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Medical Director, XYMOGEN

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Dear Readers,

Welcome to another edition of WholeScripts magazine. We're glad you're here.

If you're new to WholeScripts, let me tell you more about who we are. We are an integrative medicine platform and nutritional supplement manufacturer and distributor. With this magazine, we aim to give you more information about the topics that matter to you: nutrition, wellness, and whole health.

As an active partner with many integrative healthcare practitioners, we hope to help strengthen your relationship with your practitioner.



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At the back of this magazine, you'll find a complete catalog of XYMOGEN formulas and other top-tier brands. Of course, we hope you find just what you're looking for there. But if you don't, we trust we can be an educational and entertaining resource for you on your journey to achieving your health goals.

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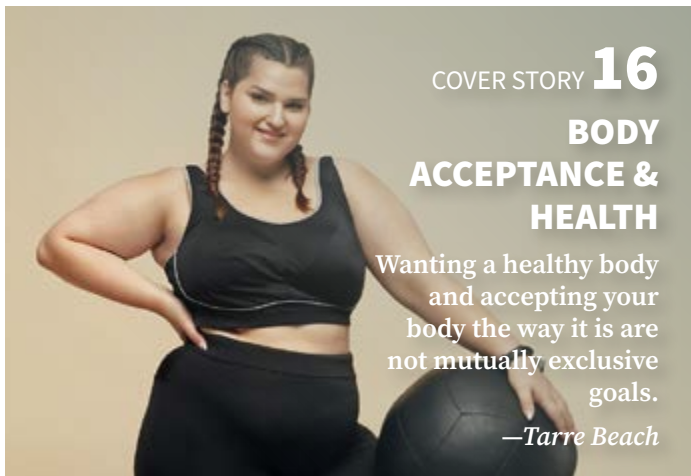
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Sincerely,

Brian Blackburn Sr
CEO and Founder, WholeScripts



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Love the Skin You're In

Working on this issue has been a little bit of a wake-up call for me. Maybe it will be for you too. Here's what I have learned:

I've learned that body positivity is something I could use a little more of and that it doesn't promote being fat, as some people fear. Instead, it boosts self-acceptance and encourages you to detach your worth from your weight ("Body Acceptance & Health" p.16). I found that at its heart, body positivity is meant to be inclusive and celebrates diversity. I hope you gain as much love for yourself reading this story as I did researching it.

Along the same line, I've come to understand that loving the skin I'm in means that I want to do more (not less) to support my body.

For example, as I've gotten older, my joints have started to let me know that I'm not 18 anymore. Reading Dr. James Munro's Ask a Practitioner's column ("Joint Effort" p.8) reminds me that if I want to support my joint health, it's a good idea to exercise regularly and reduce how much processed and fried foods I eat.



For me, taking care of my body while also supporting the planet is an added bonus and a big reason I'm meat-free. I love plant-based meats and have eaten them since I was a kid. But I've learned not all of them are as healthy as I think they are ("The Possibility of Plant-Based Meat" p.30). Whether you're interested in reducing your meat consumption or are already a vegetarian or vegan, you might find that another way to love your body could be to change up your choice of meat substitutes.

In the end, it's my deepest hope that while perusing the stories in this issue, you'll find something to help you accept and support your own unique and beautiful body.

To your health,

Tarre Beach
Editor



Joint Effort

Don't let osteoarthritis stop you from living life to the fullest.

By James Munro, ND

Q I have osteoarthritis. What can I do to help support my joint health?

A It was once believed that osteoarthritis (OA) was a progressive, degenerative disorder that was irreversible. However, we now know that joint cartilage can be repaired, and OA progression can be stopped or even reversed.

A mainstay of conventional therapy for OA is nonsteroidal anti-inflammatory drugs (NSAIDs). These medications have been shown to relieve pain, but they do not slow the progression of OA. To the contrary, they have been shown to accelerate the destruction of the joints. Additionally, they are known to increase the risks of gastrointestinal bleeding, liver disease, kidney failure, and peptic ulcers. Luckily, there are other, safer treatment options for OA that can address pain and may slow its progression.

Supportive Supplements

Curcumin (from turmeric), *Boswellia*, and omega-3 fatty acids have all been shown to reduce pain and/or physical dysfunction associated with OA—and they do this without accelerating the destruction of the joints or any significant side effects. Topical capsaicin cream (the warming compound from chili peppers) has also been shown to reduce pain in osteoarthritic joints, but be sure to wash your hands with soap and water after applying capsaicin to avoid getting it into your eyes.

While diet should always be the primary source of nutrition, certain nutritional supplements may provide additional benefits, particularly in the event of deficiencies or insufficiencies. Vitamin C, vitamin D, magnesium, S-adenosylmethionine (SAME), glucosamine sulfate, chondroitin sulfate, methylsulfonylmethane (MSM), choline-stabilized orthosilicic acid, collagen peptides, hyaluronic acid, and/or niacinamide may be worth considering.

Get Moving

It is also commonly believed that exercise inherently damages joints and should be avoided in someone with OA. However, there is no evidence to support this. As a matter of fact, research suggests that exercise is beneficial to joint health, and exercise is often considered the most effective nondrug treatment for improving mobility and reducing pain in people with OA. Low-impact aerobic exercise (biking, swimming, elliptical machines, etc.) along with flexibility and strength exercises can often be helpful.

Make a Difference with Diet

In addition to exercise, the diet plays a significant role in the progression and severity of OA symptoms. Mediterranean or anti-inflammatory diets have been shown to reduce OA-related pain.

Foods such as fatty fish (salmon, mackerel, and tuna), dark leafy greens (spinach, kale, broccoli, and collard greens), olive oil, garlic and onions, berries (blueberries, raspberries, strawberries, and blackberries), and nuts (almonds, peanuts, pecans, pistachios, and walnuts) are considered to be low-inflammation or anti-inflammatory foods. You'll also want to stay away from highly processed sugary and fatty foods. Similarly, dairy (which contains casein) may contribute to inflammation. Foods containing trans fats, such as fried and fast foods and other low-nutrient, high-carbohydrate foods, should be avoided.

The right combination of exercise, healthy eating, and botanical and herbal supplements can help to significantly decrease pain and improve functional mobility in someone suffering from the symptoms of OA. Always remember that when it comes to adding new exercises or nutritional supplements to your daily routine, it is important to follow the advice of your doctor.



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



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The Incredible Egg

Learn about the nutrients eggs provide and why they're a good choice for breakfast.

By Mary Gocke, RDN, CDN

Eggs are nature's neatly packaged, nutrient-dense food, providing protein and essential vitamins. They truly are incredible.

Eggs are rich in essential nutrients, including choline, which few foods provide. This vitamin-like compound maintains our cells. It benefits liver health, cognition and memory, and fetal development. Eggs are also high in the powerful antioxidants selenium, lutein, and zeaxanthin. Antioxidants prevent damage to our cells, tissues, organs, and glands. Other important nutrients found in eggs are iodine, vitamin D, and vitamin B12. Eggs also provide complete protein, which contains all the essential amino acids. Some eggs can even supply the omega-3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). This is usually done by enriching chickens' diets with flaxseed.

Know What You are Buying

Shopping for eggs can be a bit confusing. Egg cartons tout messages, such as "Antibiotic-Free," "Pasture-Raised," "Cage-Free," "Omega-3s," and "Free-Range." These terms describe how the farmer raised and fed their chickens. However, there is no FDA standard that farmers must follow to label their eggs with any of these messages. "Organic" is the only label that the US Department of Agriculture regulates. The eggs must come from chickens given organic feed without pesticides or synthetic fertilizers, and the hens must be uncaged and have access to the outdoors to qualify as organic. The amount of space each chicken gets and the size of their enclosure outside is not defined. Likewise, not all "Cage-Free," "Pasture-Raised," and "Free-Range" labeled products are the same. Only eggs that carry the "American Humane Certified" label ensure that the highest standards of animal welfare are met.

To Egg or Not to Egg?

The long-term study of cholesterol and heart disease

has resulted in a plethora of inconsistent and confusing conclusions.

Studying an egg as a single food in someone's diet has its challenges. The connection between eating eggs and heart disease is not straightforward because heart disease is complex. The recommendation appears to be: eat eggs, but not too many.

One of the biggest misconceptions is that cholesterol is bad for us. However, our cells produce cholesterol. It is contained in the bilayer of all cells in our body and is essential for building the structure of cell membranes. Interestingly, cholesterol makes our steroid hormones; these include sex hormones and bile acids. It also helps the body produce vitamin D. Too little cholesterol can be life-altering.

The American Heart Association suggests one egg or two egg whites a day. However, eating no more than four to five eggs per week is recommended if you have other risk factors for heart disease.

White and Yellow

Egg whites are where to find protein. But if you shun the yolk, you'll miss out on lutein, zeaxanthin, choline, and vitamins A, D, B12, and B9 (folate). If you want the full nutritional profile of an egg, you've got to eat the whole egg.

Eggs for breakfast are a good option because their protein and fat content can help keep you full, possibly reducing overall calorie intake later in the day. For this reason, eggs have been associated with increased weight loss over time.

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The prostate is a gland which can serve as an indicator of men's general well-being and is an accurate snapshot of hormonal and cellular health.

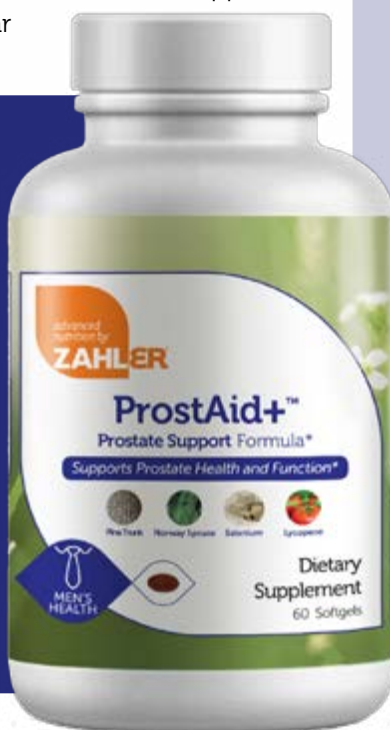
PREVALENT PROSTATE PROBLEMS

The prostate gland is often neglected and only seems to get focus when it is not functioning properly, which is likely to occur with age. Most problems with the prostate begin after age 50. Prostate cancer is the most common form of cancer in men, but thankfully, it can usually be treated successfully. A more common problem is benign prostate enlargement. In fact, the probability of developing an enlarged prostate is the percentage equal to the man's age, (i.e. 50% of 50 year old men or 80% of 80 year old men have benign enlargement). In this condition, the prostate grows larger than it should and can cause discomfort and difficulty with elimination.

Therefore, it is important to support prostate health as one gets older. The ideal method to do so is through consumption of nutrients and botanicals that support the prostate, hormonal and cellular health of the whole man.

ProstAid+™ is a potent formula designed to help support and maintain the health of the prostate gland.

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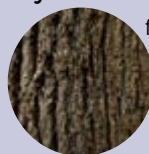


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Turmeric Omelet

Yield: 1 serving

Ingredients

- 2 eggs
- 1 tablespoon olive oil or butter
- 1 tablespoon onions, finely chopped
- 1 tablespoon tomato, deseeded and finely chopped
- 1/8 teaspoon salt
- 1 pinch turmeric

Instructions

1. Chop onions and tomatoes.
2. Mix together in a bowl with salt and turmeric.
3. Break the eggs into the same bowl.
4. Beat the eggs until frothy.
5. Add oil to a pan and heat over medium-to-low heat. Do not let the pan get hot, it will brown the omelet.
6. Pour the egg mixture in the pan, cook until the eggs set.
7. When the base firms up, flip over onto one side, fold in half, and cook till done.
8. Serve hot.

Nutrition Facts Per Serving:

Calories:	253	Vitamin A:	995 IU
Fat:	228 g	Vitamin C:	29.5 mg
Carbohydrates:	2.2 g	Vitamin D:	31 mcg
Fiber:	.4 g	Calcium:	51 mg
Protein:	11.3 g	Iron:	2.3 mg
Potassium:	166 mg		

Sources: Verywellfit.com



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



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Body Acceptance & Health

Wanting a healthy body and accepting your body the way it is are not mutually exclusive goals.

By Tarre Beach

For a century, modern Western society has favored looking slim as the ideal. In the last decade, the tide has started to turn as celebrities, doctors, and everyday people have taken to social media to challenge accepted beauty standards, including body shape and size.

Born out of the fat acceptance movement, body positivity is changing the way society thinks and treats people who are overweight. But some decry that if we accept obese bodies, won't we just be promoting an unhealthy lifestyle? Not necessarily.

What Body Positivity Is

Body positivity advocates, such as Connie Sobczak, the co-founder of The Body Positive, a nonprofit organization that aims to teach people to listen to their bodies as well as learn to thrive in them, writes in her book "Embody: Learning to Love Your Unique Body (and quiet that critical voice!)" that the body-positive approach includes:

- **Reclaiming health:** Realize that your body size is not exclusively tied to your physical wellness.
- **Practicing intuitive self-care:** Learn to recognize your body's needs and satisfy them organically rather than following a rigid diet and/or exercise plan.
- **Cultivating self-love:** Treat yourself compassionately, forgive mistakes, and recognize your worth.
- **Declaring your own authentic beauty:** Reject cultural beauty ideals and inhabit your unique body with joy and confidence.
- **Building community:** Develop relationships with others who take a body-positive approach and model ways to love and respect your own and others' bodies.

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Ever feel flushed after eating?*

Get occasional rashes or headaches?*

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

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"Fat acceptance may help contribute to better mental health for overweight people."

What Body Positivity Isn't

Depending on whom you ask, there are varying answers about what is not included in body positivity. Here is a collection of some of those responses:

All or nothing: Paige Fieldsted, a romance writer and body positivity blogger, says some body-positive advocates seem to be saying you either love your body or you hate it—there's no in between. Fieldsted says she tries to accept herself but that she isn't successful 24/7, and that's OK. She just keeps on trying.

Just for fat people: Deira Athalie, a student at Canada's Concordia University and a member of the school's feminist club, says that body positivity isn't just accepting bigger bodies but also includes accepting and normalizing people of different races, skin colors, body shapes, sexual identities, sexualities, and disabilities.

Promoting obesity: Body positivity is about accepting, not necessarily promoting fatness. Many members of the body positivity movement may be on a journey to getting healthier or maintaining the good health they already have. In fact, Stacy Berman, who holds a doctorate in natural medicine from Quantum University, says that nonacceptance of different body shapes and sizes actually leads to body negativity and has links to anorexia, bulimia, depression, anxiety, suicide, and obesity.

A marketing ploy: While plenty of companies are using more inclusive images in their advertising, advocates say that body positivity in marketing should be authentic. Dani Blackhart, a marketing manager in Denver, says that brands shouldn't be too quick to applaud themselves for being body positive. She says companies should be inclusive because their customers come in different shapes and sizes. Companies shouldn't be inclusive just to get attention from the media.

How Positivity Can Help

Before labeling body positivity as just another overcorrection by today's "woke culture," let's take a look at what some research has to say.

According to a 2018 study, there is a significant positive relationship between body-image satisfaction and psychological well-being in overweight people. Basically, fat acceptance may help contribute to better mental health for those who are obese.

Also, the notion that body positivity could encourage overweight people to continue to make poor food choices is contradicted by a 2019 study published in the scientific journal *Body Image*. That study found that women who viewed body-positive content did not choose more calories or less nutritious food after viewing such content.

Body Neutrality

There's a separate social movement called body neutrality that focuses on not hating or loving your body but having respect and acceptance for your body.

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"Body positivity isn't just accepting bigger bodies but accepting and normalizing people of different races, skin colors, body shapes, sexual identities, sexualities, and disabilities."

Northwest Integrative Medicine founder Dr. Maeghan Culver uses body positivity and body neutrality practices. She points to negative body image being a major factor in obese people not getting adequate health care.

There are studies that back up Culver's claim. Research from the Rudd Center for Food Policy and Obesity at the University of Connecticut found that almost 70% of overweight and obese women delayed seeking health care because of their weight, and 83% said their size was a barrier to getting the treatment they needed. Many felt disrespected by their doctors and embarrassed by the frequent unsolicited advice they received about losing weight. Similarly, a 2012 study in the *Journal of Human Nutrition and Dietetics* found that trainee doctors, nurses, dietitians, and nutritionists demonstrated significant levels of "fat phobia" with only 1.4% of participants showing "positive or neutral attitudes" toward those with a high body mass index.

Culver notes that practitioners at her practice just outside Portland, OR, are committed to having weight-based conversations only in cases where weight is related to the progression of a health condition. They use inclusive language and avoid recommending restrictive diets for the sole purpose of losing weight.

Finally, Health at Every Size (HAES), a public health approach that began in the 1960s, developed the five principles of weight-neutral healthcare practices: weight inclusivity, respectful care, life-enhancing movement, eating for well-being, and health enhancement. Like HAES, the Association for Size Diversity and Health also provides education on the dangers of diet culture, supports health equity, and



focuses on reducing the stigma toward overweight or obese people.

According to Linda Bacon, the author of the book "Health at Every Size," well-being and healthy habits are more important than any number on the scale, and body size alone is not an accurate reflection of overall wellness.

5 Ways to Practice Body Positivity

1. Create a list of things you like about yourself. Make it about what you can do, not just how you look.
2. Purge your closet of clothes that don't currently fit you. Find brands that carry your size, and wear what you like and what makes you feel good.
3. Love all of yourself. Choose not to focus on specific body parts, but rather see yourself as a whole person.
4. Avoid comparing yourself to others. You are unique and beautiful in your own way.
5. Stop looking at negative body images on your social media feed. Remind yourself that what you are seeing on social media may be manipulated. Stop following anyone or any brand that promotes negative body thoughts or images.



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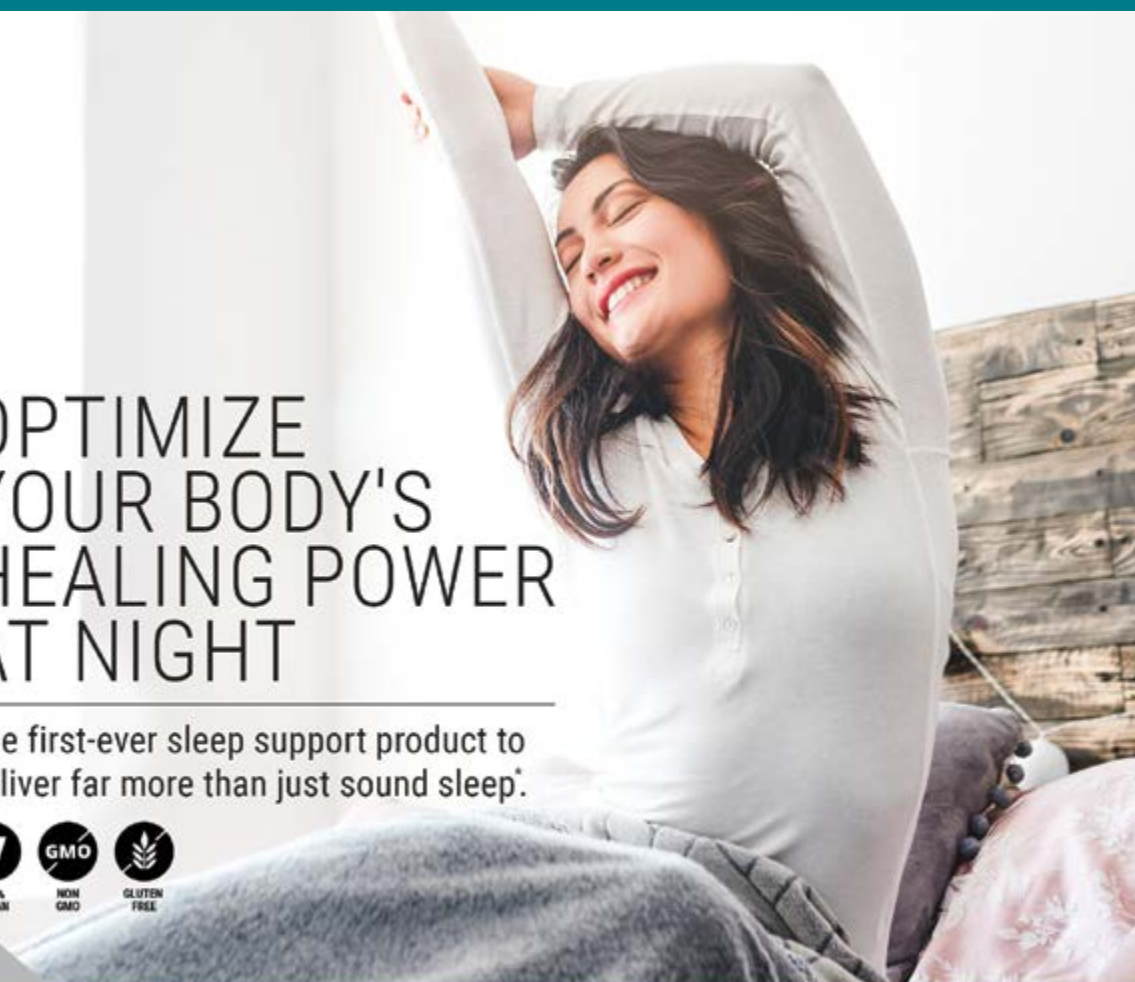
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Back After Baby

Learn how to get started
and stay motivated on
your postpartum fitness
journey.

*By Sarah Blackburn, PES,
GPTS, FMCHC*

If you're a new mom and you're thinking it's time to get back to the gym, you may be asking yourself, "What should I do and when should I do it?"

If you had a vaginal delivery or an uncomplicated pregnancy, it's typically safe to begin physical activity a few days after giving birth. If you had a more extensive and/or complicated delivery, including a C-section, it's important to seek advice from your healthcare provider before resuming exercise. But, most importantly, begin exercising when *you* feel ready.

Getting Started

The American Heart Association and many healthcare professionals recommend striving for at least 150 minutes a week of moderate aerobic exercise spread out across a few days. If that seems like a lot to you at first, work your way up to those 150 minutes. Maybe the first week back, you strive for 50 minutes across 2-3 days. Then try adding 20-30 minutes each week or each month. Make it feasible and practical, so it doesn't feel too overwhelming. The goal is to reach 150 minutes, but move at your own pace.

It is important to always warm up and cool down during your workouts. A warm-up can start with foam rolling and calisthenics. A cool-down can include more foam rolling and, more importantly, static stretching. Make sure to drink plenty of fluids before, during, and after your workouts. Finally, remember to wear a supportive sports bra and add some nursing pads if you are breastfeeding because your breasts could potentially leak.

Caring for a newborn can present time-constraint issues. There may be days when you get little-to-no sleep or your hormonal changes leave you feeling overly emotional. Healthcare practitioners and mental health counselors encourage new moms find some time for themselves. Even just 5-10 minutes can do wonders. Seek support from friends or family to watch your baby while you take a walk around the block or go out to get a nice cup of coffee. Never give up on yourself because at the end of the day an energetic, happy, and healthy mother will make for a happy and healthy baby.

For those days you simply cannot find the time or energy, it's OK. Don't beat yourself up. Think about ways to prioritize your health and well-being, ask for support, and try again tomorrow.

Stay True to You

This is about you and your postpartum fitness journey, not anyone else's. Do something you enjoy. Start slow and easy with low-impact exercises and work your way up to more intense workouts over time. If you enjoy camaraderie and community, look for some local gyms that offer classes suitable for your fitness level. If you prefer more individual workouts, start with workout videos at home or swimming some laps in your pool. Again, this is about your health, so find something that works best for you!

You're Worth It

There is a plethora of benefits to exercising after having a baby, including stress relief, promotion of better sleep, increased energy supply, and the reduction of postpartum depression. The American College of Obstetricians and Gynecologists recommends strengthening major muscle groups affected by pregnancy and giving birth, including the back, the core, and the pelvic floor. It's easy to get lost in the love, joy, and fatigue of being a new mom, but don't forget that taking care of your health is worth it.



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

Coaching Academy. She is the founder and director of XYMOGYM, a full-service gym located in Orlando, FL, and is the director of XYMOFIT, a corporate wellness program. Xymogym.com

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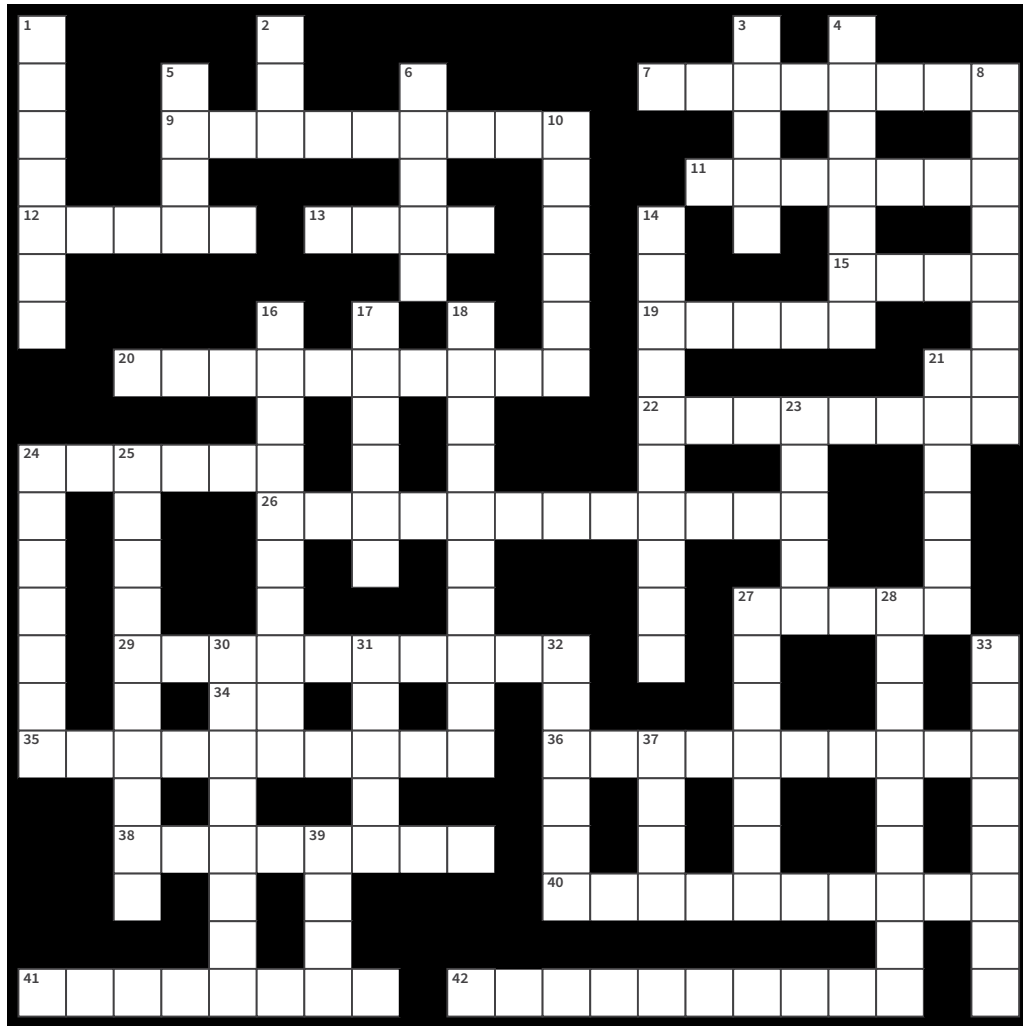
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Happiness, Hormones, and Health

A crossword that includes words found in this month's stories; and some extras



Down

1. Cheerful, happy
2. Adipose tissue component
3. Turf near the surf
4. Do what you can
5. Precious newbie
6. Dietary roughage
8. Pain-relieving weed
10. Blood clot danger
14. After birth
16. Plant eater
17. Fanciful idea
18. Giving assistance to
21. Mensa member
23. High BMI
24. Calms, remedies
25. OK with
27. _____ bark, homeopathic pain treatment
28. Length of life
30. Haircut for sheep
31. "To egg someone on," e.g.
32. Fermented milk good for immunity
33. Endocrine substances
37. Mama's mama
39. Thick Japanese noodle

Across

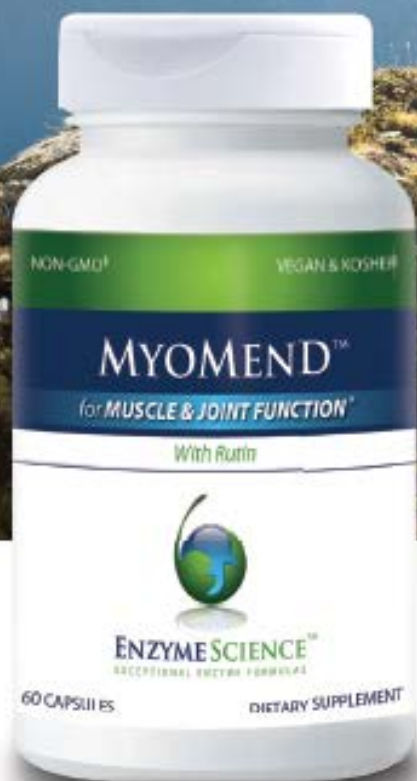
7. Charged with current
9. Stiffness of the joints
11. Rank, level
12. Engages in games
13. Prescribed meals
15. Mediterranean pocket bread
19. Lacking in stature
20. Gas that contributes to global warming
21. The system that food and liquids travel through (two-letter abbrev.)
22. Comic sketches
24. What some do to lose weight
26. Macho maker
27. Wishing sites
29. Practice of expressing affirmation
34. Short laugh
35. Collecting unwanted stuff
36. An old Western outlaw with a weapon
38. Indian spice with anti-inflammatory properties
40. Period of change
41. Running out of energy
42. 100%, without question

Answers found on **p.35**

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The Possibility of **Plant-Based Meat**

What does a low- or no-meat diet need to include to really be healthy for you?

By Tarre Beach

Burger King has the Impossible Burger, which features a plant-based, meat-free patty. KFC had positive results when it tested Beyond Fried Chicken as did Panda Express when it partnered with Beyond Meat to launch Beyond The Original Orange Chicken.

A 2020 Gallup poll found that nearly one in four Americans have cut back on eating meat. But only 5% of people said they were vegetarian or vegan. So why are people eating less meat? Nearly 70% of respondents said that their health was the major reason.

It appears that eating less meat is in. But is it really the right choice for you?

According to the Mayo Clinic, a plant-based diet, which emphasizes fruits, vegetables, grains, beans, legumes, and nuts, can be beneficial to your overall health. This is due in part to a plant-based diet being rich in fiber, vitamins, and other nutrients, generally consisting of fewer calories, and containing less fat.

What's more, the Mayo Clinic also reports that even just reducing meat intake, not going totally meat free, has a protective effect. Research shows that people who eat less red meat and processed meat can reduce their risk of death from heart disease, stroke, or diabetes.

What to Eat?

Studies have found that following the Mediterranean diet—based on the traditional diets of countries

bordering the Mediterranean Sea, which includes fish, whole-fat dairy, vegetables, seeds, and whole grains—reduced the risk of Alzheimer's disease, dementia, and cognitive decline. Furthermore, the omega-3 content in fatty fish benefits cognitive and cardiovascular health. Other studies concluded that balanced vegetarian (no fish) and vegan diets were linked to a reduced risk of heart disease, cancer, and type 2 diabetes.

Nielsen, a marketing research company, reported that plant-based meat sales increased 53% over the last two years, ending 2021 with \$1.3 billion in sales alone.

Dieticians remind those wanting to go vegetarian or reduce their meat intake to ensure they aren't replacing meat with low-nutrient substitutes. Some meat substitutes can be high in sodium and/or saturated fat. Make sure to read the nutritional facts on any meat substitute.

Keep It Balanced

When reducing your meat consumption or eliminating meat, your diet should include high-quality, nutrient-dense, plant-based foods. A 2017 postdoctoral study by Dr. Ambika Satija of the Department of Nutrition at the Harvard T.H. Chan School of Public Health, showed that eating primarily lower-quality plant foods (such as fruit juices, refined grains, potatoes, and sweets) held a substantially higher risk for heart disease than eating higher-quality plant-based foods.





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There are plenty of nonmeat foods that are not healthy. French fries, cheese pizza, and chocolate candy bars are vegetarian, but a diet consisting of too much of these foods will not benefit your health.

Here's a quick breakdown of the pros and cons of a reduced-meat diet:

Pros

A diet higher in nutrients and fiber may help detox your body and keep your gut healthy. Asparagus, kale, and avocado are chock full of vitamins A, E, and C, which can be useful in the detoxification process. Fiber (whole grains, legumes, nuts, seeds, and some fruits and vegetables) helps bowel health.

Soluble fiber blends with water in the gut, forming a gel-like substance. It can reduce blood sugar spikes and include various metabolic health benefits. Insoluble fiber does not blend with water and passes through the digestive system mostly intact. It functions as a bulking agent and may help speed the passage of food and waste through your gut.

Fermented foods, such as kimchi, kefir, yogurt, and sauerkraut, increase the diversity of gut microbes and improve the body's immunity response.

Less meat production has been linked to a reduction in greenhouse gases, which can help combat climate change.

Increased antioxidant intake from eating more whole foods and colorful vegetables is associated with better skin repair and less inflammation, making those who eat less meat or no meat appear younger.



Cons

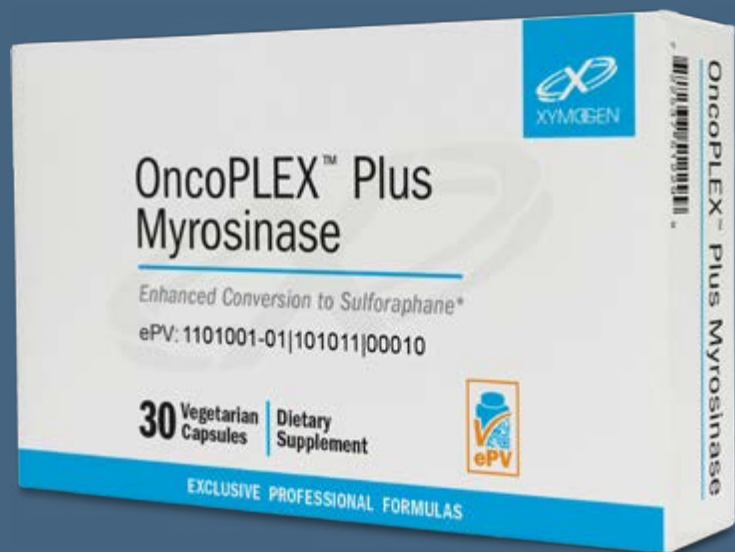
Studies show that plant proteins are not as readily absorbed by the human body compared with animal-based proteins. That is not to say plant proteins are not valuable. It just means that soy, pea, wheat, peanut, and seed proteins, for example, have very different protein profiles. Legumes, especially soy, have the best meat-free protein profiles in terms of quantity, amino acids, and bioavailability.

Regarding soy, be sure to choose minimally processed soy foods. Soy bars, soy yogurts, or protein powders usually contain soy protein isolates rather than complete protein from the whole soybean. Less-processed organic soy is the most healthful option.

Plants do not contain vitamin B12. The best dietary source of vitamin B12 is meat and fish and, to a smaller extent, dairy and eggs. Fortified cereals also contain vitamin B12, but it does not occur naturally in grains. Individuals reducing their meat consumption should make sure to take a vitamin B12 supplement or eat shiitake mushrooms, nori (seaweed), or nutritional yeast to help maintain appropriate vitamin B12.

Low- or no-meat diets may be high in carbohydrates. Many experts say that the amount of carbs in beans, legumes, vegetables, and other whole foods shouldn't be too concerning because they contain fiber that can slow down nutrient absorption and keep you feeling full for longer. However, eating too much of any food may not be a good idea. Balance is the watchword for anyone implementing a plant-based diet.

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2600 BCE

“The Yellow Emperor’s Classic of Internal Medicine” outlines acupuncture techniques for the treatment of pain.



129–210

Greek physician Galen advocates the use of bloodletting to reduce pain.

43–48

Roman physician Scribonius Largus incidentally finds that electrical discharges produced by a torpedo fish relieve gout pain.



1885

William Stewart Halsted develops conduction anesthesia, or nerve block anesthesia, which inhibits nerve transmission by the injection of cocaine into nerve trunks.

1931

Martin Kirschner treats nerve pain by using a high-frequency current, known as radiofrequency ablation.

1973

Wilbert Fordyce pioneers the use of operant conditioning and other behavioral approaches to treat chronic pain.



1996

California is the first state to permit legal access to cannabis for medicinal purposes, including pain management.

2017

The National Institutes of Health report that 17,029 people die of prescription opioid overdoses, the highest in United States history.



2020

The Food and Drug Administration approves a non-opioid, nonaddictive oral drug named Orphengestic® Forte for chronic pain management.

Wellness Words Answers

Down

- | | | |
|-------------|----------------|---------------|
| 1. Chipper | 14. Postpartum | 27. Willows |
| 2. Fat | 16. Vegetarian | 28. Longevity |
| 3. Beach | 17. Whimsy | 30. Shearing |
| 4. Attempt | 18. Supporting | 31. Idiom |
| 5. Baby | 21. Genius | 32. Yogurt |
| 6. Fiber | 23. Obese | 33. Hormones |
| 8. Cannabis | 24. Soothes | 37. Nana |
| 10. Stroke | 25. Acceptance | 39. Udon |

Across

- | | | |
|--------------|------------------|----------------|
| 7. Electric | 20. Greenhouse | 34. Ha |
| 9. Arthritis | 21. GI | 35. Scavenging |
| 11. Echelon | 22. Parodies | 36. Gunslinger |
| 12. Plays | 24. Starve | 38. Curcumin |
| 13. Diet | 26. Testosterone | 40. Transition |
| 15. Pita | 27. Wells | 41. Flagging |
| 19. Short | 29. Positivity | 42. Absolutely |





LET'S TALK ABOUT "T"

Learn more about how low T, or low testosterone, can affect men of any age.

By Nick Rich, PharmD, FAAMFM, Ashley Meyer, and Andrew Hoebbel

Low testosterone, or low T (also known as andropause or hypogonadism), has been a topic of increasing interest in recent years. Maybe that's because approximately 39% of men aged 45 years and older may have low T.

That is not to say men of any age can't experience low T as well. Men who have high blood pressure, diabetes, obesity, and high cholesterol are more likely to experience low testosterone levels and the symptoms accompanying them. Young, healthy men can have low testosterone as well. It is important for all men to be aware of the symptoms of low testosterone instead of shrugging them off as a side effect of aging.

Symptoms to Look For

Male hypogonadism is often characterized by reduced libido, erectile dysfunction, thinning of facial and body hair, loss of lean muscle with increased body fat, and a shrinking stature. This condition can also lead to extreme fatigue, depressed mood, and changes in sleeping patterns. While many of these symptoms can be attributed to other conditions, it is important to seek a doctor's advice to rule out other causes and run laboratory testing.

Lab Tests

Before doctors determine if treatment is necessary, they must consider lab values and the presence of symptoms that might correlate with those lab values. A few key laboratory values to assess include total testosterone, free testosterone, and estradiol, a predominate form of estrogen that also plays a critical role in male sexual function, including modulating libido, erectile function, and spermatogenesis.

According to professional compounding pharmacist Bruce Biundo, the normal range for total testosterone in men is 300-1000 ng/dL. The optimal range is 600-750 ng/dL. The normal range for free testosterone in men is 47-244 pg/mL, and the normal range of estradiol in men is 0-50 pg/mL, with the optimal range being 20-30 pg/mL.



Luteinizing hormone (LH) is another important value that can help differentiate between primary and secondary hypogonadism. An elevated LH level can indicate primary hypogonadism, which is a dysfunction of the testes, while a relatively low LH level can indicate secondary hypogonadism, which results from improper signaling from the brain. The normal range for LH is 1.3-13 IU/L.

Traditionally, treatment for primary hypogonadism has been with testosterone supplementation and secondary hypogonadism treatment has been with medications and lifestyle modifications.

While there is no widely accepted testosterone-to-estrogen ratio, changes in this ratio can result in symptoms of hypogonadism. For some individuals, the exact cause can be challenging to identify. Lifestyle modifications, such as increasing exercise, eating a wide variety of healthy foods, and reducing alcohol consumption, can help boost testosterone levels, but many individuals will require treatment.

If you are a man who thinks he may have low T, it is important to mention your symptoms to your doctor and get your testosterone, estrogen, and LH levels checked. Proper treatment can be extremely effective and can lead to a happier, healthier life.



Nick Rich, PharmD, FAAMFM, is a licensed pharmacist and has completed A4M's Fellowship in Anti-Aging, Metabolic and Functional Medicine. Ashley Meyer and Andrew Hoebbel are both North Dakota State University

fourth-year pharmacy students.

Estrogen Is Not Just for Women

Estrogen is also present in men. There is a link between too much estrogen in men and swelling or enlargement of breast tissue (also known as gynecomastia), erectile dysfunction, infertility, depression, delayed puberty in boys, and short stature.

Many of these symptoms are not too surprising, but why would estrogen render a man short? Scientists say that estrogen both promotes the lengthening of bones and decreases cartilage growth. The problem is that a decrease in cartilage growth can lead to fusion of the growth plates, which could possibly stunt a man's height.

Just as too much estrogen can be problematic for men, too little of it can also adversely affect them.

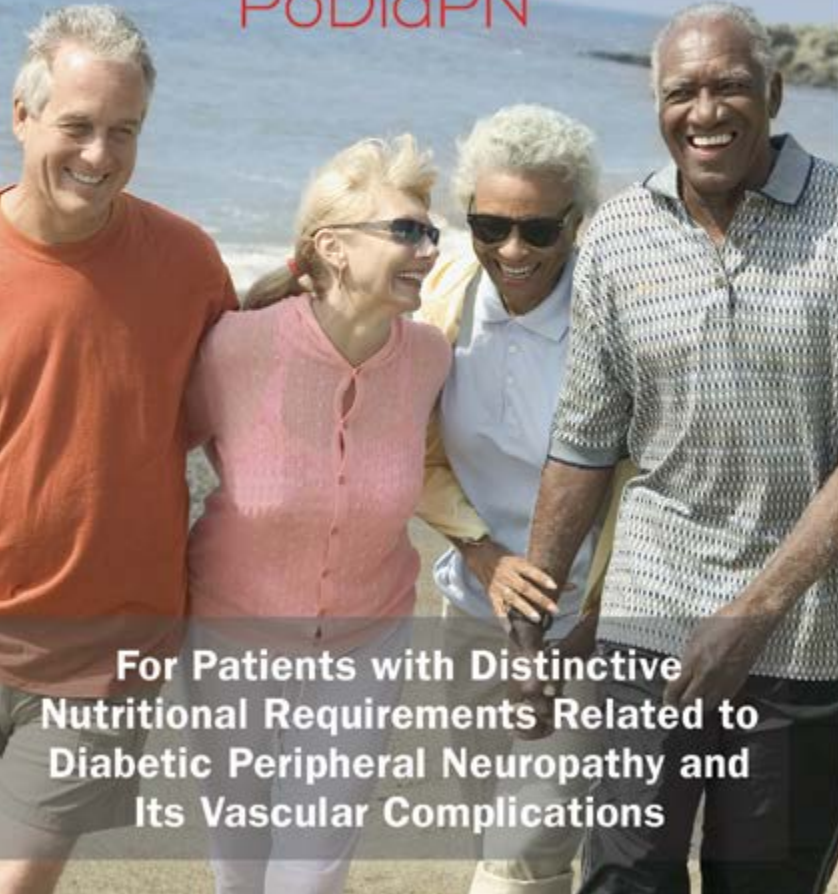
In a 2013 Massachusetts General Hospital study, men who were blocked from producing estrogen had increased in body fat. The study also found that adverse effects on this group's sexual function became more obvious.

Owing to their findings, the researchers suggested that estrogen deficiency could also be responsible for some symptoms often associated with low T in men. They recommended that estrogen be measured when assessing sexual dysfunction, loss of sex drive, bone loss, or fat accumulation in men with hypogonadism.



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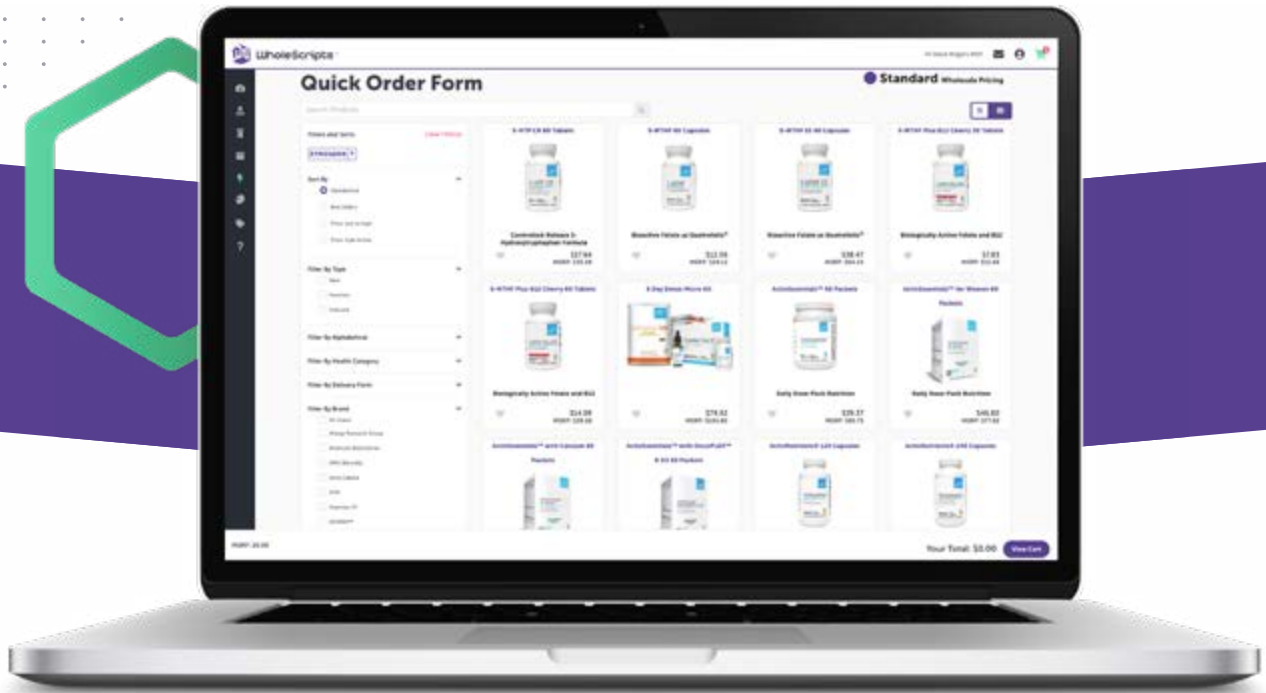
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Allergy Research Group

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Magnesium Gel 16 oz
Progenssa 20 Cream 4 oz

American BioSciences

Product Name

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AMG Naturally

Product Name

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Anna Cabeca

Product Name

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AOR

Product Name

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benaGene™ 30 Capsules
Hydroxy B12 - 1 mg 60 Lozenges
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P.E.A.k. Endocannabinoid Support 90 Capsules
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Strontium Support II 60 Capsules

Argentyn 23

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Bio-Active Copper Hydrosol 8 fl oz
Pro Bio-Active Silver Hydrosol 23 ppm Dropper 2 fl oz
Pro Bio-Active Silver Hydrosol 23 ppm Economy Size Screw Top 16 fl oz
Pro Bio-Active Silver Hydrosol 23 ppm Fine Mist Spray 2 fl oz
Pro Bio-Active Silver Hydrosol 23 ppm Screw Top 4 fl oz
Pro Bio-Active Silver Hydrosol 23 ppm Travel Size Fine Mist Spray 1 fl oz
Pro Bio-Active Silver Hydrosol 23 ppm Travel Size Vertical Spray 1 fl oz
Pro Bio-Active Silver Hydrosol 23 ppm Vertical Spray 2 fl oz
Professional First Aid Gel 1 fl oz

AVEMAR™

Product Name

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

Avior

Product Name

Myetin 60 Chewable Tablets
Real NAD+ 60 EZ Melt Tablets

Ayush Herbs

Product Name

Adult Ashwagandha Drops 2 fl oz
Adult Trifal Drops 2 fl oz
Amla Plex 30 Servings
Arjuna Heart 90 Capsules
Ashwagandha 60 Capsules
Ayu-Dep 60 Capsules
AyuPhos 90 Capsules
Bacopa Plus 90 Capsules
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Kids Trifal Drops 2 fl oz
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Neem Plus 90 Capsules
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Rentone 90 Caplets
Trifal 90 Capsules

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Lignan Flax Oil 16 oz
Lignan Flax Oil 250 Softgels
Lignan Omega Twin 12 fl oz
Omega-3 Vegan Strawberry Banana Smoothie 16 oz
Seriously Delicious CLA Fresh Apple 16 oz

- Seriously Delicious High Potency Omega-3 Citrus Sorbet 16 oz
- Seriously Delicious High Potency Omega-3 Key Lime Pie 16 oz
- Seriously Delicious MCT Oil Coconut 16 oz
- Seriously Delicious Omega-3 Fish Oil Lemon Creme 16 oz
- Seriously Delicious Omega-3 Mango Peach Smoothie 16 oz
- Seriously Delicious Plant Based Total Omega Pomegranate Blueberry Smoothie 16 oz
- Seriously Delicious Total Omega Orange Creme 16 oz
- Seriously Delicious Total Omega Orange Creme 8 oz

BeeKeeper's Naturals

Product Name

- B. Biome Complete Gut Health 60 Capsules
- B. Fueled Bee Pollen 150 g
- B. Immune Throat Spray Propolis 1.06 fl oz
- B. Powered Superfood Honey 125 g
- B. Powered Superfood Honey 330 g
- B. Smart Brain Fuel 3 Pack
- B. Soothed Honey Lozenges 14 Drops
- Kids Propolis Throat Spray 1.06 fl oz
- Propolis Nasal Spray 1 fl oz
- Propolis Sinus Support 60 Capsules

BergaMet

Product Name

- Clinical Immune Citrus Bergamot 60 Tablets

Bio-Tech Pharmacal

Product Name

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

Biocidin

Product Name

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

BioMatrix

Product Name

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

BodyBio

Product Name

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

Brain Bean

Product Name

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

Buddha Teas

Product Name

- Chaga Tea 18 Bags
- Detox Dharma Blend 18 Bags
- Echinacea Elderberry Blend 18 Bags
- Matcha Green Tea 18 Bags

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Meditation Moment 18 Bags
Mushroom Wellness Blend 18 Bags
Reishi Mushroom Blend 18 Bags
Throat Bliss Blend 18 Bags

Carlson Labs

Product Name

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

Clinical Synergy

Product Name

ArteMax 60 Capsules
BreastDefend Professional 120 Capsules
Comprehensive Circulation Support 60 Capsules
IonShield® 60 Capsules
Mycocetotics Immune Max 180 Capsules
PectaSol Metal Detox 180 Capsules
PectaSol-C Professional 270 Capsules
PectaSol-C Professional 90 Servings
PectaSol-C Professional Chewable Tangerine Flavor 120 Tablets
PectaSol-C Professional Lime Flavor 30 Servings

PectaSol-C Professional Lime Flavor 90 Servings
RegeneRest 60 Capsules

Cognitive Clarity

Product Name

Percepta Professional 60 Capsules

CuraLife USA

Product Name

CuraLin 180 Capsules
CuraLin Starter Bottle 42 Capsules

Diamond Formulations

Product Name

Sleep Balance Herbal 60 Capsules

Dr. Advantage

Product Name

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

Dr. Capasso

Product Name

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

Dr. Mercola

Product Name

Berberine with MicroPQQ Advanced 30 Capsules
Biothin Probiotic 30 Capsules
Calcium with Vitamins D3 & K2 90 Capsules
Eye Support 30 Capsules
Fermented Beta Glucans 60 Capsules
Fermented Black Garlic 60 Capsules
Fermented Chlorella 450 Tablets
Full Spectrum Enzyme 90 Capsules
H2 Molecular Hydrogen 90 Tablets
Ketozyme 30 Capsules
Krill Oil 60 Capsules
Liposomal Vitamin C 180 Capsules
Liposomal Vitamin C 60 Capsules
Liposomal Vitamin C Citrus Vanilla 15.2 fl oz

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CLINICALLY-STUDIED, BIOACTIVE COLLAGEN PEPTIDES FOR TARGETED BENEFITS

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



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

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

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

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WEBINAR RECORDING ON COLLAGEN PEPTIDES:
INTEGRATING THIS SCIENCE-BACKED
INGREDIENT INTO CLINICAL APPLICATION**

Liposomal Vitamin C for Kids 30 Capsules
Magnesium L-Threonate 270 Capsules
Organic Astaxanthin 12 mg 90 Capsules
Organic Collagen from Grass Fed Beef Bone Broth 270 Tablets
Organic Ginkgo Biloba 30 Capsules
Organic Pine Bark Extract 60 Tablets
Organic Resistant Starch Complex 9.52 oz
Organic Saw Palmetto 2 fl oz
Peppermint Oil with Asafoetida 30 Capsules
Whole-Food Multivitamin Plus Vital Minerals 240 Tablets
Zinc Plus Selenium 30 Capsules
Zinc Plus Selenium 90 Capsules

Dr. Phillips Formulations

Product Name

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

Drs Nutrition Bar

Product Name

Drs Nutrition Bar Almond Chocolate Coconut 12 Bars

Elemental Labs

Product Name

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

Encore Life

Product Name

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

HEMP OneThirteen Soothe 600 60 g
HEMP OneThirteen Sour Gummies Watermelon Cherry 60 Gummies

Endurance Products Company

Product Name

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

Energenx

Product Name

Chemtox 2 fl oz
Organic Moringa Leaf Powder 44 Servings

Enzyme Science™

Product Name

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

Even Health

Product Name

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

Everidis Health Sciences

Product Name

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

Gaia Herbs

Product Name

Ashwagandha Root 120 Capsules
Ashwagandha Root 60 Capsules
Astragalus Supreme 60 Capsules
Black Elderberry 120 Capsules
Black Elderberry 60 Capsules
Black Elderberry Syrup Extra Strength 5.4 fl oz
Curcuma NF-kB Turmeric Supreme 120 Capsules
Curcuma NF-kB Turmeric Supreme 60 Capsules
GaiaKids Black Elderberry Kids Daily Gummies 40 Gummies
Holy Basil 60 Capsules
HPA Axis Daytime Maintenance 120 Capsules
HPA Axis Daytime Maintenance 60 Capsules
HPA Axis Homeostasis 60 Capsules
HPA Axis Sleep Cycle 120 Capsules
Milk Thistle 60 Capsules
Oil of Oregano 60 Capsules
Plant Force Liquid Iron 16 fl oz
Rhodiola Rosea 60 Capsules
Sleep Formula 60 Capsules
Thyroid Support 120 Capsules
Vitex 60 Capsules

Genexa

Product Name

Allergy Care 60 Tablets
Arnica Pain 100 Tablets
Cold Crush 60 Tablets
Flu Fix 60 Tablets
Kids' Allergy Care 60 Tablets

Sleepology 60 Tablets

Stress 60 Tablets

Golden Flower Chinese Herbs

Product Name

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

Guna Inc.

Product Name

Guna Allergy 1 fl oz
Guna Cough 5.07 fl oz
Guna Deep Cleanse 1 fl oz
Guna Defense 0.28 oz
Guna Flam Relief 1 fl oz
Guna Flu 0.21 oz
Guna Lympho Detox 1 fl oz
Guna Matrix Detox 1 fl oz
Guna Mood Support 1 fl oz
Guna Pain Management 1 fl oz

Haelan

Product Name

Haelan 951 8 fl oz
Sweet Mint Flavoring 40 Serv

Herb Pharm

Product Name

ADRENAL SUPPORT 1 fl oz
ANXIETY SOOTHER 1 fl oz
ARNICA OIL 1 fl oz
ASHWAGANDHA 1 fl oz
ASHWAGANDHA ALCOHOL FREE 1 fl oz
BETTER BITTERS CLASSIC 1 fl oz
BLACK ELDERBERRY ALCOHOL FREE 1 fl oz

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

Herbalist & Alchemist

Product Name

Calm Adapt 4 oz
 Daily Adapt 4 oz

Fit Adapt 4 oz
 Immune Adapt 4 oz
 Kidney Support Compound 4 oz
 Men's Prostate Tonic 4 oz
 Original Bitters 4 oz
 Osteoherb 120 Capsules
 Seven Precious Mushrooms 4 oz
 Sinus Support Compound 4 oz
 Women's Adapt 4 oz

HumanN

Product Name

BeetElite Black Cherry 20 Servings
 BeetElite On-the-Go Black Cherry 10 Servings
 HeartGreens Green Apple 30 Servings
 Neo40 Daily 30 Tablets
 Neo40 Professional 60 Tablets
 Nitric Oxide Indicator Strips 25 Strips
 SuperBeets Black Cherry 30 Servings
 SuperBeets Collagen Cherry Berry 30 Servings
 SuperBeets Energy Plus Natural Berry 30 Servings
 SuperBeets Immune Cranberry Cherry 30 Servings
 SuperBeets Memory + Focus 30 Chews
 SuperBeets Original Apple 30 Servings
 SuperBeets Soft Chews Pomegranate Berry 60 Chews
 SuperGrapes Heart Chews 60 Chews
 Tart Cherry Gummies 60 Gummies
 Turmeric Chews Orange Citrus 30 Chews
 Vitamin D3 Chew Mixed Berry 30 Chews

Hyalogic

Product Name

Dr. John's Toothpaste Gel 4.58 oz
 HA Lip Balm Jar 0.5 oz
 Hand & Body Lotion 10 fl oz
 Hyaluronic Acid + Zinc 4 fl oz
 Hyaluronic Acid Biotin Hair & Scalp Spray 4 fl oz
 Hyaluronic Acid Collagen Peptides 30 Servings
 Hyaluronic Acid Dry Mouth 60 Mint Lozenges
 Hyaluronic Acid Joint, Skin & Eyes 10 oz
 Hyaluronic Acid Joint, Skin & Eyes 30 Capsules

Synthovial Seven 1 fl oz

Innate Response

Product Name

Adrenal Response 90 Tablets

Adrenal Response Complete Care 90 Tablets

Baby & Me Multivitamin 120 Tablets

C Complete Powder 2.9 oz

GI Response 8.4 oz

Inflama-Complete 90 Capsules

Iron Response 90 Tablets

Men's One Daily Iron Free 60 Tablets

Selenium 90 Tablets

Thyroid Response Complete Care 90 Tablets

Women's One Daily 60 Tablets

Jarrow Formulas

Product Name

Acetyl L-Carnitine 500 mg 60 Capsules

Arginine 100 Tablets

BoneUp 120 Capsules

Citicoline CDP Choline 60 Capsules

Fem-Dophilus[®] 60 Capsules

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

Milk Thistle 200 Capsules

Organic MCT Oil 16 fl oz

Pantethine 60 Softgels

PS100 100 mg 60 Softgels

Red Yeast Rice + CoQ10 120 Capsules

Theanine 200 60 Capsules

Jigsaw Health

Product Name

Activated B w/SRT 120 Tablets

Adrenal Cocktail + Wholefood Vitamin C 60 Servings

Electrolyte Supreme Berry-Licious 60 Packets

Electrolyte Supreme Berry-Licious 60 Servings

Electrolyte Supreme Lemon-Lime 60 Packets

Electrolyte Supreme Lemon-Lime 60 Servings

MagSoothe Raspberry Lemonade 60 Servings

MagSRT[®] 240 Tablets

Pickleball Cocktail Orange 60 Servings

Kuli Kuli

Product Name

HERBAL MORINGA TEA ORIGINAL 15 Bags

MORINGA ENERGY BAR DARK CHOCOLATE 12 Bars

PURE MORINGA 20 Packets

Life Extension

Product Name

5-LOX Inhibitor with AprèsFlex[®] 60 Capsules

7-Keto[®] DHEA Metabolite 60 Capsules

AMPK Metabolic Activator 30 Tablets

Bio-Fisetin 30 Capsules

BioActive Complete B-Complex 60 Capsules

Black Cumin Seed Oil 60 Softgels

CoffeeGenic[®] Green Coffee Extract 90 Capsules

Cognitex[®] Elite Pregnenolone 60 Tablets

Curcumin Elite™ Turmeric Extract 60 Capsules

Daily Skin Defense 30 Capsules

Extend-Release Magnesium 60 Capsules

Fast-Acting Liquid Melatonin Citrus-Vanilla 2 fl oz

FLORASSIST[®] GI with Phage Technology 30 Capsules

FLORASSIST[®] Throat Health 30 Lozenges

Glucosamine/ Chondroitin 100 Capsules

Herbal Sleep PM 30 Capsules

Huperzine A 200 mcg 60 Capsules

Male Vascular Sexual Support 30 Capsules

Mega Benfotiamine 250 mg 120 Capsules

Mega Lycopene 90 Softgels

Memory Protect 36 Day Supply

N-Acetyl-L-Cysteine 60 Capsules

Optimized Folate L-Methylfolate 100 Tablets

Optimized Quercetin 60 Capsules

Optimized Saffron 60 Capsules

Pomegranate Complete 30 Softgels

Potassium with Extend-Release Magnesium 60 Capsules

PQQ 20 mg 30 Capsules

Sea-Iodine™ 1000 mcg 60 Capsules

Senolytic Activator[®] 36 Capsules

Super K 90 Softgels

Super K Elite 30 Softgels

Super Omega-3 EPA/DHA Fish Oil 60 Softgels

Super Ubiquinol CoQ10 100 mg 60 Softgels
Tart Cherry with CherryPURE® 60 Capsules
Two-Per-Day Multivitamin 120 Capsules
Ultra Prostate Formula 60 Softgels
Vitamin C and Bio-Quercetin Phytosome 250 Tablets
Vitamin C and Bio-Quercetin Phytosome 60 Tablets
Water-Soluble Pumpkin Seed Extract 60 Capsules
Zinc Lozenges Citrus-Orange Flavor 60 Lozenges

Linpharma

Product Name

Petadolex 50 mg 50 Softgels
Petadolex 75 mg 60 Softgels

Master Supplements

Product Name

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

Med7

Product Name

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

Megafood

Product Name

Baby & Me 2 120 Tablets
Balanced Minerals 90 Tablets
Blood Builder 180 Tablets
Blood Builder 90 Tablets
C Defense 70 Gummies
Elderberry Immune Support 54 Gummies
Kid's One Daily Multivitamin Grape Flavor 30 Soft Chews

Kids One Daily 60 Tablets
Magnesium 90 Tablets
Melatonin Berry Good Sleep 54 Gummies
Methyl B12 60 Tablets
Multi for Women 40+ 120 Tablets
Multi for Women 55+ 120 Tablets
Multi for Women 60 Tablets
One Daily 180 Tablets
Relax + Calm Magnesium Grape Flavor 30 Soft Chews
Selenium 60 Tablets
Zinc 60 Tablets

Microbiome Labs

Product Name

Gut-Specific Fish Oil Supplement 60 Softgels
Mega IgG2000 120 Capsules
Mega IgG2000 Powder 30 Servings
MegaGuard 60 Capsules
MegaMetalliQ 30 Servings
MegaMucosa Berry Acai 30 Servings
MegaPre 180 Capsules
MegaPre Pineapple Orange Guava 30 Servings
MegaSporeBiotic 180 Capsules
MegaSporeBiotic 60 Capsules
PyloGuard 30 Capsules
RestorFlora PD 21 Capsules
SereneSkin 30 Capsules
WheatRescue 60 Capsules
Zenbiome Cope 60 Capsules
Zenbiome Sleep 30 Capsules

Microvascular Health Solutions

Product Name

EndocalyxPro 120 Capsules


MRM

Product Name

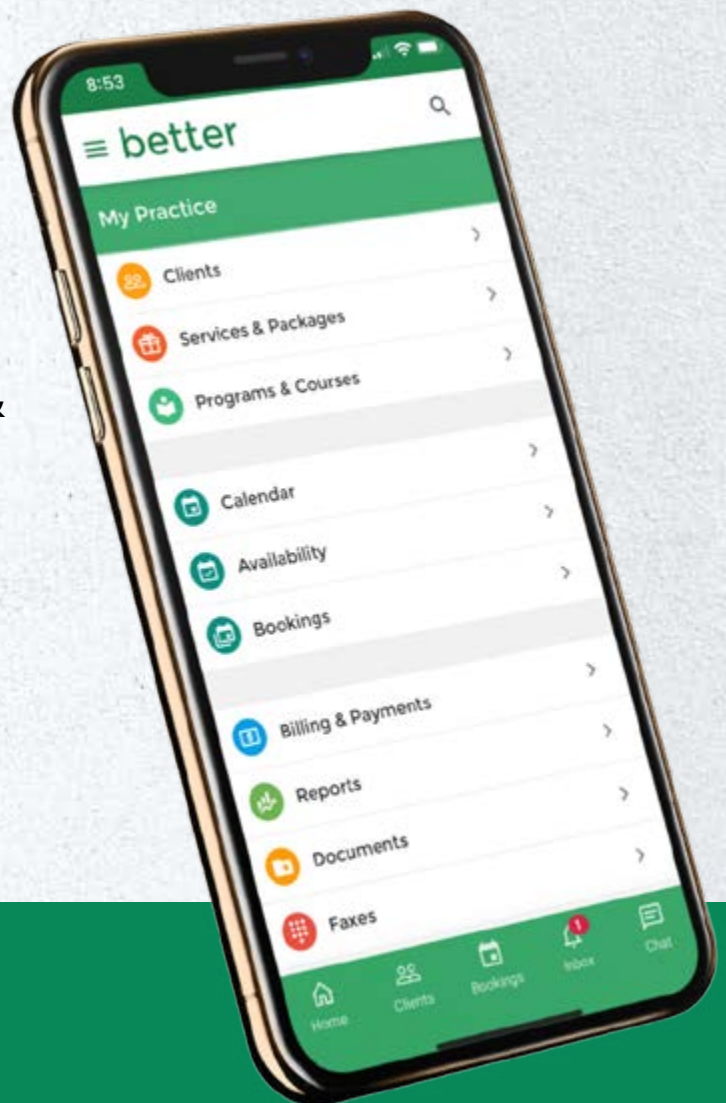
Acetyl L-Carnitine 60 Capsules
Cardio Chelate 180 Capsules
Complete E 60 Softgels
Cordyceps CS-4 Strain 60 Capsules
DHEA 50 mg 90 Capsules

better

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Digest-ALL 100 Capsules
Digest-ALL IC 60 Tablets
Driven Mixed Berries 29 Servings
Egg White Protein Vanilla 10 Servings
Egg White Protein Vanilla 20 Servings
Gainer Chocolate 18 Servings
Glucosamine Chondroitin 90 Capsules
L-Glutamine 1,000 Servings
Matcha Green Tea Powder 42 Servings
Organic Moringa Leaf Powder 60 Servings
Organic Red Beet Powder 24 Servings
Quercetin 60 Capsules
Relax-ALL 60 Capsules
TribuPlex 750 60 Capsules
Vegan Vitamin D3 5,000 IU 60 Capsules
Whey Protein Chocolate 18 Servings
Whey Protein Vanilla 18 Servings
Whole Food Organic Fiber 32 Servings

Mushroom Wisdom

Product Name

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

Nature's Sources

Product Name

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

Neurohacker

Product Name

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

NFH

Product Name

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

Nordic Naturals

Product Name

Algae Omega 120 Softgels
Arctic Cod Liver Oil 180 Softgels
Arctic Cod Liver Oil Orange 8 fl oz
Arctic Omega 180 Softgels
Arctic Omega 8 fl oz
Baby's Vitamin D3 0.37 fl oz
Children's Eye Health Gummies Strawberry Lemonade 30 Gummies
Cognition Mushroom Complex 60 Capsules
CoQ10 Gummies 60 Gummies

DHA Infant 2 fl oz
 DHA Junior 180 Softgels
 DHA Junior 4 fl oz
 Energy Mushroom Complex 60 Capsules
 Immune Mushroom Complex 60 Capsules
 Kids Nordic Flora Probiotic Gummies Merry Berry Punch 60 Gummies
 Kids Nordic Flora Probiotic Pixies Berry 30 Packets
 Nordic Beauty Borage Oil 4 fl oz
 Nordic Berries Cherry Berry 120 Gummy Berries
 Nordic Berries Original Flavor 120 Gummy Berries
 Nordic CoQ10 Ubiquinol Sport 60 Softgels
 Nordic Flora Probiotic Immune Health 30 Capsules
 Nordic Flora Probiotic Maximum Care 30 Capsules
 Nordic Omega-3 Fishies 36 Fishies
 Nordic Omega-3 Gummies 120 Gummies
 Omega Focus 60 Softgels
 Omega Focus Jr 120 Softgels
 Prenatal DHA 90 Softgels
 ProDHA 1000 120 Softgels
 ProDHA 120 Softgels
 ProDHA Eye 60 Softgels
 ProEPA 120 Softgels
 ProEPA with Concentrated GLA 60 Softgels
 ProOmega 120 Softgels
 ProOmega 180 Softgels
 ProOmega 2000 120 Softgels
 ProOmega 2000 60 Softgels
 ProOmega 2000 Jr. 60 Softgels
 ProOmega 2000-D 120 Softgels
 ProOmega 60 Softgels
 ProOmega CRP 90 Softgels
 ProOmega Junior 90 Softgels
 ProOmega-D 120 Softgels
 ProOmega-D 180 Softgels
 ProOmega[®] LDL 180 Softgels
 Stress Relief Gummies 40 Gummies
 Ultimate Omega 2X Sport 60 Softgels
 Ultimate Omega-D3 Sport 60 Softgels
 Vitamin C Gummies Sport 120 Gummies

Vitamin C Gummies Tart Tangerine 120 Gummies
 Vitamin D3 5000 Gummies 30 Gummies
 Vitamin D3 Gummies 60 Gummies
 Vitamin D3 Gummies Sport 120 Gummies
 Vitamin D3 Kids Gummies Wild Watermelon Splash 60 Gummies
 Vitamin D3+K2 Gummies Pomegranate 60 Gummies
 Zero Sugar Curcumin Gummies 60 Gummies
 Zero Sugar Kids Multi Gummies 120 Gummies
 Zero Sugar Melatonin Gummies 60 Gummies
 Zero Sugar Vitamin D3 Gummies 60 Gummies

NuGo Nutrition

Product Name

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

Nutra Biogenesis

Product Name

BioThyro 60 Capsule
 CogniFactors 60 Capsules
 InflamaZyme 90 Capsules
 Liposomal Melatonin 2 fl oz
 Oregano Oil 120 Softgel
 ParaBiotic Plus 90 Capsules
 Pulmonary Factors 90 Capsules
 Sterol 117 60 Capsules
 Tri Zinc 90 Capsules
 Tri-Magnesium 120 Capsules
 UT Max Protect 60 Capsules

Nutrasal

Product Name

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

NutriCology

Product Name

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

Nutritional Therapeutics

Product Name

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

Optimox

Product Name

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

Orgain

Product Name

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

Vegan Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Vegan Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack

Organic India

Product Name

Ashwagandha 90 Capsules
Ceylon Cinnamon 90 Capsules
Joy! 90 Capsules
Liver Kidney 90 Capsules
Memory 90 Capsules
Moringa 90 Capsules
Moringa Powder 113 Servings
Neem 90 Capsules
Peaceful Sleep 90 Capsules
Psyllium Pre & Probiotic Fiber 56 Servings
Triphala 90 Capsules
Tulsi - Holy Basil 90 Capsules
Tulsi Ashwagandha 18 Bags
Tulsi Cleanse 18 Bags
Tulsi Green 18 Bags
Tulsi Hibiscus 18 Bags
Tulsi Honey Chamomile 18 Bags
Tulsi Lemon Ginger 18 Bags
Tulsi Masala Chai 18 Bags
Tulsi Moringa 18 Bags
Tulsi Original 18 Bags
Tulsi Peppermint 18 Bags
Tulsi Sleep 18 Bags
Tulsi Sweet Rose 18 Bags
Tulsi Turmeric Ginger 18 Bags
Turmeric Formula 90 Capsules

Passport to Organics

Product Name

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

Vitamin C Toner 4 oz

Premier Research Labs

Product Name

Adaptogen-R3 90 Capsules

AdrenaVen 60 Capsules

Allicidin 60 Capsules

BiliVen 60 Capsules

D3 Serum 0.43 fl oz

ImmunoVen 90 Capsules

Liquid Zinc Ultra 8 fl oz

Max B-ND 2 fl oz

Max B-ND 8 fl oz

Medi-Clay-FX 90 Capsules

Melatonin-ND 2 fl oz

Nucleo Immune 90 Capsules

OcuVen 60 Capsules

Premier CoQ-10 50 Capsules

Premier Digest 60 Capsules

Premier HCL 90 Capsules

Premier Pink Salt 12 oz

Premier Turmeric 60 Capsules

Premier Vitamin C 60 Capsules

Premier Vitamin D3+K2 30 Capsules

RenaVen 60 Capsules

Progressive Professional

Product Name

Allergy Modulator[®] 120 Capsules

Brilliant Vision with Seanol-P 90 Capsules

Daily Resilience[®] 180 Capsules

Digestin 60 Capsules

GC-MSM 3550[®] 120 Capsules

Probiotic Broad Spectrum 30 Caplets

Prosta Glan 120 Capsules

TestosterZone 180 Capsules

U-Tract[®] 26 Servings

Prolon Professional

Product Name

ProLon[®] Original Kit

QOL Labs

Product Name

Bifilon 60 Capsules

ImmunoKinoko 500 90 Capsules

Metasol 60 Capsules

Quicksilver

Product Name

AMPK Charge+ 3.38 fl oz

Artemisinin Emulsion 4 oz

Bitters No.9 1.7 fl oz

BitterX 1.7 fl oz

Estradiol+ 1 fl oz

GABA with L-Theanine 1.7 fl oz

H2 Elite 30 Tablets

Hemp Synergies-PN 60 Capsules

IMD 30 Servings

Immune Charge+ 3.38 fl oz

Kidney Care 3.38 fl oz

Liposomal EDTA with RLA 4 fl oz

Liposomal Glutathione 1.7 fl oz

Liposomal Vitamin C with RLA 1.7 fl oz

Liver Sauce 3.38 fl oz

Longevity Elite 3.38 fl oz

Melatonin Professional Dose 1 fl oz

Methyl B Complex 1.7 fl oz

Methyl B-12 1 fl oz

Methyl Charge+ 1.7 fl oz

Micellized Membrane Mend 3.38 fl oz

Micellized Pure PC 4 fl oz

NAD+ Gold 1.7 fl oz

NAD+ Platinum 3.38 fl oz

Nanoemulsified Cat's Claw Elite[®] 1.7 oz

Nanoemulsified CoQ10 1.7 fl oz

Nanoemulsified D3K2 1.7 fl oz

Nanoemulsified Milk Thistle 1.7 oz

Nanoformulated DHEA+ 3.38 fl oz

Nanoformulated Progesterone+ 1 fl oz

NanoFuel 3.38 fl oz

Noto Bravi[®] 1.7 fl oz

Push Catch Liver Detox Kit

Quinton Hypertonic 30 Servings
Quinton Isotonic 30 Servings
Ultra Binder 120 Capsules
Ultra Binder® Sensitive Formula 30 Servings
Ultra Binder® Stick Packs 20 Servings
Ultra Vitamin 3.38 fl oz
Vitamin C 4 fl oz

Range Essentials

Product Name

FLOW BLEND (Roller Bottle 1 mL)
FLOW BLEND (Roller Bottle 5 mL)
FLOW BLEND (Roller Bottle 3 0mL)
FLOW BLEND Kit 2 in 1 (10 mL + Roller Bottle 1mL)

Restorative Formulations

Product Name

Adaptogen 75 Capsules
Adrenal Px Balance 75 Capsules
Adrenal Px DHEA 75 Capsules
Adrenal Px L-BP 75 Capsules
Cardiac Calm Px 60 Capsules
Cholesterol Care 120 Capsules
Enfla-Mend Px 60 Capsules
Estro Px 75 Capsules
Glucose Balance Px 120 Capsules
HTN 180 PX Original 60 Capsules
HTN 180 Px-Extra Strength 60 Capsules
Kava Calm Px 30 Capsules
Metabolic Nutrition 60 Capsules
Mitochondria Nutrition PQQ 60 Capsules
Neuro-GI Px 60 Capsules
Oregano Oil Px 60 Capsules
PCO Px 75 Capsules
Respiratory EZ 60 Capsules
Sleep 60 Capsules
StressCalm Px 75 Capsules
T-Cell Balance Px 60 Capsules
ThyroCare 75 Capsules
Thyroid Px 75 Capsules

RLC Labs

Product Name

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

Rx Vitamins

Product Name

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

Sanesco

Product Name

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

Seeking Health

Product Name

Active B12 with L-5-MTHF 60 Lozenges
Alpha R Lipoic Acid 60 Capsules
B Complex Plus 100 Capsules
B Complex Plus Methyl-Free 100 Capsules
B-Minus 100 Capsules
DIM + I3C 60 Capsules
Histamine Block 30 Capsules
Histamine Block 90 Capsules
Histamine Block Plus 60 Capsules
HistaminX 60 Capsules

HomocysteX Plus 60 Capsules
 Hydrox-Adeno B12 60 Lozenges
 Hydroxo B12 60 Lozenges
 Lithium Orotate 100 Capsules
 Multivitamin One 45 Capsules
 Optimal Electrolyte Berry 30 Servings
 Optimal Electrolyte Lemonade 30 Servings
 Optimal Liposomal Glutathione Plus 5 fl oz
 Optimal Liposomal Glutathione Tropical 4 fl oz
 Optimal Liposomal Vitamin C 5 fl oz
 Optimal Liposomal Vitamin C Plus 5 fl oz
 Optimal Magnesium 100 Capsules
 Optimal Multivitamin Chewable 60 Tablets
 Optimal Multivitamin Minus One 45 Capsules
 Optimal PC 100 Softgels
 Optimal Prenatal 240 Capsules
 Optimal Vitamin D3 + K2 Drops 1 fl oz
 Optimal Zinc Lozenge 60 Lozenges
 Ox Bile 500mg 100 Capsules
 P-5-P 100 Softgels
 PQQ Lozenges 20 mg 30 Lozenges
 ProBiota HistaminX 60 Capsules
 Saccharomyces Boulardii 60 Capsules
 Trace Minerals Complex 30 Capsules
 Vitamin D3 + K2 60 Capsules

Symphony Natural Health

Product Name

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

T.A. Sciences

Product Name

TA-65MD 100 units 30 Capsules

Tesseract Medical Research

Product Name

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

Trace Minerals

Product Name

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

Transformation Enzyme

Product Name

Carbo-G* 90 Capsules
Digest* 90 Capsules
DigestZyme* 120 Capsules
GastroZyme 100 Capsules
Kidz Digest Chewable Berry Flavor 30 Tablets
Kidz Digest Powder 193 Servings
LypoZyme 60 Capsules
Protease 60 Capsules

TruGen3

Product Name

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

Vital Proteins

Product Name

Beef Gelatin 23 Servings
Beef Liver 120 Capsules
Bioactive Collagen Complex Bone & Joint Support 30 Servings
Bioactive Collagen Complex Daily Foundational Support 30 Servings
Bioactive Collagen Complex Skin Hydration & Antioxidant Support 30 Servings
Bone Broth Collagen Chicken 28 Servings
Collagen Creamer Coconut 12 Servings
Collagen Creamer Mocha 12 Servings
Collagen Creamer Vanilla 12 Servings
Collagen Creamer Vanilla 14 Servings
Collagen Gummies Grape 120 Gummies
Collagen Peptides 14 Servings
Collagen Peptides 28 Servings
Collagen Peptides Chocolate 14 Servings
Collagen Peptides Stick Pack Box 20 Servings
Marine Collagen 18 Servings

Vitanica

Product Name

Adrenal Assist™ 90 Capsules

Bitters Tonic 4 fl oz
Bladder Ease 180 Capsules
BreastBlend 90 Capsules
Butterbur Extra 120 Capsules
CandidaStat™ 120 Capsules
CandidaStat™ 60 Capsules
CardioBlend 120 Capsules
Chaste Tree Berry 60 Capsules
CholestBlend 90 Capsules
Cramp Bark Extract 60 Capsules
CranStat Extra® 60 Capsules
Fem Ecology 30 Capsules
Fem Rebalance™ 60 Capsules
Fem Vitality 60 Capsules
Fibro Formula 60 Capsules
GABA Ease™ 60 Capsules
Immune Tonic 4 oz
Iron Extra™ 60 Capsules
Luminous 60 Capsules
Lysine Extra 60 Capsules
Maternal Symmetry 180 Capsules
Mid-Life Symmetry 180 Capsules
MindBlend 60 Capsules
Opti-Recovery 60 Capsules
OvaBlend 180 Capsules
Ovulation Assist 60 Capsules
PhytoEstrogen Herbal 25 Servings
Pregnancy Prep 60 Capsules
Rauwolfia Extra™ 90 Capsules
Rhodiola Extract Plus 60 Capsules
Skin Assist™ 180 Capsules
Slow Flow™ 60 Capsules
St. John's Wort 90 Capsules
VasoBlend 90 Capsules
VeinoBlend 90 Capsules
Women's Phase II® 180 Capsules
Women's Phase I™ 60 Capsules
Yeast Arrest 14 Suppositories



THE FUTURE OF PERSONALIZED MEDICINE HAS ARRIVED!



MedPax®

- Increased Compliance
- Easy-to-Follow Dosing
- Maximum Convenience

Tap to learn more on WholeScripts.com



WholeScripts

Product Name

WholeScripts Shaker Bottle 25 oz

Wise Woman Herbals

Product Name

Adrenal Tonic 2 fl oz

Bitter Tonic 2 fl oz

Bittersweet Elixir 2 fl oz

Bottom's Up Balm 1 oz

Bottom's Up Capsules 90 Capsules

Elderberry Syrup 2 fl oz

Fiber Flow Capsules 120 Capsules

Gentian & Skullcap Capsules 90 Capsules

Hawthorn Solid Extract 2 fl oz

Hepacaps 90 Capsules

Hoxsey-Like Formula 2 fl oz

Kalmerite Glycerite 2 fl oz

Licorice Solid Extract 2 fl oz

Liquid Serenity 2 fl oz

Phytoest 2 fl oz

Phytoprogest 2 fl oz

Throat Mist 2 fl oz

Urinary Tract Formula 2 fl oz

Women's Menocaps 120 Capsules

XYMOGEN®

Product Name

5-HTP CR 60 Tablets

5-MTHF 60 Capsules

5-MTHF ES 60 Capsules

5-MTHF Plus B12 Cherry 30 Tablets

5-MTHF Plus B12 Cherry 60 Tablets

6 Day Detox Micro Kit

ActivEssentials™ 60 Packets

ActivEssentials™ for Women 60 Packets

ActivEssentials™ with Calcium 60 Packets

ActivEssentials™ with OncoPLEX™ & D3 60 Packets

ActivNutrients® 120 Capsules

ActivNutrients® 240 Capsules

ActivNutrients® Chewable Mixed Berry 120 Tablets

ActivNutrients® Chewable Mixed Berry 60 Tablets

ActivNutrients® Performance 120 Capsules

ActivNutrients® without Copper & Iron 120 Capsules

ActivNutrients® without Copper & Iron Multivitamin Powder Fruit Punch 60 Servings

ActivNutrients® without Iron 120 Capsules

ActivNutrients® without Iron 240 Capsules

ActivNutrients® without Iron 60 Capsules

Adeno+Hydroxo B12 Natural Fruit Punch Flavor 60 Tablets

Adrenal Essence® 120 Capsules

Adrenal Essence® 60 Capsules

Adrenal Manager™ 120 Capsules

Adrenal Manager™ 60 Capsules

Adrenaliv® 120 Capsules

Adrenaliv® 60 Capsules

AdrenaMax™ 120 Capsules

ALAMax™ CR 120 Tablets

ALAMax™ CR 60 Tablets

ALAMax™ Protect 120 Capsules

AllerDHQ™ 120 Capsules

AllerDHQ™ 60 Capsules

AngiNOX™ Orange 30 Servings

AngiNOX™ Orange 60 Servings

Appe-Curb™ 120 Capsules

Appe-Curb™ 240 Capsules

Ashwagandha 35 60 Capsules

ATP Ignite™ Citrus 30 Servings

ATP Ignite™ Mixed Berry 30 Servings

ATP Ignite™ Workout Mixed Berry 30 Servings

B Activ® 180 Capsules

B Activ® 90 Capsules

Benfotiamine 120 Capsules

Berbemycin 120 Capsules

Berberine 120 Capsules

Berberine with InSea2® 60 Capsules

BergaCor 30 Tablets

BergaCor 60 Tablets

BergaCor® Plus 60 Tablets

Bio C 1:1™ 90 Capsules

BrainSustain™ Creamy Chocolate 10 Servings

BrainSustain™ for Kids Vanilla Delight 15 Servings

BrainSustain™ Vanilla Delight 10 Servings

Buffered C Powder Fruit Punch 20 Servings

Calcium D-Glucarate 90 Capsules

Candidal™ 60 Capsules

CarniteX™ 60 Capsules

CheleX™ 120 Capsules

CholeRex™ 60 Capsules

CinnDromeX™ 120 Capsules

Cogniquil® 60 Capsules

ColonX™ 120 Capsules

ColonX™ 60 Capsules

CoQmax™ Omega 100 mg 60 Softgels

CoQmax™ Omega 50 mg 120 Softgels

CoQmax™ Omega 50 mg 30 Softgels

CoQmax™ Ubiquinol 200 mg 30 Softgels

CoQmax™ Ubiquinol 60 Softgels

Corticare B™ 120 Capsules

Corticare B™ 240 Capsules

Cortisolv® 120 Capsules

Cortisolv® 60 Capsules

CurcuPlex-95™ 120 Capsules

CurcuPlex-95™ 60 Capsules

D3 2000 120 Softgels

D3 2000 240 Softgels

D3 5000 180 Softgels

D3 5000 60 Softgels

D3 5000 90 Softgels

D3 Liquid 1 oz

D3 Liquid 2.03 oz

DHA from Algae 60 Softgels

DHEA Micronized 10mg 60 Tablets

DHEA Micronized 25mg 60 Tablets

DIMension 3® 120 Capsules

DIMension 3® 240 Capsules

DioVasc™ 60 Capsules

Drainage 1 oz

Femquil® 120 Capsules

FIT Food® Lean Collagen Mocha Latte 14 Servings

FIT Food® Lean Collagen Vanilla 14 Servings

FIT Food® Lean Complete Dutch Chocolate 10 Servings

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

FIT Food® Lean Complete French Vanilla 10 Servings

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

FIT Food® Lean Creamy Chocolate 10 Servings

FIT Food® Lean Vanilla Delight 10 Servings

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

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

FlashArrest® 60 Capsules

Folafy® ER 30 Tablets

Foundation Essentials 30 Packets

GarliX™ 90 Capsules

GastrAcid™ 180 Capsules

GastrAcid™ 90 Capsules

GI Balance 150 Capsules

GI Balance Powder Chai 14 Servings

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

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

GlutAloeMine® 30 Servings

GlutAloeMine® 60 Servings

Green Tea 600™ 60 Capsules

Hemp MonoPure® 30 Softgels

Hemp MonoPure® 60 Softgels

HistDAO™ 60 Capsules

HMB PRO 150 Capsules

Hormone Protect® 120 Capsules

Hormone Protect® 60 Capsules

I-Sight™ 60 Capsules

i5™ Creamy Chocolate 10 Servings

i5™ Energize Vanilla Latte 10 Servings

i5™ Vanilla Delight 10 Servings

IG 26 DF 120 Capsules

IG 26 DF 67.5 Servings

IG 26 Plus DF Vanilla 30 Servings

IgG 2000 CWP™ 120 Capsules

IgG 2000 CWP™ 25 Servings

IgG 2000 CWP™ 75 Servings

IgG Pure™ 15 Servings

Immune Essentials™ 45 Capsules

ImmunotIX 250™ 30 Capsules

ImmunotIX 500™ 20 Capsules

ImmunotiX 500™ 60 Capsules

Iron Glycinate 120 Capsules

K-Mg Citrate™ 60 Capsules

K2 Liquid 1 oz

K2-45 60 Capsules

K2-D3 10,000 120 Capsules

K2-D3 10,000 60 Capsules

K2-D3 5000 120 Capsules

K2-D3 5000 60 Capsules

L-Glutamine 85 Servings

L-Lysine 90 Capsules

L-Theanine 120 Capsules

L-Theanine 60 Capsules

Leptin Manager™ 30 Capsules

LipotropiX™ 120 Capsules

Liver Protect™ 120 Capsules

Liver Protect™ 60 Capsules

Magnesium Citrate 120 Capsules

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™ 60 Capsules

Mood Food™ ES 120 Capsules

Mood Food™ ES 60 Capsules

N.O.max™ ER 180 Caplets

NAC 120 Capsules

NAC 60 Capsules

Nattokinase 120 Capsules

Nattokinase 60 Capsules

NeuroActives™ BrainSustain™ 120 Capsules

NeuroActives™ BrainSustain™ 240 Capsules

NeurophX DPN® 60 Capsules

New Zealand Whey Protein Isolate 30 Servings

NiaVasc™ 120 Tablets

NiaVasc™ 360 Tablets

NiaVasc™ 750 120 Tablets

NiaVasc™ 750 60 Tablets

Nrf2 Activator™ 30 Capsules

Nrf2 Activator™ 60 Capsules

OlivDefense® 20 Capsules

Omega MonoPure® 1300 EC 120 Softgels

Omega MonoPure® 1300 EC 60 Softgels

Omega MonoPure® 650 EC 120 Softgels

Omega MonoPure® 650 EC 60 Softgels

Omega MonoPure® Curcumin EC 30 Softgels

Omega MonoPure® DHA EC 30 Softgels

Omega MonoPure® EPA EC 30 Softgels

Omega MonoPure® EPA EC 60 Softgels

OmegaPure 600 EC™ 120 Softgels

OmegaPure 600 EC™ 60 Softgels

OmegaPure 780 EC™ 120 Softgels

OmegaPure 820™ 120 Softgels

OmegaPure 900 EC™ 120 Softgels

OmegaPure 900 EC™ 90 Softgels

OmegaPure 900-TG™ 120 Softgels

OncoPLEX ES™ 60 Capsules

OncoPLEX™ 120 Capsules

OncoPLEX™ 30 Capsules

OptiCleanse® GHI Chai 10 Servings

OptiCleanse® GHI Creamy Chocolate 10 Servings

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

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

OptiCleanse® GHI Vanilla Delight 10 Servings

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

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

OptiCleanse® Plus Creamy Chocolate 10 Servings

OptiCleanse® Plus Vanilla Delight 10 Servings

OptiFiber® Lean 180 Capsules

OptiFiber® Lean 30 Servings

OptiMag® 125 120 Capsules

OptiMag® 125 240 Capsules

OptiMag® Neuro 90 Capsules

OptiMag® Neuro Lemon-Lime 60 Servings

OptiMag® Neuro Mixed Berry 30 Servings

OptiMag® Neuro Mixed Berry 60 Servings

OptiMag® Neuro Unflavored 60 Servings

OptiMag® Plus Calcium Pear 30 Servings

OptiMetaboliX™ 2:1 Vanilla Delight 10 Servings

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

Oraxinol™ 60 Capsules

OrganiX™ PhytoFood™ 30 Servings

OSAples MK-7™ 60 Packets

OSAples™ 60 Packets

Ossopan 1100™ 120 Capsules

Ossopan MD™ 120 Capsules

Ossopan MD™ 240 Capsules

PanXyme pH™ 180 Capsules

PanXyme pH™ 90 Capsules

PepciX™ 60 Tablets

PhosphaLine™ 100 Softgels

PhosphaLine™ Liquid 8 oz

PMS Soothe™ 60 Capsules

PrebioMax Natural Sour Apple 60 Tablets

Prenatal Essentials 150 Capsules

Probio Defense™ 84 Capsules

ProbioMax® 350 DF 15 Servings

ProbioMax® Complete DF 30 Capsules

ProbioMax® Daily DF 30 Capsules

ProbioMax® Daily DF 60 Capsules

ProbioMax® DF 30 Capsules

ProbioMax® IG 26 DF 120 Capsules

ProbioMax® Lean DF 30 Capsules

ProbioMax® Plus DF 30 Servings

ProbioMax® Sb DF 30 Capsules

Prostate FLO™ 60 Softgels

ProteoXyme™ 100 Capsules

Red Yeast Rice 30 Capsules

Red Yeast Rice 60 Capsules

RegeneMax® Liquid 1 oz

RegeneMax® Plus 120 Capsules

RegeneMax® Plus 60 Capsules

RelaxMax® Cherry 60 Servings

RelaxMax® Unflavored 60 Servings

Resveratin™ Plus 60 Capsules

S-Acetyl Glutathione 120 Capsules

S-Acetyl Glutathione 60 Capsules

Saccharomycin® DF 120 Capsules

Saccharomycin® DF 20 Capsules

Saccharomycin® DF 60 Capsules

Saloxicin™ 120 Capsules

SAM-e & TMG Lemon 30 Servings

SAM-e 30 Capsules

SynovX® Calm 60 Capsules

SynovX® DJD 120 Capsules

SynovX® Metabolic 30 Capsules

SynovX® Metabolic 60 Capsules

SynovX® Performance 60 Capsules

SynovX® Recovery 120 Capsules

SynovX® Relief 40 Softgels

SynovX® Tendon & Ligament 60 Capsules

T-150 120 Capsules

T-150 60 Capsules

TestoPlex™ Plus 120 Capsules

TestoPlex™ Plus 60 Capsules

UritraX™ 50 Servings

VegaPro™ 14 Servings

Viragraphis™ 60 Capsules

VitalVasc® 60 Capsules

Xcellent A 3000 60 Capsules

Xcellent A 7500 60 Capsules

Xcellent C™ 120 Capsules

Xcellent E™ 60 Softgels

XenoProtX™ 120 Capsules

XymoBolX™ Fruit Punch 30 Servings

XymoBolX™ Lemon 30 Servings

XymoDine™ 90 Capsules

XYMOGEN® Shaker Bottle 20 oz

XymoZyme® 120 Capsules

XymoZyme® 60 Capsules

Zinc Glycinate 120 Capsules

Yeouth

Product Name

Anti-Aging System Forties+ 8 Pack

Complete Anti-Aging System 5 Pack

Day/Night Cream 2 oz

Glycolic Acid 30% Gel Peel 1 oz

Hyaluronic Acid Plus 1 oz

Neck Firming Cream 2 oz

Pure Hyaluronic Acid 1 oz

Retinol Eye Cream 1 oz

Retinol Serum 1 oz

Vitamin C&E Serum 1 oz

Zahler

Product Name

AdultFocus 60 Capsules

Bone Gummies for Kids 60 Gummies

Chapter One Magnesium Apple 60 Gummies

Chapter One Magnesium Peach 60 Gummies

Chapter One Magnesium Raspberry 60 Gummies

ChildCalm 60 Chewable Tablets

Diabetter 120 Capsules

DMG 90 Tablets

Fiber Gummies for Kids 60 Gummies

Immunikids Liquid 8 fl oz

KidsActive Powder 30 Servings

Mighty Mini Prenatal+DHA 90 Softgels

Multivitamin Beauty 60 Capsules

Multivitamin Brainfood 60 Capsules

Multivitamin Immune 60 Capsules

Multivitamin One Daily 60 Capsules

Pantothenic Acid 120 Capsules

ParaGuard 4 fl oz

ParaGuard 90 Softgels

Prenatal+DHA 60 softgels

ProstAid+ 60 Softgels

PureWay-C 120 Capsules

StressMaster 120 Capsules

Vitamin D3 120 Capsules

Zinc Lozenges Elderberry Flavor 90 Lozenges

Zhang Health

Product Name

Allicin 60 Capsules

Circulation P 45 Capsules

Coptis 90 Capsules

HH-M Maximum STR 45 Capsules

ZyCal Bioceuticals

Product Name

Chondrinol® Advanced 400 30 Capsules

Gastrotene® 60 Capsules

Ostinol® Advanced 325 30 Capsules

Ostinol® Advanced 5X 60 Capsules

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