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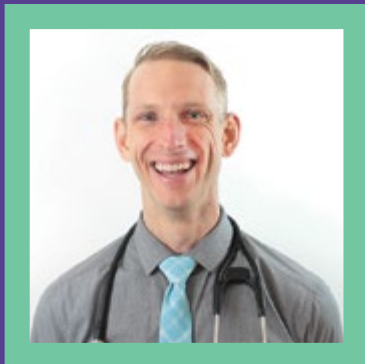
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—James Munro, ND
Medical Director, XYMOGEN

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Dear Readers,

Welcome to the latest edition of WholeScripts Magazine. We hope you'll enjoy learning more about the integrative healthcare issues that matter to you most.

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Daily activities require muscle and movement. Strength training can help you live life with less pain and more endurance.

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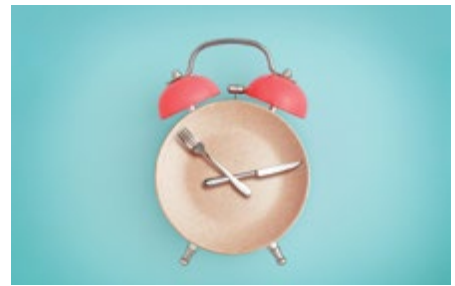
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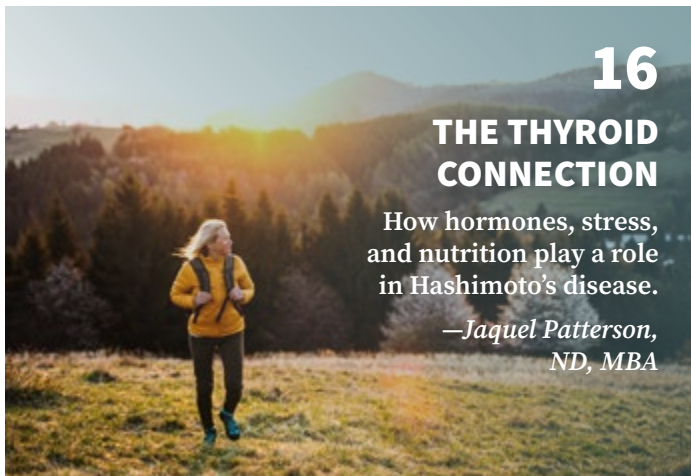
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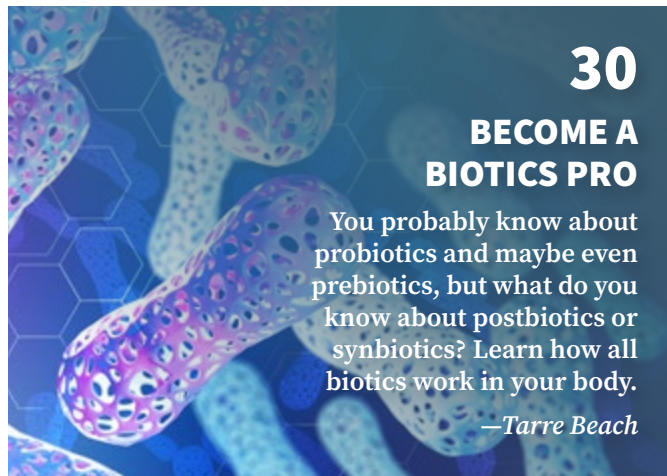
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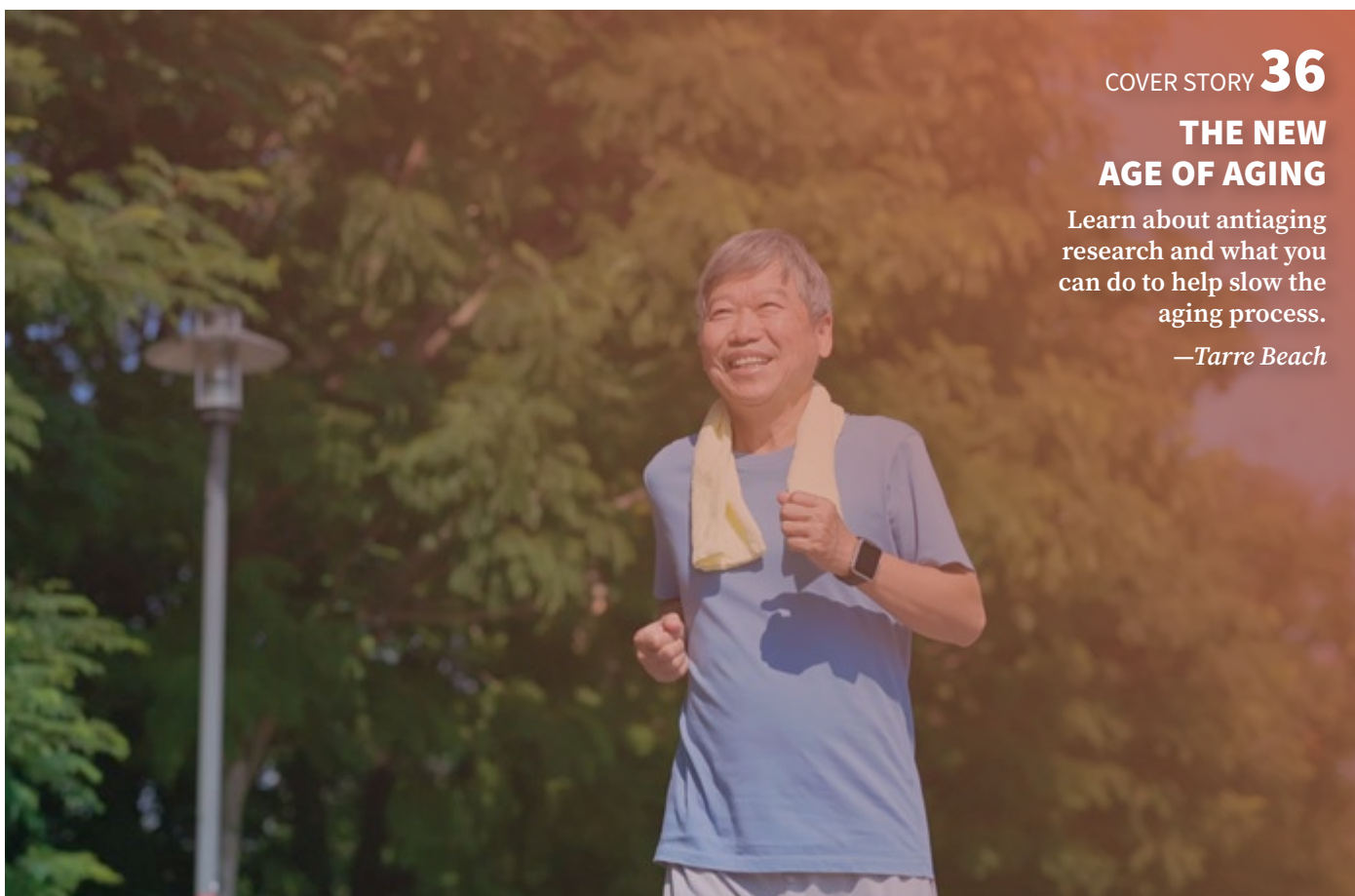
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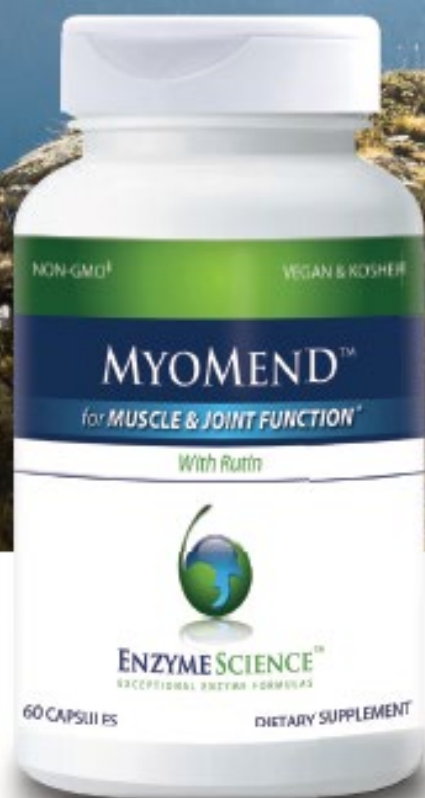


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The Era of Youthful Aging

AS children, we spend a lot of time thinking about what we will do when we *finally* become adults. As adults, we find ourselves yearning for the days of our youth. Although we can't recapture our youth, we can age gracefully and healthfully, living longer, more enjoyable lives. In this issue, we focus on some small ways to make a big impact in supporting youthful aging.

None of us are getting any younger. Like most women of a "certain age," I'd love to turn back the hands of time. Although we can't stop or turn back time, we can embrace it and focus on the lifestyle habits that could help "slow" time. In researching antiaging, I found that the steps to slow aging are much the same as for general health and wellness. Focusing on the right things to help you live a healthy, longer life will make all the difference to your internal clock. (An End to Aging p.36).

Speaking of good health choices, proper hydration is as critical to your internal functions as to your external appearance. Personally, this is an area that I've never paid much attention to until about a year ago. Now I'm more mindful of my daily water intake, I've noticed that my skin and hair are much softer and less dry, and I even have more energy and



generally feel better. Learning more about how being properly hydrated with the correct liquids is just another stop on your wellness journey. (The Foundations of Hydration p.8).

Along with proper hydration, a balanced gut microbiome plays a key role in keeping your systems stable. Until now, I only knew a little about probiotics and prebiotics. It was fascinating to learn about the relationship of all the biotics, including synbiotics and postbiotics, to overall health. Focusing on maintaining internal balance will have a whole-body impact on your health and maybe even add a few extra ticks to that clock. (Become a Biotics Pro p.30).

Here's wishing you "Bon Voyage" and great success on your youthful aging expedition!

To your health,

Tarre Beach
Editor



The Foundations of Hydration

Are you drinking enough fluids for your body? It depends. Learn more about hydrating.

By James Munro, ND

Q Do drinking water and hydrating your body really matter?

A The human body constantly loses water through sweat, urine, feces, tears, saliva, and even breathing. Additional water may be lost through excessive sweating and heavy breathing with exercise, fevers, diarrhea, vomiting, or excessive urination due to diabetes or various medications. The lost water is typically replaced by drinking fluids and eating foods that contain water. However, it is rather common to lose more water than is replaced, leading to a chronic state of dehydration. This can result in thirst, dry mouth, headache, fatigue, increased blood pressure, muscle cramps, dark urine, or dry and flaky skin. Severe dehydration is a medical emergency; symptoms can include dizziness, confusion, irritability, fainting, rapid heartbeat, rapid breathing, or worse.

In a healthy adult, the standard recommendation is to drink about three liters of fluid (approximately 100 ounces) per day for men and about two liters (approximately 68 ounces) for women. However, there is no one-size-fits-all answer. Medications, medical conditions, activity level, climate, and other factors can increase or decrease the amount of fluids that should be consumed. If you have questions about your hydration needs, make sure to consult with your doctor.

There is a common misconception that coffee, soft drinks, and alcohol are dehydrating and count against your fluid intake. While there are many reasons why there are better options for hydration, they ultimately contribute to your overall hydration. In other words, water is the best option, but if you are stranded in the desert and only have a bottle of wine or pot of coffee—drink it.

On the other hand, drinking too much water can result in an imbalance of the water inside and outside the body's cells, causing the cells to swell. This can put you at risk for seizures, coma, or even death. How much water is too much also depends on activity level, medical conditions, climate, etc. Research suggests that more than 27 to 34 ounces of water per hour (approximately 676 to 947 ounces per day) could put your kidneys in the danger zone. An imbalance can also occur if you don't



have enough electrolytes (minerals with an electrical charge) in your body. In most cases, electrolytes are found in the foods we eat; however, excessive sweating and endurance sports can deplete these electrolytes, making sports drinks an attractive hydration option.

Most people would generally benefit from an electrolyte-rich beverage, but many popular sports drinks contain excessive sugar. This may be necessary during an ultramarathon or other endurance-based athletic endeavors, but under normal circumstances, the added sugar provides no benefit and may contribute to blood sugar issues.

In most cases, drinking water throughout the day and relying on your diet to supply you with the necessary electrolytes should be adequate to keep you hydrated, but if you are interested in a sports drink, make sure to find one without excessive sugars, artificial colors, or sweeteners.



James Munro, ND, received his doctorate in naturopathic medicine from the National University of Natural Medicine in Portland, OR. He worked at the prestigious Progressive Medical Center in Atlanta, GA, and is currently the owner of his self-named private practice and serves as the medical director for XYMOGEN and WholeScripts.



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The Mighty Seed

Learn the nutritional profile of different seeds and a great recipe for a rustic seed cracker.

By Mary Gocke, RDN, CDN

Seeds may be small, but they carry a mighty blast of nutrients. Borne inside hard or fleshy outer surfaces, which secure their growth and survival, the seed is essential for a plant's reproduction. As a result, they are packed with energy, protein, fiber, vitamins A, K, C, and E, and the minerals calcium, magnesium, phosphorus, potassium, zinc, iron, selenium, and manganese. They are super nutritious.

Pumpkin Seeds

Shelled pumpkin seeds are often called pepitas, which means “nuggets” in Spanish. Just a handful of pumpkin seeds provide a bounty of magnesium, phosphorus, manganese, some zinc, iron, and vitamin K, and has an assortment of healthy fats. In recent studies, pumpkin seeds have been associated with improved heart health, a reduced risk for certain cancers, and immunity support.

Sunflower Seeds

Nestled in the center of tall, beautiful sunflowers, these seeds are most impressive for their richness in the antioxidants vitamin E and selenium. Both vitamin E and selenium are antioxidants associated with helping to boost immune function and protect against cell damage. Just two tablespoons of sunflower seeds provide 50% of your recommended daily vitamin E intake.

Flaxseeds

When ground, flaxseeds unleash their inflammation-reducing omega-3 fatty acids. Omega-3 fatty acids, also known as alpha-linolenic acid or ALA, are essential, meaning they must be provided by diet because the body does not make them so on its own.

Unground flaxseeds do not provide soluble fiber, so they pass through the digestive tract whole. This may be good for bowel regularity but doesn't give the added benefits of omega-3 fatty acids.



Vegans, vegetarians, and people who do not eat fish, which is an abundant omega-3 source, should consume ground flax for this essential nutrient. Freshly ground flaxseeds are best, but you can also find flaxseed meal at your local grocer.

Chia Seeds

Very similar to the nutritional value of flax, chia seeds have a higher fiber content than flaxseeds. Chia seeds must also be ground to release their omega-3 benefits. Whole chia seeds have the unique ability to retain a large amount of water. For this reason, chia seeds are often used to make pudding.

Hemp Seeds

Hemp seeds are worthy of your attention and consumption. They are extremely nutritious, with high amounts of vitamin E, phosphorus, potassium, sodium, magnesium, sulfur, calcium, iron, and zinc. Interestingly, they provide the perfect ratio of the essential fatty acids, omega-6 and omega-3, in a 3:1 balance. This balance may help support an anti-inflammatory response.

Hemp seeds also offer an outstanding source of complete proteins, something not commonly found in plants. Vegans and vegetarians may want to include hemp seeds in their diet as complete protein can provide all the amino acids for cellular maintenance, growth, and repair.

Ways to Add Seeds

- Sprinkle a blend of seeds on soups, salads, into your yogurt, oatmeal, or on your chia seed pudding
- Blend seeds into a smoothie
- Seeds also come in butters and oils, which can be incorporated into foods or spread on bread
- Use seed butters as a dip for vegetables
- Use ground flax seeds and water as an egg replacement for unleavened baked goods

ChildCalm™

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Have you ever seen a child in a perpetual state of calm? It is definitely more likely that you have seen them in a perpetual state of motion. Many children are constantly in a mode of hyperarousal. Furthermore, children can have a harder time regulating their emotions and responses when triggered. There are also children who struggle with anxious thoughts and their resultant difficulties, albeit on a below-clinical level. And what about those kids who are too wound up to fall asleep?

We wouldn't want our children to be composed at all times. It is good for children to become animated; it promotes motivation. It is even important for children to be afraid as it teaches them to be careful within their environment. Yet, youngsters should also be able to keep their emotions and reactions in check. Often, they need help with that.

PIECES OF PEACE

ChildCalm™ was developed to assist children in their journey toward self-regulation. It's one thing to know you need to calm down. It's quite another to have the ability to do so. A bit of external support, in the form of supplements, can help a child use the tools or the tricks they were taught and allow themselves to relax.*

ChildCalm™ from Advanced Nutrition by Zahler combines traditional botanical remedies with quality vitamins and nutrients to support relaxation in children.*

KIDS CALMING SUPPORT

Our unique formula achieves this result without sedative or hypnotic effects. ChildCalm™ has no dependency-forming ingredients, nor does it produce a zombie. It allows children to feel and experience everything around them yet aids with proper responses to those experiences.*



How does ChildCalm™ work?

Vitamin B6 and Magnesium



Vitamin B6 plays a role in more than 150 enzyme reactions and is closely linked to nervous system function. A deficiency in this vitamin can cause changes in mood. Magnesium, a mineral, is important for every cell in the body and also fights depression. These two can be found in many foods but, unfortunately, in foods children don't love to eat. The B6 and magnesium in ChildCalm™ are bioactive and readily absorbed to allow for maximum benefit.*

Affron®, an extract from the saffron crocus, has been clinically trialed in young children and demonstrated safety and efficacy in reducing both anxiety and mild depressive symptoms.*



Suntheanine® is identical to amino acids found in green tea, a common calming aid. Suntheanine® supports a calm and focused state of mind in both children and adults.*



ChildCalm™ also contains **Lemon Balm Extract**, an herb traditionally used to help with relaxation in children and adults. ChildCalm™ is not a sedative. Yet because it supports a natural state of quietude, it can help those children that have a hard time falling asleep.*



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Gluten-Free Seed Crackers

Ingredients

- 1/3 cup sesame seeds
- 1/2 cup flaxseeds
- 1/2 cup raw pepitas (shelled pumpkin seeds)
- 1/2 cup raw sunflower seeds
- 2 tablespoons chia seeds
- 1/3 cup cornstarch
- 1/2 teaspoon salt
- 3 1/2 tablespoons coconut oil
- 3/4 cup boiling water

Nutrition Facts Per Serving:

Calories:	84	Sodium:	51 mg
Carbohydrates:	4 g	Potassium:	71 mg
Protein:	2 g	Fiber:	2 g
Fat:	7 g	Sugar:	1 g
Saturated Fat:	1 g	Vitamin A:	2 IU
Polyunsaturated Fat:	3 g	Vitamin C:	1 mg
Monounsaturated Fat:	3 g	Calcium:	39 mg
Trans Fat:	1 g	Iron:	1 mg

Instructions

1. Preheat the oven to 275 degrees. Line a 13 x 18-rimmed baking sheet with parchment paper.
2. Stir the seeds, cornstarch, and salt together in a large bowl. Add the oil and boiling water. Stir to combine. Let the mixture sit for 10 minutes.
3. With a spatula, spread the batter evenly and thinly on top of the parchment paper. Take your time doing this. Sprinkle the top with sea salt. A flaky sea salt is best.
4. Place in the oven, and bake for about 90 minutes or until golden brown and crisp. You may need to rotate the pan to encourage even browning.
5. When cool enough to handle, move the parchment paper with the crackers on top to a wire rack to cool completely.
6. To serve, break the cracker into pieces for a rustic look or cut into squares using a serrated knife.



Mary Gocke, RDN, CDN, is a registered dietitian and certified dietitian/nutritionist. She graduated from the University of Florida. She is the owner and founder of The Human Frame. TheHumanFrame.com



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The Thyroid Connection

How hormones, stress, and nutrition play a role in Hashimoto's disease.

By Jaquel Patterson, ND, MBA

Anyone can develop thyroid issues, such as Hashimoto's thyroiditis, also known as Hashimoto's disease. If untreated, complications can occur. These include heart problems, mental health challenges, and reproductive dysfunction impacting libido, ovulation, fertility, pregnancy outcomes, erectile dysfunction, and the menstrual cycle. Unfortunately, more women than men develop thyroid problems.

Women's Health

According to the American Thyroid Association, about one in eight women will have a thyroid condition in their lifetime. Studies have shown a significant connection between thyroid hormones and hormones that fluctuate during the menstrual cycle and menopause. The greatest risk occurs during pregnancy and menopausal transitions. There are direct effects of estrogen on thyroid cells. Estrogen has also been shown to increase the need for thyroid hormones and the transport protein that carries them, thyroxine-binding globulin.

The National Institute of Health reports that Hashimoto's disease is most common among middle-aged women who are approximately four to 10 times more likely than men to develop the illness. The manner of development of Hashimoto's is still not fully understood, but there are some clear potential risk factors. For example, the likelihood of being diagnosed is even higher if you have a family member with Hashimoto's disease or other autoimmune disorder. There have also been environmental factors connected to Hashimoto's disease, such as selenium deficiency, tobacco use, high iodine intake, infectious diseases, and environmental pollutants, such as smoke or radiation exposure.

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Wines, cheeses, fermented foods, cured meats, avocados, tomatoes, and spinach. These foods all have higher levels of histamine. If you are noticing any discomfort after eating them, you may have a need for more enzyme activity in your intestinal tract. The enzyme needed is called DAO or diamine oxidase. **Histamine Block** delivers DAO straight to your intestines to support normal histamine metabolism.*

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Some of the symptoms of Hashimoto's include an under- or overactive thyroid or goiter. Symptoms of an underactive thyroid include fatigue, weight gain, reduced muscular strength, cold intolerance, depression, dry skin, hair loss, constipation, decreased ability to focus, and hair and skin changes. Overactive thyroid symptoms include weight loss, heat intolerance, increased sweating, rapid heart rate, anxiety, and tremors. A goiter is an enlargement of the thyroid that can cause a bulging nodule on the front of the neck with symptoms that include tightness in the throat, trouble breathing, coughing, or a hoarse voice.

What Causes Hashimoto's

Although the causative factors for Hashimoto's are still not fully understood, more research is emerging on the connection between infections and environmental factors. For example, the Epstein-Barr virus is the most common infection connected with Hashimoto's due to virus reactivation inside the thyroid gland. Regarding environmental factors, research has shown a link between radiation, polychlorinated biphenyls (PCBs)—industrial chemicals banned in America in 1979—and other chemical exposures with Hashimoto's disease. Cadmium, mercury, and lead have also been linked with alterations in thyroid function.

How to Help

Many lifestyle changes and natural medicines support one's overall health after a Hashimoto's disease diagnosis.

Stress management: Stress reduction and management are key components to support thyroid hormone wellness. Stress can release cortisol, which suppresses the release of thyroid-stimulating hormone (TSH) and decreases the conversion to T3, the most active

form of thyroid hormone. Stress also increases the inflammatory response, and chronic stress can increase pro-inflammatory cytokines, which are detrimental to autoimmune conditions. Here are some helpful stress-relieving steps that may combat Hashimoto's disease symptoms:

Deep breathing: Deep breathing helps to stimulate the vagus nerve, which triggers a parasympathetic response and lowers heart rate. Diaphragmatic breathing (breathing from the diaphragm) is considered optimal. Different breathing techniques may be used in meditation or yoga. Studies have shown even five to 10 minutes per day of deep breathing can reduce symptoms associated with the cycle of chronic stress.

Exercise: Incorporating regular exercise and movement into your routine is important. However, balance is essential. Too much exercise can produce an excessive cortisol spike, increasing cortisol and suppressing TSH. When exercise equity is achieved, it can influence T3.

It is important to incorporate exercise into your daily routine. Do something you enjoy, such as walking, dancing, hiking, swimming, or attending a fitness class. Regular and consistent exercise will also increase sleep quality, which is critical in regenerating and repairing your body. Studies have shown that moderate high-resistance training programs, mixing both cardio and strength, help decrease cortisol levels and support your whole body.



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Diet: Diets that are high in antioxidants are recommended. The Mediterranean diet can be particularly helpful to those with autoimmune conditions. This diet focuses on consuming seven to nine servings of fruits and vegetables and foods high in omega-3 fatty acids, such as walnuts, extra virgin olive oil, and salmon, to help support a decrease in inflammation and autoimmune condition symptoms. For Hashimoto's, you should be mindful of foods high in iodine and mercury, which can disrupt thyroid function.

Gut Health: Fermented foods, such as sauerkraut, kefir, and kimchi, produce probiotics for healthy gut flora. Prebiotics or foods high in fiber, such as artichokes, leeks, legumes, garlic, or onions, provide fuel for colonocytes and help to grow beneficial microbes.

Some key supplements to support thyroid health, particularly for individuals with Hashimoto's, that have been studied include the following:

Vitamin D: This vitamin helps to modulate the body's immune response and decrease pro-inflammatory cytokines/mediators. It has also been shown to reduce thyroid and autoimmune antibodies and help reduce disease progression and severity. Vitamin D also helps with both the differentiation and regulation of immune cells.

Zinc: Like vitamin D, zinc helps to support the modulation of the adaptive immune system response and T-cell differentiation. For autoimmune disease, study results have shown it inhibits Th17 lymphocytes, which have been implicated in autoimmune disease. Zinc also supports decreasing overall inflammation in the body.

Selenium: The thyroid has the highest selenium concentrations in the body; having lower selenium levels can be problematic for thyroid function.

Rosmarinic acid: Research has shown that rosmarinic acid, a compound concentrated in certain plants, including herbs like rosemary and oregano, may prevent the TSH effect on the receptor site itself and help modulate immune function.

Guggul: Produced by Indian myrrh, guggul is the oily sap from the *Commiphora mukul* shrub. Research shows guggul may support thyroid regulation and healthy cholesterol levels.

Overall, managing Hashimoto's disease requires a comprehensive approach, including lifestyle changes like diet, exercise, and self-care. Managing stress through the continuum of a person's life is vital to help modulate long-term immune function. It is also important to look at other contributory factors, such as the environment and nutrient and mineral deficiencies, that can negatively impact the disease state.



Jaquel Patterson, ND, MBA, is a nationally recognized naturopathic physician, Forbes contributor, keynote speaker, and three-time Amazon best-selling author. She's the medical director of Fairfield Family Health in Connecticut. Her areas

of focus are autoimmune conditions, Lyme disease, anxiety, and depression. FairfieldFamilyHealth.com



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Strength Train So Everyday Isn't a Strain

Daily activities require muscle and movement. Strength training can help you live life with less pain and more endurance.

By Sarah Blackburn, PES, GPTS, FMCHC

Many people incorporate strength training into their routine to build muscle mass, shed unwanted body fat, or maintain a certain physique. But what most people don't understand is there is more to strength training than this.

Strength training done correctly should incorporate functional movements. These movements will support you in your day-to-day lifestyle motions to help ensure you don't injure yourself with everyday activities.

When you get out of bed in the morning, you must use your core to sit up and then get up. Carrying groceries from your car to your home also takes a certain amount of upper body and core strength. You must use your legs and glutes when you sit down in a chair or stand up. Even when sitting at your desk (not slumped over it), good posture is attained by engaging your neck, shoulder, core, and even pelvic floor muscles. In fact, every type of movement you do daily correlates with your total body strength.

So next time you hear the words strength training or weight training and think, "that's not for me," think again. Your posture, going up and down stairs, getting out of bed, carrying items, chasing your kids around—all can be supported by strength training.

Unable to see a trainer to assist you with training? Check out these movements to help you build strength in different areas of your body and ensure you can complete your daily tasks.

Core

Sit-ups: Lie on your back with your knees bent and feet on the ground. Place your hands on either side of your head. Bend your hips and waist to raise your upper body off the ground. Lower yourself back to starting position. Complete three sets of 10.

Plank hold: Place your forearms or palms on the ground with elbows directly under your shoulders. Stretch your legs out behind you and raise yourself up on your toes. Draw your navel toward your spine while looking at the ground. Hold for 20 seconds. Complete three sets.

Dead bugs: Lie on your back with both arms and legs in the air. Lower your right leg and left arm to about one inch from the ground and bring them back to the starting position. Switch to the left leg and right arm. Complete three sets of 10.

Lower body

Squats: Stand with your feet shoulder-width apart. Your hips, knees, and toes should all be facing forward. Bend your knees and extend your buttocks backward. Make sure to keep your knees behind your toes and your weight in your heels. Raise back up to the starting position. Complete three sets of 10.

Reverse lunges: Stand with your feet together. Take a large step backward with your right foot, dropping your right knee to the ground creating a 90-degree angle. Push off your right foot to bring both feet back to the starting position. Alternate legs. Complete three sets of 10 each.

Cable pull-throughs: Stand with your feet wide and back to a cable pulley machine. Hinge your hips, grab the rope attachment between your legs, and pull it through your legs. Return to cable pulley to starting position. Complete three sets of 10.



Upper body

Farmer's carry: Stand with feet shoulder-width apart. Bend at the knees, keeping your chest up to pick up weights from the floor. Carry a dumbbell in each hand, holding them (palms facing the side of your legs) at your sides, and walk 10 steps (do not swing your arms). Complete three sets.

Chest press: Lie on your back with your knees up while holding a dumbbell in each hand. Dumbbells should be at shoulder height, palms facing up. Press both dumbbells up in the air. Lower your arms back down to the starting position. Complete three sets of 10.

Overhead press: Stand with feet shoulder-width apart while holding a dumbbell in each hand at shoulder height, keeping your elbows at right angles and your palms facing away from you. Lift both dumbbells at the same time overhead. Lower arms slowly to starting position. Complete three sets of 10.

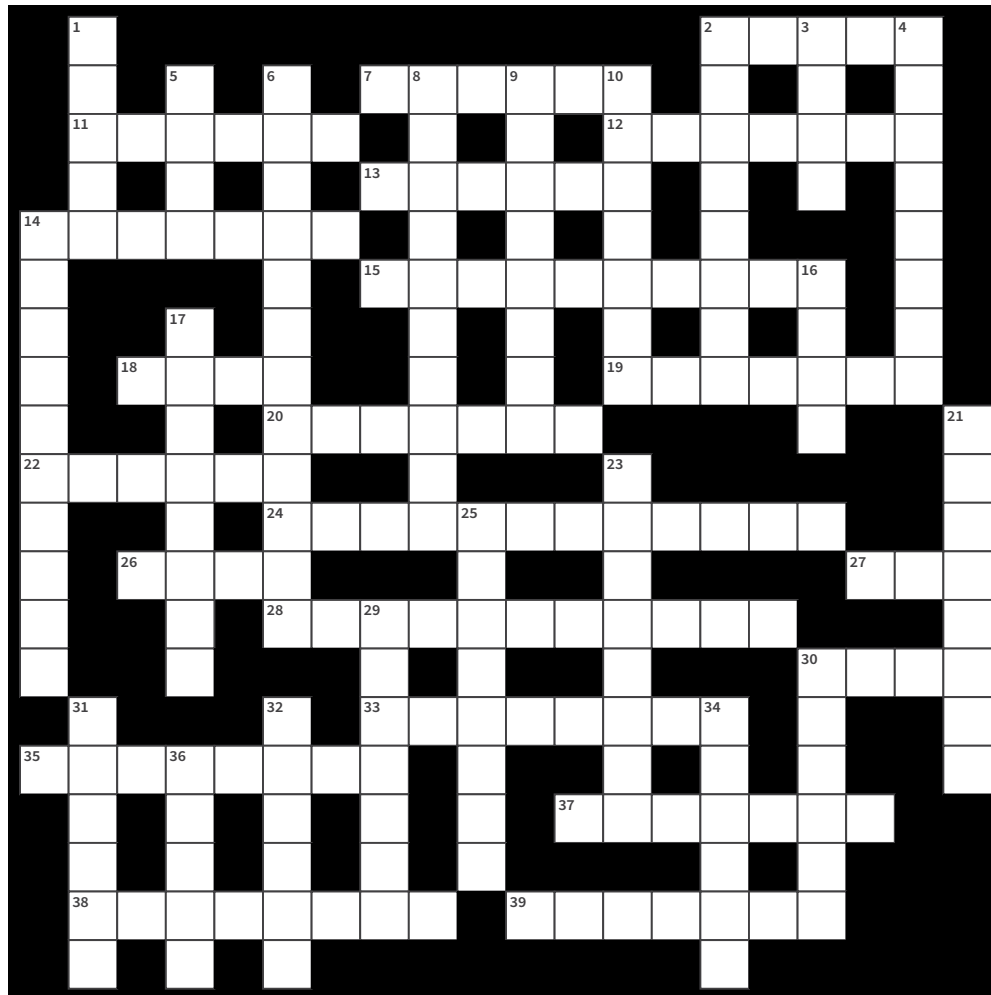


Sarah Blackburn, PES, GPTS, FMCHC, is a performance enhancement specialist and group personal training specialist certified by the National Academy of Sports Medicine as well as a health coach certified by the Functional Medicine Coaching Academy. She is the founder and director of XYMOGYM, a full-service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



Seeds and Changes

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



Down

1. Vim's partner
2. Large trash bin
3. Swoosh brand
4. Calcium, iron, zinc, etc.
5. Healthy eating plan
6. Vitamin _____ can cause diseases
8. Friendly collection of bacteria living in and on us
9. Biology of heredity
10. Genus members
14. Warm Crimean mask/cap combos
16. Health-food seed, can also make a pet
17. Ship's cargo quantity
21. Beaten in trickery
23. Muscle power
25. Without rules
29. Body position
30. Doctor famous for high-fat, high-protein diet
31. Desperately sad
32. Give help or support to
34. Anxiety producer
36. Diet of steak, egg, and milkshake shunner

Across

2. Stonewashed
7. Chase, Martin, Short; The Three _____
11. Pain in the neck
12. Gourd with seeds good for roasting
13. Wall candle holder
14. European island
15. Healthful waste from a probiotic
18. Diet made popular by Dr. Larry Sears
19. Varieties of bacteria
20. French salad with tuna, eggs, and black olives
22. Acid produced by muscles after exercise
24. An on-and-off way to eat
26. Your center muscles
27. Spray to deter bugs
28. Nutrition that gives additional aid to your body
30. Top point
33. Saves from loss
35. Stocky, solid, not light
37. Neck gland important for growth
38. Source of healthy fat and fiber, another name for linseed
39. Processes food in the stomach

Answers found on **p.35**



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BUT THE VIEW IS
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Become a Biotics Pro

You probably know about probiotics and maybe even a little about prebiotics, but what do you know about postbiotics or synbiotics? Learn how all biotics work in your body.

By Tarre Beach

You probably know a little about probiotics, those living microorganisms found in certain foods that are good for your gut health, right? And prebiotics. Do you have the low-down on them? What about postbiotics or even synbiotics?

The word pro means in favor of, and biotic means living organism, so probiotic means in support of life. If that's the case, probiotics must be good for you. In most cases, probiotics are safe and can benefit your health. However, everyone's health and bodies are different. Your gut microbiome—the collection of bacteria in your gut—is unique and exists in a delicate balance. So, a probiotic food or supplement that helps you might not help someone else. Consulting with your healthcare practitioner is always important when considering diet or supplement changes.

Popular Probiotics

According to the International Probiotics Association, most probiotic organisms belong to the *Lactobacillus* and *Bifidobacterium* genera or subdivisions. However, many genera, species, and strains of bacteria bloom in the human gastrointestinal tract at any one time. The *Lactobacillus* genus contains about 80 recognized species, the most well-known being *Lactobacillus acidophilus*. The major by-products of *Lactobacilli* fermentation are lactic and acetic acids. Studies have found that lactic and acetic acids can improve digestion, manage intestinal infections, and possibly help reduce body fat.

Bifidobacterium is the most abundant genus of good bacteria in the human gastrointestinal tract. It has been noted that this genus may boost overall immunity, improve diarrhea and constipation issues, and possibly provide support against eczema in infants and children.

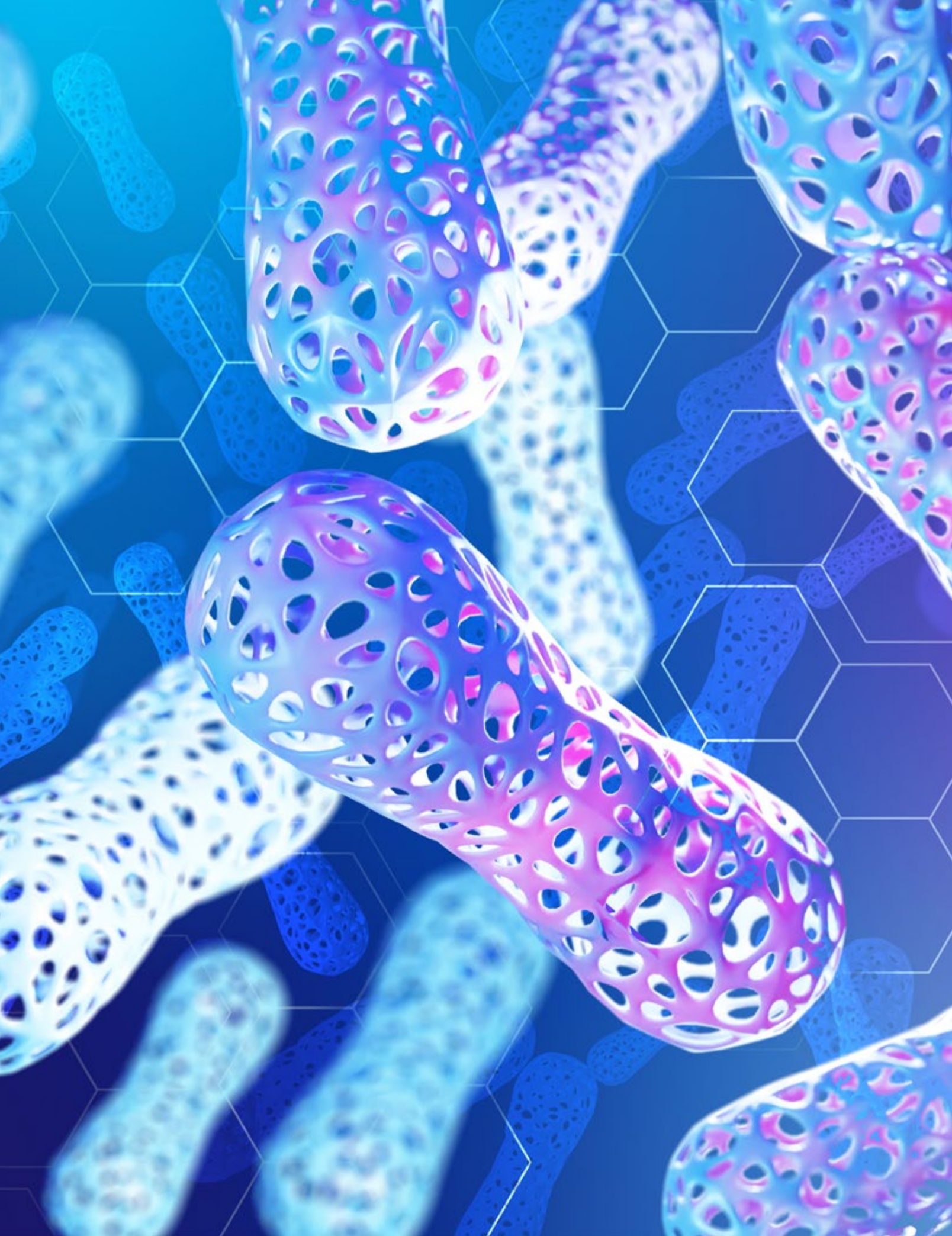
Lactobacillus and *Bifidobacterium* have been researched for their distinct benefits. Here's a list of just a few health studies and their findings:

- *Lactobacillus acidophilus* may help reduce bad cholesterol
- *Lactobacillus rhamnosus* may support vaginal health
- *Lactobacillus casei* may reduce the severity of rheumatoid arthritis
- *Lactobacillus salivarius* may help relieve issues associated with acne
- *Bifidobacterium bifidum* may reduce problems associated with atopic dermatitis
- *Bifidobacterium lactis* may provide support against eczema in infants and children

When considering a probiotic, it is best to consult a healthcare practitioner to determine the most beneficial type for your specific health conditions.

Who should take probiotics?

Most healthcare practitioners say that almost anyone can benefit from taking a probiotic. They are often generally recognized as safe (GRAS) for most people. Many lifestyle factors negatively impact gut health, such as poor diet, stress, medications, and tobacco or alcohol use. Taking a probiotic could add a protective layer to your digestive system, helping it maintain balance and overall health.





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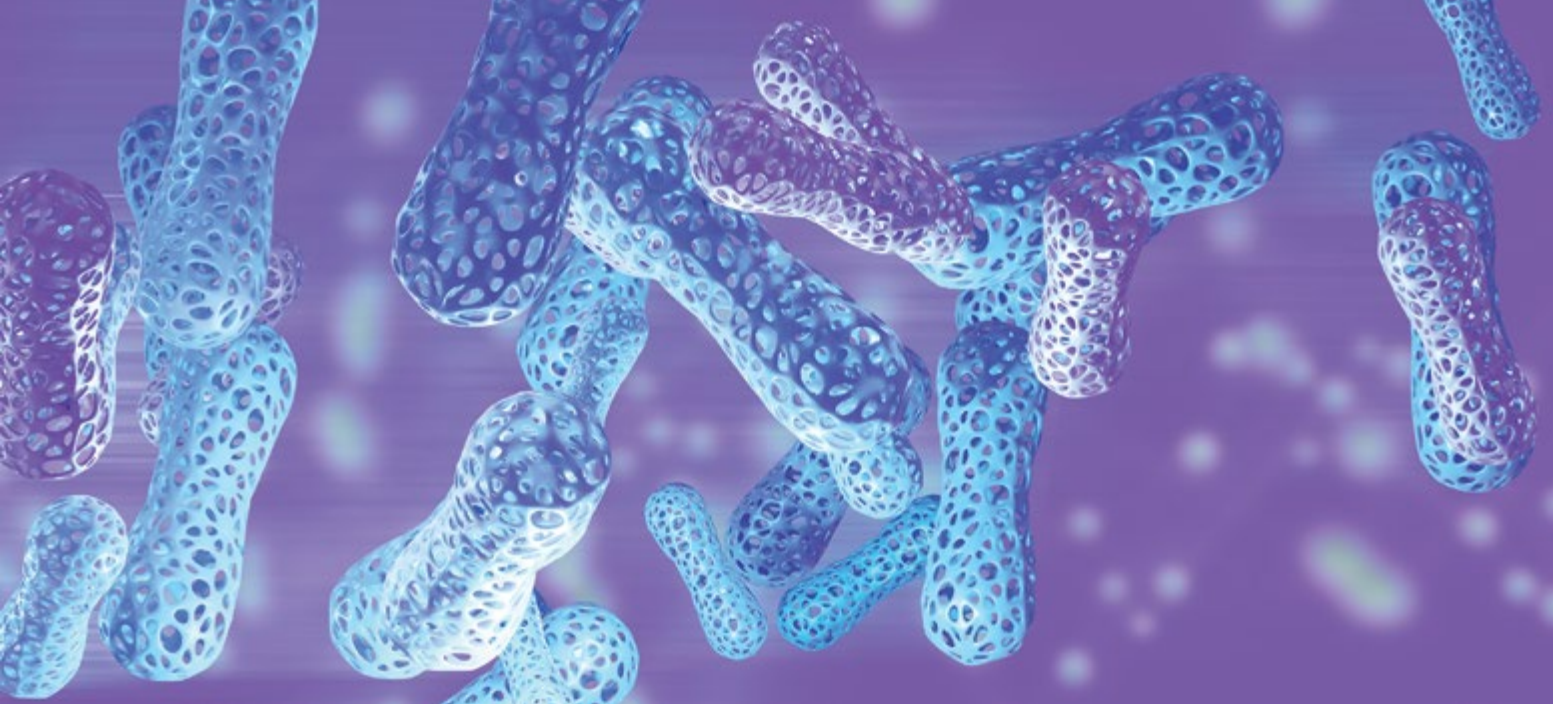
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One 2017 review, however, suggested that children and adults with severe illnesses or compromised immune systems should not take probiotics. Again, your healthcare practitioner is the best person to ask whether you are a good candidate for probiotics or any other supplementation.

What are Postbiotics?

It is well established that probiotics can provide several health benefits by modulating the gut microbiome; however, some research findings suggest that functional limitations, such as viability controls, have hampered probiotics' full application potential.

Harvard Women's Watch physicians Toni Golen, MD, and Hope Ricciotti, MD, define postbiotics this way: "Postbiotics are the waste left behind after your body digests both prebiotics and probiotics. Healthy postbiotics include nutrients, such as vitamins B and K, amino acids, and substances called antimicrobial peptides that help slow down the growth of harmful bacteria. Other postbiotic substances called short-chain fatty acids also help healthy bacteria flourish."

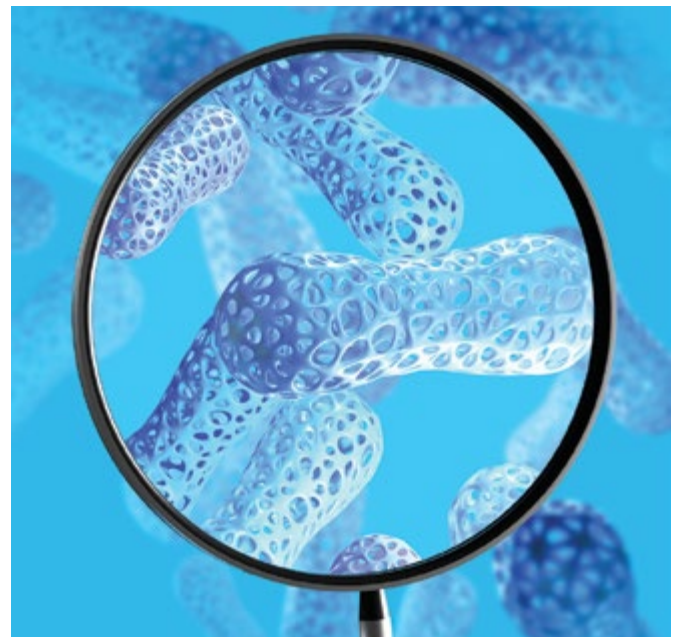
Therefore, some in the industry are starting to focus on postbiotics as a valuable tool for wellness.

A 2020 report in the peer-reviewed *Microbial Cell Factories* journal states that postbiotics may have some advantages over probiotics, including availability in their pure form, ease of production and storage, and that they may be more likely to trigger targeted responses.

Postbiotics should not be confused with paraprobiotics, which are immobilized probiotics. Paraprobiotics have recently been gaining traction because of their perceived better tolerance by children and severely ill or immunocompromised patients. When ingested, paraprobiotics may produce positive biological responses and/or restore intestinal homeostasis.

Like probiotics, healthy adults may want to increase their intake of fermented foods to help produce healthful benefits to their gut microbiome.

Fermented foods such as kefir, kimchi, kombucha, miso, sauerkraut, tempeh, and yogurt are often recommended to help produce healthy gut bacteria.





A Good Start: Prebiotics

Prebiotics act as food for probiotics. They are carbohydrates your body can't digest, so they go to your lower digestive tract and help healthy bacteria grow. Foods with healthful amounts of fiber are considered prebiotics. Beans, wheat bran, Jerusalem artichoke, garlic, onions, leeks, asparagus, and cruciferous vegetables, such as broccoli, cauliflower, cabbage, and kale, break down to create substances that help probiotics to grow and thrive in your gut.

Prebiotic supplement ingredients often include one or more of the following: fructans (inulin and fructooligosaccharides [FOS]), galactooligosaccharides [GOS], resistant starch [RS], polydextrose, pectin, and rhamnose. FOS and GOS are the most known prebiotics. Because they are fiber, some who take prebiotic supplements may experience uncomfortable bloating and gas.

Combining Good Bacteria

There is another biotic that may be new to many people: Synbiotics. These are prebiotics and probiotics combined to help ensure that the digestion-friendly microorganisms arrive in the gut alive and well. The prebiotics in synbiotics nourish the gut, creating a

supportive environment for the probiotics to have a better chance of proliferating. Some recent research findings suggested that synbiotic supplements may be more effective for people with irritable bowel syndrome (IBS) and other bowel disorders. In 2017, the Kermanshah University of Medical Sciences conducted a study that found synbiotic supplementation in patients with diabetes significantly reduced triglycerides and total cholesterol.

All this talk about bacteria may be a bit confusing. Simply put:

- Prebiotics are the food for beneficial bacteria. Probiotics are good bacteria.
- Synbiotics are a combination of prebiotics and probiotics that may work more effectively in some people to plant and grow good bacteria in their gut.
- Postbiotics are the chemicals released from probiotics that manage the good and bad bacteria in your gut.

To learn more about which biotic, if any, is best for you, contact your healthcare professional.

Getting the Weight Off



Dieters have been looking for the best way to weigh less for decades. Learn about the history of different diets.

1863

An obese British undertaker named William Banting adopts a low-carb, high-fat diet. He successfully loses weight, and the diet he follows becomes known as the Banting Diet.

1928

The Lucky Strike Cigarette Diet suggests dieters “reach for a Lucky instead of a sweet,” and that smoking more and eating less will result in keeping a slender figure.

1930s

Raymond Ellis Dietz recommends patients try eating only cabbage soup for a week or more to lose weight quickly. The subsequent low-fat, low-calorie, high-fiber Cabbage Soup Diet resurfaces again and again throughout the years.

1995

The Zone Diet allows dieters to eat protein, fats, and low-glycemic carbs. Developed by Dr. Barry Sears, it is believed it helps reduce spikes in insulin release by eating five times a day.

1992

The 1972 Atkins Diet is revised and made popular by cardiologist Robert C. Atkins. It follows a low-carb, high-fat regimen.

1975

The Stone Age Diet, a high-meat, low-starch diet, is launched by Walter L. Voegtlin. The Paleo Diet, based on this idea, is popularized by Loren Cordain who trademarks the words and writes a book of the same name in 2002.



1996

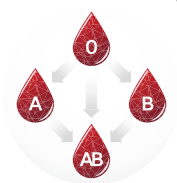
The book “Eat 4 Your Type” by Peter J. D’Adamo, ND, recommends people eat according to their blood type. The theory is that the body will digest food more efficiently, allowing it to lose weight.

2005

The Alkaline Diet, developed by Robert O. Young, in his book “The pH Miracle for Weight Loss,” is based on abstaining from “acidic” foods so as not to overload the body with acidity, which causes weight gain.

2012

The intermittent Fasting Diet, which has been around since the 1960s, makes a big comeback. It suggests that by restricting food for certain hours or days, the body will more quickly use up fat stores for energy, causing weight loss.



Wellness Words Answers

Down

- | | | |
|-----------------|----------------|--------------|
| 1. Vigor | 9. Genetics | 25. Ruleless |
| 2. Dumpster | 10. Species | 29. Posture |
| 3. Nike | 14. Balaclavas | 30. Atkins |
| 4. Minerals | 16. Chia | 31. Bereft |
| 5. Diet | 17. Boatload | 32. Assist |
| 6. Deficiencies | 21. Outfoxed | 34. Stress |
| 8. Microbiome | 23. Strength | 36. Vegan |

Across

- | | | |
|----------------|------------------|-----------------|
| 2. Denim | 18. Zone | 28. Supplements |
| 7. Amigos | 19. Strains | 30. Apex |
| 11. Goiter | 20. Nicoise | 33. Salvages |
| 12. Pumpkin | 22. Lactic | 35. Heavysset |
| 13. Sconce | 24. Intermittent | 37. Thyroid |
| 14. Britain | 26. Core | 38. Flaxseed |
| 15. Postbiotic | 27. Off | 39. Digests |



The New Age of Aging

Learn about antiaging research and what you can do to help manage the aging process.

By Tarre Beach

Ever since Ponce de León set out on his explorations, there has been a search for the “Fountain of Youth,” but how does that translate to modern medicine? This is the issue that the American Academy of Anti-Aging Medicine (A4M) specifically aims to address.

Some in the integrative healthcare community suggest that aging is simply another health issue that can be solved. However, the American Medical Association (AMA) and the American Board of Medical Specialties do not recognize the field of antiaging medicine, although both boards accept and appreciate the work done by geriatric physicians, geneticists, and scientists studying aging.

As Ponce tragically discovered, no one can live forever. But many want to live longer. Researchers, such as David Sinclair, a Harvard professor of genetics and co-director of the Paul F. Glenn Center for Biology of Aging Research, are trying to figure out how to live beyond 100 years. Sinclair’s New York Times best-seller “Lifespan: Why We Age – And Why We Don’t Have To” delves deep into the history of human life and aging, the present state of current aging research, and future technological advancements in conquering aging. Some ideas are a bit far-fetched. For example, we can age backward, and that aging is a disease that can be “cured.”

Regarding epigenetic damage, Sinclair has been quoted as saying, “we have found the master control switch, a way to rewind the clock.” While his theory that epigenetic damage is responsible for aging isn’t new, other scientific research suggests at least five additional systems that must be addressed simultaneously to effectively conquer aging.

So, while scientists continue to investigate ways to slow aging, the mainstream medical community, integrative healthcare practitioners, researchers, the AMA, and the A4M recommend some lifestyle changes that can support your health while you age. They include:

- Manage stress
- Learn something new
- Go to your healthcare practitioner or doctor regularly
- Connect with family and friends
- Choose healthy foods rich in nutrients
- Get moving

Stress Less

Numerous studies have shown a link between chronic psychological stress and accelerated aging. Reducing or managing your stress better can help decrease the health risks associated with stress.

The National Institute on Aging suggests doing yoga, deep breathing, or journaling to help manage stress.

For older adults dealing with the loss of a loved one, counseling or group bereavement therapy is a good idea. A pet could be helpful too.



Dr. Ann Berger, a physician and researcher at the National Institutes of Health's Clinical Center in Bethesda, Maryland, said that animals could provide comfort and support and help people build their mindfulness. "The foundations of mindfulness include attention, intention, compassion, and awareness. All of those things are things that animals bring to the table. People kind of have to learn it. Animals do this innately."

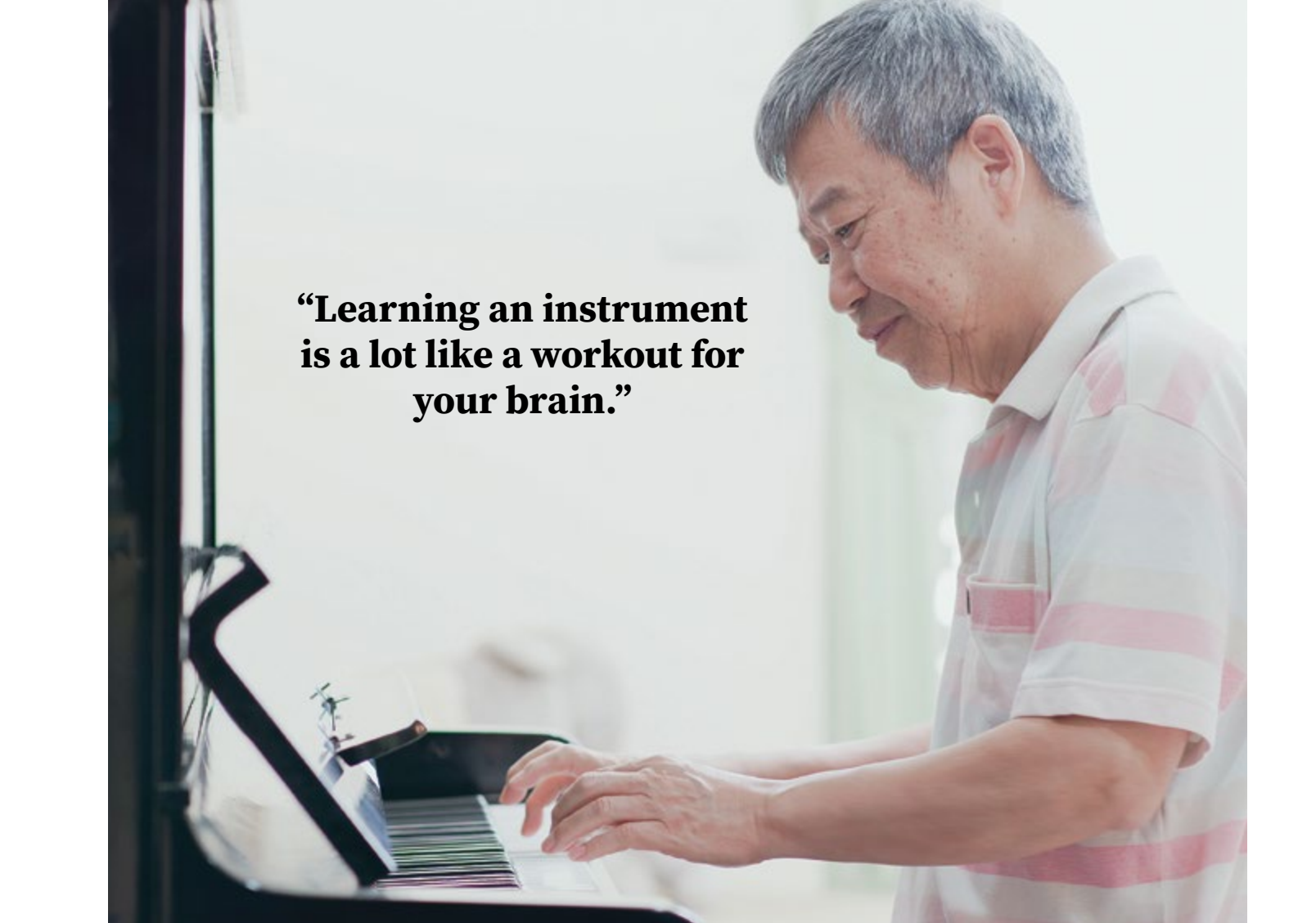
Nutrition and Supplements

Malnutrition is also associated with accelerated aging. Older adults may have trouble with digestion and absorption of nutrients in food due to a lower intake of healthy food, decreased appetite, or poor oral health like mouth dryness and dentures.

Cindy Bunte, MS, RDN, says we naturally lose muscle mass as we age. Some older adults do not get the protein

they need to maintain muscle mass, fight infection, or recover from an accident or injury. Because of this, she recommends older patients increase the amount of protein in their diets. "Adding beans, nuts or nut butters and eggs are economical ways to get more protein in your diet," she says.

The Harvard geneticist Sinclair found a possible connection between resveratrol and sirtuin genes, which protect our DNA and the modifications that regulate the activity of our genes, known as the epigenome. Another study he worked on proved that the naturally occurring compound nicotinamide mononucleotide (NMN) had the ability to restore the youthful state of mitochondria in elderly mice. Sinclair has become a regular supporter of supplements to fight the effects of aging. He personally takes NMN, resveratrol, vitamin D3+K2, coQ10, quercetin, and trimethylglycine (TMG, also known as betaine) supplements to help reduce the effects of aging.



**“Learning an instrument
is a lot like a workout for
your brain.”**

Learn More

Learning to dance, play an instrument, or speak a new language can keep the brain malleable (flexible). One Johns Hopkins Medicine study found that when older adults took piano lessons, their attention, memory, and problem-solving abilities improved, along with their moods and quality of life. Because music is structural, mathematical, and architectural, it requires a lot of brain power. Learning an instrument is a lot like a workout for your brain. Working out your brain can help keep it healthy and fit.

Harvard studies also found that brainy activities, including crossword puzzles, sudoku (number puzzles), math, and reading, can stimulate new connections between nerve cells and may even help the brain generate new cells, developing neuroplasticity (brain flexibility) and possibly build up a functional reserve that could protect against future cell loss.

Don't Forget to Exercise

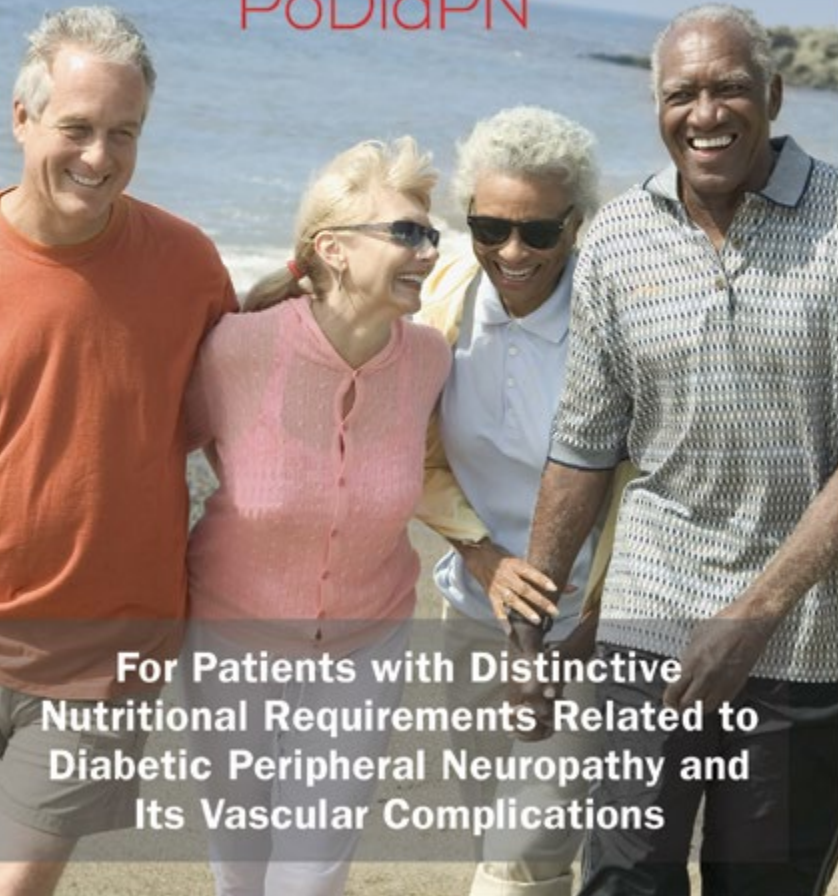
Besides the mental gymnastics of learning, studies also link ongoing physical activity as beneficial to the brain. Exercise can stimulate the brain's ability to maintain network connections and make new ones. Exercise increases the size of the hippocampus, the part of the brain essential to memory and learning.

A 2017 study by the National Institute on Aging found that even moderate physical activity could increase cerebral glucose metabolism, and high physical activity could increase brain volume and blood flow. These neurological benefits from exercise can, in turn, reduce cognitive decline, keeping our minds “young.”

In the end, healthcare practitioners and scientific studies suggest that staying connected with others, getting regular checkups, managing stress, eating healthfully, continuing to learn, and exercising regularly, are good ways to stay “young.” What are you doing to support your health and increase longevity?

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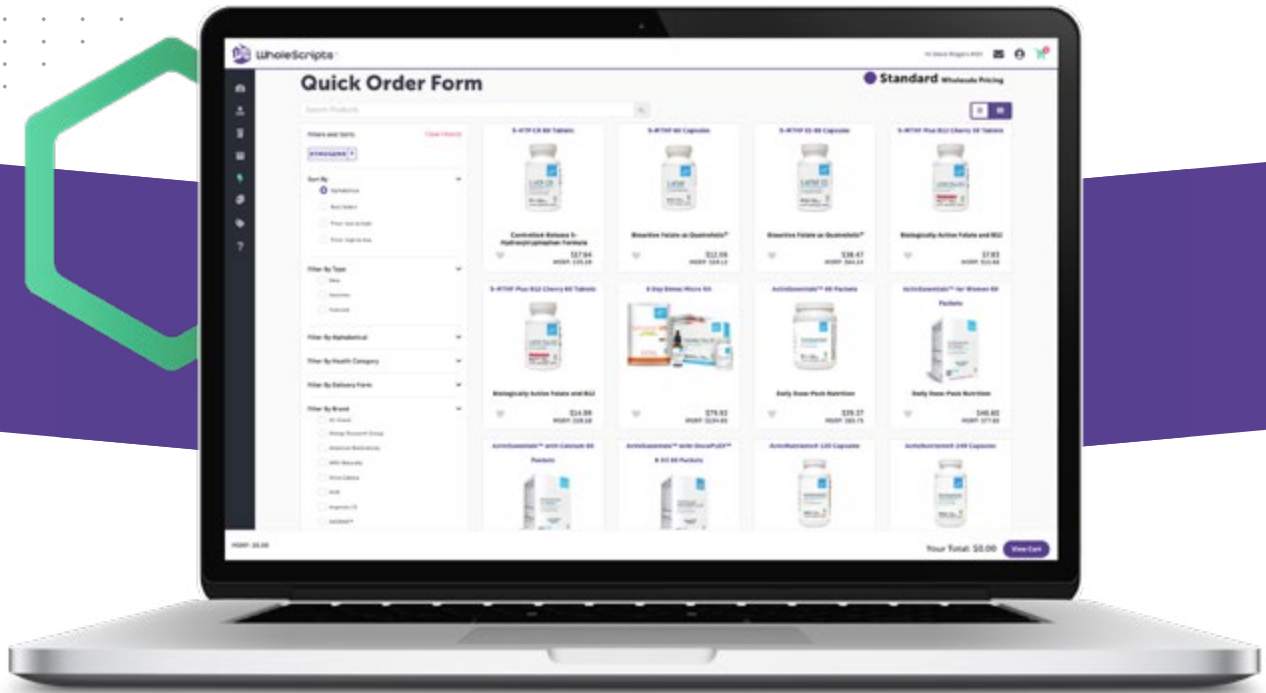
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Allergy Research Group

Product Name

200 mg of Zen 120 Capsules
Adrenal Cortex 100 Capsules
ALA Release 60 Tablets
Artemisia 100 Capsules
Artemisinin 300 Capsules
Artemisinin 90 Capsules
B12 Adenosylcobalamin 60 Lozenges
Biofilm Neutralizer 60 Capsules
ButyrEn 100 Capsules
Cat's Claw 60 Capsules
Echinacea Ivy 60 Capsules
Eldermune™ Chewables 60 Tablets
Essential-Biotic Mood & Mind 60 Capsules
GLA Borage Oil 30 Softgels
HiBiotin 90 Capsules
Humic-Monolaurin Complex 120 Capsules
KingChlorella™ 600 Tablets
L-Arginine 250 Capsules
Lumbrokinase 30 Capsules
Magnolia Extract 120 Capsules
Mastica® 120 Capsules
Melatonin 20 mg 60 Capsules
Micro Liposomal C 4 fl oz
MultiMin 120 Capsules
N-Acetyl Glucosamine 90 Capsules
NTFactor® EnergyLipids 120 Servings
Osteo-Vi-Min® 180 Tablets

Ox Bile 500 mg 100 Capsules
Pancreas 60 Capsules
Pantothenic Acid 90 Capsules
Polyphenol-C® 500 90 Capsules
Pregnenalone 50 mg 60 Tablets
ProGreens® 30 Servings
Quercetin Bioflavonoids 100 Capsules
Stabilium® 200 Garum 30 Capsules
Taurine 1000 mg 250 Capsules
Taurine 500 mg 100 Capsules
Thymus Natural Glandular 75 Capsules
Thyroid 100 Capsules
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TMG Trimethylglycine 100 Capsules
Tricycline® 90 Capsules
VascuStatin Formula 120 Capsules
Vitamin E Succinate 100 Capsules
Zen Adapt with Sensoril® 60 Capsules
Zen Sleep with P5P and 5-HTP 60 Capsules
Zinc Citrate 25 mg 60 Capsules
Zinc Picolinate 60 Capsules

AllVia

Product Name

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Liquid Iodine Plus 2 oz
Magnesium Gel 16 oz
Progensa 20 Cream 4 oz

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 Mist Toner 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 - 1 mg 60 Lozenges
 Ortho Sleep™ 60 Capsules
 P.E.A.k. Endocannabinoid Support 90 Capsules
 Peak K2 90 Capsules
 Probiotic 3 90 Capsules
 R-Lipoic Acid 300 mg 60 Capsules
 Strontium Support II 60 Capsules

Argentyn 23

Product Name

Bio-Active Copper Hydrosol 16 fl oz
 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 First Aid Gel 1 fl oz

Atrantil

Product Name

Atrantil 90 Capsules
 Atrantil PRO 90 Capsules

AVEMAR™

Product Name

AVEMAR™ 300 Tablets

AVEMAR™ AWGE 30 Sachets
 AVEMAR™ Stevia Natural Plant Based 30 Sachets

Avior

Product Name

Myetin 60 Chewable Tablets
 Real NAD+ 60 EZ Melt Tablets

Ayush Herbs

Product Name

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
 KuffSoothe 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. 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 Immune Support 1.06 fl oz
- Propolis Immune Support 1.06 fl oz
- Propolis Nasal Spray 1 fl oz
- Propolis Sinus Support 60 Capsules
- Royal Jelly Brain Fuel 6 Pack

BergaMet

Product Name

- Clinical Immune Citrus Bergamot 60 Tablets

Bio-Tech Pharmacal

Product Name

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

Biocidin

Product Name

- +Dentalcidin® Toothpaste 3 oz
- Biocidin® 1 fl oz
- Biocidin® 90 Capsules
- Biocidin® LSF 1.7 fl oz
- Biocidin® Throat Spray 1 fl oz

- Biotonic 2 fl oz
- Dentalcidin® LS 1 fl oz
- G.I. Detox+ 60 Capsules
- Olivirex® 60 Capsules
- Proflora® 4R 30 Capsules

BioMatrix

Product Name

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

BodyBio

Product Name

- Balance Oil 16 oz
- Balance Oil 60 Softgels
- Calcium / Magnesium Butyrate 100 Capsules
- E-Lyte 16 oz
- Liposomal Vitamin C 60 Capsules
- Liquid Mineral Iodine 2 fl oz
- Liquid Mineral Manganese 2 fl oz
- Liquid Mineral Zinc 2 fl oz
- Liquid Minerals 8 oz
- PC 100 Softgels
- PC Liquid 8 fl oz
- TUDCA 60 Capsules

Brain Bean

Product Name

- Brain Basics Opti Zinc Plus 60 Tablets
- Brain Basics Ultra Alpha GPC 90 Capsules
- Brain Basics Ultra Iodine Complex 90 Tablets
- Brain Basics Ultra Pure Astaxanthin 60 Softgels
- Brain Basics Ultra Pure Selenomethionine 90 Capsules
- Brain Omega 180 Softgels
- Brain ResQ 60 Capsules

Buddha Teas

Product Name

Chaga Tea 18 Bags
Detox Dharma Blend 18 Bags
Echinacea Elderberry Blend 18 Bags
Matcha Green Tea 18 Bags
Meditation Moment 18 Bags
Mushroom Wellness Blend 18 Bags
Reishi Mushroom Blend 18 Bags
Throat Bliss Blend 18 Bags

Carlson Labs

Product Name

A.D.E Hand & Body Cream Unscented 4 oz
ACES 50 Softgels
ACES+Zn 60 Softgels
Acetyl L-Carnitine 60 Capsules
Baby's DHA 2 fl oz
Cal-600 100 Softgels
Chewable Calcium Citrate 120 Tablets
Cod Liver Oil Gems 100 Softgels
Cod Liver Oil Lemon Flavor 8.4 oz
Cod Liver Oil Minis 100 Softgels
Cod Liver Oil Natural Flavor 8.4 oz
DL-Phenylalanine 60 Capsules
Hi-Fiber 100 Capsules
Key-E Hand & Body Cream Unscented 2 oz
Kid's Vitamin C Gummies 60 Gummies
Kid's Vitamin D3 Gummies 60 Gummies
L-Glutamine Powder 33 Servings
M-S-M Sulfur 90 Capsules
Taurine Powder 31 Servings
Vitamin D3 Gummies 60 Gummies

Clinical Synergy

Product Name

ArteMax 60 Capsules
BreastDefend Professional 120 Capsules
Comprehensive Circulation Support 60 Capsules
IonShield® 60 Capsules
Mycocetics Immune Max 180 Capsules

PADMA Basic Professional 180 Capsules
PectaSol Metal Detox 180 Capsules
PectaSol-C Professional 270 Capsules
PectaSol-C Professional 90 Servings
PectaSol-C Professional Chewable Tangerine Flavor 120 Tablets
PectaSol-C Professional Lime Flavor 30 Servings
PectaSol-C Professional Lime Flavor 90 Servings
RegeneRest 60 Capsules

Cognitive Clarity

Product Name

Percepta Professional 60 Capsules

CuraLife USA

Product Name

CuraLin 180 Capsules
CuraLin Starter Bottle 42 Capsules

Davinci Labs

Product Name

A.D.K 10 90 Capsules
A.D.K 60 Capsules
ALL-ZYME 90 Tablets
ALLER-DMG 60 Tablets
BioDIM COMPLEX 60 Capsules
CANDID-AWAY 90 Capsules
Chewable Kidbiotic Tropical Fruit 90 Tablets
Chewable Vitamin C Cherry 90 Tablets
CHOLESTSURE 90 Capsules
COENZYME Q10 CHEWMELT 100 mg 60 Tablets
COQ10 - DMG 300/300 Orange 60 Tablets
D-Lightful Citrus 1 fl oz
D3/K2 LIQUID 1 fl oz
DAILY BEST ULTRA 60 Capsules
DISC-DISCOVERY® 180 Tablets
Enz-flame Kids 30 Servings
Fizzy Mag 75 Servings
Focus Chewable Orange 90 Tablets
GLUCONIC® DMG 500 mg 60 Tablets
GRAPEFRUIT SEED EXTRACT 400 mg 60 Capsules
HEALTHY EYES 90 Capsules
Immuni-Z + Elderberry Lemon 60 Lozenges

Kidbiotic Powder 60 Servings
LIPOSOMAL CITICOLINE 2 fl oz
LIPOSOMAL MELATONIN SPRAY 1 fl oz
MEGA PROBIOTIC ND 120 Capsules
MEGA PROBIOTIC ND 50 60 Capsules
Mightiest Vite® Fruit Punch 30 Servings
MILK THISTLE 90 Capsules
PROSTATE HEALTH 60 Capsules
Sleep Tight Citrus 1 fl oz
TRI-MAG 300 120 Capsules

Diamond Formulations

Product Name

Sleep Balance Herbal 60 Capsules

Dr. Advantage

Product Name

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

Dr. Capasso

Product Name

Mitoblast 2 120 Capsules
Skin-Lasting Botanical Formula Spray 6 fl oz
Skin-Lasting Super Formula Spray 6 fl oz

Dr. Mercola

Product Name

Berberine with MicroPQQ Advanced 30 Capsules
Biothin Probiotic 30 Capsules
Calcium with Vitamins D3 & K2 90 Capsules
Eye Support 30 Capsules
Fermented Beta Glucans 60 Capsules
Fermented Black Garlic 60 Capsules
Fermented Chlorella 450 Tablets
Full Spectrum Enzyme 90 Capsules
H2 Molecular Hydrogen 90 Tablets
Ketozyme 30 Capsules
Krill Oil 60 Capsules
Liposomal Vitamin C 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 12 mg 90 Capsules
Organic Collagen from Grass Fed Beef Bone Broth 270 Tablets
Organic Ginkgo Biloba 30 Capsules
Organic Pine Bark Extract 60 Tablets
Organic Resistant Starch Complex 9.52 oz
Organic Saw Palmetto 2 fl oz
Peppermint Oil with Asafoetida 30 Capsules
Vitamin C-PAK® Orange Flavor 30 Servings
Vitamin C-PAK® with Quercetin Orange Flavor 30 Servings
Whole-Food Multivitamin Plus Vital Minerals 240 Tablets
Zinc Plus Selenium 30 Capsules
Zinc Plus Selenium 90 Capsules

Dr. Phillips Formulations

Product Name

Full-Spectrum Hemp Oil 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

PUSHCATCH® LIVER DETOX

SIMPLE, FLEXIBLE, POWERFUL DETOX



Improperly designed detox protocols can cause recirculation of toxins resulting in unwanted detox symptoms. Our simple, two-step detoxification system helps synchronize all phases of detox, pushing toxins from cells and to the gut for safe removal from the body.*

"Push"

Liver Sauce blends lipoic acid, phytonutrients and four bitter herbs to activate or 'push' stored toxins from cells.*

"Catch"

Ultra Binder is a universal binding formula that 'catches' multiple endogenous and exogenous toxins in the GI tract for safe removal from the body.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Information provided by this website or this company is not a substitute for individual medical advice. †TMD (Proprietary thiol-functionalized silica)

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



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"As a cardiologist, I believe Restorative Formulation's HTN 180 Px regular and extra strength products are the most effective, BP-optimizing formulas on the market. Consistent, effective levels of the active alkaloids, which stabilize the arterial vessels, is paramount. Restorative Formulations is transparent on their alkaloid levels. The consistent clinical results I have experienced support their efforts."

— Decker Weiss, NMD, Carefree, AZ



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HEMP OneThirteen Relax Sour Gummies Blueberry Pomegranate 60 Gummies

HEMP OneThirteen Sleep Sour Gummies Blackberry Vanilla 60 Gummies

HEMP OneThirteen Soothe 600 60 g

HEMP OneThirteen Sour Gummies Watermelon Cherry 60 Gummies

Endurance Products Company

Product Name

Dihydroberberine SR 150 mg 180 Tablets

Dihydroberberine SR 150 mg 60 Tablets

ENDUR-ACIN ER 750 mg 60 Tablets

ENDUR-ACIN ER NIACIN 250 mg 100 Tablets

ENDUR-ACIN ER NIACIN 500 mg 100 Tablets

ENDUR-AMIDE SR 500 mg 90 Tablets

ENDUR-C SR 1000 mg 60 Tablets

ENDUR-C SR 500 mg 90 Tablets

Pantethine SR 300 mg 90 Tablets

Phytosterols IR 450 mg 60 Tablets

Taxifolin Complex SR 60 Tablets

Energenx

Product Name

Chemtox 2 fl oz

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

GI Motility Complex 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 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 120 Capsules

Ashwagandha Root 60 Capsules

Astragalus Supreme 60 Capsules

Black Elderberry 120 Capsules

Black Elderberry Syrup Extra Strength 5.4 fl oz

Curcuma NF-kB Turmeric Supreme 120 Capsules

Curcuma NF-kB Turmeric Supreme 60 Capsules

Daytime HPA 60 Capsules

GaiaKids Black Elderberry Kids Daily Gummies 40 Gummies

Holy Basil 60 Capsules

HPA Axis Daytime Maintenance 120 Capsules

HPA Axis Sleep Cycle 120 Capsules

Oil of Oregano 60 Capsules

Plant Force Liquid Iron 16 fl oz

Revive HPA 60 Capsules

Rhodiola 60 Capsules

Sleep Formula 60 Capsules

Thyroid Support 120 Capsules

Vitex 60 Capsules

Genexa

Product Name

Allergy Care 60 Tablets

Arnica Pain 100 Tablets

Cold Crush 60 Tablets

Flu Fix 60 Tablets

Kids' Allergy Care 60 Tablets

Sleepology 60 Tablets

Stress 60 Tablets

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 Servings

Herb Pharm

Product Name

ADRENAL SUPPORT 1 fl oz

ANXIETY SOOTHER 1 fl oz

ARNICA OIL 1 fl oz

ASHWAGANDHA 1 fl oz

ASHWAGANDHA ALCOHOL FREE 1 fl oz

BETTER BITTERS CLASSIC 1 fl oz

BLACK ELDERBERRY ALCOHOL FREE 1 fl oz

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 g

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

Fit Adapt 4 oz

Immune Adapt 4 oz

Kidney Support Compound 4 oz

Men's Prostate Tonic 4 oz

Original Bitters 4 oz

Osteoherb 120 Capsules

Seven Precious Mushrooms 4 oz

Sinus Support Compound 4 oz

Women's Adapt 4 oz

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

Nitric Oxide Indicator Strips 25 Strips

SuperBeets Black Cherry 30 Servings

SuperBeets Collagen Cherry Berry 30 Servings

SuperBeets Energy Plus Natural Berry 30 Servings

SuperBeets Heart Chews Pomegranate Berry 60 Chews

SuperBeets Immune Cranberry Cherry 30 Servings

SuperBeets Memory + Focus 30 Chews

SuperBeets Original Apple 30 Servings

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

ION* Intelligence of Nature

Product Name

ION* Gut Support 16 fl oz

ION* Gut Support 3.4 fl oz

ION* Gut Support 32 fl oz

ION* Gut Support 8 fl oz

Jarrow Formulas

Product Name

Acetyl L-Carnitine 500 mg 60 Capsules

Arginine 100 Tablets

BoneUp 120 Capsules

Citicoline CDP Choline 60 Capsules

Fem-Dophilus[®] 60 Capsules

Fem-Dophilus[®] 60 Capsules (Shelf Stable)

Milk Thistle 200 Capsules

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 Packets

Electrolyte Supreme Berry-Licious 60 Servings

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
 7-Keto® DHEA Metabolite 60 Capsules
 AMPK Metabolic Activator 30 Tablets
 Bio-Fisetin 30 Capsules
 BioActive Complete B-Complex 60 Capsules
 Black Cumin Seed Oil 60 Softgels
 CoffeeGenic® Green Coffee Extract 90 Capsules
 Cognitex® Elite Pregnenolone 60 Tablets
 Curcumin Elite™ Turmeric Extract 60 Capsules
 Daily Skin Defense 30 Capsules
 Extend-Release Magnesium 60 Capsules
 Fast-Acting Liquid Melatonin Citrus-Vanilla 2 fl oz
 FLORASSIST® GI with Phage Technology 30 Capsules
 FLORASSIST® Throat Health 30 Lozenges
 Glucosamine/ Chondroitin 100 Capsules
 Herbal Sleep PM 30 Capsules
 Huperzine A 200 mcg 60 Capsules
 Male Vascular Sexual Support 30 Capsules
 Mega Benfotiamine 250 mg 120 Capsules
 Mega Lycopene 90 Softgels
 Memory Protect 36 Day Supply
 N-Acetyl-L-Cysteine 60 Capsules
 Optimized Folate L-Methylfolate 100 Tablets
 Optimized Quercetin 60 Capsules
 Optimized Saffron 60 Capsules
 Pomegranate Complete 30 Softgels
 Potassium with Extend-Release Magnesium 60 Capsules

PQQ 20 mg 30 Capsules
 Sea-Iodine™ 1000 mcg 60 Capsules
 Senolytic Activator® 36 Capsules
 Super K 90 Softgels
 Super Omega-3 EPA/DHA Fish Oil 60 Softgels
 Super Ubiquinol CoQ10 100 mg 60 Softgels
 Tart Cherry with CherryPURE® 60 Capsules
 Two-Per-Day Multivitamin 120 Capsules
 Ultra Prostate Formula 60 Softgels
 Vitamin C and Bio-Quercetin Phytosome 250 Tablets
 Vitamin C and Bio-Quercetin Phytosome 60 Tablets
 Water-Soluble Pumpkin Seed Extract 60 Capsules
 Zinc Lozenges Citrus-Orange Flavor 60 Lozenges

Linpharma

Product Name

Petadolex 50 mg 50 Softgels
 Petadolex 75 mg 60 Softgels

Master Supplements

Product Name

DIGESTXYM+ 93 Capsules
 HCL-XYM 93 Capsules
 Immunoxym 62 Capsules
 SunFiber 31 Servings
 TheralacPRO 40 Capsules
 THERAXYM 93 Capsules
 TruBifidoPRO 31 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
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
Mega IgG2000 Powder 30 Servings
MegaGuard 60 Capsules
MegaMetalliQ 30 Servings
MegaMucosa Berry Acai 30 Servings
MegaPre 180 Capsules
MegaPre Pineapple Orange Guava 30 Servings
MegaSporeBiotic 180 Capsules
MegaSporeBiotic 60 Capsules
PyloGuard 30 Capsules
RestorFlora PD 21 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

VITAL PROTEINS® PROFESSIONAL



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CLINICALLY-STUDIED, BIOACTIVE COLLAGEN PEPTIDES FOR TARGETED BENEFITS

At Vital Proteins, we believe in collagen. That's why we, together with a team of leading nutrition experts, developed Vital Proteins Professional, a line of products centered around clinically-studied collagen offering specific, targeted benefits.



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

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

"I am very excited to have Vital Proteins bring its standard of excellence in the manufacture of collagen protein products into the health professionals' market."

**CHECK OUT DR. JEFFREY BLAND'S
WEBINAR RECORDING ON COLLAGEN PEPTIDES:
INTEGRATING THIS SCIENCE-BACKED
INGREDIENT INTO CLINICAL APPLICATION AT
<http://xymo.co/collagen>**

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 75 Capsules
 Qualia Night 20 Capsules
 Qualia Night 60 Capsules
 Qualia Nootropic Energy 2 oz Shot 6-Pack

NFH

Product Name

Berberine SAP 90 Capsules
 Cordyceps SAP 60 Capsules
 Coriolus Versicolor SAP 60 Capsules
 D-Ribose SAP 50 Servings
 Grape Seed SAP 60 Capsules
 InflaCalm SAP 90 Capsules
 Maitake SAP 60 Capsules
 Male Fertility SAP 120 Capsules
 Mito SAP 90 Capsules
 Mushroom Complex SAP 90 Capsules
 NAC SAP 90 Capsules
 Ox Bile SAP 90 Capsules
 Prenatal SAP 180 Capsules
 Quercetin SAP 60 Capsules
 Reishi SAP 60 Capsules
 Trident SAP 66:33 120 Softgels
 Trident SAP 66:33 Lemon 120 Softgels
 Zinc SAP 60 Softgels

Nordic Naturals

Product Name

Algae Omega 120 Softgels
 Arctic Cod Liver Oil 180 Softgels
 Arctic Cod Liver Oil Orange 8 fl oz

Arctic Omega 180 Softgels
 Arctic Omega 8 fl oz
 Baby's Vitamin D3 0.37 fl oz
 Children's Eye Health Gummies Strawberry Lemonade 30 Gummies
 Cognition Mushroom Complex 60 Capsules
 CoQ10 Gummies 60 Gummies
 DHA Infant 2 fl oz
 DHA Junior 180 Softgels
 DHA Junior 4 fl oz
 Energy Mushroom Complex 60 Capsules
 Immune Mushroom Complex 60 Capsules
 Kids Nordic Flora Probiotic Gummies Merry Berry Punch 60 Gummies
 Kids Nordic Flora Probiotic Pixies Berry 30 Packets
 Men's Multivitamin Mixed Berry 60 Gummies
 Nordic Beauty Borage Oil 4 fl oz
 Nordic Berries Cherry Berry 120 Gummy Berries
 Nordic Berries Original Flavor 120 Gummy Berries
 Nordic CoQ10 Ubiquinol Sport 60 Softgels
 Nordic Flora Probiotic Immune Health 30 Capsules
 Nordic Flora Probiotic Maximum Care 30 Capsules
 Nordic Immune® Elderberry 40 Gummies
 Nordic Omega-3 Fishies 36 Fishies
 Nordic Omega-3 Gummies 120 Gummies
 Omega Focus 60 Softgels
 Omega Focus Jr 120 Softgels
 Prenatal DHA 90 Softgels
 ProDHA 1000 120 Softgels
 ProDHA 120 Softgels
 ProDHA Eye 60 Softgels
 ProEPA 120 Softgels
 ProEPA with Concentrated GLA 60 Softgels
 ProOmega 120 Softgels
 ProOmega 180 Softgels
 ProOmega 2000 120 Softgels
 ProOmega 2000 60 Softgels
 ProOmega 2000 Jr. 60 Softgels
 ProOmega 2000-D 120 Softgels
 ProOmega 60 Softgels
 ProOmega CRP 90 Softgels
 ProOmega Junior 90 Softgels

ProOmega-D 120 Softgels
ProOmega-D 180 Softgels
ProOmega-D 60 Softgels
ProOmega® LDL 180 Softgels
Stress Relief Gummies 40 Gummies
Ultimate Omega 2X Sport 60 Softgels
Ultimate Omega-D3 Sport 60 Softgels
Vitamin C Gummies Sport 120 Gummies
Vitamin C Gummies Tart Tangerine 120 Gummies
Vitamin D3 5000 Gummies 30 Gummies
Vitamin D3 Gummies 60 Gummies
Vitamin D3 Gummies Sport 120 Gummies
Vitamin D3 Kids Gummies Wild Watermelon Splash 60 Gummies
Vitamin D3+K2 Gummies Pomegranate 60 Gummies
Women's Multivitamin Mixed Berry 60 Gummies
Zero Sugar Curcumin Gummies 60 Gummies
Zero Sugar Hair & Skin Strawberry Lemonade 27 Gummy Chews
Zero Sugar Kids Multi Gummies 120 Gummies
Zero Sugar Melatonin Gummies 60 Gummies
Zero Sugar Vitamin D3 Gummies 60 Gummies

NuGo Nutrition

Product Name

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

Nutra Biogenesis

Product Name

BioThyro 60 Capsule
Cognifactors 60 Capsules
InflamaZyme 90 Capsules
Liposomal Melatonin 2 fl oz
Oregano Oil 120 Softgel
ParaBiotic Plus 90 Capsules
Pulmonary Factors 90 Capsules
Sterol 117 60 Capsules
Tri Zinc 90 Capsules

Tri-Magnesium 120 Capsules
UT Max Protect 60 Capsules

Nutrasal

Product Name

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

NutriCology

Product Name

Laktoferrin 90 Capsules
Magnesium Chloride Liquid 8 fl oz
Mastic Gum 120 Capsules
Mucolyxir® .4 fl oz
OcuDyne II 200 Capsules
Organo-Germanium Ge-132 50 Capsules

Nutritional Therapeutics

Product Name

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

Optimox

Product Name

ATP Cofactors 90 Tablets
Iodoral IOD-50 30 Tablets
Iodoral® IOD-12.5 90 Tablets
Optivite PMT 180 Tablets

Orgain

Product Name

Clean Protein Grass Fed Protein Shake Creamy Chocolate Fudge 4 Pack
Kids Protein Organic Nutrition Shake Chocolate Single Serving Pack
Kids Protein Organic Nutrition Shake Vanilla Single Serving Pack
Organic Nutrition Shake Creamy Chocolate Fudge 4 Pack
Organic Nutrition Shake Creamy Chocolate Fudge Single Serving Pack
Organic Nutrition Shake Sweet Vanilla Bean 4 Pack
Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack

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

Organic Protein Powder Plant Based Peanut Butter 20 Servings

Organic Protein Snack Bar Peanut Butter Chocolate Chunk 12 Bars

Vegan Organic Nutrition Shake Smooth Chocolate 4 Pack

Vegan Organic Nutrition Shake Smooth Chocolate Single Serving Pack

Vegan Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Vegan Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack

Organic India

Product Name

Ashwagandha 90 Capsules

Ceylon Cinnamon 90 Capsules

Joy! 90 Capsules

Liver Kidney 90 Capsules

Memory 90 Capsules

Moringa 90 Capsules

Moringa Powder 113 Servings

Neem 90 Capsules

Organic Psyllium Fiber 180 Capsules

Peaceful Sleep 90 Capsules

Psyllium Organic Whole Husk Fiber 68 Servings

Psyllium Pre & Probiotic Fiber 56 Servings

Triphala 90 Capsules

Tulsi - Holy Basil 90 Capsules

Tulsi Ashwagandha 18 Bags

Tulsi Cleanse 18 Bags

Tulsi Green 18 Bags

Tulsi Hibiscus 18 Bags

Tulsi Honey Chamomile 18 Bags

Tulsi Lemon Ginger 18 Bags

Tulsi Masala Chai 18 Bags

Tulsi Moringa 18 Bags

Tulsi Original 18 Bags

Tulsi Peppermint 18 Bags

Tulsi Sleep 18 Bags

Tulsi Sweet Rose 18 Bags

Tulsi Turmeric Ginger 18 Bags

Turmeric Formula 90 Capsules

Organoleaf

Product Name

Hemp Body Cream Pump 2000 mg 2.1 oz

Hemp Oil Tincture 2000 mg 1 oz

Hemp Roll-On Lotion 1000 mg 1.2 oz

Passport to Organics

Product Name

Avocado Eye Cream .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

Alllicidin 60 Capsules

BiliVen 60 Capsules

D3 Serum .43 fl oz

Liquid Zinc Ultra 8 fl oz

Max B-ND 2 fl oz

Max B-ND 8 fl oz

Medi-Clay-FX 90 Capsules

Melatonin-ND 2 fl oz

Nucleo Immune 90 Capsules

OcuVen 60 Capsules

Premier CoQ-10 50 Capsules

Premier Digest 60 Capsules

Premier HCL 90 Capsules

Premier Pink Salt 12 oz

Premier Turmeric 60 Capsules

Premier Vitamin C 60 Capsules

Premier Vitamin D3+K2 30 Capsules

RenaVen 60 Capsules

Progressive Professional

Product Name

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

Prolon Professional

Product Name

ProLon[®] Original Kit

QOL Labs

Product Name

Bifilon 60 Capsules
 ImmunoKinoko 500 90 Capsules
 Metasol 60 Capsules

Quicksilver

Product Name

AMPK Charge+ 3.38 fl oz
 Artemisinin Emulsion 4 oz
 Bitters No.9 1.7 fl oz
 BitterX 1.7 fl oz
 Estradiol+ 1 fl oz
 GABA with L-Theanine 1.7 fl oz
 H2 Elite 30 Tablets
 Hemp Synergies-PN 60 Capsules
 IMD 30 Servings
 Immune Charge+ 3.38 fl oz
 Kidney Care 3.38 fl oz
 Liposomal EDTA with RLA 4 fl oz
 Liposomal Glutathione 1.7 fl oz
 Liposomal Vitamin C with RLA 1.7 fl oz
 Liver Sauce 3.38 fl oz
 Longevity Elite 3.38 fl oz
 Longevity Phyto Caps 60 Capsules
 Methyl B Complex 1.7 fl oz

Methyl B-12 1 fl oz
 Methyl Charge+ 1.7 fl oz
 Micellized Membrane Mend 3.38 fl oz
 Micellized Pure PC 4 fl oz
 NAD+ Gold 1.7 fl oz
 NAD+ Platinum 3.38 fl oz
 Nanoemulsified Cat's Claw Elite[®] 1.7 oz
 Nanoemulsified CoQ10 1.7 fl oz
 Nanoemulsified D3K2 1.7 fl oz
 Nanoemulsified Melatonin 1 fl oz
 Nanoemulsified Milk Thistle 1.7 oz
 Nanoformulated DHEA+ 3.38 fl oz
 Nanoformulated Progesterone+ 1 fl oz
 NanoFuel 3.38 fl oz
 Noto Bravi[®] 1.7 fl oz
 Performance Cardio+ 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 1 mL)
 FLOW BLEND (Roller Bottle 30 mL)
 FLOW BLEND (Roller Bottle 5 mL)
 FLOW BLEND Kit 2 in 1 (10 mL + Roller Bottle 1 mL)

Restorative Formulations

Product Name

Adaptogen 75 Capsules
 Adrenal Px Balance 75 Capsules
 Adrenal Px DHEA 75 Capsules
 Adrenal Px L-BP 75 Capsules
 Cardiac Calm Px 60 Capsules
 Cholesterol Care 120 Capsules
 Enfla-Mend Px 60 Capsules

- Estro Px 75 Capsules
- Glucose Balance Px 120 Capsules
- HTN 180 PX Original 60 Capsules
- HTN 180 Px-Extra Strength 60 Capsules
- Kava Calm Px 30 Capsules
- Metabolic Nutrition 60 Capsules
- Mitochondria Nutrition PQQ 60 Capsules
- Neuro-GI Px 60 Capsules
- PCO Px 75 Capsules
- Respiratory EZ 60 Capsules
- Sleep 60 Capsules
- StressCalm Px 75 Capsules
- T-Cell Balance Px 60 Capsules
- ThyroCare 75 Capsules
- Thyroid Px 75 Capsules

RLC Labs

Product Name

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

Rx Vitamins

Product Name

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

Sanesco

Product Name

- Adaptacin™ 60 Tablets
- Contegra™ 60 Capsules
- Lentra™ 30 Capsules
- Lentra™ 60 Capsules
- Procite-D™ 60 Capsules

- Prolent™ 60 Capsules
- Somni-TR™ 30 Tablets
- Tranquilent™ 30 Tablets

Seeking Health

Product Name

- Active B12 1000 60 Lozenges
- Active B12 with L-5-MTHF 60 Lozenges
- 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
- Iron Chewable 60 Tablets
- Lithium Orotate 100 Capsules
- Multivitamin One 45 Capsules
- Optimal Electrolyte Berry 30 Servings
- Optimal Electrolyte Lemonade 30 Servings
- Optimal Liposomal Glutathione Plus 5 fl oz
- Optimal Liposomal Glutathione Tropical 4 fl oz
- Optimal Liposomal Vitamin C 5 fl oz
- Optimal Liposomal Vitamin C Plus 5 fl oz
- Optimal Magnesium 100 Capsules
- Optimal Multivitamin Chewable 60 Tablets
- Optimal Multivitamin Minus One 45 Capsules
- Optimal PC 100 Softgels
- Optimal Prenatal 240 Capsules
- Optimal Vitamin D3 + K2 Drops 1 fl oz
- Optimal Zinc Lozenge 60 Lozenges
- Ox Bile 500mg 100 Capsules
- P-5-P 100 Softgels
- PQQ Lozenges 20 mg 30 Lozenges
- Prenatal Essentials Chewable 60 Tablets
- ProBiota HistaminX 60 Capsules

The Intelligence of Nature at Work

The science behind ION* lies in strengthening the cellular integrity of your body's barriers. Keeping your cells connected keeps these barriers intact, which sets the stage (or "terrain," as we like to call it) for seamless interaction between you and your microbiome.*



**Tap to learn more on
WholeScripts.com**

Barrier Support

In peer-reviewed studies, ION* has been shown to support the body's ability to naturally balance the microbiome and support tight junction integrity even in the presence of glyphosate and gluten.*

Immune Support

Studies show that ION* was shown to support lower pro-inflammatory cytokines.*

Lower Zonulin Levels

In human clinical trials, ION* was shown to support lower zonulin levels.*

Collagen Production

Clinical trials show that ION* promotes lysine production by 114%.*

Riboflavin 400 mg 60 Capsules
 Saccharomyces Boulardii 60 Capsules
 Trace Minerals Complex 30 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 0.3 mg Plant Melatonin 120 Capsules
 Original Himalayan Crystal Salt® Bath Crystals 1 kg
 Original Himalayan Crystal Salt® Coarse Granulated 1 kg
 Original Himalayan Crystal Salt® Crystal Stones 1 kg
 Original Himalayan Crystal Salt® Fine Granulated 1 kg
 RevolutionPRO Men's Hormone Health 180 Capsules

T.A. Sciences

Product Name

TA-65MD 100 units 30 Capsules

Tesseract Medical Research

Product Name

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

Trace Minerals

Product Name

40,000 VOLTS! 8 fl oz
 Apple Cider Vinegar Gummies 60 Gummies

Ashwagandha Gummies Passion Fruit Orange 60 Gummies
 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 Gummies Lemon Lime 90 Gummies
 Electrolyte Stamina Power Pak Acai Berry 30 Servings
 Electrolyte Stamina Power Pak Concord Grape 30 Servings
 Electrolyte Stamina Power Pak Lemon Lime 30 Servings
 Electrolyte Stamina Power Pak Mixed Berry 30 Servings
 Electrolyte Stamina Power Pak Orange Blast 30 Servings
 Electrolyte Stamina Power Pak Pomegranate Blueberry 30 Servings
 Electrolyte Stamina Power Pak Raspberry 30 Servings
 Electrolyte Stamina Power Pak+ Lemon Berry 30 Servings
 Electrolyte Stamina Tablets 90 Tablets
 Ionic Boron 2 fl oz
 Ionic Zinc 50mg 2 fl oz
 Liquid Zinc + Quercetin Orange Mango 16 fl oz
 Magnesium Gummies Peach 120 Gummies
 Mega-Mag 400mg 4 fl oz
 NAC Powder Watermelon 30 Servings
 Quercetin + Zinc Powder Orange Cream 30 Servings
 Zinc + Vitamin C Chewable Raspberry Flavor 60 Chewable Wafers
 Zinc Gummies Elderberry 60 Gummies

Transformation Enzyme

Product Name

Carbo-G* 90 Capsules
 Digest* 90 Capsules
 DigestZyme* 120 Capsules
 GastroZyme 100 Capsules
 Kidz Digest Chewable Berry Flavor 30 Tablets
 Kidz Digest Powder 193 Servings
 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 Chocolate 14 Servings

Collagen Peptides Stick Pack Box 20 Servings

Marine Collagen 18 Servings

Vitanica

Product Name

Adrenal Assist 180 Capsules

Adrenal Assist™ 90 Capsules

Bitters Extra 90 Capsules

Bitters Tonic 4 fl oz

Bladder Ease 180 Capsules

BreastBlend 90 Capsules

Butterbur Extra 120 Capsules

CandidaStat™ 120 Capsules

CandidaStat™ 60 Capsules

CardioBlend 120 Capsules

CCDG Blend 90 Capsules

Chaste Tree Berry 60 Capsules

CholestBlend 90 Capsules

Colon Motility Blend 90 Capsules

Cortisol Relief 60 Capsules

Cramp Bark Extract 60 Capsules

CranStat Extra® 60 Capsules

Fem Ecology 30 Capsules

Fem Rebalance™ 60 Capsules

Fem Vitality 60 Capsules

Fibro Formula 60 Capsules

GABA Ease™ 60 Capsules

Immune Tonic 4 oz

Iron Extra™ 60 Capsules

Luminous 60 Capsules

Lysine Extra 60 Capsules

Maternal Symmetry 180 Capsules

Mid-Life Symmetry 180 Capsules

MindBlend 60 Capsules

Nausea Ease 60 Capsules

Opti-Recovery 60 Capsules

Optinositol 30 Servings

OvaBlend 180 Capsules

Ovulation Assist 60 Capsules

PhytoEstrogen Herbal 25 Servings

Pregnancy Prep 60 Capsules

Rauwolfia Extra™ 90 Capsules

Rhodiola Extract Plus 60 Capsules

Skin Assist™ 180 Capsules

Slow Flow™ 60 Capsules

St. John's Wort 90 Capsules

V-Fresh 6 Suppository Tablets

VasoBlend 90 Capsules

VeinoBlend 90 Capsules

Women's Phase II® 180 Capsules

Women's Phase I™ 60 Capsules

Yeast Arrest 14 Suppositories

Yeast Arrest 28 Suppositories

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
 ALAmax™ CR 120 Tablets
 ALAmax™ CR 60 Tablets
 ALAmax™ Protect 120 Capsules
 AllerDHQ™ 120 Capsules
 AllerDHQ™ 60 Capsules

AngiNOX™ Orange 30 Servings

AngiNOX™ Orange 60 Servings

Appe-Curb™ 120 Capsules

Appe-Curb™ 240 Capsules

Ashwagandha 35 60 Capsules

ATP Ignite™ Citrus 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

Berbemycin 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 fl oz

D3 Liquid 2.03 fl oz

DHA from Algae 60 Softgels

DHEA Micronized 10 mg 60 Tablets

DHEA Micronized 25 mg 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® 60 Servings

Green Tea 600™ 60 Capsules

Hemp MonoPure® 30 Softgels

Hemp MonoPure® 60 Softgels

HistDAO™ 60 Capsules

HMB PRO 150 Capsules

Hormone Protect® 120 Capsules

Hormone Protect® 60 Capsules

I-Sight™ 60 Capsules

i5™ Creamy Chocolate 10 Servings

i5™ Energize Vanilla Latte 10 Servings

i5™ Vanilla Delight 10 Servings

IG 26 DF 120 Capsules

IG 26 DF 67.5 Servings

IG 26 Plus DF Vanilla 30 Servings

IgG 2000 CWP™ 120 Capsules

IgG 2000 CWP™ 25 Servings

IgG 2000 CWP™ 75 Servings

IgG Pure™ 15 Servings

Immune Essentials™ 45 Capsules

ImmunotiX 250™ 30 Capsules

ImmunotiX 500™ 20 Capsules

ImmunotiX 500™ 60 Capsules

Iron Glycinate 120 Capsules

K-Mg Citrate™ 60 Capsules

K2 Liquid 1 oz

K2-45 60 Capsules
 K2-D3 10,000 120 Capsules
 K2-D3 10,000 60 Capsules
 K2-D3 5000 120 Capsules
 K2-D3 5000 60 Capsules
 L-Glutamine 85 Servings
 L-Lysine 90 Capsules

L-Theanine 120 Capsules

L-Theanine 60 Capsules
 Leptin Manager™ 30 Capsules
 LipotropiX™ 120 Capsules
 Liver Protect™ 120 Capsules
 Liver Protect™ 60 Capsules
 Magnesium Citrate 120 Capsules
 MedCaps DPO™ 120 Capsules
 MedCaps GI™ 120 Capsules
 MedCaps IS™ 60 Capsules
 MedCaps Menopause™ 120 Capsules
 MedCaps T3™ 120 Capsules
 Melatonin CR 180 Tablets
 Melatonin CR 90 Tablets
 Melatonin Peppermint 120 Tablets
 Melatonin Peppermint 60 Tablets
 MemorAll™ 60 Capsules
 MenoFem™ 90 Capsules
 Methyl Protect® 120 Capsules
 Methyl Protect® 60 Capsules
 Methylcobalamin 120 Tablets
 Methylcobalamin 60 Tablets
 MinRex® 120 Capsules
 Mitochondrial Renewal Kit 60 Packets
 MitoPrime® 30 Capsules
 Mood Food™ 60 Capsules
 Mood Food™ ES 120 Capsules
 Mood Food™ ES 60 Capsules
 Myrosinase 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® 60 Capsules
 New Zealand Whey Protein Isolate 30 Servings

NiaVasc™ 120 Tablets

NiaVasc™ 360 Tablets

NiaVasc™ 750 120 Tablets

NiaVasc™ 750 60 Tablets

Nrf2 Activator™ 30 Capsules

Nrf2 Activator™ 60 Capsules

OlivDefense® 20 Capsules

Omega MonoPure® 1300 EC 120 Softgels

Omega MonoPure® 1300 EC 60 Softgels

Omega MonoPure® 650 EC 120 Softgels

Omega MonoPure® 650 EC 60 Softgels

Omega MonoPure® Curcumin EC 30 Softgels

Omega MonoPure® DHA EC 30 Softgels

Omega MonoPure® EPA EC 30 Softgels

Omega MonoPure® EPA EC 60 Softgels

OmegaPure 600 EC™ 120 Softgels

OmegaPure 600 EC™ 60 Softgels

OmegaPure 780 EC™ 120 Softgels

OmegaPure 820™ 120 Softgels

OmegaPure 900 EC™ 120 Softgels

OmegaPure 900 EC™ 90 Softgels

OmegaPure 900-TG™ 120 Softgels

OncoPLEX ES™ 60 Capsules

OncoPLEX™ 120 Capsules

OncoPLEX™ 30 Capsules

OncoPLEX™ Plus Myrosinase 30 Capsules

OptiCleanse® GHI Chai 10 Servings

OptiCleanse® GHI Creamy Chocolate 10 Servings

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

OptiCleanse® GHI Creamy Chocolate Sugar- & Stevia-Free 20 Servings

OptiCleanse® GHI Vanilla Delight 10 Servings

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

OptiCleanse® GHI Vanilla Delight Sugar- & Stevia-Free 20 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

OSApex MK-7™ 60 Packets

OSApex™ 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

ProbioMax® Serenity 30 Capsules

Prostate FLO™ 60 Softgels

ProteoXyme™ 100 Capsules

Red Yeast Rice 30 Capsules

Red Yeast Rice 60 Capsules

RegeneMax® Liquid 1 oz

RegeneMax® Plus 120 Capsules

RegeneMax® Plus 60 Capsules

RelaxMax® Cherry 60 Servings

RelaxMax® Unflavored 60 Servings

Resveratin™ Plus 60 Capsules

S-Acetyl Glutathione 120 Capsules

S-Acetyl Glutathione 60 Capsules

Saccharomycin® DF 120 Capsules

Saccharomycin® DF 20 Capsules

Saccharomycin® DF 60 Capsules

Saloxicin™ 120 Capsules

SAM-e & TMG Lemon 30 Servings

SAM-e 30 Capsules

SynovX® Calm 60 Capsules

SynovX® DJD 120 Capsules

SynovX® Metabolic 30 Capsules

SynovX® Metabolic 60 Capsules

SynovX® Performance 60 Capsules

SynovX® Recovery 120 Capsules

SynovX® Relief 120 Softgels

SynovX® Relief 40 Softgels

SynovX® Tendon & Ligament 60 Capsules

T-150 120 Capsules

T-150 60 Capsules

TestoPlex™ Plus 120 Capsules

TestoPlex™ Plus 60 Capsules

UritraX™ 50 Servings

VegaPro™ 14 Servings

Viragraphis™ 60 Capsules

VitalVasc® 60 Capsules

Xcellent A 3000 60 Capsules

Xcellent A 7500 60 Capsules

Xcellent C™ 120 Capsules

Xcellent E™ 60 Softgels

XenoProtX™ 120 Capsules

XymoBolX™ Fruit Punch 30 Servings

XymoBolX™ Lemon 30 Servings

XymoDine™ 90 Capsules

XYMOGEN® Shaker Bottle 20 oz

XymoZyme® 120 Capsules

XymoZyme® 60 Capsules

Zinc Glycinate 120 Capsules

Yeouth

Product Name

Anti-Aging System Forties+ 8 Pack

Complete Anti-Aging System 5 Pack

Day/Night Cream 2 oz

Glycolic Acid 30% Gel Peel 1 oz

Hyaluronic Acid Plus 1 oz

Neck Firming Cream 2 oz

Pure Hyaluronic Acid 1 oz

Retinol Eye Cream 1 oz

Retinol Serum 1 oz

Vitamin C&E Serum 1 oz

Zahler

Product Name

AdultFocus 60 Capsules

Bone Gummies for Kids 60 Gummies

Chapter One Magnesium Apple 60 Gummies

Chapter One Magnesium Peach 60 Gummies

Chapter One Magnesium Raspberry 60 Gummies

ChildCalm 60 Chewable Tablets

Diabetter 120 Capsules

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

Pantothenic Acid 120 Capsules

ParaGuard 4 fl oz

ParaGuard 90 Softgels

Prenatal+DHA 60 softgels

ProstAid+ 60 Softgels

PureWay-C 120 Capsules

StressMaster 120 Capsules

Vitamin D3 120 Capsules

Zinc Lozenges Elderberry Flavor 90 Lozenges

Zhang Health

Product Name

Allicin 60 Capsules

Circulation P 45 Capsules

Coptis 90 Capsules

HH-M Maximum STR 45 Capsules

ZyCal Bioceuticals

Product Name

Chondrinol® Advanced 400 30 Capsules

Gastrotene® 60 Capsules

Ostinol® Advanced 5X 60 Capsules



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