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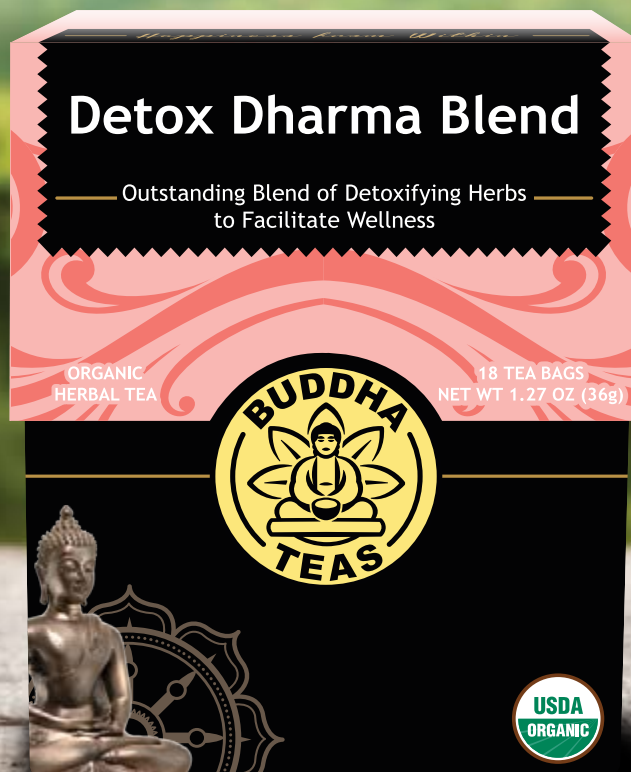
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Dear Readers,

Thank you for reading WholeScripts magazine. If you are unfamiliar with WholeScripts, let me tell you a little about who we are and what we do.

WholeScripts is a one-stop online site for high-quality nutritional and herbal supplements, some of which are only available through registered healthcare practitioners. We are not like other e-commerce sites which sell everything from books to bandages. We focus only on integrative health products so that we carry the brands, strengths, and forms of supplements you want. We have more than 30 years of experience in the integrated healthcare community and strong relationships with some of the brightest minds in the field.

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and make available the products that can help you meet your healthcare needs.

Whether you're new to integrative healthcare or a long-time patient, we hope our articles will help you learn about ways you might get the most out of the food you eat, the exercises you do, and the supplements you take. We'll also provide information on integrated medicine protocols for common health challenges, so you can keep up to date on what matters most. And don't forget to check out the Product List at the back of this magazine to see what we currently offer.

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Remember, we want to help make your whole health a whole lot easier. We can only do that with your input.

Thank you,

A handwritten signature in black ink, appearing to read 'Brian Blackburn Sr'.

Brian Blackburn Sr
CEO and Founder, WholeScripts



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THINKING ABOUT DRINKING

If you are not addicted to alcohol, drinking in moderation is fine. The health trends sober curious, mindful drinking, and sober consciousness have some drinkers rethinking how they imbibe.

—James Munro, ND



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ANCIENT WISDOM, RENEWED HEALTH

Ayurvedic medicine is an ancient form of healing from India. Find out more about the principles of Ayurveda and how you can use them to help you flourish.

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PUTTING YOUR FAMILY'S FITNESS FIRST

Make exercise a part of your family routine just like homework or eating meals together. Your kids, spouse, and body will thank you.

—Rafael Capiro, CPT, PES, CES



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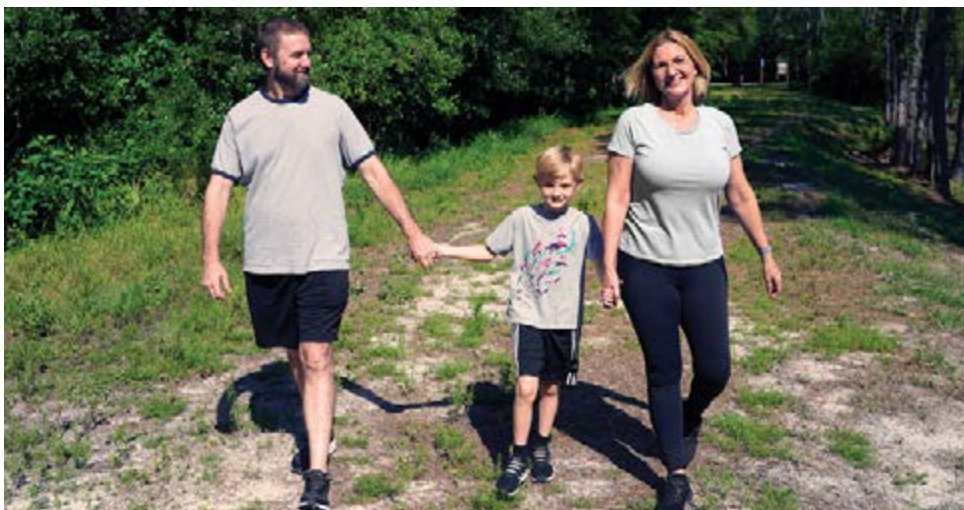
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Fun, Fitness, and Health

I'm lucky enough to have a 7-year-old boy that keeps me on my toes. But what am I doing with him to keep him active? Moreover, now that I've read Rafael Capiro's story about exercising together as a family (Putting Your Family's Fitness First p.30), Capiro makes several good points I hadn't thought of before. For one, I need to make exercise a non-negotiable for my son as well as for myself. And for another, exercising together gives us time to set aside all the business of being a family (chores, homework, and what we're going to eat for dinner) for a little while and just move.

We like to mix structured team sports, such as baseball and soccer, with creative indoor and outdoor obstacle courses and timed drills. These have had positive effects on our health and our communication. It's a lot of fun, and we wear each other out so that we all go to bed tired. It's a win-win for everyone.

If you're looking for some pointers on fitness, check out Sarah Blackburn's article on how to work out your glutes (Getting to the Bottom p.24). These four simple exercises, done with the

right frequency and using the mind-muscle connection, should help keep your rear in shape.

Once you're done with your family scrimmage and/or working out your buns, go ahead and sit down. But instead of having an adult beverage, read Dr. James Munro's story about new drinking trends (Thinking About Drinking p.18). Although I don't drink alcohol myself, I found the health trends sober curious, mindful drinking, and sober consciousness compelling. All three seem perfectly aligned with anyone interested in holistic health. These concepts connect mind and body and allow you to make choices that best suit your personal physical and mental health goals.

I hope you, like me, will find that this issue of WholeScripts magazine teaches you something new and brings more fun, fitness, and health into your life.

To your health,

Tarre Beach
Editor

TOO CONNECTED

Social media keeps people connected.
Is it possible to overuse social media?

By Susan Tzankow, CAC III, CMICP

Q I use social media all the time. My husband says I use social media too much. How do I know how much is too much social media? What realistic ways can I use it less but not get rid of it all together?

A The overuse of social media is considered a behavioral issue, and like other behavioral issues it can influence your brain negatively. Some characteristics of someone who is overusing social media may include compulsively and excessively checking “feeds” so often that these activities interfere with other areas of life.

Some experts estimate that up to 10% of Americans overuse social media and may be addicted to it. Getting updates on your favorite singer, reading the news or looking at pictures of your friend’s new puppy may seem inconsequential, but there are actually chemical reactions happening in your brain when you log on to your social media accounts.

The neurotransmitter dopamine, which is associated with pleasure, increases in your brain when you use social media. This is what can set some people up for overuse. When you get that dopamine rush after using social media, your brain identifies tweeting or posting as a rewarding activity. This process may be even more physiologically significant if you receive positive feedback from something you shared.

Because the chemical reaction and subsequent positive feelings you get when using social media are only temporary, you may find yourself habitually repeating the behavior over and over to either recapture or get more of the positive feelings you first had.

A counselor or mental health professional can help you determine whether you actually have a problem with social media overuse or not.



Things to ask yourself about your social media use:

- Does your social media use negatively affect your job, schoolwork, or relationships?
- Do you use social media while doing other activities, such as eating, being with friends/family, watching TV, or working out?
- Are you going to social media as a way to cope with problems?
- Do you feel restless and irritable when you're not using social media?
- Do you get angry whenever you've reduced the amount of time you use social media?

Ways to stop overusing social media:

- To make sure you don't get sucked into too much social media use, block out times to be online and stick to them.
- Take social media apps off your phone. You can still have them on your desktop.
- If you don't take them off your phone, try at least turning off notifications so you aren't being distracted as often.
- Exercise regularly and eat healthy food.
- Whenever possible, meet with friends and family in person or Facetime/Zoom with them frequently. Face-to-face interaction should fill the gap left by not logging on as much.
- Get enough sleep each night. To support this, turn off your devices at least an hour before going to bed.
- Use blue light blocking glasses when using screens. This will help balance melatonin production.
- Don't sleep with your devices next to your bed.
- Take supplements that support a healthy mood.

Your healthcare practitioner can help you identify the right amino acids, minerals, and supplements that can help you. Here are some supplements I find helpful.

- L-theanine: Promotes relaxation without drowsiness*
- Gamma-aminobutyric acid (GABA): Supports healthy mood*
- L-tyrosine: Supports mental focus and alertness, supports healthy mood*
- D-phenylalanine (DLPA): Supports healthy endorphin levels, supports healthy mood*
- Tryptophan: Contributes to macro-nutrition*
- 5-HTP: Supports healthy biosynthesis of serotonin, supports healthy mood and positive outlook*

Always consult your physician or other healthcare provider before starting any supplement program. These statements are not intended to be used by anyone to treat a psychiatric illness, physical disease, or behavioral health problem.

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FLOUR POWER

Try these nutritious and delicious alternative flours to freshen up your meals.

By Mary Gocke, RDN, CDN

Are you following a keto diet? Maybe you're trying to cut down on gluten and carbs to lose weight? Or maybe you're just a little curious about the different flours that are out there. Get ready to separate the wheat from the chaff as we find out about the different flavors, nutrients, and cooking/baking profiles of a few alternative flours.

Chickpea Flour

Made from chickpeas or garbanzo beans, this flour is protein-packed with up to 28 grams of protein per cup. It's also high in fiber. Chickpea flour is great in savory dishes such as meatballs or veggie burgers because of its strong food-binding properties. Chickpea flour mimics the action of gluten and adds structure and chewiness to breads and cookies. Researchers at the Institute of Food Technologists found that using three parts chickpea flour to one part potato or cassava starch made a gluten-free bread that subjects enjoyed better than 100% chickpea flour bread.

Coconut Flour

With a lower glycemic index than wheat flour, coconut flour takes longer to digest. There is also more fat, protein, and soluble and insoluble fiber in coconut flour. One thing that can be a bit tricky about coconut flour is that it is very dense and absorbs more liquid than wheat flour, which is why many coconut flour recipes require extra eggs to help balance things out. Gluten-free chefs recommend you stick to established coconut flour recipes instead of venturing out on your own.

Green Banana Flour

Rich in soluble fiber, and of course potassium, green banana flour is made from the skins and flesh of green bananas, which have a much lower sugar content than the ripe, yellow kind. A prebiotic, green banana flour supports the growth of good bacteria in the gut. It also contains some 5-hydroxytryptophan (5-HTP), which may help increase serotonin production and support mood and sleep*. This flour is great for pancakes. They offer plenty of potassium and don't taste like bananas at all.

Rice Flour

Many gluten-free bakery products are made with rice flour. However, that does not make them healthy. As with most treats, rice flour desserts provide less protein, fiber, and mineral content and have an elevated glycemic index compared to other foods. However, by using brown rice flour, nutritional values can be slightly enhanced. Brown rice flour is coarser and not recommended for delicate baked goods such as pastry or sponge cake, but it works well for bread or dinner rolls. It also has five times more folate than white rice flour and about double the fiber too.

Cassava Flour

Cassava flour (sometimes called tapioca flour) is a good resistant starch and has a low-glycemic index. It is well-suited for making crispy coating for air-fried chicken as well as baked goods. Studies show that resistant starch such as cassava can help lower insulin and provide a feeling of being full, which may help those following a reducing diet.

Teff Flour

Made from a grass native to Ethiopia, teff flour is dark brown and tastes a little nutty and sweet. For breads and cookies, blend it with almond flour or buckwheat flour (which, despite the name, has no wheat in it) to neutralize the flavor more. If you want to go for a real culinary adventure, try making injera, the Ethiopian sourdough savory flatbread used to soak up all those delicious stews and vegetable curries you find in East African cooking.

Keep in mind, eating anything overly processed, including foods made with alternative flours, should only be done in moderation. Just because there are some benefits to these flours doesn't mean that eating alternative-flour cookies, cakes and the like morning, noon, and night is a good idea. You still need to stick to a whole food, nutrient-rich plan of eating to stay healthy.

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Green Banana Pancakes



Yield: 6 pancakes

Ingredients

- 1 cup green banana baking flour
- 1 cup unsweetened almond or rice milk
- 3 eggs whisked
- 1 tbsp maple syrup
- 1 tsp vanilla extract
- ¾ tsp baking soda
- ½ tsp apple cider vinegar
- Pinch of salt
- 1-2 tbsp coconut oil to fry in
- 1 cup fresh berries, roughly chopped (if desired)

If you have food allergies, a sensitivity to wheat and/or gluten, or have Celiac disease, you should check with your healthcare practitioner before trying any new food or recipe.

Instructions

1. Mix dry ingredients in bowl with fork.
2. Add wet ingredients and slowly mix until thoroughly combined.
Note: green banana flour is a very fine powder so you will want to mix slowly to minimize the mess.
3. Mix until there are no lumps. Unlike wheat flour, the fineness of banana flour tends to clump, so be vigilant.
4. Grease frying pan with oil and heat pan to medium-high.
5. Add ¼ to ⅓ cup of batter for each pancake.
6. Cook for approximately 1-2 minutes and flip, cooking for another minute or so.
7. Serve with chopped berries on top.

Nutrition Facts Per Serving:

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



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

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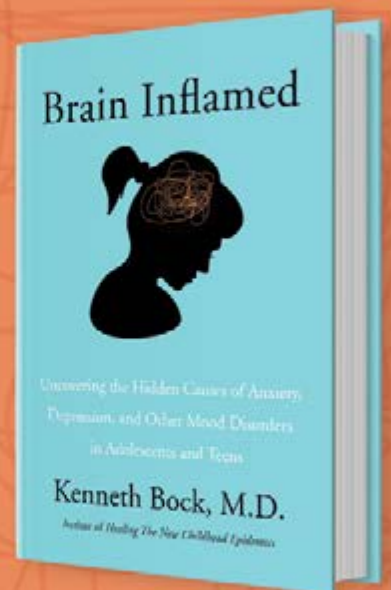
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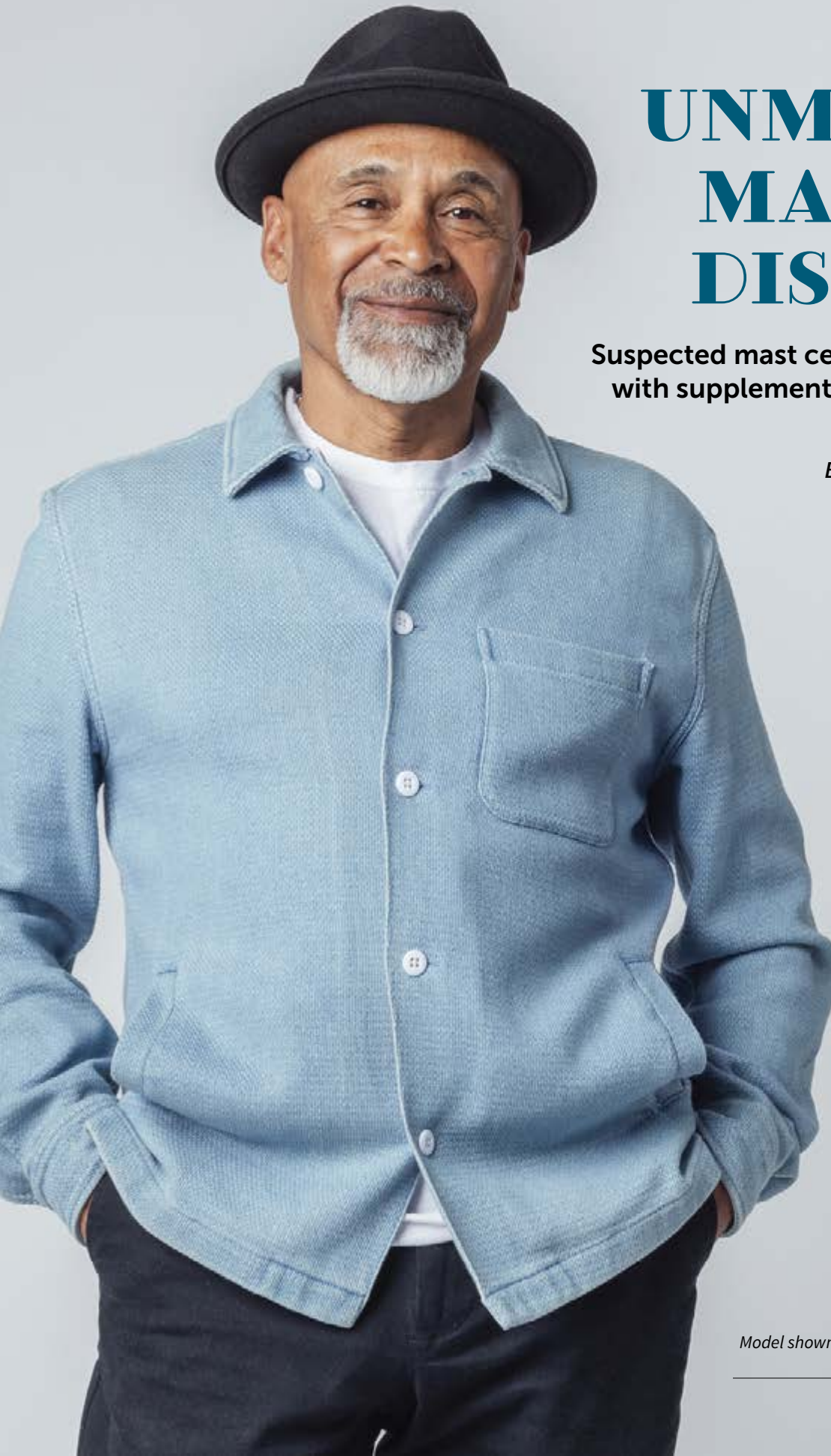
Dr. Kenneth Bock



UNMASKING MAST CELL DISORDERS

**Suspected mast cell disorder (MCD) treated
with supplementation and change of diet,
gave this patient relief**

By Tania Dempsey, MD, IFM, AIHM



Model shown, not actual patient.



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“The significant improvement the patient saw gave him hope and kept him motivated to continue current treatment protocol.”

Mast cell disorders (MCDs) include mastocytosis, hereditary alpha-tryptasemia, and mast cell activation syndrome (MCAS). MCAS isn't new, but it has become more widely recognized in the last 20 years. MCAS occurs when the mast cells release too many mediators at the wrong times, causing symptoms in several body systems at once. Some symptoms of MCAS may include hives, watering eyes, running nose, swelling of throat, lips, or tongue, difficulty breathing, abdominal pain, extreme tiredness, rapid heart rate, and even anaphylaxis. Studies have found that carnosine significantly inhibits mast cell degranulation and histamine release in an oxygen-glucose deprived environment (such as that which might occur during a stroke) and that the flavonoid quercetin has potent anti-inflammatory and anti-asthmatic effects.

Patient: 60-year-old male

Complaints: A history of type 2 diabetes, low energy, shortness of breath, and chest pain with exertion.

Medical/Health History: Sarcoidosis, fatty liver disease, Gilbert's syndrome, high blood pressure, Hashimoto's disease, and pernicious anemia. Taking 20 mg of atorvastatin for cholesterol.

Treatment: Start gluten-free, anti-inflammatory, low-histamine diet. Also, intravenous drips with vitamin C and magnesium were given. Daily supplementation included 1,000 mg of vitamin C and citrus bioflavonoid complex, 1,600 mg quercetin, 400 mg bromelain, 400 mg rutin, 400 mg N-acetyl-L-cysteine, 160 mg dihydroquercetin, 100 mg coenzyme Q10, 2,000 mcg Quatrefolic® ((6S)-5-methyltetrahydrofolic acid), 5,000 mcg methylcobalamin, 340 mg L-carnitine, 100 mg zinc-carnosine.

Outcome: Blood pressure went down from 147/76 to 112/76 in 8 weeks. Patient lost 12 pounds and reported his energy was back to normal. He also said that he no longer had chest pain. He still had mild residual shortness of breath with exertion. Patient said the significant improvement he saw gave him hope and kept him motivated to continue current treatment protocol.

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



Tania Dempsey, MD, IFM, AIHM, received her medical degree from the Johns Hopkins University School of Medicine. She is a member of the Institute for Functional Medicine and a diplomate of the American Board of Integrative Holistic Medicine. She is an expert in chronic diseases, autoimmune disorders, and mast cell activation syndrome. Dr. Dempsey is the founder of the AIM Center for Personalized Medicine. DrTaniaDempsey.com

Thinking About Drinking

If you are not addicted to alcohol, drinking in moderation is fine. The health trends sober curious, mindful drinking, and sober consciousness have some drinkers rethinking how they imbibe.

By James Munro, ND

Alcohol is used as a way to celebrate a good day, as consolation for a bad day, and as a cap to a regular day. It's something to do when you're bored or added to other activities to make them more fun. Of course, when done in moderation, there's nothing wrong with any of these choices. But during a global pandemic, when confusion and boredom set in, people might change their drinking habits.

And, as it turns out, drinking habits did indeed change. According to Statista, a company specializing in market and consumer data, there was a 10% increase in alcohol sales in 2020 compared to 2019. Additionally, a Morning Consult poll reported that 16% of respondents drank more in 2020 than usual. Millennials reported the highest increase of alcohol consumption with 25% of this group reporting they drank more in 2020.

The strange and contradictory part of this increase in alcohol use is that during this same time frame, being healthy to prevent getting ill was increasingly emphasized, as was protecting the health of those who were immune compromised. Nutrition Business Journal estimated that the nutritional supplements industry increased 12% in 2020 with \$54.5 billion in sales.

The intersection of being healthy and drinking alcohol may be what brought about a new idea for many, myself included, about drinking.

What's Good About Drinking

We've all heard how the resveratrol in wine can be useful in cardiovascular health, cognitive function, liver health, and much more. There are reports that the antioxidants in red wine may decrease oxidative stress, too.

And as anyone who has had a lovely evening with friends and a few drinks can attest, alcohol can be enjoyable. It can help you relax. It can help you feel as if you are relating better with others. It even tastes good, well, sometimes. While there might not be a physiological or biochemical justification for drinking alcohol, it can certainly appear to increase your fun—if it's used appropriately. Of course, eliminating it entirely for those who are addicted to it or facing health issues is a must. Unless otherwise instructed by a healthcare professional, complete abstinence is usually not necessary.

What's Not So Good About Drinking

It's not a hidden fact that alcohol can be harmful to your health, especially heavy drinking. The National Institute on Alcoholism and Alcohol Addiction (NIAAA) defines heavy drinking as consuming four or more drinks in a single day or more than 14 drinks per week for men and consuming three or more drinks in a single day or more than seven drinks per week for women. The NIAAA further defines binge drinking as drinking enough to bring blood alcohol concentrations to 0.08%. This roughly equates to drinking five or more drinks for men or four or more drinks for women within about two hours, though these numbers vary depending on body size and the individual's ability to metabolize.

These definitions tend to be much lower than people seem to think. Countless patients self-report being light to moderate drinkers, but after further investigation they find that they fall well into the defined ranges of heavy drinking or binge drinking.



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As a naturopathic physician, I've always been acutely aware of the negative effects of alcohol on health. At the core of every alcoholic beverage, including wine, is ethanol, which is alcohol and it is a poison at any appreciable amount. It causes damage to multiple body systems and must be taken out of the blood stream, processed by the liver, and removed. The detoxification process itself is taxing to the body. No matter how you package it, alcohol is a toxic substance.

It negatively impacts the immune system, brain, cardiovascular system, liver, and more, which can result in minor or significant health issues. Drinking alcohol can also increase your susceptibility to infections and inflammation.

Sober Curious

My own experience with being sober curious came about by accident. It started when my wife was pregnant with our first daughter. Like most first-time parents, I read books and articles on how to not be a terrible parent. And like most nerdy physicians, I read all the research I could find about how to keep babies alive and healthy. One thing that immediately caught my attention was that there was a 33% spike in Sudden Infant Death Syndrome (SIDS) deaths on New Year's, a day notorious for alcohol consumption. While the particular study I read didn't identify how alcohol itself might be a factor in SIDS, the mention of a possible connection was enough to make me pay attention. Parental impairment can be a risk factor for SIDS.

I had no idea that questioning drinking had a name at the time, but I came to understand that sober curious is loosely defined as taking stock of why you drink and how it might be impacting your life. For me, I questioned drinking in general after I started thinking about how a simple, small decision such as having a drink could possibly have a negative consequence on my newborn daughter.

Mindful Drinking

Being sober curious quickly led to my next discovery of another health trend—mindful drinking. This is putting the sober curious concept into practice by making a mindful decision about each and every drink consumed. Now, instead of mindlessly saying “yes” when offered a drink by a friend, I started paying closer attention to each drink I said yes to.

After a few occasions when I was mindful about drinking, it became clear that each drink didn't really benefit me or the situation. I can dance like the best drunk while I'm sober. I can have fun pretty easily, and I already like talking to people. In fact, what I found was that I can connect with people much more effectively when I'm not drinking.

Sober Consciousness

I was at my cousin's wedding when I unwittingly started to practice sober consciousness, which is being aware of why you aren't drinking. I had one drink with dinner but when I was offered a second, I didn't see how it could make the wedding more enjoyable. I was already dancing and socializing and having a great time. Because I was mindful about the drink being offered to me, I was able to see clearly that alcohol had nothing to offer me in that context.

That was about two years ago, and I've had one glass of wine since. My intention was and still is not to give up alcohol forever. But since that moment when I decided to only drink for a defined reason and with a purpose, I've simply never found a sufficient reason to have a drink. I will certainly have a drink if I think it will benefit me or the situation. It just hasn't happened.

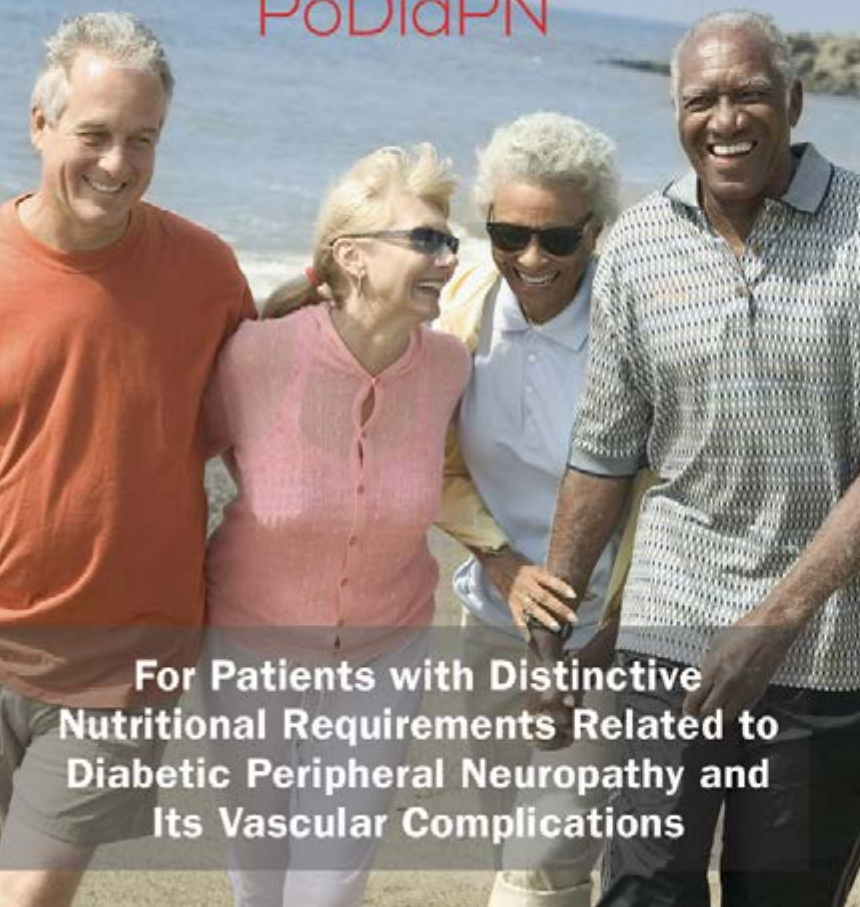
You May Ask Yourself

What I love about these different concepts—sober curious, mindful drinking, and sober conscious—is that the goal is not to abstain entirely from alcohol. It's about knowing the reasons you're choosing to drink or not to drink. It's about being aware of what you're doing and why you're doing it. It's about knowing yourself.

Simply taking a moment to ask yourself, “Why do I want this drink?” before taking it can have profound effects on your health and your life. In my own case, it took a while to truly be honest with myself about my answers. I would sometimes answer, “Because it will be fun” or “Because it will help me relax after a long day.” Eventually, after continuing to ask myself this same question each and every time I had a drink, the real answers started to emerge: “Because I want to fit in” or “Because I don't want to deal with what happened today.”

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Fitting In

Once I looked at my answers more closely, I began to see drinking in an entirely different light. For me, those are terrible reasons to drink, and, even worse, prevent me from addressing things that need to be addressed. Those answers take away opportunities for me to grow and improve as a person. I may have struggled with insecurity at some point in my life but I definitely do not struggle with it now, and I don't need to drink to fit in.

When I started implementing my new drinking habits, it wasn't all acceptance and smiles. My close friends didn't seem to notice or care if I wasn't drinking but I have been goaded by others and looked at with skepticism. Some of the choice comments I've heard include, "Oh, you don't like to have fun?" and "I don't trust someone who doesn't drink." Interestingly, instead of becoming difficult situations, each of these incidents became opportunities for me to develop more confidence in myself and my decisions.

In the end, if you don't have a drinking problem, not drinking won't harm you. You may just find, like me, that you don't need nor want a drink, which can lead to other avenues of remarkable self-discovery, improved health, wellness, and happiness.

And it can all start with asking yourself, "Why do I want this drink?"



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

To Drink or Not to Drink

For anyone interested in trying out being sober curious, ask yourself these questions the next time you are presented with whether to drink or not:

- Why do I want this drink?
- How will this drink make me feel?
- Is it a really good idea to drink right now?
- What am I hoping this drink will do for me?
- Can I get that same experience/meaning/feeling without drinking?

If you, or someone you love, think you may have a drinking problem, please consult with your healthcare practitioner or visit the National Institute on Alcohol Abuse and Alcoholism NIAAA.NIH.gov



GETTING TO THE BOTTOM

Learn why and how to strengthen your glutes.

By Sarah Blackburn, PES, GPTS, FMCHC

Well-toned buttocks aren't just pleasing to the eye, they can also be very useful to your overall health. Some health benefits of having strong glutes (a shorthand term for the group of three muscles that make up your bottom) include improved posture, injury prevention, enhanced athletic ability, and optimized daily functional movements such as climbing stairs or picking up heavy items.

The glutes are responsible for stabilizing the pelvis and keeping the entire body aligned. They assist with motions such as walking, running, climbing, and jumping. When the glutes aren't strong enough to perform basic movements like these, other muscles compensate and become overused resulting in pain and potential injuries such as tendonitis, shin splints, IT band syndrome, and ACL tears.

It's essential for both men and women to train their glutes. Knowing the optimal training frequency for your glutes is also very important. In order for a muscle to grow, it must be stimulated enough to break down and be given enough time to rebuild with naturally occurring protein. If glutes are overtrained, the muscles could potentially decrease in functional size over time because they have been stimulated before they can completely

break down and recover. If glutes are trained too infrequently the muscles won't get enough stimulation and may decrease in size as well.

It typically takes 48 to 72 hours for muscles to recover from stimulation and fully go through the protein synthesis process. For those looking at muscle maintenance, aim for once a week. For those looking to gain muscle and increase the size of their glutes, training two to three times a week is recommended. Most fitness professionals encourage training that includes 10 to 30 sets per muscle group per week. These sets will vary depending on your individual abilities and goals. It's very beneficial to speak with a fitness professional to ensure you have the right plan for your posterior.

Likewise, using the mind-muscle connection can be very helpful in getting the most out of any workout. The mind-muscle connection is the simple act of consciously feeling a muscle work through a full range of motion. While training your glutes, strive to focus your mind on the tension present in those muscles. Sometimes called "attentional focus," this method can enhance muscle fiber recruitment and activation. In the end, the more fully and effectively you engage your muscles, the more they will grow.

Exercises for activation (low stimulation/faster recovery):



Mini band low side steps

Place mini band around your mid-thigh. Begin in a squat position. Take two steps laterally, ensuring feet never come less than shoulder-width apart. Then take two steps back in the opposite direction. Stay in low squat position throughout entire exercise.

Repeat 10 times.



Mini band donkey kicks

Place mini band around your mid-thigh. Begin on hands and knees and tighten core ensuring a flat back. Keep eyes looking down at ground, then lift right leg directly up while keeping knee at a 90-degree angle.

Bring knee back to starting position.

Repeat 10 times. Switch sides and repeat.

Exercises for growth (high stimulation/slower recovery):



Lunges

Begin with feet shoulder-width apart, slightly pinch shoulders. Make sure chin is parallel to ground and eyes looking forward. Step right foot back, dropping right knee down ensuring front knee does not go past toes. Strive for a 90-degree angle for both knees. Rise back up and bring right foot back in line with left.

Repeat 10 times. Switch sides and repeat.



Squats

Begin with feet shoulder-width apart, slightly pinch shoulders. Make sure chin is parallel to ground and eyes looking forward. Drive hips back and down ensuring knees do not go past toes. Strive to get hamstrings parallel to the ground. Rise back up to starting position and squeeze glutes.

Repeat 10 times.

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



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

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Dr. David Haase

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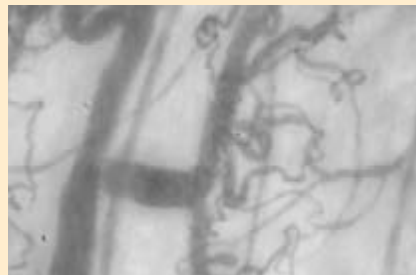
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This keeps blood flowing freely while optimizing circulation throughout the entire body.*

Actual images from microcirculation testing before and after taking Endocalyx*



Unhealthy microcirculation
Month 0—BEFORE taking Endocalyx
Low Microvascular Health Score = 0.6

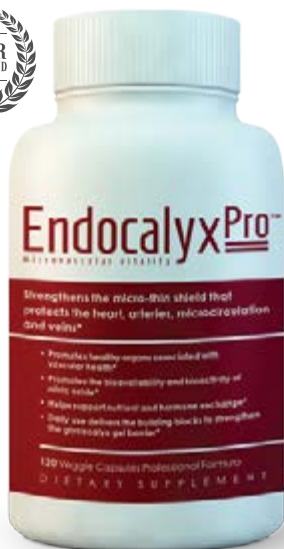


Healthy microcirculation
Month 4—AFTER taking Endocalyx
High Microvascular Health Score = 3.9

These images are from GlycoCheck™ testing technology. GlycoCheck analyzes capillaries that are as small as 4 microns, so small that 100 of these tiny capillaries fit inside a human hair. In just minutes, 100,000 vessels are measured, with 1,000 measurements calculated per vessel with over 100 million calculations.

▶ **See the video at [GlycoCheck.com](https://www.glycocheck.com).**

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Microvascular health is vital because the capillaries are responsible for delivery of nutrients, hormones, and oxygen to vital organs. The capillaries also remove carbon dioxide and waste.

Clinical Applications

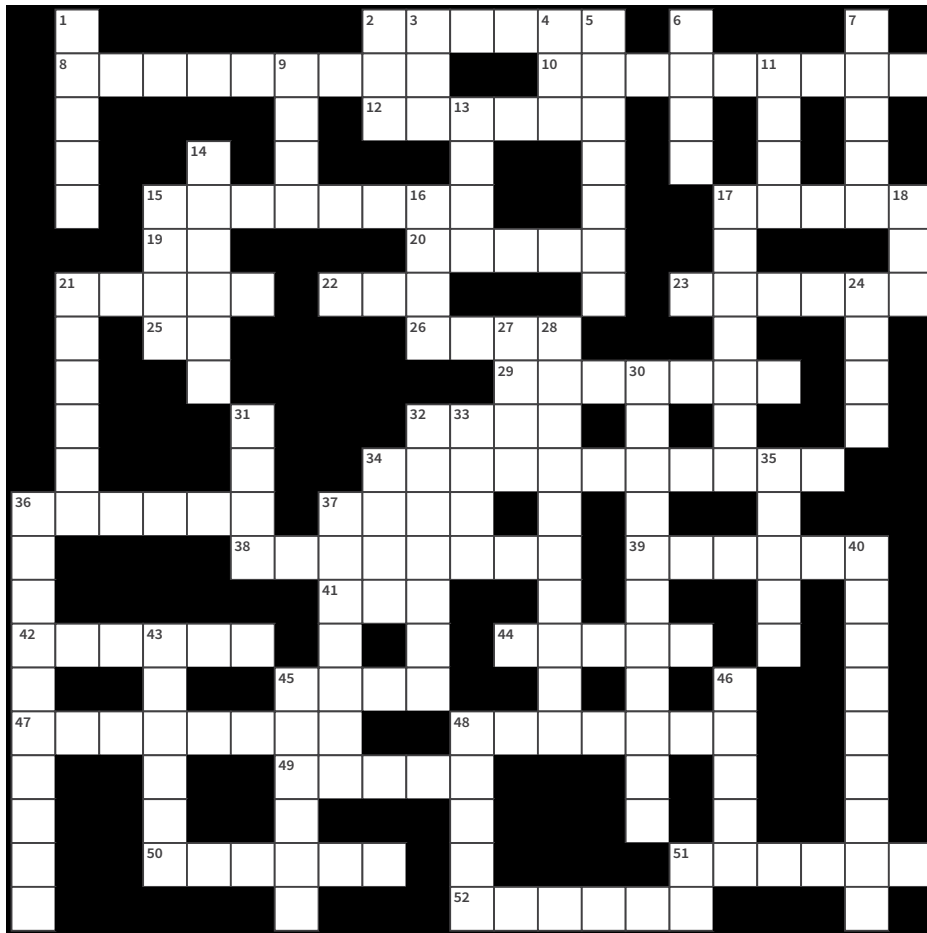
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BUTTING IN

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

Down

1. An athletic activity
2. Reagan or Howard
3. What kids ask when on a trip: "___ we there yet?"
4. Adoration in verse
5. A "sweet" alternative to wheat flour
6. Like a fabled triumphant duckling, once
7. Flourish, thrive
9. Not the front
11. To make balls roll and pins drop
13. To close eyes, prevent from seeing (arch.)
14. Slang for your hind part
15. Neurosteroid thought to help libido (acronym)
16. Back portion, cut of meat
17. A state of equilibrium
18. Pre-period woe (acronym)
21. Yiddish backside
24. Good listeners
27. Clumsy landing
28. Sense of worth not gotten from social media (two words)

30. Dawdled
31. Person who thinks they are superior
32. Spicy root thought to help heat up things in the bedroom
33. Sacred cross in ancient Egypt
34. Chainlike armor
35. Workout for your butt: Buns of ___
36. A place where a family of great energy lives
37. It's not snowing but close to it
40. Translator, explorer who aided Meriwether and William
43. Nut powder you can bake with
45. What kids and juries live for
46. Artistic style of Pokémon
48. Brady's first big win, "The Greatest Show on Turf" (Roman numerals)
51. Element, atomic number 34 (abbr.)

Across

2. Boomboxes and cars have them
8. Your younger descendants may sit on you with it
10. Playground game where avoiding is a skill
12. When the kids are gone you become an "empty ____"
15. Fanny in French
17. Lighter-than-air ship
19. Aloha state (abbr.)
20. Aboriginal name of Ayers Rock
21. What tweens become
22. In London, what you sit on the loo with
23. Group of three muscles behind you
25. Robot smarts (abbr.)
26. Caresses for pets
29. Curative for health
32. France long ago

34. Attention-focusing technique
36. False, prefix
37. Failed to float
38. Exiles, sends away
39. Local bumpkins
41. Hispanic "Hooray!"
42. Quick task
44. Sacred texts that describe Ayurvedic medicine
45. Indication one is engaged
47. Male and female chemical compounds that may lag with age
48. Maker of high-quality nutritional supplements
49. Cabbages in Cherbourg market
50. Small Chinese dumplings (two words)
51. More sensual
52. Have some booze

Answers found on **P.43**

Putting Your Family's Fitness First

Make exercise a part of your family routine just like homework or eating meals together. Your kids, spouse, and body will thank you.

By Rafael Capiro, CPT, PES, CES

Most families have a list of things that need to happen daily or weekly. From grocery shopping to taking out the trash or from doing homework to fixing dinner, parents have to make sure it all gets done. But exercising together? How's that going to work?

To be sure, there are challenges to exercising as a family, but that doesn't mean it can't be done. While there are many variables, such as number of family members, age of children, the goal of the activity, and the fitness levels of those involved, you and your family can still enjoy and benefit from exercising with one another.

Let's discuss some of these factors and possible solutions to each.

Finding the Time

We just don't have the time.

If you make exercise non-negotiable for yourself and your children, then you can schedule it in like you would anything else. If you implement the idea that regular exercise is part of life when your kids are young, you're going to set them up for success. Consider that when your

kids are little, they look up to you and want to copy you. So why not show them that exercise is as important as brushing teeth or getting up in the morning? Doing this can help them prioritize their health.

Family (Size) Matters

If your family is made up of two parents and two children only a few years apart, it may be a bit easier to exercise together than it would be with a larger family. Play basketball, frisbee, soccer, or just throw a ball back and forth in your backyard or at a park. Mom and Johnny can be a team, and Dad and Jane can be a team. Switch it up and change teams too. This allows each family member time with each other and could encourage a little friendly competition.

In large families with wide ranges in age, you may need to ask older children to slow things down a bit to include the little ones. Here again, teams can be used to give older, more dexterous kids a chance to push themselves with Mom or Dad in between periods of teaching and helping younger children.







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Break the Bribing Habit

As many parents know sometimes getting kids to comply isn't always easy. However, it's not recommended to bribe children to do a physical activity. When bribes are used, kids start to see exercise as not having any other value than the reward you are offering. It also puts the child in control and may encourage them to name their price for other expected behaviors or activities. In the end, rewarding fitness in this way will likely fail to teach your kids that physical activity is a normal part of life and may even cultivate a sense of entitlement in them.

Family fitness doesn't have to mean doing only structured team sports. You can also try timed drills or obstacle courses. You don't even have to get that fancy with it. Kids can hop over a plastic bucket, crawl under a string tied between two trees, balance while walking across a four-by-four, and throw a ball into a laundry basket. Many kids enjoy the challenge and creativity involved. You might be surprised what your kids come up with in the absence of digital devices. The key is to keep it fun and keep it going.

You know your kids' interests best. If they don't feel skilled at one thing, encourage them to do something they feel they are good at. Or bring up the idea of trying

to get better at something with practice. Be careful not to overcoach your children. If you point out how they are doing something improperly or poorly over and over, exercise becomes a lecture. If your kids are already involved in a sport, let their coach take over that role and instead just cheer them on. During family exercise, you may give a pointer here or there, but keep it minimal to maximize fun and interest for all family members.

Three of a Kind

There are three categories of movement, and no matter what, you and your kids are already doing at least one of them. Walking from the front door to the car, picking up a backpack, or washing the dishes are all part of incidental exercise. Baseball, soccer, tennis, and golf are activities that are engaging and focused. Regimented exercise is any structured physical activity, such as high-intensity interval training, weightlifting, and core strengthening. If you or your family are only getting daily incidental movement, you definitely want to step up your fitness efforts.

On the other hand, doing only regimented exercise by working out at the gym every day may be a healthy thing to do, but most people, kids, and adults are probably going to get bored with it pretty quickly. Mix it up

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When exercising with your loved ones, remember to check disagreements or problems at the door. This is especially important for Mom and Dad.

and try to incorporate both activities and regimented exercise into your family fitness plan. As for incidental movement, make sure to continue parking far from the entrance to the grocery store. Walk or ride bikes to school and keep looking for ways to move, twist, and lift your body more rather than less.

What's Your Goal?

The surgeon general recommends 150 minutes of moderate intensity exercise per week to maintain good health. That's only about 20 minutes a day of running, biking, swimming, doing drills, or playing a sport.

Generally, learning a sport together is a great idea. That way, while all of you may not be at the same level of fitness or ability, all of you will be beginners at learning how to do the sport. Martial arts is a great example of an activity a family can learn and practice together regardless of age. Martial arts encompass a broad range of physical demands such as agility, strength, and flexibility while often building self-confidence.

When exercising with your loved ones, remember to check disagreements or problems at the door. This is especially important for Mom and Dad. Who wants to play soccer or run an obstacle course when you and your

partner are bickering over who didn't do an errand they were supposed to do? Many people exercise to escape negative thoughts and feelings. Let all those arguments go every time it's time for family exercise.

To Compete or Not to Compete?

Competition can help push your family to try harder and not give up. It can lift spirits and make you feel like champions. It can also make someone feel bad about themselves or encourage roughness and possibly even cheating. Here, you will want to gage your family members' personalities and abilities to be good losers or gracious winners in order to decide what is right for you.

Of course, there are many advantages to exercise besides the obvious physical ones. Parents have reported they felt they strengthened their relationships with their kids, noticed improvement in their children's emotional balance and social skills, and in some cases even helped increase their children's learning abilities after doing physical activities or exercises together as a family.

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



Rafael Capiro, CPT, PES, CES, is a certified personal trainer with various certifications from the National Academy of Sports Medicine and over 20 years of coaching experience. He is the owner and director of Truth Fitness in Palos Verdes, CA, a core and functional training studio (TruthFitnessPV.com), and Home Coach Fitness, an online fitness training service for individuals and small businesses. HomeCoachFitness.com



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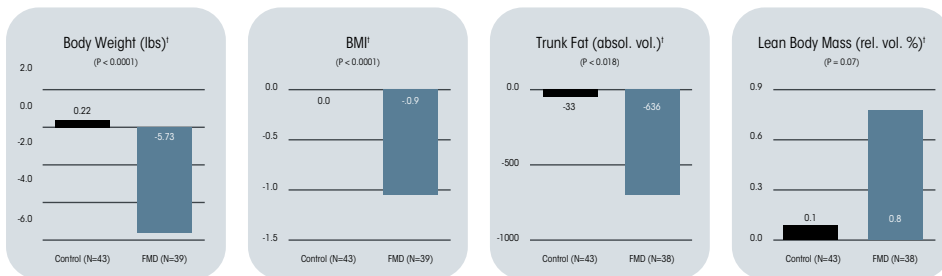
1	TRANSFORMING TO A FASTING STATE	Your body transitions into a fasting state and fat-burning mode and begins preparation for cellular clean-up.
2	FAT BURNING & KETOGENESIS	Fat-burning ramps up, contributing to the initiation of ketogenesis (ketone production). By the end of this day (48 hours), ketosis may occur.
3	AUTOPHAGY CLEAN-UP STATE	Cellular clean-up (autophagy) begins. Fat-burning and ketone production/utilization continues and increases.
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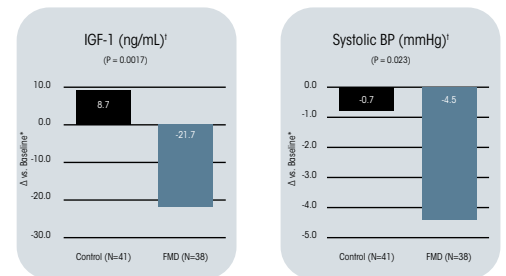
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¹ Wei M, Brandhorst S, et al. Sci Transl Med. 2017;9(377):eaai8700.

² Brandhorst S, Choi IY, et al. Cell Metab. 2015;22(1):86-99.

³ Data on file.

Ancient Wisdom, Renewed Health

Ayurvedic medicine is an ancient form of healing from India. Find out more about the principles of Ayurveda and how you can use them to help you flourish.

By Cassandra Strunk, CAP, LMT

It is believed that the system of Ayurveda (pronounced ah-yur-vay-duh) was developed over 5,000 years ago from the rishis, ancient seers and scholars who lived in remote areas of the Himalayas. It began as an oral tradition passed down over generations through poetic, memorizable verse that was continuously practiced, studied, and refined. About 2,500 years ago, this ancient, natural system of medicine was drawn from the teachings in what we know of today as the four Vedas. Within these ancient Hindu texts lie the principles of Ayurveda and its use in a variety of areas, including toxicology, pediatrics, surgery, psychiatry, infertility, longevity, and the prevention of disease.

Ayurvedic Principles

Ayurveda teaches that the universe is made up of combinations of the five elements—ether, air, fire, water, and earth. Similar to traditional Chinese medicine (TCM), these elements are within our own bodies and govern our biological systems.

Ether represents the space within our joints; air represents the air we breathe with our lungs and our nerve impulses; fire represents the digestion of food, our sensory input, and our thoughts; water represents blood, mucous, and lymphatic fluid; and lastly, earth represents our bones and muscle tissue. When the five elements in our bodies are balanced, we can expect our bodies to be strong, flexible, robust, and healthy.

Ayurveda and Western Medicine

It is acknowledged in Ayurvedic practice that modern Western medicine has great value and should be used when appropriate, but the definition of disease according to modern Western medicine and Ayurvedic medicine differ. Modern Western medicine often has an allopathic approach, meaning it combats disease with remedies such as drugs and surgery.

In Ayurveda, disease is the result of the body and the mind not being in balance. The cause of the imbalance can be external (*agantuka*) or internal (*nija*). Ayurvedic medicine attempts to change internal and/or external environments to bring them into balance for health.

Just as integrative physicians look to treat the cause of an illness, Ayurvedic practitioners do too. What may be a little different, however, is the importance Ayurvedic medicine places on the connections between diet, exercise, profession, environment, and relationships.

For example, if a person visits a modern Western medicine doctor complaining of acid reflux, the doctor might ask questions about what the person eats and drinks, if they have additional stress in their life, and how much exercise they are getting to find out what is causing the problem. Or they might just offer them a quick fix by giving them a

prescription to reduce the acid in their digestive system. Ayurveda also tries to find the source of symptom. An Ayurvedic practitioner might ask similar questions in the quest to find out what is causing excess “fire” in the patient’s system. The Ayurvedic practitioner is also likely to ask about how much time the patient spends outdoors or with family and friends, if they are lonely, and what their emotional state is. In short, Ayurveda is a holistic approach to health care because it looks at the whole patient physically, mentally, emotionally, and environmentally, and then encourages them to alter different areas of their lives in order to restore balance, prevent illness, and allow the body to heal itself as it is designed to do.

While getting to know patients and the intricacy of their daily lives can be very time consuming, the time taken can be extremely enlightening for the Ayurvedic practitioner and empowering for the individual not only in decreasing the likeliness for disease to propagate but also in creating and maintaining a healthful body and a mind.

Modern Uses of Ayurveda

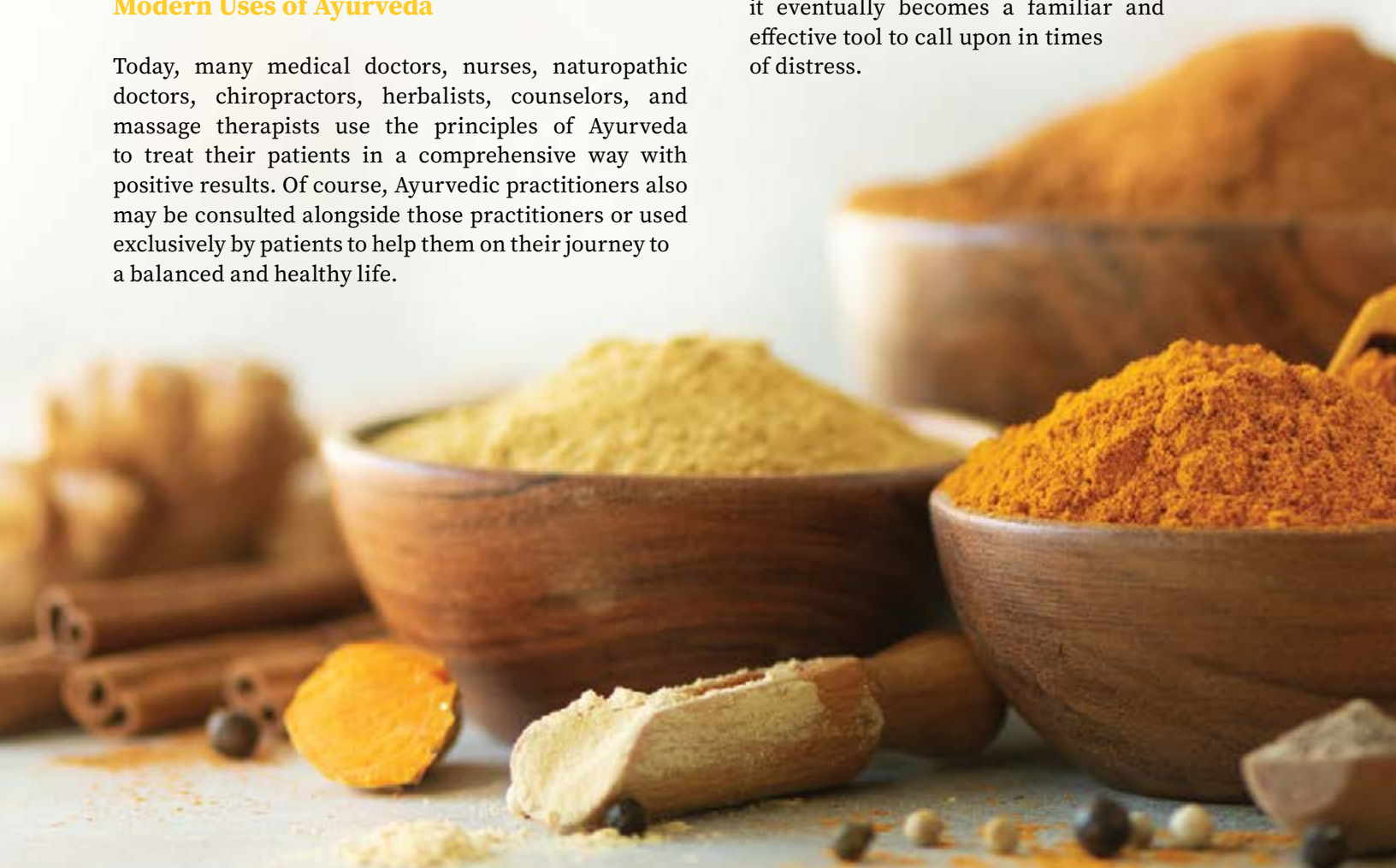
Today, many medical doctors, nurses, naturopathic doctors, chiropractors, herbalists, counselors, and massage therapists use the principles of Ayurveda to treat their patients in a comprehensive way with positive results. Of course, Ayurvedic practitioners also may be consulted alongside those practitioners or used exclusively by patients to help them on their journey to a balanced and healthy life.

Ayurveda includes many time-honored and scientifically studied herbal remedies and encourages fundamental daily habits to help people become their most impactful selves.

Practice Mindfulness Daily

Our lives today are so virtually connected it is easy to forget to stay present with what is happening in our lives. You can think of it as driving while texting or driving through city streets on cruise control. It doesn’t work. But when you utilize the mind-body connection suggested by Ayurveda, you can use the body to help calm the mind or conversely harness the mind to help the body.

Mindfulness or meditation is one way Ayurveda proposes the mind can help the body. Sitting quietly; taking slow, deep breaths; and using the breath as a focal point can send a message to the brain that it can leave the “fight or flight” stress response and enter the more healing “rest and digest” mode. By repeating this over and over, we can train our mindfulness “muscle” so that it eventually becomes a familiar and effective tool to call upon in times of distress.





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There are many ways to practice mindfulness, too. You can take a walk while noticing sounds and sensations around you. You can pray or listen to worship music. You can eat mindfully, which is another wonderful practice that can aid in digestion. To practice mindful eating, sit down to eat and simply think of where your food came from, its texture, its temperature, and its taste as you chew each bite.

Eat Well, Be Well

Ayurveda incorporates all aspects of life and extends to a healthy diet based on your individual *dosha*. Doshas are three energies created from combinations of the five elements that define every person's makeup. The *pitta* dosha is a combination of fire and water and controls hunger, thirst, and body temperature. The *vata* dosha is a combination of air and space and maintains electrolyte balance and movement. The *kapha* dosha is a combination of earth and water and promotes joint function. An Ayurvedic diet sets guidelines for when, how, and what you eat based on your dosha. Ayurvedic practitioners consult with you to determine your dosha and define a diet that is best suited to your personal needs based on dosha principles.

Together, with healing botanicals, Ayurvedic bodywork, yoga, seasonal routines, counseling, detoxification, and other Ayurvedic considerations, you and your Ayurvedic practitioner can continually bring balance to your life.



Cassandra Strunk, CAP, LMT, is a certified Ayurvedic practitioner and licensed massage therapist. She opened Cassandra Strunk, Massage + Ayurveda in Boise, ID. CassandraStrunk.com

Top 10 Ayurveda Everyday

Our bodies are built to have an amazing capacity to cleanse themselves through sweat, urine and defecation. Each morning it is important to support the removal of natural waste products, and also to invigorate the body to have a productive day.

Here are 10 Ayurveda daily rituals to help expand your health and keep illness away:

1. As you awaken, release the bladder and bowels.
2. Cleanse the face and eyes using a lukewarm washcloth or by splashing the face with warm water.
3. Blow your nose in the morning to remove any dirt and dust that has accumulated in the night.
4. After brushing the teeth, cleanse the tongue with a tongue scraper.
5. Swish oil in your mouth for two to five minutes. This helps to remove plaque, prevent dry mouth, and hydrate cracked or dry lips.
6. Give yourself an oil massage to promote circulation and lymphatic flow and to keep the skin hydrated and youthful.
7. While seated, close your eyes and breathe in deeply for a count of four and release for a count of eight. This helps open and cleanse the lungs.
8. Exercise daily. It promotes circulation, muscle strength and tone, and weight control, and it stimulates the respiratory and digestive systems.
9. Finish your day by giving yourself a foot massage with oil. It stimulates many *marma* (pressure) points that can help keep the body and mind in balance.
10. If you have trouble sleeping, you can add a pinch of nutmeg to a mug of warm dairy or nut milk. Nutmeg is a natural sedative and can help to calm the nerves.



More Than Just Carditone®!

Clinically Validated Ayurvedic Supplements You Can Trust



Ayush Herbs was founded in 1988 by the Sodhi brothers who came to the United States to share their knowledge of Ayurveda and the incredible powers of herbs. Rather than “doing to” the body, Ayurvedic herbal practices believe in strengthening the body’s own resources and resilience. Ayush combines this philosophy with the wisdom of naturopathic herbal practices to formulate a line of wellness products that build long-term health from within.*

ayush.com | 425-637-1400 | customerservice@ayush.com

*These statements have not been evaluated by the food and drug administration. These products are not intended to diagnose, treat, cure or prevent any disease.

SEXUAL HEALING

Through the ages, herbs and other natural medicines have been used to help sexual dysfunction and increase arousal.

2700 BCE

Emperor Shen-Nung catalogued over 365 species of medicinal plants and wrote how he used ginseng for sexual prowess.



1150 BCE

Turin Papyrus, one of many Egyptian scroll paintings that depicted the use of blue lotus (*Nymphaea caerulea*), an apomorphine-containing plant to enhance sexual activity.

400 BCE–200 CE

As outlined by the Charaka Samhita, **puncture vine, cinnamon oil, velvet bean, and other herbs** are used to treat sexual dysfunction.

49 BCE

Cleopatra was noted to have seduced men by **bathing in saffron threads.**



1989

Study showed yohimbine, a substance from the bark of the white quebracho tree, produced erections in impotent men.

1500 CE

Spanish explorer Francisco Pizarro reported Peruvians used **maca for fertility, libido, and stamina.**

14 CE

According to Tacitus, a Roman empress gave cantharidin, a substance secreted from blister beetles and later referred to as “**Spanish Fly**,” to her enemies to make them hypersexual so she could blackmail them.

2003

Study showed nutmeg could **stimulate the sexual behavior of male mice.**

2011

Study showed red clover isoflavones **may increase female libido in post-menopausal women.**

2019

Study showed improvement of **mild-to-moderate erectile dysfunction** with L-arginine supplementation.



Wellness Words Answers

Down

- | | | | |
|------------|-------------|-----------------|---------------|
| 1. Sport | 13. Seal | 28. Self esteem | 40. Sacagawea |
| 2. Ron | 14. Heinie | 30. Lollygagged | 43. Almond |
| 3. Are | 15. DHEA | 31. Snob | 45. Recess |
| 4. Ode | 16. Rump | 32. Ginseng | 46. Anime |
| 5. Sorghum | 17. Balance | 33. Ankh | 48. XXXVI |
| 6. Ugly | 18. PMS | 34. Mail | 51. Se |
| 7. Bloom | 21. Tuchus | 35. Steel | |
| 9. Rear | 24. Ears | 36. Powerhouse | |
| 11. Bowl | 27. Thud | 37. Snowish | |

Across

- | | | | |
|---------------|-----------------|--------------|--------------|
| 2. Radios | 21. Teens | 36. Pseudo | 47. Hormones |
| 8. Posterior | 22. Bum | 37. Sank | 48. XYMOGEN |
| 10. Dodgeball | 23. Glutes | 38. Banishes | 49. Choux |
| 12. Nester | 25. AI | 39. Yokels | 50. Dim sum |
| 15. Derriere | 26. Pats | 41. Ole | 51. Sexier |
| 17. Blimp | 29. Healing | 42. Errand | 52. Imbibe |
| 19. HI | 32. Gaul | 44. Vedas | |
| 20. Uluru | 34. Mindfulness | 45. Ring | |

WholeScripts Product List

Allergy Research Group

Product Name

200 mg of Zen 120 Capsules
Artemisia 100 Capsules
Artemisinin 300 Capsules
Artemisinin 90 Capsules
ButyrEn 100 Capsules
Cat's Claw 60 Capsules
GLA Borage Oil 30 Softgels
Lumbrokinase 30 Capsules
Mastica[®] 120 Capsules
N-Acetyl Glucosamine 90 Capsules
NTFactor[®] EnergyLipids 120 Servings
Oregano Oil 90 Capsules
Ox Bile 500 mg 100 Capsules
Pancreas 60 Capsules
Quercetin Bioflavonoids 100 Capsules
Stabilium[®] 200 Garum 30 Capsules
Thyroid 100 Capsules
Tocomin SupraBio[®] Tocotrienols 100 mg 60 Softgels
VascuStatin Formula 120 Capsules
Vitamin E Succinate 100 Capsules
Zinc Picolinate 60 Capsules

American BioSciences

Product Name

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

AMG Naturally

Product Name

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

Anna Cabeca[®]

Product Name

Mighty Maca[®] Plus 60 Servings

AOR[™]

Product Name

Advanced B Complex[™] 90 Capsules
Andrographis 120 Capsules
benaGene[™] 30 Capsules
Hydroxy B12 - 1mg 60 Lozenges
Ortho Sleep[™] 60 Capsules
P.E.A.k. Endocannabinoid Support 90 Capsules
Peak K2 90 Capsules
Probiotic 3 90 Capsules
R-Lipoic Acid 300 mg 60 Capsules
Strontium Support II 60 Capsules

Argentyn 23

Product Name

Pro Bio-Active Silver Hydrosol 23 ppm Dropper 2 fl oz
Pro Bio-Active Silver Hydrosol 23 ppm Economy Size Screw Top 16 fl oz
Pro Bio-Active Silver Hydrosol 23 ppm Fine Mist Spray 2 fl oz
Pro Bio-Active Silver Hydrosol 23 ppm Screw Top 4 fl oz
Pro Bio-Active Silver Hydrosol 23 ppm Travel Size Fine Mist Spray 1 fl oz
Pro Bio-Active Silver Hydrosol 23 ppm Travel Size Vertical Spray 1 fl oz
Pro Bio-Active Silver Hydrosol 23 ppm Vertical Spray 2 fl oz
Professional Silver First Aid Gel 1 fl oz

AVEMAR[™]

Product Name

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

Avior

Product Name

Real NAD+ 60 EZ Melt Tablets

Ayush Herbs[®]

Product Name

Adult Ashwagandha Drops 2 fl oz
Adult Trifal Drops 2 fl oz
Amla Plex 30 Servings
Ashwagandha 60 Capsules
AyuPhos 60 Capsules
Bacopa Plus 60 Capsules
Boswelya Plus 90 Caplets

Carditone 60 Caplets
CoCurcumin 30 Servings
Flucomune 90 Capsules
High Omega-3 Fish Oil 60 Softgels
Kids Ashwagandha Drops 2 fl oz
Kids Trifal Drops 2 fl oz
Neem Plus 90 Capsules
Probiotic 100B 60 Capsules
Rentone 90 Caplets
Trifal 90 Capsules

Barlean's

Product Name

Fresh Catch Fish Oil Orange Flavor 250 Softgels
Fresh Flax Oil 16 oz
Fresh Flax Oil 32 oz
Lignan Flax Oil 16 oz
Lignan Flax Oil 250 Softgels
Seriously Delicious CLA Fresh Apple 16 oz
Seriously Delicious High Potency Omega-3 Citrus Sorbet 16 oz
Seriously Delicious High Potency Omega-3 Key Lime Pie 16 oz
Seriously Delicious MCT Oil Coconut 16 oz
Seriously Delicious Omega-3 Fish Oil Lemon Creme 16 oz
Seriously Delicious Omega-3 Mango Peach Smoothie 16 oz
Seriously Delicious Plant Based Total Omega Pomegranate Blueberry Smoothie 16 oz
Seriously Delicious Total Omega Orange Creme 16 oz
Seriously Delicious Total Omega Orange Creme 8 oz
Seriously Delicious Vitamin D3 Strawberry Milkshake 5.6 oz

BergaMet

Product Name

Clinical Immune Citrus Bergamot 60 Tablets

Bio-Tech® Pharmacal

Product Name

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

Biocidin®

Product Name

Biocidin® 1 fl oz
Biocidin® 90 Capsules
Biocidin® LSF 1.7 fl oz
Biocidin® Throat Spray 1 fl oz
Biotonic 2 fl oz
Dentalcidin LS 1 fl oz

G.I. Detox+ 60 Capsules
Olivirex® 60 Capsules
Proflora® 4R 30 Capsules
BioMatrix
Candid-X 90 Capsules
Est-Adapt 15 ml
Licorice Root Extract 2 fl oz
Paracid-X 90 Capsules
Pregnenolone 30 ml
Pro-Adapt 15 ml
Pylori-X 120 Capsules
BodyBio
Balance Oil 16 oz
E-Lyte 16 oz
Liquid Mineral Iodine 2 fl oz
Liquid Mineral Zinc 2 fl oz
Liquid Minerals 8 oz
PC 100 Softgels
PC 8 oz

Bodylogix

Product Name

Bodylogix Fermented BCAA Unflavored 60 Servings
Bodylogix Micronized Creatine Unflavored 60 Servings
Bodylogix Natural Pre-Workout Green Apple 30 Servings
Bodylogix Vegan Protein Decadent Chocolate 22 Servings
Bodylogix Vegan Protein Vanilla Bean 22 Servings

Brain Bean

Product Name

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

Buddha Teas™

Product Name

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

Carlson Labs®

Product Name

A.D.E Hand & Body Cream Unscented 4 oz
ACES 50 Softgels

IMPROVE YOUR QUALITY OF LIFE

Imbalances in neurotransmitter and hormone function may contribute to a wide range of health complaints affecting quality of life including **cognitive function, mood, sleep, and energy**. For over a decade, Sanesco has offered high-quality formulas designed to promote neuroendocrine health.*



INHIBITORY SUPPORT

Focus on maintaining calming neurotransmitters (Serotonin and GABA) to improve **mood** and promote **relaxation**.*

EXCITATORY SUPPORT

Designed to maintain neurotransmitters (Dopamine, Norepinephrine and Epinephrine) to promote **energy** and **focus**.*

SPECIALTY SUPPORT

These ingredient formulations focus on **sleep, methylation, and adrenal support**.*



NOW AVAILABLE ON WHOLESRIPTS.

To order online, ask your practitioner for their referral code and visit www.wholescripts.com

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

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

Clinical Synergy®

Product Name

ArteMax 60 Capsules
Mycocutics Immune Max 180 Capsules
Mycocutics Tick Defense 90 Capsules
PectaSol Metal Detox 180 Capsules
PectaSol-C Professional 270 Capsules
PectaSol-C Professional 90 Servings
PectaSol-C Professional Chewable Tangerine Flavor 120 Tablets
PectaSol-C Professional Lime Flavor 30 Servings
PectaSol-C Professional Lime Flavor 90 Servings
Cognitive Clarity
Percepta Professional 60 Capsules

CuraLife USA

Product Name

CuraLin 180 Capsules
CuraLin Starter Bottle 42 Capsules

Diamond Formulations

Product Name

Sleep Balance Herbal 60 Capsules
Stress Suppress 60 Capsules

Dr. Capasso

Product Name

Keto Complete 20 Servings
Mitoblast 2 120 Capsules

Skin-Lasting Botanical Formula Spray 6 fl oz
Skin-Lasting Super Formula Spray 6 fl oz

Dr. Mercola®

Product Name

Berberine with MicroPQQ Advanced 30 Capsules
Biodynamic Organic Fermented Moringa 90 Tablets
Calcium with Vitamins D3 & K2 90 Capsules
Eye Support 30 Capsules
Fermented Beta Glucans 60 Capsules
Fermented Black Garlic 60 Capsules
Fermented Chlorella 450 Tablets
Fermented Elderberry 60 Capsules
Full Spectrum Enzyme 90 Capsules
H2 Molecular Hydrogen 90 Tablets
Ketozyme 30 Capsules
Krill Oil 60 Capsules
Liposomal Vitamin C 180 Capsules
Liposomal Vitamin C 60 Capsules
Liposomal Vitamin C for Kids 30 Capsules
Magnesium L-Threonate 270 Capsules
Organic Astaxanthin 12mg 90 Capsules
Whole-Food Multivitamin Plus Vital Minerals 240 Tablets
Zinc Plus Selenium 30 Capsules
Zinc Plus Selenium 90 Capsules

Dr. Phillips

Product Name

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

Drs Nutrition Bar

Product Name

Drs Nutrition Bar Almond Chocolate Coconut 12 Bars

Elemental Labs

Product Name

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

Encore Life

Product Name

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

Endurance Products Company

Product Name

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

Energenx

Product Name

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

Even™ Health

Product Name

Statin Support 30 Capsules
The Other Pill 30 Capsules

Everidis® Health Sciences

Product Name

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

Golden Flower Chinese Herbs®

Product Name

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

Haelan

Product Name

Haelan 951 8 fl oz
Sweet Mint Flavoring 40 Serv

Herb Pharm®

Product Name

Adrenal Support 1 fl oz
Anxiety Soother 1 fl oz
Arnica Oil 1 fl oz
Ashwagandha 1 fl oz
Ashwagandha Alcohol Free 1 fl oz
Better Bitters Classic 1 fl oz
Black Elderberry Alcohol Free 1 fl oz
Blood Pressure Support 1 fl oz
Calendula Oil 1 fl oz
Cinnamon Breath Refresher 0.47 fl oz
Dandelion Alcohol Free 1 fl oz
Echinacea Alcohol Free 1 fl oz
Fungus Fighter 1 fl oz
Ginger 1 fl oz
Herb Pharm Original Salve 24 gm
Kava 1 fl oz
Kids Black Elderberry Alcohol Free 1 fl oz
Kids Cough Crusader 1 fl oz
Kids Fast Asleep 1 fl oz
Kids Immune Avenger 1 fl oz
Kids Immune Fortifier 1 fl oz
Kids Lemon Balm Calm Alcohol Free 1 fl oz
Kids Mullein Garlic Oil 1 fl oz
Kids Orange-Flavored Echinacea Alcohol Free 1 fl oz
Lemon Balm 1 fl oz

Lemon Balm Alcohol Free 1 fl oz
Lung Expectorant 1 fl oz
Milk Thistle 1 fl oz
Mullein Garlic Oil 1 fl oz
Nervous System Tonic 1 fl oz
Passionflower 1 fl oz
Peppermint Breath Refresher 1 fl oz
Peppermint Spirits 1 fl oz
Rapid Immune Boost 1 fl oz
Relaxing Sleep 1 fl oz
Soothing Throat Spray 1 fl oz
St. John's Wort Oil 1 fl oz
Stone Breaker 1 fl oz
Super Echinacea 1 fl oz
Tea Tree Essential Oil 1 fl oz
Turmeric 1 fl oz
Urinary System Support 1 fl oz
Valerian 1 fl oz
Valerian Alcohol Free 1 fl oz
Virattack 1 fl oz

Herbalist & Alchemist

Product Name

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

HumanN™

Product Name

BeetElite Black Cherry 20 Servings
BeetElite On-the-Go Black Cherry 10 Servings
Neo40 Professional 60 Tablets
SuperBeets Black Cherry 30 Servings
SuperBeets Collagen Cherry Berry 30 Servings
SuperBeets Energy Plus Natural Berry 30 Servings
SuperBeets Immune Cranberry Cherry 30 Servings

SuperBeets Original Apple 30 Servings
SuperBeets Soft Chews Pomegranate Berry 60 Chews
SuperGrapes Chews Grape 60 Chews

Hyalogic™

Product Name

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

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
GTF Chromium 90 Tablets
Inflama-Complete 90 Capsules

Jarrow Formulas®

Product Name

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

Kuli Kuli

Product Name

Green Tea Energy Plus Well Citrus C 12 Servings
Herbal Moringa Tea Original 15 Bags
Moringa Energy Bar Dark Chocolate 12 Bars
Pure Morninga 20 Packets

Life Extension

Product Name

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

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

Linpharma™

Product Name

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

Master Supplements

Product Name

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

Megafood

Product Name

Baby & Me 2 120 Tablets
Balanced Minerals 90 Tablets
Blood Builder 180 Tablets
Blood Builder 90 Tablets
C Defense 70 Gummies
Kids Daily Immune 2.3 oz
Kids One Daily 60 Tablets
Methyl B12 60 Tablets
Multi for Women 40+ 120 Tablets
Multi for Women 55+ 120 Tablets

One Daily 180 Tablets
Pure Cranberry 60 Capsules
Selenium 60 Tablets

Microbiome Labs

Product Name

Mega IgG2000 120 Capsules
MegaMucosa Raspberry Lemonade Flavored 30 Servings
MegaOmega 60 Softgels
MegaPre 180 Capsules
MegaPre Mango Flavored 30 Servings
MegaSporeBiotic 180 Capsules
MegaSporeBiotic 60 Capsules
WheatRescue 60 Capsules

Microvascular Health Solutions™

Product Name

EndocalyxPro 120 Capsules

MRM

Product Name

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

Mushroom Wisdom®

Product Name

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

Nature's Sources

Product Name

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

Neurohacker™

Product Name

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

Neuropathy Factor™

Product Name

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

NFH

Product Name

Arabino SAP 50 Servings
Berberine SAP 90 Capsules
Coriolus Versicolor SAP 60 Capsules
D-Ribose SAP 50 Servings
Grape Seed SAP 60 Capsules
Maitake SAP 60 Capsules
Mushroom Complex SAP 90 Capsules
Ox Bile SAP 90 Capsules

Reishi SAP 60 Capsules
Shiitake SAP 60 Capsules
Trident SAP 66:33 120 Softgels
Zinc SAP 60 Softgels

Nordic Naturals®

Product Name

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

NuGo® Nutrition

Product Name

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

Stronger Peanut Cluster 12 Bars

Nutrasal

Product Name

Cerebra GPC 2 fl oz

LipoZome-B 2 fl oz

LipoZome-C 8 fl oz

PPC Kids Orange Cream 8 oz

NutriCology

Product Name

Laktoferrin 90 Capsules

Mastic Gum 120 Capsules

Mucolyxir® 0.4 fl oz

OcuDyne II 200 Capsules

Organo-Germanium Ge-132 50 Capsules

NutriDyn™

Product Name

Fruits & Greens Berry 30 Servings

Fruits & Greens Chocolate 27 Servings

Fruits & Greens Chocolate Peppermint 27 Servings

Fruits & Greens Espresso 27 Servings

Fruits & Greens Grape 30 Servings

Fruits & Greens Green Tea Melon 30 Servings

Fruits & Greens Monk Fruit Blackberry Tangerine 30 Servings

Fruits & Greens Monk Fruit Chocolate 27 Servings

Fruits & Greens Original Mint 27 Servings

Fruits & Greens Pink Lemonade 30 Servings

Fruits & Greens Strawberry Kiwi 30 Servings

Fruits & Greens TO GO Starter Kit 11 Servings

Nutritional Therapeutics

Product Name

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

NT-Zymes with NTFactor® 180 Capsules

NTFactor® 90 Tablets

NTFactor® Healthy Aging 120 Tablets

NTFactor® Lipids Powder 120 Servings

NTFactor® Patented Energy Chewable Wafer Mixed Berry 30 Wafers

NTFactor® with CoQ10 Chewable Wafer Chocolate 30 Wafers

NTFactor® with D3/K2 Chewable Wafer Vanilla 30 Wafers

Optimox

Product Name

Iodoral IOD-50 30 Tablets

Iodoral® IOD-12.5 90 Tablets

Optivite PMT 180 Tablets

Orgain

Product Name

Clean Protein Grass Fed Protein Shake Creamy Chocolate Fudge 4 Pack

Kids Protein Organic Nutrition Shake Chocolate Single Serving Pack

Kids Protein Organic Nutrition Shake Vanilla Single Serving Pack

Organic Nutrition Shake Creamy Chocolate Fudge 4 Pack

Organic Nutrition Shake Creamy Chocolate Fudge Single Serving Pack

Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack

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

Organic Protein Powder Plant Based Peanut Butter 20 Servings

Organic Protein Snack Bar Peanut Butter Chocolate Chunk 12 Bars

Vegan Organic Nutrition Shake Smooth Chocolate 4 Pack

Vegan Organic Nutrition Shake Smooth Chocolate Single Serving Pack

Vegan Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Vegan Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack

Organic India®

Product Name

Ashwagandha 90 Capsules

Ceylon Cinnamon 90 Capsules

Joy! 90 Capsules

Liver Kidney 90 Capsules

Memory 90 Capsules

Moringa 90 Capsules

Moringa Powder 113 Servings

Neem 90 Capsules

Peaceful Sleep 90 Capsules

Triphala 90 Capsules

Tulsi - Holy Basil 90 Capsules

Tulsi Ashwagandha 18 Bags

Tulsi Cleanse 18 Bags

Tulsi Green 18 Bags

Tulsi Hibiscus 18 Bags

Tulsi Honey Chamomile 18 Bags

Tulsi Lemon Ginger 18 Bags

Tulsi Masala Chai 18 Bags

Tulsi Moringa 18 Bags

Tulsi Original 18 Bags

Tulsi Peppermint 18 Bags

Tulsi Sleep 18 Bags

Tulsi Sweet Rose 18 Bags

Tulsi Turmeric Ginger 18 Bags

Turmeric Formula 90 Capsules

Progressive Professional®

Product Name

Allergy Modulator® 120 Capsules
Brilliant Vision with Seanol-P 90 Capsules
Daily Resilience® 180 Capsules
Digestin 60 Capsules
GC-MSM 3550® 120 Capsules
Keto Resilience® 15 Servings
Probiotic Broad Spectrum 30 Caplets
Prosta Glan 120 Capsules
TestosterZone 180 Capsules
U-Tract® 26 Servings

ProHealth

Product Name

FibroSleep 60 Capsules
Super Immune Boost Pro 30 Capsules

Prolon Professional

Product Name

ProLon® Original Kit

QOL Labs

Product Name

Bifilon 60 Capsules
ImmunoKinoko 500 90 Capsules
Metasol 30 Capsules

Quicksilver

Product Name

Artemisinin Emulsion 4 oz
Bitters No.9 1.7 fl oz
BitterX 1.7 fl oz
D3K2 1.7 fl oz
GABA with L-Theanine 1.7 fl oz
Liver Sauce 3.38 fl oz
Melatonin Professional Dose 1 fl oz
Methyl B Complex 1.7 fl oz
Methyl B-12 1 fl oz
Micellized Pure PC® 4 oz
Nanoemulsified Cat's Claw Elite® 1.7 oz
Nanoemulsified Milk Thistle 1.7 oz
Push Catch Liver Detox Kit
Ultra Binder® Sensitive Formula 30 Servings
Ultra Binder® Stick Packs 20 Servings
Ultra Vitamin 3.38 fl oz
Vitamin C 4 fl oz

Range Essentials

Product Name

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

Restorative Formulations™

Product Name

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

RLC Labs

Product Name

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

Rx Vitamins®

Product Name

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

Sanesco

Product Name

Adaptacin™ 60 Tablets
Contegra™ 60 Capsules
Lentra™ 30 Capsules

Lentra™ 60 Capsules
MethylMax™ 60 Capsules
Procite-D™ 60 Capsules
Prolent™ 60 Capsules
Somni-TR™ 30 Tablets
Tranquilent™ 30 Tablets
Symphony Natural Health™
FemmenessencePRO Harmony 90 Capsules
FemmenessencePRO Peri Menopause 180 Capsules
FemmenessencePRO Post Menopause 180 Capsules
HerbatoninPRO 0.3mg Plant Melatonin 120 Capsules
HerbatoninPRO 3mg Plant Melatonin 90 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
pH QuintessencePRO pH Balance 120 Capsules
RevolutionPRO Men's Hormone Health 180 Capsules

T.A. Sciences

Product Name

TA-65MD 100 units 30 Capsules

Trace Minerals®

Product Name

40,000 VOLTS! 8 fl oz
Apple Cider Vinegar Gummies 60 Gummies
Colloidal Silver 30ppm 8 fl oz
Colloidal Silver Spray 30ppm 4 fl oz
ConcenTrace® Trace Mineral Drops 2 fl oz
ConcenTrace® Trace Mineral Drops 8 fl oz
Elderberry Immunity Powder Lemon Berry 50 Servings
Electrolyte Stamina Power Pak Acai Berry 30 Servings
Electrolyte Stamina Power Pak Concord Grape 30 Servings
Electrolyte Stamina Power Pak Lemon Lime 30 Servings
Electrolyte Stamina Power Pak Mixed Berry 30 Servings
Electrolyte Stamina Power Pak Orange Blast 30 Servings
Electrolyte Stamina Power Pak Pomegranate Blueberry 30 Servings
Electrolyte Stamina Power Pak Raspberry 30 Servings
Electrolyte Stamina Power Pak+ Lemon Berry 30 Servings
Electrolyte Stamina Tablets 90 Tablets
Ionic Boron 2 fl oz
Ionic Zinc 50mg 2 fl oz
Mega-Mag 400mg 4 fl oz
Zinc + Vitamin C Chewable Raspberry Flavor 60 Chewable Wafers

Transformation Enzyme

Product Name

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

TruGen3®

Product Name

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

Vital Proteins®

Product Name

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

Vitanica®

Product Name

Adrenal Assist™ 90 Capsules
Bladder Ease 180 Capsules
Butterbur Extra 120 Capsules
CandidaStat™ 120 Capsules
Chaste Tree Berry 60 Capsules
CholestBlend 90 Capsules
CranStat Extra® 60 Capsules
Fem Rebalance™ 60 Capsules
Fem Vitality 60 Capsules
GABA Ease™ 60 Capsules
Immune Tonic 4 oz
Iron Extra™ 60 Capsules
Lysine Extra 60 Capsules
MindBlend 60 Capsules
OvaBlend 180 Capsules

PhytoEstrogen Herbal 25 Servings
Pregnancy Prep 60 Capsules
Rauwolfia Extra™ 90 Capsules
Skin Assist™ 180 Capsules
Slow Flow™ 60 Capsules
VeinoBlend 90 Capsules
Women's Phase II® 180 Capsules
Women's Phase I™ 60 Capsules

WholeScripts™

Product Name

WholeScripts Magazine Vol 2 Iss 1

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
7-Keto DHEA™ 1.8 oz.
ActivEssentials™ 60 Packets
ActivEssentials™ for Women 60 Packets
ActivEssentials™ with Calcium 60 Packets
ActivEssentials™ with OncoPLEX™ & D3 60 Packets
ActivNutrients® 120 Capsules
ActivNutrients® 240 Capsules
ActivNutrients® Chewable Mixed Berry 120 Tablets
ActivNutrients® Chewable Mixed Berry 60 Tablets
ActivNutrients® without Copper & Iron 120 Capsules
ActivNutrients® without Copper & Iron Multivitamin Powder Fruit Punch 60 Servings
ActivNutrients® without Iron 120 Capsules
ActivNutrients® without Iron 240 Capsules
ActivNutrients® without Iron 60 Capsules
Adeno+Hydroxo B12 Natural Fruit Punch Flavor 60 Tablets
Adrenal Essence® 120 Capsules
Adrenal Essence® 60 Capsules
Adrenal Manager™ 120 Capsules
Adrenal Manager™ 60 Capsules
Adrenaliv® 120 Capsules
Adrenaliv® 60 Capsules
AdrenaMax™ 120 Capsules
ALAmax™ CR 120 Tablets
ALAmax™ CR 60 Tablets
ALAmax™ Protect 120 Capsules

AllerDHQ™ 120 Capsules
AllerDHQ™ 60 Capsules
AngiNOX™ Orange 30 Servings
AngiNOX™ Orange 60 Servings
Appe-Curb™ 120 Capsules
Appe-Curb™ 240 Capsules
Ashwagandha 35 60c
ATP Ignite™ Citrus 10 Servings Sample Carton
ATP Ignite™ Citrus 30 Servings
ATP Ignite™ Mixed Berry 10 Servings Sample Carton
ATP Ignite™ Mixed Berry 30 Servings
ATP Ignite™ Workout Mixed Berry 30 Servings
B Activ® 180 Capsules
B Activ® 90 Capsules
B12 Methylcobalamin 1.8 oz.
Benfotiamine 120 Capsules
Berberine 120 Capsules
Berberine with InSea2® 60 Capsules
BergaCor 30 Tablets
BergaCor 60 Tablets
BergaCor Plus 60 Tablets
Bio C 1:1™ 90 Capsules
BrainSustain™ Creamy Chocolate 10 Servings
BrainSustain™ for Kids Vanilla Delight 15 Servings
BrainSustain™ Vanilla Delight 10 Servings
Buffered C Powder Fruit Punch 20 Servings
Calcium D-Glucarate 90 Capsules
Candididal™ 60 Capsules
CarniteX™ 60 Capsules
CheleX™ 120 Capsules
CholeRex™ 60 Capsules
CinnDromeX™ 120 Capsules
Cogniquil® 60 Capsules
ColonX™ 120 Capsules
ColonX™ 60 Capsules
ConjuLean 1000™ 120 Softgels
CoQmax™ Omega 100 mg 60 Softgels
CoQmax™ Omega 50 mg 120 Softgels
CoQmax™ Omega 50 mg 30 Softgels
CoQmax™ Ubiquinol 200 mg 30 Softgels
CoQmax™ Ubiquinol 60 Softgels
CoQmax™-100 ME 60 Softgels
Corticare B™ 120 Capsules
Corticare B™ 240 Capsules
Cortisolv® 120 Capsules
Cortisolv® 60 Capsules
Curcumin 3.9 oz.

CurcuPlex CR™ 120 Tablets
CurcuPlex CR™ 60 Tablets
CurcuPlex-95™ 120 Capsules
CurcuPlex-95™ 60 Capsules
D3 2000 120 Softgels
D3 2000 240 Softgels
D3 5000 180 Softgels
D3 5000 60 Softgels
D3 5000 90 Softgels
D3 Liquid 1 oz.
D3 Liquid 2.03 oz.
DHA from Algae 60 Softgels
DHEA Micronized 10mg 60 Tablets
DHEA Micronized 25mg 60 Tablets
DIMension 3° 120 Capsules
DIMension 3° 240 Capsules
DioVasc™ 60 Capsules
Drainage 1 oz.
Femquil® 120 Capsules
FIT Food® Lean Collagen Mocha Latte 14 Servings
FIT Food® Lean Complete Dutch Chocolate 10 Servings
FIT Food® Lean Complete Dutch Chocolate Sugar- & Stevia-Free 10 Servings
FIT Food® Lean Complete French Vanilla 10 Servings
FIT Food® Lean Complete French Vanilla Sugar- & Stevia-Free 10 Servings
FIT Food® Lean Creamy Chocolate 10 Servings
FIT Food® Lean Vanilla Delight 10 Servings
FIT Food™ Lean Whey Creamy Chocolate No Added Sugar, No Stevia 14 Servings
FIT Food™ Lean Whey Vanilla Delight No Added Sugar, No Stevia 10 Servings
FlashArrest® 60 Capsules
Folafy® ER 30 Tablets
Foundation Essentials 30 Packets
GABA/L-Theanine 1.8 oz.
GarliX™ 90 Capsules
GastrAcid™ 180 Capsules
GastrAcid™ 90 Capsules
GI Protect™ Cherry Sugar- & Stevia-Free 30 Servings
GI Protect™ Peach Sugar- & Stevia-Free 30 Servings
GlutAloeMine® 30 Servings
GlutAloeMine® 60 Servings
Glutathione Plus 1.8 oz.
Glutathione Plus™ 3.9 oz.
Green Tea 600™ 60 Capsules
HistDAO™ 60 Capsules
Hormone Protect® 120 Capsules
Hormone Protect® 60 Capsules
I-Sight™ 60 Capsules
i5™ Creamy Chocolate 10 Servings
i5™ Energize Vanilla Latte 10 Servings
i5™ Vanilla Delight 10 Servings
IG 26 DF 120 Capsules
IG 26 DF 67.5 Servings
IG 26 Plus DF Vanilla 30 Servings
IgG 2000 CWP™ 120 Capsules
IgG 2000 CWP™ 25 Servings
IgG 2000 CWP™ 75 Servings
IgG Pure™ 15 Servings
Immune Essentials™ 45 Capsules
ImmunotiX 250™ 30 Capsules
ImmunotiX 500™ 20 Capsules
ImmunotiX 500™ 60 Capsules
Iron Glycinate 120 Capsules
K-Mg Citrate™ 60 Capsules
K2 Liquid 1 oz.
K2-45 60 Capsules
K2-D3 10,000 120 Capsules
K2-D3 10,000 60 Capsules
K2-D3 5000 120 Capsules
K2-D3 5000 60 Capsules
L-Glutamine 85 Servings
L-Lysine 90 Capsules
L-Theanine 120 Capsules
L-Theanine 60 Capsules
Leptin Manager™ 30 Capsules
LipotropiX™ 120 Capsules
Liver Protect™ 120 Capsules
Liver Protect™ 60 Capsules
Magnesium Citrate 120 Capsules
MaX Hypothalamus/Pituitary 60 Capsules
MedCaps DPO™ 120 Capsules
MedCaps GI™ 120 Capsules
MedCaps IS™ 60 Capsules
MedCaps T3™ 120 Capsules
Melatonin CR 180 Tablets
Melatonin CR 90 Tablets
Melatonin Peppermint 120 Tablets
Melatonin Peppermint 60 Tablets
MemorAll™ 60 Capsules
MenoFem™ 90 Capsules
Methyl Protect® 120 Capsules
Methyl Protect® 60 Capsules
Methylcobalamin 120 Tablets

Methylcobalamin 60 Tablets
MinRex[®] 120 Capsules
Mitochondrial Renewal Kit 60 Packets
Mood Food[™] 60 Capsules
Mood Food[™] ES 120 Capsules
Mood Food[™] ES 60 Capsules
N.O.max[™] ER 180 Tablets
NAC 120 Capsules
NAC 60 Capsules
Nattokinase 120 Capsules
Nattokinase 60 Capsules
NeuroActives[™] BrainSustain[™] 120 Capsules
NeuroActives[™] BrainSustain[™] 240 Capsules
NeurophX DPN[®] 60 Capsules
New Zealand Whey Protein Isolate 30 Servings
NiaVasc[™] 120 Tablets
NiaVasc[™] 360 Tablets
NiaVasc[™] 750 120 Tablets
NiaVasc[™] 750 60 Tablets
Nrf2 Activator[™] 30 Capsules
Nrf2 Activator[™] 60 Capsules
OlivDefense[®] 20 Capsules
Omega MonoPure[®] 1300 EC 120 Softgels
Omega MonoPure[®] 1300 EC 60 Softgels
Omega MonoPure[®] 650 EC 120 Softgels
Omega MonoPure[®] 650 EC 60 Softgels
Omega MonoPure[®] Curcumin EC 30 Softgels
Omega MonoPure[®] DHA EC 30 Softgels
Omega MonoPure[®] EPA EC 30 Softgels
Omega MonoPure[®] EPA EC 60 Softgels
OmegaPure 600 EC[™] 120 Softgels
OmegaPure 600 EC[™] 60 Softgels
OmegaPure 780 EC[™] 120 Softgels
OmegaPure 820[™] 120 Softgels
OmegaPure 900 EC[™] 120 Softgels
OmegaPure 900 EC[™] 90 Softgels
OmegaPure 900-TG[™] 120 Softgels
OncoPLEX ES[™] 60 Capsules
OncoPLEX[™] 120 Capsules
OncoPLEX[™] 30 Capsules
OptiCleanse[®] GHI Chai 10 Servings
OptiCleanse[®] GHI Creamy Chocolate 10 Servings
OptiCleanse[®] GHI Creamy Chocolate Sugar- & Stevia-Free 10 Servings
OptiCleanse[®] GHI Vanilla Delight 10 Servings
OptiCleanse[®] GHI Vanilla Delight Sugar- & Stevia-Free 10 Servings
OptiCleanse[®] Plus Creamy Chocolate 10 Servings
OptiCleanse[®] Plus Vanilla Delight 10 Servings
OptiFiber[®] Lean 180 Capsules
OptiFiber[®] Lean 30 Servings
OptiMag[®] 125 120 Capsules
OptiMag[®] 125 240 Capsules
OptiMag[®] Neuro Lemon-Lime 60 Servings
OptiMag[®] Neuro Mixed Berry 30 Servings
OptiMag[®] Neuro Mixed Berry 60 Servings
OptiMag[®] Neuro Unflavored 60 Servings
OptiMag[®] Plus Calcium Pear 30 Servings
OptiMetabolix[™] 2:1 Vanilla Delight 10 Servings
OptiMetabolix[™] Vanilla Delight No Added Sugar, No Stevia 10 Servings
Oraxinol[™] 60 Capsules
OrganiX[™] PhytoFood[™] 30 Servings
OSAPlex MK-7[™] 60 Packets
OSAPlex[™] 60 Packets
Ossopan 1100[™] 120 Capsules
Ossopan MD[™] 120 Capsules
Ossopan MD[™] 240 Capsules
PanXyme pH[™] 180 Capsules
PanXyme pH[™] 90 Capsules
PepciX[™] 60 Tablets
PhosphaLine[™] 100 Softgels
PhosphaLine[™] Liquid 8 oz.
PMS Soothe[™] 60 Capsules
PrebioMax Natural Sour Apple 60 Tablets
Prenatal Essentials 150 Capsules
Probio Defense[™] 84 Capsules
ProbioMax[®] 350 DF 15 Servings
ProbioMax[®] Complete DF 30 Capsules
ProbioMax[®] Daily DF 30 Capsules
ProbioMax[®] Daily DF 60 Capsules
ProbioMax[®] DF 30 Capsules
ProbioMax[®] IG 26 DF 120 Capsules
ProbioMax[®] Lean DF 30 Capsules
ProbioMax[®] Plus DF 30 Servings
ProbioMax[®] Sb DF 30 Capsules
ProgX[™] 1.8 oz.
Prostate FLO[™] 60 Softgels
ProteoXyme[™] 100 Capsules
Red Yeast Rice 30 Capsules
Red Yeast Rice 60 Capsules
RegeneMax[®] Liquid 1 oz.
RegeneMax[®] Plus 120 Capsules
RegeneMax[®] Plus 60 Capsules
RelaxMax[™] Cherry 60 Servings
RelaxMax[™] Unflavored 60 Servings
Resveratin[™] Plus 60 Capsules

S-Acetyl Glutathione 120 Capsules
S-Acetyl Glutathione 60 Capsules
Saccharomycin[®] DF 120 Capsules
Saccharomycin[®] DF 20 Capsules
Saccharomycin[®] DF 60 Capsules
Saloxicin[™] 120 Capsules
SAM-e & TMG Lemon 30 Servings
SAM-e 30 Capsules
SynovX[®] Calm 60 Capsules
SynovX[®] DJD 120 Capsules
SynovX[®] Metabolic 30 Capsules
SynovX[®] Metabolic 60 Capsules
SynovX[®] Performance 60 Capsules
SynovX[®] Recovery 120 Capsules
SynovX[®] Tendon & Ligament 60 Capsules
T-150 120 Capsules
T-150 60 Capsules
TestoPlex[™] Plus 120 Capsules
TestoPlex[™] Plus 60 Capsules
UritraX[™] 50 Servings
VegaPro[™] 14 Servings
Vinpocetine 60 Capsules
Viragraphis[™] 60 Capsules
VitalVasc[®] 60 Capsules
Xcellent A 3000 60 Capsules
Xcellent A 7500 60 Capsules
Xcellent C[™] 120 Capsules
Xcellent E[™] 60 Softgels
XenoProtX[™] 120 Capsules
XymoBolX[™] Fruit Punch 30 Servings
XymoBolX[™] Lemon 30 Servings
XymoDine[™] 90 Capsules
XYMOGEN[®] Shaker Bottle 20 oz.
XymoZyme[®] 120 Capsules
XymoZyme[®] 60 Capsules
Zinc Glycinate 120 Capsules

Yeouth

Product Name

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

Retinol Serum 1 oz
Vitamin C&E Serum 1 oz

Zahler[®]

Product Name

Biotin Gummies for Kids 60 Gummies
Bone Gummies for Kids 60 Gummies
ChildCalm 60 Chewable Tablets
Fiber Gummies for Kids 60 Gummies
KidsActive Powder 30 Servings
Mighty Mini Prenatal+DHA 90 Softgels
ParaGuard 4 fl oz
ParaGuard 90 Softgels
Prenatal+DHA 60 softgels
ProstAid+ 60 Softgels
StressMaster 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 Bioceticals

Product Name

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

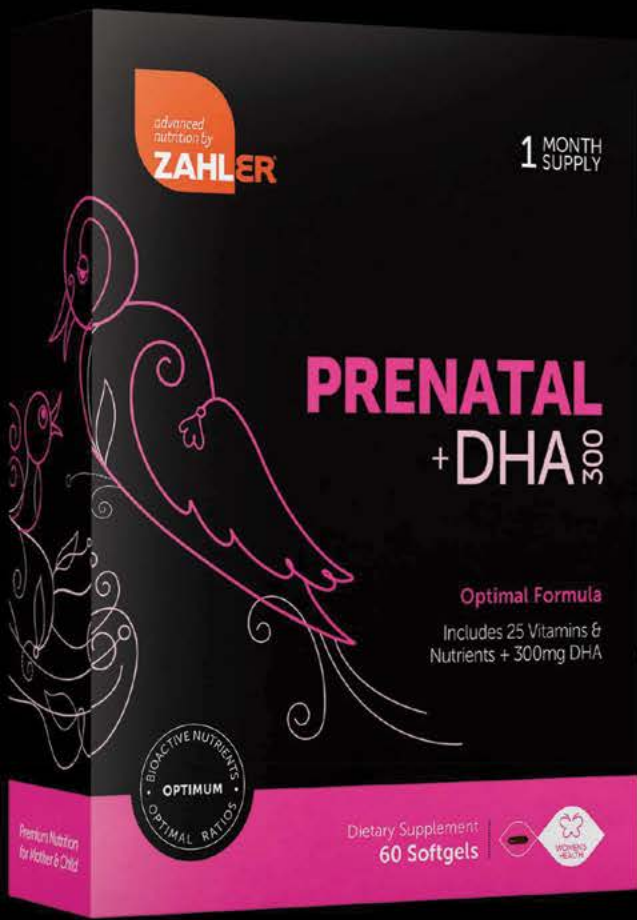
Be Honest. Tell Us What You Think.

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



Your baby relies on you 24/7

Every nutrient in your prenatal supplement has to pull its weight. Because your baby relies on you. Completely.



The world's first kosher prenatal + DHA



DHA is essential for a baby's developing nervous system. But taking multiple pills is not much fun. We spent 3 years developing a superior formula that combines everything a woman needs for optimal fetal health. And it's certified kosher.*

BioFolate®: the better folate

Folate is a key nutrient for the developing fetus. Most people can't absorb the common forms of folate. BioFolate® bioactive folate (5-MTHF) is the most absorbable form of folate.*

Balanced blood sugar

Our formula is uniquely formulated to include chromium picolinate, which helps maintain healthy blood sugar levels.*

*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.

Only take it if it works.

We formulate with superior vitamin sources for optimal absorption levels.*

advanced nutrition by

ZAHLER®



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SP-WSM-V2SHAKER
for a **FREE
XYMOGEN
Shaker Bottle**
with purchase



Supports

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HEALTH***

**COLLAGEN
PRODUCTION***

**MUSCLE
RECOVERY
FOLLOWING
OVERWORK
OR EXERCISE***

*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.