

## Purple Reign

*Why blue and purple foods are royally good for you*

## Can't Take the Ache?

*Ways to manage migraine symptoms*

# Dealing With Diabetes Through Diet

## ADHD Nutritional Support

*Learn the secrets behind the ADHD diet*

## Raise & Shine

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1 - Wilding, et al., (2016). "Repeated dose (28-day) administration of silver nanoparticles of varied size and coating does not significantly alter the indigenous murine gut microbiome." *Nanotoxicology* 10(5): 513-520.  
2 - Not recommended for chronic constipation.



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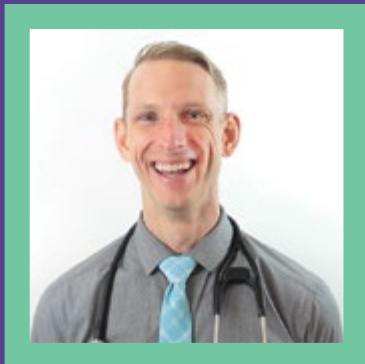
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—James Munro, ND  
*Medical Director, XYMOGEN*

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07 EDITOR'S LETTER

REST, RECOVERY, AND SUPPLEMENTS

—Tarre Beach

08 ASK A PRACTITIONER

MIGRAINE MANAGEMENT

Learn different ways integrative medicine can help reduce migraine symptoms and bring some relief.

—James Munro, ND



Dear Reader,

WholeScripts is dedicated to delivering high-quality nutritional and botanical products that help you live your life to its fullest. In support of that, we offer educational information in our quarterly magazine, and now we're adding more of the same through our partner Instagram account, @XYMOGEN.

If you want to know more about what's happening in the world of integrative health and wellness, don't miss our weekly Instagram updates.

There, you'll find out who's blazing trails in our Practitioner Pioneer posts, health highlights of different XYMOGEN formulas, special



11 EAT RIGHT

PEOPLE EATING PURPLE

The pretty color of blueberries and other purple foods comes from anthocyanin. Learn more about this healthy flavonoid.

—Mary Gocke, RDN, CDN

24 FITNESS BREAK

REV UP WITH YOGA

Yoga can energize you, increase self-esteem, and help you start your day on a positive note

—Natalie Blackburn, CYT, PES



practitioner events, and so much more. Also, check out our By the Book posts to find your next health-focused book to read.

We look forward to connecting more patients and practitioners on our social media accounts.

27 WELLNESS WORDS

INSULIN AND CIRCULATION

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

41 HEALTH IN HISTORY

AN ORAL HISTORY

Botanical mouth and dental care have been around for centuries. Find out what natural oral care ingredients have made a comeback.



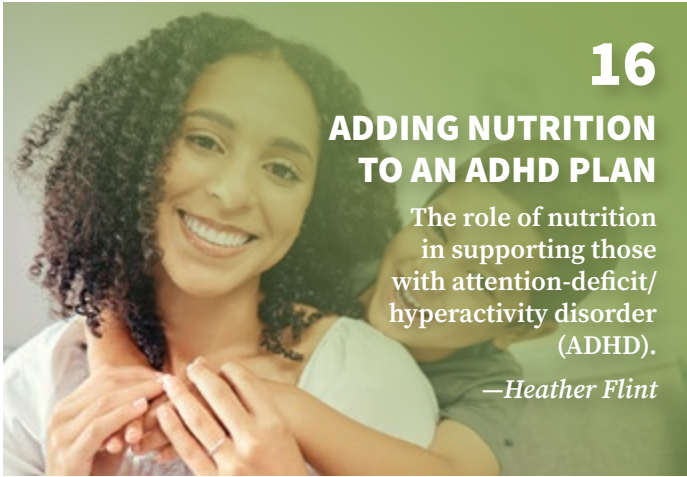
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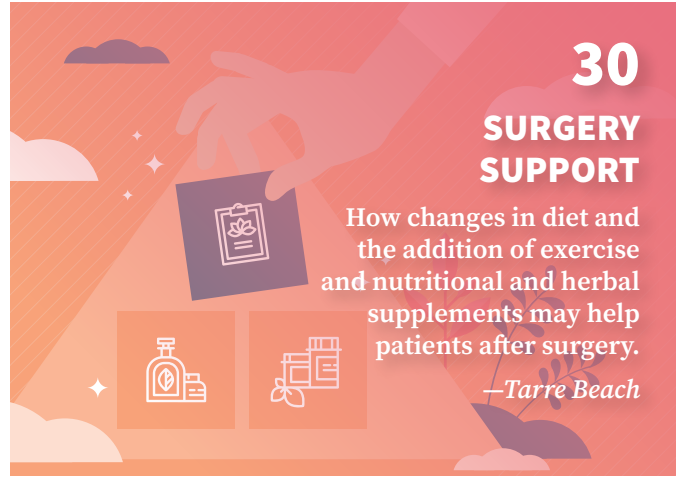
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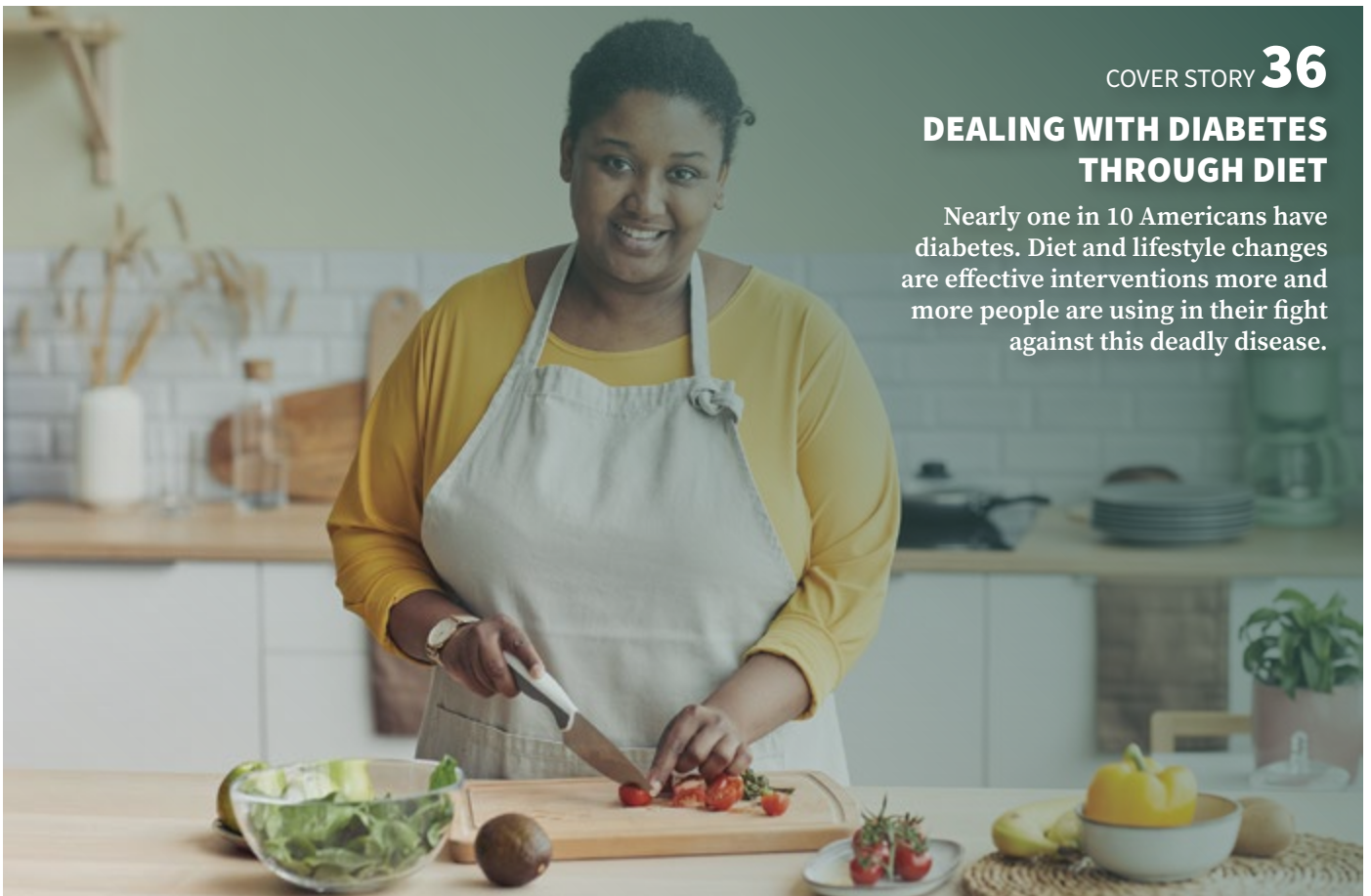
Brian Blackburn Sr  
CEO and Founder, WholeScripts



**16**  
**ADDING NUTRITION TO AN ADHD PLAN**  
The role of nutrition in supporting those with attention-deficit/hyperactivity disorder (ADHD).  
—Heather Flint



**30**  
**SURGERY SUPPORT**  
How changes in diet and the addition of exercise and nutritional and herbal supplements may help patients after surgery.  
—Tarre Beach



COVER STORY **36**  
**DEALING WITH DIABETES THROUGH DIET**  
Nearly one in 10 Americans have diabetes. Diet and lifestyle changes are effective interventions more and more people are using in their fight against this deadly disease.



**42**  
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# Rest, Recovery, and Supplements

**N**ot too long ago, I had a non-life-threatening health issue, which required laparoscopic surgery and a brief hospital stay. Before discharging me, my surgeon recommended taking supplements to support my recovery.

As a regular supplement taker, I was prepared to do that anyway, but I was happy to find that my surgeon also thought supplements would be helpful to me (Surgery Support p.30).

I took my supplements and, per my doctor's other suggestion, began doing some light stretches and going on daily walks, which she said would help support my circulation, lung function, and mood (Rev up with Yoga p.25). Boy, was she right. At my follow-up visit, my doctor said my incisions were healing well, and I was happy to report that I felt good both physically and mentally (without taking any pain medication postoperatively).

Of course, the supplements I took and simple exercises I did were not the only reasons I was faring so well. Sticking to a healthy diet, staying positive, and consciously resting my body were also of great benefit to me.

Supplements may help with other health issues, too. Symptoms of attention-deficit/hyperactivity disorder (ADHD), a neurodevelopment and behavioral disorder often found in children but also adults, may be eased with the help of supplements and diet



in addition to talk therapy, training, and creating routines (Adding Nutrition to ADHD Plan p.16). Oral health through the ages right up until today has been supported with herbal and nutritional supplements (An Oral History p.41), and diabetes research has found diet and supplements may promote insulin regulation as well (Dealing with Diabetes Through Diet p.36).

Whatever your particular healthcare challenges or goals, I hope you are lucky enough to have healthcare professionals who support you in the ways you want and need. For me, that meant taking nutritional supplements for postop recovery and also the all-important reminder that healing takes time.\*

To your health,

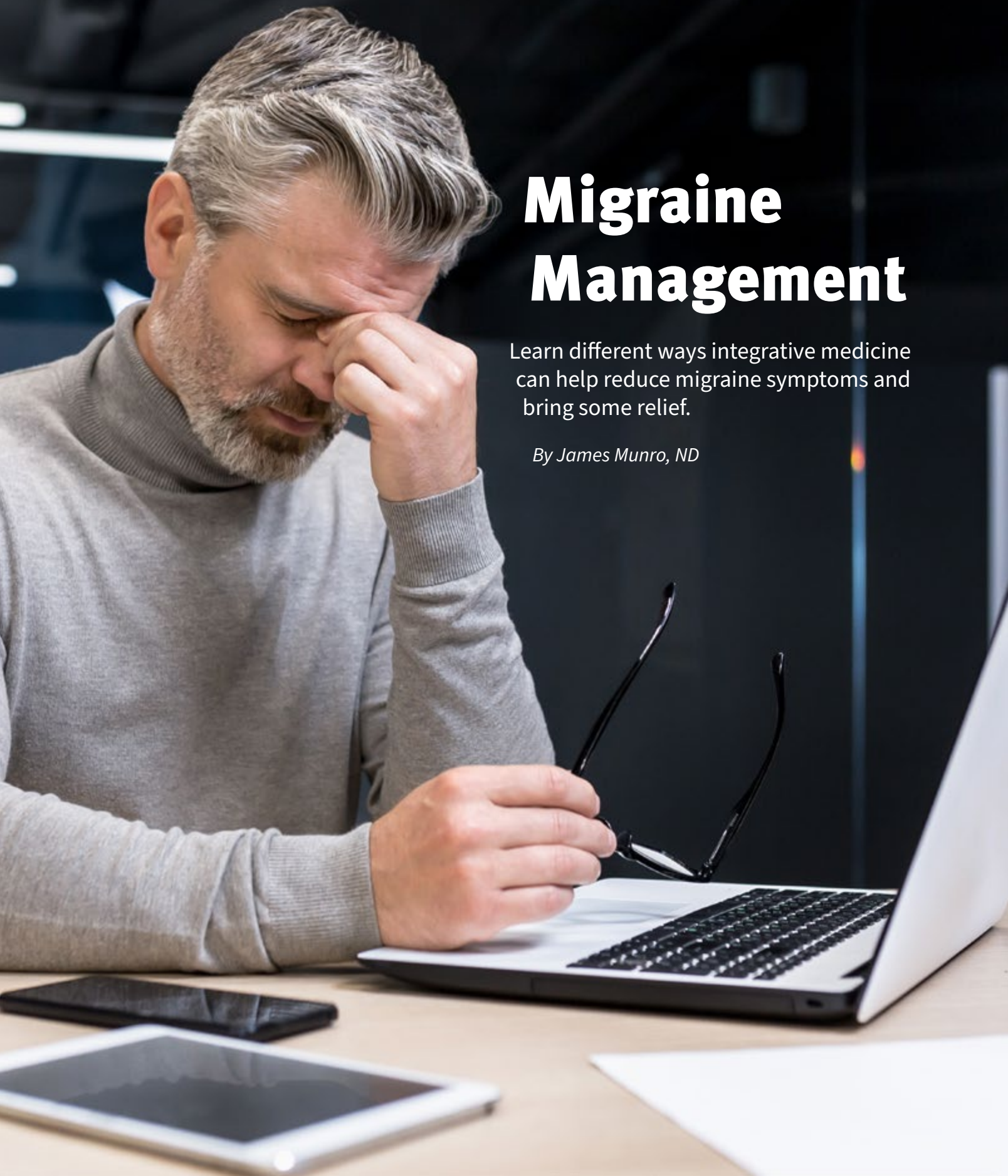
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Editor

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# Migraine Management

Learn different ways integrative medicine can help reduce migraine symptoms and bring some relief.

*By James Munro, ND*





Q

I get migraines about once a month. How can I manage them with natural or integrative medicine?

A

Migraines reportedly affect roughly one in six Americans. While the exact cause of migraines is not well understood, it is well known that they can be debilitating. Even though there isn't a guaranteed way to avoid or eradicate a migraine, there are many potentially beneficial options to explore.

## Triggers and Allergies

Migraines often have specific triggers that initiate or exacerbate the headache. It's not always easy or possible, but identifying and avoiding your individual triggers can reduce the occurrence of migraines.

Common migraine triggers include caffeine, the artificial sweeteners aspartame and sucralose, caffeine, a sudden salt load (particularly on an empty stomach), blood sugar fluctuations, and food allergies.

Exploring an elimination diet can help you to identify possible allergens and migraine triggers. An elimination diet consists of completely eliminating a group of potential allergens from your diet for approximately 30 days and slowly reintroducing each food to see how your body responds. This can be a very helpful way to identify foods that may be causing an issue.

## Histamine

Elevated histamine levels may also play a role in developing a migraine. This goes along with allergies because histamine is released during an allergic response. In addition to avoiding allergens, it may be helpful to avoid histamine-containing foods. This includes fermented foods, aged cheeses, processed meats, eggplant, avocado, leftovers, and more.

Additionally, histamine is degraded in the body by an enzyme called diamine oxidase or DAO. Supplementing with DAO at the onset of a migraine may help to reduce the severity or even abort the migraine completely.

## Foot Soak

It is thought that abnormal blood flow and circulation in the brain can contribute to migraines. Because of this, addressing circulation with a foot soak may reduce the severity of a migraine. I typically use an alternating hot and cold foot bath—three to five minutes in warm/hot water followed by 30 to 60 seconds in cool/cold water.

This works by quickly changing the body's systemic circulation. The warm water pulls blood down into your feet, and the cold water pushes blood circulation up from your feet. This will change the circulatory pattern that may be contributing to your migraine. In my experience, this is most effective if it is done in the early stages of a migraine, but it also can be helpful at any point.

## Supplemental Support

Multiple nutrients and herbs have been found to reduce the occurrence and/or severity of migraines through various mechanisms. These include magnesium, B vitamins (niacin, folate, B12, riboflavin), coenzyme Q10, alpha-lipoic acid, butterbur, and feverfew.

Strangely enough, in addition to being a common migraine trigger, caffeine can also be successfully used to help reduce migraine symptoms.

## Physical Medicine

Therapeutic massage, trigger point therapy, acupuncture, and chiropractic manipulation can also help if used safely and appropriately.

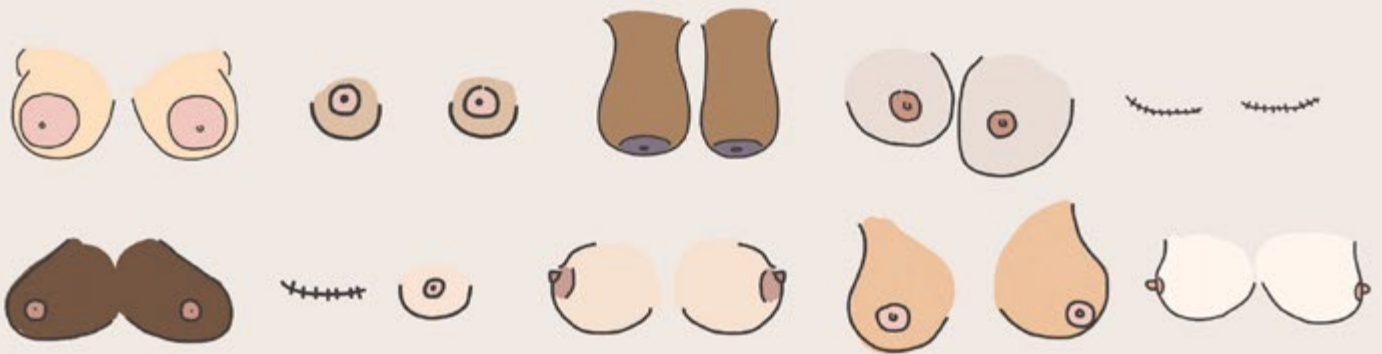
While there may not be a guaranteed remedy, many beneficial options exist. With some investigation and exploration the recurrence and severity of migraines can hopefully be significantly reduced.



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

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# Purple Reign

Eating purple anthocyanin-rich fruits and vegetables can boost antioxidant activity and defend against oxidative stress.

By Mary Gocke, RDN, CDN

**A**nthocyanins are molecules, or compounds, found in plant pigments. They are concentrated in red, blue, purple, and black foods. These colorful compounds may improve the gut microbiota and ease inflammation. Likewise, anthocyanins have been found to be one of nature's most powerful antioxidants.

Scores of clinical studies have found that antioxidants are beneficial in defending against cell-damaging oxidative stress.

Just as metals are oxidized environmental elements that cause rust, free radicals and oxidative stress in the body are thought to be at the core, along with inflammation, of many chronic illnesses.

However, some oxidative stress is said to benefit our bodies, stimulating growth, repair, and a proper immune response. For example, oxidative stress is upregulated because of exercising. Some exercise-induced oxidative stress can actually enhance your health because it conditions your body to adapt to stressful situations. But like all things, too much oxidative stress from exercise can be harmful. Excessive oxidative stress can be pathological and lead to various health issues.

Research surveyed by the National Institutes of Health has shown that people who eat foods high in antioxidants have lower risks of several illnesses, including cardiovascular disease, stroke, cancer, and cataracts.

Consumption of anthocyanin-rich fruits, vegetables, and legumes may also help improve exercise recovery and eye health.

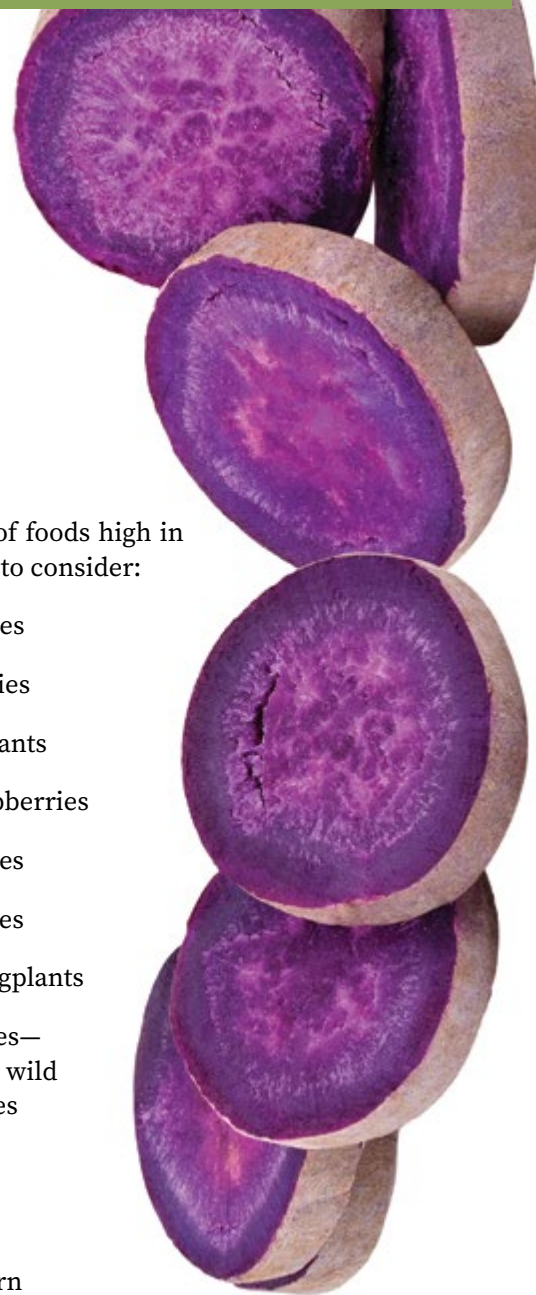
The darker the food, the higher in anthocyanins. Remember, it's not just purple foods but red, blue, and black fruits and vegetables that are great sources of anthocyanins, too.

Here's a list of foods high in anthocyanin to consider:

- Acai berries
- Elderberries
- Blackcurrants
- Black raspberries
- Raspberries
- Cranberries
- Skin of eggplants
- Blueberries—especially wild blueberries
- Cherries
- Black rice
- Purple corn
- Concord grapes
- Red cabbage
- Black beans
- Ube (purple yam)

Consuming anthocyanin-rich foods frequently can benefit your health. So, it's not just an apple a day, but a handful of blueberries, some eggplant, or some black beans and red cabbage that may help keep the doctor away.

Try our delicious recipe for a sweet and antioxidant-rich treat below to add a little more anthocyanin to your life. Of course, as with any treat, eat it in moderation. You can also try adding a side of baked *ube* (purple yam), red cabbage slaw, or blueberries to any meal for a quick anthocyanin boost.



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# Ube and Blueberry Coconut Tarts

## Ingredients for Tart Shells

- 1 ½ cup shredded unsweetened coconut
- 2 large egg whites
- ¼ cup monk fruit

## Instructions for Tart Shells

1. Preheat oven to 350 degrees.
2. In a large bowl, combine coconut, egg whites, and monk fruit until the mixture holds together when squeezed.
3. Form one heaping tablespoon of the coconut mixture into a ball. Press the ball into a 2-inch brioche or tartlet tin (or mini muffin cup), making a thumbprint in the center and pressing out so the mixture forms a 1/4-inch-thick crust. Repeat with the remaining coconut mixture. Place tins on a rimmed baking sheet.
4. Bake crusts until golden brown, about 25 minutes. Set crusts aside until cool enough to handle. Unmold crusts onto a wire rack to cool completely.

**Yield: About one dozen mini tarts**

## Nutritional Information (approximate):

Serving Size: 1 mini tart  
Calories: 160  
Carbohydrates: 12.1 g

Protein: 2.8 g  
Fat: 12.4 g  
Vitamin A: 12 mcg

Anthocyanin: 51 g  
Iron: 2 mg

**Sources:** marthastewart.com, thequirinokitchen.com, verywellfit.com, and nutritionvalue.org



Mary Gocke, RD, CDN, is a registered dietitian and certified dietitian/nutritionist. She graduated from the University of Florida. She is the owner and founder of The Human Frame. [TheHumanFrame.com](http://TheHumanFrame.com)



## Ingredients for Ube (purple yam) Filling

- 2 cups grated ube frozen or fresh
- 1/2 cup monk fruit
- 1/2 cup coconut milk
- 1 cup whole milk
- 1/2 cup heavy cream
- 2 tablespoons unsalted butter
- 1/2 cup creme fraiche

## Instructions for Ube Filling

1. For the filling, combine the ube, monk fruit, coconut milk, whole milk, and heavy cream in a saucepan. Cook over medium heat. Stir continuously with a wooden spoon until the mixture thickens and pulls away from the sides (about 15 to 20 minutes.)
2. Remove from heat and stir in the butter. Transfer to a bowl and let cool. (Note: You can make the ube filling the day before.)
3. This makes two cups of ube cream. When cooled, mix ube cream with the creme fraiche.

## Ingredients for Blueberry Filling

- 1 cup monk fruit
- 2 cups fresh blueberries
- 1 tablespoon fresh lemon juice from half a lemon
- 1/2 cup fresh blueberries washed and dried for topping

## Instructions for Blueberry Sauce

1. For the blueberry sauce, heat the monk fruit and 1/4 cup water in a medium saucepan over medium heat until caramelized or a dark brown color. Add the fresh blueberries and simmer for five minutes. Stir in the lemon juice. Keep warm.
2. Fill each shell with ube cream and top with fresh blueberries. Pour warm blueberry sauce over the tarts and serve.



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<sup>1</sup> Mitsu F, et al., Spermidine: a physiological autophagy inducer acting as an anti-aging vitamin in humans? Autophagy, 2019

<sup>2</sup> Schwarz C., et al., Safety and tolerability of spermidine supplementation in mice and older adults with subjective cognitive decline. Aging, 2019







# Adding Nutrition to an ADHD Plan

Learn the role of nutrition in supporting those with attention-deficit/hyperactivity disorder (ADHD).

By Heather Flint

**A**ttention-deficit/hyperactivity disorder (ADHD), previously known as attention-deficient disorder (ADD), is a condition typically associated with unruly children. However, this neurodevelopment disorder is often a lifelong condition that needs monitored treatment by a healthcare professional. It's also important to note that symptoms can manifest in adulthood, and adult ADHD diagnoses are not uncommon.

## Diagnosing ADHD

Diagnosing ADHD is a multistep process that can't be done through simple bloodwork or brain scans. In fact, there is no single test that can determine ADHD. Healthcare providers rely on patient-specific behavioral data and often seek information from parents, teachers, coaches, and other adults routinely involved in the child's life and care. This information helps fully assess the child's behaviors in different social situations.

When assessing an individual for ADHD, healthcare providers rely on the *Diagnostic and Statistical Manual of Mental Disorders*, fifth edition (DSM-5). The criteria for an ADHD diagnosis in children are having six symptoms of inattention, hyperactivity-impulsivity, or a combination, for at least six months and in at least two different settings (e.g., school, home, etc.).

The symptoms of inattention include:

- Difficulty maintaining attention
- Difficulty listening or following directions
- Carelessness
- Avoiding activities that require focus
- Forgetfulness
- Easily distracted
- Losing things easily

The symptoms of hyperactivity-impulsivity include:

- Difficulty with quiet activities
- Restlessness
- Excessive talking
- Regularly interrupting others
- Difficulty waiting their turn

ADHD is diagnosed more often in boys than girls, and the average age of diagnosis is 7 years. Symptoms usually present in children aged 3 to 6 years; however, an ADHD diagnosis can happen at any age.

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When diagnosing adults, healthcare providers rely on individuals to disclose their behaviors. Adults need to have at least five symptoms of inattention, hyperactivity-impulsivity, or a combination. Healthcare providers look for the following additional markers: underachievement, engaging in risky behaviors (e.g., reckless driving), and difficulty maintaining relationships.

If you are worried that you or your child may have ADHD, talk with your healthcare provider.

### Treatment Options

While medication is most commonly associated with ADHD treatment, healthcare providers often recommend a more holistic approach to start. This approach includes behavioral therapy options for children and adults as their first-line treatment, including specific training for parents to help support their children.

These treatment options, such as talk therapy, education, training, creating routines, clear expectations, and a healthy lifestyle, are designed to make positive changes to help the child or adult learn to identify and correct behaviors.

Introducing healthy sleep, exercise, and nutritional habits are important factors in behavioral therapy. Incorporating these habits into a daily routine can help individuals make more positive choices and give them a sense of control over their treatment and lifestyle.

### ADHD Diet

You have heard time and again that a healthy, balanced diet is essential to overall wellness, so it's no surprise that what you or your child eats may impact ADHD symptoms. Both kids and adults may benefit from a high-protein, low-sugar, no-additive diet.

Foods rich in protein are a great place to start. Protein-rich foods, such as lean meats, eggs, beans, nuts, and low-fat dairy, may assist the body in preventing blood sugar surges that are known to increase hyperactivity. They can also help the brain make neurotransmitters—how brain cells communicate—and in children, high-protein breakfasts may help build brain-awakening neurotransmitters, which aid in a healthy sleep-wake cycle.

Some research has indicated that symptoms of inattention associated with ADHD may improve with increasing vegetable and fruit consumption. Green leafy vegetables like broccoli, lettuce, and spinach are a great source of nutrition and supply extra vitamins and minerals. Fruits such as apples, kiwis, and berries are especially good because they also increase the amount of complex carbohydrates in your diet.

Complex carbohydrates, such as whole grains and legumes, may help control blood sugar levels and keep you feeling fuller, longer. Being satiated may improve focus and attention in children and adults with ADHD.

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Research has indicated that healthy fats have been shown to support heart health, memory, and immune function. Research also suggests that including healthy fats high in omega-3 and -6 fatty acids, such as salmon, tuna, avocados, tofu, walnuts, and soybeans, may help improve hyperactivity, impulsivity, and attention symptoms in individuals with ADHD.

### Food to Avoid

Not unlike most healthy diet plans, the ADHD diet has a list of foods that should be avoided. Foods with high sugar content, like desserts, kid's breakfast cereals, and sodas; simple carbohydrates, like potato chips, white bread, and granola bars; unhealthy fats, like fried foods, high-fat dairy, and processed meats; and drinking beverages containing caffeine should be avoided or limited as often as possible in an ADHD diet.

### Vitamins and Minerals

In addition to eating healthy, certain vitamins and minerals have been shown to decrease ADHD symptoms and help support a healthy lifestyle. Incorporating foods high in these vitamins and minerals, or taking them as supplements, can support an ADHD diet.

Research has shown that one of the best supplements to help with symptoms of hyperactivity, inattention, and impulsivity is omega-3 fatty acids. Other supplements include zinc, vitamin D, iron, magnesium, inositol, and ginkgo biloba. These vitamins, minerals, and herbs have been shown to help with focus, anxiety, and restlessness in children and adults with ADHD.

As with all supplements, discussing how to safely add them into your or your child's ADHD treatment plan with a licensed healthcare provider will provide more optimal results and avoid any harmful reactions or interactions that may occur.

While a healthy lifestyle that includes focusing on nutrient-rich foods, regular exercise, and following a routine can support a reduction in ADHD symptoms, it doesn't take the place of managed care from a professional. If you suspect that you or your child may have ADHD, consult your healthcare provider for a diagnosis and a treatment plan that will work for you or your child's individual needs and symptoms.

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# Rev Up With Yoga

Yoga can energize you, increase self-esteem, and help you start your day on a positive note.

By Natalie Blackburn, CYT, PES

**F**eeling sluggish and tired? Looking for something to perk you up? Why not try some energizing yoga to start your day?

The word yoga simply means “union.” And while yoga has been around for several millennia, it only became popular in the West in the 1960s. There are numerous types of yoga. The better-known ones are:

**Ashtanga:** Rigorous, fast-paced, set poses done sequentially

**Bikram/Hot:** Slow-paced, set of 26 poses done sequentially in a space heated to 104°F.

**Hatha:** Slow-paced, breathing, stretching based

**Iyengar:** Slow-paced, focused on holding poses longer

**Restorative:** Slow-paced, breathing, stretching based, fewer poses than Hatha

**Vinyasa:** Fast-paced, often called flow yoga

**Yin:** Slow-paced, deep connective tissue based, focused on floor poses

Additionally, several types of yoga exist that don't necessarily focus on physical poses, such as *karma* (selfless action), *bhakti* (devotion), *raja* (royal), and *jnana* (wisdom).

According to a 2004 study published by the Institute for Psychology at the University of Basel in Switzerland, practicing yoga that combines breath and movement

can help activate the circulatory system and awaken your nervous system, thus improving vagal tone and giving a subjective sense of having more energy.

Dr. Megan Neff, clinical psychologist, says that a balanced vagal tone means a better capacity to handle stress, change, and challenge, and increases one's capacity to rest, recharge, and recover. Conversely, an unbalanced vagal tone means less tolerance for stress, change, and challenge, making it more difficult to rest, recharge, and recover.

Ancient Hindu holy books prescribed yoga postures to unify the physical body, breath, and concentration to help unblock energy channels. In modern times, significant scientific research has found that yoga can invigorate mental and physical energy, improve self-esteem, and reduce fatigue.

Although more studies are needed to further investigate the physiological effects of yoga, many researchers agree that any variety of yoga, even for short periods, often produces positive outcomes, such as renewed energy and well-being.

Including just 15 minutes of energizing yoga a day as part of your routine has been shown to improve sleep quality, increase flexibility, endurance, and strength, reduce stress and anxiety, and increase mood.

And the great thing about yoga is that it can be done anywhere at any time throughout the day with little to no equipment. However, for the maximum energizing benefit, doing yoga immediately after waking up is recommended.

Here are four poses for all age groups and fitness levels that you can try the next time you're feeling a little drained. Grab your yoga mat, set a timer for 15 minutes, and flow through these poses. Make sure to take five breaths during each posture and repeat the entire sequence until your time is up. You'll be glad you did!

## Exercises

To be done for 15 minutes total, holding each pose for five breaths. Postures should be done in sequential order, transitioning from one pose to the next.



### Mountain Pose

Stand tall, pull your shoulders away from your ears, and extend your arms above your head. Reach up and stretch, keeping your feet flat on the ground.



### Chair Pose

Keep your arms extended over your head with your shoulders down and away from your ears, lean your torso forward, and sit back as if sitting in a chair. Keep your knees bent at a 90-degree angle.



### Downward Dog Pose

Put your arms down by your sides. Stand up, then fold forward, and walk your hands and feet away from each other, forming a V shape with your body. Let your head hang between your arms and look toward your navel. Keep your feet and hands flat on the ground.



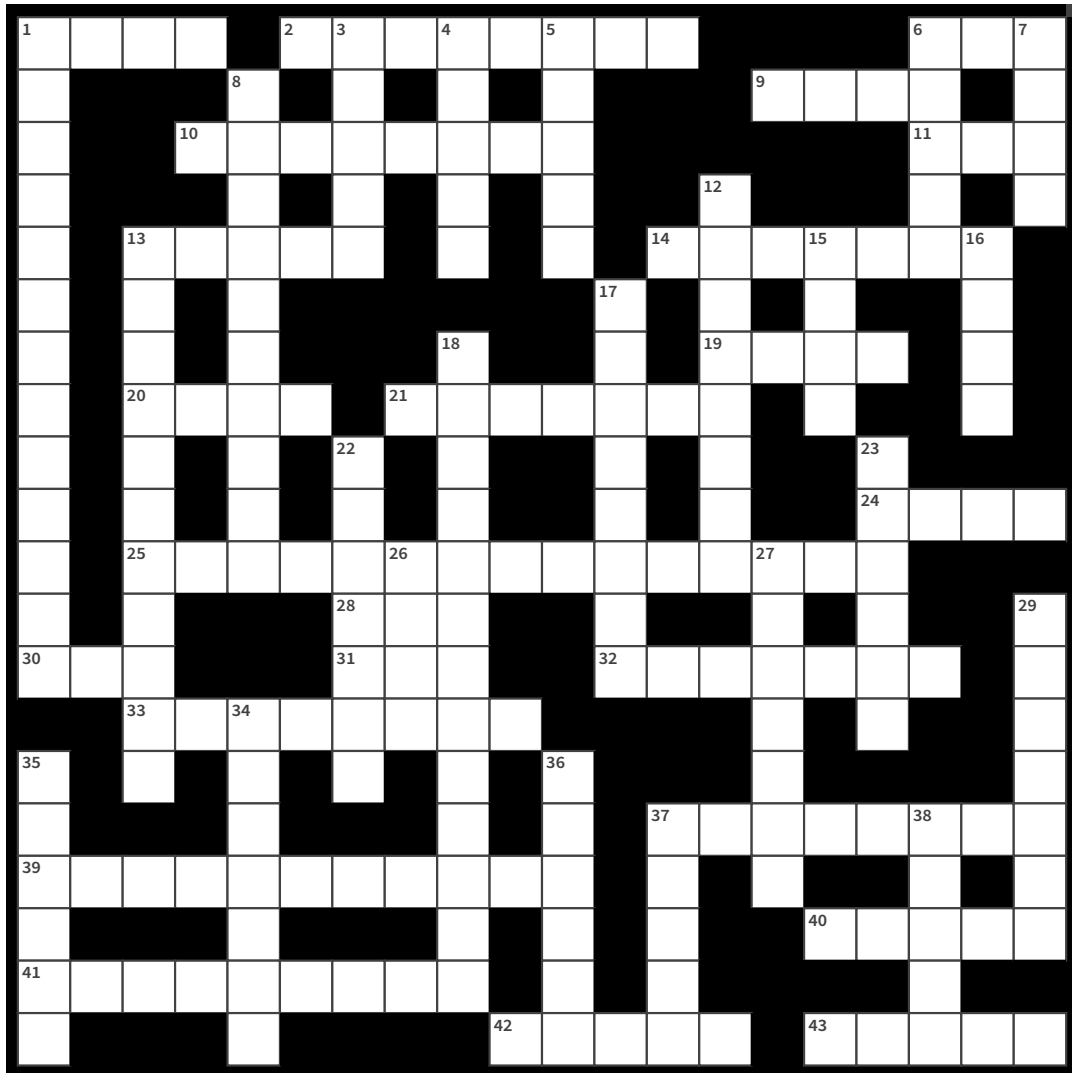
### Bridge Pose

Come down to your knees, swing your legs to one side, sit on your butt, and then lie down on your back. Bend your knees and bring your feet flat to the floor. Bring your hips off the ground, squeezing your glutes at the top of the movement.

Natalie Blackburn, CYT, PES, is a certified yoga teacher by My Vinyasa Practice/Yoga Alliance and a performance enhancement specialist certified by the National Academy of Sports Medicine. She is the assistant director of XYMOGYM, a full-service gym located in Orlando, FL, and XYMOFIT, a corporate wellness program. [Xymogym.com](http://Xymogym.com)

# Crossword Puzzle

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



## Down

1. Uncommonnesses
3. Brown earthy pigment
4. 10% offering
5. Cat and cow
6. Plants for flavoring and healing
7. Sticky roll to prepare presents
8. Gum problem
12. Serious headache
13. Vitamins, nutritional
15. Ancient set of body and breathing exercises
16. Condition that makes it difficult to focus (acronym)

17. Insulin-producing organ
18. After surgery
22. Fortitude or nerve
23. One who assists
26. Not on time
27. Antibacterial tree oil (two words)
29. Vital nutrient
34. Glucose-level regulator
35. Sweet treat sought by bees
36. To do with teeth
37. Tasty bean Hershey uses
38. Give way or bear fruit

## Across

1. Very dry
2. Increase in number
6. Some like it \_\_\_\_
9. \_\_\_\_ vera (medicinal plant)
10. Disorder of blood sugar
11. Laid to rest (acronym)
13. Sweet from beets or cane
14. Flow poses
19. Indian melody
20. Acute discomfort
21. Energy-boosting tropical leaf
24. Massive, grand
25. Bones and their attachments

28. Eminem's music style
30. Biggest star in solar system
31. Ingested food
32. Cooked with hot vapor
33. Sets in motion
37. Compound helping protein do its work
39. Moved around
40. Free from dirty stuff
41. Earliest inhabitant
42. Body's life fluid
43. Opposite of over

Answers found on p.41



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**WINNING**  
**SIDE**



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# Surgery Support

How dietary changes and adding exercise and supplements may help patients after surgery.

By Tarre Beach

Depending on whom you ask, there is some disagreement on whether patients can take nutritional and/or herbal supplements after surgery to help with the healing process.

Nearly 20 years ago, the American Society of Plastic Surgeons delivered a report discouraging the use of nutritional and herbal supplements mainly preoperatively because of the possibility of adverse effects developing during surgery; however, it also recommended that patients not use herbal and nutritional supplements postoperatively either.

## New Ideas

Since the report was published, many more reports and studies have challenged the idea that nutritional and herbal supplements were detrimental to postoperative healing.

A 2019 systematic review in *The Annals of Plastic Surgery* reported that as much as 80% of plastic surgery patients used natural products. It also concluded that high-level evidence studies demonstrated promising results for using natural products in the care of plastic surgery patients. A German study of naturopathic treatment and complementary medicine used in general surgery practice found that these methods were particularly useful in helping reduce nausea, pain, stress, and anxiety and improving sleep postoperatively.

## A Healthy Start

Dr. Ryan Neinstein, a well-known Manhattan plastic surgeon, says he believes in a holistic approach to healing after surgery.

According to him, a patient who is healthy before surgery has a stronger chance of an easier and faster recovery after surgery; recommending his patients live a healthy lifestyle by eating well, exercising regularly, and getting adequate sleep.

“It’s a simple strategy we suggest to our patients going into and out of surgery,” Dr. Neinstein says. “Helping patients understand that focusing on a plant-based, anti-inflammatory diet will help prime the body for optimal healing and, more importantly, optimal feeling. We treat food like medicine, and we know it activates so many buttons and levers in the body to help improve healing.”

Dr. Neinstein collaborated with registered dietitian and nutritionist Allison Scheinfeld to design a surgical recovery meal plan for his patients. This seven-day plan comprises foods that are high in antioxidants and low in sodium and sugar. To help enhance healing, he recommends cutting out most white foods (white bread, potato, pasta, white rice), canned foods, and cold cuts—which are high in sodium—not adding salt to any foods, and not drinking fruit juices, soda, or sweetened teas.

## Supplement Suggestions

Kaiser Permanente, the nation’s largest managed healthcare system, also provides helpful guidance on using supplements pre- and post-op. Of course, Kaiser Permanente cautions that before beginning any supplement plan, you talk to your healthcare provider and that he/she closely supervises the inclusion of any nutritional or herbal.



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Here are some common supplements often used to support post-op healing:

- **Arnica montana:** This natural herb may help minimize surgical bleeding, bruising, inflammation, and muscle pain and promote healing. It works well both in an oral form and as a cream. Putting the cream near open wounds and fresh incisions should be avoided.\*
- **Grape Seed Extract (Proanthocyanidins):** This herb may help shorten the recovery period by reducing inflammation and accelerating the rate of repair to the skin.\*
- **Bromelain:** Studies have shown that this natural proteolytic enzyme derived from pineapple can help reduce inflammation and may consequently decrease pain and swelling.\*
- **Vitamin C (ascorbic acid):** Preliminary studies suggest vitamin C supplements in non-deficient people can speed the healing of various types of wounds and trauma, including surgery, minor injuries, herniated intervertebral disks, and skin ulcers. Vitamin C is also essential for the body's collagen production, which is used in building skin, bones, teeth, and internal organ tissue.\*

Kaiser Permanente also suggests some supplements to avoid after surgery:

- Large doses of **Vitamin E** (more than 400 mEq) can act as a blood thinner.
- **Feverfew** can act as a blood thinner.
- **Ginkgo biloba** may lead to excessive bleeding or prevent platelet aggregation.
- **Green Tea** may slow blood clotting.
- **St. John's Wort** may react with anesthesia used during surgery and/or extend the duration of sedation.

### Exercise & Recovery

Dr. Greg Gaines is a board-certified plastic surgeon in Gainesville, FL. He recommends including exercise in post-op recovery. However, again, there is no one-size-fits-all plan that patients should adhere to. Check with your doctor to find what exercise timeline you should follow for your unique needs.



Generally speaking, Dr. Gaines recommends the following:

**Around the third day of recovery:** Light activity, such as walking, is recommended. Light walking can benefit the recovery process because it promotes circulation and reduces the risk of developing blood clots in the legs.

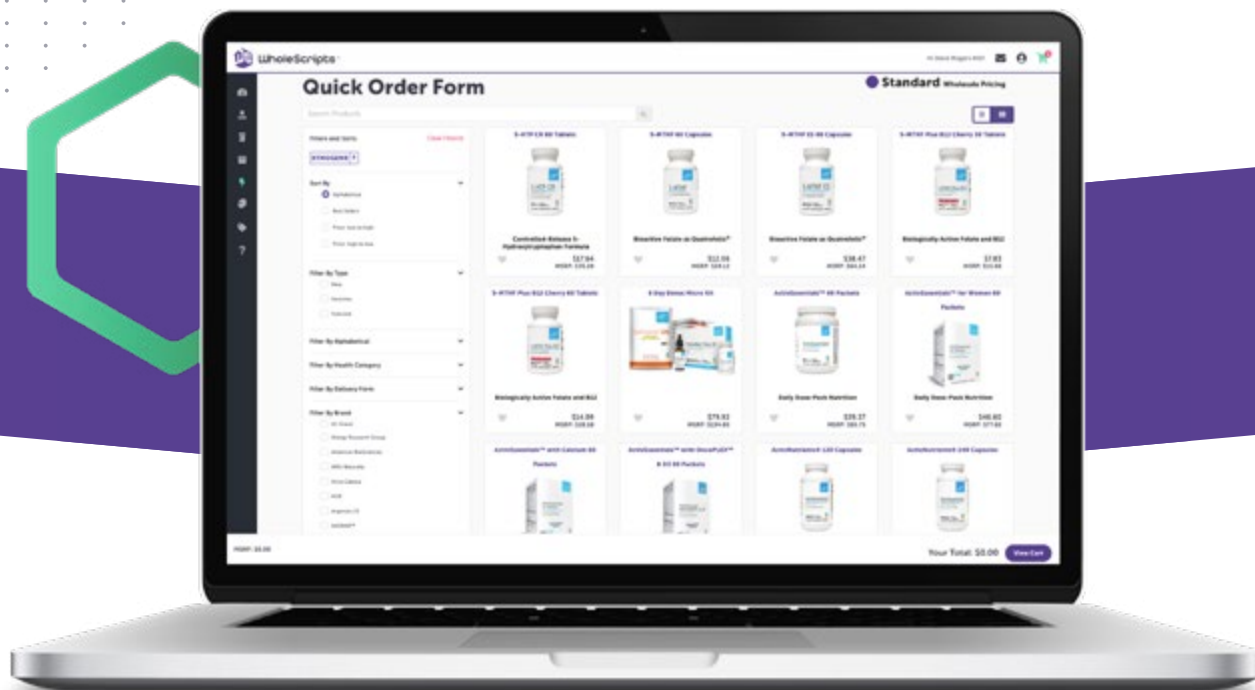
**One to two weeks after surgery:** Some patients may be recovered enough to return to work. Some patients may even be advised to lengthen their walks or increase their activity in preparation for the coming weeks.

**Two to four weeks after surgery:** With doctor approval, many patients will recover enough to increase their activity and exercise level. Light cardio, in addition to walking, may be started.

**Four to six weeks after surgery:** Many patients will be sufficiently recovered to begin more moderate exercises, including some weight training. Strenuous activity and heavy lifting should continue to be avoided until otherwise approved by a physician.

**Six to eight weeks after surgery:** Most patients will receive physician approval to return to their normal exercise routine, including strenuous activity.

Patients should ask their healthcare provider for a detailed recovery plan for elective surgery or a needed operation. Your individual needs may vary, but there is a good chance that healthy eating, exercise, and supplements can help you on your road to healing.



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# Dealing With Diabetes *Through Diet*

Nearly one in 10 Americans have diabetes. Diet and lifestyle changes are effective interventions for helping control this deadly disease.

**W**e all know that eating healthy is important. But for almost 96 million American with prediabetes, what you eat could be a matter of life or disease.

The Centers for Disease Control (CDC) reports that almost 96 million Americans have prediabetes, approximately 90% to 95% have type 2 diabetes (T2D), which is often associated with obesity. The good news is that for both those with T2D and prediabetes diet and lifestyle changes can make a big difference.

## **What is Diabetes?**

Diabetes is a chronic health condition that affects how your body turns food into energy. Your body breaks down most of the food you eat into sugar or glucose and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to letting the blood sugar into your body's cells for use as energy. With diabetes, your body doesn't make enough insulin (in the case of type 1 diabetes, it usually doesn't make any insulin) or can't use it as well as it should. When there isn't enough insulin or when cells stop responding to insulin (sometimes called insulin resistance), too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

## **Who is at Risk?**

According to the National Institutes of Health, people who are more likely to develop T2D are those who are age 45 or older, have a family history of diabetes, and/or are overweight. Unfortunately, in recent years more children, teens, and young adults are developing

the disease. Diabetes also is more common in people who are African American, Hispanic/Latino, Native American, Asian, or Pacific Islander.

## **Methods of Managing**

The exact cause of diabetes is unknown. It is thought that a combination of genetic and/or environmental factors may cause both type 1 and type 2 diabetes. Sadly, there is no cure for diabetes yet. Several effective medications are available, most of which use a mechanism of action to help lower blood sugar. Type 1 diabetes does require medication management with insulin shots or an insulin pump. In individuals with T2D, medications may or may not be necessary; however, most healthcare professionals will recommend lifestyle and diet changes.

## **What Can Help**

Across many studies, weight loss has been found to be the main way populations with high body mass index (BMI) can reduce their diabetes risk. Losing weight, however, should not be done through a fad diet or any short-term eating plan. Instead, it is recommended that it be sustainable and done with the help of a trained and licensed healthcare practitioner and/or dietician.

Diets of all varieties often proclaim weight loss, but those rich in vegetables, fiber, and whole grains and low in saturated fat are best. Likewise, diets with high protein, low carbohydrates, low glycemic index, and low to moderate fat (10%-45%) are useful in reducing weight and improving diabetes risk factors.



Often exercise is an important part of helping manage or prevent T2D. Physical activity has been linked to insulin sensitivity, glucose regulation, and enhancing insulin-secreting beta cells, which facilitate glucose uptake into glucose recipient organs.

Further studies show that combined diet and physical activity programs decrease diabetes incidence and improve cardiometabolic risk factors.

One study published in the *New England Journal of Medicine* found that medication and lifestyle changes may even help mitigate the genetic effects of diabetes risk. Another study observed that the genetic predisposition to hyperglycemia partially depended on a person's lifestyle. Meaning diabetes and those conditions closely associated with diabetes may be in your genes; but how you live, eat, and exercise can still reduce your risk of developing these conditions.

### Ready for a Change?

The CDC reports that evidence-based lifestyle change programs may reduce a person's risk of developing T2D by 58% (71% in individuals aged 65 and older). These programs are key components of the National Diabetes Prevention Program and have proven to be more effective than certain medications at preventing T2D.

Here are some lifestyle changes recommended by the CDC:

- **Exercise regularly:** Aim for 30 minutes or more of moderate to vigorous aerobic exercise five days a week for a total of 150 minutes every week.
- **Eat more plants:** Eat plenty of non-starchy vegetables. Use legumes, such as lentils, chickpeas, and beans, in dishes more often. Lower glycemic index fruits, such as berries, can be included, but stay away from tropical fruits such as pineapple and bananas, as they have higher sugar content. Because fiber slows the absorption of sugars and helps lower blood sugar levels, start eating more leafy greens, whole grains, and cruciferous vegetables.
- **Reduce your saturated fats:** Saturated (bad) fats often come from dairy products and meats. Instead, incorporate unsaturated (good) fats, such as salmon, mackerel, sardines, tuna, and cod, into your diet. You can also enjoy almonds and peanuts and start adding flaxseed or pumpkin seeds to your meals. Other good fats include olive, sunflower, and canola oils.

Integrative medicine practitioners also suggest adding some supplements and herbs to help lower blood sugar, including:

- **Aloe vera:** It may stimulate insulin production in pancreatic cells.
- **Probiotics:** They may reduce inflammation and prevent the destruction of pancreatic cells that make insulin.
- **Cinnamon:** It may help your body's cells better respond to insulin.
- **Berberine:** It may improve insulin sensitivity and enhance sugar uptake from blood into muscles, lowering blood sugar.
- **Vitamin D:** It may improve pancreatic function and increase the body's responsiveness to insulin.

As with any medical or health changes, check with your healthcare practitioner first before trying a new regimen. You may need a fasting glucose blood test to determine your specific needs.





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# An Oral History

Botanical mouth and dental care have been around for centuries. Find out what natural oral care ingredients have made a comeback.

## 5000 BCE

Egyptians use tooth powder made of—among other things—crushed rock salt, ground snail shells, spearmint, peppermint, dried iris flowers, and pepper to clean their teeth.



## Unknown BCE

The Bundjalung people, ancestors of Australian Aboriginals, are thought to use tea tree oil medicinally for many things, including oral wounds; later confirmed by the Europeans in 1845. CE.

## 7<sup>th</sup> Century BCE

Miswak, or chewing sticks, made of *Salvadora persica* are found to contain benzyl isothiocyanate, a rapid and strong bactericidal against periodontal pathogens.

## 1<sup>st</sup> Century CE

Many ancient cultures use aloe vera for treating cuts, burns, skin conditions, and mouth ulcers.

## 1956

Crest begins selling the world's first fluoride toothpaste.

## 1954

A German study finds that probiotics help in the recovery from gingivitis and periodontitis.

## 1800s

Some European tooth powders include baking soda, which is found to have antibacterial properties.



## 1975

Tom's of Maine successfully brings "natural" fluoride-free toothpaste with the botanical flavors fennel, spearmint, peppermint, propolis, and myrrh to the U.S. market.

## 1994

Optima Naturals, which makes AloeDent oral products, is founded. Besides aloe vera, tea tree oil, miswak, and other ancient botanicals are used to support oral and dental health.

## 2010

PerioBiotic launches probiotic toothpaste containing functional *Lactobacillus* in U.S.



## Wellness Words Answers

### Down

- |                  |                   |             |
|------------------|-------------------|-------------|
| 1. Abnormalities | 13. Supplements   | 27. Teatree |
| 3. Umber         | 15. Yoga          | 29. Protein |
| 4. Tithe         | 16. ADHD          | 34. Insulin |
| 5. Poses         | 17. Pancreas      | 35. Nectar  |
| 6. Herbs         | 18. Postoperative | 36. Dental  |
| 7. Tape          | 22. Courage       | 37. Cacao   |
| 8. Gingivitis    | 23. Helper        | 38. Yield   |
| 12. Migraine     | 26. Late          |             |

### Across

- |              |                     |                 |
|--------------|---------------------|-----------------|
| 1. Arid      | 19. Raga            | 32. Steamed     |
| 2. Multiply  | 20. Pain            | 33. Triggers    |
| 6. Hot       | 21. Moringa         | 37. Coenzyme    |
| 9. Aloe      | 24. Epic            | 39. Circulation |
| 10. Diabetes | 25. Musculoskeletal | 40. Clean       |
| 11. RIP      | 28. Rap             | 41. Aborigine   |
| 13. Sugar    | 30. Sun             | 42. Blood       |
| 14. Vinyasa  | 31. Ate             | 43. Under       |

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## AC Grace

### Product Name

UNIQUE E High Delta Select Tocotrienols 90 Softgels  
UNIQUE E High Gamma Mixed Tocopherol 180 Softgels  
UNIQUE E High Gamma Mixed Tocopherol 90 Softgels  
UNIQUE E High Gamma Mixed Tocopherol Oil 1 fl oz  
UNIQUE E Natural Moisturizing Cream Coconut 2 fl oz

## Allergy Research Group

### Product Name

200 mg of Zen 120 Capsules  
Adrenal Cortex 100 Capsules  
ALA Release 60 Tablets  
Artemisia 100 Capsules  
Artemisinin 300 Capsules  
Artemisinin 90 Capsules  
B12 Adenosylcobalamin 60 Lozenges  
Biofilm Neutralizer 60 Capsules  
ButyrEn 100 Capsules  
Cat's Claw 60 Capsules  
Echinacea Ivy 60 Capsules  
Eldermune™ Chewables 60 Tablets  
Essential-Biotic Mood & Mind 60 Capsules  
GLA Borage Oil 30 Softgels  
HiBiotin 90 Capsules  
Humic-Monolaurin Complex 120 Capsules  
KingChlorella™ 600 Tablets  
L-Arginine 250 Capsules  
Lumbrokinase 30 Capsules  
Magnolia Extract 120 Capsules  
Mastica® 120 Capsules  
Melatonin 20 mg 60 Capsules  
Micro Liposomal C 4 fl oz  
MultiMin 120 Capsules  
N-Acetyl Glucosamine 90 Capsules  
Ox Bile 500 mg 100 Capsules  
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Pantothenic Acid 90 Capsules

Polyphenol-C® 500 90 Capsules

Pregnenolone 50 mg 60 Tablets

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Thymus Natural Glandular 75 Capsules

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Tricycline® 90 Capsules

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Zen Adapt with Sensoril® 60 Capsules

Zen Sleep with P5P and 5-HTP 60 Capsules

Zinc Citrate 25 mg 60 Capsules

Zinc Picolinate 60 Capsules

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### Product Name

CholestSolve 24/7® 120 Tablets  
ImmPower ER® 60 Capsules  
Metatrol PRO® 60 Capsules

## AMG Naturally

### Product Name

Bedtime Beauty Repair 1.7 oz  
Better Body Butter 2.8 oz  
Dead Sea Mud Mask 2 oz  
Mineral Mist Toner 1.7 oz  
Miracle Elixir Oil 1 oz

## Anna Cabeca

### Product Name

Julva® Pro 1 oz  
Mighty Maca® Plus 60 Servings

## AOR

### Product Name

Advanced B Complex™ 90 Capsules

Andrographis 120 Capsules

benGene™ 30 Capsules

Hydroxy B12 1 mg 60 Lozenges

Ortho Sleep™ 60 Capsules

P.E.A.k. Endocannabinoid Support 90 Capsules

Peak K2 90 Capsules

Probiotic 3 90 Capsules

R-Lipoic Acid 300 mg 60 Capsules

Strontium Support II 60 Capsules

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Bio-Active Copper Hydrosol 8 fl oz

Pro Bio-Active Silver Hydrosol 23 ppm Dropper 2 fl oz

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

Pro Bio-Active Silver Hydrosol 23 ppm Travel Size Fine Mist Spray 1 fl oz

Professional First Aid Gel 1 fl oz

Sinus Relief 1 fl oz

Sinus Relief 2 fl oz

## Atrantil

### Product Name

Atrantil 90 Capsules

Atrantil PRO 90 Capsules

## AVEMAR

### Product Name

AVEMAR™ 300 Tablets

AVEMAR™ AWGE 30 Sachets

AVEMAR™ Stevia Natural Plant Based 30 Sachets

## Avior

### Product Name

Myetin 60 Chewable Tablets

## Real NAD+ 60 EZ Melt Tablets

## Ayush Herbs

### Product Name

AdrenOm 90 Capsules

Adult Ashwagandha Drops 2 fl oz

Adult Trifal Drops 2 fl oz

Amla Plex 30 Servings

Arjuna Heart 90 Capsules

Ashwagandha 60 Capsules

Ayu-Dep 60 Capsules

AyuPhos 90 Capsules

Bacopa Plus 90 Capsules

Boswelya Plus 90 Caplets

BronchoTone 90 Capsules

Carditone 60 Caplets

CoCurcumin 30 Servings

Flucomune 90 Capsules

High Omega-3 Fish Oil 60 Softgels

Kids Ashwagandha Drops 2 fl oz

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Macuna Plus 60 Capsules

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Fresh Catch Fish Oil Orange Flavor 250 Softgels

Fresh Flax Oil 16 oz

Fresh Flax Oil 32 oz

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Lignan Omega Twin 12 fl oz

Omega-3 Vegan Strawberry Banana Smoothie 16 oz

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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

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- Kids Propolis Immune Support 1.06 fl oz
- Propolis + Vitamin C 12 Packets
- Propolis Complete Gut Health 60 Capsules
- Propolis Immune Support 1.06 fl oz
- Propolis Nasal Spray 1 fl oz
- Propolis Sinus Support 60 Capsules
- Propolis Soothing Lozenges Honey 14 Drops
- Royal Jelly Brain Fuel 3 Pack
- Royal Jelly Brain Fuel 6 Pack
- Superfood Honey 125 g
- Superfood Honey 330 g

### Bio-Tech Pharmacal

#### Product Name

- Bio-Max Immune 60 Capsules
- D3-50 100 Capsules
- Lith-Oro 20 mg 100 Capsules

### Biocidin

#### Product Name

- +DENTALCIDIN™ TOOTHPASTE 3oz
- 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

### Biogena

#### Product Name

- 7-Salt Magnesium 60 Capsules
- Chlorella Plus C 120 Capsules
- Omega 3 Vegan DHA & EPA 450 GOLD 90 Capsules
- Pycnogenol Superior 100 GOLD 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
- Support Digestion 90 Capsules

### BodyBio

#### Product Name

- Balance Oil 16 oz
- Balance Oil 60 Softgels
- Calcium / Magnesium Butyrate 100 Capsules
- Calcium / Magnesium Butyrate 250 Capsules
- E-Lyte 16 oz
- Gut + Prebiotic + Postbiotic 30 Capsules
- Liposomal Vitamin C 60 Capsules
- Liquid Mineral Iodine 2 fl oz
- Liquid Mineral Manganese 2 fl oz
- Liquid Mineral Zinc 2 fl oz
- Liquid Minerals 8 oz
- PC 100 Softgels
- PC 60 Softgels
- PC Liquid 4 fl oz
- PC Liquid 8 fl oz
- Sodium Butyrate 60 Capsules
- TUDCA 60 Capsules

### Brain Bean

#### Product Name

- Brain Basics Opti Zinc Plus 60 Tablets

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 Selenomethionine 90 Capsules

Brain Omega 180 Softgels  
Brain ResQ 60 Capsules

### Buddha Teas

#### Product Name

Chaga Tea 18 Bags  
Detox Dharma Blend 18 Bags  
Echinacea Elderberry Blend 18 Bags  
Matcha Green Tea 18 Bags  
Meditation Moment 18 Bags  
Mushroom Wellness Blend 18 Bags  
Reishi Mushroom Blend 18 Bags  
Throat Bliss 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  
Cal-600 100 Softgels  
Chewable Calcium Citrate 120 Tablets  
Cod Liver Oil Gems 100 Softgels  
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  
Hi-Fiber 100 Capsules  
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  
BreastDefend Professional 120 Capsules  
Comprehensive Circulation Support 60 Capsules  
GlyphoDetox Professional 60 Capsules  
IonShield® 60 Capsules  
Mycoceutics Immune Max 180 Capsules  
PADMA Basic Professional 180 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  
RegeneRest 60 Capsules

### Cognitive Clarity

#### Product Name

Percepta Professional 60 Capsules

### CuraLife USA

#### Product Name

CuraLin 90 Capsules  
CuraLin 180 Capsules  
CuraLin Starter Bottle 42 Capsules

### Davinci Labs

#### Product Name

A.D.K 10 90 Capsules  
A.D.K 60 Capsules  
ALL-ZYME 90 Tablets  
ALLER-DMG 60 Tablets  
BERBERINE FORCE 60 Capsules  
BioDIM COMPLEX 60 Capsules  
Calm Fruit Punch 1 fl oz  
CANDID-AWAY 90 Capsules  
Chewable Kidbiotic Tropical Fruit 90 Tablets  
Chewable Vitamin C Cherry 90 Tablets  
CHOLESTSURE 90 Capsules  
COENZYME Q10 CHEWMELT 100 mg 60 Tablets

COQ10 - DMG 300/300 Orange 60 Tablets  
 D-Lightful Citrus 1 fl oz  
 D3/K2 LIQUID 1 fl oz  
 DAILY BEST ULTRA 60 Capsules  
 DISC-DISCOVERY<sup>®</sup> 180 Tablets  
 Enz-flame Kids 30 Servings  
 Fizzy Mag 75 Servings  
 Focus Chewable Orange 90 Tablets  
 GLUCONIC<sup>®</sup> DMG 500 mg 60 Tablets  
 GRAPEFRUIT SEED EXTRACT 400 mg 60 Capsules  
 HEALTHY EYES 90 Capsules  
 Immuni-Z + Elderberry Lemon 60 Lozenges  
 Immuni-Z Lemon 60 Lozenges  
 Kidbiotic Powder 60 Servings  
 KiddOmega-3 Cherry Orange 40 Servings  
 LIPOSOMAL C 10.15 fl oz  
 LIPOSOMAL CITICOLINE 2 fl oz  
 LIPOSOMAL MELATONIN SPRAY 1 fl oz  
 MEGA PROBIOTIC ND 120 Capsules  
 MEGA PROBIOTIC ND 50 60 Capsules  
 Mightiest Vite<sup>®</sup> Fruit Punch 30 Servings  
 MILK THISTLE 90 Capsules  
 PROSTATE HEALTH 60 Capsules  
 Sleep Tight Citrus 1 fl oz  
 SPM COMPLETE 60 Softgels  
 Sync Up Berry 2 fl oz  
 TRI-MAG 300 120 Capsules

### Diamond Formulations

#### Product Name

Sleep Balance Herbal 60 Capsules

### Dr. Advantage

#### Product Name

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

### Dr. Capasso

#### Product Name

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  
 Biothin Probiotic 30 Capsules  
 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  
 Full Spectrum Enzyme 90 Capsules  
 H2 Molecular Hydrogen 90 Tablets  
 Ketozyme 30 Capsules  
 Krill Oil 60 Capsules  
 Liposomal Vitamin C 60 Capsules  
 Liposomal Vitamin C 180 Capsules  
 Liposomal Vitamin C Citrus Vanilla 15.2 fl oz  
 Liposomal Vitamin C for Kids 30 Capsules  
 Magnesium L-Threonate 270 Capsules  
 Organic Astaxanthin 12 mg 90 Capsules  
 Organic Collagen from Grass Fed Beef Bone Broth 270 Tablets  
 Organic Ginkgo Biloba 30 Capsules  
 Organic Pine Bark Extract 60 Tablets  
 Organic Resistant Starch Complex 9.52 oz  
 Organic Saw Palmetto 2 fl oz  
 Peppermint Oil with Asafoetida 30 Capsules  
 Vitamin C-PAK<sup>®</sup> Orange Flavor 30 Servings  
 Vitamin C-PAK<sup>®</sup> with Quercetin Orange Flavor 30 Servings  
 Whole-Food Multivitamin Plus Vital Minerals 240 Tablets  
 Zinc Plus Selenium 30 Capsules  
 Zinc Plus Selenium 90 Capsules

### Dr. Phillips Formulations

#### Product Name

Full-Spectrum Hemp Oil Orange Dreamsicle 1 oz

### Drink LMNT

#### 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

LMNT Recharge – Watermelon Salt 30 Servings

### 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 60 g

HEMP OneThirteen Sour Gummies Watermelon Cherry 60 Gummies

### Endurance Products Company

Product Name

Dihydroberberine SR 150 mg 60 Tablets

Dihydroberberine SR 150 mg 180 Tablets

ENDUR-ACIN ER 750 mg 60 Tablets

ENDUR-ACIN ER NIACIN 250 mg 100 Tablets

ENDUR-ACIN ER NIACIN 500 mg 100 Tablets

ENDUR-AMIDE SR 500 mg 90 Tablets

ENDUR-C SR 1000 mg 60 Tablets

ENDUR-C SR 500 mg 90 Tablets

Pantethine SR 300 mg 90 Tablets

Phytosterols IR 450 mg 60 Tablets

Taxifolin Complex SR 60 Tablets

### Enzyme Science

Product Name

(PEA)+ 120 Capsules

Acid Calm 90 Capsules

Apple Cider Vinegar 60 Capsules

Betaine HCL 120 Capsules

Candidase Pro 84 Capsules

Complete Digestion 90 Capsules

Critical Digestion<sup>®</sup> 90 Capsules

Digest Gold 240 Capsules

Digest Gold 90 Capsules

Enzyme Defense Pro 60 Capsules

GI Motility Complex 60 Capsules

Intolerance Complex 90 Capsules

Lypo Optimize 90 Capsules

MyoMend<sup>®</sup> 120 Capsules

Nattokinase Pro 60 Capsules

Serrapeptase Pro 120 Capsules

Stem XCell<sup>®</sup> Pro 60 Capsules

Telomere Pro 30 Capsules

### Everidis Health Sciences

Product Name

BioGaia Gastrus 30 Chewable Tablets

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

### Gaia Herbs

Product Name

3-1 Immune Formula 60 Capsules

Black Elderberry PRO 120 Capsules

Black Elderberry Syrup Extra Strength 5.4 fl oz

Curcuma Supreme NF-kB 60 Capsules

Curcuma Supreme NF-kB Formula 120 Capsules

Daytime HPA 120 Capsules

Daytime HPA 60 Capsules

GaiaKids Black Elderberry Kids Daily Gummies 40 Gummies

Holy Basil 60 Capsules

Nighttime HPA 120 Capsules

Oil of Oregano 60 Capsules

Plant Force Liquid Iron 16 fl oz

Revive HPA 60 Capsules  
 Rhodiola 60 Capsules  
 Sleep Formula 60 Capsules  
 Thyroid Formula 120 Capsules  
 Vitex 60 Capsules

**Genexa**

**Product Name**

Allergy Care 60 Tablets  
 Arnica Pain 100 Tablets  
 Cold Crush 60 Tablets  
 Flu Fix 60 Tablets  
 Kids' Allergy Care 60 Tablets  
 Sleepology 60 Tablets  
 Stress 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 Female Balance 1 fl oz  
 Guna Flam Relief 1 fl oz  
 Guna Flu 0.21 oz  
 Guna Healthy Brain 1 fl oz  
 Guna Kidney Plus 1 fl oz  
 Guna Lympho Detox 1 fl oz  
 Guna Matrix Detox 1 fl 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

**Haylie Pomroy Group**

**Product Name**

Fast Metabolism 10-Day Cleanse Kit  
 Fast Metabolism 5-Day Cleanse Kit

Fast Metabolism Diet Quick Start Kit  
 Metabolism Shake 14 Servings

**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  
 CALENDULA OIL 1 fl oz  
 DANDELION ALCOHOL FREE 1 fl oz  
 ECHINACEA ALCOHOL FREE 1 fl oz  
 FUNGUS FIGHTER 1 fl oz  
 GINGER 1 fl oz  
 KAVA 1 fl oz  
 KIDS BLACK ELDERBERRY ALCOHOL FREE 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 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



From the creators of Percepta®



Percepta Professional®

- Exclusive patented PTI-00703® cat's claw, oolong tea extract (MemorTea®) and black currant (with 25% proanthocyanidins)
- World's first dietary supplement to target brain plaques and tangles in the normal aging brain.\*
- Developed by two of the world's most renowned brain aging/memory loss researchers, Dr. Alan Snow (Cognitive Clarity Inc) and Dr. Rudy Tanzi (Harvard University/MGH)
- Two major papers published in Nature -Scientific Reports in 2019 and 2021 showing PTI-00703® cat's claw and Percepta® reduce brain beta-amyloid plaques and tau tangles.\*
- Composition of Matter patent issued in USA (Patent #11,491,201B2; issued Nov 8, 2022)
- Outperforms the 20 top selling memory-support dietary supplements by >50% in targeting brain plaques and tangles; Snow et al, Scientific Reports, pp. 1-23, Feb 2021 <https://doi.org/10.1038/s41598-020-79275-1>
- WholeScripts product number 300084622

Tap to learn more on WholeScripts.com

[www.perceptabrain.com](http://www.perceptabrain.com)



\*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.



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— Decker Weiss, NMD, Carefree, AZ



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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

Calm Adapt 4 oz  
 Immune Adapt 4 oz  
 Kidney Support Compound 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

### Host Defense

#### Product Name

Cordyceps 120 Capsules  
 CordyChi® 66 Servings  
 Lion's Mane 120 Capsules  
 Lion's Mane 30 Capsules  
 Lion's Mane 60 Capsules  
 Lion's Mane Extract 2 fl oz  
 Maitake 60 Capsules  
 MycoBotanicals® Brain\* 60 Capsules  
 MyCommunity® 120 Capsules  
 MyCommunity® 66 Servings  
 MyCommunity® Extract 2 fl oz  
 Reishi 30 Capsules  
 Stamets 7° 60 Capsules  
 Stamets 7° Mushroom Mycelium Powder 66 Servings  
 Turkey Tail 120 Capsules  
 Turkey Tail 60 Capsules

### HumanN

#### Product Name

BeetElite Black Cherry 20 Servings  
 HeartGreens Green Apple 30 Servings

Neo40 Daily 30 Tablets

Neo40 Professional 60 Tablets

Nitric Oxide Indicator Strips 25 Strips

SuperBeets 1000 mg 90 Capsules

SuperBeets Black Cherry 30 Servings

SuperBeets Collagen Cherry Berry 30 Servings

SuperBeets Energy Plus Natural Berry 30 Servings

SuperBeets Heart Chews Pomegranate Berry 60 Chews

SuperBeets Immune Cranberry Cherry 30 Servings

SuperBeets Memory + Focus 30 Chews

SuperBeets Original Apple 30 Servings

SuperBeets® Sport 20 Servings

SuperGrapes Heart Chews 60 Chews

Tart Cherry Gummies 60 Gummies

Turmeric Chews Orange Citrus 30 Chews

Vitamin D3 Chew Mixed Berry 30 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 + Zinc 4 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

GI Response 8.4 oz

Iron Response 90 Tablets

Men's One Daily Iron Free 60 Tablets

Selenium 90 Tablets

Thyroid Response Complete Care 90 Tablets

Women's One Daily 60 Tablets

### ION\* Intelligence of Nature

Product Name

ION\* Gut Support 16 fl oz

ION\* Gut Support 3.4 fl oz

ION\* Gut Support 32 fl oz

ION\* Gut Support 8 fl oz

### Jarrow Formulas

Product Name

Acetyl L-Carnitine 500 mg 60 Capsules

Arginine 100 Tablets

BoneUp 120 Capsules

Citicoline CDP Choline 60 Capsules

Fem-Dophilus® 60 Capsules

Fem-Dophilus® 60 Capsules (Shelf Stable)

Milk Thistle 200 Capsules

NAC Sustain 600 mg 60 Tablets

Organic MCT Oil 16 fl oz

Pantethine 60 Softgels

PS100 100 mg 60 Softgels

QH-absorb® + PQQ 30 Softgels

QH-absorb® 200 mg 60 Softgels

Quercetin 500 mg 100 Capsules

Red Yeast Rice + CoQ10 120 Capsules

Theanine 200 60 Capsules

### Jigsaw Health

Product Name

Activated B w/SRT 120 Tablets

Adrenal Cocktail + Wholefood Vitamin C 60 Servings

Electrolyte Supreme Berry-Licious 60 Packets

Electrolyte Supreme Berry-Licious 60 Servings

Electrolyte Supreme Lemon-Lime 60 Packets

Electrolyte Supreme Lemon-Lime 60 Servings

MagSoothe Raspberry Lemonade 60 packets

MagSoothe Raspberry Lemonade 60 Servings

MagSRT® 240 Tablets

Pickleball Cocktail Orange 60 Servings

### Kuli Kuli

Product Name

PURE MORINGA 20 Packets

MORINGA ENERGY BAR DARK CHOCOLATE 12 Bars

### Life Extension

Product Name

5-LOX Inhibitor with AprèsFlex® 60 Capsules

7-Keto® DHEA Metabolite 60 Capsules

AMPK Metabolic Activator 30 Tablets

ArthroMax® Elite 30 Tablets

Bio-Fisetin 30 Capsules

BioActive Complete B-Complex 60 Capsules

Black Cumin Seed Oil 60 Softgels

Brain Fog Relief 30 Softgels

CoffeeGenic® Green Coffee Extract 90 Capsules

Cognitex® Elite Pregnenolone 60 Tablets

Curcumin Elite™ Turmeric Extract 60 Capsules

Daily Skin Defense 30 Capsules

Echinacea Elite 60 Capsules

Extend-Release Magnesium 60 Capsules

Fast-Acting Liquid Melatonin Citrus-Vanilla 2 fl oz

FLORASSIST® GI with Phage Technology 30 Capsules

FLORASSIST® Probiotic Women's Health 30 Capsules

FLORASSIST® Throat Health 30 Lozenges

Glucosamine/ Chondroitin 100 Capsules

Healthy Lungs 30 Capsules

Herbal Sleep PM 30 Capsules

Huperzine A 200 mcg 60 Capsules

Male Vascular Sexual Support 30 Capsules

Mediterranean Weight Management 60 Gummies

Mega Benfotiamine 250 mg 120 Capsules

Mega Lycopene 90 Softgels

Melatonin 60 Capsules

Memory Protect 36 Day Supply

Menopause 731™ 30 Tablets

N-Acetyl-L-Cysteine 60 Capsules

Neuro-Mag® 90 Capsules

Optimized Folate L-Methylfolate 100 Tablets

Optimized Quercetin 60 Capsules

Optimized Saffron 60 Capsules  
 Pomegranate Complete 30 Softgels  
 Potassium with Extend-Release Magnesium 60 Capsules  
 PQQ 20 mg 30 Capsules  
 Sea-Iodine™ 1000 mcg 60 Capsules  
 Senolytic Activator® 36 Capsules  
 Shade Factor 120 Capsules  
 Super K 90 Softgels  
 Super Omega-3 EPA/DHA Fish Oil 60 Softgels  
 Super Ubiquinol CoQ10 100 mg 60 Softgels  
 Tart Cherry with CherryPURE® 60 Capsules  
 Thermo Weight Control 60 Capsules  
 Two-Per-Day Multivitamin 120 Capsules  
 Ultra Prostate Formula 60 Softgels  
 Vinpocetine 10 mg 100 Tablets  
 Vitamin C and Bio-Quercetin Phytosome 250 Tablets  
 Vitamin C and Bio-Quercetin Phytosome 60 Tablets  
 Waistline Control 60 Capsules  
 Water-Soluble Pumpkin Seed Extract 60 Capsules  
 Zinc Lozenges Citrus-Orange Flavor 60 Lozenges

### Linpharma

#### Product Name

Petadolex 50 mg 50 Softgels  
 Petadolex 75 mg 60 Softgels

### Master Supplements

#### Product Name

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

### 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 One Daily Multivitamin Grape Flavor 30 Soft Chews  
 Kids One Daily 60 Tablets  
 Magnesium 90 Tablets  
 Melatonin Berry Good Sleep 54 Gummies  
 Methyl B12 60 Tablets  
 Multi for Women 55+ 120 Tablets  
 Multi for Women 60 Tablets  
 One Daily 180 Tablets  
 Relax + Calm Magnesium Grape Flavor 30 Soft Chews  
 Selenium 60 Tablets  
 Zinc 60 Tablets

### Microbiome Labs

#### Product Name

Gut-Specific Fish Oil Supplement 60 Softgels  
 Mega IgG2000 120 Capsules  
 MegaGuard 60 Capsules  
 MegaMucosa Berry Acai 30 Servings  
 MegaPre Pineapple Orange Guava 30 Servings  
 MegaSporeBiotic 60 Capsules  
 MegaSporeBiotic 180 Capsules  
 PyloGuard 30 Capsules  
 RestorFlora PD 21 Capsules  
 SereneSkin 30 Capsules  
 WheatRescue 60 Capsules

### Microvascular Health Solutions

#### Product Name

EndocalyxPro 120 Capsules

### Motherlove

#### Product Name

Diaper Balm 1 fl oz  
 More Milk® Moringa 60 Capsules  
 More Milk® Plus 60 Capsules  
 More Milk® Special Blend 60 Capsules  
 Nipple Cream 1 fl oz

Pregnant Belly Salve 4 fl oz

Sitz Bath Spray 2 fl oz

### 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 200 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

Super Cordyceps 120 Tablets

Super Coriolus 120 Tablets

Super Lion's Mane 120 Tablets

Super Reishi 120 Tablets

Super Shiitake 120 Tablets

### MYCO Clinic

#### Product Name

Pain Relief Cream Moderate Strength 1.7 oz - 6 Pack

Pain Relief Oil Extra Strength 3.4 fl oz - 6 Pack

Pain Relief Ointment Maximum Strength 1.7 oz - 6 Pack

Pain Relief Stick Maximum Strength 1.7 oz - 6 Pack

### 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

### Neurohacker

#### Product Name

Qualia Mind 105 Capsules

Qualia Mind 35 Capsules

Qualia Night 20 Capsules

Qualia Night 60 Capsules

Qualia Nootropic Energy 2 oz Shot 6-Pack

Qualia Resilience 30 Capsules

Qualia Senolytic 12 Capsules

### NFH

#### Product Name

Berberine SAP 90 Capsules

Cordyceps SAP 60 Capsules

Coriolus Versicolor SAP 60 Capsules

D-Ribose SAP 50 Servings

Grape Seed SAP 60 Capsules

InflaCalm SAP 90 Capsules

Lavender SAP 60 Softgels

Male Fertility SAP 120 Capsules

Mito SAP 90 Capsules

Mushroom Complex SAP 90 Capsules

NAC SAP 90 Capsules

Ox Bile SAP 90 Capsules

Prenatal SAP 180 Capsules

Quercetin SAP 60 Capsules

Reishi SAP 60 Capsules

Trident SAP 66:33 120 Softgels

Trident SAP 66:33 Lemon 120 Softgels

Zinc SAP 60 Softgels

## Nordic Naturals

### Product Name

Algae Omega 120 Softgels

Arctic Cod Liver Oil 180 Softgels

Arctic Cod Liver Oil Orange 8 fl oz

Arctic Omega 180 Softgels

Arctic Omega 8 fl oz

Baby's Vitamin D3 0.37 fl oz

Children's Eye Health Strawberry Lemonade 30 Gummy Chews

Cognition Mushroom Complex 60 Capsules

CoQ10 Gummies 60 Gummies

DHA Infant 2 fl oz

DHA Junior 180 Softgels

DHA Junior 4 fl oz

Energy Mushroom Complex 60 Capsules

Immune Mushroom Complex 60 Capsules

Kids Nordic Flora Probiotic Gummies Merry Berry Punch 60 Gummies

Kids Nordic Flora Probiotic Pixies Berry 30 Packets

Men's Multivitamin Mixed Berry 60 Gummies

Nordic Beauty Borage Oil 4 fl oz

Nordic Berries Cherry Berry 120 Gummy Berries

Nordic Berries Original Flavor 120 Gummy Berries

Nordic CoQ10 Ubiquinol Sport 60 Softgels

Nordic Flora Probiotic Immune Health 30 Capsules

Nordic Flora Probiotic Maximum Care 30 Capsules

Nordic Immune<sup>®</sup> Elderberry 40 Gummies

Nordic Omega-3 Fishies 36 Fishies

Nordic Omega-3 Gummies 120 Gummies

Omega Focus 60 Softgels

Omega Focus Jr 120 Softgels

Prenatal DHA 90 Softgels

ProDHA 1000 120 Softgels

ProDHA 120 Softgels

ProDHA Eye 60 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 Junior 90 Softgels

ProOmega-D 120 Softgels

ProOmega-D 180 Softgels

ProOmega-D 60 Softgels

ProOmega<sup>®</sup> Joint Xtra 90 Softgels

ProOmega<sup>®</sup> LDL 180 Softgels

ProOmega<sup>®</sup> Lemon 8 fl oz

ProOmega<sup>®</sup> Tropical Fruit 54 Gummy Chews

Stress Relief Gummies 40 Gummies

Ultimate Omega 2X Sport 60 Softgels

Ultimate Omega-D3 Sport 60 Softgels

Vitamin C Gummies Tart Tangerine 120 Gummies

Vitamin D3 5000 Gummies 30 Gummies

Vitamin D3 Gummies 60 Gummies

Vitamin D3 Gummies Sport 120 Gummies

Vitamin D3 Kids Gummies Wild Watermelon Splash 60 Gummies

Vitamin D3+K2 Gummies Pomegranate 60 Gummies

Women's Multivitamin Mixed Berry 60 Gummies

Zero Sugar Curcumin Gummies 60 Gummies

Zero Sugar Hair & Skin Strawberry Lemonade 27 Gummy Chews

Zero Sugar Kids Multi Gummies 120 Gummies

Zero Sugar Melatonin Gummies 60 Gummies

Zero Sugar Prenatal DHA Strawberry Orange 27 Gummy Chews

Zero Sugar Vitamin D3 Gummies 60 Gummies

## NuGo Nutrition

### Product Name

Fiber d'Lish Cinnamon Raisin 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

### Nutra Biogenesis

#### Product Name

BioAdaptogen Ultra 60 Capsules  
 BioInflaMax 150 Capsules  
 BioThyro 60 Capsule  
 CogniFactors 60 Capsules  
 Eskaloft 60 Capsules  
 InflamaZyme 90 Capsules  
 Liposomal Melatonin 2 fl oz  
 Oregano Oil 120 Softgel  
 ParaBiotic Plus 90 Capsules  
 Pulmonary Factors 90 Capsules  
 Sleep Factors 60 Capsules  
 Sterol 117 60 Capsules  
 Stress Factors 60 Capsules  
 Tri Zinc 90 Capsules  
 Tri-Magnesium 120 Capsules  
 UT Max Protect 60 Capsules

### Nutrasal

#### Product Name

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

### NutriCology

#### Product Name

Laktoferrin 90 Capsules  
 Magnesium Chloride Liquid 8 fl oz  
 Mastic Gum 120 Capsules  
 Mucolyxir® 0.4 fl oz  
 OcuDyne II 200 Capsules  
 Organo-Germanium Ge-132 50 Capsules

### Nutritional Therapeutics

#### Product Name

NT Factor® Advanced Physician's Formula with B-Vitamins 150 Tablets  
 NTFactor® 90 Tablets  
 NTFactor® Healthy Aging 120 Tablets

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  
 Organic Psyllium Fiber 180 Capsules

Peaceful Sleep 90 Capsules  
Psyllium Organic Whole Husk Fiber 68 Servings  
Psyllium Pre & Probiotic Fiber 56 Servings  
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

### Organoleaf

#### Product Name

Hemp Body Cream Pump 2000 mg 2.1 oz  
Hemp Oil Tincture 2000 mg 1 oz  
Hemp Roll-On Lotion 1000 mg 1.2 oz

### Passport to Organics

#### Product Name

Charcoal Cleanser 4 oz  
Hyaluronic Acid Serum 2 oz  
Pumpkin Peel Mask 3 oz  
Turmeric Cleanser 4 oz  
Turmeric Serum 1 oz  
Vitamin C Cream 1.7 oz  
Vitamin C Toner 4 oz

### Premier Research Labs

#### Product Name

Adaptogen-R3 90 Capsules  
AdrenaVen 60 Capsules  
Allicidin 60 Capsules

BiliVen 60 Capsules  
D3 Serum 0.43 fl oz  
Liquid Zinc Ultra 8 fl oz  
Max B-ND 2 fl oz  
Max B-ND 8 fl oz  
Medi-Clay-FX 90 Capsules  
Melatonin-ND 2 fl oz  
Nucleo Immune 90 Capsules  
OcuVen 60 Capsules  
Premier CoQ-10 50 Capsules  
Premier Digest 60 Capsules  
Premier HCL 90 Capsules  
Premier Pink Salt 12 oz  
Premier Turmeric 60 Capsules  
Premier Vitamin D3+K2 30 Capsules  
RenaVen 60 Capsules

### Progressive Professional

#### Product Name

Allergy Modulator<sup>®</sup> 120 Capsules  
Brilliant Vision with Seanol-P 90 Capsules  
Daily Resilience<sup>®</sup> 180 Capsules  
Digestin 60 Capsules  
GC-MSM 3550<sup>®</sup> 120 Capsules  
Probiotic Broad Spectrum 30 Caplets  
Prosta Glan 120 Capsules  
TestosterZone 180 Capsules  
U-Tract<sup>®</sup> 26 Servings

### Prolon Professional

#### Product Name

ProLon<sup>®</sup> Original Kit

### QOL Labs

#### Product Name

Bifilon 60 Capsules  
ImmunoKinoko 500 90 Capsules  
Metasol 60 Capsules

### Quicksilver

#### Product Name

AMPK Charge+ 3.38 fl oz



Artemisinin Emulsion 4 oz  
 BI-EST+ 1 fl oz  
 Bitters No.9 1.7 fl oz  
 BitterX 1.7 fl oz  
 Estradiol+ 1 fl oz  
 Estriol 1 fl oz  
 GABA with L-Theanine 1.7 fl oz  
 H2 Elite 30 Tablets  
 Hemp Synergies-PN 60 Capsules  
 IMD 30 Servings  
 Immune Charge+ 3.38 fl oz  
 Kidney Care 3.38 fl oz  
 Lipcalm 1.7 fl oz  
 Liposomal EDTA with RLA 4 fl oz  
 Liposomal Glutathione 1.7 fl oz  
 Liposomal Vitamin C with RLA 1.7 fl oz  
 Liver Sauce 3.38 fl oz  
 Longevity Elite 3.38 fl oz  
 Longevity Phyto Caps 60 Capsules  
 Methyl B Complex 1.7 fl oz  
 Methyl B-12 1 fl oz  
 Methyl Charge+ 1.7 fl oz  
 Micellized Membrane Mend 3.38 fl oz  
 Micellized Pure PC 4 fl oz  
 NAD+ Gold 1.7 fl oz  
 NAD+ Platinum 3.38 fl oz  
 Nanoemulsified Cat's Claw Elite® 1.7 oz  
 Nanoemulsified CoQ10 1.7 fl oz  
 Nanoemulsified D3K2 1.7 fl oz  
 Nanoemulsified Melatonin 1 fl oz  
 Nanoemulsified Milk Thistle 1.7 oz  
 Nanoformulated DHEA+ 3.38 fl oz  
 Nanoformulated Progesterone+ 1 fl oz  
 NanoFuel 3.38 fl oz  
 Nanomojo 1.7 fl oz  
 Noto Bravi® 1.7 fl oz  
 Performance Cardio+ 3.38 fl oz  
 Pure DHEA 1.7 fl oz  
 Push Catch Liver Detox Kit  
 Quinton Hypertonic 30 Servings

Quinton Isotonic 30 Servings

Thrivagen 1.7 fl oz

Ultra Binder 120 Capsules

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 1 mL)

FLOW BLEND (Roller Bottle 5 mL)

FLOW BLEND (Roller Bottle 30 mL)

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

### 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

Enfla-Mend Px 60 Capsules

Estro Px 75 Capsules

Glucose Balance Px 120 Capsules

HTN 180 PX Original 60 Capsules

HTN 180 Px-Extra Strength 60 Capsules

Kava Calm Px 30 Capsules

Metabolic Nutrition 60 Capsules

Mitochondria Nutrition PQQ 60 Capsules

Neuro-GI Px 60 Capsules

PCO Px 75 Capsules

Respiratory EZ 60 Capsules

Sleep 60 Capsules

StressCalm Px 75 Capsules

T-Cell Balance Px 60 Capsules

ThyroCare 75 Capsules

Thyroid Px 75 Capsules

## RLC Labs

### Product Name

a-Drenal 120 Capsules

i-Throid 6.25 mg 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

## RxSugar

### Product Name

RxSugar<sup>®</sup> Allulose 30 Packets

RxSugar<sup>®</sup> Allulose One Pound Canister 45 Servings

RxSugar<sup>®</sup> Organic Allulose Liquid Sugar 16 fl oz

RxSugar<sup>®</sup> Organic Caramel Syrup 16 fl oz

RxSugar<sup>®</sup> Organic Chocolate Syrup 16 fl oz

RxSugar<sup>®</sup> Organic Cinnamon Syrup 16 fl oz

RxSugar<sup>®</sup> Organic Hazelnut Syrup 16 fl oz

RxSugar<sup>®</sup> Organic Maple Syrup 16 fl oz

RxSugar<sup>®</sup> Organic Vanilla Syrup 16 fl oz

RxSugar<sup>®</sup> Swealthy Stix 30 Packets

## Sanesco

### Product Name

Adaptacin™ 60 Tablets

Contegra™ 60 Capsules

Lentra™ 30 Capsules

Lentra™ 60 Capsules

Procite-D™ 60 Capsules

Prolent™ 60 Capsules

Somni-TR™ 30 Tablets

Tranquilent™ 30 Tablets

## Seeking Health

### Product Name

Active B12 1000 60 Lozenges

Active B12 with L-5-MTHF 60 Lozenges

B Complex MF 100 Capsules

B Complex Plus 100 Capsules

B-Minus 100 Capsules

DIM + I3C 60 Capsules

Gallbladder Nutrients 120 Capsules

Histamine Block 30 Capsules

Histamine Block Plus 60 Capsules

Histamine Digest 90 Capsules

HistaminX 60 Capsules

HomocysteX Plus 60 Capsules

Hydrox-Adeno B12 60 Lozenges

Hydroxo B12 60 Lozenges

Iron Chewable 60 Tablets

Lithium Orotate 100 Capsules

Multivitamin One 45 Capsules

Multivitamin One MF 45 Capsules

Optimal Electrolyte Berry 30 Servings

Optimal Electrolyte Lemonade 30 Servings

Optimal Liposomal Glutathione Plus 5 fl oz

Optimal Liposomal Glutathione Tropical 4 fl oz

Optimal Liposomal Vitamin C 5 fl oz

Optimal Liposomal Vitamin C Plus 5 fl oz

Optimal Magnesium 100 Capsules

Optimal Multivitamin Chewable 60 Tablets

Optimal PC 100 Softgels

Optimal Prenatal 240 Capsules

P-5-P 100 Softgels

PQQ Lozenges 20 mg 30 Lozenges

Prenatal Essentials Chewable 60 Tablets

ProBiota HistaminX 60 Capsules

R-Lipoic Acid 60 Capsules

Riboflavin 400 mg 60 Capsules

Saccharomyces Boulardii 60 Capsules

Trace Minerals Complex 30 Capsules

Vitamin D3 + K2 60 Capsules

Vitamin D3 + K2 Drops 1 fl oz  
Zinc Lozenge 60 Lozenges

### SpermidineLife

#### Product Name

spermidineLIFE® 60 Capsules  
spermidineLIFE® Extra+ 60 Capsules  
spermidineLIFE® PRO+ 30 Packets  
spermidineLIFE® Ultra+ 30 Packets

### Symphony Natural Health

#### Product Name

FemmenessencePRO Harmony 90 Capsules  
FemmenessencePRO Peri Menopause 180 Capsules  
FemmenessencePRO Post Menopause 180 Capsules  
HerbatoninPRO 0.3 mg 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

### Tesseract Medical Research

#### Product Name

AuRx 68 Servings  
BerberActiv QR 90 Capsules  
CoQ10 Pro 60 Capsules  
HepatiSafe 60 Capsules  
MuSolve SR 90 Capsules  
NOX Flo SR 120 Capsules  
ProButyrate 120 Capsules  
ProstaSorb 60 Capsules  
QuerciSorb QR 90 Capsules  
QuerciSorb SR 90 Capsules  
RLA Pro SR 60 Capsules  
SafeCell 60 Capsules

TetraCumin QR 120 Capsules  
TetraCumin SR 120 Capsules

### Trace Minerals

#### Product Name

40,000 VOLTS! 8 fl oz  
Apple Cider Vinegar Gummies 60 Gummies  
Ashwagandha Gummies Passion Fruit Orange 60 Gummies  
Beef Liver 500 mg 180 Capsules  
Beef Organs 500 mg 180 Capsules  
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 Gummies Watermelon 90 Gummies  
Electrolyte Stamina Gummies Lemon Lime 90 Gummies  
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  
Liquid Zinc + Quercetin Orange Mango 16 fl oz  
Magnesium Gummies Peach 120 Gummies  
Mega-Mag 400mg 4 fl oz  
NAC Powder Watermelon 30 Servings  
Quercetin + Zinc Powder Orange Cream 30 Servings  
Vitamin D3+K2 Gummies Strawberry 60 Gummies  
Zinc + Vitamin C Chewable Raspberry Flavor 60 Chewable Wafers  
Zinc Gummies Elderberry 60 Gummies

### Transformation Enzyme

#### Product Name

Carbo-G\* 90 Capsules  
Digest\* 90 Capsules

DigestZyme\* 120 Capsules

GastroZyme 100 Capsules

LypoZyme 60 Capsules

Protease 60 Capsules

### TruGen3

#### Product Name

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

Bioactive Collagen Complex Bone & Joint Support 30 Servings

Bioactive Collagen Complex Daily Foundational Support 30 Servings

Bioactive Collagen Complex Skin Hydration & Antioxidant Support 30 Servings

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 Gummies Grape 120 Gummies

Collagen Peptides 14 Servings

Collagen Peptides 28 Servings

Collagen Peptides Chocolate 14 Servings

Collagen Peptides Lemon 14 Servings

Collagen Peptides Stick Pack Box 20 Servings

Marine Collagen 18 Servings

Vital Performance Chocolate Almond 12 Bars

Vital Performance Salty Chocolate Peanuts 12 Bars

### Vitanica

#### Product Name

Adrenal Assist 180 Capsules

Adrenal Assist™ 90 Capsules

Bitters Extra 90 Capsules

Bitters Tonic 4 fl oz

Bladder Ease 180 Capsules

BreastBlend 90 Capsules

Butterbur Extra 120 Capsules

CandidaStat™ 120 Capsules

CandidaStat™ 60 Capsules

CardioBlend 120 Capsules

CCDG Blend 90 Capsules

Chaste Tree Berry 60 Capsules

CholestBlend 90 Capsules

Colon Motility Blend 90 Capsules

Cortisol Relief 60 Capsules

Cramp Bark Extract 60 Capsules

CranStat Extra® 60 Capsules

Fem Ecology 30 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

Luminous 60 Capsules

Lysine Extra 60 Capsules

Maternal Symmetry 180 Capsules

Mid-Life Symmetry 180 Capsules

Nausea Ease 60 Capsules

Opti-Recovery 60 Capsules

Optinositol 30 Servings

OvaBlend 180 Capsules

Ovulation Assist 60 Capsules

PhytoEstrogen Herbal 25 Servings

Pregnancy Prep 60 Capsules

Rauwolfia Extra™ 90 Capsules

Rhodiola Extract Plus 60 Capsules

Skin Assist™ 180 Capsules

Slow Flow™ 60 Capsules

St. John's Wort 90 Capsules

V-Fresh 6 Suppository Tablets

VasoBlend 90 Capsules

VeinoBlend 90 Capsules

Women's Phase II® 180 Capsules

Women's Phase I™ 60 Capsules

Yeast Arrest 14 Suppositories

Yeast Arrest 28 Suppositories

### Wellena

#### Product Name

Happy Sisters Cream 1.7 oz

Happy Sisters Kit

### WholeScripts

#### Product Name

Condition-Specific MedPax - Beauty

Condition-Specific MedPax - Energy

Condition-Specific MedPax - Gut

Condition-Specific MedPax - Immune

Condition-Specific MedPax - Sleep

WholeScripts Shaker Bottle 25 oz

### 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

Bottom's Up Capsules 90 Capsules

Elderberry Syrup 2 fl oz

Fiber Flow Capsules 120 Capsules

Gentian & Skullcap Capsules 90 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

Phytoest 2 fl oz

Phytoprogest 2 fl oz

Throat Mist 2 fl oz

Urinary Tract Formula 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® Performance 120 Capsules

ActivNutrients® Phyto 90 Capsules

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	Cytokine Balance 60 Capsules
Ashwagandha 35 60 Capsules	D3 2000 120 Softgels
ATP Ignite™ Citrus 30 Servings	D3 2000 240 Softgels
ATP Ignite™ Mixed Berry 30 Servings	D3 5000 180 Softgels
ATP Ignite™ Workout Mixed Berry 30 Servings	D3 5000 60 Softgels
B Activ® 180 Capsules	D3 5000 90 Softgels
B Activ® 90 Capsules	D3 Liquid 1 fl oz
Benfotiamine 120 Capsules	D3 Liquid 2.03 fl oz
Berbemycin 120 Capsules	DHA from Algae 60 Softgels
Berberine 120 Capsules	DHEA Micronized 10mg 60 Tablets
Berberine ES-5 60 Capsules	DHEA Micronized 25mg 60 Tablets
Berberine with InSea2® 60 Capsules	DIMension 3® 120 Capsules
BergaCor 60 Tablets	DIMension 3® 240 Capsules
BergaCor® Plus 60 Tablets	DioVasc™ 60 Capsules
Bio C 1:1™ 90 Capsules	Drainage 1 oz
BrainSustain™ Creamy Chocolate 10 Servings	Femquil® 120 Capsules
BrainSustain™ for Kids Vanilla Delight 15 Servings	FIT Food® Lean Collagen Mocha Latte 14 Servings
BrainSustain™ Vanilla Delight 10 Servings	FIT Food® Lean Collagen Vanilla 14 Servings
Buffered C Powder Fruit Punch 20 Servings	FIT Food® Lean Complete Dutch Chocolate 10 Servings
Calcium D-Glucarate 90 Capsules	FIT Food® Lean Complete Dutch Chocolate Sugar- & Stevia-Free 10 Servings
Candidal™ 60 Capsules	FIT Food® Lean Complete French Vanilla 10 Servings
CarniteX™ 60 Capsules	FIT Food® Lean Complete French Vanilla Sugar- & Stevia-Free 10 Servings
CheleX™ 120 Capsules	FIT Food® Lean Creamy Chocolate 10 Servings
CholeRex™ 60 Capsules	FIT Food® Lean Vanilla Delight 10 Servings
CinnDromeX™ 120 Capsules	FIT Food® Lean Whey Creamy Chocolate No Added Sugar, No Stevia 10 Servings
Cogniquil® 60 Capsules	FIT Food® Lean Whey Vanilla Delight No Added Sugar, No Stevia 10 Servings
ColonX™ 120 Capsules	FlashArrest® 60 Capsules
ColonX™ 60 Capsules	Folafy® ER 30 Tablets
CoQmax™ Omega 100 mg 60 Softgels	Foundation Essentials 30 Packets
CoQmax™ Omega 50 mg 120 Softgels	GarliX™ 90 Capsules
CoQmax™ Omega 50 mg 30 Softgels	GastrAcid™ 180 Capsules
CoQmax™ Ubiquinol 200 mg 30 Softgels	GastrAcid™ 90 Capsules
CoQmax™ Ubiquinol 60 Softgels	GI Balance 150 Capsules
Corticare B™ 120 Capsules	GI Balance Powder Chai 14 Servings
Corticare B™ 240 Capsules	GI Protect™ Cherry Sugar- & Stevia-Free 30 Servings
Cortisolv® 120 Capsules	GI Protect™ Peach Sugar- & Stevia-Free 30 Servings
Cortisolv® 60 Capsules	GlutAloeMine® 30 Servings
CurcuPlex-95™ 120 Capsules	GlutAloeMine® 60 Servings
CurcuPlex-95™ 60 Capsules	
Cytokine Balance 30 Capsules	

Green Tea 600™ 60 Capsules	Magnesium Citrate 120 Capsules
Hemp MonoPure® 30 Softgels	MedCaps DPO™ 120 Capsules
Hemp MonoPure® 60 Softgels	MedCaps GI™ 120 Capsules
HistDAO™ 60 Capsules	MedCaps IS™ 60 Capsules
HistDAO™ 60 Tablets	MedCaps Menopause™ 120 Capsules
HMB PRO 150 Capsules	MedCaps T3™ 120 Capsules
Hormone Protect® 120 Capsules	Melatonin CR 180 Tablets
Hormone Protect® 60 Capsules	Melatonin CR 90 Tablets
I-Sight™ 60 Capsules	Melatonin Peppermint 120 Tablets
i5™ Creamy Chocolate 10 Servings	Melatonin Peppermint 60 Tablets
i5™ Vanilla Delight 10 Servings	MemorAll™ 60 Capsules
IG 26 DF 120 Capsules	MenoFem™ 90 Capsules
IG 26 DF 67.5 Servings	Methyl Protect® 120 Capsules
IG 26 Plus DF Vanilla 30 Servings	Methyl Protect® 60 Capsules
IgG 2000 CWP™ 120 Capsules	Methylcobalamin 120 Tablets
IgG 2000 CWP™ 25 Servings	Methylcobalamin 60 Tablets
IgG 2000 CWP™ 75 Servings	MinRex® 120 Capsules
IgG Pure™ 15 Servings	Mitochondrial Renewal Kit 60 Packets
Immune Essentials™ 45 Capsules	MitoPrime® 30 Capsules
Immune Essentials™ Daily 120 Capsules	Mood Food™ 60 Capsules
ImmunotiX 250™ 30 Capsules	Mood Food™ ES 120 Capsules
ImmunotiX 500™ 20 Capsules	Mood Food™ ES 60 Capsules
ImmunotiX 500™ 60 Capsules	Myrosinase 60 Capsules
Iron Glycinate 120 Capsules	N.O.max™ ER 180 Tablets
K-Mg Citrate™ 60 Capsules	NAC 120 Capsules
K2 Liquid 1 oz	NAC 60 Capsules
K2-45 60 Capsules	Nattokinase 120 Capsules
K2-D3 10,000 120 Capsules	Nattokinase 60 Capsules
K2-D3 10,000 60 Capsules	NeuroActives™ BrainSustain™ 120 Capsules
K2-D3 5000 120 Capsules	NeuroActives™ BrainSustain™ 240 Capsules
K2-D3 5000 60 Capsules	NeurophX DPN® 60 Capsules
K2-D3 Max 60 Capsules	New Zealand Whey Protein Isolate 30 Servings
L-Glutamine 85 Servings	NiaVasc™ 120 Tablets
L-Lysine 90 Capsules	NiaVasc™ 360 Tablets
L-Theanine 120 Capsules	NiaVasc™ 750 120 Tablets
L-Theanine 60 Capsules	NiaVasc™ 750 60 Tablets
Leptin Manager™ 30 Capsules	OlivDefense® 20 Capsules
LipotropiX™ 120 Capsules	Omega MonoPure® 1300 EC 120 Softgels
Liver Protect™ 120 Capsules	Omega MonoPure® 1300 EC 60 Softgels
Liver Protect™ 60 Capsules	Omega MonoPure® 650 EC 120 Softgels

Omega MonoPure® 650 EC 60 Softgels	OSApIex MK-7™ 60 Packets
Omega MonoPure® Curcumin EC 30 Softgels	OSApIex™ 60 Packets
Omega MonoPure® DHA EC 30 Softgels	Ossopan 1100™ 120 Capsules
Omega MonoPure® EPA EC 30 Softgels	Ossopan MD™ 120 Capsules
Omega MonoPure® EPA EC 60 Softgels	Ossopan MD™ 240 Capsules
OmegaPure 600 EC™ 120 Softgels	PanXyme pH™ 180 Capsules
OmegaPure 600 EC™ 60 Softgels	PanXyme pH™ 90 Capsules
OmegaPure 780 EC™ 120 Softgels	PepciX™ 60 Tablets
OmegaPure 820™ 120 Softgels	PhosphaLine™ 100 Softgels
OmegaPure 900 EC™ 120 Softgels	PhosphaLine™ Liquid 8 oz
OmegaPure 900 EC™ 90 Softgels	PMS Soothe™ 60 Capsules
OmegaPure 900-TG™ 120 Softgels	PrebioMax Natural Sour Apple 60 Tablets
OmegaPure PRM 30 Softgels	Prenatal Essentials 150 Capsules
OncoPLEX ES™ 60 Capsules	Probio Defense™ 84 Capsules
OncoPLEX™ 120 Capsules	ProbioMax® 350 DF 15 Servings
OncoPLEX™ 30 Capsules	ProbioMax® Complete DF 30 Capsules
OncoPLEX™ Plus Myrosinase 30 Capsules	ProbioMax® Daily DF 30 Capsules
OptiCleanse® GHI Chai 10 Servings	ProbioMax® Daily DF 60 Capsules
OptiCleanse® GHI Creamy Chocolate 10 Servings	ProbioMax® DF 30 Capsules
OptiCleanse® GHI Creamy Chocolate Sugar- & Stevia-Free 10 Servings	ProbioMax® IG 26 DF 120 Capsules
OptiCleanse® GHI Creamy Chocolate Sugar- & Stevia-Free 20 Servings	ProbioMax® Lean DF 30 Capsules
OptiCleanse® GHI Vanilla Delight 10 Servings	ProbioMax® Plus DF 30 Servings
OptiCleanse® GHI Vanilla Delight Sugar- & Stevia-Free 10 Servings	ProbioMax® Sb DF 30 Capsules
OptiCleanse® GHI Vanilla Delight Sugar- & Stevia-Free 20 Servings	ProbioMax® Sb DF 60 Capsules
OptiCleanse® PLUS Creamy Chocolate 10 Servings	ProbioMax® Serenity 30 Capsules
OptiCleanse® PLUS Vanilla Delight 10 Servings	Prostate FLO™ 60 Softgels
OptiFiber® Lean 180 Capsules	ProteoXyme™ 100 Capsules
OptiFiber® Lean 30 Servings	Red Yeast Rice 30 Capsules
OptiMag® 125 120 Capsules	Red Yeast Rice 60 Capsules
OptiMag® 125 240 Capsules	RegeneMax® Liquid 1 oz
OptiMag® Neuro 90 Capsules	RegeneMax® Plus 120 Capsules
OptiMag® Neuro Lemon-Lime 60 Servings	RegeneMax® Plus 60 Capsules
OptiMag® Neuro Mixed Berry 30 Servings	RelaxMax® Cherry 60 Servings
OptiMag® Neuro Mixed Berry 60 Servings	RelaxMax® Unflavored 60 Servings
OptiMag® Neuro Unflavored 60 Servings	Resveratin™ Plus 60 Capsules
OptiMag® Plus Calcium Pear 30 Servings	S-Acetyl Glutathione 120 Capsules
OptiMetaboliX™ 2:1 Vanilla Delight 10 Servings	S-Acetyl Glutathione 60 Capsules
OptiMetaboliX™ Vanilla Delight No Added Sugar, No Stevia 10 Servings	Saccharomycin® DF 120 Capsules
Oraxinol™ 60 Capsules	Saccharomycin® DF 20 Capsules
Organix™ PhytoFood™ 30 Servings	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® Relief 120 Softgels  
 SynovX® Relief 40 Softgels  
 SynovX® Tendon & Ligament 60 Capsules  
 T-150 120 Capsules  
 T-150 60 Capsules  
 TestoPlex™ Plus 120 Capsules  
 TestoPlex™ Plus 60 Capsules  
 Uritra™ 50 Servings  
 VegaPro™ 14 Servings  
 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

AdultFocus 60 Capsules  
 Bone Gummies for Kids 60 Gummies  
 Chapter One Magnesium Apple 60 Gummies  
 Chapter One Magnesium Peach 60 Gummies  
 Chapter One Magnesium Raspberry 60 Gummies  
 ChildCalm 60 Chewable Tablets  
 Core Greens 240 Capsules  
 Core Greens Powder 30 Servings  
 Diabetter 120 Capsules  
 DMG 90 Tablets  
 Fiber Gummies for Kids 60 Gummies  
 Immunikids Liquid 8 fl oz  
 Inositol 1000 mg 120 Capsules  
 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  
 Pantothenic Acid 120 Capsules  
 ParaGuard 4 fl oz  
 ParaGuard 90 Softgels  
 Prenatal+DHA 60 softgels  
 ProstAid+ 60 Softgels  
 PureWay-C 120 Capsules  
 StressMaster 120 Capsules  
 Vitamin D3 120 Capsules  
 Zinc Lozenges Elderberry Flavor 90 Lozenges

### Zhang Health

#### Product Name

Allicin 60 Capsules  
 Circulation P 45 Capsules

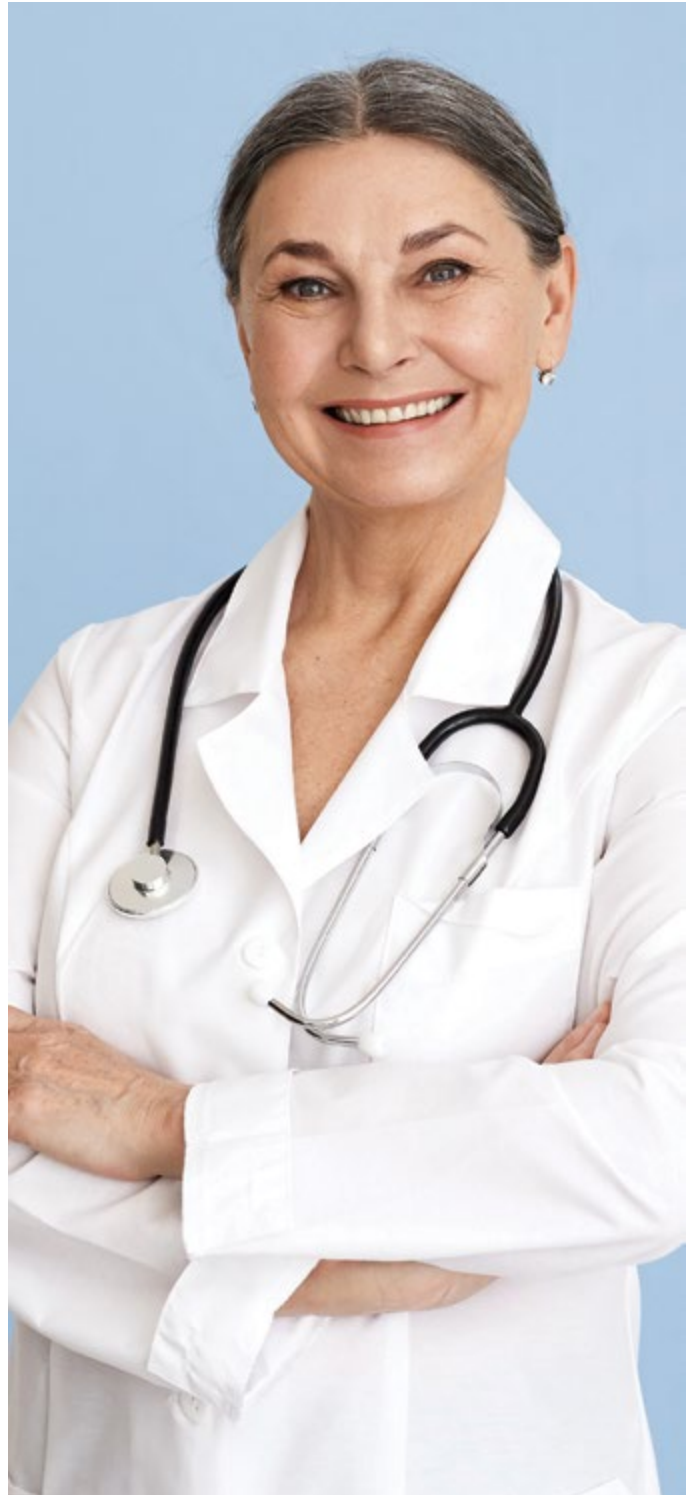
Coptis 90 Capsules

HH-M Maximum STR 45 Capsules

### ZyCal Bioceuticals

Product Name

Ostinol® Advanced 5X 60 Capsules



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#### JEFFREY S. BLAND - PHD, FACN, FACB, CNS

President, Big Bold Health  
Founder and President, Personalized Lifestyle Medicine Institute  
Vital Proteins' Medical Advisory Board Member

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