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Health Scents  
P.40  
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## Dear Readers,

We specifically created this magazine for you to learn, discover, and explore the benefits of integrative healthcare. Now you can download the latest issue of WholeScripts magazine as a PDF and share with others the valuable health and wellness information you read.

We know how attractive it is to do it yourself in today's culture, but our aim is that you use WholeScripts magazine as an educational resource to help you talk to your integrative healthcare professional about what's best for you. In fact, we support the patient-practitioner relationship to such a degree that XYMOGEN, our own high-quality brand, is only available through recommendations from a registered healthcare practitioner because no one knows and understands your health better than your practitioner.

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—Sarah Blackburn, PES, GPTS, FMCHC



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Our number one priority is to help you meet your health goals. I hope that while you read this issue of WholeScripts magazine, you will find information you think is exciting enough to talk to your healthcare practitioner about so that together you can unlock more of your health potential.



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**Brian Blackburn Sr**

CEO and Founder, WholeScripts

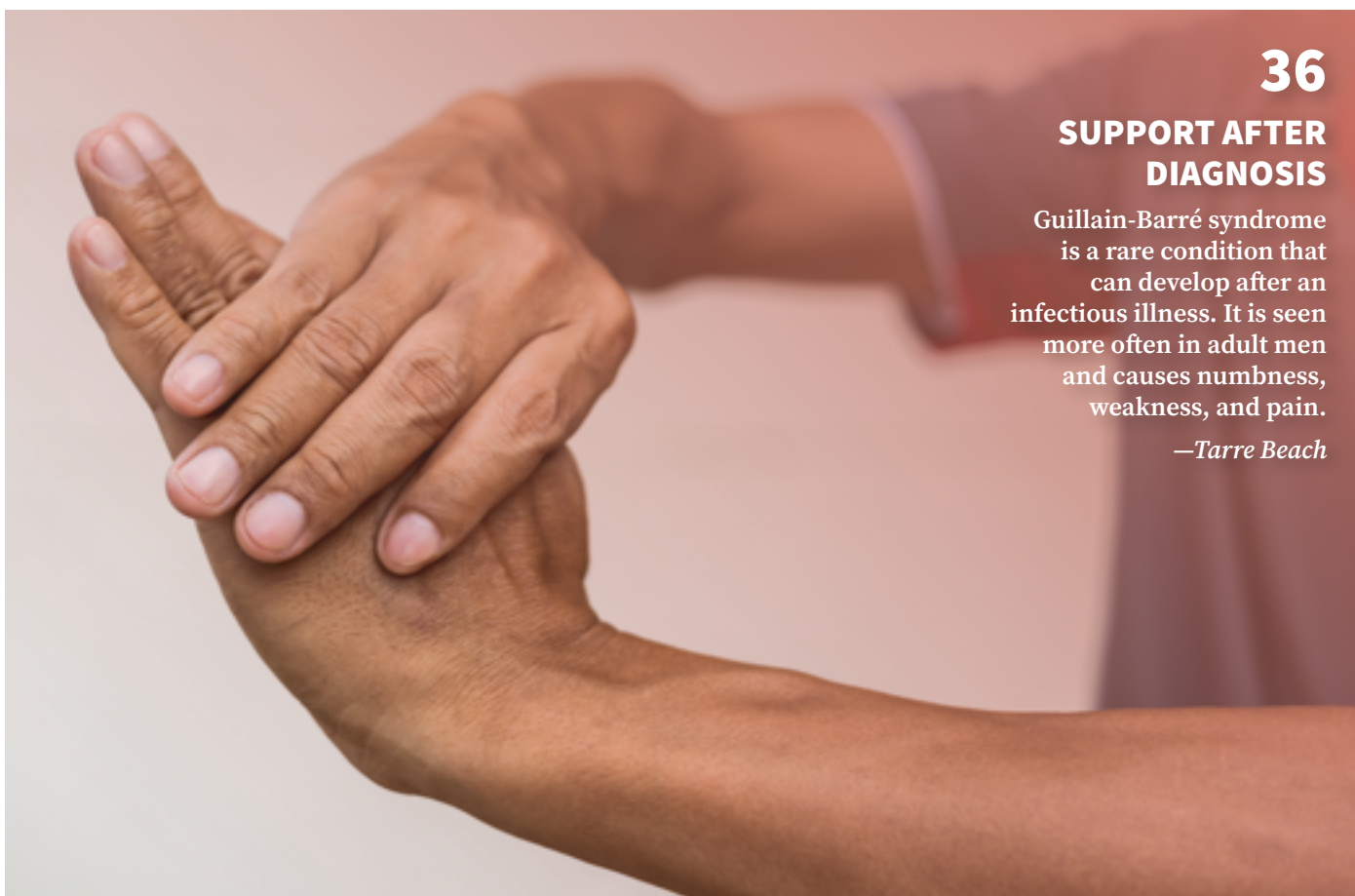




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# See, Taste, and Sniff



**C**ongratulations! You've opened up a window to wellness. WholeScripts magazine is all about learning how to keep you healthy, happy, and whole. Here's what we've got to inspire and teach you in this issue.

Many people first find their way to naturopathy and integrative health care after being diagnosed with an autoimmune illness. Recently, there has been a small uptick in a neurological autoimmune disorder called Guillain-Barré syndrome (GBS). Take the mystery out of GBS and learn more about this rare disorder by reading "What Is Guillain-Barré Syndrome" on p.36.

Looking for a nutritious and delicious treat? Read our Eat Right column featuring the holy moly of all fruits: avocados ("A Toast to Avocados" p.11). Be sure to try out our simple thick and creamy smoothie recipe for a yummy and healthy treat.

Are your eyes bothering you? Maybe you need a little less of a particular kind of light in your life. It sounds odd, but peer-reviewed studies have found that absorbing too much blue light through the eyes, especially at night, from electronic devices, TVs, and even LED lights, can affect sleep, eye, and possibly overall health, too. Read our story on blue light and find ways to reduce your exposure to it ("Spotlight on Blue Light" p.16).

And if those stories don't catch your eye, stick your nose into our Health in History column ("The Smell Test" p.40) all about aromatherapy's origins. We hope you'll have a smell of a time with that story.

Until next time, keep your eyes and nostrils open,

**Tarre Beach**  
*Editor*





# Memory Matters

Ways older adults can support their memory

*By James Munro, ND*

**Q** My parents are in their 70s and a little forgetful. What can I do to help them keep their memory healthy?

**A** While supporting memory and cognitive function may sound like a complex task, there are extremely basic and simple steps all of us can take to not only prevent cognitive decline but also significantly improve cognitive function. To start with, I'll offer the simple answer, which is potentially the most obvious answer a doctor can give—diet and exercise. (I promise I'll explain.)

Also, the brain needs a vast array of nutrients to function properly, and it needs adequate circulation, along with oxygen, to deliver those nutrients. Issues with nutrition or circulation need to be addressed as soon as possible, but even people without specific issues could benefit from support in these two areas.

### Diet Direction

In general, a diet focused on nutrient-dense, whole foods would be incredibly helpful, but more specifically an emphasis on healthy fats such as omega-3 fatty acids; minerals such as magnesium, zinc, and iron; and vitamins such as B12, B6, folate, and choline would benefit memory and cognitive function. Foods like salmon and other fatty fish (free from heavy metals and toxins), seeds and nuts, eggs, vegetables, and fruits contain these nutrients in spades. Caffeine, in moderate amounts, can also be of great benefit. Green tea is a fantastic brain-healthy beverage, but coffee can be helpful as well.

In addition to consuming brain-healthy foods, it's also important to avoid eating foods that have negative effects on the brain. Alcohol, sugar, and processed foods top the list of things to avoid. This includes all alcoholic beverages, sugary drinks (soda, sports drinks, energy drinks), white flour (breads, cakes), fried foods, fast foods, instant pre-packaged foods, and more. It can be a lot to remember, but I always advise people to focus less on what they should avoid and focus more on consuming all the brain-healthy foods they can. The goal is not a "perfect" diet, the goal is a diet with intention.



### Step It Up

The benefits of exercise cannot be overstated. Exercise increases circulation, lowers inflammation, manages blood sugar levels, decreases depression and anxiety, reduces incidence of chronic disease, and increases memory and cognitive function. Studies have shown that regular, relatively easy, low-impact physical activity can provide these benefits. You may want to work with your parents' doctor to determine the best exercise program for them, but it doesn't need to be complicated or strenuous. Even a daily 30-minute walk can provide profound benefits to the brain and entire body. Anything that gets a person moving is a step in the right direction.

### Seeking Support

Making these basic changes in diet and physical activity can tremendously benefit memory, cognitive function, and overall health. You might want to speak to your parents' doctor if your parents are experiencing any specific issues or are taking medications that potentially deplete various nutrients because older adults may also benefit from utilizing specific supplements to further support their healthy lifestyle.

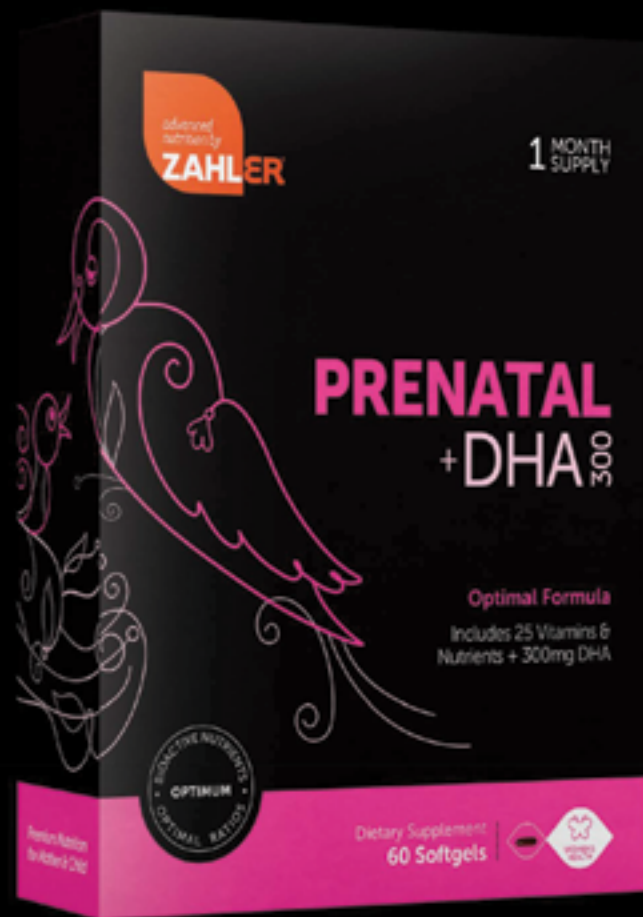


James Munro, ND, received his doctorate in naturopathic medicine from the National University of Natural Medicine, a four-year, nationally accredited doctoral program in Portland, OR. He worked at the prestigious Progressive

Medical Center in Atlanta, GA, and is currently serving as medical director for XYMOGEN and WholeScripts.

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# A Toast to Avocados

This versatile fruit provides many health benefits.

By Mary Gocke, RDN, CDN

Some 19th-century English speakers called the avocado “alligator pear” due to its shape and pebble-textured skin. Its Nahuatl name *ahuacatl* translates to “testicle” and is the origin of the Spanish word *aguacate* for avocado. Regardless of its name, this low-sugar, buttery fruit is a favorite of so many. The love of avocados isn’t just a trend, it also has its roots in healthy nutrition.

Avocados, unlike many other tree fruits (it is a fruit not a vegetable), do not ripen on the tree, making them a bit easier to harvest. Also, they can be grown in environmentally sustainable ways and often require no preservatives to make sure they don’t overripen too quickly. One medium-sized avocado contains about 10 to 13 grams of fiber, has more potassium than a banana, and supplies healthful carotenoids such as lutein and zeaxanthin. Avocados can influence so many parts of our health. Let’s take a look at the benefits of avocados.

## Cholesterol-Lowering and Heart-Healthy

The avocado is loaded with heart-healthy fats known as monounsaturated fatty acids (MUFAs). Multiple studies have concluded that these fats, if incorporated into a healthy diet, have the potential to lower LDL or “bad” cholesterol. Phytosterols, also found in avocados, are known to decrease the absorption of cholesterol in the gut as well.

The high potassium and low sodium content in avocados may help keep blood pressure within the normal range. The Food and Drug Administration even allows fresh Haas avocados to be promoted as “heart-healthy.”

## Anti-aging and Avocados

Lutein and zeaxanthin in avocados may provide beneficial effects in the prevention of skin aging. Translation: eating more avocados may help you fight wrinkles. If you don’t like the taste, you can still get some of their benefits by applying avocado to your skin. The omega-9 and oleic content in avocados is highly moisturizing and will leave your skin looking and feeling smooth.

The combination of MUFAs and carotenoids found in avocados has the potential to boost cognitive function. Studies indicate that diets rich in MUFAs may improve overall cognitive performance and prevent cognitive decline. Avocados may help us stay smart for longer.

## Vision

A single ounce of avocado contains 80 grams of lutein. Lutein, along with zeaxanthin, vitamins A and E, and zinc are essential for eye health. All these nutrients are found in avocados. A Tufts University study found that avocados can increase macular pigment density and may protect against visual decline in older adults.

## Immune System and More

Half an avocado provides 19 milligrams of glutathione. In fact, avocados are the fruit with the most glutathione. Spinach and asparagus are the only produce with higher levels of naturally occurring glutathione. Glutathione is thought of as a giant among antioxidants. It plays a pivotal role in critical physiological processes that keep our immune system functioning normally.

The fiber in avocados also promotes healthy digestion and can stabilize blood sugar. Fiber offers prebiotics, which are helpful to gut bacteria and digestion. At the same time, fiber may reduce blood sugar spikes, helping to balance blood sugar.

With all these nutrients and the light, nutty taste, what’s not to love about avocados? Simply smashing avocado on a piece of whole grain toast is good for you and pretty tasty. If you find the texture of avocado too mushy, try adding half an avocado to your favorite smoothie. Avocado can blend in and not change the flavor profile of most fruit smoothies. It can also add more creaminess to your favorite smoothie without dairy.



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# Thick and Creamy Smoothie

**Yield:** two 8 oz servings

## Ingredients for Salad

- 1 cup fresh strawberries
- ½ ripe avocado
- 1 large banana
- 1 cup unsweetened almond milk
- 1-3 teaspoons agave syrup or sweetener of choice

## Nutrition Facts Per Serving:

Calories:	272
Fat:	16 g
Total Carbohydrate:	34.5 g
Dietary fiber:	8.2 g
Protein:	3 g
Potassium:	766 mg

## Instructions

1. Place ingredients in a high-powered blender and blend until smooth.
2. Once blended, taste and adjust according to preferences, such as adding more strawberries or more sweetener.
3. Pour into a glass and drink. Smoothie is best if consumed shortly after being blended, rather than hours later.



**Sources:** Verywellfit.com, Yayforfood.com



Mary Gocke, RD, CDN, is a registered dietician 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)



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# SPOTLIGHT ON BLUE LIGHT

Understanding blue light and how it affects not just your sleep but your overall health as well

**W**hether we realize it or not, life is organized around the daily and seasonal rhythms of solar light exposure. The sun provides predictable and consistent cycles that create order, meaning, and energy for our bodies. In short, balanced light exposure is needed for human life to thrive.

## Natural Light vs Man-Made Light

For the majority of human existence, the sun has been the predominant source of light. When the sun came up, we would wake up and this would be the first exposure of light to our eyes and skin. When the sun set, the only options were to make a fire or go to sleep.

The challenge in modern times is the reduction of exposure to sunlight in our lives and the overconsumption of man-made and altered light. Man-made light includes an over-abundance of blue light. Studies have shown that too much blue light can disrupt the circadian rhythm and thus impact many of the body's systems.

## The Rhythm in You

The term “circadian rhythm” was first coined by Franz Halberg to describe the cycle of biological processes lasting roughly 24 hours. The presence of a circadian mechanism is an important feature of most organisms, allowing them to adapt physiological functions to environmental signals for optimal energy production and expenditure. Processes such as glucose metabolism, body temperature, cognitive

performance, hormone release, and mitochondrial activity are tied to our circadian rhythm. According to Allison Monette, ND, RD, both a balanced diet and a healthy light environment can help our bodies function optimally.

## How Light Gets In

Our bodies have special receptors to detect blue light. These receptors are found in our eyes (retinas) and skin (epidermis). Studies have found that blue light can disrupt melatonin activity in our bodies.

Although most commonly associated with the sleep-wake cycle, research has provided ample information about the importance of melatonin in many systems of the body, including energy production, metabolic processing, immune modulation, and much more.

Melatonin synthesis occurs primarily in the center of the brain within the pineal gland and is modulated by light. In the morning, the presence of visible blue light suppresses melatonin synthesis and increases production of cortisol, serotonin, and dopamine—this helps a person feel alert and energized. As the day progresses and the sun's spectrum becomes absent of blue, melatonin synthesis and secretion is stimulated—this facilitates quality sleep and cellular repair. Peak levels of melatonin occur around the middle of the night, after several hours of total darkness. Levels again begin to fall as it becomes time to wake up. The process then repeats, creating an efficient cycle of physiological function.

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## The Consequences of Artificial Light Exposure

Blue light has the greatest effect on melatonin synthesis. Constant exposure to artificial light can decrease melatonin levels and desynchronize the circadian clock, which can in turn affect sleep quality, alter metabolism, disrupt cellular repair and growth, and decrease cognitive function. Many studies suggest that constant circadian disruption may play a role in chronic health challenges, including:

- Metabolic disorders and obesity
- Cardiovascular disease
- Decreased immune function
- Gut dysfunction
- Neurodegenerative disorders
- Polycystic ovary syndrome
- Mental health/mood disorders

## Rethink Your Light Environment

While artificial light has enabled us to do many things, it has also caused many of us to prioritize convenience over our own health. Dr. Monette suggests challenging yourself to make your home and your habits align with nature as much as possible. You can still live a modern life while finding ways to support your health by being more mindful of your artificial blue light exposure.

Alison Monette, ND, RD, is a board-certified, licensed naturopathic physician and registered dietitian. She is a graduate of the University of Connecticut and Southwest College of Naturopathic Medicine & Health Sciences and founded Avena Integrative Medical Center in Putnam, CT. [AvenaMedical.com](http://AvenaMedical.com)



## 8 Things You Can Do

Mitigating artificial blue light exposure to your eyes and your skin, especially at night, is critical to optimal health. Allison Monette, ND, RD, offers some strategies for optimizing your light environment:

- **Get outside:** Although melatonin plays a starring role at night, synthesis of melatonin actually begins in the morning. Melatonin is a derivative of tryptophan, an aromatic amino acid. The aromatic amino acids are specialized to capture UV light. The best time to get UV light is before 10 a.m. or after 4 p.m. When you expose your eyes and skin to low doses of UV light, tryptophan production is stimulated, which eventually leads to the synthesis of melatonin.
- **Wear blue-light blocking glasses:** Blue-light blocking glasses block varying amounts of blue from entering the retina depending on the type of lens and intended use. While blocking artificial blue light is important all day, the use of blue blockers is especially important at night when melatonin synthesis and secretion take place. There are a number of great brands with great products—make sure to do some research to determine which one is best for you. Remember: when it is dark outside, you should always be using 100% blue-blocking lenses which are amber tinted.
- **Limit technology use:** Although technology is a huge component of the modern world, limiting our usage as much as possible is critical to reducing blue light exposure. Even a couple minutes less per day can have a huge effect. Find ways to be mindful about usage and don't be afraid to place restrictions and time limits on your devices.
- **Adjust your device settings:** If using a device, access your settings or use software to decrease the amount of blue light present, and increase the amount of red light instead.
- **Wind down at night:** Dedicate the last hour of your day entirely to sleep quality by shutting down electronic devices or putting them on airplane mode. Reduce the temptation to utilize technology before bed, which will expose you to harmful blue light, by not having your phone by your side while you sleep.
- **Change your light bulbs:** The most-common artificial lighting in our homes peaks in the blue range. Either choose bulbs designed to eliminate the presence of blue, or use a red light. You can even try using kerosene lanterns or candles at night to reduce your blue light exposure. It goes without saying that you should exercise extreme caution when using open flames.
- **Make it dark:** Eliminate all artificial light in your bedroom and use blackout curtains to reduce streetlights or neighbors' lights. Even the smallest amount of light can interrupt your sleep quality.
- **Protect your kids:** Children's eyes are more vulnerable to the effects of blue light than adults' eyes because their crystalline lenses are more permeable. Over-exposure may affect their visual health.



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# Just 10 Minutes

You don't have to run a marathon or even work out for an hour or more. Do what you love and turn it into a 10-minute high intensity interval training (HIIT) workout.

*By Sarah Blackburn,  
PES, GPTS, FMCHC*





**D**o you struggle to find some time in your day to work out? Are you always on your way to picking up the kids, trying to get to work on time, doing a mountain of laundry, running errands, making dinner, etc.? How can you possibly find any more time to squeeze in a workout? Most people think you need to carve out an hour or two to get a sufficient workout in. I am here to tell you that is absolutely not true.

## Short Workout, Good Benefits

Studies show 10 minutes—let me repeat that—just 10 minutes can lead to a plethora of benefits for your overall health and fitness.

In fact, if you use those 10 minutes to perform the correct type of exercise, it can be the same if not more beneficial than a 50-minute workout. What is the secret behind this? HIIT (high-intensity interval training).

There is so much research behind the science of HIIT and why it's the most effective form of exercising. Benefits include, and are not limited to, improved body fat-to-muscle ratio, more calories burned, brain power support, healthy aging, a decrease in the risk of developing a life-threatening disease, and much more!

## Loving HIIT

HIIT is designed to give you the most bang for your workout buck. HIIT involves alternating short bursts of intense exercise with low-intensity recovery periods. This method has been shown to keep your metabolism elevated for hours after working out while burning more calories due to a process known as excess post-exercise oxygen consumption (EPOC).

So, how do you get started with incorporating HIIT into your routine? You know the saying that if you do what you love, you'll never work? The same is true for exercise. If you enjoy playing soccer, running, hiking, swimming, or jump roping, do that. You can easily incorporate any of these into a HIIT workout.

## Rest & Modifications

The most important tip to planning your HIIT workout is to take rest periods equal to or longer than your work periods. For example, if you play soccer, dribble a soccer ball up and down the field as fast as you can for 20 seconds, then recover for 20-60 seconds. Repeat this pattern for a minimum of 10 minutes; your body will go into EPOC, and you will be able to expect many of benefits mentioned above.

If you have orthopedic issues or experience pain when running, boxing, jumping rope, or anything that involves impact on your joints, you can modify your HIIT workout. Try swimming or biking to decrease the stress on your joints. For example, you could swim or bicycle as fast as you can for 30 seconds and recover for 30-60 seconds.

Don't fool yourself into believing you have to kill it at the gym to improve your health. It only takes 10 minutes to make a real difference. Find something you enjoy doing, and turn it into a HIIT workout. Don't shortchange yourself. Most people are capable of doing so much more than they think. So, the next time you're struggling to find time to work out, tell yourself, "All I need is 10 minutes."



Sarah Blackburn, PES, GPTS, FMCHC, is a performance enhancement specialist and group personal training specialist certified by the National Academy of Sports Medicine as well as a health coach certified by the Functional Medicine

Coaching Academy. She is the founder and director of XYMOGYM, a full-service gym located in Orlando, FL, and is the director of XYMOFIT, a corporate wellness program. [Xymogym.com](http://Xymogym.com)





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The image features a hand holding a small green plant growing from soil. Overlaid on the background are various scientific and medical icons, including chemical structures, a DNA helix, and laboratory equipment. Below the hand are five bottles of Enzyme Science supplements:

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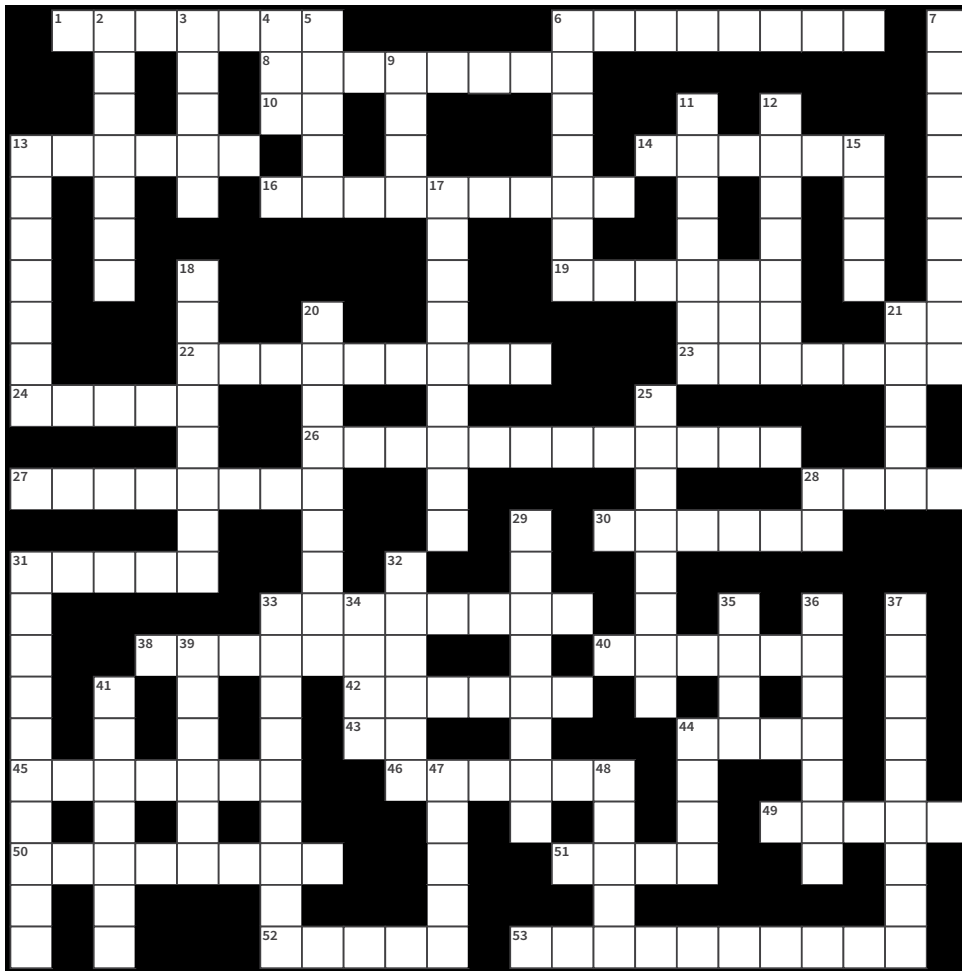
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# Birth, Botanicals, and Blue Light

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



## Down

2. Baby tongs
3. Let up
4. Scot's cap
5. Use one's nose
6. Not artificial
7. A reptile that you'll see later
9. Calming neurotransmitter (Acronym)
11. Guacamole fruit
12. "When the \_\_\_\_ is ready, the teacher will appear."
13. Forced labor at end of pregnancy
15. By any other name, it's not the same
17. Naturally recurring 24-hour cycle
18. Type of cut to get a cesar out
20. Sleep hormone made in darkness
21. Tart fruit, bad car
25. Scented purple flower used to calm
28. The way Frank Sinatra did things
29. Natural solar illumination
31. To nurse a newborn
32. Used to suck stuck baby
33. Naturally delivered
34. Scrabble game piece
35. Color of light that slows sleep hormone
36. Recurring, persistent
37. Baby's first nutritious drink
39. Beat, tempo
41. Diplomat's digs
44. Give a helping \_\_\_\_, also applause
47. Group's core beliefs
48. Ways in and out

## Across

1. Makes a difference
6. The path thinned
8. The brain's emotions center
10. A name I call myself
13. Small American measures of length
14. Internet identity
16. The sense of smell
19. Natural birthing method started by French doctor
21. \_\_\_\_ and behold
22. Daily pattern of down and up (two words, combined)
23. Halloween month
24. Birth day helper
26. Substances that neutralize free radicals
27. Give authority or sanction
28. A bunch of
30. A recollection
31. To set in motion
33. Vitamin from the sun
38. Produced without artificial chemicals
40. State of well-being
42. Carotenoid good for eye health
43. Group of 27 member states (initials)
44. Brave person, also two-handed sandwich
45. One side of Mount Everest
46. A systematic way of doing something
49. Result of labor
50. Musical group, also set of clothes
51. Firm tie
52. Signs of tiredness
53. Following childbirth

Answers found on **P.40**

BIRTH DAY

# The Natural Way

There are many ways to give birth. Learn the history and possible benefits of natural childbirth.

By Tarre Beach



According to a study by the Centers for Disease Control (CDC), 61% of women received an epidural or spinal anesthesia when giving birth. The CDC also found that nearly 32% of moms had cesarean sections (C-sections). While medicated and surgical interventions are predominant in births today, there is strong support for unmedicated or natural birth.

## The Herstory of Birth

Natural or unmedicated birth has been the method of giving birth for most of human history. Proponents of natural childbirth say it emphasizes an unrushed, supported process with minimal interference and less invasive monitoring, which some studies show improves health outcomes for moms and babies.

Historically speaking, medically assisted birth most likely didn't occur until the 1500s when the first successful C-sections—during which mother and child both survived—took place. Legend has it that Julius Caesar was delivered by cesarean, but historians suggest that this is not true since there is evidence his

mother lived after his birth. Anesthesia didn't show up in birthing rooms or hospital maternity wards until the 1800s, and epidural anesthesia was first used on wounded soldiers and not widely used for childbirth until after the 1970s.

In the 1950s, French obstetrician Dr. Fernand Lamaze popularized an alternative to medical intervention during childbirth that used breathing exercises, massage, movement, and other relaxation techniques to help mothers cope with pain and facilitate labor. A decade later, Dr. Robert Bradley's method of natural childbirth expanded Lamaze's tools and included a birthing coach (usually a birthing mother's spouse/partner) with whom she practices relaxation techniques during her third trimester of pregnancy. One of the objectives of the Bradley method is for the mother to achieve conditioned relaxation responses just by hearing her coach or being touched by them. Bradley also encouraged focusing on a mother's nutrition and appropriate exercise throughout her pregnancy to help her stay healthy and reduce her risk of having a complicated birth.



Other birthing methods such as HypnoBirthing and Birthing From Within share similar qualities to Lamaze and Bradley. They too educate birthing mothers and their supporters on the labor and birth process and integrate the power of the body and mind to assist in pain management and successful birth.

### Before Birth

Dr. Rachel Marynowski is a naturopathic physician and owner of an integrative medicine practice associated with the Atlanta Birth Center. She also co-founded KaleBlossom.com, a wellness website that offers support on how to navigate womanhood and motherhood through holistic and natural modalities. Dr. Marynowski has four kids and chose natural births attended by a midwife for all her children. Her first child was born at a hospital; her last three were born at home.

Dr. Marynowski says the idea that natural birth begins when a mom's waters break is not quite accurate. "Natural birth actually starts with good nutrition and laying the groundwork for healthy baby development and mom's overall well-being prior to conception," she says.

While there is no one-size-fits-all approach to having a healthy pregnancy, Dr. Marynowski often recommends that expectant mothers reduce or eliminate processed foods, chemical exposure (in food, home, and beauty

products), preservatives, and refined sugar. She also encourages yoga, low-impact exercise such as swimming or walking, mindfulness practices, and supplements to help ensure adequate nutrition throughout pregnancy, reduce stress, promote healthy sleep during pregnancy, and position a woman optimally to go into labor and delivery as well as the post-partum period.

### Types of Births

According to certified nurse midwife (CNM) Vanessa Treaster at Atlanta Birth Center, where a birth takes place does not dictate how it takes place. A woman can have a natural or unmedicated birth in a hospital room, birthing center, or home.

Treaster says it's a mistake to think that nurse midwives can't or don't offer pain control or other medically necessary interventions.

"Nurse midwives can provide sutures, pain medication, oxygen, and other interventions, if needed, at a birthing center or home birth. So if something does happen, the right tools, skills, and medicine are available," Treaster says.

Both Treaster and Dr. Marynowski encourage moms to outline their birth plan while also remaining flexible enough to accommodate different situations that may arise during the birthing process.





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## Why Choose Natural Birth?

Why would a woman want to have a natural birth? Treaster says many of the women she's attended said they chose a natural birth because they wanted to have an active role in birthing their children and because it held a sense of empowerment for them.

For Dr. Marynowski, this was especially true. "Giving birth empowered me. I didn't buy the narrative that being pregnant made me fragile. I wanted to take back my power and have agency over my own birthing process, within reason, assuming my babies and I maintained our health throughout each pregnancy," she says.

Treaster says giving birth is a natural process and is one that is done best when the mother and the birth assistant (midwife or doctor) listen to what the body is telling them.

For example, the birth process can expend a lot of energy and women may get hungry during labor. She encourages patients to give their bodies good food to fuel it.

"Eating healthy foods such as lean meats, nuts, seeds, fresh fruit, and vegetables during labor may not be something mainstream OB-GYNs often suggest," Dr. Marynowski says. "But if you are able to [keep food down], eating healthy foods and drinking electrolyte-replacing fluids during labor is a great idea. You are basically running a marathon and need good calories and hydration to help you cross the finish line."



## Benefits of Natural Birth

While there is still much discussion about natural birth in low-risk pregnancies among healthcare providers, natural birth proponents Dr. Marynowski and Treaster suggest that there are a lot of good reasons to consider having a natural birth.

**Better Immune and Digestion Function.** Research has shown that babies who are born vaginally may pick up friendly bacteria that support their immune and digestive systems.

**Quicker Recovery.** Mom's own, natural pain-reducing hormone oxytocin doesn't leave the lingering side effects that chemical pain medication can, allowing her to recover faster.

**Better Breastfeeding Outcomes.** Some medications used in childbirth can slow breastmilk production and make baby sluggish and slow to respond to breastfeeding.

**Less Risk to Baby.** Medications may produce side effects for the baby, including altered neurological behavior, respiratory depression, decreased ability to regulate body temperature, and central nervous system depression.

**Quicker Labor Process.** Epidurals can slow the body's natural rhythm during the birthing process, making the labor process stall, lag, or require more medicines.

**Lower Infection Rate for Mom.** Medicated births have been associated with increased and unplanned cesarean delivery, which increases risk of infection for mom.

**Less Expensive.** Natural births don't include the cost of surgery or medicine, passing the savings on to the family.





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In the end, a birth plan is a personal choice. “Find a provider who is experienced in the kind of birth you desire,” Treaster says. “If you are desiring a low-intervention, supported birth, then choosing an obstetrician with a high c-section rate is unlikely to be a good fit.”

Rachel Marynowski, ND, received a doctorate in naturopathic medicine from the National University of Health Sciences. [Kaleblossom.com](http://Kaleblossom.com)

Vanessa Treaster, CNM, DNP, is a certified nurse-midwife and received a doctorate of nursing practice degree from Frontier Nursing University. [AtlantaBirthingCenter.org](http://AtlantaBirthingCenter.org)

### Going All Natural

The International Doula Institute and the American College of Nurse-Midwives list these benefits of natural birth when attended by a nurse midwife and/or doula:

- Higher rates of breastfeeding
- Higher readiness for labor and birth
- Higher rates of satisfaction with care
- Increased sense of control
- Decreased pain
- Shortened duration of labor
- Reduced chance of C-section







# What Is Guillain-Barré Syndrome?

Learn about this rare illness as well as how it is diagnosed and treated.

*By Tarre Beach*

**R**ecently, an illness called Guillain-Barré (pronounced Ghee-YAN Bah-RAY) syndrome (GBS) made its way into global consciousness when 100 suspected cases of GBS were reported to be among the 12.8 million people who received the Johnson & Johnson (J&J) single-dose COVID-19 vaccine.

The Food and Drug Administration (FDA) stated that “Although the available evidence suggests an association between the [J&J] vaccine and increased risk of GBS, it is insufficient to establish a causal relationship.” Vaccine regulators and infectious disease specialists noted that these findings should not prevent people from getting the vaccine because in the majority of cases, the benefits of the vaccine greatly outweighed the risks.

## **History of GBS**

GBS was first “discovered” in 1916 by French neurologists Georges Guillain, Jean-Alexandre Barré, and French physician André Strohl.

Because of its diverse symptoms and the lack of international diagnostic guidelines, it can be difficult to diagnose GBS. The syndrome is characterized as being an outcome of the immune system attacking the nerves and is referred to as both an autoimmune and a neurological disorder. Symptoms include pins and needles sensations in the fingers, toes, ankles, or wrists; a weakness of the legs that spreads to the upper body and may lead to temporary paralysis, unsteadiness during walking, difficulty with facial movement, and double vision; and depending on the subset of GBS diagnosed, may also include diarrhea. Although rare, GBS can interfere with breathing and become life-threatening.

## Who Can Get GBS?

GBS can affect anyone. It can strike at any age, but it is more frequently found in adults and older people. Both sexes are equally prone to the disorder. GBS is estimated to affect about one person in 100,000 each year. Overall, GBS is considered to be rare and survivable.

Among the 100 people who had received the J&J COVID-19 vaccine and were then diagnosed with GBS, the illness was found mostly in men 50 years and older. However, a clear association between age, gender, or vaccination has not been clearly determined.

## Why Do People Develop GBS?

Scientists still have not precisely pinpointed the causes of GBS; however, there are infections that are thought to trigger it, including *Campylobacter jejuni* (caused by contact with or eating contaminated raw or undercooked poultry), flu, cytomegalovirus (a common virus many adults have related to chickenpox and infectious mononucleosis), Epstein Barr (similar to mononucleosis), and Zika (caused by being bitten by a particular species of mosquito that carries the virus).

Since GBS is not a disease itself, and it is not known exactly how it occurs, it is difficult to say how GBS can be prevented. Those who have GBS cannot pass the illness on to others nor can it be inherited through DNA. Due to infectious illnesses being associated with GBS, thorough handwashing and good sanitation are considered good ways to help reduce the risk of contracting a virus and possibly developing GBS.

## What Can Be Done?

There are subsets of GBS. Many of them have similar symptoms, signs, and disease courses with the exception of acute motor axonal neuropathy (AMAN), which has no sensory symptoms (nerves don't report information to the brain), often requires a longer hospitalization and has a slightly slower recovery period than other subsets of GBS.

There are two main modes of treatment for GBS, but there is no cure for it. According to the National

Institute of Neurological Disorders and Stroke, one in five people with GBS may experience long-term problems, but 70% of people with GBS eventually experience a full recovery.

Plasma exchange, also known as plasmapheresis, is an effective way to speed recovery and reduce GBS symptoms. Plasma is the liquid portion of blood. When blood is removed and the plasma separated from blood cells, the blood cells are put back in the body and the body manufactures more plasma. It is believed that removing plasma may also remove the antibodies that contribute to the immune system attacking the nerves.

Immunoglobulin therapy is often used in conjunction with plasma exchange. It involves infusing a patient with donated immunoglobulin, a protein that helps the body fight infection. The theory is that high doses of immunoglobulin from a healthy donor can block the damaging antibodies that may contribute to GBS.

## Integrative Medicine Support

According to a 2020 study published in *Translational Neuroscience*, traditional Chinese medicine (TCM) used in conjunction with common treatments for acute GBS produced better patient outcomes. In that study, the TCM group had a total effective rate of 94% compared to the control group, which had an effective rate of 78%.

In the recovery phase of GBS, physical therapy is recommended. Depending on the severity of symptoms, a physical therapist will assess the patient's abilities and then begin an exercise plan. Common exercises include walking, gentle yoga or stretches, weight or resistance training, and hydrotherapy (exercising in water). Studies have shown that physical fitness can have a positive influence not only on mobility and stamina but also on mental function.

As GBS is rare, no one should be afraid of developing this serious but recoverable illness. Hopefully, more research into the cause of GBS will help remove some of the mystery surrounding this unusual neurological disorder.



## Supportive Nutrition for Neuropathy

Integrative medicine physician Josh Axe, NMD, DC, CNS, recommends eating a heart-healthy diet and avoiding processed foods to help manage GBS symptoms after recovering from the acute phase of the illness.

Some supplements that support the peripheral nervous system, which is greatly affected by GBS, include:

- **Vitamins B1, B6, and B12:** B1, also known as thiamine, may help reduce pain and inflammation. B6 is thought to help preserve the covering of nerve endings, and B12 is essential for proper neurological function. B12 deficiency can lead to neuropathy.
- **Alpha-lipoic acid:** An antioxidant known for its ability to improve nerve function and relieve nerve dysfunction symptoms
- **Acetyl-L-carnitine:** An amino acid and antioxidant that supports healthy nerve cells
- **Curcumin:** Found in turmeric and known for its antioxidant, anti-inflammatory, and analgesic properties
- **Fish oil:** An anti-inflammatory that may support nerve damage repair
- **N-acetyl cysteine:** An antioxidant and amino acid found in studies to reduce neuropathic pain, improve motor coordination, and improve damaged nerves



# The Smell Test

Throughout time, many cultures have used aromatics to help heal. Learn more about aromatherapy.



## 3000 BCE

According to hieroglyphics, Egyptians used aromatic plants, gums, and resins for prayer, sacrifices, medicine, and embalming the dead.

## 2600 BCE

“The Yellow Emperor’s Classic of Internal Medicine” outlined internal and external medicinal uses of plants, including many aromatic ones.

## 2000 BCE

The Ancient Hindu Vedas list fragrant ingredients such as sandalwood, ginger, and coriander for religious and medicinal purposes.

## 1200

Ibn al-Baitar, a Persian physician and philosopher, is credited with developing steam distillation for essential oil.



## 1975

Pierre Franchomme, a pharmacologist and aromatologist, proposed the concept of chemotype, a way to group key aromatic compounds of plants.

## 1940–1945

Dr. Jean Valnet, a French army surgeon, used essential oils in the treatment of war wounds.

## 1937

René-Maurice Gattefossé coined the term “aromatherapy.”

## 1989

Aromachology is established as the term used for the study of the influence of scents on the psyche and behavior.

## 2007

A National Cancer Institute study found that cancer patients who had aromatherapy sessions showed decreased anxiety and depression.

## 2021

The First Affiliated Hospital of Henan University conducted a study that found aromatherapy could ameliorate agitation and aggression for cognitive impairment.



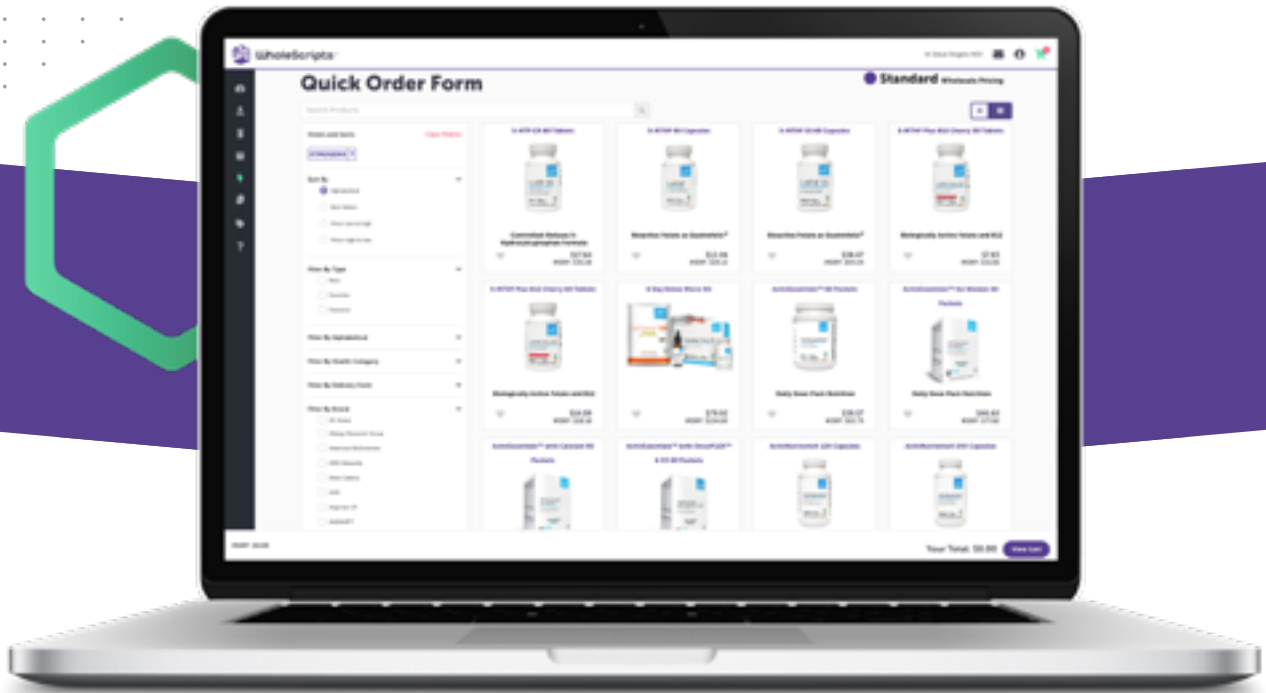
## Wellness Words Answers

### Down

- |              |                |               |
|--------------|----------------|---------------|
| 2. Forceps   | 15. Rose       | 33. Vaginally |
| 3. Eased     | 17. Circadian  | 34. Tile      |
| 4. Tam       | 18. Cesarean   | 35. Blue      |
| 5. Smell     | 20. Melatonin  | 36. Chronic   |
| 6. Natural   | 21. Lemon      | 37. Colostrum |
| 7. Alligator | 25. Lavender   | 39. Rhythm    |
| 9. GABA      | 28. My         | 41. Embassy   |
| 11. Avocado  | 29. Sunlight   | 44. Hand      |
| 12. Student  | 31. Breastfeed | 47. Ethos     |
| 13. Induced  | 32. Vacuum     | 48. Doors     |

### Across

- |               |                  |                |
|---------------|------------------|----------------|
| 1. Affects    | 23. October      | 42. Lutein     |
| 6. Narrowed   | 24. Doula        | 43. EU         |
| 8. Amygdala   | 26. Antioxidants | 44. Hero       |
| 10. Me        | 27. Accredited   | 45. Tibetan    |
| 13. Inches    | 28. Many         | 46. Method     |
| 14. Avatar    | 30. Memory       | 49. Birth      |
| 16. Olfactory | 31. Begin        | 50. Ensemble   |
| 19. Lamaze    | 33. VitaminD     | 51. Bond       |
| 21. Lo        | 38. Organic      | 52. Yawns      |
| 22. SleepWake | 40. Health       | 53. Postpartum |



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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  
UNIQUE K2 60 Capsules

## Allergy Research Group

### Product Name

200 mg of Zen 120 Capsules  
Adrenal Cortex 100 Capsules  
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  
Licorice Solid Extract 4 fl oz  
Lumbrokinase 30 Capsules  
Magnolia Extract 120 Capsules  
Mastica® 120 Capsules  
Melatonin 20 mg 60 Capsules  
N-Acetyl Glucosamine 90 Capsules  
NTFactor® EnergyLipids 120 Servings  
NTFactor® EnergyLipids Chewables 60 Tablet  
Oregano Oil 90 Capsules

Osteo-Vi-Min® 180 Tablets  
Ox Bile 500 mg 100 Capsules  
Pancreas 60 Capsules  
Pantothenic Acid 90 Capsules  
Pregnenalone 50 mg 60 Tablets  
Quercetin Bioflavonoids 100 Capsules  
Stabilium® 200 Garum 30 Capsules  
Taurine 500 mg 100 Capsules  
Thymus Natural Glandular 75 Capsules  
Thyroid 100 Capsules  
Thyroid Nutrition with Iodoral® 60 Tablets  
TMG Trimethylglycine 100 Capsules  
Tocomin SupraBio® Tocotrienols 100 mg 60 Softgels  
Tricycline® 90 Capsules  
VascuStatin Formula 120 Capsules  
Vitamin E Succinate 100 Capsules  
Zinc Citrate 25 mg 60 Capsules  
Zinc Picolinate 60 Capsules

## American BioSciences

### 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 MistToner 1.7 oz  
Miracle Elixir Oil 1 oz

## Anna Cabeca

### Product Name

Mighty Maca® Plus 60 Servings

## AOR

### Product Name

Advanced B Complex™ 90 Capsules  
 Andrographis 120 Capsules  
 benaGene™ 30 Capsules  
 Hydroxy B12 - 1mg 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

## Argentyn 23

### Product Name

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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  
 Pro Bio-Active Silver Hydrosol 23 ppm Travel Size Vertical Spray 1 fl oz  
 Pro Bio-Active Silver Hydrosol 23 ppm Vertical Spray 2 fl oz  
 Professional Silver First Aid Gel 1 fl oz

## 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

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  
 Kids Trifal Drops 2 fl oz  
 Kuff Soothe 8 fl oz  
 Macuna Plus 60 Capsules  
 Neem Plus 90 Capsules  
 Probiotic 100B 60 Capsules  
 Rentone 90 Caplets  
 Trifal 90 Capsules

## Barlean's

### Product Name

Evening Primrose Oil 60 Softgels  
 Fresh Catch Fish Oil Orange Flavor 250 Softgels  
 Fresh Flax Oil 16 oz  
 Fresh Flax Oil 32 oz  
 Lignan Flax Oil 16 oz  
 Lignan Flax Oil 250 Softgels  
 Lignan Omega Twin 12 fl oz  
 Omega-3 Vegan Strawberry Banana Smoothie 16 oz  
 Seriously Delicious CLA Fresh Apple 16 oz  
 Seriously Delicious High Potency Omega-3 Citrus Sorbet 16 oz  
 Seriously Delicious High Potency Omega-3 Key Lime Pie 16 oz  
 Seriously Delicious MCT Oil Coconut 16 oz  
 Seriously Delicious Omega-3 Fish Oil Lemon Creme 16 oz  
 Seriously Delicious Omega-3 Mango Peach Smoothie 16 oz  
 Seriously Delicious Plant Based Total Omega Pomegranate Blueberry Smoothie 16 oz  
 Seriously Delicious Total Omega Orange Creme 16 oz  
 Seriously Delicious Total Omega Orange Creme 8 oz



### BeeKeeper's Naturals

#### Product Name

- B. Biome Complete Gut Health 60 Capsules
- B. Fueled Bee Pollen 150 g
- B. Immune Throat Spray Propolis 1.06 fl oz
- B. Powered Superfood Honey 125 g
- B. Powered Superfood Honey 330 g
- B. Smart Brain Fuel 3 Pack
- B. Soothed Honey Lozenges 14 Drops
- Kids Propolis Throat Spray 1.06 fl oz

### BergaMet

#### Product Name

- Clinical Immune Citrus Bergamot 60 Tablets

### Bio-Tech Pharmacal

#### Product Name

- D3-50 100 Capsules
- Lith-Oro 20 mg 100 Capsules

### Biocidin

#### Product Name

- Biocidin<sup>®</sup> 1 fl oz
- Biocidin<sup>®</sup> 90 Capsules
- Biocidin<sup>®</sup> LSF 1.7 fl oz
- Biocidin<sup>®</sup> Throat Spray 1 fl oz
- Biotonic 2 fl oz
- Dentalcidin LS 1 fl oz
- G.I. Detox+ 60 Capsules
- Olivirex<sup>®</sup> 60 Capsules
- Proflora<sup>®</sup> 4R 30 Capsules

### BioMatrix

#### Product Name

- Candid-X 90 Capsules
- Est-Adapt 15 ml
- Licorice Root Extract 2 fl oz
- Paracid-X 90 Capsules
- Pregnenolone 30 ml
- Pro-Adapt 15 ml
- Pylori-X 120 Capsules
- Support Digestion 90 Capsules

### BodyBio

#### Product Name

- Balance Oil 16 oz
- Balance Oil 60 Softgels
- Calcium / Magnesium Butyrate 100 Capsules
- E-Lyte 16 oz
- 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 8 oz
- TUDCA 60 Capsules

### Bodylogix

#### Product Name

- Bodylogix Fermented BCAA Unflavored 60 Servings
- Bodylogix Micronized Creatine Unflavored 60 Servings
- Bodylogix Natural Pre-Workout Green Apple 30 Servings
- Bodylogix Vegan Protein Decadent Chocolate 20 Servings
- Bodylogix Vegan Protein Vanilla Bean 21 Servings

### 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

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**PHARMACY**

## **WholeScripts Pharmacy**

6800 Kingspointe Parkway, Suite 100  
Orlando, FL 32819

**Ph:** 833-463-3729 **Fax:** 877-633-7298

**Email:** [pharmacy@wholescriptsrx.com](mailto:pharmacy@wholescriptsrx.com)

**NCPDP#** 5744847

Tap to learn more on  
[WholeScripts.com](http://WholeScripts.com)

## 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 Lemongrass 4 oz

Key.E Hand & Body Cream Unscented 2 oz

Kid's Vitamin C Gummies 60 Gummies

Kid's Vitamin D3 Gummies 60 Gummies

L-Glutamine Powder 33 Servings

M.S.M Sulfur 90 Capsules

Taurine Powder 31 Servings

Vitamin D3 Gummies 60 Gummies

## Clinical Synergy

### Product Name

ArteMax 60 Capsules

BreastDefend Professional 120 Capsules

Comprehensive Circulation Support 60 Capsules

Mycocetics Immune Max 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 180 Capsules

CuraLin Starter Bottle 42 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

Keto Complete 20 Servings

Mitoblast 2 120 Capsules

Skin-Lasting Botanical Formula Spray 6 fl oz

Skin-Lasting Super Formula Spray 6 fl oz

## Dr. Mercola

### Product Name

Berberine with MicroPQQ Advanced 30 Capsules

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 180 Capsules

Liposomal Vitamin C 60 Capsules

Liposomal Vitamin C Citrus Vanilla 15.2 fl oz

Liposomal Vitamin C for Kids 30 Capsules

Magnesium L-Threonate 270 Capsules

Organic Astaxanthin 12mg 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  
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 Cool Mint 1 oz  
Full-Spectrum Hemp Oil Orange Dreamsicle 1 oz

### Drs Nutrition Bar

#### Product Name

Drs Nutrition Bar Almond Chocolate Coconut 12 Bars

### Elemental Labs

#### Product Name

LMNT Recharge - Watermelon Salt 30 Servings  
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

### Encore Life

#### Product Name

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

### Endurance Products Company

#### Product Name

Dihydroberberine SR 150mg 180 Tablets  
Dihydroberberine SR 150mg 60 Tablets  
ENDUR-ACIN ER 750mg 60 Tablets  
ENDUR-ACIN ER NIACIN 250mg 100 Tablets  
ENDUR-ACIN ER NIACIN 500mg 100 Tablets  
ENDUR-AMIDE SR 500mg 90 Tablets  
ENDUR-C SR 1000mg 60 Tablets  
ENDUR-C SR 500mg 90 Tablets  
Pantethine SR 300mg 90 Tablets  
Phytosterols IR 450mg 60 Tablets  
Taxifolin Complex SR 60 Tablets

### Energenx

#### Product Name

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

### Enzyme Science™

#### Product Name

(PEA)+ 120 Capsules  
Candidase Pro 84 Capsules  
Complete Digestion 90 Capsules  
Critical Digestion® 90 Capsules  
Enzyme Defense Pro 60 Capsules  
Intolerance Complex 90 Capsules  
Lypo Optimize 90 Capsules  
MyoMend® 120 Capsules  
Stem XCell® Pro 60 Capsules  
Telomere Pro 30 Capsules

### Even Health

#### Product Name

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

### Everidis Health Sciences

#### Product Name

BioGaia Gastrus 30 Chewable Tablets

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

### Gaia Herbs

#### Product Name

Ashwagandha Root 60 Capsules  
Astragalus Supreme 60 Capsules  
Black Elderberry 120 Capsules  
Black Elderberry 60 Capsules  
Black Elderberry Syrup Extra Strength 5.4 fl oz  
Chaste Tree Berry 60 Capsules  
Curcuma NF-kB Turmeric Supreme 120 Capsules  
Curcuma NF-kB Turmeric Supreme 60 Capsules  
GaiaKids Black Elderberry Kids Daily Gummies 40 Gummies  
Holy Basil 60 Capsules  
HPA Axis Daytime Maintenance 120 Capsules  
HPA Axis Daytime Maintenance 60 Capsules  
HPA Axis Homeostasis 60 Capsules  
Milk Thistle 60 Capsules  
Oil of Oregano 60 Capsules  
Rhodiola Rosea 60 Capsules  
Sleep Formula 60 Capsules  
Thyroid Support 120 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

### Golden Flower Chinese Herbs

#### Product Name

Andrographis 60 Tablets  
Astragalus & Ligustrum 60 Tablets

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

### Guna Inc.

#### Product Name

Guna Allergy 1 fl oz  
Guna Cough 5.07 fl oz  
Guna Deep Cleanse 1 fl oz  
Guna Defense 0.28 oz  
Guna Flam Relief 1 fl oz  
Guna Flu 0.21 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

### Herb Pharm

#### Product Name

ADRENAL SUPPORT 1 fl oz  
ANXIETY SOOTHER 1 fl oz  
ARNICA OIL 1 fl oz  
ASHWAGANDHA 1 fl oz  
ASHWAGANDHA ALCOHOL FREE 1 fl oz  
BETTER BITTERS CLASSIC 1 fl oz  
BLACK ELDERBERRY ALCOHOL FREE 1 fl oz  
BLOOD PRESSURE SUPPORT 1 fl oz  
CALENDULA OIL 1 fl oz  
DANDELION ALCOHOL FREE 1 fl oz  
ECHINACEA ALCOHOL FREE 1 fl oz  
FUNGUS FIGHTER 1 fl oz  
GINGER 1 fl oz

HERB PHARM ORIGINAL SALVE 24 gm  
 KAVA 1 fl oz  
 KIDS BLACK ELDERBERRY ALCOHOL FREE 1 fl oz  
 KIDS COUGH CRUSADER 1 fl oz  
 KIDS FAST ASLEEP 1 fl oz  
 KIDS IMMUNE AVENGER 1 fl oz  
 KIDS IMMUNE FORTIFIER 1 fl oz  
 KIDS LEMON BALM CALM ALCOHOL FREE 1 fl oz  
 KIDS MULLEIN GARLIC OIL 1 fl oz  
 KIDS ORANGE-FLAVORED ECHINACEA ALCOHOL FREE 1 fl oz  
 LEMON BALM 1 fl oz  
 LEMON BALM ALCOHOL FREE 1 fl oz  
 LUNG EXPECTORANT 1 fl oz  
 MILK THISTLE 1 fl oz  
 MULLEIN GARLIC OIL 1 fl oz  
 NERVOUS SYSTEM TONIC 1 fl oz  
 PASSIONFLOWER 1 fl oz  
 PEPPERMINT SPIRITS 1 fl oz  
 RAPID IMMUNE BOOST 1 fl oz  
 RELAXING SLEEP 1 fl oz  
 SOOTHING THROAT SPRAY 1 fl oz  
 ST. JOHN'S WORT OIL 1 fl oz  
 STONE BREAKER 1 fl oz  
 SUPER ECHINACEA 1 fl oz  
 TEA TREE ESSENTIAL OIL 1 fl oz  
 TURMERIC 1 fl oz  
 URINARY SYSTEM SUPPORT 1 fl oz  
 VALERIAN 1 fl oz  
 VALERIAN ALCOHOL FREE 1 fl oz  
 VIRATTACK 1 fl oz

### Herbalist & Alchemist

#### Product Name

Calm Adapt 4 oz  
 Daily Adapt 4 oz  
 Fit Adapt 4 oz  
 Immune Adapt 4 oz  
 Kidney Support Compound 4 oz  
 Men's Adapt 4 oz  
 Men's Prostate Tonic 4 oz  
 Original Bitters 4 oz

Osteoherb 120 Capsules  
 Seven Precious Mushrooms 4 oz  
 Sinus Support Compound 4 oz  
 Women's Adapt 4 oz

### HumanN

#### Product Name

BeetElite Black Cherry 20 Servings  
 BeetElite On-the-Go Black Cherry 10 Servings  
 HeartGreens Green Apple 30 Servings  
 Neo40 Daily 30 Tablets  
 Neo40 Professional 60 Tablets  
 SuperBeets Black Cherry 30 Servings  
 SuperBeets Collagen Cherry Berry 30 Servings  
 SuperBeets Energy Plus Natural Berry 30 Servings  
 SuperBeets Immune Cranberry Cherry 30 Servings  
 SuperBeets Memory + Focus 30 Chews  
 SuperBeets Original Apple 30 Servings  
 SuperBeets Soft Chews Pomegranate Berry 60 Chews  
 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
- Inflama-Complete 90 Capsules
- 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

### 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
- Organic MCT Oil 16 fl oz
- Pantethine 60 Softgels
- PS100 100 mg 60 Softgels
- 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 Servings
- Electrolyte Supreme Berry-Licious 60 Packets
- Electrolyte Supreme Lemon-Lime 60 Packets
- Electrolyte Supreme Lemon-Lime 60 Servings
- MagSoothe Raspberry Lemonade 60 Servings
- MagSRT® 240 Tablets
- Pickleball Cocktail Orange 60 Servings

### Kuli Kuli

#### Product Name

- HERBAL MORINGA TEA ORIGINAL 15 Bags
- MORINGA ENERGY BAR DARK CHOCOLATE 12 Bars
- PURE MORINGA 20 Packets

### Life Extension

#### Product Name

- 5-LOX Inhibitor with AprèsFlex® 60 Capsules
- AMPK Metabolic Activator 30 Tablets
- BioActive Complete B-Complex 60 Capsules
- Black Cumin Seed Oil 60 Softgels
- Cognitex® Elite Pregnenolone 60 Tablets
- Curcumin Elite™ Turmeric Extract 60 Capsules
- FLORASSIST® GI with Phage Technology 30 Capsules
- FLORASSIST® Throat Health 30 Lozenges
- Glucosamine/ Chondroitin 100 Capsules
- Herbal Sleep PM 30 Capsules
- Male Vascular Sexual Support 30 Capsules
- Mega Lycopene 90 Softgels
- Memory Protect 36 Day Supply
- N-Acetyl-L-Cysteine 60 Capsules
- Optimized Quercetin 60 Capsules
- Optimized Saffron 60 Capsules
- Pomegranate Complete 30 Softgels
- Potassium with Extend-Release Magnesium 60 Capsules
- Super K 90 Softgels
- Super K Elite 30 Softgels
- Super Omega-3 EPA/DHA Fish Oil 60 Softgels
- Tart Cherry with CherryPURE® 60 Capsules
- Two-Per-Day Multivitamin 120 Capsules
- Ultra Prostate Formula 60 Softgels
- Vitamin C and Bio-Quercetin Phytosome 250 Tablets
- Water-Soluble Pumpkin Seed Extract 60 Capsules
- Zinc Lozenges Citrus-Orange Flavor 60 Lozenges

### Linpharma

#### Product Name

- Petadolex 50mg 50 Softgels
- Petadolex 75mg 60 Softgels

### Master Supplements

#### Product Name

- DIGESTXYM+ 93 Capsules
- HCL-XYM 93 Capsules
- ImmunoxyM 62 Capsules
- SunFiber 31 Servings

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**DETOXIFICATION\***

**ENERGY  
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TheralacPRO 40 Capsules  
THERAXYM 93 Capsules  
TruBifidoPRO 40 Capsules  
TruFiber 50 Servings

### Med7

#### Product Name

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

### Megafood

#### Product Name

Baby & Me 2 120 Tablets  
Balanced Minerals 90 Tablets  
Blood Builder 180 Tablets  
Blood Builder 90 Tablets  
C Defense 70 Gummies  
Elderberry Immune Support 54 Gummies  
Kid's 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 40+ 120 Tablets  
Multi for Women 55+ 120 Tablets  
Multi for Women 60 Tablets  
One Daily 180 Tablets  
Pure Cranberry 60 Capsules  
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  
MegaMetalliQ 30 Servings

MegaPre 180 Capsules  
MegaSporeBiotic 180 Capsules  
MegaSporeBiotic 60 Capsules  
SereneSkin 30 Capsules  
WheatRescue 60 Capsules  
Zenbiome Cope 60 Capsules  
Zenbiome Sleep 30 Capsules

### Microvascular Health Solutions

#### Product Name

EndocalyxPro 120 Capsules

### MRM

#### Product Name

Acetyl L-Carnitine 60 Capsules  
Cardio Chelate 180 Capsules  
Complete E 60 Softgels  
Cordyceps CS-4 Strain 60 Capsules  
DHEA 50 mg 90 Capsules  
Digest-ALL 100 Capsules  
Digest-ALL IC 60 Tablets  
Driven Mixed Berries 29 Servings  
Egg White Protein Vanilla 10 Servings  
Egg White Protein Vanilla 20 Servings  
Gainer Chocolate 18 Servings  
Glucosamine Chondroitin 90 Capsules  
L-Glutamine 1,000 Servings  
Matcha Green Tea Powder 42 Servings  
Organic Moringa Leaf Powder 60 Servings  
Organic Red Beet Powder 24 Servings  
Quercetin 60 Capsules  
Relax-ALL 60 Capsules  
TribuPlex 750 60 Capsules  
Vegan Vitamin D3 5,000 IU 60 Capsules  
Whey Protein Chocolate 18 Servings  
Whey Protein Vanilla 18 Servings  
Whole Food Organic Fiber 32 Servings

### Mushroom Wisdom

#### Product Name

Lion's Mane Amyloban 180 Tablets  
Maitake D-Fraction PRO 4X 120 Tablets



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

### Nature's Sources

Product Name
AbsorbAid Digestive Support 240 Capsules
AbsorbAid Digestive Support 83 Servings
AbsorbAid Digestive Support 90 Capsules
AbsorbAid Platinum Super Digestive Blend 60 Capsules

### Neurohacker

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

### NFH

Product Name
Arabino SAP 50 Servings
Berberine SAP 90 Capsules
Coriolus Versicolor SAP 60 Capsules
D-Ribose SAP 50 Servings
Grape Seed SAP 60 Capsules
Maitake SAP 60 Capsules
Mushroom Complex SAP 90 Capsules
Ox Bile SAP 90 Capsules
Reishi SAP 60 Capsules
Trident SAP 66:33 120 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 Gummies Strawberry Lemonade 30 Gummies
DHA Infant 2 fl oz
DHA Junior 180 Softgels
DHA Junior 4 fl oz
Kids Nordic Flora Probiotic Gummies Merry Berry Punch 60 Gummies
Kids Nordic Flora Probiotic Pixies Berry 30 Packets
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 Omega-3 Fishies 36 Fishies
Nordic Omega-3 Gummies 120 Gummies
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

Ultimate Omega-D3 Sport 60 Softgels  
 Vitamin C Gummies Sport 120 Gummies  
 Vitamin C Gummies Tart Tangerine 120 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  
 Zero Sugar Curcumin Gummies 60 Gummies  
 Zero Sugar Kids Multi Gummies 120 Gummies  
 Zero Sugar Melatonin Gummies 60 Gummies  
 Zero Sugar Vitamin D3 Gummies 60 Gummies

### NuGo Nutrition

#### Product Name

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

### Nutrasal

#### Product Name

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

### NutriCology

#### Product Name

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

### NutriDyn

#### Product Name

Fruits & Greens Berry 30 Servings  
 Fruits & Greens Chocolate 27 Servings  
 Fruits & Greens Espresso 27 Servings

Fruits & Greens Grape 30 Servings  
 Fruits & Greens Monk Fruit Blackberry Tangerine 30 Servings  
 Fruits & Greens Monk Fruit Chocolate 27 Servings  
 Fruits & Greens Original Mint 27 Servings  
 Fruits & Greens Pink Lemonade 30 Servings  
 Fruits & Greens Strawberry Kiwi 30 Servings  
 Fruits & Greens TO GO Starter Kit 11 Servings

### Nutritional Therapeutics

#### Product Name

NT Factor<sup>®</sup> Advanced Physician's Formula with B-Vitamins 150 Tablets  
 NTFactor<sup>®</sup> 90 Tablets  
 NTFactor<sup>®</sup> Healthy Aging 120 Tablets  
 NTFactor<sup>®</sup> Lipids Powder 120 Servings  
 NTFactor<sup>®</sup> Patented Energy Chewable Wafer Mixed Berry 30 Wafers  
 NTFactor<sup>®</sup> with CoQ10 Chewable Wafer Chocolate 30 Wafers  
 NTFactor<sup>®</sup> with D3/K2 Chewable Wafer Vanilla 30 Wafers

### Optimox

#### Product Name

ATP Cofactors 90 Tablets  
 Iodoral IOD-50 30 Tablets  
 Iodoral<sup>®</sup> IOD-12.5 90 Tablets  
 Optivite PMT 180 Tablets

### Orgain

#### Product Name

Clean Protein Grass Fed Protein Shake Creamy Chocolate Fudge 4 Pack  
 Kids Protein Organic Nutrition Shake Chocolate Single Serving Pack  
 Kids Protein Organic Nutrition Shake Vanilla Single Serving Pack  
 Organic Nutrition Shake Creamy Chocolate Fudge 4 Pack  
 Organic Nutrition Shake Creamy Chocolate Fudge Single Serving Pack  
 Organic Nutrition Shake Sweet Vanilla Bean 4 Pack  
 Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack  
 Organic Protein + Superfoods Protein Powder Plant Based Vanilla Bean 18 Servings  
 Organic Protein Powder Plant Based Peanut Butter 20 Servings  
 Organic Protein Snack Bar Peanut Butter Chocolate Chunk 12 Bars  
 Vegan Organic Nutrition Shake Smooth Chocolate 4 Pack  
 Vegan Organic Nutrition Shake Smooth Chocolate Single Serving Pack  
 Vegan Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Vegan Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack

### Organic India

#### Product Name

Ashwagandha 90 Capsules  
 Ceylon Cinnamon 90 Capsules  
 Joy! 90 Capsules  
 Liver Kidney 90 Capsules  
 Memory 90 Capsules  
 Moringa 90 Capsules  
 Moringa Powder 113 Servings  
 Neem 90 Capsules  
 Peaceful Sleep 90 Capsules  
 Triphala 90 Capsules  
 Tulsi - Holy Basil 90 Capsules  
 Tulsi Ashwagandha 18 Bags  
 Tulsi Cleanse 18 Bags  
 Tulsi Green 18 Bags  
 Tulsi Hibiscus 18 Bags  
 Tulsi Honey Chamomile 18 Bags  
 Tulsi Lemon Ginger 18 Bags  
 Tulsi Masala Chai 18 Bags  
 Tulsi Moringa 18 Bags  
 Tulsi Original 18 Bags  
 Tulsi Peppermint 18 Bags  
 Tulsi Sleep 18 Bags  
 Tulsi Sweet Rose 18 Bags  
 Tulsi Turmeric Ginger 18 Bags  
 Turmeric Formula 90 Capsules

### Passport to Organics

#### Product Name

Avocado Eye Cream 0.5 oz  
 Charcoal Cleanser 4 oz  
 Hyaluronic Acid Serum 2 oz  
 Pumpkin Peel Mask 3 oz  
 Turmeric 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  
 ImmunoVen 90 Capsules  
 Liquid Zinc Ultra 8 fl oz  
 Max B-ND 2 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 C 60 Capsules  
 Premier Vitamin D3+K2 30 Capsules  
 RenaVen 60 Capsules  
 Progressive Professional  
 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  
 Keto Resilience<sup>®</sup> 15 Servings  
 Probiotic Broad Spectrum 30 Caplets  
 Prosta Glan 120 Capsules  
 TestosterZone 180 Capsules  
 U-Tract<sup>®</sup> 26 Servings

### ProHealth

#### Product Name

FibroSleep 60 Capsules  
 Super Immune Boost Pro 30 Capsules



## Prolon Professional

### Product Name

ProLon® Original Kit

## QOL Labs

### Product Name

ImmunoKinoko 500 90 Capsules

Metasol 30 Capsules

## Quicksilver

### Product Name

Artemisinin Emulsion 4 oz

Bitters No.9 1.7 fl oz

BitterX 1.7 fl oz

GABA with L-Theanine 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

Melatonin Professional Dose 1 fl oz

Methyl B Complex 1.7 fl oz

Methyl B-12 1 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 D3K2 1.7 fl oz

Nanoemulsified Milk Thistle 1.7 oz

Nanoformulated DHEA+ 3.38 fl oz

Nanoformulated Progesterone+ 1 fl oz

NanoFuel 3.38 fl oz

Push Catch Liver Detox Kit

Quinton Hypertonic 30 Servings

Quinton Isotonic 30 Servings

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 1mL)

FLOW BLEND (Roller Bottle 30mL)

FLOW BLEND (Roller Bottle 5mL)

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

## Restorative Formulations

### Product Name

Adaptogen 75 Capsules

Adrenal Px Balance 75 Capsules

Adrenal Px DHEA 75 Capsules

Adrenal Px L-BP 75 Capsules

Cardiac Calm Px 60 Capsules

Cholesterol Care 120 Capsules

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

Oregano Oil 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 12.5mg 90 Capsules

i-Throid 6.25mg 90 Capsules

## Rx Vitamins

### Product Name

Acid Block 60 Chewable Tablets



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

### Sanesco

#### Product Name

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

### Seeking Health

#### Product Name

Active B12 with L-5-MTHF 60 Lozenges  
Alpha R Lipoic Acid 60 Capsules  
B Complex Plus 100 Capsules  
B Complex Plus Methyl-Free 100 Capsules  
B-Minus 100 Capsules  
DIM + I3C 60 Capsules  
Histamine Block 30 Capsules  
Histamine Block 90 Capsules  
Histamine Block Plus 60 Capsules  
HistaminX 60 Capsules  
HomocysteX Plus 60 Capsules  
Hydrox-Adeno B12 60 Lozenges  
Hydroxo B12 60 Lozenges  
Lithium Orotate 100 Capsules  
Multivitamin One 45 Capsules  
Optimal Electrolyte Berry 30 Servings  
Optimal Electrolyte Lemonade 30 Servings

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 Minus One 45 Capsules  
Optimal Prenatal 240 Capsules  
Optimal Vitamin D3 + K2 Drops 1 fl oz  
Optimal Zinc Lozenge 60 Lozenges  
Ox Bile 500mg 100 Capsules  
PQQ Lozenges 20 mg 30 Lozenges  
ProBiota HistaminX 60 Capsules  
Saccharomyces Boulardii 60 Capsules  
Vitamin D3 + K2 60 Capsules

### Symphony Natural Health

#### Product Name

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

### T.A. Sciences

#### Product Name

TA-65MD 100 units 30 Capsules

### Tesseract Medical Research

#### Product Name

AuRx 68 Servings  
BerberActiv QR 90 Capsules  
CoQ10 Pro 60 Capsules  
HepatiSafe 60 Capsules  
MuSolve SR 90 Capsules  
ProButyrate 120 Capsules  
ProstaSorb 60 Capsules  
QuerciSorb QR 90 Capsules  
QuerciSorb SR 90 Capsules  
REMAide-SR 60 Capsules



SafeCell 60 Capsules

TetraCumin SR 120 Capsules

### Trace Minerals

#### Product Name

40,000 VOLTS! 8 fl oz

Apple Cider Vinegar Gummies 60 Gummies

Colloidal Silver 30ppm 8 fl oz

Colloidal Silver Spray 30ppm 4 fl oz

ConcenTrace® Trace Mineral Drops 2 fl oz

ConcenTrace® Trace Mineral Drops 8 fl oz

Elderberry Immunity Powder Lemon Berry 50 Servings

Electrolyte Stamina Power Pak Acai Berry 30 Servings

Electrolyte Stamina Power Pak Concord Grape 30 Servings

Electrolyte Stamina Power Pak Lemon Lime 30 Servings

Electrolyte Stamina Power Pak Mixed Berry 30 Servings

Electrolyte Stamina Power Pak Orange Blast 30 Servings

Electrolyte Stamina Power Pak Pomegranate Blueberry 30 Servings

Electrolyte Stamina Power Pak Raspberry 30 Servings

Electrolyte Stamina Power Pak+ Lemon Berry 30 Servings

Electrolyte Stamina Tablets 90 Tablets

Ionic Boron 2 fl oz

Ionic Zinc 50mg 2 fl oz

Mega-Mag 400mg 4 fl oz

Zinc + Vitamin C Chewable Raspberry Flavor 60 Chewable Wafers

Zinc Gummies Elderberry 60 Gummies

### Transformation Enzyme

#### Product Name

Carbo-G\* 90 Capsules

Digest\* 90 Capsules

DigestZyme\* 120 Capsules

LypoZyme 60 Capsules

Protease 60 Capsules

### TruGen3

#### Product Name

CurcuVES 60 Softgels

TG3 Heart Support 120 Capsules

TG3 Multi 60 Tablets

TruEase + Curcumin 30 Softgels

TruEase 30 Softgels

### Vital Proteins

#### Product Name

Beef Gelatin 23 Servings

Beef Liver 120 Capsules

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 Stick Pack Box 20 Servings

Marine Collagen 18 Servings

Vitality Immune Booster\*\* Clementine 14 Servings

Vitality Immune Booster\*\* Grape Citrus 14 Servings

### Vitanica

#### Product Name

Adrenal Assist™ 90 Capsules

Bitters Tonic 4 fl oz

Bladder Ease 180 Capsules

BreastBlend 90 Capsules

Butterbur Extra 120 Capsules

CandidaStat 60 Capsules

CandidaStat™ 120 Capsules

CardioBlend 120 Capsules

Chaste Tree Berry 60 Capsules

CholestBlend 90 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  
 MindBlend 60 Capsules  
 Opti-Recovery 60 Capsules  
 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  
 VasoBlend 90 Capsules  
 VeinoBlend 90 Capsules  
 Women's Phase II® 180 Capsules  
 Women's Phase I™ 60 Capsules  
 Yeast Arrest 14 Suppositories

### WholeScripts

#### Product Name

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

Liquid Serenity 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® 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

ALAmx™ CR 120 Tablets

ALAmx™ CR 60 Tablets

ALAmx™ Protect 120 Capsules



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- Easy-to-Follow Dosing
- Maximum Convenience

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AllerDHQ™ 120 Capsules

AllerDHQ™ 60 Capsules

AngiNOX™ Orange 30 Servings

AngiNOX™ Orange 60 Servings

Appe-Curb™ 120 Capsules

Appe-Curb™ 240 Capsules

Ashwagandha 35 60 Capsules

ATP Ignite™ Citrus 30 Servings

ATP Ignite™ Mixed Berry 30 Servings

ATP Ignite™ Workout Mixed Berry 30 Servings

B Activ® 180 Capsules

B Activ® 90 Capsules

Benfotiamine 120 Capsules

Berberine 120 Capsules

Berberine with InSea2® 60 Capsules

BergaCor® 30 Tablets

BergaCor® 60 Tablets

BergaCor® Plus 60 Tablets

Bio C 1:1™ 90 Capsules

BrainSustain™ Creamy Chocolate 10 Servings

BrainSustain™ for Kids Vanilla Delight 15 Servings

BrainSustain™ Vanilla Delight 10 Servings

Buffered C Powder Fruit Punch 20 Servings

Calcium D-Glucarate 90 Capsules

Candidal™ 60 Capsules

CarniteX™ 60 Capsules

CheleX™ 120 Capsules

CholeRex™ 60 Capsules

CinnDromeX™ 120 Capsules

Cogniquil® 60 Capsules

ColonX™ 120 Capsules

ColonX™ 60 Capsules

CoQmax™ Omega 100 mg 60 Softgels

CoQmax™ Omega 50 mg 120 Softgels

CoQmax™ Omega 50 mg 30 Softgels

CoQmax™ Ubiquinol 200 mg 30 Softgels

CoQmax™ Ubiquinol 60 Softgels

Corticare B™ 120 Capsules

Corticare B™ 240 Capsules

Cortisolv® 120 Capsules

Cortisolv® 60 Capsules

CurcuPlex-95™ 120 Capsules

CurcuPlex-95™ 60 Capsules

D3 2000 120 Softgels

D3 2000 240 Softgels

D3 5000 180 Softgels

D3 5000 60 Softgels

D3 5000 90 Softgels

D3 Liquid 1 oz.

D3 Liquid 2.03 oz.

DHA from Algae 60 Softgels

DHEA Micronized 10mg 60 Tablets

DHEA Micronized 25mg 60 Tablets

DIMension 3® 120 Capsules

DIMension 3® 240 Capsules

DioVasc™ 60 Capsules

Drainage 1 oz.

Femquil® 120 Capsules

FIT Food® Lean Collagen Mocha Latte 14 Servings

FIT Food® Lean Collagen Vanilla 14 Servings

FIT Food® Lean Complete Dutch Chocolate 10 Servings

FIT Food® Lean Complete Dutch Chocolate Sugar- & Stevia-Free 10 Servings

FIT Food® Lean Complete French Vanilla 10 Servings

FIT Food® Lean Complete French Vanilla Sugar- & Stevia-Free 10 Servings

FIT Food® Lean Creamy Chocolate 10 Servings

FIT Food® Lean Vanilla Delight 10 Servings

FIT Food® Lean Whey Creamy Chocolate No Added Sugar, No Stevia 10 Servings

FIT Food® Lean Whey Vanilla Delight No Added Sugar, No Stevia 10 Servings

FlashArrest® 60 Capsules

Folafy® ER 30 Tablets

Foundation Essentials 30 Packets

GarliX™ 90 Capsules

GastrAcid™ 180 Capsules

GastrAcid™ 90 Capsules

GI Balance 150 Capsules

GI Balance Powder Chai 14 Servings

GI Protect™ Cherry Sugar- & Stevia-Free 30 Servings

GI Protect™ Peach Sugar- & Stevia-Free 30 Servings

GlutAloeMine® 30 Servings

GlutAloeMine<sup>®</sup> 60 Servings

Green Tea 600™ 60 Capsules

Hemp MonoPure<sup>®</sup> 30 Softgels

Hemp MonoPure<sup>®</sup> 60 Softgels

HistDAO™ 60 Capsules

HMB PRO 150 Capsules

Hormone Protect<sup>®</sup> 120 Capsules

Hormone Protect<sup>®</sup> 60 Capsules

I-Sight™ 60 Capsules

i5™ Creamy Chocolate 10 Servings

i5™ Energize Vanilla Latte 10 Servings

i5™ Vanilla Delight 10 Servings

IG 26 DF 120 Capsules

IG 26 DF 67.5 Servings

IG 26 Plus DF Vanilla 30 Servings

IgG 2000 CWP™ 120 Capsules

IgG 2000 CWP™ 25 Servings

IgG 2000 CWP™ 75 Servings

IgG Pure™ 15 Servings

Immune Essentials™ 45 Capsules

ImmunotiX 250™ 30 Capsules

ImmunotiX 500™ 20 Capsules

ImmunotiX 500™ 60 Capsules

Iron Glycinate 120 Capsules

K-Mg Citrate™ 60 Capsules

K2 Liquid 1 oz.

K2-45 60 Capsules

K2-D3 10,000 120 Capsules

K2-D3 10,000 60 Capsules

K2-D3 5000 120 Capsules

K2-D3 5000 60 Capsules

L-Glutamine 85 Servings

L-Lysine 90 Capsules

L-Theanine 120 Capsules

L-Theanine 60 Capsules

Leptin Manager™ 30 Capsules

LipotropiX™ 120 Capsules

Liver Protect™ 120 Capsules

Liver Protect™ 60 Capsules

Magnesium Citrate 120 Capsules

MaX Hypothalamus/Pituitary 60 Capsules

MedCaps DPO™ 120 Capsules

MedCaps GI™ 120 Capsules

MedCaps IS™ 60 Capsules

MedCaps Menopause™ 120 Capsules

MedCaps T3™ 120 Capsules

Melatonin CR 180 Tablets

Melatonin CR 90 Tablets

Melatonin Peppermint 120 Tablets

Melatonin Peppermint 60 Tablets

MemorAll™ 60 Capsules

MenoFem™ 90 Capsules

Methyl Protect<sup>®</sup> 120 Capsules

Methyl Protect<sup>®</sup> 60 Capsules

Methylcobalamin 120 Tablets

Methylcobalamin 60 Tablets

MinRex<sup>®</sup> 120 Capsules

Mitochondrial Renewal Kit 60 Packets

Mood Food™ 60 Capsules

Mood Food™ ES 120 Capsules

Mood Food™ ES 60 Capsules

N.O.max™ ER 180 Caplets

NAC 120 Capsules

NAC 60 Capsules

Nattokinase 120 Capsules

Nattokinase 60 Capsules

NeuroActives™ BrainSustain™ 120 Capsules

NeuroActives™ BrainSustain™ 240 Capsules

NeurophX DPN<sup>®</sup> 60 Capsules

New Zealand Whey Protein Isolate 30 Servings

NiaVasc™ 120 Tablets

NiaVasc™ 360 Tablets

NiaVasc™ 750 120 Tablets

NiaVasc™ 750 60 Tablets

Nrf2 Activator™ 30 Capsules

Nrf2 Activator™ 60 Capsules

OlivDefense<sup>®</sup> 20 Capsules

Omega MonoPure<sup>®</sup> 1300 EC 120 Softgels

Omega MonoPure<sup>®</sup> 1300 EC 60 Softgels

Omega MonoPure<sup>®</sup> 650 EC 120 Softgels

Omega MonoPure<sup>®</sup> 650 EC 60 Softgels

Omega MonoPure<sup>®</sup> Curcumin EC 30 Softgels

Omega MonoPure® DHA EC 30 Softgels

Omega MonoPure® EPA EC 30 Softgels

Omega MonoPure® EPA EC 60 Softgels

OmegaPure 600 EC™ 120 Softgels

OmegaPure 600 EC™ 60 Softgels

OmegaPure 780 EC™ 120 Softgels

OmegaPure 820™ 120 Softgels

OmegaPure 900 EC™ 120 Softgels

OmegaPure 900 EC™ 90 Softgels

OmegaPure 900-TG™ 120 Softgels

OncoPLEX ES™ 60 Capsules

OncoPLEX™ 120 Capsules

OncoPLEX™ 30 Capsules

OptiCleanse® GHI Chai 10 Servings

OptiCleanse® GHI Creamy Chocolate 10 Servings

OptiCleanse® GHI Creamy Chocolate Sugar- & Stevia-Free 10 Servings

OptiCleanse® GHI Vanilla Delight 10 Servings

OptiCleanse® GHI Vanilla Delight Sugar- & Stevia-Free 10 Servings

OptiCleanse® Plus Creamy Chocolate 10 Servings

OptiCleanse® Plus Vanilla Delight 10 Servings

OptiFiber® Lean 180 Capsules

OptiFiber® Lean 30 Servings

OptiMag® 125 120 Capsules

OptiMag® 125 240 Capsules

OptiMag® Neuro 90 Capsules

OptiMag® Neuro Lemon-Lime 60 Servings

OptiMag® Neuro Mixed Berry 30 Servings

OptiMag® Neuro Mixed Berry 60 Servings

OptiMag® Neuro Unflavored 60 Servings

OptiMag® Plus Calcium Pear 30 Servings

OptiMetaboliX™ 2:1 Vanilla Delight 10 Servings

OptiMetaboliX™ Vanilla Delight No Added Sugar, No Stevia 10 Servings

Oraxinol™ 60 Capsules

OrganiX™ PhytoFood™ 30 Servings

OSAples MK-7™ 60 Packets

OSAples™ 60 Packets

Ossopan 1100™ 120 Capsules

Ossopan MD™ 120 Capsules

Ossopan MD™ 240 Capsules

PanXyme pH™ 180 Capsules

PanXyme pH™ 90 Capsules

PepciX™ 60 Tablets

PhosphaLine™ 100 Softgels

PhosphaLine™ Liquid 8 oz.

PMS Soothe™ 60 Capsules

PrebioMax Natural Sour Apple 60 Tablets

Prenatal Essentials 150 Capsules

Probio Defense™ 84 Capsules

ProbioMax® 350 DF 15 Servings

ProbioMax® Complete DF 30 Capsules

ProbioMax® Daily DF 30 Capsules

ProbioMax® Daily DF 60 Capsules

ProbioMax® DF 30 Capsules

ProbioMax® IG 26 DF 120 Capsules

ProbioMax® Lean DF 30 Capsules

ProbioMax® Plus DF 30 Servings

ProbioMax® Sb DF 30 Capsules

Prostate FLO™ 60 Softgels

ProteoXyme™ 100 Capsules

Red Yeast Rice 30 Capsules

Red Yeast Rice 60 Capsules

RegeneMax® Liquid 1 oz.

RegeneMax® Plus 120 Capsules

RegeneMax® Plus 60 Capsules

RelaxMax® Cherry 60 Servings

RelaxMax® Unflavored 60 Servings

Resveratin™ Plus 60 Capsules

S-Acetyl Glutathione 120 Capsules

S-Acetyl Glutathione 60 Capsules

Saccharomycin® DF 120 Capsules

Saccharomycin® DF 20 Capsules

Saccharomycin® DF 60 Capsules

Saloxicin™ 120 Capsules

SAM-e & TMG Lemon 30 Servings

SAM-e 30 Capsules

SynovX® Calm 60 Capsules

SynovX® DJD 120 Capsules

SynovX® Metabolic 30 Capsules

SynovX® Metabolic 60 Capsules

SynovX® Performance 60 Capsules



SynovX<sup>®</sup> Recovery 120 Capsules  
SynovX<sup>®</sup> Relief 40 Softgels  
SynovX<sup>®</sup> Tendon & Ligament 60 Capsules  
T-150 120 Capsules  
T-150 60 Capsules  
TestoPlex<sup>™</sup> Plus 120 Capsules  
TestoPlex<sup>™</sup> Plus 60 Capsules  
UritraX<sup>™</sup> 50 Servings

VegaPro<sup>™</sup> 14 Servings  
Viragraphis<sup>™</sup> 60 Capsules  
VitalVasc<sup>®</sup> 60 Capsules  
Xcellent A 3000 60 Capsules  
Xcellent A 7500 60 Capsules  
Xcellent C<sup>™</sup> 120 Capsules  
Xcellent E<sup>™</sup> 60 Softgels  
XenoProtX<sup>™</sup> 120 Capsules  
XymoBolX<sup>™</sup> Fruit Punch 30 Servings

XymoBolX<sup>™</sup> Lemon 30 Servings

XymoDine<sup>™</sup> 90 Capsules

XYMOGEN<sup>®</sup> Shaker Bottle 20 oz.

XymoZyme<sup>®</sup> 120 Capsules

XymoZyme<sup>®</sup> 60 Capsules

Zinc Glycinate 120 Capsules

## Yeouth

### Product Name

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

## Zahler

### Product Name

Biotin Gummies for Kids 60 Gummies  
Bone Gummies for Kids 60 Gummies

Chapter One Magnesium Apple 60 Gummies  
Chapter One Magnesium Peach 60 Gummies  
Chapter One Magnesium Raspberry 60 Gummies  
ChildCalm 60 Chewable Tablets  
DMG 90 Tablets  
Fiber Gummies for Kids 60 Gummies  
Immunikids Liquid 8 fl oz  
KidsActive Powder 30 Servings  
Mighty Mini Prenatal+DHA 90 Softgels  
Multivitamin Beauty 60 Capsules  
Multivitamin Brainfood 60 Capsules  
Multivitamin Immune 60 Capsules  
Multivitamin One Daily 60 Capsules  
ParaGuard 4 fl oz  
ParaGuard 90 Softgels  
Prenatal+DHA 60 softgels  
ProstAid+ 60 Softgels  
StressMaster 120 Capsules  
Vitamin D3 120 Capsules  
Zinc Lozenges Elderberry Flavor 90 Lozenges

## Zhang Health

### Product Name

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

## ZyCal Bioceuticals

### Product Name

Chondrinol<sup>®</sup> Advanced 400 30 Capsules  
Gastrotene<sup>®</sup> 60 Capsules  
Ostinol<sup>®</sup> Advanced 185 30 Capsules  
Ostinol<sup>®</sup> Advanced 250 30 Capsules  
Ostinol<sup>®</sup> Advanced 325 30 Capsules  
Ostinol<sup>®</sup> Advanced 5X 60 Capsules

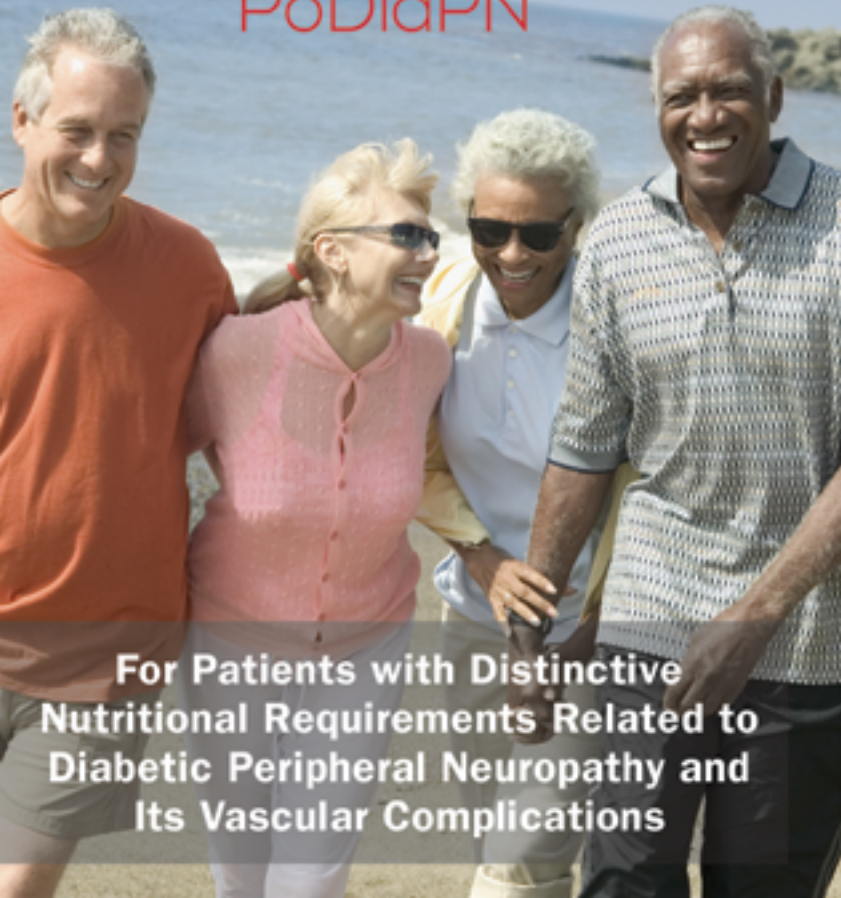
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