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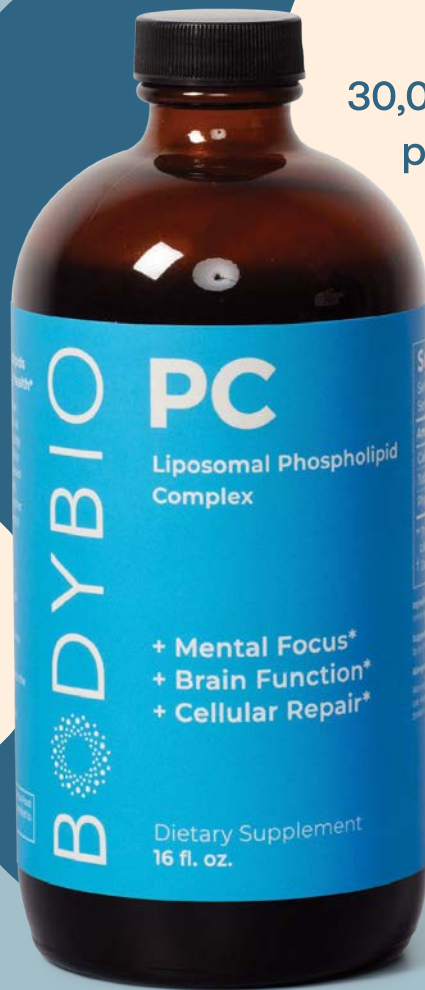


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Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate)	40 mg	44%	Chromium (as chromium nicotinate glycinate chelate) ^{S2}	85 mcg	243%
Vitamin D3 (cholecalciferol)	0.85 mcg (34 IU)	4%	Molybdenum (as molybdenum glycinate chelate) ^{S3}	5 mcg	11%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg	133%	Proprietary Phytonutrient Blend	346.5 mg	**
Thiamin (as thiamine mononitrate)	3 mg	250%	Green Coffee Bean Extract (<i>Coffea arabica</i>), Organic Maca (<i>Lepidium meyenii</i>) (root), Green Tea Aqueous Extract (<i>Camellia sinensis</i>) (leaf) (30% EGCG), Rhodiola Extract (<i>Rhodiola rosea</i>) (root) (3% rosalins), Milk Thistle Extract (<i>Silybum marianum</i>) (seeds) (30% silybins), Rosemary Extract (<i>Rosmarinus officinalis</i>) (leaf) (5% rosmarinic acid), Bitter Gourd Extract (<i>Momordica charantia</i>) (fruit), Artichoke Extract (<i>Cynara scolymus</i>) (leaf), Cinnamon 10:1 Aqueous Extract (<i>Cinnamomum cassia</i>) (bark) ^{S4} , Astaxanthin ^{S4}		
Niacin (as niacinamide and niacin)	10 mg	63%			
Vitamin B6 (as pyridoxal 5'-phosphate)	3 mg	176%			
Folate (as (6S)-5-methyltetrahydrofolic acid, glucosamine salt) ^{S1}	110 mcg DFE	28%			
Vitamin B12 (as methylcobalamin)	85 mcg	3,542%			
Biotin	170 mcg	567%			
Pantothenic Acid (as d-calcium pantothenate)	30 mg	600%			
Iodine (as potassium iodide)	15 mcg	10%			
Magnesium (as di-magnesium malate) ^{S3}	15 mg	4%			
Zinc (as zinc bisglycinate chelate) ^{S2}	2 mg	18%			
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—James Munro, ND



Dear Reader,

As we reflect on more than 20 years of being your partner in health and wellness, we are excited to begin a new chapter here at XYMOGEN. We have worked diligently over the past year to ensure we go beyond producing the high-quality, clean nutritional formulas you have come to trust. As the healthcare landscape has evolved, XYMOGEN is committed to progressing with it. We are dedicated to meeting people where they are in their healthcare journey and supporting them as they navigate the many choices they have to achieve better holistic wellness. In the next coming months, be on the lookout for XYMOGEN's updated look, innovative products, and additional educational opportunities



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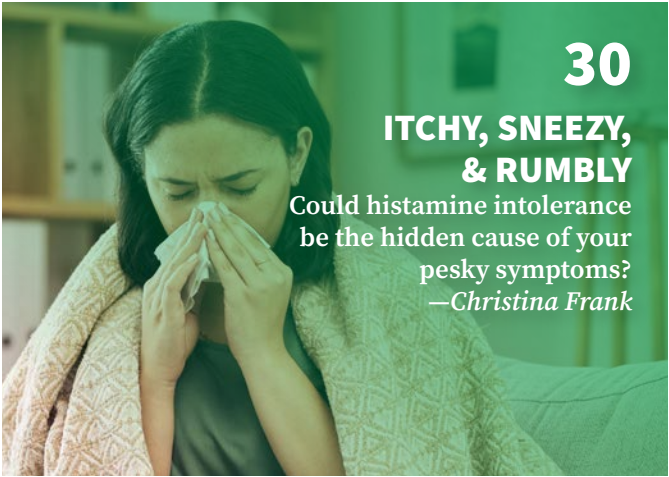
Sincerely,

Brian Blackburn, Sr.

CEO/Founder WholeScripts



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James Munro, ND

Coming of Age

I've said it once, and I'll say it again, aging is not for the faint of heart. According to the National Institutes of Health, after age 30, adults can lose between 3% and 8% of their muscle mass per decade. Personally, I want to do everything I can to reduce that loss. I work out daily, eat healthy, and drink plenty of water. I also do my best to maintain good sleep hygiene and avoid alcohol. What are you doing to manage your maturing muscles? Find out the three important facets of any health regime to help maintain or even build muscle mass as you age in "Stay Strong, Live Long" page 17.

On the topic of aging, hair loss or thinning is often expected with more trips around the sun. Yes, even for women. Actually, especially for women. As we age, our hormones change, and many women can experience hair loss. If you want to learn more about the different causes of this malady and the integrative and nutritional approaches available to deal with your diminishing 'do,' check out "Not Just For Men" page 37.

As a lifelong vegetarian and now an older one whose protein requirements have changed, I'm constantly checking the amount of protein in nearly everything I eat. But there's more to protein than just achieving the recommended daily allowance (RDAs). In Dr. James Munro's "Personalized



Protein Plan" page 8, you'll learn about complete proteins, essential amino acids, and how to find that protein sweet spot for your specific needs.

Whether you're under 30 or well over it, staying healthy and well is important at any age. I hope you find some helpful tips and tools in this issue of *WholeScripts Magazine* to help you do just that.

To your health,

Tarre Beach
Editor

Personalized Protein Plan

There are standard guidelines for how much protein you should consume. However, customizing your protein intake depends on many personal factors.

James Munro, ND

Q How do I know if I'm getting enough protein? How much is not enough? What is the best kind to eat?

A Protein is a vital component of life, essential for the structure, function, and regulation of all the body's tissues and organs. Proteins play a crucial role in building and repairing muscles, skin, and other tissues while supporting immune function, enzyme production, and hormone regulation. In the body, proteins act as enzymes that catalyze chemical reactions, as antibodies that protect against pathogens, and as signaling molecules that communicate between cells.

Proteins are composed of long chains of building block molecules known as amino acids. When we consume protein, it is broken down into individual amino acids in the gastrointestinal (GI) tract before it is absorbed into the bloodstream. The body then uses those amino acids to build the necessary proteins, which are essential for many bodily functions.

Not Getting Enough?

If we don't consume enough protein, the body cannot effectively maintain its systems, leading to a range of health issues. Symptoms can include swelling, fatigue, dry and flaky skin, brittle and thin hair, ridges in your nails, mood changes, hunger, constant sicknesses, slow healing injuries, and more serious issues like weak bones, increased risk of fracture, muscle weakness, and sarcopenia (muscle loss).

Just Right for You

There are many opinions on the optimal amount of protein to consume every day. Still, there are general guidelines that can hopefully help you determine what might be best for you. The recommended dietary allowance (RDA) for protein is 0.8 g per kilogram of body weight (or 0.36 g per pound). This is recognized as the absolute minimum amount needed per day to avoid developing the issues mentioned above. This means that a 150-pound person needs at least 54 g of protein per day to avoid symptoms of deficiency. However, some people may need much more than this, depending on their age, gender, health, activity level, and so on.

A common guideline recommends that between 10% and 35% of your daily calories should come from protein. Because 1 gram of protein provides 4 calories, for someone who eats 2,000 calories per day, this would equate to between 50 and 175 grams of protein per day. Active individuals looking to build muscle would likely





be at the top of that range, while less active individuals simply looking to maintain their current muscle mass may require a lower percentage.

Complete vs. Incomplete Proteins

Whether your protein should come from plant or animal sources remains hotly contested. However, what is not in question is that your body needs all of the essential amino acids (EAAs). The body uses 20 different amino acids, but nine are essential—we cannot make them and need to consume them. The other 11 nonessential amino acids can be produced in the body using the nine EAAs. Ideally, we consume a balance of all 20 amino acids; however, to avoid issues, we need to at least consume the nine EAAs.

A complete protein contains at least all nine essential amino acids, while an incomplete protein doesn't contain all nine. Most (but not all) animal proteins are complete proteins and contain many nonessential amino acids. Very few plant-based proteins are complete. This means you will likely have to combine different plant protein sources to ensure you consume all the EAAs. However

you decide to eat, you need to ensure you're consuming enough complete protein while also striving to consume a balance of all 20 amino acids.



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



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Neonatal Nutrients

What to eat when you're expecting.

Mary Gocke, RD, CDN

A woman's body is truly miraculous at supporting the needs of her developing fetus when she is pregnant. Her body prioritizes the fetus, sometimes at the expense of her own nutritional status. It is a remarkable sacrifice to ensure the fetus receives the necessary nutrients. However, this can lead to the depletion of nutrients if her diet does not include nutrient-dense foods and adequate supplements.

Several nutrients are crucial to support the health of both mother and child. Here is a list of some of the most important ones, their roles, and their food sources.

- **Folate**

Role: Essential for DNA synthesis and cell division. It helps prevent neural tube defects, such as spina bifida, and supports fetal brain and spinal cord development. Sources: Leafy green vegetables, citrus fruits, beans, nuts, and fortified cereals.

- **Iron**

Role: There is an increased need for iron to support the baby's blood supply. Iron carries oxygen via the blood to the fetus, which draws iron from the mother's bloodstream to meet its needs. The mother's body adjusts by increasing iron absorption from food and mobilizing her iron stores. If the mother's iron stores are low, she can develop iron deficiency anemia. Sources: Lean meats, beans, fortified cereals, spinach, and lentils.

- **Calcium**

Role: Vital for the development of fetal bones and teeth. It also supports the mother's bone health and muscle function. If mom does not eat enough calcium, this can affect her bone density over time. Sources: Dairy products, fortified plant-based milks, leafy green vegetables, and almonds.

- **Omega-3 Fatty Acids**

Role: Essential for the development of the fetal brain and eyes. Omega-3s also support overall fetal

growth and may reduce the risk of preterm birth. Sources: Fatty fish (such as salmon and sardines), flaxseeds, chia seeds, and walnuts.

- **Protein**

Role: Necessary for the growth and repair of tissues and the production of enzymes and hormones. Protein supports the development of fetal tissues and the placenta. Sources: Lean meats, poultry, fish, eggs, beans, and tofu.

Obviously, calorie needs are higher during pregnancy. An expectant mother should focus on getting her calories from eating nutrient-dense foods rather than just eating more. Examples of nutrient-dense foods that may be helpful during pregnancy include spinach and Greek yogurt.

Spinach is naturally rich in folate, iron, calcium, and vitamins to support fetal development, prevent birth defects, and boost the mother's potentially depleted stores of these nutrients, especially iron. Greek yogurt has twice the protein of regular yogurt. It is also high in calcium, potassium, phosphorus, and probiotics. Choose plain yogurt to avoid the added sugars.

Check out this delicious spin on a traditionally high-fat, high-sodium creamed spinach recipe. It's great for pregnant moms and anyone who wants a nutrient-dense spinach dish.





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—James Munro, ND
Medical Director and Senior Director of Innovation, XYMOGEN



Healthy Creamed Spinach With Greek Yogurt

Ingredients

12 oz fresh spinach, washed and dried
 8 oz plain Greek yogurt, strained
 4 tbsp extra virgin olive oil
 3-4 tbsp water
 2 tbsp lemon juice
 1 tbsp fresh dill, finely chopped
 1 tbsp scallion, finely chopped
 ¼ tbsp lemon zest
 3 cloves garlic, chopped
 ½ small red onion, minced
 Salt and pepper to taste

Instructions

1. In a bowl, whisk together the Greek yogurt, dill, lemon juice, and lemon zest. Add 3-4 tablespoons water to make the mixture a bit more runny, depending on how thick the yogurt is. Set mixture aside.
2. Heat the extra virgin olive oil in a large, non-stick pan over high heat.
3. Add the red onion and garlic, and drop heat to low. Cook until caramelized and golden.
4. Add the spinach in batches. Give the spinach a minute or two to wilt before adding another batch. Season lightly with salt and pepper.
5. Take pan off the heat. Stir in the Greek yogurt mixture.
6. Plate and grind fresh black pepper on top before serving.

Yield: 4 servings

Nutritional information (approximate):

Calories:	388
Protein:	18 g
Carbohydrates:	17 g
Fiber:	5 g
Fat:	29 g
Iron:	5 mg
Calcium:	335 mg
Folate:	36 mg



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

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Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

	Amount Per Serving	%Daily Value
<i>Bacillus subtilis</i> DE111 ^{S1}	18.2 mg (2 Billion CFU [†])	**
<i>Bacillus clausii</i> CS108 ^{S2}	9.1 mg (1 Billion CFU [†])	**
DuoPro ^{S3} Blend	2.9 mg (1 Billion CFU [†])	**
<i>Bacillus subtilis</i> Bss-19 ^{S3}		
<i>Bacillus coagulans</i> SANK 70258 ^{S3}		

** Daily Value not established.

Other Ingredients: Microcrystalline cellulose, capsule (hypromellose and water), ascorbyl palmitate, hydroxypropyl cellulose, and silica.

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STAY STRONG, LIVE LONG

A simple guide to keeping muscle mass as you age.

Christina Frank

Many individuals continue to demonstrate remarkable strength and stamina even into their 70s and 80s. What's their secret? You don't need to lift massive weights or run marathons to retain strength as you age. You need a resistance training program, a diet to help you retain muscle mass, and consistency. Studies have shown that keeping muscle mass as we age is vital, benefiting not just our physical health but also our overall well-being.

Shrinking Muscles: The Sarcopenia Saga

As we age, it's normal to experience a decrease in muscle mass, strength, and function, known as sarcopenia. This process can start as early as your 30s and continues at a rate of 3% to 5% per decade. It can lead to weakness, fatigue, and difficulty with daily activities such as standing, walking, and climbing stairs. Without strength training, people can lose up to 30% of their muscle mass between the ages of 50 and 70. After 70, the rate of muscle loss accelerates further, increasing the risk of osteoporosis, falls, and injuries. Muscles also have other benefits.

Muscles are so important to health that some experts consider the muscle system an organ. Muscles release myokines, which are signaling molecules that communicate with other organs in your body. This interaction helps regulate metabolism, reduce inflammation, and support immune function. It's easy to see that retaining

muscle mass can have positive effects far beyond just strength. In a manner of speaking, survivability is determined by muscle health. The good news is that you can slow down muscle loss, and it doesn't take superhuman effort or going to the gym seven days a week.

3 Ways to Power Up Your Muscles

Any program to retain or build muscle as you age has three important facets: progressive resistance training, consistency, and eating to build or retain muscle mass.

According to gerontologist Dr. Gabrielle Lyon on the "Doctor's Farmacy" podcast, "When we think about skeletal muscle, it's really important for exercise [and] performance—that's all the obvious. But where muscle really excels is its metabolic [role]. It is our metabolic currency. It cannot be bought or sold; it must be earned. You have direct input into the health and function of skeletal muscle."

Don't Resist Resistance Training

Researchers have been studying the effects of strength training for more than 40 years and have identified multiple ways it can benefit older adults. These benefits include maintaining muscle mass, improving mobility, and increasing the healthy years of life. Strength training helps maintain muscle mass and also supports overall health. It can improve balance and energy levels, making daily activities easier

*Story Continued on **page 19***



and more enjoyable.

Progressive resistance training (PRT) is the most effective way to maintain muscle mass, stimulate muscle growth, and help reverse muscle losses as you age. This involves gradually increasing the weight, repetitions, and sets of exercises as your strength improves. All resistance training involves exercises that require muscles to contract against resistance, such as weightlifting, using resistance bands, or performing bodyweight-bearing exercises like pushups and squats.

Key factors for an effective progressive resistance training program include:

Frequency: At least 2-3 times per week

Duration: Sessions lasting 40-60 minutes

Intensity: Moderate to high intensity

Progression: Gradually increasing weight or resistance over time

If you're able, include exercises that improve your balance. For example, standing while doing a shoulder press with dumbbells challenges your balance more than doing the same exercise seated. Include standing bodyweight exercises like single-leg balance and lateral leg raises.

New to resistance training? Consider meeting with an exercise physiologist, physical therapist, or athletic trainer. They can teach you the proper form to maximize the benefits of each exercise while avoiding injury. This will boost your confidence and comfort level in the gym or class. The real recipe for results involves consistency. If you start and stop, start and stop, results may evade you.

Consistency Is Muscle Magic

Maintaining an active lifestyle with regular movement, which includes both structured exercise and daily activities, is a powerful strategy for preserving muscle mass. Combining resistance training with aerobic exercises like walking can be particularly effective in preventing and reversing

sarcopenia. Regular exercise can also reduce the risk of chronic diseases, enhance mental health, and increase life expectancy.

Consistency is key! Try doing things that will help you establish a routine and accountability: Meet friends at the gym or for a class, arrange hikes with a partner, walk your dog on a schedule, take up a new sport, pay for a set of exercise classes upfront, or sign up for a challenge. Whatever it takes to keep you interested and committed. Additionally, to make the most of your new training routine, you have to eat in a manner that helps your body retain and build muscle. And remember, always check with your healthcare professional before beginning a new exercise routine.

Fuel Those Muscles

Proper nutrition, especially sufficient protein consumption, is crucial for maintaining muscle mass. A 2018 study published in *The Journals of Gerontology* detailed research on more than 2,900 seniors who were followed over a 23-year period. The researchers found that those who ate the most protein were 30% less likely to become functionally impaired than those who ate the least. Good protein sources include lean meats, poultry, fish, eggs, dairy products, lentils, and beans. Leucine-rich foods, such as whey protein, meat, fish, and eggs, are particularly beneficial.

The federal guideline for individuals aged 19 and older is 0.8 grams of protein per kilogram (0.4 grams per pound) of body weight. However, many nutrition experts believe this is much too low. After all, federal guidelines are generally established to prevent deficiency disease, not promote optimal health. Considering this, experts recommend doubling this amount (1.6 grams per kilogram or 0.8 grams per pound) at minimum. Some specialists in the field of longevity suggest striving for 1 gram of protein per pound of ideal body weight daily. Remember, it's best to distribute protein intake evenly across meals to maximize muscle protein synthesis.

It's important to note that, with age, protein digestion can be compromised. Your healthcare

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professional may recommend an easily digestible protein shake to help meet protein needs and/or a protein-enzyme supplement that will assist your body in breaking down and using protein. Other supplements that may improve muscle mass gains and help prevent sarcopenia include creatine, HMB (hydroxymethylbutyrate), and urolithin A.

Ensuring adequate vitamin D levels through sunlight exposure, diet, or supplementation is also critical. Vitamin D deficiency is linked to sarcopenia, and ensuring optimal vitamin D can help maintain muscle strength. More importantly, it can significantly reduce the risk of falls, a key concern for older adults.

These three components work synergistically to combat age-related muscle loss. Progressive resistance training provides the stimulus for muscle growth and maintenance, adequate protein intake supplies the building blocks for muscle tissue, and consistent physical activity helps maintain overall muscle function and prevents the “use it or lose it” effect associated with sedentary lifestyles. Remember, it’s never too late to start. By incorporating these strategies into your routine, you can enjoy a healthier, more active lifestyle well into your golden years.



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Supplement Facts

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Servings Per Container: 30

	Amount Per Serving	%Daily Value
Calories	10	
Total Carbohydrate	2 g	1%†
Magnesium (as di-magnesium malate) ^{S1}	75 mg	18%
myo-Inositol	2 g	**
Taurine	500 mg	**
GABA (gamma-aminobutyric acid)	100 mg	**
L-Theanine ^{S2}	50 mg	**

† Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Capsule (hypromellose and water), hydroxypropyl cellulose, ascorbyl palmitate, and silica.

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OncoPLEX™ Plus Myrosinase features broccoli seed extract enhanced with myrosinase, the enzyme that promotes the conversion of naturally occurring glucoraphanin in broccoli to sulforaphane (SFN). A potent activator of antioxidant activity, healthy cell-life cycles, and the production of detoxification enzymes, SFN is linked to the many health benefits associated with cruciferous vegetables.*

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

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

Amount Per Serving %Daily Value		
Vitamin C (ascorbic acid)	100 mg	111%
Glucoraphanin (from broccoli extract)(<i>Brassica oleracea italica</i>)(seed) ^{S1}	30 mg	**
Myrosinase (from mustard powder)(<i>Sinapis alba</i>)(seed)	170 mg (17 U)	**

** Daily Value not established.

Other Ingredients: Capsule (hypromellose and water), microcrystalline cellulose, ascorbyl palmitate, and silica.



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Back to Basics

Keeping your spine loose and limber can help you stay on course with your fitness routine

Sarah Blackburn King, PES, GPTS, FMCHC

Maintaining a healthy back is essential for making gains in your fitness regime and also for your overall quality of life.

According to UCLA Health, proper sitting and regular standing are important to back health. No matter how comfortable you are sitting, prolonged, static posture is not good for your back. Sedentary workers should stand, stretch, and walk at least a minute or two every half hour.

Always make sure that when you are lifting something heavy, including dumbbells, your children, or your groceries, you do it correctly. Bend your knees and keep your back straight; engage your core to support your spine. Never hold your breath while lifting; remember to pivot, and don't twist. That means you should turn with your feet, not your back. Following these steps can help you avoid putting unnecessary strain on your back.

Aim for a healthy weight. Being overweight can make you susceptible to many health issues, including chronic back pain.

Regular stretching may help prevent back problems and injuries, improve mobility, and promote good posture.

Here are some useful stretches you can incorporate weekly to ensure your back stays in good shape.

1. Cat-Cow Stretch

- Begin on all fours, with your wrists stacked directly under your shoulders and knees under your hips.
- Inhale, arch your back, and lift your head and tailbone toward the ceiling.



- Exhale, round your back, and tuck your chin to your chest.
- Repeat these two positions for 30-60 seconds.

2. Child's Pose

- Start on all fours, then sit back on your heels while extending your arms forward. Tuck your chin to your chest and press your palms into the ground.
- Hold for 30 seconds to 1 minute while performing deep breaths.

3. Spinal Twist

- Sit with your legs fully extended. Bend your right knee and place your foot outside your left thigh.
- Inhale, lengthen your spine, and exhale as you twist to the right, placing your left elbow outside your right knee.
- Hold for 20-30 seconds, then switch sides.

4. Standing Forward Bend

- Stand with your feet shoulder-width apart.
- Inhale, raise your arms overhead, hinge forward at the

hips as you exhale.

- Let your head hang and hold your elbows.
- Hold for 20-30 seconds.

5. Figure 4 Stretch

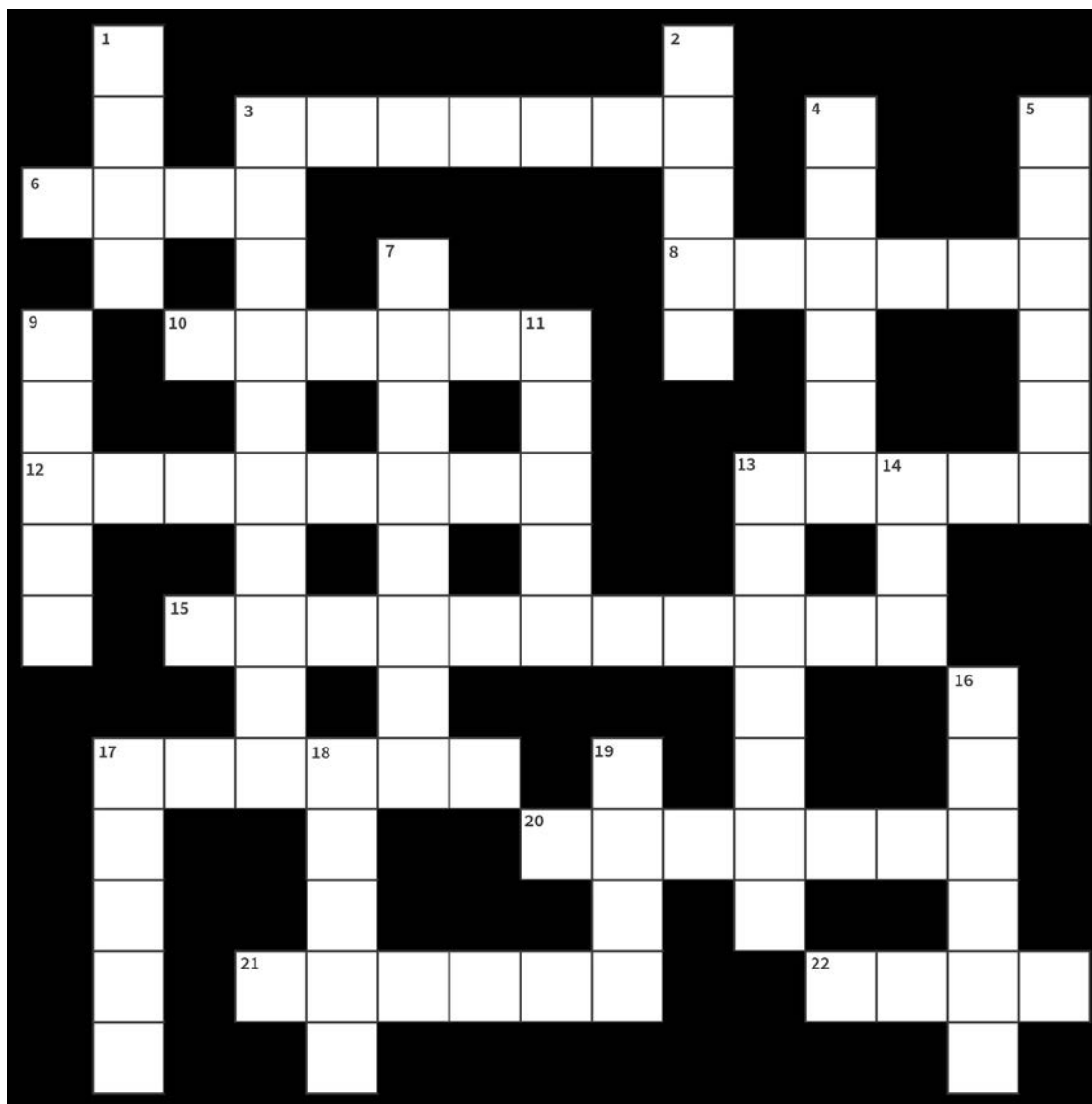
- Lie on your back and place your right ankle over your left knee.
- Grab the back of your left thigh and gently pull it toward you.
- Hold for 20-30 seconds, then switch legs.



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

Crossword Puzzle

Stone, Bone, and The Stuff You Comb



Down

1. The stuff you comb
2. "In the ___ of it" (deeply involved)
3. Loss of muscle mass
4. Sculptor's rock
5. XYMOGEN line of formulas for joint health
7. Cruciferous veggie
9. Woven hairstyle
11. Clean ____ (start afresh)
13. Ratio of mass to volume
14. Golf ball supporter

16. Ringed folder
17. Smooth and sleek
18. Genetic attribute
19. Prenatal mineral

Across

3. Popeye's fuel
6. Typographer's unit
8. Element one used to copy
10. To get a run/basket/goal
12. Cause of hair loss for some
13. Purifying treatment

15. Inability to endure something
17. Lacking in motion, action, etc
20. Body-building nutrient
21. "Hair-raising" B7 vitamin
22. Show off your biceps

Answers found on **page 41**

A WINNING TEAM

When glucoraphanin is combined with myrosinase, antioxidant activity is extended and absorption is enhanced.*

“Eat your broccoli!” This is a mantra most of us have heard at some point in our lives. And for good reason. The regular intake of cruciferous vegetables, such as broccoli, is linked to good health, and that’s primarily because of its glucoraphanin content. OncoPLEX™ Plus Myrosinase is packed with glucoraphanin, providing 30 mg per capsule. When you consume glucoraphanin, your body breaks it down in your digestive tract to sulforaphane—a compound with excellent antioxidant and detoxification benefits that helps keep your cells functioning well and healthfully.*

OncoPLEX Plus Myrosinase is so comprehensive because it provides the enzyme (myrosinase) that helps convert glucoraphanin to sulforaphane. Why? Because your body’s conversion of glucoraphanin to sulforaphane may not be optimal, we want to be sure you get all the benefits of the glucoraphanin you consume. The addition of myrosinase has been shown to enhance the absorption of glucoraphanin by up to 40%.

Why OncoPLEX Plus Myrosinase?

- Features an ideal 4:1 ratio of glucoraphanin to myrosinase
- Contains 30 mg of concentrated glucoraphanin from broccoli seed extract in each vegetarian capsule
- Each capsule also holds 170 mg of myrosinase derived from mustard seed powder, a naturally rich source of myrosinase with proven glucoraphanin-converting power
- Provides vitamin C, a critical cofactor for the myrosinase enzyme

- Adding myrosinase and vitamin C to glucoraphanin promotes maximum bioavailability of sulforaphane*

Benefits

- Supports healthy cell-life cycles*
- Supports phase II detoxification enzymes*
- Supports extended antioxidant activity*
- Myrosinase promotes conversion of glucoraphanin to sulforaphane*

OncoPLEX Plus Myrosinase aims to provide your body with sulforaphane, which acts like a superhero, helping your cells stay healthy and fighting off toxins in your body. For instance, it activates a special team of your body’s long-lasting antioxidant enzymes, like glutathione and superoxide dismutase, which not only have antioxidant activity themselves but are also thought to participate in the recycling and maintenance of vitamins A, C, and E. Sulforaphane also tells your body to make detoxification enzymes, which help your liver clean up harmful substances.*

To ensure we get enough sulforaphane, we can eat many foods like broccoli. We can also use the extra help of a supplement. But why not take sulforaphane directly? Because it’s very unstable. Sulforaphane is meant to be produced within the body. So taking its precursor, glucoraphanin, and adding in vitamin C and myrosinase—which is like glucoraphanin’s sidekick—gives you a winning team to help your body get the very most sulforaphane benefits.*



Itchy, Sneezzy, & Rumbly

Could histamine intolerance be the hidden cause of your pesky symptoms?

Christina Frank

Have you ever experienced recurring symptoms, such as headaches, itchy skin, or digestive system upset, that don't seem to have a distinct cause? Or maybe you feel like your body is reacting to everything. It's time to consider that you may be dealing with something called histamine intolerance. While histamine intolerance is not a well-known condition, it's a real thing that can cause many annoying symptoms. Let's dive in and find out more about histamine intolerance and how you and your healthcare provider might be able to address your symptoms.

What Is Histamine?

Histamine is an important chemical messenger made by your immune system. It sits inside immune cells and is released in response to a trigger, such as exposure to a foreign invader (e.g., parasite). As part of immune function, histamine makes blood vessels leaky, allowing white blood cells and other protective substances to reach the invader. This is great for defending the body against infection but not so great when your body is reacting to an allergen.

In allergies, the immune system is trigger-happy and mistakenly attacks harmless things like peanuts, pollen, or pet dander. In an allergy situation, histamine's effects on blood vessels cause watery eyes, a stuffy nose, and swelling in different parts of the body. Histamine also irritates nerves, causing itching. Food allergies can upset the digestive system and tighten muscles in the lungs, making it hard to breathe.

Although histamine is mainly known for its role in causing allergy symptoms, it also has important roles in other parts of the body. For instance, in the brain, histamine acts as a neurotransmitter to help regulate the sleep-wake cycle (this is why antihistamines tend

to make people sleepy), and in the stomach, histamine triggers the release of gastric acid.

Now that we know that histamine is an important part of your immune system, it's responsible for allergy symptoms, and it has essential roles in other parts of the body, let's look at what happens when the body becomes overwhelmed by exogenous (outside the body) sources of histamine.

What Is Histamine Intolerance?

Aside from your body producing histamine, it is also found naturally in many beverages and food items. When levels of histamine building in the body outpace your body's ability to break it down, histamine accumulates, and intolerance can result.

People with histamine intolerance—up to 3% of the population or more by some estimates—can feel like they are reacting to everything because their overabundance of and sensitivity to histamine is tipping the scales toward histamine symptomatology. It can be difficult to diagnose histamine intolerance because symptoms can be very similar to other conditions, like immunoglobulin-E (IgE)-mediated food allergies, irritable bowel syndrome, and gluten sensitivity. So always talk with your healthcare professional and explore other possible causes of your symptoms. That said, common symptoms of histamine intolerance include:

- Bloating
- Edema/Puffiness
- Digestive system issues
- Migraines or other headaches





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- Runny or stuffy nose
- Wheezing
- Shortness of breath
- Watery eyes
- Itchiness
- Rash or hives
- Skin flushing
- Low blood pressure
- Irregular or fast heart rate
- Anxiety
- Painful periods
- Brain fog
- Disrupted sleep

Luckily, there are several strategies to help lower your histamine load and keep histamine levels in check. Some of the easiest and best methods include dietary changes, supplementing with diamine oxidase, and taking steps to improve your gut health.

Histamine Happy Eating Hacks

Diet is the biggest contributor to histamine intolerance. This is because most foods and beverages contain dietary histamine, which adds to your histamine load. Some foods also trigger the release of histamine. Even foods typically considered very healthy can be problematic because of the amount of histamine they contain or produce. Foods and beverages are often categorized into foods to avoid, foods to limit, and foods to include.

First things first, try to avoid high-histamine foods, including wheat, aged cheeses, leftover foods (as foods age, their histamine content increases), fermented alcohol, fermented foods, soured foods, smoked meats or fish, cured meats, shellfish, spinach, tomatoes, eggplant, avocados, teas (black, mate, green), kombucha, dried fruits, and vinegar.

Also, limit your intake of foods that trigger the release of histamine (aka “histamine liberators”), such as alcohol, bananas, beans, papaya, citrus fruits, nuts, pineapple, and chocolate.

You can also work at increasing foods and herbs that are low in histamine or have natural antihistamine effects. These include fresh meats and fish, non-citrus fruits, gluten-free grains, non-dairy milk alternatives, coconut oil, olive oil, eggs, garlic, onions, fresh vegetables (except nightshades), ginger, turmeric, butterbur, quercetin, and peppermint.

A low-histamine diet isn’t intended to be permanent. The goal is to get histamine levels under control. From there, you can work with a nutritionist or other healthcare professional to manage dietary histamine, potentially providing relief from your symptoms. Your healthcare professional may also suggest an enzyme supplement to help your body break down histamine.

Diamine Oxidase to the Rescue!

Diamine oxidase (DAO) is the enzyme that breaks down histamine in the body. People with lower levels of DAO tend to have higher histamine levels and may be more likely to develop histamine intolerance. According to Will Bulsiewicz, MD, on the “ZOE Science & Nutrition Podcast,” DAO is our “histamine shield...so someone with histamine intolerance could have impaired DAO activity.”

A study published in the *International Journal of Immunopathology and Pharmacology* showed that 10 of 14 people who visited an allergy clinic had low DAO activity. Thirteen of these people reported an improvement in at least one of their symptoms after DAO supplementation. The researchers concluded that in patients with symptoms triggered by histamine-rich food, measuring DAO activity can help identify subjects who can benefit from a low-histamine diet and/or DAO supplementation.

What might cause low DAO levels? Aside from genetics and certain medications, including proton pump inhibitors (e.g., antacids and other heartburn relievers) and NSAIDs (e.g., acetaminophen and ibuprofen), much of the answer may have to do with gut health.

*Story Continued on **page 34***

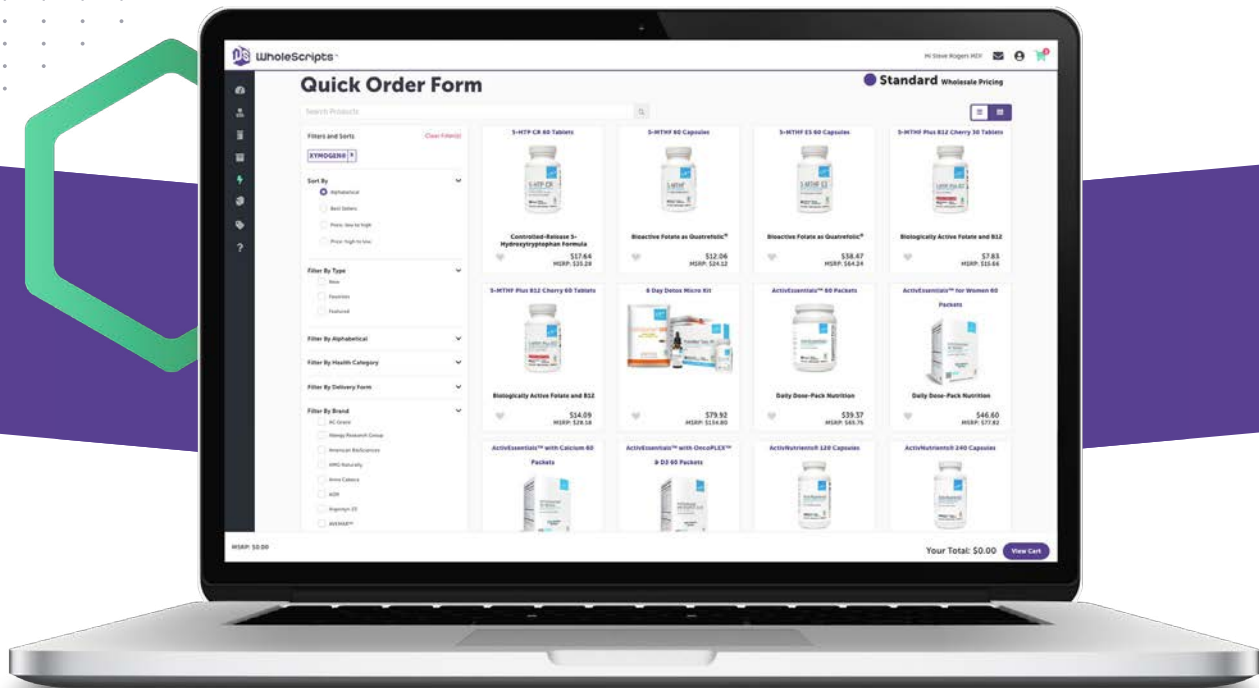
Good Gut, Goodbye Histamine

DAO found in the gut can be negatively impacted by inflammation or disruptions in the gut barrier, which keeps intestinal contents inside the gut and prevents them from entering the bloodstream. An unhealthy gut environment may lead to reduced DAO activity as well as a “leaky gut,” which allows dietary histamine to enter the bloodstream and spread throughout the body. Too many “bad” bacteria (dysbiosis) in the large intestine can also decrease DAO activity and increase histamine production.

Your diet is the key to promoting gut health. In general, avoid highly processed foods and vegetable oils, and consume a healthy and balanced, fiber-rich diet that includes low-histamine foods and beverages. Additionally, supplementation with herbal antimicrobials, such as berberine, oregano oil, or allicin from garlic, along with probiotics, short-chain fatty acids, and L-glutamine, can further support a healthy gut environment and a better balance of gut bacteria.

A personalized approach to histamine intolerance and management can significantly impact those suffering from symptoms. Talk to your healthcare professional if you suspect histamine intolerance. Through a health history, low-histamine diet, and lab testing (e.g., DAO, histamine), they can help identify if you may be experiencing histamine intolerance and support you on the path to eliminating itchy, sneezy, and rumby symptoms and return to feeling good.





What Is WholeScripts?

Powered by XYMOGEN®, WholeScripts is a site for ordering XYMOGEN formulas and select other professional-grade nutritional and herbal supplements. Introduced by XYMOGEN to make whole health care a whole lot easier, WholeScripts encompasses the strategic alignment of our manufacturing and fulfillment departments, enhanced infrastructure, and upgraded software technologies. In short, expect an exceptional ordering experience and mutual growth potential!

Why WholeScripts?

Everyone is striving for good health. And for decades, integrative medicine's approach to nutritional supplementation has contributed to that shared goal. Through WholeScripts, XYMOGEN aims to strengthen and support the patient-practitioner relationship by offering a straightforward pathway to high-quality nutritional supplements for better health. Here are just a few ways our new, integrated platform will help you support your patients, streamline administrative processes, and grow your business!

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Scheduling**

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Not Just for Men

When it comes to hair loss, women suffer too. Why does this happen, and what integrative healthcare tips can help?

If you're a woman and you've noticed more hair in your hairbrush or your ponytail feels a little thinner than it used to, know you are not alone. According to UCLA Health, by age 50, up to 40% of women will have noticeable hair loss. There are several different causes for hair loss in women, and you can do many things to help support your hair health.

Androgenetic Alopecia

The most common cause of hair loss in women is female pattern hair loss (FPHL), also known as androgenetic alopecia. This condition is caused when an overabundance of androgens (male hormones) causes hair follicles to shrink—a process called follicle miniaturization—and hair strands shorten, become thinner, weaker, and break more easily. Unlike male pattern hair loss, which usually appears as an M or U shape, with more hair loss at the temples and front hairline, women often notice their center part getting wider and may resemble a Christmas tree shape.

Also, as women age, their estrogen and progesterone levels drop. Because these hormones bind hair follicle receptors, the reduction of them can result in thinner hair that sheds easily. Post-menopausal women have the highest incidents of androgenetic alopecia, but younger women can also have this type of hair loss. Risk factors for younger women to develop FPHL include hormonal

changes, pregnancy, menstrual irregularity or heavy menstrual periods, unmanaged stress, oral contraceptives, and other medications with a side effect of hair loss.

Excessive Hair Shedding

Typically, healthy women of childbearing age shed approximately 50-100 strands of hair a day. Excessive hair shedding or losing up to 300 strands a day is categorized as telogen effluvium (TE). This condition occurs when large numbers of follicles on the scalp enter the resting phase of the hair growth cycle, called telogen, but the next growth phase doesn't begin. This causes hair to fall out all over the scalp without new hair growth.

TE is typically triggered by a medical event or condition. These triggers can include a thyroid imbalance, childbirth, surgery, or a fever. Additionally, TE may occur as a result of a vitamin or mineral deficiency or stopping birth control pills.

TE does not generally lead to complete baldness and may be temporary. For example, if you recover from the illness or stop taking the medication that caused the hair loss—your hair should grow back within approximately six months after the triggering incident. TE is considered chronic if hair loss lasts longer than six months.

The exact prevalence of TE is unknown, but it's considered common. According to Dr. Michele

Green, a dermatologist specializing in hair loss, about 40%-50% of women experience postpartum TE, and those who do can expect their hair to grow back within 6-15 months after giving birth. However, if it does not grow back in that timeframe, there may be a different cause for the hair loss, and a healthcare professional should be seen to help determine the cause.

Traction Alopecia

Women may sometimes lose their hair not because of hormones, genetics, or illness but because of chemical hair treatments or hair styling (such as tight braids). Supermodel Tyra Banks famously shed light on how decades of chemically relaxing and tightly braiding her hair caused her hair loss. The Hair Care Assessment Survey, performed by the Henry Ford Hospital Department of Dermatology Multicultural Dermatology Center in 2014, found that 50% of Black women surveyed experienced excessive hair loss. That is 10% higher than the national average for all women.

Treatment for Your Tresses

Depending on the cause of your hair loss, there are different ways to fight back. A recent *Harvard Health* article lists topical and oral minoxidil (Rogaine®), low-level laser therapy (LLLT), also called red light therapy (RLT), diet, stress reduction, nutritional supplements, and ceasing chemical hair treatments and/or severe styling as effective treatments for women's hair loss.

Eat Your Way to Better Hair

One way to tackle hair loss or thinning is by ensuring you get enough protein, especially if you're vegetarian or vegan. According to the Cleveland Clinic, women should aim to get 40-60 grams of protein a day. It is also recommended that women follow a Mediterranean diet, which provides essential nutrients and minerals that may help minimize hair loss. Additionally, a careful review of bloodwork is important to rule out any nutritional deficiencies. Not getting enough iron, vitamin D, biotin (vitamin B7), vitamin b12, or folate are known to disrupt hair follicle function.

A 2023 study published in *Clinical, Cosmetic and Investigational Dermatology* discusses many integrative therapeutic approaches for androgenetic alopecia.

For example, the study found that supplementation of vitamins E and C increased hair density and thickness in women, and eating foods with high probiotic profiles, such as kimchi, may increase blood flow to hair follicles.

Integrative Help for Hair Loss

Dr. Michelle Green, a dermatologist specializing in treating hair loss, says there are many integrative ways to fight hair loss. One of her most exciting integrative treatments is platelet-rich plasma (PRP).

"PRP has been a game changer for many of my patients. It is a nonsurgical, holistic approach that uses the body to heal itself," Dr. Green says.

PRP therapy for hair loss takes a patient's own blood, isolates the platelet-rich plasma in that blood, and then injects it into areas of the scalp where hair is thinning or lost. PRP contains a high concentration of growth factors, which stimulate the proliferation phase of the hair follicle, promoting hair growth and increasing hair density in most patients.

This treatment can be pricey, ranging from \$1,500-\$3,500 for the first three to four rounds, and ongoing or maintenance treatments are usually needed. Each patient is different, but you can expect a typical course of PRP for hair restoration to be three to eight treatments spaced four to six weeks apart; maintenance treatments will usually be every four to six months.

LLLT for hair loss uses a specific wavelength of laser light to stimulate hair growth. The mechanism of action in LLLT is not fully known; however, the most widely accepted hypothesis is that it increases tissue oxygenation, which can lead to increased growth factors, thus activating hair growth. LLLT treatment for hair loss typically involves 10- to 20-minute sessions two to three times a week for several months. The cost can range between \$200-\$500 per session at a clinic or \$500-\$2,000 for an at-home device.

Supplementing Your Strands

Today's market is filled with nutritional supplements that tout hair restoration. Many include ingredients such as saw palmetto, ashwagandha, curcumin,

hydrolyzed marine collagen type I & III, tocotrienol/tocopherol complex, horsetail, amino acids, piperine, maca, astaxanthin, Japanese knotweed, hyaluronic acid, and biotin. These are thought to affect androgens (hormones that contribute to hair loss), lower cortisol levels, reduce inflammation, promote homeostasis, and maintain collagen stores, among other things, to help reduce hair loss/thinning and/or regrow hair.

A recent study published in the *Journal of Cosmetic Dermatology* reported that women aged 40-65, with self-perceived hair thinning, who took daily supplements, including many of those mentioned above, had a statistically significant increase in hair count and a decrease in hair shedding.

Because the causes of hair loss in women are varied, treatments and results of those treatments will be as well. As always, you should consult with a qualified healthcare practitioner before undergoing any treatment, changes to your diet, or starting or stopping a supplement protocol.



The Ultimate Immune Support Suite

Quicksilver Scientific's Immune products provide potent blends of vitamins and nutrients designed to rapidly bolster your immune system, helping to aid against seasonal threats. Our advanced liposomal delivery system ensures maximum absorption, giving your body the support it needs to stay healthy and resilient.



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TAKE A HIKE TOXINS

From begone days to the here and now.

1550 BCE

Enemas are prescribed in the Egyptian medical scroll *Eber Papyrus* to rid the body of illness and promote overall health.

3000 BCE

Ayurvedic medicine's *Panchakarma* is a five-step detoxification process using laxatives, vomiting, enemas, blood-letting, and inhalation of oils and fumes to achieve health.

475-221 BCE

The *Yellow Emperor's Classic of Medicine* outlines how acupuncture, cupping, steam, fasting, herbs, and other treatments can heal and remove harmful substances from the body.



600 BCE

Clay, Epsom salt, and herbs are used in ancient Greek steam baths to cleanse the body of impurities.



Early 19th century

Scottish physician William Arbuthnot Lane performs colectomies to cleanse patients diagnosed with autointoxication, an illness some doctors claim is caused by a clogged colon.



1908

German naturopath Arnold Ehret's health sanitarium features body and mind detoxification through fasting, laxatives, and following his Mucusless Diet Healing System.

1941

Stanley Burroughs creates the Master Cleanse or lemonade diet, which he says eliminates toxins, helps you lose weight, and live longer. Many Hollywood celebrities endorse his method.

2006

A small study finds the Hubbard Sauna Detox Protocol, which includes physical exercise and nutritional supplementation, helped 9/11 first responders improve their overall health.

2015

A scientific review finds foods and supplements, such as cruciferous vegetables, resveratrol, fish oil, quercetin, and lycopene, may support and/or modulate detoxification functions.

2014

Gwyneth Paltrow's *Goop* extolls the virtues of ingesting activated charcoal as one of the best ways to cleanse and detoxify the body.

goop

Wellness Words Answers

Down

1. Hair
2. Thick
3. Sarcopenia
4. Marble
5. SynovX

7. Broccoli
9. Braid
11. Slate
13. Density
14. Tee

16. Binder
17. Silky
18. Trait
19. Iron

Across

3. Spinach
6. Pica
8. Carbon
10. Score
12. Alopecia
13. Detox

15. Intolerance
17. Static
20. Protein
21. Biotin
22. Flex

WholeScripts Product List

AC Grace

UNIQUE E High Delta Select Tocotrienols 90 Softgels

UNIQUE E High Gamma Mixed Tocopherol 180 Softgels

UNIQUE E Natural Moisturizing Cream Coconut 2 fl oz

Allergy Research Group

200 mg of Zen 120 Capsules

Adrenal Cortex 100 Capsules

ALA Release 60 Tablets

Artemisia 100 Capsules

Artemisinin 300 Capsules

Artemisinin 90 Capsules

B12 Adenosylcobalamin 60 Lozenges

Biofilm Neutralizer 60 Capsules

ButyrEn 100 Capsules

Cat's Claw 60 Capsules

HiBiotin 90 Capsules

Humic-Monolaurin Complex 120 Capsules

Lumbrokinase 30 Capsules

Magnolia Extract 120 Capsules

Mastica® 120 Capsules

Melatonin 20 mg 60 Capsules

Micro Liposomal C 4 fl oz

N-Acetyl Glucosamine 90 Capsules

Ox Bile 500 mg 100 Capsules

Pancreas 60 Capsules

Pantothenic Acid 90 Capsules

Pregnenolone 50 mg 60 Tablets

ProGreens® 30 Servings

Quercetin Bioflavonoids 100 Capsules

Stabilium® 200 Garum 30 Capsules

Taurine 500 mg 100 Capsules

Thymus Natural Glandular 75 Capsules

Thyroid 100 Capsules

Thyroid Nutrition with Iodoral® 60 Tablets

TMG Trimethylglycine 100 Capsules

Tricycline® 90 Capsules

VascuStatin Formula 120 Capsules

Vitamin E Succinate 100 Capsules

Zen Adapt with Sensoril® 60 Capsules

Zen Sleep with P5P and 5-HTP 60 Capsules

Zinc Citrate 25 mg 60 Capsules

Zinc Picolinate 60 Capsules

American BioSciences

CholestSolve 24/7® 120 Tablets

ImmPower ER® 60 Capsules

Metatrol PRO® 60 Capsules

AMG Naturally

Better Body Butter 2.8 oz

Dead Sea Mud Mask 2 oz

Anna Cabeca

Julva® Pro 1 oz

Mighty Maca® Plus 60 Servings

AOR

benaGene™ 30 Capsules

Hydroxy B12 - 1 mg 60 Lozenges

Ortho Sleep™ 60 Capsules

P.E.A.k. Endocannabinoid Support 90 Capsules

Peak K2 90 Capsules

Probiotic 3 90 Capsules

R-Lipoic Acid 300 mg 60 Capsules

Strontium Support II 60 Capsules

Argentyn 23

Bio-Active Copper Hydrosol 16 fl oz

Bio-Active Copper Hydrosol 8 fl oz

Pro Bio-Active Silver Hydrosol 23 ppm Dropper 2 fl oz

Pro Bio-Active Silver Hydrosol 23 ppm Economy Size Screw Top 16 fl oz

Pro Bio-Active Silver Hydrosol 23 ppm Fine Mist Spray 2 fl oz

Pro Bio-Active Silver Hydrosol 23 ppm Screw Top 4 fl oz

Pro Bio-Active Silver Hydrosol 23 ppm Travel Size Fine Mist Spray 1 fl oz

Pro Bio-Active Silver Hydrosol 23 ppm Twist Top 8 fl oz

Professional First Aid Gel 1 fl oz

Sinus Relief 1 fl oz

Sinus Relief 2 fl oz

Atrantil

Atrantil 90 Capsules

Atrantil PRO 90 Capsules

AVEMAR™

AVEMAR™ 300 Tablets

AVEMAR™ AWGE 30 Sachets

AVEMAR™ Stevia Natural Plant Based 30 Sachets

Avior

Myetin 60 Chewable Tablets

Real NAD+ 60 EZ Melt Tablets

Ayush Herbs

AdrenOm 90 Capsules

Adult Ashwagandha Drops 2 fl oz

Adult Trifal Drops 2 fl oz

Amla Plex 30 Servings

Arjuna Heart 90 Capsules

Ayu-Dep 60 Capsules

AyuPhos 90 Capsules

Bacopa Plus 90 Capsules

Bacopa Plus Kids Drops 2 fl oz

Boswelya Plus 90 Caplets

BronchoTone 90 Capsules

Carditone 60 Caplets

CoCurcumin 30 Servings

Flucomune 90 Capsules

High Omega-3 Fish Oil 60 Softgels

Kids Ashwagandha Drops 2 fl oz

Kids Trifal Drops 2 fl oz

KuffSoothe 8 fl oz

Macuna Plus 90 Capsules

Neem Plus 90 Capsules

Probiotic 100B 60 Capsules

Rentone 90 Caplets

Barlean's

Evening Primrose Oil 60 Softgels

Fresh Catch Fish Oil Orange Flavor 250 Softgels

Fresh Flax Oil 16 oz

Fresh Flax Oil 32 oz

Lignan Flax Oil 16 oz

Lignan Flax Oil 250 Softgels

Lignan Omega Twin 12 fl oz

Omega-3 Vegan Strawberry Banana Smoothie 16 oz

Seriously Delicious CLA Fresh Apple 16 oz

Seriously Delicious High Potency Omega-3 Citrus Sorbet 16 oz

Seriously Delicious High Potency Omega-3 Key Lime Pie 16 oz

Seriously Delicious MCT Oil Coconut 16 oz

Seriously Delicious Omega-3 Fish Oil Lemon Creme 16 oz

Seriously Delicious Omega-3 Mango Peach Smoothie 16 oz

Seriously Delicious Plant Based Total Omega Pomegranate Blueberry Smoothie 16 oz

Seriously Delicious Total Omega Orange Creme 16 oz

Seriously Delicious Total Omega Orange Creme 8 oz

BeeKeeper's Naturals

Bee Pollen 150 g

Kid's Throat Soothing 15 Lollipops

Kids Propolis Immune Support* 1.06 fl oz

Propolis + Vitamin C 12 Packets

Propolis Complete Gut Health 60 Capsules

Propolis Immune Support* 1.06 fl oz

Propolis Nasal Spray 1 fl oz

Propolis Sinus Support 60 Capsules

Propolis Soothing Lozenges Honey 14 Drops

Royal Jelly Brain Fuel 6 Pack

Superfood Honey 125 g

Superfood Honey 330 g

Bio-Tech Pharmacal

Lith-Oro 20 mg 100 Capsules

Biocidin

+DENTALCIDIN™ TOOTHPASTE 3 oz

Biocidin® 1 fl oz

Biocidin® 90 Capsules

Biocidin® LSF 1.7 fl oz

Biocidin® Throat Spray 1 fl oz

Bioclear® Microbiome Detox Program Kit

Biotonic 2 fl oz

Dentalcidin LS 1 fl oz

Dentalflora™ 30 Tablets

Dentalmin PRO™ 3.4 oz

G.I. Detox+ 60 Capsules

G.I. InnerCalm Lemon Ginger 30 Stick Packs

Olivirex® 60 Capsules

Proflora 4R 30 Capsules

Biogena

7-Salt Magnesium 60 Capsules

Chlorella Plus C 120 Capsules

Omega 3 Vegan DHA & EPA 450 GOLD 90 Capsules

Pycnogenol Superior 100 GOLD 30 Capsules

BioMatrix

Candid-X 90 Capsules

Est-Adapt 15 mL

Licorice Root Extract 2 fl oz

Para-X 90 Capsules

Pregnenolone 30 mL

Pro-Adapt 15 mL

Pylori-X 120 Capsules

BodyBio

Balance Oil 16 oz

Balance Oil 60 Softgels

Calcium / Magnesium Butyrate 100 Capsules

Calcium / Magnesium Butyrate 250 Capsules

E-Lyte 16 oz

Gut + Prebiotic + Postbiotic 30 Capsules

Liposomal Vitamin C 60 Capsules

Liquid Minerals 8 oz

PC 100 Softgels

PC 60 Softgels

PC Liquid 4 fl oz

PC Liquid 8 fl oz

Sodium Butyrate 60 Capsules

TUDCA 60 Capsules

Brain Bean

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

Detox Dharma Blend 18 Bags

Echinacea Elderberry Blend 18 Bags

Matcha Green Tea 18 Bags

Meditation Moment 18 Bags

Mushroom Wellness Blend 18 Bags

Reishi Mushroom Blend 18 Bags

Throat Bliss Blend 18 Bags

Get Back Into Circulation!

PoDiaPN®

**For Patients With Distinctive
Nutritional Requirements Related to
Diabetic Peripheral Neuropathy and
Its Vascular Complications**



PoDiaPN® is designed to meet the nutritional requirements associated with DPN and its vascular complications. Vitamins and nutrients address oxidant and inflammation pathways, homocysteinemia, and endothelial dysfunction and provide adjunctive support for protocols, including wound healing.



Carlson Labs

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

ACES+Zn 60 Softgels

Acetyl L-Carnitine 60 Capsules

Cal-600 100 Softgels

Chewable Calcium Citrate 120 Tablets

Cod Liver Oil Gems 100 Softgels

Cod Liver Oil Lemon Flavor 8.4 oz

Cod Liver Oil Minis 100 Softgels

Cod Liver Oil Natural Flavor 8.4 oz

DL-Phenylalanine 60 Capsules

Hi-Fiber 100 Capsules

Key-E Hand & Body Cream Unscented 2 oz

Kid's Vitamin C Gummies 60 Gummies

Kid's Vitamin D3 Gummies 60 Gummies

M-S-M Sulfur 90 Capsules

Taurine Powder 31 Servings

Clinical Synergy

ArteMax 60 Capsules

BreastDefend Professional 120 Capsules

Comprehensive Circulation Support 60 Capsules

GlyphoDetox Professional 60 Capsules

IonShield® 60 Capsules

Mycocutics Immune Max 180 Capsules

PADMA Basic Professional 180 Capsules

PectaSol Metal Detox 180 Capsules

PectaSol-C Professional 270 Capsules

PectaSol-C Professional 90 Servings

PectaSol-C Professional Chewable Tangerine Flavor 120 Tablets

PectaSol-C Professional Lime Flavor 30 Servings

PectaSol-C Professional Lime Flavor 90 Servings

RegeneRest 60 Capsules

Cognitive Clarity

Percepta Professional 60 Capsules

CuraLife USA

CuraLin 180 Capsules

Curalin 90 Capsules

CuraLin Starter Bottle 42 Capsules

CureSlim 120 Capsules

Davinci Labs

A.D.K 10 90 Capsules

A.D.K 60 Capsules

ALL-ZYME 90 Tablets

ALLER-DMG 60 Tablets

BioDIM COMPLEX 60 Capsules

Calm Fruit Punch 1 fl oz

CANDID-AWAY 90 Capsules

Chewable Kidbiotic Tropical Fruit 90 Tablets

Chewable Vitamin C Cherry 90 Tablets

CHOLESTSURE 90 Capsules

COENZYME Q10 CHEWMELT 100 mg 60 Tablets

COQ10 - DMG 300/300 Orange 60 Tablets

D3/K2 LIQUID 1 fl oz

DAILY BEST ULTRA 60 Capsules

DISC-DISCOVERY[®] 180 Tablets

Fizzy Mag 75 Servings

Focus Chewable Orange 90 Tablets

GLUCONIC[®] DMG 500 mg 60 Tablets

Glutathione 30 Capsules

GRAPEFRUIT SEED EXTRACT 400 mg 60 Capsules

HEALTHY EYES 90 Capsules

KiddOmega-3 Cherry Orange 40 Servings

LIPOSOMAL C 10.15 fl oz

LIPOSOMAL CITICOLINE 2 fl oz

LIPOSOMAL MELATONIN SPRAY 1 fl oz

MEGA PROBIOTIC ND 120 Capsules

Metabolic Multi 180 Capsules

Mightiest Vite[®] Fruit Punch 30 Servings

MILK THISTLE 90 Capsules

PROSTATE HEALTH 60 Capsules

Sleep Tight Citrus 1 fl oz

Sync Up Berry 2 fl oz

TRI-MAG 300 120 Capsules

Dr. Advantage

Macular Shield Plus Complete Multivitamin 120 Capsules

Dr. Capasso

Mitoblast 2 120 Capsules

Skin-Lasting Botanical Formula Spray 6 fl oz

Skin-Lasting Super Formula Spray 6 fl oz

Dr. Mercola

Berberine with MicroPQQ Advanced 30 Capsules

Biothin Probiotic 30 Capsules

Calcium with Vitamins D3 & K2 90 Capsules

Eye Support 30 Capsules

Fermented Beta Glucans 60 Capsules

Fermented Black Garlic 60 Capsules

Fermented Chlorella 450 Tablets

Full Spectrum Enzyme 90 Capsules

H2 Molecular Hydrogen 90 Tablets

Ketozyme 30 Capsules

Krill Oil 60 Capsules

Liposomal Vitamin C 180 Capsules

Liposomal Vitamin C 60 Capsules

Liposomal Vitamin C Citrus Vanilla 15.2 fl oz

Liposomal Vitamin C for Kids 30 Capsules

Magnesium L-Threonate 270 Capsules

Organic Astaxanthin 12 mg 90 Capsules

Organic Collagen from Grass Fed Beef Bone Broth 270 Tablets

Organic Ginkgo Biloba 30 Capsules

Organic Pine Bark Extract 60 Tablets

Organic Saw Palmetto 2 fl oz

Vitamin C-PAK[®] Orange Flavor 30 Servings

Vitamin C-PAK[®] with Quercetin Orange Flavor 30 Servings

Whole-Food Complex with added multivitamin 240caps

Zinc Plus Selenium 30 Capsules

Zinc Plus Selenium 90 Capsules

Drink LMNT

LMNT Recharge - Grapefruit Salt 30 Servings

LMNT Recharge - Watermelon Salt 30 Servings

LMNT Recharge – Citrus Salt 30 Servings

LMNT Recharge – Orange Salt 30 Servings

LMNT Recharge – Raspberry Salt 30 Servings

LMNT Recharge – Raw Unflavored 30 Servings

LMNT Recharge – Variety Pack 12 Servings

Drs Nutrition Bar

Drs Nutrition Bar Almond Chocolate Coconut 12 Bars

Encore Life

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 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

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

Enzyme Science™

(PEA)+ 120 Capsules

Acid Calm 90 Capsules

Apple Cider Vinegar 60 Capsules

Betaine HCL 120 Capsules

Candidase Pro 84 Capsules

Complete Digestion 90 Capsules

Critical Digestion® 90 Capsules

Digest Gold 240 Capsules

Digest Gold 90 Capsules

Enzyme Defense Pro 60 Capsules

GI Motility Complex 60 Capsules

Intolerance Complex 90 Capsules

Lypo Optimize 90 Capsules

MyoMend® 120 Capsules

Nattokinase Pro 60 Capsules

Serrapeptase Pro 120 Capsules

Stem XCell® Pro 60 Capsules

Telomere Pro 30 Capsules

Everidis Health Sciences

BioGaia Gastrus 30 Chewable Tablets

BioGaia Prodentis 30 Lozenges

BioGaia Protectis 30 Chewable Tablets

BioGaia Protectis Baby Drops 25 Servings

BioGaia Protectis Baby Drops with Vitamin D 50 Servings

Fringe

Red Light Therapy Panel

Red Light Therapy Wrap

Gaia Herbs

3-1 Immune Formula 60 Capsules

Black Elderberry PRO 120 Capsules

Black Elderberry Syrup 5.4 fl oz

Curcuma Supreme NF-kb Formula 120 Capsules

Daytime HPA 120 Capsules

Daytime HPA 60 Capsules

GaiaKids Black Elderberry Kids Daily Gummies 40 Gummies

Holy Basil 60 Capsules

Nighttime HPA 120 Capsules

Oil of Oregano 60 Capsules

Plant Force Liquid Iron 16 fl oz

Revive HPA 60 Capsules

Rhodiola 60 Capsules

Sleep Formula 60 Capsules

Thyroid Formula 120 Capsules

Vitex 60 Capsules

Genexa

Allergy Care 60 Tablets

Arnica Pain 100 Tablets

Cold Crush 60 Tablets

Flu Fix 60 Tablets

Kids' Allergy Care 60 Tablets

Sleepology 60 Tablets

Stress 60 Tablets

Guna Inc.

Guna Allergy 1 fl oz

Guna Cough 5.07 fl oz

Guna Deep Cleanse 1 fl oz

Guna Defense 0.28 oz

Guna Female Balance 1 fl oz

Guna Flam Relief 1 fl oz

Guna Flu 0.21 oz

Guna Healthy Brain 1 fl oz

Guna Kidney Plus 1 fl oz

Guna Lympho Detox 1 fl oz

Guna Matrix Detox 1 fl oz

Guna Mood Support 1 fl oz

Guna Pain Management 1 fl oz

Haelan

Haelan 951 8 fl oz

Sweet Mint Flavoring 40 Serv

Haylie Pomroy Group

Fast Metabolism 10-Day Cleanse Kit

Fast Metabolism 5-Day Cleanse Kit

Fast Metabolism Diet Quick Start Kit

Metabolism Shake 14 Servings

Herb Pharm

ADRENAL SUPPORT 1 fl oz

ANXIETY SOOTHER 1 fl oz

ARNICA OIL 1 fl oz

ASHWAGANDHA 1 fl oz

ASHWAGANDHA ALCOHOL FREE 1 fl oz

BETTER BITTERS CLASSIC 1 fl oz

BLACK ELDERBERRY ALCOHOL FREE 1 fl oz

CALENDULA OIL 1 fl oz

DANDELION ALCOHOL FREE 1 fl oz

ECHINACEA ALCOHOL FREE 1 fl oz

FUNG FREEDOM 1 fl oz

GINGER 1 fl oz

KAVA 1 fl oz

KIDS BLACK ELDERBERRY ALCOHOL FREE 1 fl oz

KIDS FAST ASLEEP 1 fl oz

KIDS IMMUNE AVENGER 1 fl oz

KIDS IMMUNE FORTIFIER 1 fl oz

KIDS LEMON BALM CALM ALCOHOL FREE 1 fl oz

KIDS MULLEIN GARLIC OIL 1 fl oz

KIDS ORANGE-FLAVORED ECHINACEA ALCOHOL FREE 1 fl oz

LEMON BALM 1 fl oz

LEMON BALM ALCOHOL FREE 1 fl oz

LUNG EXPECTORANT 1 fl oz

MILK THISTLE 1 fl oz

MULLEIN GARLIC OIL 1 fl oz

NERVOUS SYSTEM TONIC 1 fl oz

PASSIONFLOWER 1 fl oz

PEPPERMINT SPIRITS 1 fl oz

RAPID IMMUNE BOOST 1 fl oz

RELAXING SLEEP 1 fl oz

SOOTHING THROAT SPRAY 1 fl oz

ST. JOHN'S WORT OIL 1 fl oz

STONE BREAKER 1 fl oz

SUPER ECHINACEA 1 fl oz

TEA TREE ESSENTIAL OIL 1 fl oz

TURMERIC 1 fl oz

URINARY SYSTEM SUPPORT 1 fl oz

VALERIAN 1 fl oz

VALERIAN ALCOHOL FREE 1 fl oz

VI-BE-GONE 1 fl oz

Herbalist & Alchemist

Calm Adapt 4 oz

Immune Adapt 4 oz

Kidney Support Compound 4 oz

Men's Prostate Tonic 4 oz

Original Bitters 4 oz

Osteoherb 120 Capsules

Seven Precious Mushrooms 4 oz

Sinus Support Compound 4 oz

Women's Adapt 4 oz

Host Defense

Cordyceps 120 Capsules

CordyChi® 66 Servings

Lion's Mane 120 Capsules

Lion's Mane 30 Capsules

Lion's Mane 60 Capsules

Lion's Mane Extract 2 fl oz

Maitake 60 Capsules

MycoBotanicals® Brain* 60 Capsules

MyCommunity® 120 Capsules

MyCommunity® 66 Servings

MyCommunity® Extract 2 fl oz

Reishi 30 Capsules

Stamets 7® 60 Capsules

Stamets 7® Mushroom Mycelium Powder 66 Servings

Turkey Tail 120 Capsules

Turkey Tail 60 Capsules

HumanN

glyNOcalyx 30 Tablets

HeartGreens Green Apple 30 Servings

Neo40 Daily 30 Tablets

Neo40 Professional 60 Tablets

Nitric Oxide Indicator Strips 25 Strips

SuperBeets 1000 mg 90 Capsules

SuperBeets Black Cherry 30 Servings

SuperBeets Energy Plus Natural Berry 30 Servings

SuperBeets Heart Chews Pomegranate Berry 60 Chews

SuperBeets Memory + Focus 30 Chews

SuperBeets® Sport 20 Servings

SuperGrapes Heart Chews 60 Chews

Tart Cherry Gummies 60 Gummies

Turmeric Chews Orange Citrus 30 Chews

Uric Acid Balance 120 Capsules

Vitamin D3 Chew Mixed Berry 30 Chews

Hyalogic

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

ION* Intelligence of Nature

ION* Gut Support 16 fl oz

ION* Gut Support 3.4 fl oz

ION* Gut Support 32 fl oz

ION* Gut Support 8 fl oz

Jarrow Formulas

Acetyl L-Carnitine 500 mg 60 Capsules

Arginine 100 Tablets

BoneUp 120 Capsules

Citicoline CDP Choline 60 Capsules

Fem-Dophilus® 60 Capsules

Fem-Dophilus® 60 Capsules (Shelf Stable)

Milk Thistle 200 Capsules

NAC Sustain 600 mg 60 Tablets

Pantethine 60 Softgels

PS100 100 mg 60 Softgels

QH-absorb® + PQQ 30 Softgels

QH-absorb® 200 mg 60 Softgels

Quercetin 500 mg 100 Capsules

Red Yeast Rice + CoQ10 120 Capsules

Theanine 200 60 Capsules

Jigsaw Health

Adrenal Cocktail + Wholefood Vitamin C 60 Servings

Adrenal Cocktail™ + Wholefood Vitamin C 60 Packets

Electrolyte Supreme Berry-Licious 60 Packets

Electrolyte Supreme Berry-Licious 60 Servings

Electrolyte Supreme Lemon-Lime 60 Packets

Electrolyte Supreme Lemon-Lime 60 Servings

MagSoothe Raspberry Lemonade 60 packets

MagSoothe Raspberry Lemonade 60 Servings

MagSRT® 240 Tablets

Pickleball Cocktail Orange 60 Servings

Kuli Kuli

MORINGA ENERGY BAR DARK CHOCOLATE 12 Bars

PURE MORINGA 20 Packets

Life Extension

5-LOX Inhibitor with AprèsFlex® 60 Capsules

7-Keto® DHEA Metabolite 60 Capsules

AMPK Metabolic Activator 30 Tablets

ArthroMax® Elite 30 Tablets

Bio-Fisetin 30 Capsules

Black Cumin Seed Oil 60 Softgels

Brain Fog Relief 30 Softgels

Bromelain 500 mg 60 Tablets

Cognitex® Elite Pregnenolone 60 Tablets

Curcumin Elite™ Turmeric Extract 60 Capsules

Echinacea Elite 60 Capsules

Extend-Release Magnesium 60 Capsules

Fast-Acting Liquid Melatonin Citrus-Vanilla 2 fl oz

FLORASSIST® GI with Phage Technology 30 Capsules

FLORASSIST® Probiotic Women's Health 30 Capsules

Glucosamine/ Chondroitin 100 Capsules

Healthy Lungs 30 Capsules

Herbal Sleep PM 30 Capsules

Male Vascular Sexual Support 30 Capsules

Mega Benfotiamine 250 mg 120 Capsules

Mega Lycopene 90 Softgels

Melatonin 60 Capsules

Memory Protect 36 Day Supply

Menopause 731™ 30 Tablets

Neuro-Mag® 90 Capsules

Optimized Folate L-Methylfolate 100 Tablets

Optimized Saffron 60 Capsules

Pomegranate Complete 30 Softgels

Potassium with Extend-Release Magnesium 60 Capsules

PQQ 20 mg 30 Capsules

Senolytic Activator® 36 Capsules

Super K 90 Softgels

Super Omega-3 EPA/DHA Fish Oil 60 Softgels

Super Ubiquinol CoQ10 100 mg 60 Softgels

Tart Cherry with CherryPURE® 60 Capsules

Thermo Weight Control 60 Capsules

Two-Per-Day Multivitamin 120 Capsules

Ultra Prostate Formula 60 Softgels

Vinpocetine 10 mg 100 Tablets

Vitamin C and Bio-Quercetin Phytosome 250 Tablets

Vitamin C and Bio-Quercetin Phytosome 60 Tablets

Waistline Control 60 Capsules

Water-Soluble Pumpkin Seed Extract 60 Capsules

Zinc Lozenges Citrus-Orange Flavor 60 Lozenges

Linpharma

Petadolex 50 mg 50 Softgels

Petadolex 75 mg 60 Softgels

Master Supplements

Immunoxym 62 Capsules

SunFiber 31 Servings

TheralacPRO 31 Capsules

THERAXYM 93 Capsules

TruBifidoPRO 31 Capsules

TruFiber 50 Servings

Megafood

Magnesium 90 Tablets

One Daily 180 Tablets

Zinc 60 Tablets

Metabolic Maintenance

Alpha Lipoic Acid 90 Capsules

Ashwagandha Plus 60 Capsules

B-Complex 90 Capsules

BioMaintenance Probiotic 60 Capsules

Buffered Vitamin C 90 Capsules

CoQ10 200 mg 60 Capsules

DIM Complex 60 Capsules

Happy Belly 90 Capsules

L-Methylfolate 10 mg 90 Capsules

L-Methylfolate 15 mg 60 Capsules

L-Methylfolate 5 mg 90 Capsules

L-Theanine 120 Capsules

Magnesium Citrate 240 Capsules

Magnesium Glycinate 180 Capsules

NAC 60 Capsules

Red Yeast Rice with CoQ10 120 Capsules

SAMe 60 Capsules

Stress Maintenance 90 Capsules

The Big One® Plus without Iron 90 Capsules

The Big One® with Iron 90 Capsules

The Big One® without Iron 90 Capsules

Vitamin D-3 25,000 IU 60 Capsules

MethylPro

B-Complex + 5 mg L-Methylfolate 30 Capsules

L-Methylfolate 15 mg + Cofactors 30 Capsules

L-Methylfolate 15 mg 30 Capsules

L-Methylfolate 7.5 mg 30 Capsules

Multivitamin + 15 mg L-Methylfolate 30 Capsules

Microvascular Health Solutions

EndocalyxPro 120 Capsules

Motherlove

Diaper Balm 1 fl oz

More Milk® Moringa 60 Capsules

More Milk® Plus 60 Capsules

More Milk® Special Blend 60 Capsules

Nipple Cream 1 fl oz

Pregnant Belly Salve 4 fl oz

Sitz Bath Spray 2 fl oz

MRM

Acetyl L-Carnitine 60 Capsules

Cardio Chelate 180 Capsules

Complete E 60 Softgels

Cordyceps CS-4 Strain 60 Capsules

Creatine Monohydrate 100 servings

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

Glucosamine Chondroitin 90 Capsules

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

Lion's Mane Amyloban 180 Tablets

Maitake D-Fraction PRO 4X 120 Tablets

Maitake D-Fraction PRO 4X 30 mL

Maitake D-Fraction PRO 4X 60 mL

Super Cordyceps 120 Tablets

Super Coriolus 120 Tablets

Super Lion's Mane 120 Tablets

Super Reishi 120 Tablets

MYCO Clinic

Pain Relief Cream Moderate Strength 1.7 oz

Pain Relief Oil Extra Strength 3.4 fl oz

Pain Relief Ointment Maximum Strength 1.7 oz

Pain Relief Stick Maximum Strength 1.7 oz

Nature's Sources

AbsorbAid Digestive Enzyme Support 90 Capsules

AbsorbAid Digestive Support 240 Capsules

AbsorbAid Digestive Support 83 Servings

AbsorbAid Platinum Super Digestive Enzyme Probiotic Blend 60 Capsules

NFH

Cordyceps SAP 60 Capsules

Coriolus Versicolor SAP 60 Capsules

D-Ribose SAP 50 Servings

Grape Seed SAP 60 Capsules

InflaCalm SAP 90 Capsules

Lavender SAP 60 Softgels

Male Fertility SAP 120 Capsules

Mito SAP 90 Capsules

Mushroom Complex SAP 90 Capsules

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

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 Liquid 0.76 fl oz

Children's Eye Health Strawberry Lemonade 30 Gummy Chews

Cognition Mushroom Complex 60 Capsules

CoQ10 Gummies 60 Gummies

DHA Infant 2 fl oz

DHA Junior 180 Softgels

DHA Junior 4 fl oz

Focus Support 60 Softgels

Immune Mushroom Complex 60 Capsules

Kids Calm 60 Gummies

Kids Nordic Flora Probiotic Gummies Merry Berry Punch 60 Gummies

Kids Probiotic Pixies 30 Packets

Men's Multivitamin Mixed Berry 60 Gummies

Nordic Beauty Borage Oil 4 fl oz

Nordic Berries Cherry Berry 120 Gummy Berries

Nordic Berries Original Flavor 120 Gummy Berries

Nordic CoQ10 Ubiquinol Sport 60 Softgels

Nordic Flora Probiotic Immune Health 30 Capsules

Nordic Flora Probiotic Maximum Care 30 Capsules

Nordic Omega-3 Fishies 36 Fishies

Nordic Omega-3 Gummies 120 Gummies

Prenatal DHA 90 Softgels

ProDHA 1000 120 Softgels

ProDHA 120 Softgels

ProDHA Eye 60 Softgels

Same Powerful Formula

now available in a smaller serving size



Original GHI: 210 calories & 8 g fat/serv
GHI Lite: 105 calories & 4 g fat/serv

OptiCleanse® GHI Lite is formulated to support the body's natural response to toxic substances by providing high-quality macro- and micronutrients associated with detoxification mechanisms. Many of these nutrients also cooperatively foster gastrointestinal health and balanced cytokine activity—important variables in the body's handling of toxic substances. This advanced formula features VegaPro™, XYMOGEN's proprietary amino acid and pea/rice protein blend; Aminogen® provides proteases, which facilitate protein absorption; activated B vitamins like 5-MTHF and patented mineral amino acid chelates for optimal nutrient bioavailability; and key herbal extracts and phytonutrients. OptiCleanse GHI is a lowallergy-potential, monk fruit-sweetened formula that boasts a superior taste without added sugars or stevia and is suitable for vegans.*

Supplement Facts

Amount Per Serving			Amount Per Serving		
Serving Size: 1 Packet (about 28.5 g)			Serving Size: 1 Packet (about 28.5 g)		
Servings Per Container: 10			Servings Per Container: 10		
		%DV			%DV
Calories	105		Sodium (from ingredients with naturally occurring sodium, sodium sulfate anhydrous, and sodium ascorbate)	290 mg	13%
Total Fat	4 g	8%	Potassium (from tripotassium citrate and ingredients with naturally occurring potassium)	252 mg	5%
Saturated Fat	1 g	2%			
Total Carbohydrate	7 g	2%			
Dietary Fiber	3 g	11%			
Protein (from Pea Protein Isolate and Rice Protein Concentrate)	13 g	26%			
Vitamin A (as natural beta-carotene)	375 mcg	42%			
Vitamin C (as sodium ascorbate)	125 mg	139%			
Vitamin E (as d-alpha-tocopherol)	7.5 mg	150%			
Niacin (as niacinamide and niacin)	20 mg	125%			
Vitamin B6 (as pyridoxal 5-phosphate)	2.5 mg	147%			
Folate (as (S)-5-methyltetrahydrofolic acid, glucosamine salt) [†]	170 mcg DFE	43%			
Vitamin B12 (as methylcobalamin)	25 mcg	1,042%			
Biotin	75 mcg	250%			
Pantothenic Acid (as d-calcium pantothenate)	17.5 mg	350%			
Choline (as choline bitartrate)	50 mg	9%			
Calcium (as dicalcium malate [‡] and ingredients with naturally occurring calcium)	112 mg	9%			
Iodine (as potassium iodide)	3 mg	11%			
Magnesium (as d-magnesium malate) [‡]	75 mg	17%			
Zinc (as zinc bisglycinate chelate) [‡]	3 mg	40%			
Selenium (as selenium glycinate) [‡]	50 mcg	91%			
Manganese (as manganese bisglycinate chelate) [‡]	1 mg	40%			
Chromium (as chromium nicotinate glycinate chelate) [‡]	30 mcg	96%			
Molybdenum (as molybdenum glycinate chelate) [‡]	17.5 mcg	39%			

Other Ingredients: High-oleic sunflower oil, natural flavors (no MSG), medium-chain triglyceride oil, taurine, glycine, cellulose gum, xanthan gum, fungal proteases[§], L-glutamine, monk fruit extract, guar gum, and silica.

[†] Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under U.S. patent 7,947,862.

[‡] S7: Aibio® and the Aibio Gold Medallion® are registered trademarks of Ralchem Corporation or its subsidiaries.

[§] SSI: Proventora® is a registered trademark of Applied Food Sciences, LLC.

[‡] BCM-9P® is an exclusively licensed registered trademark to Ajiuna Natural Pvt. Ltd. Protected under U.S. patents 7,853,725, 7,736,678, and 7,829,373.

[‡] AMINOGEN® is a registered trademark of Inocrop Nutrition, Inc.

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

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 Curcumin 90 Softgels

ProOmega Junior 90 Softgels

ProOmega-D 120 Softgels

ProOmega-D 180 Softgels

ProOmega-D 60 Softgels

ProOmega® Joint Xtra 90 Softgels

ProOmega® LDL 180 Softgels

ProOmega® Lemon 8 fl oz

ProOmega® Tropical Fruit 54 Gummy Chews

Ultimate Omega 2X Sport 60 Softgels

Ultimate Omega-D3 Sport 60 Softgels

Vitamin C Gummies Tart Tangerine 120 Gummies

Vitamin D3 5000 Gummies 30 Gummies

Vitamin D3 Gummies 60 Gummies

Vitamin D3 Kids Gummies Wild Watermelon Splash 60 Gummies

Vitamin D3+K2 Gummies Pomegranate 60 Gummies

Women's Multivitamin Mixed Berry 60 Gummies

Zero Sugar Curcumin Gummies 60 Gummies

Zero Sugar Hair & Skin Strawberry Lemonade 27 Gummy Chews

Zero Sugar Kids Multi Gummies 120 Gummies

Zero Sugar Melatonin Gummies 60 Gummies

Zero Sugar Prenatal DHA Strawberry Orange 27 Gummy Chews

Zero Sugar Vitamin D3 Gummies 60 Gummies

NuGo Nutrition

Fiber d'Lish Cinnamon Raisin 16 Bars

NuGo Vanilla Yogurt Protein 15 Bars

PROMAX Protein Bar Chocolate Chip Cookie Dough 12 Bars

Smarte Carb Peanut Butter Crunch 12 Bars

Stronger Peanut Cluster 12 Bars

Nutra Biogenesis

BioAdaptogen Ultra 60 Capsules

BioInflaMax 150 Capsules

BioThyro 60 Capsule

CogniFactors 60 Capsules

Eskaloft 60 Capsules

Liposomal Melatonin 2 fl oz

Oregano Oil 120 Softgel

ParaBiotic Plus 90 Capsules

Pulmonary Factors 90 Capsules

Sleep Factors 60 Capsules

Sterol 117 60 Capsules

Stress Factors 60 Capsules

Tri Zinc 90 Capsules

Tri-Magnesium 120 Capsules

UT Max Protect 60 Capsules

Nutrasal

Cerebra GPC 2 fl oz

LipoZome-B 2 fl oz

PPC Kids Orange Cream 8 oz

NutriCology

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

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

NTFactor® Healthy Aging 120 Tablets

NTFactor® Patented Energy Chewable Wafer Mixed Berry 30 Wafers

NTFactor® with CoQ10 Chewable Wafer Chocolate 30 Wafers

Optimox

ATP Cofactors 90 Tablets

Iodoral IOD-50 30 Tablets

Iodoral® IOD-12.5 90 Tablets

Optivite PMT 180 Tablets

Orgain

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

Organic India

Ceylon Cinnamon 90 Capsules

Joy! 90 Capsules

Liver Kidney 90 Capsules

Memory 90 Capsules

Moringa 90 Capsules

Moringa Powder 113 Servings

Neem 90 Capsules

Organic Psyllium Fiber 180 Capsules

Peaceful Sleep 90 Capsules

Psyllium Organic Whole Husk Fiber 68 Servings

Psyllium Pre & Probiotic Fiber 56 Servings

Triphala 90 Capsules

Tulsi - Holy Basil 90 Capsules

Tulsi Cleanse 18 Bags

Tulsi Green 18 Bags

Tulsi Hibiscus 18 Bags

Tulsi Honey Chamomile 18 Bags

Tulsi Lemon Ginger 18 Bags

Tulsi Masala Chai 18 Bags

Tulsi Moringa 18 Bags

Tulsi Original 18 Bags

Tulsi Peppermint 18 Bags

Tulsi Sleep 18 Bags

Tulsi Sweet Rose 18 Bags

Tulsi Turmeric Ginger 18 Bags

Turmeric Formula 90 Capsules

Organoleaf

B12 Methylcobalamin 60 Gummies

Hemp Body Cream Pump 2000 mg 2.1 oz

Hemp Oil Tincture 2000 mg 1 oz

Hemp Roll-On Lotion 1000 mg 1.2 oz

K2+D3 60 Gummies

Sweet Dreams 60 Gummies

Premier Research Labs

AdrenaVen 60 Capsules

Allicidin 60 Capsules

D3 Serum 0.43 fl oz

Liquid Zinc Ultra 8 fl oz

Max B-ND 2 fl oz

Max B-ND 8 fl oz

Medi-Clay-FX 90 Capsules

Melatonin-ND 2 fl oz

OcuVen 60 Capsules

Premier Pink Salt 12 oz

Premier Turmeric 60 Capsules

Premier Vitamin D3+K2 30 Capsules

RenaVen 60 Capsules

Progressive Professional

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

Fasting Bar Nuts & Honey 12 Bars

ProLon® Original Kit

Prolong ReSet 1-Day Fasting Kit

QOL Labs

Bifilon 60 Capsules

ImmunoKinoko 500 90 Capsules

Metasol 60 Capsules

Qualia Life Sciences

Qualia Mind 105 Capsules

Qualia Night 20 Capsules

Qualia Night 60 Capsules

Qualia Senolytic 12 Capsules

Qualia Synbiotic 15 Servings

Quicksilver

AMPK Charge+ 3.38 fl oz

Artemisinin Emulsion 4 oz

Bitters No.9 1.7 fl oz

BitterX 1.7 fl oz

Cardio Elite 3.38 fl oz

Crypto Co-Max 3.38 fl oz

Cryptolepis 1.7 fl oz

Daily Immune 60 Gummies

Daily Vitamin 120 Gummies

GABA with L-Theanine 1.7 fl oz

H2 Elite 30 Tablets

IMD 30 Servings

Immune Charge+ 3.38 fl oz

Kidney Care 3.38 fl oz

Lipcalm 1.7 fl oz

Liposomal EDTA with RLA 4 fl oz

Liposomal Glutathione 1.7 fl oz

Liposomal Vitamin C with RLA 1.7 fl oz

Liver Sauce 3.38 fl oz

Longevity Elite 3.38 fl oz

Longevity Phyto Caps 60 Capsules

Magnesium Hydroxide 120 Capsules

Methyl B Complex 1.7 fl oz

Methyl B-12 1 fl oz

Methyl Charge+ 1.7 fl oz

Micellized Membrane Mend 3.38 fl oz

Micellized Pure PC 4 fl oz

NAD+ Gold 1.7 fl oz

NAD+ Platinum 3.38 fl oz

Nanoemulsified Cat's Claw Elite® 1.7 oz

Nanoemulsified CoQ10 1.7 fl oz

Nanoemulsified D3K2 1.7 fl oz

Nanoemulsified Melatonin 1 fl oz

Nanoemulsified Milk Thistle 1.7 oz

Nanoformulated DHEA+ 3.38 fl oz

Nanoformulated Progesterone+ 1 fl oz

NanoFuel 3.38 fl oz

Nanomojo 1.7 fl oz

Performance Cardio+ 3.38 fl oz

PRO Bi-Est+ 1 fl oz

PRO Estradiol+ 1 fl oz

PRO Estriol+ 1 fl oz

PRO Progesterone+ 1 fl oz

Pure DHEA 1.7 fl oz

Push Catch Liver Detox Kit

Quinton Hypertonic 30 Servings

Quinton Isotonic 30 Servings

Thrivagen 1.7 fl oz

Ultra Binder 120 Capsules

Ultra Binder® Sensitive Formula 30 Servings

Ultra Binder® Stick Packs 20 Servings

Ultra Vitamin 3.38 fl oz

Vaginal Beauty Serum 1 fl oz

Vitamin C + Elderberry 3.38 fl oz

Vitamin C 4 fl oz

Range Essentials

FLOW BLEND (Roller Bottle 30 mL)

FLOW BLEND (Roller Bottle 5 mL)

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

Restorative Formulations

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-Extra Strength 60 Capsules

HTN PX Original 60 Capsules

Kava Calm Px 30 Capsules

Metabolic Nutrition 60 Capsules

Mitochondria Nutrition PQQ 60 Capsules

Neuro Px Extra Strength 60 Capsules

Osteo Px 60 Capsules

Ox-LDL 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

i-Throid 6.25 mg 90 Capsules

Rx Vitamins

Acid Block 60 Chewable Tablets

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

RxSugar

RxSugar® Allulose 30 Packets

RxSugar® Allulose One Pound Canister 45 Servings

RxSugar® Organic Allulose Liquid Sugar 16 fl oz

RxSugar® Organic Caramel Syrup 16 fl oz

RxSugar® Organic Chocolate Syrup 16 fl oz

RxSugar® Organic Hazelnut Syrup 16 fl oz

RxSugar® Organic Maple Syrup 16 fl oz

RxSugar® Organic Vanilla Syrup 16 fl oz

RxSugar® Swealthy Stix 30 Packets

Sanesco

Contegra™ 60 Capsules

Lentra™ 60 Capsules

Procite-D™ 60 Capsules

Prolent™ 60 Capsules

Somni-TR™ 30 Tablets

Tranquilent™ 30 Tablets

Seeking Health

Acetyl-L-Carnitine 90 Capsules

B-Minus 100 Capsules

DIM + I3C 60 Capsules

Folinic Acid 60 Lozenges

Gallbladder Nutrients 120 Capsules

Homocysteine Nutrients 60 Capsules

Hydroxo B12 60 Lozenges

Hydroxo B12 with Folinic Acid 60 Lozenges

Iron Chewable 60 Tablets

Liposomal Glutathione Plus 3 fl oz

Lithium Orotate 100 Capsules

Methyl B12 1000 60 Lozenges

Molybdenum 90 Capsules

Multivitamin One 45 Capsules

Multivitamin One MF 45 Capsules

Optimal Electrolyte Berry 30 Servings

Optimal Electrolyte Lemonade 30 Servings

Optimal Focus* 90 Capsules

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 PC 100 Softgels

Optimal Prenatal 240 Capsules

P-5-P 100 Capsules

PQQ Lozenges 20 mg 30 Lozenges

Prenatal Essentials Chewable 60 Tablets

ProBiota HistaminX 60 Capsules

Riboflavin 400 mg 60 Capsules

Saccharomyces Boulardii 60 Capsules

Trace Minerals Complex 30 Capsules

Trace Minerals Complex II 30 Capsules

Vitamin D3 + K2 Drops 1 fl oz

Zinc Lozenge 60 Lozenges

SpermidineLife

spermidineLIFE® 60 Capsules

spermidineLIFE® Extra+ 60 Capsules

spermidineLIFE® PRO+ 30 Packets

Symphony Natural Health

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

TA-65MD 100 units 30 Capsules

Tesseract Medical Research

AuRx 68 Servings

BerberActiv QR 90 Capsules

CoQ10 Pro 60 Capsules

HepatiSafe 60 Capsules

MuSolve SR 90 Capsules

NOX Flo SR 120 Capsules

ProButyrate 120 Capsules

ProstaSorb 60 Capsules

QuerciSorb QR 90 Capsules

QuerciSorb SR 90 Capsules

RLA Pro SR 60 Capsules

SafeCell 60 Capsules

TetraCumin QR 120 Capsules

TetraCumin SR 120 Capsules

Trace Minerals

40,000 VOLTS! 8 fl oz

Apple Cider Vinegar Gummies 60 Gummies

Ashwagandha Gummies Passion Fruit Orange 60 Gummies

Beef Liver 500 mg 180 Capsules

Beef Organs 500 mg 180 Capsules

Bone & Marrow 180 Capsules

Colloidal Silver 30ppm 8 fl oz

Colloidal Silver Spray 30ppm 4 fl oz

ConcenTrace® Trace Mineral Drops 2 fl oz

ConcenTrace® Trace Mineral Drops 8 fl oz

Electrolyte Stamina Gummies Lemon Lime 90 Gummies

Electrolyte Stamina Power Pak Acai Berry 30 Servings

Electrolyte Stamina Power Pak Concord Grape 30 Servings

Electrolyte Stamina Power Pak Lemon Lime 30 Servings
Electrolyte Stamina Power Pak Mixed Berry 30 Servings
Electrolyte Stamina Power Pak Orange Blast 30 Servings
Electrolyte Stamina Power Pak Pomegranate Blueberry 30 Servings
Electrolyte Stamina Power Pak Raspberry 30 Servings
Electrolyte Stamina Power Pak+ Lemon Berry 30 Servings
Electrolyte Stamina Tablets 90 Tablets
Ionic Boron 2 fl oz
Ionic Zinc 50mg 2 fl oz
Liquid Magnesium Glycinate 8 fl oz
Liquid Zinc + Quercetin Orange Mango 16 fl oz
Magnesium Glycinate Powder 60 Servings
Magnesium Gummies Peach 120 Gummies
Mega-Mag 400mg 4 fl oz
NAC Powder Watermelon 30 Servings
Vitamin D3+K2 Gummies Strawberry 60 Gummies
ZEROLyte Citrus 30 Servings
Zinc + Vitamin C Chewable Raspberry Flavor 60 Chewable Wafers
Zinc Gummies Elderberry 60 Gummies

Transformation Enzyme

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

TruGen3

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

Vital Proteins

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

Collagen Creamer Mocha 12 Servings
Collagen Creamer Vanilla 12 Servings
Collagen Creamer Vanilla 14 Servings
Collagen Gummies Grape 120 Gummies
Collagen Peptides 14 Servings
Collagen Peptides 28 Servings
Collagen Peptides Chocolate 14 Servings
Collagen Peptides Lemon 14 Servings
Collagen Peptides Stick Pack Box 20 Servings
Marine Collagen 18 Servings
Vital Performance Protein Chocolate 21 Servings

Vitanica

Adrenal Assist 180 Capsules
Adrenal Assist™ 90 Capsules
Bitters Extra 90 Capsules
Bitters Tonic 4 fl oz
Bladder Ease 180 Capsules
BreastBlend 90 Capsules
Butterbur Extra 120 Capsules
CandidaStat™ 120 Capsules
CandidaStat™ 60 Capsules
CardioBlend 120 Capsules
CCDG Blend 90 Capsules
Chaste Tree Berry 60 Capsules
CholestBlend 90 Capsules
Colon Motility Blend 90 Capsules
Cortisol Relief 60 Capsules
Cramp Relax 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

NAC-PEA Extra 90 Capsules

Nausea Ease 60 Capsules

Opti-Recovery 60 Capsules

Optinositol 30 Servings

OvaBlend 180 Capsules

Ovulation Assist 60 Capsules

PhytoEstrogen Herbal 25 Servings

Pregnancy Prep 60 Capsules

Rauwolfia Extra™ 90 Capsules

Rhodiola Extract Plus 60 Capsules

Skin Assist™ 180 Capsules

Slow Flow™ 60 Capsules

St. John's Wort 90 Capsules

V-BoricPro 30 Suppositories

V-Fresh 6 Suppository Tablets

V-ProBiotics 30 Suppositories

VasoBlend 90 Capsules

VeinoBlend 90 Capsules

Women's Phase II® 180 Capsules

Women's Phase I™ 60 Capsules

Yeast Arrest 14 Suppositories

Yeast Arrest 28 Suppositories

Wellena

Happy Sisters Cream 1.7 oz

Happy Sisters Kit

WholeScripts

Condition Specific MedPax - Beauty

Condition Specific MedPax - Energy

Condition Specific MedPax - Gut

Condition Specific MedPax - Immune

Condition Specific MedPax- Sleep

WholeScripts Shaker Bottle 25 oz

Wise Women Herbals

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

Kalmerite Glycerite 2 fl oz

Licorice Root 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®

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 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® Phyto 90 Capsules

ActivNutrients® without Copper & Iron 120 Capsules

ActivNutrients® without Copper & Iron Multivitamin

Powder Fruit Punch 60 Servings	Calcium D-Glucarate 90 Capsules
ActivNutrients® without Iron 120 Capsules	Candidal™ 60 Capsules
ActivNutrients® without Iron 240 Capsules	CarniteX™ 60 Capsules
ActivNutrients® without Iron 60 Capsules	CheleX™ 120 Capsules
Adeno+Hydroxo B12 Natural Fruit Punch Flavor 60 Tablets	CholeRex™ 60 Capsules
Adrenal Essence® 120 Capsules	CinnDromeX™ 120 Capsules
Adrenal Essence® 60 Capsules	Cogniquil® 60 Capsules
Adrenal Manager™ 120 Capsules	ColonX™ 120 Capsules
Adrenal Manager™ 60 Capsules	ColonX™ 60 Capsules
Adrenaliv® 120 Capsules	CoQmax™ Omega 100 mg 60 Softgels
Adrenaliv® 60 Capsules	CoQmax™ Omega 50 mg 120 Softgels
AdrenaMax™ 120 Capsules	CoQmax™ Omega 50 mg 30 Softgels
ALAmox™ CR 120 Tablets	CoQmax™ Ubiquinol 200 mg 30 Softgels
ALAmox™ CR 60 Tablets	CoQmax™ Ubiquinol 60 Softgels
ALAmox™ Protect 120 Capsules	Corticare B™ 120 Capsules
AngiNOX™ Orange 30 Servings	Corticare B™ 240 Capsules
AngiNOX™ Orange 60 Servings	Cortisolv® 120 Capsules
Appe-Curb™ 120 Capsules	Cortisolv® 60 Capsules
Appe-Curb™ 240 Capsules	CurcuPlex-95™ 120 Capsules
Ashwagandha 35 60 Capsules	CurcuPlex-95™ 60 Capsules
ATP Ignite™ Citrus 30 Servings	Cytokine Balance 30 Capsules
ATP Ignite™ Mixed Berry 30 Servings	Cytokine Balance 60 Capsules
ATP Ignite™ Workout Mixed Berry 30 Servings	D3 2000 120 Softgels
B Activ® 180 Capsules	D3 2000 240 Softgels
B Activ® 30 Capsules	D3 50,000 30 Capsules
B Activ® 90 Capsules	D3 5000 180 Softgels
Berbemycin 120 Capsules	D3 5000 60 Softgels
Berberine 120 Capsules	D3 5000 90 Softgels
Berberine ES-5 60 Capsules	D3 Liquid 1 fl oz
Berberine with InSea2® 60 Capsules	D3 Liquid 2.03 fl oz
BergaCor® Plus 60 Tablets	DHA from Algae 60 Softgels
Bio C 1:1™ 90 Capsules	DHEA Micronized 10mg 60 Tablets
BrainSustain™ Creamy Chocolate 10 Servings	DHEA Micronized 25mg 60 Tablets
BrainSustain™ for Kids Vanilla Delight 15 Servings	DIMension 3® 120 Capsules
BrainSustain™ Vanilla Delight 10 Servings	DIMension 3® 240 Capsules
Buffered C Powder Fruit Punch 20 Servings	DioVasc™ 60 Capsules

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

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

PhosphaLine™ 100 Softgels	Saccharomycin® DF 60 Capsules
PhosphaLine™ Liquid 8 oz	Saloxicin™ 120 Capsules
PMS Soothe™ 60 Capsules	SAM-e & TMG Lemon 30 Servings
PoDiaPN® 60 Capsules (Formerly NeurophX DPN)	SAM-e 30 Capsules
PrebioMax® Natural Sour Apple 60 Tablets	SynovX® Calm 60 Capsules
Prenatal Essentials 150 Capsules	SynovX® DJD 120 Capsules
Probio Defense™ 84 Capsules	SynovX® Metabolic 30 Capsules
ProbioMax® 350 DF 15 Servings	SynovX® Metabolic 60 Capsules
ProbioMax® Complete DF 30 Capsules	SynovX® Performance 60 Capsules
ProbioMax® Daily DF 30 Capsules	SynovX® Recovery 120 Capsules
ProbioMax® Daily DF 60 Capsules	SynovX® Relief 120 Softgels
ProbioMax® DF 30 Capsules	SynovX® Relief 40 Softgels
ProbioMax® IG 26 DF 120 Capsules	SynovX® Tendon & Ligament 60 Capsules
ProbioMax® Lean DF 30 Capsules	T-150 120 Capsules
ProbioMax® Oral 60 Chewable Tablets	T-150 60 Capsules
ProbioMax® Plus DF 30 Servings	TestoPlex™ Plus 120 Capsules
ProbioMax® Sb DF 30 Capsules	TestoPlex™ Plus 60 Capsules
ProbioMax® Sb DF 60 Capsules	UritraX™ 50 Servings
ProbioMax® Serenity 30 Capsules	Viragraphis™ 60 Capsules
ProbioMax® Spore 30 capsules	VitalVasc® 60 Capsules
Prostate FLO™ 60 Softgels	XaQuil® XR 30 Tablets (Formerly Folafy ER)
ProteoXyme™ 100 Capsules	Xcellent A 3000 60 Capsules
Quercetin 20× Plus 120 Capsules	Xcellent A 7500 60 Capsules
Quercetin 20× Plus 60 Capsules	Xcellent C™ 120 Capsules
Red Yeast Rice 30 Capsules	Xcellent E™ 60 Softgels
Red Yeast Rice 60 Capsules	XenoProtX™ 120 Capsules
RegeneMax® Liquid 1 oz	XymoBolX™ Fruit Punch 30 Servings
RegeneMax® Plus 120 Capsules	XymoBolX™ Lemon 30 Servings
RegeneMax® Plus 60 Capsules	XymoDine™ 90 Capsules
RelaxMax® 120 Capsules	XYMOGEN® Shaker Bottle 20 oz
RelaxMax® Cherry 60 Servings	XymoZyme® 120 Capsules
RelaxMax® Unflavored 60 Servings	XymoZyme® 60 Capsules
Resveratin™ Plus 60 Capsules	XymoZyme® HCL 90 Capsules
S-Acetyl Glutathione 120 Capsules	Zinc Glycinate 120 Capsules
S-Acetyl Glutathione 60 Capsules	Yeouth
Saccharomycin® DF 30 Capsules	Complete Anti-Aging System 5 Pack

Complete Skincare Essentials Set

Day/Night Cream 2 oz

Glycolic Acid 30% Gel Peel 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

AdultFocus 60 Capsules

Bone Gummies for Kids 60 Gummies

Chapter One Magnesium Apple 60 Gummies

Chapter One Magnesium Peach 60 Gummies

Chapter One Magnesium Raspberry 60 Gummies

ChildCalm 60 Chewable Tablets

Core Greens 240 Capsules

Core Greens Powder 30 Servings

Diabetter 120 Capsules

DMG 90 Tablets

Fiber Gummies for Kids 60 Gummies

Inositol 1000 mg 120 Capsules

KidsActive Powder 30 Servings

Mighty Mini Prenatal+DHA 90 Softgels

Multivitamin Beauty 60 Capsules

Multivitamin Brainfood 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

Zinc Lozenges Elderberry Flavor 90 Lozenges

Zhang Health

Allicin 60 Capsules

Circulation P 45 Capsules

HH-M Maximum STR 45 Capsules

**BREATHE
FREELY**

**LIVE
FULLY**



Quercetin 20x Plus is scientifically formulated to support the respiratory system, including nasal passages. It features Quercefit®, a highly absorbable Quercetin formulated with Phytosome™ technology, combined with nettle extract and antioxidant compounds to target immune-system-related pathways connected to respiratory symptoms.*

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

	Amount Per Serving	%DV
Vitamin C (ascorbic acid)	200 mg	222%
Quercetin Phospholipid ^{§1}	250 mg	**
Nettle Extract (<i>Urtica dioica</i> and/or <i>Urtica urens</i>)(leaves)	200 mg	**
N-Acetyl-L-Cysteine	100 mg	**

** Daily Value (DV) not established.

Other Ingredients: Capsule (hypromellose and water), ascorbyl palmitate, and silica.

QUERCEFIT® Quercefit® and Phytosome™ are trademarks of Indena S.p.A., Italy.

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



DETOX, DEFEND, & Balance.



Supporting Hormone Harmony Through Estrogen Balance and Cellular Detox.

The liver plays a powerful role in women's wellness. Preventium® glucarate is a safe, effective ingredient that fortifies our body's natural systems for healthy estrogen metabolism and detoxification. Reinforced by over 20 years of human clinical research, glucarate has long been helping women manage estrogen levels and reduce discomfort related to natural aging and other hormonal shifts. Applied Food Sciences is the most trusted source for pharmaceutical-grade glucarate and is proud to supply Preventium® to hundreds of brands worldwide.

PREVENTIUM®

calcium d-glucarate by **AFS**



BENEFITS OF PREVENTIUM®

- Enhances Estrogen Metabolism
- Supports Natural Detoxification
- Promotes Liver, Prostate, and Breast Health
- Suitable for Capsules, Tablets, or Liquid Applications
- USP & FFC Grade



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AFS
APPLIED FOOD SCIENCES

TruEase[®]

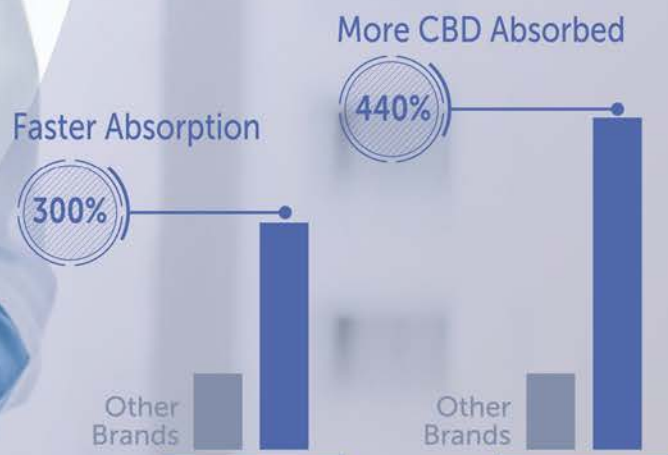
Phytocannabinoid Rich Hemp Oil

Undetectable THC



CBD Supported By A Clinical Study

- Loaded with 25 mg of CBD and 10 mg of Betacaryophyllene (BCP) spectrum hemp extract
- Elegant CBD softgels with VESIsorb delivery system for enhanced bioavailability and absorption
- Triple lab tested ISO17025; full traceability from seed to solution



* Knaub et al, A Novel Self-Emulsifying Drug Delivery System (SEDDS) based on VESIsorb[®] Formulation Technology Improving the Oral Bioavailability of Cannabidiol in Healthy Subjects. Molecules 2019, 24, 2967.



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