan. Make an individualized diet based on body type.



Juicing is a great way to get a lot of nutrition density if you struggle with incorporating certain foods in your meals. Consider avoiding gluten and white sugar and add foods that are concentrated with immune-boosting molecules, vitamins and minerals.

Changing your diet can be hard, so don't worry about incorporating all these foods in your diet at once. Think about one food you might want to remove from your diet and one food you want to add as a starting point. If you can make one dietary change today, you'll have made a benefit to your immune health. Keep optimizing your diet plan to develop foods that are best for your immune system.

Activities for an active immune system

There are three important foundations to immune health. What you eat, how much you move and how well you sleep. The three main types of physical activities include cardiovascular activity, strength training and gentle movement. Each of these activity types influences and benefits our immune system in different ways. It's essential to incorporate these three activities into a weekly regimen for not only a healthy lifestyle, but a healthy immune response.

Aerobic activity or cardiovascular activity has been shown to boost the immune system. Other activities like yoga and Tai Chi work to lower stress hormones. Another activity (requiring no movement) that benefits our immune health and our overall health is good quality sleep. Make sure to get a good night's sleep, especially for adequate energy levels.



Taking part in activities that reduce stress is important for the immune system to thrive. This could include taking a nap, riding a bike, going for a walk, enjoying nature, etc. Combining activities that also act as a stress reliever is a two-in-one benefit. We all have different body types, and this applies to physical activity choices. So, find an activity or workout plan that works best for you. And remember, it's important to keep stress low.



Supplements for immune health

Supplements can be used to help balance the immune system by helping to lower inflammation and for stress relief. **Vitamin C** is found in foods and is an essential nutrient. It's essential because our bodies can't make it. If we can't get enough from diet, then supplementation should be considered. Another supplement to consider is **zinc** because it's difficult to get from food, but it plays an important role in regulating the immune response.

Herbs are also key for the immune system and can be taken in supplements. Herbs such as astragalus, echinacea and reishi have been shown to benefit the immune system. Other beneficial supplements for the immune system include **Vitamin D**, **B vitamins** (specifically B-12), **CBD**, **curcumin** and **glutathione**.

Remember, supplements must be individualized. Some individuals may need a lot of vitamin D, some may need very little, and some may need nothing at all. Talk to your healthcare provider and they can help you come up with a plan that's right for you.

With all this in mind, you can help keep your immune system thriving at any age.



author bio:

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.

PUTTING NOPALEA® TO THE TEST

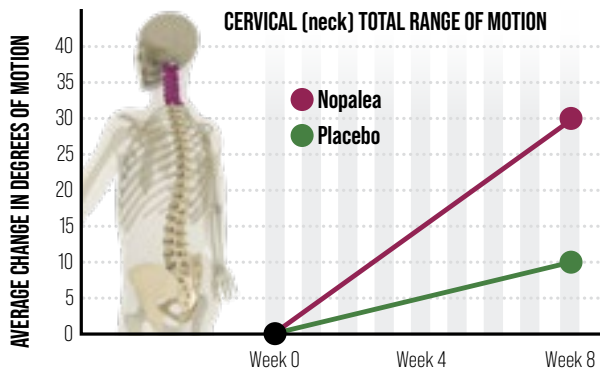
Your quality of life depends on your ability to remain active. Since we introduced Nopalea over ten years ago, we've heard from thousands of Members who've had terrific experiences using the product.

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

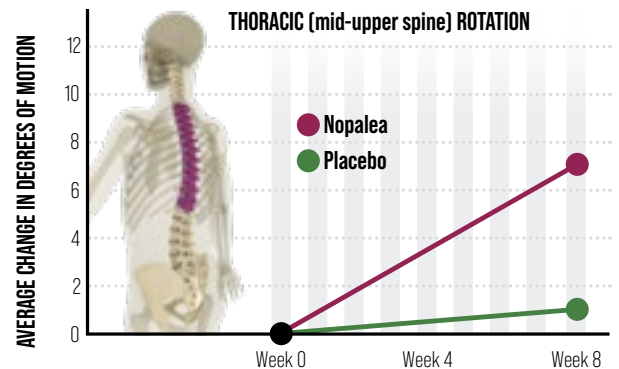
placebo-controlled clinical study on the effectiveness of Nopalea. **Study results showed that consumption of Nopalea improved mobility, flexibility, and range of motion in the neck, back and joints.** The outcomes also indicated it could help improve the overall quality of life.

NOPALEA STUDY TEST RESULTS

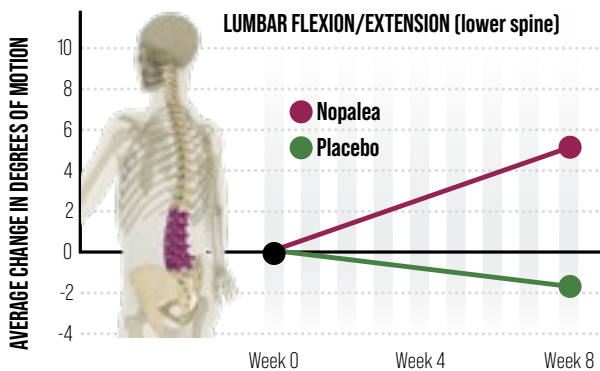
Reference: †Jensen, G. Evaluation of Activity Levels, Inflammatory Markers, and Overall Wellness. 2019.



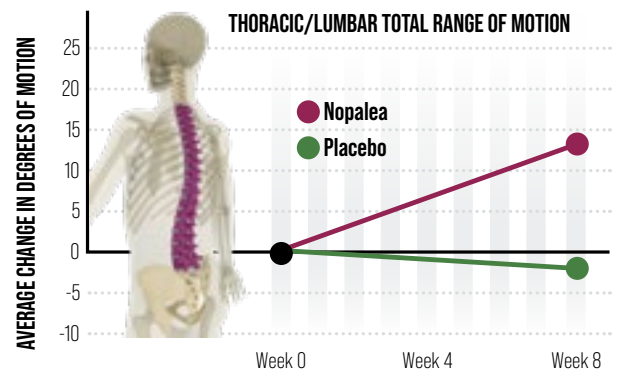
Cervical Total Range of Motion (ROM). Level of statistical significance when comparing all participants consuming Nopalea (pink) versus participants consuming the placebo (green).



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



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



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



Nopalea®

Help reduce chronic inflammation & its risks

Improve mobility, flexibility, and 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 clinical studies.

WITH DAILY USE, NOPALEA MAY IMPROVE YOUR QUALITY OF LIFE¹ BY HELPING YOUR BODY:

- Support the normal and essential anti-inflammatory function performed by the immune system
- Less reliance on pain medication³
- Improve joint mobility, range of motion, and flexibility¹
- Lower elevated at-risk levels of C-Reactive Protein¹
- Reduce inflammation²

“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~~

Sale Price - \$29.99*

Receive 120 VitaPoints!

*Expires 1/31/22. While supplies last.



Suggested Use: For maintenance, drink one to three (1-3) ounces daily, depending on your body's need. May be mixed with water or your favorite beverage. Refrigerate after opening.

References:

1. Clinical study results¹ based on three (3) ounces per day for 8 weeks.
2. Jensen GS. The Effect of Consumption of a Nopal Cactus Fruit Juice on C-Reactive Protein Levels in Healthy Adults: *European Journal of Nutrition and Food Safety* 2016, 6(1):1-9.
3. Improved Joint Mobility Associated with Reduced Inflammation Related to CIA (dovepress.com)



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).



FEEL BETTER
and **BRIGHTER**
with
NeuroShine®

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

The brain serves as a go-to-get source for the various functions in our body system such as hearing, taste and smell, vision and the entire body balance. In addition, our brain plays an important role in controlling our behavior, mood and memories.

Therefore, it is equally important for our brain to balance this function and research shows that a regular intake of certain dietary supplements in combination with exercise and diet such as the MIND Diet are some of the best ways to support the functioning of the brain and our mood; not only to make us feel brighter and better¹ but also healthier.

An outbreak of nutritional science news with a particular emphasis on mood and brain function reflects the increasing interest in non-drug, natural interventions to help support that our brain is healthy and performs better as we age. **Given the present state of our society where senile dementia like Alzheimer's disease, Depressive disorder and other related variations are of greater concerns, this heightened interest of the populace to find a more effective and natural solution to brain health is timely.** Particularly with the soaring costs of health care, increasing rate of Alzheimer, heightened occurrence of Bipolar Disorder (also called Manic Depressive Disorder), and the aging population which

places more priorities than ever on changing lifestyle and prevention.

Over the years, however, pantothenic acid also called Vitamin B5, BacoMind, a standardized and branded form of Bacopa Monnieri and Lithium Orotate, have been shown to play a major role in brain health function and mood management,^{1,2,3} and these are ingredients that can be integrated into our diets and taken as dietary supplements.

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



Dietary supplements, and the ingredients from which they are produced, with their bioavailability and level of absorption, provide us with amazing natural product choices that have been clinically confirmed for their effectiveness to improve cognitive functions, manage mood and improve brain functions.

From BacoMind and Lithium Orotate to the varieties of natural cognitive supplements that can be derived from the pantothenic acid and other natural sources, individuals are now particularly interested in the effective methods of managing their mood and improving their cognitive function. Many people are increasingly wary of consuming the common prescription pharmaceutical drugs to enhance the proper functioning of the brain, as they are commonly produced from the combination of synthesized materials like amphetamine salts which can lead to severe health issues like disruption of sleep patterns, anxiety, depression, psychosis, loss of appetite and death.

NEUROSHINE — WHY DO YOU NEED IT?

“As a primary care physician, I encourage my patients to take responsibility for their brain health. I recommend that if they want to experience healthy aging of the brain, they should modify their diet, receive the proper amount of sleep and get regular physical activity. I also recommend adequate dietary supplementation to cover any nutrients that may be missing from their diet.”

After reviewing the NeuroShine formula and the science behind each of the three ingredients, I’m confident that people who seek to optimize brain health can benefit by supporting their mood, memory and cognitive function with this product”

Ankit Chander, MD, MD (H)
Board Certified Integrative Medicine
Licensed Doctor of Homeopathy



BacoMind® (Bacopa Monnieri)

As it supports mood, helps with psychological stress and supports the functioning of the brain including the memory, Bacopa Monnieri, (BacoMind®) has been especially reported to aid adults in cognitive performance. For instance, positive results were recorded in a double-blind placebo; an age-related memory impairment test. BacoMind® was found to enhance the cognitive functions including focus and concentration, and verbal memory.²

Vitamin B5 (Pantothenic Acid)

Similar to the other Vitamin B categories, Vitamin B5, also called pantothenic acid, has been discovered to play an essential role in the regulation and synthesis of several biochemical pathways. It is popularly known for its energy metabolism and its contribution to the proper functioning of the brain. This vitamin is also required as an important precursor of Coenzyme A category (an essential enzyme for energy and protein metabolism).³

“ NeuroShine improves my mood and makes my brain sharper!”

— Ronald M., Member since 2018

Continued on next page

NeuroShine®

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

Lithium Orotate

As scientists continue to study the effects of Lithium Orotate, studies have also shown that low doses of lithium consumed has positive benefits on the brain and mood. In fact, one particular study reported communities that had micro amounts of lithium in the drinking water experienced less suicide, homicide and violent crimes versus communities with no lithium in the drinking water.⁴



One study compared the low environmental dose range of lithium of 300 micrograms to placebo in a group of patients who had Mild Cognitive Impairment, a condition that can deteriorate to Alzheimer's Disease in some who have it. Those given the low dose lithium stabilized and did not lose cognitive function while the group on placebo had continued deterioration.⁵

The research borne out of the environmental findings indicate numerous benefits from lithium at low microgram level of doses.

References:

- 1 <https://www.ncbi.nlm.nih.gov/pubmed/19407280>
- 2 <https://www.ncbi.nlm.nih.gov/pubmed/20590480>
- 3 <http://pi.oregonstate.edu/mic/vitamins/pantothenic-acid>

NEUROSHINE - WHY THE HYPE?

For every bottle of NeuroShine, you have a supplement with the combinative power of pantothenic acid, BacoMind and Lithium Orotate. These ingredients are specifically packaged to form a single, yet powerful and confirmed dietary supplement. Each of these ingredients works with each other in amazing and unique ways. Lithium is the oldest and best treatment for the protection of the brain. As it also supports reducing decline in cognitive performance, and is known as one of the best and most effective mood stabilizers available today in the market.⁶

Included in NeuroShine at twice the Recommended Daily Allowance, Pantothenic Acid is needed for the synthesis of some essential neurotransmitters in focus and attention. It is also effective for the metabolism of energy in the brain and the entire body system.¹ BacoMind is present in NeuroShine in its standardized and patented form as it adds an extra level of protection to ensure that the required level of active ingredients in the herbal product are present. Its protective role as a good antioxidant also gives NeuroShine its competitive edge in the market.² The combination of these three active ingredients offers an amazing and synergistic formulation to support brain health and function in several ways that complement each other.

Each bottle of NeuroShine provides 30 capsules and support for brain health and function, mood and concentration.

- 4 <https://www.ncbi.nlm.nih.gov/pubmed/1699579>
- 5 <https://www.ncbi.nlm.nih.gov/pubmed/22746245>
- 6 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4063497/>



NeuroShine®

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

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 you brain and mind for a fulfilling and healthy life.

NeuroShine was formulated to support better mood, memory and focus, and healthy development of brain cells for increased protection against brain disorders and neurodegeneration.

- **Bacomin[®]** (Bacopa Monnieri) an aquatic plant that has been used in traditional Ayurvedic medicine for centuries to enhance memory, cognitive function and enhance longevity¹
- **Vitamin B5 (Pantothenic Acid)** the “anti-stress” vitamin supports overall energy production, is needed for synthesis of some essential nutrients and is critical for production of some hormones and neurotransmitters²
- **Lithium Orotate** Unlike pharmaceutical lithium, lithium orotate is effective in extremely small amounts (500mcg)³ or⁴. And supports a healthy mood and makes users feel better and brighter³ or⁴. It delivers all the benefits of lithium without the risk of dangerous side-effects due to increased bioavailability over other products in the market³ or⁴

“ I have a much-improved memory and greater organization.”

— Sue B., Member since 1999

“ I feel sharper and my mood's improved - I love it!
It's on my autoship so I never run out!”

— JD W., Member since 2010



NeuroShine®

#30900 **\$34.99**

Earn 140 VitaPoints!

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



NeuroShine®

Quantity: 30 capsules **Serving size:** 1 capsule

Amount per serving: Pantothenic acid (as D-calcium pantothenate) 10 mg, Lithium (as lithium orotate) 500 mcg, Bacopa monnieri leaf extract (BacoMind®) 450 mg.

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

References:

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

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

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

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



Nerve Formula™

The perfect diet supplement to help support proper nerve function

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

Broad-spectrum nervous system support

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

Preserve nerve health and function with:

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

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

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

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

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

“I have a nerve issue I have seeing a doctor for. Nerve formula has helped me and even my doctor noticed the difference! 6 out of 5 stars”

— Lorraine H.,
Member since 2011



MORE POINTS
ALWAYS!
and
FREE SHIPPING
See page 53

Nerve Formula™

#30360 **\$27.99**

Receive 112 VitaPoints!

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

References:

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

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



Omega3 Prime™

Premium fish oil concentrate for heart, brain and joint support

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

In addition, according to the American Heart Association and the National Institutes of Health (NIH), omega-3s may help support healthy blood pressure and reduce the risk of heart problems.^{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 associated with inflammation.⁸

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

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

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

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


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

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

Quality, every step of the way:

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

THIS PRODUCT IS ALSO GREAT FOR:

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

GREAT
for the
HEART!

Omega3 Prime™

#31320 **\$29.99**

Receive **120 VitaPoints!**

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



Omega3 Prime™

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

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

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

References:

- 1 Helland IB. *Pediatrics*. 2003 Jan;111(1):e39-e44.
- 2 Yurko-Mauro K. *Curr Alzheimer Res*. 2010 May;7(3):190-6.
- 3 Kotani S, et al. *Neurosci Res*. 2006; 56:159–64.
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- 6 https://www.heart.org/HEARTORG/Encyclopedia/Heart-and-Stroke-Encyclopedia_UCM_445084_ContentIndex.jsp?title=omega%20%20fatty%20acids
- 7 <https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/#h7>
- 8 <https://lpi.oregonstate.edu/mic/other-nutrients/essential-fatty-acids>
- 9 Kris-Etherton, et al. *Amer Journ Clin Nutr*, Vol. 71, No. 1, 179S-188S.



CoEnzyme Q-10

Premium potency for cardiovascular wellness and healthy heart support

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

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

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

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



THIS PRODUCT IS ALSO GREAT FOR:

ENERGY, STAMINA & PERFORMANCE SUPPORT

CoEnzyme Q-10

#31161 **\$29.99**

Receive 120 VitaPoints!

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



CoEnzyme Q-10

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

Amount per serving: CoEnzyme Q-10 50 mg.

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

References:

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

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- 7 Bor-Jen Lee. *Nutrition Journal* 2013, 12:142.
- 8 Gao L, et al. *Atherosclerosis.* 2012 Apr;221(2):311-6.
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- 10 Rosenfeldt FL, et al. *Hum Hypertens.* 2007 Apr;21(4):297-306.



K2 Complete

Help support your heart and vascular system

Protecting and nourishing our hearts with heart-healthy nutrients can help us stand a better chance against cardiovascular events. Created with Vitamin K2 and K1, discover the benefits of K2 Complete, a soft gel supplement for heart health.

CARDIOVASCULAR SUPPORT FROM HEART-HEALTHY VITAMIN K INGREDIENTS

TriVita's K2 Complete contains three forms of Vitamin K: Vitamin K1 as phytonadione and Vitamin K2 as menaquinone-4 (MK-4) and menaquinone-7 (MK-7). Vitamin K2 and K1 are a group of fat-soluble vitamins widely researched for heart health benefits.¹⁻⁵

Vitamin K deficiency can lead to calcification (mineral deposits) of vessel walls that has been associated with a higher risk of cardiovascular events. Vitamin K2 consumption may lower risk of vascular damage.¹ It has also been found to be up to eight times more bioavailable than K1 and can remain active in the body for a longer period of time.²

Vitamin K1 can be found in plant-based foods such as kale, spinach and broccoli.

Vitamin K2 is often missing in the Western diet as it is usually found in fermented foods.^{2,3}

Vitamin K2 studies have shown:

- If at least 32 mcg of Vitamin K2 is present in the diet, then the risks for blood-vessel calcification and heart problems are significantly lowered.³
- High-intake of Vitamin K2 was associated with protection against cardiovascular events.⁴
- Long-term use of MK-7 supplements improved arterial stiffness, which is related to high blood pressure and hypertension in healthy postmenopausal women.⁵

THIS PRODUCT IS ALSO GREAT FOR:

 **HEALTHY INFLAMMATION SUPPORT**

K2 Complete

#31350 **\$24.99**

Receive 100 VitaPoints!

Suggested Use: Adults: Take one (1) soft gel daily.

**K2 Complete**

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

Ingredients: Vitamin K1 (as Phytonadione) 500 mcg, Vitamin K2 (as Menaquinone-4) 1,500 mcg, Vitamin K2 (as Menaquinone-7) 45 mcg.

Other Ingredients: Medium Chain Triglyceride Oil, Olive Oil, Bovine Gelatin, Glycerin, Purified Water, Carob.

Please Note: If you are taking anticoagulant or antiplatelet medications, or have a bleeding disorder, consult with your healthcare provider before taking this product.

References

1. Maresz K. Proper Calcium Use: Vitamin K2 as a Promoter of Bone and Cardiovascular Health. *Integr Med (Encinitas)*. 2015;14(1):34-39.
2. Schurgers LJ, Teunissen KJ, Hamulyák K, Knapen MH, Vik H, Vermeer C. Vitamin K-containing dietary supplements: comparison of synthetic vitamin K1 and natto-derived menaquinone-7. *Blood*. 2007;109(8):3279-3283. doi:10.1182/blood-2006-08-040709
3. Geleijnse JM, Vermeer C, Grobbee DE, et al. Dietary intake of menaquinone is associated with a reduced risk of coronary heart disease: the Rotterdam Study. *J Nutr*. 2004;134(11):3100-3105.
4. Gast GC, de Roos NM, Sluijs I, et al. A high menaquinone intake reduces the incidence of coronary heart disease. *Nutr Metab Cardiovasc Dis*. 2009;19(7):504-510.
5. Knapen MH, Braam LA, Drummen NE, Bekers O, Hoeks AP, Vermeer C. Menaquinone-7 supplementation improves arterial stiffness in healthy postmenopausal women. A double-blind randomised clinical trial. *Thromb Haemost*. 2015;113(5):1135-1144. doi:10.1160/TH14-08-0675



Cholestria™

Healthy cholesterol level maintenance and support without toxic side-effects

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

A more complete cardio picture

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

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!

MORE POINTS
ALWAYS!
and
FREE SHIPPING
See page 53

Cholestria™
#31290 **\$39.99**

Receive 160 VitaPoints!

Suggested use: Adults take one (1) soft gel twice daily, with meals.

“When I had a very high cholesterol of 325, I ordered Cholestria and followed with a proper diet- my numbers came down quickly. My doctor said it was a good product.”

— Wanda J., Member since 2012



Cholestria™

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

References:

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

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

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

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

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

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



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 B6, B12 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 B6, B12 (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 one (1) slow dissolve tablet daily or as needed throughout the day. For best absorption do not chew or swallow whole: let dissolve in mouth or under tongue.



HCY Guard®

Quantity: 30 tablets Serving size: 1 tablet

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

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

References:

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

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

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

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

5 Morris MS, et al. *Am J Clin Nutr.*, 2008; May; 87(5):1446-54.

6 Friesen RW, et al. *J Nutr.*, 2007; Dec;137(12):2641-6.

7 Aguilar TS. *Arch Latinoam Nutr.*, 1982 Mar; 32(1):130-47.

8 Kumar A, et al. *Pharmac & Ther.*, 2009; 124(3):259-268.



Glucosolver® 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. Glucosolver is formulated to help maintain healthy glucose levels. It's built on a solid vitamin and mineral foundation and enhanced with the SugarSolver™ botanical blend, which includes:

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

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

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

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

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

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

DID YOU KNOW?

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



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

- Niva K., Member since 2003

Glucosolver® Formula

#30340 **\$29.99**

Receive 120 VitaPoints!

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



Glucosolver® 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, Magnesium (from Magnesium Oxide, Magnesium Glycinate) 100 mg, Zinc (from Zinc Oxide) 12.5 mg, Copper (from Copper Amino Acid Chelate) 0.5 mg, Manganese (from Manganese Citrate) 2.5 mg, Chromium (from Chromium Polynicotinate) (ChromeMate®) 200 mcg, Potassium (from Potassium Citrate) 99 mg, Deodorized Garlic Powder 25 mg, SugarSolver™ Proprietary blend 574 mg: Gymnema Sylvestre Leaf, Banaba Leaf Extract (1% Corosolic Acid), Bitter Melon Fruit Extract 4:1, American Ginseng Root, Cinnamon Bark, Alpha Lipoic Acid (ALA), 5-Hydroxytryptophan (5-HTP), Vanadyl Sulfate.

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

References:

- 1 <http://diabetes.niddk.nih.gov/dm/pubs/insulinresistance/>
- 2 Shanmugasundaram ER, et al. *J Ethnopharmacol.*, 1990;30:281.
- 3 Wong CM, et al. *J Ethnopharmacol.*, 1985;13:313.
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- 7 Ulbricht C, et al. *J Herbal Pharmacother.*, 2007;7(1):99.
- 8 Brichard SM, et al. *Diabete Metab.*, 1991;17(5):435.
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- 10 Cecei F, et al. *J Neural Transm.*, 1989;76:109.



VisionGuard™

Advanced vision formula to help you see life more clearly

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

These two key antioxidants:

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

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

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

Black currant: Supplies antioxidant anthocyanins and polyphenols.

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

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

Why does VisionGuard use FloraGLO® lutein?¹¹

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

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

VisionGuard™

#30572 **\$29.99**

Receive 120 VitaPoints!

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



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



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

Other ingredients: Gelatin, vegetable magnesium stearate and silica.

References:

- 1 https://www.nei.nih.gov/sites/default/files/NEHEP-pdfs/nehep_5_year_agenda_2006.pdf
- 2 <https://nei.nih.gov/news/pressreleases/050513>
- 3 Obana A, et al. *Ophthalmology*. 2008 Jan;115(1):147-57.
- 4 Koushan K. *Nutrients*. 2013 May; 5(5): 1823-1839.
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- 7 Richer S, Stiles W, Statkute L, et al. *Optometry* 2004; 75: 216-230.
- 8 Richer S, Devenport J, et al. *Optometry*. 2007 May; 78(5): 213-9.
- 9 <https://www.ncbi.nlm.nih.gov/books/NBK92770>
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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 two (2) capsules daily. For best results, take with juice one hour before or after food.

Balanced Woman®

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

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

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

References:

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

- 7 <http://consensus.nih.gov/2005/menopausestatement.htm>
- 8 American College of Obstetricians and Gynecologists. Guidelines for women's health care; a resource manual. 3rd ed. Washington, DC: ACOG; 2007.
- 9 "Well Women Visit" The American College of Obstetricians and Gynecologist, Committee Opinion Number 534, August 2012. Carusi, Daniela " The gynecologic history and pelvic examination," UpToDate, July 7, 2014.



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



MORE POINTS ALWAYS!
and
FREE SHIPPING
See page 53

Prostate Health Formula™

#30400 **\$19.99**

Receive 80 VitaPoints!

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



Prostate Health Formula™

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

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

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

References:

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

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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

A photograph of a modern living room with a large TV, a sofa, and a coffee table.

Human Trafficking Awareness Month

Where Hope and Healing Live

Brittney's Story

The gift of giving isn't just a happy feeling, it's a choice of eternal impact. As the Lord says in Matthew 25:40, *"Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me."*

We deeply appreciate your donations to the House of Giving in support of victims of human trafficking. Your gift not only blesses these survivors but our Father in Heaven as well.

For those who have not yet joined us in this mission to build dream rooms for human trafficking survivors, we ask that you read this story about a woman named Brittney* and consider the impact that the smallest donation will make.

What is Human Trafficking?

Human Trafficking occurs when traffickers exploit individuals for their own gain by forcing them to perform labor or engage in commercial sex. According to the U.S. Department of State, human trafficking is the fastest-growing criminal industry in the world, generating about \$150 billion a year globally.¹ This is approximately six times the annual income of the NFL, NBA and MLB combined.

The International Labor Organization estimates that there are nearly 25 million victims in the world at any given moment.² However, less than 1% of the survivors of human trafficking cases are identified.³ It is especially difficult in cases like Brittney when victims are left at risk of trafficking by a family member. *In 41 percent of human trafficking cases, it was a family member who sold the individual into the industry.*⁴ This makes the case extremely difficult to identify and prosecute.

Brittney's Story

Brittney, a survivor of human trafficking, was two years old when she was molested for the first time. Her mother and her brothers were also molested and subjected to mental and physical abuse – but Brittney felt she had to pretend nothing was happening. Even when her molester eventually paid for her counseling, the counselor predicted that she was destined to endure further abuse or become an abuser herself.

Brittney's first experience of being trafficked occurred in a parking garage. After that, her traffickers forced her to be a prostitute in the most terrible conditions – keeping her out in the sun or in the pouring rain. Her traffickers claimed every right over Brittney's life and subjected her to terrible abuse in order to make money. She begged God for rescue from her situation, but her traffickers told her she deserved it.

Brittney developed severe depression at the age of 19 and attempted to take her own life on multiple occasions. She broke down and questioned God as to why He had even created her and why He didn't just let her die upon being born.

Rescue and Hope

But it wasn't long after that fateful night of crying out to God that she was able to stay in a Dream Room, which is a specific room dedicated to shelter survivors of trafficking. While staying in a Dream Room, Brittney went to a church where they sang a song about God's enduring love. She was overwhelmed by the presence of the Holy Spirit and burst into tears.

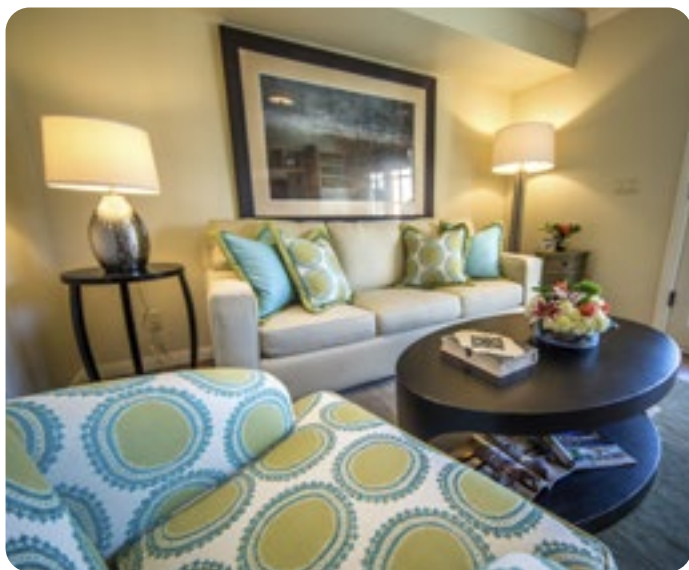
Brittney began to develop her relationship with God and heal from her trauma while staying in the Dream Room. She was able to acquire her GED and found her passion to be a counselor for young men and women.

The Impact of a Dream Room

The “Dream Room” that Brittney stayed in was designed with intention and love so that the environment would be calming to the senses.

The texture of the walls and flooring, the strategic use of lights, the colors of the fabric, and the placement of the furniture is specifically curated so that the survivor feels comfortable, which is essential in the first 48 hours after rescue. This reduces the survivor’s impulse to flee and in turn, dramatically increases the survival success rate by 94%.

Seeing such a beautiful room often brings survivors to tears and sparks the beginning of their journey to hope, healing, and confidence in who God made them. They don’t need to perform in order to stay there; their second chance at life is free.



But sometimes new victims have to be turned away. There are currently 48 beds for young women and 12 beds for young men, but sometimes that simply isn’t enough to meet the volume of victims trying to escape.

House of Giving is accepting donations to set up and operate additional rooms, which will house 40 more survivors of human trafficking and grant them a safe and secure place to heal. 100% of all donations received will go directly to building more of these rooms.

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1. “About Human Trafficking.” U.S. Department of State. <https://www.state.gov/humantrafficking-about-human-trafficking/#profile>
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Changing Lives and Inspiring Dreams

Because of Brittney’s stay in a dream room, she has been able to find peace and a passion. When she began to live for Christ, her life became something better than she could have ever imagined.

“When difficult situations arise or when traumatic memories come back up, I am now able to thank the Lord that I’m no longer in that situation,” Brittney said.

“I think, ‘okay, Lord, you’re with me. You’ll never leave me nor forsake me.’ I remember I’m blessed.”

She considered every day she was there to be a blessing. Even the harder days of processing her abuse were better than any day she had lived before staying in a Dream Room.

YOU can make a difference

Your donation to House of Giving will change the lives of young women like Brittney that need somewhere safe to stay and heal. Your generosity is deeply appreciated for fueling the mission to share God’s light with young adults who have endured great darkness.

As it says in Romans 8:15, “For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, ‘Abba! Father!’”

“The New Year inspires us to give thanks and give generously. Please come alongside us in supporting these survivors and receiving God’s blessings as we share his kindness!

For the month of January, TriVita will be matching all donations to the House of Giving. Make a difference and donate today!”

Donations Can Be Made Online At

houseofgiving.org
or by calling
1-800-991-7116

You can mail a check to
House of Giving
16100 N. Greenway Hayden Loop, Suite E-190
Scottsdale, AZ 85260

Note: The name used in this story was changed for the survivor’s privacy

3. “What is Human Trafficking.” Californians Against Sexual Exploitation. Published 2019. <http://www.caseact.org/learn/humantrafficking/>
4. “Trafficking In Persons Report July 2021” U.S. Department of State. https://www.state.gov/wp-content/uploads/2021/07/TIP_Report_Final_20210701.pdf

POWER TO THE PLANTS!

The Super Health Benefits of Plant-Based Nutrients



Plant-based nutrition has become a popular term in the health and wellness universe as more people adopt a green, natural way of living. In fact, one survey found more than half of Americans were open to eating more plant-based foods, but they don't know what to buy.¹ Whether you consume a complete plant-based diet, or want to adopt a healthier lifestyle by adding in products that are “more green” and high in plant-based nutrients, we're examining the latest research in plant-based nutrition and how it benefits the body in a myriad of ways. We'll even tell you where you can get all these nutrients (hint: you can get it in one scoop a day).

When looking for products that support your health and wellness journey, having the information to fuel smart nutrient choices can help ensure you're on the right track for your health and well-being. Consuming ingredients that benefit all nine body systems and contain an adequate amount of vitamins and antioxidants can have a lasting positive impact on the body—even as we age. First things first, let's break down plant-based ingredients that can help you either get on track, or stay on the right path, to good nutrition and smart health choices for various areas of health.

WHOLE FOOD AND PREBIOTIC BLEND

Barley (*Hordeum vulgare* L.) is an important cereal crop and has the highest dietary fiber content.² Barley grass powder provides nutrition value as it has been found to eliminate toxins from cells in humans.² Its functional ingredients have played an important role as a health benefit.² Wheat grass provides an excellent source of vitamins and minerals, as its high in vitamins A, C and E, as well as iron, magnesium, calcium and amino acids. Inulin is a type of fiber, and found in many fruits and vegetables, such as bananas,

asparagus and chicory root. Alfalfa is a plant that is particularly high in vitamin K. Spirulina algae is often referred to as blue-green algae, and is loaded with nutrients. It was even proposed by NASA to grow in space for astronauts.³ Chlorella is another type of algae that's packed with vitamins and minerals, namely omega-3, fiber, antioxidants and protein.

ANTIOXIDANT BLEND

Speaking of antioxidants, they're important for the body as they scavenge free radicals from the body cells and prevent or reduce the damage done by oxidation. Pomegranate, acai, moringa, beet root, raspberry, rose hips, pineapple and goji berry are all bountiful in antioxidants. Fruits, such as berries and pomegranates, are rich sources of a variety of dietary bioactive compounds, especially the polyphenolic flavonoids that have been associated with antioxidant and anti-inflammatory effects.⁴ In addition, pomegranates, also classified as berry fruits, have been shown to confer antioxidant and anti-inflammatory effects.⁴

ADAPTOGENIC HERB BLEND

Adaptogenic herbs work to counteract stress in the body with their stimulant properties. Studies on animals have revealed adaptogens exhibit neuroprotective, anti-fatigue and antidepressive properties.⁵ Specifically, studies have showed ashwagandha as a multipurpose herb as it has anti-inflammatory, neuroprotective, adaptogenic, memory-enhancing and sleep-inducing properties.⁶ Other adaptogenic herbs include maca and bacopa monnieri.

ESSENTIAL FATTY ACIDS (EFA) FIBER BLEND

Omega 3 and omega 6 are types of EFA, and the three main types of omega 3s include ALA, EPA and DHA. Flaxseeds are abundant in omega 3s, which are good

for the heart. The common sunflower seed supplies an abundance of nutritious components and is high in omega 6, as well as protein, unsaturated fats, fiber, vitamins (especially E), selenium, copper, zinc, folate, iron and more.⁷

METABOLISM BLEND

An active metabolism helps your body burn food into energy and fuel. It raises and lowers your appetite based on how active you are, and what foods you consume. Green coffee bean, ginger root, green tea, white tea, matcha green tea and black tea have all been shown to influence and boost the metabolism.^{8,9,10,11,12} Tea also has strong antioxidant properties, which gives it additional health benefits.¹³

IMMUNITY BOOSTING BLEND

Your immune system is your best defense against sickness and foreign invaders in the body, and herbs and mushrooms have been shown to have an immune-boosting effect. Echinacea angustifolia is a type of flowering plant has been found to have modulating effects on the immune function.¹⁴ In vitro and in vivo studies have suggested some immune-stimulating effects of astragalus, another flowering plant, which is a popular herb in Chinese medicine.¹⁵ Reishi is a type of mushroom and has also been shown to have beneficial effects on the immune system, with one study finding it can relatively improve immune functions that are usually depressed by chemo/ radiotherapy.¹⁶

VEGGIE BLEND

Vegetables carry numerous vitamins and minerals, and are important in a daily diet. Tomatoes, for instance, carry the antioxidant lycopene, and is a source of vitamin C, potassium, folate and vitamin K. Cauliflower is high in fiber and B vitamins, as well as phytonutrients and antioxidants. These veggies offer numerous benefits and adequate sustenance to keep the body fueled for daily activities.

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DETOX SUPPORT BLEND

Milk thistle, with a distinctive purple flower and white veins said to be caused by the milk of the Virgin Mary, exhibits a detoxifying effect. Its active ingredient silymarin has been shown to protect the liver.¹⁷ Another ingredient good for detoxing is cilantro, which can help support the body's natural detox pathways, especially when it comes to heavy metals such as mercury.^{18,19} Turmeric root exhibits many health benefits, as its active ingredient curcumin has been shown to have anti-inflammatory properties.

DIGESTIVE ENZYME AND PROBIOTIC BLEND

The digestive system is one of the most important systems, as it not only makes sure that our food is being digested properly, but 70 percent of the immune system lies in the gut. Lactobacillus acidophilus is a form of probiotic that produces lactic acid, which is beneficial for the gut as it makes up the healthy bacteria that lives there. It can even help increase other amounts of healthy bacteria in the gut, which your body needs to function properly. In addition to probiotics for the digestive system, enzymes are also important. The three main enzymes are amylase, protease and lipase and are necessary to turn food into nutrients for the body.

All of these nutrients are chock-full in our latest Super Greens Plus, a premium and convenient supplement product. You want to eat well so you feel well. Getting all of these nutrients in a daily diet, especially if you can't eat as much food as you once could, is important. Ingesting a superfood blend of healthy nutrients has become an essential of modern day living, so we can continue to live our lives to the fullest.



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Super Greens Plus

Power Your Nutrition with a Superfood Blend

Plant-based nutrition has become a popular term in the health and wellness universe as a green, natural way of living becomes favored for a variety of diets and lifestyles. If you are like most Americans, you're not getting enough fruits and vegetables in your diet.⁷ Consuming ingredients that benefit all nine body systems and contain an adequate level of vitamins, minerals and antioxidants can have a lasting positive impact on the body—especially as we age. These benefits can be found in one scoop a day in Super Greens Plus. Super Greens Plus fills the gaps for those who lack the recommended amount of fruits and vegetables in their daily diet.

Super Greens Plus provides:

- An excellent source of vitamins and minerals
- An abundance of antioxidants
- Adaptogenic herbs to counteract stress in the body
- Essential fatty acids (EFA) your body needs
- A variety of tea blends for a metabolism boost^{1,2,3}
- Immune-stimulating herbs^{4,5}
- Detox support⁶
- Prebiotics and fiber from wholefoods
- Probiotics for the digestive system
- A daily dose of fruit & vegetable concentrates



Not only that, but Super Greens Plus is all natural. Naturally flavored, paleo friendly, vegan, gluten-free and, non-GMO. There are no artificial colors or preservatives, no added sugar and glucose friendly. Plus, tastes great and mixes well.

Eat well with a superfood blend of healthy nutrients—a smart choice to get on track or stay on the right path to good nutrition.

Super Greens Plus

#31360 **\$39.99**

Receive 160 VitaPoints!

Suggested use: Add one (1) scoop with 8 oz. or more of water, juice, or smoothie.



Super Greens Plus

Quantity: 8.5 oz (213 g) **Serving size:** 1 scoop (7.10 g)

Amount per serving: Calories 15, Total Carbohydrates 4g, Dietary Fiber 2g, Total Sugars 2g, Includes 0g Added Sugars

Ingredients: Wholefood & Prebiotic Blend Wheat Grass Juice Powder, Organic Inulin, Barley Grass Powder, Alfalfa Powder, Spirulina Algae (Blue-Green) Powder, Spinach Powder, Chlorella Powder, Broccoli Powder **Antioxidant Blend** Pomegranate Fruit Powder, Acai Berry Powder, Organic Moringa Powder, Carrot Powder, Organic Beet Root Powder, Raspberry Fruit Powder, Rose Hips Powder, Pineapple Fruit Powder, Goji Berry Powder, Acerola Cherry Powder **Adaptogenic Herb Blend** Maca Root Powder, Rhodiola Rosea Extract [Std. 3% Salidroside & 1% Rosavins], Organic Ashwagandha Powder, Bacopa Monnieri Extract Powder [Std. to 20% Bacopasides] **EFA Fiber Blend** Sunflower Lecithin Powder, Flax Seed Powder, Apple Pectin Powder **Metabolism Blend** Green Coffee Bean Extract [Std to 50% Chlorogenic Acid], Ginger Root Powder, Green Tea Extract [Std to 98% Polyphenols & 50% EGCG], White Tea Powder, Organic Matcha Green Tea Powder, Black Tea Extract **Immunity Boosting & Mushroom Blend** Echinacea Angustifolia Root Powder, Astragalus Root Powder, Reishi Powder **Veggie Blend** Tomato Powder, Cauliflower Powder, Brussel Sprout Powder, Parsley Leaf Powder **Detox Support Matrix** Milk Thistle Powder, Cilantro Powder, Turmeric Root Powder **Digestive Enzyme & Probiotic Blend** Lactobacillus acidophilus (5 Billion CFU/g), Protease 5,000 HUT/G, Amylase 5,000 SKB/G, Lipase 1,000 FIP/G, Lactase 1,000 Powder, Cellulase 1,000 CU/G

Other ingredients: Other Ingredients: Mixed Berry Flavor, Citric Acid, Stevia Extract, Malic Acid, Vanifolia

Manufactured in a facility that may process milk, shellfish, tree nuts, wheat, peanuts and soy.

References:

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7. <https://www.health.harvard.edu/staying-healthy/most-americans-dont-eat-enough-fruits-and-veggies>



VitaDaily™

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

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

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

WITH VITADAILY —YOU DO GET—

100%
DAILY
VALUE



19
ESSENTIAL
VITAMINS &
MINERALS



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TABLET
THAT
DISSOLVES



30
MINUTES

WITH VITADAILY —YOU DON'T GET—

ARTIFICIAL
FOOD DYES

FAKE
FLAVORS

SYNTHETIC
PRESERVATIVES



MEGA-DOSES

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



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

VitaDaily™
#30203 **\$14.99**
Receive 60 VitaPoints!
Suggested use: Adults:
Take one (1) tablet daily,
preferably with food.



VitaDaily™

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

Amount per serving: Vitamin A (as retinyl acetate & 50% beta-carotene) 1,500 mcg, Vitamin C (as ascorbic acid) 100 mg, Vitamin D3 (as cholecalciferol) 25 mcg, Vitamin E (as d-alpha-tocopheryl succinate) 20 mg, 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).



Multi Collagen

Multi Collagen provides premium support for skin, nails, hair, joints, gut and more.

Our bodies are highly dependent on protein. In fact, Collagen protein is the most abundant protein in the body. It is a multi-faceted component of connective tissue that supports tendons, ligaments, skin, muscles and even arteries. Collagen supplementation studies have shown several health benefits from joint discomfort relief to healthier skin.^{1,2,3}

Support your body with our premium quality Multi Collagen supplement.

- Collagen type I, II, III, V and X
- Hydrolyzed peptides and protein for better absorption
- Grass-fed, cage-free and wild-caught sourced
- 9 grams of protein per serving
- Abundant in amino acids
- Gluten-free – Non-GMO
- Dissolves easily

Results vary, but measurable results can typically be seen in 8-12 weeks.

“I love the Multi Collagen. I have taken 2 containers and can really tell the difference. I was dealing with such dry skin, and it has really helped me.”

— Judy C., Member since 2006



THIS PRODUCT IS ALSO GREAT FOR:

 **MUSCULOSKELETAL SYSTEM SUPPORT**

Multi Collagen

#30930 **\$39.99**

Receive 160 VitaPoints!

Suggested use: Adults 18 and over, mix one (1) scoop (10 g) of powder with 8 oz or more of water or your favorite beverage daily. May also be added to food. Do not exceed two (2) scoops daily.



Multi Collagen

Quantity: 10.58 oz (300 g) **Serving size:** 1 scoop (10 g)

Amount per serving: Calories 38, Sodium 57 mg, Protein 9 g.

Ingredients: Multi Collagen Complex: Hydrolyzed Bovine Collagen Peptides, Bovine Bone Broth Hydrolyzed Protein, Hydrolyzed Fish Collagen Peptides, Chicken Bone Broth Collagen Concentrate, Eggshell Membrane Collagen. **Amino acids:** Alanine 709mg, Arginine 647 mg, Aspartic Acid 445mg, Glutamic Acid 901 mg, Glycine 1653 mg, Histidine† 94mg, Hydroxylysine 35 mg, Hydroxyproline 908 mg, Isoleucine† 105 mg, Leucine† 243 mg, Lysine† 262 mg, Methionine† 61 mg, Phenylalanine† 156 mg, Proline 1126 mg, Serine 237 mg, Threonine† 134 mg, Tyrosine 55 mg, Valine† 167 mg.

†Essential Amino Acid

Contains: Fish (Snapper), egg. Manufactured in a facility that may process milk, shellfish, tree nuts, wheat, peanuts and soy.

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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 (4%)	\$2.36
\$60 - \$99.99	2X (8%)	\$8.00
\$100 - \$149.99	3X (12%)	\$18.00
\$150 - \$179.99	4X (16%)	\$28.80
\$180 - \$299.99	5X (20%)	\$60.00
\$300 or more	6X (24%)	\$72.00 or more!

Other ways to receive valuable VitaPoints

Auto Replenishment Program (ARP)

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

The rewards stack up effortlessly!

Share & Receive

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

Sharing wellness has never been so rewarding!

And don't forget...

FREE SHIPPING

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

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

VitaPoints expire one year from acquisition.

TriVita reserves the right to alter Premier Membership at any time.

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more rewarding.

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



Promeric 95

Formulated with turmeric for natural joint comfort and support

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

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

Made from premium turmeric root extract

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

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

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

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

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

— Lonna L.,
Member since 2003



THIS PRODUCT IS ALSO GREAT FOR:

 **HEALTHY INFLAMMATION SUPPORT**

MORE POINTS
ALWAYS!
and
FREE SHIPPING

See page 53

Promeric 95

#30820 **\$39.99**

Receive 160 VitaPoints!

Suggested use: Adults, take two (2) soft gels, once or twice daily, or as directed by your healthcare professional.



Promeric 95

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

Amount per serving: Turmeric Root Extract 25:1 Turmeric Root Extract 25:1 (Curcuma longa) [std. to 95% Total Curcuminoids Complex with Essential Oils of Turmeric Rhizome (500 mg)] 592 mg

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

References:

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

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

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



QPR (Quick Pain Relief)

Relieve and soothe minor aches and pains, swelling, soreness, and stiffness of muscles

A powerful pain-relieving menthol combined with CBD, camphor, and aloe, easily applied with a convenient roll-on applicator, works quickly to relieve minor aches and pains to body parts such as the back, neck, shoulder, knee, hand, wrist, elbow, foot or ankle.¹⁻⁵

TRIVITA QPR (QUICK PAIN RELIEF):

- Is safe and effective
- Begins working immediately
- Contains clinically studied natural menthol
- Contains 150 mg of broad-spectrum CBD — lab tested for 0% THC
- Applies directly to pain site with a convenient roll-on applicator
- Is non-sticky and odorless

MORE POINTS...
ALWAYS!

See page 53



NDC # 76571-313

QPR (Quick Pain Relief)

#31330 **\$34.99**

Receive 140 VitaPoints!

Suggested use:

Roll onto affected area no more than four times daily.

Warnings: For external use only. Flammable: Keep out of reach of children. Contact a doctor before using if you have sensitive skin or are pregnant, breastfeeding or on any medications. If swallowed get medical help or call poison control center immediately. **When using this product:** Do not use with heating pad or on heated skin. Do not bandage. Do not apply to wounds or damaged skin. Wash hands with cold water immediately after use, and do not touch eyes or mucous membranes. **Stop use and ask a doctor if redness or irritation occurs, if condition worsens, or if pain persists for more than 7 days or clears up, then reoccurs.**

**TriVita QPR**

Quantity: 3FL Ounces (88 ml)

Active Ingredient: Natural Menthol, USP (8.5%) as a topical analgesic.

Inactive ingredients: Aloe Barbadensis Leaf Extract, Arnica Montana Flower Extract, Boswellia Serrata Extract, Camphor, Cannabis Sativa Seed Oil (Hemp Derived), Carbomer, Chondroitin Sulfate, Glucosamine Sulfate, Glycerin, Ilex Paraguariensis Leaf Extract, Isopropyl Alcohol, Methyl Paraben, Methylsulfonylmethane, Peppermint Oil, Polysorbate 20, Propylene Glycol, Purified Water, Triethanolamine

References:

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2. Higashi Y, Kiuchi T, Furuta K, Efficacy and Safety Profile of a Topical Methyl Salicylate and Menthol Patch in Adult Patients with Mild to Moderate Muscle Strain: a randomized, double-blind, parallel-group, placebo-controlled, multicenter study. *Clinical Therapy* 32.2010 (PubMed).
3. Zhang J, Enix D, Snyder B, Giggey K, Tepe R, Effects of Biofreeze and chiropractic adjustments on acute low back pain: a pilot study. *J Chiro Med* 7. 2008; (2):59-65
4. Sundstrup E, Jakobsen MD, Brandt M, Kenneth J, Colado, JC,
5. Wang Y, Andersen, LL, Acute Effect of Topical Menthol on Chronic Pain in Slaughterhouse Workers with Carpal Tunnel Syndrome: Triple-Blind, Randomized Placebo-Controlled Trial; *Rehabil Res Pract.* 2014: 310913.



Bone Growth Factor™

Enhanced formula to support strong bones and help prevent bone loss

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

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

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

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

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

PLUS:

Bone Growth Factor’s proprietary blend supplies:

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

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

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

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

“Bone Growth Factor, vital for my calcium levels and my bone density test levels improve every time!”

— Judith H.,
Member since 2003



THIS PRODUCT IS ALSO GREAT FOR:

 **MEN’S & WOMEN’S HEALTH SUPPORT**

Bone Growth Factor™

#30600 **\$34.99**

Receive 140 VitaPoints!

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



Bone Growth Factor™

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

Amount per serving: Vitamin C (as calcium ascorbate) 20 mg, Vitamin D (as cholecalciferol) 333.34 IU, Vitamin K (as phytonadione) 200 mcg, Vitamin B6 (as pyridoxine HCl) 0.5 mg, Folate (as folic acid) 57 mcg DFE and 14% DV, 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, Silica, Boron (as amino acid complex), Choline (as choline bitartrate), 5-methoxy-N-acetyltryptamine (melatonin).

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

References:

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- 7 Miggiano GA, Gagliardi L. *Clin Ter*. 2005 Jan-Apr;156(1-2):47-56.
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- 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>



VitaCal-MagD™ K2

Calcium complex and Vitamin K2 for musculoskeletal support

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

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

Calcium complex for musculoskeletal health

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

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

Each serving provides:




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

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

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

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

THIS PRODUCT IS ALSO GREAT FOR:

-  **HEALTHY INFLAMMATION SUPPORT**
-  **CARDIOVASCULAR SYSTEM SUPPORT**
-  **MEN'S & WOMEN'S HEALTH SUPPORT**

VitaCal-MagD™ K2

#30182 **\$24.99**

Earn 100 VitaPoints!

Suggested use: Adults, take three (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/](https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/)
- [2 http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm152626.htm](http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm152626.htm)
- [3 http://www.nutrition.tufts.edu/index.php?q=research/modified-mypyramidolder-adults](http://www.nutrition.tufts.edu/index.php?q=research/modified-mypyramidolder-adults)

- [4 http://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/](http://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/)
- [5 http://ods.od.nih.gov/factsheets/Magnesium-Consumer/](http://ods.od.nih.gov/factsheets/Magnesium-Consumer/)
- [6 http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Nutrition/](http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Nutrition/)
- [7 https://ods.od.nih.gov/factsheets/VitaminD-Consumer/](https://ods.od.nih.gov/factsheets/VitaminD-Consumer/)
- [8 https://ods.od.nih.gov/factsheets/VitaminK-Consumer/](https://ods.od.nih.gov/factsheets/VitaminK-Consumer/)



LIVE STRONGER AND BOLDER AT ANY AGE™ WITH



CLINICALLY
PROVEN TO WORK.
GUARANTEED TO HELP
MUSCLE STRENGTH
AND FUNCTION 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 \$25 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.

“I'm 80 years old and I've been taking MyoHealth Powder for about 6 months. It gave me energy and provides motivation to accomplish different daily tasks!”

— Beatrice R., ★★★★★ TriVita.com review

FOR MEN & WOMEN WHO ARE READY TO:

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

MYOHEALTH QUICK FACTS:

- Easy to mix and fast-dissolving
- Great-tasting Orange, Lemonade or Berry Crush flavor
- 20 or less calories per serving
- Generally Recognized as Safe (GRAS) certified EAA formula
- GMO, gluten & caffeine-free
- Works with or without exercise—a regular exercise routine does improve the beneficial effects

GREAT TASTING NEW ORANGE FLAVOR!

CONTAINS 180 MG OF VITAMIN C!
NO AFTERTASTE!

MyoHealth® Essential Amino Acid Complex - Powder

- Patented formula, 25 human clinical studies, and \$25 million in research
- The daily recommended dosage of 3.6 grams of EAAs per scoop
- No GMOs, gluten or caffeine, and naturally flavored
- Delicious easy-to-mix Orange, Berry Crush or Lemonade flavor
- Generally Recognized as Safe (GRAS) certified EAA formula

Orange #30940 **\$49.99**

Berry Crush #30910 **\$49.99**

Lemonade #30870 **\$49.99**

Receive 200 VitaPoints each!

SPECIAL
2PACK
PRICING
AVAILABLE
SEE PAGE 60

Suggested use: Adults, mix 1 (one) scoop of MyoHealth EAA Complex powder with 8 oz. or more 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.

**Berry Crush and Lemonade flavors do not include Vitamin C.*

MyoHealth® Essential Amino Acid Complex - Orange Powder

Quantity: 195.03 g (6.88 oz) **Serving size:** 1 scoop (6.501 g)

Amount per serving: Vitamin C (as Ascorbic Acid) 180 mg. 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, and L-Tryptophan

Other ingredients: Citric Acid, Malic Acid, Natural Flavor, Sucralose, Beta-Carotene (Color), Vegetable Powder (Color).

MyoHealth® Essential Amino Acid Complex - Berry Crush Powder

Quantity: 192 g (6.77 oz) **Serving size:** 1 scoop (6.4 g)

Amount per serving: Patented Amino Acid Blend 3.6 G**: BCAA 2:1:1 (L-Leucine, L-Isoleucine, L-Valine), L-Lysine HCl, L-Leucine, L-Arginine, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan.

Other ingredients: Citric acid, natural flavor, malic acid, steviol glycosides, beet root powder (color).

MyoHealth® Essential Amino Acid Complex - Lemonade Powder

Quantity: 180 g (6.14 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® On-The-Go!

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

MyoHealth Vegan Capsules

#30840 **\$49.99**

Receive 200 VitaPoints!

Suggested use

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

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



MyoHealth® Essential Amino Acid Complex - Capsules

Quantity: 150 capsules Serving size: 5 capsules

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

Other ingredients: hypromellose, magnesium stearate, and silica.

MYOHEALTH® 2PACK

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

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

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Adaptuit™ Sleep



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SLEEP

The natural formula to aid in deep, restorative sleep

Adaptuit Sleep is designed to encourage sleep onset and optimize restorative sleep stages by targeting mood, mindset, muscle tension and relaxation responses.

To unlock these sleep-supportive benefits, Adaptuit Sleep’s formula supplies a unique blend of botanicals, such as: Baikal skullcap, hops, and lemon balm extracts, as well as magnesium—all combined to help you sleep better.

“The first week I tried Adaptuit Sleep, I was able to sleep through the night and later into the morning.”

— Debbie W., Member since 2007

Visit TriVita.com/adaptuitsleep for more information about this product.



MORE POINTS
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and
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See page 53

Adaptuit™ Sleep

#30790 **\$19.99** Receive 80 VitaPoints!

Suggested use: Adults take two (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.



Don't just
cope.

**TAKE
CONTROL.**

Adaptuit. For a more relaxed you.

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

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

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

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

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

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



References:

1. <http://onlinelibrary.wiley.com/doi/10.1002/smi.914/abstract>
2. Panossian A, Wikman G. Pharmacology of Schisandra chinensis Baill: An overview of Russian research and uses in medicine. J Ethnopharmacol 2008;118(2):183-212.
3. <http://www.sciencedirect.com/science/article/pii/S0944711300800550>
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13. Kakuda T, et al. Biosci Biotechnol Biochem 2000;64(2):287-293.



Adaptuit®

Supports daily stress relief for a calmer, more relaxed you

CONTAINS THE UNIQUE CALMING COMPOUND L-THEANINE

Everyone has some kind of stress that they experience day in and day out, from financial and health stress to relationship, work and physical stress.

We all try our best to *adapt* to our particular stressors, but sometimes we need help.

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

“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

- L-Theanine is the unique, calming compound present in green tea, but without the caffeine.^{10,11}
- Adaptuit contains 125-375 mg of L-Theanine, per 1-3 fl oz. For comparison, there are approximately 25-60 mg of L-Theanine per 200 ml serving of tea.¹³

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

THIS PRODUCT IS ALSO GREAT FOR:

ENERGY, STAMINA & PERFORMANCE SUPPORT

DELICIOUS GRAPE FLAVOR!

Adaptuit®

#30770 **\$34.99**

Earn 140 VitaPoints!

Suggested use: Drink 1 to 3 ounces daily.

Adaptuit® 4-Pack

#33345 **\$119.99**

SAVE \$20 OVER SINGLE BOTTLE PRICING!

Earn 480 VitaPoints!



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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