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Fish Oil Concentrate Blend ^{§†}	1,320 g	**
Total Omega-3 Fatty Acids	884 mg	**
EPA (eicosapentaenoic acid)	594 mg	**
DHA (docosahexaenoic acid)	264 mg	**
Broad Spectrum Hemp Extract (flowers and/or leaves)	78.58 mg	**
Total Phytocannabinoids	52.5 mg	**

† Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value (DV) not established.

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From the Civil War to civil rights, explore the rich history of African Americans in natural medicine.

Dear Readers,

WholeScripts magazine is your resource for the health and wellness stories you care about. Whether you are a regular user of nutritional and herbal supplements or new to integrative health care, we're here to support you on your quest for good health.

To that end, we are happy to announce that we've been tirelessly working on partnerships with quality brands such as Allergy Research Group, Biocidin, Nordic Naturals, ProLon, and Quicksilver Scientific, just to name a few, and soon we will reach a high point of 100 brands available on WholeScripts.

Also, we are fast approaching the launch of WholeScripts Pharmacy, which will make taking your prescription medication and nutritional supplements convenient, effortless, and less expensive too! Check with your practitioner about how to get your



prescriptions sent to WholeScripts, and follow us on Instagram and Facebook @WholeScripts to learn more details.

We hope you'll continue working with your integrative health care practitioner to stay fit and healthy. If there is anything you read in this magazine that strikes a chord, please bring it up with your practitioner. He or she knows your specific needs and has the personal relationship with you,

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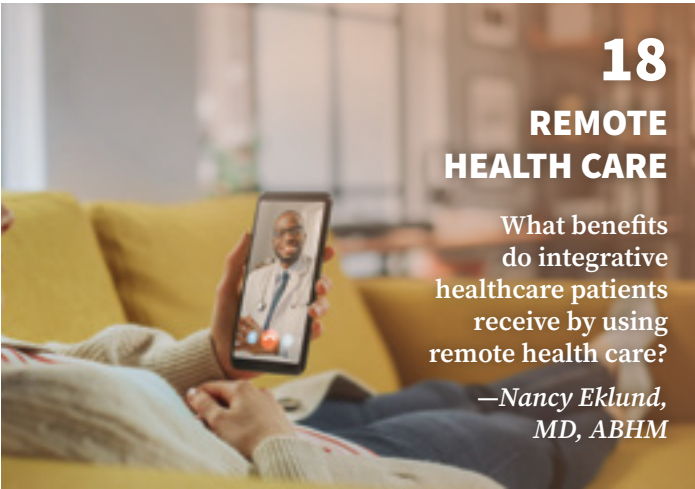
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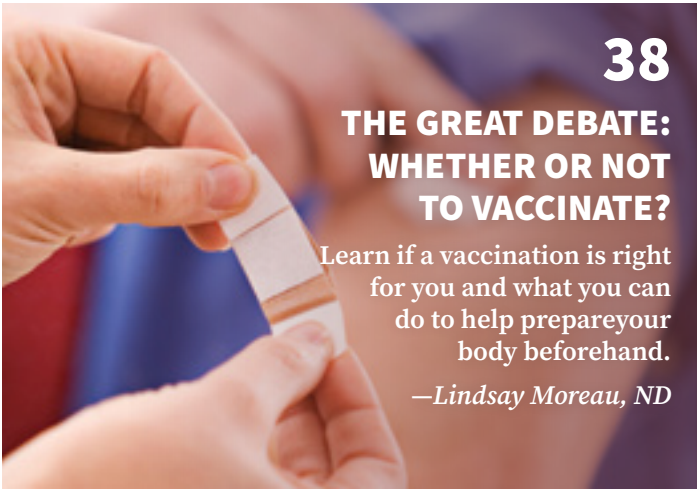
Brian Blackburn Sr
CEO and Founder, WholeScripts



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—Lindsay Moreau, ND



COVER STORY **30**
INTEGRATIVE HEALTH CARE FOR ALL

Accessing integrative health care isn't always easy. Among other things, more education is needed to ensure everyone can get the quality health care they want.

—Tarre Beach

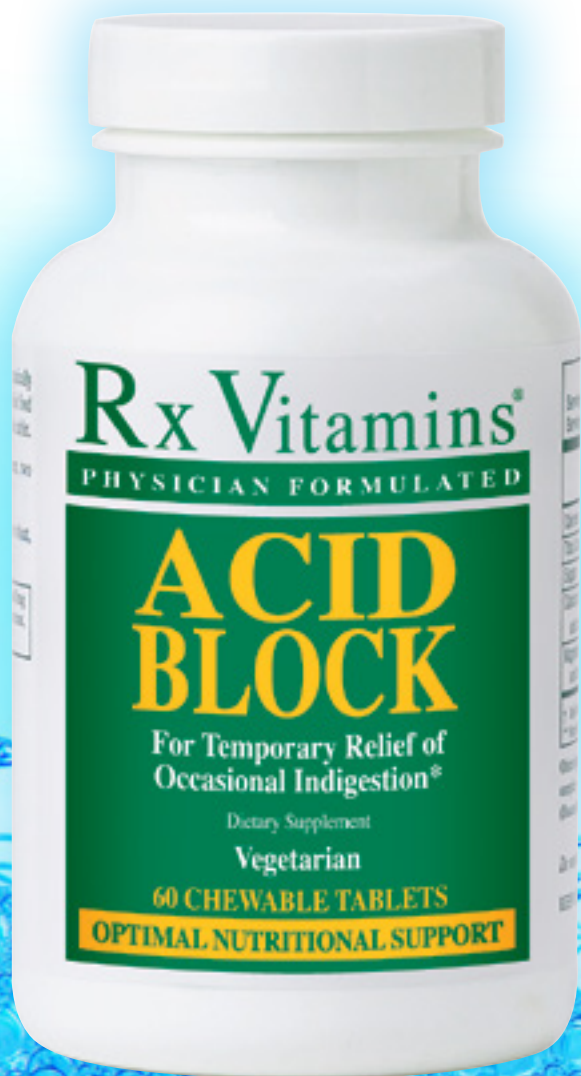


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Healthcare Highs and Lows

Take a trip back in time with me, back to the heady days when doctors used to make house calls. Maybe you are too young to know about this phenomenon, but believe it or not, even without technology or a pandemic, healthcare practitioners once upon a time came to you. And now that trend may possibly be coming back around. (Read “Remote Health Care” p.18).

If we go back far enough, we also see movement in another area. I’m talking about the colossal increase in the cost of health care. About 50 years ago, families with low incomes paid 12.6% of their income on health care, and middle-income families paid only 3.5%. Compare that to today’s expenditures. According to a study by the Rand Corporation, a non-partisan, non-profit policy think tank, families in the highest income group pay 16% of their income toward health care, middle-income families pay 19.8%, and the lowest income families spend 23.3% of their income on health care.

Even with employer-subsidized insurance, the Affordable Care Act (ACA), and government programs that help people whose income is below the poverty level, there remain other issues of access that are not related to money. The Association of American Medical Colleges reported that in 2018, 56.2% of all active physicians in the United States identified as white while only 5% identified as Black or African American. That’s a very low level of access to a diverse choice of practitioners.



But there is hope that more patients will be able to find natural or integrative healthcare practitioners that they share a background with. The National University of Health Sciences has created the Black Naturopathic Opportunity Scholarship to increase the representation of Black/African-American physicians in complementary and alternative medicine. (Read “Natural Healthcare Trailblazers” p.43).

Dr. Frenesa Hall is African American. She is an internal medicine doctor with 30 years’ experience who continued her education at the Institute for Functional Medicine and uses functional medicine principles in her practice. She says the medical industry would do better to offer more information and education on the integration of functional and natural medicine with conventional medicine so that all patients have access to this type of health care. (Read “Integrative Health Care for All” p.30).

So, while medical history is still being written, we can all look forward with renewed enthusiasm that more diversity in and better access to integrative health care may be right around the corner.

To your health,

Tarre Beach
Editor

Stop the Stink

Learn what ingredients are in antiperspirants and how you can smell sweet without them.


By James Munro, ND

Q

I've heard that deodorants with aluminum cause all kinds of illnesses. What are the facts on this? What should I use instead?

A

Aluminum is used in antiperspirants because it blocks pores, which blocks the body's ability to perspire or sweat. Perspiration alone can be quite inconvenient, but the body's sweat can also feed bacteria living on the skin which can, in turn, contribute to a foul odor.



Before considering the aluminum itself, it is important to note that the body perspires for a reason. Perspiration helps the body regulate its temperature and serves as an emunctory—a way for the body to eliminate waste. Doing anything that interferes with this process will to some degree limit the body's ability to regulate temperature and eliminate waste. Whether or not this is an issue in your case is for you and your doctor to decide, but it is always worth noting.

When it comes to aluminum, it is an unavoidable part of our environment. It is in water and food, and it is likely that you are exposed to it daily. There is no physiological use for aluminum, and it is not known to be involved in any human biochemical reactions. When the body is exposed to aluminum, it is quickly eliminated, but if there is more aluminum present than the body has the ability to eliminate, it will accumulate in body tissues.

Aluminum exposure has been connected to endocrine (hormone) disruption, neurological issues, inhibition of bone and cartilage formation, metabolic impairment, kidney issues, and much more.

Limit Aluminum Exposure

There is no debate that excessive exposure to aluminum is dangerous. However, there is debate about how much aluminum is too much and which types of exposure significantly contribute to toxicity. There does not appear to be any research that clearly demonstrates a definitive connection between symptoms of toxicity and aluminum exposure from things like food, water, or antiperspirants.

Simply switching to an aluminum-free deodorant may be an appropriate alternative in many cases, but it may not be as simple for every case. There are many potential causes of excessive perspiration and foul body odor that may need to be addressed. These could include diet, blood sugar issues, toxicity, immune dysfunction, bacterial dysbiosis, and much more.

Natural Deodorant

Some natural deodorants may help decrease body odor through a variety of different mechanisms, including using alum (often called natural or rock crystal) or alcohol as bacterial inhibitors. Essential oils may also be combined with these bactericides as well as pH neutralizers, such as activated charcoal and baking soda, to help mask or decrease bad odors. Keep in mind, none of these ingredients will reduce sweat or wetness. Make sure to talk to your doctor if you would like to investigate potential causes of excessive sweating or body odor. Aluminum-based antiperspirants may or may not be a part of your solution, but this is a decision each person needs to make for themselves.



James Munro, ND, received his doctorate in naturopathic medicine from the National University of Natural Medicine, a four-year, nationally accredited doctoral program in Portland, OR. He worked at the prestigious Progressive Medical Center in Atlanta, GA, and is currently serving as the medical director for XYMOGEN and WholeScripts.

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Healthy Soul Food

Substituting low-fat meat and reducing sodium keeps this greens dish tasty and good for your health.

The origins of soul food can be traced back to before slavery. Many of the foods integrated into the cuisine of the South originated from the African continent, including a cooked leafy green vegetable dish similar to what we know today as “greens.”

Because enslaved people were given limited rations of food, typically cornmeal, some meat, lard, molasses, peas, greens, and flour, their diets were high in fat and starch. This usually enabled them to carry out the strenuous labor demanded of them, but that diet was not nutritionally sound. Occasionally, enslaved people were given the opportunity to grow their own vegetables to supplement their rations. According to *Slavery in the United States* written by Charles Ball, a former enslaved person, these slave gardens were often “in some remote and unprofitable part of the estate, generally in the woods,” making growing food harder. It also limited the type of food that could be grown. Potatoes, pumpkins, melons, peanuts, black-eyed peas, squash, cabbage, and collard greens were just some of the crops found in these gardens.

Between chard, collards, kale, mustard greens, and turnip greens, there is a difference in nutrients. See which one has the most of what you need:

Chard has the highest amount of iron: 2.83 mg per 1 cup, cooked. Iron is important in the production of red blood cells, which carry oxygen around the body. Iron helps prevent nutritional anemia and increases the body’s resistance to infection.

Collard greens have the highest amount of choline: 32.90 mg per 1 cup, cooked. Choline is needed for neurotransmitter synthesis, cell-membrane signaling, lipid transport, and methyl-group metabolism. Choline deficiency is associated with liver disease and muscle damage.

Kale has the highest amount of vitamin C: 91.90 mg per 1 cup, cooked. Vitamin C is essential to immune function and the maintenance of bone, skin, teeth, and joints. Vitamin C deficiency can result in bleeding gums, splitting hair, dry skin, bruises, and nosebleeds. Smokers and heavy drinkers especially need vitamin C in their diets.

Mustard greens have the highest amount of potassium: 600 mg per 1 cup, cooked. Potassium is classified as an electrolyte. It helps regulate fluid, balance, nerve signals, and muscle contractions, including coordinating the heartbeat. Lack of the proper amount of potassium can contribute to high blood pressure, constipation, muscle weakness, and fatigue.

Turnip greens have the highest amount of folate: 171.10 mcg per 1 cup, cooked. Folate, or vitamin B9, is important in red blood cell formation and for healthy cell growth and function. It is especially crucial during early pregnancy to reduce the risk of birth defects of the brain and spine in the developing fetus. Insufficient folate intake can lead to anemia, fatigue, weakness, and feeling cold or dizzy.

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Mouthwatering Low-Fat Greens

Yield: 5 one-cup servings

Ingredients

2 pounds greens (Choose: collard, chard, kale, mustard, turnip, or mixture)

3 cups water

¼ pound smoked turkey breast, skinless

¼ cup onion, chopped

1 stalk scallion, chopped

1 tbsp hot pepper, freshly chopped

1 tsp cloves, ground

1 tsp ginger, chopped

2 cloves garlic, crushed

¼ tsp cayenne pepper

½ tsp thyme

Instructions

1. Prepare greens by washing thoroughly and removing stems.
2. Tear or slice leaves of greens into bite-sized pieces.
3. Place all ingredients except greens into large saucepan and bring to a boil.
4. Add greens to saucepan. Cook 20 to 30 minutes until tender.

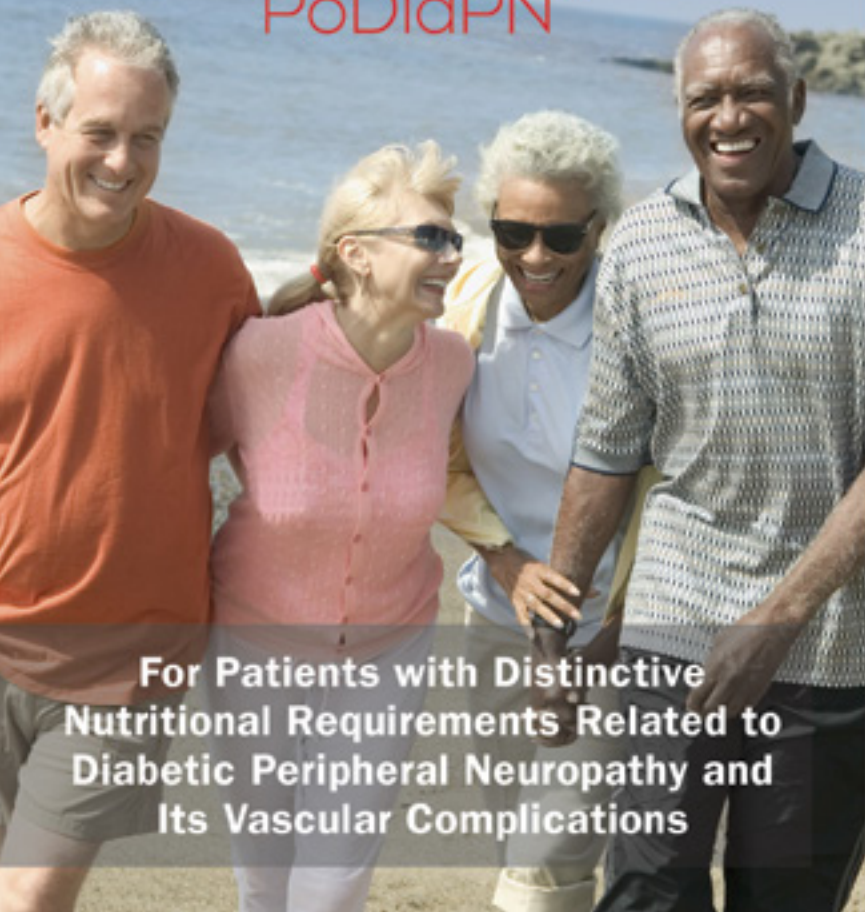
Nutrition Facts Per Serving:

Calories:	142	Dietary fiber:	1 g
Total fat:	4.8 g	Potassium:	49 mg
Protein:	3.5 g	Vitamin D:	8 mcg
Total carbohydrate:	21 g		

Sources: NutritionValue.org, National Heart, Lung and Blood Institute, Department of Health and Human Services.

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A Natural Approach to Blood Sugar Management

One patient successfully lowered his blood sugar with diet changes and supplements.

By Chad Krier, ND, DC

Model shown, not actual patient.



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“The patient continues to have long-term improvement.”

We all know that getting the nutrients and minerals your body needs is important to good health. But sometimes you don't know you're not getting enough of something until you get sick. With the use of lab tests, integrative medicine practitioners can uncover deficiencies and suggest diet changes and supplementation to help bring your system back into alignment.

In the case of blood sugar management, studies show that oral supplementation of magnesium, a critical cofactor involved in glucose metabolism, can improve insulin sensitivity. Likewise, phytonutrients, such as those found in whole foods, green leafy vegetables, and berries have been found to improve glucose metabolism and lipid levels as well as offer digestive support and natural detoxification. In addition, a combination of omega-3 fatty acids from fish oil or algae may support metabolic pathways.

Patient: 68-year-old male

Medical History: A history of type 2 diabetes, using insulin to control blood sugar.

Treatment: Two scoops of pea and rice protein powder with added nutrients and purified polyphenols from brown seaweed for breakfast daily; 195 mg EPA, 390 mg DHA, 130 mg omega-3s from algae along with 650 mg EPA,

450 mg DHA, 180 mg omega-3s from fish oil two times a day; 200 mg magnesium, 1 g magnesium L-threonate two times a day; 710 mg antioxidant phytonutrients, 20 mg digestive enzymes, 2 g organic greens, veggies, fruits, and berries, 300 mg vitamin C, 4.275 g organic fiber two times a day; IV chelation for 12 weeks with B12 and B complex shots.

Eat ¼ cup of raw refrigerated nuts daily, limit omega-6 fats and fried foods.

Corrected deficiencies uncovered in lab tests: B5, B12, folate, D3, choline, glutathione, CoQ10, magnesium, omega-3s, and alpha linolenic acid.

Outcome: Fasting glucose was 70. HbA1c was 5.6 after three months. While working on lowering his HbA1c over the past six years, the patient had not been able to lower his HbA1c below 7. In addition, his liver enzymes normalized. The patient continues to have long-term improvement.

Disclaimer: This case study represents the results of one participant. The reader should weigh these results with other scientific data and should not expect the same results as those found in this case study alone. The effects observed do not reflect those typically associated with this treatment model.



Chad Krier, ND, DC, received a degree in naturopathic medicine from Bastyr University and a degree in chiropractic medicine from Parker College of Chiropractic. He is the founder and director of Vis Clinic in Wichita, KS. VisClinic.com

Remote Health Care

What benefits do integrative healthcare patients receive by using remote health care?

By Nancy Eklund, MD, ABFM

Years ago, functional medicine providers, such as naturopathic physicians and holistic or integrative medicine practitioners, were not as numerous as they are now. Many integrative healthcare practitioners began to use real-time communication technology to allow more patients access to this specialized health care. After the pandemic shut down most in-person activity, this early adoption of telehealth technology proved to be a lifeline for many patients.

Medical Match

Functional medicine's chronic care and prevention model, as opposed to the urgent care model, easily lends itself to remote visits.

Take, for instance, a patient that has type 2 diabetes. The pandemic may have moved them away from the protocols their practitioner gave them. A thorough health history and review of the patient's symptoms, diet, and emotional state can easily be done via video call. Of course, blood work, which is sometimes needed to determine a change in nutrient levels, can be ordered during a virtual visit and a new protocol can be created and discussed in a subsequent follow-up visit.

The Cost of Remote Health Care

While some think that remote health care might stop being covered, according to America's Health Insurance Plans, an association representing approximately 1,300 health insurance plans, 26 state legislatures have created laws to require private insurance to reimburse healthcare providers for services delivered through telemedicine. And there are 10 more states looking to do the same.

For some patients, certain integrative healthcare services, whether in-person or virtual, may not be covered by their insurance plan. So, it's always good to gather up the information about your plan and know what you will be responsible for paying before you book a telemedicine appointment.

House Calls

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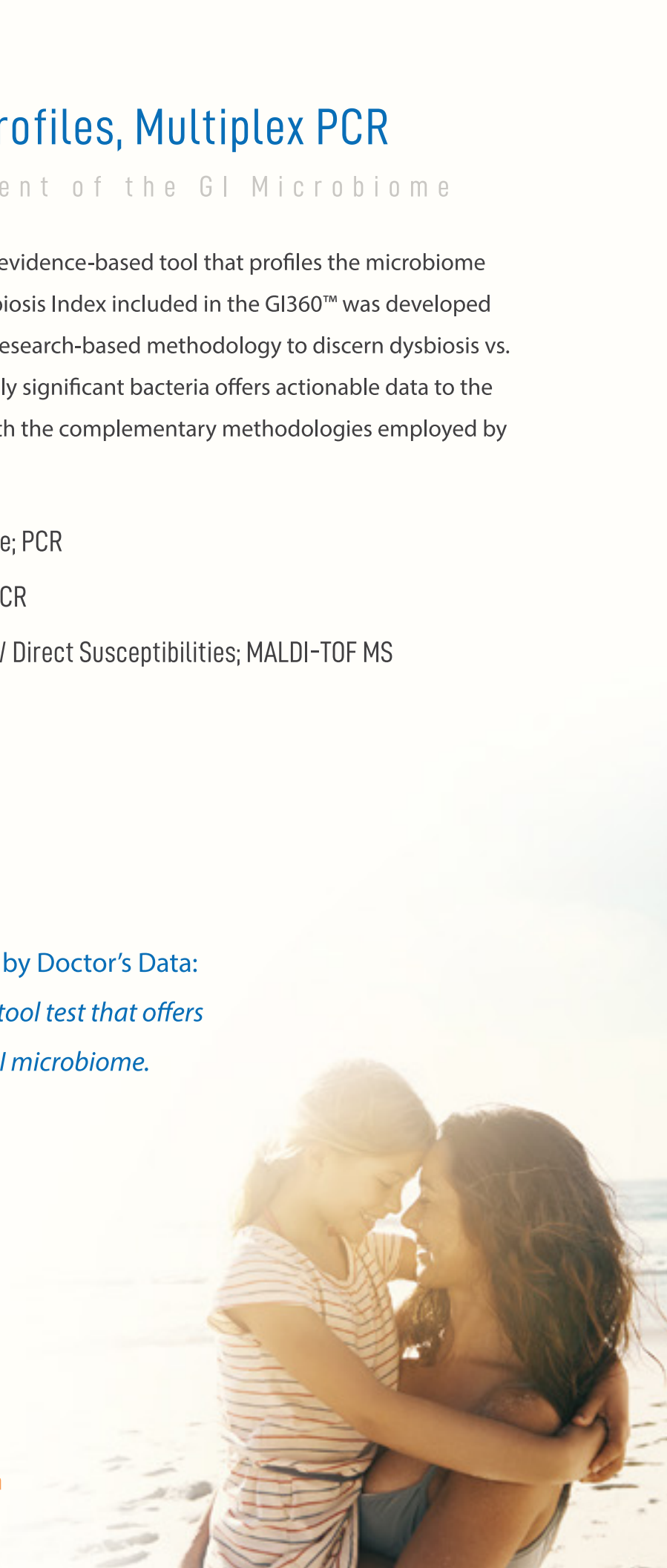
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With telemedicine, there is no travel time, no need to take time off work, and no risk of exposure to any contagious disease. Telemedicine can also give your practitioner clues about your home environment, which can only aid their understanding and coordination of your care.

Many practitioners, myself included, have even been able to evaluate skin conditions, orthopedic problems (through directed appropriate maneuvers), and other health issues through virtual visits. It is my strong belief that a majority of evaluations are done by taking a good history, and often the physical exam serves to confirm the diagnosis. Also, the availability of urgent care centers for limited physical exams can be used to complete the picture if and when necessary.

The Future of Telemedicine

The use of telemedicine is expected to grow so long as insurance plans continue to cover it. The biggest challenge is whether patients feel their needs are being met. Confidentiality is extremely important for some patients to feel comfortable with virtual visits, while other patients find the positive results of telemedicine the only proof they need to keep using this vital tool.



Nancy Eklund, MD, ABFM, received a medical doctorate from Indiana University School of Medicine in Indianapolis. She is certified by the American Board of Family Medicine. Dr. Eklund has been practicing functional medicine since

she was among the founding certified practitioners of the American Holistic Medical Association in 1999. She is the founder and director of the Miami Center for Holistic Healing in Miami, FL. miamiholistic.com



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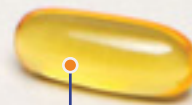
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You Oughta Do Tabata

Learn how high-intensity interval training (HIIT) got the name “Tabata” and how it can work for you.

By Sarah Blackburn, PES, GPTS, FMCHC

Izumi Tabata, PhD, has been called the father of high-intensity interval training (HIIT). In fact, this type of exercise, which he studied and helped develop while working with the Japanese Olympic speed skating team in 1996, is often referred to as Tabata exercise.

Dr. Tabata found that exercising in this specific way could improve anaerobic capacity (amount of energy produced) by up to 28%, making you stronger and more powerful. Likewise, Tabata-style workouts can increase VO2 max (amount of oxygen consumed while working out), improving your physical endurance. Also, due to the high demand of stress placed on the body, Tabata-style workouts tend to burn more calories in a shorter amount of time, giving you more bang for your buck.

During Tabata exercise, the body will get close to or be at its lactate threshold. When lactate is produced at a faster rate than it can be utilized, the muscles' ability to contract becomes significantly diminished and the body is forced to slow down or stop until the lactate can be cleared. During the recovery/rest period, the heart rate will drop and the body will clear the lactate and allow the muscles to make another effort. Over time, the body will become more efficient at clearing lactate so you can maintain a faster pace for a longer period of time.

What makes a workout a Tabata workout is that each exercise is performed at the highest intensity possible for either a 1:1 or 2:1 work-to-rest ratio. The Olympians that Tabata studied did eight exercises for 20 seconds with 10 seconds of rest each and repeated that for a duration of four minutes. I recommend doing four different exercises for 40 seconds with 20 seconds of rest each for a total of eight minutes. Try Tabata out and watch your power and endurance improve.



Squats

Begin with your feet shoulder-width apart, shoulders slightly pinched, chin parallel to the ground, and eyes looking forward. Sit your hips back and down until hamstrings are parallel to the ground. Pull hips back up and come back to starting position. Squeeze your glutes at the top of the movement.



Mountain Climbers

Begin with your hands stacked directly under your shoulders. Come up on to your toes shoulder-width apart, with a nice flat back and an engaged core. Eyes looking straight down at the ground. Movement begins with driving your knee toward your elbow and coming back to starting position. Switch legs and repeat until time is called. Try to keep your hips from swaying side to side.



Pushups

Begin with your hands stacked directly under your shoulders. Come up on to your toes, shoulder-width apart. Keep your back flat and engage your core.

With eyes looking straight down at the ground, bend your elbows at 90 degrees while maintaining a flat back until your chest is inches from the ground. Extend arms back up to starting position.

Modification: Stay on your knees or perform exercise while standing and pushing against a wall.



Kettlebell Swings

Begin with your feet shoulder-width apart, shoulders slightly pinched, chin parallel to the ground, and eyes looking forward. Place kettlebell in between legs with palms facing toward you and a slight bend in your knees. Drive your hips back until your chest is almost parallel to the ground with a flat back.

Pull hips through as if somebody was pulling on your belt loops, and come back to starting position. Squeeze your glutes at the top of the movement.

***Please Note:** Always consult your physician or other healthcare provider before starting any exercise program. These exercises are not intended to be used by anyone who is injured or otherwise physically limited.*



Sarah Blackburn, PES, GPTS, FMCHC, is a performance enhancement specialist and group personal training specialist certified by the National Academy of Sports Medicine as well as a health coach certified by the Functional Medicine Coaching Academy. She is the founder and director of XYMOGYM, a full-service gym located in Orlando, FL, and is the director of XYMOFIT, a corporate wellness program. Xymogym.com

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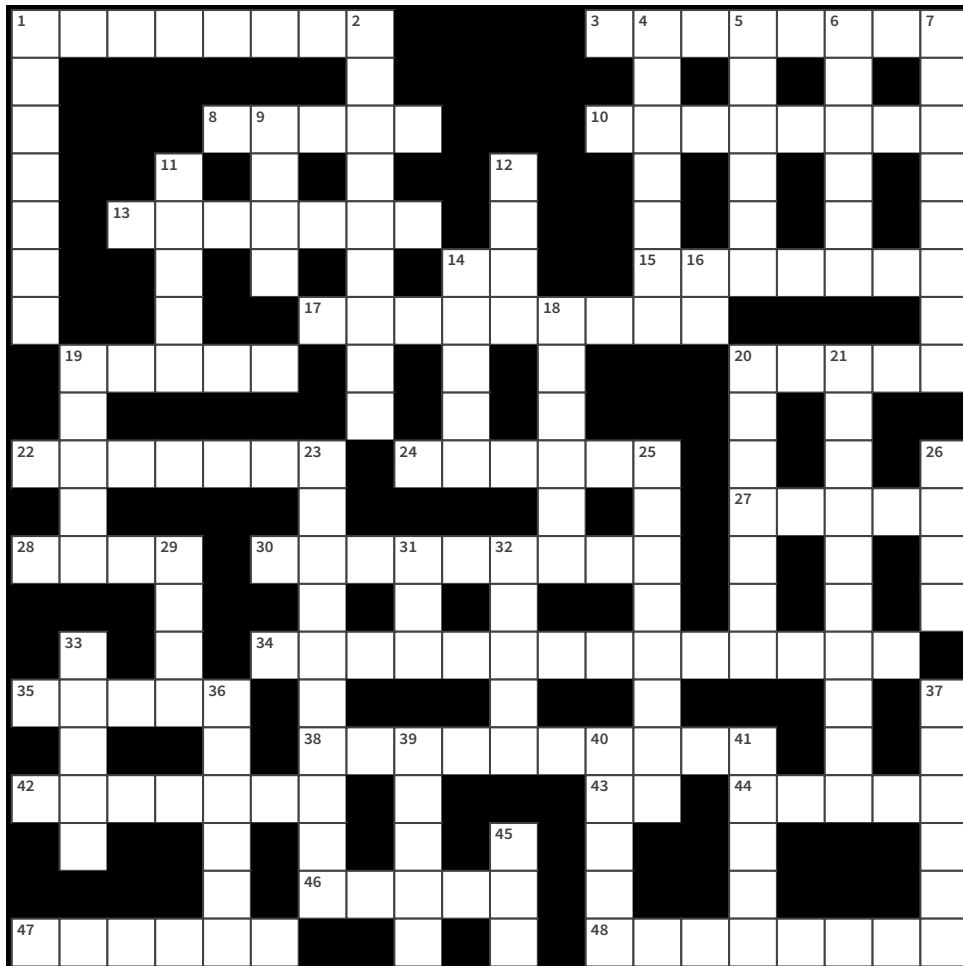
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Smelly Pits and Other Bits

Crossword answers include words found in this month's stories, and some extras.

Down

1. Motor City is home to the largest _____ American population
2. Element which may improve insulin sensitivity
4. Matthew McConaughey's OK
5. Men, women, boys, and girls
6. Bruno Mars and Billy Joel like this part of town
7. To warm and develop before hatching
9. Aged: Good for fruit not for armpits
11. Skin inflammation named for marks that look like a wolf's bite
12. How many minutes Dr. Tabata recommends you HIIT that
14. The "rock" of the Catholic church
18. A special belt you were in your car
19. Get a whiff
20. Disease preventer
21. Chronic autoimmune condition characterized by stiffness and inflammation of joints
22. Health care provided remotely
25. Latin for sweaty, clammy (obsolete)
26. Emit a stench
29. Mediterranean succulent with bacteria reducing properties used in natural deodorant
31. Trim, chop
32. Being in a French funk
33. Salk's shot eradicated this disease in USA
36. Of the nervous system
37. Injured or hurt
39. Entice as the serpent did to Eve
40. Ape or parrot imitation
41. Makes a salary
45. Socrates on gluttony: "___ to live; not live to ___"

Across

1. Metal compound used in antiperspirants
3. The fragrance of '60s flower child
8. Pharmacy medicines
10. Pleasantly pungent
13. Squats, push-ups, jump backs, jump ups, repeat
14. The universal acronym for stink (two letters)
15. Christian cry of praise
17. The practice of including a wide variety
19. Lively and bold
20. Close to the edge
22. An advantage gained
24. A smoky Southern dish of cooked leaves
27. Reason something happened
28. Elbow-wrist connection
30. A pea that got in a fight (two words, combined)
34. Good-for-you chemicals found in plants
35. Because of their X factor, _____ may be more prone to autoimmune illnesses
38. When your body mistakenly attacks itself
42. Almost real
43. To be
44. Great warmth, passion
46. Government act that brought privacy to health information (acronym)
47. To protect
48. To have eaten, drank, ingested or bought

Answers found on **P.43**

Integrative Health Care for All

Accessing integrative health care isn't always easy. Among other things, more education is needed to ensure everyone can get the quality health care they want.

By Tarre Beach

Just as there are food deserts in some communities, there are healthcare deserts too. If you are not familiar with the term “food desert,” it is a geographical area—either urban or rural—in which it is difficult to buy affordable or good-quality fresh food, especially non-packaged foods and produce. “Healthcare deserts” are places where the supply of affordable, top-quality integrative healthcare doctors is too small or completely non-existent.

Breaking Down Barriers

Let's take a closer look at some of the reasons why healthcare deserts develop and what some of the barriers are to accessing integrative medicine health care.

Dr. Frenesa Hall is African American. Decades ago, while attending a program at her alma mater, Harvard University, she learned about functional medicine and enrolled in the Institute for Functional Medicine's intensive integrative medicine program. Ever since completing that program, Dr. Hall, who is an internal medicine doctor, has made functional medicine her focus. She feels functional medicine modalities, including nutrition, supplements, detoxification, and diet and lifestyle changes, are the best way to treat her patients.

“The real rate-limiting step for integrative medicine—that is, the stage that requires the greatest amount of work and takes the longest amount of time to effect a change—is knowing functional medicine even exists,” Dr. Hall says.

Does that mean the integrative healthcare community needs to educate the public more about itself? Dr. Hall emphatically agrees it does. “There needs to be more trusted information coming out about exactly what functional medicine is and what it can do for society.”

Dr. Hall also says medical and nursing educational institutions need to provide more learning opportunities for students so that they can learn what these approaches are and be able to better decide if they want to pursue integrative health care, such as naturopathy, functional medicine, homeopathy, and acupuncture, as a specialty or add it to their conventional medical education. “Once we have a better understanding of what functional medicine is, conventional practitioners and complementary practitioners will be able to work together to get the best result for the patient,” she says.

According to the National Center for Education Statistics, there are only 18 accredited universities in the United States and Puerto Rico that offer naturopathic, homeopathic, or complementary medicine educational programs. This could also be part of the reason healthcare deserts develop throughout the United States.

Policy Changes

With the passing of the Affordable Care Act in 2010, the increase in healthcare costs slowed dramatically and more people became insured. But more policy changes are needed to transform healthcare deserts.



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The next step is to make sure integrative health care is covered by more insurance companies and that plans that include integrative healthcare coverage are affordable. According to the National Center for Complementary and Integrative Health (NCCIH), here is a breakdown of some integrative or functional health care visits that larger insurers will cover:

- 91% cover prescribed chiropractic care
- 32% cover acupuncture with limits
- 17% cover massage therapy
- 11% cover homeopathy

NCCIH didn't have a percentage of large insurance companies that cover naturopathy, but it did find that insurers were more likely to cover naturopathic care from licensed naturopathic doctors and that only 22 states and the District of Columbia had such licensure.

While insurance may cover some integrative health care, Medicare (federally funded health care for seniors and/or those with a disability) and Medicaid (state and federally funded health care for those with low income) most likely won't, Dr. Hall says. "The established, conventional medicine industry, insurance companies, and lobbyists point to functional medicine not having large enough placebo-controlled studies as the reason they do not push for complementary medicine to be integrated into the medical community," Dr. Hall says. "But the fact remains that complementary medicine works. It's just not the financial cash cow that conventional medicine is for those stakeholders."

Money and Medicine

Minorities and women make up the largest portion of America's lowest paid workers. With less finances available to pay for health care, many in this group cannot afford uncovered visits to an integrative healthcare practitioner.

Dr. Hall points to her own experience with patients as proof that sometimes integrative health care can actually be less expensive than conventional medical care.

"I have seen patients who had asthma, arthritis, diabetes, and other chronic and debilitating conditions experience profound improvements," Dr. Hall says. "And in many cases, the treatment and management of their condition using the tools of functional medicine actually saved them money."

Interestingly, a 2010 study published in the peer-reviewed *Journal for Alternative Complementary Medicine* showed that complementary and alternative medicine (CAM) users had a lower average expenditure than non-CAM users during the one-year study. CAM users spent an average of \$3,797 versus \$4,153 for non-CAM users covered by insurance. Overall, several factors may support this finding. These include prevention through lifestyle changes rather than surgeries or high-cost prescriptions; lower malpractice rates for naturopathic doctors, meaning slightly lower overhead expenses passed on to patient; and the use of more cost-effective (and lower risk) imaging and testing.

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Using What They Had

The National Institutes of Health and the National Center for Complementary and Alternative Medicine report that African Americans substantially use CAM, particularly patients with chronic conditions. Some researchers point to African Americans and other minorities' historical lack of access to conventional medicine as a possible factor for this.

Even after the end of the Civil War in the reconstruction era, minorities continued to be shut out from the conventional healthcare system. This problem was compounded by the fact that no medical colleges would accept non-white students. In part because of this, minorities continued to use natural and/or folk medicine, which was usually handed down from generation to generation to a “root doctor” or herbalist in the community.

Representation in Medicine

Today, some marginalized communities continue to use lay (knowledgeable but untrained) natural medicine practitioners for a number of reasons, including the fact that people tend to trust and seek out others who share their experience, beliefs, and values.

This phenomenon provides ample evidence that there is a strong need for more diversity in natural and integrative medicine. According to the Integrated Postsecondary Education Data System, there were only 19 African American/Black students that earned a degree in naturopathic medicine in 2012, which was the last year the group collected data on the topic.

With more public education about functional medicine, more people of color choosing to go into integrative medicine, and policy changes that would allow more integrative medicine treatments to be covered by insurance, integrative health care for all could become a reality in the near future.

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The Great Debate: Whether or Not to Vaccinate?

Learn if a vaccination is right for you and what you can do to help prepare your body beforehand.

By Lindsay Moreau, ND

Vaccinations are a hot topic these days. There are ardent supporters crying for everyone to receive every vaccine just as there are passionate naysayers that refuse all vaccinations. Yet both sides believe that they are advocating what is best for their and their family's health. Everyone wants to protect their health and the health of their loved ones. To do that, it's important to know how to determine which vaccines you may benefit from and how to prepare your immune system to deal with the vaccination should the time come to be vaccinated.

Risk vs Reward

There are many different types of vaccines, and certainly not everyone needs to receive all of them. The first step is to talk to your healthcare practitioner. It's also a good idea to consult with the Centers for Disease Control and Prevention (CDC) recommendations and then determine what the exposure risks are. For instance, Japanese encephalitis does not occur in the United States, and so vaccination for this disease would be excessive for someone that does not plan to leave the United States. This is a very obvious example, but there are more nuanced situations.

Take measles. It is not endemic in the United States, and yet outbreaks occur. What is your risk of exposure in this circumstance? Or consider hepatitis B, which is transferred through sexual contact or blood. At first glance, it might seem easy to avoid, but there are often factors that are out of the individual's control, such as a cheating partner or an accidental needlestick (a common injury in health care) that can lead to exposure.

The second thing to consider is the severity of the disease that the vaccine addresses. Some vaccines are made because the disease is contagious and deadly, such as smallpox, and some vaccines are made because susceptible individuals can suffer serious complications, such as measles. The vast majority of vaccines are of this second type.

Most people that catch the influenza virus, "the flu," recover fairly well, but people do die from the flu every year. Mostly elderly and immunocompromised individuals comprise this group, yet annual vaccination is recommended by the Centers for Disease Control and Prevention (CDC) for everyone. Their aim is to try to decrease the spread of the flu through the general population, thereby decreasing the risk of high-risk populations from catching it. This is a public health decision, not an individual health decision.

However, the individual still needs to do a personal risk assessment to determine if receiving the notoriously ineffective flu vaccine year after year brings more benefit to the population than it does harm to the individual. For instance, if that person works in a nursing home, it might well be worth the risk. However, if that individual is young, not pregnant or planning to become pregnant, and has no living grandparents, it might not be worth it.

At-Risk Populations

Another difficult aspect of the decision to get a certain vaccination is determining who is considered high risk for adverse vaccine events and who is not. While many vaccines have been extensively researched to give us

some idea of their efficacy, some, especially newer ones, have been researched for shorter terms, making it difficult to determine what the at-risk population is exactly and what are the possible negative outcomes.

Deciding whether or not to get certain vaccinations is especially nuanced if you have an autoimmune condition or other chronic inflammatory conditions, such as Lyme disease, mold toxicity, histamine intolerance, chemical sensitivity, fibromyalgia, and chronic digestive issues. In addition to this group are pregnant women, children under the age of two, and anyone with chemical sensitivities.

Vaccinations are inherently inflammatory and stimulatory to the immune system, so there is a good chance that a vaccination could cause an aggravation in these conditions, or the body could respond poorly. Members of populations with immune imbalances or an overactive immune system especially need to consider whether the possible benefits of helping create herd immunity outweigh the risks for them.

That being said, sometimes the benefits of a particular vaccination outweigh the risks. In these circumstances, it is best to focus on balancing the immune system to decrease the chance of a negative reaction and enhance the proper immune response to develop immunity as every vaccination aims to do.

Preparing the Immune System

The immune system has several different types of reactions based on what exactly it is responding to. The most basic of these responses are called Th1, Th2, and T-regulatory. The Th1 response is the body's response to viral and bacterial issues and is often implicated in autoimmune conditions. The Th2 response happens in response to parasites and is behind most allergic conditions. Th1 and Th2 oppose each other, and so if one is ramped up, the other is simultaneously decreased.

Vaccines are designed to stimulate a Th1 immune response. If someone already has a Th1-dominant condition, their body might not respond well to a vaccination. There are many different herbs and foods that can push the immune system towards a Th2 response, which can in turn calm down the Th1 response. These include tomatoes and other red fruits (with the exception of strawberries and cherries), which contain lycopene; grape skins, which contain resveratrol; and green tea, coffee and dark chocolate.



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Someone with a Th2 dominance might also not respond well to a vaccination, but they would be more likely to have a poor antibody response and thus poor immunity. This would be someone with allergies, histamine issues, and pregnant women. Classic herbs that support the immune system include echinacea, maitake mushroom, and licorice root.

Adding Th2-calming herbs would also be of benefit, including quercetin, stinging nettles, and bromelain.

For those who are generally healthy and want to improve the response to a vaccination, the T-regulatory response should be supported. This response calms down both the Th1 and Th2 response in the body, and so could benefit anyone with a Th1 or Th2 dominance as well.

There are many supplements that can support this balanced immune response, including curcumin, fish oil, and glutathione. Other nutrients that promote healthy immune function include vitamin A and zinc.

Other Ingredients

The last thing that needs to be considered is the other ingredients in the vaccine. All vaccines have something called an adjuvant, which is often aluminum-based, to get the immune system to react to the virus or viral particles being injected into the body. Aluminum is neurotoxic. Multidose vials contain preservatives, such as thimerosal (mercury) in the flu vaccine, and so to decrease exposure a single dose vial can be requested. Residual ingredients from the manufacturing process, such as formaldehyde, are also found in vaccines. Formaldehyde is a known human carcinogen. These other ingredients are why individuals who are chemically sensitive or are poor detoxifiers need to think carefully about which vaccines to receive.

Fortunately, the human body is designed to be able to deal with all of these insults and more. The liver has enzymes to process out chemicals. These enzymes can vary in activity depending on individual genetics, availability of cofactors for these enzymes, as well as toxic chemicals that can inhibit the detoxification process in the liver. The best way to encourage proper processing of chemicals is to support the liver. Milk thistle, ellagic acid, berberine, di-indole-methane, green tea, dandelion, N-acetyl-cysteine, and curcumin are just some of the things that can provide antioxidants, support liver function and the detoxification process.

To address the aluminum and mercury exposure, the above enumerated processes are important, but there needs to also be something to bind or chelate the aluminum to carry it effectively out of the body. Eating seaweed, cilantro and parsley supports detoxification wonderfully. It is important to note that detoxification takes time, and so spacing out vaccinations by several months rather than receiving multiple vaccinations all at once or in rapid succession, can help keep the toxic burden lower.

These preparations for a vaccination should be started well before the vaccination date to allow for changes to the regimen if necessary and to allow sufficient time for changes to the immune system to respond fully. Inflammation-inhibiting and immune-supporting herbs can be started four weeks in advance along with liver support. Heavy metal chelators can be added the day of the vaccination and continued for the next 2-4 weeks.

The goal of all vaccinations is to decrease the risk of death or other adverse outcome from disease, whether for the vaccinated individual or for the population at large. Making smart choices about which vaccines to receive and balancing the immune system before vaccination can help enhance proper immune response. Allowing proper spacing between vaccinations can help decrease the chance of adverse effects from vaccination. This forethought can help everyone decrease the risks of vaccinations while simultaneously increasing a good immune response.

Please Note: *These comments are in no way intended to be used as medical advice. Always consult your physician or other healthcare professional before receiving a vaccine or taking supplements and changing your diet. Also, check the Centers for Disease Control and Prevention (CDC) recommendations to better determine exposure risk.*

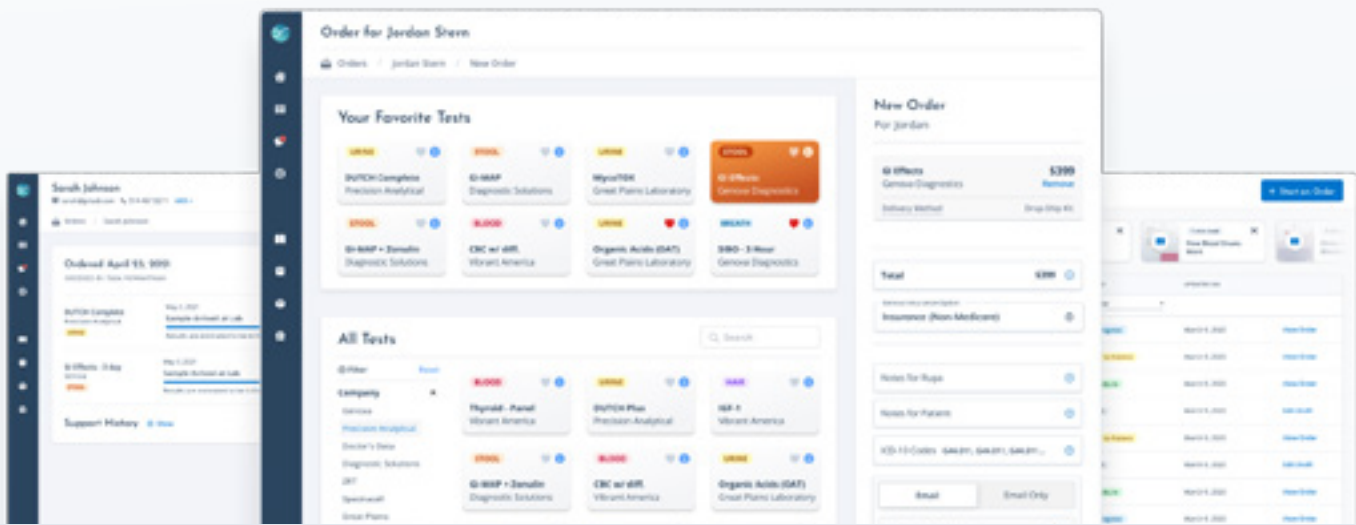


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1783 — James Durham is considered the first African American to practice medicine in the United States even though he did not have a medical degree.



1881 — Susan McKinney Steward co-founded the Brooklyn Women's Homeopathic Hospital and Dispensary.

1878 — Dr. Grace Roberts was the first African American to earn a degree from the University of Michigan's Homeopathic Medical School.



1884 — Dr. Thomas Creigh Imes was the first African American to graduate from Hahnemann Homeopathic Medical College of Pennsylvania.

1895 — The National Medical Association (NMA) was founded by and for black doctors and health professionals in response to not being allowed to join the American Medical Association (AMA).



1913 — Dr. Fred Rubel was the first Black student to graduate from the National School of Chiropractic.

1921 — Dr. Meta L. Christy, a graduate of the Philadelphia College of Osteopathic Medicine, was the first African-American osteopathic physician.



1981 — The American Black Chiropractic Association was founded by Dr. Bobby Westbrooks.

1990 — Dr. Willard Smith was the first African American elected to head a major medical society, the California Chiropractic Association.



1990 — The need to have a certification board for the specialty of holistic nursing is recognized by the professional nursing community.

2012 — According to the Integrated Postsecondary Education Data System, only 19 Black/African-American students earned a degree in naturopathic medicine.

2021 — The National University of Health Sciences (NUHS) creates the Black Naturopathic Opportunity Scholarship to encourage more Black/African-American students to enter naturopathic medicine.

Wellness Words Answers

Down

- | | | |
|--------------|----------------|------------|
| 1. African | 14. Peter | 31. Cut |
| 2. Magnesium | 18. Safety | 32. Ennui |
| 4. Alright | 19. Smell | 33. Polio |
| 5. Humans | 20. Vaccine | 36. Neural |
| 6. Uptown | 21. Rheumatoid | 37. Harmed |
| 7. Incubate | 22. Telehealth | 39. Tempt |
| 9. Ripe | 25. Sudorous | 40. Mimic |
| 11. Lupus | 26. Reek | 41. Earns |
| 12. Four | 29. Aloe | 45. Eat |

Across

- | | | |
|---------------|--------------------|----------------|
| 1. Aluminum | 19. Sassy | 35. Women |
| 3. Patchouli | 20. Verge | 38. Autoimmune |
| 8. Drugs | 22. Benefit | 42. Virtual |
| 10. Aromatic | 24. Greens | 43. Is |
| 13. Burpees | 27. Cause | 44. Ardor |
| 14. PU | 28. Ulna | 46. HIPAA |
| 15. Hosanna | 30. Blackeyed | 47. Shield |
| 17. Diversity | 34. Phytonutrients | 48. Consumed |

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Artemisinin 300 Capsules
Artemisinin 90 Capsules
ButyrEn 100 Capsules
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Vitamin E Succinate 100 Capsules
Zinc Citrate 25 mg 60 Capsules
Zinc Picolinate 60 Capsules

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Product Name

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Better Body Butter 2.8 oz
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Mineral MistToner 1.7 oz
Miracle Elixir Oil 1 oz

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Peak K2 90 Capsules
Probiotic 3 90 Capsules
R-Lipoic Acid 300 mg 60 Capsules
Strontium Support II 60 Capsules

Argentyn 23

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Pro Bio-Active Silver Hydrosol 23 ppm Economy Size Screw Top 16 fl oz
Pro Bio-Active Silver Hydrosol 23 ppm Fine Mist Spray 2 fl oz
Pro Bio-Active Silver Hydrosol 23 ppm Screw Top 4 fl oz
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AVEMAR[™]

Product Name

AVEMAR[™] 300 Tablets
AVEMAR[™] AWGE 30 Sachets
AVEMAR[™] Stevia Natural Plant Based 30 Sachets

Avior

Product Name

Real NAD+ 60 EZ Melt Tablets

Ayush Herbs®

Product Name

Adult Ashwagandha Drops 2 fl oz

Adult Trifal Drops 2 fl oz

Amla Plex 30 Servings

Ashwagandha 60 Capsules

AyuPhos 60 Capsules

Bacopa Plus 60 Capsules

Boswelya Plus 90 Caplets

Carditone 60 Caplets

CoCurcumin 30 Servings

Flucomune 90 Capsules

High Omega-3 Fish Oil 60 Softgels

Kids Ashwagandha Drops 2 fl oz

Kids Trifal Drops 2 fl oz

Neem Plus 90 Capsules

Probiotic 100B 60 Capsules

Rentone 90 Caplets

Trifal 90 Capsules

Barlean's

Product Name

Fresh Catch Fish Oil Orange Flavor 250 Softgels

Fresh Flax Oil 16 oz

Fresh Flax Oil 32 oz

Lignan Flax Oil 16 oz

Lignan Flax Oil 250 Softgels

Seriously Delicious CLA Fresh Apple 16 oz

Seriously Delicious High Potency Omega-3 Citrus Sorbet 16 oz

Seriously Delicious High Potency Omega-3 Key Lime Pie 16 oz

Seriously Delicious MCT Oil Coconut 16 oz

Seriously Delicious Omega-3 Fish Oil Lemon Creme 16 oz

Seriously Delicious Omega-3 Mango Peach Smoothie 16 oz

Seriously Delicious Plant Based Total Omega Pomegranate Blueberry Smoothie 16 oz

Seriously Delicious Total Omega Orange Creme 16 oz

Seriously Delicious Total Omega Orange Creme 8 oz

BeeKeeper's Naturals

Product Name

B. Fueled Bee Pollen 150 g

B. Immune Throat Spray Propolis 1.06 fl oz

B. Powered Superfood Honey 125 g

B. Powered Superfood Honey 330 g

Kids Propolis Throat Spray 1.06 fl oz

BergaMet

Product Name

Clinical Immune Citrus Bergamot 60 Tablets

Bio-Tech® Pharmacal

Product Name

D3-50 100 Capsules

Lith-Oro 20 mg 100 Capsules

Biocidin®

Product Name

Biocidin® 1 fl oz

Biocidin® 90 Capsules

Biocidin® LSF 1.7 fl oz

Biocidin® Throat Spray 1 fl oz

Biotonic 2 fl oz

Dentalcidin LS 1 fl oz

G.I. Detox+ 60 Capsules

Olivirex® 60 Capsules

Proflora® 4R 30 Capsules

BioMatrix

Product Name

Candid-X 90 Capsules

Est-Adapt 15 ml

Licorice Root Extract 2 fl oz

Paracid-X 90 Capsules

Pregnenolone 30 ml

Pro-Adapt 15 ml

Pylori-X 120 Capsules

BodyBio

Product Name

Balance Oil 16 oz

E-Lyte 16 oz

Liquid Mineral Iodine 2 fl oz

Liquid Mineral Zinc 2 fl oz

Liquid Minerals 8 oz

PC 100 Softgels

PC 8 oz

Bodylogix

Product Name

Bodylogix Fermented BCAA Unflavored 60 Servings

Bodylogix Micronized Creatine Unflavored 60 Servings

Bodylogix Natural Pre-Workout Green Apple 30 Servings

Bodylogix Vegan Protein Decadent Chocolate 22 Servings

Bodylogix Vegan Protein Vanilla Bean 22 Servings

Brain Bean

Product Name

Brain Basics Ultra Alpha GPC 90 Capsules
Brain Basics Ultra Iodine Complex 90 Tablets
Brain Basics Ultra Pure Astaxanthin 60 Softgels
Brain Basics Ultra Pure Selenomethione 90 Capsules

Buddha Teas™

Product Name

Chaga Tea 18 Bags
Detox Dharma Blend 18 Bags
Matcha Green Tea 18 Bags
Mushroom Wellness Blend 18 Bags
Reishi Mushroom Blend 18 Bags

Carlson Labs®

Product Name

A.D.E Hand & Body Cream Unscented 4 oz
ACES 50 Softgels
ACES+Zn 60 Softgels
Acetyl L-Carnitine 60 Capsules
Baby's DHA 2 fl oz
Chewable Calcium Citrate 120 Tablets
Cod Liver Oil Lemon Flavor 8.4 oz
Cod Liver Oil Minis 100 Softgels
Cod Liver Oil Natural Flavor 8.4 oz
DL-Phenylalanine 60 Capsules
Ginger ALL 60 Softgels
Hi.Fiber 100 Capsules
Key.E Hand & Body Cream Lemongrass 4 oz
Key.E Hand & Body Cream Unscented 2 oz
Kid's Vitamin C Gummies 60 Gummies
Kid's Vitamin D3 Gummies 60 Gummies
L-Glutamine Powder 33 Servings
M.S.M Sulfur 90 Capsules
Taurine Powder 31 Servings
Vitamin D3 Gummies 60 Gummies

Clinical Synergy®

Product Name

ArteMax 60 Capsules
Mycocutics Immune Max 180 Capsules
Mycocutics Tick Defense 90 Capsules
PectaSol Metal Detox 180 Capsules
PectaSol-C Professional 270 Capsules
PectaSol-C Professional 90 Servings

PectaSol-C Professional Chewable Tangerine Flavor 120 Tablets

PectaSol-C Professional Lime Flavor 30 Servings

PectaSol-C Professional Lime Flavor 90 Servings

Cognitive Clarity

Product Name

Percepta Professional 60 Capsules

CuraLife USA

Product Name

CuraLin 180 Capsules
CuraLin Starter Bottle 42 Capsules
Diamond Formulations
Sleep Balance Herbal 60 Capsules

Doctor's Advantage

Product Name

EyeRelief 90 Softgels
Macular Shield Plus Complete Multivitamin 120 Capsules
Omega Shield 60 Softgels

Dr. Anna Cabeca

Product Name

Mighty Maca® Plus 60 Servings

Dr. Capasso

Product Name

Keto Complete 20 Servings
Mitoblast 2 120 Capsules
Skin-Lasting Botanical Formula Spray 6 fl oz
Skin-Lasting Super Formula Spray 6 fl oz

Dr. Mercola®

Product Name

Berberine with MicroPQQ Advanced 30 Capsules
Biodynamic Organic Fermented Moringa 90 Tablets
Calcium with Vitamins D3 & K2 90 Capsules
Eye Support 30 Capsules
Fermented Beta Glucans 60 Capsules
Fermented Black Garlic 60 Capsules
Fermented Chlorella 450 Tablets
Fermented Elderberry 60 Capsules
Full Spectrum Enzyme 90 Capsules
H2 Molecular Hydrogen 90 Tablets
Ketozyne 30 Capsules
Krill Oil 60 Capsules
Liposomal Vitamin C 180 Capsules
Liposomal Vitamin C 60 Capsules
Liposomal Vitamin C for Kids 30 Capsules

Magnesium L-Threonate 270 Capsules
Organic Astaxanthin 12mg 90 Capsules
Whole-Food Multivitamin Plus Vital Minerals 240 Tablets
Zinc Plus Selenium 30 Capsules
Zinc Plus Selenium 90 Capsules

Dr. Phillips

Product Name

Full-Spectrum Hemp Oil Cherry Bomb 1 oz
Full-Spectrum Hemp Oil Cool Mint 1 oz
Full-Spectrum Hemp Oil Orange Dreamsicle 1 oz

Drs Nutrition Bar

Product Name

Drs Nutrition Bar Almond Chocolate Coconut 12 Bars

Encore Life

Product Name

HEMP OneThirteen 30 Softgels
HEMP OneThirteen 60 Softgels
HEMP OneThirteen Immune Sour Gummies Orange Cream 60 Gummies
HEMP OneThirteen PRO 1500 1 oz
HEMP OneThirteen PRO 3000 1 oz
HEMP OneThirteen PRO 750 0.5 oz
HEMP OneThirteen Relax Sour Gummies Blueberry Pomegranate 60 Gummies
HEMP OneThirteen Sleep Sour Gummies Blackberry Vanilla 60 Gummies
HEMP OneThirteen Soothe 600 60gm
HEMP OneThirteen Sour Gummies Watermelon Cherry 60 Gummies

Endurance Products Company

Product Name

Dihydroberberine SR 150mg 60 Tablets
ENDUR-ACIN ER 750mg 60 Tablets
ENDUR-AMIDE SR 500mg 90 Tablets
ENDUR-C SR 1000mg 60 Tablets
ENDUR-C SR 500mg 90 Tablets
Pantethine SR 300mg 90 Tablets
Phytosterols IR 450mg 60 Tablets
Taxifolin Complex SR 60 Tablets

Energenx

Product Name

Chemtox 2 fl oz
Hydrex 30 Servings
Organic Moringa Leaf Powder 44 Servings

Enzyme Science™

Product Name

(PEA)+ 120 Capsules
Complete Digestion 90 Capsules
Critical Digestion® 90 Capsules
Enzyme Defense Pro 60 Capsules
Intolerance Complex 90 Capsules
Lypo Optimize 90 Capsules
MyoMend® 120 Capsules
Stem XCell® Pro 60 Capsules
Telomere Pro 30 Capsules

Even

Product Name

Even for Antidepressants 60 Capsules
Even for Birth Control 60 Capsules
Even for Statins 60 Capsules

Everidis Health Sciences

Product Name

BioGaia Gastrus 30 Chewable Tablets
BioGaia Osofortis 60 Capsules
BioGaia Prodentis 30 Lozenges
BioGaia Protectis 30 Chewable Tablets
BioGaia Protectis Baby Drops 25 Servings
BioGaia Protectis Baby Drops with Vitamin D 50 Servings
Replesta NX 8 Chewable Wafers

Golden Flower Chinese Herbs®

Product Name

Andrographis 60 Tablets
Astragalus & Ligustrum 60 Tablets
Bupleurum & Tang Kuei 60 Tablets
Corydalis 60 Tablets
Ease Digestion 60 Tablets
Eleuthero 60 Tablets
Five Mushroom 2 oz
Free & Easy Wanderer Plus 60 Tablets
Gan Mao Ling 60 Tablets
General Tonic 60 Tablets
Ginseng & Astragalus 60 Tablets
Jade Screen & Xanthium 60 Tablets

Guna Inc.

Product Name

Guna Allergy 1 fl oz
Guna Cough 5.07 fl oz
Guna Deep Cleanse 1 fl oz

Guna Defense 0.28 oz
Guna Flu 0.21 oz
Guna Mood Support 1 fl oz
Guna Pain Management 1 fl oz

Haelan

Product Name

Haelan 951 8 fl oz
Sweet Mint Flavoring 40 Serv

Herb Pharm®

Product Name

Adrenal Support 1 fl oz
Anxiety Soother 1 fl oz
Arnica Oil 1 fl oz
Ashwagandha 1 fl oz
Ashwagandha Alcohol Free 1 fl oz
Better Bitters Classic 1 fl oz
Black Elderberry Alcohol Free 1 fl oz
Blood Pressure Support 1 fl oz
Calendula Oil 1 fl oz
Cinnamon Breath Refresher 0.47 fl oz
Dandelion Alcohol Free 1 fl oz
Echinacea Alcohol Free 1 fl oz
Fungus Fighter 1 fl oz
Ginger 1 fl oz
Herb Pharm Original Salve 24 gm
Kava 1 fl oz
Kids Black Elderberry Alcohol Free 1 fl oz
Kids Cough Crusader 1 fl oz
Kids Fast Asleep 1 fl oz
Kids Immune Avenger 1 fl oz
Kids Immune Fortifier 1 fl oz
Kids Lemon Balm Calm Alcohol Free 1 fl oz
Kids Mullein Garlic Oil 1 fl oz
Kids Orange-Flavored Echinacea Alcohol Free 1 fl oz
Lemon Balm 1 fl oz
Lemon Balm Alcohol Free 1 fl oz
Lung Expectorant 1 fl oz
Milk Thistle 1 fl oz
Mullein Garlic Oil 1 fl oz
Nervous System Tonic 1 fl oz
Passionflower 1 fl oz
Peppermint Breath Refresher 1 fl oz
Peppermint Spirits 1 fl oz
Rapid Immune Boost 1 fl oz
Relaxing Sleep 1 fl oz
Soothing Throat Spray 1 fl oz

St. John's Wort Oil 1 fl oz
Stone Breaker 1 fl oz
Super Echinacea 1 fl oz
Tea Tree Essential Oil 1 fl oz
Turmeric 1 fl oz
Urinary System Support 1 fl oz
Valerian 1 fl oz
Valerian Alcohol Free 1 fl oz
Virattack 1 fl oz

Herbalist & Alchemist

Product Name

Alterative Compound 4 oz
Burdock / Red Root Compound 4 oz
Calm Adapt 4 oz
Daily Adapt 4 oz
Fit Adapt 4 oz
Immune Adapt 4 oz
Kidney Support Compound 4 oz
Men's Adapt 4 oz
Men's Prostate Tonic 4 oz
Original Bitters 4 oz
Osteoherb 120 Capsules
Seven Precious Mushrooms 4 oz
Sinus Support Compound 4 oz
Women's Adapt 4 oz

HumanN™

Product Name

BeetElite Black Cherry 20 Servings
BeetElite On-the-Go Black Cherry 10 Servings
Neo40 Professional 60 Tablets
SuperBeets Black Cherry 30 Servings
SuperBeets Collagen Cherry Berry 30 Servings
SuperBeets Energy Plus Natural Berry 30 Servings
SuperBeets Immune Cranberry Cherry 30 Servings
SuperBeets Original Apple 30 Servings
SuperBeets Soft Chews Pomegranate Berry 60 Chews
SuperGrapes Chews Grape 60 Chews

Hyalogic™

Product Name

Dr. John's Toothpaste Gel 4.58 oz
HA Lip Balm Jar 0.5 oz
Hand & Body Lotion 10 fl oz
Hyaluronic Acid Biotin Hair & Scalp Spray 4 fl oz
Hyaluronic Acid Collagen Peptides 30 Servings
Hyaluronic Acid Dry Mouth 60 Mint Lozenges

Hyaluronic Acid Joint, Skin & Eyes 10 oz
Hyaluronic Acid Joint, Skin & Eyes 30 Capsules
Synthovial Seven 1 fl oz

Innate Response

Product Name

Adrenal Response 90 Tablets
Adrenal Response Complete Care 90 Tablets
Baby & Me Multivitamin 120 Tablets
C Complete Powder 2.9 oz
GTF Chromium 90 Tablets
Inflama-Complete 90 Capsules

Jarrow Formulas®

Product Name

Arginine 100 Tablets
Citicoline CDP Choline 60 Capsules
Fem-Dophilus® 60 Capsules
Fem-Dophilus® 60 Capsules (Shelf Stable)
Milk Thistle 200 Capsules
Pantethine 60 Softgels
Red Yeast Rice + CoQ10 120 Capsules
Theanine 200 60 Capsules

Jigsaw Health

Product Name

Adrenal Cocktail + Wholefood Vitamin C 60 Servings
Electrolyte Supreme Berry-Licious 60 Servings
Electrolyte Supreme Lemon-Lime 60 Servings
MagSoothe Raspberry Lemonade 60 Servings
MagSRT® 240 Tablets
Pickleball Cocktail Orange 60 Servings

Kuli Kuli

Product Name

GREEN TEA ENERGY PLUS WELL CITRUS C 12 Servings
HERBAL MORINGA TEA ORIGINAL 15 Bags
MORINGA ENERGY BAR DARK CHOCOLATE 12 Bars
PURE MORINGA 20 Packets

Life Extension

Product Name

AMPK Metabolic Activator 30 Tablets
BioActive Complete B-Complex 60 Capsules
Cognitex® Elite Pregnenolone 60 Tablets
Curcumin Elite™ Turmeric Extract 60 Capsules
FLORASSIST® GI with Phage Technology 30 Capsules
FLORASSIST® Throat Health 30 Lozenges
Herbal Sleep PM 30 Capsules

Male Vascular Sexual Support 30 Capsules
Mega Lycopene 90 Softgels
Memory Protect 36 Day Supply
Optimized Quercetin 60 Capsules
Pomegranate Complete 30 Softgels
Potassium with Extend-Release Magnesium 60 Capsules
Super K 90 Softgels
Super K Elite 30 Softgels
Super Omega-3 EPA/DHA Fish Oil 60 Softgels
Tart Cherry with CherryPURE® 60 Capsules
Vitamin C and Bio-Quercetin Phytosome 250 Tablets
Water-Soluble Pumpkin Seed Extract 60 Capsules
Zinc Lozenges Citrus-Orange Flavor 60 Lozenges

Linpharma™

Product Name

Dolovent 120 Capsules
Petadolex 50mg 50 Softgels
Petadolex 75mg 60 Softgels

LMNT Elemental Labs

Product Name

LMNT Recharge – Citrus Salt 30 Servings
LMNT Recharge – Orange Salt 30 Servings
LMNT Recharge – Raspberry Salt 30 Servings
LMNT Recharge – Raw Unflavored 30 Servings
LMNT Recharge – Variety Pack 12 Servings

Master Supplements

Product Name

DIGESTXYM+ 93 Capsules
HCL-XYM 93 Capsules
Immunoxym 62 Capsules
SEAXYM 93 Capsules
SunFiber 31 Servings
TheralacPRO 40 Capsules
THERAXYM 93 Capsules
TruBifidoPRO 40 Capsules
TruFiber 50 Servings

Med 7

Product Name

MED 7 HEMP OIL CINNAMON .5 OZ
MED 7 HEMP OIL MOCHA .5 OZ
MED 7 HEMP OIL WILD BERRY .5 OZ
MED 7 METABOLIC SUPPORT CINNAMON .5 OZ
MED 7 PM HEMP CBD OIL CINNAMON .5 OZ
MED 7 RELIEF ROLL-ON .34 OZ

Megafood

Product Name

Baby & Me 2 120 Tablets
Balanced Minerals 90 Tablets
Blood Builder 180 Tablets
Blood Builder 90 Tablets
C Defense 70 Gummies
Elderberry Immune Support 54 Gummies
Kids Daily Immune 2.3 oz
Kids One Daily 60 Tablets
Melatonin Berry Good Sleep 54 Gummies
Methyl B12 60 Tablets
Multi for Women 40+ 120 Tablets
Multi for Women 55+ 120 Tablets
One Daily 180 Tablets
Pure Cranberry 60 Capsules
Selenium 60 Tablets

Microbiome Labs

Product Name

Gut-Specific Fish Oil Supplement 60 Softgels
Mega IgG2000 120 Capsules
MegaGuard 60 Capsules
MegaMucosa Raspberry Lemonade Flavored 30 Servings
MegaPre 180 Capsules
MegaPre Mango Flavored 30 Servings
MegaSporeBiotic 180 Capsules
MegaSporeBiotic 60 Capsules
WheatRescue 60 Capsules

Microvascular Health Solutions™

Product Name

EndocalyxPro 120 Capsules

MRM

Product Name

Acetyl L-Carnitine 60 Capsules
Cardio Chelate 180 Capsules
Complete E 60 Softgels
Cordyceps CS-4 Strain 60 Capsules
DHEA 50 mg 90 Capsules
Digest-ALL 100 Capsules
Digest-ALL IC 60 Tablets
Driven Mixed Berries 29 Servings
Egg White Protein Vanilla 10 Servings
Egg White Protein Vanilla 20 Servings
Gainer Chocolate 18 Servings
Glucosamine Chondroitin 90 Capsules

L-Glutamine 1,000 Servings
Matcha Green Tea Powder 42 Servings
Organic Moringa Leaf Powder 60 Servings
Organic Red Beet Powder 24 Servings
Quercetin 60 Capsules
Relax-ALL 60 Capsules
TribuPlex 750 60 Capsules
Vegan Vitamin D3 5,000 IU 60 Capsules
Whey Protein Chocolate 18 Servings
Whey Protein Vanilla 18 Servings
Whole Food Organic Fiber 32 Servings

Mushroom Wisdom®

Product Name

Lion's Mane Amyloban 180 Tablets
Maitake D-Fraction PRO 4X 120 Tablets
Maitake D-Fraction PRO 4X 30 mL
Maitake D-Fraction PRO 4X 60 mL
Maitake D-Fraction STANDARD 120 Capsules
Maitake D-Fraction STANDARD 60 mL
Super Cordyceps 120 Tablets
Super Coriolus 120 Tablets
Super Lion's Mane 120 Tablets
Super Reishi 120 Tablets
Super Shiitake 120 Tablets

Nature's Sources

Product Name

AbsorbAid Digestive Support 240 Capsules
AbsorbAid Digestive Support 83 Servings
AbsorbAid Digestive Support 90 Capsules
AbsorbAid Platinum Super Digestive Blend 60 Capsules
Kolorex Foot & Toe Care 0.88 oz

Neurohacker™

Product Name

Qualia Mind 105 Capsules
Qualia Mind 35 Capsules
Qualia Mind Essentials 25 Capsules
Qualia Mind Essentials 75 Capsules
Qualia Night 20 Capsules
Qualia Night 60 Capsules
Qualia Nootropic Energy 2 oz Shot 6-Pack

Neuropathy Factor™

Product Name

Neuro H2 Berry Splash 60 Tablets
Neuro H2 Natural Flavor 60 Tablets

NFH

Product Name

Arabino SAP 50 Servings
 Berberine SAP 90 Capsules
 Coriolus Versicolor SAP 60 Capsules
 D-Ribose SAP 50 Servings
 Grape Seed SAP 60 Capsules
 Maitake SAP 60 Capsules
 Mushroom Complex SAP 90 Capsules
 Ox Bile SAP 90 Capsules
 Reishi SAP 60 Capsules
 Shiitake SAP 60 Capsules
 Trident SAP 66:33 120 Softgels
 Zinc SAP 60 Softgels

Nordic Naturals®

Product Name

Algae Omega 120 Softgels
 Baby's Vitamin D3 0.37 fl oz
 Children's Eye Health Gummies Strawberry Lemonade 30 Gummies
 DHA Infant 2 fl oz
 DHA Junior 180 Softgels
 Kids Nordic Flora Probiotic Gummies Merry Berry Punch 60 Gummies
 Nordic Berries Cherry Berry 120 Gummy Berries
 Nordic Berries Original Flavor 120 Gummy Berries
 Nordic Omega-3 Fishies 36 Fishies
 Nordic Omega-3 Gummies 120 Gummies
 ProDHA 1000 120 Softgels
 ProDHA 120 Softgels
 ProEPA 120 Softgels
 ProEPA with Concentrated GLA 60 Softgels
 ProOmega 120 Softgels
 ProOmega 180 Softgels
 ProOmega 2000 120 Softgels
 ProOmega 2000 60 Softgels
 ProOmega 2000 Jr. 60 Softgels
 ProOmega 2000-D 120 Softgels
 ProOmega 60 Softgels
 ProOmega CRP 90 Softgels
 ProOmega-D 120 Softgels
 ProOmega-D 180 Softgels
 ProOmega-D 60 Softgels
 Vitamin C Gummies Tart Tangerine 120 Gummies
 Vitamin D3 Kids Gummies Wild Watermelon Splash 60 Gummies
 Vitamin D3+K2 Gummies Pomegranate 60 Gummies
 Zero Sugar Curcumin Gummies 60 Gummies
 Zero Sugar Melatonin Gummies 60 Gummies

NuGo® Nutrition

Product Name

Fiber d'Lish Cinnamon Raisin 16 Bars
 Fiber d'Lish Banana Walnut 16 Bars
 NuGo Vanilla Yogurt Protein 15 Bars
 PROMAX Protein Bar Chocolate Chip Cookie Dough 12 Bars
 Smarte Carb Peanut Butter Crunch 12 Bars
 Stronger Caramel Pretzel 12 Bars
 Stronger Peanut Cluster 12 Bars

Nutrasal

Product Name

Cerebra GPC 2 fl oz
 LipoZome-B 2 fl oz
 LipoZome-C 8 fl oz
 PPC Kids Orange Cream 8 oz

NutriCology

Product Name

Laktoferrin 90 Capsules
 Mastic Gum 120 Capsules
 Mucolyxir® 0.4 fl oz
 OcuDyne II 200 Capsules
 Organo-Germanium Ge-132 50 Capsules

NutriDyn™

Product Name

Fruits & Greens Berry 30 Servings
 Fruits & Greens Chocolate 27 Servings
 Fruits & Greens Chocolate Peppermint 27 Servings
 Fruits & Greens Espresso 27 Servings
 Fruits & Greens Grape 30 Servings
 Fruits & Greens Green Tea Melon 30 Servings
 Fruits & Greens Monk Fruit Blackberry Tangerine 30 Servings
 Fruits & Greens Monk Fruit Chocolate 27 Servings
 Fruits & Greens Original Mint 27 Servings
 Fruits & Greens Pink Lemonade 30 Servings
 Fruits & Greens Strawberry Kiwi 30 Servings
 Fruits & Greens TO GO Starter Kit 11 Servings

Nutritional Therapeutics

Product Name

NT Factor® Advanced Physician's Formula with B-Vitamins 150 Tablets
 NT-Zymes with NTFactor® 180 Capsules
 NTFactor® 90 Tablets
 NTFactor® Healthy Aging 120 Tablets
 NTFactor® Lipids Powder 120 Servings
 NTFactor® Patented Energy Chewable Wafer Mixed Berry 30 Wafers

NTFactor® with CoQ10 Chewable Wafer Chocolate 30 Wafers

NTFactor® with D3/K2 Chewable Wafer Vanilla 30 Wafers

Optimox

Product Name

ATP Cofactors 90 Tablets

Iodoral IOD-50 30 Tablets

Iodoral® IOD-12.5 90 Tablets

Optivite PMT 180 Tablets

Orgain

Product Name

Clean Protein Grass Fed Protein Shake Creamy Chocolate Fudge 4 Pack

Kids Protein Organic Nutrition Shake Chocolate Single Serving Pack

Kids Protein Organic Nutrition Shake Vanilla Single Serving Pack

Organic Nutrition Shake Creamy Chocolate Fudge 4 Pack

Organic Nutrition Shake Creamy Chocolate Fudge Single Serving Pack

Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack

Organic Protein + Superfoods Protein Powder Plant Based Vanilla Bean 18 Servings

Organic Protein Powder Plant Based Peanut Butter 20 Servings

Organic Protein Snack Bar Peanut Butter Chocolate Chunk 12 Bars

Vegan Organic Nutrition Shake Smooth Chocolate 4 Pack

Vegan Organic Nutrition Shake Smooth Chocolate Single Serving Pack

Vegan Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Vegan Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack

Organic India®

Product Name

Ashwagandha 90 Capsules

Ceylon Cinnamon 90 Capsules

Joy! 90 Capsules

Liver Kidney 90 Capsules

Memory 90 Capsules

Moringa 90 Capsules

Moringa Powder 113 Servings

Neem 90 Capsules

Peaceful Sleep 90 Capsules

Triphala 90 Capsules

Tulsi - Holy Basil 90 Capsules

Tulsi Ashwagandha 18 Bags

Tulsi Cleanse 18 Bags

Tulsi Green 18 Bags

Tulsi Hibiscus 18 Bags

Tulsi Honey Chamomile 18 Bags

Tulsi Lemon Ginger 18 Bags

Tulsi Masala Chai 18 Bags

Tulsi Moringa 18 Bags

Tulsi Original 18 Bags

Tulsi Peppermint 18 Bags

Tulsi Sleep 18 Bags

Tulsi Sweet Rose 18 Bags

Tulsi Turmeric Ginger 18 Bags

Turmeric Formula 90 Capsules

Passport to Organics

Product Name

Avocado Eye Cream 0.5 oz

Charcoal Cleanser 4 oz

Hyaluronic Acid Serum 2 oz

Pumpkin Peel Mask 3 oz

Turmeric Serum 1 oz

Vitamin C Toner 4 oz

Progressive Professional®

Product Name

Allergy Modulator® 120 Capsules

Brilliant Vision with Seanol-P 90 Capsules

Daily Resilience® 180 Capsules

Digestin 60 Capsules

GC-MSM 3550® 120 Capsules

Keto Resilience® 15 Servings

Probiotic Broad Spectrum 30 Caplets

Prosta Glan 120 Capsules

TestosterZone 180 Capsules

U-Tract® 26 Servings

ProHealth

Product Name

FibroSleep 60 Capsules

Super Immune Boost Pro 30 Capsules

ProLon Professional

Product Name

ProLon® Original Kit

QOL Labs

Product Name

Bifilon 60 Capsules

ImmunoKinoko 500 90 Capsules

Metasol 30 Capsules

Quicksilver

Product Name

Artemisinin Emulsion 4 oz

Bitters No.9 1.7 fl oz

BitterX 1.7 fl oz
 D3K2 1.7 fl oz
 GABA with L-Theanine 1.7 fl oz
 Liver Sauce 3.38 fl oz
 Melatonin Professional Dose 1 fl oz
 Methyl B Complex 1.7 fl oz
 Methyl B-12 1 fl oz
 Nanoemulsified Cat's Claw Elite® 1.7 oz
 Nanoemulsified Milk Thistle 1.7 oz
 Push Catch Liver Detox Kit
 Quinton Hypertonic 30 Servings
 Quinton Isotonic 30 Servings
 Ultra Binder® Sensitive Formula 30 Servings
 Ultra Binder® Stick Packs 20 Servings
 Ultra Vitamin 3.38 fl oz
 Vitamin C 4 fl oz

Range Essentials

Product Name

FLOW BLEND (Roller Bottle 1mL)
 FLOW BLEND (Roller Bottle 30mL)
 FLOW BLEND (Roller Bottle 5mL)
 FLOW BLEND Kit 2 in 1 (10ML + Roller Bottle 1mL)

Restorative Formulations™

Product Name

Adaptogen 75 Capsules
 Adrenal Px Balance 75 Capsules
 Adrenal Px DHEA 75 Capsules
 Adrenal Px L-BP 75 Capsules
 Cardiac Calm Px 60 Capsules
 Cholesterol Care 120 Capsules
 HTN 180 Px-Extra Strength 60 Capsules
 Metabolic Nutrition 60 Capsules
 Mitochondria Nutrition PQQ 60 Capsules
 PCO Px 75 Capsules
 ThyroCare 75 Capsules
 Thyroid Px 75 Capsules

RLC Labs

Product Name

a-Drenal 120 Capsules
 i-Throid 12.5mg 90 Capsules
 i-Throid 6.25mg 90 Capsules

Rx Vitamins®

Product Name

Acid Block 60 Chewable Tablets

Activated Enzyme Formula 90 Capsules
 Advanced Immune Support 60 Capsules
 Advanced Prostate Formula 90 Softgels
 Bone Density Formula 180 Capsules
 Buffered C 90 Capsules
 Chewable Cal/Mag 90 Chewable Tablets
 Chewable Licorice 90 Chewable Tablets
 Children's Multi-Vitamins 90 Chewable Tablets
 Testost Rx 90 Capsules
 ThyRx-7 60 Capsules

Sanesco

Product Name

Adaptacin™ 60 Tablets
 Contegra™ 60 Capsules
 Lentra™ 30 Capsules
 Lentra™ 60 Capsules
 MethylMax™ 60 Capsules
 Procite-D™ 60 Capsules
 Prolent™ 60 Capsules
 Somni-TR™ 30 Tablets
 Tranquilent™ 30 Tablets

Symphony Natural Health

Product Name

FemmenessencePRO Harmony 90 Capsules
 FemmenessencePRO Peri Menopause 180 Capsules
 FemmenessencePRO Post Menopause 180 Capsules
 HerbatoninPRO 0.3mg Plant Melatonin 120 Capsules
 Original Himalayan Crystal Salt® Bath Crystals 1 kg
 Original Himalayan Crystal Salt® Coarse Granulated 1 kg
 Original Himalayan Crystal Salt® Crystal Stones 1 kg
 Original Himalayan Crystal Salt® Fine Granulated 1 kg
 RevolutionPRO Men's Hormone Health 180 Capsules

T.A. Sciences

Product Name

TA-65MD 100 units 30 Capsules

Trace Minerals®

Product Name

40,000 VOLTS! 8 fl oz
 Apple Cider Vinegar Gummies 60 Gummies
 Colloidal Silver 30ppm 8 fl oz
 Colloidal Silver Spray 30ppm 4 fl oz
 ConcenTrace® Trace Mineral Drops 2 fl oz
 ConcenTrace® Trace Mineral Drops 8 fl oz
 Elderberry Immunity Powder Lemon Berry 50 Servings

Electrolyte Stamina Power Pak Acai Berry 30 Servings
Electrolyte Stamina Power Pak Concord Grape 30 Servings
Electrolyte Stamina Power Pak Lemon Lime 30 Servings
Electrolyte Stamina Power Pak Mixed Berry 30 Servings
Electrolyte Stamina Power Pak Orange Blast 30 Servings
Electrolyte Stamina Power Pak Pomegranate Blueberry 30 Servings
Electrolyte Stamina Power Pak Raspberry 30 Servings
Electrolyte Stamina Power Pak+ Lemon Berry 30 Servings
Electrolyte Stamina Tablets 90 Tablets
Ionic Boron 2 fl oz
Ionic Zinc 50mg 2 fl oz
Mega-Mag 400mg 4 fl oz
Zinc + Vitamin C Chewable Raspberry Flavor 60 Chewable Wafers

Transformation Enzyme

Product Name

Carbo-G* 90 Capsules
Digest* 90 Capsules
DigestZyme* 120 Capsules
LypoZyme 60 Capsules
Protease 60 Capsules

TruGen3®

Product Name

CurcuVES 60 Softgels
TG3 Heart Support 120 Capsules
TG3 Multi 60 Tablets
TruEase + Curcumin 30 Softgels
TruEase 30 Softgels

Vital Proteins®

Product Name

Beef Gelatin 23 Servings
Beef Liver 120 Capsules
Bone Broth Collagen Chicken 28 Servings
Collagen Creamer Coconut 12 Servings
Collagen Creamer Mocha 12 Servings
Collagen Creamer Vanilla 12 Servings
Collagen Creamer Vanilla 14 Servings
Collagen Peptides 14 Servings
Collagen Peptides 28 Servings
Collagen Peptides Stick Pack Box 20 Servings
Marine Collagen 18 Servings
Vitality Immune Booster** Clementine 14 Servings
Vitality Immune Booster** Grape Citrus 14 Servings

Vitanica®

Product Name

Adrenal Assist™ 90 Capsules
Bladder Ease 180 Capsules
Butterbur Extra 120 Capsules
CandidaStat™ 120 Capsules
Chaste Tree Berry 60 Capsules
CholestBlend 90 Capsules
CranStat Extra® 60 Capsules
Fem Rebalance™ 60 Capsules
Fem Vitality 60 Capsules
Fibro Formula 60 Capsules
GABA Ease™ 60 Capsules
Immune Tonic 4 oz
Iron Extra™ 60 Capsules
Lysine Extra 60 Capsules
MindBlend 60 Capsules
OvaBlend 180 Capsules
Ovulation Assist 60 Capsules
PhytoEstrogen Herbal 25 Servings
Pregnancy Prep 60 Capsules
Rauwolfia Extra™ 90 Capsules
Skin Assist™ 180 Capsules
Slow Flow™ 60 Capsules
VeinoBlend 90 Capsules
Women's Phase II® 180 Capsules
Women's Phase I™ 60 Capsules

Wise Woman Herbals

Product Name

Adrenal Tonic 2 fl oz
Bitter Tonic 2 fl oz
Bittersweet Elixir 2 fl oz
Bottom's Up Balm 1 oz
Elderberry Syrup 2 fl oz
Fiber Flow Capsules 120 Capsules
Hawthorn Solid Extract 2 fl oz
Hepacaps 90 Capsules
Hoxsey-Like Formula 2 fl oz
Kalmerite Glycerite 2 fl oz
Licorice Solid Extract 2 fl oz
Liquid Serenity 2 fl oz
Phytoest 2 fl oz
Phytoprogest 2 fl oz
Throat Mist 2 fl oz
Women's Menocaps 120 Capsules

XYMOGEN®

Product Name

5-HTP CR 60 Tablets
 5-MTHF 60 Capsules
 5-MTHF ES 60 Capsules
 5-MTHF Plus B12 Cherry 30 Tablets
 5-MTHF Plus B12 Cherry 60 Tablets
 6 Day Detox Micro Kit
 ActivEssentials™ 60 Packets
 ActivEssentials™ for Women 60 Packets
 ActivEssentials™ with Calcium 60 Packets
 ActivEssentials™ with OncoPLEX™ & D3 60 Packets
 ActivNutrients® 120 Capsules
 ActivNutrients® 240 Capsules
 ActivNutrients® Chewable Mixed Berry 120 Tablets
 ActivNutrients® Chewable Mixed Berry 60 Tablets
 ActivNutrients® without Copper & Iron 120 Capsules
 ActivNutrients® without Copper & Iron Multivitamin Powder Fruit Punch 60 Servings
 ActivNutrients® without Iron 120 Capsules
 ActivNutrients® without Iron 240 Capsules
 ActivNutrients® without Iron 60 Capsules
 Adeno+Hydroxo B12 Natural Fruit Punch Flavor 60 Tablets
 Adrenal Essence® 120 Capsules
 Adrenal Essence® 60 Capsules
 Adrenal Manager™ 120 Capsules
 Adrenal Manager™ 60 Capsules
 Adrenaliv® 120 Capsules
 Adrenaliv® 60 Capsules
 AdrenaMax™ 120 Capsules
 ALAmax™ CR 120 Tablets
 ALAmax™ CR 60 Tablets
 ALAmax™ Protect 120 Capsules
 AllerDHQ™ 120 Capsules
 AllerDHQ™ 60 Capsules
 AngiNOX™ Orange 30 Servings
 AngiNOX™ Orange 60 Servings
 Appe-Curb™ 120 Capsules
 Appe-Curb™ 240 Capsules
 Ashwagandha 35 60 Capsules
 ATP Ignite™ Citrus 10 Servings Sample Carton
 ATP Ignite™ Citrus 30 Servings
 ATP Ignite™ Mixed Berry 10 Servings Sample Carton
 ATP Ignite™ Mixed Berry 30 Servings
 ATP Ignite™ Workout Mixed Berry 30 Servings
 B Activ® 180 Capsules
 B Activ® 90 Capsules

B12 Methylcobalamin 1.8 oz.
 Benfotiamine 120 Capsules
 Berberine 120 Capsules
 Berberine with InSea2® 60 Capsules
 BergaCor 30 Tablets
 BergaCor 60 Tablets
 BergaCor Plus 60 Tablets
 Bio C 1:1™ 90 Capsules
 BrainSustain™ Creamy Chocolate 10 Servings
 BrainSustain™ for Kids Vanilla Delight 15 Servings
 BrainSustain™ Vanilla Delight 10 Servings
 Buffered C Powder Fruit Punch 20 Servings
 Calcium D-Glucarate 90 Capsules
 Candididal™ 60 Capsules
 CarniteX™ 60 Capsules
 CheleX™ 120 Capsules
 CholeRex™ 60 Capsules
 CinnDromeX™ 120 Capsules
 Cogniquil® 60 Capsules
 ColonX™ 120 Capsules
 ColonX™ 60 Capsules
 ConjuLean 1000™ 120 Softgels
 CoQmax™ Omega 100 mg 60 Softgels
 CoQmax™ Omega 50 mg 120 Softgels
 CoQmax™ Omega 50 mg 30 Softgels
 CoQmax™ Ubiquinol 200 mg 30 Softgels
 CoQmax™ Ubiquinol 60 Softgels
 CoQmax™-100 ME 60 Softgels
 Corticare B™ 120 Capsules
 Corticare B™ 240 Capsules
 Cortisolv® 120 Capsules
 Cortisolv® 60 Capsules
 Curcumin 3.9 oz.
 CurcuPlex CR™ 120 Tablets
 CurcuPlex CR™ 60 Tablets
 CurcuPlex-95™ 120 Capsules
 CurcuPlex-95™ 60 Capsules
 D3 2000 120 Softgels
 D3 2000 240 Softgels
 D3 5000 180 Softgels
 D3 5000 60 Softgels
 D3 5000 90 Softgels
 D3 Liquid 1 oz.
 D3 Liquid 2.03 oz.
 DHA from Algae 60 Softgels
 DHEA Micronized 10mg 60 Tablets
 DHEA Micronized 25mg 60 Tablets

DIMension 3° 120 Capsules
DIMension 3° 240 Capsules
DioVasc™ 60 Capsules
Drainage 1 oz.
Femquil® 120 Capsules
FIT Food® Lean Collagen Mocha Latte 14 Servings
FIT Food® Lean Complete Dutch Chocolate 10 Servings
FIT Food® Lean Complete Dutch Chocolate Sugar- & Stevia-Free 10 Servings
FIT Food® Lean Complete French Vanilla 10 Servings
FIT Food® Lean Complete French Vanilla Sugar- & Stevia-Free 10 Servings
FIT Food® Lean Creamy Chocolate 10 Servings
FIT Food® Lean Vanilla Delight 10 Servings
FIT Food® Lean Whey Creamy Chocolate No Added Sugar, No Stevia 10 Servings
FIT Food® Lean Whey Vanilla Delight No Added Sugar, No Stevia 10 Servings
FlashArrest® 60 Capsules
Folafy® ER 30 Tablets
Foundation Essentials 30 Packets
GarliX™ 90 Capsules
GastrAcid™ 180 Capsules
GastrAcid™ 90 Capsules
GI Protect™ Cherry Sugar- & Stevia-Free 30 Servings
GI Protect™ Peach Sugar- & Stevia-Free 30 Servings
GlutAloeMine® 30 Servings
GlutAloeMine® 60 Servings
Glutathione Plus 1.8 oz.
Green Tea 600™ 60 Capsules
HistDAO™ 60 Capsules
Hormone Protect® 120 Capsules
Hormone Protect® 60 Capsules
I-Sight™ 60 Capsules
i5™ Creamy Chocolate 10 Servings
i5™ Energize Vanilla Latte 10 Servings
i5™ Vanilla Delight 10 Servings
IG 26 DF 120 Capsules
IG 26 DF 67.5 Servings
IG 26 Plus DF Vanilla 30 Servings
IgG 2000 CWP™ 120 Capsules
IgG 2000 CWP™ 25 Servings
IgG 2000 CWP™ 75 Servings
IgG Pure™ 15 Servings
Immune Essentials™ 45 Capsules
ImmunotiX 250™ 30 Capsules
ImmunotiX 500™ 20 Capsules
ImmunotiX 500™ 60 Capsules
Iron Glycinate 120 Capsules
K-Mg Citrate™ 60 Capsules
K2 Liquid 1 oz.
K2-45 60 Capsules
K2-D3 10,000 120 Capsules
K2-D3 10,000 60 Capsules
K2-D3 5000 120 Capsules
K2-D3 5000 60 Capsules
L-Glutamine 85 Servings
L-Lysine 90 Capsules
L-Theanine 120 Capsules
L-Theanine 60 Capsules
Leptin Manager™ 30 Capsules
LipotropiX™ 120 Capsules
Liver Protect™ 120 Capsules
Liver Protect™ 60 Capsules
Magnesium Citrate 120 Capsules
MaX Hypothalamus/Pituitary 60 Capsules
MedCaps DPO™ 120 Capsules
MedCaps GI™ 120 Capsules
MedCaps IS™ 60 Capsules
MedCaps Menopause™ 120 Capsules
MedCaps T3™ 120 Capsules
Melatonin CR 180 Tablets
Melatonin CR 90 Tablets
Melatonin Peppermint 120 Tablets
Melatonin Peppermint 60 Tablets
MemorAll™ 60 Capsules
MenoFem™ 90 Capsules
Methyl Protect® 120 Capsules
Methyl Protect® 60 Capsules
Methylcobalamin 120 Tablets
Methylcobalamin 60 Tablets
MinRex® 120 Capsules
Mitochondrial Renewal Kit 60 Packets
Mood Food™ 60 Capsules
Mood Food™ ES 120 Capsules
Mood Food™ ES 60 Capsules
N.O.max™ ER 180 Tablets
NAC 120 Capsules
NAC 60 Capsules
Nattokinase 120 Capsules
Nattokinase 60 Capsules
NeuroActives™ BrainSustain™ 120 Capsules
NeuroActives™ BrainSustain™ 240 Capsules
NeurophX DPN® 60 Capsules
New Zealand Whey Protein Isolate 30 Servings

NiaVasc™ 120 Tablets
NiaVasc™ 360 Tablets
NiaVasc™ 750 120 Tablets
NiaVasc™ 750 60 Tablets
Nrf2 Activator™ 30 Capsules
Nrf2 Activator™ 60 Capsules
OlivDefense® 20 Capsules
Omega MonoPure® 1300 EC 120 Softgels
Omega MonoPure® 1300 EC 60 Softgels
Omega MonoPure® 650 EC 120 Softgels
Omega MonoPure® 650 EC 60 Softgels
Omega MonoPure® Curcumin EC 30 Softgels
Omega MonoPure® DHA EC 30 Softgels
Omega MonoPure® EPA EC 30 Softgels
Omega MonoPure® EPA EC 60 Softgels
OmegaPure 600 EC™ 120 Softgels
OmegaPure 600 EC™ 60 Softgels
OmegaPure 780 EC™ 120 Softgels
OmegaPure 820™ 120 Softgels
OmegaPure 900 EC™ 120 Softgels
OmegaPure 900 EC™ 90 Softgels
OmegaPure 900-TG™ 120 Softgels
OncoPLEX ES™ 60 Capsules
OncoPLEX™ 120 Capsules
OncoPLEX™ 30 Capsules
OptiCleanse® GHI Chai 10 Servings
OptiCleanse® GHI Creamy Chocolate 10 Servings
OptiCleanse® GHI Creamy Chocolate Sugar- & Stevia-Free 10 Servings
OptiCleanse® GHI Vanilla Delight 10 Servings
OptiCleanse® GHI Vanilla Delight Sugar- & Stevia-Free 10 Servings
OptiCleanse® Plus Creamy Chocolate 10 Servings
OptiCleanse® Plus Vanilla Delight 10 Servings
OptiFiber® Lean 180 Capsules
OptiFiber® Lean 30 Servings
OptiMag® 125 120 Capsules
OptiMag® 125 240 Capsules
OptiMag® Neuro Lemon-Lime 60 Servings
OptiMag® Neuro Mixed Berry 30 Servings
OptiMag® Neuro Mixed Berry 60 Servings
OptiMag® Neuro Unflavored 60 Servings
OptiMag® Plus Calcium Pear 30 Servings
OptiMetaboliX™ 2:1 Vanilla Delight 10 Servings
OptiMetaboliX™ Vanilla Delight No Added Sugar, No Stevia 10 Servings
Oraxinol™ 60 Capsules
OrganiX™ PhytoFood™ 30 Servings
OSAples MK-7™ 60 Packets
OSAples™ 60 Packets
Ossopan 1100™ 120 Capsules
Ossopan MD™ 120 Capsules
Ossopan MD™ 240 Capsules
PanXyme pH™ 180 Capsules
PanXyme pH™ 90 Capsules
PepciX™ 60 Tablets
PhosphaLine™ 100 Softgels
PhosphaLine™ Liquid 8 oz.
PMS Soothe™ 60 Capsules
PrebioMax Natural Sour Apple 60 Tablets
Prenatal Essentials 150 Capsules
Probio Defense™ 84 Capsules
ProbioMax® 350 DF 15 Servings
ProbioMax® Complete DF 30 Capsules
ProbioMax® Daily DF 30 Capsules
ProbioMax® Daily DF 60 Capsules
ProbioMax® DF 30 Capsules
ProbioMax® IG 26 DF 120 Capsules
ProbioMax® Lean DF 30 Capsules
ProbioMax® Plus DF 30 Servings
ProbioMax® Sb DF 30 Capsules
Prostate FLO™ 60 Softgels
ProteoXyme™ 100 Capsules
Red Yeast Rice 30 Capsules
Red Yeast Rice 60 Capsules
RegeneMax® Liquid 1 oz.
RegeneMax® Plus 120 Capsules
RegeneMax® Plus 60 Capsules
RelaxMax™ Cherry 60 Servings
RelaxMax™ Unflavored 60 Servings
Resveratin™ Plus 60 Capsules
S-Acetyl Glutathione 120 Capsules
S-Acetyl Glutathione 60 Capsules
Saccharomycin® DF 120 Capsules
Saccharomycin® DF 20 Capsules
Saccharomycin® DF 60 Capsules
Saloxicin™ 120 Capsules
SAM-e & TMG Lemon 30 Servings
SAM-e 30 Capsules
SynovX® Calm 60 Capsules
SynovX® DJD 120 Capsules
SynovX® Metabolic 30 Capsules
SynovX® Metabolic 60 Capsules
SynovX® Performance 60 Capsules
SynovX® Recovery 120 Capsules
SynovX® Tendon & Ligament 60 Capsules
T-150 120 Capsules

T-150 60 Capsules
TestoPlex™ Plus 120 Capsules
TestoPlex™ Plus 60 Capsules
UritraX™ 50 Servings
VegaPro™ 14 Servings
Vinpocetine 60 Capsules
Viragraphis™ 60 Capsules
VitalVasc® 60 Capsules
Xcellent A 3000 60 Capsules
Xcellent A 7500 60 Capsules
Xcellent C™ 120 Capsules
Xcellent E™ 60 Softgels
XenoProtX™ 120 Capsules
XymoBolX™ Fruit Punch 30 Servings
XymoBolX™ Lemon 30 Servings
XymoDine™ 90 Capsules
XYMOGEN® Shaker Bottle 20 oz.
XymoZyme® 120 Capsules
XymoZyme® 60 Capsules
Zinc Glycinate 120 Capsules

Yeouth

Product Name

Anti-Aging System Forties+ 8 Pack
Complete Anti-Aging System 5 Pack
Day/Night Cream 2 oz
Glycolic Acid 30% Gel Peel 1 oz
Hyaluronic Acid Plus 1 oz
Neck Firming Cream 2 oz
Pure Hyaluronic Acid 1 oz
Retinol Eye Cream 1 oz
Retinol Serum 1 oz
Vitamin C&E Serum 1 oz

Zahler®

Product Name

Biotin Gummies for Kids 60 Gummies
Bone Gummies for Kids 60 Gummies
ChildCalm 60 Chewable Tablets
Fiber Gummies for Kids 60 Gummies
KidsActive Powder 30 Servings
Mighty Mini Prenatal+DHA 90 Softgels
Multivitamin Beauty 60 Capsules
Multivitamin Brainfood 60 Capsules
Multivitamin Immune 60 Capsules
Multivitamin One Daily 60 Capsules

ParaGuard 4 fl oz
ParaGuard 90 Softgels
Prenatal+DHA 60 softgels
ProstAid+ 60 Softgels
StressMaster 120 Capsules
Vitamin D3 120 Capsules
Zinc Lozenges Elderberry Flavor 90 Lozenges

Zhang Health®

Product Name

Allicin 60 Capsules
Circulation P 45 Capsules
Coptis 90 Capsules
HH-M Maximum STR 45 Capsules

ZyCal Biocenticals

Product Name

Chondrinol® Advanced 300 30 Capsules
Chondrinol® Advanced 400 30 Capsules
Chondrinol® Extra Strength 90 Tablets
Gastrotene® 60 Capsules
Ostinol® Advanced 185 30 Capsules
Ostinol® Advanced 250 30 Capsules
Ostinol® Advanced 325 30 Capsules
Ostinol® Advanced 475 30 Capsules
Ostinol® Advanced 5X 60 Capsules
Pro-stiminol® Advanced 400 30 Capsules

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WholeScripts magazine aims to educate and inform readers about integrative health care, wellness, and nutrition. Help us understand how to better meet your needs by taking a 2-minute survey at <https://bit.ly/2Ne1U2m> or using the QR code to let us know what you think.



VITAL PROTEINS®



AUTHENTICITY &
TRANSPARENCY



UNMATCHED
QUALITY



CLEAN, REAL
INGREDIENTS



Ayla Barmmer, MS, RD, LDN

Founder and Clinical Director,
Boston Functional Nutrition

Founder and CEO,
Full Circle Prenatal

Vital Proteins' Medical
Advisory Board Member

“Collagen is a foundational part of many of our clients’ functional nutrition plans because of its huge range of benefits and applications for people throughout their lifespan.

Like anything I use in practice, I need to know the sourcing and quality is to my exacting standards and Vital Proteins meets all of those requirements and more.

This is easily the product we have the highest patient compliance with due to its versatility in foods and beverages and how good people feel using it.”



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Support for
IMMUNE
*Challenges**

PROMOTES
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FUNCTION*

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ANTIOXIDANT
ACTIVITY*

SUPPORTS
THE BODY'S DEFENSES
AGAINST IMMUNE CHALLENGES*



*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.