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



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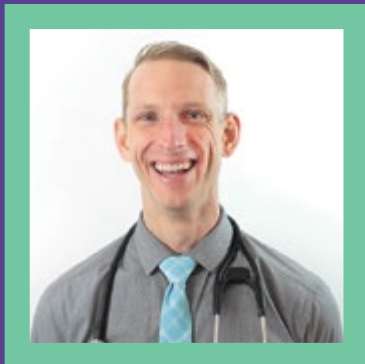
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—James Munro, ND
Medical Director, XYMOGEN

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- 340 unique XYMOGEN formulas with continuous new launches



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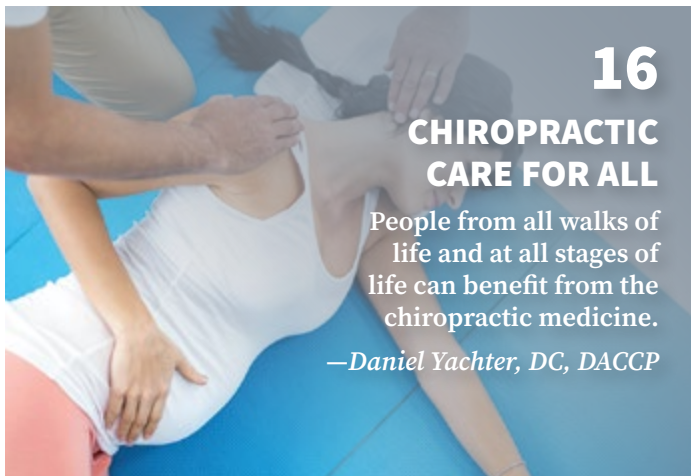
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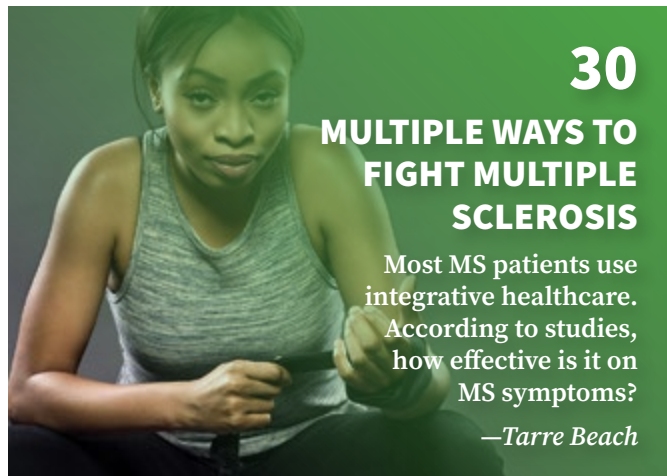
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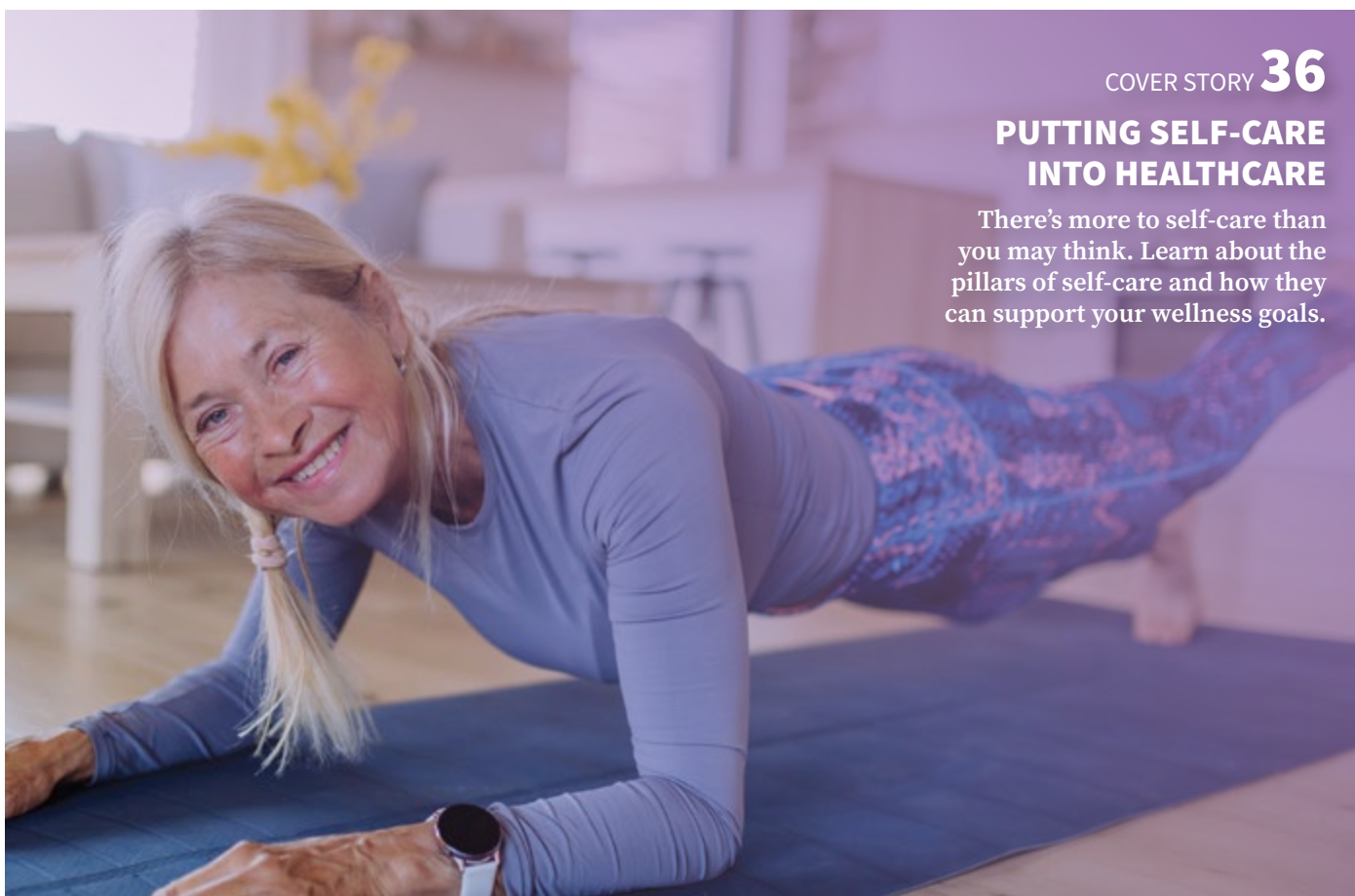
Brian Blackburn Sr
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Baby Backs and Balance

When I gave birth to my one and only child, like many new moms, I had no idea what I was doing. I worried about every little thing. Was he sleeping enough? Getting enough nourishment? Developing correctly? We did have some issues with feeding and sleeping, so among many recommendations, my midwife suggested a board-certified, licensed pediatric chiropractor for my newborn son. I didn't even know that such a thing existed. But my husband and I decided to give it a try.

The biweekly gentle adjustments the chiropractor gave my son helped immediately. He slept and ate well. The chiropractor also gave me adjustments, which made perfect sense considering all that my musculoskeletal system went through during the birthing process. After reading Dr. Daniel Yachter's story ("Chiropractic Care for All" p.16), I've come to understand just how fortunate my son and I were to get this specialized care. Nine years later, my boy has never had an ear infection or any illness (not even COVID). I believe we have his good immune system and early chiropractic care to thank for that.

As for my own health, I've done my best to maintain a good balance of self-care, which I see as an essential



part of keeping and staying healthy. The relevance of self-care to your physical health may not be news to you, but reading our story "Putting Self-Care into Healthcare" (p.36) is a great way to go over your own self-care checklist to find out if there are any other tools you can add.

And speaking of balance, don't forget to include balancing exercises in your weekly workout routine ("Striking a Balance" p.24). No matter what your age, stability exercises are of great benefit. Remember that because balance starts to wane as we age, a concerted effort to work on balance is especially useful for adults aged 50 and older.

Here's hoping your balance—both physical and emotional—stays strong.

To your health,

Tarre Beach
Editor

Too Much Tinkle Time?

If you frequently need to urinate, there are some things you can do to stop running to the loo.

By James Munro, ND



Q I seem to have the world's smallest bladder. I need to pee 10 times or more a day! What can I do to help my bladder and urinary tract health?

A Frequent urination or “overactive bladder” has many potential causes. Some of the more important to rule out include blood sugar issues or diabetes, neurological disorders (stroke, multiple sclerosis, decreased cognitive function), hormonal changes, infections, or other bladder, kidney, prostate, or vaginal issues. Some medications, including various blood pressure medications, antidepressants, mood stabilizers, and others, can also cause increased urination. In most cases, other symptoms will accompany frequent urination, but it's important to talk to your doctor to ensure you're safe and healthy.

Dietary Triggers

Many common dietary triggers might be contributing to frequent urination as well. These include caffeine, alcohol, carbonated beverages, sugar, corn syrup, aspartame, citrus juices, spicy foods, tomatoes, certain cheeses, and milk.

A food allergy or food sensitivity could also be a trigger and should be considered in those with urinary frequency of an unknown cause or with other symptoms, such as migraines, eczema, or recurrent ear infections. It may be worth experimenting with an elimination diet or pursuing dietary allergy and sensitivity testing to potentially find a hidden dietary trigger.

Increased Fluid Intake

The increased urinary frequency is sometimes simply caused by increased fluid intake. This can happen if you start taking medications or supplements—the extra water, juice, tea, or other beverages consumed with the pills can increase urination. If there is too much fluid compared with electrolytes in your system, your body will eliminate the extra fluid to keep the electrolyte–fluid balance in check. Because of the body's compensatory mechanism, it's important to balance increased fluid—non-carbonated water is best—intake with increased electrolyte intake as well.



Pressure on the Bladder

An overactive bladder can be caused by physical pressure on the bladder due to having a high body mass index (BMI), which is a measure of body fat based on height and weight that many healthcare practitioners and the National Institutes of Health use to estimate a person's targeted “healthy” weight. Pressure on the bladder can also be caused by pregnancy and pelvic floor issues or, for women, pelvic organ prolapse. Overweight patients who lose weight are likely to see significantly improved bladder control. Another way to reduce pressure on the bladder is to supplement with magnesium, which is known to relax muscles, including those around the bladder, which can relieve urinary frequency and urgency. Women who suspect they have pelvic organ prolapse or pelvic floor weakness should see a urogynecologist for testing.

It's not always easy to identify and solve the problem at the root of the overactive bladder, but here are some questions you can ask yourself that might help point you in the right direction. When did it start? Did anything happen in your life when it first started, such as an infection, stress, a change in lifestyle, giving birth, a new medication, etc.? Are you experiencing any other symptoms? Is there any relationship between the overactive bladder and specific meals, drinks, or other activities? If you're unsure where to start, talk with your doctor.



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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Let's Discuss Asparagus

Shoot for good health with these antioxidant-rich green spears.

By Mary Gocke, RDN, CDN

The word "asparagus" comes from the Greek word aspharagos, meaning sprout or shoot. The season for asparagus is usually spring, with the peak months being April and May. Interestingly, asparagus can grow up to two inches a day.

There are three varieties of asparagus, identified by their various colors: American and British are green; French is purple; and Spanish and Dutch are white.

First cultivated 2,500 years ago, asparagus was believed to be an herbal medicine that, among other things, could cure toothaches and prevent bee stings. Greek physician Galen defined asparagus as having cleansing and medicinal benefits; some of these claims have been scientifically validated today.

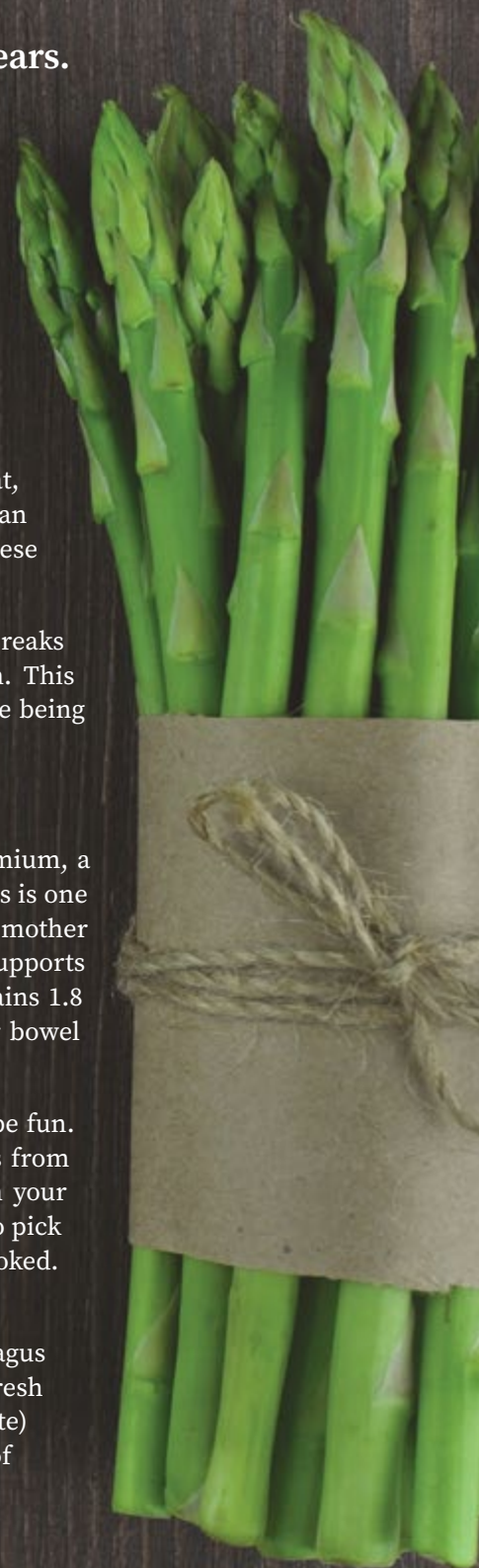
Asparagus is the only food that contains asparagusic acid, a volatile compound that breaks down into many strong-smelling, sulfur-containing compounds during digestion. This volatile sulfur evaporates almost immediately from urine and is responsible for pee being rather pungent after eating asparagus.

Health Benefits

The amino acid asparagine is great for brain development and functioning. Chromium, a trace mineral also present in asparagus, supports blood sugar regulation. Asparagus is one of the few foods that contains another sulfur compound, glutathione, which is the mother of antioxidants. Glutathione is a detoxifying agent that promotes liver health and supports oxidative stress and immune system regulation. Just half a cup of asparagus contains 1.8 grams of fiber, which is excellent for your gastrointestinal tract, aiding in regular bowel movements and waste elimination.

Clearly, eating asparagus has many health benefits, but eating asparagus can also be fun. According to *Debrett's*, a published guide of traditional British etiquette that dates from the mid-1900s to today, asparagus is one of the few foods that can be eaten with your hands. *Debrett's* states, "When asparagus stalks are firm and aren't sauced, it's fine to pick them up with your fingers, one stalk at a time." Asparagus can be eaten raw or cooked. Unfortunately, the longer the asparagus is cooked, the more nutrients it loses.

When comparing canned asparagus with fresh or frozen asparagus, canned asparagus may not be as firm or attractive but can provide a good amount of vitamin K. Fresh asparagus, however, has almost double the amount of vitamin B9 (also known as folate) versus canned. Also, most canned vegetables have more than 30 times the amount of sodium. For a colorful and delightful addition to your meals, try all the varieties of asparagus you can find at your local grocery store or farmer's market. You and your body will be glad you did.



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Vegan Asparagus Soup

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 medium onion, chopped
- 1 clove garlic
- 2 pounds asparagus; trim stems, and cut into 1-inch pieces
- 15-ounce can cannellini beans, low sodium
- 4 cups vegetable broth, low sodium
- Salt and pepper, to taste

Nutritional Information (approximate):

Serving Size:	1 cup
Calories:	86
Carbohydrates:	10.2 g
Protein:	4 g
Fat:	2.6 g
Vitamin B9 (folate):	268 mcg
Glutathione:	56 mg

Instructions

1. Heat the olive oil in a large pot, and add the onion. Sauté onion until it is translucent and tender but not browned, about 5 minutes.
2. Add in the garlic, asparagus, and beans. Season with salt and pepper, and stir.
3. Pour in the vegetable broth or water. Increase the heat bringing it to a boil.
4. Reduce to a simmer for 5 minutes or until the asparagus is tender when pierced with a fork.
5. Shut off the heat and let the soup cool for a few minutes before blending.
6. Working in batches, fill the blender with the soup no more than halfway. Place the lid on the pot, leaving it slightly ajar so steam can escape, and blend until the soup is rich and creamy. Repeat until you have finished all the soup.
7. Serve immediately or store in an airtight container for up to 5 days.

Nutritional value sources: Verywellfit.com and Nutritionalvalue.org



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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Chiropractic Care for All

People from all walks of life and at all stages of life can benefit from chiropractic care.

By Daniel Yachter, DC, DACCP

Chiropractic care can be greatly beneficial to everyone, including babies, young children, teens and even pregnant women. Chiropractic focuses on the central nervous and musculoskeletal systems and by treating these intricate systems, the body can access its innate power to heal itself.

The Body's Lifeline

In the embryonic stage, the neural tube, which becomes the spinal cord and central nervous system, is one of the first things to form during human development. As a chiropractor, I believe this fundamental biological system is the body's lifeline and vital to overall health at every stage of life.

The Strain of Being Born

Depending on how babies are delivered, a great deal of force can be exerted on their vertebrae. Studies have found that many newborns may have at least one spinal subluxation, or misalignment. Some common infant issues that have been linked to subluxations include colic, sleep problems, and acid reflux. C-sections can involve twisting and pulling on a baby's head, which can result in spinal subluxation. Even natural, vaginal delivery can put a lot of strain on a newborn. The more birth interventions involved in delivery, such as a vacuum extraction or forceps, the higher the chances of misalignment.

After a thorough assessment by a trained and skilled pediatric chiropractor, they may use their hands or a small tool to perform a safe, gentle adjustment. This adjustment, alongside the use of other chiropractic therapies, serves to remove subluxation.



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During the first five years of life, the body produces more neural pathways than at any other time. Early chiropractic care can optimize this production. Even if a child is in excellent health, minor traumas from bumps, bruises, and falls accumulate over time and can result in pain, discomfort, and/or health issues.

Over the years, chiropractors have received feedback from parents about how treatment delivered significant and/or sometimes unexpected improvements for their children. These include better sleep, positive behavior and attitude, and healthy immune system function.

Childhood Ear Infections

Developing research and studies indicate a connection between chiropractic treatment and reduced ear infection symptoms. Most notably, popular pediatrician William Sears, MD, highly recommends chiropractic treatment for improving middle ear drainage and decreasing ear infections.

In a 1996 study, children under the age of five received regular chiropractic adjustments to treat ear infection symptoms. Researchers found that 93% of all ear infection episodes improved after receiving chiropractic care, with some pediatric patients' symptoms improving in as little as two chiropractic treatments.

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Pregnancy Pressure

Of course, pregnancy can have a huge impact on a woman's central nervous and musculoskeletal systems. Along with the hormonal changes of relaxin being released into the body, which can cause postural changes, some mothers experience pain, numbness, tingling, swelling, and various other pregnancy symptoms.

Including chiropractic care as part of a comprehensive prenatal healthcare plan offers natural, drug-free pain management and may reduce inflammation. Many mothers have reported that receiving chiropractic care while pregnant helped prepare their bodies for labor and delivery. According to the American Pregnancy Association, chiropractic care during pregnancy is not only safe during all trimesters but may also help:

- Maintain a healthy pregnancy
- Control symptoms of nausea
- Reduce the time of labor and delivery
- Relieve back or joint pain
- Reduce the chances of a potential cesarean delivery

Postpartum Care

Postpartum women can benefit from chiropractic support, too. Breastfeeding, carrying a baby for long periods, baby wearing, and simultaneously caregiving for children or other family members can be taxing on the neck, shoulders, and back. Mothers report that postpartum chiropractic care helped them rehabilitate

these areas of their bodies as well as their hips, lower back, and abdomen.

Many women who have suffered from chronic low-back pain after having their babies found that, in addition to postpartum chiropractic care, receiving pre-conception and pregnancy chiropractic care for subsequent pregnancies helped them immensely; and may have reduced the risk of long-term musculoskeletal issues and/or pain from occurring.

Preventative Care

Just as with dental care, most people don't go to the dentist only when they have pain or a cavity. In fact, some dental issues can occur without any symptoms appearing at all. The same is true for chiropractic care. Regular preventive care is important for good musculoskeletal and central nervous system health. Everyone with a mouth and teeth should see a dentist regularly. Likewise, everyone with a spine and nervous system should see a chiropractor. Chiropractic care is for everyone, from expectant moms, newborns, and children to men and women who work manual labor jobs or sit for long periods behind a desk.



Daniel Yachter, DC, DACCP, received a Doctorate of Chiropractic from Life University, graduating with honors; is a diplomate of the Academy Council of Chiropractic Pediatrics; and has a bachelor's degree in nutritional science from the University of Florida. He founded Elevation Health's Lake Mary, FL, office.

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Striking a Balance

Balance and stability exercises are the foundation of a well-rounded routine.

By Sarah Blackburn King, PES, GPTS, FMCHC

Exercising can be very beneficial to your overall health and fitness. But it's important to know how to exercise as it can go from beneficial to detrimental to your health without a good foundation.

Think about exercising like building a house. You can't put a roof on a house if there are no walls, and you can't build any walls if you don't have a foundation. The same is true for exercise. You can't just choose the heaviest weights and start pumping iron away or run five miles on a treadmill if you're new to exercising or if it's been a long time since you've exercised.

One of the foundations of exercise is stabilization endurance. This is the phase of training beginners should start in their first few weeks. Not only should beginners do this, but all exercises should circle back to this training phase to maintain a high degree of core and joint stability. In fact, stabilization endurance is a continual process and should never be overlooked by any fitness enthusiast.

The stabilization phase helps you understand your postural control system and the kinetic chain to maintain balance and prevent injury. The main objective is to continually increase your awareness of your balance threshold or stability limits by creating controlled instability. This can involve movements using a single leg or arm or a stability ball to create a proprioceptive environment (an environment where you are aware of your posture, movement, and changes in equilibrium). The exercises explained next are meant to challenge your balance and stability to help you begin building your foundation.

Exercises

Bird Dog: Get on the ground on all fours. Point one arm out straight in front and extend the opposite leg behind you, forming a straight line from your extended hand to your extended foot. Keep your hips squared to the ground. Don't let your back sag and raise your leg as high as possible while keeping your back straight. Hold for a few seconds while engaging your abs. Return to starting position. Do five reps on each side or 10 reps total to begin.

Stability Ball Plank Hold: Place both elbows on the soft side of a stability ball. Hold yourself up on your elbows and your toes. Make sure your back is not sagging. Do not bend at your hips or lift your buttocks high in the air. Keep your body in a straight line and engage your abs. Hold for 10 seconds. Do five reps to begin.

Single-Leg/Single-Arm Cable Row: Select a low amount of weight to begin. Stand on one leg, ensuring your foot is pointed forward and your abs are engaged. Lift your other leg off the floor. Next, hold the cable handle with the hand on the same side as your lifted leg, with the elbow extended. Place your other hand on your hip. In one continuous motion, row your arm back by bringing your thumb toward your armpit and squeezing your shoulder blades together. Return to starting position. Do five reps on each side or 10 reps total to begin.

Stability Ball Push-Ups: Start in a plank position with hands shoulder-width apart on the flat side of the stability ball. Place your toes on the floor with your legs straight (or you can do this exercise on your knees). Push your body up until your arms are almost straight (do not lock your elbows). Hold and balance for at least two seconds. Return slowly to starting position. Do five reps to begin.

Single-Leg Squats: Stand on one foot with your hands on your hips, toes pointed straight forward, and engage your abs. Squat down on one leg as deep as possible, driving the hips back, keeping the chest up, and maintaining form. Make sure the knee is aligned with the toe. Maintain balance throughout. Return to starting position. Do five reps on each side or 10 reps total to begin.



Single-Leg Russian Deadlifts: Stand with your feet shoulder-width apart, and knees slightly bent. Raise one leg behind you. Without changing the bend in your standing knee, keep your back naturally arched, bend at the hips, and lower your torso until it's almost parallel to the floor. Hold a kettle ball (start with low weight to begin) in the hand that's on the same side as the lifted leg. Briefly pause at the bottom, then squeeze your glutes, slowly thrust your hips forward, lowering your leg as you go, and return to starting position. Do five reps on each side or 10 reps total to begin.

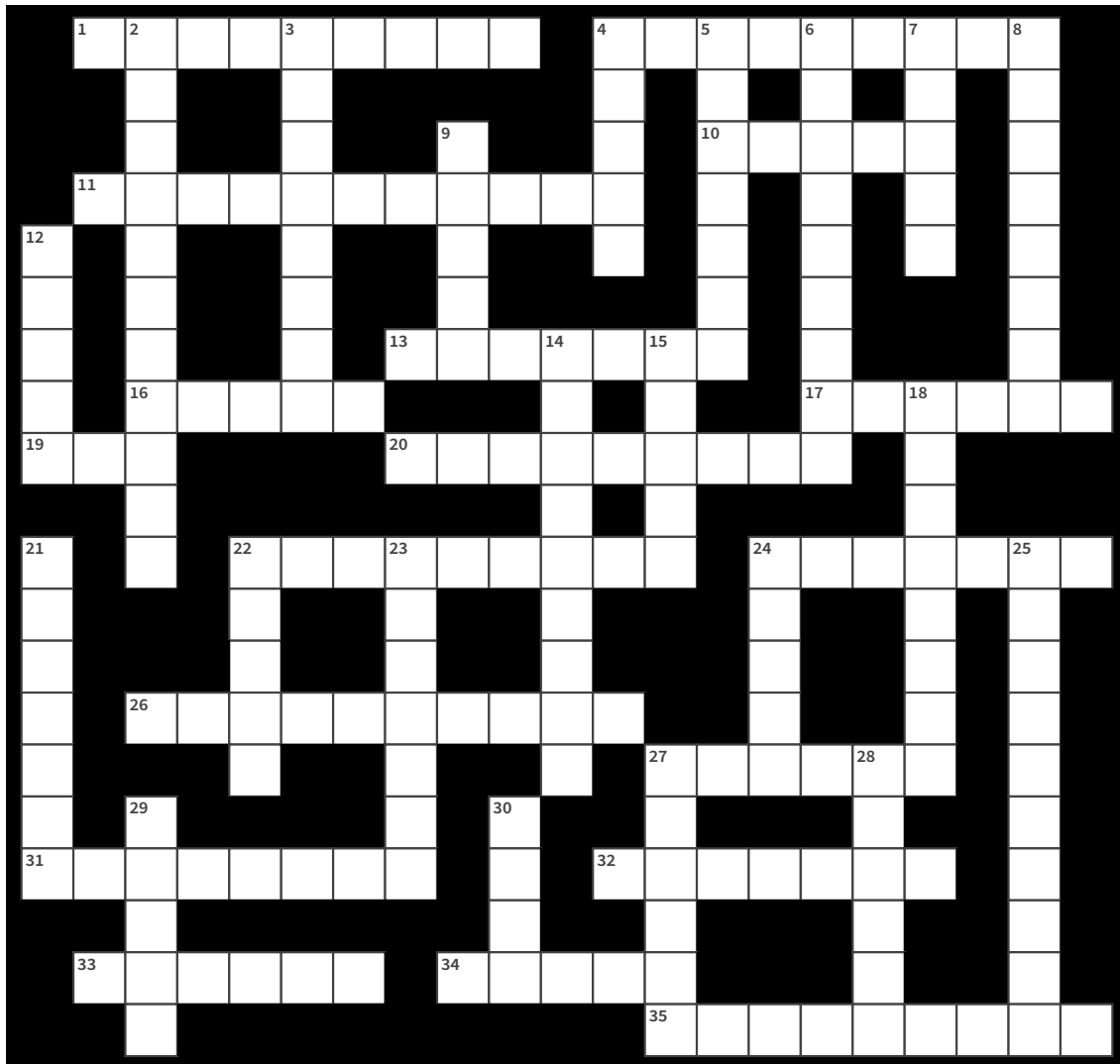
Ultimately, exercise should be functional and correlate to daily movements. Incorporating stabilization exercises into your routine can enhance your coordination, which can come in handy if you need to catch yourself when you slip or miss a step on the stairs. Exercise should teach you the proper mechanics of basic daily movements, such as sitting down, standing up, or bending over, that can slowly deteriorate as we age. Remember, exercise is not meant to break you down but build you up.



Sarah Blackburn King, 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

Crossword Puzzle

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



Down

- 2. Misalignment of vertebrae
- 3. Restful
- 4. Food info on jar or can
- 5. Where people angle for a job
- 6. Of the soul
- 7. Give way, concede
- 8. Physical workout
- 9. Lobed glandular organ
- 12. Ascend, move up
- 14. Food, nourishment
- 15. Plenty of space
- 18. Baseball banners
- 21. System made of brain and spinal cord
- 22. Little Bighorn tribe
- 23. Healthy distribution of activities
- 24. Deep, internal
- 25. Extended leave
- 27. Stinky element #16
- 28. Aromas
- 29. A chance to dream
- 30. Tiny amount

Across

- 1. Vegetable spear
- 4. Way of living
- 10. Back column
- 11. Antioxidant produced by liver
- 13. The body's plumbing system
- 16. Small sticks
- 17. Fruit for cider
- 19. Measure of physique (acronym)
- 20. Relating to feelings
- 22. Firm, steadiness
- 24. Impairment of health
- 26. Building starter
- 27. Prolonged anxiety
- 31. Tending to one's own needs
- 32. Pee container
- 33. Brain-based
- 34. Short Japanese poem
- 35. Put back in place

Answers found on **p.41**

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SIGH OF
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Multiple Ways to Fight Multiple Sclerosis

Most MS patients use integrative healthcare.
According to studies, how effective is it on MS symptoms?

By Tarre Beach

According to the Cleveland Clinic, approximately 60% of multiple sclerosis (MS) patients use integrative medicine (IM) to help control their symptoms. A survey conducted by the Mellen Center for Multiple Sclerosis also found that most of those with MS who used IM and/or complementary and alternative medicine (CAM) were highly educated women who experienced a longer course of the disease and had high levels of fatigue. This group also seeks out and uses IM or CAM because they feel it gives them more control over their disease.

With that in mind, let's look at the different forms of IM and CAM patients seek out and how these treatments make a difference.

What is MS?

MS is a potentially disabling autoimmune disease of the brain and spinal cord. There is no known cause or cure for MS. As the condition progresses, the immune system attacks the protective sheath that covers nerve fibers and causes communication problems between the brain and the rest of the body. Eventually, the disease can cause permanent damage or deterioration of the nerve fibers, making it hard for a patient to walk unassisted and may even render them immobile. The MS Society defines four courses of the disease: clinically isolated syndrome (CIS), relapsing-remitting (RR), secondary progressive (SP), and primary progressive (PP). CIS is the first episode of neurologic symptoms caused by inflammation and demyelination in the central nervous system; it can be diagnosed with magnetic resonance imaging (MRI) before full-blown MS develops.

Most courses of MS can be active or inactive, meaning patients may not experience any symptoms.

Natural therapies for MS

Treatments incorporating integrative medicine may include everything from diet and lifestyle changes to more specialized therapies, such as acupuncture, Ayurvedic medicine, aromatherapy, chiropractic care, meditation, massage, reflexology, and yoga.

Watching What You Eat

A 2020 study published in the *International Journal of Neuroscience* found that patients with MS who adhered to a modified anti-inflammatory diet showed significant improvement in physical and mental quality of life as well as less fatigue compared with the control group.

An anti-inflammatory diet is not a specific regimen but rather an eating style. According to Mayo Clinic, an anti-inflammatory diet favors fruits and vegetables, foods containing omega-3 fatty acids, whole grains, lean protein, healthful fats, and spices. It discourages or limits the consumption of processed foods, red meats, and alcohol.

Some evidence suggests that other dietary patterns, including ketogenic diets and intermittent fasting, may help improve symptoms in people with MS. One study specifically found that intermittent fasting, a dietary pattern involving periodic cycles of low-calorie intake, had the potential to treat relapse-remitting MS.





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Vital Vitamins

A study by the State University of New York at Buffalo found that certain nutrients, including fish oil, B vitamins, N-acetylcysteine, and CoQ10, may benefit people with mild to moderate MS, potentially leading to better general functioning as well as an improved quality of life and mobility. Other nutrients associated with positive changes included increased folate, iron, and magnesium.

Om Away the Pain

Stress has been discussed as a potential trigger of MS relapses. A randomized controlled trial demonstrated decreased inflammatory disease activity as shown by MRI with the implementation of stress management. Some stress management techniques include focusing on a positive attitude, feeling self-effective, and being self-reliant. Additionally, specific relaxation methods, such as breathing exercises, meditation, and cognitive-behavioral stress therapy, may affect well-being, quality of life, coping strategies, and perceived stress.

New Habits

Journaling, mental health counseling, friendships, physical touch, connecting with others, committing to an appropriate physical fitness routine, sleep hygiene, smoking cessation, stress reduction, and eating a healthy diet are all ways people with MS can make lifestyle changes. Studies have shown that the effects of these and other lifestyle changes can reduce MS symptoms and possibly also slow the progression of

the disease. Therefore, lifestyle adjustments should be integrated into a multimodal treatment plan for MS.

Therapeutic Touch and Herbs

A few published clinical studies specifically evaluate the effectiveness of Ayurvedic medicine on MS. Given the study findings, many clinicians suggest individuals with MS not use Ayurvedic medicine. Also, without central oversight of Ayurvedic herbal medicines, they may contain lead, mercury, arsenic, or other heavy metals.





A 2008 study published in the *Journal of American Medical Association* reported that one-fifth of Ayurvedic preparations had potentially dangerous levels of heavy metals. Studies have shown massages and tetrahydrocannabinol (THC) could be beneficial to individuals suffering from MS.

Massage as a complementary and non-pharmacological therapy has been associated with alleviating fatigue and pain in MS patients and improving quality of life. The THC in medicinal cannabis may be helpful for long-term spasticity symptoms and pain not associated with central neuropathic pain.

Flex and Smell the Flowers

Depending on the type of MS you have and the progression of the disease, adaptive yoga may be practiced instead of traditional yoga. Studies show that if done correctly, yoga may improve mental/emotional outlook and slightly decrease fatigue in MS patients.

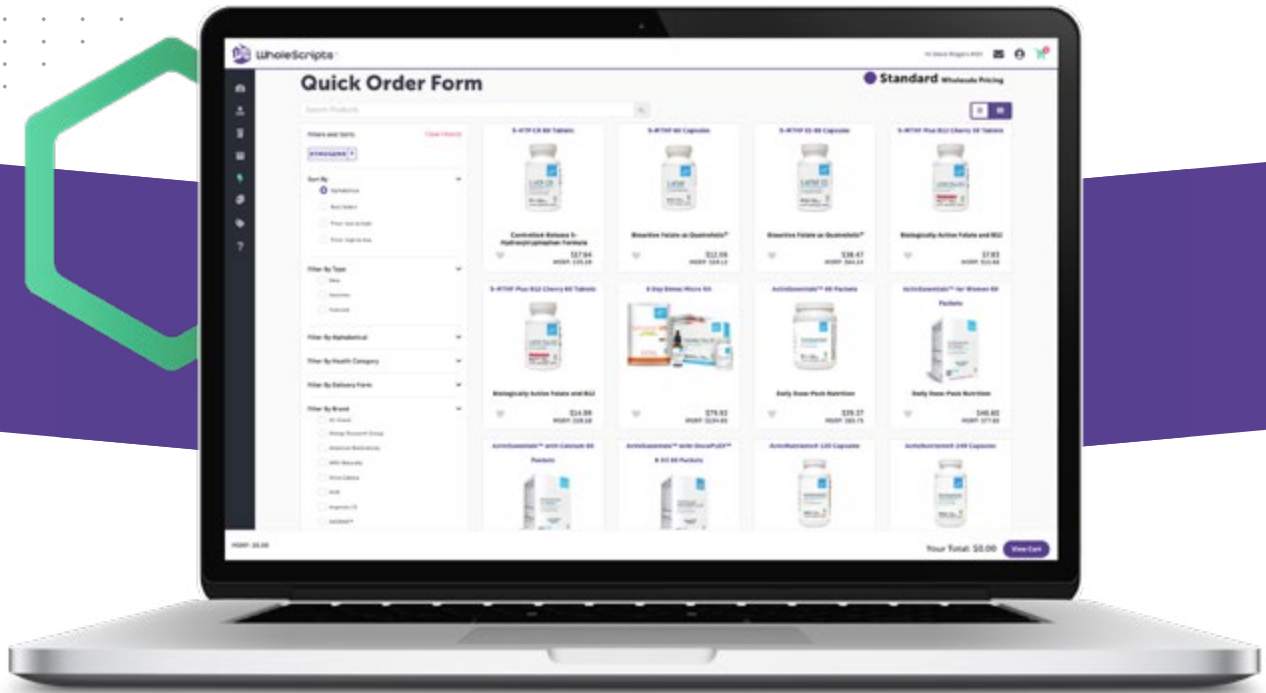
While considered to be chiefly unharmed, one study found that both aromatherapy and reflexology did not produce any significant statistical differences

between the control and treatment groups. Another study suggested a slight improvement in the working memory of women with MS when they smelled lavender essential oil.

Chiropractic Care & Acupuncture

The National Multiple Sclerosis Society (NMSS) reports no evidence that chiropractic care or acupuncture treatments can alter the underlying disease process or course of MS. However, there is anecdotal evidence that people with MS have experienced some symptom relief through chiropractic care or acupuncture treatment. NMSS cautions those with MS to be aware that no controlled clinical trials demonstrate the safety or efficacy of chiropractic care or acupuncture in treating MS. Also, it is noted that in some cases, these types of treatments may exacerbate MS symptoms and/or pain associated with the disease.

In the fight against MS, many patients find hope and self-assurance in trying different integrative medicine therapies. Check with your healthcare professional before starting any new treatment. You may find some relief or, at the very least, a new outlook on life.



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Putting Self-Care into Healthcare

There's more to self-care than you may think. Learn about the pillars of self-care and how they can support your wellness goals.

What is self-care? The World Health Organization (WHO) defines self-care as “the ability of individuals, families and communities to promote their own health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a health worker.” In this description, the emphasis is on individuals taking an active role in managing their own health care. A more holistic definition of self-care might be characterized as protecting and increasing one's well-being and happiness to decrease stress and the risk of illness.

Be Well

Dani Williamson is a family nurse practitioner (FNP) and owner of Integrative Family Medicine and Wild & Well: A Wellness Emporium in Franklin, Tenn. She's also the author of *Wild & Well Dani's Six Commonsense Steps to Radical Healing*. In a recent vlog titled “Self Care Sunday: Are you pouring from an empty vessel?” Williamson shared insights into how prioritizing self-care can reduce illness and lead to overall wellness.

“Self-care is all about filling up your vessel,” Williamson says in the video. “If you have an empty vessel, how are you going to help anyone else?” Williamson shared her favorite self-care activities, including gardening, walking barefoot outdoors, setting work boundaries, and eating nutrient-dense whole foods.

Williamson points out that low-value foods, such as those processed and packaged with excess amounts of salt, fat, and sugar, can increase your body's cortisol, the stress hormone. If cortisol escalates too much, it can lead to elevated blood pressure, increased blood glucose levels, weight gain, low libido, excessive tiredness, depression, chronic illness, and more.

Williamson explains her six steps to healing: “When you eat well, sleep well, move well, poop well, de-stress well, commune well, you will be well.” In integrative health, the pillars to self-care are very similar: nutrition, lifestyle, exercise, sleep, life-work balance, mental and emotional health, and spiritual peace or inner well-being.

The Dish on Nutrition

The type, quality, and quantity of food you eat are critical to your health. Williamson recommends including a variety of colorful unprocessed foods in your diet. Eat what your body needs, not just what your tastebuds want, and eat regularly. Starving yourself to fit into a special outfit is not a good way to maintain your body's daily nutrient levels.

If packaged foods are eaten, make sure to read the nutritional facts label to help you seek out nutritious options.

The daily value percent (%DV) on the nutritional facts label shows how much of a nutrient in one serving of food contributes to a total daily diet. This information can help determine if a food serving is high or low in an individual nutrient. As a rule, 5%DV or less of a nutrient per serving is considered low, and 20%DV or more is considered high.

When reading the nutritional facts, keep in mind that no amount of trans fat is recommended, and although the %DVs of sugar are not listed on nutritional facts, the National Institutes of Health's Dietary Guidelines for Americans recommends that less than 10% of total calories come from added sugar.

Taking the time to check the ingredient labels is a small lifestyle change that can make a big impact.

Living Life

Lifestyle self-care is a broad term that covers many core areas, such as physical exercise, healthy eating, sleeping well, socializing, and not engaging in risky behaviors like smoking, excessive alcohol use, or not wearing your seatbelt.

Physical exercise has significant benefits for health. It can reduce the risk of cardiovascular disease, diabetes, and osteoporosis and help control weight and promote mental well-being. The National Institutes of Health recommends that adults get at least 150 minutes of moderate-intensity physical activity per week to live longer and reduce heart disease, stroke, high blood pressure, type 2 diabetes, and depression.

Besides the physical health benefits, physical and longer recreational activities, such as camping, fishing, or other leisure endeavors also create valuable social foundations, which can prevent isolation and loneliness and improve mental health.

Balancing Act

Finding a balance between work, family, and social responsibilities is an often overlooked element of self-care. This could mean saying no to extra responsibilities and setting stronger boundaries. While it may be uncomfortable to do at first, with practice, it can create mental health stability and help build your self-esteem and confidence.

Psychology Today's Abigail Fagan, who majored in cognitive science, recommends that if saying no is tough for you, try using the "sandwich method."

This approach involves sandwiching something that could be considered negative between two positives. An example might go something like this: "Thank you for asking me to organize the birthday party for our friend. I appreciate you seeing me as helpful; however, I won't be able to do it. I'd be happy to check my schedule for a different event where I can help out."

Setting strong boundaries and not regularly overworking yourself can give your body and mind time to rest and heal.



Support Yourself with Sleep

Numerous studies have found that getting enough restful sleep can help promote a healthy outlook on life, elevate mood and energy levels, and improve concentration and productivity.

Dr. Catherine Darley, the founder of the Institute for Naturopathic Sleep Medicine in Seattle, says that the most common sleep problem among working Americans is not getting enough of it. How much sleep you need, however, varies from person to person. The often-quoted recommendation of eight hours of sleep is not necessarily true for everyone. Your age, gender, health issues, medications, and job type can all contribute to how much sleep you need.

Talk to your healthcare practitioner if you (or your sleep partner) suspect you have sleep apnea, chronic insomnia, restless legs syndrome, or suffer from somnambulism (sleepwalking). If left unaddressed, conditions that impact your sleep can have a serious impact on your mental and emotional health.

Mental and Emotional Well-being

The U.S. Department of Health and Human Services clarifies the difference between emotional and mental health. Emotional health is the ability to cope with and manage emotions. Mental health is the ability to think clearly and make good decisions.

The following are tips for practicing good emotional health self-care:

- Be aware of your emotions and reactions
- Express your feelings in appropriate ways
- Think before you act
- Manage your stress
- Connect with others
- Find purpose and meaning
- Stay positive



Many of the ways you sustain your emotional health can be used to stay mentally healthy, too. If you're unsure about the state of your mental health, try asking yourself these questions.

- Are you feeling sad or down?
- Are you confused easily or unable to concentrate?
- Do you have excessive fears or worries or extreme feelings of guilt?
- Do you experience extreme mood changes of highs and lows?
- Have you withdrawn from friends and activities?
- Are you extremely tired, have low energy, or have problems sleeping?
- Do you have suicidal thoughts?
- Are you feeling overly paranoid or experiencing hallucinations?
- Do you have trouble understanding and relating to situations and/or people?
- Do you have physical pain?

If you answer yes to several of these questions, especially if you feel you might harm yourself or others, seek help from a qualified mental health professional immediately.

Answering yes to only a few of these questions may not indicate a mental health issue, but it's always a good idea to discuss your mental health with your healthcare provider. They may offer suggested lifestyle changes or activities to get you back on track.

Belief and Beyond

In different cultures, spirituality means different things, thus making it hard to precisely define what

spiritual health is exactly. A study published in the *Journal of Medical Ethics and History of Medicine* revealed that spiritual health often included one or more of the following indicators: a positive connection with God, oneself, others, and/or nature. Several scientific reviews on the subject suggest that spiritual health has a strong relationship with physical, mental, and social well-being and quality of life.

Dr. Deepak Chopra, a friend of Oprah, book author, medical doctor, and self-help celebrity, offers some self-care tips to promote spiritual health:

- Practice yoga
- Meditate
- Clear your space
- Connect with your community
- Journal
- Read inspiring material
- Unplug from technology
- Practice forgiveness

For those not religiously or spiritually inclined, inner well-being may be more palatable. Sam Harris, a neuroscientist and well-known atheist, rejects religion in favor of his definition of spirituality: "to become aware that our sense of self is illusory, and that this realization brings both happiness and insight into the nature of consciousness."

Both Harris and Chopra recommend practicing meditation or mindfulness to experience a sense of inner peace.

Whether you implement some or all these suggestions, the main point is to care for your whole self to achieve your wellness goals.

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Seeing << >> Right

Natural healthcare has been used for centuries to aid eye health. Recent studies find healthy food, supplements, and acupuncture are still useful in this vision quest.



15th Century (BCE) — *Ebers Papyrus*, an Egyptian medical text, lists castor oil as an eye protectant against irritation and copper or manganese as aids to fight eye infections.

2nd Century (BCE) — *Shen Nong Ben Cao Jing* (Divine Farmer's Classic of Materia Medica) lists that ingesting goji berries improves eyesight, keeps eyes moist, and prevents eye disease.



1st Century (BCE) — Romans use a salve made from the *Lycium* plant, which produces goji berries, to treat eye diseases.

1st Century (CE) — Pliny the Elder, an ancient Roman naturalist, recommends an eyewash made of zinc to relieve eye pain.



10th Century (CE) — *Bald's Leechbook*, a collection of Old English medical remedies, includes a treatment for eye problems that combines ground green coriander mixed with breast milk and put on the eyelids.

1874 — European doctors E. Hardy and Alfred Gerrard use pilocarpine, a natural alkaloid extracted from the *Pilocarpus* plant, to treat glaucoma.

1995 — A Swiss study suggests that magnesium supplementation may have a beneficial effect on the visual field of glaucoma patients.



2012 — *Journal of Medicinal Food* publishes that *ginkgo biloba* extract and bilberry anthocyanins improve visual function in patients with normal-tension glaucoma.

2019 — A small study published in *Clinical Ophthalmology* finds that acupuncture may help improve symptoms related to dry eye disease.



2022 — A Johns Hopkins study finds that lutein and zeaxanthin supplementation improve outcomes in treating age-related eye diseases over beta carotene.

Wellness Words Answers

Down

- | | | |
|----------------|---------------|----------------|
| 2. Subluxation | 9. Liver | 23. Balance |
| 3. Relaxing | 12. Climb | 24. Inner |
| 4. Label | 14. Nutrition | 25. Sabbatical |
| 5. Fishery | 15. Roomy | 27. Sulfur |
| 6. Spiritual | 18. Pennants | 28. Scents |
| 7. Yield | 21. Nervous | 29. Sleep |
| 8. Exercise | 22. Sioux | 30. Iota |

Across

- | | | |
|-----------------|----------------|---------------|
| 1. Asparagus | 17. Apples | 27. Stress |
| 4. Lifestyle | 19. BMI | 31. Selfcare |
| 10. Spine | 20. Emotional | 32. Bladder |
| 11. Glutathione | 22. Stability | 33. Mental |
| 13. Urinary | 24. Illness | 34. Haiku |
| 16. Twigs | 26. Foundation | 35. Reinstall |

WholeScripts Product List

AC Grace

Product Name

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

Allergy Research Group

Product Name

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

Pregnenolone 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

Thyroid Nutrition with Iodoral® 60 Tablets

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

Estriol Cream 2 oz
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
 Professional First Aid Gel 1 fl oz
 Sinus Relief 1 fl oz
 Sinus Relief 2 fl oz

Atrantil

Product Name
 Atrantil 90 Capsules
 Atrantil PRO 90 Capsules

AVEMAR™

Product Name
 AVEMAR™ 300 Tablets

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

Avior

Product Name
 Myetin 60 Chewable Tablets
 Real NAD+ 60 EZ Melt Tablets

Ayush Herbs

Product Name
 AdrenOm 90 Capsules
 Adult Ashwagandha Drops 2 fl oz
 Adult Trifal Drops 2 fl oz
 Amla Plex 30 Servings
 Arjuna Heart 90 Capsules
 Ashwagandha 60 Capsules
 Ayu-Dep 60 Capsules
 AyuPhos 90 Capsules
 Bacopa Plus 90 Capsules
 Boswelya Plus 90 Caplets
 BronchoTone 90 Capsules
 Carditone 60 Caplets
 CoCurcumin 30 Servings
 Flucomune 90 Capsules
 High Omega-3 Fish Oil 60 Softgels
 Kids Ashwagandha Drops 2 fl oz
 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

Bee Pollen 150 g

Kids Propolis Immune Support* 1.06 fl oz

Propolis Complete Gut Health 60 Capsules

Propolis Immune Support* 1.06 fl oz

Propolis Nasal Spray 1 fl oz

Propolis Sinus Support 60 Capsules

Propolis Soothing Lozenges Honey 14 Drops

Royal Jelly Brain Fuel 3 Pack

Royal Jelly Brain Fuel 6 Pack

Superfood Honey 125 g

Superfood Honey 330 g

Bio-Tech Pharmacal

Product Name

Bio-Max Immune 60 Capsules

D3-50 100 Capsules

Lith-Oro 20 mg 100 Capsules

Biocidin

Product Name

+DENTALCIDIN™ TOOTHPASTE 3oz

Biocidin® 1 fl oz

Biocidin® 90 Capsules

Biocidin® LSF 1.7 fl oz

Biocidin® Throat Spray 1 fl oz

Biotonic 2 fl oz

Dentalcidin LS 1 fl oz

G.I. Detox+ 60 Capsules

Olivirex® 60 Capsules

Proflora® 4R 30 Capsules

Biogena

Product Name

7-Salt Magnesium 60 Capsules

Chlorella Plus C 120 Capsules

Omega 3 Vegan DHA & EPA 450 GOLD 90 Capsules

Pycnogenol Superior 100 GOLD 30 Capsules

BioMatrix

Product Name

Candid-X 90 Capsules

Est-Adapt 15 mL

Licorice Root Extract 2 fl oz

Paracid-X 90 Capsules

Pregnenolone 30 mL

Pro-Adapt 15 mL

Pylori-X 120 Capsules

Support Digestion 90 Capsules

BodyBio

Product Name

Balance Oil 16 oz

Balance Oil 60 Softgels

Calcium / Magnesium Butyrate 100 Capsules

E-Lyte 16 oz

Gut + Prebiotic + Postbiotic 30 Capsules

Liposomal Vitamin C 60 Capsules

Liquid Mineral Iodine 2 fl oz

Liquid Mineral Manganese 2 fl oz

Liquid Mineral Zinc 2 fl oz

Liquid Minerals 8 oz

PC 100 Softgels

PC Liquid 8 fl oz

Sodium Butyrate 60 Capsules

TUDCA 60 Capsules

Brain Bean

Product Name

Brain Basics Opti Zinc Plus 60 Tablets

Brain Basics Ultra Alpha GPC 90 Capsules

Brain Basics Ultra Iodine Complex 90 Tablets
 Brain Basics Ultra Pure Astaxanthin 60 Softgels
 Brain Basics Ultra Pure Selenomethionine 90 Capsules

Brain Omega 180 Softgels
 Brain ResQ 60 Capsules

Buddha Teas

Product Name

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

Carlson Labs

Product Name

A.D.E Hand & Body Cream Unscented 4 oz

ACES 50 Softgels

ACES+Zn 60 Softgels

Acetyl L-Carnitine 60 Capsules

Baby's DHA 2 fl oz

Cal-600 100 Softgels

Chewable Calcium Citrate 120 Tablets

Cod Liver Oil Gems 100 Softgels

Cod Liver Oil Lemon Flavor 8.4 oz

Cod Liver Oil Minis 100 Softgels

Cod Liver Oil Natural Flavor 8.4 oz

DL-Phenylalanine 60 Capsules

Glycine Powder 50 Servings

Hi-Fiber 100 Capsules

Key-E Hand & Body Cream Unscented 2 oz

Kid's Vitamin C Gummies 60 Gummies

Kid's Vitamin D3 Gummies 60 Gummies

L-Glutamine Powder 33 Servings

M-S-M Sulfur 90 Capsules

Taurine Powder 31 Servings

Vitamin D3 Gummies 60 Gummies

Clinical Synergy

Product Name

ArteMax 60 Capsules

BreastDefend Professional 120 Capsules

Comprehensive Circulation Support 60 Capsules

GlyphoDetox Professional 60 Capsules

IonShield® 60 Capsules

Mycocoetics Immune Max 180 Capsules

PADMA Basic Professional 180 Capsules

PectaSol Metal Detox 180 Capsules

PectaSol-C Professional 270 Capsules

PectaSol-C Professional 90 Servings

PectaSol-C Professional Chewable Tangerine Flavor 120 Tablets

PectaSol-C Professional Lime Flavor 30 Servings

PectaSol-C Professional Lime Flavor 90 Servings

RegeneRest 60 Capsules

Cognitive Clarity

Product Name

Percepta Professional 60 Capsules

CuraLife USA

Product Name

CuraLin 90 Capsules

CuraLin 180 Capsules

CuraLin Starter Bottle 42 Capsules

Davinci Labs

Product Name

A.D.K 10 90 Capsules

A.D.K 60 Capsules

ALL-ZYME 90 Tablets

ALLER-DMG 60 Tablets

BERBERINE FORCE 60 Capsules

BioDIM COMPLEX 60 Capsules

Calm Fruit Punch 1 fl oz

CANDID-AWAY 90 Capsules

Chewable Kidbiotic Tropical Fruit 90 Tablets

Chewable Vitamin C Cherry 90 Tablets

CHOLESTSURE 90 Capsules

COENZYME Q10 CHEWMELT 100 mg 60 Tablets

COQ10 - DMG 300/300 Orange 60 Tablets

D-Lightful Citrus 1 fl oz
 D3/K2 LIQUID 1 fl oz
 DAILY BEST ULTRA 60 Capsules
 DISC-DISCOVERY[®] 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
 Immuni-Z Lemon 60 Lozenges
 Kidbiotic Powder 60 Servings
 KiddOmega-3 Cherry Orange 40 Servings
 LIPOSOMAL C 10.15 fl oz
 LIPOSOMAL CITICOLINE 2 fl oz
 LIPOSOMAL MELATONIN SPRAY 1 fl oz
 MEGA PROBIOTIC ND 120 Capsules
 MEGA PROBIOTIC ND 50 60 Capsules
 Mightiest Vite[®] Fruit Punch 30 Servings
 Migrashield[®] Citrus 1 fl oz
 MILK THISTLE 90 Capsules
 PERNA PLUS 180 Tablets
 PROSTATE HEALTH 60 Capsules
 Sleep Tight Citrus 1 fl oz
 SPM COMPLETE 60 Softgels
 Sync Up Berry 2 fl oz
 TRI-MAG 300 120 Capsules

Diamond Formulations

Product Name

Sleep Balance Herbal 60 Capsules

Dr. Advantage

Product Name

EyeRelief 90 Softgels

Macular Shield Plus Complete Multivitamin 120 Capsules

Omega Shield 60 Softgels

Dr. Capasso

Product Name

Mitoblast 2 120 Capsules

Skin-Lasting Botanical Formula Spray 6 fl oz

Skin-Lasting Super Formula Spray 6 fl oz

Dr. Mercola

Product Name

Berberine with MicroPQQ Advanced 30 Capsules

Biothin Probiotic 30 Capsules

Calcium with Vitamins D3 & K2 90 Capsules

Eye Support 30 Capsules

Fermented Beta Glucans 60 Capsules

Fermented Black Garlic 60 Capsules

Fermented Chlorella 450 Tablets

Full Spectrum Enzyme 90 Capsules

H2 Molecular Hydrogen 90 Tablets

Ketozyme 30 Capsules

Krill Oil 60 Capsules

Liposomal Vitamin C 60 Capsules

Liposomal Vitamin C 180 Capsules

Liposomal Vitamin C Citrus Vanilla 15.2 fl oz

Liposomal Vitamin C for Kids 30 Capsules

Magnesium L-Threonate 270 Capsules

Organic Astaxanthin 12 mg 90 Capsules

Organic Collagen from Grass Fed Beef Bone Broth 270 Tablets

Organic Ginkgo Biloba 30 Capsules

Organic Pine Bark Extract 60 Tablets

Organic Resistant Starch Complex 9.52 oz

Organic Saw Palmetto 2 fl oz

Peppermint Oil with Asafoetida 30 Capsules

Vitamin C-PAK[®] 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 Orange Dreamsicle 1 oz

Drink LMNT

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

Drs Nutrition Bar

Product Name

Drs Nutrition Bar Almond Chocolate Coconut 12 Bars

Encore Life

Product Name

HEMP OneThirteen 30 Softgels

HEMP OneThirteen 60 Softgels

HEMP OneThirteen Immune Sour Gummies Orange Cream 60 Gummies

HEMP OneThirteen PRO 1500 1 oz

HEMP OneThirteen PRO 3000 1 oz

HEMP OneThirteen PRO 750 0.5 oz

HEMP OneThirteen Relax Sour Gummies Blueberry Pomegranate 60 Gummies

HEMP OneThirteen Sleep Sour Gummies Blackberry Vanilla 60 Gummies

HEMP OneThirteen Soothe 600 60 g

HEMP OneThirteen Sour Gummies Watermelon Cherry 60 Gummies

Endurance Products Company

Product Name

Dihydroberberine SR 150 mg 60 Tablets

Dihydroberberine SR 150 mg 180 Tablets

ENDUR-ACIN ER 750 mg 60 Tablets

ENDUR-ACIN ER NIACIN 250 mg 100 Tablets

ENDUR-ACIN ER NIACIN 500 mg 100 Tablets

ENDUR-AMIDE SR 500 mg 90 Tablets

ENDUR-C SR 1000 mg 60 Tablets

ENDUR-C SR 500 mg 90 Tablets

Pantethine SR 300 mg 90 Tablets

Phytosterols IR 450 mg 60 Tablets

Taxifolin Complex SR 60 Tablets

Enzyme Science™

Product Name

(PEA)+ 120 Capsules

Acid Calm 90 Capsules

Betaine HCL 120 Capsules

Candidase Pro 84 Capsules

Complete Digestion 90 Capsules

Critical Digestion® 90 Capsules

Digest Gold 240 Capsules

Digest Gold 90 Capsules

Enzyme Defense Pro 60 Capsules

GI Motility Complex 60 Capsules

Intolerance Complex 90 Capsules

Lypo Optimize 90 Capsules

MyoMend® 120 Capsules

Nattokinase Pro 60 Capsules

Serrapeptase Pro 120 Capsules

Stem XCell® Pro 60 Capsules

Telomere Pro 30 Capsules

Everidis Health Sciences

Product Name

BioGaia Gastrus 30 Chewable Tablets

BioGaia Prodentis 30 Lozenges

BioGaia Protectis 30 Chewable Tablets

BioGaia Protectis Baby Drops 25 Servings

BioGaia Protectis Baby Drops with Vitamin D 50 Servings

Replesta NX 8 Chewable Wafers

Gaia Herbs

Product Name

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 Supreme NF-kB 60 Capsules

Daytime HPA 120 Capsules

Daytime HPA 60 Capsules

GaiaKids Black Elderberry Kids Daily Gummies 40 Gummies

Holy Basil 60 Capsules

Nighttime HPA 120 Capsules

Oil of Oregano 60 Capsules

Plant Force Liquid Iron 16 fl oz

Revive HPA 60 Capsules

Rhodiola 60 Capsules

Sleep Formula 60 Capsules

Thyroid Formula 120 Capsules

Vitex 60 Capsules

Genexa

Product Name

Allergy Care 60 Tablets

Arnica Pain 100 Tablets

Cold Crush 60 Tablets

Flu Fix 60 Tablets

Kids' Allergy Care 60 Tablets

Sleepology 60 Tablets

Stress 60 Tablets

Guna Inc.

Product Name

Guna Allergy 1 fl oz

Guna Cough 5.07 fl oz

Guna Deep Cleanse 1 fl oz

Guna Defense 0.28 oz

Guna Female Balance 1 fl oz

Guna Flam Relief 1 fl oz

Guna Flu 0.21 oz

Guna Healthy Brain 1 fl oz

Guna Kidney Plus 1 fl oz

Guna Lympho Detox 1 fl oz

Guna Matrix Detox 1 fl oz

Guna Mood Support 1 fl oz

Guna Pain Management 1 fl oz

Haelan

Product Name

Haelan 951 8 fl oz

Sweet Mint Flavoring 40 Serv

Haylie Pomroy Group

Product Name

Fast Metabolism 10-Day Cleanse Kit

Fast Metabolism 5-Day Cleanse Kit

Fast Metabolism Diet Quick Start Kit

Metabolism Shake 14 Servings

Herb Pharm

Product Name

ADRENAL SUPPORT 1 fl oz

ANXIETY SOOTHER 1 fl oz

ARNICA OIL 1 fl oz

ASHWAGANDHA 1 fl oz

ASHWAGANDHA ALCOHOL FREE 1 fl oz

BETTER BITTERS CLASSIC 1 fl oz

BLACK ELDERBERRY ALCOHOL FREE 1 fl oz

CALENDULA OIL 1 fl oz

DANDELION ALCOHOL FREE 1 fl oz

ECHINACEA ALCOHOL FREE 1 fl oz

FUNGUS FIGHTER 1 fl oz

GINGER 1 fl oz

KAVA 1 fl oz

KIDS BLACK ELDERBERRY ALCOHOL FREE 1 fl oz

KIDS FAST ASLEEP 1 fl oz

KIDS IMMUNE AVENGER 1 fl oz

KIDS IMMUNE FORTIFIER 1 fl oz

KIDS LEMON BALM CALM ALCOHOL FREE 1 fl oz

KIDS MULLEIN GARLIC OIL 1 fl oz

KIDS ORANGE-FLAVORED ECHINACEA ALCOHOL FREE 1 fl oz

LEMON BALM 1 fl oz

LEMON BALM ALCOHOL FREE 1 fl oz

LUNG EXPECTORANT 1 fl oz

MILK THISTLE 1 fl oz

MULLEIN GARLIC OIL 1 fl oz

NERVOUS SYSTEM TONIC 1 fl oz

PASSIONFLOWER 1 fl oz

PEPPERMINT SPIRITS 1 fl oz

RAPID IMMUNE BOOST 1 fl oz

RELAXING SLEEP 1 fl oz

SOOTHING THROAT SPRAY 1 fl oz

ST. JOHN'S WORT OIL 1 fl oz

STONE BREAKER 1 fl oz

SUPER ECHINACEA 1 fl oz

TEA TREE ESSENTIAL OIL 1 fl oz

TURMERIC 1 fl oz

URINARY SYSTEM SUPPORT 1 fl oz

VALERIAN 1 fl oz

From the creators of Percepta®



Percepta Professional®

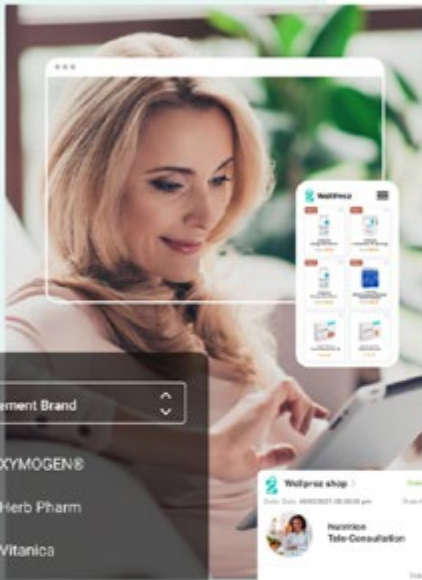
- Exclusive patented PTI-00703® cat's claw, oolong tea extract (MemorTea®) and black currant (with 25% proanthocyanidins)
- World's first dietary supplement to target brain plaques and tangles in the normal aging brain.*
- Developed by two of the world's most renowned brain aging/memory loss researchers,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

Tap to learn more on
WholeScripts.com

www.perceptabrain.com



*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.



Well ProZ

Improve patient experiences, reduce admin time, and grow your practice with your own branded e-commerce store—**no coding required.**

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soar with Well ProZ!
Scan the code to
book a demo.

VALERIAN ALCOHOL FREE 1 fl oz

VIRATTACK 1 fl oz

Herbalist & Alchemist

Product Name

Calm Adapt 4 oz

Immune Adapt 4 oz

Kidney Support Compound 4 oz

Men's Prostate Tonic 4 oz

Original Bitters 4 oz

Osteoherb 120 Capsules

Seven Precious Mushrooms 4 oz

Sinus Support Compound 4 oz

Women's Adapt 4 oz

Host Defense

Product Name

Lion's Mane 120 Capsules

Lion's Mane 30 Capsules

Lion's Mane 60 Capsules

Lion's Mane Extract 2 fl oz

Maitake 60 Capsules

MyCommunity® 120 Capsules

MyCommunity® Extract 2 fl oz

Reishi 30 Capsules

Stamets 7® 60 Capsules

Stamets 7® Mushroom Mycelium Powder 66 Servings

Turkey Tail 120 Capsules

Turkey Tail 60 Capsules

HumanN

Product Name

BeetElite Black Cherry 20 Servings

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 1000 mg 90 Capsules

SuperBeets Black Cherry 30 Servings

SuperBeets Collagen Cherry Berry 30 Servings

SuperBeets Energy Plus Natural Berry 30 Servings

SuperBeets Heart Chews Pomegranate Berry 60 Chews

SuperBeets Immune Cranberry Cherry 30 Servings

SuperBeets Memory + Focus 30 Chews

SuperBeets Original Apple 30 Servings

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

NAC Sustain 600 mg 60 Tablets

Organic MCT Oil 16 fl oz

Pantethine 60 Softgels

PS100 100 mg 60 Softgels

QH-absorb® + PQQ 30 Softgels

QH-absorb® 200 mg 60 Softgels

Quercetin 500 mg 100 Capsules

Red Yeast Rice + CoQ10 120 Capsules

Theanine 200 60 Capsules

Jigsaw Health

Product Name

Activated B w/SRT 120 Tablets

Adrenal Cocktail + Wholefood Vitamin C 60 Servings

Electrolyte Supreme Berry-Licious 60 Packets

Electrolyte Supreme Berry-Licious 60 Servings

Electrolyte Supreme Lemon-Lime 60 Packets

Electrolyte Supreme Lemon-Lime 60 Servings

MagSoothe Raspberry Lemonade 60 packets

MagSoothe Raspberry Lemonade 60 Servings

MagSRT® 240 Tablets

Pickleball Cocktail Orange 60 Servings

Kuli Kuli

Product Name

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

ArthroMax® Elite 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

Shade Factor 120 Capsules

Super K 90 Softgels

Super Omega-3 EPA/DHA Fish Oil 60 Softgels

Super Ubiquinol CoQ10 100 mg 60 Softgels

Tart Cherry with CherryPURE® 60 Capsules

Two-Per-Day Multivitamin 120 Capsules

Ultra Prostate Formula 60 Softgels

Vinpocetine 10 mg 100 Tablets

Vitamin C and Bio-Quercetin Phytosome 250 Tablets

Vitamin C and Bio-Quercetin Phytosome 60 Tablets

Water-Soluble Pumpkin Seed Extract 60 Capsules

Zinc Lozenges Citrus-Orange Flavor 60 Lozenges

Linpharma

Product Name

Petadolex 50 mg 50 Softgels

Petadolex 75 mg 60 Softgels

Master Supplements

Product Name

DIGESTXYM+ 93 Capsules

HCL-XYM 93 Capsules

ImmunoxyM 62 Capsules

SunFiber 31 Servings

TheralacPRO 31 Capsules

THERAXYM 93 Capsules

TruBifidoPRO 31 Capsules

TruFiber 50 Servings

Med7

Product Name

MED 7 HEMP OIL MOCHA .5 OZ

MED 7 HEMP OIL WILD BERRY .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 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

MegaMucosa 180 Capsules

MegaMucosa Berry Acai 30 Servings

MegaPre Pineapple Orange Guava 30 Servings

MegaSporeBiotic 60 Capsules

MegaSporeBiotic 180 Capsules

PyloGuard 30 Capsules

RestorFlora PD 21 Capsules

SereneSkin 30 Capsules

WheatRescue 60 Capsules

Microvascular Health Solutions

Product Name

EndocalyxPro 120 Capsules

Motherlove

Product Name

Diaper Balm 1 fl oz

More Milk[®] Moringa 60 Capsules

More Milk[®] Plus 60 Capsules

More Milk[®] Special Blend 60 Capsules

Nipple Cream 1 fl oz

Pregnant Belly Salve 4 fl oz

Sitz Bath Spray 2 fl oz

MRM

Product Name

Acetyl L-Carnitine 60 Capsules

Cardio Chelate 180 Capsules

Complete E 60 Softgels

Cordyceps CS-4 Strain 60 Capsules

DHEA 50 mg 90 Capsules

Digest-ALL 100 Capsules

Digest-ALL IC 60 Tablets

Driven Mixed Berries 29 Servings

Egg White Protein Vanilla 10 Servings

endurance products
COMPANY

Sustained-Release Nutrition Made Simple

No over-manufacturing.
No unnecessary ingredients.
Pure Value.

Supplements designed for your patient's
lifestyle with slow and steady nutrient
release as nature intended.

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

Endurance Products Company

- Explore our supplements www.endur.com
- Access our published research www.enduranceresearch.com
- Order www.wholescripts.com

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

- 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
- Super Cordyceps 120 Tablets
- Super Coriolus 120 Tablets
- Super Lion's Mane 120 Tablets
- Super Reishi 120 Tablets
- Super Shiitake 120 Tablets

Nature's Sources

Product Name

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

Neurohacker

Product Name

- Qualia Mind 105 Capsules
- Qualia Mind 35 Capsules
- Qualia Night 20 Capsules
- Qualia Night 60 Capsules
- Qualia Nootropic Energy 2 oz Shot 6-Pack
- Qualia Resilience 30 Capsules
- Qualia Senolytic 12 Capsules

NFH

Product Name

- Berberine SAP 90 Capsules
- Cordyceps SAP 60 Capsules
- Coriolus Versicolor SAP 60 Capsules
- D-Ribose SAP 50 Servings
- Grape Seed SAP 60 Capsules
- InflaCalm SAP 90 Capsules
- Lavender SAP 60 Softgels
- Male Fertility SAP 120 Capsules
- Mito SAP 90 Capsules
- Mushroom Complex SAP 90 Capsules
- NAC SAP 90 Capsules

Ox Bile SAP 90 Capsules

Prenatal SAP 180 Capsules

Quercetin SAP 60 Capsules

Reishi SAP 60 Capsules

Trident SAP 66:33 120 Softgels

Trident SAP 66:33 Lemon 120 Softgels

Zinc SAP 60 Softgels

Nordic Naturals

Product Name

Algae Omega 120 Softgels

Arctic Cod Liver Oil 180 Softgels

Arctic Cod Liver Oil Orange 8 fl oz

Arctic Omega 180 Softgels

Arctic Omega 8 fl oz

Baby's Vitamin D3 0.37 fl oz

Children's Eye Health Strawberry Lemonade 30 Gummy Chews

Cognition Mushroom Complex 60 Capsules

CoQ10 Gummies 60 Gummies

DHA Infant 2 fl oz

DHA Junior 180 Softgels

DHA Junior 4 fl oz

Energy Mushroom Complex 60 Capsules

Immune Mushroom Complex 60 Capsules

Kids Nordic Flora Probiotic Gummies Merry Berry Punch 60 Gummies

Kids Nordic Flora Probiotic Pixies Berry 30 Packets

Men's Multivitamin Mixed Berry 60 Gummies

Nordic Beauty Borage Oil 4 fl oz

Nordic Berries Cherry Berry 120 Gummy Berries

Nordic Berries Original Flavor 120 Gummy Berries

Nordic CoQ10 Ubiquinol Sport 60 Softgels

Nordic Flora Probiotic Immune Health 30 Capsules

Nordic Flora Probiotic Maximum Care 30 Capsules

Nordic Immune[®] 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

ProOmega[®] Tropical Fruit 54 Gummy Chews

Stress Relief Gummies 40 Gummies

Ultimate Omega 2X Sport 60 Softgels

Ultimate Omega-D3 Sport 60 Softgels

Vitamin C Gummies Tart Tangerine 120 Gummies

Vitamin D3 5000 Gummies 30 Gummies

Vitamin D3 Gummies 60 Gummies

Vitamin D3 Gummies Sport 120 Gummies

Vitamin D3 Kids Gummies Wild Watermelon Splash 60 Gummies

Vitamin D3+K2 Gummies Pomegranate 60 Gummies

Women's Multivitamin Mixed Berry 60 Gummies

Zero Sugar Curcumin Gummies 60 Gummies

Zero Sugar Hair & Skin Strawberry Lemonade 27 Gummy Chews

Zero Sugar Kids Multi Gummies 120 Gummies

Zero Sugar Melatonin Gummies 60 Gummies

Zero Sugar Prenatal DHA Strawberry Orange 27 Gummy Chews

Zero Sugar Vitamin D3 Gummies 60 Gummies

NuGo Nutrition

Product Name

Fiber d'Lish Cinnamon Raisin 16 Bars

NuGo Vanilla Yogurt Protein 15 Bars

PROMAX Protein Bar Chocolate Chip Cookie Dough 12 Bars

Smarte Carb Peanut Butter Crunch 12 Bars

Stronger Caramel Pretzel 12 Bars

Stronger Peanut Cluster 12 Bars

Nutra Biogenesis

Product Name

BioAdaptogen Ultra 60 Capsules

BioInflaMax 150 Capsules

BioThyro 60 Capsule

CogniFactors 60 Capsules

Eskaloft 60 Capsules

InflamaZyme 90 Capsules

Liposomal Melatonin 2 fl oz

Oregano Oil 120 Softgel

ParaBiotic Plus 90 Capsules

Pulmonary Factors 90 Capsules

Sleep Factors 60 Capsules

Sterol 117 60 Capsules

Stress Factors 60 Capsules

Tri Zinc 90 Capsules

Tri-Magnesium 120 Capsules

UT Max Protect 60 Capsules

Nutrasal

Product Name

Cerebra GPC 2 fl oz

LipoZome-B 2 fl oz

PPC Kids Orange Cream 8 oz

NutriCology

Product Name

Laktoferrin 90 Capsules

Magnesium Chloride Liquid 8 fl oz

Mastic Gum 120 Capsules

Mucolyxir® 0.4 fl oz

OcuDyne II 200 Capsules

Organo-Germanium Ge-132 50 Capsules

Nutritional Therapeutics

Product Name

NT Factor® Advanced Physician's Formula with B-Vitamins 150 Tablets

NTFactor® 90 Tablets

NTFactor® Healthy Aging 120 Tablets

NTFactor® Patented Energy Chewable Wafer Mixed Berry 30 Wafers

NTFactor® with CoQ10 Chewable Wafer Chocolate 30 Wafers

NTFactor® with D3/K2 Chewable Wafer Vanilla 30 Wafers

Optimox

Product Name

ATP Cofactors 90 Tablets

Iodoral IOD-50 30 Tablets

Iodoral® IOD-12.5 90 Tablets

Optivite PMT 180 Tablets

Orgain

Product Name

Clean Protein Grass Fed Protein Shake Creamy Chocolate Fudge 4 Pack

Kids Protein Organic Nutrition Shake Chocolate Single Serving Pack

Kids Protein Organic Nutrition Shake Vanilla Single Serving Pack

Organic Nutrition Shake Creamy Chocolate Fudge 4 Pack

Organic Nutrition Shake Creamy Chocolate Fudge Single Serving Pack

Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack

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

Organic Protein Powder Plant Based Peanut Butter 20 Servings

Organic Protein Snack Bar Peanut Butter Chocolate Chunk 12 Bars

Vegan Organic Nutrition Shake Smooth Chocolate 4 Pack

Vegan Organic Nutrition Shake Smooth Chocolate Single Serving Pack

Vegan Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Vegan Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack

Organic India

Product Name

Ashwagandha 90 Capsules

Ceylon Cinnamon 90 Capsules

Joy! 90 Capsules

Liver Kidney 90 Capsules

Memory 90 Capsules

Moringa 90 Capsules

Moringa Powder 113 Servings

Neem 90 Capsules

Organic Psyllium Fiber 180 Capsules
 Peaceful Sleep 90 Capsules
 Psyllium Organic Whole Husk Fiber 68 Servings
 Psyllium Pre & Probiotic Fiber 56 Servings
 Triphala 90 Capsules
 Tulsi - Holy Basil 90 Capsules
 Tulsi Ashwagandha 18 Bags
 Tulsi Cleanse 18 Bags
 Tulsi Green 18 Bags
 Tulsi Hibiscus 18 Bags
 Tulsi Honey Chamomile 18 Bags
 Tulsi Lemon Ginger 18 Bags
 Tulsi Masala Chai 18 Bags
 Tulsi Moringa 18 Bags
 Tulsi Original 18 Bags
 Tulsi Peppermint 18 Bags
 Tulsi Sleep 18 Bags
 Tulsi Sweet Rose 18 Bags
 Tulsi Turmeric Ginger 18 Bags
 Turmeric Formula 90 Capsules

Organoleaf

Product Name

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

Passport to Organics

Product Name

Avocado Eye Cream 0.5 oz
 Charcoal Cleanser 4 oz
 Hyaluronic Acid Serum 2 oz
 Pumpkin Peel Mask 3 oz
 Turmeric Cleanser 4 oz
 Turmeric Serum 1 oz
 Vitamin C Cream 1.7 oz
 Vitamin C Toner 4 oz

Premier Research Labs

Product Name

Adaptogen-R3 90 Capsules
 AdrenaVen 60 Capsules

Allicidin 60 Capsules
 BiliVen 60 Capsules
 D3 Serum 0.43 fl oz
 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

Tap to learn more on
WholeScripts.com

curalife

71%
Returning
customer
rate

Curalin

Advanced Blood Sugar Support



Promotes balanced
blood glucose levels*



Reduces cravings
for sugars & carbs*



Clinically Tested
Formula*



Promotes healthy
weight management*



Promotes vibrancy daily
and energy levels*



Recommended by top
metabolic doctors*



Clinically Tested Ingredients



Bitter Melon
Morinda charantia



Ceylon Cinnamon
Cinnamomum Verum/ Zeylanicum



Fenugreek
(Trigonella Foenum Graecum)



Java Plum
Coccoloba Curat



Turmeric
(Curcuma Longa)



Chiretta herb
(Swertia Chiretta)



Gymnema
Sylvestre



Picrothiza
*(Picrorhiza Picrorhiza
Senghaisi/Kuruk)*



Amli
*(Phyllanthus Emblica
Chironia)*

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.

Ultra Binder® Sensitive Formula 30 Servings

Ultra Binder® Stick Packs 20 Servings

Ultra Vitamin 3.38 fl oz

Vitamin C 4 fl oz

Range Essentials

Product Name

FLOW BLEND (Roller Bottle 1 mL)

FLOW BLEND (Roller Bottle 5 mL)

FLOW BLEND (Roller Bottle 30 mL)

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

Restorative Formulations

Product Name

Adaptogen 75 Capsules

Adrenal Px Balance 75 Capsules

Adrenal Px DHEA 75 Capsules

Adrenal Px L-BP 75 Capsules

Cardiac Calm Px 60 Capsules

Cholesterol Care 120 Capsules

Enfla-Mend Px 60 Capsules

Estro Px 75 Capsules

Glucose Balance Px 120 Capsules

HTN 180 PX Original 60 Capsules

HTN 180 Px-Extra Strength 60 Capsules

Kava Calm Px 30 Capsules

Metabolic Nutrition 60 Capsules

Mitochondria Nutrition PQQ 60 Capsules

Neuro-GI Px 60 Capsules

PCO Px 75 Capsules

Respiratory EZ 60 Capsules

Sleep 60 Capsules

StressCalm Px 75 Capsules

T-Cell Balance Px 60 Capsules

ThyroCare 75 Capsules

Thyroid Px 75 Capsules

RLC Labs

Product Name

a-Drenal 120 Capsules

i-Throid 6.25 mg 90 Capsules

Rx Vitamins

Product Name

Acid Block 60 Chewable Tablets

Activated Enzyme Formula 90 Capsules

Advanced Immune Support 60 Capsules

Advanced Prostate Formula 90 Softgels

Bone Density Formula 180 Capsules

Buffered C 90 Capsules

Chewable Cal/Mag 90 Chewable Tablets

Chewable Licorice 90 Chewable Tablets

Children's Multi-Vitamins 90 Chewable Tablets

Testost Rx 90 Capsules

ThyRx-7 60 Capsules

RxSugar

Product Name

RxSugar[®] Allulose 30 Packets

RxSugar[®] Allulose One Pound Canister 45 Servings

RxSugar[®] Organic Allulose Liquid Sugar 16 fl oz

RxSugar[®] Organic Caramel Syrup 16 fl oz

RxSugar[®] Organic Chocolate Syrup 16 fl oz

RxSugar[®] Organic Cinnamon Syrup 16 fl oz

RxSugar[®] Organic Hazelnut Syrup 16 fl oz

RxSugar[®] Organic Maple Syrup 16 fl oz

RxSugar[®] Organic Vanilla Syrup 16 fl oz

RxSugar[®] Swealthy Stix 30 Packets

Sanesco

Product Name

Adaptacin™ 60 Tablets

Contegra™ 60 Capsules

Lentra™ 30 Capsules

Lentra™ 60 Capsules

Procite-D™ 60 Capsules

Prolent™ 60 Capsules

Somni-TR™ 30 Tablets

Tranquilent™ 30 Tablets

Seeking Health

Product Name

Active B12 1000 60 Lozenges

Active B12 with L-5-MTHF 60 Lozenges

Alpha R Lipoic Acid 60 Capsules

B Complex MF 100 Capsules

B Complex Plus 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
- Multivitamin One MF 45 Capsules
- Optimal Electrolyte Berry 30 Servings
- Optimal Electrolyte Lemonade 30 Servings
- Optimal Liposomal Glutathione Plus 5 fl oz
- Optimal Liposomal Glutathione Tropical 4 fl oz
- Optimal Liposomal Vitamin C 5 fl oz
- Optimal Liposomal Vitamin C Plus 5 fl oz
- Optimal Magnesium 100 Capsules
- Optimal Multivitamin Chewable 60 Tablets
- Optimal PC 100 Softgels
- Optimal Prenatal 240 Capsules
- 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
- 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
- Beef Liver 500 mg 180 Capsules
- Beef Organs 500 mg 180 Capsules
- Colloidal Silver 30ppm 8 fl oz
- Colloidal Silver Spray 30ppm 4 fl oz
- ConcenTrace® Trace Mineral Drops 2 fl oz
- ConcenTrace® Trace Mineral Drops 8 fl oz
- Elderberry Immunity Powder Lemon Berry 50 Servings
- Electrolyte Gummies Watermelon 90 Gummies
- Electrolyte Stamina Gummies Lemon Lime 90 Gummies
- Electrolyte Stamina Power Pak Acai Berry 30 Servings
- Electrolyte Stamina Power Pak Concord Grape 30 Servings
- Electrolyte Stamina Power Pak Lemon Lime 30 Servings
- Electrolyte Stamina Power Pak Mixed Berry 30 Servings
- Electrolyte Stamina Power Pak Orange Blast 30 Servings
- Electrolyte Stamina Power Pak Pomegranate Blueberry 30 Servings
- Electrolyte Stamina Power Pak Raspberry 30 Servings
- Electrolyte Stamina Power Pak+ Lemon Berry 30 Servings
- Electrolyte Stamina Tablets 90 Tablets

Ionic Boron 2 fl oz

Ionic Zinc 50mg 2 fl oz

Liquid Zinc + Quercetin Orange Mango 16 fl oz

Magnesium Gummies Peach 120 Gummies

Mega-Mag 400mg 4 fl oz

NAC Powder Watermelon 30 Servings

Quercetin + Zinc Powder Orange Cream 30 Servings

Vitamin D3+K2 Gummies Strawberry 60 Gummies

Zinc + Vitamin C Chewable Raspberry Flavor 60 Chewable Wafers

Zinc Gummies Elderberry 60 Gummies

Transformation Enzyme

Product Name

Carbo-G* 90 Capsules

Digest* 90 Capsules

DigestZyme* 120 Capsules

GastroZyme 100 Capsules

LypoZyme 60 Capsules

Protease 60 Capsules

TruGen3

Product Name

TG3 Heart Support 120 Capsules

TG3 Multi 60 Tablets

TruEase + Curcumin 30 Softgels

TruEase 30 Softgels

Vital Proteins

Product Name

Beef Gelatin 23 Servings

Beef Liver 120 Capsules

Bioactive Collagen Complex Bone & Joint Support 30 Servings

Bioactive Collagen Complex Daily Foundational Support 30 Servings

Bioactive Collagen Complex Skin Hydration & Antioxidant Support 30 Servings

Bone Broth Collagen Chicken 28 Servings

Collagen Creamer Coconut 12 Servings

Collagen Creamer Mocha 12 Servings

Collagen Creamer Vanilla 12 Servings

Collagen Creamer Vanilla 14 Servings

Collagen Gummies Grape 120 Gummies

Collagen Peptides 14 Servings

Collagen Peptides 28 Servings

Collagen Peptides Chocolate 14 Servings

Collagen Peptides Lemon 14 Servings

Collagen Peptides Stick Pack Box 20 Servings

Marine Collagen 18 Servings

Vital Performance Chocolate Almond 12 Bars

Vital Performance Salty Chocolate Peanuts 12 Bars

Vitanica

Product Name

Adrenal Assist 180 Capsules

Adrenal Assist™ 90 Capsules

Bitters Extra 90 Capsules

Bitters Tonic 4 fl oz

Bladder Ease 180 Capsules

BreastBlend 90 Capsules

Butterbur Extra 120 Capsules

CandidaStat™ 120 Capsules

CandidaStat™ 60 Capsules

CardioBlend 120 Capsules

CCDG Blend 90 Capsules

Chaste Tree Berry 60 Capsules

CholestBlend 90 Capsules

Colon Motility Blend 90 Capsules

Cortisol Relief 60 Capsules

Cramp Bark Extract 60 Capsules

CranStat Extra® 60 Capsules

Fem Ecology 30 Capsules

Fem Rebalance™ 60 Capsules

Fem Vitality 60 Capsules

Fibro Formula 60 Capsules

GABA Ease™ 60 Capsules

Immune Tonic 4 oz

Iron Extra™ 60 Capsules

Luminous 60 Capsules

Lysine Extra 60 Capsules

Maternal Symmetry 180 Capsules

Mid-Life Symmetry 180 Capsules

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

Condition Specific MedPax - Beauty
 Condition Specific MedPax - Energy
 Condition Specific MedPax - Gut
 Condition Specific MedPax - Immune
 Condition Specific MedPax - Sleep
 WholeScripts Shaker Bottle 25 oz

Wise Woman Herbals

Product Name

Adrenal Tonic 2 fl oz
 Bitter Tonic 2 fl oz
 Bittersweet Elixir 2 fl oz
 Bottom's Up Balm 1 oz
 Bottom's Up Capsules 90 Capsules
 Elderberry Syrup 2 fl oz
 Fiber Flow Capsules 120 Capsules
 Gentian & Skullcap Capsules 90 Capsules
 Hawthorn Solid Extract 2 fl oz
 Hepacaps 90 Capsules
 Hoxsey-Like Formula 2 fl oz
 Kalmerite Glycerite 2 fl oz

Licorice Solid Extract 2 fl oz
 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

Tap to learn more on
WholeScripts.com



ENZYME SCIENCE™

Exceptional Formulas for
 Natural Health & Wellness



EnzyScience.com

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

ActivEssentials™ 60 Packets	Berberine 120 Capsules
ActivEssentials™ for Women 60 Packets	Berberine ES-5 60 Capsules
ActivEssentials™ with Calcium 60 Packets	Berberine with InSea2® 60 Capsules
ActivEssentials™ with OncoPLEX™ & D3 60 Packets	BergaCor 30 Tablets
ActivNutrients® 120 Capsules	BergaCor 60 Tablets
ActivNutrients® 240 Capsules	BergaCor® Plus 60 Tablets
ActivNutrients® Chewable Mixed Berry 120 Tablets	Bio C 1:1™ 90 Capsules
ActivNutrients® Chewable Mixed Berry 60 Tablets	BrainSustain™ Creamy Chocolate 10 Servings
ActivNutrients® Performance 120 Capsules	BrainSustain™ for Kids Vanilla Delight 15 Servings
ActivNutrients® without Copper & Iron 120 Capsules	BrainSustain™ Vanilla Delight 10 Servings
ActivNutrients® without Copper & Iron Multivitamin Powder Fruit Punch 60 Servings	Buffered C Powder Fruit Punch 20 Servings
ActivNutrients® without Iron 120 Capsules	Calcium D-Glucarate 90 Capsules
ActivNutrients® without Iron 240 Capsules	Candidal™ 60 Capsules
ActivNutrients® without Iron 60 Capsules	CarniteX™ 60 Capsules
Adeno+Hydroxo B12 Natural Fruit Punch Flavor 60 Tablets	CheleX™ 120 Capsules
Adrenal Essence® 120 Capsules	CholeRex™ 60 Capsules
Adrenal Essence® 60 Capsules	CinnDromeX™ 120 Capsules
Adrenal Manager™ 120 Capsules	Cogniquil® 60 Capsules
Adrenal Manager™ 60 Capsules	ColonX™ 120 Capsules
Adrenaliv® 120 Capsules	ColonX™ 60 Capsules
Adrenaliv® 60 Capsules	CoQmax™ Omega 100 mg 60 Softgels
AdrenaMax™ 120 Capsules	CoQmax™ Omega 50 mg 120 Softgels
ALAMax™ CR 120 Tablets	CoQmax™ Omega 50 mg 30 Softgels
ALAMax™ CR 60 Tablets	CoQmax™ Ubiquinol 200 mg 30 Softgels
ALAMax™ Protect 120 Capsules	CoQmax™ Ubiquinol 60 Softgels
AllerDHQ™ 120 Capsules	Corticare B™ 120 Capsules
AllerDHQ™ 60 Capsules	Corticare B™ 240 Capsules
AngiNOX™ Orange 30 Servings	Cortisolv® 120 Capsules
AngiNOX™ Orange 60 Servings	Cortisolv® 60 Capsules
Appe-Curb™ 120 Capsules	CurcuPlex-95™ 120 Capsules
Appe-Curb™ 240 Capsules	CurcuPlex-95™ 60 Capsules
Ashwagandha 35 60 Capsules	D3 2000 120 Softgels
ATP Ignite™ Citrus 30 Servings	D3 2000 240 Softgels
ATP Ignite™ Mixed Berry 30 Servings	D3 5000 180 Softgels
ATP Ignite™ Workout Mixed Berry 30 Servings	D3 5000 60 Softgels
B Activ® 180 Capsules	D3 5000 90 Softgels
B Activ® 90 Capsules	D3 Liquid 1 fl oz
Benfotiamine 120 Capsules	D3 Liquid 2.03 fl oz
Berbemycin 120 Capsules	DHA from Algae 60 Softgels
	DHEA Micronized 10mg 60 Tablets

DHEA Micronized 25mg 60 Tablets	IG 26 DF 120 Capsules
DIMension 3 [®] 120 Capsules	IG 26 DF 67.5 Servings
DIMension 3 [®] 240 Capsules	IG 26 Plus DF Vanilla 30 Servings
DioVasc™ 60 Capsules	IgG 2000 CWP™ 120 Capsules
Drainage 1 oz	IgG 2000 CWP™ 25 Servings
Femquil [®] 120 Capsules	IgG 2000 CWP™ 75 Servings
FIT Food [®] Lean Collagen Mocha Latte 14 Servings	IgG Pure™ 15 Servings
FIT Food [®] Lean Collagen Vanilla 14 Servings	Immune Essentials™ 45 Capsules
FIT Food [®] Lean Complete Dutch Chocolate 10 Servings	Immune Essentials™ Daily 120 Capsules
FIT Food [®] Lean Complete Dutch Chocolate Sugar- & Stevia-Free 10 Servings	ImmunotiX 250™ 30 Capsules
FIT Food [®] Lean Complete French Vanilla 10 Servings	ImmunotiX 500™ 20 Capsules
FIT Food [®] Lean Complete French Vanilla Sugar- & Stevia-Free 10 Servings	ImmunotiX 500™ 60 Capsules
FIT Food [®] Lean Creamy Chocolate 10 Servings	Iron Glycinate 120 Capsules
FIT Food [®] Lean Vanilla Delight 10 Servings	K-Mg Citrate™ 60 Capsules
FIT Food [®] Lean Whey Creamy Chocolate No Added Sugar, No Stevia 10 Servings	K2 Liquid 1 oz
FIT Food [®] Lean Whey Vanilla Delight No Added Sugar, No Stevia 10 Servings	K2-45 60 Capsules
FlashArrest [®] 60 Capsules	K2-D3 10,000 120 Capsules
Folafy [®] ER 30 Tablets	K2-D3 10,000 60 Capsules
Foundation Essentials 30 Packets	K2-D3 5000 120 Capsules
GarliX™ 90 Capsules	K2-D3 5000 60 Capsules
GastrAcid™ 180 Capsules	K2-D3 Max 60 Capsules
GastrAcid™ 90 Capsules	L-Glutamine 85 Servings
GI Balance 150 Capsules	L-Lysine 90 Capsules
GI Balance Powder Chai 14 Servings	L-Theanine 120 Capsules
GI Protect™ Cherry Sugar- & Stevia-Free 30 Servings	L-Theanine 60 Capsules
GI Protect™ Peach Sugar- & Stevia-Free 30 Servings	Leptin Manager™ 30 Capsules
GlutAloeMine [®] 30 Servings	LipotropiX™ 120 Capsules
GlutAloeMine [®] 60 Servings	Liver Protect™ 120 Capsules
Green Tea 600™ 60 Capsules	Liver Protect™ 60 Capsules
Hemp MonoPure [®] 30 Softgels	Magnesium Citrate 120 Capsules
Hemp MonoPure [®] 60 Softgels	MedCaps DPO™ 120 Capsules
HistDAO™ 60 Capsules	MedCaps GI™ 120 Capsules
HMB PRO 150 Capsules	MedCaps IS™ 60 Capsules
Hormone Protect [®] 120 Capsules	MedCaps Menopause™ 120 Capsules
Hormone Protect [®] 60 Capsules	MedCaps T3™ 120 Capsules
I-Sight™ 60 Capsules	Melatonin CR 180 Tablets
i5™ Creamy Chocolate 10 Servings	Melatonin CR 90 Tablets
i5™ Vanilla Delight 10 Servings	Melatonin Peppermint 120 Tablets
	Melatonin Peppermint 60 Tablets
	MemorAll™ 60 Capsules

MenoFem™ 90 Capsules	OmegaPure 900 EC™ 120 Softgels
Methyl Protect® 120 Capsules	OmegaPure 900 EC™ 90 Softgels
Methyl Protect® 60 Capsules	OmegaPure 900-TG™ 120 Softgels
Methylcobalamin 120 Tablets	OmegaPure PRM 30 Softgels
Methylcobalamin 60 Tablets	OncoPLEX ES™ 60 Capsules
MinRex® 120 Capsules	OncoPLEX™ 120 Capsules
Mitochondrial Renewal Kit 60 Packets	OncoPLEX™ 30 Capsules
MitoPrime® 30 Capsules	OncoPLEX™ Plus Myrosinase 30 Capsules
Mood Food™ 60 Capsules	OptiCleanse® GHI Chai 10 Servings
Mood Food™ ES 120 Capsules	OptiCleanse® GHI Creamy Chocolate 10 Servings
Mood Food™ ES 60 Capsules	OptiCleanse® GHI Creamy Chocolate Sugar- & Stevia-Free 10 Servings
Myrosinase 60 Capsules	OptiCleanse® GHI Creamy Chocolate Sugar- & Stevia-Free 20 Servings
N.O.max™ ER 180 Tablets	OptiCleanse® GHI Vanilla Delight 10 Servings
NAC 120 Capsules	OptiCleanse® GHI Vanilla Delight Sugar- & Stevia-Free 10 Servings
NAC 60 Capsules	OptiCleanse® GHI Vanilla Delight Sugar- & Stevia-Free 20 Servings
Nattokinase 120 Capsules	OptiCleanse® Plus Creamy Chocolate 10 Servings
Nattokinase 60 Capsules	OptiCleanse® Plus Vanilla Delight 10 Servings
NeuroActives™ BrainSustain™ 120 Capsules	OptiFiber® Lean 180 Capsules
NeuroActives™ BrainSustain™ 240 Capsules	OptiFiber® Lean 30 Servings
NeurophX DPN® 60 Capsules	OptiMag® 125 120 Capsules
New Zealand Whey Protein Isolate 30 Servings	OptiMag® 125 240 Capsules
NiaVasc™ 120 Tablets	OptiMag® Neuro 90 Capsules
NiaVasc™ 360 Tablets	OptiMag® Neuro Lemon-Lime 60 Servings
NiaVasc™ 750 120 Tablets	OptiMag® Neuro Mixed Berry 30 Servings
NiaVasc™ 750 60 Tablets	OptiMag® Neuro Mixed Berry 60 Servings
Nrf2 Activator™ 30 Capsules	OptiMag® Neuro Unflavored 60 Servings
Nrf2 Activator™ 60 Capsules	OptiMag® Plus Calcium Pear 30 Servings
OlivDefense® 20 Capsules	OptiMetabolix™ 2:1 Vanilla Delight 10 Servings
Omega MonoPure® 1300 EC 120 Softgels	OptiMetabolix™ Vanilla Delight No Added Sugar, No Stevia 10 Servings
Omega MonoPure® 1300 EC 60 Softgels	Oraxinol™ 60 Capsules
Omega MonoPure® 650 EC 120 Softgels	OrganiX™ PhytoFood™ 30 Servings
Omega MonoPure® 650 EC 60 Softgels	OSAPlex MK-7™ 60 Packets
Omega MonoPure® Curcumin EC 30 Softgels	OSAPlex™ 60 Packets
Omega MonoPure® DHA EC 30 Softgels	Ossopan 1100™ 120 Capsules
Omega MonoPure® EPA EC 30 Softgels	Ossopan MD™ 120 Capsules
Omega MonoPure® EPA EC 60 Softgels	Ossopan MD™ 240 Capsules
OmegaPure 600 EC™ 120 Softgels	PanXyme pH™ 180 Capsules
OmegaPure 600 EC™ 60 Softgels	PanXyme pH™ 90 Capsules
OmegaPure 780 EC™ 120 Softgels	PepciX™ 60 Tablets
OmegaPure 820™ 120 Softgels	PhosphaLine™ 100 Softgels

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

“My entire view of health has shifted”

—DR. DAVID HAASE, MD, IFMC-MD, DABFM, DABOIM, CNS, BCN

“It is microcirculation that is the business end of all lifestyle and nutritional interventions as that is where nutrients are delivered and waste is removed from the BRAIN, KIDNEYS,



Dr. David Haase

PENIS, HEART, LUNGS, EYES, NERVES, MUSCLE... every organ. When you repair and protect the capillary-glycocalyx microcirculation, you protect yourself from premature health decline.”



Endocalyx Pro strengthens the micro-thin shield that protects the heart, arteries, microcirculation and veins*

 **microvascular health solutions™**
A BioRegenx Company

*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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Xcellent C™ 120 Capsules
Xcellent E™ 60 Softgels
XenoProtX™ 120 Capsules
XymoBolX™ Fruit Punch 30 Servings
XymoBolX™ Lemon 30 Servings
XymoDine™ 90 Capsules
XYMOGEN® Shaker Bottle 20 oz
XymoZyme® 120 Capsules
XymoZyme® 60 Capsules
Zinc Glycinate 120 Capsules

Yeouth

Product Name

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

Zahler

Product Name

AdultFocus 60 Capsules
Bone Gummies for Kids 60 Gummies
Chapter One Magnesium Apple 60 Gummies
Chapter One Magnesium Peach 60 Gummies
Chapter One Magnesium Raspberry 60 Gummies
ChildCalm 60 Chewable Tablets
Core Greens 240 Capsules
Core Greens Powder 30 Servings
Diabetter 120 Capsules
DMG 90 Tablets
Fiber Gummies for Kids 60 Gummies
Immunikids Liquid 8 fl oz
Inositol 1000 mg 120 Capsules
KidsActive Powder 30 Servings
Mighty Mini Prenatal+DHA 90 Softgels

Multivitamin Beauty 60 Capsules
Multivitamin Brainfood 60 Capsules
Multivitamin Immune 60 Capsules
Multivitamin One Daily 60 Capsules
Pantothenic Acid 120 Capsules
ParaGuard 4 fl oz
ParaGuard 90 Softgels
Prenatal+DHA 60 softgels
ProstAid+ 60 Softgels
PureWay-C 120 Capsules
StressMaster 120 Capsules
Vitamin D3 120 Capsules
Zinc Lozenges Elderberry Flavor 90 Lozenges

Zhang Health

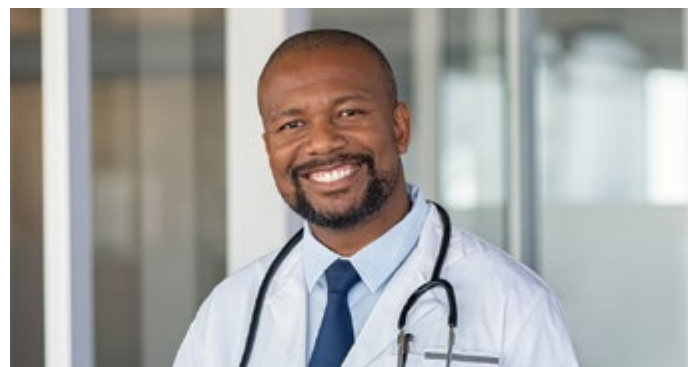
Product Name

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

ZyCal Bioceuticals

Product Name

Chondrinol® Advanced 400 30 Capsules
Gastrotene® 60 Capsules
Ostinol® Advanced 5X 60 Capsules



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

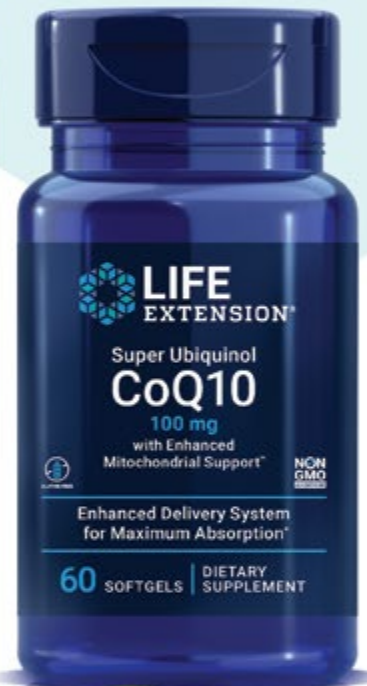
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