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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.

As an online storehouse of 50+ vendors and hundreds of products, our goal is to help your healthcare practitioner have the most effective means to recommend



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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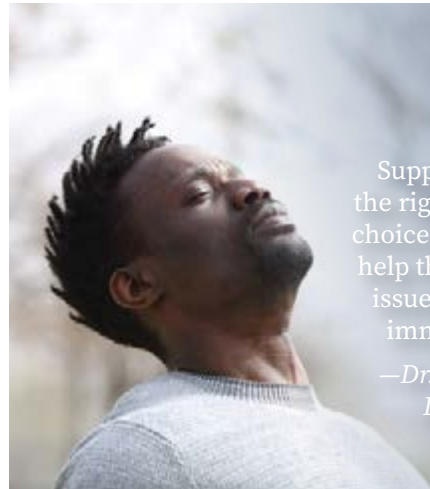
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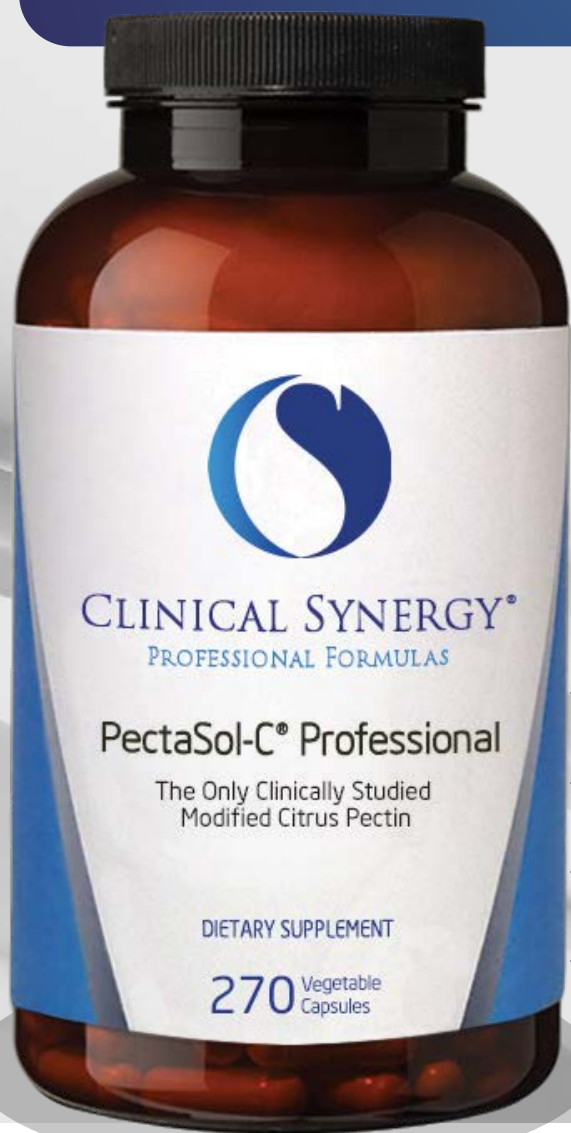


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Chronic Illness, Injury, and the Year That Was

For some, 2020 was a tough year for a variety of reasons, not the least of which included the pandemic, massive political disparities, and racial tensions in our communities. Add these to the stressors of dealing with chronic illness or injury, and 2020 wasn't easy.

Late last year, my ultra-healthy father was diagnosed with a rare autoimmune disorder called chronic inflammatory demyelinating polyneuropathy (CIDP). Specialists have been unable to pinpoint why my dad, who has always exercised and eaten healthy food, got this illness. He and my stepmother, a retired naturopathic doctor, grow much of their own organic food and up until his illness, my dad ran or walked five miles nearly every day for 40+ years.

As a holistic nutritionist, Amanda Mirabella suggests in her article (Acceptance and Compassion Make a Difference p.16), sometimes physical health is affected by emotional well-being. Now my dad is adding emotional healthcare to his toolkit to help keep any future CIDP flare-ups at bay.

Around the same time my dad was being checked in to the hospital, an MRI confirmed I tore my rotator cuff all the way through and needed surgery to repair it. I was a bit surprised since I was in good health and worked out regularly.

What I didn't do though was warm up my rotator cuff and strengthen that muscle group regularly. Adding sports medicine specialist Dr. Frederick Sutter's (Don't Shoulder the Pain p.22) recommended simple rotator cuff exercises could possibly prevent you from getting an injury like I had.

Whether you're battling a chronic illness, recovering from an injury, or just trying to keep healthy amidst the ongoing challenges we all face, check out WholeScripts.com product list (p.42) for a plethora of the top nutritional and herbal supplement brands, too. Now is always a good time to keep your body and mind in prime shape.

To Strength and Well-Being,



Tarre Beach
Editor



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SIMPLE PIMPLE *Stopper*

Find out ways to reduce or eliminate acne after 40.

By Svetlana Burtman, NP



Q Help, I'm a 45-year-old woman and still dealing with acne. What can I do to stop getting pimples at my age?

A There are multiple factors that can lead to acne at any age. Just because you are not in the throes of puberty doesn't mean you can't be affected by acne.

It's actually quite common for women in their 40s to start seeing a return of acne. According to the Mayo Clinic, about 25% of women between the ages of 40 and 49 have acne outbreaks.

Acne is caused by fluctuations in hormones, such as the time near a woman's menstrual cycle and also when they enter perimenopause. This time frame before menopause can happen at different ages. For some, it can be as early as their 30s although it happens more often when a woman is in their mid-40s, like you are.

To be sure, mid-life acne happens to men too, and it also can be due to hormonal changes. Just like for women, these hormonal changes in men create oils that can lead to clogged pores where bacteria may grow and cause breakouts on the face and back. Also, some medications, such as those that treat bipolar disorder and corticosteroids, can bring on acne for both men and women.

For women such as yourself, if you are experiencing hormonal acne, you may also have other health issues crop up, including polycystic ovarian syndrome (PCOS), excessive hair growth especially on the chin, back, or chest, and unexplained weight gain. Blood work should be done to determine exactly which hormones are out of whack, and then bioidentical hormones can be used to bring them back into balance.

Another leading cause of adult acne is poor gut flora. Most of us know that eating lots of greasy food can increase oil production in our skin. But the flip side is that the good bacteria in our guts can support good skin. For fewer acne outbreaks, it's also best to stay away from foods that may trigger inflammation in the gut, cause oxidative stress, deplete linoleic acid, or introduce an overabundance of cholesterol.



Additionally, food intolerance or sensitivity to certain foods such as wheat, gluten, or dairy may cause rashes that look like acne but aren't. A commonly mistaken skin condition known as rosacea is often thought to be acne. It's best to see your healthcare practitioner to get a clearer understanding of what you are experiencing and what may be causing it.

Insulin resistance may be an underlying condition that helps acne to flourish. It's a good idea to see a dietician or your healthcare practitioner to run tests and find out more about what could be causing your acne.

Makeup and skin hygiene may be the culprit too. Many people want to use a lot of over-the-counter creams, cleansers, and beauty treatments that may be hurting more than they are helping.

The technical term for topical products that clog pores is comedogenics. Almond oil, coconut oil, lanolin, wheat germ, hexadecyl alcohol, and potassium chloride are some commonly used makeup ingredients that can clog pores and increase your chances of acne. Mineral makeup is non-comedogenic and hypoallergenic, making it a good choice if you want to reduce breakouts.

Several essential oils have bacteria-killing properties that can help reduce bacteria from forming in clogged pores. These oils include tea tree, rosemary, oregano, eucalyptus, and lavender oil. I also recommend oil-free hydration, such as glycerin or hyaluronic acid, for those with oily or acne-prone skin.

An acne-reduction facial done by a professional esthetician can also help clean your pores. The HydraFacial is a popular treatment for acne. It consists of a four-step treatment that cleans, exfoliates, extracts, and hydrates the skin. The extraction process removes debris from pores with gentle suction.

Here are a few other pointers to help reduce acne at any age:

- Remove your makeup and wash your skin with a mild, gentle cleanser daily.
- Replace and/or clean your makeup sponges and brushes regularly.
- Eat a clean diet with less saturated fat, sugar, and refined carbohydrates.
- Make sure your diet has enough vitamin D. Take a quality vitamin D supplement if needed.
- Improve your gut health by eating foods rich in probiotics or take a quality probiotic supplement.



Svetlana Burtman, NP, FNP-C, is a certified family nurse practitioner in Tucson, AZ. She graduated from University of Phoenix with a nurse practitioner degree and has several years of medical experience. RenewedMedicalHealth.com

Don't Be Lily-Livered About Organ Meats

Organ meats such as heart, brain, and liver may be off-putting to some Americans, but they're full of valuable nutrients.

By Mary Gocke, RDN, CDN

At a time when Americans are hyper-focused on the nutritional value of food, it is surprising that we do not eat more organ meats. Wild animals show a preference for eating organs first after the kill, needing those nutrients for survival, and eating muscles last. It has been observed that lions held in captivity will develop nutritional deficiencies if fed only muscle. Historically, our hunter-gathering ancestors ate organs. In fact, they ate the whole animal, including the brains, testes, and bone marrow. So why do we turn up our noses at such nutritionally dense foods now?

It appears Americans believe eating muscle is somehow less upsetting to eat than organs. But this is not the case with most cultures around the world. There are many cultures that view organ meats as a delicacy and eat them for the pure pleasure of it, not just their nutrient profiles.

Other cultures routinely eat the heart, which is lean and tasty, and brain, which is loaded with CoQ10. Tangy and rich-tasting sweetbreads, from the thymus gland and pancreas, are common in Turkish and Latin-American cuisines. Tripe, from the lining of the stomach, is an inexpensive, popular food all over Europe.

Organ meats are a powerhouse of nutrients high in protein, vitamins A and B12, folate, and iron. The nutrient composition varies slightly among animals and among organs. Most are high in vitamin B, all the fat-soluble vitamins (A, D, E, and K), protein, and all the minerals. They are full of all the complementary amino acids for replenishing muscle mass, providing satiety, and possibly promoting weight loss. For the rest of the population, eating organ meats is not only good for you, but if cooked correctly, they are tasty too.

Liver, loaded with a whole host of nutrients, is one of the few organ meats Americans feel comfortable eating. Buy only organic, grass-fed, free-range beef or calf liver. It is the healthier for you and won't come with any nasty growth hormones or antibiotics, making the meat that much safer and more delicious. Armed with all this knowledge, you may want to try this nutritious recipe that will hopefully make you a lover of liver.



Liver for the Win



Liver is high in:

- Vitamin A for immunity and healthy eyes. Three ounces of cooked beef liver has over 400% of the U.S. Department of Agriculture's recommended daily allowance (RDA) of vitamin A, and should be eaten with caution during pregnancy.
- Zinc for immunity
- Choline for cellular membrane health
- Vitamin B12 for energy, mental clarity, and methylation
- Folate for methylation and DNA repair
- Iron for fueling the production of red blood cells that carry oxygen throughout the body

Servings: 4

Preparation Time: 30 minutes

Ingredients

- 1 pound of organic calf liver, cut into strips
- 1 cup sliced mushrooms
- 1 cup chicken broth
- ½ cup sliced scallions
- ½ cup sliced celery
- ¼ cup coconut flour
- 3 tablespoons coconut oil
- ½ teaspoon Himalayan salt
- ½ teaspoon fresh ground pepper

Serving Size: 3.5 oz of salmon and about 1 cup of cauliflower rice

Sources: Recipe adapted from Mercola.com. Nutritional estimate from VeryWellFit.com and NutritionValue.org

Nutrition Facts Per Serving:

Calories:	310	Folate:	294 mcg
Fat:	16.1 g	Vitamin A:	29583 IU
Cholesterol:	432 mg	Vitamin B12:	94 mcg
Sodium:	584 g	Vitamin B6:	1.165 mg
Total Carbohydrate:	8.5 g	Potassium:	576 mg
Protein:	32.3 g	Zinc:	5.93 mg
Choline:	474.2 mg		

Instructions

1. Combine the coconut flour, salt, and pepper together in a shallow dish.
2. Add liver to coat all sides.
3. Heat two tablespoons of coconut oil in large skillet on medium high heat.
4. Add liver and cook until just browned.
5. Add mushrooms, scallions, celery, and the remaining one tablespoon of coconut oil.
6. Cook, stirring frequently for about five minutes, or until vegetables are tender.
7. Stir in broth. Continue to cook for about five minutes. Serve hot.

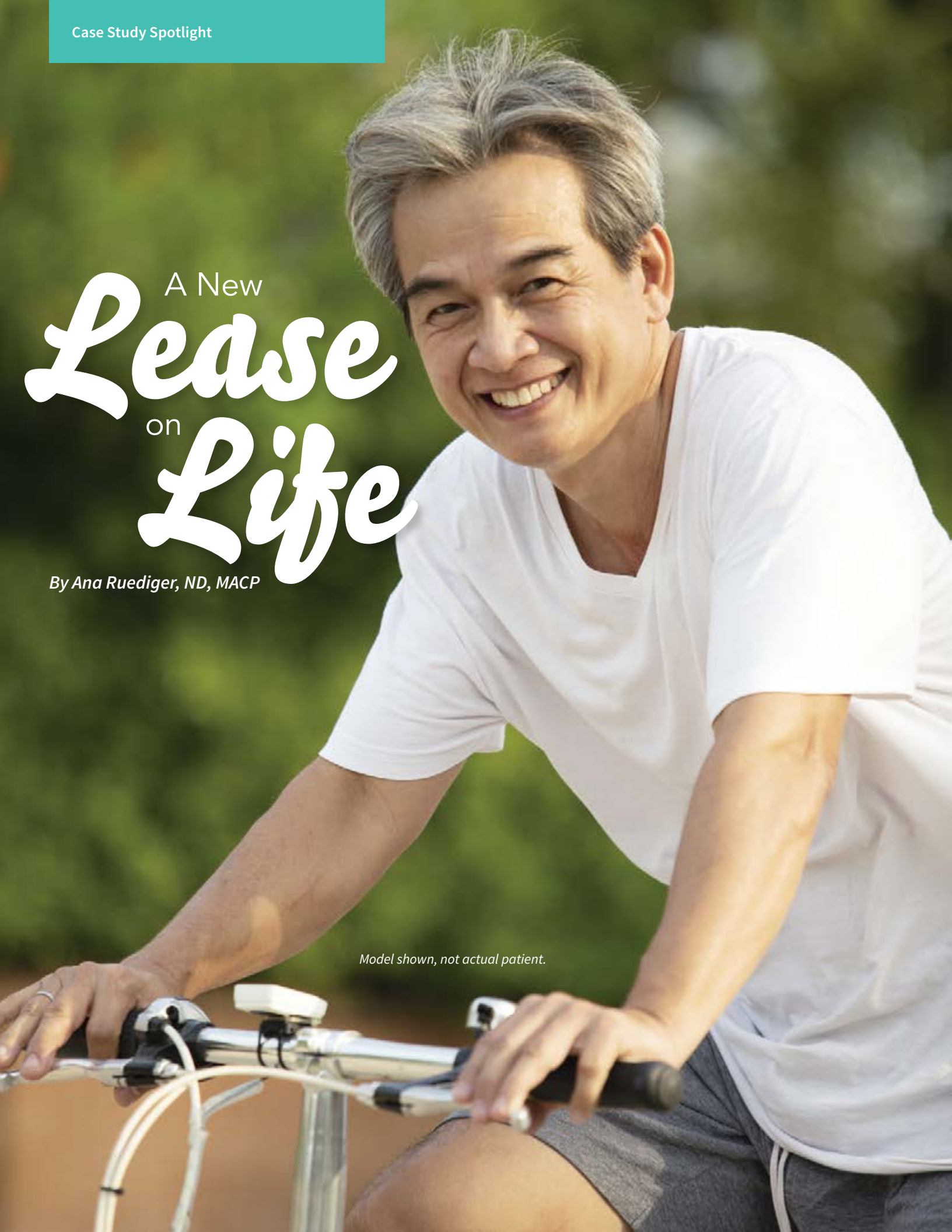


Mary Gocke, RD, CDN, is a registered dietitian and certified dietitian/nutritionist. She graduated from the University of Florida. She is the owner and founder of The Human Frame. TheHumanFrame.com

A New
Lease
on
Life

By Ana Ruediger, ND, MACP

Model shown, not actual patient.



Showing the signs of cognitive dysfunction, this middle-aged patient turned his life around with supplements and lifestyle changes.

Patient: 51-year-old male, 5'11", 160 lbs.

Complaints: Cognitive dysfunction, memory loss, depression, anxiety, and insomnia.

Medical/Diet History: The patient had a traumatic brain injury, Lyme disease, a history of alcohol abuse, depression, restless legs syndrome (RLS), and rheumatoid arthritis. He had a high glycemic diet and poor protein intake. He was on several prescription and over-the-counter medications, including Plaquenil for rheumatoid arthritis, ranitidine for stomach ulcers, Antabuse to treat alcohol abuse, Ativan for anxiety, Wellbutrin for depression, Mirapex for RLS, MiraLAX for constipation, Protonix for acid reflux and fluticasone nasal spray for allergies.

Treatment: N-acetyl cysteine 600 mg twice a day, thiamine one capsule twice a day, vitamin D 5000IU a day, multivitamin with essential minerals two capsules a day, myo-inositol 1000 mg a day, and a combination of 400 mg of Albion® di-magnesium malate with TRAACS® magnesium lysinate glycinate chelate and 2 mg of Magtein™ magnesium L-threonate once a day at bedtime.

The patient was also instructed to make lifestyle and diet changes, which he did. He started following a lower glycemic index diet to improve glucose control, restricting refined carbohydrates and sugars, and increasing phytonutrients. The patient also began eating protein every 3-4 hours to help support neurotransmitter production, as well as improve blood sugar control. He began to regularly hydrate his body with water instead of Kool-Aid, which was what he usually did. Lastly, he maintained regular physical activity and mindful breathing exercises for stress reduction.

Medication modifications were also made. The patient eventually discontinued MiraLAX, Wellbutrin, Mirapex, Protonix, and fluticasone. He decreased his daily dose of Ativan and continued the Plaquenil, ranitidine and Antabuse as before.

Outcome: After initiation of therapy, the patient's symptoms began to improve immediately. He said he noticed a cognitive shift after only one month of treatment and stated that his symptoms continued to improve. He said he had less anxiety, was able to sleep better, and felt less irritable and moody. He also had better word retrieval, increased mental clarity, improved memory, and he was better able to complete daily activities.

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.



Ana Ruediger, ND, MACP, earned both a doctorate in naturopathic medicine (ND) and master's in counseling psychology (MACP) from Bastyr University. She completed a primary care residency and specialized internship in mental health and addictions. Dr. Ruediger lives in Los Angeles, where she served as director of clinical research for a health-based startup and practices in clinic and remotely. Anaruediger.com





Acceptance and Compassion Make a Difference

Nutrition plays an important role in treating chronic illness. Having compassion for yourself and looking at trauma may also be necessary for healing.

By Amanda Mirabella, BCHN®

When we put too much emphasis on food to heal instead of utilizing a truly holistic plan that includes physical, emotional, and spiritual components of our wellness, we are missing the whole picture. Eating “clean,” fad diet protocols, and obsessing about food planning or the relative healthiness of ingredients can promote physically and emotionally disconnected relationships with food. This can lead to disordered eating and orthorexia, which is an unhealthy obsession with eating healthy food, says Jessica Flanigan, holistic nutritionist and founder of Transformational Eating.

We commonly hear phrases such as: “Follow this diet. Get this lab work done. Monitor these antibodies. Eliminate these items from your environment. Practice these modalities to support your healing.” While these methods are integral parts of chronic illness treatments, deeper healing may continue to be out of reach if emotional health, both past and present, is not addressed. Further, because chronic illness is heavily impacted by lifestyle, there is often guilt associated with what the individual did wrong either in developing the disease or in not getting better. This distinction is crucial: taking responsibility for your health doesn’t mean shouldering blame.

The High Cost of Chronic Illness

Dealing with chronic illness can feel like a Sisyphean task; an enormous amount of time, energy, and resources are dedicated to feeling better and trying to get answers, sometimes with little gain.

Besides the tremendous expense of treatments, there are many other costs associated with chronic illness. Recurring flare-ups can strain friendships and/or marriages, put pressure on maintaining a career, and fuel anxiety about what else could go wrong. Adding shame to this litany of stresses is likely to thwart any progress in tackling the illness.

As Flanigan says, “The biggest emotional toll for people with chronic illness is being told the lie that they need to fix their disease.”

Flanigan doesn’t suggest that individuals dealing with chronic illness should ignore the physical healing process but rather that they use their diagnosis as a discovery process. She points out, “Often when individuals stop assuming they are healing wrong, stop giving in to the view that they are not trying hard enough or haven’t found the ‘missing key’ to healing, their bodies start healing rapidly.”



Past Trauma and Autoimmunity

A study carried out by the Centers for Disease Control and Prevention examined the relationship between adverse childhood events (ACEs) and the development of autoimmune diseases in adulthood. Examples of ACEs included childhood physical, emotional, or sexual abuse; witnessing domestic violence; and growing up with substance abuse, mental illness, parental divorce, or an incarcerated household member. The data revealed that trauma (ACEs) in childhood increased the likelihood of hospitalization in adulthood due to autoimmune disease.

Not everyone with an autoimmune disease will have a traumatic past, but it is certainly a factor to be considered in understanding the layered history of chronic illness. And it further illustrates that addressing only the current physical concerns of chronic disease may address only a portion of the problem, which could include past trauma, thereby limiting the results that might be obtained.

Restrictive Diets and Orthorexia

Following a supportive, individualized diet plan can transform your health, especially if you have a chronic illness. There are countless studies that support the therapeutic benefit of diet in diseases such as irritable bowel, cardiovascular issues, autoimmune conditions, and Alzheimer's. Yet, if you have a chronic illness, you could find yourself on lifelong, highly restrictive elimination diets. Many patients either haven't been told or fail to understand that these intense diets are not

intended to be carried on indefinitely. In addition, many patients feel unsure about what they “can” or “should” eat outside of these restrictive protocols.

This is where nutrition guidelines can become detrimental—both physically and emotionally. As Flanigan says, people often become hypervigilant about food because if they can't reintroduce foods, they think they are doing something wrong and need to try harder. Unfortunately, this message is often reinforced in online autoimmune protocol diet (AIP) support groups. For some patients, continuing the AIP diet for longer than the commonly recommended six weeks can cause them to develop orthorexia.

Relationship to Illness

The incessant search for the next supplement, latest food plan, or newly discovered environmental factor is incredibly taxing if you have a chronic illness. Rather than jumping from one protocol to the next, it may be important to explore discontentment due to the trials of chronic illness. It may seem undesirable to approach an illness in this way because it has the potential to awaken deep emotional pain. However, according to Flanigan, this approach assumes that even though emotional suffering may be present through this process, it can be the answer to unlocking the emotional issues that cause and/or keep someone ill. “That small shift can be profound for hopeless clients,” Flanigan says.

Chris Kresser, co-founder of the California Center for Functional Medicine, uses his own experience of accepting his chronic illness as an example of the

power emotional work can provide. “Accepting that I was ill did not make the illness go away. Nor did it stop me from continuing to pursue treatment in the hopes of improving my health. What it did do is remove an entirely unnecessary layer of suffering that came from continuously struggling against what was true in each moment.”

Thomas R. Egnew, clinical professor emeritus at the University of Washington Department of Family Medicine, has treated patients individually and studied behavioral science for decades. He advocates a treatment model for those with chronic illness that includes what he calls the “narrative approach.” This approach encourages patients to tell their stories as a means to understand their experience and derive meaning from it. Egnew says that through uncovering conflicts in a patient’s narrative, acceptance and meaning can be discovered and suffering transcended.

Radical Compassion

Leaning into your emotional pain—both past and present—requires deep self-honesty and radical compassion for yourself. Yes, it’s important for you to take ownership of your actions, but it is just as crucial to be forgiving and patient with yourself. While chronic illness may feel all-encompassing, it doesn’t represent your entire identity. Your body is not failing, bad, or broken; it is trying to communicate its need for support. Self-compassion and acknowledgement of those issues are ways to provide your body with the help it needs. Kresser asserts, “To accept something means to let in all of the feelings and sensations that go along with that something. In the case of illness, it means feeling the grief associated with the lost dreams, the fear that we may never get well or that we won’t survive, and the isolation that comes from living with chronic illness.”

Using Egnew’s research as a guide, it is suggested that chronically ill patients look for healthcare professionals who help them work through suffering and are willing to accompany them through pain rather than trying to solve their problems with external changes only. According to Egnew, it’s crucial that patients find practitioners that don’t inflict expectations on their patients, including expectations for physical healing. Patients should avoid any practitioner whose methods may result in shaming or embarrassing them for falling short of their goals. Patients and practitioners are a team, and the patient should not have to try to win their practitioner’s approval or adulation.

Flanigan reminds patients that there really is no way to heal wrong. Each step taken can yield valuable information even if it appears to be a misstep initially. What’s more, when treatment includes overly restrictive diets, patients can feel shame if they aren’t strong enough to do whatever they’re being asked to do. These feelings can result in massive, negative emotional tolls that may prevent the patient from healing.

Flanigan suggests that chronically ill patients ask themselves the following questions to understand their emotional perceptions of their illness:

1. Do you think there is a right/wrong way to heal?
2. How do you find and experience safety in your body?
3. Do you think you are getting punished by your physical illness?
4. What is your relationship to your illness and physical body?

According to Kresser, not accepting something doesn’t make it go away. It just distances the patient from themselves and reality. “When we accept what is, we are free,” Kresser says. “Free to act in accordance with reality. Free to be at peace with the circumstances of our lives, no matter how undesirable or difficult they are. And free to continue to do everything in our power to improve the conditions of our lives (or of life in general) in the next moment.”



Amanda Mirabella is a National Association of Nutrition Professionals board-certified holistic nutritionist™ (BCHN™) and energy practitioner. She opened Heights of Health’s satellite office in Denver, Colorado where she sees clients remotely or in person. HeightsofHealth.com/amanda



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DON'T SHOULDER THE PAIN

Learn the risks of rotator cuff injury and some exercises to help strengthen this important muscle group.

By Frederick T. Sutter, MD

A sore shoulder for a day or two after you play softball or paint your house is not uncommon. However, if you want to try to head off a possible rotator cuff injury in the future, you may need to start a shoulder exercise program.

“Weekend Warriors,” or those that play hard on the weekends but don’t do much to strengthen their shoulders during the week, are more apt to have shoulder problems. Also, those who don’t warm up their shoulders before engaging in overhead activities increase their chances of injuring their rotator cuff.

Other risk factors for developing a rotator cuff injury include:



Age

Rotator cuff injuries are most common in people older than age 60 but can occur in people in their 40s, especially if they have any of the other risk factors. Also, compared to men in their 50s, post-menopausal women in their 50s have a higher risk of rotator cuff tears. Researchers believe this is due to decreased hormones in post-menopausal women.

Obesity and Smoking

High body mass index (BMI), diabetes, and smoking all increase the risk of tendon tear and rupture possibly due to higher levels of pro-inflammatory cytokines, high mechanical demand, and impaired circulation.



Trauma

Falling with an arm outstretched, lifting a heavy weight, or participating in other activities that place too much force or strain on the shoulder are examples.

Repetitive Motion

Degenerative rotator cuff injuries are more common in people who engage in repetitive shoulder motion, such as carpentry, painting, swimming, playing tennis, or throwing a baseball or softball.



Genetics

Genetic mutations of collagen and/or certain proteins may affect the ultrastructure of the rotator cuff. The rotator cuff is not one muscle but rather a group of muscles that includes the supraspinatus, infraspinatus, subscapularis, and teres minor muscles.

Most people exercise the front muscles of the chest, shoulder, and upper arm. What gets forgotten are the muscles in the back of the shoulder and around the shoulder blade. These suggested exercises use resistance bands, can be done easily at home, and may help protect you from experiencing a painful rotator cuff injury.

To keep your shoulder healthy and strong, especially as you grow older, your commitment to strengthening your shoulder with daily exercises is vitally important. Staying in good health and using your shoulder properly is your best defense.



Supraspinatus Exercise

Lie on your side. Keeping your thumb up and elbow straight, lift your arm up to about 90 degrees, then back down towards your side. Do not hike shoulder up. Repeat 10 times, perform once daily.

Subscapularis Exercise

Lie on your back. Bring your shoulder up to 90 degrees and flex your elbow to 90 degrees. Lift arm up from head to shoulder, keeping elbow flexed. Do not hike shoulder up. Repeat 10 times, perform once daily.



Infraspinatus Exercise

With shoulder and elbow in a 90-degree angle, sit facing forward. Bring your arm down towards the table and then back up. Do not hike shoulder up. Repeat 10 times, perform once daily.

Teres Minor Exercise

With shoulder and elbow in a 90-degree angle, sit facing table. Bring your arm down towards the table and then back up. Do not hike shoulder up. Repeat 10 times, perform once daily.



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.

Exercises Source: Hep2Go.com



Frederick T. Sutter, MD, is certified by the American Board of Physical Medicine and Rehabilitation. He is a sports medicine physician and employs non-surgical modalities to diagnose and treat orthopedic conditions and injuries. He is the founder and medical director of the Center for Wellness Medicine in Annapolis, MD. CenterForWellnessMedicine.com

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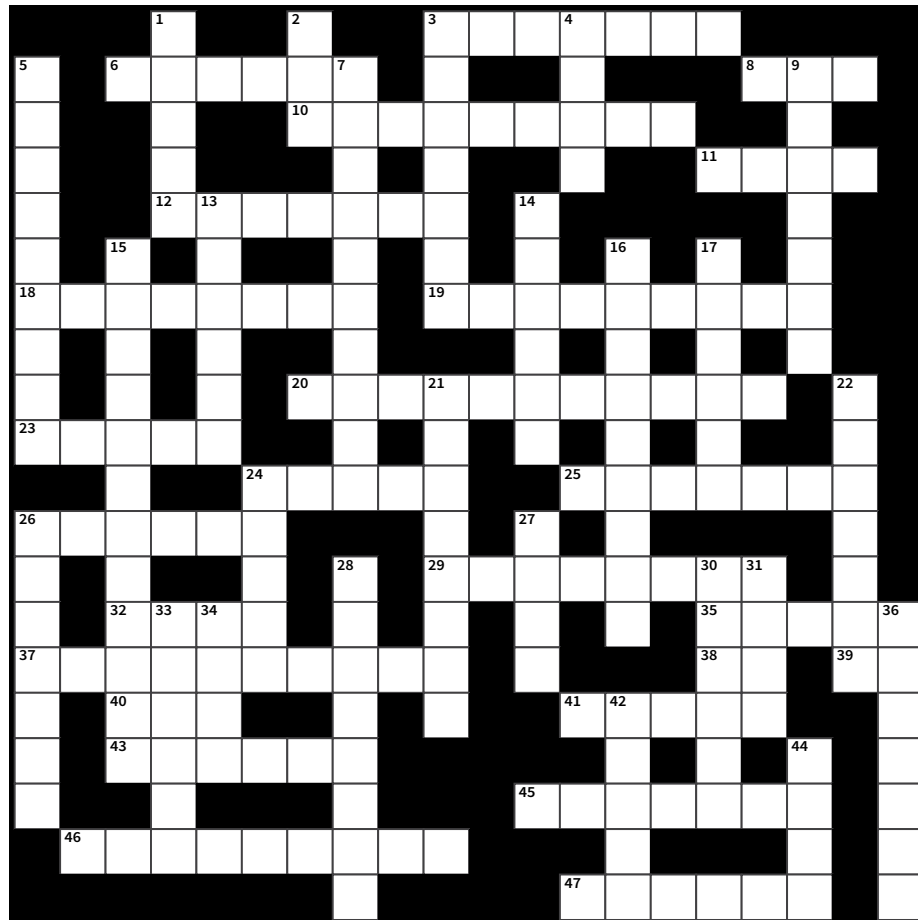
RASPBERRY SALT

RAW UNFLAVORED

ORANGE SALT

Sleep, Your Skin, and Stretching

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



Across

3. Jaw-dropping
6. Found the answer
8. Chinese meditative movement tai ____
10. Nighttime hormone that helps you sleep
11. A quiet stretch
12. Dull, boring
18. Messengers influencing growth, immunity, and behavior
19. 24-hour cycle even without light
20. A practice of presence
23. What your "birthday suit" is made of
24. Fish don't have any
25. Pivotal muscles that allow you to throw your arms in the air and wave them like you just don't care
26. This Japanese root ain't horsing around with flavor
29. Scale of foods' effect on blood sugar
32. Primordial ____, life's theoretical origin
35. What "checks in", but doesn't "check out?"
37. Assisting in holding up, enabling to function
38. ____ Red, Not new country ballad featuring a dog as a prison break accomplice
39. Male, inflatable gas
40. First community presentation on Wall St. (Acronym)
41. Time (and zinc) heals this
43. Well-ordered universe
45. Helps people see two ways
46. The "8-hours-off, 16-hours-on" cycle (two words)
47. Seriously overused novelty

Down

1. Technically a tussis
2. Dreaming of "The End of the World As We Know It"
3. Lacking iron if you're a Brit
4. The last trace element on the list, the second most abundant in your body
5. A clogged pore of darkness
7. Feeling blue
9. Restful regimen, aka "sleep ____"
13. A perfect place
14. Go after
15. Keyhole view where two or more bones meet
16. Good pulling exercise for shoulder and helpful to backyards
17. 40 winks in Spain
21. Architect
22. Loosen up
24. Goes well with fava beans and a nice chianti.
26. Border of a path
27. Windows of the soul
28. Anchor, backbone, pillar
30. Poignantly contrary
31. Giving someone the ____ shoulder
33. To act against
34. Homes away from home for animals (plural)
36. All physical systems are good
42. Inside meat
44. Short wavelength light

Answers found on P.39

Just Breathe

Supporting the body with the right nutrients, lifestyle choices, and protection can help those with respiratory issues and may keep their immune systems strong.

By Dr. Brandon Brock, DNP, DC, APRN, FNP-C, RN

Breathing is one of the most critical functions of life. The inhalation of oxygen into the lungs, the exchange of gas, and the exhalation of carbon dioxide play a role in the symbiotic relationship between humans and animals that take in oxygen and generate carbon dioxide and plants that take in carbon dioxide and create oxygen. As in the Lion King, it is truly a circle of life.

Breathing is typically something that we don't think about unless something goes wrong. As soon as it becomes difficult to breathe, it is a real problem, and every breath becomes more precious. Taking the time to understand the simple yet complex function of breathing in and breathing out is important when caring for your health.

The Mechanics of Breathing

Inhalation happens because the brainstem senses a need to move the lungs via the diaphragm muscles and mechanically pull air into the lungs for gas exchange. Exhalation occurs via the aid of muscles and the elastic properties of tissues that push air out. The rate at which inhalation and exhalation occurs is calculated by the need for oxygen and cellular respiration demands.

The biomechanical distension of ribs and abdomen, the levels of oxygen (O₂) and carbon dioxide (CO₂), the rate at which the body utilizes detectable gases, the appropriate brainstem pneumotaxic neuron centers, the integrity of red blood cells that carry oxygen, and the arteries and veins that they flow through are all part of the story. Breathing is like a beautifully composed symphony. But when one or more of the instruments in the orchestra is broken or out of tune, sickness can develop.

Illness can happen anywhere in the intricate loop of biological functions that occur during respiration. There can be problems breathing in and utilizing the airway. For instance, asthma and chronic obstructive pulmonary disease (COPD) are conditions in which lung airflow is impeded. With asthma, airways that allow air to come in and out of the lungs become inflamed, and the necessary process of getting oxygen in is altered. This may create a cough or a wheeze. There is evidence that staying away from environmental agitators is vital to prevent an asthma flare-up. Much of the literature demonstrates that adequate amounts of vitamins C and E, beta-carotene, flavonoids, magnesium, selenium, omega-3





fatty acids, and a diet of non-inflammatory foods help reduce airway inflammation. An example of a food commonly thought to trigger asthma is dairy products.

COPD is another example of not getting air appropriately for gas exchange. The little sacks in the lungs called alveoli—where gas is exchanged—can become inflamed, and the tissue gets damaged. Gas cannot exchange, the tissue loses its elasticity, and CO₂ cannot be pushed out appropriately. A standard version of COPD is emphysema, commonly attributed to smoking. Bronchitis is often associated with tobacco use or infections as well. If this inflammation goes on long enough in any pulmonary area, the lungs lose elasticity and get scarring or abnormal widening of the airway passages.

People with these illnesses commonly wheeze and gasp due to the normal gas exchange process being blocked. The medical world sometimes refers to asthma and COPD sufferers as “pink puffers” when they have an attack because they become red in the face. When someone has persistent bronchitis or inflammation of the primary airway, they typically cough a lot, are overweight, and have blueness around the mouth and fingertips. The medical world sometimes calls these sufferers “blue bloaters.” Both pink puffers and blue bloaters need antioxidant support to help improve their respiratory process. Likewise, glutathione provides useful nutrient support to repair or prevent scar tissue and reserve elasticity and tissue integrity.

Continued on P.32



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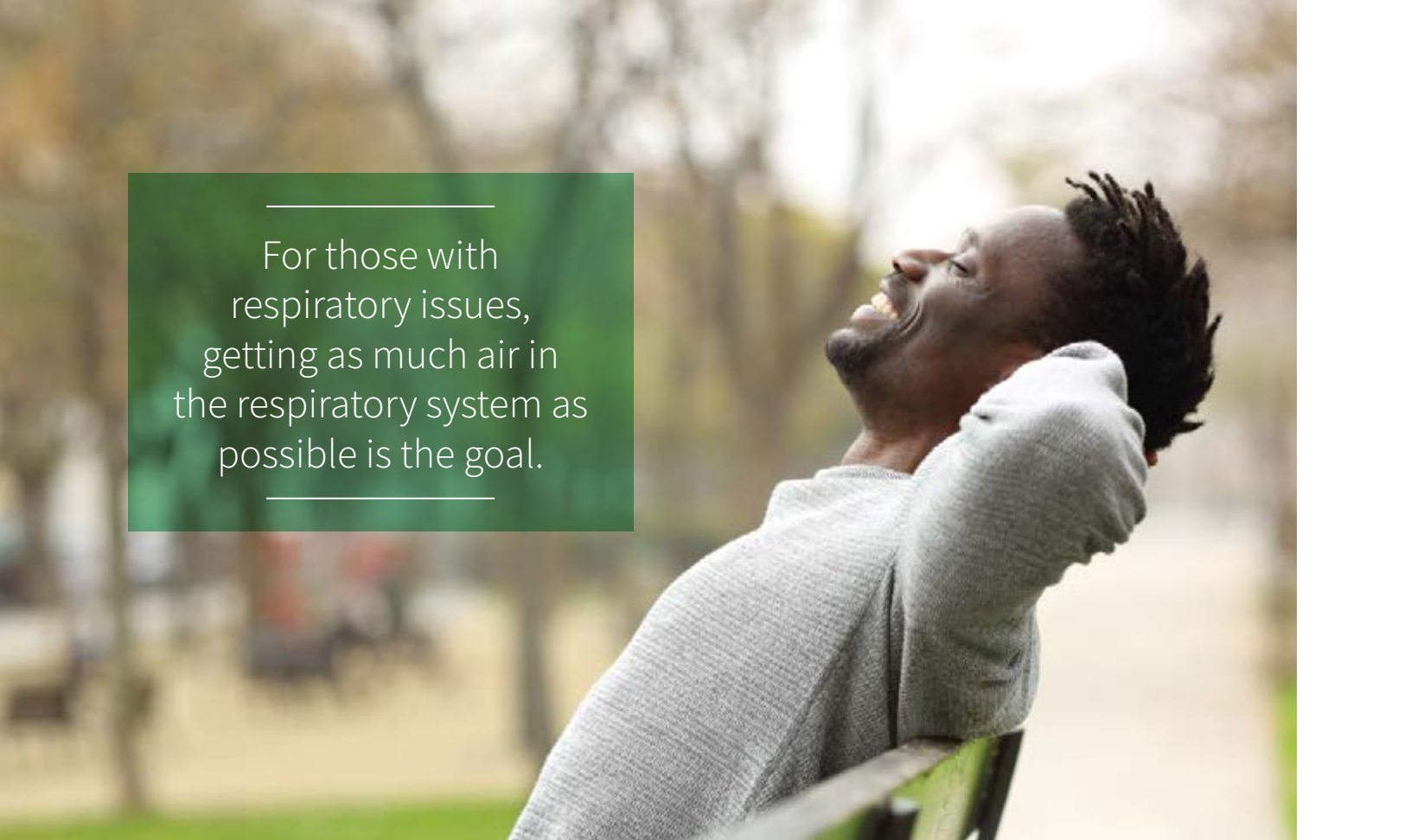
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For those with
respiratory issues,
getting as much air in
the respiratory system as
possible is the goal.

Oleuropein and sulforaphane, in the form of olive leaf and cruciferous vegetables, seem to have a very therapeutic impact on these obstructive conditions as well. However, nutritional support may not be enough. Pulmonary rehabilitation, appropriate oxygen usage, lifestyle changes, and medications may also be needed.

Smoking, of course, has an extremely negative effect on the respiratory system. Chemicals inhaled through cigarettes and/or vaping devices can damage tissue and even cause the immune system to attack healthy lung tissue, causing significant destruction.

For those with respiratory issues, getting as much air in the respiratory system as possible is the goal. Drugs can help, but eating right, exercising, and not smoking are extremely useful ways to help promote respiratory wellness. Not only is smoking bad for you, it isn't cool anymore. However, some younger people think vaping is cool. Medical professionals remind young people that becoming a pink puffer or blue bloater is entirely uncool.

COVID-19's Effects on the Body

In the case of COVID-19, the air sacs in the lungs get infected and, eventually, multiple receptor types in the lungs become damaged and filled with fluid, which

causes low gas exchange. For some individuals who get the infection, their breathing is so poor that they need to be hospitalized and put on a ventilator. Unfortunately, in severe cases, the infection can cause the lungs to fill up with fluid, which medical interventions are unable to control, and the patient essentially dies by drowning.

Although the long-term effects of COVID-19 after recovery are still not entirely understood, there have been some studies that have uncovered interesting data.

Many individuals who have contracted COVID-19 have reported loss of smell and/or taste, conditions known as anosmia and ageusia, respectively. In some cases, these conditions were present without fever and were part of only a handful of symptoms before a patient tested positive for COVID-19. For a majority of patients, taste and smell returned within weeks or a month after recovery from coronavirus.

Integrative healthcare practitioners have recommended to patients who suffer from anosmia to use essential oils regularly throughout the day to activate smell and recreate plasticity or connectivity in the portions of the brain that, when stimulated enough, can help regain smell, assuming the pathways are still intact.

Evidence has shown that exposure to air pollution can increase susceptibility to and exacerbate respiratory illnesses in general.

Assessing Your Risk

By now, everyone knows that individuals with compromised health are at greater risk for contracting coronavirus. Learning a little more information about specific types of health conditions may help you limit your risk.

For those who are immunocompromised due to illnesses such as cancer, diabetes, lupus, and rheumatoid arthritis, special care should be taken to have less contact with others. These individuals should continue to follow their doctor's treatment protocol as well as eat well, exercise, and get enough sleep.

For those with anemia, respiratory infections can take longer to clear up. There are many types of anemia with many different types of treatment. For those with iron-deficiency anemia, a change in diet can be extremely beneficial for improving symptoms, such as fatigue, pale skin, headaches, lightheadedness, and brittle nails. Adding more dark green, leafy vegetables; lean, organic red meats; seafood; and beans is a good way to help increase iron.

The one thing many people have overlooked during the coronavirus pandemic is how much air pollution and/or air contamination may be linked to infection. Evidence has shown that exposure to air pollution can increase susceptibility to and exacerbate respiratory illnesses in general. Living in less populated areas where air quality may be better or staying indoors and using air purification systems can help. Also, check your home and property for mold. This common fungus, which can live indoors and outdoors, can be the cause of many respiratory symptoms, including wheezing, coughing, watery eyes, and skin irritation. Many people with mold allergy or sickness go undiagnosed because it can mimic many other conditions.

With healthy lungs, breathing is easy and oxygen is carried throughout the body so that many other biological systems can work effectively. In the end, the greatest gift healthy lungs can bring is the opportunity to be as productive and fit as possible for yet another day.



Dr. Brandon Brock, DNP, DC, APRN, FNP-C, RN, holds a doctorate in nursing practice (DNP) from Duke University and a doctorate in chiropractic (DC). He is an advanced practice registered nurse (APRN), a family nurse practitioner-certified (FNP-C), and a registered nurse (RN). He is currently working on a PhD. Dr. Brock also has post-doctorate training in orthopedics, has completed the Global Clinical Scholars Research Training at Harvard Medical School, and is board certified in chiropractic neurology. He is owner and operator of Brock Integrative Medicine in Dallas, TX. DrBrock.com

“My entire view of health has shifted”

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



Dr. David Haase

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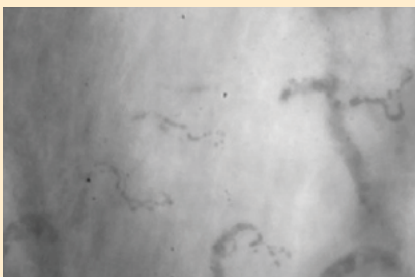
It is microcirculation that is the business end of all lifestyle and nutritional interventions as that is where nutrients are delivered and waste is removed from the BRAIN, KIDNEYS, PENIS, HEART, LUNGS, EYES, NERVES, MUSCLE... every organ. When you repair and protect the microcirculation, you protect yourself from premature health decline.”

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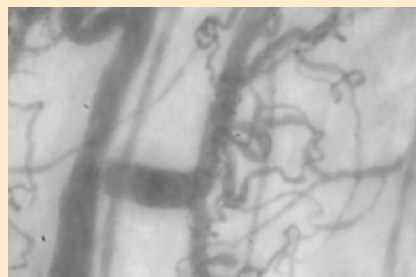
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Actual images from microcirculation testing before and after taking Endocalyx*



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

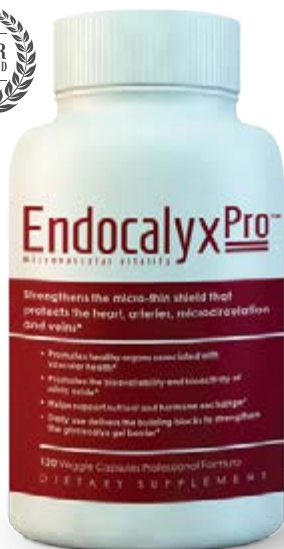


Healthy microcirculation
Month 4—AFTER taking Endocalyx
High Microvascular Health Score = 3.9

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).**

*Results will vary based on each individual patient. GlycoCheck is a monitoring device and is not intended to diagnose any disease.



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.

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Zinc, the Unsung Superhero

This little mineral helps in so many processes, including gaining immunity and even improving libido. Find out its benefits and how to get the right amount in your diet.

By Sabrina K. Griggs, RPh, ACN

Until recently, no one paid much attention to zinc. Now, the word is on everyone's tongue—figuratively, and in some cases, literally. This unimposing mineral is the second most abundant trace mineral in our bodies and has an incredibly versatile scope of action.

During the past year, the buzz about zinc has grown. Part of zinc's protective effect against infectious attacks by bacteria and viruses is due to its ability to influence a wide range of cellular activities through cell signaling. But it can also act as an anti-inflammatory and an antioxidant. Through its activation of T cells, zinc actually serves to regulate the immune response, keeping inflammation in check and appropriate to the level of the threat. T cells attack infected or malignant cells, highlighting another facet of zinc's immunoprotective properties. When taken at the onset of common cold symptoms, zinc often reduces the severity and duration of those symptoms. Multiple studies have shown a reduced rate of infection in patients receiving adequate amounts of zinc. While no single nutrient is a stand-alone immunity protocol, zinc is definitely useful. Zinc penetrates the cell wall of viruses and blocks the cell's ability to support virus replication.

In the Beginning

Starting with the very beginning of life and reproduction, zinc supports pregnant and nursing mothers by giving the growing child a jump start in better nutrition. And women who are trying to become pregnant need zinc to improve hormone regulation and promote ovulation. Additionally, zinc can be a powerful libido booster for both women and men. Men can experience improvements in fertility, erectile dysfunction, and libido due to better hormone production and regulation. Sperm quality and quantity are also often improved. Reductions in prostate cancer and enlarged prostate are commonly reported with adequate zinc intake.



For children with ADHD (attention deficit hyperactivity disorder), zinc supplementation has been shown to reduce hyperactivity and impulsivity although inattentiveness seems unaffected. Insufficient levels of zinc in the blood may also play a role in depression.

Zinc can be especially effective in treating diarrhea in children who have a poor diet. Children need adequate zinc intake for proper physical growth as well as learning and memory. Zinc deficiency can affect the production of growth hormone and interfere with DNA synthesis.

Healthy Aging

The anti-inflammatory properties of zinc are also especially beneficial to the elderly and may reduce cognitive degeneration. The heaviest concentrations of zinc are found in the brain, where our little superhero protects the control center and helps it function more efficiently. Memory and learning may be positively impacted by adequate zinc consumption. Parkinson's and age-related macular degeneration may also be worsened by inflammation and oxidative stress, both of which can be reduced by proper zinc supplementation. In fact, high concentrations of zinc are also found in the eye where it helps preserve vision and retina health.

Blood Sugar Regulation

Zinc even plays a role in the ability to taste—especially salty, sour, and bitter flavors—as well as the metabolism of carbohydrates, fat, and protein. Additionally, while zinc is beneficial in the production and release of insulin, high blood sugar can cause the body to eliminate zinc in the urine at an abnormal rate, making correct zinc levels even more important in individuals with diabetes and other blood sugar imbalances.

Protecting Your Skin

A variety of skin conditions are known to respond well to treatment with zinc in its various forms. Zinc oxide is one of the most effective ingredients in sunscreen and is far safer than many of the chemical cocktail commercial sun protection products. For infants, diaper rash treatment with zinc oxide paste can soothe and improve healing. Zinc oxide is the most common ingredient in most over-the-counter diaper rash treatments. Acne may also be relieved by both oral and topical treatment with zinc; although larger doses may be required with oral forms preferably taken in multiple smaller doses throughout the day. Relief is thought to be a combination of a reduction in oil production and the infection-fighting properties of zinc. Scarring caused by cystic acne is also reduced by the supplemental use of zinc.

Another skin condition known to benefit from oral and topical application is eczema. This is due in part to zinc's anti-inflammatory action. Zinc also aids in the repair of the skin surface, which contributes to wound healing and the relief of chronic wounds and leg ulcers. Again, topical application of zinc oxide paste can relieve irritation and protect damaged skin surfaces during healing. In patients with Crohn's disease, zinc has even been shown to strengthen the lining of the gut.



Where to Find Zinc

In a perfect world, a diverse and nutritious diet would provide enough zinc for the body's needs. Oysters claim top billing as a dietary source for zinc, followed by red meat and poultry, organ meats, pork, soy, nuts, beans, and seeds. In the real world of grab-and-go processed foods, supplements are almost universally necessary. Further evidence for the desirability of zinc supplementation is the fact that the body has no storage mechanism for zinc, so even irregular consumption of zinc-rich foods does not meet the body's requirement for daily intake.

Zinc supplements are widely available in capsule, tablet, and lozenge forms. Nasal sprays are not usually recommended as they can adversely affect the sense of smell, sometimes permanently. Lozenges can be especially well utilized for a sore throat associated with a cold as the zinc can be absorbed by the mucous membranes of the mouth and throat. Different forms of zinc, such as gluconate, picolinate, glycinate, sulfate, acetate, citrate, and orotate, are found in supplements. Gluconate and orotate seem to be the most common forms available in less expensive zinc supplements. Studies suggest that glycinate and picolinate may be better absorbed and could be worth spending a bit more for a top-quality brand. For those sensitive to the slight metallic taste of zinc lozenges, citrate may be better tolerated. The sulfate form has been shown to be more effective in treating acne.

Low on Zinc?

Zinc deficiency has many symptoms, but most of these symptoms may have a variety of other causes as well. Further testing is recommended to determine the cause. Symptoms may include loss of appetite, unexplained weight loss, diarrhea, lethargy, dry skin, hair loss, eye sores, skin lesions accompanied by reduced ability to heal, compromised immunity, loss of senses of smell or

taste, impotence and low testosterone levels, decreased insulin levels, and stunted growth. Even congestive heart failure and prostate cancer patients can show low zinc blood levels. Deficient levels of zinc have also been observed in sickle cell disease. Most zinc deficiencies are related to poor diet; however, plant foods contain phytate or phytic acid, which can impair uptake of zinc as well as other minerals. Inflammatory bowel disease and gastrointestinal surgery can also interfere with zinc absorption. Other diseases of the gastrointestinal tract, such as Crohn's or celiac, as well as liver disease and inflammation may interfere with zinc levels since nearly three quarters of the zinc in the bloodstream is bound to albumin. Chronic alcoholism may also contribute to zinc deficiency.

The Right Amount

On a cautionary note, excessive intake of zinc poses certain risks. Many of the side effects of excess zinc, or zinc toxicity, are symptoms of deficiency as well, so professional guidance is recommended when dosing. Signs of too much zinc include nausea, vomiting, stomach cramps or pain, diarrhea, loss of appetite, headaches often accompanied by chills or fever, low blood levels of copper or iron, and a reduction in HDL, or "good" cholesterol.

The US recommended daily allowance (RDA) for zinc ranges from two milligrams for infants to eleven milligrams for adult males and nine for adult females. During pregnancy and nursing, these numbers may be higher. The tolerable upper intake level (UL) is listed as forty milligrams. Many functional medicine practitioners give other guidance on daily intake, so check with your provider to determine optimum dosage for your needs. Micronutrient testing can be an effective and relatively inexpensive means to determine zinc blood levels as well as other nutrient needs.



Sabrina K. Griggs is a registered pharmacist (RPh) who holds a certificate in applied clinical nutrition (ACN) and practices in Kerrville, TX. She owns and operates the Apothecary Shoppe, a compounding pharmacy and wellness center. Educated at Southwestern Oklahoma State University College of Pharmacy, Sabrina possesses nearly forty years of experience in a broad variety of clinical settings. Her passion is better health through nutritional support.

In Search of Sleep

Learn more about the study and use of natural treatments for sleep disturbances.



200 AD

Ancient Greek physician Claudius Galenus prescribes **valerian** for insomnia.

1901

Used in ancient Egypt, Greece, and Rome for centuries as a calming agent, **chamomilla** is included in the *Pocket Manual of Homeopathic Materia Medica*, the defining homeopathic treatment guide, as a remedy for sleeplessness.

1939

Dr. Nathaniel Kleitman coins the term “**sleep hygiene**,” meaning habits that help patients sleep.

1973

Psychologist Thomas Borkovec publishes a controlled investigation which shows that **relaxation training significantly reduces insomnia**.

1977

Dr. Peter Hauri publishes guidelines for good sleep hygiene, **which include lifestyle, diet, and exercise**.

1980s

Dr. Michael Young and his team isolate genes associated with **circadian rhythm**, kicking off significant studies in sleep-wake cycles.

1994

Dr. Richard Wurtman’s lab at MIT publishes a study showing that **melatonin** is secreted at night and is needed for the **induction and maintenance of normal sleep**.

1999

American Psychological Association reports that **stimulus control, progressive muscle relaxation, and biofeedback** are empirically supported treatments for insomnia.

1998

An Albert Ludwig University of Freiburg clinical trial shows that oral **magnesium supplementation** may be useful for insomnia related to **periodic limb movements during sleep (PLMS)** and **restless leg syndrome**.

1994

A pilot study of valerian extract shows that it **increases slow-wave sleep** in insomnia sufferers.

2002

The National Health Interview Survey conducted by the National Center for Health Statistics, Centers for Disease Control and Prevention, finds that **1.6 million American adults** use some form of complementary and alternative medicine to treat their insomnia.

2003

The **Institute of Naturopathic Sleep Medicine** is founded.

2004

The American College of Physicians publishes guidelines that recommend **cognitive behavioral therapy** as the initial treatment for chronic insomnia disorder.

2017

A Columbia University study finds that **blocking blue light** before bedtime is a **therapeutic intervention** for insomnia symptoms.

2008

A University of Pennsylvania School of Medicine study finds that **yoga and tai chi** are effective in treating insomnia in older adults.



Wellness Words Answers

Across

- | | | | |
|---------------|-----------------|----------------|---------------|
| 3. Amazing | 19. Circadian | 32. Ooze | 43. Cosmos |
| 6. Solved | 20. Mindfulness | 35. Roach | 45. Bifocal |
| 8. Chi | 23. Derma | 37. Supportive | 46. Sleepwake |
| 10. Melatonin | 24. Lungs | 38. Ol | 47. Cliché |
| 11. Yoga | 25. Rotator | 39. He | |
| 12. Humdrum | 26. Wasabi | 40. IPO | |
| 18. Hormones | 29. Glycemic | 41. Wound | |

Down

- | | | | |
|---------------|------------------|--------------|-------------|
| 1. Cough | 13. Utopia | 24. Wound | 34. Zoos |
| 2. REM | 14. Pursue | 26. Wayside | 36. Healthy |
| 3. Anaemic | 15. Arthroscopic | 27. Eyes | 42. Offal |
| 4. Zinc | 16. Lawnmower | 28. Mainstay | 44. Blue |
| 5. Blackhead | 17. Siesta | 30. Ironic | |
| 7. Depression | 21. Designer | 31. Cold | |
| 9. Hygiene | 22. Stretch | 33. Oppose | |



OPTIMIZE YOUR BODY'S HEALING POWER AT NIGHT

The first-ever sleep support product to deliver far more than just sound sleep.*



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MUSHROOM WISDOM has been offering mushroom supplements that combine the best of traditional wisdom with the latest science for almost 3 decades.

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WholeScripts Product List

American BioSciences

Product Name

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

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

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
Lignan Flax Oil 32 oz
Seriously Delicious CLA Fresh Apple 16 oz
Seriously Delicious[®] High Potency Omega-3 Citrus Sorbet 16 oz
Seriously Delicious[®] High Potency Omega-3 Key Lime Pie 16 oz
Seriously Delicious[®] MCT Oil Coconut 16 oz
Seriously Delicious[®] Omega-3 Fish Oil Lemon Creme 16 oz
Seriously Delicious[®] Omega-3 Mango Peach Smoothie 16 oz
Seriously Delicious[®] Plant Based Total Omega Pomegranate Blueberry Smoothie 16 oz
Seriously Delicious[®] Total Omega Orange Creme 16 oz
Seriously Delicious[®] Total Omega Orange Creme 8 oz
Seriously Delicious[®] Vitamin D3 Strawberry Milkshake 5.6 oz
Total Omega[®] 3-6-9 Lemonade Flavor 16 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
Dentalcidin™ Toothpaste 3 oz
G.I. Detox+™ 60 Capsules
Olivirex® 60 Capsules
Proflora® 4R 30 Capsules
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

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

ADE® Hand & Body Cream Unscented 4 oz
ACES® 50 Softgels
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
Mycoceutics® Immune Max 180 Capsules
Mycoceutics® 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

Product Name

Percepta® Professional 60 Capsules

CuraLife USA

Product Name

CuraLin 180 Capsules
CuraLin Starter Bottle 42 Capsules

Dr. Mercola®

Product Name

Berberine and 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 Enzymes 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
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 PRO 1500 1 oz
HEMP OneThirteen PRO 3000 1 oz
HEMP OneThirteen PRO 750 0.5 oz

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

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
Candula 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

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

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

Linpharma™

Product Name

Dolovent™ 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

Metron® Nutraceuticals

Product Name

ClearDetox® Pro 1 fl oz

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 35 Capsules
Qualia Mind Essentials 25 Capsules
Qualia Night 20 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
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® Banana Walnut 16 Bars

Fiber d'Lish® Cinnamon Raisin 16 Bars

NuGo® Vanilla Yogurt Protein 15 Bars

Perfect Cookie™ Dark Chocolate Chip 15 Cookies

Perfect Cookie™ Double Dark Chocolate 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

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

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
Digestin™ 60 Capsules
GC-MSM 3550® 120 Capsules
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

QOL Labs

Product Name

Bifilon® 60 Capsules
ImmunoKinoko® 500 90 Capsules
Metasol® 30 Capsules

Quicksilver

Product Name

Artemisinin Emulsion 4 oz
Micellized Pure PC® 4 oz
Nanoemulsified Cat's Claw Elite® 1.7 oz
Nanoemulsified Milk Thistle 1.7 oz
Ultra Binder® Sensitive Formula 30 Servings
Ultra Binder® Stick Packs 20 Servings

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

Symphony Natural Health™

Product Name

FemmenessencePRO Harmony 90 Capsules
FemmenessencePRO Peri Menopause 180 Capsules
FemmenessencePRO Post Menopause 180 Capsules
HerbatoninPRO™ 0.3mg Plant Melatonin 120 Capsules
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

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
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 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
FemVitality® 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

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
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
ALAmix™ CR 120 Tablets
ALAmix™ CR 60 Tablets
ALAmix™ 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
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 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
Calcium D-Glucarate 90 Capsules
Candidal™ 60 Capsules
CarniteX™ 60 Capsules
CheleX™ 120 Capsules
CholeRex™ 60 Capsules
CinnDromeX™ 120 Capsules
Cogniquil® 60 Capsules
ColonX™ 120 Capsules
ColonX™ 60 Capsules
ConjuLean 1000™ 120 Softgels
CoQmax™ ME 120 Softgels
CoQmax™ ME 30 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.
Effektiv® 60 Capsules
Femquil® 120 Capsules
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 Vanilla Delight 10 Servings
FIT Food™ Lean Creamy Chocolate 14 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

Hemp MonoPure 30c

Hemp MonoPure 60c

HistDAO™ 60 Capsules

Hormone Protect® 120 Capsules

Hormone Protect® 60 Capsules

I-Sight™ 60 Capsules

i5™ Creamy Chocolate 10 Servings

i5™ Energize Vanilla Latte 14 Servings

i5™ Vanilla Delight 14 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

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

MagneSul™ 3.9 oz.

MaX Hypothalamus/Pituitary 60 Capsules

MedCaps DPO™ 120 Capsules

MedCaps GI™ 120 Capsules

MedCaps IS™ 60 Capsules

MedCaps Menopause™ 120 Capsules

MedCaps T3™ 120 Capsules

Melatonin CR 180 Tablets

Melatonin CR 90 Tablets

Melatonin Peppermint 120 Tablets

Melatonin Peppermint 60 Tablets

MemorAll™ 60 Capsules

MenoFem™ 90 Capsules

Methyl Protect® 120 Capsules

Methyl Protect® 60 Capsules

Methylcobalamin 120 Tablets

Methylcobalamin 60 Tablets

MinRex® 120 Capsules

Mitochondrial Renewal Kit 60 Packets

Mood Food ES™ 120 Capsules

Mood Food ES™ 60 Capsules

Mood Food™ 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 14 Servings
OptiCleanse® GHI Creamy Chocolate 14 Servings
OptiCleanse® GHI Creamy Chocolate Sugar- & Stevia-Free 14 Servings
OptiCleanse® GHI Vanilla Delight 14 Servings
OptiCleanse® GHI Vanilla Delight Sugar- & Stevia-Free 14 Servings
OptiCleanse® Plus Creamy Chocolate 14 Servings
OptiCleanse® Plus Vanilla Delight 14 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
OSApex MK-7™ 60 Packets
OSApex™ 60 Packets
Ossopan 1100™ 120 Capsules
Ossopan MD™ 120 Capsules
Ossopan MD™ 240 Capsules
OsteoBloX™ CF 60 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® for Toddlers 30 Servings
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
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

Zahler®

Product Name

Chapter One™ Biotin Gummies for Kids 60 Gummies
Chapter One™ Bone Gummies for Kids 60 Gummies
ChildCalm™ 60 Chewable Tablets
Chapter One™ Fiber Gummies for Kids 60 Gummies
KidsActive™ Powder 30 Servings
ParaGuard™ 4 fl oz
ParaGuard™ 90 Softgels
Prenatal+DHA 300™ 60 softgels
ProstAid+™ 60 Softgels
StressMaster™ 120 Capsules

Zhang Health®

Product Name

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

ZyCal Biocentials

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.



Please go to <https://bit.ly/2Ne1U2m> or use the QR code to let us know what you think.



Orgain products now available through:



The Orgain Way

Clean Nutrition

Orgain products are Certified Organic whenever possible, and made without gluten* or soy ingredients, carrageenan, and GMOs. We never use any artificial flavors, colors, or preservatives.

Delicious Taste

We're serious about good, clean nutrition, and when we say "good" – we mean it in every sense of the word! It can't just be good for you; it's got to taste GOOD too (great actually)!

High Quality Ingredients

Everything we make at Orgain is crafted from high-quality ingredients, hand-selected to maximize nutrition.



orgain.com

Our Founder

Founder & Cancer Survivor

Orgain was created by Dr. Andrew Abraham, an integrative medicine specialist, cancer survivor, and self-proclaimed kitchen chemist.

Throughout treatment for cancer, Andrew saw a need for a nutritional shake made from all-natural, food-based ingredients and took it upon himself to be the first one to make them.

Years later, he would take his purpose to help as many people as possible to the next level by leaving his medical practice to start Orgain. Now, his purpose, passion, and relentlessly high standards for our products guide everything we do today.

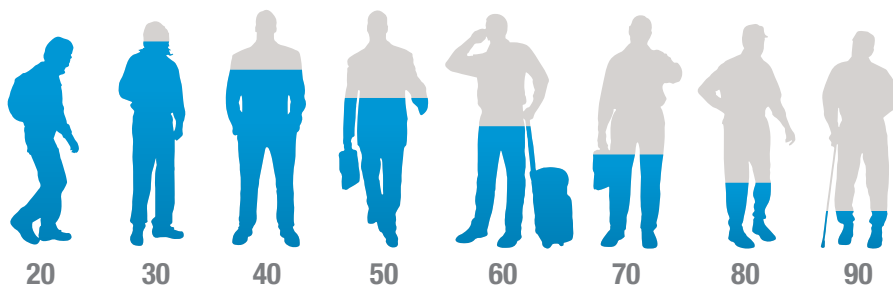


Andrew Abraham, MD
 Founder, Cancer Survivor &
 Food Entrepreneur

*Except for Orgain Organic Pancake & Waffle Mix in Whole Wheat & Oat and Superfoods 50 varieties. 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.



The signs of Low Testosterone are hard to miss.



MALE TESTOSTERONE PRODUCTION WITH AGE

Testosterone Level

Testosterone Deficiency

Peer reviewed published papers support the testosterone-boosting benefits¹ of the ingredients in **TestosterZone**® when taken in concert with a low glycemic index diet and as little as 10 minutes of intense exercise a day—without the use of exogenous testosterone supplementation.*

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¹Glade MJ, Smith, K, Meguid M. A glance at...nutritional antioxidants and testosterone secretion. *Nutrition*. 2015 Oct 10(31)1295-1298.



PROGRESSIVE PROFESSIONAL[®]
From Progressive Laboratories

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Water Re-mineralization & Electrolyte Replacement

ConcenTrace® Trace Mineral Drops

ConcenTrace® captures the perfect balance of trace minerals your body needs. Using ConcenTrace® every day may help:

- pH balance in the body[†]
- Cardiovascular health[†]
- Healthy hair & skin[†]
- Bone & joint health[†]
- Normalize bowel function[†]
- Support body mineral balance[†]

40,000 Volts! Electrolyte Concentrate

40,000 volts is a full-spectrum electrolyte concentrate that turns any beverage into a performance sports drink. Taking 40,000 Volts may help:

- Reduce muscle cramps[†]
- Replace lost electrolytes for energy & recovery[†]
- Boost muscle stamina & endurance[†]
- Support healthy hydration levels[†]



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r-M1Y21
[†]Source: SPINScan Natural Channel 52 weeks ending 7/12/20.
[†]These statements have not been evaluated by the Food and Drug Administration.
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Truly the Best CBD: Now Two Proven Formulas!



Get More with TruGen3®

Direct access to **Chief Clinical Advisor Dr. Chris D. Meletis** for answers to all your CBD questions

- **VESISorb® Technology for up to 440% more** bioavailability than ordinary CBD products†. Many Turmeric components (including curcuminoids) fat-soluble nature can make gastrointestinal absorption a challenge. The VESISorb™ delivery system minimizes these challenges, better supporting the body's natural inflammatory response, as well as joint, brain and immune health.*
- **Proprietary Super Critical CO₂ extraction process** eliminates solvents and impurities with non-detectible THC content at < 10ppm.†
- Cannabinoid profile confirmed by 3rd party Certificate of Analysis

TruEase®: today's best-in-class CBD product, produced under the highest ethical and quality standards, now validated as the truly superior CBD product in a newly published **Clinical Trial Study: "A Novel Self-Emulsifying Drug Delivery System (SEDDS) Based on VESISORB® Formulation Technology Improving the Oral Bioavailability of Cannabidiol in Healthy Subjects"**.

TruEase® + Curcumin: a patented, synergistic formulation with unmatched therapeutic benefits of Curcumin, Cannabidiol (CBD), Beta-caryophyllene, & Vitamin D3 powered by the VESISORB™ delivery system for maximum absorption and bioavailability and validated by the recent TruEase® Clinical Trial Study‡. The active constituents in Curcumin can act as effective antioxidants along with support for joints, brain, and overall good health*.

TruGen3® continues the Lion family legacy of three generations and more than a half-century of nutraceutical experience, with products produced under the highest ethical standards, available exclusively through Health Professionals. Contact us to find out how you can put our highly innovative products to work for your patients, and your practice, today.

Contact us today for **FREE SAMPLES** and to find out how you can put our innovative, one-of-a-kind products to work for your patients, and your practice, today.

† For a complete copy of the TruEase® Clinical Trial Study, visit trugen3.com/truease.

TruGen3®

Three Generations of Truth in Nutrition

www.trugen3.com 1-844-387-8436



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THE SERIOUS

- ✓ Emulsified for 3 times better absorption than traditional liquid or softgel fish or flax oils, so you get more of the Omegas you're after (and no fish or flax burps!)
- ✓ No added sugar; sweetened naturally with xylitol
- ✓ No artificial flavors or colors
- ✓ Gluten free, dairy free and non-GMO

THE DELICIOUS

- ✓ Creamy, delicious smoothie-like taste and texture
- ✓ No hard-to-swallow pills or oily texture
- ✓ Mixes easily into smoothies, yogurt or oatmeal
- ✓ Seriously delicious right off the spoon



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ARGENTYN 23[®]

SINCE 2001

PROFESSIONAL BIO-ACTIVE SILVER HYDROSOL™

Dietary Supplement for Immune Support*



BIO-ACTIVE

>98% bio-active silver for powerful efficacy†



EASILY ABSORBED

Unprecedented particle size as small as 0.8 nanometers



SAFE†

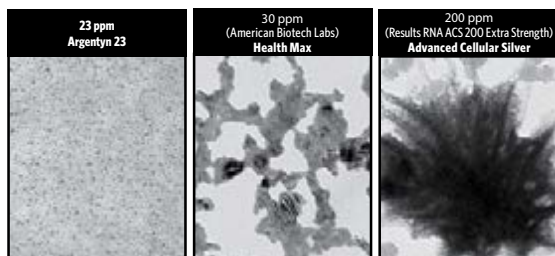
Can safely† be taken 3 times a day for 70 years†



PURE

2 ingredients: 99.999% pure silver and pharmaceutical-grade water

WHAT SETS US APART, MAGNIFIED



Transmission Electron Microscopy (TEM) magnified at 110,000x



MANUFACTURED IN THE
USA

THE SCIENCE OF SILVER™

"My clinical observations with this line have been outstanding. I studied the science, understood the oxidative potential, and I trust my colleagues who have collectively witnessed similar results. Consequently, I have incorporated the entire Argentyn 23 line for almost all the issues I encounter with my patient population...Argentyn 23 has been the most important addition to my practice in years!"

- Customer Henry Childers, IV, M.D., F.A.A.O.



PROFESSIONAL FIRST AID GEL

Homeopathic Medicine For Topical Healing

Works in 4 Powerful Ways To Accelerate
Healing & Minimize Scarring



FIGHTS MINOR SKIN INFECTION



CALMS SKIN INFLAMMATION



REDUCES TOPICAL PAIN



PROMOTES HEALING OF THE SKIN



NO OTHER FIRST AID GEL HAS SUCH A BROAD SPECTRUM OF APPLICATIONS

- Cuts
- Scrapes
- Minor Wounds
- Minor Burns
- Sunburn
- Razor Burn
- Rashes/Diaper Rash
- Skin Irritations
- Sores
- Itching
- Blisters
- Bug Bites
- Skin Eruptions from Acne, Eczema or Minor Infection
- And Much More

Argentyn23.com

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

†According to the EPA (CASRN 7440-22-4) daily Oral Silver Reference Dose (RfD) applied to 23 ppm, one may ingest 76,650 dosages safely over 70 years.



Supports

Immune Health*

&

Provides

Antioxidant Activity*



3000MG OF
VITAMIN C
PER STICK

CORN-FREE

NATURAL
FRUIT PUNCH

Available in Fruit Punch

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